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Clothing Resources:

First Presbyterian Church
800 Scott Street, Little Rock, AR, 72201
Open Thursday 12:00pm – 1:00pm. Adult clothing only.

Goodwill Industries Main Office
7400 Scott Hamilton Drive, Little Rock, AR, 72209,
www.goodwillar.org
Open by appointment for registered clients ONLY. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

Thrift stores do NOT provide free clothing without a referral from the main office.

Goodwill Benton Thrift Store
1716 Military Road, Benton, AR, 72015
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Bryant Thrift Store
5914 Highway 5-N, Bryant, AR, 72022
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Cantrell (The Ranch) Thrift Store
16924 Cantrell Road, Little Rock, AR 72223
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Industries Computer Store
7400 Scott Hamilton Drive, Little Rock, AR, 72209
Open Monday thru Saturday 10:00am – 6:00pm.

Goodwill Industries Outlet Center
7400 Scott Hamilton Drive, Little Rock, AR, 72209
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill JFK Blvd. Thrift Store
6929 John F. Kennedy Blvd. - Suite 112, North Little Rock, AR 72116
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Markham Thrift Store
109 Markham Park Drive, Little Rock, AR 72211
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill Rodney Parham Thrift Store
9700 North Rodney Parham Road - Suite F, Little Rock, AR 72227
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

Goodwill University Thrift Store
2904 South University Avenue, Little Rock, AR 72204
Open Monday thru Saturday, 9:00am – 8:00pm / Sunday, 10:00am – 6:00pm.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Greater Second Care Center
5615 Geyer Springs Road, Little Rock, AR 72209,
www.greatersecond.org
Open appointment.

Helping Hand of Greater Little Rock
1601 Marshal Street, Little Rock, AR 72202
www.helpinghand.com
Open Monday thru Thursday, 9:00am – 1:00pm. Inexpensive thrift store clothing available.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
Clothing closet open 2nd, 3rd & 4th Sundays 12:00-2:00pm.

Liberty Hill Baptist Church
1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
Open 2nd Monday, 3:00pm – 6:00pm.

Metro Worship Center
2914 South Cumberland Street, Little Rock, AR 72206
Clothes closet 3rd Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.

River City Ministry
1021 East Washington Avenue, North Little Rock, AR 72214,
www.rivercityministry.org
Clothing bus open 1st & 3rd Wednesdays of the month, 9:00am – ?.

St. Francis House
2701 South Elm Street, Little Rock, AR 72214
Open Monday thru Friday 8:30am – 11:30am and 1:30pm – 3:30pm. Must provide photo ID.

St. John Missionary Baptist Church Clothes Closet
2501 South Main Street, Little Rock, AR 72206
Open Tuesday and Thursday 11:00am – 4:00pm and the 1st Saturday of each month 9:00am – 12:00pm, Must complete application, ID Required.

Stew Pot
First Presbyterian Church
800 Scott Street, Little Rock, AR 72201
Clothing Closet open Thursday, 12:00pm – 1:00pm. Adult clothing only.

Sylvan Hills Church of Christ
9305 Highway #107, North Little Rock, AR 72120
Clothing Closet open by appointment.
The Van (The One Inc.)
P.O. Box #250061, Little Rock, AR 72225,
www.theoneinc.org

Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed
3701 Springer Blvd., Little Rock, AR 72206
Open Monday thru Friday, 8:00am – 5:00pm. Free clothing for infants to adults, household items when available, ID required.

Disabled/Disability Resources:

105 East Roosevelt Road, Little Rock, AR 72206,
www.aeddinc.org

AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children’s learning center preschool is located in North Little Rock.

ACCESS (501) 217-8600
10618 Breckenridge Drive, Little Rock, AR 72211,
www.accessgroupinc.org

ACCESS is committed to building new levels of confidence, competence and opportunity by empowering students with learning disabilities to define and achieve success throughout their lives.

Arc of Arkansas (501) 375-7770
2004 South Main Street, Little Rock, AR 72206,
www.arcark.org

The Arc of Arkansas provides support, housing, advocacy, education and leadership to people with disabilities and their families. The Arc assists and encourages individuals with disabilities in acquiring skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of community life. These personalized supports are outcome oriented, dependable, effective and flexible. Providing quality, affordable, accessible, integrated housing and support is a primary mission of Arc of Arkansas.

Arkansas Library for the Blind & Physically Handicapped (501) 682-1155
900 West Capitol Avenue - Suite #100, Little Rock, AR 72201,
www.library.arkansas.gov/libraryForTheBlind.org

Provide talking books and braille books on free loan and free download of books to thumb drive, IOS or Android device.
Arkansas Rehabilitation Service ICAN program  
900 West 7th Street, Little Rock, AR 72201,  
www.ar-ican.org

Arkansas Career Education's ICAN AT4ALL is Arkansas’ statewide assistive technology program designed to make technology available and accessible for Arkansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

Arkansas Rehabilitation Services  
900 West 7th Street, Little Rock, AR 72201,  
www.arsinfo.org

Preparation for entering work force thru education, social, and accessibility support.

Arkansas Relay  
900 South Shackleford Road, Suite #300, Little Rock, AR 72211,  
www.arkansasrelay.com

Providing Free TEXT Telephone service for the deaf.

Arkansas School for the Blind and Visually Impaired  
2600 West Markham, Little Rock, AR 72203  
www.arkansasschoolfortheblind.org

Serves ages Birth thru age 21: education, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.

Arkansas School for the Deaf  
2400 West Markham, Little Rock, AR 72205,  
www.arschoolforthedeadf.org

Sign language classes for community and families; family education, family support, community education and early intervention programs. For children enrolled in the school (ages 3 thru high school graduation), the following services are also provided to enrolled students: audiology services, developmental, speech and language, occupational therapy, physical therapy, and psycho-educational.

Arkansas Spinal Cord Commission  
1501 North University Avenue - Suite #470, Little Rock, AR 72207,  
www.ascc.arkansas.gov

Open Monday thru Fridays, 8:00am - 4:30pm, Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.

Best Buddies Arkansas  
10310 West Markham Street, Ste. 211, Little Rock, AR 72205,  
www.bestbuddies.org/find-programs/arkansas

Best Buddies offers job training, one-to-one friendships and leadership
opportunities for youth and adult participants. The organization helps to provide the necessary tools for people with intellectual and developmental disabilities to become more independent and more included in the community.

**Camp Aldersgate**
2000 Aldersgate Road, Little Rock, AR 72205,  
www.campaldersgate.net

Camp Aldersgate provides year-round programming that includes summer and weekend camps for children with and without special needs, a specialized youth volunteer training program, and one of the area’s longest running programs for senior adults. Camp Aldersgate is the only camp in Arkansas designed for children and youth with special needs.

**Disability Rights Arkansas Inc.**
1100 North University Avenue, Suite #201, Little Rock, AR 72207,  
www.disabilityrightsar.org

Vigorously advocate for and enforce the legal rights of people with disabilities in Arkansas.

**Division of Services for the Blind (DHS)**
700 Main Street, Little Rock, AR 72203

Provides support and services to blind and visually impaired Arkansans.

**Easter Seals of Arkansas**
3920 Woodland Heights Road, Little Rock, AR 72212,  
www.eastersealsar.com

The mission of Easter Seals Arkansas is to change the way the world defines and views disabilities by making profound and positive differences in people’s lives every day. Easter Seals provides services including therapy, job placement and education for all ages so people with disabilities can reach the greatest level of independence possible.

**Goodwill Industries Main Office**
7400 Scott Hamilton Drive, Little Rock, AR 72209,  
www.goodwillar.org

Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.

**Mainstream (resources for people with disabilities)**
300 South Rodney Parham - Suite #5, Little Rock, AR 72205

Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas.

**National Alliance on Mental Illness Arkansas (NAMI Arkansas)**
1012 Autumn Road, Suite #1, Little Rock, AR 72211  
(800) 844-0381

Provides support, education and advocacy to persons with mentally illness and their families.
Pinnacle Pointe Hospital
11501 Financial Centre Parkway, Little Rock, AR 72211,
www.pinnaclepointehospital.com
Pinnacle Pointe Hospital is Arkansas’ largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.

Pride Industries
700 West Capitol Avenue #B-125, Little Rock, AR 72201
Hires individuals with severe physical, mental, and developmental disabilities.

Rock Region Metro, LINKS Paratransit (C.A.T.)
901 Maple Street, North Little Rock, AR 72114,
www.rrmetro.org/?page_id=61
Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.

Special Olympics Arkansas
2115 Main Street, North Little Rock, AR 72114,
www.specialolympicsarkansas.org
Provides year around sports training and competitions for children and adults with intellectual disabilities.

St. Luke's Respite Care Center
4106 JFK Blvd, North Little Rock, AR 72116
Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.

TAP (Telecommunications Access Program)
P.O. Box #3781, Little Rock, AR 72203,
www.ace.arkansas.gov
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

The Allen School
824 North Tyler Street, Little Rock, AR 72205
Providing education and day services for special needs children from birth to age 5.

The Arkansas Disability Coalition
1501 North University Avenue, Suite #268, Little Rock, AR 72207,
www.adcpti.org
The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center.
United Way (Heart of Arkansas)  
516 Pershing Blvd., North Little Rock, AR 72114,  
www.heartaruw.org

Heart of Arkansas United Way's mission is to advance the common good by focusing on health and human services throughout Arkansas. We do this by providing support to organizations that specialize in the specific needs of their community.

World Services for the Blind  
2811 Fair Park Blvd., Little Rock, AR 72204,  
www.lwsb.org

Assists blind individuals with life skills, career training, community access, and other services.

World Services for the Blind  
2811 Fair Park Blvd., Little Rock, AR 72204,  
www.wsblind.org

World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

Education & Literacy Programs:

Arkansas Department of Career Education  
Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock, AR 72201

Providing educational support and rehabilitation services for individuals with disabilities.

Arkansas Home Visiting Network  
415 South McKinley - Suite #610, Little Rock, AR 72205  
www.arhomevisiting.org

The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Zip Codes 72202, 72204, 72206 & 72209
Arkansas Rehabilitation Services
900 West 7th St., Little Rock, AR 72201

Prepares people with disabilities to enter the work force thru education, social and accessibility support. Tuition, hearing aids and prostheses provided.

Dr. Emma K. Rhodes Education Center
1815 Wright Avenue, Little Rock, AR 72202, and Emmakrhodes@aol.com

Providing adult education and GED preparation, Life Skills training, and the following Certificate programs; Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also a licensed minister and provider of other community services. Personal Development for women.

HIPPY (home instruction for parents)
Home Instruction for Parents of Preschool Youngsters,
1 Children's Way, Slot 651, Little Rock, AR 72202,
www.archildrens.org/community_outreach/hippy.asp

Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child's first and most important teacher.

Job Corps
6900 Scott Hamilton Drive, Little Rock, AR 72209,
www.littlerockjobcorps.gov

Provides job training and remedial education for youth, ages 15 – 24.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com

GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals.

Literacy Action of Central Arkansas
100 Rock Street, 5th Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201,
www.literacyatlittlerock.org

Teaching adults to read & English as a second language.

Little Rock Adult Education Center
4800 West 26th Street (26th & Madison Street), Little Rock, AR 72204

Offering community and adult education courses. Refresher classes, GED classes and English as a second language.

Mosaic Templars Cultural Center
501 West 9th Street, Little Rock, AR 72201

Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Our House Learning Center
302 East Roosevelt, Little Rock, AR 72206,
www.ourhouseshelter.org
Open to community members for GED prep, basic literacy classes, TABE / WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment.
(501) 374-7383 Ext. #210

S.T.E.P. Ministries
P.O. Box #122, North Little Rock, AR 72114
Tutoring in the public schools for at risk children & Christian mentoring program.
(501) 758-4054

Single Parent Scholarship Fund of Pulaski County
200 River Market Avenue, Suite #100, Little Rock, AR 72201
Providing scholarships and support for single parents in Arkansas.
(501) 301-7773

University of Arkansas, Little Rock (U.A.L.R.)
2801 South University Avenue, Little Rock, AR 72204,
www.apply.ualr.edu
The University of Arkansas offers FREE tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.
(501) 569-3127

University of Arkansas, Little Rock (U.A.L.R.)
ECO/TRIO Pre-College Outreach Center, 5820 Asher Avenue, Suite 800, Little Rock, AR 72204,
http://ualr.edu/trioeocets/eoc/
EOC email: eoc@ualr.edu, ETS email: ets@ualr.edu
The Educational Opportunity Center is a federally funded TRIO program that assists adults of ages 19 or above and U.S. veterans to enroll in and complete a post-secondary education program. All services are provided free of charge to participants who meet the eligibility requirements. Services include: Academic Assistance, Career Exploration, Financial Aid, Counseling and Computer Lab.
(501) 907-2470

Veteran’s Drop-In Day Treatment Center
1000 Main Street, Little Rock, AR 72201
Comprehensive homeless center for veterans ONLY. Providing a broad range of education and special programs. Available to veterans ONLY.
(501) 257-4499
Elder-Care Resources:

Alzheimer's Arkansas  
201 Markham Center Drive, Little Rock, AR 72205,  
www.alzark.org  
(501) 224-0021  
The mission is to provide the information and support needed so that all Arkansans affected by Alzheimer’s disease and related dementia are able to live with dignity and comfort until a cure is found.

Arkansas Adult Protective Services  
www.aradultprotection.com  
(800) 482-8049  
Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate knowledge, infirmity, or laziness on the part of the person responsible. Now is the time to stop it…Stop ignoring the abuse and neglect….You can make a difference!

Arkansas Aging and Adult Services  
P.O. Box #1437, Slot S-530, Little Rock, AR 72203,  
www.daas.ar.gov  
(501) 682-2441  
The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.

Arkansas Relay  
900 South Shackleford Road, Suite #300, Little Rock, AR 72211,  
www.arkansasrelay.com  
(501) 221-1285  
(501) 246-8227  
(Videophone)  
(501) 221-3279  
(TTY)  
(501) 221-1285  
(501) 246-8227  
(800) 482-6359
Providing Free TEXT Telephone service for the deaf.

Care Link  
P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72119,  
www.carelink.org  
(501) 372-5300  
(800) 482-6359
Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

Central Arkansas Development Council (C.A.D.C.)  
Weatherization Assistance Program, P.O. Box #580, Benton, AR 72018  
(501) 776-8446  
Complete application for review to be wait-listed for assistance with weatherization projects.

Choices in Living Resource Center  
AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203,  
www.choicesinliving.ar.gov  
(866) 801-3435
Pre-screening for long term care Medicaid Waivers, providing options to help people remain in the community, in their own homes.
Good Shepherd Community
2701 Aldersgate Road, Little Rock, AR 72205,
www.goodshepherdcommunity.com
Providing options in living from HUD subsidized housing to upscale suites to long term residential care.

LifeQuest of Arkansas
600 Pleasant Valley Drive, Little Rock, AR 72227,
www.lifequestofarkansas.org/welcome.html
Open Monday - Thursday: 9:00 am to 4:30 pm. We are located inside Second Presbyterian Church. Membership-based and volunteer-driven, LifeQuest of Arkansas provides a setting where adults can explore new options for their post-primary careers, where social interaction and intellectual stimulation thrive.

Meals on Wheels
P. O. Box #5988, North Little Rock, AR 72119,
www.carelink.org
Hot or frozen home-delivered meals for home-bound older Arkansans who are unable to shop for or prepare their own meals.

Southern Baptist Disaster Relief Program
(In partnership with American Red Cross, Salvation Army)
10 Remington Drive, Little Rock AR. 72204,
www.absc.org/missions
Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well.

TAP (Telecommunications Access Program)
P.O. Box #3781, Little Rock, AR 72203
www.ace.arkansas.gov
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

University of Arkansas, Little Rock (U.A.L.R.)
2801 South University Avenue, Little Rock, AR 72204,
www.apply.ualr.edu
The University of Arkansas offers FREE tuition for Arkansas residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.
Employment Assistance:

Arkansas Department of Career Education  
3 Capitol Mall, Little Rock, AR 72201,  
www.ace.arkansas.gov  
Provides education and employment support for Arkansans in the fields of technical education and adult education.

Arkansas Department of Workforce Services  
5401 South University Avenue, Little Rock, AR 72209,  
www.dws.arkansas.gov  
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, computer lab job search related use only.

Church at Rock Creek  
11500 West 36th Street, Little Rock, AR 72211,  
www.churchatrockcreek.com  
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer or career challenged individual. Men and Women are welcomed.

Command Center (day labor)  
2125 Walnut Grove, Memphis TN 38111,  
www.commandonline.com  
Day labor coordinators. First fill out their on-line forms then follow instructions to find daily work.

Goodwill Industries Main Office & Career Service Center  
7400 Scott Hamilton Drive, Little Rock, AR 72209,  
www.goodwillar.org  
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.

Goodwill Career Service Center, Bryant  
5914 Highway 5-N, Bryant, AR 72022

Goodwill Career Service Center, Little Rock  
1110 West 7th Street, Little Rock, AR 72201

Goodwill Career Service Center, Little Rock  
109 Markham Park Drive, Little Rock, 72211

Goodwill Adult Education Center, North Little Rock  
6929 John F. Kennedy Blvd., Suite #112, North Little Rock, AR 72116

Hancock Staffing  
601 West 4th Street, North Little Rock, AR 72214,  
www.hancockstaffing.com
Hancock Staffing is a Veteran owned and operated temporary staffing company concentrating in the right associates for Commercial Construction, Manufacturing, Landscaping, and Hospitality Services.

**Hope Works of Greater Little Rock**
620 Curtis Sykes Drive, North Little Rock, AR 72114

Career and Personal Development Center. A Christ centered adult education and employment assistance program. 8-week program, 4-hours a day 8:30-12:30 Tuesday thru Friday. Must be at least 18 years of age.

**Integrity Staffing, Healing Waters**
14036 Sardis Road, Shannon Hills, AR 72103, www.letourviolenceend.com
If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family’s needs. Integrity Staffing is a traditional staffing/employment agency serving those in need of employment. Open Monday thru Friday 8:00am – 4:00PM

**Labor Finders**
P.O. Box #191803, Little Rock, AR 72219

Located at 7223 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00am wait to find daily work as available.

**Labor Ready**
1400 South University Avenue, Little Rock, AR 72204
Day labor coordinators. Make an appointment to fill out their forms then wait to be assigned daily work.

**Operation Restore**
10411 West Markham Street, Little Rock, AR 72205
A temporary employment agency for returning citizens.

**Premier Staffing - Dotación de Personal Premier**
10901 Financial Centre Parkway, Little Rock, AR 72211
www.premierstaffinginc.com
Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al teléfono. Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call.

**Pride Industries**
700 West Capitol Avenue, Suite #B-125, Little Rock, AR 72201
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

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*Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition*
EX-Offender/Reentry Programs:

Approved transitional housing
Facilities in the Little Rock, Pulaski County area for men and women leaving prison, as of February 2016

Arkansas C.U.R.E.
Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #11554, Conway, AR 72034,
www.arkansascure.org
The state chapter of an international grass roots organization dedicated to reducing crime through reform of the criminal justice system through education and advocacy.

Arkansas Cares
Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204
Transitioning housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed an approved OADAP residential treatment program.

Arkansas Department of Career Education
Arkansas Rehabilitation Services,
525 West capitol Avenue, Little Rock, AR 72201,
www.ace.arkansas.gov
Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.

Arkansas Department of Workforce Services
5401 South University Avenue, Little Rock, AR 72209,
www.dws.arkansas.gov
Open Monday thru Friday, 8:00am – 4:30pm, unemployment office, FAX, phone, copy machine, computer lab job search related use only.

Arkansas Time After Time
P.O. Box #11491, Conway, AR. 72034,
www.arkansastimeaftertime.org
The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders.
Center for Women in Transition
P.O. Box #3461, Little Rock, AR 72203, www.cwitlr.org
Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.

Chance Sobriety
12127 Gabriel Lane, North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Sex offenders welcome. Call for fees.

City of Faith
1401 South Garfield, Little Rock, AR 72204
Transitional housing facility for men and women released from Federal prison.

Compassion in Action
4314 Landers Road, Bldg. #2 North Little Rock, AR 72117, www.compassioninactionofar.org
Compassion In Action is a re-entry program which provides structure, training, education, and mentoring to ex-offenders who are preparing to reenter society, and who are already in society that are in need of the mission of “Compassion In Action”. They provide a 12 week, 12 Principles to Success program, job searches, and other resources needed to decrease the recidivism rate by teaching these men and woman how to cope with reentering society, and teaching ex-offenders ways to maximize their God given potential in productive ways.

F.E.I.P.A., Watershed (support for ex-offenders & family)
Friends and Family of Ex-offenders and Incarcerated Persons Association, Watershed, 3701 Springer Boulevard, Little Rock, AR 72206. Call for times and location.

Goodwill Industries Reentry Services Program
7400 Scott Hamilton Drive, Little Rock, AR 72209, www.goodwillar.org
Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity (TEO) program: a 16-week paid training program for reentering citizens without violent or sexual charges on their background.

Gyst House
8101 Frenchmans Lane, Little Rock, AR 72209, www.gysthouseinc.com
Transitional housing for men and women with substance abuse issues.

Hoover Center
3604 West 12th Street, Little Rock, AR 72204
Transitional housing for men and women with substance abuse issues.
Hope House of Recovery
3517 West 25th Street, Little Rock, AR 72204
(501) 351-5164
Transitional housing for Women only.

Integrity Staffing (Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
(501) 650-4753
If you are an individual who needs extra income and can pass a drug test, Integrity Staffing needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family’s needs. Integrity Staffing is a traditional staffing/employment agency serving those in need of employment. Open Monday thru Friday 8:00am – 4:00PM

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
(501) 516-1602
Working with women returning from incarceration.

Operation Restore
10411 West Markham Street, Little Rock, AR 72205
(501) 712-5423
A temporary employment agency for returning citizens.

Our House Reentry Program
302 East Roosevelt, Little Rock, AR 72206,
www.ourhouseshelter.org
(501) 374-7383 Ext. #218
The Reentry Program at Our House serves Learning Center students and others via referral. In addition to the job skills, life skills and adult education programming, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment.

Phoenix Recovery Center
104 North battery, Little Rock, AR 72205
(501) 725-4907
Transitional housing for women only.

Quality Living Center, Men’s
3925 Asher Avenue, Little Rock, AR 72204
(501) 663-3490
Transitional housing for men only.

Quality Living Center, Women’s
2900 South Cedar Street, Little Rock, AR 72204
(501) 663-3490
Transitional housing for women only.

Recovery Center of Arkansas, Riverbend
1201 River Road, North Little Rock, AR 72114
(501) 614-4607
Transitional housing for men and women.

Recovery Center of Arkansas, Williamsburg
6301 Father Tribou, Little Rock, AR 72205
(501) 614-4900
Transitional housing for men and women with substance abuse issues.
Safe Harbor of Little Rock  
4800 Springer Blvd., Little Rock, AR 72206  
(501) 374-5399  
Transitional housing for men with substance abuse issues.

Sober Living  
4201 John Barrow Road, Little Rock, AR 72204  
(501) 562-0507  
Transitional housing for men and women with substance abuse issues.

St. Francis House  
2701 South Elm Street, Little Rock, AR 72209  
(501) 664-5036  
Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.

Transitional Faith-based Therapeutic Community  
7615 Dan Thomas Drive, Little Rock, AR 72205,  
www.transitionsfbtc.org  
(501) 475-5705  
Transitional housing for men only. Working with drug courts, reentry programs and work release.

Veteran’s Day Treatment Center  
1000 Main Street, Little Rock, AR 72201  
(501) 244-1900  
Incarcerated veterans’ re-entry program. Provides case-management following release from prison. For veterans ONLY. Veteran’s Drop-In Day Treatment Center.

Financial & Utility Assistance:

Central Arkansas Development Council (C.A.D.C.) Little Rock  
5401 South University Avenue, Little Rock, AR 72209,  
www.cadc.com  
(501) 603-0909  
Providing assistance with utility bills and emergency conservation.

Centerpoint Energy (Gas)  
Customer Service  
(800) 992-7552

Entergy (Electricity)  
Customer Service  
(800) 368-3749

Pulaski County Tenant-Based Rental Assistance Program  
201 South Broadway, Suite #220, Little Rock, AR 72201  
(501) 340-6157  
(TBRA) Tenant Based Rental Assistance, NOT section-8, rental assistance program on a funds available basis.

River City Ministry  
1021 East Washington, North Little Rock, AR 72114,  
www.rivercityministry.org  
(501) 376-6694  
Assistance with North Little Rock Water bills only. Call Wednesdays at 8:30am to check on availability of funds.
St. Francis House
2701 South Elm Street, Little Rock, AR 72209
Assistance with utility bills must have shut-off notice. NO rental assistance available. Call between 8:30 – 10:00am. Must provide photo ID, Social Security card, and proof of income.

Watershed
3701 Springer Blvd., Little Rock, AR 72206
Assistance with utility bills (gas, electric, water), rent, funeral expenses, No phone bill assistance available. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred. Must have photo ID.

Food Pantries:
Amboy Community Food Pantry
100 Auburn Drive, North Little Rock, AR 72118
Open Monday & Thursday 9:00am – 12:00noon. Proof of North Little Rock residency, and photo ID required.

Bullock Temple
1513 South Park Street, Little Rock, AR 72202
Open Monday 1:00 – 2:00pm Thursdays 5:00-7:00pm, appoints preferred, ID required.

Central Baptist Church of North Little Rock
4500 North Hills, North Little Rock, AR 72116
Food pantry, open Wednesdays, 3:30 – 5:00pm. Located off North Hills, NOT at the church. Serving North Little Rock & Sherwood residents only. Photo ID Required.

Christ Temple Outreach Center
1919 South Arch Street, Little Rock, AR 72206
Open Tuesday & Thursday 10:00am – 12:00noon.

Church at Rock Creek
11500 West 36th Street, Little Rock, AR 72211,
www.churchatrockcreek.com
Open Tuesday, thru Friday. Call in the mornings between 8:00 & 11:30am to schedule an afternoon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock and Saline County residents ONLY.
El Zocalo Immigrant Food Pantry
5500 Geyer Springs Road, Little Rock, AR 72209
(inside Geyer Springs United Methodist Church)
www.zocalocenter.com
El Zocalo Immigrant Food Pantry organized by El Zocalo and Interfaith
Arkansas. 1 box of food per month for low income immigrant families or
families affected by immigrant detention. No ID necessary.

First Baptist Church
2015 Main Street, North Little Rock, AR 72114
Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.

First Christian Church Food Pantry
1500 North Mississippi Street, Little Rock, AR 72207
Open Fridays, 10:30am – 12:00noon. Photo ID required.

First Christian Church of Sherwood
2803 East Kiehl Avenue, Sherwood, AR 72120
Open Friday 10:30am – 12:00noon. Photo ID Required, services for
families in Sherwood and Jacksonville.

First Pentecostal Church Food Pantry
1401 Calvary Road, North Little Rock, AR 72116
Open Fridays, 1:00pm – 5:00pm. Photo ID required.

First United Methodist Church
6701 John F. Kennedy Blvd., North Little Rock, AR 72116
Open Tuesday 9:30 – 11:00am. Serves North Little Rock and Sherwood
residents ONLY! Photo ID and one other form of ID required. Vouchers
only, for Walmart.

Gardner Memorial Methodist Food Pantry
1723 Schaer Street, North Little Rock, AR 72114
Open Tuesday & Thursday 1:00pm – 3:00pm. Photo ID Required.
Serves residents of North Little Rock ONLY.

Geyer Springs United Methodist Church
5500 Geyer Springs Road, Little Rock, AR 72209
Open 1st & 3rd Thursday 9:00am – 12:00noon. Serves residents of the
72209, 72206 & 72103 Zip Code area ONLY. Photo ID required.

Greater Second Care Center
5615 Geyer Springs Road, Little Rock, AR 72209,
www.greatersecond.org
Third Thursdays 10:00am – 12:00noon, Picture I.D. Required.

Helping Hand of Greater Little Rock
1601 Marshall Street, Little Rock, AR 72202
www.helpinghand.org
Open Monday thru Thursday 9:00am – 12:30pm. Must bring Social
Security Card. May only access food once each month. Food and
inexpensive thrift store clothing available.
Immanuel Baptist Church
10500 West Markham Street, Suite #107, Little Rock, AR 72211
Open Tuesday 10:00am – 2:00pm. ID and proof of residence required. For children, must provide proof of guardianship. Serving the following Zip Code areas only: 72201, 72202, 72203, 72205, 72207, 72210, 72211, 72212, 72223 and 72227.

In Your Hands Ministries, Inc.
3905 Highway #161 North, North Little Rock, AR 72117, www.inyourhandsministries.com
Open Tuesdays 8:00am – 12:00noon. Present photo ID, Once a month per household.

Jacksonville Care Channel
201 North Elm Street, Jacksonville, AR 72076
Open Monday, Wednesday, & Friday 10:00am – 1:00pm. Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify one must be on food stamps. Must bring proof of Jacksonville residency, Social Security card or birth certificates of each listed family member, pay stubs, and food stamp approval letter.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103, www.letourviolenceend.com
Connecting Streams Family Food Pantry open 2nd, 3rd & 4th Sundays 12:00-2:00pm.

Lakeshore Drive Baptist Church
21 Lakeshore Drive, Little Rock, AR 72204
Open 2nd and 4th Tuesday of each month 10:00am – 2:00pm. Serving the 72204 Zip Code area ONLY.

Liberty Hill Baptist Church
1215 South Schiller, Little Rock, AR 72202, www.libertyhbc.org
Open 2nd Monday, 3:00pm – 6:00pm, Photo ID Required.

Little Rock Church
10701 West Baseline Road, Little Rock, AR 72209
Open every other Monday 5:00pm – 6:30pm.

Little Rock Compassion Center
3618 West Roosevelt, Little Rock, AR 72204
Open Tuesday and Thursday 9:00am – 11:00am.

Mosaic Church of Central Arkansas
6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204
Open Tuesday 2:00pm – 3:30pm, must reside in the 72204 area, First come first served.
Mount Zion Baptist Church
924 Cross Street, Little Rock, AR 72202
Open Wednesday 11:00am – 2:00pm & Saturday 10:00am – 12:00noon.
(501) 570-0048

Oak Forest United Methodist Church
2415 Fair Park Blvd., Little Rock, AR 72204,
www.oakforrestumc.com
Open 1st and 3 Friday, 2:00 – 4:00pm, serving the 72204 Zip Code area only.
(501) 664-3600

Park Hill Christian Church
4400 John F. Kennedy Blvd., North Little Rock, AR 72116
Open Tuesday 9:30am – 12:30pm. Serving North Little Rock residents.
(501) 375-1600

Promiseland Church Ministries
4520 South University, Little Rock, AR 72204,
www.attheland.org
Open Wednesdays 5:30pm – 7:00pm. Must complete application. ID Required.
(501) 376-6694

Pulaski Heights United Methodist Church
4823 Woodlawn Drive, Little Rock, AR 72205
Saturday food delivers to those within the Little Rock City limits who have been referred from DHS and school counselors.
(501) 664-5036

Quapaw Quarter United Methodist Church
1601 South Louisiana Street, Little Rock, AR 72206
Groceries are distributed between 1:00pm – 3:00pm on the first and third Tuesdays of each month, except August.
(501) 753-4318

River City Ministry
Day Services for the Homeless,
021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
Open Tuesdays & Thursdays 9:30am – 10:30am. Serving Pulaski County residents only, Must provide photo ID.
(501) 537-8658

Salvation Army
1505 West 18th Street, North Little Rock, AR 72115,
www.SalvationArmyCentralArkansas.org
Food Pantry open Monday, Wednesday, and Friday, 9:30am – 12:00 and 1:00 – 3:00pm. Bring photo ID, proof of income, proof of expenses and lease or rental agreement. Serving the North Little Rock area.
(501) 223-2323

Second Baptist Church
1709 John Barrow Road, Little Rock, AR 72204
Open Tuesdays, Wednesdays & Thursdays 10:00am – 12:00noon. Photo ID and utility bill, or current vehicle registration required.
(501) 835-1612

St. Francis House
2701 South Elm Street, Little Rock, AR 72209
Open Monday thru Friday 8:30am – 11:30am & 1:00pm – 3:00pm. Must provide photo ID, Social Security card.
(501) 565-4966

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
St. John Missionary Baptist Church Unto Others Food Pantry  
2501 South Main Street, Little Rock, AR 72206  
(501) 374-3528  
Open the 2nd & 4th Thursday of each month, 9:00am – 3:00pm. Must complete application, photo ID Required. During winter weather months open only once a month.

Sylvan Hills Community Church, Crisis Corner  
8019 Hwy #107, Sherwood, AR 72120  
(501) 955-3444  
Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only.

Temple Baptist Church – Food Pantry  
10710 Interstate #30, Little Rock, AR 72209  
(501) 378-0176  
Open every other Monday 6:00pm. Must register with the food pantry with each use.

The Van (The One Inc.)  
P.O. Box #250061, Little Rock, AR 72225,  
(501) 374-8060  
www.theoneinc.org  
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Union A.M.E. Church Food Cooperative  
1825 South Pulaski Street, Little Rock, AR 72206  
(501) 301-4652  
Bilingual  
Open 2nd Wednesday of each month, 1:00 - 3:30pm. Call to confirm time.

Watershed  
3701 Springer Blvd., Little Rock, AR 72206  
(501) 516-1602  
Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Social Security card or number is preferred. Must have photo ID.

Furniture:

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)  
14036 Sardis Road, Shannon Hills, AR 72103,  
(501) 516-1602  
www.letourviolenceend.com  
Used furniture please call for availability.

St. Francis House  
2701 South Elm Street, Little Rock, AR 72209  
(501) 664-5036  
Open Monday thru Friday 8:30 – 11:30am & 1:00 – 3:00pm. Must provide photo ID, Social Security card.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Sylvan Hills Church of Christ Furniture Ministry
9305 Hwy 107, Sherwood, AR 72120
(501) 835-4141
Visit the church between 8:00am and 4:00pm, Monday thru Friday to fill out the needs form and meet with staff. Must have photo ID.

Watershed
3701 Springer Blvd., Little Rock, AR 72206
(501) 378-0176
Open Monday thru Friday 8:00am – 5:00pm. Call before coming to insure furniture is available. Must have photo ID.

Health Care Services:

12th Street Health and Wellness Center
4010 West 12th Street, Little Rock, AR 72204, www.healthon12th.uams.edu
(501) 614-2492
Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support, Chronic disease management (Hypertension, Diabetes, and Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.

Arkansas Children’s Hospital
General Pediatric & After Hours Clinic
1 Children's Way, Little Rock, AR 72202
(501) 364-1202
Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am – 7:45pm.

Clínica el Samaritano
7002 Baseline Road, Little Rock, AR 72209
(501) 350-2518 Bilingual
Open the 1st and 3rd Tuesdays 5:30pm.

Clínica el Samaritano
El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209
Appointment only, the sign up is usually put on front door night before. Limit 15 appointments per day. $10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm (subject to change) Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. $10/visita. Hay interpretes. Una farmacia pequeña. Límite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios)

College Station Clinic
4206 Frazier Pike, College Station, AR 72053
(501) 490-2440
Open Mondays thru Friday, 8:00am – 5:00pm. Saturday 8:00 - 12:30pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of $15.00 depending on income.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Community of Grace Health Clinic
En edificio de Tyler Street Annex (in Tyler Street Annex Building)
2106 South Tyler Street, Little Rock 72204
Must be uninsured and live in 72204. Medical and gynecological clinics.

(501) 916-2340

Esperanza “Hope” Neighborhood Clinic (Spanish) Bilingual
2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209
Primary care clinic, open Thursday, 5:15am – 8:00pm, closed the 5th Thursday of each month, primarily serving clients in the 72209 Zip code area. Entrance around the back. By appointment ONLY. $5.00 co-pay. Have Spanish interpreters available.

(501) 562-1114

Harmony Health Clinic
201 East Roosevelt Road, Little Rock, AR 72206
Open Monday thru Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS.

(501) 375-4400

Hospice Home Care, Inpatient Center
2200 South Bowman, Little Rock, AR 72211,
www.hospicehomecare.com

(501) 221-3338

Hospice Home Care
12120 Colonel Glenn Road Suite 6400 LR AR 72210,
www.hospicehomecare.com
When someone you love has an advanced life-limiting illness, Hospice Home Care staff and volunteers are there to offer options that maximize comfort and maintain dignity. Hospice treats the person instead of the disease; focuses on the family instead of just the individual; and emphasized the quality of life instead of its duration. Hospice care allows terminally ill patients and their families to experience the end of life together in the comfort and security of a homelike setting.

(501) 296-9043

Jacksonville Health Unit
3000 North 1st Street, Jacksonville, AR 72076
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

(501) 982-7477

John L. McClellan Veterans Hospital
4300 West 7th Street, Little Rock, AR 72205
Medical care and treatment for veterans ONLY.

(501) 257-1000

Liberty Hill Baptist Church
1215 South Schiller, Little Rock, AR 72202,
www.libertyhbc.org
Health screening Nurse available 2nd Monday, 3:00pm – 6:00pm.

(501) 374-8060

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Maumelle Medical Center
501 Millwood Circle, Suite E, Maumelle, AR 72113
Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon.

(501) 803-9990

North Little Rock City Health Department
2800 North Willow Street, North Little Rock, AR 72114
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings, minimum $5.00 fee. Birth control, STD, HIV / AIDS testing immunizations, and referrals. No physicals.

(501) 791-8551

Open Hands Clinic
1225 Martin Luther King Jr. Drive, Little Rock, AR 72202
Open Monday 8:00am – 7:00pm, Tuesday and Wednesday 8:00am – 5:00pm, Thursday 8:00 – 12:00noon, Friday 8:00am – 5:00pm. Appointments preferred, Social Security card & ID required must be homeless, in shelter, or in transitional housing.

(501) 244-2121

Pulaski County Central Health Unit
3915 West 8th Street, Little Rock, AR 72204
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV / AIDS testing and referrals. No physicals.

(501) 280-3100

Pulaski County S.T.D. Clinic
3915 West 8th Street, Little Rock, AR 72204
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required. Free or low cost STD, HIV / AIDS testing and referrals. $5.00 records maintenance fee without Medicaid.

(501) 280-3100

River City Ministry
Day Services for the Homeless,
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
By appointment only, Call Monday, Wednesday or Friday at exactly 10:00am for appointments, serving adults. $5.00 cash required at each visit. Cash Only.

(501) 376-6694

Shepherds Hope
Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204,
www.oakforrestumc.com
By appointment only, open Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required.

(501) 614-9523

St. Francis House
2701 South Elm Street, Little Rock, AR 72204
Prescription refills. Open Monday & Wednesday 9:00 – 11:00am. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide photo ID, Social Security card.

(501) 664-5036
St. Vincent - Gardner Memorial Community Clinic
1723 Schaer Street, North Little Rock, AR 72114
(501) 552-3241
Walk-ins accepted must be present on Mondays between 7:00am and 7:30am. Doors open at 8:00am. Serves uninsured ONLY.

St. Vincent - Glenview Community Clinic
4800 East 19th Street, North Little Rock, AR 72117
(501) 552-3241
Appointments required, call 552-3241. Appointments available Thursdays, begin at 8:00am. Proof of income required.

St. Vincent Health Clinic East
2500 East 6th Street, Little Rock, AR 72202
(501) 552-4710
Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, Office visit $230.00 with proof of income. Labs $5.00 each. Call for appointment. No walk-ins.

St. Vincent Health System - St. Francis House Clinic
2701 South Elm Street, 3rd floor, Little Rock, AR 72204
(501) 552-3241
Appointments required, call 552-3241. Appointments available Tuesdays and Wednesdays, beginning at 8:00am. Proof of income required.

Stew Pot
First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201
(501) 372-1804
Medical screenings with a nurse Friday, 12:00pm – 1:00pm. With a Dr. and/or nurse the third Thursday 12:00pm – 1:00pm.

Towbin Healthcare & VA Medical Center
2200 Fort Roots Drive, North Little Rock, AR 72114
(501) 257-1000 Ext. #3
Medical care, treatment and domicile available to veterans ONLY.

U.A.M.S. Clinic (Appointments)
4301 West Markham, Little Rock, AR 72205
(501) 686-8000 Ext. #2
www.uams.edu
Open Monday thru Friday, 7:30am – 5:00pm, appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of $50.00 required.

Watershed
3701 Springer Blvd., Little Rock, AR 72206
(501) 378-0176
www.nebowatershed.com
Assistance with medications. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make sure funds are available. Appointments and referrals are preferred.

Westside Free Medical Clinic
2000 Camp Aldersgate Road, Little Rock, AR 72205
(501) 664-0340 Ext. 356 English
Ext. 335 Spanish
Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available.
Dental Clinics:

12th Street Health and Wellness Center  (501) 614-2492
4010 West 12th Street, Little Rock, AR 72204
www.healthon12th.uams.edu
Open Monday and Wednesday 4:00pm – 8:00pm. Free medical support. Dental hygiene, extractions, screenings and referrals.

Harmony Health Clinic  (501) 375-4400
201 East Roosevelt Road, Little Rock, AR 72206
Call for information.

River City Ministry  (501) 376-6694
Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114,
www.rivercityministry.org
By appointment only. For Pulaski County residents only. $5.00 cash payment required per visit.

Shepherds Hope  (501) 614-9523
Neighborhood Health Center, 2404 Tyler Street, Little Rock, AR 72204
www.oakforrestume.com
By appointment only, serving the 72204 and 72209 zip codes. Extractions only. Proof of residency required. Appointments Tuesday 5:30 – 8:30pm Call Tuesdays at 1:00pm for a same day appointment.

St. Vincent Health Clinic East  (501) 552-4710
2500 East 6th Street, Little Rock, AR 72202
Open Monday thru Thursday 8:00 – 10:30am, 1:00 – 2:30pm, Friday 8:00 – 12:00noon. Appointments preferred, walk-ins accepted. Simple extractions $55, surgical extractions $100. Fillings $50 - $80. Cleaning $60.

U.A.M.S. Dental Hygiene Student Clinic  (501) 686-5733
4301 West Markham, Little Rock, AR 72205
Allows students to perform x-rays and teeth cleaning for $25.00 per visit. Provides many basic services: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary. Call for appointment.

Eye Clinics:

River City Ministry  (501) 376-6694
Day Services for the Homeless
1021 East Washington, North Little Rock, AR 72114
www.rivercityministry.org
By appointment only. Call for appointments, serving adults. $5.00 cash payment required at each visit.
Shepherds Hope
Neighborhood Health Center
2404 South Tyler Street, Little Rock, AR 72204
www.oakforrestumc.com

By appointment only, serving the 72204 & 72209 zip code. Proof of residency required. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground.

Housing & Shelters:

A.B.B.A. House
1002 South Oak Street, Little Rock, AR 72204
(501) 666-9718

Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.

Center for Women in Transition
P.O. Box #3461, Little Rock, Arkansas 72203
www.cwitlr.org
(501) 372-5522

Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.

Centers for Youth and Families, Youth Emergency Shelter
6425 West 12th Street, Little Rock, AR 72204
(501) 666-7233

Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.

Cumberland Towers
311 East 8th Street, Little Rock, AR 72202
(501) 340-4724

Must be over 50 years of age with no dependents.

Dorcas House
A Division of Union Rescue Mission
823 South Park Street, Little Rock, AR 72202
www.urmission.org
(501) 374-4022

Women’s domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted to remain with women in Recovery Program. Wheelchair accessible.

Empowerment Village
3604 West 12th Street, Little Rock, AR 72204
(501) 663-7223 Ext. #210

For Arkansans with special needs, ie.: limited income, homeless or has disability affecting their income and need for supportive services.
Family Promises of Pulaski County
222 East 8th Street, Little Rock, AR 72202
www.familypromisepc.org.
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18.

Firm Foundation Ministries
2200 East Broadway, North Little Rock, AR 72114
Shelter for men, age 45 and above.

Fred W. Paris Towers
1800 South Broadway, Little Rock, AR 72206
Must be over 50 years of age with no dependents.

Freewill Baptist Family Ministries
3600 West 11th Street, Little Rock, AR 72204
Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school.

Gaines House
1702 Gaines Street, Little Rock, AR 72206
Transitional home for women with disabilities. Call for cost and other information.

Hand Up Housing of Arkansas
620 Curtis Sykes Drive, North Little Rock, AR 72114
Homeless and transitional housing. The first step in graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.

Hoover Treatment Center
3604 West 12th Street, Little Rock, AR 72204
Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees.

Jesse Powell Towers
1010 Wolfe Street, Little Rock, AR 72202
Must be over 18 years of age with no dependents.

Little Rock Compassion Center (Men’s)
3618 West Roosevelt Road, Little Rock, AR 72204
Men’s homeless shelter must have ID and be over 18. No weapons, must be sober, no medical services available.

Little Rock Compassion Center (Women’s)
4210 Asher Avenue, Little Rock, AR 72204
Women’s homeless shelter must have an ID and be over 18. Check-in after 3:00pm.
Metropolitan Housing Alliance (formerly Little Rock Housing Authority)  
100 Arch Street, Little Rock, AR 72201  
Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with a violent /drug related misdemeanor conviction are not eligible to apply for 3 years and those with a violent /drug related felony conviction are not eligible to apply for 7 years. No sex offenders.

Nehemiah House  
A Division of Union Rescue Mission  
2921 Springer Blvd, Little Rock, AR 72216  
www.urmission.org  
Men’s homeless shelter, 4-free days per month, free if the weather is below freezing, after that $6.00 per day (includes breakfast and dinner.) You must be out of the building daily by 7:00am. Once in at night you cannot leave and re-enter. Weapons, tobacco, cell phones, drugs and alcohol not permitted on the property. Work Program – 36-bed facility for working homeless – This program is 6 months and for the working homeless. Facility and campus are tobacco free. $6-day cost after 4 free days per month. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible.

Our House  
302 East Roosevelt, Little Rock, AR 72206  
www.ourhouseshelter.org  
Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2-years). Many educational programs, meals, clothing and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in.

P.A.T.H. Human Trafficking Statewide Crisis Helpline  
Número para víctimas de trata de blancas  
P.O. Box #20166, Little Rock, AR 72221  
Providing shelter for women who are victims of human trafficking.

Project Based Section-8 Apartments: (Based on Income - No Voucher Needed)  
Section-8 Accepted

Asbury Park  
8500 Michael Court, Little Rock, AR 72204  
(501) 225-1931

Auxora Arms Apartments  
101 Auxor Road, Little Rock, AR 72209  
(501) 562-8593

Brook Valley Apartments  
1100 Brookside Drive, Little Rock, AR 72227  
(501) 227-5894

Buffington Towers  
224 East 7th Street, Little Rock, AR 72202  
(501) 372-6434

Eastview Terrace  
1200 Geyer Street, Little Rock, AR 72202  
(501) 372-6606
Fair Oaks Apartments
9600 West 36th Street, Little Rock, AR 72204
(501) 227-5466

Terrace Green Housing
8223 Scott Hamilton Drive, Little Rock, AR 72209
(501) 565-1309

Westbridge I & II
2123 Labette Manor Drive, Little Rock, AR 72205
(501) 224-3122

Salvation Army
1111 West Markham, Little Rock, AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
(501) 374-8636
After 5:00pm

Emergency shelter for men, women, and families, opens at 6:15pm.

Sober Living
4201 John Borrow Road, Little Rock, AR 72204
(501) 562-0507

In patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of six (6) months, fee based programs. Court approved alternative to incarceration.

St. Francis House
2710 South Elm Street, Little Rock, AR 72204
(501) 664-5036

Residential placement for veterans thru the Veterans Day Treatment Center.

Veteran’s Day Treatment Center
1000 Main Street, Little Rock, AR 72201
(501) 257-4499

Provides access for veterans to VA programs including the St. Francis House listed above.

Women and Children First
Address Withheld, Little Rock, AR
(501) 376-3219
www.wcfarkansas.org
Toll Free Hot-Line
800-332-4443

Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education.
Immigrants and Undocumented Persons Resources:

Arkansas Coalition Against Domestic Violence
1401 West Capitol - Suite #170, Little Rock, AR 72201,
[www.domesticpeace.com](http://www.domesticpeace.com)
[www.domesticpeace.com/shelters.html](http://www.domesticpeace.com/shelters.html) (local info)

The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger** call 911, Your local hotline (see local info, above) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamenos al 800-269-4668 ó a la linea nacional 800-799-7233.

Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos
P.O. Box #9296, Fayetteville, AR 72703
[www.arkansasassociations.org](http://www.arkansasassociations.org)

The Arkansas United Community Coalition (Arkansas Unidos) is an immigrants rights organization that was founded to bring together Arkansas-based organizations and individuals, with the mission to promote meaningful immigrant integration at the local and state levels.

ARKids – seguro médico para niños / medical insurance for children
[www.arkidsfirst.com/home](http://www.arkidsfirst.com/home)

Lunes a viernes Monday through Friday 8:00am - 4:30pm

Catholic Immigration Services — Little Rock
2500 North Tyler Street, Little Rock, AR 72207
By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking.

Clínica el Samaritano
El Faro Baptist Church, 7002 Baseline Road, Little Rock 72209

Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. $10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) Appointment only, the sign up is usually put on front door night before. Limit 15 appointments/day. $10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm (subject to change)
Community of Grace Health Clinic
En edificio de Tyler Street Annex (in Tyler Street Annex Building)
2106 South Tyler Street, Little Rock 72204
Sólo atienden a personas sin seguro médico que viven en 72204. Requieren prueba de dirección. Hay interpretes. Clinica médica y de ginecología. $5/visita. Must be uninsured and live in 72204. Medical and gynecological clinics. Proof of address required. Spanish interpreters available. $5/visit

(501) 916-2340

El Consulado de México en Little Rock
3500 South University Avenue, Little Rock, AR 72204
consultmexlir@comcast.net
Lunes a Viernes, 8:00am - 5:00pm. A través del Programa de Protección y Asistencia a las Víctimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido víctimas de:
• Violencia doméstica
• Discriminación laboral
• Violación de derechos laborales
• Abuso a menores
• Secuestro de menores
• Abuso sexual

(501) 372-6933

El Zocalo Immigration Resource Center
5500 Geyer Springs Road, Little Rock, AR 72209
(inside Geyer Springs United Methodist Church)
www.zocalocenter.com ~ lrimmigrantcenter@gmail.com
El Zócalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. También ofrecen educación para los inmigrantes y lo demás. Se puede contactar para más información.

(501) 301-4652

Esperanza “Hope” Neighborhood Clinic (Spanish)
2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209
Solo por cita. Principalmente para 72209. $5/visita. Hay interpretes. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. $5/visit. Spanish interpreters available. Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment ONLY. $5.00 co-pay. Spanish interpreters available.

(501) 562-1114

Human Trafficking Statewide Crisis Hotline (P.A.T.H.)
Número para víctimas de trata de blancas
P.O. Box #20166, Little Rock, AR 72221
PATH is part of a growing network of non-profit organizations confronting human trafficking head on.

(501) 301-4357
(501) 993-1641
(888) 373-7888

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Latino Clinic (in Arkansas Children’s Hospital)  (501) 364-4000 Ext. #9
1 Children’s Way, Little Rock 72202
Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas debajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions and whose families speak Spanish. Also has a low-income legal office. Bilingual staff. Must have a physician referral. Friday afternoons.

Legal Aid of Arkansas – Ayuda Legal de Arkansas  (501) 376-3423 (800) 952-9243
www.arlegalservices.org www.laalite.org – tax help
Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas. Para impuestos/

Número Nacional de Crisis/Para Prevencción del Suicidio  (888) 628-9454 en Español
National Suicide/Crisis Hotline (800) 273-8255 in English

Premier Staffing - Dotación de Personal Premier  (501) 223-8367
10901 Financial Centre Parkway, Little Rock, AR 72211, www.premierstaffinginc.com
Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse en el sitio web y una vez registrado comunicarse al teléfono.

Westside Free Medical Clinic (Spanish)  (501) 664-0340 Ext. 356 English Ext. 335 Spanish
2000 Camp Aldersgate Road, Little Rock, AR 72205
Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available.
Legal Services:

American Civil Liberties Union (A.C.L.U.)
904 West 2nd Street, Suite #1, Little Rock, AR 72201,
www.acluarkansas.org
The ACLU Provides legal representation in selected cases involving a violation of Civil Liberties. The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Intersexual) rights, and reproductive freedom.

Center for Arkansas Legal Services
1300 West 6th Street, Little Rock, AR 72201
www.arlegalservices.org
Free legal assistance to low income people in civil, non-criminal cases. Call help line Monday thru Friday, 9:00 – 11:00am & 1:00 – 3:00pm Find legal documents for self-representation on website.

Disability Rights Center
1100 North University Avenue, Suite #201, Little Rock, AR 72207
Advocacy group supporting the rights of the disabled. Monday thru Friday 9:00am – 5:00pm.

On-Line Information on Free Legal Services in Arkansas

U.A.L.R. William H. Bowen, School of Law Legal Clinic
1201 McMath Avenue, Room #105, Little Rock, AR 72202
Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available in January or August (at the beginning of each semester). Special mediation clinic for special education students and their families.
LGBT Resources: (Lesbian, Gay, Bisexual, Transgender)

Arkansans for Equality
P.O. Box 13066, Maumelle, AR 72113
Arkansansforequality@gmail.com
(501)-444-2575

AFE is an organization supporting equality for all Arkansans.

Arkansas Coalition Against Domestic Violence
1401 West Capitol, Suite #170, Little Rock, AR 72201
www.domesticpeace.com
(501) 907-5612
(800) 269-4668


Arkansas Transgender Equality Coalition
805 N. Buchanan, Little Rock, AR 72205
www.artranscoalition.org

A statewide transgender organization led by transgender people collaborating with supporters in advancing needed education, resources and inclusion in AR.

Center for Artistic Revolution (CAR)
P.O. Box #2300, North Little Rock, AR 72114
www.carar.org
(501) 244-9690

Providing programs and advocacy for the Arkansas LGBTQI community.

Central Arkansas Integrity
Christ Episcopal Church, 509 Scott Street, Little Rock, AR 72201

Integrity's mission is to inspire and equip the LGBT community and their allies to proclaim and embody God’s all-inclusive love for LGBTQ persons and those who love them. Integrity's vision of its success is that all thrive as a beacon of love, justice, and compassion, where everyone is equally embraced and empowered.

Central Arkansas Pride (CAP)
P.O. Box #250096, Little Rock, AR 72225
www.centralarkansaspride.com
(501) 213-6543

CAP organizes the annual Little Rock Pride Parade and Festival in October as well as helps organize local programming and the PFLAG Pride scholarship fund. The mission of Central Arkansas Pride is to raise awareness of diversity in the community and recognize the positive contributions of the LGBT community in Arkansas through celebration and education.
Diverse Youth for Social Change (D.Y.S.C.)
800 Scott Street, Little Rock, AR 72201
(Located inside the First Presbyterian Church)
www.car4ar.org
Meets every Friday night at 6:30pm, for youth ages 13-22.

Human Rights Campaign (HRC) Arkansas
PO Box 251703, Little Rock, AR 72225
hrckarkansas@hrc.org
The Human Rights Campaign is America’s largest civil rights organization working to achieve lesbian, gay, bisexual and transgender equality. HRC envisions a world where LGBT people are embraced as full members of society at home, at work and in every community.

Lucie's Place
300 South Spring Street, #803, Little Rock, AR 72201
www.luciesplace.org
Lucie’s Place works with homeless Lesbian, Gay, Bisexual & Transgender young adults in the Central Arkansas area. They can currently assist with free counseling, food, toiletries, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults. Their hotline is open 24/7 for individuals to call for support & they are working to open housing for LGBT homeless young adults.

Parents and Friends of Lesbian and Gay (and Transgender) People (PFLAG) Little Rock
800 Scott Street, Little Rock, AR 72201
Meets first Friday of each month. Call for location.

The Trevor Project
www.thetrevorproject.org
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Meals Available:

**Broadway Bridge Project**
708 West 2nd Street
Serving dinner Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.

**Canaan Missionary Baptist Church**
1700 South State Street, Little Rock, AR 72206
Serving the homeless and hungry each 4th Saturday of the month from 12:30 - 1:00pm, under the parking deck on 8th & Main.
Canvas Community  
1111 W 7th Street, Little Rock, AR 72201  
www.welovelittlerock.org  
Dinner and a Movie Wednesdays 3:30 – 7:30pm. Lunch served Saturdays 11:30 – 12:30. Art program Fridays 2:00 – 4:00pm.

Community Chapel PCG  
5205 Standridge Road, North Little Rock, AR 72118  
Lunch served Wednesday's 11:00am – 1:00pm.

Covenant of Zion Cathedral Church  
3023 West 12th Street, Little Rock, AR 72204  
The Lords Plate. Every Tuesday and Thursday from 11:30am to 1:00pm lunch is served to the homeless and less fortunate. This ministry focuses on the whole person.

Feed the Hungry  
1111 West Markham, Little Rock, AR 72201  
robertj1940@hotmail.com  
Serving breakfast Mon-Fri at 7:00 am, 52 weeks a year, holidays included, at the Salvation Army. Feeding about 110 meals daily for more than ten years.

From His Throne Ministries  
1101 West Markham. Little Rock, AR 72201  
Serving lunch Sundays, 11:00am. Following a church service.

In Your Hands Ministries, Inc.  
3905 Highway #161 North, North Little Rock, AR 72117,  
www.inyourhandsministries.com  
Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch 12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am - 12:00pm.

Jericho Way, Homeless Day Resource Center  
3000 Springer Blvd., Little Rock, AR 72206  
www.depaulusa.org  
Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am Lunch served at11:00am, Monday thru Friday.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)  
14036 Sardis Road, Shannon Hills, AR 72103  
www.letourviolenceend.com  
Meals served to children in the afterschool program. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm

Metro Worship Center  
2914 South Cumberland Street, Little Rock, AR 72206  
Lunch and clothes closet 3rd Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
New Life Ministries
12506 Highway #165, North Little Rock, AR 72117
www.newlifenlr.com
Serving dinner in the parking lot behind the Little Rock city hall, Sundays, 5:30pm.

Pleasant Valley Church of Christ
10900 Rodney Parham, Little Rock, AR 72212
Meals served the first Sunday at 12:00noon at From His Throne Ministries, 1101 West Markham, Little Rock, AR 72201.

Quapaw Quarter United Methodist Church
1601 South Louisiana Street, Little Rock, AR 72206
Meal service Sundays only, Community Breakfast at 9:00am – 10:00am and Stone Soup Dinner at 3:00pm.

River City Ministry
1021 East Washington Avenue, North Little Rock, AR 72214
www.rivercityministry.org
Monday thru Friday, following the 11:30 Devotional. Sunday’s food and fellowship 2:00pm.

Saint Mark Baptist Church
5722 West 12th Street, Little Rock, AR 72204
Serving 4th Saturday of each month 10:00am – 1:00pm.

Salvation Army
1111 West Markham Street, Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org
Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30 – 6:00pm.

Stew Pot
First Presbyterian Church, 800 Scott Street, Little Rock, AR 72201
Free lunch served Monday thru Friday, 12:00 – 1:00pm. Not handicapped accessible.

The Van (The One Inc.)
P.O. Box #250061, Little Rock, AR 72225
www.theoneinc.org
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
Mental Health Care/Treatment:

**Bridgway Hospital**
21 Bridgway Road, North Little Rock, AR 72113  
Private inpatient hospital, most insurance accepted. Payment required.

**Centers for Youth and Families**
6601 West 12th Street, Little Rock, AR 72204  
Outpatient clinic for youth 20 and under.

**Family Service Agency**
628 West Broadway, Suite #300, North Little Rock, AR 72114  
www.helpingfamiliesfirst.org  
Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees.

- Jacksonville  
- Sherwood  
- North Little Rock

**L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)**
14036 Sardis Road, Shannon Hills, AR 72103  
www.letourviolenceend.com  
Licensed mental health professionals on staff, call for fees and appointments.

**Little Rock Community Mental Health Center**
1100 North University Avenue, Suite #200, Little Rock, AR 72207  
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare, Medicaid and insurance accepted. Call Monday thru Friday, 8:00am – 5:00pm.

**Network of Wellness**
700 South Schiller Street, Little Rock, AR 72201  
Open Monday thru Friday 1:00 – 5:00pm, specializing in adult psychiatry. Insurance required, Medicare and Medicaid accepted.

**Professional Counseling Associates**
3601 Richards Road, North Little Rock, AR 72117  
Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics at:

**U.A.M.S. Walker Family Clinic (Appointments)**
4301 West Markham, Little Rock, AR 72205  
www.uamshealth.com  
Open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required.
Substance Abuse Treatment & Recovery:

AA World Service Office


(212) 870-3400

Contact information, place date and times for AA meetings worldwide.

Al-Anon and Alateen

www.ar.al-anon.alateen.org

(501) 372-5234

Al-Anon groups offer fellowship for relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. They believe that alcoholism is a family illness and that changed attitudes can aid in recovery.

Arkansas AA Central Service Office

7509 Cantrell Road, #106, Little Rock, AR 72207

www.arkansascentraloffice.org

(501) 664-7303

Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas.

Cocaine Anonymous (C.A.)

www.caarkansas.org

(501) 301-4827

C.A. is concerned solely with the personal recovery and continued sobriety of individual drug addicts who turn to our Fellowship for help. We do not engage in the fields of drug addiction research, medical or psychiatric treatment, drug education, or propaganda in any form — although members may participate in such activities as individuals.

Family Service Agency

628 West Broadway, Suite #300, North Little Rock, AR 72114

www.helpingfamiliesfirst.org

(501) 372-4242

Substance abuse counseling programs There is a sliding scale fee structure, call for fees.

L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center)

14036 Sardis Road, Shannon Hills, AR 72103,

www.letourviolenceend.com

(501) 516-1602

“Victory over addiction” 12-step meetings every Thursday evening, starting at 7:00pm.

Narcotics Anonymous (N.A.)

c/o Central Arkansas ASC, P.O. Box #165205, Little Rock, AR 72216

www.caasc.org

(501) 373-8683

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean and maintain complete abstinence from all drugs. The only requirement for membership is the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program principles are written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Inpatient Treatment Facilities:

Arkansas Cares
Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204
Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.
(501) 661-0720
(501) 661-7979

Baptist Medical Center
9601 Interstate #630, Little Rock, AR 72205
Inpatient detox and dual diagnosis treatment. All drugs and alcohol. NO METHADONE. Fees: Medicaid, Medicare, or private insurance needed. Cannot go in asking for detox—present to ER w/ symptoms and allow psych screener or ER staff to make that referral for indigent clients. Private insurance for substance abuse or $5,500 cash payment required.
(501) 202-2893

Bridgway Hospital
21 Bridgway Road, North Little Rock, AR 72113
Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone. Fees: Medicare and private insurance ONLY. Must ensure that client’s private insurance covers substance abuse otherwise they are indigent for this type of treatment.
(501) 771-1500

Chance Sobriety
12127 Gabriel Lane, North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Fee: Call for fees.
(501) 851-8484

Compassion Center
3618 West Roosevelt Road, Little Rock, AR 72204
Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability 75% of income will be saved for client. Chores done in shelter in exchange for fee if unemployed.
(501) 296-9114

Dorcas House:
A Division of Union Rescue Mission
823 South Park Street, Little Rock, AR 72202
www.urmission.org
Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: $75 deposit which is returned if client completes program.
(501) 374-4022

Gyst House
8101 Frenchman’s Lane, Little Rock, AR 72209
www.gysthouseinc.com
Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. $250 entry fee.
(501) 568-1682
Hoover Treatment Center  
3604 West 12th Street, Little Rock, AR 72204  
(501) 663-4774

Inpatient / long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry & fees.

Nehemiah House: A Division of Union Rescue Mission  
3000 Springer Blvd, Little Rock, AR 72216  
www.urmission.org  
(501) 376-8470


Quality Living Center  
3925 Asher Avenue, Little Rock, AR 72204  
(501) 663-3490

CoEd campus, separate residence for men and women. Call for fees.

Quapaw House  
7600 Enmar Drive, Little Rock, AR 72209  
(501) 686-9393

Inpatient initial detox center for the State of Arkansas. 3-5 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METHADONE. Must call to complete phone screening prior to admittance. No walk ins are accepted. Assessment ranges from $25.00 to $150.00. Call for screening. Fees: assessment fee plus $125 for suboxone OPIATE detox. Must have ID and proof of income. If client has history of DT’s or other medical problems when detoxing, refer to ER or hospital as this is a “drying center” and has no medical capabilities. Will not accept clients who are suicidal. If client has mental illness or other physical illness, must have own medications.

Recovery Centers of Arkansas, Riverbend  
1201 River Road, North Little Rock, AR 72114  
www.rcofa.org  
(501) 372-4611

Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Sober Living  
4201 John Borrow Road, Little Rock, AR 72204  
(501) 562-0507

Transitional housing with drug and alcohol services. Fees: call for fees.

The Hope House of Recovery  
P.O. Box #190431, Little Rock, AR 72219  
www.hopehousearkansas.com  
(501) 565-4673

Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery
meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of $100.00 a week or $360.00 a month. There are no time limits to living in the house. Hope House has two facilities one in Little Rock and one in Benton. Go to website to fill out an application or call (501) 565-4673 for admission requirements.

Outpatient Treatment Facilities:

Catar Clinic
4260 Stockton Drive, North Little Rock, AR 72117
(501) 664-7833
Outpatient opiate addiction treatment.

Recovery Centers of Arkansas, Steeplechase
6225 Father Tribou, Little Rock, AR 72205
www.rcofa.org
Steeplechase Apartments provide private chemical-free apartments to those individuals who have successfully completed treatment programming.

Recovery Centers of Arkansas, Williamsburg
6301 Father Tribou, Little Rock, AR 72205
www.rcofa.org
(501) 372-4611
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

U.A.M.S. Psychiatric Research Institute Methadone Clinic
4301 West Markham, Little Rock, AR 72205
www.uamshealth.com
(501) 526-8410
Outpatient opiate treatment.

Veteran’s Substance Abuse Treatment Services
2200 Fort Root Drive, North Little Rock, AR 72114
(501) 257-2846
Walk-in clinic open from 9:00am -1:00pm, Monday – Friday. Accessible to Veterans eligible for services.
Native American Resources:

American Indian Center of Arkansas
1100 N University Ave # 143, Little Rock, AR 72207,
www.arindianctr.org

The purpose of the American Indian Center of Arkansas is to make a positive difference in the Native American population of Arkansas primarily by providing services and partnerships that offer education, welfare, and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas.

Arkansas Studies Institute
401 President Clinton Avenue, Little Rock, AR 72201,
www.butlercenter.org/contact.html

Open Monday thru Saturday 9:00am – 6:00pm on the 2nd floor in the Research Room & Genealogy Collections Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm – 5:00 p.m., Room 204.

Federally Recognized Indian Tribes and Resources for Native Americans
www.usa.gov/tribes

Find information about and resources for Native Americans regarding:
- Federally Recognized Indian Tribes
- Cultural Resources for Native Americans
- Housing Help: Resources for Native Americans
- Legal Resources for Native Americans

Historic Arkansas Museum
200 East 3rd Street, Little Rock, AR 72201
www.historicarkansas.org

We Walk In Two Worlds: The Caddo, Osage & Quapaw in Arkansas. Free, on the second floor. Open Monday thru Saturday, 9:00am – 5:00pm, Sundays 1:00pm – 5:00pm. We Walk in Two Worlds tells the story of Arkansas’s first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 158 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers.

Sequoyah National Research Center
2801 South University Ave, Little Rock, AR 72204,
www.ualr.edu/sequoyah

The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the peoples themselves. Open 8:00am — 5:00pm, Monday — Friday

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Compassion Resources Directory For Little Rock & Pulaski County, Arkansas: Resource Provider Edition
Transportation:

**Care Link**
P.O. Box #5988, North Little Rock, AR 72119
www.carelink.org
(501) 372-5300
(800) 482-6359

Care Link can provide limited transportation for the elderly.

**Jericho Way, Homeless Day Resource Center**
3000 Springer Blvd., Little Rock, AR 72206
www.depaulusa.org
(501) 297-0991

Homeless day center, transportation services Monday thru Friday 7:30am – 3:00pm. Transportation to and from shelters and to Medical and employment appointments.

**Rock Region Metro Little Rock City Bus System**
310 East Capitol Street, Little Rock, AR 72202
www.rrmetro.org
(501) 375-1163

Open 7:00am – 6:00pm daily. One ride $1.35, $1.40 with transfer, all day pass $3.75, all month pass (31-day) $36.00.

**Rock Region Metro, LINKS (C.A.T.)**
901 Maple Street, North Little Rock, AR 72114
www.rrmetro.org/
(501) 375-9607

Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.

**S.O.A.R. Network**
(501) 255-0529

Call to make an appointment for free shuttle service for job interviews, doctor’s appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information.

**Veteran’s Day Treatment Center**
1000 Main Street, Little Rock, AR 72202
(501) 257-6604

Shuttle service available by appointment for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities ONLY.

**Watershed**
3701 Springer Blvd., Little Rock, AR 72206
(501) 378-0176

Bus passes available on an as available basis through interview. Open Monday thru Friday 8:00am – 5:00pm. Call before coming to make an appointment for screening.
Veterans Programs:

A Vet's Best Friend
P.O. Box #329, Cabot, AR 72023
www.servicedogforptsd.org, gregsporer@yahoo.com

A Veteran's Best friend is a grass roots Christian ministry serving Arkansas Veterans utilizing a service dog, a chaplain, a PTSD support group, and a dog trainer to heal Veterans with PTSD at no cost to the Veteran. Apply on-line and you will be contacted for an orientation meeting. Canines are trained to interrupt nightmares and provide a calming effect. Canines are public access trained so Vets can heal from isolation, fear, and avoidance. Canines are trained to alert the presence of other people to minimize hyper-vigilance.

ARVets
4704 West Commercial Drive, Suite B, North Little Rock, AR 72116, www.arvets.org

The mission of ARVets is to enhance the overall quality of life for military personnel, veterans and their families by improving access to resources and strengthening support systems through all phases of the military life cycle. ARVets will proactively offer more innovative ideas and methods to deliver services and focus on a grassroots case-management approach.

John L. McClellan Veterans Hospital
4300 West 7th Street, Little Rock, AR 72205
Medical care and treatment for veterans ONLY.

National Association of Black Veterans, (NABVETS)
Little Rock Chapter #0108, P.O. Box #4662, Little Rock, AR 72214

St. Francis House
2701 South Elm Street, Little Rock, AR 72214
Veteran’s residential treatment accessed only thru Veteran's Day Treatment Center.

Towbin Healthcare & VA Medical Center
2200 Fort Roots Drive, North Little Rock, AR 72114
Medical care, treatment and domicile available to veterans ONLY.

VA National Call Center for Homeless Veterans
www.va.gov/homeless
(877) 424-3838

Veteran’s Day Treatment Center
1000 Main Street, Little Rock, AR 72202
Comprehensive homeless center for veterans ONLY. Providing laundry & shower facilities, shuttle service, breakfast & lunch, case management and a broad range of special programs including therapeutic groups and other clinical services. Available to veterans ONLY. NOT A SHELTER!
Women’s Resources:

A.B.B.A. House  
1002 South Oak Street, Little Rock, AR 72204  
(501) 666-9718  
Provides shelter for homeless and/or pregnant women. Non-pregnant women can stay up to 3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness.

Arkansas Cares  
Methodist Health Services, 2002 South Fillmore, Little Rock, AR 72204  
(501) 661-0720  
(501) 661-7979  
Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program.

Arkansas Coalition Against Domestic Violence  
1401 West Capitol - Suite #170, Little Rock, AR 72201,  
www.domesticpeace.com  
(800) 269-4668  
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamanos al 800-269-4668 ó a la línea nacional 800-799-7233.

Arkansas Women’s Outreach  
www.arcansaswomensoutreach.org  
(501) 372-5522  
Center for Women in Transition  
P.O. Box #3461, Little Rock, Arkansas 72203, www.cwitlr.org  
Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self-worth, self-reliance and self-discipline.

Dorcas House  
A Division of Union Rescue Mission  
823 South Park Street, Little Rock, AR 72202  
www.urmission.org  
(501) 374-4022  
Women’s domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted to remain with women in Recovery Program. Wheelchair accessible.

Gaines House  
1702 Gaines Street, Little Rock, AR 72206  
(501) 376-4015  
Transitional home for women with disabilities. Call for cost and other information.
Little Rock Compassion Center (Women’s)  
4210 Asher Avenue, Little Rock, AR 72204  
(501) 663-2972  
Women’s homeless shelter must have an ID and be over 18. Check-in after 3:00pm.

P.A.T.H. Human Trafficking Statewide Crisis Helpline  
Número para víctimas de trata de blancas  
P.O. Box #20166, Little Rock, AR 72221  
(501) 993-1641  
(501) 301-4357  
Providing shelter for women who are victims of human trafficking.

Phoenix Recovery Center  
104 North battery, Little Rock, AR 72205  
(501) 725-4907  
Transitional housing for women only.

The Hope House of Recovery  
P.O. Box #190431, Little Rock, AR 72219  
www.hopehousearkansas.com  
(501) 565-4673  
Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of $100.00 a week or $360.00 a month. There are no time limits to living in the house. Hope House has two facilities one in Little Rock and one in Benton. Go to website to fill out an application or call for admission requirements. ACC approved.

Women and Children First  
Address Withheld, Little Rock, AR  
www.wcfarkansas.org  
(501) 376-3219  
Toll Free  
Hot-line:  
800-332-4443  
Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education

Youth Services:  

Arkansas Advocates for Children and Families  
1400 West Markham, Suite #306, Little Rock, AR 72201,  
www.aradvocates.org  
(501) 371-9678  
For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children, and we have never been afraid to lead the way when the need arose. Working at the legislative level rather than one-on-one.

Arkansas Child Abuse Prevention Hotline  
(800) 482-5964
Arkansas Children’s Hospital, General Pediatric & After Hours Clinic
1 Children's Way, Little Rock, AR 72202
Children’s after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am – 7:45pm.

Arkansas Coalition Against Domestic Violence
1401 West Capitol, Suite #170, Little Rock, AR 72201, www.domesticpeace.com

Arkansas DHS / Division of Children and Family Services
P.O. Box 1437, Slot S-569, 700 Main Street, Little Rock, AR 72203, www.stoparchildabuse.com www.humanservices.arkansas.gov
Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children's emotional, physical, and developmental needs and protect their children from harm.

Arkansas Home Visiting Network
415 South McKinley - Suite #610, Little Rock, AR 72205 www.arhomevisiting.org
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. The focus is within the Central Little Rock Zip Codes 72202, 72204, 72206 & 72209

Arkansas National Guard Youth Challenge Program
16414 North Dakota Avenue, NLR 72199
Mailing address: Camp Robinson #16414, North Little Rock, AR 72199 www.aryouthchalange.org
The Arkansas National Guard Youth ChalleNGe Program is a preventive rather than remedial at-risk youth program. The program targets participants who are drug-free with no felony convictions and 16 to 18 years of age. You must not be older than 18 upon entry, however, you may turn 19 while in the program. Core components of the program are; responsible citizenship, academic excellence (GED/High School Diploma attainment) life-coping skills, service to community health and hygiene,
job skills training, leadership, physical training. The 22 week Residential Phase, which includes a 2-week Acclimation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth's community.

**ARKids First**
700 Main Street, Little Rock, AR 72201  
www.arkidsfirst.com/home.htm

ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm.

**Beth Chisum Stephens Community Center**
1200 South Cleveland Street, Little Rock, AR 72204

**Big Brothers Big Sisters of Central Arkansas**
312 West Pershing Blvd. North Little Rock, AR 72114  
www.bbbsca.org

Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever.

**Break the Silence – Speak Out America**
P.O. Box #21978, Little Rock, AR 72223

Dedicated to preventing child sexual abuse.

**Catholic Adoption Services**
2500 North Tyler Street, Little Rock, Arkansas 72207  
Ext. #347 or #334

Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protections, privacy, and are able to select the future adoptive parents for their child.

**Centers for Youth and Families Residential Services**
6501 West 12th Street (EMAC) & 6601 West 12th Street (EMCC)  
Little Rock, AR 72204  
www.centersforyouthandfamilies.org

**Child Support Enforcement Office**
322 South Main Street, Suite #100, Little Rock, AR 72203

Enforces court orders involving non-custodial parental child support.

**Cru Inner City**
1320 South Schiller Street, Little Rock, AR 72202

Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (school backpacks with school supplies).
L.O.V.E. "Let Our Violence End" Inc. (Healing Waters Outreach Center) (501) 516-1602
14036 Sardis Road, Shannon Hills, AR 72103,
www.letourviolenceend.com
After school program, 3:00 – 6:00pm weekdays, with meals.

National Center for Missing / Exploited Children (800) 843-5678
www.missingkids.com

Centers for Youth and Families (family counseling center) (501) 666-4949
6601 West 12th Street: Attn. OS, Little Rock, AR 72204
Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 20. Parent Center offers parenting classes, support groups and a Parent Resource Center. Community Center not only offers a fitness center and swimming pool but an excellent locale for community meetings, classes and activities.

Pinnacle Pointe Hospital (501) 223-3322
11501 Financial Centre Parkway, Little Rock, AR 72211,
www.pinnaclepointehospital.com
Pinnacle Pointe Hospital is Arkansas’ largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to our patients and support to families. Pinnacle Pointe Hospital offers no-cost assessments 24/7 to children and adolescents who are struggling with emotional or behavioral issues.

Pulaski County Cooperative Extension, 4-H (501) 340-6650
Pulaski County 4-H, 2901 West Roosevelt Road, Little Rock, AR 72204
4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, and Cooperative Extension Service.

Pulaski County Youth Services (501) 340-8250
201 South Broadway, Suite #220, Little Rock, AR 72201
http://pulaskicounty.net/pulaski-county-youth-services/
County Youth Services is an organization dedicated to providing quality enrichment and educational programs for the youth of Pulaski County.
Our mission is to establish and strengthen the county-wide effort of mobilizing resources for quality enrichment and educational programs for Pulaski County youth.

Recycle Bikes for Kids (501) 207-1696
1212 East 6th Street, Little Rock, AR 72202
www.facebook.com/recyclebikesforkids
Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call for appointments, times, and requirements.
The First Tee (life-skills for youth)  
1 First Tee Way, Little Rock, AR 72204  
Youth development program teaching life skills through the game of golf.

Miscellaneous:

Arkansas Community Dispute Resolution Centers, Inc.  
3805 West 12th Street - Suite #201, Little Rock, Arkansas 72204,  
www.acdrc.net  
Providing family/child support/visitation mediation services, neighborhood dispute resolution services, landlord/tenant disputes, consumer disputes, business disputes, facilitation services, conflict resolution training for individuals, neighbors, families, consumers, churches, schools, businesses, groups/organizations, police and government entities.

Arkansas Community Organization (A.C.O.)  
2101 South Main Street, 1st floor, Little Rock, AR 72206  
Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling.

American Red Cross of Greater Arkansas  
401 South Monroe Street, Little Rock, AR 72205  
www.redcross.org/arkansas  
Emergency Assistance Information, health and safety training (CPR & first aid) emergency military notification.

Cell-phone charging locations:
  • University Libraries  
  • University of Arkansas, Little Rock student union  
  • All Public Libraries

City of Little Rock Neighborhood Resource Centers (NRC):  
11 Neighborhood Resource Centers located throughout Little Rock.  
www.littlerock.org/citydepartments/housing_programs/alertcenters/locations_staff.aspx  
Neighborhood Resource Centers have become hubs of decentralized city services. Code enforcement officers, community oriented police officers and neighborhood facilitators staff each Resource Center.

Baseline Alert NRC  
Shaun Smith, 4600 Baseline Road, Little Rock, AR 72209

Capitol View - Stiff Station NRC  
Kathleen Countryman, 2715 West 7th Street, Little Rock, AR 72205
Central High NRC
Valerie Conway, 1108 South Park, Little Rock, AR 72202 (501) 376-7610

East Broadway NRC
Bert Butler, 500 East 21st Street, Little Rock, AR 72206 (501) 565-1499

Oak Forest NRC
Larry Johnson, 2823 Tyler Street, Little Rock, AR 72204 (501) 376-3406

South End NRC
Arnuard Crump, 1100 West 33rd Street, Little Rock, AR 72206 (501) 666-0916

Southwest Little Rock NRC
Valeria Tate, 5621 Valley Drive, Little Rock, AR 72209 (501) 370-9537

Wakefield NRC
Iglorida Conley, 7414 Doyle Springs Road, Little Rock, AR 72209 (501) 562-0042

West Baseline NRC
Linda Williams, 9209 Mann Road, Little Rock, AR 72209 (501) 565-7119

West Central NRC
Chris Porter, 4200 John Barrow - Suite B & C, Little Rock, AR 72204 (501) 565-4807

Willie Hinton Alert Center
3805 West 12th Street, Little Rock AR 72204 (501) 379-1515

Wright Avenue NRC
Willie Carpenter, 1813 Wright Avenue, Little Rock, AR 72202 (501) 244-0900

Computer and Internet Access:
- University Libraries
- Public Libraries
- AR State Library
- AR unemployment office, job search only

Family Service Agency ~ Central Little Rock Promise
628 W Broadway Street - Suite 610, North Little Rock, AR 72114, (501) 372-4242
www.helpingfamiliesfirst.org/index.html
www.littlerockpromise.org

Hours: Monday thru Friday 8:00am – 5:00pm. Affordable Housing, Drug & Alcohol Safety Education Program, Consumer Credit Counseling Service, Counseling, Employee Assistance, Prevention Services, Substance Abuse, Trans-Parenting Violence Intervention. Focus within Central Little Rock Promise Neighborhood, serving Zip codes 72202, 72204 and 72206. For families with children prenatal to 5 years,

Food Stamps (S.N.A.P. Program): Arkansas Department of Human Services
P.O. Box 1437, Slot S-569, 700 Main Street, Little Rock, AR 72203 (501) 682-6728

There are several different locations in Pulaski County: apply according to your zip code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded.
Laundry Love
laundrylove@arcentralchurch.org
www.facebook.com/LaundryLoveGreaterLittleRock

Wash laundry free each month, January – October 6:00 – 8:00pm, 3rd Friday of the month at the Runwash Laundry Center, 3702 S. University, Little Rock (across from UALR.). Last Friday of the month at Runwash Laundry Center, 116 East 15th Street & Curtis Sykes Drive, North Little Rock. Three (3) loads per visit. Provided by the Central Church of Christ

Mail Service: Little Rock Downtown Post Office
600 East Capitol Avenue, Little Rock, AR 72202

Have your incoming mail addressed to: your name, (C/O) General Delivery, 600 East Capitol Avenue, Little Rock, AR 72202. Ask for your mail at the counter. Your mail will be held for 30 days.

Pet Needs: Quapaw Quarter United Methodist Church Pet Food Ministry
1601 South Louisiana Street, Little Rock, AR 72206

Cat and dog food is distributed between 1:00 – 3:00pm on the third Tuesday of each month, except in August.

Plasma Donation: D.C.I. Biologicals
824 South Spring Street, Little Rock, AR 72201

Earn up-to $280.00 per month, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday 7:00am – 7:00pm. Saturday and Sunday 8:00am – 3:00pm.

Plasma Donation: Octapharma Plasma Center
5121 Warden Road, North Little Rock, AR 72116

Earn up-to $55.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday 7:00am – 7:00pm. Saturday and Sunday 7:00am – 7:00pm.

Plasma Donation: Talecris Plasma Resource Center
6227 Colonel Glenn Road, Little Rock, AR 72204,
www.talecrisplasma.com

Earn up-to $65.00 per week, proof of residency, ID and Social Security card required also must pass social and health screening. Monday thru Friday, 8:00am – 6:00pm. Saturday, 8:00am – 4:00pm. Closed Sunday.

Social Security Administration
www.socialsecurity.gov

For general information and services, call 7:00am – 7:00pm. Provides information on Social Security cards and social security benefits.
Little Rock Social Security Office
700 West Capitol - Room #1201, Little Rock, AR 72201
Open Monday, Tuesday, Thursday and Friday 9:00 – 3:00pm.
Open Wednesdays 9:00 – 12:00noon, Closed federal holidays
(866) 593-0933

Sherwood Social Security Office
3608 East Kiehl Avenue, Sherwood, AR 72120
Open Monday, Tuesday, Thursday and Friday 9:00 – 4:00pm.
Open Wednesdays 9:00 – 12:00noon, Closed federal holidays.
(877) 512-3854

Social Services, Department of Human Services (D.H.S.)
www.humanservices.arkansas.gov/Pages/DHOSOffices.aspx
Provides access to food stamps, Medicaid, & support for women and families.

East Little Rock D.H.S.
1424 East 2nd Street, Little Rock, AR 72203
(501) 371-1300

Jacksonville D.H.S.
2636 West Maine, Jacksonville, AR 72078
(501) 371-1200

North Little Rock D.H.S.
1900 East Washington, North Little Rock, AR 72119
(501) 682-0100

South Little Rock D.H.S.
1105 Dr. Martin Luther King Jr. Drive, Little Rock, AR 72203
(501) 682-9200

Southwest Little Rock D.H.S.
6801 Baseline Road, Little Rock, AR 72219
(501) 371-1100

The Van (The One Inc.)
P.O. Box 250061, Little Rock, AR 72225
www.theoneinc.org
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
(501) 955-3444

Unemployment Office: Arkansas Department of Workforce Services
5401 South University Avenue, Little Rock, AR 72209
Open Monday thru Friday, 8:00 – 4:30pm, unemployment office, FAX, phone, copy machine, job search related computer lab.
(501) 682-0228
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