

HELP YOURSELF



COMMUNITY RESOURCE DIRECTORY



COMMUNITY RESOURCE DIRECTORY

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HELP YOURSELF

February 2023

Help YourSelf: Community Resources Directory,” is a highly specialized’ information dissemination publication aimed to three objectives: Deliver accurate information in an ‘easy access’ format about a wide variety of ‘help yourself’ programs directly to disadvantaged persons and also to ‘good-works’ service providers.

Publish topical factual information addressing core issues of social success, ie: remediation of homelessness, therapeutic intervention, proactive self-directed behavior modification, parenting skills, education, training for gainful employment, etc.

HELP YOURSELF: COMMUNITY RESOURCE DIRECTORY

Robert Kimball Combs, Publisher

P.O. Box #2764, Little Rock AR 72203

(501) 563-2197, rkimc@hotmail.com

EDITORIAL & ADVERTISING POLICY: The publisher reserves the right to decline listings and reject advertising deemed as inflammatory, accusatory, demeaning, derogatory, bias, bigoted, inciting fear or assaulting the character of any human being.

PUBLICATION & DISTRIBUTION: “Help YourSelf: Community Resources Directory” is a 24-page full color tabloid with 20,000 printed copies published at the will of the publisher and freely distributed throughout Little Rock and Pulaski County by and through listed service providers and at various other locations which are easily accessible to those who may benefit most directly from the resource info contained.

ENCOURAGEMENTS: “Help YourSelf: Community Resources Directory,” is specific to Pulaski County, Arkansas. If you would like to create your own local Resource Directory feel free to use this as a guide but remember that in order to have value this type of resource directory must be continually updated as the “Good-Works” community is very fluid.

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COVER PHOTO: Little Rock’s “Songham Martial Arts Gate.” This traditional Korean gate is located on the corner of Scott and East Markham Streets, along Little Rock’s Riverfront.

Design and Layout by Christy Hendricks.

CLOTHING

Goodwill Industries Main Office

7400 Scott Hamilton Drive
Little Rock AR 72209
(501) 372-5100 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>

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. Reentry Services (501) 372-5100 X1183, Career Services, By Appointment, (501) 5100 X1216.

Goodwill Benton Thrift Store

1716 Military Road Benton AR 72015
(501) 297-2896 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Bryant Thrift Store

5914 Highway 5-North Bryant AR 72022
(501) 653-2209 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Cantrell (The Ranch) Thrift Store

16924 Cantrell Road
Little Rock AR 72223
(501) 673-1550 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Industries Outlet Center

7400 Scott Hamilton Drive
Little Rock AR 72209
(501) 372-5100 Ext 1141 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods. By the pound.

Goodwill JFK Blvd. Thrift Store

6929 John F. Kennedy Blvd. Suite #112
North Little Rock AR 72116
(501) 551-2546 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

Goodwill Markham Thrift Store

109 Markham Park Drive
Little Rock AR 72211
(501) 221-1018 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

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

14036 Sardis Road
Shannon Hills AR 72103
(501) 516-1602 www.lovehealingwaters.com
Sundays 10:00am - 2:00pm,
Clothing available. Call for appointment.

River City Ministry

1021 East Washington Ave
North Little Rock AR 72216
(501) 376-6694 www.rivercityministry.org
1st & 3rd Wednesday 8:30am - 11:00am
Emergency clothing provided onsite as available thru the clothing bus.

St. Francis House

2701 South Elm Street
Little Rock AR 72204
(501) 664-5036 www.stfrancishouselr.org
Monday - Thursday 9:00am - 11:45am and 1:00pm - 4:00pm, Friday 9:00am - 11:45am and 1:00pm - 3:00pm.
Must present photo ID, proof of income ans SS card.

Stew Pot First Presbyterian Church

800 Scott Street
Little Rock AR 72201
(501) 372-1804 www.stewpot-littlerock.org
Ladies, Tuesday 12:00noon - 1:00pm.
Men, Thursday 12:00noon - 1:30pm
Adult clothing only.

Sylvan Hills Church of Christ

9305 Highway #107
North Little Rock AR 72120
(501) 835-4141 www.shcofc.org
Open by appointment.

The Van (The One Inc.)

4500 West 61st Street
North Little Rock AR 72209
(501) 955-3444 www.theoneinc.org
aaron@theoneinc.org
The Van visits West Little Rock on Mondays, South West Little Rock on Tuesdays and Fridays, Downtown Little Rock on Wednesdays and every other Saturday, and North Little Rock on Thursdays. Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed

3701 Springer Blvd
Little Rock AR 72206
(501) 378-0176 www.thewatershed1.com
Call for appointment. Free clothing for infants to adults, household items when available. ID required.

Liberty Hill Baptist Church

1215 South Schiller
Little Rock AR 72202
(501) 374-8060 www.libertyhbc.com/
2nd Tuesday 3:00pm - 4:30pm
Mission: To provide food to families in need of assistance on a limited basis (one visit per month). Photo ID required.

Saint Mark Baptist Church

5722 West 12th Street
Little Rock AR 72204
(501) 663-3955 www.smark.org
Tuesday and Thursday 10:00am - 12:00pm
Clothing Closet

Goodwill Computer and Electronics Store

7400 Scott Hamilton Drive
Little Rock AR 72209
(501) 492-8497 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 10:00am - 6:00pm
Goodwill Computer and Electronics Store.

Helping Hand of Greater Little Rock

1601 Marshall Street
Little Rock AR 72202
(501) 372-4388

www.lrhelphinghand.com/contact.html
lrhelphinghand1@att.net
Monday - Thursday 9:00am - 12:00pm. Can access resources once each month. Food and inexpensive thrift store clothing available. Photo ID required.

Jacksonville Care Channel

201 North Elm Street
Jacksonville AR 72076
(501) 982-4647
<https://www.facebook.com/JCCNeedy/>
Monday, Wednesday and Friday 10:00am - 2:00pm
Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for each listed family member, pay stubs, and food stamp approval letter.

Immanuel Baptist Church: City Center

315 North Shackleford Road
Little Rock AR 72211
(501) 396-3333 <https://citycenterlr.org>
@citycenterlr CityCenterLR.org
First 4 Tuesdays of each month 10:00am - 2:00pm. City Center is a ministry of Immanuel Baptist Church. Open the first 4 Tuesdays of each month. From 10:00am - 2:00pm. Call (501) 396-3333 on Monday between 10:00am -1:00pm to make an appointment. Photo ID and proof of address require. Only one visit per address per month. Each visit to the food Pantry includes a visit to the clothing closet.

Goodwill Riverdale Thrift Store

2516 Cantrell Road Suite H
Little Rock AR 72202
(501) 568-5313 www.goodwillar.org
<https://www.facebook.com/GoodwillAR>
Monday - Saturday 9:00am - 8:00pm,
Sunday 10:00am - 6:00pm
Goodwill Thrift Store, Affordable recycled clothing and household goods.

CONSULAR SERVICES

Consulate of the Republic of Ghana, Arkansas / Delta Region USA

1323 South Broadway Street
Little Rock, AR 72202
(501) 260-7253
sbanks@ghanaconsulatear.org
Consulate of the Republic of Ghana, Arkansas / Delta Region USA.
Sherman Banks, Honorary Consul General.Consulate Territory: Arkansas, Louisiana, Tennessee, Alabama, Missouri, Illinois, Kentucky, Mississippi.Consulate Duties: Issuance of Visas, Marital issue, Attestations, Legal issue relative to the Ghanaian in Arkansas/Delta Regions, Economic Development, Travel & Tourism Development.VISAS: With U.S. passport• Single entry (3 months) \$ 60.00• Single entry rush (3 months) 100.00• Multi-Entry (3 years) 100.00• Multi-entry rush (3 years) 200.00NOTE: If you are NOT a naturalized U.S. citizen and you are travelling with a Ghanaian passport you do not need a VISA to travel to Ghana.COVID-19: Travel to the Republic of Ghana during the pandemic.During the Coronavirus Pandemic, Ghana's international land, air, and borders have been closed to all travelers including US passport holders until further notice is received from the office of the President of the Republic of Ghana.To extend your visa, you need to contact the Director of the GHANA IMMIGRATION SERVICE OFFICE. You may be granted a three-month extension provided you have proof of funds to support your extended stay. If you are traveling with children, visa applicants under the age of 18 you must have a consent letter signed by both parents/legal guardians certified and signed by a Notary Republic.There is an immigration office in each regional capital as other major cities. The Gha-

na Immigration Service in Accra is located on John Hammond Road at Ako Adjei Interchange.Inoculations Required for Travel to Ghana• TDAP (Tetanus, Diphtheria, & Pertussis)• MMR (Measles, Mumps, & Rubella)• Hepatitis A• Hepatitis b (optional)• Polio• Rabies• Typhoid• Meningitis• Malaria pills (are given in a prescription and must you begin taking a week before travel)Make sure that you receive from the Travel Physician an inoculation card (yellow card) which must be placed inside your travel document (passport) to indicate that you have received the necessary shots for travel.Ghana Entry Requirements: You must have a passport, tourist or business visa, return ticket, and your yellow card showing required inoculation.

El Consulado de Mexico en Little Rock

3500 South University Avenue
Little Rock, AR 72204
(501) 372-6933
<https://consulmex.sre.gob.mx/littlerockteam@zocalocenter.org>
Atención al público: 8:00am a 2:00pm. Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mexicanos, aso como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos. Entre las diversas funcionalidades del Consulado, algunos de los servicios son: Documentacion de viaje (pasaporte); ID matricula consular, cartilla militar; Servicio menaje de casa; Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos); Poderes Notariales; Visas para extranjeros (turistas, permanentes, diplomaticos, estudiantes, etc.) El Consulado promueve la unidad entre los mexicanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexicana en el exterior, y promoviendo la informacion que contribuye a un conocimiento positivo y mejor de Mexico.The Consulate of Mexico in Little Rock is located at 3500 S University Ave, and currently serves Mexican nationals in the states of: Arkansas, Oklahoma and Tennessee. The main functions are to protect and defend the rights and interests of the Mexicans nationals, as well as assist and advice those who have suffered abuses, work related mistreatment or from authorities, putting first their human rights' respect. Among the diverse functions of the Consulate, some of the services are: Travel documentation (Passport; IDs (consular ID, military service ID); Household Inventory Service; Vital Records (birth certificates, dual nationality, marriage certificates, wills); Powers of Attorney; Visas for foreign nationals; tourist permanent, diplomatic, students. The Consulate promotes unity among Mexicans by participating in community development programs, encouraging Mexican art and culture abroad, as well as promoting the information that contributes a positive and better knowledge of Mexico.

Honorary Consulate of the Czech Republic

3620 Hill Road
Little Rock, AR 72205
(501) 588-0504
https://www.mzv.cz/washington/en/consular_information/index.html
littlerock@honorary.mzv.cz
Honorary Consulate of the Czech Republic. Ms. Lenka Horakova is the Honorary Consul General of the Czech Republic in Little Rock, Arkansas. Honorary Consulate of the Czech Republic provides the following services: Visa processing, Notarization of documents for use in the Czech Republic; Assistance for Czech citizens visiting Arkansas; Trade development; Tourism promotion; Cultural exchange facilitation; and Compatriot affairs. Note that honorary consulates typically offer limited consular services. Please contact the office directly for additional information or to set up an appointment.

CRIMINAL JUSTICE REFORM GROUPS

Americans for Prosperity, Central Arkansas

11300 North Rodney Parham Suite #205

Little Rock, AR 72212

(501) 244-9675,

<https://americansforprosperity.org/state/arkansas/>

<https://americansforprosperity.volunteers.com/Sign/Criminal-Justice-Reform-for-a-Safer-Arkansas>

infoAR@afphq.org

To make Arkansas communities safer, we must get smart on crime and transform their justice system to one that effectively promotes public safety, holds those who violate the law accountable in a way that reduces future criminal behavior, and invest in programs and policies that increases successful reentry into society.

Arkansas Public Policy Panel

1308 West Second Street

Little Rock, AR 72201

(501) 376-7913

<https://arpanel.org/> Panel@arpanel.org

The Arkansas Public Policy Panel advances social and economic justice through respect for human dignity, diversity, empowerment and an inclusive, fair and transparent political process. The Panel provides hands-on experience in civic participation by helping community groups organize, create infrastructure, set goals and develop action plans to reach those goals.

Arkansas Time After Time (A.T.A.T.)

P.O. Box #11491

Conway, AR 72203

(501) 444-2828

<http://www.arkansastimeaftertime.org/>

RSOL@arkansastimeaftertime.org Our goal is to help make communities safer and to protect our kids. In order to do this, we must learn to differentiate between

those truly dangerous repeat violent sexual predators and those who at some time in their past committed a sex-related offense, served their sentence, completed or are currently undergoing treatment, and are working hard to re-integrate into society.

Central Arkansas Reentry Coalition (C.A.R.E.)

P.O. Box #165818

Little Rock, AR 72206

(501) 444-2273 <https://arkansasreentry.com/>

Meetings are on the 1st Wednesday of the month at 1:00am, 1000 Wolfe Street, Little Rock, AR 72202.

The Central Arkansas ReEntry Coalition (C.A.R.E.) is comprised of members who support the day to day work of assisting those in transition from incarceration, homelessness and other life events back into the community. The members include criminal and social justice advocates, social service agencies, government agencies and concerned members of the public.

Citizens First Congress

1308 West Second Street

Little Rock, AR 72201

(501) 376-7913

[https://www.citizensfirst.org/](https://www.citizensfirst.org/congress@citizensfirst.org)

We believe in the power of grassroots organizations to expand opportunities and improve the quality of life for everyone in Arkansas. The CFC values a representative government that is transparent, accountable, responsive, and inclusive. Hear from a few of our coalition leaders!

DecARcerate

P.O. Box #7708

Little Rock, AR 72217

(501) 367-7890

[https://www.decarceratear.org/](https://www.decarceratear.org/contact@decarceratear.org)

DecARcerate works to end mass incarceration in Arkansas through community education, smart legislation, advocacy, and empowering the leadership of

individuals personally affected by the criminal punishment system. We believe in a state where communities are safe and caring, individuals who cause harm are rehabilitated and reintegrated into supportive communities, all people are respected and treated equitably across institutions, and systems of exploitation and oppression are replaced with ones that are just and create healing.

Families Against Mandatory Minimums (FAMM)

1100 H Street-NW Suite #1000

Washington, DC 20005

(202) 822-6700 <https://famm.org/>

<https://www.facebook.com/FAMMFoundation/>

FAMM seeks to create a more fair and effective justice system that respects our American values of individual accountability and dignity while keeping communities safe.

"It Could Be You" KABF 88.3 FM Radio

2101 South Main Street, Suite #299

Little Rock, AR 72206

(501) 372-6119

<https://www.kabf.org/>

Wednesday 2:00pm - 3:00pm,

KABF 88.3 FM "It Could Be You" is a forum for thought-provoking discussion and sharing information, spring-boarding from two general bases about purpose: 1) to help create safer communities; and 2) to help improve communities. Cooperative, collaborative discussion will explore various approaches to ensuring public safety, rehabilitating offenders, alleviating homelessness, and exploring ideas about what we can do to work together to strengthen our communities. We also work to improve access to community information regarding: education, employment, social services, help for those in need, and much more.

DENTAL CLINICS

CHI St. Vincent Health Clinic East

2500 East 6th Street

Little Rock, AR 72202

(501) 552-4710

<https://www.chistvincent.com/hospitals-locations/clinics/communitycare-lr>

<https://www.facebook.com/CHISTVincent> Monday - Thursday 8:00am - 4:30pm.

Friday, 8:00am - Noon.

We offer same-day appointments and walk-in care. Appointments preferred, walk-ins accepted. Simple extractions \$65, surgical extractions \$105. Fillings \$50-\$80. Cleaning \$100.

College Station Clinic (JCCSI)

4206 Frazier Pike

Little Rock, AR 72206

(501) 490-2440

<http://www.jccsi.org/locations-and-hours/>

Monday - Friday 8:00am - 5:00pm.

Appointments recommended, proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Harmony Health Clinic

201 East Roosevelt Road

Little Rock, AR 72206

(501) 375-4400 www.harmonyclinicar.org

By appointment only, New patient applications taken Monday - Friday 9:00am - 1:00pm. Call for information, Only serving residents of Pulaski County who are uninsured. No emergency or walk-in services available.

Immanuel Baptist Church: City Center

315 North Shackleford Road

Little Rock, AR 72211

(501) 396-3358 [@citycenterlr](https://citycenterlr.org)

We are open monthly on the second Friday of each month from 8:00am - 1:00pm. To make an appointment, call (501) 396-3358 and leave a voicemail following the recordings instructions. You will receive a call back within 48 hours to do a pre-screening and schedule and appointment if you qualify. Our dental

clinic opened in August of 2021, and we are starting with extractions as our only procedure. We hope to grow this ministry in the future! We are open monthly on the second Friday of each month from 8:00am - 1:00pm. To make an appointment, call (501) 396-3358 and leave a voicemail following the recordings instructions. You will receive a call back within 48 hours to do a pre-screening and schedule and appointment if you qualify. Qualifications are: No dental insurance, 18 years or older, In need of tooth extraction. If you have any additional questions about the dental clinic, please contact (501) 396-3355

River City Ministry - Day Services for the Homeless

1021 East Washington

North Little Rock, AR 72116

(501) 376-6694 www.rivercityministry.org

Call Thursday, precisely at 10:00am for appointment. By appointment only. For Pulaski County residents only. \$5 cash payment required per visit.

Shepherds Hope- Neighborhood Health Center

2404 South Tyler Street

Little Rock, AR 72204

(501) 614-9523 www.shepherdshopelr.org

By appointment only, usually on the 1st and 3rd Tuesday of each month. The Dental Clinic provides emergent care primarily for extractions. Restorative care may be provided for patients previously seen. The Dental Clinic is open to new patients. de. Proof of residency required.

U.A.M.S. Dental Hygiene Student Clinic

4301 West Markham Street

Little Rock, AR 72205

(501) 686-7000

<https://uamshealth.com/medicalservices/dentalhygiene>

Hours vary. Call for appointment.

Allows students to perform x-rays and teeth cleaning for \$30 per visit. Provides many basic services: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary. Call for appointment. Call for appointment.

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street

Little Rock, AR 72204

(501) 614-2492 Bilingual

<https://healthon12th.uams.edu/>

<https://www.facebook.com/healthon12th/> MClark2@uams.edu

Wednesday 4:00pm - 8:00pm by appointment only. NO dental walk-ins.

Free Dental hygiene and extractions, screenings, and referrals. Call (501) 614-2492 between 8:00am - 10:00pm and leave a message to get on the appointment list and leave a message. Extraction Wednesdays alternate with Hygiene Wednesdays. Spanish language interpretation available.

DISABILITY RESOURCES

A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc.

105 East Roosevelt Road

Little Rock, AR 72206

(501) 666-0246 <https://aeddinc.org/>

www.facebook.com/AEDDInc/

Hello@aeddmail.org

Monday - Friday 8:00am - 4:00pm.

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

10618 Breckenridge Drive

Little Rock, AR 72211

(501) 217-8600 www.accessgroupinc.org

www.facebook.com/accessgroupinc

info@accessgroupinc.org

Monday - Friday 8:00am - 4:00pm. ACCESS is com-



The road to success can be difficult.

EOC can help.

The TRIO Educational Opportunity Center (EOC) is your "one-stop" source for college and trade school admission, financial aid assistance, placement testing, and student loan default counseling. EOC assists adults ages 19 and older to enroll in and complete a post-secondary education program.

All services are provided FREE of charge

Educational Opportunity Center

5820 Asher Ave. Suite 800

Little Rock, AR 72204

www.ualr.edu/trio/eoccentral

501-916-3470



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

Arkansas Disability Coalition

P.O. Box #31420
Little Rock, AR 72260
(501) 614-7020 www.ardisabilitycoalition.org
<https://www.facebook.com/ArkDisabilityCoalition/info@ardisabilitycoalition.org>
Monday - Friday 9:00am - 5:00pm. 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.

Arkansas Library for the Blind & Print Disabled

900 West Capitol Avenue Suite #100
Little Rock, AR 72201
(501) 682-1155
<https://www.library.arkansas.gov/services/lbpd/nlsbooks@ade.arkansas.gov>
Monday - Friday 8:00am - 4:30pm.
Provide talking books and braille books on free loan and free download of books to thumb drive, IOS or Android device to qualified applicants.

Arkansas Rehabilitation Services

1 Commerce Way
Little Rock, AR 72202
501-296-1600 (800) 330-0632
www.arcareered.org
Monday - Friday 8:00am - 4:30pm.. Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support.

Arkansas Relay

900 South Shackleford Road Suite #300 Little Rock, AR 72211
(501) 238-3698 (TTY) (501) 221-3279
(Videophone) (501) 246-8227
www.arkansasrelay.com
www.facebook.com/ArkansasRelay/
alice.berry@t-mobile.com
Monday - Friday 8:00am - 5:00pm. Providing no-cost Telephone services for qualified individuals who are deaf, hard of hearing or speech impaired.

Arkansas School for the Blind and Visually Impaired

2600 West Markham
Little Rock, AR 72205
(501) 296-1810
www.arkansaschoolfortheblind.org
www.facebook.com/ArkansasSchoolfortheBlind/
[facebook.asbvi@asb.k12.ar.us](https://www.facebook.com/asbvi@asb.k12.ar.us)
Monday - Friday 8:00am - 4:30pm.
Serves ages Birth thru age 21. Accredited K-12 school, 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
(501) 324-9506 www.arschoolfortheblind.org
www.facebook.com/ASDLeopards/
hello@asdleopards.org
Monday - Friday 8:00am - 4:00pm.
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

5800 West 10th Street Suite #108
Little Rock, AR 72204
(501) 296-1788 (800) 459-1517

www.ascc.arkansas.gov
Monday - Friday 8:00am - 4:30pm. Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.

Camp Aldersgate

2000 Aldersgate Road
Little Rock, AR 72205
(501) 225-1444 www.campaldersgate.net
ello@campaldersgate.net
Monday - Friday 8:00am - 5:00pm.
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. The longest running camp in Arkansas providing services to children and youth with special needs.

Disability Rights Arkansas Inc.

400 West Capitol Avenue Suite #1200
Little Rock, AR 72201
(501) 296-1775 (800) 482-1174
www.disabilityrightsar.org
Monday - Friday 8:30am - 5:00pm, Walk-Ins Welcome, appointments preferred.
Vigorously advocate for and enforces the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (ADWS)

1 Commerce Way
Little Rock, AR 72202
(501) 682-5463 (800) 960-9270
<https://arcareereducation.org/services/division-of-services-for-the-blind>
Monday - Friday 8:00am - 4:30pm. Provides support and services to blind and visually impaired Arkansans.

Easterseals Arkansas

3920 Woodland Heights Road
Little Rock, AR 72212
(501) 227-3600 www.eastersealsar.com
www.facebook.com/easterseals.arkansas
Monday - Friday 8:00am - 4:30pm. 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.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
www.houseaboutit.org info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm, Friday 8:00am - 12:00noon
The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral) iCAN (Increasing Capabilities Access Network)

Arkansas Rehabilitation Services

900 West 7th Street
Little Rock, AR 72201
(501) 666-8868 (800) 828-2799
www.ar-ican.org
Monday thru Friday 8:00am - 4:30pm.
Arkansas Career Education's ICAN AT4ALL is Arkansas' statewide assistive technology program designed to make technology available and accessible for Ar-

kansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

Mainstream

300 South Rodney Parham Suite #5
Little Rock, AR 72205
(501) 280-0012 (800) 371-9026
www.mainstreamilrc.com
Monday - Thursday 8:00am - 4:00pm, Friday 8:00am - 12:00pm.
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.

METROLINKS Paratransit, Rock Region Metro,

901 Maple Street
North Little Rock, AR 72114
(501) 375-1163 www.rrmetro.org
www.facebook.com/rrmetro
Travel Center, 310 E. Capitol Avenue, Little Rock, AR 72201 Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to the METROLINKS system, the application process takes 21 days.

National Alliance on Mental Illness Arkansas (NAMI Arkansas)

1012 Autumn Road Suite #1
Little Rock, AR 72211
(501) 661-1548 (800) 844-0381
www.namiarkansas.org
www.facebook.com/namiarkansas
help@namiarkansas.org
Monday - Friday 8:00am - 4:00pm. Provides support, education and advocacy for persons with mental illness and their families.

Pride Industries

700 West Capitol Avenue Suite B-125
Little Rock, AR 72201
(501) 374-8087 (800) 550-6005
www.prideindustries.com
Monday - Friday 7:00am - 4:00pm.
Hires individuals with severe physical, mental, and developmental disabilities.

Special Olympics Arkansas

2115 Main Street
North Little Rock, AR 72114
(501) 771-0222
www.specialolympicsarkansas.org
www.facebook.com/SpecialOlympicsArkansas
Monday - Friday 8:00am - 4:00pm.
Provides year-round sports training and competitions for children and adults with intellectual disabilities.

TAP (Telecommunications Access Program)

P.O. Box #3781
Little Rock, AR 72203
(501) 686-9693 (800) 981-4463
www.arktap.org
Monday - Friday 8:00am - 4:30pm.
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Rehabilitation under the Department of Workforce Services.

The Allen School

824 North Tyler Street
Little Rock, AR 72205
(501) 664-2961 www.theallenschool.org
Monday - Friday 7:30am - 5:00pm.
Providing education and day services for special needs children from birth to age 6.
World Services for the Blind
2811 Fair Park Blvd
Little Rock, AR 72204
(501) 664-7100 www.wsblind.org
Monday - Friday 8:00am - 4:30pm.
World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sus-

tainable 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

Arkansas Arts Center

501 East Ninth Street
Little Rock, AR 72202
(501) 372-4000 <https://arkmfa.org/>
Monday - Friday 9:00am - 5:00pm.
Adult Programs. Youth art and theater programs, Spring Break and Summery programs.

Arkansas College of Health Careers

9714 West Markham Street
Little Rock, AR 72205
(501) 319-7573 <https://achc.us/bostic.sr@achc.us>
Monday - Thursday 9:00am - 4:30pm, Friday 9:00am - 12:30pm.
With evening classes.

We currently offer programs that will allow our community to become Medical Assistants, Phlebotomy Technicians, Electro cardiology Technicians, Medical & Clinical Laboratory Techs and Nursing Assistants. We offer scholarships to assist with tuition and are listed with Arkansas Rehabilitation Services and Arkansas Workforce as educational providers.

Arkansas Employment Career School (AECCS)

300 South Spring Street Suite #300
Little Rock, AR 72201
(501) 615-8922 <http://arecc.org>
aremploymentcareercenter01@gmail.com
Monday - Friday 8:30am - 4:30pm (Day and Night Classes)
AECC School provides training and certification in the following areas: Excel 365, Level I, Word 365 level I, PowerPoint 365, Outlook 365, Certified Pharmacy Technician Program (CPhT), Certified Nursing Assistant Program (CNA), Pre-Employment Career Readiness Training Program & Customer Service Skills Training Program.

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300
Little Rock, AR 72201
(501) 615-8922
<https://arkansasemploymentcareercenter.com/>
aremploymentcareercenter01@gmail.com
Monday - Friday 8:30am - 4:30pm
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 - 30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep., college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, communications skills,

Arkansas Home Visiting Network

415 North McKinley Street Suite #610
Little Rock, AR 72205
(501) 364-3671 <https://www.arhomevisiting.org/>
jonesam@archildrens.org
Monday - Friday 8:00am - 4:30pm
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.

6

Arkansas Rehabilitation Services, Department of Workforce Services

1 Commerce Way
Little Rock, AR 72201
(501) 296-1600 800-330-0632
www.arcareereducation.org/about/arkansas-rehabilitation-services
ACECommunications@arkansas.gov
Monday - Friday 8:00am - 4:30pm Providing educational support and rehabilitation services for individuals with disabilities.

Dr. Emma K. Rhodes Education Center

1815 Wright Avenue
Little Rock, AR 72202
(501) 372-0277 (501)372-0281
www.Emmakrhodes.wixsite.com/erec
emmakrhodes@aol.com
Monday - Friday 9:00am - 4:00pm
Providing adult education, Life Skills training, and the various Certificate programs. Also a licensed minister and provider of other community services. Personal Development for women. Call for specifics.

HIPPY Home Instruction for Parents of Preschool Youngsters

1 Children's Way Slot #651
Little Rock, AR 72202
(501) 364-3473 www.hippyarkansas.org
Monday - Friday, 8:00am - 4:30pm
Home Instruction for Parents of Preschool Youngsters (HIPPI) 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
(501) 618-2500 <https://littlerock.jobcorps.gov/>
Monday - Friday 8:00am - 5:00pm Provides job training and remedial education for youth, ages 16 - 24.

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
www.facebook.com/groups/230244068109/about
lovehealingwaters@gmail.com
Monday - Friday 3:00pm - 6:00pm.
GED classes, youth mentoring and after school program, 3:00 - 6:00pm weekdays, with meals. Call for access.

Literacy Action of Central Arkansas

100 Rock Street, 1st Floor, Suite #132,
inside Public Library.
Little Rock, AR 72201
(501) 372-7323 www.literacyactionar.org
Monday - Thursday 9:00am - 4:00pm
Teaching adults (18 and above) to read & English as a second language. Free.

Little Rock Adult Education Center

4800 West 26th Street
26th & Madison Street
Little Rock, AR 72204
(501) 447-1850 <https://www.lrsd.org/Page/1382>
www.facebook.com/mylrsd
Monday - Thursday, 8:00am - 3:30pm, Friday 8:00am - 12:00noon. During the traditional school year Tuesday - Thursday 9:00am - 4:00pm 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

(501) 683-3593 www.mosaictemplarscenter.com
Tuesdays - Saturday 9:00am - 5:00pm
Museum related education The Mosaic Templars Cultural Center offers programs and resources on Arkansas's African American communities, art, music, politics and entrepreneurship. Educators may bring students to the museum for a scheduled tour or program. Education Department staff members will provide outreach programming statewide. All MTCC programs are tied to the current Arkansas Department of Education Curriculum Frameworks.

Our House Career Center

302 East Roosevelt Road
Little Rock, AR 72206
(501) 291-0584
<https://ourhouseshelter.org/careercenter/connect@ourhouseshelter.org>
Open by appointment Monday, Wednesday and Thursday 8:00am - 4:30pm and Tuesday 8:00am - 7:00pm. Open to community members for ged prep, basic literacy classes, tabe / WAGE testing, career readiness certificate preparation and testing.

Pulaski County Special School District (PCSSD)

925 East Dixon Road
Little Rock, AR 72206
(501) 234-2000 www.pcssd.org
www.facebook.com/pcssdschools
Monday - Friday 8:00am - 4:30pm
The Pulaski County Special School District (PCSSD) is committed to creating a nationally recognized school district which assures that all students, K -12, achieve at their maximum potential through the collaborative, supportive and continuous efforts of all stakeholders.

River Rock CDL Training

4801 Crystal Hill Road
North Little Rock, AR 72118
(501) 916-2546
<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/thaayesriverrocktraining@gmail.com,leciariverrocktraining@gmail.com>
Monday - Friday, 7:00am - 4:00pm
Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be professional drivers in the transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons accepted on a case by case basis.

S.T.E.P. Ministries

601 East 19th Street
North Little Rock, AR 72114
(501) 758-4054 www.stepministries.org
www.facebook.com/stepnlr
Tutoring in the public schools for at risk children & Christian mentoring program.

The Excel Center at Goodwill

7400 Scott Hamilton Drive Suite #50
Little Rock, AR 72209
(501) 372-5100, (870) 372-5151
<https://goodwillar.org/excel-center/>
Monday - Friday 8:00am - 5:00pm
The Excel Center provides adults the opportunity and support to earn a high school diploma while developing career paths that offer greater employment and growth opportunities. Our school "meets students where they are" in their education by providing a flexible structure and supportive relationships to help students manage work, life and family as they achieve their educational goals. Accredited charter high school for adults 19 and older.

University of Arkansas, Little Rock (U.A.L.R.) EOC TRIO Program

5820 Asher Avenue Suite #800
Little Rock, AR 72204
(501) 916-3470 www.ualr.edu/trioeocets/eoc
<https://www.facebook.com/eocutor>
eoc@ualr.edu
Monday - Friday 8:00am - 5:00pm
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 and Student loan default counseling.

Veteran's Day Treatment Center

1000 Main Street
Little Rock, AR 72202
(501) 244-1900
www.va.gov/central-arkansas-health-care/
<https://www.facebook.com/pages/Veterans-Day-Treatment-Center/164046787112856>
Monday, Wednesday - Friday 7:00am - 2:30pm, Tuesday 7:00am - 2:00pm
Comprehensive homeless center for veterans only. Providing a broad range of education and special programs. Available to veterans ONLY.

EMPLOYMENT RESOURCES

Arkansas Division of Workforce Services

5401 South University Avenue
Little Rock, AR 72209
(501) 682-8030
North Little Rock Office (501) 376-4119
www.dws.arkansas.gov
Monday - Friday 8:00am - 4:00pm
Unemployment office, FAX, phone, copy machine, computer lab job search related use only. Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076. North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300
Little Rock, AR 72201
(501) 615-8922
<https://arkansasemploymentcareercenter.com/arkansasemploymentcareercenter>
aeccoffice5@gmail.com
Monday - Thursday 8:45am - 3:45pm,
Friday 9:00am - 12:00noon
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 - 30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep., college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, communications skills.

Church at Rock Creek

11500 West 36th Street
Little Rock, AR 72211
(501) 225-8684 www.churchatrockcreek.com
Monday - Friday 8:00am - 4:30pm
Worklife Employment Assistance.

Employers Choice

650 Edgewood Drive
Maumelle, AR 72113
(501) 851-4111
<https://www.facebook.com/theemployerschoice/>
Monday - Thursday 7:30am - 4:00pm
Temporary employment agency

Goodwill Adult Education Center, North Little Rock

6929 John F. Kennedy Blvd Suite #112
North Little Rock, AR 72116
(501) 392-0343 (501) 519-7385
www.gedwage.com
Monday - Thursday 9:00am - 4:00pm. Pulaski County Adult Education Center, GED, WAGE Certification

Goodwill Career Service Center, Jacksonville

1309 T. P. White Drive
Jacksonville, AR 72076
(501) 551-2546 www.goodwillar.org
Monday - Friday 9:00am - 4:30pm
Mission Statement: "Changing lives through education, training, and employment."

Goodwill Career Service Center, Little Rock

109 Markham Park Drive
Little Rock, AR 72211
(501) 563-4121
<https://www.goodwillar.org/career-services>
Monday - Friday 9:00am - 4:30pm Goodwill's career services offer free services to help you build your future. Services are available through our career portal and in-person. Goodwill computer labs are available across the state.

Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Drive
Little Rock, AR 72209
(877) 372-5100 X1216 www.goodwillar.org
Monday - Friday 9:00am - 5:00pm "Changing lives through education, training, and employment." Our Vision: The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

Hire Quest Direct

3115 John F. Kennedy Blvd.
North Little Rock, AR 72116
(501) 246-4621 <https://hirequest.com/>
Monday - Friday 5:30am - 5:30pm
Hire Quest is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.

Integrity Staffing, Healing Waters (LOVE) Let Our Violence End

14036 Sardis Road
Shannon Hills, AR 72103
(501) 650-4753 <https://www.lovehealingwaters.com/integretystaffingassociates@gmail.com>
Monday - Friday 9:00am - 4:00pm
We are reaching out to our community to find jobs for those who are in need of extra income. If you are an individual who needs extra income and can pass a drug test, we need to hear from you. If you have a felony record, we can also help you with this as well to find a job that will help meet yours and your families needs. Call for appointment.

Job Corps

6900 Scott Hamilton Drive
Little Rock, AR 72209
(501) 618-2500 <https://littlerock.jobcorps.gov/>
Monday - Friday, 8:00am - 5:00pm Provides job training and remedial education for youth, ages 16 - 24.

Labor Finders

1300 West Park Drive Suite #2
Little Rock, AR 72204
(501) 565-9632 www.laborfinders.com
Monday - Friday 6:00am - 6:00pm
The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

Operation Restore

10421 West Markham Streec Cone Building Suite #100, Inside City Connections
Little Rock, AR 72205
(501) 376-1686 (501) 215-0444 <https://cityconnectionsinc.org/>
Monday - Thursday 9:00am - 4:30pm, Friday 9:00am - 12:00pm. Appointments preferred, call for appointment. A temporary employment agency for returning citizens.

Our House

302 East Roosevelt Road
Little Rock, AR 72206
(501) 374-7383 Ext. #218 & #165
(501) 291-0584 Hotline
<https://ourhouseshelter.org/careercenter/>
Career Center Orientation Monday 2:00pm, Tuesday 7:00pm Wednesday 9:00am We offer comprehensive services for adults to increase their education level, access employment, improve financial literacy, promote physical and mental wellness, and grow in their careers. The Career Center is uniquely equipped with the resources to allow us to serve people at every stage of their career development. All Career Center services are provided at no cost to participants and are open to the public. Make an appointment by calling (501) 291-0584 during business hours.

People Ready

1400 South University Avenue
Little Rock, AR 72204
(501) 562-6111 www.peopleready.com
<https://www.facebook.com/PeopleReady>
Monday - Friday 5:30am - 6:00pm.
Saturday 6:00am - 9:00am
Apply on-line at www.peopleready.com then make an appointment for interview then wait to be assigned daily work.

Premier Staffing, a Belflex Company

10901 Financial Centre Parkway
Little Rock, AR 72211
(501) 223-8367 www.belflex.com
Monday - Friday 8:00am - 5:00pm Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de contrataci3n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t3cnicos y profesionales, y personal para trabajo industrial y de f3brica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/y una vez registrado comunicarse al telefono 501-223-8367.

Pride Industries

700 West Capitol Avenue Suite B-125
Little Rock, AR 72201
(501) 374-8087 www.prideindustries.com
Monday - Friday 8:00am - 8:00pm
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

River Rock CDL Training

4801 Crystal Hill Road
North Little Rock, AR 72118
501-916-2546
<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/>
thaayesriverrocktraining@gmail.com,
leciariverrocktraining@gmail.com
Monday – Friday, 7:00am – 4:00pm
Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be professional drivers in the transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons accepted on a case by case basis.

UA Pulaski Tech Career Center

3000 West Scenic Drive
UA Pulaski Tech
North Little Rock, AR 72118
(501) 812-2200
<https://uaptc.edu/career-training> Thursday & Friday 8:00am - 4:30pm
Mission Statement: “Changing lives through education, training, and employment.”

Watershed

701 Springer Blvd.
Little Rock, AR 72206
(501) 378-0176 <https://thewatershed1.com/>
Job preparedness classes Tuesday - Thursday 10:00am - 12:00noon
“Working to find work” Job guidance counseling, employment assistance. Call to confirm appointment.

Arkansas Division of Workforce Services

5401 South University Avenue
Little Rock, AR 72209
(501) 682-8030
North Little Rock Office (501) 376-4119
www.dws.arkansas.gov
Monday - Friday 8:00am - 4:00pm
Unemployment office, FAX, phone, copy machine, computer lab job search related use only. Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076. North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300
Little Rock, AR 72201
(501) 615-8922
<https://arkansasemploymentcareercenter.com/arkansasemploymentcareercenter>
aeccoffice5@gmail.com
Monday - Thursday 8:45am - 3:45pm, Friday 9:00am - 12:00noon
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep., college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, communications skills.

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Little Rock, AR 72211
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www.churchatrockcreek.com
Monday - Friday 8:00am - 4:30pm
Worklife Employment Assistance.

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Monday - Thursday 7:30am - 4:00pm
Temporary employment agency

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www.gedwage.com
Monday - Thursday 9:00am - 4:00pm
Pulaski County Adult Education Center, GED, WAGE Certification

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1309 T. P. White Drive
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Monday - Friday 9:00am - 4:30pm
Mission Statement: “Changing lives through education, training, and employment.”

Goodwill Career Service Center, Little Rock

109 Markham Park Drive
Little Rock, AR 72211
(501) 563-4121
<https://www.goodwillar.org/career-services>
Monday - Friday 9:00am - 4:30pm Goodwill’s career services offer free services to help you build your future. Services are available through our career portal and in-person. Goodwill computer labs are available across the state.

Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Drive
Little Rock, AR 72209
(877) 372-5100 X1216 www.goodwillar.org
Monday - Friday 9:00am - 5:00pm
“Changing lives through education, training, and employment.” Our Vision: The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

Hire Quest Direct

3115 John F. Kennedy Blvd.
North Little Rock, AR 72116
(501) 246-4621 <https://hirequest.com/>
Monday - Friday 5:30am - 5:30pm
Hire Quest is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.

Integrity Staffing, Healing Waters (LOVE) Let Our Violence End

14036 Sardis Road
Shannon Hills, AR 72103
(501) 650-4753
<https://www.lovehealingwaters.com/integretystaffingassociates@gmail.com>
Monday - Friday 9:00am - 4:00pm
We are reaching out to our community to find jobs for those who are in need of extra income. If you are an individual who needs extra income and can pass a drug test, we need to hear from you. If you have a felony record, we can also help you with this as well to find a job that will help meet yours and your families needs. Call for appointment.

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Little Rock, AR 72209
(501) 618-2500 <https://littlerock.jobcorps.gov/>
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Provides job training and remedial education for youth, ages 16 - 24.

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Little Rock, AR 72205
(501) 376-1686 (501) 215-0444
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Our House

302 East Roosevelt Road
Little Rock, AR 72206
(501) 374-7383 Ext. #218 & #165
(501) 291-0584 Hotline
<https://ourhouseshelter.org/careercenter/> Career

Center Orientation Monday 2:00pm, Tuesday 7:00pm Wednesday 9:00am We offer comprehensive services for adults to increase their education level, access employment, improve financial literacy, promote physical and mental wellness, and grow in their careers. The Career Center is uniquely equipped with the resources to allow us to serve people at every stage of their career development. All Career Center services are provided at no cost to participants and are open to the public. Make an appointment by calling (501) 291-0584 during business hours.

People Ready

1400 South University Avenue
Little Rock, AR 72204
(501) 562-6111 www.peopleready.com
<https://www.facebook.com/PeopleReady>
Monday - Friday 5:30am - 6:00pm.
Saturday 6:00am - 9:00am
Apply on-line at www.peopleready.com then make an appointment for interview then wait to be assigned daily work.

Premier Staffing, a Belflex Company

10901 Financial Centre Parkway
Little Rock, AR 72211
(501) 223-8367 www.belflex.com
Monday - Friday 8:00am - 5:00pm
Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de contrataci3n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t3cnicos y profesionales, y personal para trabajo industrial y de f3brica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/y una vez registrado comunicarse al telefono 501-223-8367.

Pride Industries

700 West Capitol Avenue Suite B-125
Little Rock, AR 72201
(501) 374-8087 www.prideindustries.com
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Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

River Rock CDL Training

4801 Crystal Hill Road
North Little Rock, AR 72118
501-916-2546
<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/>
thaayesriverrocktraining@gmail.com,
leciariverrocktraining@gmail.com
Monday – Friday, 7:00am – 4:00pm
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UA Pulaski Tech Career Center

3000 West Scenic Drive
UA Pulaski Tech
North Little Rock, AR 72118
(501) 812-2200 <https://uaptc.edu/career-training>
Thursday & Friday 8:00am - 4:30pm
Mission Statement: “Changing lives through education, training, and employment.”

Watershed

3701 Springer Blvd.
Little Rock, AR 72206
(501) 378-0176 <https://thewatershed1.com/>
Job preparedness classes Tuesday - Thursday 10:00am - 12:00noon
“Working to find work” Job guidance counseling, employment assistance. Call to confirm appointment.



DEPARTMENT OF COMMUNITY PROGRAMS ■ CITY OF LITTLE ROCK

RE-ENTRY TRAINING PROGRAM

Helping you transition back into the community and improve your life!

HOW WE CAN HELP

Career & Life Skills Training	City Photo ID Card
■■■	■■■
Assessment for Job Placement	Mentorship
■■■	■■■
Job Application/Preparation	Credit Restoration
■■■	■■■
Assist with Employment Through	Finding Housing
City of Little Rock, Private Employment	■■■
& Partnered Agencies	Voter Registration
■■■	■■■
Employment Retention	Medicaid/SNAP Benefits
■■■	■■■
Drivers License	Child Support Assistance
■■■	■■■
Reinstatement Services	Referrals for Expungement

PROGRAM ELIGIBILITY REQUIREMENTS

Must have a current address and reside within the City of Little Rock.

■■■

Must complete required intake application and screening process.

■■■

Must be willing to participate in Re-Entry Employment Readiness Training.

DEPARTMENT OF COMMUNITY PROGRAMS RE-ENTRY SERVICES

(501) 371-4476
dpidgeon@littlerock.gov

3012 MLK Dr.
Little Rock, AR 72206

Dwight Pridgeon,
Re-Entry Coordinator

EX-OFFENDER REENTRY PROGRAMS

100 Families (Restore Hope)

1400 West Markham Street Suite #300
Little Rock, AR 72201

(501) 404-9865 (501) 346-3446

<https://www.restorehopear.org/>

<https://www.facebook.com/restorehopearkansas/>
Renie@restorehopear.org

Monday – Friday, 8:00am – 5:00pm

Our mission is to reduce incarceration and the need for foster care through collaborative partnerships. We do this utilizing our Crisis to Career model and our collaborative case management system, which allows for effective partnerships between agencies, community service providers, and faith-based organizations resulting in significantly better outcomes for communities.

Approved ACC Transitional Housing

https://www.dcc.arkansas.gov/images/uploads/Transitional_Houses_081018.pdf

Arkansas Community Corrections general and contact information regarding housing facilities in the Little Rock/Pulaski County area for men and women leaving prison.

Arkansas Cares

2002 South Fillmore Street

Little Rock, AR 72204

(501) 906-4928 www.arcareer.org

Monday - Friday 8:00am - 4:00pm.

Transitional housing for women with children or who are pregnant, with substance abuse or mental health issues.

Arkansas Community Correction, Area #8

1302 Pike Avenue Suite A

North Little Rock, AR 72114

(501) 371-1090 (501) 683-2503

<https://www.dcc.arkansas.gov/reentry>

reentry@arkansas.gov

Monday - Friday 6:00am - 6:00pm.

The Arkansas Reentry Team's vision is to motivate and provide opportunities for offenders to prepare for successful reentry into society through community engagement and stakeholder partnerships aimed at increasing public safety and reducing recidivism while slowing prison growth.

Arkansas Department of Career Education, Arkansas Rehabilitation Services

1 Commerce Way Suite #206

Little Rock, AR 72202

(501) 686-2800 Little Rock

(501) 833-1490 North Little Rock

www.ace.arkansas.gov

Monday - Friday 8:00am - 4:30pm.

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

(501) 682-7719 Option #1 www.dws.arkansas.gov

Monday - Friday 8:00am - 4:30pm. Special employment program for returning citizens; FAX, phone, copy machine, computer lab for job search-related use only.

Arkansas Employment Career Center (AECC)

300 South Spring Street Suite #300

Little Rock, AR 72201

(501) 615-8922

<https://arkansasemploymentcareercenter.com/>
aremploymentcareercenter@gmail.com

Monday - Friday 8:30am - 4:30pm

Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need.

They provide: GED preparation, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, and communications skills.

Arkansas Time After Time

P.O. Box #11491

Conway, AR 72034

(501) 444-2828 www.arkansastimeaftertime.org

The local chapter of a national advocacy group dedicated to addressing issues specific to families on the Arkansas sex offender registry.

BCD, Hoover Treatment Center

3604 West 12th Street

Little Rock, AR 72204

(501) 663-4774 www.bcdinc.org/index-9.html

Transitional housing for men and women with substance abuse issues. Not affiliated with ACC.

Central Arkansas ReEntry Coalition (CARE)

P.O. Box #165818

Little Rock, AR 72206

(501) 444-2273 <http://arkansasreentry.com/>

The Central Arkansas ReEntry Coalition (C.A.R.E.) is comprised of members who support the day-to-day work of assisting those in transition from incarceration, homelessness, and other life events back into the community. Our members include criminal and social justice advocates, social service agencies, government agencies and concerned members of the public.

Chance Sobriety

12127 Gabriel Lane

North Little Rock, AR 72118

(501) 851-8484

<https://www.facebook.com/pages/Chance-Sobriety-Ministries/162667523757142>

Meetings are on the 1st Wednesday of the month at 10:00am, 1000 Wolfe Street, Little Rock, AR 72202.

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. NOT ACC affiliated.

City of Faith

1400 South Garfield Drive

Little Rock, AR 72204

(501) 615-1090 <https://cityoffaith.org/little-rock/msouth@cityoffaith.org>

Transitional housing facility for men and women released from Federal prison.

City of Little Rock Re-Entry

3012 Martin Luther King Jr. Drive

Little Rock, AR 72206

(501) 580-0066 (501) 371-4476

<https://www.littlerock.gov/city-administration/city-departments/community-programs/re-entry-services/>

dpidgeon@littlerock.gov

rockcityreentry@gmail.com

Monday - Friday 7:00am - 4:00pm

The City of Little Rock Re-Entry Program is designed to provide services and opportunities to those with a history of non-violent convictions and incarceration to transition into the Little Rock community and improve their quality of life. The Re-Entry Program specifically provides services to those who plan to reside in Little Rock upon release. This program provides three services through contracts with private providers; provides two services through various departments within the City of Little Rock (public sector); Pre-Release Programming; Employment Placement; and the Employment Readiness Training Program.

Compassion in Action

7107 West 12th Street, Suite #203A

Little Rock, AR 72204

(501) 420-3803

www.compassioninactionofar.org/#home
compassioninaction22@gmail.com

Monday - Friday 8:00am - 4:00pm.

“Compassion In Action” re-entry 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 and who 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 recidivism rates by teaching these men and woman how to cope with re-entering society, and teaching ex-offenders ways to maximize their God-given potential in productive ways.

EX Exodus.LIFE

3700A West 65th Street
Little Rock, AR 72209

(501) 353-0347 www.exodus.life

<https://www.facebook.com/exodusprisoncontact@exodus.life>

Monday - Friday 9:00am - 4:00pm

Exodus.Life works primarily with our “peers” – persons with substance use disorders; those challenged with co-occurring disorders (have received a dual diagnosis); the justice involved; and their families who are in crisis. These men and women may be incarcerated, on parole, probation, or may never have been arrested. Some have recently been released or from a treatment center and relapsed.

Good Grid

105 W. Capitol Avenue
Two Union National Plaza
Little Rock, AR 72201

(501) 682-9510 <https://goodgrid.com/pages/13685/team@goodgrid.com>

Monday - Friday 8:00am - 5:00pm

Sign-in to access resource providers for Arkansans in reentry. Many people find themselves in helpless situations and having to deal with a multitude of poverty-related troubles. The biggest issue is that there is no place where all these problems can be addressed in a cohesive, integrated manner. In spite of the existence of many organizations & non-profits ready to help, their services are generally fragmented & inadequate unless provided as an integrated whole.

Goodwill Industries Reentry Services Transitional Employment Opportunity (TEO) Program

7400 Scott Hamilton Drive
Little Rock, AR 72209

(501) 372-5100, X1183

<https://goodwillar.org/programs-and-resources/training/reentry/>

Assistance for re-entering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity program: a 16-week paid training program for re-entering citizens without violent or sexual charges on their background. Re-entry Services also available at the Markham Street and Jacksonville locations.

Immanuel Baptist Church: City Center

Two Union National Plaza,
Little Rock, AR 72211

(501) 396-3355 <https://citycenterlr.org/cc-services/>

<https://www.facebook.com/citycenterlr>

info@citycenterlr.org

Wednesday (time varies) Clothing Closet

Wednesday (time varies) – Re-Entry Program Shopping.

Integrity Staffing (Healing Waters Outreach Center)

14036 Sardis Road
Mablevale, AR 72103

(501) 650-4753 www.letourviolence.end.com

Monday - Friday 8:00am - 4:00pm.

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. We can help you find a job that will help meet your own and your family's needs. Integrity Staffing is a traditional staffing/employment agency.

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

14036 Sardis Road

Little Rock, AR 72103 (501) 516-1602

<https://www.lovehealingwaters.com/re-entry-program> Working with men and women returning from incarceration. Call for appointment.

Operation Restore, City Connections

10421 West Markham Street Suite #100, Inside City Suite #100, Cone Building

Little Rock, AR 72205

(501) 376-1686

<https://cityconnectionsinc.org/>

<https://www.youtube.com/watch?v=blq6FuXsp6U>

Monday - Thursday 9:00 - 4:30pm, Friday 9:00am - 12:00pm. Appointments preferred, call for appointment. A temporary employment agency for returning citizens.

Our House Reentry Program

302 East Roosevelt Road

Little Rock, AR 72206

(501) 374-7383 X #218 & #165

www.ourhouseshelter.org

connect@ourhouseshelter.org

Monday - Friday 8:00am - 4:30pm

In addition to the job skills, life skills and adult education programming offered at the Career Center, reentry participants receive one-on-one case management to navigate potential obstacles to employment, housing, and the legal system.

Phoenix Recovery Center

104 North Battery Street

Little Rock, AR 72205

(501) 725-4907

www.phoenixarkansas.org/phoenix-recovery-center-for-women/

Monday - Friday 8:00am - 4:30pm

ACC, Transitional housing program for women.

Quality Living Center, Mens

3925 Asher Avenue

Little Rock, AR 72204

(501) 663-3490

<http://qualitylivingcenter.treatment.net>

Residential and transitional housing for men only.

Recovery Centers of Arkansas, Sibley Hole

9219 Sibley Hole Road

Little Rock, AR 72209

(501) 372-4611

www.rcofa.org

Monday - Friday 8:00am - 5:00pm

Transitional housing for inpatient facility for women with substance abuse issues.

Recovery Centers of Arkansas, Williamsburg

6301 Father Tribou Street

Little Rock, AR 72205

(501) 372-4611 www.rcofa.org info@rcofa.org

Monday - Friday 8:00am - 5:00pm. Transitional housing for men with substance abuse issues.

River Rock CDL Training

4801 Crystal Hill Road

North Little Rock, AR 72118

(501) 916-2546

<https://www.facebook.com/people/River-Rock-CDL-Training-LLC/100064088770410/leciariverrocktraining@gmail.com>

Monday - Friday, 7:00am - 4:00pm

Our mission is to go above and beyond leading industry standards to insure the highest quality of training and to prepare our students to be drivers in the professional transportation industry. Scholarships available for those who qualify. Job placement available. Hands-on training by certified instructors. Felons accepted on a case-by-case basis.

Rock City Reentry

5401 South University Avenue

Little Rock, AR 72209

(501) 682-0228 <https://www.rockcityreentry.org/>

Rockcityreentry@gmail.com

Monday - Friday 8:00am - 4:30pm.. Rock City Reentry is located inside the Workforce Services building. Comprehensive reentry program. Must be 18 - 24 years of age and be within 180 days of release.

Safe Harbor of Little Rock

4800 Springer Blvd.

Little Rock, AR 72206

(501) 374-5399 <http://safeharborlittlerock.org>

Monday - Friday 8:00am - 5:00pm

ACC Transitional housing facility for men.

She Build

1604 Merrill Drive

Little Rock, AR 72211

(501) 612-0411 <http://shebuilding.com>

anika@shebuilding.com

Open Monday - Friday by appointment. Our mission is to provide non-traditional strategies and employment for women who are re-entering society in the form of residential and commercial construction. Our programs include: Release to Womanhood to Motherhood Program; Job Readiness Training; Build Me Toward Success.

RESTORATION OF VOTING RIGHTS

For Convicted Felons

RESTORING VOTING RIGHTS

Arkansas law affords persons convicted of a felony the unique opportunity to have their voting rights restored under certain conditions.

Ark. Code Ann. Amend. 51 §11(d)(2)(A-D)

STEPS TO RESTORING VOTING RIGHTS

1: Obtain proof from the appropriate state or local agencies that all of the requirements have been completed OR proof that the record has been sealed.

2: Submit proof to the Voter Registration Department of the county clerk's office where the person convicted of a felony now resides.

3: Complete an Arkansas Voter Registration Application and return it to the Voter Registration Department of the county clerk's office.



PROVIDE TO THE COUNTY CLERK

- discharged from probation or parole;
- paid all probation or parole fees;
- satisfied all terms of imprisonment;
- paid all applicable court costs, fines, or restitution

CONTACT INFORMATION

TERRI HOLLINGSWORTH
Pulaski County Circuit and
County Clerk

401 W. Markham St., Rm 100
Little Rock, AR 72201



www.pulaskclerk.com

Sober Living

4201 John Barrow Road
Little Rock, AR 72204
(501) 562-0507

Monday - Friday 8:00am - 5:00pm. Transitional housing facility for men. Minimum stay of 6 months to a maximum of 18 months. Fee-based program.

St. Francis House

2701 South Elm Street
Little Rock, AR 72204

(501) 664-5036 www.stfrancisministries.com
Monday - Friday 9:00am - 4:00pm

Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.

Transitional Faith-Based Therapeutic Community

7615 Dan Thomas Road
Little Rock, AR 72206

(501) 486-8222 (501) 920-9251

<https://goodgrid.com/pages/14236/transitions.fbtc1967@gmail.com>

Transitional housing for men only. Working with drug courts, re-entry programs and work release.

Veteran's Day Treatment Center

1000 Main Street
Little Rock, AR 72202

(501) 244-1900

Monday - Friday 7:00am - 2:30pm. Formerly incarcerated veterans' re-entry program. Provides case management following release from prison. For veterans ONLY.

EYE CLINICS**Harmony Health Clinic**

201 East Roosevelt Road
Little Rock, AR 72206

(501) 375-4400 www.harmonyclinicar.org

Call for information. Call for referral, must have no insurance, proof of income and fall under the 300% federal poverty level.

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue
North Little Rock, AR 72116

(501) 376-6694

<https://www.rivercityministry.org/home>

By appointment only. Call for appointments. Serving adults. \$5 cash payment required at each visit. We offer an eye clinic with full exam and prescription eyewear if available.

Shepherds Hope- Neighborhood Health Center

2404 South Tyler Street
Little Rock, AR 72204

(501) 614-9523 www.shepherdshopelr.org

Vision Clinics are held twice a month. Our Vision Clinic provides testing for diseases of the eye and corrective lenses. We do not provide contact lenses. By appointment only, Vision Clinics are held twice a month. Our Vision Clinic provides testing for diseases of the eye and corrective lenses. We do not provide contact lenses. The Vision Clinic is open to new patients. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground. The Vision Clinic is open to new patients.

FINANCIAL & UTILITY ASSISTANCE**Arkansas Department of Environmental Quality**

5301 Northshore Drive
North Little Rock, AR 72118

(888) 985-6441 <https://arkansaslihwap.com>

Monday - Friday, 9:00am - 5:00pm

Need help with your water bill? The Low-Income Household Water Assistance Program (LIHWAP) helps Arkansas residents pay their water and wastewater bills.

Centerpoint Energy (Gas)

(800) 992-7552 www.centerpointenergy.com
Customer service.

Central Arkansas Development Council**(C.A.D.C.) Little Rock**

5401 South University Avenue
Little Rock, AR 72214

(501) 603-0909

<https://www.cadc.com/utility-assistance>

Utilities assistance Monday - Wednesday 8:30am - 12:00pm, Rent, water and Mortgage assistance Thursdays 8:30am - 12pm.

Providing assistance with utility bills and emergency conversations when funds are available.

Central Arkansas Water (CAW)

221 East Capitol Avenue P.O. Box #1789
North Little Rock, AR 72203

(501) 372-5161 <https://www.carkw.com/>

They take the first 3 - 6 calls on Wednesday morning at 8:30am. Help with WATER only for North Little Rock and part of Sherwood and part of Jacksonville.

Entergy (Electricity)

(800) 368-3749 Ext 5

www.entergy-arkansas.com

Customer service.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140

Little Rock, AR 72205

(501) 227-0990 (844) 502-9837 (toll free) <https://www.houseaboutit.org/about/info@houseaboutit.org>

Monday - Thursday 8:00am - 4:30pm

Friday by appointment.

(Power to Care) Funding only for Entergy Electric as funds are available. Low Income Home Energy Assistance Program assists households with home energy and heating bills thru referral partnerships

Pulaski County Emergency Rental Assistance (ERA)

(501) 340-3478

<https://pulaskicounty.net/covid-19-emergency-rental-assistance-program/>

If you are unable to pay your rent or utilities due to COVID-19, the Pulaski County Emergency Rental Assistance Program (PCERA) may be able to help. PCERA is a government-funded assistance program designed to help keep Pulaski Co. families and individuals housed in the wake of the historic economic recession caused by the COVID-19 pandemic.

Pulaski County Housing Programs

3915 West 8th Street Third Floor
Little Rock, AR 72204

(501) 340-3478 (501) 541-8582

<https://pulaskicounty.net/pulaski-county-housing-programs/>

The Pulaski County Continuum of Care (CoC) Permanent Supportive Housing is a federally funded program committed to providing permanent supportive housing for disabled persons accompanied by a range of supportive services through other partnering sources.

Pulaski County, Emergency Solution Grant (ESG) Program

(501) 340-8399

<https://pulaskicounty.net/pulaski-county-housing-programs/>

The Emergency Solution Grant (ESG) Program is a grant program, is a partnership between the Pulaski County Government and the Arkansas Department of Human Services. This program is dedicated to providing needed assistance for families who are at imminent risk of being homeless or are literally homeless as defined by the Department of Housing and Urban Development under the Hearth Act. The ESG Program is designed to quickly help participants obtain or maintain stable permanent housing after experiencing a crisis situation.

Pulaski County, Family Self-Sufficiency Program (FSS)

(501) 340-8212 (501) 352-7736

<https://pulaskicounty.net/pulaski-county-housing-programs/>

ing-programs/

jplunkett@pulaskicounty.net

The Family Self-Sufficiency Program (FSS) is a HUD-funded program dedicated to empowering participants with improving their quality of life. FSS participants are selected from the PCHA Housing Choice Voucher program. Through continuing education, job training, counseling, and other service assistance, participating families develop financial independence and self-sufficiency. All participants receive financial literacy counseling enabling them to work towards greater financial responsibility. The FSS program is a five-year program aimed at assisting participants in their ability to maintain a livable wage and empowering reducing their reliance on public assistance.

Pulaski County, Housing Opportunities for Persons With AIDS (HOPWA)

(501) 340-8683 (501) 681-3445

<https://pulaskicounty.net/pulaski-county-housing-programs/>

The Pulaski County Housing Opportunities for Persons With AIDS (HOPWA) Program is a HUD-funded program dedicated to the housing needs of people living with HIV/AIDS. The HOPWA program provides housing assistance and related supportive services for low-income persons living with HIV/AIDS (PLWHA) and their families who are homeless, at risk of homelessness, or unstably housed. The program provides housing and other support to help the most vulnerable households with multiple health and life challenges to achieve housing stability.

Pulaski County, Tenant Based Rental Assistance (TBRA)

(501) 340-3568 (501) 218-3864

<https://pulaskicounty.net/pulaski-county-housing-programs/>

sythomas@pulaskicounty.net

The Tenant-Based Rental Assistance Program (TBRA) is offered through a partnership with Pulaski County Community Services and the Arkansas Development Finance Authority (ADFA). It is designed to provide temporary assistance to participants awaiting a permanent subsidy through the Housing Choice Voucher program. TBRA was established to address affordable housing issues experienced by low to very low-income families in our community. Its goal is to strengthen the abilities of state and local governments to design and implement strategies for achieving adequate supplies of decent and affordable housing.

Salvation Army Little Rock

1111 West Markham Street

Little Rock, AR 72201

(501) 329-1712 (800) 728-7825

www.salvationarmycentralarkansas.org

By appointment. between 8:30am and 4:30pm. Funding only Entergy Electric as funds are available, Proof of the emergency as to reason for inability to pay, Must be elderly or have disabled individual in household.

St. Francis House

2701 South Elm Street

Little Rock, AR 72204

(501) 664-5036 <http://stfrancishouselr.org/>

Monday - Thursday 9:00am - 11:45am and 1:00pm - 4:00pm, Friday 9:00am - 11:45am and 1:00pm - 3:30pm. Assistance with utility bills, must have shut-off notices. NO rental assistance available. Must provide photo ID, Social Security card, and proof of income. Assistance as funds are available.

FOOD PANTRIES**Amboy Community Food Pantry**

100 Auburn Drive

North Little Rock, AR 72118

(501) 753-2777

<https://www.foodbanks.net/organization/41/amboy-community-food-pantry/>

Monday and Thursday 9:00am - 12:00pm. Proof of North Little Rock or Maumelle residency, and ID required.

Berea Baptist Church

104 East Valentine Road
Jacksonville, AR 72076

(501) 374-9296

<https://www.usachurches.org/church/berea-baptist-church.htm>

Tuesday 10:00am - 1:30pm Serving Pulaski County residents from North of the river.

Bullock Temple

1513 South Park Street

Little Rock, AR 72202

(501) 375-1581 <https://www.btclr.org/>

<https://www.facebook.com/btclr> Monday

1:00pm - 2:00pm, Thursday 4:30pm - 6:00pm. Food pantry schedule (in person) Appointments preferred.)

Central Baptist Church of North Little Rock

5200 Fairway Avenue

Sherwood, AR 72116

(501) 771-1125 <https://cbcnlr.org/>

<https://www.facebook.com/cbcnlr/info@cbcnlr.org>

Wednesday 9:00am - 11:45am.

Serving Sherwood residents only. Photo ID Required.

Church at Rock Creek

11500 West 36th Street

Little Rock, AR 72211

(501) 225-8684 www.churchatrockcreek.com

Tuesday - Friday. Call in the mornings between 8:00am - 10:00am to schedule an afternoon appointment. Services available for each person/family at intervals 4 weeks, Call between 8:00am and 10:00am to schedule an appointment. 1 service per household. Serving Little Rock, Benton, Bryant and Mabelvale residents ONLY. Photo ID Required.

Faith Baptist Church

5600 Camp Robinson Road

North Little Rock, AR 72118

(501) 753-8897 <https://faithnlr.org/>

info@faithnlr.org

First and Third Monday 12:00pm - 1:00pm If possible, call for appointment.

First Baptist Church

2015 Main Street

North Little Rock, AR 72114

(501) 758-1525 X3

Tuesday 11:00am - 1:00pm Primarily serving the North Little Rock area, Photo ID required.

First Christian Church of Sherwood

2803 East Kiehl Avenue

Sherwood, AR 72120

(501) 835-5505 <https://www.fccsherwood.com/>

Friday 10:30am - 12:00noon.

Photo ID required, services for families in Sherwood and Jacksonville, proof of residency required.

First Pentecostal Church Food Pantry

424 East 17th Street

North Little Rock, AR 72116

(501) 758-3090

https://www.foodpantries.org/li/first_pentecostal_church_of_jesus_christ_72116

Friday 10:00am - 3:00pm. Photo ID required.

Fish Net Ministries

1700 Swift Drive P.O. Box #972

Jacksonville, AR 72076

(501) 241-1211 <http://www.myfishnetmissions.org/>

Tuesday and Thursdays: 5:00am - 7:45am. The only requirement for receiving food is a state ID with a picture. There are no income or other restrictions because we realize that anyone can be in need at some time. Our clients show their ID at the reception desk, are recorded, and then proceed to the pickup point, where volunteers have put together their distribution for the week. Often bread or other baked goods are available to choose from as well. Many times volunteers are available to help carry the food to their vehicle.

Gardner Memorial United Methodist Church Food Pantry

1723 Schaer Street
North Little Rock, AR 72114
(501) 374-9520 www.gardnermemorialumc.org
Tuesdays: 12:00 Noon - 4:00pm
Photo ID Required.

Geyer Springs United Methodist Church

5500 Geyer Springs Road
Little Rock, AR 72209
(501) 565-3175
www.geyerspringsumc.org/default.asp?sec_id=180012503
<https://www.facebook.com/2ndBaptist1st&3rdThursday12:00pm-2:00pm>
Serves residents of the 72206, 72209 & 72103 Zip Code area ONLY. Photo ID required.

Helping Hand of Greater Little Rock

1601 Marshall Street
Little Rock, AR 72202
(501) 372-4388 <https://www.lrhelphand.com/>
Helping Hand food pantry is open from 9am to 12:30pm, Monday thru Thursday. Can access resources once each month. Food and inexpensive thrift store clothing available. Photo ID required.

Immanuel Baptist Church: City Center

315 North Shackelford Road
Little Rock, AR 72211
(501) 396-3333 <https://citycenterlr.org/@citycenterlr>
CityCenterLR.org
By appointment on the first 4 Tuesdays of each month 10:00am - 2:00pm. City Center is a ministry of Immanuel Baptist Church. Open the first 4 Tuesdays of each month. From 10:00am - 2:00pm. Call (501) 396-3333 on Monday between 10:00am - 1:00pm to make an appointment. Photo ID and proof of address require. Only one visit per address per month. Each visit to the food Pantry includes a visit to the clothing closet.

In Your Hands Ministries, Inc.

3905 Highway #161-North
North Little Rock, AR 72112
(501) 945-1314
<https://www.foodpantries.org/li/in-your-hands-ministries-inc>
<https://www.facebook.com/In-Your-Hands-Ministries-Inc-207547428968/>
inyourhandsministries@gmail.com
Monday, Wednesday & Friday 10:00am - 12:00noon
Photo ID and proof of address required. Call for appointment.

Jacksonville Care Channel

201 North Elm Street
Jacksonville, AR 72076
(501) 982-4647
https://www.homelesshelterdirectory.org/shelter/ar_jacksonville-care-channel
<https://www.facebook.com/JCCNeedy/>
Monday, Wednesday & Friday 10:00am - 12:00pm
Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for 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
(501) 516-1602 www.letourviolenceend.com
Sundays 10:00am - 2:00pm Family Food Pantry available. Call for appointment.

Liberty Hill Baptist Church

1215 South Schiller Street
Little Rock, AR 72202
(501) 374-8060
<https://libertyhbc.com/>
2nd Monday 2:00pm - 3:30pm
Photo ID required.

Little Rock Compassion Center

3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Monday - Friday 7:30am. Fill out the form at 7:30 and wait for food.

Mosaic Church of Central Arkansas

6221 Colonel Glenn Road, Suite A
Little Rock, AR 72204
(501) 562-3336 Bilingual
www.mosaicchurch.net
Tuesday 1:00pm. Must be from 72204 area, 1st come 1st serve. ID required. Begin lining up at 11:30 food distribution to begin at 1:00pm.

Oak Forest United Methodist Church

2415 South Fair Park Blvd.
Little Rock, AR 72204
(501) 663-9407 <https://www.oakforestumc.com/>
1st and 3rd Thursday 11:00am - 1:00pm. Serving only once per month.

Park Hill Christian Church

4400 John F. Kennedy Blvd.
North Little Rock, AR 72116
(501) 753-1109 <http://parkhillchristian.org>
Tuesday 8:30am - 10:30am. Photo ID and proof of residence required.

Pulaski Heights United Methodist Church

4823 Woodlawn Drive
Little Rock, AR 72205
(501) 664-3600 www.phumc.com
1st Wednesday 8:00am - 10:00am.
Drive thru Food bank.

River City Ministry - Day Services for the Homeless

1021 East Washington Avenue
North Little Rock, AR 72116
(501) 376-6694
<https://www.rivercityministry.org/home>
Tuesday and Thursday 9:30am - 10:30am. Serving Pulaski County residents only. Must provide photo ID.

Saint Mark Baptist Church

5722 West 12th Street
Little Rock, AR 72204
(501) 663-3955 <https://smark.org/>
Tuesday & Thursday 10:00am - 12:00noon
Food boxes available, must register in advance.

Salvation Army Food Pantry

1111 West Markham Street
Little Rock, AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
Tuesday and Thursday 8:30am - 4:00pm
No appointment required.

Second Baptist Church

1709 John Barrow Road
Little Rock, AR 72204
(501) 223-2323 <https://www.the2nd.church/>
<https://www.facebook.com/2ndBaptist?fref=ts>
info@the2nd.com
Wednesday and Thursday 10:00am - 12:00pm. Photo ID and utility bill required or address verification to have matching name & address.

St. Andrew Food Bank

4600 Baseline Road
Little Rock, AR 72209
(501) 562-1891
<https://www.standrewumclr.org/community-help.html>
saintandrewlr@comcast.net
2nd and 4th Thursday 10:00am - 12:00pm St. Andrew has a food pantry on 2nd and 4th Thursdays at 10:00 am to noon. Serving healthy food to residents of Pulaski County. Fill out application on first visit. Call before visiting to confirm hours and availability.

St. Francis House

2701 South Elm Street
Little Rock, AR 72204

(501) 664-5036 <http://stfranchouselr.org/>
<https://www.facebook.com/stfranchouselr/>
Monday - Thursday 8:30am - 11:45am and 1:00pm - 4:00pm, Friday 8:30am - 11:45am and 1:00pm - 3:30pm. Must provide photo ID & Social Security card for each recipient.

St. John Missionary Baptist Church Unto Others Food Pantry

25001 South Main Street
Little Rock, AR 72206
(501) 529-9206 <https://www.sjmbchurch.org/sjmbcinfo@sjmbchurch.org>
3rd or 4th Thursday of each month 9:00am - until food runs out. Must complete application, photo ID required. During winter weather months open only once a month. Call (501) 975-090 to confirm date and times.

St. Marks Episcopal Church Food Pantry

1000 North Mississippi Street
Little Rock, AR 72207
(501) 225-4203
<https://lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/ykwilsonrob@gmail.com>
Thursday 8:30 - 10:00am. Serving all Pulaski County residents. Fill out form while in line and receive food. Photo ID required.

Sylvan Hills Community Church

8019 John F. Kennedy Blvd.
Sherwood, AR 72120
(501) 835-1612
www.sylvanhillscommunitychurch.com
Tuesday 10:00am - 12:00pm. Serving North Little Rock, Jacksonville and Sherwood residents only. Photo ID required.

Temple Baptist Church - Food Pantry

10710 Interstate #30
Little Rock, AR 72209
(501) 565-4966
<https://www.foodpantries.org/li/temple-baptist-church-e28093-manna-from-heaven-food-pantry>
Every other Monday 6:00pm. Must register with the food pantry with each use.

The Van (The One Inc.)

4500 West 65th Street
Little Rock, AR 72209
(501) 955-3444 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 Pantry

1825 South Pulaski Street
Little Rock, AR 72206
(501) 374-3528 www.unionamec.com 2nd
Wenesday 1:00pm - 3:00pm. Drive thru. First come first served.

Veterans Village Food Pantry

8325 MacArthur Drive
North Little Rock, AR 72118
(501) 287-7186 (501) 516-3464
<https://www.veteransvillagesofamericainc.org/v2amissionpossible@gmail.com>
2nd and 4th Tuesdays. Veterans Village continues to host a food pantry for veterans and their immediate family members at its original location, 8325 MacArthur Drive, North Little Rock, AR, 72118 on the second and fourth Tuesday of every month.

Watershed

3701 Springer Blvd.
Little Rock, AR 72206
(501) 378-0176 <https://thewatershed1.com/>
Monday - Friday 8:00am - 4:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Must have photo ID.

Jacksonville Care Channel

201 North Elm Street
Jacksonville, AR 72076
(501) 982-4647
https://www.homelesshelterdirectory.org/shelter/ar_jacksonville-care-channel
<https://www.facebook.com/JCCNeedy/>
Monday, Wednesday & Friday 10:00am - 12:00pm
Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for 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
(501) 516-1602 www.letourviolenceend.com
Sundays 10:00am - 2:00pm
Family Food Pantry available. Call for appointment.

Liberty Hill Baptist Church

1215 South Schiller Street
Little Rock, AR 72202
(501) 374-8060 <https://libertyhbc.com/>
2nd Monday 2:00pm - 3:30pm. Photo ID required.

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3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Monday - Friday 7:30am. Fill out the form at 7:30 and wait for food.

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(501) 562-3336 Bilingual
www.mosaicchurch.net
Tuesday 1:00pm. Must be from 72204 area, 1st come 1st serve. ID required. Begin lining up at 11:30 food distribution to begin at 1:00pm.

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Little Rock, AR 72204
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No appointment required.

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Wednesday and Thursday 10:00am - 12:00pm. Photo ID and utility bill required or address verification to have matching name & address.

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<https://www.facebook.com/stfranchishouselr/>
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sjmbcinfo@sjmbchurch.org
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Little Rock, AR 72207
(501) 225-4203
<https://lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/y>
kwilsonrob@gmail.com
Thursday 8:30 - 10:00am. Serving all Pulaski County residents. Fill out form while in line and receive food. Photo ID required.

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Sherwood, AR 72120
(501) 835-1612
www.sylvanhillscommunitychurch.com
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<https://www.foodpantries.org/li/temple-baptist-church-e28093-manna-from-heaven-food-pantry>
Every other Monday 6:00pm. Must register with the food pantry with each use.

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(501) 287-7186 (501) 516-3464
<https://www.veteransvillagesofamericainc.org/v2amissionpossible@gmail.com>
2nd and 4th Tuesdays. Veterans Village continues to host a food pantry for veterans and their immediate family members at its original location, 8325 MacArthur Drive, North Little Rock, AR, 72118 on the second and fourth Tuesday of every month.

Watershed

3701 Springer Blvd.
Little Rock, AR 72206
(501) 378-0176 <https://thewatershed1.com/>
Monday - Friday 8:00am - 4:00pm. Call before coming to make sure food is available. Appointments and referrals are preferred. Must have photo ID.

HEALTH CARE SERVICES

ARCare

8924 Kanis Road
Little Rock, AR 72205
(501) 455-2712 www.arcare.net
Monday - Friday 8:00am - 5:00pm.
General Medical Clinic and referrals.

Arkansas Children's Hospital, Genral Pediatric & After Hours Clinic

1 Childrens Way
Little Rock, AR 72202
(501) 364-1100 Appointments 501-364-1202
www.archildrens.org
[facebook.com/ArkansasChildrens](https://www.facebook.com/ArkansasChildrens) Childrens after hours clinic: Monday - Friday, 5:00pm - 8:00pm, Saturday & Sunday 9:00am - 7:45pm. Arkansas Children's is the only hospital system in the state solely dedicated to caring for children, which allows our organization to uniquely shape the landscape of pediatric care in Arkansas.

CHI, St. Vincent Health Clinic East

2500 East 6th Street
Little Rock, AR 72202
(501) 552-4710
<https://www.chistvincent.com/hospitals-locations/clinics/communitycare-lr>
Monday - Friday 8:00am - 12:00noon & 1:00pm - 4:30pm, Fees based on sliding scale. Office visit \$20 with proof of income. Labs \$5 each. Call for appointment. NO walk-ins.

Clinica el Samaritano- El Faro Baptist Church

7002 Baseline Road
Little Rock, AR 72209
(501) 350-2518 Bilingual (501) 565-6155
<https://et.cybo.com/US-biz/clinica-el-samaritano>
1st & 3rd Tuesday 5:00pm - 8:30pm (subject to change). 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. Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequena. Limite 15 citas/dia/ Primer y tercer Martes del mes 5:00pm - 8:30pm (sujeto a cambios)

College Station Clinic, (JCCSI)

4206 Frazier Pike
Little Rock, AR 72053
(501) 490-2440 www.jccsi.org
Monday - Friday 8:00am - 5:0pm.
Appointments recommended, proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Harmony Health Clinic

201 East Roosevelt Road
Little Rock, AR 72206

(501) 375-4400 www.harmonyclinicar.org
Monday - Friday 9:00am - 1:00pm to pick up and return application packet. Appointments required to see doctors.

Hospice Comfort Care Centere, Inpatient Center

2200 South Bowman Road
Little Rock, AR 72211
(501) 558-4100 www.hospicehomecare.com
Life's a journey – when you can see your journey's end, you and your loved ones may need help. Hospice Home Care wants you or your loved one to live each day to the fullest with comfort and dignity.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<https://www.houseaboutit.org/>
info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm Friday 8:00am - 12:00noon. by appointments. The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

iCAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services

900 West 7th Street
Little Rock, AR 72201
(501) 666-8868 (800) 828-2799
www.ar-ican.org info@ar-ican.org
Monday - Friday 8:00am - 4:30pm.
iCAN offers free services for any Arkansan with health issues or disabilities without regard to age, disability type, income, geographic area, or eligibility for any other program. Free assistive technology training, equipment demonstrations & loans,

John L. McClellan Veterans Hospital

4300 West 7th Street
Little Rock, AR 72205
501-257-1000
www.littlerock.va.gov/locations/directions.asp
Medical care and treatment for veterans ONLY.

Little Rock Health Clinic (JCCSI)

1100 North University Suite #125
Little Rock AR 72207
501-663-0055
<http://www.jccsi.org/locations-and-hours/>
Monday - Friday 8:00am - 5:00pm. Appointments recommended, proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Maumelle Medical Center

501 Millwood Circle Suite E
Maumelle AR 72113
(501) 476-6934
<https://www.healthgrades.com/group-directory/ar-arkansas/maumelle/maumelle-medical-center-0ooykrx>
<https://www.facebook.com/MaumelleMC/>
Monday - Thursday, 8:00am - 5:00pm, Friday 8:00am - 12:00pm. Call for appointment, no walk-ins.

North Little Rock Health Clinic (JCCSI)

2525 North Willow Street Suite #1
North Little Rock, AR 72114
(501) 812-0225
<http://www.jccsi.org/locations-and-hours/>
Monday - Friday 8:00am - 5:00pm. Appointments

recommended, proof of income, Valid ID, Social Security card required. Minimum co-pay of \$20 depending on income.

Open Hand Center (Homeless) Jefferson Comprehensive Care System Inc.

300 Springer Blvd.
Jericho Way Resource Center, Suite B
Little Rock, AR 72206
(501) 244-2121
<http://www.jccsi.org/locations-and-hours/>
Monday 8:00am - 7:00pm, Tuesday - Friday 8:00am - 5:00pm. Free comprehensive medical care for the homeless and individuals in recovery.

Pulaski County Health Unit - Central Little Rock

3915 West 8th Street
Little Rock, AR 72204
(501) 280-3100
<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock>
Monday - Friday 8:00am - 4:30pm
Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happening at your local health unit. Many of our services are provided at the local level through a statewide service network. Our public health workforce is working every day to promote prevention services and to defend against threats to the public's health. "Keeping Your Hometown Healthy" is more than a slogan for us.

Pulaski County Health Unit - Jacksonville

3000 North 1st Street, P.O. Box #725
Jacksonville AR 72076
(501) 982-7477
<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville>
Monday - Friday 8:00am - 4:30pm
Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happening at your local health unit. Many of our services are provided at the local level through a statewide service network. Our public health workforce is working every day to promote prevention services and to defend against threats to the public's health. "Keeping Your Hometown Healthy" is more than a slogan for us.

Pulaski County Health Unit - North Little Rock

2800 North Willow Street
North Little Rock, AR 72114
(501) 791-8551
<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-north-little-rock>
Monday - Friday 8:00am - 4:30pm
Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happen-

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Pulaski County Health Unit

- North Little Rock

2800 North Willow Street
North Little Rock, AR 72114
(501) 791-8551

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-north-little-rock>
Monday - Friday 8:00am - 4:30pm. Community Services, Communicable Disease Investigation and Intervention, Hometown Health Improvement, Tobacco Counseling Services, Voter Registration, Environmental Health, Family Planning, HIV/Sexually Transmitted Diseases testing, Immunizations, Public Health Preparedness, TB Program, WIC, Women's Health.

Pulaski County Health Unit

- Southwest Little Rock

8901 Dailey Drive
Little Rock, AR 72209

(501) 565-9311

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-southwest-little-rock>
Monday - Friday 8:00am - 4:30pm
Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happening at your local health unit. Many of our services are provided at the local level through a statewide service network. Our public health workforce is working every day to promote prevention services and to defend against threats to the public's health. "Keeping Your Hometown Healthy" is more than a slogan for us.

Pulaski County Health Unit & STD Clinic

Central Little Rock

3915 West 8th Street 1st floor
Little Rock, AR 72204

(501) 280-3100

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock>
Monday, Wednesday - Friday 8:00am - 4:30pm, Tuesday 9:30 - 6:00pm. Appointments required, photo ID required. STD, HIV/AIDS testing and referrals. No out-of-pocket expenses, insurance is billed and no one is turned away.

Pulaski County Regional Office

5800 West 10th Street
Little Rock, AR 72204

(501) 280-4950

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-regional-office>
Monday - Friday 8:00am - 4:30pm Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happening at your local health unit. Many of our services are provided at the local level through a statewide service network. Our public health workforce is working every day to

promote prevention services and to defend against threats to the public's health. "Keeping Your Hometown Healthy" is more than a slogan for us.

Pulaski County West Little Rock, Unit (WIC Only)

11715 Rainwood Road
Little Rock, AR 72212

(501) 224-1254

<https://www.healthy.arkansas.gov/health-units/detail/pulaski-county-west-little-rock-unit-wic-only>
Monday - Friday 8:00am - 4:30pm Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS. A lot happens in your hometown each day you might not know about – like testing for contagious diseases like tuberculosis and screening for children's health problems and providing immunizations, as well as teaching wellness and healthy behaviors. Your local health unit also protects you and your family, making sure that heating and air conditioning and plumbing in new buildings are safe. It's all happening at your local health unit. Many of our services are provided at the local level through a statewide service network. Our public health workforce is working every day to promote prevention services and to defend against threats to the public's health. "Keeping Your Hometown Healthy" is more than a slogan for us.

River City Ministry- Day Services for the Homeless

1021 East Washington Street
North Little Rock, AR 72116

(501) 376-6694

<https://www.rivercityministry.org/services>
Call 8:30am daily to schedule appointment. By appointment only. Call (501) 376-6694 for appointments precisely at 8:30am, serving adults. Insurance of \$5 cash required at each visit.

Shepherds Hope - Neighborhood Health Center

2404 South Tyler Street
Little Rock, AR 72204

(501) 614-9523

www.shepherdshopelr.org
Medical clinics are the first, second, third and fourth Thursday of each month and the fourth Tuesday of each month. By appointment only. Call for appoint. Gynecology clinics are held twice a month. Orthopedic clinic is held monthly. Ultrasound and minor surgery clinics are held on an as needed basis. Medical and Gynecology clinics are open to new patients. Existing patients open to all clinics. All others are by referral only.

St. Francis House

2701 South Elm Street
Little Rock AR 72204

(501) 664-5036

<http://stfranchishouselr.org/>
Monday, Tuesday & Wednesday 9:00am - 11:00am. Prescription refills. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide phot ID, Social Security card.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock, AR 72114

(501) 257-1000

<https://www.va.gov/central-arkansas-health-care/locations/eugene-j-towbin-healthcare-center/> <https://www.facebook.com/VACentralArkansas/>
Monday - Friday, 8:00am - 4:30pm. Medical care, treatment and domicile available to veterans ONLY.

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street
Little Rock, AR 72204

(501) 614-2492

<https://healthon12th.uams.edu/> <https://www.facebook.com/healthon12th/>
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.

U.A.M.S. Clinic (Appointments)

4301 West Markham

Little Rock, AR 72205

(501) 686-8000 www.uams.edu

Monday - Friday 7:30am - 5:00pm. Appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of \$50 required.

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road

Little Rock, AR 72204

(501) 340-6646

<https://uamshealth.com/location/crisis-stabilization-unit/>

The Pulaski County Regional Crisis Stabilization Unit (PCRCU), staffed by UAMS, is the state's first nationally accredited unit and the first UAMS program to be accredited by CARF International. CARF International is an international organization that provides accreditation worldwide for behavioral health programs. The 16-bed unit provides an alternative to psychiatric hospitalization or emergency room visits for persons in crisis or who encounter law enforcement due to their psychiatric condition. The staff includes a multi-disciplinary team of UAMS nurses, social workers, prescribers and psychiatric technicians. The unit serves Pulaski, Perry, Saline, Lonoke, Jefferson and Grant counties.

Westside Free Medical Clinic

2415 North Tyler Street

St. John's Catholic Center

Little Rock, AR 72207

(501) 664-0340 Ext.#356 English Ext.#335 Spanish

www.dolr.org/catholic-charities/westside-medical-clinic

Evening clinic. Please call for appointment and leave a voicemail, appointments required. No Walk-ins. Bus service not readily available.

HOUSES & SHELTERS

A.B.B.A. House

1002 South Oak Street

Little Rock, AR 72204

(501) 666-9718

<https://www.dolr.org/daughters-charity>
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 Homeless Coalition

P.O. Box #164716

Little Rock, AR 72216

(501) 580-6185

<https://goodgrid.com/pages/13705/>

<https://www.facebook.com/arkansashomeless/about/> The Arkansas Homeless Coalition is a voluntary association of providers, faith communities, and other concerned citizens, committed to networking and advocacy on behalf of our homeless neighbors. All who are interested are welcome to attend our meetings and participate fully in our work. We meet on the second Wednesday of every month, 10:00am – 11:30am. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 West 12th Street in Little Rock.

FOCUS - DETERMINATION - SUCCESS



RIVER ROCK
CDL TRAINING LLC

4801 Crystal Hill Road,
North Little Rock, AR 72118

thayesriverrocktraining@gmail.com

501-916-2546

CLASSES START EVERY MONDAY 7 A.M. TO 4 P.M.

■■■

CURRICULUM 160 HOURS (4 WEEKS)

■■■

HANDS ON TRAINING BY CERTIFIED INSTRUCTORS

SCHOLARSHIPS AVAILABLE FOR THOSE WHO QUALIFY

■■■

JOB ASSISTANCE AVAILABLE

■■■

JOB PLACEMENT ASSISTANCE

LICENSED BY ADHE

"Our mission is to go above and beyond the leading industry standards to ensure the highest quality of training and to prepare our students to be Professional Drivers in the Transportation Industry."

WHAT WE DO

The City of Little Rock's Department of Community Programs provides quality prevention, intervention, and treatment (PIT) programming that utilizes citizen involvement, evidence-based practices, and standardized processes with the goal of increasing positive outcomes and the quality of life for all Little Rock residents.

Building on the work that PIT-funded programs have been doing for more than 25 years, the Master Plan for Children, Youth & Families (Youth Master Plan) strives to meet the programmatic needs of the most underserved children, youth, and families while increasing the quality and accountability of those selected as the funded organizations and associations to meet those needs.

However, creating solutions to the challenges our City and communities face today cannot be tackled by one department—or even by city government alone. Caring for our children, youth and families is a responsibility we ALL share as members of the Little Rock community.

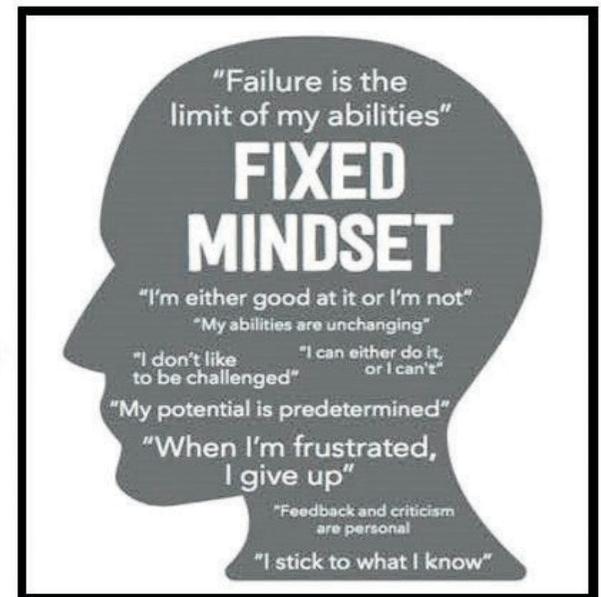
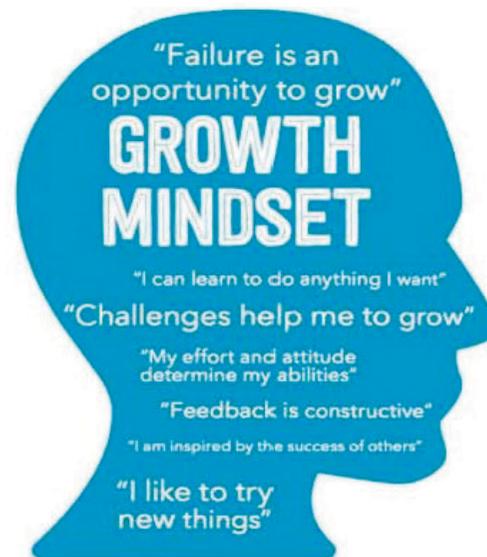
If you would like to refer someone to any of our service providers, please email: ProgramReferral@littlerock.gov.

LITTLE ROCK DEPARTMENT OF COMMUNITY PROGRAMS



WHAT OUR DEPARTMENT LOGO REPRESENTS

We help people grow by being connected to one another. The left side is rooted in Little Rock, but expands on the other side to reach out to others as we grow as well.



City of Little Rock

Department of Community Programs

500 W. Markham Street, Suite 220W

Little Rock AR 72201

(501) 399-3420

www.LRDCPCares.org

DCPInfo@littlerock.gov

The Youth Master Plan Recommends 5 Goals

USE DATA

to identify unmet needs, prioritize services, and infuse resources where they are needed most

INCREASE PROGRAM QUALITY & ACCOUNTABILITY

All stakeholders adopt and are evaluated on outcomes, benchmarks, standards, and indicators to achieve system-wide accountability

ENHANCE INTERNAL & EXTERNAL COMMUNICATION

to generate awareness and enhance support for investment in services to children, youth, and their families

DEVELOP EMPLOYABILITY SKILLS

so that youth are prepared to work and Little Rock has a strong future workforce

PLACE A PRIORITY ON CHILDREN AND YOUTH

to integrate an authentic youth voice in decision-making regarding programs and services

ProgramReferral@littlerock.gov

City of Little Rock • Department of Community Programs

Frequently Asked Questions

What are PIT-funded programs?

Grounded in a positive youth development framework that emphasizes children and youth as assets to the community, PIT stands for Prevention, Intervention, and Treatment:

Prevention – Activities designed to engage participants before they become involved in juvenile delinquency, criminal behavior, or gang violence through:

- | | |
|---|---------------------------------|
| Positive Prevention Programs (ages 6-12 & 13-18) | • Neighborhood Safety Programs |
| Summer Academic & Recreation Programs (ages 6-15) | • Community Innovation Projects |
| Summer Youth Employment Opportunity (ages 16-21) | • City Year |
| Career & Life Skills Training Programs | • Mayors Youth Council |
| Little Rock Parks & Recreation Summer Playgrounds | • “Small Contracts” Programs |
| Little Rock Police Department (LRPD) “OK” Program | • Scholars Recognition Program |
| Little Rock Police Department “GEMS” Program | • Be Mighty Feeding Program |

Intervention – Activities will provide deliberate outreach to recruit, retain, and empower young adults who are known to be currently exposed to higher risk environments before they become involved in or to change current juvenile delinquency, criminal behavior, or gang violence. These programs include (but are not limited to) the following:

- | | |
|--|---|
| Re-Entry Services (includes “Rights After Wrongs” event) | • Day Labor Services |
| Community Violence Reduction Programs | • Community-based Intervention Programs |

Treatment – Assisting Little Rock citizens with the training and skills they need to overcome issues or substance abuse. These programs include:

- | | |
|---|---|
| LRPD – Victims Services Coordinator | • Tobacco Education Programs |
| Domestic Violence Counseling and Services | • Family Matters Mental Wellness Retreats |

Special Note – The Department of Community Programs does not provide “grants” to program providers. Instead, we contract with local non-profit and community-based organizations as well as various government agencies to provide targeted, evidence-based services to Little Rock citizens. Please contact us for a complete list of contracted services.

Where does PIT funding come from, how much is it, and who is in charge of it?

This milestone achievement was the culmination of efforts that started in 1988 with a \$10 million grant from the Annie E. Casey Foundation. That was followed in 1991 with a Fighting Back Grant of \$5 million from the Robert Wood Johnson Foundation. Then, in 1993, Little Rock voters passed a 1/2 cent City sales tax to permanently designate City funds to sustain and administer Prevention, Intervention, and Treatment (PIT) funding (in addition to other major city initiatives). In 2011, voters overwhelmingly approved an additional 5/8 cent sales tax for operations in order to meet the increased needs of the city. As a result this support, to our knowledge, the City of Little Rock’s Department of Community Programs (DCP) is the only city in America set up this way. The Department operates on an annual PIT budget of \$5 million dollars which in 2022 supported more than 45 programs and served more than 15,000 Little Rock children, youth, and families.

Are there any restrictions that could prevent someone from being able to participate in programs or receive services?

The Youth Master Plan outlines a system to identify unmet needs, prioritize services, and infuse resources (PIT dollars) where they are needed most. There is only one “restriction”: all recipients of PIT-funded programs or services MUST live within the City of Little Rock. All programs and services are available to no charge (free) to those who qualify.

How can I learn more about the Department of Community Programs, the Youth Master Plan, or volunteer to help?

DCP will continue to host various informational forums throughout the city over the next three years as the implementation of the Youth Master Plan progresses. To be notified of meetings or PIT-funding availability, or for more information on how to participate, contact the City of Little Rock’s Department of Community Programs:

- | | |
|---|----------------------------------|
| • Phone: 501-399-3420 | • Email: DCPIInfo@littlerock.gov |
| • Instagram: @LRCommunityPrograms | • Website: www.LRDCCares.org |
| • Facebook: Facebook/City of Little Rock - Department of Community Programs | |

BCD, Hoover Treatment Center

3604 West 12th Street
Little Rock, AR 72204
(501) 663-4774 <http://www.bcdinc.org/index-9.html>
rrichardson@bcdinc.org
Monday - Friday 8:00am - 6:00pm.
The Hoover Treatment Center offers programming to address the special needs and challenges of individuals with addictions. We meet on the second Wednesday of every month, 10:00 - 11:30 AM. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 West 12th Street in Little Rock. of individuals who suffer from this disease.

Centers for Youth and Families, Youth Emergency Shelter

6425 West 12th Street
Little Rock, AR 72204
(501) 666-8686
<http://centersforyouthandfamilies.net>
Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.

Dorcas House- A Division of Union Rescue Mission

P.O. Box #164057
Little Rock, AR 72216
(501) 374-4022 X #3 <https://urmissionlr.org/>
Womens 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, BCD Inc.

3604 West 12th Street
Little Rock, AR 72204
(501) 663-7223 X #210 <https://bcdinc.org/> For Arkansans with special needs, ie: limited income, homeless or has disability affecting their income and need for supportive services.

Family Promise of Pulaski County

P.O. Box #2718 / 222 East 8th Street
Little Rock, AR 72203
(501) 372-0733 (501) 372-0733
www.familypromisepc.org
familypromise@familypromisepc.org
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, and case management for homeless families with children under 18.

Freewill Baptist Family Ministries, Florence Crittenton Home

3600 West 11th Street
Little Rock, AR 72204
(501) 663-3129 (501) 912-3967
<https://m.facebook.com/profile.php?id=108527655838759>
Open 24 hours.
Emergency shelter for DHS involved children ages 12 to 17, serves males and females, serves sibling groups, must have IQ above 70 and be able to attend school.

Gaines House

1702 South Gaines Street
Little Rock, AR 72206
(501) 376-4015 (501) 376-7922
<http://www.thegaineshouse.org/contact/>
Contact hours 7:00am - 2:00pm

The Gaines House is a non-profit transitional living residence for homeless women, 18 or older, who have been treated for a mental, physical, or emotional disability. We provide a supervised environment while they prepare for independent living. Call for cost and other information

Gyst House

8101 Frenchman's Lane
Little Rock, AR 72209
(501) 568-1682 <http://www.gysthouseinc.com/>

Transitional housing for men and women with substance abuse issues.

Hand Up Housing of Arkansas

1021 East Washington Street
North Little Rock, AR 72114
(501) 376-6604
<https://www.findhelp.org/hand-up-housing-of-arkansas--north-little-rock-ar--transitional-housing-program-/5016415029166080?postal=72114>
handuphousingofar@gmail.com
Monday - Friday 8:30am - 3:00pm
Homeless and transitional housing. The first step in a graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205
(501) 379-1549 (844) 502-9837 (toll free)
<http://houseaboutit.org/home.html>
info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm Friday by appointment
ONLY HOUSEABOUTIT is developing programs to assist low income residents with many different housing issues. Call for details.

Immerse Arkansas

5300 Asher Avenue
Little Rock, AR 72204
(501) 404-9890 <https://immersearkansas.org>
info@immersearkansas.org
Housing and program support for youth ages 14 - 21.

Little Rock Compassion Center (Men's)

3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Check-in at 2:25pm
Men's homeless shelter must have ID and be over 18. Must be sober, no medical services available.

Little Rock Compassion Center (Women's)

4210 Asher Avenue
Little Rock, AR 72204
(501) 663-2972 www.lrcompassioncenter.org
Check-in 3:00pm Women's homeless shelter must have ID and be over 18.

Little Rock, AR Low Income Housing List

https://www.publichousing.com/city/ar-little_rock
A listing of 38 Low Income Apartment complexes in or near Little Rock, AR. Less than 1/4 of all HUD eligible households receive housing due to the current shortage of available housing. 2013 Harvard's Joint Center for Housing.

Metropolitan Housing Alliance (MHA)

100 South Arch Street
Little Rock, AR 72201
(501) 340-4821 <http://lrhousing.org/customerservice@mhapha.org>
MHA prides itself on administering federal subsidized housing and housing assistance to low-income persons and families within the city of Little Rock, Arkansas. MHA is a public body exercising exclusively public and essential government functions, and having all the powers necessary and/or convenient to carry out and effectuate the purposes and provisions of the Housing Authorities Act.

Nehemiah House, A Division of Union Rescue Mission

2921 Springer Blvd
Little Rock, AR 72206
(501) 374-1108 X 4
<https://urmissionlr.org/nehemiah-house/>
Men's Recovery Program- 46 bed facility - 9 month recovery program that is faith based in nature. Wheelchair accessible.

Our House

302 East Roosevelt Road
Little Rock, AR 72206
(501) 374-7383 X 1 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, mental health and substance abuse programs available. Must be working a minimum of 32 hours a week within 21 days of moving in.

Phoenix Recovery Center

104 North Battery
Little Rock, AR 72205
(501) 725-4907
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
ACC Transitional housing for women only.

Pulaski County Emergency Rental Assistance (ERA)

(501) 340-3478
<https://pulaskicounty.net/covid-19-emergency-rental-assistance-program/>
If you are unable to pay your rent or utilities due to COVID-19, the Pulaski County Emergency Rental Assistance Program (PCERA) may be able to help. PCERA is a government-funded assistance program designed to help keep Pulaski Co. families and individuals housed in the wake of the historic economic recession caused by the COVID-19 pandemic.

Pulaski County Housing Programs, Emergency Solution Grant (ESG) Program

3915 West 8th Street
Little Rock, AR 72204
(501) 340-3478 (501) 541-8582
<https://pulaskicounty.net/pulaski-county-housing-programs/>
The Pulaski County Continuum of Care (CoC) Permanent Supportive Housing is a federally funded program committed to providing permanent supportive housing for disabled persons accompanied by a range of supportive services through other partnering sources.

Pulaski County, Family Self-Sufficiency Program (FSS)

100 South Arch Street
Little Rock, AR 72201
(501) 340-8212 (501) 352-7736
<https://lrhousing.org/family-self-sufficiency-program/jplunkett@pulaskicounty.net>
The Family Self-Sufficiency Program (FSS) is a HUD-funded program dedicated to empowering participants with improving their quality of life. FSS participants are selected from the PCHA Housing Choice Voucher program. Through continuing education, job training, counseling, and other service assistance, participating families develop financial independence and self-sufficiency. All participants receive financial literacy counseling enabling them to work towards greater financial responsibility. The FSS program is a five-year program aimed at assisting participants in their ability to maintain a livable wage and empowering reducing their reliance on public assistance.

Pulaski County, Housing Opportunities for Persons With AIDS (HOPWA)

201 Broadway Street
Little Rock, AR 72201
(501) 340-8683 (501) 681-3445
<https://www.findhelp.org/pulaski-county-housing-agency-%2528pcha%2529--little-rock-ar--housing-opportunities-for-persons-with-aids-%2528hop-wa%2529/6323879295057920?postal=72118>
Monday - Friday 8:00am - 5:00pm.
The Pulaski County Housing Opportunities for Persons With AIDS (HOPWA) Program is a HUD-funded program dedicated to the housing needs of people living with HIV/AIDS. The HOPWA program provides housing assistance and related supportive services for low-income persons living with HIV/AIDS (PLWHA) and their

families who are homeless, at risk of homelessness, or unstably housed. The program provides housing and other support to help the most vulnerable households with multiple health and life challenges to achieve housing stability.

Pulaski County, Tenant Based Rental Assistance (TBRA)

3915 West 8th Street, Third Floor
Little Rock, AR 72204
(501) 340-3568 (501) 218-3864
<https://pulaskicounty.net/pulaski-county-housing-programs/sythomas@pulaskicounty.net>
The Tenant-Based Rental Assistance Program (TBRA) is offered through a partnership with Pulaski County Community Services and the Arkansas Development Finance Authority (ADFA). It is designed to provide temporary assistance to participants awaiting a permanent subsidy through the Housing Choice Voucher program. TBRA was established to address affordable housing issues experienced by low to very low-income families in our community. Its goal is to strengthen the abilities of state and local governments to design and implement strategies for achieving adequate supplies of decent and affordable housing.

Salvation Army

1111 West Markham Street
Little Rock, AR 72201
(501) 374-9296
www.SalvationArmyCentralArkansas.org
Check In from 4:30pm - 10:00pm
Emergency shelter for women, and families. The Center of Hope provides emergency assistance, emergency shelter, transitional housing, and spiritual support to its clients. We operate a 20-bed shelter that houses women and families. This includes three private rooms for families. Check In Center of Hope is from 4:30pm-10:00pm For shelter availability, call (501) 374-9296 to speak to Director of Social Services. After 4:30pm, call 501-374-9296 ext 113. WE ACCEPT WALK INS. Breakfast is served daily to hungry families and individuals in our community Breakfast: 6:30 AM

Sober Living

4201 John Borrow Road
Little Rock, AR 72204
(501) 562-0507
<https://www.drugaddictionnow.com/directory/listing/food-distribution-center-sober-living-inc-little-rock-ar-72204>
In patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of 6 months, fee based program. Court approved alternative to incarceration.

St. Francis House

2701 South Elm Street
Little Rock, AR 72204
(501) 664-5036
<http://stfrancishouse.org/veterans-programs/>
Monday - Friday 9:00am - 4:00pm.
Residential placement for veterans thru the Veterans Day Treatment Center.

Veteran's Day Treatment Center

1000 South Main Street
Little Rock, AR 72202
(501) 257-4499
<http://www.carf.org/providerProfile.aspx?cid=37962>
Monday - Friday 7:00am - 2:00pm, Provides access for veterans to VA programs including the St. Francis House listed above.

Women and Children First

P.O. Box #1954
Little Rock, AR 72203
(501) 376-3219 Hot-Line (800) 332-4443
www.wcfarkansas.org info@wcfarkansas.org
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.

IMMIGRANT RESOURCES

Arkansas Coalition Against Domestic Violence

700 South Rock Street
Little Rock, AR 72202
(501) 907-5612 (800) 269-4668
<https://www.domesticpeace.com/>
<https://www.facebook.com/ACADV/?ref=settings>

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 Espanol, Si esta en peligro, Llame al 911 LLamenos al 800-269-4668 a la linea nacional 800-799-7233.

Arkansas United Community Coalition (A.U.C.C.) Arkansas Unidos

1301 East Robinson Avenue Suite B-6
Springdale, AR 72764
(479) 347-2824 / (479) 763-2822 - Emergencies Only
www.arkansasunited.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 medico para ninos/ medical insurance for children

P.O. Box #1437 Slot S401
Little Rock, AR 72203
(501) 682-8292 (888) 474-8275
<https://humanservices.arkansas.gov/medical-services/healthcare-programs/arkids/>
Lunes a Viernes/Monday through Friday 8:00am - 4:30pm. ARKids First is a health insurance program that provides coverage for thousands of children across the state. It covers well-child checkups, eye exams, dental checkups and more.

Catholic Immigration Services - Little Rock

2415 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 X314
www.dolr.org/catholic-charities/immigration-little-rock
Lunes a Viernes/Monday through Friday 9:00am - 5:00pm. By appointment only. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. 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.

Center for Arkansas Legal Services - Ayuda Legal de Arkansas

1300 West 6th Street
Little Rock, AR 72201
(501) 664-0340 (800) 952-9243
<https://www.arlawhelp.org/>
Lunes a Viernes/Monday through Friday 9:00am - 4:00pm. Center for Arkansas Legal Services/Ayuda Legal de Arkansas. El horario de la línea de ayuda es de 9 am a 4 pm, de lunes a viernes. Nosotros damos consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educacion, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios publicos, veteranos/militares y sucesiones testadas e intestadas. Monday-Friday, 9am-4pm. Free legal services for low-income people with CIVIL, non-criminal cases. Civil cases

include divorce, guardianship, scams, bankruptcy, criminal record sealing, wills, beneficiary deeds, powers of attorney, renter's rights, foreclosure defense, and much more. Additionally, you can find legal documents for self-representation on the website under the 'Get Help' section.

Clinica El Samaritano

10710 Interstate 30
Little Rock, AR 72209
(501) 565-5333
<https://et.cybo.com/US-biz/clinica-el-samaritano>
Clinica El Samaritano asub kohas Little Rock. Clinica El Samaritano ei tegutse valdkondades Kliinikud. Ettevõttega saate iihendust numbril (501) 565-5333. Bobby L. Hudgens on seotud selle ettevõttega.

Clinica el Samaritano - el Faro Baptist Church

7002 Baseline Road
Inside elFaro Baptist Church
Little Rock, AR 72209
(501) 350-2518 Bilingual (501) 565-6155
<https://et.cybo.com/US-biz/clinica-el-samaritano>
1st & 3rd Tuesdays of each month, 5:00pm - 8:30pm (NOTE: This is subject to change).
El horario de la línea de ayuda es de 9 am a 4 pm, de lunes a viernes. Nosotros damos consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educacion, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios publicos, veteranos/militares y sucesiones testadas e intestadas.

Consulate of the Republic of Ghana

1323 South Broadway Street
Little Rock, AR 72202
(501) 260-7253 sbanks@ghanaconsulatear.org
Sherman Banks, Honorary Consul General. Consulate Territory: Arkansas, Louisiana, Tennessee, Alabama, Missouri, Illinois, Kentucky, Mississippi. Consulate Duties: Issuance of Visas, Marital issues, Attestations, Legal issues relative to Ghanaians in the Arkansas/Delta Regions, Economic Development, Travel & Tourism Development.

El Consulado de Mexico en Little Rock

3500 South University Avenue
Little Rock, AR 72204
(501) 372-6933
<https://consulmex.sre.gob.mx/littlerock>
conlrock@sre.gob.mx
Atención al público: 8:00am a 2:00pm. Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mexicanos, aso como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo o por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos. Entre las diversas funcionalidades del Consulado, algunos de los servicios son: Documentacion de viaje (pasaporte); ID matricula consular, cartilla militar; Servicio menaje de casa; Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos); Poderes Notariales; Visas para extranjeros (turistas, permanentes, diplomaticos, estudiantes, etc.) El Consulado promueve la unidad entre los mexicanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexicana en el exterior, y promoviendo la informacion que contribuye a un conocimiento positivo y mejor de Mexico. The Consulate of Mexico in Little Rock is located at 3500 S University Avenue, and currently serves Mexican nationals in the states of: Arkansas, Oklahoma and Tennessee. The main functions are to protect and defend the rights and interests of Mexican nationals, as well as assist and advise those who have suffered abuses, work-related mistreatment or mistreatment from authorities, putting first their human rights' respect. Among the diverse functions of the Consulate, some of the services are: Travel documentation, including Passport; IDs (consular, military service); Household Inventory Service; Vital Records (birth certificates, dual nationality, marriage certificates, wills); Powers of Attorney; Visas for foreign nationals, including tourist, permanent, diplomatic, students. The Consulate promotes

unity among Mexicans by participating in community development programs; encouraging Mexican art and culture abroad, as well as promoting the information that contributes a positive and better knowledge of Mexico.

El Zocalo Immigrant Resource Center

5500 Geyer Springs Road
Inside Geyer Springs United Methodist Church
Little Rock, AR 72209
(501) 301-4652
<http://www.zocalocenter.com/resources/team@zocalocenter.org>
El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing health, social and emotional resources. ESL classes available. El Zocalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. Tambian ofrecen educacion para los inmigrantes y lo demos. Se puede contactar para mas informacion.

Honorary Council of the Czech Republic

3620 Hill Road
Little Rock, AR 72205
(501) 588-0504
<http://czech-republic.honoraryconsulate.network/littlerock/>
littlerock@honorary.mzv.cz
Consulates may provide a range of consular services such as visa processing as well as document legalization for use in the Czech Republic, assistance for Czech citizens in Arkansas, trade development, Tourism promotion, cultural exchange facilitation and compatriot affairs. Note that honorary consulates typically offer limited consular services. Please contact the office directly for hours of operation and information about which consular services they offer.

Latino Clinic (in Arkansas Children's Hospital)

1 Childrens Way
Little Rock, AR 72202
(501) 364-4000 Ext #9
Friday afternoons. Tratamiento para nicos con condiciones medicas complejas que pertenecen a familias que hablan espanol. Tambien tiene una oficina legal para personas debajos ingresos. Personal bilingue. Requieren una referencia de un medico. Los viernes por la tarde. Treatment for children with complex medical conditions and whose families speak Spanish. Also has a legal office for low-income individuals. Bilingual staff. Must have a physician referral. Friday afternoons.

Numero Nacional de Crisis/Para Prevenci'n del Suicidio

(888) 628-9454 en Espanol
(800) 273-8255 in English
National Suicide/Crisis Hotline

P.A.T.H. Human Trafficking Statewide Crisis Helpline

P.O. Box #21066
Little Rock, AR 72221
(501) 993-1641 (501) 301-4357 Helpline
(888) 373-888 National Toll Free Hotline
www.pathsaves.org info@pathsaves.org Numero para victimas de trata de blancas. Providing shelter for women who are victims of human trafficking.

Premier Staffing, a Belflex Company - Dotaci'n de Personal Premier

10901 Financial Centre Parkway
Little Rock, AR 72211
(501) 223-8367 www.belflex.com
Monday - Friday 8:00am - 5:00pm. Belflex Staffing es una agencia de contratacion que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, tocnicos y profesionales, y personal para trabajo industrial y de fabrica. El primer paso es registrarse en el sitio web y una vez registrado comunicarse al telefono.

South-West Community Clinic

9015 Dailey Drive
Little Rock, AR 72209
(501) 550-8645
<https://www.archildrens.org/blog/southwest-little-rock-community-clinic>
Monday - Friday 8:00am - 4:30pm.
General health clinic. Bilingual service available.

U.A.M.S. 12th Street Health and Wellness Center

4010 West 12th Street
Little Rock, AR 72204
(501) 614-2492 Bilingual
<https://healthon12th.uams.edu/>
<https://www.facebook.com/healthon12th/>
Monday and Wednesday 4:00pm - 8:00pm. Free medical support. Help services include: Chronic disease management (Hypertension, Diabetes, and Cholesterol); Medical counseling; disease prevention. Dental and Audiology screenings available. Diet and nutrition counseling available.

Westside Free Medical Clinic (Spanish)

2415 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 Ext. 356 English
Ext. 335 Spanish
<https://www.freeclinics.com/det/westside-free-medical-clinic-camp-aldergate> www.dolr.org/catholic-charities/westside-medical-clinic
Lunes a Viernes/Monday through Friday 9:00am - 2:00pm. 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
(501) 374-2660 www.acluarkansas.org
www.facebook.com/ACLUArkansas
generalmailbox@acluarkansas.org
Contact the ACLU by mail or thru their website.
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, Inter-sexual) rights, and reproductive freedom. Please visit the website or write to the above address, Calling is NOT an option.

Arkansas Legal Services

303 West Capitol Avenue Suite #200
Little Rock, AR 72201
(501) 376-3423 (800) 477-9892
<https://www.lawhood.com/free-legal-aid-Arkansas.html>
Free legal aid Arkansas programs provide pro bono CIVIL legal assistance to low-income residents throughout the State.

Center for Arkansas Legal Services

1300 West 6th Street
Little Rock, AR 72201
(501) 376-4230 (888) 540-2941
www.arlegalservices.org
Monday - Friday 9:00am - 11:00am & 1:00pm - 4:00pm.
Free legal assistance to low-income people in CIVIL, non-criminal cases. Find legal documents for self-representation on website.

Disability Rights Arkansas Inc.

400 West Capital Avenue Suite #1200
Little Rock, AR 72201
(501) 296-1775 (800) 482-1174 ITT (501) 296.1779
www.disabilityrightsar.org
Info@DisabilityRightsAr.org
Monday - Friday 8:3:00am - 5:00pm, Walk-Ins Welcome, appointments preferred. Advocacy group supporting the rights of the disabled.

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On-Line Information on Free Legal Services in Arkansas

www.usattorneylegalservices.com/free-legal-aid-Arkansas.html

U.A.L.R. William H. Bowen, School of Law Legal Clinic

1201 McMath Avenue
Little Rock, AR 72202

(501) 916-5492

www.ualr.edu/law/clinical-programs/legal-clinic-services

Monday - Friday 8:00am - 5:00pm.

Specific assistance may include: Family Law Litigation; Mediation; Veterans' Legal Services; Business Innovations; Consumer Protection; and Low Income Taxpayer Clinics. Services and clinics usually available in January or August (at the beginning of each semester). Special mediation clinic for special education students and their families may also be available.

LGBTQ+ RESOURCES

(P.F.L.A.G.)

<https://m.facebook.com/PFLAGlittlerock/lrplag@gmail.com>

PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families, to create a just, and affirming world for LGBTQ+ people and those who love them.

Arkansas - GLSEN

<https://www.glsen.org/chapter/arkansas>

<https://www.facebook.com/GLSENAR/chapter/aar.glsen.org>

GLSEN Arkansas is a grassroots initiative, working locally in our community to ensure safe schools for all students, regardless of sexual orientation and gender identity. There are 43 Chapters around the country doing this important work. Join us today!

Arkansas Black Gay Men's Forum

7305 Cantrell Road

Little Rock, AR 72207

(501) 777-2233

www.arbgmf.org

<https://www.facebook.com/arbgmforum/>

antoine.ghoston@bgmforum.org

We are here to empower, uplift and unite Black Gay men through interactive dialogue. There are not many spaces that cater to Black Gay men here in Arkansas. It's time for us to change that! In this group we can mingle and cultivate ideas to make an all-inclusive community a reality.

Arkansas Black Pride

220 North Monroe Street

Little Rock, AR 72205

(501) 777-2216

(501) 442-8385

www.lrbblackpride.com

<https://www.facebook.com/LRBLACKPRIDE/info@littlerockblackpride.com>

info@littlerockblackpride.com

Sunday to Saturday 9:00am - 9:00pm. The Little Rock Black Pride's mission is to educate, celebrate and empower Black and Brown LGBTQ+ people, through culturally-specific programming and the creation of social spaces.

Arkansas Coalition Against Domestic Violence

700 South Rock Street

Little Rock, AR 72202

(501) 907-5612

(800) 269-4668

<https://www.facebook.com/ACADV/?ref=settings>

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 est en peligro, Llame al 911, 800-269-4668, a la linea nacional 800-799-7233.

Arkansas for Equality

P.O. Box #13066

Maumelle, AR 72113

(501) 444-2575 www.arkansansforequality.com

www.facebook.com/ArkansansForEquality

Arkansansforequality@gmail.com

AFE is an organization supporting equality for all Arkansans.

Central Arkansas Pride (C.A.P.)

checked P.O. Box #250096

Little Rock, AR 72225

(501) 404-8498

www.lrpride.com

www.facebook.com/centralarkansaspride

info@arpride.org

To celebrate the history and culture of our community through pride events and programs that inspire, strengthen, and unite.

House of GG

P.O. Box #26165

Little Rock, AR 72221

(501) 246-3234

(501) 904-5216

<https://houseofgg.org/>

<https://www.facebook.com/houseofggs/contact@houseofgg.org>

The Griffin-Gracy Educational Retreat & Historical Center's (a.k.a. "House of GG") mission is to create programs, services, and resources that positively impact the lives, history, and visibility of Transgender, gender-questioning, and gender-nonconforming people. We do this through programs that promote healing justice, resilience, and organizing among our communities, particularly by and for transgender women of color, to remove barriers that inhibit our survival.

HRC Arkansas

P.O. Box #251703

Little Rock, AR 72225

(501) 650-5644

<http://www.hrc.org/local-issues/arkansas>

www.facebook.com/HRCArkansas

The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual, transgender and Queer equality. HRC envisions a world where LGBTQ+ people are embraced as full members of society at home, at work, and in every community.

InTRANSitive

10420 Helm Drive

Little Rock, AR 72103

(501) 400-8060

<https://www.intransitive.org/>

<https://www.facebook.com/intransitive.AR> intransitive.ar@gmail.com

Monday - Friday 11:00am - 6:00pm.. inTRANSitive is a Trans-led movement working to educate, organize and celebrate the intersections of the Trans Community in Arkansas. inTRANSitive seeks to support, liberate and celebrate the Trans Community in Northwest Arkansas through community-building, organizing and political education. We focus on uplifting Trans voices in our community and celebrating our narratives.

Little Rock Black Pride

<https://www.facebook.com/LRBLACKPRIDE/>

Lucie's Place

307 West 7th Street

Little Rock, AR 72201

(501) 508-5005

www.luciesplace.org

Monday - Friday 11:00am - 5:00pm.

Lucie's Place provides LGBTQ+ young adults experiencing homelessness in Central Arkansas with safe living environments, job training, and counseling services, in order to ensure lifelong stability and success. Lucie's Place works to promote equality and acceptance for LGBTQ+ young adults. If you are a LGBTQ+ young adult and need assistance, please follow the need help link listed above to receive assistance.

Natural State Bears

<https://www.facebook.com/NaturalStateBears/>

Stonewall Democratic Caucus of Arkansas

<https://www.facebook.com/groups/SDCofAR/>

The objective of the Stonewall Democrats Caucus is to

advance equal rights for all people, regardless of sexual orientation or gender identity.

The Trevor Project

P.O. Box #69232

West Hollywood, CA 90069

(866) 488-7386 Hotline (212) 605-8650

<https://www.thetrevorproject.org>

24/7

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

Young Democrats of Arkansas

Stonewall Caucus

<https://www.facebook.com/stonewallcaucus>

Every single day, in Little Rock and across the country, LGBTQ+ youth are kicked out of their homes simply because of who they are. How YOU can change the lives of homeless LGBT youth in Arkansas--help Lucie's Place build a home. Help these young people re-write their stories to include a happy ending!

LIBRARIES

Amy Sanders Library

10200 Johnson Drive

Sherwood, AR 72120

(501) 835-7756 <https://cals.org/sanders-library/>

Monday 9:00am - 8:00pm, Tuesday- Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm.

Arkansas Library for the Blind & Print Disabled

900 West Capitol Avenue Suite #100

Little Rock, AR 72201

(501) 682-1155

(501) 320-5790

<https://www.library.arkansas.gov/services/lbpd/nlsbooks@ade.arkansas.gov>

Monday - Friday 8:00am - 4:30pm

Provide talking books and braille books on free loan, and free download of books to thumb drive, IOS or Android device to qualified applicants.

Bobby Roberts Library of Arkansas History & Arts

401 President Clinton Avenue

Little Rock, AR 72201

(501) 320-5700 <https://robertslibrary.org>

Research Room: Tuesday - Friday 10:00am - 5:00pm,

Saturday 12:00pm - 4:00pm. Galleries & Bookstore at

Library Square: Tuesday - Saturday 10:00am - 5:00pm.

Central Arkansas Library System (C.A.L.S.)

100 Rock Street

Little Rock, AR 72201

(501) 918-3000

<https://cals.org/>

Monday - Saturday 9:00am - 6:00pm.

Dee Brown Library

6325 Baseline Road

Little Rock, AR 72209

501-568-7494

<https://cals.org/dee-brown-library/>

Monday 9:00am - 8:00pm, Tuesday- Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm.

Esther DeWitt Nixon Library

703 West Main Street

Jacksonville, AR 72076

(501) 457-5038

<https://cals.org/nixon-library/>

Tuesday 9:00am - 8:00pm, Monday, Wednesday

-Saturday 9:00am - 6:00pm. Closed Sunday.

Hillary Rodham Clinton Children's Library & Learning Center

4800 West 10th Street

Little Rock, AR 72204

(501) 978-3870

<https://cals.org/childrens-library/>

Thursday 9:00am - 8:00pm, Monday, Tuesday,

Wednesday, Friday & Saturday 9:00am - 6:00pm.

Closed Sunday.

John Gould Fletcher Library

823 North Buchanan Street

Little Rock, AR 72205

(501) 663-5457

<https://cals.org/fletcher-library/>

Monday & Wednesday 9:00am - 8:00pm, Tuesday,

Thursday, Friday & Saturday 9:00am - 6:00pm.

Closed Sunday.

Little Rock Main Library

100 Rock Street

Little Rock, AR 72201

(501) 918-3000 <https://cals.org/cals-main-library/>

Monday - Saturday 9:00am - 6:00pm. Closed Sunday.

Maumelle Library

10 Lake Pointe Drive

Maumelle, AR 72113

(501) 851-2551

<https://cals.org/maumelle-library/>

Monday, Tuesday, Wednesday, Friday & Saturday

9:00am - 6:00pm. Thursday 9:00am - 8:00pm.

Closed Sunday.

Max Milam Library

609 Aplin Avenue

Perryville, AR 72126

(501) 889-2554

<https://cals.org/milam-library/>

Monday, Wednesday -Saturday 9:00am - 6:00pm.

Tuesday 9:00am - 8:00pm. Closed Sunday.

Millie Brooks Library

13024 Hwy #365

Wrightsville, AR 72183

(501) 537-3186

<https://cals.org/brooks-library/>

Tuesday & Thursday 9:00am - 4:30pm. Wednesday

11:30am - 4:30pm. Closed Monday, Friday Satur-

day and Sunday.

Oley E. Rooker Library

11 Otter Creek Court

Little Rock, AR 72210

(501) 907-5991

<https://cals.org/rooker-library/>

Monday, Tuesday, Wednesday, Friday & Saturday

9:00am - 6:00pm. Thursday 9:00am - 8:00pm.

Closed Sunday.

Ron Robinson Theater

100 River Market Avenue

Little Rock, AR 72201

(501) 320-5715

<https://cals.org/ron-robinson-theater/>

The Ron Robinson Theater is a 315-seat multi-purpose

event venue. Part of the Central Arkansas Library Sys-

tem's (CALS) Main Library campus, it is designed to

provide programs for all ages, including films, music

performances, plays, readings, lectures, speakers, and

children's activities.

Roosevelt Thompson Library

38 Rahling Circle

Little Rock, AR 72223

(501) 821-3060

<https://cals.org/thompson-library/>

Monday, Wednesday, Friday & Saturday 9:00am -

6:00pm. Tuesday & Thursday 9:00am - 8:00pm.

Closed Sunday.

Sidney S. McMath Library

2100 John Barrow Road

Little Rock, AR 72204

(501) 225-0066

<https://cals.org/mcmath-library/>

Monday 9:00am - 8:00pm. Tuesday- Saturday 9:00am

- 6:00pm. Sunday 1:00pm - 5:00pm.

Sue Cowan Williams Library

1800 Chester Street

Little Rock, AR 72206

(501) 376-4282

<https://cals.org/williams-library/>

Monday, Wednesday, Friday & Saturday 9:00am -

6:00pm. Tuesday & Thursday 9:00am - 8:00pm.

Closed Sunday.

Terry Library

2015 Napa Valley Drive

Little Rock, AR 72212

(501) 228-0129

<https://cals.org/terry-library/>

Monday 9:00am - 8:00pm. Tuesday- Saturday 9:00am

- 6:00pm. Sunday 1:00pm - 5:00pm.

Closed Saturday and Sunday.

Closed Saturday and Sunday.

William F. Laman Public Library System, North Little Rock- Main Library
2801 Orange Street
North Little Rock, AR 72114
(501) 758-1720 www.lamanlibrary.org
Monday - Thursday 9:00am - 9:00pm. Friday & Saturday 9:00am - 1:00pm. Closed Sunday.

MEALS

Canvas Community Church

1111 West 7th Street
Little Rock, AR 72201
(501) 351-1531 <https://www.welovelittlerock.org/>
<https://www.facebook.com/canvascommunity/paul.urbanmissionary@gmail.com>
Wednesday: doors open at 3:30 pm, the meal is served at 6:00 pm, and the movie ends at 7:30 pm. At Dinner & a Movie, we do not just serve food and show a movie. We use dinner and entertainment as a front door to real relationships, real care, and real love that gives people a chance at real life.

Compassion Center

3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114
<https://lrcompassioncenter.org/our-services/>
Breakfast 6:30am - 7:00am, Lunch 12:00 noon - 12:30pm, Supper 4:30 - 5:30. Hot meals are served 3 times a day, 365 days a year.

Friendly Chapel, Church of the Nazarene

116 South Pine Street
North Little Rock, AR 72114
(501) 371-0912 <https://www.friendlychapel.org/>
<https://www.facebook.com/wix>
Meals Served

From His Throne Ministries

2501 South Arch Street
Little Rock, AR 72206
(501) 944-1209
<http://www.rockcitymission.org>
[facebook.com/fromhistrone](https://www.facebook.com/fromhistrone)
Mondays, Tuesdays & Fridays 5:00 7:00pm. Sundays, lunch after the service. Meals served

Jericho Way, Homeless Day Resource Center

3000 Springer Blvd.
Little Rock, AR 72206
(501) 916-9858 (501) 916-9859
www.depaulusa.org
<https://www.facebook.com/jerichowaylittlerock/>
Monday - Friday 7:30am - 2:30pm. Homeless day center, Monday - Friday: Breakfast served 7:30am - 8:30am, Lunch served 11:00am - 12:00pm. Closed weekends.

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
Meals served to children in our after-school program. Meals served to the hungry as long as food is available. Call for more information and access.

Little Rock Compassion Center

3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114 www.lrcompassioncenter.org
Breakfast 6:30am - 7:00am, Lunch 12:00am - 12:30pm, Dinner 4:30pm - 5:30pm. Meals served daily.

Meals on Wheels

P.O. Box #5988
North Little Rock, AR 72119
(501) 372-5300 www.carelink.org
Monday - Thursday 9:00am - 5:00pm. Daily meals and the socialization that comes with a friendly delivery often have a huge impact on an older person's ability to remain independent and in their own home. Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare.

Quapaw Quarter United Methodist Church

1601 South Louisiana Street
Little Rock, AR 72206
(501) 375-1600 <https://qqumc.org/>
Sundays: Community Breakfast at 9:00am; Stone Soup Dinner at 3:00pm.

River City Ministry

1021 East Washington Avenue
North Little Rock, AR 72216
(501) 376-6694
<https://www.rivercityministry.org/about>
Monday - Friday, breakfast at 7:30am, lunch at 11:00am.

Saint Mark Baptist Church

5722 West 12th Street
Little Rock, AR 72204
(501) 663-3955 <http://smark.org>
Monday & Thursdays 10:00AM - 12:00pm
Meals Served

Stew Pot First Presbyterian Church

800 Scott Street
Little Rock, AR 72201
(501) 372-1804 www.stewpot-littlerock.org
nrorex@gmail.com
Monday - Friday, 12:00noon - 1:00pm
Not handicapped accessible.

MENTAL HEALTH RESOURCES

Arkansas Cares

2002 South Fillmore Street
Little Rock, AR 72204
(501) 906-4928
<https://www.methodistfamily.org/arkansas-cares.html>
Monday - Friday 8:00am - 12:00pm, 1:00pm - 5:00pm.
Substance abuse treatment center and transitional housing for women with children or who are pregnant, with substance abuse or mental health issues.

Bridgway Hospital

21 Bridgway Road
North Little Rock, AR 72113
(501) 771-1500 www.thebridgeway.com
Private inpatient hospital, most insurance accepted. Payment required.

Centers for Youth and Families (Adults)

1521 Merrill Drive Suite D-220
Little Rock, AR 72211
(501) 660-6893
<https://www.thecentersar.com/>
Monday - Friday 8:00am - 5:00pm.
Outpatient clinic for adults over 18.

Centers for Youth and Families (Children)

6601 West 12th Street
Little Rock, AR 72204
(501) 666-4949
(501) 666-8686 after hour emergencies
<https://www.thecentersar.com/>
Monday - Friday 8:00am - 5:00pm.
Outpatient clinic for age 2 thru 20.

El Zocalo Centro de Recursos para los inmigrantes

5500 Guyer Springs Road
Little Rock, AR 72209
(501) 301-4652 Bilingual
<http://www.zocalocenter.com>
team@zocalocenter.org
Call for appointment and services. Offers support groups & workshops, life coaching and referrals and assistance accessing mental health services to Spanish-speaking adults Ofrece grupos de apoyo y talleres, consejería y referencia y ayuda encontrando servicios de salud mental para adultos que hablan español

Family Service Agency

628 West Broadway Street Suite #300
North Little Rock, AR 72114
(501) 372-4242 www.helpingfamiliesfirst.org
Monday - Friday 8:00am - 5:00pm.
North Little Rock (501) 955-7600 Mental health

counseling for depression, grief, domestic violence, anger management and marital problems. 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
(501) 516-1602 www.letourviolenceend.com
Licensed mental health professionals on staff, call for fees and appointments.

P.A.T.H Human Trafficking Statewide Crisis Helpline

P.O. Box #21066
Little Rock, AR 72221
(501) 993-1641
(501) 301-4357, 24 Hour Crisis Hot-Line
(888) 373-7888, National toll free hotline
www.pathsaves.org
Survivors of sexual abuse, all genders and ages Day treatment program.

Professional Counseling Associates

3601 Richards Road
North Little Rock, AR 72217
(501) 221-1843 <https://www.pca-ar.org/>
All services are designed and implemented to support the recovery, health and well-being of persons served. LRCMHC services can be obtained by self-referral, community organizations, medical facilities or court orders. Services offered: Crisis services available 24/7, intake and assessment, individual and group therapy, full-service pharmacy, online medication refill, medication management, housing and residential supports, day treatment services, and community intervention. To learn more, visit lrcmhc.com or call (501) 686-9300. JACKSONVILLE 1109 Burman Jacksonville, AR 72076 501-982-7515. SPRINGHILL N LITTLE ROCK 4354 Stockton Dr. N. Little Rock, AR 72117 501-955-7600. SHERWOOD 7800 Hwy 107 Sherwood, AR 72120 501-835-4174.

Promoting Positive Emotions (P.P.E.)

1521 Merrill Drive
Little Rock, AR 72211
(501) 355-7764 (501) 666-8686
Hotline (800) 273-8255
www.staypositivearkansas.com
Monday - Friday, 9:00am - 4:30pm
Project Promoting Positive Emotions is a FEMA-funded response to Covid-19 that provides free crisis counseling. Allow our crisis counselors to come to your aid during the outbreak of the Corona Virus. Project PPE will combat the negative effects of quarantine by promoting positivity in the face of an epidemic. We provide crisis counseling to struggling residents of Pulaski County. Crisis counselors connect victims of the infectious disease outbreak to resources for job loss, homelessness, and much more! We honor our first responders by connecting them to counseling, childcare, and countless other resources. We can call, FaceTime, Zoom, and meet in-person. Call (501) 355-7764 to set up an appointment or to learn more

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road
Little Rock, AR 72204
(501) 340-6646
<https://uamshealth.com/location/crisis-stabilization-unit/>
24/7 The Pulaski County Regional Crisis Stabilization Unit (PCRCSU) provides short-term 24/7 therapeutic psychiatric services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, Medication initiation and management including injections, Brief group and individual therapy interventions, Case management and discharge planning, Referrals back to community

provider, and Mild to moderate detox. rvice for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, medication initiation and management including injections, brief group and individual therapy interventions, Case management and Discharge planning, Referrals back to community provider, and Mild to moderate detox.

U.A.M.S. Walker Family Clinic

(Appointments)
4224 Shuffield Drive
Little Rock, AR 72205
(501) 526-8200
<https://psychiatry.uams.edu/clinical-care/walker-family-clinic/>
Monday - Friday 8:00am - 4:30pm.
The Walker Family Clinic provides outpatient mental health services to adults, aged 18 years and up. They offer counseling and psychiatric services through a multidisciplinary team

MISCELLANEOUS

American Red Cross of Greater Arkansas

2610 Shackleford Road Suite B
Little Rock, AR 72205
(501) 748-1000 (800) 733-2767
www.redcross.org/arkansas
Monday - Friday 8:30am - 4:30pm.
Emergency Assistance Information, health and safety training (CPR & first aid) emergency military notification.

Arkansas Community Dispute Resolution Centers, Inc.

3805 West 12th Street Suite #201
Little Rock, AR 72204
(501) 379-1501 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
(501) 376-7151
<http://arkansascomm.org> aco@arkansascomm.org
Monday - Friday 10:00am - 7:00pm. Call for appointment. Empowering low income families thru credit counseling, home ownership counseling, income tax preparation, financial literacy and counseling.

Cell-phone charging locations:

University Libraries/ University of Arkansas, Little Rock student Union/ All Public Libraries

Computer and Internet Access:

University Libraries/ Public Librarie/ AR State Library/ AR unemployment office, job search only

DHS Jacksonville

2636 West Main Street
Jacksonville, AR 72078
(501) 371-1200 844-545-5640
<https://humanservices.arkansas.gov/offices>
Monday - Friday 8:00am - 4:30pm.
Provides access to food stamps (SNAP), Medicaid, & support for women and families.

DHS North Little Rock

1900 East Washington Avenue
North Little Rock, AR 72119
(501) 682-0100
<https://humanservices.arkansas.gov/offices>
Monday - Friday 8:00am - 4:30pm. Provides access to food stamps (SNAP), Medicaid, & support for women and families.

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DHS South Little Rock

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

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm. Provides access to food stamps (SNAP), Medicaid, & support for women and families.

DHS Southwest Little Rock

6801 Baseline Road
Little Rock, AR 72219
(501) 371-1100

<https://humanservices.arkansas.gov/offices>

Monday - Friday 8:00am - 4:30pm. Provides access to food stamps (SNAP), Medicaid, & support for women and families.

Family Service Agency - Central Little Rock Promise

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

(501) 372-4242 <http://www.helpingfamiliesfirst.org/>

Monday - 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.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205

(501) 227-0990 (844) 502-9837 (toll free)

<https://www.houseaboutit.org/>

info@houseaboutit.org

Monday-Thursday 8:00am - 4:30pm, Friday 8:00am -

12:00noon or by appointment by appointments ONLY.

The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

Internal Revenue Service (I.R.S.)

700 West Capitol Avenue Suite #1412
Little Rock, AR 72201

(501) 396-5711 Appointments, (844) 545-5640

www.irs.gov

Monday - Friday 9:00am - 12:00noon - 1:00pm -

4:30pm-4:30pm. Visit in person to find free tax preparation sites in Pulaski County.

Jericho Way, Homeless Day Resource Center

3000 Springer Blvd.

Little Rock, AR 72206

(501) 297-8904 www.depaulusa.org

Homeless day center, open Monday thru Friday, 7:30am

- 3:00pm. Case Management available. Homeless day

center, open Monday thru Friday, 7:30am - 3:00pm.

Showers Monday -Friday, 7:30 on, Laundry Monday,

Wednesday and Friday 7:30 - 11:30. Breakfast served at

7:30am Lunch served at 11:00am, Monday thru Friday.

Mail Service: Little Rock Downtown Post Office

600 East Capitol Avenue

Little Rock, AR 72202

(501) 375-5155

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.

NRC Capitol View - Stiff Station

2715 West 7th Street

Little Rock, AR 72205

(501) 372-3856

<https://www.littlerock.gov/city-administration/>

[city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/](https://www.littlerock.gov/media/5045/neighborhood-resource-centers/locations-and-staff/)

<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>

kcountrymen@littlerock.gov

NRC East Little Rock

500 East 21st Street

Little Rock, AR 72206

(501) 376-3406

<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>

<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>

bbutler@littlerock.gov

[city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/](https://www.littlerock.gov/media/5045/neighborhood-resource-centers/locations-and-staff/)

<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>

iconley@littlerock.gov

NRC Wright Avenue

1813 Wright Avenue

Little Rock, AR 72202

(501) 244-0900

<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/neighborhood-resource-centers/locations-and-staff/>

<https://www.littlerock.gov/media/5045/neighborhood-resource-center.pdf>

wcarpenter@littlerock.gov

Bobby Roberts Library of Arkansas History & Arts
401 President Clinton Ave
Little Rock, AR 72201

(501) 320-5700 www.Robertslibrary.org
Tuesday - Saturday 10:00am - 5:00pm. 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- Lega Resources for Native Americans

Historic Arkansas Museum

200 East 3rd Street

Little Rock, AR 72201

(501) 324-9351 www.historicarkansas.org

info@historicarkansas.org

Tuesday - 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 Avenue

Fine Arts Building, Room #156

Little Rock, AR 72204

(501) 916-3336 www.ualr.edu/sequoyah

www.facebook.com/sequoyah.ualr

sequoyah@ualr.edu

Monday - Friday 8:00am-5:00pm.

The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the indigenous peoples themselves.

NATIONAL RESOURCES

Al-Anon and Alateen

(888) 425-2666 www.arkansasalanon.org

Arkansas Child Abuse Prevention Hotline

(800) 482-5964 http://www.stoparchildabuse.com/

Arkansas Department of Human Services Hotlines

https://humanservices.arkansas.gov/hotlines/

Cocaine Anonymous (C.A.)

(501) 301-4827 www.caarkansas.org

Federally Recognized Indian Tribes and Resources for Native Americans

www.usa.gov/tribes

Love is Respect, Teen Dating Abuse Hotline

(866) 331-9474 https://www.loveisrespect.org/

Narcotics Anonymous (N.A.)

(800) 338-8750 www.caasc.org

National Center for Missing / Exploited Children

(800) 843-5678 www.missingkids.com

Número Nacional de Crisis/Para Prevenci'n del Suicidio

(888) 628-9454 en Espanol

https://suicidepreventionlifeline.org/help-yourself/en-espanol/

Promoting Positive Emotions (P.P.E.)

(800) 273-8255 www.staypositivearkansas.com

Social Security Administration

(800) 772-1213 https://www.ssa.gov/

The Trevor Project

(866) 488-7386 Hotline

https://www.thetrevorproject.org

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

PET RESOURCES

Arkansans for Animals

11701 I-30 #2

Little Rock, AR 72209

(501) 455-5400 http://www.arkansans4animals.org/

arcans5@arkansansforanimals.org

Monday - Thursday 7:30am - 5:30pm AFA Inc. is a voice for the animals of Arkansas, large and small. We were founded in 1986 as an advocacy group of people dedicated to changing the lives of animals through proactive legislation to increase penalties for animal cruelty and animal fighting. However, we've evolved into a non-profit organization that works to promote the welfare of animals through education, legislation, rescue, and disaster response, healthcare programs, and more. Along with our services, we maintain 80 acres of land specifically to protect the natural wildlife.

Cabot Animal Support Services

2102 South 2nd Street

Cabot, AR 72023

(501) 628.5900

https://cabotanimalsupportservices.com/about/

cass@cabotar.gov

Monday - Friday 8:00am - 4:30pm Cabot Animal Support Services promotes responsible pet guardianship, humane treatment of all animals, and pet sterilization to end needless overpopulation through education and community resources. We are designed to engage the hearts, hands, and minds of our community to bring about change necessary to strengthen the human-animal bond.

Central Arkansas Rescue Effort (C.A.R.E.) for Animals

5516 Kavanaugh Blvd.

Little Rock, AR 72207

(501) 603-2273 https://www.careforanimals.org/

care@careforanimals.org

Dogs & cats available for adoption. Private foster-based rescue / limited intake for animals in central Arkansas. Income-based low-cost spay/neuter assistance program.

Feline Rescue & ReHome (FuRR)

P.O. Box #250567

Little Rock, AR, 72225

(501) 661-0956

http://www.teamfurr.org/contactus.html

aveacat@teamfurr.org

In accordance with our primary Mission is to help reduce the population of unwanted, stray, feral, and abandoned cats in Arkansas. To help with this, FuRR sponsors a low cost clinic once a month at Little Rock Animal Village. FuRR sponsors visits made by appointment only. You must have an appointment to take advantage of these low costs. You can request an appointment by sending your name, phone number and the sex and approximate age of the cats you need altered to saveacat@teamfurr.org. Minimum age is 12 weeks and must weigh 2 pounds. These visits can include: Spay/Neuter Surgery, Vaccinations, Rabies Shots, Limited Medical Services. Priority during these appointments will be given to feral cats, stray cats, and pregnant female cats. It's better to make an appointment as soon as possible, as our clinic slots are limited, and they go quickly every month. Here is a sample of the general costs for these clinic appointments: \$35 for a Spay/Neuter Surgery, \$10 for Rabies shots (required by law) If you have a cat and our clinic slots are full, please visit our page detailing the efforts of Operation SAVE in the Little Rock area. They also alter dogs, both at very reasonable rates. FuRR does not currently have grant funds available. If you would like to help us to continue to support our Mission, please consider a Donation to our Spay/Neuter fund.

Humane Society of Pulaski County

14600 Colonel Glenn Road

Little Rock, AR 72210

(501) 227-6166 https://warmhearts.org/

Tuesday - Saturday 11:00am - 5:30pm, Sunday 11:00am

- 5:30pm The mission of Humane Society of Pulaski County is to rescue, rehabilitate, provide veterinary care, spay/neuter, and find loving homes for Central Arkansas dogs and cats in need.

Jacksonville Animal Shelter

217 S Redmond Road

Jacksonville, AR 72076

(501) 982-2916

https://www.cityofjacksonville.net/143/Animal-Control

https://www.facebook.com/jacksonvilledogsandcats?rf=104117459683246

Monday - Friday 8:00am - 5:00pm Dogs, Cats and other rescued animals available for adoption. Municipal shelter / open intake for animals in Jacksonville.

Last Chance Arkansas

P.O. Box #242703

Little Rock, AR 72223

https://www.lastchancear.org/

https://www.facebook.com/LastChanceARRescue/

adoptions@lastchancear.org

Dogs available for adoption. Private foster-based rescue / limited intake for animals in central Arkansas.

Little Rock Animal Services

4500 Kramer Street

Little Rock, AR 72204

(501) 376-3067

https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/animal-services-division/

https://www.facebook.com/CityLittleRock

troark@littlerock.gov

Tuesday - Saturday 8:00am - 5:00pm. Dogs, Cats and other rescued animals available for adoption. Barn cat program for feral cats. Municipal shelter / open intake for animals in Little Rock.

Little Rock Animal Village

4500 Kramer Street

Little Rock, AR 72204

(501) 376-3067

https://www.friendsoftheanimalvillage.org/about-lrav

The Little Rock Animal Village (LRAV) encompasses and houses Little Rock Animal Services. However, the Village is more than Animal Services, and it's much more than your average shelter. They have a learning center for volunteers with regularly scheduled classes to promote animal welfare and public safety. In addition, LRAV has a fully staffed veterinary clinic that cares for the thousands of animals that they take in every year. The Village is a beautiful adoption center, with five large play yards for dogs, and an army of dedicated staff and volunteers.

Maumelle Animal Shelter

425 Cogdell Drive

Maumelle, AR 72113

(501) 851-6219

https://www.maumelle.org/148/Animal-Services

https://www.facebook.com/cityofmaumelle/ Monday -

Friday 10:00am - 5:00pm, Saturday 12:00pm - 4:30pm

Dogs, Cats and other rescued animals available for adoption. Municipal shelter / open intake for animals in Maumelle.

North Little Rock Animal Services

1 Championship Drive

North Little Rock, AR 72118

(501) 791-8577

http://nlr.ar.gov/government/a_z_department_list/

animal_services/animal_shelter animals-

ervices@nlr.ar.gov Monday - Friday, 8:30am

- 5:00pm (Closed for Lunch) 12:00pm - 12:30pm,

Adoption hours: Monday - Friday 12:30pm - 5:00pm,

Saturday 12:00pm - 4:00pm. Dogs, Cats and other rescued

animals available for adoption. Municipal shelter /

open intake for animals in North Little Rock.

Out of the Woods Animal Rescue

P.O. Box #7365

Little Rock, AR 72217

(501) 503-0606 (888) 633-4442

https://ootwrescue.org/index.html

https://www.facebook.com/ootwrescue

contact@ootwrescue.org

Dogs & cats available for adoption. Private foster-based rescue / limited intake for animals in central Arkansas.

Rock City Rescue

2513 McCain Blvd. Suite #2, #176

North Little Rock, AR 72116

(501) 425-5280 https://www.rockcityrescue.org/

rockcityrescue@gmail.com

Dogs & cats available for adoption. Private foster-based rescue / limited intake for animals in North Little Rock and central Arkansas.

Sherwood Animal Services

6500 North Hills Blvd.

North Little Rock, AR 72116

(501) 834-2287

https://www.cityofsherwood.net/149/Animal-Services

Monday - Friday 8:30am - 5:00pm. Dogs and Cats

available for adoption. Municipal shelter / open intake

for animals in Sherwood.

OUTPATIENT TREATMENT RESOURCES

Behavioral Health Group

4260 Stockton Drive Suite B

North Little Rock, AR 72117

(501) 664-7833 www.BHGREcovery.com

nlr@catarclinic.org

Monday - Friday 5:30am - 2:30pm, Saturday 5:30am -

7:30am. Outpatient opiate addiction treatment and

rehabilitationn.

EX Exodus.life

3600A West 65th Street

Little Rock, AR 72209

(501) 353-0347

https://www.facebook.com/exodusprison

contact@exodus.life

Monday - Friday 9:00am - 4:00pm Exodus.Life exists to

reduce drug and alcohol related recidivism in the state of

Arkansas through pre-release education and equipping,

transitional peer support and recovery to post release

family reunification and community restoration.

P.A.T.H. Human Trafficking Statewide Crisis Helpline

(501) 301-4357

(501) 993-1641 Office

www.pathsaves.org

Survivors of sexual abuse, all genders and ages Day

traetment program.

Recover Center of Arkansas

6301 Father Tribou Street

Little Rock, AR 72205

(501) 614-4602

https://www.facebook.com/RecoveryCentersOfAr-

kansas

Monday - Friday 8:00am - 5:00pm for interview.

Outpatient treatment for men and women. Must

detox first! Client must complete interview before

entering program. 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

Shuffield Drive Suite #554

Little Rock, AR 72205

(501) 526-8410

https://psychiatry.uams.edu/

Monday - Friday 6:00am - 5:00pm. Outpatient opiate

treatment.

Veteran's Substance Abuse Treatment Services

2200 Fort Root Drive

North Little Rock, AR 72114

(501) 257-1000

https://sobernation.com/listing/central-arkan-

sas-veterans-healthcare-substance-use-disorder-

sud-program-north-little-rock-ar/

Monday - Friday 8:00am - 2:00pm. Accessible to

Veterans eligible for services.

SENIOR RESOURCES

Alzheimer's Arkansas

201 Markham Center Drive
Little Rock, AR 72205
(501) 224-0021
www.alzark.org
info@ALZark.org

Monday - Friday 8:30am - 4:30pm. Their mission is to help family caregivers in Arkansas whose loved ones are affected by Alzheimer's disease and other forms of dementia. s are affected by Alzheimer's desies and other forms of dementia.

Arkansas Adult Protective Services

P.O. Box #1437 Slot W241
Little Rock, AR 72203
(800) 482-8049 Hotline (501) 686-9164
<https://humanservices.arkansas.gov/divisions-shared-services/aging-adult-behavioral-health-services/adult-protective-services/>
24-hour abuse hotline. 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- Division of Provider Services and Quality Assurance

P.O. Box #1437 Slot W-241
Little Rock, AR 72203
(501) 682-2441 (501) 686-9164 (866) 801-3435
<https://humanservices.arkansas.gov/about-dhs/daabhs>
Monday - Friday 8:00am - 4:30pm. 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 Shackelford Road Suite #700
Little Rock, AR 72211
(501) 221-1285 (501) 238-3698 (TTY)
(501) 221-3279 (Videophone) (501) 246-8227
www.arkansasrelay.com
facebook.com/ArkansasRelay
Providing Free TEXT Telephone service for the deaf.

CareLink

700 West Riverfront Drive
North Little Rock, AR 72114
(501) 372-5300 (800) 482-6359 TDD
(501) 372-5300 www.carelink.org
info@carelink.org
Monday - Friday 8:00am - 4:30pm. Care Link provides resources to the elderly in Central Arkansas. Meals on wheels, in home care, transportation, family caregiver support, an information & assistance phone line and much more. 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

321 Edison Avenue
Benton, AR 72015
(501) 315-1121 www.CADC.com
Monday - Friday 8:00am - 4:30pm. Complete application for review to be wait-listed for senior activity Cenert and assistance with weatherization projects.

Choices in Living Resource Center-AR Choices in Homecare

700 Main Street Slot S-427
Little Rock, AR 72203
(866) 801-3435 www.choicesinliving.ar.gov
choicesinliving@arkansas.gov
Monday - Friday 8:00am - 4:00pm.
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
(501) 224-7200
www.goodshepherdcommunity.com
Monday - Friday 8:00am - 4:00pm. Good Shepherd exists to provide a quality, affordable living experience in a faith-based community and is committed to maintaining the independence, well-being and dignity of all our residents. ng term residential care.

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205
(501) 227-0990 (844) 502-9837 (toll free)
<http://houseaboutit.org/home.html>
info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm Friday 8:00am - 12:00noon or by appointment. The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral

iCAN

900 West 7th Street
Little Rock, AR 72201
(501) 666-8868 (800) 828-2799
<https://ar-ican.org/>
Monday - Friday r:00am - 4:30pm. iCAN is the Arkansas statewide Assistive Technology program designed to make technology available and accessible for everyone who needs it. Assistive technology (AT) is any kind of device or tool that helps people live, learn, work, and communicate more independently.

LifeQuest of Arkansas

600 Pleasant Valley Drive
Little Rock, AR 72227
(501) 225-6073 www.lifequestofarkansas.org
info@lifequestofarkansas.org
Monday - Thursday 9:00am - 5:00pm. Classes for active adults. We are located inside Second Presbyterian Church. Volunteer-driven, LifeQuest provides a setting where adults explore social interaction and intellectual stimulation thrives thru adult education classes for he fun of learning.

Meals on Wheels

P.O. Box #5988
North Little Rock, AR 72119
(501) 372-5300 www.carelink.org
Monday - Thursday 9:00am - 5:00pm.
Hot or frozen home-delivered meals for home-bound older Arkansans over 60 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
(501) 376-4791 X5249 (800) 838-2272
www.absc.org/missions
www.facebook.com/mtabsc
Monday - Thursday 8:00am - 4:45pm, Friday 8:00am - 12:00pm. Emergany disaster related tree cutting done free for low income elderly persons.

Telecommunications Access Program (T.A.P.)

P.O. Box #3781
Little Rock, AR 72203
(501) 686-9693 (800) 981-4463
www.arktap.org
Monday - Friday 8:00am - 4:30pm. 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.) Senior Services

2801 South University Avenue Room #219
Little Rock, AR 72204
(501) 916-3127
<https://ualr.edu/admissions/over-60/>
Monday - Friday 8:00am - 5:00pm. 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. The online application fee (\$40) and any class supplies and book costs are not waived.

SUBSTANCE ABUSE TREATMENT

Al-Anon and Alateen

www.arkansasalanon.org
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.

Arkansas AA Central Office

7509 Cantrell Road Suite #106
Little Rock, AR 72207
(501) 664-7303 www.arkansascentraloffice.org
aacoar@gmail.com
Monday - Friday 10:00am - 6:00pm, Saturday 10:00am - 10:pm, Sunday 2:00pm - 6:00pm. Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas.

Arkansas Cares

2002 South Fillmore Street
Little Rock, AR 72204
(501) 906-4928
<https://www.methodistfamily.org/contact-us/>
Info@MethodistFamily.org
Monday - Friday 8:00am - 12:00pm, 1:00pm - 5:00pm. Transitional housing for women with children or who are pregnant with substance abuse or mental health issues.

Baptist Medical Center

9601 Baptist Health Drive
Little Rock, AR 72205
(501) 202-2875
(501) 202-7006 Detox appointment
www.baptist-health.com/location/baptist-health-medical-center-little-rock-little-rock
24 Hours a day. 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.

BCD Hoover Treatment Center

3604 West 12th Street
Little Rock, AR 72204
(501) 663-7223 <https://bcdinc.org/>
<https://www.facebook.com/BCDINC>
bcdinc@bcdinc.org
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.

Bridgeway Hospital

21 Bridgeway Road
North Little Rock, AR 72113

(501) 771-1500 800-245-0011
www.thebridgeway.com
<https://www.facebook.com/thebridgewayarkansas/>
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 require self-pay for this type of treatment.

Central Arkansas Area Service Committee of Narcotics Anonymous

P.O. Box #165205
Little Rock, AR 72216
(501) 373-8683 (501) 373-8683
www.caasc.org

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.

Chance Sobriety

12127 Gabriel Lane
North Little Rock, AR 72118
(501) 851-8484
https://www.freerehabcenters.org/details/ar_72118_chance-sobriety-ministries
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.

Cocaine Anonymous (C.A.)

P.O. Box #4076
Little Rock, AR 72214
(501) 301-4827 www.caarkansas.org
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.

Compassion Center

3618 West Roosevelt Road
Little Rock, AR 72204
(501) 296-9114 www.lrccompassioncenter.org
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.
Dorcas House: A Division of Union Rescue Mission
823 South Park Street
Little Rock, AR 72202
(501) 374-4022 X3
<https://urmissionlr.org/dorcas-house/>
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.

Family Service Agency - Central Little Rock Promise

628 West Broadway Street Suite #300
North Little Rock, AR 72214
(501) 372-4242
<http://www.helpingfamiliesfirst.org/drug-alcohol-education-program/>
Monday - Friday 8:00am - 5:00pm. Substance abuse counseling programs There is a sliding scale fee structure, call for fees.

Freshly Renewed Transitional Treatment

8404 Baseline Road
Little Rock, AR 72209
(501) 663-0708
<https://freshlyrenewedtransitional.org/renew@freshlyrenewedtransitional.org>
"Monday - Thursday 8:00am - 5:00pm, Friday 8:00am - 4:00pm.
By appointment only (501) 663-0708"

Freshly Renewed is a (Faith-Based) nonprofit organization licensed with Peer Specialist, (CIT) Counselors in Training supervised by a license drug and alcohol counselor for the state of Arkansas. SERVICES: Housing - Provide a safe shelter surrounded with a positive and drug free atmosphere for those who battle addiction. Counseling-FRT offers a comprehensive array of alcohol and drug addiction counseling, family addiction counseling, and mental health services for struggling individuals and families.

Gyst House

8101 Frenchman's Lane
Little Rock, AR 72209
(501) 568-1682 www.gysthouseinc.com
Monday - Friday 8:30AM to 5:30PM. 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.

Hope Rises

P.O. Box 166424
Little Rock, AR 72216
(501) 772-7752
<https://goodgrid.com/pages/13745/>
<https://www.facebook.com/hoperises.org/>
COURT ORDERED, womens Inpatient treatment facility. 21 Day program. Affiliated with ADC/ACC.

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

Natural State Recovery Centers

3600 Cantrell Road Suite #303
Little Rock, AR 72202
(501) 319-7074
<https://www.naturalstatercovery.com/sober-living>
A clean life needs clean surroundings. Our Sober Living spaces are ideal for decluttering the mind and aiding our clients on their journeys to addiction recovery. Spaces are available for both men and women.

Nehemiah House: A Division of Union Rescue Mission

2921 Springer Blvd.
Little Rock, AR 72216
(501) 374-4022 X4
<https://urmissionlr.org/nehemiah-house/>
Long term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: \$80 non-refundable application fee. Must have valid state ID, Social Security card and proof of insurance. No sex offenders.

Phoenix Recovery Center

104 North Battery Street
Little Rock, AR 72205
(501) 725-4907
<http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/>
Phoenix Recovery Centers of Arkansas is a chem-free/sober living facility in Little Rock, Arkansas for women recovering from alcohol and substance abuse.

Quality Living Center

3925 Asher Avenue
Little Rock, AR 72204
(501) 663-3490
<http://qualitylivingcentertreatment.net>
Monday - Friday, 8:00AM - 4:00PM. Coed campus, separate residence for men and women. Call for fees.

Recovery Center of Arkansas, Riverbend

1201 River Road
North Little Rock, AR 72114
(501) 372-4611 www.rcofa.org
Walk in Tuesday or Thursday at 7:30am - 4:00pm for

interview. Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month.

Serenity Park Recovery Center

2711 West Roosevelt Road
Little Rock, AR 72204
(501) 313-0066
<https://www.serenityparkrecovery.com/admissions@serenityparkrc.com>
Serenity Park Recovery Center is committed to providing holistic, evidence-based treatment to those we serve, which will empower them and their families to live sober and productive lives. We strive to provide tools enabling a lifetime of recovery and healthy living.

Sober Living

4201 John Barrow Road
Little Rock, AR 72204
(501) 562-0507
<http://soberliving.interventionamerica.org/citydirectory.cfm?State=AR&city=Little%20Rock>
Transitional housing for men with drug and alcohol services. Fees: call for fees. Affiliated with ACC.

U.A.M.S. Crisis Stabilization Unit

3001 West Roosevelt Road
Little Rock, AR 72204
(501) 340-6646
<https://uamshealth.com/location/crisis-stabilization-unit/>
24/7 The Pulaski County Regional Crisis Stabilization Unit (PCRCU) provides short-term 24/7 therapeutic psychiatric services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, medication initiation and management including injections, brief group and individual therapy interventions, Case management and Discharge planning, Referrals back to community provider, and Mild to moderate detox.

Veteran's Substance Abuse Treatment Services

2200 Fort Roots Drive
North Little Rock, AR 72114
(501) 257-2846
<https://www.oefoif.va.gov/substanceabuseprograms.asp>
Monday - Friday 8:00am - 2:00pm. Accessible to Veterans eligible for services.

TRANSPORTATION

Care Link

P.O. Box #5988 700 West Riverfront Drive
North Little Rock, AR 72119
(501) 372-5300 (800) 482-6359
www.carelink.org
www.facebook.com/CareLinkAR
Monday - Friday 8:00am - 4:30pm. 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.

Jericho Way, Homeless Day Resource Center

3000 Springer Blvd.
Little Rock, AR 72206
(501) 916-9859
<https://depaulusa.org/locations/little-rock/>
<https://us.depaulcharity.org/depaul-home/our-work/programs/jericho-way-center-little-rock>
james.evans@depaulusa.org
Monday - Friday 7:30am - 2:30pm. Homeless day center. Transportation to and from shelters and to Medical and employment appointments in Pulaski County.

Recycle Bikes for Kids

717 East 10th Street
North Little Rock, AR 72114
(501) 563-8264
<https://www.recyclebikesforkids.org/>
www.facebook.com/recyclebikesforkids
Monday 1:00pm - 7:00pm, 3rd Wednesday 5:00pm - 8:00pm Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements.

Rock Region Metro, (C.A.T.) Little Rock City Bus System

310 East Capitol Street
Little Rock, AR 72201
(501) 375-1163 <https://rrmetro.org/>
<https://www.facebook.com/rrmetro>
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, Paratransit (C.A.T.)

901 Maple Street
North Little Rock, AR 72114
(501) 375-9607 <https://rrmetro.org/>
<https://www.facebook.com/rrmetro>
Open 8:00am - 5:00pm Monday - Friday. 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.

Veteran's Day Treatment Center

1000 Main Street
Little Rock, AR 72202
(501) 244-1900 (800) 698-2411
<https://www.littlerock.va.gov/>
<https://www.facebook.com/VACentralArkansas>
Monday - Friday 7:00am - 2:00pm. Shuttle service available, weekdays on the hour for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities ONLY.

VETERANS RESOURCES

John L. McClellan Veterans Hospital

4300 West 7th Street
Little Rock, AR 72205
(501) 257-1000
www.littlerock.va.gov/locations/directions.asp
Medical care and treatment for veterans ONLY.

St. Francis House

2701 South Elm Street
Little Rock, AR 72204
(501) 664-5036
<https://www.shelterlistings.org/details/31345/>
Monday - Friday 9:00am - 4:00pm. Veterans residential treatment accessed only thru Veteran's Day Treatment Center.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Drive
North Little Rock, AR 72114
(501) 257-1000
<https://www.va.gov/central-arkansas-health-care/locations/eugene-j-towbin-healthcare-center/>
Medical care, treatment and domicile available to veterans ONLY.

TRIO Veterans Upward Bound

3000 West Scenic Drive
UA-Pulaski Technical College, Administration Building A, Room 126
North Little Rock, AR 72118
(501) 812-2809 (501) 271-9075
<https://uaptc.edu/vub>
Monday - Friday 8:00am - 4:30pm. Veterans Upward Bound (VUB) is a FREE service offered to eligible veterans assisting them in post-secondary education planning (developmental classes in English, Math and Computer Skills and Cultural Events). Participants do not have to attend or plan to attend the University of Arkansas Pulaski Technical College to be eligible for our Services.

VA National Call Center for Homeless Veterans

(877) 424-3838 www.va.gov/homeless
No Veteran Should Be Without a Place to Call Home

Veteran's Day Treatment Center

1000 Main Street
Little Rock, AR 72202
(501) 244-1900 <https://www.littlerock.va.gov/>
Monday - Friday 7:00am - 2:00pm.
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!

Veteran's Substance Abuse Treatment Services

2200 Fort Roots Drive
North Little Rock, AR 72114
(501) 257-2846
<https://www.oefoif.va.gov/substanceabuseprograms.asp>
Monday - Friday 7:00am - 2:00pm. Accessible to Veterans eligible for services.

Veteran's Village

1701 Harrison Street
Little Rock, AR 72204
(501) 287-7186
<https://www.veteransvillagesofamericainc.org/contact-us>
<https://www.facebook.com/veteransvillagesofamericainc>
mike.rosso6@att.net,
v2amissionpossible@gmail.com
Monday - Friday 10:00am - 5:00pm. Born out of necessity, Veterans Villages of America, Inc. is a non-profit organization designed to help veterans and their immediate families with material and social needs.

VICTIM RESOURCES

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue Suite #885
Little Rock, AR 72201
(501) 907-5612 (800) 269-4668
<https://www.domesticpeace.com/info@domesticpeace.com>
Monday - Friday 9:00am - 5:00pm. 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 Espaol, Si est en peligro, Llame al 911 Llamenos al 800-269-4668 a la linea nacional 800-799-7233.

Arkansas Coalition Against Sexual Assault

(A.C.A.S.A.)
(800) 656-4673
<https://www.arkcasa.org/> info@arkcasa.org

Through collaborative action, the Arkansas Coalition Against Sexual Assault advocates for the rights and needs of persons affected by all forms of sexual violence.

Arkansas Coalition to Abolish the Death Penalty (A.C.A.D.P.)

<https://www.facebook.com/ArkansasAbolish/>
Founded in 1977, the Arkansas Coalition to Abolish the Death Penalty (ACADP) is a non-partisan, non-sectarian coalition of religious and civic organization and concerned citizens working together to end capital punishment in Arkansas. Our ultimate goal is for the General Assembly of Arkansas to pass and the Governor sign into law a bill striking the death penalty from the criminal sentencing statutes of our state. ACADP is the only organization in the state whose work is focused exclusively on the abolition of capital punishment in Arkansas.

Arkansas Crime Victims Reparations Board

1 State Police Plaza Drive
Little Rock, AR 72209
(501) 682-1020

<https://www.dps.arkansas.gov/crime-info-support/crime-victims-reparations-board/>

The Arkansas Crime Victims Reparations Program, administered by the Department of Public Safety on behalf of the Crime Victims Reparations Board, provides financial compensation to victims who have suffered personal injury or death as the result of violent crime.

Arkansas Department of Public Safety, Crime Victims Guide

<https://www.dps.arkansas.gov/crime-info-support/arkansas-crime-information-center/community-information/victims-information/>

A Crime Victim's Guide to the Justice System in Arkansas was written to assist victims of crime in better understanding the Arkansas criminal justice system so they are more able to exercise their rights. It is also designed to inform victims of services available to them throughout the state including shelter, cash assistance, counseling, and private support organizations. This guide is not intended as a legal reference or to provide legal advice, but as an aid to further understanding of the criminal justice system in Arkansas.

Centers for Healing Hearts and Spirits

2416 South Chester Street
Little Rock, AR 72206
(501) 370-3800 Hotline 1-855-643-5748
<https://www.hhscenter.org/hhscenter@sbcglobal.net>

The Center for Healing Hearts and Spirits was created to assist victims of violent crimes and terminal illnesses and their affected families to improve the quality of their economic and social environment, transition back into the workforce and to provide for self-sufficiency.

Children's Advocacy Centers of Arkansas

124 West Capitol Avenue, Suite 865 Suite #1630
Little Rock, AR 72201
(501) 615-8633
<https://cacarkansas.org/default>

The purpose of the not-for-profit Children's Advocacy Centers of Arkansas (CACA) is to promote, assist, and support the development, growth, and continuation of CACs in the State of Arkansas so that every child victim has access to the services of a CAC.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street
Little Rock, AR 72202
(501) 374-4022

<https://urmissionlr.org/dorcas-house/>

The Dorcas House shares the compassion of Christ with the women and children of Central Arkansas who are in the greatest need. We provide housing, classes, counseling, daily chapel time, and other services that help them begin to change their lives. Through a relationship with Jesus Christ, women trapped in domestic violence or struggling with chemical dependency or other addictions find the hope and support they have so desperately needed to break the shackles of their past and rebuild a new life.

Indivisible, Little Rock & Central Arkansas

P.O. Box #1304
Little Rock, AR 72203
<https://www.indivisiblelrca.org/>
<https://www.facebook.com/IndivisibleLRCA>
ContactUs@IndivisibleLRCA.org

Indivisible Little Rock and Central Arkansas is an all-volunteer, grassroots activist organization. We are funded by generous donations from our members and

friends who share our vision of an Arkansas where every eligible voter exercises their right to vote, and every vote counts. We also operate under the umbrella of Indivisible Project, a national 501c4 organization.

Laura's Card

323 Center Street Suite #200
Little Rock, AR 72201
(501) 682-2007 (800) 482-8982

<https://arkansasag.gov/resources/domestic-violence/lauras-card/oag@ArkansasAG.gov>

If you feel you are in danger of being victimized again, you should contact your local prosecutor's victim coordinator to begin the process of filing for an order of protection. Download: https://arkansasag.gov/wp-content/uploads/lauras_card_3-18-20.pdf

Mothers Against Drunk Driving (M.A.D.D.)

10515 West Markham Street
Little Rock, AR 72205
(501) 376-6100 <https://www.madd.org/>
The mission of Mothers Against Drunk Driving (MADD) is to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking.

P.A.T.H. Human Trafficking Statewide Crisis Helpline

P.O. Box #1954
Little Rock, AR 72221
(501) 993-1641 (501) 301-4357 Helpline
www.pathsaves.org info@pathsaves.org
Survivors of sexual abuse, all genders and ages Day treatment program.

Parents of Murdered Children (Arkansas)

1015 West 2nd Street Suite #107
Little Rock, AR 72201
(501) 351-7662 (501) 412-2629
<https://www.cacofpomc.org/cacofpomc@gmail.com>

Free monthly grief support meetings are for anyone affected by homicide or struggling with grief due to homicide. We are currently holding grief support meetings on the 2nd and 4th Tuesday each month. We are having in person meetings on the 2nd Tuesday and ZOOM Meetings on the 4th Tuesday as of now. Please don't hesitate to call if you have any questions.

Victims' Rights Arkansas

P.O. Box #1385
Cabot, AR 72023
(501) 992-7171 <https://victimsrightsar.com/>
We are a grassroots effort to improve the status of Victims' Rights. Our group is seeking a change to the Arkansas State Constitution to include enforceable Victims' Rights. We believe in empowering victims during their journey through the legal system. We believe in providing victims with information concerning resources, service providers, and victims' rights.

Women & Children First

P.O. Box #1954
Little Rock, AR 72203
(501)-376-3219 <https://www.wcfarkansas.org/>
Domestic Violence is a pattern of controlling and dangerous behavior that can include physical, psychological, verbal, and sexual abuse and may be experienced at a victim's home, place of work, or even in public. Domestic violence does not discriminate against gender, race, ethnicity, age, or socioeconomic status.

WOMEN RESOURCES**A.B.B.A. House**

1002 South Oak Street
Little Rock, AR 72204
(501) 663-3596
<https://www.dolr.org/missionaries-charity-calcutta>

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

1600 Aldersgate Road
Little Rock, AR 72205
(501) 803-3388

<https://www.methodistfamily.org/contact-us/>

Monday - Friday 8:00am - 12:00pm, 1:00pm - 5:00pm. Transitional housing for women with children or who are pregnant with substance abuse or mental health issues.

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue
Little Rock, AR 72201
(501) 907-5612 (800) 269-4668

www.domesticpeace.com

info@domesticpeace.com

Monday - Thursday 9:00am - 5:00pm

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 est en peligro, Llame al 911 Llamenos al 800-269-4668 a la linea nacional 800-799-7233.

Catholic Adoption Services

2500 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 X347

www.catholicadoptionsservices.org

Monday - Friday 9:00am - 5:00pm

Catholic Adoption Services is a non-profit, licensed child placement agency that provides direct assistance to birth mothers considering making a loving plan for adoption of her child. Birth mothers are given confidential and caring personal support, legal coordination, medical assistance, and counseling. There is a range of openness in adoption and birth mothers assist in the selection of the adoptive family.

Dorcas House: A Division of Union Rescue Mission

823 South Park Street
Little Rock, AR 72202
(501) 374-4022 X3

<https://urmissionlr.org/dorcas-house/>

Women's domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up 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.

Elim House

P.O. Box #2072
North Little Rock, AR 72115
(501) 594-3646
<https://uncommongiving.com/np/elim-house>
<https://www.facebook.com/ElimHouseAR/>
ElimHouse@hotmail.com

Elim House is a Christ-centered, long-term residential discipleship program for women in crisis.

Gaines House

1702 South Gaines Street
Little Rock, AR 72206
(501) 376-7922

<https://www.thegaineshouse.org/>

info@thegaineshouse.org

Contact hours 7:00am - 10:00pm.

Women's Homeless transitional Shelter (Non-Emergency) 22 beds women 18 and above only.

Little Rock Compassion Center (Women's)

4210 Asher Avenue
Little Rock, AR 72204
(501) 296-9114

www.lrcompassioncenter.org

Check-in between 3:00pm - 7:00pm.

Women's homeless shelter. Must have an ID and be over 18.

P.A.T.H. Human Trafficking Statewide Crisis Helpline

P.O. Box #21066

Little Rock, AR 72221

(501) 993-1641 (501) 301-4357 Helpline

www.pathsaves.org info@pathsaves.org

Survivors of sexual abuse, all genders and ages Day treatment program.

Phoenix Recovery Center

104 North Battery Street

Little Rock, AR 72205

(501) 725-4907

<http://phoenixarkansas.com/phoenix-recovery-center-for-women/>

ACC Transitional housing for women only.

P.H.U.M.C. Diaper Bank

4823 Woodlawn Drive
Pulaski Heights United Methodist Church Gathering Hall
Little Rock, AR 7205

(501) 664-3600

[Http://phumc.com/diaperbank/](http://phumc.com/diaperbank/) First Wednesday

8:00am - 10:00am. EMAIL to pre-register at PHUMC-

diaperbank@gmail.com. drive thru to receive diapers.

Women and Children First

P.O. Box #1954

Little Rock, AR 72203

(501) 376-3219

Toll Free Hotline (800) 332-4443

www.wcfarkansas.org

info@wcfarkansas.org

Women's shelter victims of domestic violence and sexual assault.

YOUTH RESOURCES**Arkansas Advocates for Children and Families**

1400 West Markham Street Suite #306

Little Rock, AR 72201

(501) 371-9678

www.aradvocates.org

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 Arts Center

01 East Ninth Street

Little Rock, AR 72202

(501) 372-4000

<https://arkmfa.org/> connect@arkmfa.org

Monday - Friday 9:00am - 5:00pm.

Youth art and theater programs, Spring Break and Summer programs.

Arkansas Child Abuse Prevention Hotline

(800) 482-5964

<http://www.stoparchildabuse.com/>

Arkansas Children's Hospital, General Pediatric & After Hours Clinic

1 Children's Way

Little Rock, AR 72202

(501) 364-1100 (501) 364-1202 After Hours

www.archildrens.org/programs-services/a-to-z-services-list/general-pediatrics/general-pediatric-clinic

Children's after-hours clinic: Monday thru Friday, 5:00pm until 8:45pm, Saturday & Sunday, 9:00am - 7:45pm. Call the after hours resource line at (501) 364-1212 for more information.

Arkansas Coalition Against Domestic Violence

124 West Capitol Avenue Suite #885
Little Rock, AR 72201
(501) 907-5612
US Hotline (800) 799-7233
Teen Dating Abuse Hotline (866) 331-9474
<https://www.domesticpeace.com/>
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 o a la línea nacional 800-799-7233.

Arkansas DHS/Division of Children and Family Services

P.O. Box #1437 Slot S-560
Little Rock, AR 72203
(501) 682-8770
<https://humanservices.arkansas.gov/about-dhs/dcfs>
Monday - Friday 8:00am - 4:30pm.
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 North McKinley Street Suite #610
Little Rock, AR 72205
(501) 364-3671 www.arhomevisiting.org
Monday - Friday 8:00am - 4:30pm.
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.

Arkansas National Guard Youth Challenge Program

16414 North Dakota Avenue Camp Robinson
North Little Rock, AR 72199
501-212-5565 www.aryouthchallenge.com
arnygc93@gmail.com
Monday - Friday 7:00am - 3:30pm. Mailing address: Camp Robinson #16414, North Little Rock, AR 72199. 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

P.O. #Box 1437 Slot S401
Little Rock, AR 72203
(501) 682-8292
<https://humanservices.arkansas.gov/divisions>

-shared-services/medical-services/healthcare-programs/arkids/
Monday - Friday 8:00am - 4:30pm. ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without.

Big Brothers Big Sisters of Central Arkansas

312 West Pershing Blvd.
North Little Rock, AR 72114
(501) 374-6661 www.bbbsca.org
<https://www.facebook.com/bbbsofcentralarkansas/>
Monday - Friday 8:00am - 4:30pm. Our mission to create and support one-to-one mentoring that provides positive role models in the lives of children. Our vision is for all youth to reach their fullest potential.

Catholic Adoption Services

2500 North Tyler Street
Little Rock, AR 72207
(501) 664-0340 X379
<https://www.dolr.org/catholic-charities>
Monday - Friday 9:00am - 5:00pm. Catholic Adoption Services is a non-profit, licensed child placement agency that provides direct assistance to birth mothers considering making a loving plan for adoption of her child. Birth mothers are given confidential and caring personal support, legal coordination, medical assistance, and counseling. There is a range of openness in adoption and birth mothers assist in the selection of the adoptive family.

Centers for Youth and Families Residential Services

6501 West 12th Street (EMAC)
Little Rock, AR 72204
(501) 660-8686
www.centersforyouthandfamilies.org
Residential Treatment is best for children and teens with severe behavioral and or emotional difficulties that have been unsuccessful with outpatient therapy and other lower level interventions. Residential Treatment programs place children and teens in one location to receive educational, medical, and psychiatric services. This multi-disciplinary team works closely together with the child and family to provide comprehensive assistance as they heal together. Residential Treatment provides enough time and distance from their regular environment to promote, support, and guide the child and his or her family to learn new healthy behavior patterns. day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 26. er.

Centers for Youth and Families, Family Counseling Center

6601 West 12th Street Attn: OS
Little Rock, AR 72204
(501) 666-4949
<http://centersforyouthandfamilies.net/>
Monday - Friday 8:00am - 5:00pm
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 26. Parent Center offers parenting classes, support groups and a Parent Resource Center.

Child Support Enforcement Office

322 South Main Street Suite #100
Little Rock, AR 72201
(501) 371-5400
<https://www.dfa.arkansas.gov/office-locations/details/little-rock-child-support-office>
Monday - Friday 8:00am - 4:30pm. Enforces court orders involving non-custodial parental child support.

Cru Inner City

1215 South Schiller Street
Little Rock, AR 72202
(501) 690-5433
www.cru.org/communities/innercity/centralarkansas/contact.html
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). Providing training and curriculum for adult and/or youth development.

HIPPY Home Instruction for Parents of Preschool Youngsters

1 Children's Way Slot #651
Little Rock, AR 72202
(501) 364-3671 (844) 502-9837 (toll free)
<https://www.archildrens.org/programs-and-services/hippy-program?journey=symptoms>
Home Instruction for Parents of Preschool Youngsters Program (HIPPI) is a 30-week school readiness-parent involvement program for parents of three, four and some five-year-old children. Most programs operate concurrently with the school year and are staffed by a professional coordinator and well-trained home-based educators.

HOUSABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County

10025 West Markham Street Suite #140
Little Rock, AR 72205
(501) 227-0990 <http://houseaboutit.org/>
Info@houseaboutit.org
Monday - Thursday 8:00am - 4:30pm Friday by appointment. Access Temporary Assistance for Needy Families (TANF) thru Houseaboutit. Provides assistance to needy families with children.

Immerse Arkansas

5300 Asher Avenue
Little Rock, AR 72204
(501) 404-9890 <https://immersearkansas.org/>
info@immersearkansas.org
Monday, Tuesday and Thursday 12:00noon - 6:00pm, Friday 9:00am - 3:00pm, Saturday 10:00am - 3:00pm, Closed Sunday and Wednesday. Shelter and special programs for youth ages 14 - 21. At Immerse, we believe unconditional, supportive, and nurturing relationships that are coupled with high expectations create a path for healing and growth. This belief shapes our model, which we've found leads to overcoming.

Job Corps

6900 Scott Hamilton Drive
Little Rock, AR 72209
(800) 733-5627
<https://littlerock.jobcorps.gov/> Monday - Friday, 8:00am - 5:00pm.
Provides job training and remedial education for youth, ages 16 - 24. At Little Rock Job Corps Center, we support the Job Corps program's mission to teach eligible young people the skills they need to become employable and independent and place them in meaningful jobs or further education.

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

14036 Sardis Road
Shannon Hills, AR 72103
(501) 516-1602
<https://www.lovehealingwaters.com/contact>
After school program 3:00pm - 6:00pm weekdays, with meals. GED and afterschool programs. Call for appointment.

National Center for Missing / Exploited Children

(800) 843-5678
www.missingkids.com

PHUMC Diaper Bank

4823 Woodlawn Drive
Pulaski Heights United Methodist Church
Gathering Hall
Little Rock, AR 72205
(501) 664-3600 <http://phumc.com/diaperbank/>
First Wednesday 8:00am - 10:00am. EMAIL to pre-register at PHUMCDiaperbank@gmail.com. drive thru to receive diapers.

Pinnacle Pointe Hospital

11501 Financial Centre Parkway
Little Rock, AR 72211
(800) 880-3322
www.pinnaclepointehospital.com
24/7 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

2301 South University University UALR
Little Rock, AR 72204
(501) 671-2270 www.uaex.uada.edu
Monday - Friday 8:00am - 4:30pm. 4-H is the youth development program conducted by the University of Arkansas System, Division of Agriculture, and Cooperative Extension Service.

Pulaski County Youth Services

201 South Broadway Street Suite #220
Little Rock, AR 72201
(501) 340-8250
<http://pulaskicounty.net/pulaski-county-youth-services>
jwarren@pulaskicounty.net
Monday - Friday 8:30am - 4:30pm.
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

717 East 10th Street
North Little Rock, AR 72114
(501) 563-8264
www.recyclebikesforkids.org
www.facebook.com/recyclebikesforkids
recyclebikesforkids@gmail.com
Mondays 1:00pm - 7:00pm, Saturdays 9:00am - 12:00pm. Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements.

S.T.E.P. Ministries

P.O. Box #122
North Little Rock, AR 72115
(501) 758-4054 www.stepministries.org
Tutoring in the public schools for at risk children & Christian mentoring program.

Teen Dating Abuse Hotline

(866) 331-9474
The First Tee
1 First Tee Way
Little Rock, AR 72204
(501) 562-4653
<https://firstteecentralarkansas.org/>
Tuesday - Saturday 8:00am - 6:00pm. Youth development program teaching life skills through the game of golf.

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Central Arkansas ReEntry Coalition

Because We C.A.R.E.

Meetings First Wednesday Each Month 10am - 11am
 1000 Wolfe Street, Little Rock, AR 72202
 All meetings are open to the public.

Contact us: CentralArkansasReEntry@gmail.com
 501-444-CARE

CENTRAL ARKANSAS RE-ENTRY COALITION & THE CITY OF LITTLE ROCK PRESENT

RIGHTS AFTER WRONGS:

Everybody Deserves A Second Chance
 Resources & Support For Individuals with Criminal Convictions

SAVE THE DATE **SECOND CHANCE**

Saturday, September 16th
 9 AM - 3 PM
 401 John Barrow RD.
 Little Rock, AR 72205

LENIENCY COURT • JOB SEARCH ASSISTANCE • CRIMINAL RECORD SEALING

MORE INFORMATION COMING SOON!

littlerock.gov/rightsafterwrongs 501.371.4476 [@rightsafterwrongs](https://www.facebook.com/rightsafterwrongs)



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