

HELP YOURSELF

VOLUME 4 ISSUE 2



COMMUNITY RESOURCE DIRECTORY

TABLE OF CONTENTS

CLOTHING RESOURCES	3
CONSULAR SERVICE	3-4
CRIMINAL JUSTICE REFORM GROUPS	4
DENTAL CLINICS	4
DISABILITY RESOURCES	4
EDUCATION & LITERACY RESOURCES	5
EMPLOYMENT RESOURCES	6
EX OFFENDER - REENTRY RESOURCES2	7
EYE CLINICS.....	8
FINANCIAL AND UTILITY ASSISTANCE	8
FOOD PANTRIES	8-9
HEALTH CARE SERVICES	9-11
HOUSING & SHELTERS	11, 14
IMMIGRANT RESOURCES	14
LEGAL RESOURCES	15
LGBTQ+ RESOURCES	15-16
LIBRARIES	15
MEALS	16-17
MENTAL HEALTH RESOURCES	17
MISCELLANEOUS	17-19
NATIONAL RESOURCES	19
NATIVE AMERICAN RESOURCES	19
OUTPATIENT TREATMENT RESOURCES	19
PET RESOURCES	19-20
SENIOR RESOURCES	20
SUBSTANCE ABUSE TREATMENT	21
TRANSPORTATION	21
VETERANS' RESOURCES	22
VICTIM RESOURCES.....	22
WOMEN'S RESOURCES	22-23
YOUTH RESOURCES	23-24

HELP YOURSELF

September 2021

“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, pro-active self-directed behavior modification, parenting skills, education, training for gainful employment, etc.

Help YoursSelf: Community Resource Directory

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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CLOTHING RESOURCES

GOODWILL INDUSTRIES MAIN OFFICE

7400 Scott Hamilton Drive, Little Rock AR 72209
(501) 372-5100 www.goodwillar.org

Open by appointment for registered clients only. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire. Reentry Services (501) 372-5100 X1183, Career Services, By Appointment, (501) 5100 X1216.

GOODWILL BENTON THRIFT STORE

1716 Military Road, Benton, AR 72015
(501) 776-1189 www.goodwillar.org

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

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

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

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) 835-5286 www.goodwillar.org
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

Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm. Goodwill Thrift Store, Affordable recycled clothing and household goods.

GOODWILL UNIVERSITY THRIFT STORE

2904 South University Avenue, Little Rock AR 72204
(501) 568-5313 www.goodwillar.org

Monday - Saturday 10:00am - 7:00pm, Sunday 10:00am - 6:00pm. Goodwill Thrift Store, Affordable recycled clothing and household goods.

GREATER SECOND CARE CENTER

5615 Geyer Springs Road, Little Rock AR 72209
(501) 569-9988 www.greatersecond.org

Open by appointment. Photo ID required

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GOODWILL MARKHAM THRIFT STORE

109 Markham Park Drive, Little Rock AR 72211
(501) 221-1018 www.goodwillar.org

Monday - Saturday 9:00am - 8:00pm, Sunday 10:00am - 6:00pm. Goodwill Thrift Store, Affordable recycled clothing and household goods.

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GREATER SECOND CARE CENTER

5615 Geyer Springs Road, Little Rock AR 72209
(501) 569-9988 www.greatersecond.org

Open by appointment. Photo ID required

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 10:00noon - 2:00pm,
During the week, emergencies only.

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.stfrancishouse.org

Monday - Thursday 8:30am - 11:45am and 1:00pm - 4:00pm,
Friday 8:30am - 11:45am and 1:00pm - 3:30pm.
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

Tuesday and Thursday 12:00pm - 1:00pm
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

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.org

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

IN YOUR HANDS MINISTRIES, INC.

3905 HWY 161-North, North Little Rock AR 72117
(501) 945-1314

<https://www.facebook.com/In-Your-Hands-Ministries-Inc-207547428968/>
inyourhandsministries@gmail.com
Meals every 2nd Sunday 9:30am - 10:00am

GOODWILL COMPUTER AND ELECTRONICS STORE

7400 Scott Hamilton Drive, Little Rock AR 72209
(501) 492-8497 www.goodwillar.org

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.helpinghand.org

Monday - Thursday 9:00am - 12:00pm

Can access resources once each month. Food and inexpensive

thrft 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 Shackelford 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.

COUNSELOR 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 Ghana Immigration Service in Accra is located on John Hammond Road at Ato 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/littlerock>
team@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: Documentación 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**“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/?page_id=11097

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.

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.org/volunteers.com/Sign/Criminal-Justice-Reform-for-a-Safer-Arkansas>

infoAR@afphq.org

To make Arkansas communities safer, we must to 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/>

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/>

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.)

3805 West 12th Street, Little Rock AR 72204

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

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.decarcerate.org/>

contact@decarcerate.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.

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. 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.

DENTAL CLINICS**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.

RIVER CITY MINISTRY - DAY SERVICES FOR THE HOMELESS

1021 East Washington, North Little Rock AR 72114

(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.shepherdshopehr.org

By appointment only, usually on the 3rd Tuesday of each month. Serving the 72204 & 72209 zip code. Proof of residency

required.

U.A.M.S. DENTAL HYGIENE STUDENT CLINIC

4301 West Markham Street, Little Rock AR 72205

(501) 686-5733

<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 www.aeddinc.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

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

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

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

900 West 7th Street, Little Rock AR 72201
(501) 686-2800 www.arcareer.org
Monday - Friday 8:00am - 4:30pm. Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support.

ARKANSAS RELAY

(501) 238-3698 (TTY) (501) 221-3279
'(Videophone) (501) 246-8227
www.arkansasrelay.com 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
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.arschoolforthe deaf.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
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 runnin 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 8:3:00am - 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)

5401 South University Avenue, Little Rock AR 72209
(501) 682-5463
<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 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 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

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 Arkansans 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) 375-6717
www.rmetro.org
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 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 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 sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

EDUCATION & LITERACY RESOURCES**ARKANSAS ARTS CENTER**

2510 Cantrell Road, Riverdale Shopping Center
Little Rock AR 72202
(501) 372-4000
<https://www.arkansasartscenter.org/museumschool> 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 - Friday 9:00am - 4:30pm with classes in the evenings. 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 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 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.

ARKANSAS REHABILITATION SERVICES

900 West 7th Street, Little Rock AR 72201
(501) 686-2800
www.arcareereducation.org/about/arkansas-rehabilitation-services
Monday - Friday 8:00am - 4:30pm. Prepares people with disabilities to enter the work force thru education, social and accessibility support. Tuition, hearing aids and prostheses provided.

ARKANSAS REHABILITATION SERVICES, DEPARTMENT OF WORKFORCE SERVICES 1

Commerce Way, Building #4, 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.

6

ARKANSAS SINGLE PARENT

SCHOLARSHIP FUND

200 River Market Avenue, Suite #100, Little Rock AR 72201
(501) 255-0637 www.aspsf.org

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

Providing scholarships and support for single parents in throughout Arkansas.

DR. EMMA K. RHODES EDUCATION CENTER

1815 Wright Avenue, Little Rock AR 72202
(501) 372-0277 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) 364-3671 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 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 8:00am - 3:30pm

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> Monday - Thursday, 8:00am - 3:30pm, Friday 8:00am - 12:00noon. During the traditional school year Tuesday - Thursday 3:30pm - 8:00pm

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 educationThe 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) 374-7383 X3 www.ourhouseshelter.org
connect@ourhouseshelter.org Monday - Friday 8:00am - 4:30pm 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

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.

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.

THE EXCEL CENTER AT GOODWILL

7400 Scott Hamilton Drive, 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/eoctutor>
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
<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 DEPARTMENT OF WORKFORCE SERVICES

5401 South University Avenue, Little Rock AR 72209
(501) 682-7719 North Little Rock Office (501) 376-4595
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 DIVISION OF CAREER AND TECHNICAL EDUCATION

3 Capitol Mall, Little Rock AR 72201
(501) 682-1500 www.ARCareereducation.org Monday - Friday 8:00am - 4:30pm

Provides education and employment support for Arkansans in the fields of technical education and adult education.

ARKANSAS EMPLOYMENT CAREER CENTER (AECC)

300 South Spring Street, Suite #614, Little Rock AR 72201
(501) 615-8922 www.arecareercenter.com
aremploymentcareercenter@gmail.com
Monday - Thursday 8:30am - 4:30pm, Friday 8:30am - 12:30pm
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.

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
Monday - Thursday 7:30 - 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 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) 985-2645 www.goodwillar.org
Monday - Friday 9:00am - 4:30pm
Mission Statement: "Changing lives through education, training, and employment."

GOODWILL INDUSTRIES MAIN OFFICE & CAREER SERVICE CENTER

7400 Scott Hamilton Drive, Little Rock AR 72209
(877) 372-5150 X1250 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 www.hirequestdirect.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 integrestaffingassociates@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

10411 West Markham Street Suite #100, Inside City Connections Little Rock AR 72205
(501) 376-1686
www.cityconnectionsinc.org/operation-restore.html 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 www.ourhouseshelter.org

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 Monday - Friday 5:30am - 6:00pm. Saturday 6:00am - 9:00am

- 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 contrataci'n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t'cnicos y profesionales, y personal para trabajo industrial y de f'brica. 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.

UA PULASKI TECH CAREER CENTER

3000 West Scenic Drive, UA Pulaski Tech

North Little Rock AR 72118

(501) 812-2826 <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 www.watershed.com Job preparedness classes

Tuesday - Thursday 10:00am - 12:00noon

"Working to find work" Job guidance counseling, employment assistance.

EX-OFFENDER REENTRY RESOURCES

APPROVED ACC TRANSITIONAL HOUSING

https://www.dcc.arkansas.gov/images/uploads/Transitional_Houses_081018.pdf Facilities in the Little Rock, Pulaski County

area for men and women leaving prison, as of November 2017

ARKANSAS CARES

2002 South Fillmore Street, Little Rock AR 72204

(501) 906-4928 www.arcareered.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.

ARKANSAS COMMUNITY CORRECTION, LITTLE ROCK 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 8:00am - 4:00pm. 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 - 4:00pm.

Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities. Look for our new address in 2020.

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 #3004 Little Rock AR 72201

(501) 615-8922 www.arcareercenter.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 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 prep., college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, communications skills,

ARKANSAS TIME AFTER TIME

P.O. Box #1149, Conway AR 72034

(501) 444-2828 www.arkansasvertime.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)

3805 West 12th Street

Little Rock AR

(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. The 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> 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

1401 South Garfield Drive, Little Rock AR 72204

(501) 615-1090 www.cityoffaith.org

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

COMPASSION IN ACTION

7107 West 12th Street Suite #203A, Little Rock AR 72204

(501) 420-3803

www.compassioninactionofar.org/#home

compassioninaction22@gmail.com

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

"Compassion In Action" reentry is a re-entry program which provides structure, training, education, and mentoring to ex-offenders who are preparing to reenter society, and who are already in society that are in need of the mission of "Compassion In Action". They provide a 12 week, 12 Principles to Success program, job searches, and other resources needed to decrease the recidivism rate by teachings these men and woman how to cope with reentering society, and teaching ex-offenders ways to

maximize their God given potential in productive ways.

GOOD GRID

(800) 726-8774

<https://goodgrid.com/pages/13685/>

team@goodgrid.com

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

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

Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity program: a 16 week paid training program for reentering citizens without violent or sexual charges on their background.

IMMANUEL BAPTIST CHURCH: CITY CENTER

315 North Shackleford Road, Little Rock AR 72211

(501) 396-3355

<https://citycenterlr.org/cc-services/>

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

info@citycenterlr.org

Wednesday (time varies) Clothibg Closet Wednesday (time varies) - Re-Entry Program Shopping

INTEGRITY STAFFING (HEALING WATERS OUTREACH CENTER)

14036 Sardis Road, Shannon Hills 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 Staffin needs to hear from you. If you have a felony record, they can also help you with this as well to find a job that will help meet yours and your family's needs. Integrity Staffins is a traditional staffin/employment agency.

L.O.V.E. "LET OUR VIOLENCE END" INC. (HEALING WATERS OUTREACH CENTER)

14036 Sardis Road, Shannon Hills AR 72103

(501) 516-1602 www.letourviolence.end.com

Working with men and women returning from incarceration. Call for appointment.

OPERATION RESTORE, CITY CONNECTIONS

10411 West Markham Street Suite #100,

Inside City Connections

Little Rock AR 72205

(501) 376-1686 <https://cityconnectionsinc.org/> <https://www.youtube.com/watch?v=blq6FuSp6U> 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 RENTRY 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 RECOVER 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 and women.

QUALITY LIVING CENTER, MENS

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

http://qualitylivingcentertreatment.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, WILLIAMSURG

6301 Father Tribou Road, 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.

ROCK CITY REENTRY

5401 South University Avenue, Little Rock AR 72209
(501) 682-0228 https://www.rockcityreentry.org/

Deborah.Senter@arkansas.gov

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

Inside Workforce Services. 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.

SOBER LIVING

4201 John Barrow Road Little Rock AR 72204

(501) 562-0507 T

transitional housing facility for men, minimum stay of 6 months, fee based prog.

ST. FRANCIS HOUSE

2701 South Elm Street, Little Rock AR 72204

(501) 664-5036 www.stfrancisministries.com

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) 707-8177

https://goodgrid.com/pages/14236/

transitions.ftbc1967@gmail.com

Transitional housing for men only. Working with drug courts,

reentry programs and work release.

VETERAN'S DAY TREATMENT CENTER

1000 Main Street, Little Rock AR 72202

(501) 244-1900

Incarcerate 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.harmonyclinica.org

Call for information.

RIVER CITY MINISTRY - DAY SERVICES FOR THE HOMELESS

1021 East Washington Avenue, North Little Rock AR 72114

(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

By appointment only, usually on the 3rd Tuesday of each month. Serving the 72204 & 72209 zip code. Proof of residency required. Located in the basement of the fellowship hall of the church. Enter through the back door by the playground.

FINANCIAL AND UTILITY ASSISTANCE**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 72209

(501) 603-0909 www.cadc.com

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

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

CENTRAL ARKANSAS WATER (CAW)

1021 East Washington Avenue, North Little Rock AR 72114

(501) 376-6694 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) http://

houseaboutit.org/home.html

info@houseaboutit.org

Monday - Thursday 8:00am - 4:30pm Friday by appointment.

(Power to Care) Funding only for Entergy Electric as funds are availability. Low Income Home Emergency 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

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 Hearsh 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

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

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

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) 374-1913 www.salvationarmycentralarkansas.org

By appointment. between 8:30am and 4:30pm. Funding only Entergy Electric as funds are availability, 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 72209

(501) 664-5036 www.stfrancisministries.com

Monday - Thursday 8:30am - 11:45am and 1:00pm - 4:00pm,

Friday 8:30am - 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.

AMERICA'S CHURCH WITHOUT WALLS

2501 South Arch Street , Little Rock AR 72206

(501) 351-5314 Sunday, 11:00am in association with From His Throne Ministries. Distributing Food baskets to those in need.

BEREA BAPTIST CHURCH

104 East Valentine Road, Jacksonville AR 72076

(501) 982-8386 https://www.berea-baptist-church.org/

Tuesday and Thursday 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

Monday 1:00pm - 2:00pm, Thursday 4:30pm - 6:00pm.

Appointments preferred,

ID required

CENTRAL BAPTIST CHURCH OF NORTH LITTLE ROCK

9650 Highway #107, Sherwood AR 72120
(501) 680-1427 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) 221-1051 www.churchatrockcreek.com
Tuesday - Friday. Call in the mornings between 8:00 - 10:00am to schedule an afternoon appointment. Services available for each person/family at intervals 4 weeks, 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 Currently closed until further notice.
Primarily serving the North Little Rock area, Phot ID required.

FIRST CHRISTIAN CHURCH OF SHERWOOD

2803 East Kiehl Avenue,
Sherwood AR 72120
(501) 835-5505 Friday 10:30am - 12:00pm.
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 72114
(501) 758-3090 Friday 1:00pm - 5:00pm.
Photo ID required.

FISH NET MINISTRIES

1700 Swift Drive/P.O. Box #972, Jacksonville AR 72078
(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 Thursday
1:00pm - until food runs out
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
1st & 3rd Thursday 12:00pm - 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 www.helpinghand.org Monday - Thursday
9:00am - 12:00pm. 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
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.facebook.com/In-Your-Hands-Ministries-Inc-207547428968/>
inyourhandsministries@gmail.com
By appointment. 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.homelessshelterdirectory.org/shelter/ar_jacksonville-care-channel
<https://www.facebook.com/JCCNeedy/> Monday, Wednesday and 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 12:00noon - 2:00pm
Family Food Pantry available. Call for appointment.

LIBERTY HILL BAPTIST CHURCH

1215 South Schiller Street, Little Rock AR 72202
(501) 374-8060 www.libertyhbc.org
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 Fair Park Blvd., Little Rock AR 72204
(501) 663-9407 <http://oakforestumcnc.org/>
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 9:30 - 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 www.smark.org
Tuesday and Thursday 12:00pm - 4:00pm.
Food pantry, Photo ID required.

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

ST. FRANCIS HOUSE

2701 South Elm Street, Little Rock AR 72204
(501) 664-5036 www.stfrancisministries.com
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) 529-9270 X 7 <https://www.sjmbchurch.org/>
sjmbcinfo@sjmbchurch.org
23rd 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
<http://st-marks.com/serving/st-marks-food-pantry>
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.

SYLVAN HILLS COMMUNITY CHURCH

8019 Hwy #107, 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
1st and 3rd Monday 5:00pm - 6:00pm.
Must register with the food pantry with each use.

THE VAN (THE ONE INC.)

8016 Faulkner Lake Road, North Little Rock AR 72117
(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. First come first served.

WATERSHED

3701 Springer Blvd. , Little Rock AR 72206
(501) 378-0176 www.watershed.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.

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 - Thursday 8:00am - 4:30pm, Friday 8:00am - 12:00pm. 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
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 (sujeeto a cambios)

COLLEGE STATION CLINIC, (JCCSI)

4206 Frazier Pike

College Station AR 72053

(501) 490-2440 www.jccsi.org

Monday - Friday 8:00am - 5:00pm. Saturday 8:00am - 12:00pm. 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

Monday - Friday 9:00am - 1:00pm to pick up and return application packet. Appointments required to see doctors.

HOSPICE COMFORT CARE CENTER, INPATIENT CENTER

2200 South Bowman Road

Little Rock AR 72211

(501) 221-3338 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.

HOSPICE HOME CARE

2200 South Bowman Road

Little Rock AR 72211

(501) 296-9043 www.hospicehomecare.com

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

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 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

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,

JACKSONVILLE HEALTH UNIT

3000 North 1st Street

P.O. Box #725

Jacksonville AR 72076

(501) 982-7477

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 testing and referrals. No physicals.

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.

MAUMELLE MEDICAL CENTER

501 Millwood Circle Suite E

Maumelle AR 72113

(501) 803-9990

<https://www.healthgrades.com/group-directory/ar-arkansas/maumelle/maumelle-medical-center-oooykrx><https://www.facebook.com/MaumelleMC/>

Monday - Thursday, 8:00am - 5:00pm, Friday 8:00am - 12:00pm. Call for appointment, no walk-ins.

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 www.jccsi.org

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 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 - SOUTHWEST LITTLE ROCK

8901 Dailey Drive

Little Rock AR 72209

(501) 565-7960

<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 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 STD CLINIC

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

(501) 280-3100

<http://std-clinics.healthgrove.com/1/289/Pulaski-County-Health-Unit-North-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 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 72114

(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.

SALVATION ARMY COMMUNITY HEALTH CLINIC

1111 West Markham Street, Little Rock AR 72201

(501) 374-9296 www.SalvationArmyCentralArkansas.org Last

Tuesday of each month 8:00am - 1:00pm. Primary care and behavioral health services are available via TELEHEALTH. Walk-ins welcome.

SHEPHERDS HOPE - NEIGHBORHOOD HEALTH CENTER

2404 South Tyler Street, Little Rock AR 72204
(501) 614-9523 www.shepherdshope.org

Tuesday and Thursday 5:30am - 9:00pm. By appointment only. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required. Call for appointment. Appointments are scheduled on the first, second, third and fourth Thursday of each month and the fourth Tuesday of each month.

St. FRANCIS HOUSE

2701 South Elm Street, Little Rock AR 72204
(501) 664-5036 <http://stfrancishouse.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 photo ID, Social Security card.

TOWBIN HEALTHCARE & VA MEDICAL CENTER

2200 Fort Roots Drive North Little Rock AR 72114
(501) 257-1000

www.littlerock.va.gov/locations/northlittlerock.asp

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 Bilingual

<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.

HOUSING & SHELTERS

A.B.B.A. HOUSE

1002 South Oak Street, Little Rock AR 72204

(501) 666-9718 Provides shelter for homeless and/or pregnant women, Non-pregnant women can stay up to 3 weeks, pregnant women can stay up to 1 month after the child is born, no drug problems or mental illness.

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.

BCD, HOOPER TREATMENT CENTER

3604 West 12th Street, Little Rock AR 72204

(501) 663-4774 <http://www.bcdinc.org/index-9.html>
richardson@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 understand that the dynamics of addiction are complex and require services tailored to meet the needs 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 www.urmission.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.

ELIM HOUSE

P.O. Box #2072, North Little Rock AR 72115

(501) 594-3646 <https://www.elimhouse.org/>

<https://www.facebook.com/ElimHouseAR/> Elim House is a Christ-centered, long-term residential discipleship program for women in crisis.

EMPOWERMENT VILLAGE, BCD INC.

3604 West 12th Street, Little Rock AR 72204

(501) 663-7223 X #210 www.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 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.

FREWILL BAPTIST FAMILY MINISTRIES,

FLORENCE CRITTENTON HOME

3600 West 11th Street

Little Rock AR 72204

(501) 663-3129 (501) 912-3967 <https://www.fwbm.com/services/residential-care/florence-crittenton-home> 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

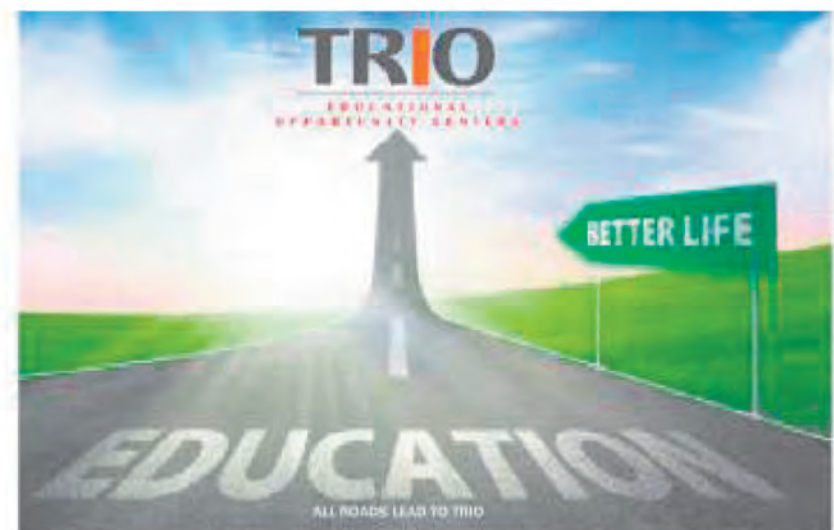
The Gaines House is a non-profit transitional living residence for homeless women, 18 or older, who have been treated for a mental, physical, or emotional disability. We provide a supervised environment while they prepare for independent living. Call for cost and other information

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.



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

All services are provided FREE of charge

Educational Opportunity Center

5820 Asher Avenue, Suite 800

Little Rock, AR 72204

(501) 916-3470

www.uair.edu/trioeocets

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.LRDCCares.org
ProgramReferral@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 6-11/12-17)
- Summer Academic & Recreation Programs (ages 6-15)
- Summer Youth Employment Opportunity (ages 16-21)
- Career & Life Skills Training Program
- Little Rock Parks & Recreation Summer Playgrounds
- Little Rock Police Department (LRPD) “OK” Program
- Little Rock Police Department “GEMS” Program
- Enhancement Programs
- Scholars Recognition Program
- City Year
- Mayors Youth Council
- “Small Contracts” Programs
- Central AR Library System (CALS) Reading 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:

- Youth Intervention Programs (ages 13-19)
- Re-Entry Services
- Community-based Intervention Program
- Juvenile Diversion Program

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
- Domestic Violence Counseling and Services
- Tobacco Education Programs

Special Note – The Department of Community Programs does not provide direct services to program participants nor “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.

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 \$5.5 million dollars which in 2017 supported more than 50 programs and served more than 11,600 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: ProgramReferral@littlerock.gov
- Facebook: Facebook/LRDCCares
- Twitter: @LRDCCares

HOUSING & SHELTERS

HAND UP HOUSING OF ARKANSAS

620 Curtis Sykes Drive
North Little Rock AR 72114
(501) 658-1449
<https://www.guidestar.org/profile/36-4666821-handuphousingofar@gmail.com>
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 appointments
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.lrccompassioncenter.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.lrccompassioncenter.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.

NEHEMIA HOUSE, A DIVISION OF UNION RESCUE MISSION

2921 Springer Blvd
Little Rock AR 72206
(501) 374-1108 X 4 www.urmission.org
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

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, EMERGENCY SOLUTION GRANT (ESG) PROGRAM

(501)340-8399 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
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 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 stthomas@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 Avenue
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
<http://soberliving.interventionamerica.org/citydirectory.cfm?State=AR&city=Little%20Rock> 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/> Residential placement for veterans thru the Veterans Day Treatment Center.

VETERAN'S DAY TREATMENT CENTER

1000 Main Street
Little Rock AR 72202
(501) 244-1900 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 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
www.domesticpeace.com or www.domesticpeace.com/shelters.html
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
www.arkidsfirst.com/home
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. It's insurance that is growing healthy kids in Arkansas and it might be the answer for health coverage for your children.

ARKANSAS COALITION AGAINST DOMESTIC VIOLENCE

700 South Rock Street, Little Rock AR 72202
(501) 907-5612 (800) 269-4668 MORE INFO <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 Espa ol, Si est en peligro, Llame al 911 Llamemos al 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@gmail.com
www.facebook.com/ArkansansForEquality
Arkansansforequality@gmail.com
AFE is an organization supporting equality for all Arkansans.

CENTRAL ARKANSAS PRIDE (C.A.P.)

P.O. Box #250096, Little Rock AR 72225
(501) 404-8498 www.lpride.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.

F.P.A. (FRIENDS, PARENTS AND ALLIES WHO SUPPORT)

https://www.facebook.com/CentralArkansasFriendsParentsAllies/?ref=py_c PAWS has changed its name to Friends, Parents, and Allies. Or FPA. The reason for this is CAR has disbanded and we were under that organization. So we are starting fresh with a new name. We are also starting a new youth group called SWAG, So We Are Gay. The kids came up with name. They are in charge of the group and will be running it. We are going to start meeting again on Saturdays once we have secured a location this will be open to LGBTQ community members parents of LGBTQ kids and allies. The youth group is also open to LGBTQ kids and allies. The adults will meet every other Saturday of the month and the youth will meet every Saturday. I will update as soon as I have more information.

HOUSE OF GG

P.O. Box #26165, Little Rock AR 72221
(501) 246-3234 <https://houseofgg.org/> he 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 AKANSAS

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

800 Scott Street
Little Rock AR 72201 <https://www.intransitive.org/>
<https://www.facebook.com/intransitive.AR>
intransitive.ar@gmail.com inTRANSitive is a Trans led movement working to educate, organize and celebrate the intersections of Trans Community in Arkansas. inTRANSitive seeks to support, liberate and celebrate the Trans Community in Northwest Arkansas through community building, organizing and political education. 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, and 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 above to receive assistance.

NATURAL STATE BEARS

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

STONEWALL DEMOCRATIC CAUCUS OF ARKANSAS

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

(866) 488-7386 Hotline
<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, LGBT youth are kicked out of their homes simply because of who they are, but YOU can change the lives of homeless LGBT youth in Arkansas. Help Lucie's Place build a home. Help them re-write their stories to include a happy ending!

LIBRARIES

ADOLPHINE FLETCHER TERRY LIBRARY 2015

Napa Valley Drive, Little Rock AR 72212
(501) 228-0129 <https://cals.org/terry-library/>
Monday - Saturday 9:00am - 6:00pm.
Closed Sunday

AMY SANDERS LIBRARY

10200 Johnson Drive, Sherwood AR 72120
(501) 835-7756 <https://cals.org/sanders-library/> Monday - 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
<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 BOBERTS LIBRARY OF ARKANSAS HISTORY & ARTS

401 President Clinton Avenue, Little Rock AR 72201
(501) 320-5700 <https://robertslibrary.org> Research Room,
Open Tuesday - Friday 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 - Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm. Closed Sunday.

ESTHER DEWITT NIXON LIBRARY

703 West Main Street, Jacksonville AR 72076
(501) 457-5038
<https://cals.org/nixon-library/> Monday - 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/> Monday - 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 - Saturday 9:00am - 6:00pm. Closed Sunday.

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 - Saturday

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

MAX MILAM LIBRARY

609 Apin Avenue, Perryville AR 72126
(501) 889-2554 <https://cals.org/milam-library/> Monday - Saturday 9:00am - 6:00pm. Closed Sunday.

MILLIE BROOKS LIBRARY

13024 Hwy #365, Wrightsville AR 72183
(501) 537-3186 <https://cals.org/brooks-library/> Tuesday and Thursday 9:00am - 6:00pm. Wednesdar 3:00pm - 5:00pm. Closed Monday, Friday Saturday and Sunday.

OLEY E. ROOKER LIBRARY

11 Otter Creek Court, Little Rock AR 72210
(501) 907-5991 <https://cals.org/rooker-library/> Monday - Saturday 9:00am - 6:00pm. 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 System'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 - Saturday 9:00am - 6:00pm. Closed Sunday.

SIDNEY S. McMATH LIBRARY

2100 John Barrow Road, Little Rock AR 72204 (501) 225-0066 <https://cals.org/mcmath-library/> Monday - Saturday 9:00am - 6:00pm, Sunday 1:00pm - 5:00pm. Closed Sunday.

SUE COWAN WILLIAMS LIBRARY

1800 Chester Street, Little Rock AR 72206
(501) 376-4282
<https://cals.org/williams-library/> Monday - Saturday 9:00am - 6:00pm. Closed Sunday.

WILLIAM F. LAMAN PUBLIC LIBRARY SYSTEM, NORTH LITTLE ROCK - ARGENTA BRANCH

420 Main Street, North Little Rock AR 72114
(501) 687-1061 www.lamanlibrary.org Monday - Friday 9:00am - 6:00pm,
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 - Friday 9:00am - 6:00pm,
Closed Saturday and Sunday.

MEALS

CANVAS COMMUNITY CHURCH

1111 West 7th Street, Little Rock AR 72201
(501) 351-1531 www.welovelitterock.org <https://www.facebook.com/canvascommunity/> Dinner provided 4:30pm - 6:00pm Monday and Wednesday (to go only).

FRIENDLY CHAPEL, CHURCH OF THE NAZERINE

116 South Pine Street, North Little Rock AR 72114 (501) 371-0912 <https://www.friendlychapel.org/> Monday - Friday

11:00am - 12:00pm Meals Served

FROM HIS THRONE MINISTRIES

2501 South Arch Street , Little Rock AR 72206 (501) 944-1209 /fromhistrone.com

Serving lunch Sundays, 11:00am. Following church service. dinner Monday, Tuesday and Friday 6:00pm - 7:00pm. Meals served

JERICO 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. Breakfast served at 7:30am - 8:30am Lunch served at 11:00am - 12:00pm, Monday - Friday. 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 the after-school program. Meals served to the hungry as available. Call for access.

LITTLE ROCK COMPASSION CENTER

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

MEALS ON WHEELS

P.O. Box #5988, North Little Rock, AR 72119 (501) 372-5300 www.carelink.org Monday - Thursday 9:00am - 5:00pm. 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 7:30am - 8:30am and Stone Soup Dinner at 3:00pm.

RIVER CITY MINISTRY

1021 East Washington Avenue, North Little Rock AR 72214 (501) 376-6694 https://www.rivercityministry.org/about Monday - Friday, breakfast at 7:30am, lunch following the 11:30 Devotional. Sunday's food and fellowship 2:00pm.

SAINT MARK BAPTIST CHURCH

5722 West 12th Street, Little Rock AR 72204 (501) 663-3955 http://smark.org 4th Saturday of each month 8:00am - 12:00pm Meals Served

STEW POT FIRST PRESBYTERIAN CHURCH

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

STREET MINISTRY LUKE 9:58

(501) 860-1180 https://www.facebook.com/Street-Ministry-Luke-958-2162406047352984/ gtallent@gmail.com Street Ministry Luke 9:58 volunteers serve the homeless in Central Arkansas by providing basic need items, as well

as support, and encouragement. When invited, we go directly into the homeless camps. #lovingGod #lovingothers #peopleneedJesus.

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

http://centersforyouthandfamilies.net 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

http://centersforyouthandfamilies.net Monday - Friday 8:00am - 5:00pm. Outpatient clinic for age 2 thru 20.

EL ZOCALO CENTRO DE RECUIROS PARA LOS INMIGRANTES

5500 Guyer Springs Road, Little Rock AR 72209 (501) 301-4652 Bilingual http://www.zocalocenter.com

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

(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.

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/

24/7The 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.rvices 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)

4301 West Markham Street, 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

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

MISCELLANEOUS

AMERICAN RED CROSS OF GREATER ARKANSAS

2610 Shackelford 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.

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.

PHUMC DIAPER BANK

4823 Woodlawn Drive, Pulaski Heights United Methodist Church
Gathering Hall Little Rock AR 7205
(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.

WOMEN AND CHILDREN FIRST

P.O. Box #1954, Little Rock AR 72203
(501) 376-3219 Toll Free Hotline (800) 332-4443
www.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

2510 Cantrell Road, Riverdale Mall Shopping Center
Little Rock AR 72202
(501) 372-4000
<https://www.arkansasartscenter.org/museumschool>
Monday - Friday 9:00am - 5:00pm. Youth art and theater

programs, Spring Break and Summery programs.

ARKANSAS CHILD ABUSE PREVENTION HOTLINE

(800) 482-5964

ARKANSAS CHILDREN'S HOSPITAL, GENERAL PEDIATRIC & AFTER HOURS CLINIC

1 Children's Way, Little Rock AR 72202
(501) 364-1202
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

700 South Rock Street, Little Rock AR 72202
(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 Espa ol, Si est en peligro, Llame al 911 Llamemos al 800-269-4668 a la linea 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, North Little Rock AR 72199
(501) 212-5565 www.aryouthchallenge.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

700 Main Street, Little Rock AR 72201
(888) 474-8275 www.arkidsfirst.com/home.htm
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 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) 660-6880 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.



Central Arkansas ReEntry Coalition

Because We C.A.R.E.

Meetings First Wednesday Each Month 10am – 11am
Willie L. Hinton Neighborhood Resource Center
3805 West 12th Street, Little Rock
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, October 16th
9 AM - 3 PM

Pleasant Valley Church of Christ
10900 Rodney Parham Rd.
Little Rock, AR 72212

LENIENCY COURT • JOB SEARCH ASSISTANCE • CRIMINAL RECORD SEALING

MORE INFORMATION COMING SOON!

littlerock.gov/rightsafterwrongs 501.371.4476 [@rightsafterwrongs](https://www.facebook.com/rightsafterwrongs)



CRIME HURTS
JUSTICE
SHOULD HEAL



 **Day of Empathy**

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 72203
(501) 371-5400
www.dfa.arkansas.gov/offices/childSupport/Pages/default.aspx
Monday - Friday 8:00am - 4:30pm. Enforces court orders involving non-custodial parental child support.

CRU INNER CITY

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 (501) 618-2500
<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 www.letourviolenceend.com
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

2901 West Roosevelt Road, Little Rock AR 72204
(501) 340-6650 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

Monday 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 www.thefirstteeAR.org
Tuesday - Saturday 8:00am - 6:00pm. Youth development program teaching life skills through the game of golf.

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