

Central Arkansas Re-Entry Coalition  
& The City of Little Rock proudly present

# RIGHTS AFTER WRONGS

*A Day of Service, A Lifetime of Change*

RESOURCES & SUPPORT FOR INDIVIDUALS  
WITH CRIMINAL CONVICTIONS:

## CRIMINAL RECORD SEALING

**APPOINTMENT  
REQUIRED**

Must bring your Sentencing Order and ACIC Report  
Call the Center for AR Legal Services to register  
(501) 376-3423 // (800) 950-5817

## EMPLOYMENT SERVICES

**BRING YOUR  
RESUME**

Come dressed to impress and prepared to talk  
with local employers about job opportunities

LEGAL CONSULTATIONS  
HEALTH SCREENINGS  
...AND MORE!

**HELP YOURSELF**  
Community Resources Directory

FOR MORE  
INFORMATION:

(501) 244-5483

RCDCINFO@  
LITTLEROCK.GOV





# HELP YOURSELF

## Community Resources Directory

Volume 3 Number 1

### CLOTHING

#### Goodwill Industries Main Office

7400 Scott Hamilton Drive, Suite #50,  
Little Rock, AR, 72209

[www.goodwillar.org](http://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.  
**(501) 372-5100**

*Thrift stores **do NOT** provide free clothing with-  
out a referral from the main office.*

#### Goodwill Benton Thrift Store

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

**(501) 776-1189**

#### Goodwill Bryant Thrift Store

5914 Highway 5-North, Bryant, AR, 72022  
Open Monday thru Saturday 9:00am – 8:00pm  
Sunday 10:00am – 6:00pm.

**(501) 653-2209**

#### Goodwill Cantrell (The Ranch) Thrift Store

16924 Cantrell Road, Little Rock, AR 72223  
Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm.

**(501) 673-1550**

#### Goodwill Industries Computer Store

7400 Scott Hamilton Drive,  
Little Rock, AR, 72209  
Open Monday thru Saturday 10:00am – 6:00pm.  
**(501) 372-5100**

#### Goodwill Industries Outlet Center

7400 Scott Hamilton Drive,  
Little Rock, AR, 72209  
Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm.  
**(501) 372-5100**

#### Goodwill JFK Blvd. Thrift Store

6929 John F. Kennedy Blvd. - Suite 112,  
North Little Rock, AR 72116  
Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm.  
**(501) 835-5286**

#### Goodwill Markham Thrift Store

109 Markham Park Drive, Little Rock, AR 72211  
Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm.  
**(501) 221-1018**

#### Goodwill Rodney Parham Thrift Store

9700 North Rodney Parham Road - Suite F, Little  
Rock, AR 72227  
Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm. **(501) 224-6221**

#### Goodwill University Thrift Store

2904 South University Avenue,

Little Rock, AR 72204

Open Monday thru Saturday 9:00am – 8:00pm,  
Sunday 10:00am – 6:00pm. **(501) 568-5313**

#### Greater Second Care Center

5615 Geyer Springs Road, Little Rock, AR 72209,  
[www.greatersecond.org](http://www.greatersecond.org)  
Open by appointment. **(501) 569-9988**

#### Helping Hand of Greater Little Rock

1601 Marshal Street, Little Rock, AR 72202  
[www.helpinghand.com](http://www.helpinghand.com)  
Open Monday thru Thursday, 9:00am – 12:45pm.  
Inexpensive clothing. **(501) 372-4388**

#### L.O.V.E. "Let Our Violence End" Inc.

(Healing Waters Outreach Center)  
14036 Sardis Road, Shannon Hills, AR 72103,  
[www.letourviolenceend.com](http://www.letourviolenceend.com)  
Clothing closet open 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Sundays  
12:00-2:00pm. **(501) 516-1602**

#### Liberty Hill Baptist Church

1215 South Schiller Street, Little Rock, AR 72202,  
[www.libertyhbc.org](http://www.libertyhbc.org)  
Open 2nd Monday, 3:00pm – 6:00pm. Serving only  
the 72202 Zip Code area and must have proof of  
residence. **(501) 374-8060**

#### Metro Worship Center

2914 South Cumberland Street,  
Little Rock, AR 72206  
[www.firstnlr.com/metro-little-rock](http://www.firstnlr.com/metro-little-rock)  
Clothes closet 3rd Saturday each month. Church  
bus picks-up at 10:00am at Canvas Community  
Church, at the downtown public library and at the  
Little Rock bus depot. **(501) 951-1333**

#### Mount Zion Baptist Church

924 Cross Street, Little Rock, AR 72202,  
Open Wednesday 11:00am – 2:00pm & Saturday  
10:00am – 12:00noon. **(501) 374-5832**

#### River City Ministry

1021 East Washington Avenue,  
North Little Rock, AR 72214,  
[www.rivercityministry.org](http://www.rivercityministry.org)  
Clothing bus open 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the  
month, 8:30am – ? **(501) 376-6694**

#### St. Francis House

2701 South Elm Street, Little Rock, AR 72214  
[www.stfrancisministries.com](http://www.stfrancisministries.com)  
Open Monday thru Friday 8:30am – 11:30am  
and 1:30pm – 3:30pm.  
Must provide photo ID. **(501) 664-5036**

#### St. John Missionary Baptist Church Clothes Closet

2501 South Main Street, Little Rock, AR 72206  
[www.sjmbchurch.org](http://www.sjmbchurch.org)  
Open Tuesday and Thursday 11:00am – 4:00pm  
and the 1<sup>st</sup> Saturday of each month 9:00am –  
12:00pm, Must complete application, ID Required.  
**(501) 975-2014**

#### Stew Pot First Presbyterian Church

800 Scott Street, Little Rock, AR 72201,  
[www.stewpot-littlerock.org](http://www.stewpot-littlerock.org)  
Clothing Closet open Thursday, 12:00pm –  
1:00pm. Adult clothing only. **(501) 372-1804**

#### Sylvan Hills Church of Christ

9305 Highway #107, North Little Rock, AR 72120.  
<http://www.shcofc.org>  
Clothing Closet open by appointment.  
**(501) 835-4141**

#### The Van (The One Inc.)

8016 Faulkner Lake Road,  
North Little Rock, AR 72117,  
[www.theoneinc.org](http://www.theoneinc.org)  
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. **(501) 955-3444**

#### Watershed

3701 Springer Blvd., Little Rock, AR 72206  
Open Monday thru Friday, 8:00am – 4:00pm. Free  
clothing for infants to adults, household items when  
available, ID required. **(501) 378-0176**

### DISABLED/DISABILITY

#### ACCESS

10618 Breckenridge Drive,  
Little Rock, AR 72211  
[www.accessgroupinc.org](http://www.accessgroupinc.org)  
ACCESS is committed to building new levels  
of confidence, competence and opportunity by  
empowering students with learning disabilities to  
define and achieve success throughout their lives.  
**(501) 217-8600**

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

105 East Roosevelt Road, Little Rock, AR 72206,  
[www.aeddinc.org](http://www.aeddinc.org)  
AEDD provides services to children and adults with  
developmental disabilities and/or delays. Our ad-  
ministration office and adult skills training center are  
located in Little Rock, while the children's learning  
center preschool is located in North Little Rock.  
**(501) 666-0246**

#### Arc of Arkansas

2004 South Main Street, Little Rock, AR 72206,  
[www.arcark.org](http://www.arcark.org)  
The Arc of Arkansas provides support, housing,  
advocacy, education and leadership to people with  
disabilities and their families. The Arc assists and  
encourages individuals with disabilities in acquir-  
ing skills and support, which allow them to make  
decisions regarding their own lives, helping them to  
achieve integration into the mainstream of commu-  
nity life. Providing quality, affordable, accessible,

### Resources

Clothing Resources: .....	2
Disabled/Disability Resources: .....	2
Education & Literacy Programs: .....	4
Elder-Care Resources: .....	4
Employment Assistance: .....	5
EX-Offender/Reentry Programs: .....	5
Financial & Utility Assistance: .....	6
Food Pantries: .....	6
Furniture: .....	8
Health Care Services: .....	8
Dental Clinics: .....	9
Eye Clinics: .....	9
Housing & Shelters: .....	9
Immigrants/Undocumented Persons Resources: .....	10
Legal Services .....	12
LGBTQ Resources: .....	12
Libraries .....	12
Meals: .....	13
Mental Health Care/Treatment: .....	13
Substance Abuse Treatment & Recov- ery: .....	14
Inpatient Treatment Facilities: .....	14
Outpatient Treatment Facilities: .....	14
Native American Resources: .....	14
Transportation: .....	15
Veterans Programs: .....	15
Women's Resources: .....	15
Youth Resources: .....	16
Miscellaneous: .....	17
Index of Resource Providers: .....	18

integrated housing and support is a primary mission  
of Arc of Arkansas. **(501) 375-7770**

#### Arkansas Library for the Blind & Physically Handicapped

900 West Capitol Avenue - Suite #100,  
Little Rock, AR 72201-3108,  
[www.library.arkansas.gov/libraryForTheBlind.org](http://www.library.arkansas.gov/libraryForTheBlind.org)  
Provide talking books and braille books on free loan  
and free download of books to thumb drive, IOS or  
Android device. **(501) 682-1155**

#### Arkansas Rehabilitation Service ICAN program

900 West 7<sup>th</sup> Street, Little Rock, AR 72201,  
[www.ar-ican.org](http://www.ar-ican.org)  
Arkansas Career Education's ICAN AT4ALL is  
Arkansas' statewide assistive technology pro-  
gram 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

Web directory online.....!!!

more independently. (501) 666-8868

#### Arkansas Rehabilitation Services

900 West 7<sup>th</sup> Street, Little Rock, AR 72201,  
www.arcareered.org

Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support. (501) 686-2800

#### Arkansas Relay

900 South Shackleford Road, Suite #700,  
Little Rock, AR 72211,  
www.arkansasrelay.com

Providing Free Telephone services for individuals who are deaf, hard of hearing and speech impaired.

(501) 221-1285 (501) 246-8227

(Videophone) (501) 221-3279 (TTY)

#### Arkansas School for the Blind and Visually Impaired

2600 West Markham, Little Rock, AR 72203 www.arkansaschoolfortheblind.org

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. (501) 296-1810

#### Arkansas School for the Deaf

2400 West Markham, Little Rock, AR 72205,  
www.arschoolforthe deaf.org

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

mental, speech and language, occupational therapy, physical therapy, and psycho-educational.

(501) 324-9506

#### Arkansas Spinal Cord Commission

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

Open Monday thru Fridays, 8:00am - 4:30pm, Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources. (501) 296-1788 (800) 459-1517

#### Camp Aldersgate

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

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

Camp Aldersgate is the only camp in Arkansas designed for children and youth with special needs. (501) 225-1444

#### Disability Rights Arkansas Inc.

400 West Capitol Avenue, Suite #1200,  
Little Rock, AR 72201,  
www.disabilityrightsar.org

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

(501) 296-1775 (800) 482-1174

#### Division of Services for the Blind (DHS)

700 Main Street, Little Rock, AR 72203  
www.humanservices.arkansas.gov/dsb/Pages/default.aspx

Provides support and services to blind and visually

impaired Arkansans. (501) 682-5463

#### Easter Seals of Arkansas

3920 Woodland Heights Road,  
Little Rock, AR 72212,  
www.eastersealsar.com

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

(501) 227-3600

#### Goodwill Industries Main Office

7400 Scott Hamilton Drive, Little Rock, AR 72209,  
www.goodwillar.org

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

(501) 372-5100

#### HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center

(BEC) of Pulaski County  
3805 West 12<sup>th</sup> Street, Suite #204,  
Little Rock, AR 72204,  
www.houseaboutit.org

Open 8:30am – 4:00pm, Monday – Thursday,  
Walk-Ins Welcome,  
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 (501) 379-1549 (501) 379-1556

#### Mainstream

300 South Rodney Parham - Suite #5,  
Little Rock, AR 72205

www.mainstreamilrc.com

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.

(501) 280-0012 (800) 371-9026

#### National Alliance on Mental Illness Arkansas (NAMI Arkansas)

1012 Autumn Road, Suite #1, Little Rock, AR 72211  
www.namiarkansas.org

Provides support, education and advocacy for persons with mental illness and their families.

(501) 661-1548 (800) 844-0381

#### Pinnacle Pointe Hospital

11501 Financial Centre Parkway,  
Little Rock, AR 72211,

www.pinnaclepointehospital.com

Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to patients

## HELP YOURSELF

COMMUNITY RESOURCES DIRECTORY FOR LITTLE ROCK & PULASKI COUNTY

VOLUME 3, NUMBER 1

Help Yourself Publishing, the original publisher of “Help Yourself: Community Resources Directory” is under transition. Due to high demand, Stewart Whaley and Vince Morris have published this issue for our community.

Help Yourself Directory

P.O.Box 45701, Little Rock, AR 72214 (501) 508-5858

hydirectory@gmail.com

Stewart Whaley Vince Morris

**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 CALENDAR:** “Help Yourself: Community Resources Directory” is a 20-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.

**COPIES & SUBSCRIPTIONS:** Single copies available (while supplies last) by mail (U.S. addresses only) @ \$4 each, postage paid. Payment must accompany request. Bulk copies (50) @\$50 per bundle, plus S&H. Contact us for payment details, shipping, subscription and/or International rates.

**COPYRIGHT:** Reproduction or use in full or in part of contents without the written permission of the publisher is prohibited. Unsolicited manuscripts or artwork will not be returned and publisher assumes no responsibility for care. All letters sent to Help Yourself Directory, no matter how delivered, are treated as intended for publication and are subject to our unrestricted right to edit or comment editorially. All articles and graphics © 2018 by publisher or by originating author/source.

*We do everything humanly possible to keep contact and program information published herein current and accurate ... however, sometimes things change and sometimes errors happen. In either instance, we apologize for the inconvenience and ask that you please contact us with corrections, updates, revisions, reports on your experiences as a service provider or client, useful tips, recommendations, and good ideas.*



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. **(501) 223-3322**

#### **Pride Industries**

700 West Capitol Avenue #B-125,  
Little Rock, AR 72201  
www.prideindustries.com  
Hires individuals with severe physical, mental, and developmental disabilities. **(501) 374-8087**

#### **Rock Region Metro, LINKS Paratransit (C.A.T.)**

Administrative Offices, 901 Maple Street,  
North Little Rock, AR 72114,  
Travel Center, 310 E. Capitol Avenue,  
Little Rock, AR 72201  
www.rrmetro.org  
Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to the LINKS system, the application process takes 21 days. **(501) 375-9607**

#### **Special Olympics Arkansas**

2115 Main Street, North Little Rock, AR 72114,  
www.specialolympicsarkansas.org  
Provides year-round sports training and competitions for children and adults with intellectual disabilities. **(501) 771-0222**

#### **St. Luke's Respite Care Center**

4106 JFK Blvd, North Little Rock, AR 72116,  
www.stlukeepiscopal.org  
Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving. **(501) 753-4281**

#### **TAP (Telecommunications Access Program)**

P.O. Box #3781, Little Rock, AR 72203,  
www.ace.arkansas.gov  
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education. **(501) 686-9693**

#### **The Allen School**

824 North Tyler Street, Little Rock, AR 72205  
www.theallenschool.org  
Providing education and day services for special needs children from birth to age 5. **(501) 664-2961**

#### **The Arkansas Disability Coalition**

1501 North University Avenue, Suite #221,  
Little Rock, AR 72207,  
www.adcpti.org  
The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also Family 2 Family health information center. **(501) 614-7020**

#### **United Way (Heart of Arkansas)**

516 Pershing Blvd., North Little Rock, AR 72114,  
www.heartaruw.org  
Heart of Arkansas United Way's mission is to advance the common good by focusing on health and human services throughout Arkansas. We do this by providing support to organizations that specialize in the specific needs of their community. **(501) 376-4567**

#### **World Services for the Blind**

2811 Fair Park Blvd., Little Rock, AR 72204,  
www.wsblind.org  
World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a

summer college preparatory program for rising high school juniors and seniors. **(501) 664-7100**

### **EDUCATION & LITERACY PROGRAMS**

#### **Arkansas Department of Career Education**

Arkansas Rehabilitation Services, 525 West Capitol Avenue, Little Rock, AR 72201,  
www.arcareereducation.org/about/arkansas-rehabilitation-services  
Providing educational support and rehabilitation services for individuals with disabilities. **(501) 296-1600**

#### **Arkansas Home Visiting Network**

415 South McKinley - Suite #610,  
Little Rock, AR 72205,  
www.arhomevisiting.org  
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. **(501) 364-5461**

#### **Arkansas Rehabilitation Services**

900 West 7<sup>th</sup> Street, Little Rock, AR 72201,  
www.arcareereducation.org/about/arkansas-rehabilitation-services  
Prepares people with disabilities to enter the work force thru education, social and accessibility support. Tuition, hearing aids and prostheses provided. **(501) 686-2800**

#### **Dr. Emma K. Rhodes Education Center**

1815 Wright Avenue, Little Rock, AR 72202,  
www.emmakrhodes.wixsite.com/erec  
Providing adult education and GED preparation, Life Skills training, and the following Certificate programs; Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also a licensed minister and provider of other community services. Personal Development for women. **(501) 372-0277**

#### **HIPPY**

*Home Instruction for Parents of Preschool Youngsters*,  
1 Children's Way, Slot #651,  
Little Rock, AR 72202,  
www.hippyardarkansas.org  
Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidenced-based program that works with families in the home to support parents in their critical role as their child's first and most important teacher. **(501) 364-3671**

#### **Job Corps**

6900 Scott Hamilton Drive, Little Rock, AR 72209,  
www.littlerockjobcorps.gov  
Provides job training and remedial education for youth, ages 15 – 24. **(501) 618-2500**

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

14036 Sardis Road, Shannon Hills, AR 72103,  
www.letourviolenceend.com  
GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals. **(501) 516-1602**

#### **Literacy Action of Central Arkansas**

100 Rock Street, 5<sup>th</sup> Floor, Suite #530 (Inside Public Library), Little Rock, AR 72201,  
www.literacyactionar.org

Teaching adults to read & English as a second language. **(501) 372-7323**

#### **Little Rock Adult Education Center**

4800 West 26<sup>th</sup> Street (26<sup>th</sup> & Madison Street),  
Little Rock, AR 72204  
http://schools.lrsd3.org/?q=content/adult-education-center  
Offering community and adult education courses. Refresher classes, GED classes and English as a second language. **(501) 447-1850**

#### **Mosaic Templars Cultural Center**

501 West 9<sup>th</sup> Street, Little Rock, AR 72201  
www.mosaictemplarscenter.com  
Museum related education program for pre-K through post graduate level. Primarily focusing on African-American history. **(501) 683-3593**

#### **Our House Career Center**

302 East Roosevelt Road, Little Rock, AR 72206,  
www.ourhouseshelter.org  
Open to community members for GED prep, basic literacy classes, TABE / WAGE testing, career readiness certificate preparation and testing. Initial enrollment by appointment. **(501) 374-7383 Ext. #210**

#### **Pulaski County Special School District (PCSSD)**

925 East Dixon Road, Little Rock, AR 72206  
www.pcassd.org  
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. **(501) 234-2000**

#### **S.T.E.P. Ministries**

P.O. Box #122, North Little Rock, AR 72114  
www.stepministries.org  
Tutoring in the public schools for at risk children & Christian mentoring program. **(501) 758-4054**

#### **Single Parent Scholarship Fund of Pulaski County**

200 River Market Avenue, Suite #100,  
Little Rock, AR 72201  
www.spsfpulaski.org  
Providing scholarships and support for single parents in Arkansas. **(501) 301-7773**

#### **University of Arkansas, Little Rock (U.A.L.R.) ECO/TRIO Pre-College Outreach Center**

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

#### **Veteran's Day Treatment Center**

1000 Main Street, Little Rock, AR 7220,  
Comprehensive homeless center for veterans **ONLY**. Providing a broad range of education and special programs. Available to veterans **ONLY**. **(501) 244-1900**

### **ELDER CARE**

#### **Alzheimer's Arkansas**

201 Markham Center Drive,  
Little Rock, AR 72205,  
www.alzark.org  
Their mission is to provide the information and

support needed so that all Arkansans affected by Alzheimer's disease and related dementia are able to live with dignity and comfort until a cure is found. **(501) 224-0021**

#### **Arkansas Adult Protective Services**

www.aradultprotection.com  
Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate knowledge, infirmity, or laziness on the part of the person responsible. Now is the time to stop it. Stop ignoring the abuse and neglect. *You can make a difference!*  
**(800) 482-8049 (24-hour abuse hot-line)**

#### **Arkansas Aging and Adult Services**

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

#### **Arkansas Relay**

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

#### **Care Link**

P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72114, www.carelink.org  
Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance. **(501) 372-5300 Information (800) 482-6359**

#### **Central Arkansas Development Council (C.A.D.C.)**

Weatherization Assistance Program,  
P.O. Box #580, Benton, AR 72018,  
www.CADC.com  
Complete application for review to be wait-listed for assistance with weatherization projects. **(501) 776-8446**

#### **Choices in Living Resource Center**

AR Choices in Homecare P.O. Box #1437, Slot S-530, Little Rock, AR 72203,  
www.choicesinliving.ar.gov  
Pre-screening for long term care Medicaid Waivers, providing options to help people remain in the community, in their own homes. **(866) 801-3435**

#### **Good Shepherd Community**

2701 Aldersgate Road, Little Rock, AR 72205,  
www.goodshepherdcommunity.com  
Providing options in living from HUD subsidized housing to upscale suites to long term residential care. **(501) 224-7200**

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

3805 West 12th Street, Suite #204,  
Little Rock, AR 72204,  
http://houseaboutit.org/home.html  
Little Rock, AR 72204, 8:30am – 4:00pm, Monday – Thursday, Walk-ins Welcome, 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 **(501) 379-1549**  
**(501) 379-1556**

#### LifeQuest of Arkansas

600 Pleasant Valley Drive, Little Rock, AR 72227,  
[www.lifequestofarkansas.org](http://www.lifequestofarkansas.org)  
Open Monday - Thursday: 9:00 am to 4:30 pm. We are located inside Second Presbyterian Church. Volunteer-driven, LifeQuest provides a setting where adults explore social interaction and intellectual stimulation thrive. **(501) 225-6073**

#### Meals on Wheels

P.O. Box #5988, North Little Rock, AR 72119,  
[www.carelink.org](http://www.carelink.org)  
Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare their own meals.  
**(501) 372-5300**

#### Southern Baptist Disaster Relief Program

(In partnership with American Red Cross, Salvation Army)  
10 Remington Drive, Little Rock AR. 72204,  
[www.absc.org/missions](http://www.absc.org/missions)  
Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well. **(501) 376-4791**

#### TAP (Telecommunications Access Program)

P.O. Box #3781, Little Rock, AR 72203,  
[www.ace.arkansas.gov](http://www.ace.arkansas.gov)  
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.  
**(501) 686-9693**

#### University of Arkansas, Little Rock (U.A.L.R.)

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

### EMPLOYMENT ASSISTANCE

#### Arkansas Department of Career Education

3 Capitol Mall, Little Rock, AR 72201,  
[www.ARCareerEd.org](http://www.ARCareerEd.org)  
Provides education and employment support for Arkansans in the fields of technical education and adult education. **(501) 682-1500**

#### Arkansas Department of Workforce Services

[www.dws.arkansas.gov](http://www.dws.arkansas.gov)  
Jacksonville Office, 2 Crestview Plaza,  
Jacksonville, AR 72076, (501) 982-3835  
Little Rock Office, 5401 South University Avenue,  
Little Rock, AR 72209, (501) 682-7719  
North Little Rock Office, 324 Pershing Blvd., Suite 1,  
North Little Rock, AR 72114,  
(501) 376-4119  
Open Monday thru Friday, 8:00am – 4:30pm,  
unemployment office, FAX, phone, copy machine,  
computer lab job search related use only.  
**(501) 682-0228**

#### Church at Rock Creek

11500 West 36<sup>th</sup> Street, Little Rock, AR 72211,  
[www.churchatrockcreek.com](http://www.churchatrockcreek.com)  
CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer and those in a career transition. Free for men and women 18 and over. **(501) 221-1051**

#### Command Center

601 West 4<sup>th</sup> Street, North Little Rock, AR 72214,  
[www.commandonline.com](http://www.commandonline.com)  
Command Center is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.  
**(501) 246-4621**

#### Employers Choice

760 Edgewood Dr, Maumelle, AR 72113,  
Temporary employment Agency  
**(501) 851-4111**

#### Goodwill Adult Education Center, North Little Rock

6929 John F. Kennedy Blvd., Suite #112,  
North Little Rock, AR 72116 **01) 835-5286**

#### Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Drive, Little Rock, AR 72209,  
[www.goodwillar.org](http://www.goodwillar.org)  
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration. **(877) 372-5151**

#### Goodwill Career Service Center, Bryant

5914 Highway 5-N, Bryant, AR 72022  
**(501) 653-2209**

#### Goodwill Career Service Center, Little Rock

1110 West 7<sup>th</sup> Street, Little Rock, AR 72201  
**(501) 492-5550**

#### Goodwill Career Service Center, Little Rock

109 Markham Park Drive, Little Rock, 72211  
**(501) 221-1018**

#### Integrity Staffing, Healing Waters

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

#### Labor Finders

7223 Geyer Springs Road, Little Rock, AR 72209,

[www.laborfinders.com](http://www.laborfinders.com)

Located at 7223 Geyer Springs Road. Day labor coordinators. First fill out their forms then arrive at 6:00am wait to find daily work as available.  
**(501) 565-9632**

#### Operation Restore

10411 West Markham Street,  
Little Rock, AR 72205,  
[www.cityconnectionsinc.org/operation-restore.html](http://www.cityconnectionsinc.org/operation-restore.html)  
A temporary employment agency for returning citizens. **(501) 376-1686**

#### People Ready

1400 South University Avenue,  
Little Rock, AR 72204,  
[www.peopleready.com](http://www.peopleready.com)  
Day labor coordinators. Open Monday - Friday;  
5:30 am - 6:00 pm  
Saturday; 6:00 - 8:00 am and 5:00 - 5:30 pm. Make an appointment to fill out their forms then wait to be assigned daily work. **(501) 562-6111**

#### Premier Staffing - Dotación de Personal Premier

10901 Financial Centre Parkway,  
Little Rock, AR 72211,  
[www.premierstaffinginc.com](http://www.premierstaffinginc.com)  
Open Monday - Friday 8:00am - 500pm. 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 contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de fábrica. El primer paso es registrarse

en el sitio web [www.premierstaffinginc.com/y](http://www.premierstaffinginc.com/y) una vez registrado comunicarse al telefono **501-223-8367. (501) 223-8367**

#### Pride Industries

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

#### Watershed

3701 Springer Blvd., Little Rock, AR 72206  
"Working to find work" Job guidance counseling, employment assistance. Job preparedness classes Tuesday thru Thursday 10:00am – 12:00pm.  
**(501) 378-0176**

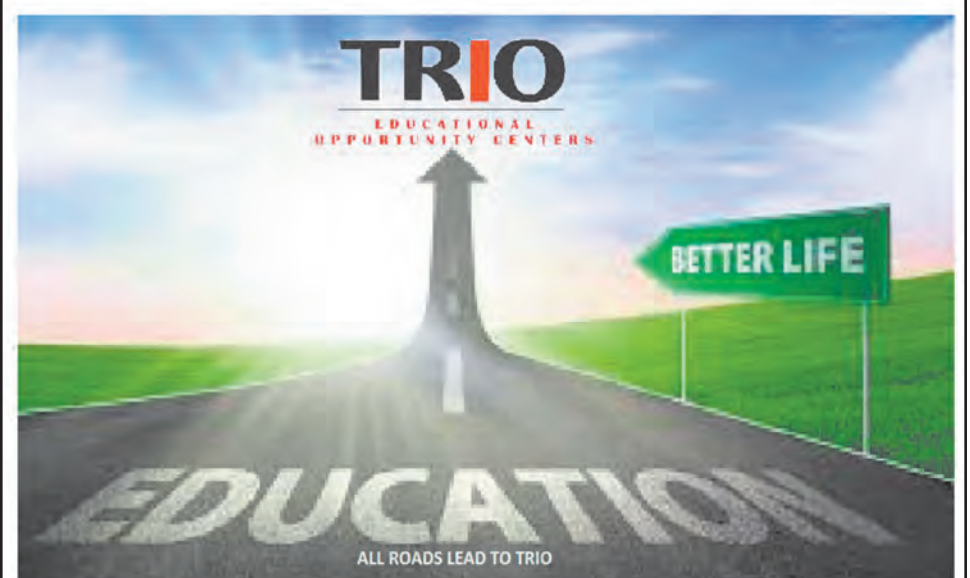
### EX-OFFENDER/RE-ENTRY PROGRAMS

#### Approved transitional housing

Facilities in the Little Rock, Pulaski County area for men and women leaving prison, as of November 2017  
[www.dcc.arkansas.gov/images/uploads/THF\\_Facilities\\_Feb\\_16.pdf](http://www.dcc.arkansas.gov/images/uploads/THF_Facilities_Feb_16.pdf)

#### Arkansas C.U.R.E.

Citizens United for the Rehabilitation of Errants (CURE), P.O. Box #1045, Mayflower, AR 72106,  
[www.arkansascure.org](http://www.arkansascure.org)  
The state chapter of an international grass roots organization dedicated to reducing crime by reforming



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  
501.907.2470

[www.ualr.edu/trioeocets](http://www.ualr.edu/trioeocets)



of the criminal justice system through education and advocacy. **(501) 519-0064**

#### **Arkansas Cares**

2002 South Fillmore, Little Rock, AR 72204  
www.methodistfamily.org  
Substance abuse treatment center and transitional housing for women with children or who are pregnant, with substance abuse or mental health issues, who have completed an approved OADAP residential treatment program. **(501) 906-4928**

**Arkansas Department of Career Education, Arkansas Rehabilitation Services,**  
525 West Capitol Avenue, Little Rock, AR 72201,  
www.ace.arkansas.gov  
Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities. **(501) 296-1600**

#### **Arkansas Department of Workforce Services**

5401 South University Avenue,  
Little Rock, AR 72209,  
www.dws.arkansas.gov  
Open Monday thru Friday, 8:00am – 4:30pm,  
unemployment office, FAX, phone, copy machine,  
computer lab job search related use only.  
**(501) 682-0228**

#### **Arkansas Time After Time**

P.O. Box #11491, Conway, AR. 72034,  
www.arkansastimeaftertime.org  
The local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders. **(501) 444-2828**

#### **Chance Sobriety**

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

#### **City of Faith**

1401 South Garfield Drive, Little Rock, AR 72204,  
www.cityoffaith.org  
Transitional housing facility for men and women released from **Federal** prison. **(501) 615-1090**

#### **Compassion in Action**

300 South Spring St., Suite #604,  
Little Rock, AR 72201,  
4314 Landers Road, North Little Rock, AR, 72117  
www.compassioninactionofar.org/#home  
"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 teaching these men and woman how to cope with reentering society, and teaching ex-offenders ways to maximize their God given potential in productive ways.  
**(501) 420-3803**

#### **Goodwill Industries Reentry Services Program**

7400 Scott Hamilton Drive, Little Rock, AR 72209,  
www.goodwillar.org  
Assistance for reentering citizens with issues such as record expungement, restitution planning, job readiness training, housing and transportation. Also available is the Transitional Employment Opportunity (TEO) program: a 16-week paid training program for reentering citizens without violent or sexual charges on their background. **(501) 372-5100**

#### **Gyst House**

8101 Frenchmans Lane, Little Rock, AR 72209,  
www.gysthouseinc.com  
Transitional housing for men and women with substance abuse issues. **(501) 568-1682**

#### **Hoover Center**

3604 West 12<sup>th</sup> Street, Little Rock, AR 72204,  
www.bcdinc.org/index-9.html  
Transitional housing for men and women with substance abuse issues. **(501) 663-4774**

#### **Hope House of Recovery**

P.O. Box #190431, Little Rock, AR 72219,  
www.hopehousearkansas.com  
Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved. **(501) 565-4673**

#### **Integrity Staffing (Healing Waters Outreach Center)**

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

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

14036 Sardis Road, Shannon Hills, AR 72103,  
www.letourviolenceend.com  
Working with women returning from incarceration. **(501) 516-1602**

#### **Operation Restore**

10411 West Markham Street,  
Little Rock, AR 72205,  
www.cityconnectionsinc.org/operation-restore.html  
A temporary employment agency for returning citizens. **(501) 376-1686**

#### **Our House Reentry Program**

302 East Roosevelt, Little Rock, AR 72206,  
www.ourhouseshelter.org  
The Reentry Program at Our House is open Monday - Thursday 8:00am - 8:00pm and Friday 8:00am – 5:00pm. In addition to the job skills, life skills and adult education programing offered at the career Center, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment, housing and the legal system. **(501) 374-7383 Ext. #218**

#### **Phoenix Recovery Center**

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

#### **Quality Living Center, Men's**

3925 Asher Avenue, Little Rock, AR 72204,  
http://qualitylivingcentertreatment.net  
Transitional housing for men only. **(501) 663-3490**

#### **Quality Living Center, Women's**

2900 South Cedar Street, Little Rock, AR 72204,  
http://qualitylivingcentertreatment.net  
Transitional housing for women only.  
**(501) 663-3490**

#### **Recovery Center of Arkansas, Riverbend**

1201 River Road, North Little Rock, AR 72114,  
www.rcofa.org  
Transitional housing for men and women.  
**(501) 372-4611**

#### **Recovery Center of Arkansas, Williamsburg**

6301 Father Tribou Road, Little Rock, A 72205,  
www.rcofa.org  
Transitional housing for men and women with substance abuse issues. **(501) 372-4611**

#### **Rock City Reentry**

5401 South University, Little Rock, A 72209  
(Inside Workforce Services)  
Comprehensive, d reentry program, Must be within 180 days of release. **(501) 682-0228**

#### **Safe Harbor of Little Rock**

4800 Springer Blvd., Little Rock, AR 72206,  
http://safeharborlittlerock.org  
Transitional housing for men with substance abuse issues. **(501) 374-5399**

#### **Sober Living**

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

#### **St. Francis House**

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

#### **Transitional Faith-based Therapeutic Community**

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

#### **Veteran's Day Treatment Center**

1000 Main Street, Little Rock, AR 72202,  
Incarcerated veterans' re-entry program.2 Provides case-management following release from prison. For veterans **ONLY**. Veteran's Day Treatment Center. **(501) 244-1900**

### **FINANCIAL & UTILITY ASSISTANCE**

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

5401 South University Avenue,  
Little Rock, AR 72209,  
www.cadc.com  
Providing assistance with utility bills and emergency conservation when funds are available.  
**(501) 603-0909**

#### **Centerpoint Energy (Gas)**

www.centerpointenergy.com  
Customer Service **(800) 992-7552**

#### **Entergy (Electricity)**

www.entergy-arkansas.com  
Customer Service **(800) 368-3749**

#### **St. Francis House**

2701 South Elm Street, Little Rock, AR 72209,  
www.stfrancisministries.com  
Assistance with utility bills must have shut-off notice. NO rental assistance available. Call between 8:30 – 10:00am. Must provide photo ID, Social Security card, and proof of income. Assistance as funds are available. **(501) 664-5036**

### **FOOD PANTRIES**

#### **Amboy Community Food Pantry**

100 Auburn Drive, North Little Rock, AR 72118,  
Open Monday & Thursday 9:00am – 12:00noon.  
Proof of North Little Rock or Maumelle residency,

and photo ID required. **(501) 753-2777**

#### **Bullock Temple**

1513 South Park Street, Little Rock, AR 72202,  
Open Monday 1:00 – 2:00pm Thursdays 4:30-6:00pm, appoints preferred, ID required.  
**(501) 375-1581**

#### **Central Baptist Church of North Little Rock**

9650 Highway 107, Sherwood, AR 7212,  
Food pantry, open Wednesdays, 10:00 – 11:45am.  
Serving Sherwood residents only. Photo ID Required. **(501) 680-1427**

#### **Christ Temple Outreach Center**

1919 South Arch Street, Little Rock, AR 72206,  
Open Tuesday & Thursday 10:00am – 12:00noon.  
**(501) 376-1664**

#### **Church at Rock Creek**

11500 West 36<sup>th</sup> Street, Little Rock, AR 72211,  
www.churchatrockcreek.com  
Open Tuesday, thru Friday. Call in the mornings between 8:00 & 10:00am to schedule an afternoon appointment. Services available for each person/family at intervals of 5-weeks, 1 service per household. Serving Little Rock and Saline County residents ONLY. **(501) 221-1051**

#### **El Zocalo Immigrant Food Pantry**

5500 Geyer Springs Road,  
Little Rock, AR 72209,  
Inside Geyer Springs United Methodist Church  
www.zocalocenter.com  
El Zocalo Immigrant Food Pantry organized by El Zocalo and Interfaith Arkansas. 1 box of food per month for low income immigrant families or families affected by immigrant detention. No ID necessary.  
**(501) 301 –4652**

#### **First Baptist Church**

2015 Main Street,  
North Little Rock, AR 72114,  
Open Tuesdays 11:00am – 1:00pm. Primarily serving the North Little Rock area.  
**(501) 758-1525**

#### **First Christian Church of Sherwood**

2803 East Kiehl Avenue,  
Sherwood, AR 72120,  
www.sherwoodfcc.org/default.asp?sec\_id=180002962  
Open Friday 10:30am – 12:00noon. Photo ID Required, services for families in Sherwood and Jacksonville. **(501) 835-5505**

#### **First Pentecostal Church Food Pantry**

424 East 17<sup>th</sup> Street,  
North Little Rock, AR 72114,  
Open Fridays, 1:00pm – 5:00pm. Photo ID required. **(501) 758-3090**

#### **Gardner Memorial United Methodist Church Food Pantry**

1723 Schaer Street, Little Rock, AR 72114,  
www.gardnermemorialumc.org  
Open Tuesday & Thursday 1:00pm – 3:00pm.  
Photo ID Required. Serves residents of North Little Rock **ONLY**  
**(501) 374-9520**

#### **Geyer Springs United Methodist Church**

5500 Geyer Springs Road,  
Little Rock, AR 72209,  
www.geyerspringsumc.org/default.asp?sec\_id=180012503  
Open 1<sup>st</sup> & 3<sup>rd</sup> Thursday 9:00am – 12:00noon.  
Serves residents of the 72206, 72209 & 72103 Zip



Code area **ONLY**. Photo ID required.

**(501) 565-3175**

**Greater Second Care Center**

5615 Geyer Springs Road,  
Little Rock, AR 72209,  
www.greatersecond.org  
Open third Wednesday 10:00am – 12:00noon.  
**(501) 569-9988**

**Helping Hand of Greater Little Rock**

1601 Marshall Street,  
Little Rock, AR 72202,  
www.helpinghand.org  
Open Monday thru Thursday 9:00am – 12:30pm.  
May only access food once each month. Food and  
inexpensive thrift store clothing available. Photo ID  
required.  
**(501) 372-4388**

**Immanuel Baptist Church**

10500 West Markham Street, Suite #107,  
Little Rock, AR 72211,  
Open Tuesday 10:00am – 2:00pm. ID and proof  
of residence required. For children, must provide  
proof of guardianship.  
**(501) 376-3071**

**In Your Hands Ministries, Inc.**

3905 Highway #161 North,  
North Little Rock, AR 72117,  
www.inyourhandsministries.com  
Open Tuesdays 7:00am – 11:00noon. Present  
photo ID, Once a month per household. **(501)**  
**945-1314**

**Jacksonville Care Channel**

201 North Elm Street,  
Jacksonville, AR 72076,  
Open Monday, Wednesday, & Friday 10:00am –  
1:00pm. Serves residents of Jacksonville, 72076  
zip code area **ONLY**. To qualify bring proof of  
Jacksonville residency, Social Security number  
or Photo ID for each listed family member, pay  
stubs, and food stamp approval letter.  
**(501) 982-4647**

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

14036 Sardis Road, Shannon Hills, AR 72103,  
www.letourviolenceend.com  
Family Food Pantry open 2nd, 3rd & 4th Sundays  
12:00-2:00pm. **(501) 516-1602**

**Lakeshore Drive Baptist Church**

21 Lakeshore Drive, Little Rock, AR 72204,  
www.facebook.com/LakeshoreLit-  
tleRock/?f=113369145364049  
Open 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month  
10:00am – 2:00pm. Serving the 72204 Zip Code  
area **ONLY**. **(501) 565-5536**

**Liberty Hill Baptist Church**

1215 South Schiller, Little Rock, AR 72202,  
www.libertyhbc.org  
Open 2<sup>nd</sup> Monday, 3:00pm – 6:00pm, Photo ID  
Required. **(501) 374-8060**

**Little Rock Church**

10701 West Baseline Road,  
Little Rock, AR 72209,  
https://littlerockchurch.org  
Open every other Monday 4:30 – 6:30pm.  
**(501) 455-0900**

**Little Rock Compassion Center**

3618 West Roosevelt,  
Little Rock, AR 72204,  
www.lcompassioncenter.org  
Open Tuesday and Thursday 8:00 – 11:00am.  
Photo ID required. Serving the 72204 Zip code  
area only. **(501) 296-9114**

**Mosaic Church of Central Arkansas**

6221 Colonel Glenn Road ad, Suite #A,  
Little Rock, AR 72204,  
www.mosaicchurch.net  
Open Tuesday 2:00 – 3:30pm, must be from  
72204 area, 1<sup>st</sup> come 1<sup>st</sup> served.  
**(501) 562-3336 Bilingual**

**Mount Zion Baptist Church**

924 Cross Street, Little Rock, AR 72202,  
Open Wednesday 11:00am – 2:00pm & Saturday  
10:00am – 12:00noon. **(501) 374-5832**

**Oak Forest United Methodist Church**

2415 Fair Park Blvd., Little Rock, AR 72204,  
www.oakforrestumc.com  
Open 1<sup>st</sup> and 3<sup>rd</sup> Thursday 11:00am – 1:00pm,  
serving 72204 Zip Code.  
**(501) 663-9407**

**Park Hill Christian Church**

4400 John F. Kennedy Blvd., North Little Rock, AR  
72116,  
http://parkhillchristian.org  
Open Tuesday 9:30am – 12:00noon. Serving North  
Little Rock, Sherwood and Maumelle residents.  
**(501) 753-1109**

**Pulaski Heights United Methodist Church**

4823 Woodlawn Drive, Little Rock, AR 72205,  
www.phumc.com  
Open first Wednesday morning of each month at  
8:30am. **(501) 664-3600**

**Quapaw Quarter United Methodist Church**

1601 South Louisiana Street,  
Little Rock, AR 72206,  
www.umc.org/find-a-church/church/62626  
Groceries are distributed between 1:00 – 3:00pm  
on the first and third Tuesdays of each month,  
except August. **(501) 375-1600**

**River City Ministry**

Day Services for the Homeless,  
1021 East Washington,  
North Little Rock, AR 72114,  
www.rivercityministry.org  
Open Tuesdays & Thursdays 9:30am – 10:30am.  
Serving Pulaski County residents only, Must provide  
photo ID. **(501) 376-6694**

**Salvation Army**

Salvation Army North Little Rock Food Pantry  
5100 North Locust Street,  
North Little Rock, AR 72113,  
www.SalvationArmyCentralArkansas.org  
Food Pantry open Monday, Wednesday, and Friday,  
9:30am – 12:00 and 1:00 – 3:00pm. Bring photo  
ID, proof of income, proof of expenses and lease  
or rental agreement. Serving the North Little Rock  
area. **(501) 313-2405**

**Second Baptist Church**

1709 John Barrow Road,  
Little Rock, AR 72204,  
Open Wednesdays & Thursdays 10:00am –  
12:00noon. Photo ID and utility bill required to have  
matching name & address.  
**(501) 223-2323**

**St. Francis House**

2701 South Elm Street,  
Little Rock, AR 72204,  
www.stfrancisministries.com  
Open Monday thru Friday 8:30am – 11:30am &  
1:00pm – 3:00pm. Must provide photo ID, Social  
Security card for each recipient. **(501) 664-5036**

**St. John Missionary Baptist Church Unto  
Others Food Pantry**

2501 South Main Street,

# ARKANSAS PRISON CONSULTING



We offer the following services on a case by case basis

- Parole Plans
- Parole Revocations
- Post-Conviction Relief (Rule 37 and §2254)
- Grievances
- Medical Care
- Conditions of Confinement
- Interstate Compact
- Probation Revocation
- Sex Offender Registration
- Administrative Appeals
- Termination of Obligation to Register
- Public and Court Records Retrieval
- Transfers
- Early Termination of Probation
- Community Service/Restitution/Fine Issues
- § 1983 actions

**Write or Call for a free consultation**

Arkansas Prison Consulting  
c/o Open Access Law Firm, PLLC  
PO Box 45701  
Little Rock, AR 72214

**(501) 508.5858**

**Arkansas Prison Consulting is a service of Open Access  
Law Firm, PLLC and supervised by Stewart Whaley, Attorney.**



Little Rock, AR 72206,  
www.sjmbchurch.org  
Open the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month, 9:00am – we run out. Must complete application, photo ID Required. During winter weather months open only once a month. **(501) 537-8658**

**St. Marks Episcopal Church Food Pantry**  
1500 North Mississippi Street,  
Little Rock, AR 72207,  
http://st-marks.com/serving/st-marks-food-pantry  
Open Thursdays, 9:15 – 10:45am. Photo ID required. **(501) 225-4203**

**Sylvan Hills Community Church, Crisis Corner**  
8019 Hwy #107, Sherwood, AR 72120,  
www.sylvanhillscommunitychurch.com  
Open Tuesday 10:00am – 12:00noon, Serving North Little Rock, Jacksonville and Sherwood residents only. Photo ID required. **(501) 835-1612**

**Temple Baptist Church – Food Pantry**  
10710 Interstate #30,  
Little Rock, AR 72209,  
Open 1st & 3<sup>rd</sup> Monday of each month 6:00pm. Must register with the food pantry with each use. **(501) 565-4966**

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

**Union A.M.E. Church Food Pantry**  
1825 South Pulaski Street,  
Little Rock, AR 72206,  
www.unionamec.com  
Open 2<sup>nd</sup> Wednesday of each month, 1:00 - 3:00pm. Call to confirm time. **(501) 374-3528**

**Watershed**  
3701 Springer Blvd., Little Rock, AR 72206,  
Open Monday thru Friday 8:00am – 4:00pm.  
Call before coming to make sure food is available. Appointments and referrals are preferred. Social Security card or number is preferred. Must have photo ID. **(501) 378-0176**

## FURNITURE

**Sylvan Hills Church of Christ Furniture Ministry**  
9305 Hwy 107,  
Sherwood, AR 72120,  
www.shcofc.org  
Visit the church between 8:00am and 4:00pm, Monday thru Friday to fill out the needs form and meet with staff. Must have photo ID **(501) 835-4141**

**Watershed**  
3701 Springer Blvd., Little Rock, AR 72206,  
Open Monday thru Friday 8:00am – 4:00pm. Call before coming to insure furniture is available. Must have photo ID. **(501) 378-0176**

## HEALTH CARE SERVICES

**12th Street Health and Wellness Center**  
4010 West 12<sup>th</sup> Street, Little Rock, AR 72204,

www.healthon12th.uams.edu  
Open Monday and Wednesday 4:00pm – 8:00pm, Thursday 4:00 – 7:00pm. Free medical support, Chronic disease management (Hypertension, Diabetes, and Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling. **(501) 614-2492**

**ARCare**  
1111 West 7<sup>th</sup> Street, Little Rock, AR 72201,  
General Medical clinic and referrals. Open Wednesday 10:00 – 3:00pm **(501) 455-2712**

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

**Clínica el Samaritano**  
El Faro Baptist Church, 7002 Baseline Road,  
Little Rock 72209,  
Appointment only, the sign up is usually put on front door night before. Limit 15 appointments per-day. \$10/visit. Spanish interpreters available. Small pharmacy. Open 1st & 3rd Tues 5:30pm-8:30pm (subject to change) Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) **(501) 350-2518 Bilingual**

**College Station Clinic**  
4206 Frazier Pike, College Station, AR 72053,  
www.jccsi.org  
Open Mondays thru Friday, 8:00am – 5:00pm. Saturday 8:00 – 12:00pm, appointments recommended, proof of income, Social Security card required. Minimum co-pay of \$20.00 depending on income. **(501) 490-2440**

**Esperanza "Hope" Neighborhood Clinic (Spanish)**  
2nd Baptist Church, 6111 West 83<sup>rd</sup> Street,  
Little Rock 72209,  
http://esperanzahopeclinic.org  
Primary care clinic, open Thursday, 5:15am – 8:00pm, Closed the 5<sup>th</sup> Thursday of each month, primarily serving clients in the 72209 Zip code area. Entrance around the back. By appointment ONLY. \$5.00 co-pay. Have Spanish interpreters available. **(501) 562-1114 Bilingual**

**Harmony Health Clinic**  
201 East Roosevelt Road, Little Rock, AR 72206,  
www.harmonyclinicar.org  
Open Monday thru– Friday, 9:00am - 1:00pm to pick-up and return application packet. Appointments required to see doctors. NO WALK-INS. **(501) 375-4400**

**Hospice Home Care**  
12120 Colonel Glenn Road Suite #10000  
Little Rock, AR 72210,  
www.hospicehomecare.com  
When someone you love has an advanced life-limiting illness, Hospice Home Care staff and volunteers are there to offer options that maximize comfort and maintain dignity. Hospice treats the person instead of the disease; focuses on the family instead of just the individual; and emphasized the quality of life instead of its duration. Hospice care allows terminally ill patients and their families to experience

the end of life together in the comfort and security of a homelike setting. **(501) 296-9043**

**Hospice Home Care, Inpatient Center**  
2000 South Bowman,  
Little Rock, AR 72210,  
www.hospicehomecare.com  
**(501) 221-3338**

**HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County**  
3805 West 12th Street, Suite #204,  
Little Rock, AR 72204,  
http://houseaboutit.org/home.htm  
Open 8:30am – 4:00pm, Monday – Thursday, Walk-Ins Welcome, 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 **(501) 379-1549**  
**(501) 379-1556**

**Jacksonville Health Unit**  
3000 North 1<sup>st</sup> Street,  
Jacksonville, AR 72076,  
www.health.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville  
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS testing and referrals. No physicals. **(501) 982-7477**

**John L. McClellan Veterans Hospital**  
4300 West 7<sup>th</sup> Street, Little Rock, AR 72205,  
www.littlerock.va.gov/locations/directions.asp  
Medical care and treatment for veterans **ONLY.**  
**(501) 257-1000**

**Liberty Hill Baptist Church**  
1215 South Schiller, Little Rock, AR 72202,  
www.libertyhbc.org  
Health screening nurse available 2nd Monday, 3:00pm – 6:00pm. **(501) 374-8060**

**Maumelle Medical Center**  
501 Millwood Circle, Suite E,  
Maumelle, AR 72113,  
http://maumellemedicalcenter.com  
Open Monday thru Thursday, 8:00am – 5:00pm, Friday 8:00am – 12:00noon. **(501) 803-9990**

**North Little Rock City Health Department**  
2800 North Willow Street,  
North Little Rock, AR 72114,  
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Low cost health screenings. Birth control, STD, HIV/AIDS testing immunizations, and referrals. No physicals. **(501) 791-8551**

**Open Hands Clinic**  
1225 Martin Luther King Jr. Drive,  
Little Rock, AR 72202,  
http://health-centers.healthgrove.com/l/2954/

Homeless-Open-Hands  
Open Monday 8:00am – 7:00pm, Tuesday and Wednesday 8:00am – 5:00pm, Thursday 8:00 – 12:00noon, Friday 8:00am – 5:00pm. Appointments preferred, Social Security card & ID required must be homeless, in shelter, or in transitional housing. **(501) 244-2121**

**Pulaski County Central Health Unit**  
3915 West 8<sup>th</sup> Street, Little Rock, AR 72204,  
www.health.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock  
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS testing and referrals. No physicals. **(501) 280-3100**

**Pulaski County S.T.D. Clinic**  
3915 West 8<sup>th</sup> Street, Little Rock, AR 72204,  
http://std-clinics.healthgrove.com/l/289/Pulaski-County-Health-Unit-North-Little-Rock  
Open Monday thru Friday, 8:00am – 4:30pm, appointments required, photo ID required. Free or low cost STD, HIV/AIDS testing and referrals. \$5.00 records maintenance fee without Medicaid. **(501) 280-3100**

**River City Ministry**  
Day Services for the Homeless  
1021 East Washington,  
North Little Rock, AR 72114,  
www.rivercityministry.org  
By appointment only, Call for appointments, serving adults. Insurance or \$5.00 cash required at each visit. **(501) 376-6694**

**Shepherds Hope**  
Neighborhood Health Center, 2404 S. Tyler Street,  
Little Rock, AR 72204,  
http://www.oakforestumc.com/ministries  
By appointment only, open Tuesday and Thursday 5:30am – 9:00pm. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required. **(501) 614-9523**

**St. Francis House**  
2701 South Elm Street, Little Rock, AR 72204,  
www.stfrancisministries.com  
Prescription refills. Open Monday & Wednesday 9:00 – 11:00am. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide photo ID, Social Security card. **(501) 664-5036**

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

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

**St. Vincent Health Clinic East**  
2500 East 6<sup>th</sup> Street, Little Rock, AR 72202,  
Open Monday thru Thursday, 8:00am – 4:30pm, Friday, 8:00am – 12:00pm, fees based on sliding scale, Office visit \$20.00 with proof of income. Labs \$5.00 each. Call for appointment. No walk-ins. **(501) 552-4710**

**St. Vincent Health System - St. Francis House Clinic**



2701 South Elm Street, 3<sup>rd</sup> floor,  
Little Rock, AR 72204,  
Appointments required, call 552-3241. Appoint-  
ments available Tuesdays beginning at 8:00am.  
Proof of income required.  
**(501) 552-3241**

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

**Towbin Healthcare & VA Medical Center**  
2200 Fort Roots Drive, North Little Rock, AR  
72114,  
www.littlerock.va.gov/locations/northlittlerock.asp  
Medical care, treatment and domicile available to  
veterans **ONLY. (501) 257-1000**

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

**Watershed**  
3701 Springer Blvd., Little Rock, AR 72206,  
Assistance with medications. Open Monday thru  
Friday 8:00am – 4:00pm. Call before coming to  
make sure funds are available. Appointments and  
referrals are preferred. **(501) 378-0176**

**Westside Free Medical Clinic**  
2000 Camp Aldersgate Road,  
Little Rock, AR 72205,  
www.dolr.org/catholic-charities/westside-medi-  
cal-clinic  
Evening clinic, please call for appointment and leave  
a voice mail, appointments required. Bus service not  
readily available. **(501) 664-0340**  
**Ext. #356 English Ext. 335 Spanish**

#### DENTAL CLINICS

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

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

**River City Ministry**  
Day Services for the Homeless  
1021 East Washington,  
North Little Rock, AR 72114,  
www.rivercityministry.org  
**By appointment only.** For Pulaski County residents  
only. \$5.00 cash payment required per visit. Call  
Thursday at 10:00am for appointment.  
**(501) 376-6694**

**Shepherds Hope**  
Neighborhood Health Center,  
2404 S. Tyler Street,  
Little Rock, AR 72204,  
www.oakforrestumc.com  
By appointment only, serving the 72204 and 72209  
zip codes. Extractions only. Proof of residency  
required. Appointments 3 Tuesday of each month  
5:30 – 8:30pm. Call Tuesdays at 1:00pm for a same  
day appointment. **(501) 614-9523**

**St. Vincent Health Clinic East**  
2500 East 6<sup>th</sup> Street, Little Rock, AR 72202,  
Open Monday thru Thursday 8:00 – 10:30am, 1:00  
– 2:30pm, Friday 8:00 – 12:00noon. Appointments  
preferred, walk-ins accepted. Simple extractions  
\$55, surgical extractions \$100. Fillings \$50 - \$80.  
Cleaning \$90. **(501) 552-4710**

**U.A.M.S. Dental Hygiene Student Clinic**  
4301 West Markham,  
Little Rock, AR 72205,  
https://uamshealth.com/medicalservices/dentahy-  
giene  
Allows students to perform x-rays and teeth cleaning  
for \$40.00 per visit. Provides many basic services:  
Examination, Cleaning, X-rays, Pit & Fissure Seal-  
ant. Hours vary. Call for appointment.  
**(501) 686-5733**

#### EYE CLINICS

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

**River City Ministry**  
Day Services for the Homeless  
1021 East Washington,  
North Little Rock, AR 72114,  
www.rivercityministry.org  
**By appointment only.** Call for appointments, serv-  
ing adults. \$5.00 cash payment required at each  
visit. **(501) 376-6694**

**Shepherds Hope**  
Neighborhood Health Center

2404 South Tyler Street,  
Little Rock, AR 72204,  
www.oakforrestumc.com  
By appointment only, usually on the third 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.  
**(501) 614-9523**

#### HOUSING & SHELTERS

**A.B.B.A. House**  
1002 South Oak Street,  
Little Rock, AR 72204,  
Provides shelter for homeless and/or pregnant  
women, Non-pregnant women can stay up to

## VINCENT MORRIS, ATTORNEY

### OPEN ACCESS LAW FIRM, PLLC.

3008 SOUTH UNIVERSITY AVENUE, LITTLE ROCK, ARKANSAS 72204

**My job is to achieve your goal whether in family law, criminal defense or any  
protection of your constitutional rights.**

**I believe in equal access to justice for all**



#### CRIMINAL DEFENSE & POST-CRIMINAL

- DRUG CRIMES & DWI (I, II, AND III)
- WEAPONS & VIOLENT CRIMES
- SEX CRIMES
- THEFT CRIMES
- SEX OFFENDER REGISTRY
- EXPUNGEMENT/SEALING OF RECORDS
- CONSPIRACY
- COMPUTER CRIMES
- FREEDOM OF INFORMATION (FOIA)

#### STATE & FEDERAL PRISON SERVICES

- PAROLE HEARINGS & REVIEW
- PROBATION HEARINGS & REVIEW
- PRISON DISCIPLINARY ISSUES
- GRIEVANCES
- CIVIL RIGHTS

#### DOMESTIC (FAMILY) LAW

- CUSTODY/VISITATION
- CHILD SUPPORT
- DIVORCE
- PATERNITY
- GUARDIANSHIP/ADOPTION
- NAME CHANGE/GENDER CHANGE
- PARENT DEFENDER FOR DHS  
ALLEGATIONS
- POWER OF ATTORNEY

#### OTHER KEY SERVICES

- PERSONAL INJURY
- WILLS AND SMALL ESTATES
- VETERANS APPEALS
- CRIMINAL APPEALS
- CIVIL APPEALS

#### SIGNIFICANT AWARDS

FROM THE NATIONAL LEGAL AID & DEFENDER ASSOCIATION  
FROM THE CENTER FOR ARKANSAS LEGAL SERVICES  
FROM THE AMERICAN BAR ASSOCIATION  
FROM THE MARIE.ORG

- Innovations in Equal Justice Award  
- 10 Years Dedicated Serve Award  
- National Legal Rebel Award  
- Marie Interfaith Civic Leadership Award

[www.yourarkansaslawyer.com](http://www.yourarkansaslawyer.com)  
[www.openaccesslawfirm.com](http://www.openaccesslawfirm.com)



3-weeks, pregnant women can stay up to 1-month after the child is born, no drug problems or mental illness. **(501) 666-9718**

#### **Centers for Youth and Families, Youth Emergency Shelter**

6425 West 12<sup>th</sup> Street,  
Little Rock, AR 72204,  
<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. **(501) 666-7233**

#### **Cumberland Towers**

311 East 8<sup>th</sup> Street, Little Rock, AR 72202,  
Must be over 50 years of age with no dependents. **(501) 340-4726**

#### **Dorcas House**

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

#### **Empowerment Village**

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

#### **Family Promise of Pulaski County**

222 East 8<sup>th</sup> Street, Little Rock, AR 72202,  
[www.familypromisepc.org](http://www.familypromisepc.org)  
Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18. **(501) 372-0733**

#### **Fred W. Paris Towers**

1800 South Broadway,  
Little Rock, AR 72206,  
Must be over 50 years of age with no dependents. **(501) 340-4752**

#### **Freewill Baptist Family Ministries**

3600 West 11<sup>th</sup> Street,  
Little Rock, AR 72204,  
[www.fwbfn.com/services/residential-care/florence-crittenton-home](http://www.fwbfn.com/services/residential-care/florence-crittenton-home)  
Emergency shelter for DHS involved children ages 6 to 17, open 24 hours, serves males & females, serves sibling groups, must have IQ above 70 and be able to attend school. **(501) 663-3129**

#### **Gaines House**

1702 Gaines Street, Little Rock, AR 72206,  
[www.gaineshouse.org](http://www.gaineshouse.org)  
Transitional home for women with disabilities. Call for cost and other information. **(501) 376-4015**

#### **Hand Up Housing of Arkansas**

620 Curtis Sykes Drive,  
North Little Rock, AR 72114,  
<http://handuphousing.org>  
Homeless and transitional housing. The first step

in graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency. **(501) 658-1449**

#### **Hoover Center**

3604 West 12<sup>th</sup> Street,  
Little Rock, AR 72204  
Post treatment and inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Call for fees. **(501) 663-4774**

#### **Hope House of Recovery**

P.O. Box #190431, Little Rock, AR 72219,  
[www.hopehousearkansas.com](http://www.hopehousearkansas.com)  
Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved. **(501) 565-4673**

#### **Jesse Powell Towers**

1010 Wolfe Street, Little Rock, AR 72202,  
Must be over 18 years of age with no dependents. **(501) 340-4766**

#### **Little Rock Compassion Center (Men's)**

3618 West Roosevelt Road,  
Little Rock, AR 72204,  
[www.lrcompassioncenter.org](http://www.lrcompassioncenter.org)  
Men's homeless shelter must have ID and be over 18. Must be sober, no medical services available. **(501) 296-9114**

#### **Little Rock Compassion Center (Women's)**

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

#### **Nehemiah House, A Division of Union Rescue Mission**

2921 Springer Blvd, Little Rock, AR 72216,  
[www.urmission.org](http://www.urmission.org)  
Men's homeless shelter, 4-free days per month, free if the weather is below freezing, after that \$6.00 per day (includes breakfast and dinner.) You must be out of the building daily by 7:00am. Once in at night you cannot leave and re-enter. Weapons, tobacco, cell phones, drugs and alcohol not permitted on the property. Work Program – 36-bed facility for working homeless – This program is 6 months and for the working homeless. Recovery Program – 46 bed facility – 9-month recovery program that is faith based in nature. Wheelchair accessible. **(501) 374-1108**

#### **Our House**

302 East Roosevelt Road, Little Rock, AR 72206,  
[www.ourhouseshelter.org](http://www.ourhouseshelter.org)  
Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2-years). Many educational programs, meals, clothing and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in. **(501) 375-2416 (501) 374-7383**

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

Número para víctimas de trata de blancas  
P.O. Box #21066, Little Rock, AR 72221,

[www.pathsaves.org](http://www.pathsaves.org)

Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

#### **Phoenix Recovery Center**

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

**PROJECT BASED SECTION-8 APARTMENTS:  
(BASED ON INCOME – NO VOUCHER NEEDED)  
SECTION-8 ACCEPTED**

#### **Asbury Park**

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

#### **Auxora Arms Apartments**

9101 Auxor Road, Little Rock, AR 72209 **(501) 562-8593**

#### **Brook Valley Apartments**

1100 Brookside Drive, Little Rock, AR 72227  
**(501) 227-5894**

#### **Buffington Towers**

224 East 7<sup>th</sup> Street, Little Rock, AR 72202 **(501) 372-6434**

#### **Eastview Terrace**

1200 Geyer Street,  
Little Rock, AR 72202  
**(501) 372-6606**

#### **Fair Oaks Apartments**

9600 West 36<sup>th</sup> Street,  
Little Rock, AR 72204  
**(501) 227-5466**

#### **Terrace Green Apartments**

8223 Scott Hamilton Drive,  
Little Rock, AR 72209  
**(501) 565-1309**

#### **Westbridge I & II**

2123 Labette Manor Drive,  
Little Rock, AR 72205  
**(501) 224-3122**

#### **Salvation Army**

1111 West Markham, Little Rock, AR 72201,  
[www.SalvationArmyCentralArkansas.org](http://www.SalvationArmyCentralArkansas.org)  
Emergency shelter for women, and families, opens at 6:15pm. **(501) 374-9296**  
**(501) 374-8636 After 3:30pm**

#### **Sober Living**

4201 John Borrow Road,  
Little Rock, AR 72204,  
<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 six (6) months, fee based programs. Court approved alternative to incarceration. **(501) 562-0507**

#### **St. Francis House**

2701 South Elm Street, Little Rock, AR 72204,  
[www.stfrancisministries.com](http://www.stfrancisministries.com)  
Residential placement for veterans thru the Veterans Day Treatment Center. **(501) 664-5036**

#### **Veteran's Day Treatment Center**

1000 Main Street, Little Rock, AR 72202,  
Provides access for veterans to VA programs including the St. Francis House listed above. **(501) 244-1900**

#### **Women and Children First**

Address Withheld, Little Rock, AR  
[www.wcfarkansas.org](http://www.wcfarkansas.org)  
Safe, secure shelter and supportive services for domestic violence victims and their children, provid-

ing: 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.

**(501) 376-3219 Toll Free Hot-Line 800-332-4443**

### **IMMIGRANTS/UNDOCUMENTED PERSONS RESOURCES**

#### **Arkansas Coalition Against Domestic Violence**

1401 West Capitol - Suite #170,  
Little Rock, AR 72201,  
[www.domesticpeace.com](http://www.domesticpeace.com)  
[www.domesticpeace.com/shelters.html](http://www.domesticpeace.com/shelters.html) (local info)  
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger call 911**, Your local hotline (see local info, above) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233. **(501) 907-5612 (800) 269-4668**

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

P.O. Box #9296, Fayetteville, AR 72703,  
[www.arkansasassociations.org](http://www.arkansasassociations.org)  
The Arkansas United Community Coalition (Arkansas Unidos) is an immigrants rights organization that was founded to bring together Arkansas-based organizations and individuals, with the mission to promote meaningful immigrant integration at the local and state levels. **(591) 492-9437 (479) 763-2822**

#### **ARKids – seguro médico para niños / medical insurance for children**

[www.arkidsfirst.com/home](http://www.arkidsfirst.com/home)  
Lunes a Viernes :Monday through Friday 8:00am – 4:30pm **(888) 474-8275**

#### **Catholic Immigration Services — Little Rock**

2500 North Tyler Street,  
Little Rock, AR 72207,  
[www.dolr.org/catholic-charities/immigration-little-rock](http://www.dolr.org/catholic-charities/immigration-little-rock)  
By appointment. Catholic Immigration Services provides low-cost counseling and support to those eligible for immigration benefits and who cannot afford private assistance. Finally, Catholic Immigration Services offers education programs for community leaders, law enforcement and emergency responders, and other groups regarding the rights and benefits available to immigrants who are the victims of violent crime. Services: Counseling for immigration-related needs. Preparation of immigration applications and forms. Networking and referral to community resources. Immigration workshops and seminars at community events. Legislative advocacy on behalf of immigrants. Counseling for immigrant victims of domestic violence and trafficking. **(501) 664-0340 Ext. #314**

#### **Clínica el Samaritano**

El Faro Baptist Church, 7002 Baseline Road,  
Little Rock 72209,  
Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequeña. Limite 15 citas/día. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) Appointment



only, the sign up is usually put on front door night before. Limit 15 appointments/day. \$10/visit. Spanish interpreters available. Small pharmacy. 1st & 3rd Tues 5:30pm-8:30pm. (Maychange) **(501) 350-2518**

#### El Consulado de México en Little Rock

El Consulado de México en Little Rock está ubicado en 3500 S University Ave, y atiende a ciudadanos mexicanos en los estados de: Arkansas, Oklahoma y Tennessee.

Las funciones principales son proteger y defender los derechos e intereses de los ciudadanos mexicanos, así 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 matrícula consular, cartilla militar
- Servicio menaje de casa
- Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos)
- Poderes Notariales
- Visas para extranjeros (turistas, permanentes, diplomáticos, 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 información que contribuye a un conocimiento positivo y mejor de México.

Para más preguntas o sugerencias, contáctenos al (501) 372-6933 ext. 261 o envíe un correo electrónico a conlrock@sre.gob.mx

co a conlrock@sre.gob.mx

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. For further questions or suggestions please contact us to **(501) 372-6933 Ext. #261** or send an e-mail to conlrock@sre.gob.mx. **(501) 372-6933**

#### El Zocalo Immigration Resource Center

5500 Geyer Springs Road, Little Rock, AR 72209, (inside Geyer Springs United Methodist Church) www.zocalocenter.com ~ lrimigrantcenter@gmail.com

El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. May call for additional assistance with accessing resources ESL classes available. Providing mental and emotional support. El Zócalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. También ofrecen educación para los inmigrantes y lo demás. Se puede contactar para más información.

**(501) 301-4652**

#### Esperanza "Hope" Neighborhood Clinic

2nd Baptist Church, 6111 West 83rd Street, Little Rock 72209, www.esperanzahopeclinic.org Solo por cita. Principalmente para 72209. \$5/visita. Hay interpretes. Jueves 5:15pm-8:00pm. Appointment only. Primarily for 72209. \$5/visit. Spanish interpreters available. Thurs 5:15pm-8:00pm, closed the 5th Thursday of each month. By appointment **ONLY**. \$5.00 co-pay. Spanish interpreters available. **(501) 562-1114**

#### Latino Clinic (in Arkansas Children's Hospital)

1 Children's Way, Little Rock 72202, www.archildrens.org/locations/location-details Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas debajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. Treatment for children with complex medical conditions and whose families speak Spanish. Also

has a low-income legal office. Bilingual staff. Must have a physician referral. Friday afternoons.

**(501) 364-4000 Ext. #9**

#### Center for Arkansas Legal Services – Ayuda Legal de Arkansas

1300 West 6th Street, Little Rock, AR 72201 www.arlegalservices.org www.laalitc.org – tax help Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educación, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, beneficios públicos, veteranos/militares y sucesiones testadas e intestadas. Para impuestos. **(501) 376-3423 (800) 950-5817**

#### Mosaic Church of Central Arkansas

6221 Colonel Glenn Road ad, Suite #A, Little Rock, AR 72204, www.mosaicchurch.net Comprehensive Immigrant services. **(501) 562-3336 Bilingual**

#### Número Nacional de Crisis/Para Prevención del Suicidio

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

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

**Número para víctimas de trata de blancas**  
P.O. Box #21066, Little Rock, AR 72221, www.pathsaves.org



## OPEN ACCESS LAW FIRM, PLLC.

3008 SOUTH UNIVERSITY AVENUE, LITTLE ROCK, ARKANSAS 72204  
**(501) 508-5858** www.openaccesslawfirm.com

*Advocacy for You. Your Family. Our Community.*

### CRIMINAL DEFENSE

- DRUG CRIMES, DUI & DWI
- WEAPONS & VIOLENT CRIMES
- SEX CRIMES
- BURGLARY/THEFT
- SEX OFFENDER REGISTRY
- EXPUNGEMENT/SEALING OF RECORDS
- CONSPIRACY
- COMPUTER CRIMES
- FREEDOM OF INFORMATION (FOIA)
- CHILD MALTREATMENT REGISTRY

### DOMESTIC & FAMILY LAW

- DIVORCE
- CUSTODY & VISITATION
- CHILD SUPPORT & ALIMONY
- MODIFICATIONS & ENFORCEMENT
- PATERNITY
- GUARDIANSHIP/ADOPTION
- NAME CHANGE/GENDER CHANGE
- PARENT DEFENDER FOR DHS ALLEGATIONS
- POWER OF ATTORNEY

### STATE & FEDERAL PRISON SERVICES

PAROLE HEARINGS & REVIEW - PROBATION HEARINGS & REVIEW - PRISON DISCIPLINARY ISSUES  
REVOCATIONS - PREA - GRIEVANCES -1983 ACTIONS - CIVIL RIGHTS – CRIMINAL & CIVIL APPEALS

**Stewart Whaley, Attorney at Law**

**info@openaccesslawfirm.com**

**Vince Morris, Attorney at Law**



Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

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

#### **Westside Free Medical Clinic (Spanish)**

2000 Camp Aldersgate Road,  
Little Rock, AR 72205,  
[www.archildrens.org/hospital-units-and-clinics/clinics/west-little-rock-clinic/west-little-rock-primary-care-clinic](http://www.archildrens.org/hospital-units-and-clinics/clinics/west-little-rock-clinic/west-little-rock-primary-care-clinic)  
Evening clinic, please call for appointment and leave a voice mail, appointments required. Bus service not readily available. **(501) 664-0340 Ext. 356**  
**English Ext. 335 Spanish**

### LEGAL SERVICES

#### **American Civil Liberties Union (A.C.L.U.)**

904 West 2<sup>nd</sup> Street, Suite #1,  
Little Rock, AR 72201,  
[www.acluarkansas.org](http://www.acluarkansas.org)  
The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Inter-sexual) rights, and reproductive freedom. Please visit the website or write to the above address, Calling is not an option.

#### **Center for Arkansas Legal Services**

1300 West 6<sup>th</sup> Street, Little Rock, AR 72201,  
[www.arlegalservices.org](http://www.arlegalservices.org)  
Free legal assistance to low income people in civil, non-criminal cases. Call help line Monday thru Friday, 9:00 – 11:00am & 1:00 – 3:00pm. Find legal documents for self-representation on website. **(501) 376-3423 (800) 950-5817**

#### **Disability Rights Arkansas Inc.**

400 West Capitol Avenue, Suite 1200,  
Little Rock, AR 72201,  
[www.disabilityrightsar.org](http://www.disabilityrightsar.org)  
Advocacy group supporting the rights of the disabled. Monday thru Friday 9:00am – 5:00pm. **(501) 296-1775 (800) 482-1174**

#### **On-Line Information on Free Legal Services in Arkansas**

[www.usattorneylegalservices.com/free-legal-aid-Arkansas.html](http://www.usattorneylegalservices.com/free-legal-aid-Arkansas.html)

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

1201 McMath Avenue, Room #105,  
Little Rock, AR 72202,  
[www.ualr.edu/law/clinical-programs/legal-clinic-services](http://www.ualr.edu/law/clinical-programs/legal-clinic-services)  
Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available in January or August (at the beginning of each semester). Special mediation clinic for special education students and their families. **(501) 324-9441**

### LGBTQ RESOURCES

#### **Arkansans for Equality**

P.O. Box #13066, Maumelle, AR 72113,  
[Arkansansforequality@gmail.com](mailto:Arkansansforequality@gmail.com)  
AFE is an organization supporting equality for all Arkansans. **(501)-444-2575**

#### **Arkansas Coalition Against Domestic Violence**

700 South Rock Street, Little Rock, AR 72202,  
[www.domesticpeace.com](http://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 or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: 866-331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al **800-269-4668** ó a la línea nacional **800-799-7233. (501) 907-5612 (800) 269-4668**

#### **Arkansas Transgender Equality Coalition**

P.O. Box #653,  
North Little Rock, AR 72115,  
[www.artranscoalition.org](http://www.artranscoalition.org)  
A statewide transgender organization led by transgender people collaborating with supporters in advancing needed education, resources and inclusion in Arkansas. **(316) 768-7267**

#### **Center for Artistic Revolution (C.A.R.)**

800 Scott St., Little Rock AR 72201,  
[car4ar.org](http://car4ar.org)  
Providing programs and advocacy for the Arkansas LGBTQI community. **(501) 244-9690**

#### **Central Arkansas Pride (C.A.P.)**

P.O. Box #250096, Little Rock, AR 72225,  
[www.centralarkansaspride.com](http://www.centralarkansaspride.com)  
C.A.P. organizes the annual Little Rock Pride Parade and Festival in October as well as helps organize local programming and the PFLAG Pride scholarship fund. The mission of Central Arkansas Pride is to raise awareness of diversity in the community and recognize the contributions of the LGBTQ community in AR through celebration & education. **(501) 404-8498**

#### **HRC Arkansas**

P.O. Box #251703, Little Rock, AR 72225,  
[www.facebook.com/HRCArkansas](http://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. **(501) 650-5644**

#### **Lucie's Place**

300 South Spring Street, #715,  
Little Rock, AR 72201,  
[www.luciesplace.org](http://www.luciesplace.org)  
Lucie's Place assists Lesbian, Gay, Bisexual & Transgender (LGBT) young adults (18-25) experiencing homelessness with housing, services and support. Please call or come by the drop-in center to get connected. **(501) 508-5005**

#### **Parents and Friends of Lesbian, Gay (and Transgender) People (PFLAG) Little Rock**

[www.pflaglr.org](http://www.pflaglr.org)  
[www.facebook.com/groups/PFLAGLR](https://www.facebook.com/groups/PFLAGLR)  
800 Scott Street, Little Rock, AR 72201,  
Meets third Friday of each month. Call for location.

Also Diverse Youth for Social Change (D.Y.S.C.), for LGBTQ youth ages 13-22. [www.car4ar.org](http://www.car4ar.org) **(501) 244-9690**

#### **Pridecorps: LGBT Youth Center**

P.O. Box #7378, Little Rock, AR 72217  
[www.pridecorps.org](http://www.pridecorps.org),  
Facebook: Pridecorps LGBT Youth Center  
Our mission is to Celebrate, Support & Empower LGBT Youth ages 13-20. We provide an opportunity for LGBT teens throughout Central Arkansas to network with one another and meet allied community leaders, educators, health care providers, & religious leaders. Meeting are 2:00 -5:00pm, the second & fourth Saturday of each month. Check Facebook for details. **(501) 404-8919**

#### **The Trevor Project**

[www.thetrevorproject.org](http://www.thetrevorproject.org)  
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. **(866) 488-7386**

### LIBRARIES

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

<https://www.cals.lib.ar.us>

##### **■ Main Library**

100 Rock Street, Little Rock, AR 72201  
Open Monday – Thursday 9:00am – 8:00pm, Friday and Saturday 9:00am – 6:00pm, Sunday 1:00 – 5:00 pm **(501) 918-3000**

##### **■ Millie Brooks Library**

13024 Hwy 365, Wrightsville, AR 72206  
Open Monday – Tuesday 10:00am – 7:00pm,  
Thursday – Friday 10:00am – 6:00pm, Saturday 10:00am – 2:00pm, Closed Wednesday and Sunday **(501) 537-3186**

##### **■ Hillary Rodham Clinton Children's Library & Learning Center**

4800 W. 10th Street. Little Rock, AR 72204  
Open Monday – Saturday 9:00am – 6:00pm, Sunday 1:00 – 5:00pm **(501) 978-3870**

##### **■ Dee Brown Library**

6325 Baseline Road, Little Rock, AR 72209  
Open Monday, Tuesday and Thursday 10:00am – 8:00pm, Wednesday, Friday and Saturday 10:00am – 6:00pm, Closed Sunday. **(501) 568-7494**

##### **■ John Gould Fletcher Library**

823 North Buchanan Street, Little Rock, AR 72205  
Open Monday – Wednesday 9:00am – 8:00pm, Thursday – Saturday 9:00am – 6:00pm, Closed Sunday.

**(501) 663-5457**

##### **■ Maumelle Library**

10 Lake Pointe Drive, Maumelle, AR 72113  
Open Monday, Tuesday and Thursday 10:00am – 8:00pm, Wednesday, Friday and Saturday 10:00am – 6:00pm, Closed Sunday. **(501) 851-2551**

##### **■ Sidney S. McMath Library**

2100 John Barrow Road, Little Rock, AR 72204  
Open Monday – Wednesday 10:00am – 8:00pm, Thursday – Saturday 10:00am – 6:00pm, Closed Sunday.

**(501) 225-0066**

##### **■ Max Milam Library**

609 Aplin Avenue, Perryville, AR 72126

# Dee's Pest Control

## The Critter Getter

**(870) 247-2277**

### Services

- General Pest Control
- Termite Contracts
- Clearance Letters
- Mosquito Control
- Ant Control

### Specializing in:

- Roaches
- Ticks
- Fleas
- Bed bugs

<http://www.deespestcontrol.com/>



Open Tuesday 10:00am – 8:00pm, Monday and Wednesday – Saturday 10:00am – 6:00pm, Closed Sunday. (501) 889-2554

■ **Esther Dewitt Nixon Library**

703 W. Main Street, Jacksonville, AR 72076  
Open Tuesday and Thursday 9:30am – 8:00pm, Monday, Wednesday, Friday and Saturday 9:30am – 6:00pm, Closed Sunday. (501) 457-5038

■ **Oley E. Rooker Library**

11 Otter Creek Court, Little Rock, AR 72210  
Open Monday, Wednesday and Thursday 10:00am – 8:00pm, Tuesday, Friday and Saturday 10:00am – 6:00pm, Closed Sunday. (501) 907-5991

■ **Amy Sanders Library**

31 Shelby Drive, Sherwood, AR 72120  
Open Monday, Wednesday, Friday and Saturday 9:30 – 6:00pm, Tuesday and Thursday 9:30 – 8:00pm, Closed Sunday. (501) 835-7756

■ **Adolphine Fletcher Terry Library**

2015 Napa Valley Drive, Little Rock, AR 72212  
Open Monday, Wednesday and Thursday 9:00am – 8:00pm, Tuesday, Friday and Saturday 9:00am – 6:00pm, Closed Sunday. (501) 228-0129

■ **Roosevelt Thompson Library**

38 Rahling Circle, Little Rock, AR 72223  
Open Monday, Tuesday and Thursday 9:00am – 8:00pm, Wednesday, Friday and Saturday, 9:00am – 6:00pm, Closed Sunday. (501) 821-3060

■ **Sue Cowan Williams Library**

1800 Chester Street, Little Rock, AR 72206  
Open Tuesday and Thursday 10:00am – 8:00pm, Monday, Wednesday, Friday and Saturday 10:00am – 6:00pm, Closed Sunday. (501) 376-4282

**Butler Center for Arkansas Studies**

401 President Clinton Avenue, Little Rock, Arkansas 72201

■ **Research Room**, Open Monday – Saturday 9:00am – 6:00pm

■ **Art Galleries**, Open Monday – Saturday 9:00am – 6:00pm  
(501) 320-5700

**Ron Robinson Theater**

100 River Market Avenue,  
Little Rock, AR 7220  
(501)320-5715

**Cox Creative Center**

120 River Market Avenue,  
Little Rock, AR 72201  
Open Monday – Friday 8:00am – 5:00pm, Saturday 9:00am – 5:00pm and Sunday 1:00 – 5:00pm.  
(501) 918-3093

**William F. Laman Public Library System, North Little Rock**

■ **Main Library**

2801 Orange Street, North Little Rock, AR 72114  
www.lamanlibrary.org  
Open Monday – Thursday 9:00am – 8:00pm, Friday - Saturday 9:00am – 5:00pm, Closed Sunday  
(501) 758-1720

■ **Argenta Branch**

420 Main Street, North Little Rock, AR 72114  
www.lamanlibrary.org  
Open Monday – Friday 9:00am – 6:00pm, Saturday 9:00am – 1:00pm, Closed Sunday (501) 687-1061

**MEALS**

**Broadway Bridge Project**

1101 West Markham, Little Rock, AR 72201

At From His Throne Ministries. Serving dinner Monday, Tuesday, Thursday and Friday, 6:00 – 7:00pm.  
(501) 944-1209

**Canaan Missionary Baptist Church**

1700 South State Street,  
Little Rock, AR 72206  
Serving the homeless and hungry each 4th Saturday of the month from 12:30 - 1:00pm, under the parking deck on 8th & Main.  
(501) 374-0485

**Canvas Community Church**

1111 W 7<sup>th</sup> Street, Little Rock, AR 72201  
www.welovelittlerock.org  
Dinner and a Movie Wednesdays 3:30 – 7:30pm.  
Lunch served Saturdays 11:30 – 12:30. Art program Fridays 2:00 – 4:00pm. (501) 492-6815

**From His Throne Ministries**

1101 West Markham, Little Rock, AR 72201,  
Serving lunch Sundays, 11:00am. Following church service. (501) 944-1209

**In Your Hands Ministries, Inc.**

3905 Highway #161 North,  
North Little Rock, AR 72117,  
www.inyourhandsministries.com  
Meals every second Sunday, breakfast 8:30am – 9:30am, free clothes, lunch 12:00pm - 1:00pm.  
Food distribution every Tuesday, 7:00am – 11:00pm.  
(501) 945-1314

**Jericho Way, Homeless Day Resource Center**

3000 Springer Blvd., Little Rock, AR 72206  
www.depaulusa.org  
Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am  
Lunch served at 11:00am, Monday thru Friday.  
(501) 916-9858

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

14036 Sardis Road,  
Shannon Hills, AR 72103  
www.letourviolenceend.com  
Meals served to children in the after-school program. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm (501) 516-1602

**Metro Worship Center**

2914 South Cumberland Street,  
Little Rock, AR 72206,  
www.firstnlr.com/about-metro-little-rock  
Lunch and clothes closet 3<sup>rd</sup> Saturday each month, Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot. (501) 951-1333

**New Life Ministries**

12506 Highway #165,  
North Little Rock, AR 72117  
www.newlifelnr.com  
Serving dinner in the parking lot behind the Little Rock city hall, Sundays, 5:30pm.  
(501) 730-1904

**Quapaw Quarter United Methodist Church**

1601 South Louisiana Street,  
Little Rock, AR 72206  
Meal service Sundays only, Community Breakfast at 9:00am – 10:00am and Stone Soup Dinner at 3:00pm. (501) 375-1600

**River City Ministry**

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

**Saint Mark Baptist Church**

5722 West 12<sup>th</sup> Street,  
Little Rock, AR 72204,  
http://smark.org  
Serving 4<sup>th</sup> Saturday of each month 10:00am – 1:00pm. (501) 663-3955

**Salvation Army**

1111 West Markham Street,  
Little Rock, AR 72201,  
www.SalvationArmyCentralArkansas.org  
Breakfast served daily, 7:00 – 7:30am. Dinner served daily, 5:30 – 6:00pm.  
(501) 374-9296

**Stew Pot First Presbyterian Church**

First Presbyterian Church,  
800 Scott Street, Little Rock, AR 72201,  
www.stewpot-littlerock.org  
Free lunch served Monday thru Friday, 12:00 – 1:00pm. Not handicapped accessible.  
(501) 372-1804

**The Van (The One Inc.)**

P.O. Box #250061, Little Rock, AR 72225  
www.theoneinc.org  
Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well

as sundries and materials to enhance basic living conditions. (501) 955-3444

**MENTAL HEALTH CARE/ TREATMENT**

**Bridgway Hospital**

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

**Centers for Youth and Families**

6601 West 12<sup>th</sup> Street,  
Little Rock, AR 72204,  
http://centersforyouthandfamilies.net  
Outpatient clinic for youth 26 and under. (501) 666-4949

**Family Service Agency**

628 West Broadway, Suite #300,  
North Little Rock, AR 72114,  
www.helpingfamiliesfirst.org  
Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees. (501) 372-4242  
Jacksonville (501) 982-7515  
Sherwood (501) 835-4174  
North Little Rock (501) 955-7600

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

14036 Sardis Road,  
Shannon Hills, AR 72103  
www.letourviolenceend.com

# AWCOUNSELING SERVICES

1920 Main Street, Suite 223  
North Little Rock, AR 72114  
501-258-1618

Art Chupik, M.S.W.

Services Provided:

- Sex Offender Treatment Programs
- Serving Pulaski, Boone, Union, Garland, Pope, Faulkner, Stone, Newton & Sebastian Counties
- Sex Offender Forensic Assessments
- Pre-Trial
- Sentencing
- Community Notification Appeals
- De-Registration Assessments
- Sex Addiction Assessments
- Sex Addiction Treatment





Licensed mental health professionals on staff, call for fees and appointments.

**(501) 516-1602**

#### **Little Rock Community Mental Health Center**

1100 North University Avenue, Suite #200,  
Little Rock, AR 72207,  
www.lrcmhmc.com

Mental health counseling, there is a sliding scale fee, financial interview and triage will be done in person same day or next day. Medicare, Medicaid and insurance accepted. Call Weekdays 8:00am – 5:00pm. **(501) 686-9300**

#### **Professional Counseling Associates**

3601 Richards Road,  
North Little Rock, AR 72117,  
www.pca-ar.org/home.html

Mental health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics available, **(501) 221-1843**

#### **U.A.M.S. Walker Family Clinic**

##### **(Appointments)**

4301 West Markham,  
Little Rock, AR 72205,  
www.uamshealth.com

Open Monday thru Friday, 7:30 – 5:00pm, appointments required, proof of income and ID required, co-pay required. **(501) 526-8200**

### **SUBSTANCE ABUSE TREATMENT & RECOVERY**

#### **AA World Service Office**

www.aa.org/pages/en\_US/find-local-aa

Contact information, place, date and times for AA meetings worldwide. **(212) 870-3400**

#### **Al-Anon and Alateen**

www.arkansasalanon.org

Al-Anon groups offer fellowship for relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

**(501) 372-5234**

#### **Arkansas AA Central Service Office**

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

www.arkansascentraloffice.org

Providing contact information, place date and times for Alcoholics Anonymous meetings throughout Arkansas. **(501) 664-7303**

#### **Cocaine Anonymous (C.A.)**

www.caarkansas.org

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

**(501) 301-4827**

#### **Family Service Agency - Central Little Rock Promise**

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

www.helpingfamiliesfirst.org/index.html

www.littlerockpromise.org

Hours: Monday thru Friday 8:00am – 5:00pm.

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

**(501) 372-4242**

#### **L.O.V.E. “Let Our Violence End” Inc.**

##### **(Healing Waters Outreach Center)**

14036 Sardis Road, Shannon Hills, AR 72103,  
www.letourviolenceend.com

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

**(501) 516-1602**

#### **Narcotics Anonymous (N.A.)**

www.caasc.org

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean and maintain complete abstinence from all drugs. The only requirement for membership is the desire to stop using. We suggest that you keep an open mind and give yourself a

#### **Arkansas Cares**

2002 South Fillmore, Little Rock, AR 72204,  
www.methodistfamily.org/services/in-patient-treatment-programs/arkansas-cares

Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program. **(501) 661-0720**

#### **Baptist Medical Center**

9601 Baptist Health Drive,  
Little Rock, AR 72205,

www.baptist-health.com/location/baptist-health-medical-center-little-rock-little-rock

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

### **INPATIENT TREATMENT FACILITIES**

#### **Bridgway Hospital**

21 Bridgway Road,  
North Little Rock, AR 72113,  
www.thebridgeway.com

Inpatient detox and dual diagnosis treatment. All drugs and alcohol including methadone. Fees: Medicare and private insurance ONLY. Must ensure that client's private insurance covers substance abuse otherwise they are indigent for this type of treatment. **(501) 771-1500**

#### **Chance Sobriety**

12127 Gabriel Lane,  
North Little Rock, AR 72118,

Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Fee: Call for fees.

**(501) 851-8484**

#### **Compassion Center**

3618 West Roosevelt Road,  
Little Rock, AR 72204,

www.lrccompassioncenter.org

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

#### **Dorcas House: A Division of Union Rescue Mission**

823 South Park Street,

Little Rock, AR 72202,

www.urmission.org

Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: \$75 deposit which is returned if client completes program. **(501) 374-4022**

#### **Gyst House**

8101 Frenchman's Lane,  
Little Rock, AR 72209,

www.gysthouseinc.com

Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. \$250 entry fee. **(501) 568-1682**

#### **Hoover Center**

3604 West 12<sup>th</sup> Street,  
Little Rock, AR 72204,  
www.bcdinc.org/index-9.html

Inpatient / long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees. **(501) 663-4774**

#### **Nehemiah House: A Division of Union Rescue Mission**

3000 Springer Blvd, Little Rock, AR 72216,  
www.urmission.org

Long term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: \$80 non-refundable application fee. Must have valid state ID, Social Security card and proof of insurance. No sex offenders. **(501) 376-8470**

#### **Quality Living Center**

3925 Asher Avenue, Little Rock, AR 72204,  
http://qualitylivingcenter.treatment.net

CoEd campus, separate residence for men and women. Call for fees. **(501) 663-3490**

#### **Quapaw House**

7600 Enmar Drive, Little Rock, AR 72209,

Inpatient initial detox center for the State of Arkansas. 3-5 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METHADONE. Must call to complete phone screening prior to admittance. No walk ins are accepted. Assessment ranges from \$25.00 to \$150.00. Call for screening. Fees: assessment fee plus \$125 for suboxone OPIATE detox. Must have ID and proof of income. If client has history of DT's or other medical problems when detoxing, refer to ER or hospital as this is a “drying center” and has no medical capabilities. Will not accept clients who are suicidal. Client must have own medications. **(501) 686-9393**

#### **Recovery Center of Arkansas, Riverbend**

1201 River Road, North Little Rock, AR 72114,  
www.rcofa.org

Long term treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month. **(501) 372-4611**

#### **Sober Living**

4201 John Borrow Road, Little Rock, AR 72204,  
http://soberliving.interventionamerica.org/citydirectory.cfm?State=AR&city=Little%20Rock

Transitional housing with drug and alcohol services. Fees: call for fees. **(501) 562-0507**

#### **The Hope House of Recovery**

P.O. Box #190431, Little Rock, AR 72219,  
www.hopehousearkansas.com

Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call (501) 565-4673 for admission requirements. **(501) 565- 4673**

### **OUTPATIENT TREATMENT FACILITIES**

#### **Catar Clinic**

4260 Stockton Drive, Suite B,  
North Little Rock, AR 72117,  
www.catarclinic.org  
Outpatient opiate addiction treatment.  
**(501) 664-7833**

#### **Recovery Center of Arkansas**

1201 River Road, North  
Little Rock, AR 72114  
www.rcofa.org  
Outpatient treatment for men and women. Must detox first! Client must complete interview before entering program. Walk in Tuesday or Thursday at 7:30 – 4:00pm for interview. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month. **(501) 372-4611**

#### **U.A.M.S. Psychiatric Research Institute Methadone Clinic**

4301 West Markham,  
Little Rock, AR 72205,  
www.uamshealth.com  
Outpatient opiate treatment. **(501) 526-8410**

#### **Veteran's Substance Abuse Treatment Services**

2200 Fort Root Drive,  
North Little Rock, AR 72114,  
www.va.gov/health/NewsFeatures/2013/September/VA-Support-for-Alcohol-or-Drug-Misuse.asp  
Walk-in clinic open from 9:00am -1:00pm, Monday – Friday. Accessible to Veterans eligible for services. **(501) 257-2846**

### **NATIVE AMERICAN RESOURCES**

#### **American Indian Center of Arkansas**

1100 North University Ave #143,  
Little Rock, AR 72207,  
www.arindianctr.org  
The purpose of the American Indian Center of Arkansas is to make a positive difference in the Native American population of Arkansas primarily by providing services and partnerships that offer education, welfare and employment services while striving to promote a fuller awareness of the benefits and services available by entitlement to eligible persons and encouraging the education of all to the history and current situation of Native Americans in the state of Arkansas. **(501) 666-9032**

#### **Arkansas State Archives**

1 Capitol Mall, Little Rock, Arkansas 72201,  
www.archives.arkansas.gov  
The State Archives maintain original Quapaw treaty records, Dawes Commission Rolls.  
**(501) 682-6900**

#### **Arkansas Studies Institute**

401 President Clinton Avenue,  
Little Rock, AR 72201,  
www.butlercenter.org/contact.html  
Open Monday thru Saturday 9:00am – 6:00pm on the 2<sup>nd</sup> floor in the Research Room & Genealogy



Collections Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm – 5:00 p.m., Room #204. **(501) 320-5700**

#### Federally Recognized Indian Tribes and Resources for Native Americans

[www.usa.gov/tribes](http://www.usa.gov/tribes)

Find information about and resources for Native Americans regarding:

- Federally Recognized Indian Tribes
- Cultural Resources for Native Americans
- Housing Help: Resources for Native Americans

#### Historic Arkansas Museum

##### LEGAL RESOURCES FOR NATIVE AMERICANS

200 East 3<sup>rd</sup> Street, Little Rock, AR 72201, [www.historickansas.org](http://www.historickansas.org)  
We Walk In Two Worlds: The Caddo, Osage & Quapaw in Arkansas. Free, on the second floor. Open Monday thru Saturday, 9:00am – 5:00pm, Sundays 1:00pm – 5:00pm. We Walk in Two Worlds tells the story of Arkansas's first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 158 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers. **(501) 324-9351**

#### Sequoyah National Research Center

5820 Asher Ave. Suite #500,  
Little Rock, AR 72204,  
[www.ualr.edu/sequoyah](http://www.ualr.edu/sequoyah)

The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the peoples themselves. Open 8:00am — 5:00pm, Monday thru Friday **(501) 569-8336**

#### TRANSPORTATION

##### Care Link

P.O. Box #5988, 700 Riverfront Drive, North Little Rock, AR 72114, [www.carelink.org](http://www.carelink.org)

Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

**(501) 372-5300 Information (800) 482-6359**

##### Jericho Way, Homeless Day Resource Center

3000 Springer Blvd., Little Rock, AR 72206,  
[www.depaulusa.org](http://www.depaulusa.org)

Homeless day center, transportation services Monday thru Friday 7:30am – 2:30pm. Transportation to and from shelters and to Medical and employment appointments in Pulaski County. **(501) 916-9859**

##### Rock Region Metro, (C.A.T.)

##### Little Rock City Bus System

310 East Capitol Street,  
Little Rock, AR 72202,  
[www.rrmetro.org](http://www.rrmetro.org)

Open 7:00am – 6:00pm daily. One ride \$1.35, \$1.40 with transfer, all day pass \$3.75, all month pass (31 - day) \$36.00. **(501) 375-1163**

##### Rock Region Metro, LINKS, Paratransit (C.A.T.)

901 Maple Street,

North Little Rock, AR 72114,

[www.rrmetro.org](http://www.rrmetro.org)

Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days. **(501) 375-9607**

##### Veteran's Day Treatment Center

1000 Main Street, Little Rock, AR 72202,  
Shuttle service available, weekdays on the half-hour for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities **ONLY**. **(501) 244-1900**

##### Watershed

3701 Springer Blvd., Little Rock, AR 72206,  
Bus passes available on an as available basis through interview. Open Monday thru Friday 8:00am – 4:00pm. Call before coming to make an appointment for screening. **(501) 378-0176**

##### John L. McClellan Veterans Hospital

#### VETERANS PROGRAMS

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

##### St. Francis House

2701 South Elm Street,  
Little Rock, AR 72214,  
[www.stfrancisministries.com](http://www.stfrancisministries.com)  
Veteran's residential treatment accessed only thru Veteran's Day Treatment Center. **(501) 664-5036**

##### Towbin Healthcare & VA Medical Center 2200

Fort Roots Drive,  
North Little Rock, AR 72114,  
Medical care, treatment and domicile available to veterans **ONLY**. **(501) 257-1000**

##### VA National Call Center for Homeless Veterans

[www.va.gov/homeless](http://www.va.gov/homeless) **(877) 424-3838**

##### Veteran's Day Treatment Center

1000 Main Street, Little Rock, AR 72202,  
Comprehensive homeless center for veterans only. Providing laundry & shower facilities, shuttle service, breakfast & lunch, case management and a broad range of special programs including therapeutic groups and other clinical services. Available to veterans **ONLY**. NOT A SHELTER! **(501) 244-1900**

#### WOMEN'S RESOURCES

##### A.B.A. House

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

##### Arkansas Cares

## STEWART WHALEY, ATTORNEY

### OPEN ACCESS LAW FIRM, PLLC

3008 SOUTH UNIVERSITY AVENUE

LITTLE ROCK, ARKANSAS 72204

**(501) 508-5858**

[stewart@openaccesslawfirm.com](mailto:stewart@openaccesslawfirm.com)

[openaccesslawfirm.com](http://openaccesslawfirm.com)

### MEMBER

- PULASKI COUNTY BAR ASSOCIATION
- ARKANSAS ASSOCIATION OF CRIMINAL DEFENSE LAWYERS



[whaleycriminaldefense.com](http://whaleycriminaldefense.com)

### CRIMINAL DEFENSE

- CONSPIRACY
- DRUG CRIMES
- DWI (I, II, AND III)
- WEAPONS CHARGES
- VIOLENT CRIMES
- SEX CRIMES
- THEFT CRIMES

### STATE & FEDERAL PRISON SERVICES

- PAROLE HEARINGS & REVIEW
- PROBATION HEARINGS & REVIEW
- PRISON DISCIPLINARY ISSUES
- GRIEVANCES
- BRUTALITY

### SEX OFFENDER REGISTRY

- FAILURE TO REGISTER
- PETITION TO TERMINATE OBLIGATION TO REGISTER
- NOTIFICATION-LEVEL APPEALS
- IMPROPER APPLICATION
- ABUSE BY LAW ENFORCEMENT
- CASE ANALYSIS AND STRATEGY

### OTHER SERVICES

- EXPUNGMENT/SEALING OF RECORDS
- WHITE COLLAR (OFFICE OF INSPECTOR GENERAL)
- COMPUTER CRIMES
- FREEDOM OF INFORMATION ACT (FOIA)



2002 South Fillmore, Little Rock, AR 72204,  
www.methodistfamily.org/services/in-patient-treatment-programs/arkansas-cares  
Transitional housing for women with children or who are pregnant with substance abuse or mental health issues, who have completed and approved OADAP residential treatment program. **(501) 661-0720**

**Arkansas Coalition Against Domestic Violence**  
1401 West Capitol - Suite #170,  
Little Rock, AR 72201,  
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 or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233. **(501) 907-5612 (800) 269-4668**

**Arkansas Women's Outreach (AWO)**  
http://arkansaswomensoutreach.org

**Dorcas House : A Division of Union Rescue Mission**

823 South Park Street,  
Little Rock, AR 72202,  
www.urmission.org

Women's domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up through 17 years of age (on a space available basis). 50 beds available for women and children. Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted. **(501) 374-4022**

**Gaines House**

1702 Gaines Street, Little Rock, AR 72206,  
www.gaineshouse.org  
Transitional home for women with disabilities. Call for cost and other information.  
**(501) 376-4015**

**Hope House of Recovery**

P.O. Box #190431, Little Rock, AR 72219,  
www.hopehousearkansas.com  
Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$110.00 a week. There are no time limits to living in the house. Go to website to fill out an application or call for admission requirements. ACC approved.  
**(501) 565-4673**

**Little Rock Compassion Center (Women's)**

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

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

**Número para víctimas de trata de blancas**  
P.O. Box #21066, Little Rock, AR 72221,  
www.pathsaves.org  
Providing shelter for women who are victims of human trafficking. **(501) 301-4357 (501) 993-1641**

**Phoenix Recovery Center**

104 North Battery, Little Rock, AR 72205,  
http://www.phoenixarkansas.com/phoenix-recovery-center-for-women/  
Transitional housing for women only.

**(501) 725-4907**

**Women and Children First**

Address Withheld, Little Rock, AR,  
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 (501) 376-3219  
Toll Free Hot-line: **(800) 332-4443**

**Arkansas Advocates for Children and Families**

1400 West Markham, Suite #306,  
Little Rock, AR 72201,  
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. **(501) 371-9678**

**Arkansas Child Abuse Prevention Hotline**

## YOUTH SERVICES

**(800) 482-5964**

**Arkansas Children's Hospital, General Pediatric & After Hours Clinic**

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

**Arkansas Coalition Against Domestic Violence**

1401 West Capitol - Suite #170,  
Little Rock, AR 72201,  
www.domesticpeace.com  
www.domesticpeace.com/shelters.html (local info)  
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. **If you are in danger call 911, Your local hotline (see local info, above) or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available (Spanish) Hablamos Español, Si está en peligro, Llame al 911 Llamemos al 800-269-4668 ó a la línea nacional 800-799-7233. (501) 907-5612 (800) 269-4668**

**Arkansas DHS/Division of Children and Family Services**

P.O. Box #1437, Slot S-569, 700 Main Street, Little Rock, AR 72203,  
www.stoparchildabuse.com  
www.humanservices.arkansas.gov  
Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children's emotional, physical, and developmental needs and protect their children from harm.  
**(501) 682-8772**

**Arkansas Home Visiting Network**

415 South McKinley - Suite #610,  
Little Rock, AR 72205,  
www.arhomevisiting.org  
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and par-

ents 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. **(501) 364-5461**

**Arkansas National Guard Youth Challenge Program**

16414 North Dakota Avenue,  
North Little Rock, AR 72199,  
Mailing address: Camp Robinson #16414, North Little Rock, AR 72199,  
www.aryouthchallenge.com  
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. **(501) 212-5565**

**ARKids First**

700 Main Street, Little Rock, AR 72201,  
www.arkidsfirst.com/home.htm  
ARKids First health insurance provides two coverage options for Arkansas children who otherwise might have gone without. Open Monday – Friday 8:00am – 4:30pm. **(888) 474-8275**

**Big Brothers Big Sisters of Central Arkansas**

312 West Pershing Blvd.  
North Little Rock, AR 72114,  
www.bbbsca.org  
Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever. **(501) 374-6661**

**Break the Silence – Speak Out America**

P.O. Box #21978, Little Rock, AR 72223,  
www.facebook.com/pages/Break-the-Silence-Speak-Out-America/861481493940366  
Dedicated to preventing child sexual abuse.  
**(501) 804-0747**

**Catholic Adoption Services**

2500 North Tyler Street,  
Little Rock, Arkansas 72207,  
Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protections, privacy, and are able to select the future adoptive parents for their child.  
**(501) 664-0340 Ext. #347 or #334**

**Centers for Youth and Families, Family Counseling Center,**

6601 West 12th Street: Attn. OS,  
Little Rock, AR 72204,  
Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth

to age 26. Parent Center offers parenting classes, support groups and a Parent Resource Center.  
**(501) 666-4949**

**Centers for Youth and Families Residential Services**

6501 West 12<sup>th</sup> Street (EMAC) & 6601 West 12<sup>th</sup> Street (EMCC)  
Little Rock, AR 72204,  
www.centersforyouthandfamilies.org  
**(501) 660-6880**

**Child Support Enforcement Office**

322 South Main Street, Suite #100,  
Little Rock, AR 72203,  
www.dfa.arkansas.gov/offices/childSupport/Pages/default.aspx  
Enforces court orders involving non-custodial parental child support. **(501) 371-5400**

**Cru Inner City**

1215 South Schiller Street,  
Little Rock, AR 72202,  
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). **(501) 690-5433**

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

14036 Sardis Road,  
Shannon Hills, AR 72103,  
www.letourviolenceend.com  
After school program, 3:00 – 6:00pm weekdays, with meals. **(501) 516-1602**

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

**Pinnacle Pointe Hospital**

11501 Financial Centre Parkway,  
Little Rock, AR 72211,  
www.pinnaclepointehospital.com  
Pinnacle Pointe Hospital is Arkansas' largest behavioral inpatient facility for children and adolescents ages 5-17 who are struggling with emotional or behavioral health issues. They are committed to providing quality behavioral healthcare to 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. **(501) 223-3322**

**Pulaski County Cooperative Extension, 4-H**

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

**Pulaski County Youth Services**

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



County youth.  
(501) 340-8250

#### Recycle Bikes for Kids

717 East 10<sup>th</sup> Street,  
North Little Rock, AR 72114,  
[www.facebook.c/recyclebikesforkids](http://www.facebook.c/recyclebikesforkids)  
Provides free bicycles for children. And allows  
adults an opportunity to earn a bike by volunteer  
to repair bikes for children. Call for appointments,  
times, and requirements. Mondays 1:00 - 7:00pm,  
Saturdays 9:00 - 12:00. (501) 563-8264

#### The First Tee

1 First Tee Way, Little Rock, AR 72204,  
[www.thefirstteecentralarkansas.org](http://www.thefirstteecentralarkansas.org)  
Youth development program teaching life skills  
through the game of golf.  
(501) 562-4653

#### American Red Cross of Greater Arkansas

### MISCELLANEOUS

401 South Monroe Street, Little Rock, AR 72205,  
[www.redcross.org/arkansas](http://www.redcross.org/arkansas)  
Emergency Assistance Information, health and  
safety training (CPR & first aid) emergency military  
notification. (501) 748-1000 (800) 733-2767

#### Arkansas Community Dispute Resolution Centers, Inc.

3805 West 12<sup>th</sup> Street - Suite #201, Little Rock,  
Arkansas 72204,  
[www.acdrc.net](http://www.acdrc.net)  
Providing family/child support/visitation media-  
tion services, neighborhood dispute resolution  
services, landlord/tenant disputes, consumer  
disputes, business disputes, facilitation services,  
conflict resolution training for individuals, neighbors,  
families, consumers, churches, schools, business-  
es, groups/organizations, police and government  
entities. (501) 379-1501

#### Arkansas Community Organization (A.C.O.)

2101 South Main Street, 1st floor,  
Little Rock, AR 72206,  
<http://arkansascomm.org>  
Empowering low income families thru credit coun-  
seling, home ownership counseling, income tax  
preparation, financial literacy and counseling.  
(501) 376-7151

#### Cell-Phone Charging Locations

- University Libraries
- University of Arkansas, Little Rock student union
- All Public Libraries

#### City of Little Rock Neighborhood Resource Centers (NRC):

12 Neighborhood Resource Centers located  
throughout Little Rock.  
[www.littlerock.org/citydepartments/housing\\_pro-grams/alertcenters/locations\\_staff.aspx](http://www.littlerock.org/citydepartments/housing_pro-grams/alertcenters/locations_staff.aspx)  
Neighborhood Resource Centers have become  
hubs of decentralized city services. Code enforce-  
ment officers, community oriented police officers  
and neighborhood facilitators staff each Resource  
Center. (501) 371-4849

#### ■ Baseline Alert NRC

Shaun Smith, 4600 Baseline Road, Little Rock, AR  
72209 (501) 565-4669

#### ■ Capitol View - Stifft Station NRC

Kathleen Countryman, 2715 West 7<sup>th</sup> Street, Little  
Rock, AR 72205 (501) 372-3856

#### ■ Central High NRC

Valerie Conway, 1108 South Park, Little Rock, AR  
72202 (501) 376-7610

#### ■ East Broadway NRC

Bert Butler, 500 East 21st Street, Little Rock, AR  
72206 (501) 376-3406

#### ■ Oak Forest NRC

Larry Johnson, 2823 Tyler Street, Little Rock, AR.  
72204 (501) 666-0916

#### ■ South End NRC

Arnuard Crump, 1100 West 33<sup>rd</sup> Street, Little Rock,  
AR. 72206 (501) 370-9537

#### ■ Southwest Little Rock NRC

Valeria Tate, 5621 Valley Drive, Little Rock,  
AR.72209 (501) 562-0042

#### ■ Wakefield NRC

Iglorida Conley, 7414 Doyle Springs Road, Little  
Rock, AR 72209 (501) 565-7119

#### ■ West Baseline NRC

Linda Williams, 9209 Mann Road, Little Rock, AR  
72209 (501) 565-1499

#### ■ West Central NRC

Ruby Dean, 4200 John Barrow - Suite B & C, Little  
Rock, AR. 72204 (501) 565-4807

#### ■ Willie Hinton NRC

3805 West 12<sup>th</sup> Street, Little Rock AR. 72204  
(501) 379-1515

#### ■ Wright Avenue NRC

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

#### Computer and Internet Access:

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

#### Family Service Agency - Central Little Rock Promise

628 West Broadway - Suite 300, North Little  
Rock, AR 72114,  
[www.helpingfamiliesfirst.org/index.html](http://www.helpingfamiliesfirst.org/index.html)  
[www.littlerockpromise.org](http://www.littlerockpromise.org)  
Hours: Monday thru Friday 8:00am - 5:00pm.  
Affordable Housing, Drug & Alcohol Safety  
Education Program, Consumer Credit Counseling  
Service, Counseling, Employee Assistance, Pre-  
vention Services, Substance Abuse, Trans-Parent-  
ing Violence Intervention. (501) 372-4242

#### HOUSEABOUTIT, Community Economic De- velopment Agency, Benefit Enrollment Center (BEC) of Pulaski County

3805 West 12<sup>th</sup> Street, Suite #204,  
Little Rock, AR 72204,  
<http://houseaboutit.org/home.html>  
Open 8:30am - 4:00pm, Monday - Thursday,  
Walk-Ins Welcome, Friday by appointments ONLY  
The Benefit Enrollment Center (BEC) is a pro-  
gram 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 (501) 379-1549 (501) 379-1556



# PARALEGAL CONSULTING SERVICES

Providing criminal defense litigation support to  
attorneys and their clients nationwide

Proud to support this Community Resource Directory

#### Services

- Forensic Case Analysis
- Legal Research and Drafting
- Court and Public Records Research
- FOIA requests
- Trial technology
- Litigation support at all stages of a case

#### Resources

- Lexis Advance
- Westlaw
- Research Databases
- Public Records Databases
- Academic Databases
- PACER
- News Archives

Our staff has over 30 years of experience in law  
enforcement, criminal defense investigations, legal  
research and writing and criminal defense  
consultations.

Contact us for a consultation about your case today

PO Box 250544

Hillcrest Station

Little Rock, AR 72225-0544

Office: 501-570-6529

[info@paralegalconsulting.net](mailto:info@paralegalconsulting.net)

[www.paralegalconsulting.net](http://www.paralegalconsulting.net)

Associate Member



#### DISCLAIMER

Paralegal Consulting Services is not a law firm and does not employ attorneys.  
We cannot give legal advice or engage in the practice of law.



**Internal Revenue Service (I.R.S.)**  
700 West Capitol - Room 1412,  
Little Rock, AR 72201,  
www.irs.gov  
Open Monday thru Friday 8:30 – 4:30pm. Visit in  
person to find free tax preparation sites in Pulaski  
County. **(800) 829-1040**

**Jericho Way, Homeless Day Resource Center**  
3000 Springer Blvd., Little Rock, AR 72206  
www.depaulusa.org  
Homeless day center, open Monday thru Friday,  
7:30am - 3:00pm. Showers Monday -Friday, 7:30  
on, Laundry Monday, Wednesday and Friday 7:30  
on. Case Management available. Breakfast served  
at 7:30am Lunch served at11:00am, Monday thru  
Friday. **(501) 916-9858**

**Laundry Love**  
laundrylove@arcentralchurch.org  
www.facebook.com/LaundryLoveGreaterLit-  
tleRock  
Wash laundry free each month, January – Octo-  
ber 6:00 – 8:00pm, 3<sup>rd</sup> Friday of the month at the  
Funwash Laundry Center, 3702 South University,  
Little Rock (across from UALR.) Three (3) loads  
per individual. Free laundry provided by the Cen-  
tral Church of Christ **(501) 374-2039**

**Mail Service: Little Rock Downtown Post  
Office**  
600 East Capitol Avenue, Little Rock, AR 72202,  
Have your incoming mail addressed to: your  
name, (C/O) General Delivery, 600 East Capitol  
Avenue, Little Rock, AR 72202. Ask for your mail  
at the counter. Your mail will be held for 30 days.  
**(501) 375-5155**

**Pet Needs: Quapaw Quarter United Methodist  
Church Pet Food Ministry**  
1601 South Louisiana Street,  
Little Rock, AR 72206,  
www.umc.org/find-a-church/church/62626  
Cat and dog food is distributed between 1:00  
– 3:00pm on the third Tuesday of each month,  
except in August. **(501) 375-1600**

**Plasma Donation: D.P.L. Biologicals**  
824 Spring Street, Little Rock, AR 72201,  
Earn up-to \$280.00 per month, proof of residen-  
cy, ID and Social Security card required also  
must pass social and health screening. Monday,  
thru Friday 7:00am – 7:00pm. Saturday and  
Sunday 7:00am – 5:00pm. **(501) 374-6371**

**Plasma Donation: Octapharma Plasma Center**  
5121 Warden Road, North Little Rock, AR  
72116,  
http://octapharmaplasma.com/donor/cen-  
ter/18543  
Earn up-to \$55.00 per week, proof of residency,  
ID and Social Security card required also must  
pass social and health screening. Ope daily  
7:00am – 7:00pm.  
**(501) 812-0440**

**Plasma Donation: Talecris Plasma Resource  
Center**  
6227 Colonel Glenn Road, Little Rock, AR  
72204,  
www.talecrisplasma.com  
Earn up-to \$65.00 per week, proof of residency,  
ID and Social Security card required also must  
pass social and health screening. Monday thru

Friday, 8:00am – 6:00pm. Saturday, 8:00am –  
4:00pm. Closed Sunday.  
**(501) 565-6275**

**Recycle Bikes for Kids**  
717 East 10<sup>th</sup> Street, North Little Rock, AR 72114,  
www.facebook.c/recyclebikesforkids  
Provides free bicycles for children. And allows  
adults an opportunity to earn a bike by volunteer  
to repair bikes for children. Call for information.  
Mondays 1:00 - 7:00pm, Saturdays 9:00 – 12:00.  
**(501) 563-8264**

**Social Security Administration**  
www.socialsecurity.gov  
For general information and services, call 7:00am  
– 7:00pm. Provides information on Social Security  
cards and social security benefits. **(800) 772-1213**

**Little Rock Social Security Office**  
700 West Capitol - Room #1201, Little Rock, AR  
72201,  
Open Monday, Tuesday, Thursday and Friday  
9:00 – 4:00pm. Open Wednesdays 9:00 –  
12:00noon, Closed federal holidays **(866) 593-  
0933**

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

**Social Services, Department of Human Ser-  
vices (D.H.S.)**  
www.humanservices.arkansas.gov/Pages/DH-  
SOffices.aspx  
Provides access to food stamps (SNAP), Medic-  
aid, & support for women and families.

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

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

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

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

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

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

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

Index of Resource Providers

12th Street Health and Wellness Center.....	8, 9	Buffington Towers.....	10
A.B.B.A. House.....	9, 15	Bullock Temple.....	6
A.E.D.D.....	2	Camp Aldersgate.....	2
AA World Service Office .....	14	Canaan Missionary Baptist Church.....	13
Al-Anon and Alateen .....	14	Canvas Community Church .....	13
Alzheimer's Arkansas .....	4	Capitol View - Stiff Station NRC .....	17
Amboy Community Food Pantry.....	6	Care Link .....	4, 15
American Civil Liberties Union (A.C.L.U.) .....	12	Catar Clinic.....	14
American Indian Center of Arkansas.....	15	Catholic Adoption Services.....	16
American Red Cross of Greater Arkansas .....	17	Cell-phone charging locations.....	17
Approved transitional housing .....	5	Center for Arkansas Legal Services.....	11, 12
Arc of Arkansas.....	2	Center for Artistic Revolution (CAR) .....	12
AR Care.....	8	Centerpoint Energy (Gas) .....	6
Arkansans for Equality.....	12	Centers for Youth and Families .....	6, 14, 16
Arkansas AA Central Service Office.....	14	Centers for Youth and Families, Youth Emergency Shelter .....	9
Arkansas Adult Protective Services .....	4	Central Arkansas Development Council (C.A.D.C.) .....	4, 6
Arkansas Advocates for Children and Families.....	16	Central Arkansas Library System (CALS .....	12
Arkansas Aging and Adult Services .....	4	Central Arkansas Pride (CAP) .....	12
Arkansas C.U.R.E.....	5	Central Baptist Church of North Little Rock.....	6
Arkansas Cares .....	5, 14, 16	Central High NRC.....	17
Arkansas Child Abuse Prevention Hotline .....	16	Chance Sobriety .....	6, 14
Arkansas Children's Hospital, General Pediatric & After Hours Clinic .....	8, 16	Child Support Enforcement Office.....	16
Arkansas Coalition Against Domestic Violence.....	10, 12, 16	Choices in Living Resource Center.....	4
Arkansas Community Organization (A.C.O.).....	17	Christ Temple Outreach Center .....	6
Arkansas DHS/Division of Children and Family Services.....	16	Church at Rock Creek .....	5, 6
Arkansas Department of Career Education..	4, 5, 6	City of Faith.....	6
Arkansas Department of Workforce Services .....	5, 6, 18	City of Little Rock Neighborhood Resource Centers (NRC).....	17
Arkansas Home Visiting Network.....	4, 16	Clínica el Samaritano .....	8, 10
Arkansas National Guard Youth Challenge Program .....	16	Cocaine Anonymous (C.A.) .....	14
Arkansas Rehabilitation Service ICAN program...	2	College Station Clinic .....	8
Arkansas Rehabilitation Services .....	1, 4, 6	Command Center .....	5
Arkansas School for the Blind and Visually Impaired.....	2	Compassion Center.....	14
Arkansas School for the Deaf.....	2	Compassion in Action .....	6
Arkansas Spinal Cord Commission.....	2	Computer and Internet Access .....	17
Arkansas State Archives .....	15	Cru Inner City .....	16
Arkansas Studies Institute.....	15	Cumberland Towers.....	10
Arkansas Time After Time .....	6	Disability Rights Arkansas, Inc .....	2, 12
Arkansas Transgender Equality Coalition .....	12	Division of Services for the Blind (DHS) .....	2
Arkansas United Community Coalition (A.U.C.C.) . .....	10	Dorcas House.....	10, 14, 16
Arkansas Unidos.....	10	Dr. Emma K. Rhodes Education Center .....	4
Arkansas Women's Outreach.....	16	East Broadway NRC.....	17
ARKids First.....	17	Easter Seals of Arkansas .....	2
Asbury Park .....	10	Eastview Terrace.....	10
Auxora Arms Apartments .....	10	El Consulado de México en Little Rock.....	10
Baptist Medical Center .....	14	El Zocalo Immigrant Food Pantry .....	6
Baseline Alert NRC.....	17	El Zocalo Immigration Resource Center.....	11
Big Brothers Big Sisters of Central Arkansas ....	16	Employers Choice.....	5
Break the Silence – Speak Out America.....	16	Empowerment Village.....	10
Bridgway Hospital.....	14	Entergy (Electricity) .....	6
Broadway Bridge Project.....	13	Esperanza “Hope” Clinic.....	8, 11
Brook Valley Apartments.....	10	Fair Oaks Apartments .....	10
		Family Promise of Pulaski County .....	10
		Family Service Agency.....	14, 17
		Federally Recognized Indian Tribes and Resources for Native Americans .....	15
		First Baptist Church.....	6
		First Christian Church of Sherwood.....	6



First Pentecostal Church Food Pantry .....	6	Labor Finders.....	5	Plasma Donations .....	18	St. Luke's Respite Care Center .....	4
Fred W. Paris Towers.....	10	Lakeshore Drive Baptist Church .....	7	D.P.L. Biologicals.....	18	St. Marks Episcopal Church .....	8
Freewill Baptist Family Ministries .....	10	Latino Clinic (in Arkansas Children's Hospital)..	18	Octapharma Plasma Center.....	18	St. Vincent - Gardner Memorial Community Clinic. ....	8
From His Throne Ministries .....	13	Laundry Love .....	56	Talecris Plasma Resource Center .....	18	St. Vincent - Glenview Community Clinic.....	8
Gaines House .....	10, 16	Liberty Hill Baptist Church .....	2, 7, 8	Premier Staffing - Dotación de Personal .....	5, 12	St. Vincent Health Clinic East .....	8, 9
Geyer Springs United Methodist Church .....	6, 11	LifeQuest of Arkansas.....	5	PrideCorps: LGBT Youth Center .....	12	St. Vincent Health System - St. Francis House Clinic.....	8
Good Shepherd Community .....	4	Literacy Action of Central Arkansas .....	4	Pride Industries.....	4, 5	Stew Pot, First Presbyterian Church .....	2, 9, 13
Goodwill Adult Education Center, North Little Rock .....	5	Little Rock Adult Education Center .....	4	Professional Counseling Associates .....	14	Sylvan Hills Church of Christ .....	2
Goodwill Benton Thrift Store.....	2	Little Rock Church .....	7	Project Based Section-8 Apartments.....	10	Sylvan Hills Church of Christ Furniture Ministry .....	8
Goodwill Bryant Thrift Store.....	2	Little Rock Community Mental Health Center ...	14	Pulaski County Central Health Unit.....	8	Sylvan Hills Community Church Crisis Corner .....	8
Goodwill Cantrell Thrift Store.....	2	Little Rock Compassion Center .....	7, 10, 16	Pulaski County Cooperative Extension, 4-H.....	16	TAP (Telecommunications Access Program).....	4, 5
Goodwill Career Service Center, Bryant.....	5	Little Rock Compassion Center (Men's) .....	10	Pulaski County Special School District (PCSSD)4 .....	9	Temple Baptist Church – Food Pantry.....	8
Goodwill Career Service Center, Little Rock .....	5	Little Rock Compassion Center (Women's) .....	16	Pulaski County S.T.D. Clinic .....	9	Terrace Green Housing.....	10
Goodwill Industries Computer Store.....	2	Little Rock Social Security Office .....	18	Pulaski County Youth Services .....	16	The Allen School.....	4
Goodwill Industries Main Office.....	1, 4, 5	Lucie's Place.....	12	Pulaski Heights United Methodist Church.....	7	The First Tee .....	17
Goodwill Industries Outlet Center.....	2	Mail Service, Little Rock Downtown .....		Quality Living Center .....	6	The Hope House of Recovery .....	6, 14, 16
Goodwill Industries Reentry Services Program...	6	Post Office.....	18	Quapaw House .....	14	The Trevor Project.....	12
Goodwill JFK Blvd. Thrift Store.....	2	Mainstream .....	3	Quapaw Quarter United Methodist Church.....	7, 13, 18	The Van (The One Inc.) .....	2, 8, 13, 18
Goodwill Markham Thrift Store .....	2	Maumelle Medical Center .....	8	Recovery Center of Arkansas.....	14	Towbin Healthcare & VA Medical Center .....	9, 15
Goodwill Rodney Parham Thrift Store.....	2	Meals on Wheels .....	5	Recovery Centers of Arkansas, Riverbend....	6, 14	Transitional Faith-Based Therapeutic Community.....	7
Goodwill University Thrift Store.....	2	Metro Worship Center .....	2, 13	Recycle Bikes for Kids .....	17, 18	U.A.L.R. William H. Bowen, School of Law Legal Clinic.....	12
Greater Second Care Center.....	2, 6	Mosaic Church of Central Arkansas .....	7, 11	River City Ministry.....	2, 7, 8, 9, 13	U.A.M.S. Clinic (Appointments) .....	9
Gyst House .....	6, 14	Mosaic Templars Cultural Center .....	5	Rock City Reentry .....	6	U.A.M.S. Dental Hygiene Student Clinic.....	9
Hand Up Housing of Arkansas .....	10	Mount Zion Baptist Church .....	2, 7	Rock Region Metro (C.A.T.) .....	15	U.A.M.S. Psychiatric Research Institute, Metha- done Clinic.....	14
Harmony Health Clinic .....	8, 9	Narcotics Anonymous (N.A.).....	14	Rock Region Metro, LINKS, Paratransit (C.A.T.)....	4, 15	U.A.M.S. Walker Family Clinic.....	14
Healing Waters .....	2, 4, 5, 6, 7,13, 14, 17	National Alliance on Mental Illness Arkansas.....	3	Saint Mark Baptist Church .....	13	Unemployment Office, Arkansas Department of Workforce Services .....	18
Helping Hand of Greater Little Rock .....	2, 6	National Center for Missing / Exploited Children .....	16	Salvation Army .....	7, 10, 13	Union A.M.E. Church Food Pantry.....	8
HIPPY .....	4	Nehemiah House.....	10, 14	Second Baptist Church.....	7	United Way (Heart of Arkansas) .....	4
Historic Arkansas Museum .....	15	New Life Ministries.....	13	Sequoyah National Research Center .....	15	University of Arkansas, Little Rock (U.A.L.R.).....	5
Hoover Center .....	6, 14	North Little Rock City Health Department .....	8	Shepherds Hope.....	8, 9	VA National Call Center for Homeless Veterans	15
Hope House of Recovery .....	6, 10, 14, 16	North Little Rock D.H.S. ....	18	Sherwood Social Security Office.....	18	Veteran's Day Treatment Center.....	4, 6, 10, 15
Hospice Home Care .....	8	North Little Rock D.H.S. ....	18	Single Parent Scholarship Fund of Pulaski County .....	4	Veterans Substance Abuse Treatment Services	14
Hospice Home Care Inpatient Center.....	8	Número Nacional de Crisis/Para Prevención del Suicidio.....	11	Sober Living.....	6, 10, 14	Wakefield Alert Center .....	17
HOUSEABOUTIT, Community Economic Development Agency, (BEC) .....	2, 4, 8, 17	Oak Forest NRC .....	17	Social Security Administration .....	18	Watershed .....	2, 5, 8, 9, 15
HRC Arkansas .....	12	Oak Forest United Methodist Church.....	7	Social Services, Department of Human Services (D.H.S.).....	18	West Baseline NRC .....	17
Human Trafficking Statewide Crisis Hotline (P.A.T.H.) .....	10, 11, 16	On-Line Information on Free Legal Services in Arkansas .....	12	South End NRC .....	17	West Central NRC .....	17
Immanuel Baptist Church.....	7	Open Hands Clinic .....	8	South Little Rock D.H.S.....	18	Westbridge I & II .....	10
In Your Hands Ministries, Inc .....	7, 13	Operation Restore.....	5, 6	Southern Baptist Disaster Relief Program .....	5	Westside Free Medical Clinic .....	9
Integrity Staffing.....	5, 6	Our House .....	10	Southwest Little Rock D.H.S. ....	18	Westside Free Medical Clinic (Spanish) .....	12
Internal Revenue Service (I.R.S.) .....	17	Our House Career Center .....	4	Southwest Little Rock NRC .....	17	William F. Laman Public Library System, North Little Rock .....	13
Jacksonville Care Channel .....	7	Our House Reentry Program.....	6	Special Olympics Arkansas .....	4	Willie Hinton NRC.....	17
Jacksonville D.H.S. ....	18	P.A.T.H. Human Trafficking Statewide Crisis Helpline.....	10, 11, 16	St. Francis House .....	1, 6, 7, 8, 10, 15	Women and Children First .....	10, 16
Jacksonville Health Unit.....	8	Parents and Friends of Lesbian, Gay (and Trans- gender) People (PFLAG) Little Rock .....	12	St. John Missionary Baptist Church Clothes Closet .....	1	World Services for the Blind .....	4
Jericho Way, Homeless Day Resource Center.....	15, 17	Park Hill Christian Church.....	7	St. John Missionary Baptist Church Unto Others Food Pantry .....	7	Wright Avenue NRC.....	17
Jesse Powell Towers .....	10	People Ready.....	5				
Job Corps .....	4	Pet Needs: Quapaw Quarter United Methodist Church .....	18				
John L. McClellan Veterans Hospital.....	8, 16	Phoenix Recovery Center.....	6, 16				
L.O.V.E. ....	2, 6, 7, 13, 14	Pinnacle Pointe Hospital .....	3, 16				



# We C.A.R.E.

*You won't believe how we can change your life...!!!*

Join us the first  
Wednesday of each  
month!!!

Who Cares?  
We C.A.R.E.!

[www.ArkansasReentry.com](http://www.ArkansasReentry.com)



If you have ever been incarcerated, on probation or parole or if this issue profoundly affects your family... *We can't expect anyone to understand what we are going thru unless we stand-up and speak out.*

Arkansans Organizing for Justice  
Arkansas Access to Justice  
Arkansas C.U.R.E  
Arkansas Coalition for Peace and Justice  
Arkansas Coalition to Abolish the Death Penalty  
Arkansas Community Organizations  
Arkansas Re-entry and Prevention Initiative  
Arkansas Time After Time  
Arkansas Voices of the Child Left Behind  
ARVets  
Broken Chain Ministries  
Center for Artistic Revolution  
Center for Women in Transitions  
City Connections  
Difference Makers  
Disability Rights Arkansas

Diverse Youth for Social Change  
Goodwill  
I Too Have a Dream  
Incarcerated Disciples  
Interfaith Arkansas  
Little Rock Catholic Diocese  
Lucie's Place  
Personal Empowerment Recovery Coalition  
Boone County Recovery Project  
Recovery Centers of Arkansas  
SOAR Network  
The Arc  
Veterans for Peace Ark. Chapter #978  
Women and Children First  
Philander Smith College  
Better Community Developers, Inc.

JOIN the CENTRAL ARKANSAS  
REENTRY (CARE) COALITION  
First Wednesday Each Month  
10am/12noon  
Willie L. Hinton Neighborhood  
Resource Center  
3805 West 12th Street, Little Rock  
*All meetings are open to the public.*

**Central Arkansas ReEntry  
(CARE) Coalition**  
*Community empowerment through collaboration.*  
[CentralArkansasReEntry@gmail.com](mailto:CentralArkansasReEntry@gmail.com)  
501-444-CARE  
(501-444-2273)

**PROUD SPONSOR OF RIGHTS AFTER WRONGS RE-ENTRY FAIR**

