



Walk in assistance  
10 am to 2 pm  
Monday through Thursday

Call in assistance  
8:30 am to 4:30 pm  
Monday through Thursday

### **FAMILY RESOURCE CENTER**

Information provided where to locate the following resources

- Clothing
- Crisis Information
- Disabled Resources
- Education & Literacy
- Elder Adult Care
- Employment
- Ex-offender Re-entry Programs
- Financial and Utility Assistance
- Food Pantries, Meals, Pet Food
- Health Care, Dental, Eye & Mental Health
- Housing & Shelters
- Immigrants & Undocumented
- Legal Service
- Substance Abuse Treatment
- Transportation
- Veterans



A community of Christians  
committed to strengthening  
families of all shapes and sizes

*9921 Hwy 107 . Sherwood .  
Arkansas . 72120  
501.835.3410*

*<http://www.sylvanhillsumc.com/>*

# Resource Listing

| Category | Resource                                    | Street Address           | City              | Phone Number   | Hours                                           | Services Provide                                                                                                                                              |
|----------|---------------------------------------------|--------------------------|-------------------|----------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Clothing | Central Baptist Church of North Little Rock | 4500 North Hills Blvd    | North Little Rock | (501) 771-1125 | Wednesdays 3:30 pm - 5:30 pm                    | Enter thru the basement, not at the main church                                                                                                               |
|          | First Presbyterian Church - Stew Pot        | 800 Scott St             | Little Rock       | (501) 372-1804 | Thurs noon to 1pm                               | clothing                                                                                                                                                      |
|          | Goodwill Industries, Main Office            | 1110 West 7th St         | Little Rock       | (501) 372-5100 | Open by appointment for registered clients ONLY | Job interview clothing for men and women, must have interview before receiving clothes. Referral is required. One outfit for job interview and one upon hire. |
|          | Goodwill Industries, Thrift Store           | 9700 North Rodney Parham | Little Rock       | (501) 224-6221 | M-Sat 9am to 8pm; Sun 10am to 6pm               | Thrift stores do not provide free clothing without a referral from the main office.                                                                           |
|          | Goodwill Industries, Thrift Store           | 109 Markham Park Dr      | Little Rock       | (501) 221-1018 | M-Sat 9am to 8pm; Sun 10am to 6pm               | Thrift stores do not provide free clothing without a referral from the main office.                                                                           |
|          | Goodwill Industries, Thrift Store           | 7001 Cantrell Rd         | Little Rock       | (501) 280-0863 | M-Sa 9am to 8pm; Sun 10am to 6pm                | Thrift stores do not provide free clothing without a referral from the main office.                                                                           |
|          | Goodwill Thrift, Rodney Parham              | 9700 N. Rodney Parham    | Little Rock       | (501) 224-6221 | M-Sat 9am to 8pm; Sunday 10am to 6pm            | Clothing, household things                                                                                                                                    |
|          | Goodwill Thrift, South University           | 2904 S. University Ave   | Little Rock       | (501) 568-5313 | M to Sat 9am to 8pm; Sunday 10am to 6pm         | Clothing, household things                                                                                                                                    |
|          | Helping Hand of Greater Little Rock         | 1601 Marshal St          | Little Rock       | (501) 372-4388 | Open M thru Thurs 9 am to 1 pm                  | Inexpensive thrift store clothing available                                                                                                                   |

| Category | Resource                                                          | Street Address                     | City              | Phone Number       | Hours                                                                 | Services Provide                                                                  |
|----------|-------------------------------------------------------------------|------------------------------------|-------------------|--------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|          | Ministry of Compassion                                            | 1021 E. Washington Ave             | North Little Rock | (501) 376-6694     | 9 am to 11 am;<br>First and Third<br>Wednesday of the<br>month        | Clothing bus                                                                      |
|          | Mosaic Church of<br>Central Arkansas                              | 6420 Colonel Glenn<br>Rd, Suite #1 | Little Rock       | (501) 562-<br>3336 | Tuesday at 2:00 pm                                                    | Clothing, Serving zip code<br>72204 ONLY, moving<br>during 2014, call for details |
|          | Promiseland Ministry                                              | 4520 S. University<br>Ave          | Little Rock       | (501) 570-<br>0048 |                                                                       | clothing                                                                          |
|          | River City Ministry -<br>Free Homeless Day<br>Resource Center     | 1021 East<br>Washington            | North Little Rock | (501) 376-<br>6694 | 1st & 3rd<br>Wednesdays 8:30<br>to 11:00 am                           | Clothes closet                                                                    |
|          | S.O.A.R. Network                                                  | 1827 South<br>Woodrow              | Little Rock       | (501) 255-<br>0529 |                                                                       | Clothing, interview clothes                                                       |
|          | Saint Francis House<br>(UW)                                       | 2701 South Elm<br>Street           | Little Rock       | (501) 664-<br>5036 | Open 8:30-11:30 &<br>1:30 - 3:00 pm                                   | <input type="checkbox"/><br>Clothing Closet                                       |
|          | St John Missionary<br>Baptist Clothes Closet                      | 2501 S Main St                     | Little Rock       | (501) 975-<br>2014 | Tues & Thurs 11am<br>to 4pm; 1st Sat of<br>each month 9am to<br>12pm; | Application and ID<br>required; clothing                                          |
|          | Sylvan Hills Church of<br>Christ                                  | 9213 Hwy 107                       | Sherwood          | (501) 835-<br>4141 | Open by<br>appointment                                                | Clothing & Furniture                                                              |
|          | Sylvan Hills Church of<br>Christ                                  | 9305 Highway 107                   | Sherwood          | (501) 835-<br>4141 | Application of<br>Need M - F 8am to<br>4 pm                           | Clothing                                                                          |
|          | Watershed - Human<br>and Community<br>Development Agency,<br>Inc. | 3701 Springer Blvd                 | Little Rock       | (501) 378-<br>0176 | Mon - Fri, Open<br>8:00 am to 5:00<br>pm                              | Clothing assistance                                                               |

| Category                  | Resource                                         | Street Address                | City        | Phone Number   | Hours                     | Services Provide                                                                                                                                                                                                                                             |
|---------------------------|--------------------------------------------------|-------------------------------|-------------|----------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Crisis Information</b> |                                                  |                               |             |                |                           |                                                                                                                                                                                                                                                              |
|                           | American Red Cross of Greater AR (UW)            |                               |             | (501) 748-1000 | Also 800-733-2767         | Emergency Assistance Information                                                                                                                                                                                                                             |
|                           | AR Child Abuse Prevention Hotline                |                               |             | (501) 682-8772 | Also 800-482-5964         | Help with abused children                                                                                                                                                                                                                                    |
|                           | AR Children's Hospital                           | 1 Children's Way              | Little Rock | (501) 364-1202 |                           | Medical assistance                                                                                                                                                                                                                                           |
|                           | AR Coalition Against Domestic Violence           |                               |             | (501) 907-5612 | Also 800-269-4668 Spanish | Information to find help for battered people                                                                                                                                                                                                                 |
|                           | Arkansas Coalition Against Domestic Violence     | 1401 West Capitol, Suite #170 | Little Rock | (501) 907-5612 |                           | Mission is to eliminate domestic violence. Local Hot Line 800-269-4668; US Hotline 800-799-7233. Teen Dating Abuse Hotline 866-331-9474, Hablamos Espanol.                                                                                                   |
|                           | Center for Youth and Families (UW)               |                               |             | (501) 666-8686 |                           | Therapeutic Foster Care, Residential Services for children to age 20, Parent Center classes                                                                                                                                                                  |
|                           | Dorcas House, A Division of Union Rescue Mission | 823 South Park St             | Little Rock | (501) 666-7233 |                           | Women's domestic violence program. 9 mo program for women and children in domestic abuse situations. Male children allowed to 17 years of age (space available). Recovery program 9 mo program for substance and alcohol program. Children are not allowed i |

| Category | Resource                                         | Street Address            | City              | Phone Number   | Hours                      | Services Provide                                                                                                                                                                                                                                               |
|----------|--------------------------------------------------|---------------------------|-------------------|----------------|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | El Consulado de Mexico en Little Rock            | 3500 South University Ave | Little Rock       | (501) 372-6933 | Lunes a Viernes 8am to 5pm | A traves del Programa Proteccion y Asistencia a las Victimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido victimas de: Violencia domest |
|          | Human Trafficking Statewide Crisis Hotline       |                           |                   | (877) 432-5368 |                            | Assistance for those who know of human trafficking                                                                                                                                                                                                             |
|          | Mid Arkansas Substance Abuse Services            | 4601 West 7th St          | Little Rock       | (501) 686-9380 | 501-686-9784 Emergency #   | Sobering Center, Inpatient Initial detox.                                                                                                                                                                                                                      |
|          | National Center for Missing & Exploited Children |                           |                   | (800) 843-5678 |                            | For information on missing children                                                                                                                                                                                                                            |
|          | Salvation Army (UW)                              | 1111 West Markham         | Little Rock       | (501) 374-9296 |                            | Meals, Food Pantry, Homeless shelter for individuals and families, Angel tree gifts, Youth Camps, Emergency Support for victims of natural disasters                                                                                                           |
|          | Sherwood Police                                  |                           | Sherwood          | (501) 835-1425 | 24 hours a day             | Emergency assistance                                                                                                                                                                                                                                           |
|          | Trevor Project                                   |                           |                   | (866) 488-7386 |                            | Crisis intervention and suicide intervention for LGBT young peopleages 13 to 24.                                                                                                                                                                               |
|          | Veteran's Substance Abuse Treatment Services     | 2200 Fort Root Drive      | North Little Rock | (501) 257-1000 |                            | Substance abuse treatments for VETERANS                                                                                                                                                                                                                        |

| Category | Resource                                                 | Street Address     | City        | Phone Number   | Hours                              | Services Provide                                                                                                                                                                            |
|----------|----------------------------------------------------------|--------------------|-------------|----------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Disaster relief services                                                                                                                                                                    |
|          | Women and Children First (UW)                            | address withheld   | Little Rock | (501) 376-3219 |                                    | Shelter for women and children in domestic abuse situations, male children allowed up to 18, must be drug and alcohol free. Women must be over 18 or emancipated. STATEWIDE. CRISIS HOTLINE |

| Category                  | Resource                                                                   | Street Address                   | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                                |
|---------------------------|----------------------------------------------------------------------------|----------------------------------|-------------|----------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Disabled Resources</b> |                                                                            |                                  |             |                |       |                                                                                                                                                                                                                                                                 |
|                           | AEDD Arkansas Enterprises for the Developmentally Disabled, Inc. (UW)      | 105 East Roosevelt Rd            | Little Rock | (501) 666-0246 |       | AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children's learning center preschool is located in North Little   |
|                           | ARC                                                                        | 2004 South Main St               | Little Rock | (501) 375-7770 |       | The ARC of Arkansas provides supports, housing, advocacy, education and leadership to people with disabilities in acquiring skills and supports, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mai |
|                           | Arkansas Department of Career Education - Arkansas Rehabilitation Services | 525 West Capitol Ave             | Little Rock | (501) 296-1600 |       | Providing education support & rehabilitation services for individuals with disabilities.                                                                                                                                                                        |
|                           | Arkansas Disability Coalition                                              | 1501 N. University Ave Suite 268 | Little Rock | (501) 614-7020 |       | 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.                  |

| Category | Resource                                                | Street Address                        | City        | Phone Number   | Hours                                        | Services Provide                                                                                                                                                                                                                                               |
|----------|---------------------------------------------------------|---------------------------------------|-------------|----------------|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Arkansas Library for the Blind & Physically Handicapped | 900 West Capitol Ave, Suite 100       | Little Rock | (501) 682-1155 |                                              | Provides recorded and braille books on free loan.                                                                                                                                                                                                              |
|          | Arkansas Rehabilitation Service ICAN Program            | 525 West Capitol Ave                  | Little Rock | (501) 666-8868 |                                              | ICAN AT4ALL is Arkansas's statewide assistive technology program designed to make technology available and accessible for everyone who needs it. Assistive Technology (AT) is any kind of device or tool that helps people learn, work, communicate and live m |
|          | Arkansas Rehabilitation Services - Field Office         | 601 West Capitol Ave                  | Little Rock | (501) 686-2800 |                                              | Prepares people with disabilities to enter the work force thru education, social and accessibility support. Hearing aids and prostheses provided                                                                                                               |
|          | Arkansas Rehabilitation Service                         | 601 West Capitol Ave                  | Little Rock | (501) 686-2800 |                                              | Prepares people with disabilities to enter the work force thru education, social and accessibility support. Hearing aids and prostheses provided                                                                                                               |
|          | Arkansas Relay                                          | 900 South Shackleford Road, Suite 300 | Little Rock | (501) 221-1285 | 501-246-8227 (Videophone) 501-221-2179 (TTY) | Providing free TEXT telephone service for the deaf                                                                                                                                                                                                             |



| Category | Resource                                            | Street Address                          | City        | Phone Number   | Hours                                     | Services Provide                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------------|-----------------------------------------|-------------|----------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Arkansas School for the Blind and Visually Impaired | 2600 West Markham                       | Little Rock | (501) 296-1810 |                                           | Serves ages birth thru age 21; education, extensive medical services and therapy through on-site licensed hospital, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.              |
|          | Arkansas School for the Deaf                        | 2400 West Markham                       | Little Rock | (501) 324-9506 |                                           | 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 |
|          | Arkansas Spinal Cord Commission                     | 1501 North University Avenue, Suite 470 | Little Rock | (501) 296-1788 | Open M - F, 8 am to 4:30 pm; 800-459-1517 | Identify and meet needs of people with spinal cord disabilities. See additional information and resources available at the website.                                                                                                                            |
|          | Camp Aldersgate (UW)                                | 2000 Aldersgate Rd                      | Little Rock | (501) 225-1444 |                                           | Provides summer camp with traditional camping opportunities for disabled, sick and/or at-risk children, full medical services on-site. Weekend respite program is available throughout the year. (Senior adult program is also offered.)                       |

| Category | Resource                                                                 | Street Address                       | City        | Phone Number   | Hours        | Services Provide                                                                                                                                                                                                  |
|----------|--------------------------------------------------------------------------|--------------------------------------|-------------|----------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Central Arkansas Development Council - Weatherization Assistance Program | P O Box 580                          | Benton      | (501) 776-8446 |              | Complete application for review to be wait-listed for assistance with weatherization projects.                                                                                                                    |
|          | Disability Rights Center of Arkansas                                     | 1100 North University Ave, Suite 201 | Little Rock | (501) 296-1775 | 800-482-1174 | Passionately assists the lives of people with disabilities thru education, empowerment, and protection of their legal rights.                                                                                     |
|          | Division of Services for the Blind (DHS)                                 | 700 Main Street                      | Little Rock | (516) 825-5463 |              | Provides support and services to blind and visually impaired Arkansans.                                                                                                                                           |
|          | Easter Seals of Arkansas                                                 | 3920 Woodland Heights Rd             | Little Rock | (501) 227-3600 |              | The Mission of Easter Seals Arkansas is to provide exceptional services to ensure that all people with disabilities or special needs have equal opportunities to live, learn, work and play in their communities. |
|          | Empowerment Village                                                      | 3604 West 12th St                    | Little Rock | (501) 663-7223 |              | Limited income, homeless or has disability affecting their income and need for supportive services                                                                                                                |
|          | Francis Allen School for Exceptional Children (UW)                       | 842 North Tyler Street               | Little Rock | (501) 664-2961 |              | Providing education and day services for special needs children from birth to age 5                                                                                                                               |
|          | Gaines House (UW)                                                        | 1702 Gaines St                       | Little Rock | (501) 376-4015 |              | Transitional home for women with disabilities. Call for cost and other information                                                                                                                                |

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|----------|--------------------------------------------------------------|----------------------------------|-------------------|----------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Goodwill Industries, Main Office                             | 1110 West 7th St                 | Little Rock       | (501) 372-5100 | moving early 2015, call to check on location | Education, training, re-entry services                                                                                                                                                                                                                        |
|          | Heart of Arkansas - United Way                               | 516 Pershing Blvd                | North Little Rock | (501) 376-4567 |                                              | Advances the common good by providing support to organizations that specialize in meeting the specific health and human services needs of their community                                                                                                     |
|          | Hearts and Hooves (UW)                                       |                                  |                   | (501) 834-8509 |                                              | Helps people with disabilities increase confidence and improve life skills by working with horses                                                                                                                                                             |
|          | Lions World Services for the Blind                           | 2811 Fair Park Blvd              | Little Rock       | (501) 664-7100 |                                              | Assists blind individuals with life skills, career training, community access and other services                                                                                                                                                              |
|          | Mainstream                                                   | 300 South Rodney Parham, Suite 5 | Little Rock       | (501) 280-0012 |                                              | 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. The mission of Mainstream is to provide advocacy, peer-support |
|          | National Alliance on Mental Illness Arkansas (NAMI Arkansas) | 1012 Autumn Rd, Suite 1          | Little Rock       | (501) 661-1548 | 800-844-0381                                 | Provide support, education and advocacy to persons with mental illness and their families.                                                                                                                                                                    |

| Category | Resource                          | Street Address             | City              | Phone Number   | Hours                                            | Services Provide                                                                                                                  |
|----------|-----------------------------------|----------------------------|-------------------|----------------|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
|          | Pathfinder, Inc. (UW)             |                            |                   | (501) 982-0528 |                                                  | Provides services designed to allow mentally and physically challenged adults and children have access to community life.         |
|          | Pride Industries                  | 700 West Capitol Ave B-125 | Little Rock       | (501) 374-8087 |                                                  | Hires individuals with severe physical, mental and developmental disabilities.                                                    |
|          | Social Security Office            | 700 West Capitol           | Little Rock       | (866) 593-0933 | M, Tues, Thurs, Fri 9am to 3pm; Weds 9am to noon | Closed Federal Holidays                                                                                                           |
|          | Social Security Office - Sherwood | 3608 E Kiehl Ave           | Sherwood          | (877) 512-3854 | M, Tues, Thurs, F 9am to 3pm; Weds 9am to noon.  | Closed on Federal Holidays                                                                                                        |
|          | Special Olympics Arkasas          | 2115 Main St               | North Little Rock | (501) 771-0222 |                                                  | Provides year around sports training and competitions for children and adults with intellectual disabilities.                     |
|          | St. Luke's Respite Care           | 4106 JFK Blvd              | North Little Rock | (501) 753-4281 |                                                  | Provide a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving. |

| Category                      | Resource                                       | Street Address         | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                               |
|-------------------------------|------------------------------------------------|------------------------|-------------|----------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Education and Literacy</b> |                                                |                        |             |                |       |                                                                                                                                                                                                                                                                |
|                               | Arkansas Department of Career Education        | 525 West Capitol Ave   | Little Rock | (501) 296-1600 |       | Providing education support & rehabilitation services for individuals with disabilities.                                                                                                                                                                       |
|                               | Arkansas Rehabilitation Service - Field Office | 601 West Capitol Ave   | Little Rock | (501) 686-2800 |       | Prepares people with disabilities to enter the work force thru education, social and accessibility support. Hearing aids and prostheses provided                                                                                                               |
|                               | Church at Rock Creek                           | 11500 West 36th St     | Little Rock | (501) 221-1051 |       | CareerLink Workshops: 4 week Life/Job Skills training for unemployed, underemployed or career challenged persons. Both men and women welcome.                                                                                                                  |
|                               | Dr. Emma K. Rhodes Education Center            | 1815 & 1917 Wright Ave | Little Rock | (501) 372-0277 |       | Provides adult education and GED Preparation. AR Licensed & Certified. Partnered with Work Force & Arkansas DHS for tuition assistance. Certificates: Certified Nursing Assistant \$745; Pharmacy Tech \$4900; Phlebotomy \$4900; Physical Therapy Aid \$5000; |

| Category | Resource                                 | Street Address                        | City        | Phone Number   | Hours                                        | Services Provide                                                                                                                                                                                                                                                                                                                                                                                         |
|----------|------------------------------------------|---------------------------------------|-------------|----------------|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Education Opportunity Center             | 5820 Asher Ave Suite 800              | Little Rock | (501) 907-2470 | M to F, 8am to 5pm                           | Call for appointment. Provides assistance with completing college admission and Financial aid application, workshops on educational or career opportunities, college placement testing, tutorial instruction in computer usage, access to online career and study skills resources, services are FREE to eligible participants 19 years of age and older who reside in Lonoke, Pulaski or Saline County. |
|          | Goodwill Industries, Main Office         | 1110 West 7th St                      | Little Rock | (501) 372-5100 | moving early 2015, call to check on location | Education, training, re-entry services                                                                                                                                                                                                                                                                                                                                                                   |
|          | Job Corps                                | 6900 Scott Hamilton Dr                | Little Rock | (501) 618-2500 | 501-376-1004                                 | Residential Program - up to 2 years. Provides job training and remedial education for youth ages 16-24. Program also includes free Medical and Dental care.                                                                                                                                                                                                                                              |
|          | Literacy Action of Central Arkansas (UW) | 100 Rock Street, 5th floor            | Little Rock | (501) 372-7323 | Inside public library                        | Teaching adults to read English as a second language                                                                                                                                                                                                                                                                                                                                                     |
|          | Little Rock Adult Education Center       | 4800 West 26th St (corner of Madison) | Little Rock | (501) 447-1850 |                                              | Offering community and adult education courses                                                                                                                                                                                                                                                                                                                                                           |
|          | Mosaic Templars Cultural Center          | 501 West 9th St                       | Little Rock | (501) 683-3593 |                                              | Museum-related education program for pre-K through post graduate level primarily focusing on African American history.                                                                                                                                                                                                                                                                                   |

| Category | Resource                                     | Street Address        | City         | Phone Number   | Hours                          | Services Provide                                                                                                                                                                                                                                             |
|----------|----------------------------------------------|-----------------------|--------------|----------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Our House (UW)                               | 302 East Roosevelt    | Little Rock  | (501) 375-2416 | additional phone #501-374-7383 | Working shelter for men, women and families. Wheelchair accessible. Long term shelter, up to 2 years, available. Educational programs, meals, clothing, classes available, domestic violence recovery. Must be working a minimum of 32 hrs a week soon after |
|          | Promise Christian Academy                    | 4520 S University     | Little Rock  | (501) 570-0048 |                                | Preschool, Before and After School programs for children. Transportation is provided from local elementary schools. Summer camp program for children from kindergarten thru high school. DHS vouchers accepted. Call for fees and daily rates.               |
|          | Promiseland - Community Development Corp     | 4520 South University | Little Rock  | (501) 570-0048 |                                | Home buyer classes, foreclosure prevention, computer lab, literacy, financial and credit literacy, housing fairs and seminars, delinquent mortgage counseling                                                                                                |
|          | Pulaski County Adult Education, Jacksonville | 104 South 1st St      | Jacksonville | (501) 985-3560 | Open Mon thru Thur             | Providing GED prep classes. Also W.A.G.E. Center (Workforce, Alliance, Growth and the Economy). Career Readiness classes. Offers some night classes.                                                                                                         |

| Category | Resource                                                 | Street Address             | City              | Phone Number   | Hours                                         | Services Provide                                                                                                                                  |
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|          | Pulaski County Adult Education, NLR                      | 6929 JFK Blvd              | North Little Rock | (501) 392-0343 | Open Mon - Thur; Indian Hills Shopping Center | Located inside the Goodwill Store. GED Prep classes, career readiness classes. Offers some night classes                                          |
|          | Pulaski County Adult Education, NLR (Rose City)          | 4300 Haywood               | North Little Rock | (501) 945-6055 | Mon thru Thurs                                | Providing GED Prep classes. Also W.A.G.E. Center (Workforce Alliance Growth and the Economy). Career Readiness classes. Offers some night classes |
|          | River City Ministry - Free Homeless Day Resource Center  | 1021 East Washington       | North Little Rock | (501) 376-6694 | M - F; 8:30 to 2:30 pm                        | Resource Counseling                                                                                                                               |
|          | River City Ministry - Free Homeless Day Resource Center  | 1021 East Washington       | North Little Rock | (501) 376-6694 | M-F 8:30 - 2:30 Counseling;                   | Counseling                                                                                                                                        |
|          | S.T.E.P. Ministries                                      | P O Box 122                | North Little Rock | (501) 758-4054 |                                               | Tutoring & mentoring for at-risk children in public schools                                                                                       |
|          | Single Parent Scholarship Fund of Pulaski County         | 200 River Market Suite 100 | Little Rock       | (501) 301-7773 |                                               | Scholarships and support for single parents in Arkansas                                                                                           |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd         | Little Rock       | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm            | Women's program for newborns, fatherhood initiative, for single men 15-35, education services, access to tutoring and GED classes                 |



| Category                | Resource                           | Street Address           | City              | Phone Number   | Hours                 | Services Provide                                                                                                                                                                                                                                               |
|-------------------------|------------------------------------|--------------------------|-------------------|----------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Elder Adult Care</b> |                                    |                          |                   |                |                       |                                                                                                                                                                                                                                                                |
|                         | Alzheimer's Arkansas               | 201 Markham Center Drive | Little Rock       | (501) 224-0021 |                       | The mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementia are able to live with dignity and comfort until a cure is found.                                                       |
|                         | Arkansas Adult Protective Services |                          |                   | (800) 482-8049 | 24 hour abuse hotline | Aging is a natural process, abuse is not. Elder mistreatment may be an act of commission (abuse) or omission (neglect). It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional because of inadequate know |
|                         | Arkansas Aging and Adult Services  | P O Box 1437, Slot S-530 | Little Rock       | (501) 682-2441 |                       | The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans with adults and adults with physical disabilities.                                                                               |
|                         | Care Link                          | 700 Riverfront Drive     | North Little Rock | (501) 372-5300 | P O Box #5988         | Care Link provides resources to the elderly in 6 Arkansas Counties. Transportation, meals home care assistance, counseling, resource information and many other forms of assistance.                                                                           |

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|----------|--------------------------------------------------------------------------|--------------------------|-------------|----------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Central Arkansas Development Council - Weatherization Assistance Program | P O Box 580              | Benton      | (501) 776-8446 |                                   | Complete application for review to be wait-listed for assistance with weatherization projects.                                                                                 |
|          | Choices in Living Resource Center                                        | P O Box 1437, Slot S-530 | Little Rock | (866) 801-3435 |                                   | Pre-screening and assesment for long term care Medicaid waivers, helping people remain in the community, in their own homes in an effort to avoid long term nursing home care. |
|          | Good Shepherd Economical Retirement Center                               | 2701 Aldersgate Road     | Little Rock | (501) 224-7200 |                                   | Providing options in living from HUD subsidized housing to upscale suites to long term residential care.                                                                       |
|          | Helping Hand of Greater Little Rock                                      | 1601 Marshall St         | Little Rock | (501) 372-4388 | Open M thru Thurs<br>9 am to 1 pm | Assists in meeting basic needs of low-income, unemployed elderly or others suffering from emergencies                                                                          |

| Category | Resource                                     | Street Address     | City              | Phone Number   | Hours               | Services Provide                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------|----------------------------------------------|--------------------|-------------------|----------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Huckeby House                                | 100 Shadow Oaks Dr | Sherwood          | (501) 588-4347 | M to F 6 am to 6 pm | Alzheimer's & dementia care; medication management; physical, occupational, speech therapy, breakfast, lunch, snacks, daily exercises, personal care by CNAs, door to door transportation, creative arts & crafts, sewing, crochet & knitting, game room, quiet & napping room, Pet therapy, TV, Movie, computer room, music room, cooking, baking, field trips, elder center plan of care, elder care case management, caregiver counseling & support group, elder after hours caregiving program. |
|          | Jacksonville Senior Center                   |                    |                   | (501) 982-7531 |                     | Provides services including nutrition, social activities and physical aid to enhance the quality of life for senior citizens                                                                                                                                                                                                                                                                                                                                                                        |
|          | Meals on Wheels                              | P O Box 5988       | North Little Rock | (501) 372-5300 |                     | Hot or frozen home delivered meals for homebound older Arkansans who are unable to shop or prepare their own meals.                                                                                                                                                                                                                                                                                                                                                                                 |
|          | Senior Citizens Activities Today (SCAT) (UW) |                    |                   | (501) 374-9296 |                     | Established community centers offering recreational, nutritional, health and wellness program for the elderly.                                                                                                                                                                                                                                                                                                                                                                                      |

| Category | Resource                                                                                          | Street Address            | City        | Phone Number   | Hours                                                | Services Provide                                                                                                                                                                                                                                              |
|----------|---------------------------------------------------------------------------------------------------|---------------------------|-------------|----------------|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Social Security Office                                                                            | 700 West Capitol          | Little Rock | (866) 593-0933 | M, Tues, Thurs, F<br>9am to 3pm; Weds<br>9am to noon | Closed Federal Holidays                                                                                                                                                                                                                                       |
|          | Social Security Office - Sherwood                                                                 | 3608 W Kiehl              | Sherwood    | (877) 512-3854 | M, Tues, Thurs, F<br>9am to 3pm; Weds<br>9am to noon | Closed on Federal Holidays                                                                                                                                                                                                                                    |
|          | Southern Baptist Disaster Relief Program (in partnership with American Red Cross, Salvation Army) | 10 Remington Drive        | Little Rock | (501) 376-4791 |                                                      | Disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well.                                                                                                                                     |
|          | Telecommunications Access Program (TAP)                                                           | P O Box 3781              | Little Rock | (501) 686-9693 |                                                      | Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.                                                                                                                     |
|          | University of Arkansas, Little Rock (U.L.A.R.)                                                    | 2801 South University Ave | Little Rock | (501) 569-3127 |                                                      | 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, technolo |

| Category          | Resource                                  | Street Address            | City              | Phone Number   | Hours                  | Services Provide                                                                                                                                                                                                            |
|-------------------|-------------------------------------------|---------------------------|-------------------|----------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Employment</b> |                                           |                           |                   |                |                        |                                                                                                                                                                                                                             |
|                   | Arkansas Department of Workforce Services | 5401 South University Ave | Little Rock       | (501) 682-0228 | M to F 8am to 4:30 pm. | Unemployment office fax, phone, copy machine, job search related use only.                                                                                                                                                  |
|                   | Arkansas Work Force Center                | 324 West Pershing         | North Little Rock | (501) 753-6609 | Monday thru Friday     | Unemployment Office, fax, phone, copy. If unemployed or under-employed, register with AR Workforce. Check about furthering your education, you may get your tuition paid, if funds are available and you finish the course. |
|                   | Center for Artistic Revolution (CAR)      | 800 South Scott St        | Little Rock       | (501) 213-6543 |                        | Located in the 1st Presbyterian Church. Providing work and advocacy for Pulaski County LGBTQ community. Meetings every Friday night at 6:30 pm for youth ages, 13-22. Drop inCenter for LGBTQ youth.                        |
|                   | Command Labor                             | 600 North Olive St        | North Little Rock | (501) 372-7000 |                        | Day labor coordinator; Fill out forms in advance then arrive early in the morning and wait to find daily work.                                                                                                              |
|                   | Hope Works of Greater Little Rock         | 620 Curtis Skyes Dr       | North Little Rock | (501) 650-2787 |                        | Christ centered adult education, career, personal development and employment assistance. Must be at least 18 years old.                                                                                                     |
|                   | Labor Finders                             | 7223 Geyer Springs Rd     | Little Rock       | (501) 565-9632 |                        | day labor coordinator; Fill out forms in advance then arrive at 6 am and wait to find daily work as available.                                                                                                              |

| Category | Resource                                                                                    | Street Address           | City              | Phone Number   | Hours                               | Services Provide                                                                                                                                                                                                                                               |
|----------|---------------------------------------------------------------------------------------------|--------------------------|-------------------|----------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Labor Ready                                                                                 | 1400 S University Ave    | Little Rock       | (501) 562-6111 |                                     | day labor coordinator; Fill out forms in advance then arrive early in the morning and wait to find daily work.                                                                                                                                                 |
|          | Lewis-Burnett Employment Finders - Willie L. Hinton Neighborhood Resource Center, Suite 205 | 3805 West 12th St.       | Little Rock       | (501) 379-1592 |                                     | Needs Assessment, One-on-One Evaluations, Dress for Success, Pre-Employment Training Classes, Basic Computer Training Program, GED Preparation, Entrepreneur Class, Community Service programs, Resume Writing, NO Fees, Serves Anyone                         |
|          | Little Rock, North Little Rock & Pulaski County Special School Districts Welfare Funds (UW) |                          |                   | (501) 490-6219 | LR - 501-447-1136; NLR 501-771-8099 | Provides confidential purchases of needed clothing, pre-arranged optical exams and school supplies for indigent children                                                                                                                                       |
|          | Living Affected, Corp                                                                       | 401 North Maple, Suite A | North Little Rock | (877) 902-7448 |                                     | Living Affected assists anyone to enroll in Affordable Health Care. They offer counseling and support groups for LGBT, HIV/AIDS. Makes referrals for jobs.                                                                                                     |
|          | Nehemiah House - A division of Union Rescue Mission                                         | 2921 Conferate Blvd      | Little Rock       | (501) 374-1108 |                                     | Men's homeless shelter, 4 free days p/mo, free if weather is below freezing, after that \$6 p/day includes breakfast & dinner. Out of building by 7 am. Once in at night, cannot leave and re-enter. Weapons tobacco, cell phones, drugs and alcohol not permi |

| Category | Resource                                                | Street Address                   | City              | Phone Number   | Hours                          | Services Provide                                                                                                                                                                                                                                               |
|----------|---------------------------------------------------------|----------------------------------|-------------------|----------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Operation Restore @ City Connections                    | 10411 West Markham St, Suite 100 | Little Rock       | (501) 376-1686 | Open M to F 8 am to 5 pm.      | Employment assistance program                                                                                                                                                                                                                                  |
|          | Our House (UW)                                          | 302 East Roosevelt               | Little Rock       | (501) 375-2416 | additional phone #501-374-7383 | Working shelter for men, women and families. Wheelchair accessible. Long term shelter, up to 2 years, available. Educational programs, meals, clothing, classes available, domestic violence recovery. Must be working a minimum of 32 hrs a week soon after   |
|          | Premier Staffing                                        | 10901 Financial Centre Parkway   | Little Rock       | (501) 223-8367 |                                | Premier Staffing helps connect business with qualified candidates for employment. One division concentrates primarily on staffing needs for clerical, technical and professional positions; the other, dedicated exclusively to recruiting, placing and managi |
|          | Promiseland - Community Development Corp                | 4520 South University            | Little Rock       | (501) 570-0048 |                                | Computer lab, job readiness, financial & credit literacy,                                                                                                                                                                                                      |
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington             | North Little Rock | (501) 376-6694 | M - F; 8:00 to 1:00 pm         | Showers                                                                                                                                                                                                                                                        |
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington             | North Little Rock | (501) 376-6694 | M - Thurs 8:30 to 2:00         | FAX and Phone Service 501-376-6695                                                                                                                                                                                                                             |

| Category | Resource                                                 | Street Address     | City        | Phone Number   | Hours                              | Services Provide                                                                                                         |
|----------|----------------------------------------------------------|--------------------|-------------|----------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|          | S.O.A.R. Network                                         | 1827 South Woodrow | Little Rock | (501) 255-0529 |                                    | Showers, storage for homeless possessions, housing, transportation, resume preparation, interview clothes, job referrals |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Working to find work, workforce and employment assistance                                                                |



| Category                             | Resource                                  | Street Address            | City              | Phone Number   | Hours                      | Services Provide                                                                                                                                                                                                    |
|--------------------------------------|-------------------------------------------|---------------------------|-------------------|----------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Ex-offender Re-entry programs</b> |                                           |                           |                   |                |                            |                                                                                                                                                                                                                     |
|                                      | Arkansas C.U.R.E                          |                           | Little Rock       | (501) 519-0064 | phone is for messages only | The state chapter of an international grassroots organization dedicated to reducing crime through reform of the criminal justice system.                                                                            |
|                                      | Arkansas Department of Career Education   | 1401 Main Street          | North Little Rock | (501) 833-1490 |                            | Provides education and employment support for Arkansans with felony backgrounds and diagnosed disabilities.                                                                                                         |
|                                      | Arkansas Department of Workforce Services | 5401 South University Ave | Little Rock       | (501) 682-0228 | M to F, 8 am to 4:30 pm    | Unemployment office, FAX, phone, copy machine, job search related use only                                                                                                                                          |
|                                      | Arkansas Time After Time                  | P O Box 10074             | Russelville       | (501) 444-2828 |                            | Local chapter of a national advocacy group dedicated to addressing issues specific to registered sex offenders                                                                                                      |
|                                      | Brennan Re-Entry Corp.                    | P O Box 25231             | Little Rock       | (501) 681-0902 | 870-643-9455               | Brennan Re-Entry Program Management works with state and local agencies by employing ex-offenders to realize structural rehabilitation and/or building trades.                                                      |
|                                      | Center for Women in Transition            | P O Box 3461              | Little Rock       | (501) 372-5522 |                            | Helping incarcerated and formerly incarcerated women successfully transition back into society. Offering programs and services that assist women in leading lives of self worth, self reliance and self discipline. |

| Category | Resource                                      | Street Address       | City              | Phone Number   | Hours                                        | Services Provide                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------|----------------------|-------------------|----------------|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Chance Sobriety                               | 12127 Gabriel Lane   | North Little Rock | (501) 851-8484 |                                              | 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. Residential program: \$200 Admission, \$700 per month                                       |
|          | City of Faith                                 | 1401 South Garfield  | Little Rock       | (501) 615-1090 |                                              | Transitional housing facility for men and women released from Federal Prison.                                                                                                                                                                                  |
|          | Firm Foundation Ministries                    | 220 East Broadway    | North Little Rock | (501) 945-7412 |                                              | Men's homeless shelter and halfway house. Day labor and job placements for residents ONLY.                                                                                                                                                                     |
|          | Goodwill Industries Re-entry Services Program | 1110 West 7th St.    | Little Rock       | (501) 372-5100 |                                              | 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 |
|          | Goodwill Industries, Main Office              | 1110 West 7th St     | Little Rock       | (501) 372-5100 | moving early 2015, call to check on location | Education, training, re-entry services                                                                                                                                                                                                                         |
|          | Gyst House                                    | 8101 Frenchmans Lane | Little Rock       | (501) 568-1682 |                                              | Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. Fee: \$250 entry fee                                                                                                            |

| Category | Resource                        | Street Address      | City              | Phone Number   | Hours | Services Provide                                                                                                                                          |
|----------|---------------------------------|---------------------|-------------------|----------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Hidden Creek Opportunity Center | 10905 West Markham  | Little Rock       | (501) 221-1025 |       | Faith based residential program for men and women, who are non-violent , non-sex offenders. Licensed by the Arkansas Department of Community Corrections. |
|          | Mission Global Ministries       | 3719 East Broadway  | North Little Rock | (501) 945-0339 |       | Men's homeless shelter & halfway house for men on parole                                                                                                  |
|          | Quality Living Center I         | 3925 Asher Ave      | Little Rock       | (501) 663-3490 |       | Men ONLY. Will accept levels 1 & 2 sex offenders                                                                                                          |
|          | Quality Living Center II        | 2900 South Cedar St | Little Rock       | (501) 663-3490 |       | Women ONLY. Will accept levels 1 & 2 sex offenders.                                                                                                       |
|          | Recovery Centers of Arkansas    | 1201 River Road     | North Little Rock | (501) 372-4611 |       | Long term treatment for men and women                                                                                                                     |
|          | Safe Harbor of Little Rock      | 4800 Springer Blvd  | Little Rock       | (501) 374-5399 |       | Transitional home for men with substance abuse issues.                                                                                                    |
|          | Veteran's Day Treatment Center  | 1000 Main St        | Little Rock       | (501) 244-1900 |       | Incarcerated veterans' re-entry program. Provides case management following release from prison. FOR VETERANS ONLY.                                       |

| Category                                | Resource                                                | Street Address                | City              | Phone Number   | Hours                                              | Services Provide                                                                                                                                                 |
|-----------------------------------------|---------------------------------------------------------|-------------------------------|-------------------|----------------|----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Financial and Utility Assistance</b> |                                                         |                               |                   |                |                                                    |                                                                                                                                                                  |
|                                         | Centerpoint Energy (Gas)                                |                               |                   | (800) 992-7552 |                                                    | Customer Service                                                                                                                                                 |
|                                         | Entergy (Electric)                                      |                               |                   | (800) 368-3749 |                                                    | Customer Service                                                                                                                                                 |
|                                         | Family Promises of Pulaski County                       | 222 East 8th Street           | Little Rock       | (501) 372-0733 |                                                    | Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18. |
|                                         | Little Rock C.A.D.C (Central AR Development Council)    | 5401 South University Ave     | Little Rock       | (501) 603-0909 | 501-315-1121                                       | Assistance with utility bills and support with energy conservation.                                                                                              |
|                                         | Promiseland - Community Development Corp                | 4520 South University         | Little Rock       | (501) 570-0048 |                                                    | Home buyer classes, foreclosure prevention, financial & credit literacy, housing fairs and seminars, delinquent mortgage counseling                              |
|                                         | Pulaski County Tenant Based Rental Assistance Program   | 201 South Broadway, Suite 220 | Little Rock       | (501) 340-6157 |                                                    | Tenant Based Rental Assistance, NOT Section 8 rental assistance, on a funds available basis.                                                                     |
|                                         | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington          | North Little Rock | (501) 376-6694 | Call Wednesday at 8:30 am to check on availability | Assistance with NORTH LITTLE ROCK WATER BILLS ONLY.                                                                                                              |
|                                         | Saint Francis House (UW)                                | 2701 South Elm Street         | Little Rock       | (501) 664-5036 | Ext: 229; Call between 8:30 - 10 am                | Assistance with utility bills, must have shut off notice. Must provide photo ID, Social Security card & proof of income. NO rental assistance.                   |

| Category | Resource                                                 | Street Address        | City        | Phone Number   | Hours                              | Services Provide                                                                                                                                                                                                                                                |
|----------|----------------------------------------------------------|-----------------------|-------------|----------------|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Saint Francis House (UW)                                 | 2701 South Elm Street | Little Rock | (501) 664-5036 | Open 8:30-11:30 & 1:30 - 3:00 pm   | Utility Assistance                                                                                                                                                                                                                                              |
|          | The Arkansas Homefront Fund (UW)                         |                       |             |                |                                    | Arkansas Homefront Fund was established by the Heart of Arkansas United Way to provide assistance to Arkansas Reserve Components members and their families in time of financial crisis caused by mobilization and/or deployment to fight the war on terrorism. |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd    | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Utility assistance, disaster relief services,                                                                                                                                                                                                                   |

| Category                            | Resource                             | Street Address        | City              | Phone Number   | Hours                                             | Services Provide                                                                                |
|-------------------------------------|--------------------------------------|-----------------------|-------------------|----------------|---------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>Food Pantries/Meals/Pet Food</b> |                                      |                       |                   |                |                                                   |                                                                                                 |
|                                     | Amboy Community Food Pantry          | 100 Auburn Drive      | North Little Rock | (501) 753-2777 | Mon & Thurs 9 am to noon                          | Proof of NLR residency & photo ID                                                               |
|                                     | Baeyens - Hauk Veterinary Clinic     | 8620 Highway 107      | Sherwood          | (501) 837-7106 | M thru Fri 9 am to 4 pm                           | "Fill the Bowl Project" provides dog and cat food for seniors and the needy. Call before coming |
|                                     | Broadway Bridge Project              | under the bridge      | Little Rock       | (501) 766-8271 | Mon, Tues, Thurs, Fri 6pm to 7pm                  | all meals served under the Broadway Bridge may have to relocate due to upcoming construction    |
|                                     | Bullock Temple                       | 1513 S. Park Street   | Little Rock       | (501) 375-1581 | Mondays 1 pm or by appointment.                   | ID Required                                                                                     |
|                                     | Canaan Missionary Baptist Church     | 1700 South State St   | Little Rock       | (501) 374-0485 | 4th Saturday each month 12:30 pm to 1pm           | Under the parking deck on 8th & Main                                                            |
|                                     | Capitol City Freewill Baptist Church | 6724 West 32nd St     | Little Rock       | (501) 562-7158 | Second Wednesday of each month; 10 am to 4pm      | Photo ID Required                                                                               |
|                                     | Christ Temple Outreach Center        | 1923 S Arch St        | Little Rock       | (501) 376-1664 | Tues & Thurs 10am to 1pm                          |                                                                                                 |
|                                     | East Gate Fishing Center             | 1900 Pine St          | North Little Rock | (501) 812-0776 | Open Wednesday 9 am to 11:30 am                   | Food Pantry                                                                                     |
|                                     | Feed the Hungry                      | 1111 W Markham        | Little Rock       |                | M thru F, 7am, 52 weeks a year, holidays included | meals                                                                                           |
|                                     | First Baptist Church                 | 2015 Main Street      | North Little Rock | (501) 758-1525 | Tuesday 11:00 am to 1:00 pm                       | Primarily serving NLR area                                                                      |
|                                     | First Christian Church Food Pantry   | 1500 N Mississippi St | Little Rock       | (501) 225-5656 | Fridays 10:30am to 12 noon                        | Photo ID Required                                                                               |
|                                     | First Christian Church of Sherwood   | 2803 East Kiehl Ave   | Sherwood          | (501) 835-5505 | Friday 10:30 am to Noon.                          | For Sherwood & Jacksonville residents ONLY. Photo ID required.                                  |

| Category | Resource                               | Street Address        | City              | Phone Number   | Hours                                   | Services Provide                                                                                                                                                                        |
|----------|----------------------------------------|-----------------------|-------------------|----------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | First Pentecostal Church Food Pantry   | 1401 Calvary Road     | North Little Rock | (501) 758-3090 | Friday 1:00 pm to 5:00 pm               | Photo ID required                                                                                                                                                                       |
|          | First Presbyterian Church - Stew Pot   | 800 Scott St          | Little Rock       | (501) 372-1804 | M thru F, Noon to 1pm                   | Lunch only. Not handicapped accessible                                                                                                                                                  |
|          | First United Methodist Church          | 6701 JFK Blvd         | North Little Rock | (501) 835-2201 | Tuesday 9:30 am to 11:00 am             | Serves NLR & Sherwood residents ONLY. Photo ID and one other form of ID required. Vouchers only for Kroger & Goodwill.                                                                  |
|          | Food Not Bombs "Penelope Poppers"      |                       | Little Rock       |                | Sundays 5pm                             | Condoms & vegetarian meals, under the Broadway Bridge on Little Rock side                                                                                                               |
|          | From His Throne Ministries             | 1514 Johnson St       | Jacksonville      | (501) 944-1209 | Sundays at 10:30 am                     | serves lunch under the Broadway Bridge on the Little Rock side                                                                                                                          |
|          | Gardner Memorial Methodist Food Pantry | 1723 Schaer St        | North Little Rock | (501) 753-1109 | Mon & Thurs 1 pm to 3 pm                | Serves residents of NLR ONLY. Photo ID required                                                                                                                                         |
|          | Geyer Springs United Methodist Church  | 5500 Geyer Springs Rd | Little Rock       | (501) 565-3175 | 1st & 3rd Thursdays; 9am to noon        | Serves residents of zip code ONLY 72209, 72206 & 72103                                                                                                                                  |
|          | Greater South Temple                   | 2623 S. Arch St       | Little Rock       | (501) 375-2880 | 3rd Thursday of each month; 4pm to 5 pm | Photo ID Required                                                                                                                                                                       |
|          | Helping Hand of Greater Little Rock    | 1601 Marshall St      | Little Rock       | (501) 372-4388 | Open M thru Thurs 9 am to 1 pm          | Serves Pulaski County residents. Must have picture ID, food stamp paper & social security card. May only access food once each month. Inexpensive thrift store clothing available also. |

| Category | Resource                                                | Street Address               | City              | Phone Number   | Hours                                            | Services Provide                                                                                                                                                                                                                                             |
|----------|---------------------------------------------------------|------------------------------|-------------------|----------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Helping Hand of Greater Little Rock                     | 1601 Marshall St             | Little Rock       | (501) 372-4388 | M thru Thurs 9am to 1pm                          | Must bring Social Security Card. May only access food once each month. Food and inexpensive thrift store clothing available.                                                                                                                                 |
|          | Hunter United Methodist Church<br>Angel Food Ministries | 3301 Romine Rd               | Little Rock       | (501) 225-7683 | 3rd Saturday each monmth 7am to noon.            | Call for more information                                                                                                                                                                                                                                    |
|          | Immanuel Baptist Church                                 | 10500 W Markham St Suite 107 | Little Rock       | (501) 376-3071 | Tuesdays 10am to 2 pm                            | ID and proof of residents required. Children must provide birth certificate. Serve ONLY the following zip codes: 72201, 72202, 72203, 72205, 72207, 72210, 72211, 72212, 72223, 72227, and 72135.                                                            |
|          | In Your Hands Ministries, Inc                           | 3905 Highway 161 North       | North Little Rock | (501) 945-1314 | Second Sundays breakfast 8:30; Lunch Noon;       | Free clothes on 2nd Sunday                                                                                                                                                                                                                                   |
|          | Jacksonville Care Channel                               | 201 North Elm St             | Jacksonville      | (501) 982-4647 | M, Wed, Fri 10 am to 1 pm                        | Services Jacksonville residents in Zip Code 72076 ONLY. To qualify must be on Food Stamps. Bring proof of Jacksonville residency, Social Security card or birth certificates of each listed member of family, also pay stubs and food stamp approval letter. |
|          | Lakeshore Drive Baptist Church                          | 21 Lakeshore Dr              | Little Rock       | (501) 565-5536 | 2nd and 4th Tuesdays of each month; 10 am to 2pm | 72204 Zip Code ONLY                                                                                                                                                                                                                                          |
|          | Levy Baptist Church                                     | 3501 Pike Ave                | North Little Rock | (501) 753-7347 | M thru F 9 am to 5 pm                            | Sack lunches served each weekday                                                                                                                                                                                                                             |



| Category | Resource                            | Street Address             | City        | Phone Number   | Hours                                           | Services Provide                                                                                                                                                                                                             |
|----------|-------------------------------------|----------------------------|-------------|----------------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Life unlimited Christian Fellowship | 7001 Colonel Glenn         | Little Rock | (501) 568-3600 | Weds 9am to 11:30am                             | ID and Social Security Cards required for all family members. Use limited to 3 times per year and 1 emergency.                                                                                                               |
|          | Little Rock Church                  | 10701 W Baseline Rd        | Little Rock | (501) 455-0900 | Every other Monday 5pm to 6:30pm                |                                                                                                                                                                                                                              |
|          | Little Rock Compassion Center       | 3618 West Roosevelt        | Little Rock | (501) 296-9114 | Tu & Th 9 am to 11 am                           | Serves anyone. In case of emergency contact 501-296-9114.                                                                                                                                                                    |
|          | Lucie's Place                       |                            |             | (855) 582-4377 | Hotline Open 24/7                               | Lucie's Place works with homeless lesbian, Gay, Bisexual & Transgender young adults in the Central AR area. Assists with free counseling, food, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults. |
|          | Metro Worship Center                | 2914 S. Cumberland St      | Little Rock | (501) 951-1333 | 3rd & 5th Saturdays of each month               | Lunch & clothes closet. Church bus picks up at Canvas Community Church beneath the Broadway Bridge, at the downtown public library and at the Little Rock bus depot at 10am                                                  |
|          | Mosaic Church of Central Arkansas   | 6420 Colonel Glenn Suite 1 | Little Rock | (501) 562-3336 | Tuesdays 2pm to 6pm                             | Residents of Zip Code 72204 ONLY. Facility is moving in 2014, call before visiting.                                                                                                                                          |
|          | Mount Zion Baptist Church           | 908 Cross St               | Little Rock | (501) 374-5832 | Wednesdays 11am to 2pm & Saturdays 10am to noon | food                                                                                                                                                                                                                         |

| Category | Resource                                 | Street Address                    | City              | Phone Number   | Hours                               | Services Provide                                                                                                                                                                                                                                             |
|----------|------------------------------------------|-----------------------------------|-------------------|----------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | New Hope Baptist Community Outreach      | 1851 Howard St                    | Little Rock       | (501) 309-9645 | Wednesdays 4pm to 6pm               | Call before coming to confirm date and time                                                                                                                                                                                                                  |
|          | New Life Ministries                      | 210 Kathy Lane                    | Scott             | (501) 730-1904 | Sundays 5pm                         | serves dinner under the Broadway Bridge on the Little Rock side.                                                                                                                                                                                             |
|          | NLR Salvation Army                       | 1505 West 18th St. (off Pike Ave) | North Little Rock | (501) 753-4318 | M, W, F, 9:30 - noon; 1:00 - 300 pm | Meals, Food Pantry, Youth Mentoring, Angel Tree gifts, NO SHELTER at this location                                                                                                                                                                           |
|          | Oak Forest United Methodist Church       | 2415 Fair Park Blvd               | Little Rock       | (501) 663-9407 | 1st & 3rd Fridays 2pm to 4pm        | Serving 72204 Zip Code ONLY                                                                                                                                                                                                                                  |
|          | Our House (UW)                           | 302 East Roosevelt                | Little Rock       | (501) 375-2416 | additional phone #501-374-7383      | Working shelter for men, women and families. Wheelchair accessible. Long term shelter, up to 2 years, available. Educational programs, meals, clothing, classes available, domestic violence recovery. Must be working a minimum of 32 hrs a week soon after |
|          | Park Hill Christian Church               | 4400 JFK Blvd                     | North Little Rock | (501) 753-1109 | Tuesday 11 am to Noon               | Serving North Little Rock & Sherwood residents.                                                                                                                                                                                                              |
|          | Promiseland - Community Development Corp | 4520 South University             | Little Rock       | (501) 570-0048 |                                     | Food and clothing assistance, Ministry of Compassion                                                                                                                                                                                                         |
|          | Pulaski Heights United Methodist Church  | 4823 Woodlawn Dr                  | Little Rock       | (501) 664-3600 |                                     | Delivers food to those within the Little Rock city limits who have been referred from DHS and school counselors                                                                                                                                              |
|          | Quapaw Quarter United Methodist Church   | 1601 S Louisiana St               | Little Rock       | (501) 375-1600 | Sundays 9am; & 3pm                  | Serves breakfast and dinner on Sundays ONLY. Stone Soup Hot Meals                                                                                                                                                                                            |

| Category | Resource                                                   | Street Address          | City              | Phone Number   | Hours                                        | Services Provide                                                                                                                                     |
|----------|------------------------------------------------------------|-------------------------|-------------------|----------------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Quapaw Quarter United Methodist Church - Pet Food ministry | 1601 South Louisiana St | Little Rock       | (501) 375-1600 | Third Tues (except Aug) between 1 and 3 pm   | Cat and dog food is distributed on the third Tuesday of each month, except August. Call before coming.                                               |
|          | River City Ministry - Free Homeless Day Resource Center    | 1021 East Washington    | North Little Rock | (501) 376-6694 | various                                      | Lunches devotional M-F 11:00 am; food & fellowship Sundays 2:00 pm, Breaking Free pick up Mondays 5:30pm; Bible study Thursday 10:00 am              |
|          | River City Ministry - Free Homeless Day Resource Center    | 1021 East Washington    | North Little Rock | (501) 376-6694 | Tue & Thurs 9:30 - 10:30 (once a month only) | Food Pantry                                                                                                                                          |
|          | River City Ministry - Free Homeless Day Resource Center    | 1021 East Washington    | North Little Rock | (501) 376-6694 | M-F following 11:30 devotional, Sundays 2:00 | Meal Service                                                                                                                                         |
|          | S.O.A.R. Network                                           | 1827 South Woodrow      | Little Rock       | (501) 255-0529 |                                              | Food, storage for homeless possessions, showers, laundry                                                                                             |
|          | Saint Francis House (UW)                                   | 2701 South Elm Street   | Little Rock       | (501) 664-5036 | Open 8:30-11:30 & 1:30 - 3:00 pm             | Food Pantry                                                                                                                                          |
|          | Salvation Army (UW)                                        | 1111 West Markham       | Little Rock       | (501) 374-9296 |                                              | Meals, Food Pantry, Homeless shelter for individuals and families, Angel tree gifts, Youth Camps, Emergency Support for victims of natural disasters |
|          | Second Baptist Church                                      | 1709 John Barrow Rd     | Little Rock       | (501) 223-2323 | Tues, Weds, & Thurs 10 am to noon.           | Photo ID and utility bill or current vehicle registration required                                                                                   |

| Category | Resource                                              | Street Address        | City        | Phone Number   | Hours                                                             | Services Provide                                                                                                                                                                                       |
|----------|-------------------------------------------------------|-----------------------|-------------|----------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Second Baptist Church - South West Location           | 6111 West 83rd St     | Little Rock | (501) 568-3247 | Tues, Weds, & Thurs 10 am to noon; 1st & 3rd Thursdays 6pm to 7pm | Photo ID and utility bill or current vehicle registration required                                                                                                                                     |
|          | Sherwood Animal Shelter                               | 6500 North Hills Blvd | Sherwood    | (501) 834-2287 | M to F 9 am to 4 pm                                               | "Fill the Bowl Project" provides dog and cat food for seniors and the needy. Call before coming. Our mission is to help with pet food so you can keep your pet at home.                                |
|          | St John Missionary Baptist Church                     | 2501 S Main St        | Little Rock | (501) 537-8658 | 2nd & 4th Thursday of each month 9am to 3pm                       | Must complete application, photo ID required. During winter weather months only open once a month.                                                                                                     |
|          | St Mark Baptist Church                                | 5722 W 12th ST        | Little Rock | (501) 663-3955 | 4th Saturday 10am to 1pm                                          | meals                                                                                                                                                                                                  |
|          | Sylvan Hills Community Church Crisis Corner           | 8019 Highway 107      | Sherwood    | (501) 835-1612 | Tuesday 10 am to Noon                                             | Bring photo ID. Once a month per household. Serves North Little Rock & Sherwood                                                                                                                        |
|          | Temple Baptist Church - Manna from Heaven Food Pantry | 10710 Interstate 30   | Little Rock | (501) 565-4966 | Every other Monday 6pm                                            | Must register each visit                                                                                                                                                                               |
|          | The Van                                               | P O Box 250061        | Little Rock | (501) 955-3444 |                                                                   | Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides clothing, food, meals, as well as sundries & materials to enhance basic living conditions. |
|          | Union A.M.E. Church Food Cooperative                  | 1825 S Pulaski St     | Little Rock | (501) 374-3528 | 2nd Wednesday 1pm to 3:30pm                                       | Call to confirm date and time                                                                                                                                                                          |

| Category | Resource                                                 | Street Address     | City        | Phone Number   | Hours                              | Services Provide                                                         |
|----------|----------------------------------------------------------|--------------------|-------------|----------------|------------------------------------|--------------------------------------------------------------------------|
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Food assistance, holiday meals and toy baskets, community socialization, |

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| Category                        | Resource              | Street Address       | City              | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                             |
|---------------------------------|-----------------------|----------------------|-------------------|----------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Food Stamps and Medicaid</b> |                       |                      |                   |                |       |                                                                                                                                                                                                                                                              |
|                                 | East Little Rock DHS  | 1424 East 2nd St     | Little Rock       | (501) 371-1300 |       | There are several different locations in Pulaski County: you should apply according to your Zip Code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded from food stamps. You may pick |
|                                 | Jacksonville D.H.S.   | 2636 West Main       | Jacksonville      | (501) 371-1200 |       | There are several different locations in Pulaski County: you should apply according to your Zip Code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded from food stamps. You may pick |
|                                 | North Little Rock DHS | 1900 East Washington | North Little Rock | (501) 682-9200 |       | There are several different locations in Pulaski County: you should apply according to your Zip Code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded from food stamps. You may pick |

| Category | Resource              | Street Address                        | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                             |
|----------|-----------------------|---------------------------------------|-------------|----------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | South Little Rock DHS | 1105 Dr. Martin Luther King Jr. Drive | Little Rock | (501) 682-9200 |       | There are several different locations in Pulaski County: you should apply according to your Zip Code. Submit an application and within a few weeks you may receive food assistance, felons with drug convictions are excluded from food stamps. You may pick |

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| Category                                           | Resource                                                                          | Street Address               | City        | Phone Number   | Hours                                             | Services Provide                                                                                                                                                                                   |
|----------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------|-------------|----------------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health Care, Dental, Eye, and Mental Health</b> |                                                                                   |                              |             |                |                                                   |                                                                                                                                                                                                    |
|                                                    | 12th Street Health & Wellness Center                                              | 4010 West 12th St            | Little Rock | (501) 614-2492 | M & Wed 4pm to 8 pm                               | Free medical support, chronic disease management (hypertension, diabetes, cholesterol). Medical counseling and disease prevention. Diet and nutrition counseling. Dental and audiology screenings. |
|                                                    | American Childhood Cancer Organization of Arkansas (formerly Candlelighters) (UW) |                              |             | (501) 376-4567 |                                                   | Provides emotional, social, practical assistance to children with cancer and their families                                                                                                        |
|                                                    | Arkansas Coalition Against Domestic Violence                                      | 1401 West Capitol, Suite 170 | Little Rock | (501) 907-5612 | 800-269-4668                                      | Mission is to eliminate domestic violence and promote healthy families. Teen dating abuse helpline 866-331-9474.                                                                                   |
|                                                    | Arkansas Health Care Access Foundation, Inc.                                      |                              | Little Rock | (501) 221-3033 | M to F 8:30 am to Noon; 1 pm to 4 pm              | For low income, medically uninsured Arkansans. Go to County Health Dept to begin application process. Takes 5 - 7 working days.                                                                    |
|                                                    | Arkansas Prostate Cancer Foundation (UW)                                          |                              |             | (501) 748-1249 |                                                   | Raises awareness about the high risk of prostate cancer by facilitating early diagnosis and treatment                                                                                              |
|                                                    | ARKids - seguro medico para ninos / medical insurance for children                |                              |             | (888) 474-8275 | Lunes a vienes (Monday-Friday) 8:00 am to 4:30 pm |                                                                                                                                                                                                    |



| Category | Resource                                                              | Street Address       | City              | Phone Number   | Hours                                             | Services Provide                                                                                                                                                               |
|----------|-----------------------------------------------------------------------|----------------------|-------------------|----------------|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Arthritis Foundation, Arkansas Chapter (UW)                           |                      |                   | (501) 664-7242 |                                                   | Provides research and patient services to improve lives through leadership in the prevention, control and cure of arthritis and related diseases                               |
|          | Barnabas House                                                        | 2423 South Tyler     | Little Rock       | (501) 663-3136 |                                                   | Mental health and social work, counseling                                                                                                                                      |
|          | Bridgeway Hospital                                                    | 21 Bridgway Road     | North Little Rock | (501) 771-1500 |                                                   | Private inpatient hospital, most insurance accepted. Payment required.                                                                                                         |
|          | Center for Youth and Families                                         | 5905 Forest Place    | Little Rock       | (501) 666-4949 |                                                   | Outpatient clinic for youth 20 and under                                                                                                                                       |
|          | Clinica El Samaritano - El Faro Baptist Church                        | 7002 Baseline Rd     | Little Rock       | (501) 565-6155 | Appointment only; 1st and 3rd Tuesday 5pm to 8:30 | Solopor cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequena. Limite 15                 |
|          | Community of Grace Health Clinic - En edificio de Tyler Street Annex. | 2100 S. Tyler Street | Little Rock       | (501) 916-2340 |                                                   | Solo attenden a personas sin seguro medico que viven 72204. /requieren prueba de direccion. Hay interpretes. Clinica medica y de ginecologia. \$5/visita.                      |
|          | Esperanza "Hope" Neighborhood Clinic - 2nd Baptist Church             | 6111 West 83rd St    | Little Rock       | (501) 562-1114 | Thursday 5:15 pm - 8:00 pm, closed 5th Thursday   | Solo por cita. Principalmente para 72209. \$5/visita. Hay interpretes. Appointment only. Primarily for 72209. \$5/visit. Spanish interpreters available. Entrance around back. |

| Category | Resource                             | Street Address               | City              | Phone Number   | Hours                                                                      | Services Provide                                                                                                                                                                                                                                         |
|----------|--------------------------------------|------------------------------|-------------------|----------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Family Services Agency               | 628 West Broadway, Suite 300 | North Little Rock | (501) 372-4242 |                                                                            | Mental health counseling for depression, grief, domestic violence, and marital problems. There is a sliding scale fee structure, call for fees.                                                                                                          |
|          | First Presbyterian Church - Stew Pot | 800 Scott St                 | Little Rock       | (501) 372-1804 | 3rd Thursday monthly - Dr & nurse; Nurse screenings on Fridays noon to 1pm | Medical screenings                                                                                                                                                                                                                                       |
|          | Harmony Health Clinic (UW)           | 201 East Roosevelt Rd        | Little Rock       | (501) 375-4400 | see services description                                                   | Must pick up and return application packet Monday thru Friday 9:00 am to 1:00 pm. Must live or work in Pulaski County, have no insurance, picture ID, proof of income. Free Clinic. NO WALK-INS. Appointment required to see dentist. Appointments: Thur |
|          | Jacksonville Health Unit             | 3000 North 1st St            | Jacksonville      | (501) 982-7477 | M to F, 8 am to 4:30 pm                                                    | Appointments required, photo ID, proof of income required. Free or low cost health screenings, birth control, HIV/AIDS, STD testing and referrals. No physicals. Serves Jacksonville & Sherwood.                                                         |
|          | Jericho Way, Homeless Day Center     | 3000 Confederate             | Little Rock       | (501) 916-9859 |                                                                            | Homeless day center, case managed referrals, Wednesdays 9 am, County Mental Health Screening                                                                                                                                                             |
|          | John L. McClellan Veterans Hospital  | 4300 West 7th St             | Little Rock       | (501) 257-1000 |                                                                            | Medical care and treatment for veterans ONLY                                                                                                                                                                                                             |

| Category | Resource                                   | Street Address           | City              | Phone Number   | Hours                                        | Services Provide                                                                                                                                                                                                                                            |
|----------|--------------------------------------------|--------------------------|-------------------|----------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Little Rock Community Mental Health Center | 4400 Shuffield Drive     | Little Rock       | (501) 686-9300 | call M - F, 8 am to 5 pm                     | 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.                                                                              |
|          | Living Affected, Corp.                     | 401 North Maple, Suite A | North Little Rock | (877) 902-7448 |                                              | Living Affected assists anyone to enroll in Affordable Health Care. They offer counseling and support groups for LGBT, HIV/AIDS. Makes referrals for jobs.                                                                                                  |
|          | Lucie's Place                              |                          |                   | (855) 582-4377 | Hotline Open 24/7                            | Lucie's Place works with homeless lesbian, Gay, Bisexual & Transgender young adults in the Central AR area. Assists with free counseling, food, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults.                                |
|          | Network of Wellness                        | 801 Scott Street         | Little Rock       | (501) 221-7238 | M to Fri; 8 am to 5 pm                       | Specializing in adult psychiatry. Insurance required. Medicare and Medicaid accepted                                                                                                                                                                        |
|          | North Little Rock Health Department        | 2800 North Willow St     | North Little Rock | (501) 791-8551 | M to F, 8am to 4:30 pm, behind Laman Library | For UNINSURED: Apply for Arkansas Health Care Access. Process takes 5-7 working days. Appointments required, proof of income and ID required. Low cost health screening, minimum \$5 fee. Immunizations, Birth Control, STD, HIV/AIDS testing, and referral |

| Category | Resource                                                              | Street Address                        | City              | Phone Number   | Hours                   | Services Provide                                                                                                                                                                                                                                             |
|----------|-----------------------------------------------------------------------|---------------------------------------|-------------------|----------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Open Hands Clinic                                                     | 1225 Dr. Martin Luther King Jr. Drive | Little Rock       | (501) 244-2121 | M to F, 8:30 am to 5 pm | Appointments preferred, Proof of income & ID required. Must be homeless, in shelter or in transitional housing.                                                                                                                                              |
|          | Parents and friends of Lesbian and Gay (& Transgender) People (PFLAG) | 800 South Scott Street                | Little Rock       | (501) 291-2507 |                         | Meets the first Friday of each Month at the 1st Presbyterian Church                                                                                                                                                                                          |
|          | Prescription Drug Coverage SSA                                        |                                       |                   | (800) 772-1213 |                         | Medicare Part D drug coverage. If your monthly income is less than \$1471 you could qualify for a low income subsidy to help you pay for drug coverage. If income is more than \$1471, you can apply for Part D at the same numbers or website.              |
|          | Professional Counseling Associates                                    | 361 Richards Road                     | North Little Rock | (501) 221-1843 |                         | Mental Health counseling, there is a sliding scale fee, financial interview and triage will be done over the phone. Satellite clinics: Jacksonville 501-982-7515; Sherwood 501-835-4174; North Little Rock 501-955-7600; South West Little Rock 501-568-4294 |
|          | Pulaski County Central Health Unit                                    | 3915 W 8th St                         | Little Rock       | (501) 280-3100 | M thru F 8am to 4:20pm  | Appointments preferred, proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV, Aids testing and referrals. No physicals.                                                                                              |

| Category | Resource                                                | Street Address                 | City              | Phone Number   | Hours                                           | Services Provide                                                                                                                      |
|----------|---------------------------------------------------------|--------------------------------|-------------------|----------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington           | North Little Rock | (501) 376-6694 | Call M, W, F at exactly 10:00 for appointments  | Medical Services, by appointment only; adults, no insurance, no Medicare or VA benefits & income below 200% of poverty level          |
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington           | North Little Rock | (501) 376-6694 | Call for appointment                            | Exams & eye glasses, call for appointment \$5. cash payment per visit                                                                 |
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington           | North Little Rock | (501) 376-6694 | Call Thursday at 10:00 am for initial screening | Extractions only and by appointment only. \$5.00 cash payment per visit                                                               |
|          | River City Ministry - Free Homeless Day Resource Center | 1021 East Washington           | North Little Rock | (501) 376-6694 |                                                 | Call in for refills for River City Ministry patients ONLY. No outside prescriptions filled                                            |
|          | Saint Francis House (UW)                                | 2701 South Elm Street          | Little Rock       | (501) 664-5036 | Open 8:30-11:30 & 1:30 - 3:00 pm                | Health Clinic                                                                                                                         |
|          | Saint Francis House (UW)                                | 2701 South Elm Street          | Little Rock       | (501) 664-5036 | Open 8:30-11:30 & 1:30 - 3:00 pm                | Prescription Drug Assistance                                                                                                          |
|          | Shepherds Hope                                          | 2404 Tyler St                  | Little Rock       | (501) 614-9523 | Thursdays 5:30am to 9pm                         | By appointment only. Primary care and diabetes clinic. Serving 72204 zip code. Proof of residency required.                           |
|          | St. Vincent - Gardner Memorial Community Clinic         | 1723 Schaer St (off Pike Avve) | North Little Rock | (501) 552-3241 | Mondays between 7:00 am and 7:30 am             | Walk ins accepted. Must be present on Mondays between 7 - 7:30; doors open at 8:00. Serves NLR & Sherwood Uninsured Only. ID Required |

| Category | Resource                                            | Street Address                | City              | Phone Number   | Hours                                        | Services Provide                                                                                                                                                                                                                                              |
|----------|-----------------------------------------------------|-------------------------------|-------------------|----------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | St. Vincent - Glenview Community Clinic             | 4800 East 19th St (Rose City) | North Little Rock | (501) 552-3241 | Thursday 8:00 am                             | Appointments Required. Appointments available Thursdays beginning at 8:00 am. Serves North Little Rock and Sherwood. ID and Proof of Income required.                                                                                                         |
|          | St. Vincent Health Clinic East                      | 2500 East 6th St              | Little Rock       | (501) 552-4710 | M to Thur 8am to 4:30 pm; Friday 8am to Noon | Fees based on sliding scale, proof of income required. \$40 co-pay. Call for appointment. No walk ins.                                                                                                                                                        |
|          | St. Vincent Health System - St Francis House Clinic | 2701 South Elm St, 3rd Floor  | Little Rock       | (501) 552-3241 | Tuesday & Wednesday open at 8:00 am          | Appointments Required. Open Tuesdays & Wednesdays beginning at 8:00 am ID & Proof of Income required                                                                                                                                                          |
|          | U.A.M.S. Clinic (Appointments)                      | 4301 West Markham             | Little Rock       | (501) 686-8000 | Ext 2; M - F, 7:30 am to 5 pm                | Appointments required. Indigent discount possible with proof of income and ID. Co-pay of \$50 required.                                                                                                                                                       |
|          | U.A.M.S. Dental Hygiene Student Clinic              | 4301 West Markham             | Little Rock       | (501) 686-5733 | Extension 1                                  | The U.A.M.S. Dental Hygiene Student Clinic allows students to perform x-rays and teeth cleaning for \$25 pervisit. The Clinic provides many of the basic services including: Examination, Cleaning, X-rays, Pit & Fissure Sealant. NEVER OPEN MONDAY. Hours v |
|          | U.A.M.S. Walker Family Clinic                       | 4301 West Markham             | Little Rock       | (501) 526-8200 | M - F, 7:30 am to 5 pm                       | Appointments required, proof of income and ID required, co-pay required                                                                                                                                                                                       |

| Category | Resource                                                 | Street Address     | City        | Phone Number   | Hours                               | Services Provide                                                                                                                       |
|----------|----------------------------------------------------------|--------------------|-------------|----------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|          | United Cerebral Palsy of Arkansas (UW)                   |                    |             | (501) 224-6067 |                                     | Educates, advocates and provides services to children and adults with developmental disabilities                                       |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm  | Health promotion, advocacy, AIDs awareness, substance abuse counseling, promotion of nutrition and fitness, liaison with local clinics |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm  | Assistance with medications. Call before coming to make sure funds are available. Appointments & referrals are preferred.              |
|          | Westside Free Medical Clinic                             | 2000 Aldersgate Rd | Little Rock | (501) 664-0340 | English -ext 356; Spanish - ext 335 | Evening Clinic. Please call for appointment and leave voice mail. Appointment required. Bus service not readily available.             |
|          | Westside Free Medical Clinic (Spanish)                   | 2000 Aldersgate Rd | Little Rock | (501) 664-0340 | Ext 356 English; Ext 335 Spanish    | Evening Clinic. Please call for appointment and leave voice mail. Appointment required. Bus service not readily available.             |

| Category                    | Resource                                                | Street Address    | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                             |
|-----------------------------|---------------------------------------------------------|-------------------|-------------|----------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Housing and Shelters</b> |                                                         |                   |             |                |       |                                                                                                                                                                                                                                                              |
|                             | A.B.B.A House                                           | 1002 South Oak    | Little Rock | (501) 666-9718 |       | Shelter for homeless and pregnant women. Non-pregnant women can stay up to 3 wks. Pregnant women can stay up to 1 month after birth. No drugs or mental illness                                                                                              |
|                             | Center for Women in Transition                          | PO Box 3461       | Little Rock | (501) 372-5522 |       | Transition for incarcerated or formerly incarcerated women. Assist women in leading lives of self worth, self reliance and self discipline.                                                                                                                  |
|                             | Center for Youth and Families - Youth Emergency Shelter | 6425 West 12th St | Little Rock | (501) 666-7233 |       | Shelter for homeless and runaway youth, ages 8 - 18, wheelchair accessible, children may stay 45 days. Must be DHS clients.                                                                                                                                  |
|                             | Dorcas House, A Division of Union Rescue Mission        | 823 South Park St | Little Rock | (501) 666-7233 |       | Women's domestic violence program. 9 mo program for women and children in domestic abuse situations. Male children allowed to 17 years of age (space available). Recovery program 9 mo program for substance and alcohol program. Children are not allowed i |
|                             | Empowerment Village                                     | 3604 West 12th St | Little Rock | (501) 663-7223 |       | Limited income, homeless or has disability affecting their income and need for supportive services                                                                                                                                                           |



| Category | Resource                           | Street Address      | City              | Phone Number   | Hours           | Services Provide                                                                                                                                                                 |
|----------|------------------------------------|---------------------|-------------------|----------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Family Promises of Pulaski County  | 222 East 8th Street | Little Rock       | (501) 372-0733 |                 | Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, & case management for homeless families with children under 18.                 |
|          | Firm Foundation Ministries         | 220 East Broadway   | North Little Rock | (501) 945-7412 |                 | Men's homeless shelter and halfway house. Day labor and job placements for residents ONLY.                                                                                       |
|          | Freewill Baptist Family Ministries | 3600 West 11th St.  | Little Rock       | (501) 663-3129 |                 | Emergency shelter for DHS involved children ages 6-17, open 24 hours. Serves males & females, sibling groups, must have IQ above 70 and be able to attend school                 |
|          | Gaines House (UW)                  | 1702 Gaines St      | Little Rock       | (501) 376-4015 |                 | Transitional home for women with disabilities. Call for cost and other information                                                                                               |
|          | Hand Up Housing of Arkansas        | 620 Curtis Sykes Dr | North Little Rock | (501) 658-1449 | 2:00 pm Tuesday | Homeless and transitional housing. First step in graduated, Christ center, case managed program to help men and women in need move from homelessness to self sufficiency.        |
|          | Hoover Treatment Center            | 3604 West 12th St   | Little Rock       | (501) 663-4774 |                 | Post treatment and inpatient long term treatment for all drugs and alcohol. NO DETOX. Program has enhancement services such as work program. Must call for entry. Call for fees. |

| Category | Resource                                             | Street Address         | City              | Phone Number   | Hours                                   | Services Provide                                                                                                                                                                                                                                              |
|----------|------------------------------------------------------|------------------------|-------------------|----------------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Little Rock Compassion Center - Men's                | 3618 West Roosevelt Rd | Little Rock       | (501) 296-9114 |                                         | Men's homeless shelter, must have ID and be over 18. No weapons, must be sober, no medical services available.                                                                                                                                                |
|          | Little Rock Compassion Center - Women's              | 4210 Asher Ave         | Little Rock       | (501) 663-2972 | Call after 3:00 pm                      | Women's homeless shelter. Must have ID and be over 18.                                                                                                                                                                                                        |
|          | Little Rock Housing Authority                        | 100 Arch Street        | Little Rock       | (501) 340-4821 |                                         | Must meet HUD and Public Housing Authority requirements as to income, and citizenship status. Those with violent / drug related misdemeanor convictions are not eligible to apply for 3 years. Those with violent / drug related felony convictions are not e |
|          | Little Rock Housing Authority - Cumberland Towers    | 311 East 8th St        | Little Rock       | (501) 340-4724 |                                         | See LR Housing Authority - Must be over 50 years of age with no dependents                                                                                                                                                                                    |
|          | Little Rock Housing Authority - Fred W. Paris Towers | 1800 South Broadway    | Little Rock       | (501) 340-4752 |                                         | See LR Housing Authority. Must be over 50 with no dependents.                                                                                                                                                                                                 |
|          | Little Rock Housing Authority - Jesse Powell Towers  | 1010 Wolfe St          | Little Rock       | (501) 340-4766 |                                         | See LR Housing Authority. Must be over 18 years of age with no dependents                                                                                                                                                                                     |
|          | Little Rock Housing Authority - Sunset Terrace       | 2800 Battery Street    | Little Rock       | (501) 340-4730 |                                         | See LR Housing Authority . For families.                                                                                                                                                                                                                      |
|          | Mid Arkansas Substance Abuse Service                 | 4601 West 7th St       | Little Rock       | (501) 686-9393 | Telephone screening done 24 hours a day | Detox center, must be over 18. Proof of Pulaski County residency and ID required                                                                                                                                                                              |
|          | Mission Global Ministries                            | 3719 East Broadway     | North Little Rock | (501) 945-0339 |                                         | Men's homeless shelter & halfway house for men on parole                                                                                                                                                                                                      |

| Category | Resource                                                     | Street Address      | City        | Phone Number   | Hours                          | Services Provide                                                                                                                                                                                                                                               |
|----------|--------------------------------------------------------------|---------------------|-------------|----------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Nehemiah House - A division of Union Rescue Mission          | 2921 Conferate Blvd | Little Rock | (501) 374-1108 |                                | Men's homeless shelter, 4 free days p/mo, free if weather is below freezing, after that \$6 p/day includes breakfast & dinner. Out of building by 7 am. Once in at night, cannot leave and re-enter. Weapons tobacco, cell phones, drugs and alcohol not permi |
|          | Our House (UW)                                               | 302 East Roosevelt  | Little Rock | (501) 375-2416 | additional phone #501-374-7383 | Working shelter for men, women and families. Wheelchair accessible. Long term shelter, up to 2 years, available. Educational programs, meals, clothing, classes available, domestic violence recovery. Must be working a minimum of 32 hrs a week soon after   |
|          | Project Based Section 8 Apartments - Asbury Park             | 8500 Michael Court  | Little Rock | (501) 225-1931 |                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                                                                                                         |
|          | Project Based Section 8 Apartments - Auxora Arms Apartments  | 101 Auxora Rd       | Little Rock | (501) 562-8593 |                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                                                                                                         |
|          | Project Based Section 8 Apartments - Brook Valley Apartments | 1100 Brookside Dr   | Little Rock | (501) 227-5894 |                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                                                                                                         |
|          | Project Based Section 8 Apartments - Buffington Towers       | 224 East 7th St     | Little Rock | (501) 372-6434 |                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                                                                                                         |
|          | Project Based Section 8 Apartments - Eastview Terrace        | 1200 Geyer St       | Little Rock | (501) 372-6606 |                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                                                                                                         |

| Category | Resource                                                   | Street Address         | City        | Phone Number   | Hours                                          | Services Provide                                                                                                                                                        |
|----------|------------------------------------------------------------|------------------------|-------------|----------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Project Based Section 8 Apartments - Fair Oaks Apartments  | 9600 West 36th St      | Little Rock | (501) 227-5466 |                                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                  |
|          | Project Based Section 8 Apartments - Terrace Green Housing | 8223 Scott Hamilton Dr | Little Rock | (501) 565-1309 |                                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                  |
|          | Project Based Section 8 Apartments - Westbridge I & II     | 2123 Labette Manor Dr  | Little Rock | (501) 224-3122 |                                                | Based on income, no voucher needed. Section 8 Accepted                                                                                                                  |
|          | Ronald McDonald House (UW)                                 |                        |             | (501) 374-1956 |                                                | Provides a safe home away from home for families having a critically ill child treated at Arkansas Children's Hospital or another treatment center                      |
|          | S.O.A.R. Network                                           | 1827 South Woodrow     | Little Rock | (501) 255-0529 |                                                | Housing                                                                                                                                                                 |
|          | Saint Francis House (UW)                                   | 2701 South Elm Street  | Little Rock | (501) 664-5036 | Open 8:30-11:30 & 1:30 - 3:00 pm               | Veterans Housing Assistance                                                                                                                                             |
|          | Salvation Army (UW)                                        | 1111 West Markham      | Little Rock | (501) 374-9296 |                                                | Meals, Food Pantry, Homeless shelter for individuals and families, Angel tree gifts, Youth Camps, Emergency Support for victims of natural disasters                    |
|          | Salvation Army (UW)                                        | 1111 West Markham      | Little Rock | (501) 374-9296 | After 5:00 pm # 501-374-8636; Opens at 6:15 pm | Emergency shelter for men, women and families                                                                                                                           |
|          | Sober Living                                               | 4201 John Borrow Rd    | Little Rock | (501) 562-0507 |                                                | In patient drug and alcohol abuse transitional housing facility for men & women. Minimum stay of 6 mos, fee based program. Court approved alternative to incarceration. |

| Category | Resource                       | Street Address   | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                               |
|----------|--------------------------------|------------------|-------------|----------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | The Hope House of Recovery     | P O Box 190431   | Little Rock | (501) 565-4673 |       | Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend 3 recovery meetings weekly and over 18. No children or men allowed on property. Must adhere to all rules, pay rent of \$100 |
|          | Veteran's Day Treatment Center | 1000 Main St     | Little Rock | (501) 257-4499 |       | Access for VETERANS to VA programs including St. Francis House                                                                                                                                                                                                 |
|          | Women and Children First (UW)  | address withheld | Little Rock | (501) 376-3219 |       | Shelter for women and children in domestic abuse situations, male children allowed up to 18, must be drug and alcohol free. Women must be over 18 or emancipated. STATEWIDE. CRISIS HOTLINE                                                                    |

| Category                           | Resource                                                              | Street Address               | City        | Phone Number   | Hours                                             | Services Provide                                                                                                                                                                                                                                                |
|------------------------------------|-----------------------------------------------------------------------|------------------------------|-------------|----------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Immigrants and Undocumented</b> |                                                                       |                              |             |                |                                                   |                                                                                                                                                                                                                                                                 |
|                                    | AR Coalition Against Domestic Violence                                |                              |             | (501) 907-5612 | Also 800-269-4668 Spanish                         | Help for those who have been battered                                                                                                                                                                                                                           |
|                                    | Arkansas Coalition Against Domestic Violence                          | 1401 West Capitol, Suite 170 | Little Rock | (501) 907-5612 |                                                   | Hablamos Espanol, Si esta en peligro, Llame al 911. Llamemos al 800-269-4668 o' a la nacional 800-799-7233                                                                                                                                                      |
|                                    | ARKids - seguro medico para ninos / medical insurance for children    |                              |             | (888) 474-8275 | Lunes a vienes (Monday-Friday) 8:00 am to 4:30 pm |                                                                                                                                                                                                                                                                 |
|                                    | Catholic Immigration Services                                         | 2500 North Tyler St          | Little Rock | (501) 664-0340 | By Appointment                                    | Low cost counseling and support to those eligible for immigration benefits and cannot afford private services; victims of trafficking and violence; education services; law enforcement and emergency responders; preparation of immigration applications and f |
|                                    | Clinica El Samaritano - El Faro Baptist Church                        | 7002 Baseline Rd             | Little Rock | (501) 565-6155 | Appointment only; 1st and 3rd Tuesday 5pm to 8:30 | Solopor cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequena. Limite 15                                                                                                  |
|                                    | Community of Grace Health Clinic - En edificio de Tyler Street Annex. | 2100 S. Tyler Street         | Little Rock | (501) 916-2340 |                                                   | Solo attenden a personas sin seguro medico que viven 72204. /requieren prueba de direccion. Hay interpretes. Clinica medica y de ginecologia. \$5/visita.                                                                                                       |

| Category | Resource                                                  | Street Address            | City        | Phone Number   | Hours                                              | Services Provide                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------------------|---------------------------|-------------|----------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | El Consulado de Mexico en Little Rock                     | 3500 South University Ave | Little Rock | (501) 372-6933 | Lunes a Viernes<br>8am to 5pm                      | A traves del Programa Proteccion y Asistencia a las Victimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido victimas de: Violencia domest |
|          | El Zocalo Immigration Resource Center                     | P O Box 250953            | Little Rock | (501) 301-4652 | email:<br>lrimmigrantcenter@gmail.com              | El Zocalo Immigrant Resource Center works to connect immigrant individuals and families in need with services and support. Provide education and advocacy to the community. Call for additional assistance with accessing resources                            |
|          | Esperanza "Hope" Neighborhood Clinic - 2nd Baptist Church | 6111 West 83rd St         | Little Rock | (501) 562-1114 | Thursday 5:15 pm - 8:00 pm, closed<br>5th Thursday | Solo por cita.<br>Principalmente para 72209.<br>\$5/visita. Hay interpretes.<br>Appointment only.<br>Primarily for 72209.<br>\$5/visit. Spanish interpreters available.<br>Entrance around back.                                                               |
|          | Human Trafficking Statewide Crisis Hotline (PATH)         |                           |             | (877) 432-5368 |                                                    | Numero para victimas de trata de blancas                                                                                                                                                                                                                       |

| Category | Resource                                               | Street Address                 | City        | Phone Number   | Hours                         | Services Provide                                                                                                                                                                                                                                                |
|----------|--------------------------------------------------------|--------------------------------|-------------|----------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Latino Clinic (Arkansas Children's Hospital)           | 1 Children's Way               | Little Rock | (501) 364-4000 |                               | Tratamiento para niños con condiciones medicas complejas que pertenecen a familias que hablan espanol. Tambien tiene una oficina legal para personas de bajos ingresos. Personal bilingue. Requieren una referencia de un medico. Los viernes por la tarde.     |
|          | Legal Aid of Arkansas - Ayuda Legal de Arkansas        |                                |             | (501) 376-3423 | Additional phone 800-952-9243 | Ayuda en prepara impuestos (incluso I-TIN), consejo y ayuda legal gratuita para personas de bajos recursos en las areas de consumidor, educacion, empleo, derecho familiar, salud, vivienda, derechos individuales, recursos en idiomas distintos al ingles, be |
|          | Literacy Action of Central Arkansas (UW)               | 100 Rock Street, 5th floor     | Little Rock | (501) 372-7323 | Inside public library         | Teaching adults to read English as a second language                                                                                                                                                                                                            |
|          | Numero Nacional de Crisis/Para Prevencion del Suicidio |                                |             | (888) 628-9454 | 800-273-8255 in English       | National Suicide Crisis Hotline                                                                                                                                                                                                                                 |
|          | Premier Staffing - Dotacion de Personal Premier        | 10901 Financial Centre Parkway | Little Rock | (501) 223-8367 |                               | Premier Staffing es una agencia de contratacion que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, tecnicos y profesionales y personal para trabajo industrial y de fabrica. El prime    |



| Category | Resource                               | Street Address     | City        | Phone Number   | Hours                               | Services Provide                                                                                                                                                                                                                                               |
|----------|----------------------------------------|--------------------|-------------|----------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Safe Places                            | 2607 Lehigh Drive  | Little Rock | (501) 351-4673 | M-F 8:30 am-5pm;<br>L-V 8:30 am-5pm | Ofrecemos ayudantes a victimas y consejeria individual y en grupo para sobrevivientes de abuso domestica, violencia sexual, y manejo de la ira. Para adultos y ninos. Serve as advocates and offer 1 on 1 group counseling for domestic abuse, sexual assault, |
|          | Westside Free Medical Clinic (Spanish) | 2000 Aldersgate Rd | Little Rock | (501) 664-0340 | Ext 356 English;<br>Ext 335 Spanish | Evening Clinic. Please call for appointment and leave voice mail. Appointment required. Bus service not readily available.                                                                                                                                     |

| Category              | Resource                                  | Street Address                      | City        | Phone Number   | Hours                                  | Services Provide                                                                                                                                                                                                                                               |
|-----------------------|-------------------------------------------|-------------------------------------|-------------|----------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Legal Services</b> |                                           |                                     |             |                |                                        |                                                                                                                                                                                                                                                                |
|                       | American Civil Liberties Union (A.C.L.U.) | 904 West 2nd St, Suite 1            | Little Rock | (501) 374-2660 |                                        | The ACLU provide legal representation in selected cases involving a violation of Civil Liberties. The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom,  |
|                       | Center for Arkansas Legal Services        | 1300 West 6th St                    | Little Rock | (501) 376-3423 | M-F 9:00 am - 11:00am & 1:00 - 3:00 pm | Free legal assistance to low income people in civil, non-criminal cases. Find legal documents for self-representation on website.                                                                                                                              |
|                       | Crisis Hotline                            |                                     |             | (501) 376-3219 |                                        | Shelter for women and children in domestic abuse situations. Statewide help                                                                                                                                                                                    |
|                       | Disability Rights Center of Arkansas      | 1100 North University Ave Suite 201 | Little Rock | (501) 296-1775 |                                        | Advocacy group supporting the rights of the disabled.                                                                                                                                                                                                          |
|                       | El Consulado de Mexico en Little Rock     | 3500 South University Ave           | Little Rock | (501) 372-6933 | Lunes a Viernes 8am to 5pm             | A traves del Programa Proteccion y Asistencia a las Victimas de Violencia y Trata de Personas, hace un atento llamado a toda la comunidad mexicana a presentar denuncias y/o solicitar ayuda para aquellas personas que han sido victimas de: Violencia domest |

| Category | Resource                                               | Street Address   | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                            |
|----------|--------------------------------------------------------|------------------|-------------|----------------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Latino Clinic (Arkansas Children's Hospital)           | 1 Children's Way | Little Rock | (501) 364-4000 |       | Tratamiento para niños con condiciones médicas complejas que pertenecen a familias que hablan español. También tiene una oficina legal para personas de bajos ingresos. Personal bilingüe. Requieren una referencia de un médico. Los viernes por la tarde. |
|          | National Call Center for Homeless Veterans             |                  |             | (877) 424-3838 |       | Assistance for homeless veterans                                                                                                                                                                                                                            |
|          | On Line Information on Free Legal Services in Arkansas |                  |             |                |       |                                                                                                                                                                                                                                                             |
|          | U.A.L.R. William H. Bowen School of Law - Legal Clinic | 1201 McMath Ave  | Little Rock | (501) 324-9441 |       | Litigation, Mediation, Consumer Protection, and Tax Clinics. Usually available on January or August (at the beginning of each semester). Special mediation clinic for special education students and their families.                                        |

| Category                         | Resource                           | Street Address          | City        | Phone Number   | Hours               | Services Provide                                                                                                                                                                                                                                               |
|----------------------------------|------------------------------------|-------------------------|-------------|----------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Substance Abuse Treatment</b> |                                    |                         |             |                |                     |                                                                                                                                                                                                                                                                |
|                                  | AA World Service Office            |                         |             | (212) 870-3400 |                     | Provides contact information, place, date and times, for AA meetings worldwide                                                                                                                                                                                 |
|                                  | Al-Anon and Alateen                |                         |             | (501) 372-5234 |                     | The Al-Anon family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. They believe that alcoholism is a family illness and that changed attitudes can aid i |
|                                  | Arkansas AA Central Service Office | 7509 Cantrell Road #106 | Little Rock | (501) 664-7303 | phone #501-664-6042 | Providing contact information, place, date & times for Alcoholics Anonymous meetings throughout Arkansas                                                                                                                                                       |
|                                  | Arkansas Cares                     | 2002 South Fillmore     | Little Rock | (501) 661-0720 |                     | Inpatient and long term treatment for pregnant women or women with children under the age of 12. Fees: Call for fees and restrictions.                                                                                                                         |
|                                  | Baptist Medical Center             | 9601 Interstate 630     | Little Rock | (501) 202-2893 |                     | 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 with symptoms and allow psych screener or ER staff to make that re      |

| Category | Resource                                        | Street Address           | City              | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                      |
|----------|-------------------------------------------------|--------------------------|-------------------|----------------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Bridgway Hospital                               | 21 Bridgway Road         | North Little Rock | (501) 771-1500 |       | 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 |
|          | Catar Clinic                                    | 1401 South University    | Little Rock       | (501) 664-7833 |       | Outpatient methadone treatment                                                                                                                                                                                                                        |
|          | Catar Clinic                                    | 1401 S University        | Little Rock       | (501) 664-7833 |       | Outpatient methadone treatment                                                                                                                                                                                                                        |
|          | Cocaine Anonymous C.A.                          |                          |                   | (501) 374-1334 |       | C.A. is concerned solely with the personal recovery and continued sobriety of individual drug addicts who turn to our Fellowship for help                                                                                                             |
|          | Compassion Center                               | 3618 West Roosevelt Road | Little Rock       | (501) 296-9114 |       | Long term treatment facility for men and women. Must speak with shelter staff to enter program. Fee: None, if working or on disability, 75% of income will be saved for client. Chores done in shelter in exchange for fee, if unemployed.            |
|          | Dorcas House - Division of Union Rescue Mission | 823 South Park St        | Little Rock       | (501) 374-4022 |       | 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.                                                                               |

| Category | Resource                                                | Street Address       | City        | Phone Number   | Hours                       | Services Provide                                                                                                                                                                                                                                           |
|----------|---------------------------------------------------------|----------------------|-------------|----------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Gyst House                                              | 8101 Frenchmans Lane | Little Rock | (501) 568-1682 |                             | Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. Fee: \$250 entry fee                                                                                                        |
|          | Hoover Treatment Center                                 | 3604 West 12th St    | Little Rock | (501) 663-4774 |                             | Inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fee: Call for fees.                                      |
|          | Mid-Arkansas Substance Abuse Services                   | 4601 West 7th St     | Little Rock | (501) 686-9393 |                             | Detox center for Pulaski, Lonoke, Prairie and Saline Counties. 3-7 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 p |
|          | Mid-Arkansas Substance Abuse Services (Sobering Center) | 4601 West 7th St     | Little Rock | (501) 686-9380 | 501-686-9784<br>Emergency # | Inpatient initial detox. Fee: \$25.                                                                                                                                                                                                                        |

| Category | Resource                                            | Street Address        | City        | Phone Number   | Hours               | Services Provide                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------------|-----------------------|-------------|----------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Narcotics Anonymous - c/o Central Arkansas ASC      | P O Box 165205        | Little Rock | (501) 373-8683 | phone #866-757-2579 | NA is a non-profit fellowship of men & women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership, the desire to stop using. We suggest you ke  |
|          | Nehemiah House - A division of Union Rescue Mission | 3000 Confederate Blvd | Little Rock | (501) 376-8470 |                     | Long term treatment for men. Must complete interview with facility before entering 9 month program. Fee: \$75 deposit which is returned if client completes program                                                                                            |
|          | Nehemiah House - A division of Union Rescue Mission | 2921 Conferate Blvd   | Little Rock | (501) 374-1108 |                     | Men's homeless shelter, 4 free days p/mo, free if weather is below freezing, after that \$6 p/day includes breakfast & dinner. Out of building by 7 am. Once in at night, cannot leave and re-enter. Weapons tobacco, cell phones, drugs and alcohol not permi |
|          | Quality Living Center                               | 3925 Asher Ave        | Little Rock | (501) 663-3490 |                     | Long term coed treatment facility. Fees: \$300 intake fee. 30 day treatment program \$3,200.                                                                                                                                                                   |

| Category | Resource                                     | Street Address     | City              | Phone Number   | Hours                                     | Services Provide                                                                                                                                                                                                                                  |
|----------|----------------------------------------------|--------------------|-------------------|----------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Recovery Center of Arkansas, Williamsburg    | 6301 Father Tribou | Little Rock       | (501) 372-4611 | Walk in T or Th 7:30-4:00 for interview   | Outpatient treatment for men and women. Must detox first. Client must complete interview before entering program. Fees: Call. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month. |
|          | Recovery Centers of Arkansas, Riverbend (UW) | 1201 River Road    | North Little Rock | (501) 372-4611 | Walk in T or Th 7:30 - 4:00 for interview | Long term treatment for men and women. Must detox first. Client must complete interview before entering program. Call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of month    |
|          | Recovery Centers of Arkansas, Steeplechase   | 6225 Father Tribou | Little Rock       | (501) 614-4907 |                                           | Steeplechase Apartments provide private chemical free apartments to those individuals who have successfully completed treatment programming.                                                                                                      |
|          | Recovery Centers of Arkansas, Williamsburg   | 6301 Father Tribou | Little Rock       | (501) 372-4611 | Tues OR Thurs 7:30 am to 4pm              | Outpatient treatment for men and women. Must detox and complete interview before entering program. Walk In Tues or Thurs. Call for fees, indigent beds available, must call and request indigent bed at beginning of the month.                   |



| Category | Resource                                                  | Street Address         | City              | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                              |
|----------|-----------------------------------------------------------|------------------------|-------------------|----------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Sober Living                                              | 4201 John Borrow Rd    | Little Rock       | (501) 562-0507 |       | In patient drug and alcohol abuse transitional housing facility for men & women. Minimum stay of 6 mos, fee based program. Court approved alternative to incarceration.                                                                                       |
|          | The Hope House of Recovery                                | P O Box 190431         | Little Rock       | (501) 565-4673 |       | Women's chemical free transitional living. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend 3 recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rule |
|          | U.A.M.S. Psychiatric Research Institute - Methadone Cline | 4301 West Markham      | Little Rock       | (501) 526-8410 |       | Outpatient opiate treatment                                                                                                                                                                                                                                   |
|          | United Methodist Children's Home, Arkansas Cares          | 2002 South Fillmore St | Little Rock       | (501) 661-0720 |       | Women ONLY substance abuse issues, who are pregnant or with children to 12                                                                                                                                                                                    |
|          | Veteran's Substance Abuse Treatment Services              | 2200 Fort Root Drive   | North Little Rock | (501) 257-1000 |       | Must be processed through Veteran's ER. Veterans ONLY. Co-ed facility. Long term treatment facilities.                                                                                                                                                        |
|          | Wolfe Street Center                                       | 1015 Louisiana         | Little Rock       | (501) 372-5662 |       | Provides a meeting place, education and prevention programs and fellowship center for Alcoholics Anonymous, Al-Anon & Alateen Family Groups                                                                                                                   |

| Category              | Resource                          | Street Address      | City              | Phone Number   | Hours                              | Services Provide                                                                                                                                                                                                             |
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| <b>Transportation</b> |                                   |                     |                   |                |                                    |                                                                                                                                                                                                                              |
|                       | Care Link                         | P O Box 5988        | North Little Rock | (501) 372-5300 | 800-482-6359<br>additional phone # | Care Link can provide limited transportation for the elderly                                                                                                                                                                 |
|                       | Central Arkansas Transit (C.A.T.) | 310 East Capitol St | Little Rock       | (501) 375-1163 | Open 7am to 6pm daily              | One ride \$1.35; all day pass \$3.75; all month pass (31 day) \$36.00                                                                                                                                                        |
|                       | Jericho Way, Homeless Day Center  | 3000 Confederate    | Little Rock       | (501) 916-9859 | M - F, 8am to 4pm                  | Transportation to and from shelters to the Jericho Way Day Center and to Medical and employment appointments                                                                                                                 |
|                       | LINKS Paratransit (C.A.T.)        | 901 Maple St        | North Little Rock | (501) 375-9607 |                                    | Handicapped accessible LINKS buses cost \$2.70 one way, \$5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days                                                             |
|                       | Lucie's Place                     |                     |                   | (855) 582-4377 | Hotline Open 24/7                  | Lucie's Place works with homeless lesbian, Gay, Bisexual & Transgender young adults in the Central AR area. Assists with free counseling, food, bus passes, phone minutes, cell phones, etc. for LGBT homeless young adults. |

| Category | Resource                                                 | Street Address     | City        | Phone Number   | Hours                              | Services Provide                                                                                                                                                                                                 |
|----------|----------------------------------------------------------|--------------------|-------------|----------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | S.O.A.R. Network                                         | 1827 South Woodrow | Little Rock | (501) 255-0529 |                                    | Call to make an appointment for free shuttle service for job interviews, doctor's appointments, DHS or SSI interviews. Must be approved or referred by an agency in the SOAR Network. Call for more information. |
|          | Veteran's Day Treatment Center                           | 1000 Main St       | Little Rock | (501) 257-4499 |                                    | Shuttle service available by appointment for veterans to and from the VA Day Treatment Center and the VA Medical facilities ONLY                                                                                 |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Transportation and special outreach for the disabled                                                                                                                                                             |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Bus passes available on an as available basis through interview. Call before coming to schedule an appointment for screening                                                                                     |

| Category        | Resource                                   | Street Address                      | City              | Phone Number   | Hours                 | Services Provide                                                                                                                                                                                                                                                |
|-----------------|--------------------------------------------|-------------------------------------|-------------------|----------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Veterans</b> |                                            |                                     |                   |                |                       |                                                                                                                                                                                                                                                                 |
|                 | AR Vets                                    | 4704 West Commercial Drive, Suite B | North Little Rock | (501) 246-5341 |                       | The mission of ARVets is to enhance the overall quality of life for military personnel, veterans and their families by improving access to resources and strengthening support systems through all phases of the military life cycle. ARVets will proactively o |
|                 | Jericho Way, Homeless Day Center           | 3000 Confederate                    | Little Rock       | (501) 916-9859 | Wed 9 am VA screening | Homeless day center, case managed referrals                                                                                                                                                                                                                     |
|                 | John L. McClellan Veterans Hospital        | 4300 West 7th St                    | Little Rock       | (501) 257-1000 |                       | Medical care and treatment for veterans ONLY                                                                                                                                                                                                                    |
|                 | National Call Center for Homeless Veterans |                                     |                   | (877) 424-3838 |                       |                                                                                                                                                                                                                                                                 |
|                 | Saint Francis House (UW)                   | 2701 South Elm Street               | Little Rock       | (501) 664-5036 |                       | Veteran's residential treatment facility. Accessed only thru the Veteran's Day Treatment Center                                                                                                                                                                 |
|                 | Towbin Healthcare & VA Medical Center      | 2200 Fort Root Drive                | North Little Rock | (501) 257-1000 |                       | Medical care, treatment and domicile available to Veterans ONLY                                                                                                                                                                                                 |
|                 | Veteran's Day Treatment Center             | 1000 Main St                        | Little Rock       | (501) 244-1900 |                       | 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 vete   |

| Category | Resource                                     | Street Address       | City              | Phone Number   | Hours | Services Provide |
|----------|----------------------------------------------|----------------------|-------------------|----------------|-------|------------------|
|          | Veteran's Substance Abuse Treatment Services | 2200 Fort Root Drive | North Little Rock | (501) 257-1000 |       |                  |

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| Category       | Resource                                                             | Street Address               | City        | Phone Number   | Hours                                    | Services Provide                                                                                                                                                                                                                                                |
|----------------|----------------------------------------------------------------------|------------------------------|-------------|----------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Youth Services |                                                                      |                              |             |                |                                          |                                                                                                                                                                                                                                                                 |
|                | Angels' Choice Adoption Agency, Inc.                                 | 2299 East Lee Ave            | Little Rock | (501) 615-3094 | 800-879-7233                             | Angels Choice is a private adoption agency in Arkansas. Angels Choice offers customized adoption plans for biological parents including choosing closed to very open adoptions. We can help you with choosing the type of family you want for your newborn ba   |
|                | Arkansas Child Abuse Prevention Hotline                              | 700 Main St                  | Little Rock | (501) 682-8772 |                                          | 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 developmen |
|                | Arkansas Children's Hospital - General Pediatric & After Hour Clinic | 1 Children's Way             | Little Rock | (501) 364-1202 | M - F 5pm to 8:45 pm; S & S 9am - 7:45pm | Children's after hours clinic                                                                                                                                                                                                                                   |
|                | Arkansas Coalition Against Domestic Violence                         | 1401 West Capitol, Suite 170 | Little Rock | (501) 907-5612 |                                          | Our mission is to eliminate domestic violence and promote healthy families. If you are in danger call 911. Teen Dating Abuse Hotline 866-331-9474.                                                                                                              |

| Category | Resource                                          | Street Address         | City              | Phone Number   | Hours | Services Provide                                                                                                                                                                                                                                              |
|----------|---------------------------------------------------|------------------------|-------------------|----------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Arkansas National Guard Youth Challenge Program   | Camp Robinson #16414   | North Little Rock | (501) 212-5565 |       | 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 and no felony convictions and 16 to 18 years of age. You must not be older than 18 upon en |
|          | Big Brothers Big Sisters of Central Arkansas (UW) | 312 West Pershing Blvd | North Little Rock | (501) 374-6661 |       | 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.                                                                               |
|          | Boy Scouts of America, Quapaw Area Council (UW)   |                        |                   | ( ) 501-6644   |       | Besides the traditional scouting programs for boys, the organization seeks to prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Law.                                                    |
|          | Boys and Girls Club of Central Arkansas (UW)      |                        |                   | (501) 666-8816 |       | Serves youth 6-18 through programs designed to develop positive self-esteem and to help members reach their full potential                                                                                                                                    |
|          | Break the Silence - Speak Out America             | P O Box 242761         | Little Rock       | (501) 804-0747 |       | Dedicated to preventing sexual abuse                                                                                                                                                                                                                          |

| Category | Resource                                                              | Street Address          | City        | Phone Number   | Hours                                   | Services Provide                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------------------------------|-------------------------|-------------|----------------|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Catholic Adoption Services                                            | 2415 North Tyler Street | Little Rock | (501) 664-0340 | Exts #347 or #334                       | Catholic Adoption services provides direct assistance to birth mothers considering giving their unborn child up for adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal pr  |
|          | Center for Artistic Revolution (CAR)                                  | 800 South Scott St      | Little Rock | (501) 213-6543 |                                         | Located in the 1st Presbyterian Church. Providing work and advocacy for Pulaski County LGBTQ community. Meetings every Friday night at 6:30 pm for youth ages, 13-22. Drop inCenter for LGBTQ youth.                                                           |
|          | Center for Youth and Families - Bess Chisum Stephens Community Center | 1200 South Cleveland St | Little Rock | (501) 664-4268 | Open 7 days a week, Call for hours      |                                                                                                                                                                                                                                                                |
|          | Center for Youth and Families - Outpatient Services                   | 5905 Forest Place       | Little Rock | (501) 666-8686 | Call for hours. Contact: Peggy ext 3501 | 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 to age 20. Pa |



| Category | Resource                                                    | Street Address                    | City              | Phone Number   | Hours                               | Services Provide                                                                                                                                                                                                |
|----------|-------------------------------------------------------------|-----------------------------------|-------------------|----------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Center for Youth and Families - Residential Services        | 6501 West 12th St                 | Little Rock       | (501) 666-8686 |                                     | Residential Services 501-660-6880; Coordinator James Harris, ext 1111                                                                                                                                           |
|          | Child Support Enforcement Office                            | 322 S. Main St Suite 100          | Little Rock       | (501) 371-5400 |                                     | Establishes and enforces court orders involving non-custodial parent child support                                                                                                                              |
|          | City Year (UW)                                              |                                   |                   | (501) 707-1400 |                                     | Unites young people of all backgrounds, ages 17-24, for a demanding year of community service and leadership development                                                                                        |
|          | Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas (UW) |                                   |                   | (501) 758-1020 |                                     | Inspires girls with the highest ideals of character, conduct, patriotism and service so they may become happy and resourceful citizens                                                                          |
|          | Little Rock Air Force Base Youth Center (UW)                |                                   |                   | (501) 987-6355 |                                     | Provides opportunities for children of active duty military personnel to develop their physical, social, emotional and cognitive abilities including opportunities for achievement, leadership and recognition. |
|          | National Center for Missing or Exploited Children           |                                   |                   | (800) 843-5678 |                                     |                                                                                                                                                                                                                 |
|          | NLR Salvation Army                                          | 1505 West 18th St. (off Pike Ave) | North Little Rock | (501) 753-4318 | M, W, F, 9:30 - noon; 1:00 - 300 pm | Meals, Food Pantry, Youth Mentoring, Angel Tree gifts, NO SHELTER at this location                                                                                                                              |

| Category | Resource                                  | Street Address                | City        | Phone Number   | Hours | Services Provide                                                                                                                                                                                           |
|----------|-------------------------------------------|-------------------------------|-------------|----------------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Promise House Maternity Care              | 6 Position Court              | Little Rock | (501) 350-9766 |       | Provides a loving safe home for pregnant teen and preteen girls including pre-natal, OBGyn and newborn care, life skills training & continuing academic Education.                                         |
|          | Promiseland - Community Development Corp  | 4520 South University         | Little Rock | (501) 570-0048 |       | After school care, homework assistance, family and individual counseling, youth development,                                                                                                               |
|          | Pulaski County Cooperative Extension, 4-H | 2901 West Roosevelt Rd        | Little Rock | (501) 340-6650 |       | 4-H is open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, age, disability, martial or veteran status, or any other legally protected status. |
|          | Pulaski County Youth Services             | 201 South Broadway, Suite 220 | Little Rock | (501) 340-8250 |       | Youth programs, including: ACT Prep Program, Our Club, Public Service Internship, Rope Course, Week of the Arts, Youth Leadership Program and Youthonic\$.                                                 |
|          | Recycle Bikes for Kids                    | 1212 East 6th St              | Little Rock | (501) 952-4581 |       | Provides free bicycles for children. And for adults in need who are willing to volunteer to repair bikes for children. Call for appointments, times and requirements.                                      |

| Category | Resource                                                 | Street Address                | City        | Phone Number   | Hours                              | Services Provide                                                                                                                                                                                                                                              |
|----------|----------------------------------------------------------|-------------------------------|-------------|----------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Salvation Army (UW)                                      | 1111 West Markham             | Little Rock | (501) 374-9296 |                                    | Meals, Food Pantry, Homeless shelter for individuals and families, Angel tree gifts, Youth Camps, Emergency Support for victims of natural disasters                                                                                                          |
|          | The First Tee (UW)                                       | 1 First Tee Way               | Little Rock | (501) 562-4653 |                                    | Youth development program teaching life skills through the game of golf                                                                                                                                                                                       |
|          | Watershed - Human and Community Development Agency, Inc. | 3701 Springer Blvd            | Little Rock | (501) 378-0176 | Mon - Fri, Open 8:00 am to 5:00 pm | Child Development Center, full child care services                                                                                                                                                                                                            |
|          | Youthonomic\$                                            | 201 South Broadway, Suite 220 | Little Rock | (501) 340-8250 |                                    | One week, half a day program designed to expose youth to various career opportunities in addition to educating them to opportunities as a small business owner. Through classroom style curriculum students are also taught financial literacy and leadership |

Category

Resource

Street Address

City

Phone Number

Hours

Services Provide

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