“Help YourSelf: Community Resources Directory,” is a highly specialized information dissemination publication aimed to three objectives:

1. Deliver accurate information in an ‘easy access’ format about a wide variety of ‘help your self’ programs directly to disadvantaged persons and also to ‘good-works’ service providers.

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

3. Build a ‘model business operation’ which equips workers with skill-set training, covers its own costs and equitably compensates workers by producing a high-quality publication that serves as an effective ‘restorative justice’ outreach tool for every individual and/or organization aligned to these principles.

Help Yourself Directory
1 Riverfront Dr, Suite 745, North Little Rock, AR 72114
(501) 563-2197 | HYDirectory@gmail.com

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

Goodwill Benton Thrift Store
1716 Military Road, Benton, AR 72015
Monday - Saturday 9am - 6pm
Phone: (501) 769-1199

Goodwill Bryant Thrift Store
5914 Highway 5-North, Bryant, AR 72222
Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 632-2209

Goodwill Cantrell (The Ranch) Thrift Store
16924 Cantrell Road, Little Rock, AR 72223
Monday - Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 632-1550

Goodwill Industries Computer Store
7400 Scott Hamilton Drive, Little Rock, AR 72209
Monday - Saturday 10am - 6pm
Phone: (501) 372-5100 Ext 1211

Goodwill Industries Main Office
7400 Scott Hamilton Drive, Suite #50
Little Rock, AR 72209
www.goodwillar.org
Open by appointment for registered clients only.
Job interview clothing for men & women must be in good condition. Referral is required, 1 outfit for job interview and one for hire.
Phone: (501) 372-5100

Goodwill Industries Outlet Center
7400 Scott Hamilton Drive, Little Rock, AR 72209
Monday - Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 372-5100 Ext 1141

Goodwill JFK Blvd. Thrift Store
6929 John F. Kennedy Blvd., Suite #111
Little Rock, AR 72116
Monday - Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 835-5286

Goodwill Markham Thrift Store
109 Markham Park Drive, Little Rock, AR 72211
Monday - Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 221-1018

Goodwill University Thrift Store
2904 South University Avenue, Little Rock, AR 72204
Monday - Saturday 9am - 8pm, Sunday 10am - 6pm
Phone: (501) 568-5313

Greater Second Care Center
5616 Geyer Springs Road, Little Rock, AR 72209
www.greatersecond.org
Open by appointment.
Phone: (501) 569-9988

Helping Hand of Greater Little Rock
1601 Marshall Street, Little Rock, AR 72202
www.helpinghand.com
Monday - Thursday 9am - 12:30pm
Inexpensive clothing
Phone: (501) 372-4388

L.O.V.E. “Let Our Violence End” Inc.
(Healing Waters Outreach Center)
4036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Clothing closet open 2nd, 3rd, & 4th Sundays
12pm-2pm
Phone: (501) 516-1602

Liberty Hill Baptist Church
1215 South Schiller Street, Little Rock, AR 72202
www.libertybhc.com
Open 2nd Monday, 3pm - 6pm
Serving only the 72202 Zip Code area and must have proof of residence.
Phone: (501) 376-8060

Liberty Hill Baptist Church
1215 South Schiller, Little Rock, AR 72201
www.libertybhc.org
2nd Monday 3:00pm-6:00pm
Photo ID required.
Phone: (501) 376-8060

Metro Worship Center
2914 South Cumberland Street,
Little Rock, AR 72206
www.firstnc.com/metro-little-rock
Clothes closet 3rd Saturday each month.
Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.
Phone: (501) 931-1333

Mount Zion Baptist Church
924 Cross Street, Little Rock, AR 72202
www.mtzionlittlerock.org
Monday 11:00am - 2:000pm and Saturday 10:00am - 12:00pm
Phone: (501) 376-5832

River City Ministry
1021 East Washington Ave,
North Little Rock, AR 72114
www.rivercityministry.org
Clothing bus open 1st & 3rd Wednesdays of the month, 8:30am - ?
Phone: (501) 376-6694

Saint Marks Baptist Church
5722 West 12th Street, Little Rock, AR 72204
www.smarch.org
Clothing closet. Serving Tuesday & Thursday 10:00am-12:00pm
Phone: (501) 663-3955

St. Francis House
2701 South Elm Street, Little Rock, AR 72204
www.stfrancisministries.com
Monday - Thursday 8:30am - 11:30am & 1:00pm - 4:00pm, Friday 8:30am - 11:30am & 1:00pm - 3:00pm. Must present photo ID
Phone: (501) 664-5036

St. John Missionary Baptist Church Clothes Closet
2501 South Main Street, Little Rock, AR 72206
www.sjmcbchurch.org
Tuesday & Thursday 11am - 4pm and the 1st Saturday of each month 9am - 12pm
Must complete application. ID required.
Phone: (501) 975-2014

Stew Pot First Presbyterian Church
800 Scott Street, Little Rock, AR 72201
www.stewpot-littlerock.org
Clothing closet open Thursday 12pm - 1pm
Adult clothing only.
Phone: (501) 372-1804

Sylvan Hills Church of Christ
9305 Highway #107, North Little Rock, AR 72120
www.shcfc.org
Clothing closet open by appointment.
Phone: (501) 835-4141

The Van (The One Inc.)
8016 Faulkner Lake Road, North Little Rock, AR 72117
www.theoneinc.org
The Van visits West Little Rock on Mondays, South West Little Rock on Tuesdays and Fridays, Downtown Little Rock on Wednesdays and every other Saturday, and North Little Rock on Thursdays. Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.
Phone: (501) 955-3444

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

DENTAL CLINICS

CHI St. Vincent Health Clinic East
2500 East 6th Street, Little Rock, AR 72202
Monday-Friday 7:45-12:00pm and 1:00pm-2:30pm. Walk-ins morning only, Appointments in the afternoon. Appointments preferred, walk-ins accepted. Simple extractions $55, surgical extractions $100. Fillings $50-$80. Cleaning $90.
Phone: (501) 552-4710

College Station Clinic
4206 Frazier Pike, College Station, AR 72053
www.jccsi.org
By appointment only. For Pulaski County residents only. $5 cash payment required per visit.
Phone: (501) 376-6694

Shepherds Hope - Neighborhood Health Center
2404 S. Tyler Street, Little Rock, AR 72204
Appointments 1st and 3rd Tuesday of each month, Call that day to 1000pm.
By appointment only, serving the 72204 and 72209 zip codes. Proof of residency required. Call Tuesdays at 1pm for same day appointment.
Phone: (501) 614-9523

U.A.M.S. Dental Hygiene Student Clinic
4301 West Markham, Little Rock, AR 72205
https://uamshealth.com/medicalservices/dentalhygiene
Hours vary. Allows students to perform x-rays and teeth cleaning for $50 per visit. Provides many basic services: Examination, Cleaning, X-rays, Pit & Fissure Sealant. Hours vary. Call for appointment Call for appointment.
Phone: (501) 686-5733

U.A.M.S.212th Street Health and Wellness Center
4010 West 12th Street, Little Rock, AR 72204
www.uamshealth.com/212thstreethealthandwellnesscenter
Monday and Wednesday 4pm-8pm.
Doors open around 3:00pm. Free medical support Dental hygiene, extractions, screenings, and referrals.
Phone: (501) 614-2492

DISABILITY RESOURCES

A.E.D.D. Arkansas Enterprises for the Developmentally Disabled Inc.
105 East Roosevelt Road, Little Rock, AR 72206
www.aeddinc.org
AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are located in Little Rock, while the children’s learning center preschool is located in North Little Rock.
Phone: (501) 666-0246

ACCESS
106b Breckenridge Drive, Little Rock, AR 72211
www.accessgroupinc.org
ACCESS is committed to building new levels of confidence, competence and opportunity by empowering students with learning disabilities to define and achieve success throughout their lives.
Phone: (501) 217-8600
Arc of Arkansas
2004 South Main Street, Little Rock, AR 72206
www.arcark.org
Open Monday - Friday 9:00 am - 5:00 pm
The Arc of Arkansas provides support, housing, advocacy, education and leadership to people with disabilities and their families. The Arc assists and encourages individuals with disabilities in acquiring skills and support, which allow them to make decisions regarding their own lives, helping them to achieve integration into the mainstream of community life. Providing quality, affordable, accessible, integrated housing and support is a primary mission of the Arc of Arkansas.
(501) 375-7770

Arkansas Relay
900 South Shackleford Road, Suite #700
Little Rock, AR 72211
www.arkansasrelay.com
Providing Free Telephone services for individuals who are deaf, hard of hearing and speech impaired.
(501) 221-1285

Arkansas School for the Blind and Visually Impaired
2600 West Markham, Little Rock, AR 72205
www.arcarschoolfortheblind.org
Serves ages Birth thru age 21. Accredited K-12 school, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.
(501) 296-1810

Arkansas School for the Deaf
2400 West Markham, Little Rock, AR 72205
www.arshoolschoolforthedead.org
Sign language classes for community and families; family education, family support, community education and early intervention programs. For children enrolled in the school (ages 3 thru high school graduation), the following services are also provided to enrolled students: audiology services, developmental, speech and language, occupational therapy, physical therapy, and psycho-educational.
(501) 324-9506

Arkansas Spinal Cord Commission
1501 North University Avenue, Suite #470
Little Rock, AR 72207
www.assc.arkansas.gov
Monday - Friday 8am - 4:30pm
Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.
(501) 296-1788

Camp Aldersgate
2001 Aldersgate Road, Little Rock, AR 72205
www.campaldersgate.net
Camp Aldersgate provides year-round programming that includes summer and weekend camps for children with and without special needs, a specialized youth volunteer training program, and one of the area’s longest running programs for senior adults. Camp Aldersgate is the only camp in Arkansas designed for children and youth with special needs.
(501) 225-1444

Disability Rights Arkansas Inc.
400 West Capitol Avenue, Suite #1200
Little Rock, AR 72201
www.disabilityrightsatark.org
Vigorously advocate for and enforces the legal rights of people with disabilities in Arkansas.
(501) 296-1775

Division of Services for the Blind (DHS)
700 Main Street, Little Rock, AR 72203
www.humanservices.arkansas.gov/dsb/Pages/default.aspx
Provides support and services to blind and visually impaired Arkansans.
(501) 682-5463

Easter Seals of Arkansas
3920 Woodland Heights Road,
Little Rock, AR 72212
www.eastersealsar.com
The mission of Easter Seals Arkansas is to change the way the world defines and views disabilities by making profound and positive differences in people's lives every day. Easter Seals provides services including therapy, job placement and education for all ages so people with disabilities can reach the greatest level of independence possible.
(501) 227-3600

Goodwill Industries Main Office
7400 Scott Hamilton Drive,
Little Rock, AR 72209
www.goodwillar.org
Goodwill provides job readiness and skills training, education assistance, and support for those with physical and developmental disabilities.
(501) 372-5100

HOUSEABOUTIT, Community Economic Development Agency,
Benefit Enrollment Center (BEC) of Pulaski County
3805 West 12th Street, Suite #204
Little Rock, AR 72204
www.houseaboutit.org
Monday - Thursday 8:30 am - 4 PM, Walk-Ins Welcome Friday by appointments ONLY
The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral
(501) 379-1549

ICAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services
900 West 7th Street, Little Rock, AR 72201
www.ar-ican.org
Open Monday thru Friday: 8:00 am - 4:30 pm
Arkansas Career Education’s ICAN ATALL is Arkansas’ statewide assistive technology program designed to make technology available and accessible for Arkansans who need it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.
(501) 666-8868

Little Rock Community Mental Health Center, Inc.
1100 North University Avenue, Suite #200 in Evergreen Place, Little Rock, AR 72207
www.lrcmhc.com
Monday - Friday 8:00 am - 5:00 pm
All services are designed and implemented to support the recovery, health and well-being of persons served. LRCMHc services can be obtained by self-referral, community organizations,
(501) 686-9300

LRCMHc Pharmacy
1100 North University Avenue, Suite #200 in Evergreen Place, Little Rock, AR 72207
www.lrcmhc.com
Monday - Friday 8:00 am - 5:00 pm
Under the LRCMHc umbrella of services, our mission is to serve the pharmaceutical needs of our community – one prescription, one client at a time. Services offered: Fast and friendly service, full-service pharmacy, easy Rx transfers, limited self-pay cost assistance for LRCMHc clients, and online and mobile refills. Coming Soon: Medication delivery services. To learn more, lrcmhc.com or call (501) 686-9300.
(501) 686-9300 Ext 2

Mainstream
300 South Rodney Parham, Suite #5
Little Rock, AR 72205
www.mainstreamlrc.com
Monday - Friday 8:00 am - 4:00 pm
Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas.
(501) 280-0012
**METROLINKS Paratransit**
Rock Region Metro, 901 Maple Street, North Little Rock, AR 72114
www.rmrmetro.org
Travel Center, 1101 E. Capitol Avenue, Little Rock, AR 72201 Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must apply to the METROLINKS system, the application process takes 21 days.
(501) 375-9607 Ext 1

**National Alliance on Mental Illness Arkansas (NAMI Arkansas)**
1012 Autumn Road, Suite #1
Little Rock, AR 72211
www.namiar.org
Provides support, education and advocacy for persons with mental illness and their families.
(501) 661-1548

**Pinnacle House Day Treatment**
1020 West Daisy Bates Drive, Little Rock, AR 72202
www.lrcmh.com
Monday - Friday 8:00am - 3:00pm
The Program seeks to enhance the quality of life of the persons we serve.
(501) 371-9058

**Pinnacle Pointe Hospital**
11501 Financial Centre Parkway, Little Rock, AR 72211
www.pinnaclepointehospital.com
Pinnacle Pointe Hospital offers no-cost healthcare to patients and support to families.
(501) 371-9058

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

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

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

**St. Luke’s Respite Care Center**
4705 JFK Blvd, North Little Rock, AR 72116
www.stlukekeepiscopal.org
Thursdays 9:00am - 2:00pm
Provides a safe and interactive care center for disabled adults, while enabling caregivers to have a short break from care-giving.
(501) 753-4281

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

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

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

**World Services for the Blind**
2811 Fair Park Blvd, Little Rock, AR 72202
www.wsbblind.org
World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.
(501) 664-7100

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**EDUCATION & LITERACY**

**Arkansas Arts Center**
9th & Commerce, MacArthur Park, Little Rock, AR 72203
https://www.arkansasartscenter.org/
museumschool
Open Tuesday - Friday 10:00am - 5:00pm
Open Monday - Friday 8:00am - 5:00pm
Closed Monday. Adult Programs. Youth art and theater programs, Spring Break and Summer programs.
(501) 372-4000

**Arkansas Employment Career Center (AECC)**
300 South Spring Street, Suite #508
Little Rock, AR 72201
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep., college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, career education skills.
(501) 615-8922

**Arkansas Home Visiting Network**
415 North McKinley, Suite #10
Little Rock, AR 72202
www.arkhomevisiting.org
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness.
(501) 364-5461

**Arkansas Rehabilitation Services**
900 West 7th Street, Little Rock, AR 72201
www.arkareareducation.org/about/arkansas-rehabilitation-services
Prepares people with disabilities to enter the workforce thru education, social and accessibility support. Tuition, hearing aids and prostheses provided.
(501) 686-2800

**Arkansas Rehabilitation Services, Department of Career Education**
525 West Capitol Avenue, Little Rock, AR 72201
www.arkareareducation.org/about/arkansas-rehabilitation-services
Open Monday - Friday, 8:00am - 4:30pm
Providing educational support and rehabilitation services for individuals with disabilities.
(501) 296-1600

**Dr. Emma K. Rhodes Education Center**
1815 Wright Avenue, Little Rock, AR 72202
www.emmarhodes.wixsite.com/erec
Providing adult education, Life Skills training, and the following Certificate programs; Certified Nursing Assistant, Home Health Aide, Phlebotomy, HVAC, Painting and Drywall Finishing. Also licensed minister and provider of other community services. Personal Development for women.
(501) 372-0277

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

**Job Corps**
6900 Scott Hamilton Drive,
Little Rock, AR 72209
www.littlerockjobcorps.gov
Open Monday - Friday 8:00am - 5:00pm
Provides job training and remedial education for youth, ages 16 – 24.
(501) 619-2500

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**L.O.V.E. “Let Our Violence End” Inc.**
(Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolencend.com
GED classes, youth mentoring and after school program, 3:00 – 6:00pm weekdays, with meals.
(501) 516-1602

**Literacy Action of Central Arkansas**
100 Rock Street, 5th Floor, Suite #530
(Inside Public Library)
Little Rock, AR 72201
www.literacyactionar.org
Open Monday - Thursday 9:00am - 4:00pm
Teaching adults to read & English as a second language.
(501) 372-7323

**Little Rock Adult Education Center**
4600 West 26th Street, 26th & Madison St
Little Rock, AR 72202
http://schools.lrisd.org/lrcqcontent/adult-education-center
Open Monday & Wednesday 8:30am - 3:00pm, Tuesday & Thursday 8:30am – 7:00pm, Friday 8:00am - 11:30am
Offering community and adult education courses. Refresher classes, GED classes and English as a second language.
(501) 447-1850

**Mosaic Templars Cultural Center**
501 West 9th Street, Little Rock, AR 72201
www.mosaictemplescenter.org
Open Tuesday - Saturday 9:00am - 5:00pm
Museum related education program for pre-K through post graduate level.
Primarily focusing on African-American history in Arkansas.
(501) 683-3593

**Our House Career Center**
302 East Roosevelt Road,
Little Rock, AR 72206
www.ourhouseshelter.org
Open Monday - Thursday 8:00am - 8:00pm, Friday 8:00am - 5:00pm
Open to community members for ged prep, basic literacy classes, tabe / WAGE testing, career readiness certificate preparation and testing.
(501) 374-7383 Ext. #210

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

**S.T.E.P. Ministries**
P.O. Box #122, North Little Rock, AR 72114
www.stepministries.org
Tutoring in the public schools for at risk children & Christian mentoring program.
(501) 758-4054
Services is to promote the health, safety, and The mission of the Division of Aging and Adult abuse and neglect. You can make a difference!

laziness on the part of the person responsible. It may be an intentional act, that is, a conscious attempt to inflict suffering, or it may be unintentional commission (abuse) or omission (neglect). It may be available 24-hour assistance to elders in need.

24-hour abuse hotline. Aging is a natural process, and comfort until a cure is found.

ELDER RESOURCES

Alzheimer’s Arkansas
201 Markham Center Drive, Little Rock, AR 72205
www.alzark.org
Monday - Friday 8:30am - 4:30pm. Their mission is to provide the information and support needed so that all Arkansans affected by Alzheimer’s disease and related dementia are able to live with dignity and comfort until a cure is found.

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

(800) 482-8049

Arkansas Aging and Adult Services-Division of Provider Services and Quality Assurance
PO. Box #1437, Slot S-530, Little Rock, AR 72203 www.doaas.org.gov
The mission of the Division of Aging and Adult Services is to promote the health, safety, and independence of older Arkansans and adults with physical disabilities.

(501) 682-2441

Arkansas Relay
900 South Shackleford Road, Suite #300
Little Rock, AR 72211 www.arrelay.com
Providing free TEXT Telephone service for the deaf.

(501) 221-1285

Care Link
PO. Box #5988, 700 Riverfront Drive
North Little Rock, AR 72114 www.carelink.org
Care Link provides resources to the elderly in 6 Central Arkansas Counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.

(501) 372-5300

Central Arkansas Development Council (C.A.D.C.)-Weatherization Assistance Program
PO Box #580, Benton, AR 72018 www.CADC.com
Complete application for review to be wait-listed for assistance with weatherization projects.

(501) 776-8446

Choices in Living Resource Center-AR Choices in HomesCare
PO. Box #1637, Slot S-530, Little Rock, AR 72203 www.choicesinliving.org
Pre-screening for long term care Medicaid Wavers, providing options to help people remain in the community, in their own homes.

(866) 801-3435

Good Shepherd Community
2701 Aldersgate Road, Little Rock, AR 72205 www.goodshepherdcommunity.com
Monday - Friday 8:00am - 4:00pm. Providing options in living from HUD subsidized housing to upscale suites to long term residential care.

(501) 224-7200

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County
3805 West 12th Street, Suite #204
Little Rock, AR 72204 www.houseaboutit.org/home.html
Monday - Thursday 8:30am - 4:00pm, Walk-Ins

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

(501) 379-1549

LifeQuest of Arkansas
601 Pleasant Valley Drive,
Little Rock, AR 72227 www.lifequestofarkansas.org
Monday - Thursday 9:00am-5:00pm
We are located inside Second Presbyterian Church. Volunteer-driven, LifeQuest provides a setting where adults explore social interaction and intellectual stimulation thrives thru adult education classes for the fun of learning.

(501) 225-6073

Meals on Wheels
PO. Box #5988, North Little Rock, AR 72119 www.carelink.org
Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare their own meals.

(501) 372-5300

Southern Baptist Disaster Relief Program (In partnership with American Red Cross, Salvation Army)
10 Remington Drive, Little Rock, AR 72204 www.absr.org/missions
Monday - Thursday 8:00am - 4:45pm, Friday 8:00am - 12:00pm. Emergency disaster related tree cutting done free for low income elderly persons. Disaster related small home repairs done as well.

(501) 376-4791 X5249

TAP (Telecommunications Access Program)
PO. Box #3781, Little Rock, AR 72203 www.arhtap.org
Monday - Friday 8:00am - 4:30pm
Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Department of Career Education.

(501) 686-9693

University of Arkansas, Little Rock (U.A.L.R.)
2801 South University Ave.,
Little Rock, AR 72204 www.apply.ualr.edu
Monday - Friday 8:00am - 5:00pm

The University of Arkansas offers FREE tuition for Arkansans residents over the age of 60. Older residents may receive a waiver of all tuition and general student fees on a space-available basis. All other fees, including admissions, facilities, technology, health, athletic, business technology, and other specific fees will not be waived. Students qualifying for this waiver will only be allowed to register on the last day of regular registration and during the late registration period.

(501) 569-3127

EMPLOYMENT RESOURCES

Arkansas Department of Career Education
3 Capitol Mall, Little Rock, AR 72201 www.ARCareerEducation.org
Monday - Friday 8:00am-4:30pm
Provides education and employment support for Arkansans in the fields of technical education and adult education.

(501) 682-1500

Arkansas Department of Workforce Services
5001 South University Ave.,
Little Rock, AR 72209 www.dws.arkansas.gov
Unemployment office, fax, phone, copy machine, computer lab job search related use only.

Jacksonville Office, 2 Crestview Plaza, Jacksonville, AR 72076, North Little Rock Office, 324 Pershing Blvd., Suite 1, North Little Rock, AR 72114

Little Rock Office (501) 682-7719

Arkansas Employment Career Center (AECC)
300 South Spring Street, Suite #508
Little Rock, AR 72201
Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality of life thru education and training. They provide support to young adults (18 – 30), returning citizens, veterans, the homeless, and others in need. They provide GED prep, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, communications skills.

(501) 615-8922

Church at Rock Creek
11500 West 36th Street, Little Rock, AR 72211
www.churchatrockcreek.com
Monday – Friday 8:00am-4:30pm CareerLink Workshops: 4-week Life/Job Skills training for the unemployed, under-employer and those in a career transition. Free for men and women 18 and over.

(501) 221-1051

Command Center
601 West 4th Street, North Little Rock, AR 72214 www.commandonline.com
Monday – Friday 5:00am-6:00pm Command Center is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.

(501) 246-4621

Employers Choice
760 Edgewood Dr, Maumelle, AR 72113
Monday - Thursday 7:30 - 4:00pm
Temporary employment Agency

(501) 851-4111

Goodwill Adult Education Center, North Little Rock
6929 John F. Kennedy Blvd, Suite #112
North Little Rock, AR 72116
www.gedwage.com
Monday – Thursday 9:00am-2:00pm Pulaski County Adult Education Center, GED, WAGE Certification.

(501) 392-0343

Goodwill Career Service Center, Bryant
594 Highway 5-N, Bryant, AR 72022
www.goodwill.org
“The automatic stay is like a time-out for your finances.”

All of your pesky bills magically disappear and you are able to spend your money without being bothered by consequences!!!

(Well, not exactly. If bankruptcy attorney tells you that, you probably want to find a new one.)

The first thing that happens when you hire a bankruptcy attorney to file in Arkansas is the “automatic stay.” As you might have guessed, the court issues this automatically. The automatic stay means that (with some exceptions) creditors have to leave you alone. If your wages are being garnished, you can stop that. If you’re being sued over a bad debt, you can stop that. If your house is being foreclosed on, you can even stop that.

The automatic stay is like a time-out for your finances. It allows the Arkansas bankruptcy court enough time to hear from everyone and determine what the plan will be.

If your creditors continue to contact you after the automatic stay, they can face heavy penalties and potential lawsuits for violating the Fair Debt Collection Practices Act. You should definitely tell your bankruptcy attorney if that happens. Wouldn’t it be wonderful if you could pay off your creditors with their own money? Now that is justice.

Within approximately one month of filing your case in Arkansas Bankruptcy Court you will have a creditors’ meeting. (This is also called a 341 meeting under bankruptcy jargon.) Again, as you might have guessed, this is a meeting of all your creditors. Most will not show up, but they’re invited, anyway. Your bankruptcy attorney will be there.

The bankruptcy trustee is the person who oversees your Arkansas bankruptcy, and he or she will run the meeting. They will ask you a lot of questions to see if you have property that might be sold to satisfy your debts. They will also ask questions about why you are filing. The creditors, if they are there, can also ask similar questions.

If you have provided all the correct paperwork and documentation for your Arkansas bankruptcy, your part is basically done. Before the bankruptcy is final, you will need to attend another debtor education class. The bankruptcy trustee will create a plan to get rid of your debt, which will be given to the judge. If there are no objections from any creditors within 60 days, your Chapter 7 Bankruptcy is over.

Life happens, and that’s why there are Ch. 7 Bankruptcy laws on the books. If you need relief from your debt, call an experienced bankruptcy attorney.
Goodwill Career Service Center, Little Rock
109 Markham Park Drive, Little Rock, AR 72211
www.goodwillar.org
Monday - Saturday 9:00am - 4:00pm
(501) 847-6660

Goodwill Industries Main Office & Career Service Center
4400 Scott Hamilton Drive, Little Rock, AR 72209
www.goodwillar.org
Monday - Friday 9:00am - 4:00pm
Free GED and adult education classes. Computer and internet access for job searches, resume and cover letter writing assistance, career planning, interview preparation, access to area job listings, community resources and referrals to outside agencies. Programs specializing in job readiness training for those with barriers to employment such as a disability or past incarceration.
(877) 372-9511

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

Premier Staffing - Dotacín de Personal Premier
10901 Financial Centre Parkway, Little Rock, AR 72221
www.premierstaffinginc.com
Monday - Friday 8:00am - 5:00pm
Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de contratación que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, técnicos y profesionales, y personal para trabajo industrial y de oficina. El primer paso es registrarse en el sitio web www.premierstaffinginc.com y una vez registrado comunicarse al teléfono 501-223-8367.
(501) 223-8367

Pride Industries
700 West Capitol Avenue, Suite 8B-125
Little Rock, AR 72201
www.prideindustries.com
Monday - Friday 8:00am - 4:00pm
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.
(501) 374-8087

Pride Industries
700 West Capitol Avenue, Suite 8B-125
Little Rock, AR 72201
www.prideindustries.com
Monday - Friday 8:00am - 4:00pm
Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.
(501) 374-8087

Watershed
3701 Springer Blvd., Little Rock, AR 72206
www.watershed.com
Job preparedness classes Tuesday - Thursday 10:00am - 12:00pm “Working to find work” Job guidance counseling, employment assistance.
(501) 378-0176

EX-OFFENDER REENTRY PROGRAMS

Our House Rent Program
302 East Roosevelt, Little Rock, AR 72206
www.ourhouseshelter.org
Reentry Orientation Mondays 11:00am in the Career Center. In addition to the job skills, life skills and adult education programming offered at the Career Center, reentry participants receive one-on-one guidance in building a career plan and navigating potential obstacles to employment, housing, and the legal system.
(501) 376-7283 Ext. #218, 161, & 165

Phoenix Recover Center
104 North Battery, Little Rock, AR 72205
www.phoenixarканsas.org/phoenix-recovery-center-for-women/
Transitional housing for women only.
(501) 725-4907

Quality Living Center, Mens
3925 Asher Avenue, Little Rock, AR 72204
http://qualitylivingcenter.net
Monday - Friday 8:00am - 5:00pm. Residential and transitional housing for men only.
(501) 663-3490

Quality Living Center, Women’s
2900 South Cedar Street, Little Rock, AR 72204
http://qualitylivingcenter.net
Monday - Friday 8:00am - 5:00pm. Residential and transitional housing for women only.
(501) 663-3490

Recovery Center of Arkansas, Riverbend
1201 River Road, North Little Rock, AR 72114
www.rcfoa.org
Residential treatment for men and women with substance abuse issues.
(501) 372-4611

Recovery Center of Arkansas, Williamsburg
6301 Father Tribou Road, Little Rock, AR 72205
www.rcfoa.org
Transitional housing for men and women with substance abuse issues.
(501) 372-4611

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

Safe Harbor of Little Rock
4800 Springer Blvd., Little Rock, AR 72206
http://safenaborlittlerock.org
Transitional housing for men with substance abuse issues.
(501) 376-5399

St. Francis House
2701 South Elm Street, Little Rock, AR 72204
www.stfrancisministries.com
Transitional housing for Veterans ONLY, referred from the VA Day Treatment Center.
(501) 664-5036

St. Francis House
2701 South Elm Street, Little Rock, AR 72204
www.stfrancisministries.com
Transitional housing for veterans only. Working with drug courts, reentry programs and work release.
(501) 902-4219 (501) 920-2951

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

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

FUNDING OPTIONS

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

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

St. Francis House
2701 South Elm Street, Little Rock, AR 72209
www.stfrancisministries.com
Open Monday - Thursday 8:30am - 11:30am - 1:00pm - 4:00pm, Fridays 8:30 - 11:30am - 1:00pm - 3:00pm. Assistance with utility bills must have shut-off notices. NO rental assistance available. Must provide photo ID, Social Security card, and proof of income. Assistance as funds are available.
(501) 313-2405

St. Francis House
2701 South Elm Street, Little Rock, AR 72209
www.stfrancisministries.com
Open Monday - Thursday 8:30am - 11:30am - 1:00pm - 4:00pm, Fridays 8:30 - 11:30am - 1:00pm - 3:00pm. Assistance with utility bills must have shut-off notices. NO rental assistance available. Must provide photo ID, Social Security card, and proof of income. Assistance as funds are available.
(501) 313-2405

Harmony Health Clinic
201 East Roosevelt Road, Little Rock, AR 72206
www.harmonyclinicar.org
Call for information.
(501) 375-4400
DecARcerate is a grassroots movement made up of organizations, concerned citizens, persons with a history of incarceration and persons in prison. Together we work to end mass incarceration in Arkansas through community education, smart legislation, advocacy and activism.

www.decarceratear.org
decarceratearkansas@gmail.com
(501) 367-7890
PO Box 7708 Little Rock, AR 72217-7708
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Family Food Pantry open 2nd, 3rd, & 4th Sundays
12:00-2:00pm
(501) 516-1602

Liberty Hill Baptist Church
121 South Schiller, Little Rock, AR 72202
www.libertyhbc.org
2nd Monday 8:30am-11:00am
Phoning ID required.
(501) 374-8960

Little Rock Church
10701 West Baseline Road,
Little Rock, AR 72209
www.littlerockchurch.org
1st Wednesday morning of each month
4823 Woodlawn Drive, Little Rock, AR 72205
Church
(501) 753-1109

Mosaic Church of Central Arkansas
6221 Colonel Glenn Road, Suite #A
Little Rock, AR 72204
www.mosaicchurch.net
Tuesday and Thursday 8:00-11:00am
Photo ID required. Serving the 72204 Zip Code area only.
(501) 296-9114

Park Hill Christian Church
4400 John F. Kennedy Blvd.,
North Little Rock, AR 72116
http://parkhillchristian.org
Tuesday 9:30am-12:00pm
Serving North Little Rock, Sherwood and Maumelle residents.
(501) 753-1109

Pulaski Heights United Methodist Church
4623 Woodlawn Drive, Little Rock, AR 72205
www.phumc.com
1st Wednesday morning of each month
at 8:30am
(501) 664-3600

St. Francis House
2701 South Elm Street, Little Rock, AR 72204
www.stfrancisministries.com
Monday and Wednesday 9:30am-12:00pm and
1:00-3:00pm
Bring Photo ID, proof of income, proof of expenses
and lease or rental agreement. Serving the North Little Rock area.
(501) 313-2405

Second Baptist Church
1709 John Barrow Road, Little Rock, AR 72204
Wednesday & Thursdays 10:00am-12:00pm
Photo ID and utility bill required to have matching
name & address.
(501) 223-2323

ARCare (Canvas Community Clinic)
1111 West 7th Street, Little Rock, AR 72201
Wednesday 10:00am-3:00pm
General medical clinic and referrals.
(501) 455-2712

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

Canvas Community Church
111 West 7th Street, Little Rock, AR 72201
https://www.welovelittlerock.org
4th Wednesday 5:00-6:30pm.
Sign up beginning at 3:30pm.
UAAMS Foot clinic
(501) 492-6815

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

College Station Clinic
4206 Frazier Pike, College Station, AR 72053
www.jccsi.org
Monday thru Friday 8:00am-5:00pm. Saturday
8:00am-12:00pm. Appointments recommended,
proof of income, Social Security card required.
Minimum co-pay of $20 depending on income.
(501) 490-2440

Esperanza "Hope" Neighborhood
Clinic (Spanish) - 2nd Baptist Church
6111 West 83rd Street, 2nd Baptist Church,
2nd Floor, Little Rock, AR 72209
http://esperanzahopeclinic.org
Primary care clinic open Thursday 5:15pm-8pm.
Closed the 5th Thursday of each month. Primarily
serving clients in the 72206 Zip code area.
Entrance around the back. By appointment ONLY.
$5 co-pay. Have Spanish interpreters available.
(501) 562-1114 Bilingual

Harmony Health Clinic
201 East Roosevelt Road,
Little Rock, AR 72206
www.harmonyclinicar.org
Monday thru Friday 9:00am-10:00pm to pick up and
return application packet. Appointments preferred to see doctors.
(501) 375-4400

Hospice Comfort Care Centere,
Inpatient Center
2000 South Bowman Road, Little Rock, AR 72211
Under Arkansas law, you can be sentenced to probation to avoid going to jail. If you are on probation, you want to make sure that you do everything you can to avoid a probation revocation. As you probably know, your probation can be revoked for many reasons, including failing drug tests, missing appointments with your probation officer, failure to complete treatment programs, or picking up a new criminal charge.

Once your probation officer decides to pursue a revocation, he or she will file a Petition for Revocation with the court. At that point, the court must hold a hearing on the petition for revocation within 60 days. There are a few things you need to know about this hearing:

1. The court will tend to side with the probation officer.

2. The State does not need to prove your guilt beyond a reasonable doubt. Instead, the standard in a probation revocation is a “preponderance of the evidence,” which is much easier to meet.

3. You can be represented by an attorney at your probation revocation hearing.

There are over 2,000 people who enter the Arkansas Department of Corrections each year because of a probation revocation. It is very important that you take it seriously or you may end up in jail, even for a little slip-up.

Having an attorney to handle your probation revocation gives you a huge advantage. The criminal defense lawyer will be able to cross-examine the probation officer (PO). If it is clear that the PO just has it out for you, the lawyer can make this very clear to the judge.

A criminal defense lawyer will also be able to bring in other evidence of how you are doing. For instance, if you missed an appointment with your PO because you were doing something else that is productive, the lawyer can also make sure the judge hears this. You may have factors that make you look better to the judge and make your slip-up less of an issue.

A criminal defense lawyer also may be able to strike a deal with the prosecutor if your case doesn’t look good. As we all know, there are too many inmates and not enough prisons. A prosecutor doesn’t really want to put someone behind bars who doesn’t belong there. A good lawyer will be much better able to negotiate and strike a bargain than you will.

If you are facing a probation revocation and have questions, contact an experienced attorney. It is a serious matter and you need to know exactly what you’re up against.

“A good lawyer will be much better able to negotiate and strike a bargain than you will.”
The Benefit Enrollment Center (BEC) is a Welcome Friday by appointments ONLY Monday - Thursday 8:30am - 4:00 PM, Walk-Ins http://houseaboutit.org/home.html Little Rock, AR 72204 3805 West 12th Street, Suite #204 of Pulaski County Economic Development Agency, (501) 296-9043

patients and their families to experience the end of life-limiting illness. Hospice care allows terminally ill and emphasized the quality of life instead of treatment on the family instead of just the individual; treats the person instead of the disease; focuses on the quality of life instead of its duration. Hospice care allows terminally ill patients and their families to experience the end of life together in the comfort and security of a home-like setting. (501) 296-9043

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County 3805 West 12th Street, Suite #204 Little Rock, AR 72204 http://houseaboutit.org/home.html Monday - Thursday 8:30am - 4:00 PM, Walk-Ins Welcome Friday by appointments ONLY. The Benefit Enrollment Center (BEC) is a program that uses person centered strategies in a coordinated community wide system to connect and enroll Medicare beneficiaries for individuals, seniors and persons with disabilities who have limited income and resources to their available benefits with the primary focus being on enrollment in the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance (LIHEAP) Referral (501) 379-1549

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

Jacksonville Health Unit 3000 North 1st Street, Jacksonville, AR 72076 www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville Monday-Friday 8:00am-4:30pm Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS testing and referrals. No physicals. (501) 982-7677

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

Liberty Hill Baptist Church 1215 South Schiller, Little Rock, AR 72202 www.libertyhbc.org Health screening nurse available 2nd Monday, 3pm-6pm (501) 376-8060

Maumelle Medical Center 501 Millwood Circle, Suite E, Maumelle, AR 72113 http://maumellemedicalcenter.com Monday thru Thursday, 8:00am - 5:00pm, Friday 8:00am-12:00pm Call for appointment, no walk-ins. (501) 803-9999

North Little Rock City Health Department 2800 North Willow Street, North Little Rock, AR 72114 Monday thru Friday 8:00am-4:30pm Appointments required, Proof of income and ID required. Free or low cost health screenings, birth control, STD, HIV/AIDS testing and referrals. No physicals. (501) 791-8551

Open Hands Clinic 1225 Martin Luther King Jr. Drive, Little Rock, AR 72202 http://health-centers.healthgrove.com/1/2954/ Homeless-Open-Hands Monday 8:00am-7:00pm, Tuesday and Wednesday 8:00am-5:00pm, Thursday 8:00am-12:00pm, Friday 8:00am-5:00pm Appointments preferred, Social Security Card, and ID required must be homeless, in shelter or in transitional housing. (501) 244-2121

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

Pulaski County STD Clinic 3915 West 8th Street, 2nd floor Little Rock, AR 72204 http://std-clinics.healthgrove.com/1/289/Pulaski-County-Health-Unit-North-Little-Rock Monday - Friday 8:00am-4:30pm Appointments required, photo ID required. Free or low cost STD, HIV/AIDS testing and referrals. $5 records maintenance fee without Medicaid. (501) 280-3100

River City Ministry- Day Services for the Homeless 1021 East Washington, North Little Rock, AR 72114 www.rivercityministry.org Call 8:00 - 12:00 daily to schedule appointment By appointment only. Call for appointments, serving adults. Insurance of $5 cash required at each visit. (501) 376-6694

Shepherds Hope - Neighborhood Health Center 2604 South Tyler Street, Little Rock, AR 72204 www.oakforestumc.com/ministries Tuesday and Thursday 5:30am-9:00pm By appointment only. Primary care and diabetes clinic. Serving the 72204 zip code. Proof of residency required. (501) 614-9523

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

St. Vincent Health Clinic East 2500 East 6th Street, Little Rock, AR 72202 Monday-Thursday 8:00am-4:30pm, Friday 8:00am-12:00pm Fees based on sliding scale. Office visit $20 with proof of income. Labs $5 each. Call for appointment. NO walk-ins. (501) 552-4710

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

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

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

Stewpot First Presbyterian Church 800 Scott Street, Little Rock, AR 72201 www.stewpot-littlerock.org Monday 10:00am - 1:00pm Medical screenings with a nurse Friday 12:00-1:00pm. With a Dr. and/or nurse the third Friday of the month. (501) 803-9999

Towbin Healthcare & VA Medical Center 2200 Fort Roots Drive, North Little Rock, AR 72114 www.littlerock.va.gov/locations/northlittlerock.asp

AWCounseling Services 1920 Main Street, Suite 223 North Little Rock, AR 72114 501-258-1618 Art Chupik, M.S.W.

Services Provided:
• Sex Offender Treatment Programs
• Serving Pulaski, Boone, Union, Garland, Pope, Faulkner, Stone, Newton & Sebastian Counties
• Sex Offender Forensic Assessments
• Pre-Trial
• Sentencing
• Community Notification Appeals
• De-Registration Assessments
• Sex Addiction Assessments
• Sex Addiction Treatment
Medical care, treatment and domicile available to veterans ONLY.
(501) 257-1000

U.A.M.S Clinic (Appointments)
4301 West Markham, Little Rock, AR 72205
www.uams.edu
Monday-Friday 7:00am-4:30pm
Appointments required, pre-approved indigent discount possible with proof of income and ID, co-pay of $50 required.
(501) 686-8000

U.A.M.S. 12th Street Health and Wellness Center
4010 West 12th Street, Little Rock, AR 72204
https://healthon12th.uams.edu/
Monday and Wednesday 4:00-8:00pm
Free medical support, Chronic disease management (Hypertension, Diabetes, and Cholesterol.) Medical counseling and disease prevention. Dental and Audiology screenings. Diet and nutrition counseling.
(501) 644-2492 Bilingual

Westside Medical Clinic
2415 North Tyler Street, St. John’s Catholic center, Little Rock, AR 72207
www.dolr.org/catholic-charities/westside-medical-clinic
Evening clinic. Please call for appointment and leave a voicemail, appointments required. Bus service not readily available.
(501) 664-0340 Ext.#356 English Ext.#335 Spanish

HOUSING & SHELTERS

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

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

Cumberland Towers
311 East 6th Street, Little Rock, AR 72202
Must be over 50 years of age with no dependents.
(501) 340-4720

Dorcas House - A Division of Union Rescue Mission
PO. Box #164057, Little Rock, AR 72216
www.urmission.org
Womens domestic Violence Program: 9 month program for women and children in domestic abuse situations, male children allowed through 17 years of age (on a space available basis). 50 beds available for women and children. Recover Program: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted to remain with women in Recovery Program. Wheelchair accessible.
(501) 376-4022 Ext.#3

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

Family Promise of Pulaski County
222 East 8th Street, Little Rock, AR 72202
www.familypromispec.org
Partners with churches of all faiths in Pulaski County to proved shelter, food, transportation, and case management for homeless families with children under 18.
(501) 372-0733

Freewill Baptist Family Ministries, Florence Crittenton Home
3600 West 11th Street, Little Rock, AR 72204
https://www.fbfm.com/services/residential-care/florence-crittenton-home
Open 24 hours. Emergency shelter for DHS involved children ages 6 to 17, serves males and females, serves sibling groups, must have IQ above 70 and be able to attend school.
(501) 662-3129

Gaines House
1702 Gaines Street, Little Rock, AR 72206
www.gaineshouse.org
Contact hours 6:00am - 10:00pm
Transitional home for women with disabilities. Call for cost and other information
(501) 376-7992

Hand Up Housing of Arkansas
620 Curtis Sykes Drive, North Little Rock, AR 72114
http://handuphousing.org
Homeless and transitional housing. The first step in a graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.
(501) 658-1649

Hoover Center
3604 West 12th Street, Little Rock, AR 72204
www.bcdinc.org
Post treatment and 30 day inpatient/long term treatment for all drugs and alcohol. Accepts amphetamines, meth, and cocaine long term. NO DETOX Program has enhancement services such as work program. Call for fees.
(501) 663-4774

HOUSEABOUTIT, Community Economic Development Agency, Benefit Enrollment Center (BEC) of Pulaski County
3880 West 12th Street, Suite 1204Little Rock, AR 72204
http://houseaboutit.org/home.html
Monday - Thursday 8:00am - 4:00 PM, Walk-Ins
Welcome Friday by appointments ONLY
HOUSEABOUTIT is developing programs to assist low income residents with many different housing issues. Call for details.
(501) 379-1549

Jesse Powell Towers
1070 Wolfe Street, Little Rock, AR 72202
www.mhopha.org
Must be over 18 years of age with no dependents.
(501) 340-4766

Little Rock Community Mental Health Center, Inc.
1100 North University Avenue, Suite #200 in Evergreen Place, Little Rock, AR 72207
www.lrcmhc.com
LRCMH offers rental and utility assistance to people with a diagnosis of a serious mental disorder.
(501) 686-9300

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

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

Nehemia House, A Division of Union Rescue Mission
2921 Springer Blvd, Little Rock, AR 72216
www.urmission.org
Nehemia House, A Division of Union Rescue Mission provides shelter for homeless, disabled, non-pregnant women who are in the following categories: 1) Unmarried mothers with children 0-18 under supervision, 2) pregnant women, 3) women with substance or alcohol addiction. Children are over 18. Must be sober, no medical services available.
(501) 376-1108

Our House
302 East Roosevelt Road, Little Rock, AR 72206
www.ourhouseshelter.org
Working shelter for men, women, and families, wheelchair accessible, long term shelter available (up to 2 years). Many educational programs, meals, clothing, and classes available, domestic violence recovery. Must be working a minimum of 32 hours a week soon after moving in.
(501) 376-7383 Ext #1

Paris Towers
1800 South Broadway, Little Rock, AR 72206
www.mhapha.org
Must be over 62 years of age with no dependents.
(501) 340-4752

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

Project Based Section-8 Apartments: Asbury Park
8500 Michael Court, Little Rock, AR 72204
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 225-1931

Project Based Section-8 Apartments: Auxora Arms Apartments
9101 Auxor Road, Little Rock, AR 72209
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 562-8593

Project Based Section-8 Apartments: Brook Valley Apartments
1100 Brookside Drive, Little Rock, AR 72227
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 708-2488

Project Based Section-8 Apartments: Buffington Towers
224 East 7th Street, Little Rock, AR 72202
Based on Income - No Voucher Needed.
(501) 372-6434

Project Based Section-8 Apartments: Eastview Terrace
1200 Geyer Street, Little Rock, AR 72202
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 372-6608

Project Based Section-8 Apartments: Fair Oaks Apartments
9600 West 36th Street, Little Rock, AR 72204
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 227-5466

Project Based Section-8 Apartments: Terrace Green Apartments
8223 Scott Hamilton Drive, Little Rock, AR 72209
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 565-1309

Project Based Section-8 Apartments: Westbridge I & II
2123/2124 Labette Manor Drive, Little Rock, AR 72205
www.liveatwestbridge.com
Based on Income - No Voucher Needed. Section 8 Accepted.
(501) 224-3122

Salvation Army
1111 West Markham, Little Rock, AR 72201
www.SalvationArmyCentralArkansas.org
Opens at 6:15pm. Emergency shelter for women, and families. (501) 374-8636
Sober Living
4201 John Bower Road, Little Rock, AR 72204
http://soberliving.interventionamerica.org/
citydirectory.cfm?State=AR&city=Little%20Rock
In patient drug and alcohol abuse transitional housing facility for men and women. Minimum stay of 6 months, fee based program. Court approved alternative to incarceration.
(501) 562-0507

St. Francis House
2101 South Elm Street, Little Rock, AR 72204
www.stfrancisministries.com
Residential placement for veterans thru the Veterans Day Treatment Center.
(501) 664-5036

Sunset Terrace
2800 Battery Street, Little Rock, AR 72206
Based on income, family residential housing.
(501) 340-4730

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

Women and Children First
P.O. Box #1954, Little Rock, AR 72203
www.wcfarkansas.org
Safe, secure shelter and supportive services for domestic violence victims and their children, providing 24 hour hot-line for crisis intervention, emotional support, information and referrals. A court advocate to assist in filing orders of protection and accompanying survivors to court. Counseling, education and support group services. As well as Community Outreach and education.
(501) 376-3219

IMMIGRATION RESOURCES
Arkansas Coalition Against Domestic Violence
700 South Rock Street, Little Rock, AR 72202
www.domesticpeace.com or www.domesticpeace.com/shelters.html
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-789-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9474. Bilingual Services Available.
(501) 376-3423

Clinica el Samaritano - El Faro Baptist Church
7002 Baseline Road, Inside el Faro Baptist Church, Little Rock, AR 72209
1st & 3rd Tuesday 5:30pm - 8:30pm (May change)
Served: A prison and community. Hay interpretes. Una farmacia pequena. Lmite 15 citas/dia. Primer y tercer Martes del mes 5:30pm-8:30pm (sujeto a cambios) Appointment only, the sign up is the first day of each month at 5:30pm. Spanish interpreters available. Small pharmacy.
(501) 350-2558

El Consulado de Mexico en Little Rock
3500 South University Ave, Little Rock, AR 72204
https://consulmex.sre.gob.mx/littlerock
Las funciones principales son proteger y defender a un ciudadano mexicano, aso como asistir y asesorar a quienes han sufrido abusos, maltrato relacionado con el trabajo y por parte de las autoridades, poniendo en primer lugar el respeto de sus derechos humanos. Entre las diversas funcionalidades del Consulado, algunos de los servicios son: Documentacion de viaje (pasaporte), ID matricula consular, cartilla militar; Servicio menaje de casa; Registro civil (actas de nacimiento, doble nacionalidad, matrimonio, testamentos). Poderes Notariales; Visas para extranjeros (turistas, permanentes, diplomáticos, estudiantes, etc.) El Consulado promueve la unidad entre los mexicanos participando en programas de desarrollo comunitario, fomentando el arte y la cultura mexicana en el exterior, y promoviendo la informacion que contribuye a un conocimiento positivo y mejor de Mexico. The Consulate of Mexico in Little Rock is located at 3500 S University Ave, and currently serves Mexican nationals in the states of: Arkansas, Oklahoma and Tennessee. Their main function is to protect and defend the rights and interests of the Mexicans nationals, as well as assist and advice those who have suffered abuses, work related mistreatment from authorities, putting first their human rights’ respect. Among the diverse functions of the Consulate, some of the services are: Travel documentation (Passport, IDs (consular ID, military service ID), Household Interest Service; Vital Records (birth certificates, dual nationality, marriage certificates, wills), Powers of Attorney, Visas for foreign nationals; tourist permanent, diplomatic, students. The Consulate promotes unity among Mexicans by participating in community development programs, encouraging Mexican art and culture abroad, as well as promoting the information that contributes a positive and better knowledge of Mexico.
(501) 372-6933 ext. 261

El Zocalo Immigration Resource Center
5500 Geyer Springs Road, Inside Geyer Springs United Methodist Church, Little Rock, AR 72209
www.zocalocenter.com
El Zocalo Immigration Resource Center works to connect immigrant individuals and families in need with services and support. They provide education and advocacy to the community. They may call for additional assistance with accessing resources ESL classes available. Providing mental and emotional support. El Zocalo Centro de Recursos para los Inmigrantes trabaja en contactar a los inmigrantes con recursos y servicios en la comunidad. Tambien ofrecen educacion para los inmigrantes y los denes. Se puede contactar para mas informacion.
(501) 301-4652

Esperanza “Hope” Neighborhood Clinic
6111 West 83rd Street, Inside 2nd Baptist Church, 2nd Floor, Little Rock, AR 72209
www.esperanzahopeclinic.org
Thursday 5:15pm-8:00pm Closed 5th Saturday of each month. Solo por cita. Principalmente para 72209. $5/visita. Hay interpretes. Appointment only. Primarily for 72209. $5/visita. Spanish interpreters available.
(501) 562-1114

Evangelical Alliance for Immigration Services
6221 Colonel Glenn Road ad, Suite #A, Inside of the Mosaic Church of Central Arkansas Little Rock, AR 72204
Comprehensive Immigrant services.
(501) 993-5376 Bilingual

Latino Clinic (in Arkansas Children’s Hospital)
1 Childrens Way, Little Rock, AR 72202
www.archchildrens.org/locations/location-details
A clinic offering health services to individuals who are Latina/Latino. Hours: Monday - Friday 8:00am - 5:00pm
(888) 474-8275

P.A.T.H. Human Trafficking
Statewide Crisis Helpline
PO. Box #21066, Little Rock, AR 72221
www.pathsave.org
Number for victims of trafico de blancas. Providing shelter for women who are victims of human trafficking.
(501) 301-4357

Premier Staffing - Dotaci’n de Personal Premier
10901 Financial Centre Parkway, Little Rock, AR 72211
www.premierstaffinginc.com
Monday - Friday 8:00am - 5:00pm
Premier Staffing is an agency of contractation that 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 primer paso es registrarse en el sitio web y una vez registrado comunicarse al telefono.
(501) 223-8367

South-West Community Clinic
9015 Dailey Drive, Little Rock, AR 72209
Monday - Friday 8:00 - 4:00
General health clinic
(501) 364-6560

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

Westside Free Medical Clinic
2000 Camp Aldersgate Road,
Little Rock, AR 72205
UNBUNDLED LEGAL SERVICES

How expensive are lawyers?
Expensive. Can you find a cheap lawyer? Yes, but it is not best. Can you hire one to do only a small amount of the work and save some money? Yes! How? Limited Scope Representation.

What is limited scope representation?
Limited scope representation (or unbundled legal service) allows a lawyer and client to agree that responsibility for certain parts of a case will be distributed between the lawyer and client. For example, the lawyer may draft a divorce complaint or provide legal advice before the client attends a hearing, while the client is responsible for the remaining aspects of the case.

How does this benefit you?
Clients seeking limited scope representation receive pricing that reflects exactly the scope of work they require. Perhaps you need help filing a case or would like legal advice before responding to a letter or signing a contract. Maybe you just need an attorney to show up for a hearing? In each instance, the work is well-defined, and a specific price is paid for THAT step in the process. While the price of these steps will reflect the attorney’s effort, they are generally (often significantly) less expensive than the usual full-service attorney arrangement. You, remain in control, you may only need help in one or more phases of your matter and you retain the option to expand representation at any time. Perhaps you only need help at points 1, 3 and 6 in a 6-step process? Wouldn’t you prefer to pay for only 3 steps?

Even better, your matter may not require court action at all. More than a few issues have been resolved when an unrepresented party receives a letter from an attorney’s office. Paying a flat fee for a “mean lawyer letter” just might avoid a painful, long-term process.

How does this benefit the court?
Self-represented parties (“pro se” litigants) often proceed haphazardly through the legal process, assuming one party knows how to start the process. One or both parties may be unclear how to proceed, unaware of the proper documents to file or how to react if the other side seeks legal advice.

We all know court dockets are full and judges are busy. Providing well-drafted, correct documents and understanding how to proceed through a matter can significantly improve efficiency, reduce everyone’s frustration and be the difference in a successful and timely outcome.

If you are seeking help with a document or multiple documents and would like some help, contact a law firm that has experience providing unbundled legal services.

“They are generally less expensive than the usual full-service attorney arrangement.”
INPATIENT TREATMENT FACILITIES

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

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

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

Chance Sobriety
12727 Gabriel Lane, North Little Rock, AR 72118
Long term treatment with work program. Client must be able to work or have a job. Program will transport client to and from work as needed. Fee: Call for fees. (501) 851-8484

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

Dorcas House: A Division of Union Rescue Mission
823 South Park Street, Little Rock, AR 72202
www.urmission.org
Long term treatment for women. Must complete interview with facility before entering. 9-month program. Fee: $75 deposit which is returned if client completes program. (501) 376-4022

Gyst House
8101 Frenchman’s Lane, Little Rock, AR 72209
www.gysthousedc.com
Coed long term treatment facility. Must not need detox and must be able to work. Does take parolees and court ordered clients. $250 entry fee. (501) 568-1682

Hoover Center
366 West 12th Street, Little Rock, AR 72204
www.bcdcinc.org/index-9.html
Inpatient / long term treatment for all drugs and alcohol. Accepts amphetaamines, meth, and cocaine long term. NO DETOX. Program has enhancement services such as work program. Must call for entry. Fees: call for fees. (501) 662-4774

Nehemiah House: A Division of Union Rescue Mission
3000 Springer Blvd., Little Rock, AR 72216
www.urmission.org
Long term treatment for men. Must complete interview with facility before entering. 12-month program. Fee: $80 non-refundable application fee. Must have valid state ID, Social Security card and proof of insurance. No sex offenders. (501) 376-8470

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

Quality Living Center
3025 Asher Avenue, Little Rock, AR 72204
http://qualitylivingcentermanagement.net
CoEd campus, separate residence for men and women. Call for fees. (501) 663-3490

Quapaw House
1702 Emancipate, Little Rock, AR 72209
Inpatient initial detox center for the State of Arkansas. 3-5 day detox for alcohol and opiates. 72 hr observation for meth, amphetamines, cocaine. 21 day treatment for court ordered clients. NO METHADONE. Must call to complete phone screening prior to admittance. No walk ins are accepted. Assessment ranges from $25.00 to $150.00. Call for screening. Fees: assessment fee plus $125 for suboxone OPAPE detox. Must have ID and proof of income. IF client has history of DT’s or other medical problems when detoxing, refer to ER or hospital as this is a “drying center” and has no medical capabilities. Will not accept clients who are suicidal. Client must have own medications. (501) 866-9393

Recovery Center of Arkansas, Riverbend
1201 River Road, North Little Rock, AR 72114
www.rcfa.org
Walk in Tuesday or Thursday at 7:30-4:00 pm. Fees: $200 for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of the month. (501) 372-4611

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

LEGAL SERVICES

American Civil Liberties Union (A.C.L.U.)
9040 West 2nd Street, Little Rock, AR 72201
www.acluarkansas.org
The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBTI (Lesbian, Gay, Bisexual, Transgender, Inter-sexual) rights, and reproductive freedom. Please visit the website or write to the above address, Calling is not an option. (501) 907-5618

Center for Arkansas Legal Services
303 West Capitol Street, Suite 200
Little Rock, AR 72201
www.car4ar.org
Providing programs and advocacy for the Arkansas LGBTQI community. (501) 244-9690

Central Arkansas Pride (C.A.P.)
PO. Box #250096, Little Rock, AR 72225
www.lpride.com
C.A.P. organizes the annual Little Rock Pride Parade and Festival in October as well as hosts organize local programming and the PFLAG Pride scholarship fund. The mission of Central Arkansas Pride is to raise awareness of diversity in the community and recognize the contributions of the LGBTQI community in AR through celebration & education. (501) 404-8498

HRC Arkansas
PO. Box 257507, Little Rock, AR 72225
http://www.hrc.org/local-issues/arkansas
The Human Rights Campaign is America’s largest civil rights organization working to achieve
Lesbian, gay, bisexual, transgender and Queer equality. HRC envisions a world where LGBTQ people are embraced as full members of society at home, at work and in every community.

Lucie’s Place
300 South Spring Street, #715
Little Rock, AR 72201
www.luciesplace.org
Lucie’s Place assists Lesbian, Gay, Bisexual & Transgender (LGBTQ) young adults (18-25) experiencing homelessness with housing, services and support. Please call or come by the drop-in center to get connected.

(501) 508-5005

Parents and Friends of Lesbian, Gay (and Transgender) People (PFLAG)
Little Rock
800 Scott Street, Little Rock, AR 72201
Meets 3rd Friday of each month.
Call for location. Also Diverse Youth for Social Change (DYSC), for LGBTQ youth ages 13-22.
(501) 291-2507

Pridecorps: LGBT Youth Center
PO. Box #7378, Little Rock, AR 72217
www.pridecorps.org
Meetings are 2:00pm - 5:00pm, the second Saturday of each month. Check Facebook for more details. Our mission is to Celebrate, Support & Empower LGBT Youth ages 13-20. We provide an opportunity for LGBTQ teens throughout Central Arkansas to network with one another and meet allied community leaders, educators, health care providers, & religious leaders. Meets in the Pulaski Heights United Methodist Church, 4823 Woodlawn Dr, Little Rock, AR 72205
(501) 404-0819

The Trevor Project
https://www.thetrevorproject.org
Open 24/7. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24
(866) 488-7386 Hotline

Research Room, Open Monday - Saturday 9:00am - 6:00pm Art Galleries, Open Monday - Saturday 9:00am - 6:00pm
(501) 220-5790

Central Arkansas Library System (CALS)
100 Rock Street, Little Rock, AR 72201
https://cals.org/

Dee Brown Library
6252 Baseline Road, Little Rock, AR 72209
https://cals.org/dee-brown-library/
Monday-Saturday 10am - 2pm
Closed Sunday (501) 568-7404

Esther Dewitt Nixon Library
703 West Main Street, Jacksonville, AR 72076
https://cals.org/canim-library/
Tuesday and Thursday 9:30am-8pm, Monday, Wednesday, Friday and Saturday 9:30am-6pm. Closed Sunday.
(501) 657-5038

Hillary Rodham Clinton Children’s Library & Learning Center
4800 West 10th Street, Little Rock, AR 72204
https://cals.org/childrens-library/
Monday-Saturday 9am-6pm, Sunday 1pm-5pm.
(501) 978-3870

Sue Cowan Williams Library
1800 Chester Street, Little Rock, AR 72206
https://cals.org/williams-library/
Tuesday and Thursday 10am-8pm, Monday, Wednesday, Friday and Saturday 10am-6pm. Closed Sunday
(501) 225-0066

William F. Laman Public Library System, North Little Rock - Argenta Branch
420 Main Street, North Little Rock, AR 72114
www.lamanlibrary.org
Monday-Friday 9am-6pm, Saturday 9am-1pm
Closed Sunday (501) 687-1061

William F. Laman Public Library System, North Little Rock - Main Library
2801 Orange Street, North Little Rock, AR 72114
www.lamanlibrary.org
Monday-Thursday 9am-8pm, Friday-Saturday 9am-5pm. Closed Sunday. (501) 758-1720

MEALS
Canaan Missionary Baptist Church
1700 South State Street, Little Rock, AR 72206
https://www.welovelittlerock.org/

From His Throne Ministries (Broadway Bridge Project)
2501 South Arch Street,
Little Rock, AR 72206 Serving lunch Sundays, 11:00am. Following church service. Working with the Broadway Bridge Project to serve dinner Monday, Tuesday, Thursday & Friday 6:00 - 7:00pm.
(501) 944-1209

In Your Hands Ministries, Inc.
3905 Highway 160 North, North Little Rock, AR 72117
www.inyouhandsmnisries.com
Meals every second Sunday, breakfast 8:30am - 9:30am, free clothes, lunch 12:00pm - 1:00pm. Food distribution every Tuesday, 7:00am - 11:00pm.
(501) 945-1314

Jericho Way, Homeless Day Resource Center
3000 Springer Blvd., Little Rock, AR 72206
www.depaluslso.org
Homeless day center, open Monday thru Friday, 7:30am - 3:00pm. Breakfast served at 7:30am Lunch served at11:00am, Monday thru Friday.
(501) 916-9858

L.O.V.E. “Let Our Violence End” Inc. (Healing Waters Outreach Center)
16,036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Meals served to children in the after-school program. Meals served to the hungry on the 2nd, 3rd & 4th Sundays 12:00-2:00pm
(501) 516-1602

Metro Worship Center
2914 South Cumberland Street, Little Rock, AR 72206
www.firstnlr.com/about-metro-little-rock
Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.

Quapaw Quarter United Methodist Church
1601 South Louisiana Street, Little Rock, AR 72206
www.firstnlr.com/about-metro-little-rock
Church bus picks-up at 10:00am at Canvas Community Church, at the downtown public library and at the Little Rock bus depot.

(501) 591-

Saint Mark Baptist Church
5722 West 12th Street, Little Rock, AR 72204
http://smarth.org
Serving 6th Saturday of each month 8:00am-12:00pm. Meals Served
(501) 663-3955

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

The Van (The One Inc.)
PO. Box #705067, Little Rock, AR 72225
www.theoneinc.org
Mobile homeless services, locating and serving unhoused homeless on the fringes of Little Ark.
MENTAL HEALTH

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

Centers for Youth and Families
6601 West 12th Street, Little Rock, AR 72204
http://centersforguyouthandfamilies.net
Outpatient clinic for youth 26 and under.
(501) 666-4949

El Zocalo Centro de Recursos para los inmigrantes
3500 Guyer Springs Road, Little Rock, AR 72209
http://www.elzocalo.org
Call for appointment and services
Offers support groups & workshops, life coaching and referrals and assistance accessing mental health services to Spanish-speaking adults
Ofrece grupos de apoyo y talleres, consejería y ayuda en busca de servicios de salud mental para adultos que hablan español.
(501) 301-4652 Bilingual

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

L.O.V.E. “Let Our Violence End” Inc.
(Healing Waters Outreach Center)
14036 Sandis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
Licensed mental health professionals on staff; call for fees and appointments.
(501) 516-1602

Little Rock Community Mental Health Center
1100 North University Ave., Suite #200, 201 & 240, in Evergreen Place, Little Rock, AR 72207
www.lrcmhc.com
Call Weekdays 8:00am-5:00pm
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.
(501) 686-9300

L.R.C.M.H.C. Pharmacy
1100 North University Avenue, Suite #200 in Evergreen Place, Little Rock, AR 72207
www.lrcmhc.com
Under the LRCMHC umbrella of services, our mission is to serve the pharmaceutical needs of our community – one prescription, one client at a time. Services offered: Fast and friendly service, full-service pharmacy, easy Rx transfers, limited self-pay cost assistance for LRCMHC clients, and online and mobile refills. Coming Soon: Medication delivery services. To learn more, visit lrcmhc.com or call (501) 686-9300
(501) 686-9300

P.A.T.H Human Trafficking
Statewide Crisis Helpline
PO Box #21006, Little Rock, AR 72221
www.pathsave.org
Survivors of sexual abuse, all genders and ages.
Day treatment program.
(501) 301-4357, 24 Hour Crisis Hot-Line

Pinnacle House Day Treatment
1020 West Daisy Bates Drive, Little Rock, AR 72202
www.lrcmhc.com
The Program seeks to enhance the quality of life of the persons served by providing opportunities to be involved in satisfying and meaningful activities and supportive interpersonal interaction. Services individual and group therapy, medication management, pharmacy services, psychoeducation/life skills, work environment activities, transportation to/from the program, crisis intervention and stabilization. To learn more, visit lrcmhc.com or call (501) 686-9300.
(501) 371-9058

Professional Counseling Associates
3601 Richards Road, North Little Rock, AR 72217
www.pca-ar.org/home.html
All services are designed and implemented to support the recovery, health and well-being of persons served. LRCMHC services can be obtained by self-referral, community organizations, medical facilities or court orders. Services offered: Crisis services available 24/7, intake and assessment, individual and group therapy, full-service pharmacy, online medication refills, medication management, housing and residential supports, day treatment services, and community intervention. To learn more, visit lrcmhc.com or call (501) 686-9300.
(501) 221-1843

U.A.M.S. Walker Family Clinic
(Appointments)
4301 West Markham, Little Rock, AR 72205
www.uamshealth.com
Monday - Friday 7:30am-5:00pm
(501) 526-8200

NATIVE AMERICAN RESOURCES

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

Arkansas State Archives
1 Capitol Mall, Little Rock, AR 72201
www.archives.arkansas.gov
Monday - Saturday 8:00am - 4:30pm
The State Archives maintain original Quapaw treaty records, Dawes Commission Rolls.
(501) 682-6900

Arkansas Studies Institute
401 President Clinton Ave, Little Rock, AR 72201
www.butlercenter.org/contact.html
Monday-Saturday 9:00am-6:00pm. On the 2nd floor in the Research Room & Genealogy Collections Dawes Commission records and Native American rolls may be researched. Monthly Genealogy Course: Finding Family Facts Every second Monday 3:30pm - 5:00 p.m., Room #204.
(501) 320-5700

Federally Recognized Indian Tribes and Resources for Native Americans
www.usa.gov/tribes
Find information about and resources for Native Americans regarding - Federally Recognized Indian Tribes - Cultural Resources for Native Americans - Housing: Resources for Native Americans - Legal Resources for Native Americans

Historic Arkansas Museum
200 East 3rd Street, Little Rock, AR 72201
www.historicarkansas.org
Monday-Saturday 9:00am-5:00pm, Sundays 1:00pm-5:00pm
We Walk in Two Worlds tells the story of Arkansas’s first people, the Caddo, Osage and Quapaw Indian tribes from early times to today. The exhibit is told through objects and research. Approximately 150 objects, such as pottery, clothing and weapons, are on exhibit. The exhibit has six thematic areas arranged chronologically. Along with objects and a historical time-line are passages of relevant research from archaeologists, historians and ethnographers.
(501) 324-9351

Sequoyah National Research Center
5820 Asher Ave., Suite #500, Little Rock, AR 72204
www.ualr.edu/sequoyah
Monday-Friday 8:00am-5:00pm
The Sequoyah National Research Center strives to ensure that the discussion of Native America accounts for the perspectives of the peoples themselves.
(501) 569-8336
WHAT DOES “BEST INTEREST OF A CHILD” MEAN?

In Arkansas, when a court is deciding custody and visitation of a child, they look at the “child’s best interest” standard. This is a standard made up of many factors. Those factors can vary in the way the court weighs them and how many factors there are, both positively and negatively. To help you better understand the test for a child’s best interest, we will run through some of the factors and examples.

**The child’s environment:**
A judge has the ability to order home studies at the home of each party requesting custody or visitation. The court will be looking at the overall condition of the home. The court will want to know if the home is clean, has appropriate HVAC systems, hot water, appropriate furniture for the children and other basics.

**The character of the parents:**
In Arkansas, a judge will look at what kind of person the parent who is requesting custody is. Things such as the parent’s reputation in the community and among their peers. The judge may look at the persons criminal record, or if the person has issues with drugs or alcohol.

**Promoting Continued Contact:**
A judge will want to know which parent is the most likely to foster a continued relationship between the child and the non-custodial parent.

**Economic Stability:**
Judges want to know if the parent who is going to be taking care of the child the majority of the time has enough income to provide the necessities needed for the child. For example, can the parent provide the proper shelter, clothing, nutrition, insurance and other essentials required for raising a child.

**Keeping siblings together:**
In most cases, an Arkansas judge will try to keep all the children together in the same home. It is normally in the child’s best interest to remain in close contact with their siblings. This can include half-brothers and half-sisters and in some instances, judges will even consider the relationship between the children and their soon to be step siblings.

**The Child’s Preference:**
Once a child reaches a certain age, judges will take into consideration the wishes of the child about which parent the child wants to live with primarily. When evaluating the child’s preference, every child is different. The judge will take into account the maturity level of the child, along with other factors in giving the proper weight to what the child wants.

There are many factors an Arkansas judge will look to when determining what is in the child’s best interest when making a determination about custody and visitation. We have covered just a few, and every situation is unique.

If you have questions about your current custody arraignment, contact an experienced Family Law attorney.

“There are many factors an Arkansas judge will look into.”
OUTPATIENT TREATMENT FACILITIES

Catar Clinic
4260 Stockton Drive, Suite B
North Little Rock, AR 72117
www.catarclinic.org
Monday - Friday 8:00am - 2:00pm. Homeless day center.
(501) 664-7833

P.A.T.H. Human Trafficking Statewide Crisis Helpline
PO. Box 21006, Little Rock, AR 72221
www.pathsaves.org
Survivors of sexual abuse, all genders and ages.
Day treatment program.
(501) 301-4357

Recover Center of Arkansas
6301 Father Tribou Street,
Little Rock, AR 72125
www.rcfo.org
Monday - Friday 8:00am - 5:00pm
Outpatient opiate treatment and rehabilitation.
(501) 372-4611

U.A.M.S. Psychiatric Research
Institute Methadone Clinic
4301 West Markham, Little Rock, AR 72205
www.uamshealth.com
Monday - Friday 8:00am - 5:00pm
Outpatient treatment for men and women. Must detox first. Client must complete interview before entering program. Fees: call for fees. Indigent beds available each month. Seeker must call and request indigent bed for client at beginning of month.
(501) 526-8410

Veteran’s Substance Abuse Treatment Services
2200 Fort Root Drive, North Little Rock, AR 72114
www.va.gov/health
Monday - Friday 8:00am - 2:00pm. Accessible to Veterans eligible for services.
(501) 257-1000

SUBSTANCE ABUSE

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

Arkansas AA Central Service Office
7509 Cantrell Road, #106 Little Rock, AR 72207
www.arkansassentraloffice.org
Providing contact information, place date and times for Alcoholic Anonymous meetings throughout Arkansas.
(501) 664-7303

TRANSPORTATION

Care Link
PO. Box #5988, 700 Riverfront Drive
North Little Rock, AR 72114
www.corelink.org
Care Link provides resources to the elderly in 6 Central Arkansas counties. Transportation, meals, home care assistance, counseling, resource information, and many other forms of assistance.
(501) 372-5300

Jericho Way, Homeless Day Resource Center
3000 Springer Blvd., Little Rock, AR 72206
Transportation services Monday-Friday 7:30am - 2:30pm. Homeless day center. Transportation to and from shelters and to and Medical and employment appointments in Pulaski County.
(501) 916-9859

Recycle Bikes for Kids
717 East 10th Street, North Little Rock, AR 72114
Monday 10:00pm - 12:00pm. Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements.
(501) 563-8264

Rock Region Metro, (C.A.T.) Little Rock City Bus System
310 East Capitol Street, Little Rock, AR 72202
www.rrmetro.org
Open 7:00am - 6:00pm daily.
One ride $1.35, $1.40 with transfer, all day pass $3.75, all month pass (31 - day) $36.00.
(501) 375-1163

Rock Region Metro, LINKS, Paratransit (C.A.T.)
901 Maple Street, North Little Rock, AR 72114
www.rrmetro.org
Open 7:00am - 6:00pm daily.
Handicapped accessible LINKS buses cost $2.70 one way, $5.40 round trip. Must apply to access the LINKS system and the application process takes up to 21 days.
(501) 375-9607

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

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

VETERANS RESOURCES

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

St. Francis House
2701 South Elm Street, Little Rock, AR 72214
www.stfrancisministries.com
Veterans residential treatment accessed only thru Veteran’s Day Treatment Center.
(501) 664-5036

Towbin Healthcare & VA Medical Center
2200 Fort Roots Drive, North Little Rock, AR 72114
https://www.littlerock.va.gov/locations/directions.asp
Veteran’s Day Treatment Center.
(877) 424-3838

Arkansas Women’s Outreach (AWO)
2701 Kavanaugh, Suite #203
Little Rock, AR 72205
www.arrowsoutreach.org
AWO promotes the wellbeing of local homeless women through access to adequate access to the basic items women need such as period products, underwear, and diapers.
(501) 907-5612

ARKANSAS CARES

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

Arkansas Women’s Outreach (AWO)
2701 Kavanaugh, Suite #203
Little Rock, AR 72205
www.arrowsoutreach.org
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(501) 907-5612

Arkansas Coalition Against Domestic Violence
1401 West Capitol, Suite #170
Little Rock, AR 72201
www.domesticpeace.com
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline or U.S. Hotline 800-799-SAFE (7233). Teen Dating Abuse Helpline: (866) 331-9478. Bilingual Services Available (Spanish) Hablamos Espanol, Si esta en peligro, llame al 911 Llamamos al 800-269-4668 a la linea nacional 800-799-7233.
(501) 907-5612

Arkansas Women’s Outreach (AWO)
2701 Kavanaugh, Suite #203
Little Rock, AR 72205
www.arrowsoutreach.org
AWO promotes the wellbeing of local homeless women through access to adequate access to the basic items women need such as period products, underwear, and diapers.
(501) 907-5612

Catholic Adoption Services
2500 North Tyler Street, Little Rock, AR 72207
www.dol.state.arkansas.us
Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring
Meetings First Wednesday Each Month 10am – 11am  
Willie L. Hinton Neighborhood Resource Center  
3805 West 12th Street, Little Rock  
All meetings are open to the public

Contact us: CentralArkansasReEntry@gmail.com  
501-444-CARE

Arkansas Child Abuse Prevention Hotline  
(800) 482-5964

Arkansas Children’s Hospital, General Pediatric & After Hours Clinic  
91 Children’s Way, Little Rock, AR 72202  
www.archildrens.org/programs-services/a-to-z-services-list/general-pediatrics/general-pediatric-clinic  
Children’s after-hours clinic:  
Monday thru Friday, 5:00pm until 8:45pm,  
Saturday & Sunday, 9:00am - 7:45pm.  
(501) 364-1202

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

www.domesticpeace.com/shelters/html (local info)  
The mission of the Arkansas Coalition Against Domestic Violence is to eliminate domestic violence and promote healthy families. If you are in danger call 911, Your local hotline (see local info, above) or U.S. Hotline 800-799-SAFE (7233).  Teen Dating Abuse Helpline: (866) 331-9474.  Bilingual Services Available (Spanish) Hablamos Espanol, Si esta en peligro, Llame al 911 Llamenos al 800-269-4668 a la linea nacional 800-799-7233.  
(501) 907-5612

Arkansas DHS/Division of Children and Family Services  
P.O. Box #1437 Slot S-560, 700 Main St.  
Little Rock, AR 72203  
https://humanservices.arkansas.gov/about-dhs/dcfs  
Monday - Friday 8:00AM - 4:30PM  
Increasingly, concerned citizens and organizations are realizing that the best way to prevent child abuse is to help parents develop the skills and identify the resources they need to understand and meet their children’s emotional, physical, and developmental needs and protect their children from harm.  
(501) 682-8770

Arkansas Home Visiting Network  
415 North McKinley, Suite #610, Little Rock, AR 72205  
www.arhomevisiting.org  
The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based.  
Youth art and theater programs, Spring Break and Summer programs.  
(501) 372-4000

Arkansas Advocates for Children and Families  
1400 West Markham, Suite #306  
Little Rock, AR 72201  
www.aradvocates.org  
Monday - Friday 9:00am - 5:00pm  
For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children and we have never been afraid to lead the way when the need arose.  
(501) 664-0340 Ext #347 or 334

Arkansas Coalition Against Domestic Violence

YOUTH RESOURCES

Arkansas Advocates for Children and Families  
1400 West Markham, Suite #306  
Little Rock, AR 72201  
www.aradvocates.org  
Monday - Friday 9:00am - 5:00pm  
For more than 35 years, AACF has provided leadership, research and advocacy to promote wide-ranging reforms that have improved the lives of Arkansas children and we have never been afraid to lead the way when the need arose.  
(501) 664-0340 Ext #347 or 334

P.A.T.H. Human Trafficking Statewide Crisis Helpline  
P.O. Box #21066, Little Rock, AR 72221  
www.pathsave.org  
Survivors of sexual abuse, all genders and ages  
Day treatment program.  (501) 301-4357

Phoeniz Recovery Center  
104 North Battery, Little Rock, AR 72205  
http://phoenixarkansas.com/phoenix-recovery-center-for-women/  
Transitional housing for women only.  
(501) 725-4007

Women and Children First  
P.O. Box #1954, Little Rock, AR 72203  
www.wefararkansas.org  
Women’s shelter victims of domestic violence and sexual assault.  (501) 376-3219

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

Gaines House  
1702 Gaines Street, Little Rock, AR 72206  
www.gaineshouse.org  
Contact hours 6:00am - 10:00pm  
Women’s Homeless transitional Shelter (Non-Emergency) 22 beds women 18 and above only.  
(501) 376-4015

Little Rock Compassion Center  
(Non-Emergency) 22 beds women 18 and above only.  
(501) 663-2972

Little Rock Compassion Center  
4230 Asher Avenue, Little Rock, AR 72204  
www.littlerockcompassioncenter.org  
Check-in after 3:00pm  
Women’s homeless shelter. Must have an ID and be over 18.  (501) 663-2972

Working at the legislative level rather than one-on-one.  (501) 371-9678

Arkansas Arts Center  
9th & Commerce, MacArthur Park  
Little Rock, AR 72203  
https://www.arkansasartscenter.org/museumschool  
Open Tuesday - Friday 10:00am - 5:00pm  
Sunday 11:00am - 5:00pm.  Closed Monday.  
Youth art and theater programs, Spring Break and Summer programs.  
(501) 372-4000

Arkansas Coalition Against Domestic Violence

Arkansas Children’s Hospital, General Pediatric & After Hours Clinic  
1 Children’s Way, Little Rock, AR 72202  
www.archildrens.org/programs-services/a-to-z-services-list/general-pediatrics/general-pediatric-clinic  
Children’s after-hours clinic:  
Monday thru Friday, 5:00pm until 8:45pm,  
Saturday & Sunday, 9:00am - 7:45pm.  
(501) 364-1202

Dorcas House: A Division of Union Rescue Mission  
823 South Park Street, Little Rock, AR 72202  
www.urmission.org  
Women’s Domestic Violence Program: 9-month program for women and children in domestic abuse situations, male children allowed up through 17 years of age (on a space available basis). 50 beds available for women and children.  
Recovery Program: 9 month recovery program for women with substance or alcohol addiction. Children are NOT permitted.  
(501) 374-4022
visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy and school readiness. (501) 364-5461

Arkansas National Guard Youth Challenge Program
164½ North Dakota Avenue,
North Little Rock, AR 72119
www.aroyouthchallenge.com
Monday - Friday 7:00am - 3:30pm
Mailing address: Camp Robinson #164½, North Little Rock, AR 72119. The Arkansas National Guard Youth Challenge Program is a preventive rather than remedial at-risk youth program. The program targets participants who are drug-free with no felony convictions and 16 to 18 years of age. You must not be older than 18 upon entry, however, you may turn 19 while in the program. Core components of the program are: responsible citizenship, academic excellence (GED/High School Diploma attainment) life-coping skills, service to community health and hygiene, job skills training, leadership, physical training. The 22 week Residential Phase, which includes a 2-week Acclimation Period, is followed by a year-long mentoring relationship with a specially trained member from each youth's community. (501) 212-5565

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

Big Brothers Big Sisters of Central Arkansas
312 West Pershing Blvd., North Little Rock, AR 72114
Monday - Friday 8:00am - 5:00pm
Their mission is to provide children facing adversity with strong and enduring, professional supported one-to-one relationships that change their lives for the better, forever. (501) 374-6661

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

Catholic Adoption Services
2500 North Tyler Street, Little Rock, AR 72207
www.dolr.org
Catholic Adoption Services provides direct assistance to birth mothers considering giving their unborn child thru adoption. Services provided depend entirely upon the needs of the birth mother. Birth mothers are given caring personal support, legal protections, privacy, and are able to select the future adoptive parents for their child. (501) 666-0340 Ext #347 or 334

Centers for Youth and Families Residential Services
6601 West 12th Street (EMCC), 6601 West 12th Street (EMCC), Little Rock, AR 72204
www.centersforyouthandfamilies.org
(501) 660-6880

Centers for Youth and Families, Family Counseling Center
6601 West 12th Street, Attn: OS Little Rock, AR 72204
Offering treatment in the form of outpatient counseling, school-based therapy, case management, day treatment, an emergency shelter and independent living programs in addition to therapeutic foster care and residential services for children and youth to age 26. Parent Center offers parenting classes, support groups and a Parent Resource Center. (501) 666-4949

Child Support Enforcement Office
322 South Main Street, Suite #100
Little Rock, AR 72203
www.dfo.arkansas.gov/offices/childSupport/Pages/default.aspx
Monday - Friday 8:00am - 4:30pm
Enforces court orders involving non-custodial parental child support. (501) 371-5400

Cru Inner City
1215 South Schiller Street, Little Rock, AR 72202
www.cru.org/communities/innercity/centralarkansas/contact.html
Creating options together: Provides Compassionate Resources to Inner City Church/Ministry Partners, Homeless Care Kits, Boxes of Love (food boxes at Thanksgiving and Christmas), Power Packs (school backpacks with school supplies), Providing training and curriculum for adult and/or youth development. (501) 690-5433

L.O.V.E. “Let Our Violence End” Inc.
(Healing Waters Outreach Center)
14036 Sardis Road, Shannon Hills, AR 72103
www.letourviolenceend.com
After school program 3:00pm-6:00pm weekdays, with meals. (501) 516-1602

Lifeline Connections (TAG Church)
11210 Cantrell Road, Little Rock, AR 72212
https://www.tagchurch.net/lifeline-connections
lifelineconnectionr@gmail.com
Thursday 6:30pm - 8:00pm
Not financial/utility assistance!! Under education and outpatient support!! All the other information is correct!! LifeLine Connection is a Faith Based, collaborative effort with Living Free and Teen Challenge, USA! Living Free provides a proven model, strategy, training, and materials, to initiate and sustain a non-residential recovery ministry. (501) 651-0555

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

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

Pulaski County Cooperative Extension, 4-H
Pulaski County 4-H, 2901 West Roosevelt Road, Little Rock, AR 72204
www.uaex.edu/counties/pulaski
Monday - Friday 8:00am - 4:00pm
4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, and Cooperative Extension Service. (501) 340-6650

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

Recycle Bikes for Kids
717 East 10th Street, North Little Rock, AR 72114
Monday 10:00pm - 7:00pm, Saturdays 9:00am - 12:00pm
Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements. (501) 563-8264

The First Tee
1 First Tee Way, Little Rock, AR 72204
www.thefirstteear.org
Tuesday - Saturday 8:00am - 8:00pm, Sunday 12:00pm - 8:00pm
Closed Mondays.
Hours change on 1 November. Youth development program teaching life skills through the game of golf. (501) 562-4653

The Recovery Village
https://www.therecoveryvillage.com/teen-addiction/
A Florida based recovery center for youth with addiction issues. Check out their website for great information on teen addiction. (844) 505-5212
SEX OFFENDER Deregistration:
Terminating the Obligation to Register

Incarceration and registration for a sex crime is often a dehumanizing experience. However, Arkansas provides a process for terminating the requirement to register as a sex offender after fifteen years, if you meet the requirements of Arkansas Code § 12-12-919.

The statute that allows this, “termination of obligation to register” (§ 12-12-919), provides a mechanism for qualifying Arkansas sex offenders to petition the court that sentenced them for an order ending the requirement to register. Additionally, sex offenders sentenced in another state, but permanently residing in Arkansas, may petition the court in the county they reside.

To qualify for removal from the Arkansas sex offender registry, the petitioner must meeting the following requirements:
• Did not commit an “aggravated sex offense”
• Cannot be a community notification Level 4
• Did not plead guilty, nolo contendere, or was not found guilty of a second or subsequent sex offense under a separate case number, and

Note: A Notice of Appeal was filed February 23, 2018 in State v. Wyly, challenging the denial of an Arkansas petition where “…Wyly was charged in two case numbers and pleaded guilty at the same time.”

It has been either:
• 15 years since release from incarceration or other institution
• 15 years since being placed on probation or any other form of community supervision.

• Or, for a period of 15 years the applicant has not been found guilty of a sex offense.

Finally, the petitioner must prove by a preponderance of the evidence that they are not likely to pose a threat to the safety of others.

What information will the court consider when looking at my petition for removal?
The court must be convinced that you are not likely to pose a threat. The burden of proof is lower than that of a criminal conviction. However, you must show that continued registration is not consistent with the purpose of registration (e.g., you are not a threat).

How to prepare for a hearing?
In preparation for a de-registration hearing an experienced attorney will develop a history that shows why you should no longer be required to register as a sex offender. This process includes information releases for medical, counseling, treatment, prison and offender assessment records. A social history is developed, pertinent law enforcement agencies, offender reporting agencies and courts are contacted. If your case requires expert witness testimony, the attorney should be able assist in obtaining evaluations and witnesses. He/she may also interview family members, community members and others that will speak on your behalf or help develop a history of model conduct.

The State will object to your petition and be represented by an experienced prosecuting attorney. It is critical that you hire competent legal counsel.
Wilson & Haubert, PLLC is a full-service law firm with five locations to serve you. We are in business to make sure you get outstanding legal services at a reasonable cost.

Give us a call today: 501.372.1212
WHLawOffices.com