

FELLOWSHIP BIBLE CHURCH MASTER LIST OF RESOURCES



KODAK PORTRA

LAST UPDATED 7/2023



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ALCOHOLICS ANONYMOUS

Name of AA	Location / Address	Person To Contact / Meeting Times
Benton	Various locations depending on the day of the week	For more information on meeting and times call 1-800-839-1686. Your call is confidential.
Brown Bag	Wolfe Street Center 1015 S. Louisiana St., Little Rock, AR 72201	(501) 954-9812 Monday, Tuesday, Thursday, and Friday 12:00pm
Cabot	Various locations depending on the day of the week.	For more information on meetings and times call (866) 641-9190. Totally confidential.
Cosmopolitan Group	2323 Durwood Rd., Little Rock, AR 72201	(501) 663-9979 Password: 72207 Various days and times. They have in person and online options.
Dunbar Group	Wolfe Street Center 1015 S. Louisiana St., Little Rock, AR 72201	(501) 773-9716 Monday 8:00pm and Wednesday 12:00pm
Hour of Power	Wolfe Street Center 1015 S. Louisiana St., Little Rock, AR 72201	Robert G. (501) 218-6695 Password: Houropower501 Various days and times. They have online options.
Last Chance	301 Gill St., Little Rock, AR 72205	(501) 744-2014 Saturday 9:30pm
Little Rock Women	Wolfe Street Center 1015 S. Louisiana St., Little Rock, AR 72201	(501) 231-3557 Monday 2:00pm
Meeting in the Middle	Henderson United Methodist 13000 W. Baseline Rd., Little Rock, AR 72201	(501) 425-3483 Thursday 7:00pm
Saints We Ain't	Only have online option	saintsweaintlr@gmail.com Password: swa22 Friday 6:30pm-7:30pm

CELEBRATE RECOVERY

Location	Address	Meeting Times/ Person to Contact
<u>Brockington Road Church of the Nazarene</u>	9860 Brockington Rd. Sherwood, AR 72120	Scott and Michelle Waldo (501) 835-1221 Monday 6:15pm
<u>The Church at Rock Creek</u>	11500 W. 36 th St. Little Rock, AR 72211	Michael Carson (501) 225-8684 Ext. 8130 Thursday 7:00pm
<u>Family Church</u>	2500 Hwy. 104 White Hall, AR 71602	Cathy Brazeale (870) 329-5288 Tuesday 6:30pm
<u>First Assembly Baptist Church</u>	4501 Burrow Dr. North Little Rock, AR 72116	Layne Mason (501) 618-0303 Tuesday 6:30pm
<u>First Free Will Baptist Church</u>	2001 Parkway Dr. North Little Rock, AR 72118	Terri Whiteaker (501) 259-4697 Monday 7:00pm
<u>Holland Chapel Baptist Church</u>	15523 Interstate 30 Benton, AR 72015	Johnny and Gayle Cupples (870) 225-1530 Thursday 6:45pm
<u>Metro Worship Center</u>	2914 Cumberland St. Little Rock, AR 72206	Vicki Choate (501) 758-8553 Friday 6:00pm
<u>Midtowne Church</u>	4037 Boone Rd. Benton, AR 72015	Tommy Thornton (870) 834-0380 Friday 6:00pm
<u>New Life Church Cabot</u>	107 Commercial St. Cabot, AR 72023	(501) 605-1088 leonardpcb@gmail.com Thursday 6:30pm
<u>Park Hill</u>	201 E. C Ave. North Little Rock, AR, 72116	Garrick Conner (501) 753-3413 Thursday 6:30pm
<u>Renew Community Church</u>	1122 S. 2nd St. Cabot, AR 72023	(501) 286-7966 info@renewcabot.org Monday 6:30pm

MEDICAL AND DENTAL RESOURCES

[ARCare](#)

8924 Kanis Rd., Little Rock, AR 72205
(501) 455-2712
Monday-Friday 8:00am - 5:00pm
General Medical Clinic and referrals. Free STD testing.

[ARcare England Medical and Dental Clinic](#)

227 Pine Bluff Hwy., England, AR 72046
(501) 842-3131
Monday-Friday 8:00am-5:00pm
Team of doctors and dentists offers medical and dental services for every member of your family, from babies to older adults. Though not a free clinic, ARcare is a federally qualified health center (FQHC) and is able to offer discounted rates so all Arkansans may receive the care they need.

[Arkansas Children's Hospital, After-Hours Clinic](#)

901 S. Battery St., Little Rock, AR 72202
(501) 361-2451
Monday - Friday 5:00pm-8:00pm, Saturday and Sunday 9:00am-7:45pm
Arkansas Children's is the only hospital system in the state solely dedicated to caring for children, which allows our organization to uniquely shape the landscape of pediatric care in Arkansas.

[Arkansas Children's Hospital, General Pediatric](#)

1 Children's Way, Little Rock, AR 72202
(501) 361-2451
Arkansas Children's is the only hospital system in the state solely dedicated to caring for children, which allows our organization to uniquely shape the landscape of pediatric care in Arkansas.

[Arkansas Department of Health Lonoke County Health Unit, Cabot](#)

118 S. 1st St., Cabot, AR 72023
(501) 843-7561
Wednesday-Monday 8:00am-4:30pm, Tuesday 9:30am-6:00pm

[Baptist Health-Brian Burton, OBGYN](#)

9601 Baptist Health Dr., Suite #1200, Little Rock, AR 72205
(501) 664-4131 Ext:229
Ask for Deanna RN.

[CHI, St. Vincent Health Clinic East](#)

2500 E. 6th St., Little Rock, AR 72202
(501) 552-4710
Monday-Friday 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. We offer same-day appointments and walk-in care. Appointments preferred; walk-ins accepted. Simple ex-tractions \$65, surgical extractions \$105. Fillings \$50- \$80. Cleaning \$100.

Clinica el Samaritano-El Faro Baptist Church

10710 Interstate 30, Little Rock, AR 72209

(501) 565-5333

1st and 3rd Tuesday 5:00pm-8:30pm (subject to change)

Appointment only, the sign up is usually put on front door night before. Limit 15 appointments per- day. \$10/visit. Spanish interpreters available. Small pharmacy. Solo por cita, normalmente el noche anterior ponen una lista en la puerta y tienen que apuntarse. \$10/visita. Hay interpretes. Una farmacia pequena. Limite 15 citas/dia/ Primer y tercer Martes del mes 5:00pm-8:30pm (sujeto a cambios).

College Station Clinic, (JCCSI)

4206 Frazier Pike, Little Rock, AR 72053

(501) 490-2440

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

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

Harmony Health Clinic

201 E. Roosevelt Rd., Little Rock, AR 72206

(501) 375-4400

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

Harmony Health Clinic mission is to understand and serve the health and wellness needs of the medically uninsured and low wealth residents who live in Pulaski County. They do this by providing access to quality medical and dental care at no cost in a private, community-based clinic. New patient applications taken. No emergency or walk-in services available.

Hospice Comfort Care Center, Inpatient Center

2200 S. Bowman Rd. C, Little Rock, AR 72211

(501) 558-4100

Life's a journey-when you can see your journey's end, you and your loved ones may need help. Hospice Home Care wants you or your loved one to live each day to the fullest with comfort and dignity.

Immanuel Baptist Church: City Center

315 N. Shackelford Rd., Little Rock, AR 72211

(501) 396-3358

2nd Friday 8:00am-1:00pm

Call to make an appointment and leave a voicemail following the recordings instructions. You will receive a call back within 48 hours to do a pre-screening and schedule and appointment if you qualify. Our dental clinic opened in August of 2021, and we are starting with extractions as our only procedure. We hope to grow this ministry in the future. You will receive a call back within 48 hours to do a pre-screening and schedule and appointment if you qualify. Qualifications are: No dental insurance, 18 years or older, In need of tooth extraction.

Jefferson Comprehensive Care System-Open Hands Center

3000 Springer Blvd. Suite B, Little Rock, AR 72206

(501) 244-2121

Monday 8:00am-7:00pm, Tuesday-Friday 8:00am-5:00pm

Health care for the homeless located in Little Rock. Offers dentistry services. May qualify for a sliding scale fee, inquire with organization directly. Services: Pediatrics to Geriatrics Family Practice Immunizations Dental Chronic Disease Breast Care Program Behavioral Health Cancer Screening.

Maumelle Medical Center

501 Millwood Cir., Suite E, Maumelle AR 72113

(501) 803-9990

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

Call for appointment, no walk-ins.

Medicaid Transportation

1-888-987-1200

North Little Rock Health Clinic (JCCSI)

2525 N. Willow St., Suite #1, North Little Rock, AR 72114

(501) 812-0225

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

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

Pulaski County Health Unit - Central Little Rock

3915 W. 8th St., Little Rock, AR 72204

(501) 280-3100

Wednesday-Monday 8:00am-4:30pm, Tuesday 9:30am-6:00pm

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

Pulaski County Health Unit - Jacksonville

3000 N. 1st St., P.O. Box #725, Jacksonville AR 72076

(501) 982-7477

Wednesday-Monday 8:00am-4:30pm, Tuesday 9:30-6:00pm

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

Pulaski County Health Unit-North Little Rock

2800 N. Willow St., North Little Rock, AR 72114

(501) 791-8551

Wednesday-Monday 8:00am-4:30pm, Tuesday 9:30am-6:00pm

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

Pulaski County Health Unit - Southwest Little Rock

8901 Dailey Dr., Little Rock, AR 72209

(501) 565-9311

Wednesday-Monday 8:00am-4:30pm, Tuesday 9:30am-6:00pm

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

Pulaski County Regional Office

5800 W. 10th Street, Little Rock, AR 72204

(501) 280-4950

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

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

River City Ministries Dental

1021 E. Washington, North Little Rock, AR 72114

(501) 376-6694

Call at 10:00am on Thursday

River City Ministries Dental Offers Emergency Extractions only for those with low income with no access to medical insurance & Referrals from dental office.

Saint Francis House

2701 S. Elm St., Little Rock AR 72204

(501) 664-5036

Monday-Wednesday 9:00am-11:00am.

Prescription refills. Will provide vouchers for prescriptions or refills from the bottles if refills are warranted. Must provide phot ID, Social Security card.

Shepherd's Hope

2404 S. Tyler St., Little Rock, AR 72204

(501) 614-9523

4th Tuesday and 1st, 2nd, 3rd, and 4th Thursday

By appointment only. Call for appoint. Gynecology clinics are held twice a month. Orthopedic clinic is held monthly. Ultrasound and minor surgery clinics are held on an as needed basis. Medical and Gynecology clinics are open to new patients. Existing patients open to all clinics. All others are by referral only.

Towbin Healthcare & VA Medical Center

2200 Fort Roots Dr., North Little Rock, AR 72114

(501) 257-1000

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

Medical care, treatment, and domicile available to veterans ONLY.

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

4010 W. 12th St., Little Rock, AR 72204

(501) 614-2492

Wednesday 4:00pm-8:00pm by appointment only.

NO dental walk-ins. Free Dental hygiene and extractions, screenings, and referrals. Call between 8:00am - 10:00pm and leave a message to get on the appointment list and leave a message. Extraction Wednesdays alternate with Hygiene Wednesdays. Spanish language interpretation available.

U.A.M.S. Clinic-General Information and Appointments

4301 W. Markham, Little Rock, AR 72205

(501) 686-8000

Appointments re-quired, pre-approved indigent discount possible with proof of income and ID, co-pay of \$50 required.

U.A.M.S. Crisis Stabilization Unit

3001 W. Roosevelt Rd., Little Rock, AR 72204

(501) 340-6646

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

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

4301 W. Markham St., Little Rock, AR 72205

(501) 686-5733

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

Veterans Hospital-John L. McClellan

4300 W. 7th St., Little Rock, AR 72205

(501) 257-1000

Medical care and treatment for veterans ONLY.

Westside Free Medical Clinic-St. John's Catholic Center

2415 N. Tyler St., Little Rock, AR 72207

(501) 664-0340

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

DISABILITY RESOURCES

ACCESS

10618 Breckenridge Dr., Little Rock, AR 72211

(501) 217-8600

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

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

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

105 E. Roosevelt Rd., Little Rock, AR 72206

(501) 666-0246

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

AEDD provides services to children and adults with developmental disabilities and/or delays. Our administration office and adult skills training center are in Little Rock, while the children's learning center preschool is located in North Little Rock.

The Allen School

824 N. Tyler St., Little Rock, AR 72205

(501) 664-2961

Monday-Friday 7:30am-5:00pm

Providing education and day services for special needs children from birth to age 6.

Arkansas Disability Coalition

1501 N. University Ave., Suite #221, Little Rock, AR 72207

(501) 614-7020

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

The Arkansas Disability Coalition is a statewide organization that assists families and individuals with all types of disabilities by providing information, support, resources, and training. Also, Family-2-Family health information center.

Arkansas Library for the Blind and Print Disabled

900 W. Capitol Ave., Suite #100, Little Rock, AR 72201

(501) 682-1155

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

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

Arkansas Rehabilitation Services

1 Commerce Way, Little Rock, AR 72202

(501) 296-1600

1-800-330-0632 toll free

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

Preparation for individuals with disabilities to enter work force thru education, social, and accessibility support.

[Arkansas Relay](#)

900 S. Shackelford Rd., Suite #300, Little Rock, AR 72211

(501) 238-3698

(TTY) (501) 221-3279

(Videophone) (501) 246-8227

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

Providing no-cost Telephone services for qualified individuals who are deaf, hard of hearing or speech impaired.

[Arkansas School for the Blind and Visually Impaired](#)

2600 W. Markham, Little Rock, AR 72205

(501) 296-1810

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

Serves ages Birth thru age 21: Accredited K-12 school, extensive medical services and therapy through on-site licensed infirmary, free vision clinic for severely low vision through age 21. Family support and community education programs are also provided.

[Arkansas School for the Deaf](#)

2400 W. Markham, Little Rock, AR 72205

(501) 324-9506

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

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

[Arkansas Spinal Cord Commission](#)

5800 W. 10th St., Suite #108, Little Rock, AR 72204

(501) 296-1788

1-800-459-1517

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

Identify and meet needs of people with spinal cord disabilities. See the website for additional information and resources.

[Camp Aldersgate](#)

2000 Aldersgate Rd., Little Rock, AR 72205

(501) 225-1444

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

Camp Aldersgate provides year-round programming that includes summer and weekend camps for children with and without special needs, a specialized youth volunteer training program. The longest running camp in Arkansas providing services to children and youth with special needs.

[Disability Rights Arkansas Inc.](#)

400 W. Capitol Ave., Suite #1200, Little Rock, AR 72201

(501) 296-1775

1-800-482-1174

Monday-Friday 8:30am-5:00pm

Walk-Ins Welcome, appointments preferred. Vigorously advocate for and enforces the legal rights of people with disabilities in Arkansas.

Division of Services for the Blind (ADWS)

1 Commerce Way, Building 4, Suite #204, Little Rock, AR 72202

(501) 682-5463

1-800-960-9270

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

Provides support and services to blind and visually impaired Arkansans.

Easter Seals Arkansas

3920 Woodland Heights Rd., Little Rock, AR 72212

(501) 227-3600

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

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

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

10025 W. Markham St., Suite #140, Little Rock, AR 72205

(501) 227-0990

Monday-Thursday 8:00am-4:30pm, Friday 8:00am-12:00pm

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

iCAN (Increasing Capabilities Access Network) Arkansas Rehabilitation Services

900 W. 7th St., Little Rock, AR 72201

(501) 666-8868

1-800-828-2799 toll free

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

Arkansas Career Education's ICAN AT4ALL is Arkansas' statewide assistive technology program designed to make technology available and accessible for Arkansans who needs it. Assistive technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently.

Mainstream-Center for Independent Living

300 S. Rodney Parham, Suite #5, Little Rock, AR 72205

(501) 280-0012

1-80-371-9026 toll free

Monday-Thursday 8:00am-4:00pm, Friday 8:00am-12:00pm

Providing resources and information. Mainstream is a non-residential, consumer-driven, independent living resource center for people with disabilities and their families in Central Arkansas.

METROLINKS Paratransit, Rock Region Metro

901 Maple St., North Little Rock, AR 72114

(501) 375-1163

National Alliance on Mental Illness Arkansas (NAMI Arkansas)

1012 Autumn Rd., Suite #1, Little Rock, AR 72211

(501) 661-1548

(800) 844-0381 24/7 help line

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

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

Pride Industries

700 W. Capitol Ave., Suite B-125, Little Rock, AR 72201

(501) 374-8087

(800) 550-6005

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

Hires individuals with severe physical, mental, and developmental disabilities.

Rock Region Metro Travel Center

310 E. Capitol Ave., Little Rock, AR 72201

(501) 375-1163

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.

Special Olympics Arkansas

2115 Main St., North Little Rock, AR 72114

(501) 771-0222

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

Provides year-round sports training and competitions for children and adults with intellectual disabilities.

TAP (Telecommunications Access Program)

525 W. Capitol Ave., Little Rock, AR 72201

(501) 686-9693

1-800-981-4463 toll free

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

Providing free specialized telephone equipment for eligible disabled Arkansans. A program of the Arkansas Rehabilitation under the Department of Workforce Services.

World Services for the Blind

2811 Fair Park Blvd., Little Rock, AR 72204

(501) 664-7100

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

World Services for the Blind seeks to empower adults who are blind or visually impaired to achieve sustainable independence through life skills and career training. WSB offers a complete personal adjustment program, career training courses, a vision rehabilitation clinic, an assistive technology learning center, job placement assistance and a summer college preparatory program for rising high school juniors and seniors.

CLOTHING RESOURCES

[Goodwill Benton Thrift Store](#)

1716 Military Rd., Benton, AR 72015

(501) 776-1189

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

[Goodwill Bryant Thrift Store](#)

5914 Highway 5-N., Bryant, AR 72022

(501) 653-2209

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

[Goodwill Cantrell \(The Ranch\) Thrift Store](#)

16924 Cantrell Rd., Little Rock, AR 72223

(501) 673-1550

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

[Goodwill Computer and Electronics Store](#)

7400 Scott Hamilton Dr., Little Rock, AR 72209

(501) 492-8497

Monday-Saturday 10:00am-6:00pm

Goodwill Computer and Electronics Store.

[Goodwill Industries Main Office](#)

7400 Scott Hamilton Dr., Little Rock, AR 72209

(501) 372-5100

Open by appointment for registered clients only. Job interview clothing for men & women must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

[Goodwill Industries Outlet Center](#)

7400 Scott Hamilton Dr., Little Rock, AR 72209

(501) 492-8497

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods. By the pound.

[Goodwill JFK Blvd. Thrift Store](#)

6929 John F. Kennedy Blvd., Suite #112, North Little Rock, AR 72116

(501) 835-5286

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

[Goodwill Markham Thrift Store](#)

109 Markham Park Dr., Little Rock, AR 72211

(501) 221-1018

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

Goodwill Riverdale Thrift Store

2516 Cantrell Rd., Little Rock, AR 72202

(501) 568-5313

Monday-Saturday 9:00am-8:00pm, Sunday 10:00am-6:00pm

Goodwill Thrift Store, Affordable recycled clothing, and household goods.

Helping Hand of Greater Little Rock

1601 Marshall St., Little Rock, AR 72216

(501) 372-4388

Monday-Thursday 9:00am-12:30pm

Can access resources once each month. Food and inexpensive thrift store clothing available. Photo ID required.

Hope's Closet and Pantry

2535 S. Rockwood Dr., Cabot, AR 72023

(501) 628-7173

Open Monday, Tuesday and Wednesday 9:30am-1:00pm

Immanuel Baptist Church: City Center

315 N. Shackleford Rd., Little Rock AR 72211

(501) 396-3333

Tuesday 10:00am-2:00pm

City Center is a ministry of Immanuel Baptist Church. Photo ID and proof of address require. Only one visit per address per month. Each visit to the food Pantry includes a visit to the clothing closet.

Jacksonville Care Channel for the Needy

201 N. Elm St., Jacksonville, AR 72076

(501) 982-4647

Monday, Wednesday, and Friday 10:00am-2:00pm

Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for each listed family member, pay stubs, and food stamp approval letter.

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

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

Sundays 10:00am-2:00pm

Clothing available. Call for appointment.

River City Ministry

1021 E. Washington Ave., North Little Rock, AR 72216

(501) 376-6694

1st and 3rd Wednesday 8:30am-11:00am

Emergency clothing provided onsite as available thru the clothing bus.

Saint Francis House

2701 S. Elm St., Little Rock, AR 72204

(501) 664-5036

Monday-Friday 9:00am-12:00pm and 1:00pm-4:00pm

Must present photo ID, proof of income and SS card.

Saint Mark Baptist Church

5722 W. 12th St., Little Rock, AR 72204
(501) 663-3955
Tuesday and Thursday 10:00am-12:00pm
Clothing Closet.

The Stew Pot-First Presbyterian Church

800 Scott St., Little Rock, AR 72201
(501) 372-1804
Ladies, Tuesday 12:00pm-1:00pm
Men, Thursday 12:00pm-1:30pm
Adult clothing only.

Sylvan Hills Church of Christ

117 W. Maryland Ave., Sherwood, AR 72120
(501) 835-4141
Open by appointment.

The Van (The One Inc.)

4500 W. 61st St., North Little Rock, AR 72209
(501) 955-3444

The Van visits West Little Rock on Mondays, Southwest Little Rock on Tuesdays and Fridays, Downtown Little Rock on Wednesdays and every other Saturday, and North Little Rock on Thursdays. Mobile homeless services, locating and serving unsheltered homeless neighbors on the fringes of Little Rock. Providing: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed Family Resource Center

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

Call for appointment. Free clothing for infants to adults, household items when available. ID required.

EDUCATION AND LITERACY RESOURCES

[Arkansas Museum of Fine Arts](#)

501 E. 9th St., Little Rock, AR 72202

(501) 372-4000

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

Adult Programs. Youth art and theater programs, Spring Break and Summery programs.

[Arkansas College of Health Careers](#)

9714 W. Markham St., Little Rock, AR 72205

(501) 319-7573

Monday-Thursday 9:00am-4:30pm, Friday 9:00am-12:30pm

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

[Arkansas Employment Career Center \(AECC\)](#)

300 S. Spring St., Suite #300, Little Rock, AR 72201

(501) 615-8922

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

Arkansas Employment Career Center provides career development by investing in those seeking to improve their quality-of-life thru education and training. They provide support to young adults (18–30), returning citizens, veterans, the homeless, and others in need. They provide: GED prep, college entrance assistance, entrepreneur encouragement, career building, resume development, job referrals, interview skills, and communications skills.

[Arkansas Home Visiting Network](#)

415 N. McKinley St., Suite #610, Little Rock, AR 72205

(501) 364-5461

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

The Arkansas Home Visiting Network (AHVN) offers a variety of family-focused, culturally relevant services that are primarily home-based. Home visits are provided regularly to expectant parents and parents with new infants and young children until they enter kindergarten. These services are provided by trained and qualified staff and address such issues as maternal and child health, positive parenting practices, child development, safe home environments, resources and referral access, literacy, and school readiness.

[Arkansas Rehabilitation Services, Department of Workforce Services](#)

1 Commerce Way, Little Rock, AR 72202

(501) 296-1600

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

Providing educational support and rehabilitation services for individuals with disabilities.

[Dr. Emma K. Rhodes Education Center](#)

1815 Wright Ave., Little Rock, AR 72202

(501) 372-0277

(501) 372-0281

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

Providing adult education, Life Skills training, and the various Certificate programs. Also, a licensed minister and provider of other community services. Personal Development for women. Call for specifics.

HIPPY Home Instruction for Parents of Preschool Youngsters

1 Children's Way, Slot #651, Little Rock, AR 72202

(501) 364-3473

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

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.

Little Rock Job Corps

6900 Scott Hamilton Dr., Little Rock, AR 72209

(501) 618-2500

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

Provides job training and remedial education for youth, ages 16-24.

Literacy Action of Central Arkansas

9301 N. Rodney Parham Rd. Little Rock, AR 72227

(501) 372-7323

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

Teaching adults (18 and above) to read & English as a second language. Free.

Little Rock Adult Education Center

4800 W. 26th St., Little Rock, AR 72204

(501) 447-1850

Monday-Thursday 8:00am-3:30pm, Friday 8:00am-12:00pm

During the traditional school year Tuesday-Thursday 9:00am-4:00pm

Offering community and adult education courses. Refresher classes, GED classes and English as a second language.

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

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

Our House Career Center

302 E. Roosevelt Rd., Little Rock, AR 72206

(501) 374-7383

Open by appointment Monday, Wednesday, and Thursday 8:00am-4:30pm, Tuesday 8:00am-7:00pm

Open to community members for GED prep, basic literacy classes, tabe / WAGE testing, career readiness certificate preparation and testing.

Pulaski County Special School District (PCSSD)

925 E. Dixon Rd., Little Rock, AR 72206

(501) 234-2000

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

The Pulaski County Special School District (PCSSD) is committed to creating a nationally recognized school district which assures that all students, K -12, achieve at their maximum potential through the collaborative, supportive and continuous efforts of all stakeholders.

River Rock CDL Training

4801 Crystal Hill Rd., North Little Rock, AR 72118

(501) 916-2546

Monday–Friday, 7:00am–4:00pm

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

S.T.E.P. Ministries

601 E. 19th St., North Little Rock, AR 72114

(501) 758-4054

One-on-one mentoring and tutoring of youth in Central Arkansas.

University of Arkansas, Little Rock (UALR) EOC TRIO Program

5820 Asher Ave., Suite #800, Little Rock, AR 72204

(501) 916-3470

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

The Educational Opportunity Center is a federally funded TRIO program that assists adults of ages 19 or above and U.S. veterans to enroll in and complete a post-secondary education program. All services are provided free of charge to participants who meet the eligibility requirements. Services include Academic Assistance, Career Exploration, Financial Aid and Student loan default counseling.

Veteran's Day Treatment Center

1000 Main St. Little Rock, AR 72202

(501) 257-4499

Monday-Friday 7:00am-2:00pm

Comprehensive homeless center for veterans only. Providing a broad range of education and special programs.

Available to Veterans ONLY.

EMPLOYMENT RESOURCES

Arkansas Division of Workforce Services

2 Capitol Mall, Little Rock, AR 72201

Jacksonville Office: 2 Crestview Plaza, Jacksonville, AR 72076

North Little Rock Office: 324 Pershing Blvd., Suite #1, North Little Rock, AR 72114

(501) 682-8030

North Little Rock Office (501) 376-4119

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

Unemployment office, FAX, phone, copy machine, computer lab job searches related use only.

Arkansas Employment Career Center (AECC)

300 S. Spring St., Suite #300, Little Rock, AR 72201

(501) 615-8922

Monday-Thursday 8:45am-3:45pm, Friday 9:00am-12:00pm

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.

Employers Choice Temp Agency

650 Edgewood Dr., Maumelle, AR 72113

(501) 851-4111

Monday-Thursday 7:30am-4:00pm

Temporary employment agency.

Goodwill Career Service Center, Jacksonville

1309 T. P. White Dr., Jacksonville, AR 72076

(501) 551-2546

Monday-Friday 9:00am-4:30pm

Mission Statement: “Changing lives through education, training, and employment.”

Goodwill Career Service Center, Little Rock

109 Markham Park Dr., Little Rock, AR 72211

(501) 563-4121

<https://www.goodwillar.org/career-services>

Monday-Friday 9:00am-4:30pm

Goodwill’s career services offer free services to help you build your future. Services are available through our career portal and in-person. Goodwill computer labs are available across the state.

Goodwill Industries Main Office & Career Service Center

7400 Scott Hamilton Dr., Little Rock, AR 72209

(501) 372-5100 Ext. 1216

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

“Changing lives through education, training, and employment.” Our Vision: The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

[Hire Quest Direct](#)

3115 John F. Kennedy Blvd., North Little Rock, AR 72116

(501) 246-4621

Monday-Friday 5:30am-5:30pm

Hire Quest is a temporary staffing company finding the right associates for Construction, Manufacturing, Landscaping, and Hospitality.

[L.O.V.E-Let Our Violence End-Healing Waters](#)

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

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

We are reaching out to our community to find jobs for those who need extra income. If you are an individual who needs extra income and can pass a drug test, we need to hear from you. If you have a felony record, we can also help you with this as well to find a job that will help meet yours and your family's needs. Call for appointment.

[Job Corps-Little Rock](#)

6900 Scott Hamilton Dr., Little Rock, AR 72209

(501) 618-2500

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

Provides job training and remedial education for youth, ages 16-24.

[Labor Finders](#)

1300 Westpark Dr., Suite #2, Little Rock, AR 72204

(501) 565-9632

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

The people in the communities we serve will have improved skills that provide long-term employment opportunities and a higher standard of living.

[Operation Restore](#)

10421 W. Markham St., Suite #100, Little Rock, AR 72205

(501) 376-1686

Monday-Thursday 9:00am-4:30pm, Friday 9:00am-12:00pm.

Appointments preferred, call for appointment. A temporary employment agency for returning citizens.

[Our House](#)

302 E. Roosevelt Rd., Little Rock, AR 72206

(501) 374-7383 Ext. 218 and 165

(501) 291-0584 Hotline

Career Center Orientation Monday 2:00pm, Tuesday 7:00pm, Wednesday 9:00am

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

[People Ready Temp Agency](#)

1400 S. University Ave., Little Rock, AR 72204

(501) 562-6111

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

Apply on-line then make an appointment for interview then wait to be assigned daily work.

Premier Staffing Network

10901 Financial Centre Pkwy., Little Rock, AR 72211

(501) 223-8367

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

Premier Staffing helps connect business with qualified candidates for employment. First step is to register online and once registered call. Premier Staffing es una agencia de contrataci'n que conecta candidatos calificados con distintas empresas para empleo. Se contrata personal para puestos administrativos, t'cnicos y profesionales, y personal para trabajo industrial y de f'brica. El primer paso es registrarse en el sitio web www.premierstaffinginc.com/ y una vez registrado comunicarse al telefono 501-223-8367.

Pride Industries

700 W. Capitol Ave., Suite B-125, Little Rock, AR 72201

(501) 374-8087

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

Hiring individuals with severe disabilities. Primarily employing those with physical, mental, and developmental disabilities.

Pulaski County Adult Education

4424B AR-161, North Little Rock, AR 72117

(501) 234-3650

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

Pulaski County Adult Education Center, GED, WAGE Certification.

Restore Hope Arkansas

1400 W. Markham St. Suite #300, Little Rock, AR 72201

La Shanna Bruce (501) 722-5116 (Call ahead to let her know about potential client)

Jobs driving trucks with training and potential to make 40,000.00

River Rock CDL Training

4801 Crystal Hill Rd., North Little Rock, AR 72118

501-916-2546

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

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

UA Pulaski Tech Career Institute

3000 W. Scenic Dr., North Little Rock, AR 72118

(501) 812-2200

Thursday and Friday 8:00am-4:30pm

Mission Statement: "Changing lives through education, training, and employment."

Watershed Family Resource Center

3701 Springer Blvd., Little Rock, AR 72206

(501) 378-0176

Job preparedness classes Tuesday-Thursday 10:00am-12:00pm

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

EYE CLINICS

Harmony Health Clinic

201 E. Roosevelt Rd., Little Rock, AR 72206

(501) 375-4400

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

River City Ministry - Day Services for the Homeless

1021 E. Washington Ave., North Little Rock, AR 72116

(501) 376-6694

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

Shepherds Hope- Neighborhood Health Center

2415 Fair Park Blvd., Little Rock, AR 72204

(501) 614-9523

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

FINANCIAL AND UTILITY ASSISTANCE

[Arkansas Department of Environmental Quality](#)

5301 Northshore Dr., North Little Rock, AR 72118

(501) 682-0744

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

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

[CenterPoint Energy \(Gas\)](#)

(800) 992-7552

Customer service.

[Central Arkansas Development Council \(C.A.D.C.\) Little Rock](#)

5401 S. University Ave., Little Rock, AR 72214

(501) 603-0909

Utilities assistance Monday-Wednesday 8:30am-12:00pm

Rent, water, and mortgage assistance Thursdays 8:30am-12:00pm.

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

[Central Arkansas Water \(CAW\)](#)

221 E. Capitol Ave., P.O. Box #1789, North Little Rock, AR 72203

(501) 372-5161

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

[Entergy Arkansas \(Electricity\)](#)

9 Entergy Ct., Little Rock, AR 72211

(800) 368-3749 Ext. 5

Customer service.

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

10025 W. Markham St., Suite #140, Little Rock, AR 72205

(501) 227-0990

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

Funding only for Entergy Electric as funds are availability. Low Income Home Emergency Assistance Program assists households with home energy and heating bills thru referral partnerships.

[Pulaski County Emergency Rental Assistance \(ERA\)](#)

(501) 340-3478

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

Pulaski County, Emergency Solution Grant (ESG) Program

(501) 340-8399

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

Pulaski County, Family Self-Sufficiency Program (FSS)

(501) 340-8212

(501) 352-7736

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

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

(501) 340-8683

(501) 681-3445

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

Pulaski County Housing Programs

3915 W. 8th St., Little Rock, AR 72204

(501) 340-3478

(501) 541-8582

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

Pulaski County, Tenant Based Rental Assistance (TBRA)

(501) 340-3568

(501) 218-3864

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

Saint Francis House

~~2701 S. Elm St., Little Rock, AR 72204~~

~~(501) 664-5036~~

~~Monday-Thursday 9:00am-11:45am and 1:00pm-4:00pm, Friday 9:00am-11:45am and 1:00pm-3:30pm.~~

~~Assistance with utility bills, must have shut-off notices. NO rental assistance available. Must provide photo ID, Social Security card, and proof of income. Assistance as funds is available.~~

Salvation Army Little Rock

1111 W. Markham St., Little Rock, AR 72201

(501) 374-9296

By appointment, from 8:30am-4:30pm

Funding only Entergy Electric as funds are availability, Proof of the emergency as to reason for inability to pay, must be elderly or have disabled individual in household.

WaterWorks Cabot

404 W. Olive St., Cabot, AR 72023

(501) 941-7893

This program helps provide financial assistance and help with utilities for all ages in the cities of Austin, AR, Cabot, AR and Ward, AR.

FOOD PANTRIES

[Amboy Community Food Pantry](#)

100 Auburn Dr., North Little Rock, AR 72118

(501) 753-2777

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

Proof of North Little Rock or Maumelle residency, and ID required.

[Berea Baptist Church](#)

104 E. Valentine Rd., Jacksonville, AR 72076

(501) 982-8366

Tuesday 10:00am-1:30pm

Serving Pulaski County residents from North of the river.

[Bullock Temple](#)

1513 S. Park St., Little Rock, AR 72202

(501) 375-1581

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

Food pantry schedule (in person). Appointments preferred.

[Central Baptist Church of North Little Rock](#)

9650 AR 107, Sherwood, AR 72116

(501) 771-1125

Wednesday 9:00am-11:45am

Serving Sherwood residents only. Photo ID Required.

[Church at Rock Creek](#)

11500 W. 36th St., Little Rock, AR 72211

(501) 221-1051

Tuesday–Friday 8:00am-10:00am to schedule an afternoon appointment.

Services available for each person/family at intervals 4 weeks. 1 service per household. Serving Little Rock, Benton, Bryant, and Mabelvale residents ONLY. Photo ID Required.

[Faith Baptist Church](#)

5600 Camp Robinson Rd., North Little Rock, AR 72118

(501) 753-8897

1st and 3rd Monday 12:00pm-1:00pm

If possible, call for appointment.

[First Baptist Church](#)

2015 Main St., North Little Rock, AR 72114

(501) 758-1525 Ext. 3

Tuesday 11:00am-1:00pm

Primarily serving the North Little Rock area, Phot ID required.

First C.A.R.E.

404 W. Olive St., Cabot, 72023

(501) 941-7893

Utility Assistance (501) 422-8704

Monday 9:00am–2:00pm, Tuesday 5:00pm–7:00pm

Utility Assistance Monday-Friday 10:00am-3:00pm

We are providing food to residents of Cabot, Austin, and Ward on a monthly basis in a Covid-19 safe drive-through distribution system.

First Christian Church of Sherwood

2803 E. Kiehl Ave., Sherwood, AR 72120

(501) 835-5505

Friday 10:30am-12:00pm.

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

First Pentecostal Church Food Pantry

424 E. 17th St., North Little Rock, AR 72116

(501) 758-3090

Friday 10:00am-3:00pm

Photo ID required.

Fishnet Ministries

1700 Swift Dr., Jacksonville, AR 72076

(501) 241-1211

Tuesday and Thursday 5:00am-7:45am.

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

Gardner Memorial United Methodist Church Food Pantry

1723 Schaer St., North Little Rock, AR 72114

(501) 374-9520

Tuesday 12:00pm-4:00pm

Photo ID Required.

Geyer Springs United Methodist Church

5500 Geyer Springs Rd., Little Rock, AR 72209

(501) 565-3175

1st & 3rd Thursday 12:00pm-2:00pm

Serves residents of the 72206, 72209, and 72103 Zip Code area ONLY. Photo ID required.

Helping Hand of Greater Little Rock

1601 Marshall St., Little Rock, AR 72202

(501) 372-4388

Monday-Thursday 9:00am-12:30pm

Can access resources once each month. Food and inexpensive thrift store clothing available. Photo ID required.

Hope's Closet and Pantry

2535 S. Rockwood Dr., Cabot, AR 72023

(501) 628-7173

Open Monday, Tuesday, and Wednesday 9:30am-1:00pm

Immanuel Baptist Church: City Center

315 N. Shackelford Rd., Little Rock, AR 72211

(501) 396-3333

By appointment on the first 4 Tuesdays of each month 10:00am-2:00pm

City Center is a ministry of Immanuel Baptist Church. Photo ID and proof of address require. Only one visit per address per month. Each visit to the food Pantry includes a visit to the clothing closet.

In Your Hands Ministries, Inc.

3905 Highway 161, North Little Rock, AR 72112

(501) 945-1314

Monday, Wednesday, and Friday 10:00am-12:00pm

Photo ID and proof of address required. Call for appointment.

Jacksonville Care Channel for the Needy

201 N. Elm St., Jacksonville, AR 72076

(501) 982-4647

Monday, Wednesday, and Friday 10:00am-12:00pm

Serves residents of Jacksonville, 72076 zip code area ONLY. To qualify, bring proof of Jacksonville residency, Social Security number or Photo ID for each listed family member, pay stubs, and food stamp approval letter.

Liberty Hill Baptist Church

1215 S. Schiller St., Little Rock, AR 72202

(501) 374-8060

2nd Monday 2:00pm-3:30pm

Photo ID required.

Little Rock Compassion Center

3618 W. Roosevelt Rd., Little Rock, AR 72204

(501) 296-9114

Monday-Friday 7:30am

Fill out the form at 7:30am and wait for food.

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

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

Sunday 10:00am-2:00pm

Family Food Pantry available. Call for appointment.

Mosaic Church of Central Arkansas

6221 Colonel Glenn Rd., Suite A, Little Rock, AR 72204

(501) 562-3336

Tuesday 1:00pm

Must be from 72204 area, 1st come 1st serve. ID required. Begin lining up at 11:30am food distribution to begin at 1:00pm. Bilingual.

Oak Forest United Methodist Church

2415 S. Fair Park Blvd., Little Rock, AR 72204
(501) 663-9407
1st and 3rd Thursday 11:00am-1:00pm
Serving only once per month.

Park Hill Christian Church

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

Pulaski Heights United Methodist Church

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

Renew Community Church

1122 S. 2nd St., Cabot, AR 72023
(501) 286-7966

Renew is one of the churches that operate a Community Center serving as a Distribution Center for God's Blessing for the community of Cabot and its surrounding areas. Renew promotes collaborative partnerships with individuals and organizations to change lives by building relationships within the community, being involved in community life, and investing resources to create a connected, thriving community. Services include automotive and a food pantry.

River City Ministry - Day Services for the Homeless

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

Saint Andrew Food Bank

4600 Baseline Rd., Little Rock, AR 72209
(501) 562-1891
1st and 3rd Thursday 10:00am
Serving healthy food to residents of Pulaski County. Fill out application on first visit, Call before visiting to confirm hours and availability.

Saint Francis House

2701 S. Elm St., Little Rock, AR 72204
(501) 664-5036
Monday-Thursday 8:30am-11:45am and 1:00pm-4:00pm, Friday 8:30am-11:45am and 1:00pm-3:30pm
Must provide photo ID & Social Security card for each recipient.

Saint John Missionary Baptist Church unto Others Food Pantry

25001 S. Main St., Little Rock, AR 72206

(501) 529-9206

3rd or 4th Thursday of each month 9:00am-until food runs out.

Must complete application, photo ID required. During winter weather months open only once a month. Call to confirm date and times.

Saint Mark Baptist Church

5722 W. 12th St., Little Rock, AR 72204

(501) 663-3955

Tuesday and Thursday 10:00am-12:00pm

Food boxes available, must register in advance.

Saint Mark's Episcopal Church Food Pantry

1000 N. Mississippi St., Little Rock, AR 72207

(501) 225-4203

<https://lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/y>

kwilsonrob@gmail.com

Thursday 8:30am-10:00am

Serving all Pulaski County residents. Fill out form while in line and receive food. Photo ID required.

Salvation Army Food Pantry

1111 W. Markham St., Little Rock, AR 72201

(501) 374-9296

Tuesday and Thursday 8:30am-4:00pm

No appointment required.

Second Baptist Church

1709 John Barrow Rd., Little Rock, AR 72204

(501) 223-2323

Wednesday and Thursday 10:00am-12:00pm

Photo ID and utility bill required or address verification to have matching name & address.

Sylvan Hills Community Church

8019 John F. Kennedy Blvd., Sherwood, AR 72120

(501) 835-1612

Tuesday 10:00am- 12:00pm

Serving North Little Rock, Jacksonville, and Sherwood residents only. Photo ID required.

Temple Baptist Church - Food Pantry

10710 Interstate #30, Little Rock, AR 72209

(501) 565-4966

Every other Monday 6:00pm

Must register with the food pantry with each use.

Union A.M.E. Church Food Pantry

1825 S. Pulaski St., Little Rock, AR 72206

(501) 851-3881

Wednesday 1:00pm-3:00pm.

Drive thru. First come first served.

The Van (The One Inc.)

4500 W. 65th St., Little Rock, AR 72209

(501) 955-3444

Mobile homeless services, locating and serving unsheltered homeless on the fringes of Little Rock. Provides: Clothing, Food, Meals, as well as sundries and materials to enhance basic living conditions.

Watershed

3701 Springer Blvd., Little Rock, AR 72206

(501) 378-0176

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

Call before coming to make sure food is available. Appointments and referrals are preferred. Must have photo ID.

CHURCHES

BAUXITE

Name	Location	Phone	Service
Bauxite City Hall	6055 Stanley Cir., Bauxite, AR 72011	(501) 557-5936	Food Pantry
Pleasant Hills Baptist Church	24310 N. Sardis Rd. Bauxite, AR 72011	(501) 557-5153	Food Pantry
Sardis United Methodist Church	10715 W. Sardis Rd., Bauxite, AR 72011	(501) 557-2129	1st and last Tuesday

BENTON/BRYANT

Name	Location	Phone	Service
Benton First Assembly	1801 Hot Springs Hwy., Benton, AR	(501) 455-1263	Tuesday 9:00am-11:00am and Friday 12:00pm-2:00pm
CJCOHN	103 E. Elm St., Benton, AR 72015	(501) 840-1327	Food Pantry and Clothing 1st & 3rd Wednesday 10:00pm-2:00pm Bring I.D.
Cross Roads Missionary Baptist	10019 Lily Dr., Benton, AR 72015	(501) 778-5572	
Empire Kids	3524 Alcoa Rd., Benton, AR, 72015	(501) 574-6078	
First Southern Baptist Church	604 S. Reynolds Rd., Bryant, AR 72022	(501) 847-3014	2nd Saturday 9:00am
First United Methodist Church	200 S. Market St., Benton, AR 72015	(501) 778-3601	Food Pantry
First United Methodist Church	508 N. Reynolds Rd., Bryant, AR 72022	(501) 847-0226	Blessing Box
Free Will Baptist Church	Congo Rd. and Leawood Stamp, Benton, AR 72015	(501) 860-9118	Blessing Box
Habitat ReStore	124 S. Market St., Benton, AR 72105	(501) 315-0011	Food Pantry
Holland Chapel Baptist	15523 Interstate 30, Benton, AR 72015	(501) 778-4546	Food Pantry
Indian Springs Baptist Church	23581 Interstate 30, Bryant, AR 72022	(501) 847-4722	Food Pantry Last Tuesday of the month
Mt. Zion Baptist Church	1305 S. East St., Benton, AR 72015	(501) 315-1128	3rd Saturday 10:00am-2:00pm
Park Place Baptist Church	22208 Interstate 30 Frontage Rd., Bryant, AR 72022	(501) 653-0088	Blessing Box
Parkview United Methodist Church	514 N. Border St., Benton AR 72015	(501) 778-2145	Food Pantry and Blessing Box
Saint Matthews Episcopal Church	1112 Alcoa Rd., Benton, AR 72015	(501) 776-4176	Blessing Box
Salem United Methodist Church	1647 Salem Rd., Benton, AR 72019	(501) 316-2282	Blessing Box
Saline County Library	1800 Smithers Dr. Benton, AR 72015	(501) 778-4766	Blessing Box
Seventh-Day Adventist Church	2615 Congo Rd., Benton, AR 72019	(501) 778-0641	3rd Thursday that falls after 3 rd Wednesday
The Shop-Classic Barber	115 N. East St., Benton, AR 72015	(501) 794-6745	

EAST END

Name	Location	Phone	Service
Lorance Drive Church of Christ	4215 Lorance Dr., Little Rock, AR 72206	(501) 888-1253	Food Pantry Every Tuesday

HASKELL

Name	Location	Phone	Service
Celebration Baptist Church	4601 AR-229, Haskell, AR 72015	(501) 416-5539	Blessing Box

HENSLEY

Name	Location	Phone	Service
East Union Missionary Baptist	20422 N. Springlake Rd. Hensley, AR 72065	(501) 888-2633	Food Pantry Thursday 10:00am-12:00pm

MABELVALE

Name	Location	Phone	Service
Northeast Fire Department	10102 Kling Rd., Mabelvale, AR 72103	(501) 847-1500	Food Pantry

PARON

Name	Location	Phone	Service
Paron Fire Station 2	24364 Buffalo Rd., Paron, AR 72122	(501) 594-5631	
Paron North Fork Missionary Church	22160 AR-9, Paron, AR 72122	(501) 594-5772	

SALINE COUNTY

Name	Location	Phone	Service
Alexander First Baptist	15320 Alexander Rd., Alexander, AR 72002	(501) 455-1263	Crisis Closet
Christ Church-Alexander	11800 Vimy Ridge Rd., Alexander, AR 72002	(501) 455-1506	Food Distribution Center
Cornerstone Nazarene Church	25799 Interstate 30, Alexander, AR 72002	(501) 653-2886	
Cross Road Baptist Church	18900 Congo Ferndale, Suite #5508, Little Rock, AR 72210	(501) 821-3078	Blessing Box
Lawson Apostolic Church	807 Lawson Rd., Little Rock, AR 72210		Blessing Box
New Life Baptist Church of Christ	10765 Samples Rd., Alexander, AR 72002	(501) 316-1985	Food Pantry. Make appointment.
New Bethel Church of Christ	3777 Kruse Loop, Alexander, AR 72002	(501) 794-1994	
Vimy Ridge Immanuel Baptist Church	12214 Germania Rd., Alexander, AR 72002	(501) 847-2322	

SARDIS

Name	Location	Phone	Service
Mars Hill Missionary Baptist	12800 Mars Hill Rd., Sardis, AR 72011		3rd Saturdays

SHANNON HILLS

Name	Location	Phone	Service
Healing Waters Outreach Center	14036 N. Sardis Rd., Shannon Hills, AR 72103	(501) 516-1602	

HOUSING AND SHELTER RESOURCES

[A.B.B.A. House](#)

1002 S. Oak St., Little Rock, AR 72204
(501) 666-9718

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

[Arkansas Homeless Coalition](#)

P.O. Box #164716, Little Rock, AR 72216
(501) 580-6185

2nd Wednesday 10:00am-11:30am

The Arkansas Homeless Coalition is a voluntary association of providers, faith communities, and other concerned citizens, committed to networking and advocacy on behalf of our homeless neighbors. All who are interested are welcome to attend our meetings and participate fully in our work. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 W. 12th St. in Little Rock.

[BCD, Hoover Treatment Center](#)

3604 W. 12th St., Little Rock, AR 72204
(501) 663-4774

Monday-Friday 8:00am-6:00pm

The Hoover Treatment Center offers programming to address the special needs and challenges of individuals with addictions. We meet on the second Wednesday of every month, 10:00am–11:30am. Our meetings are typically at the Willie L. Hinton Neighborhood Resource Center at 3805 W. 12th St. in Little Rock of individuals who suffer from this disease.

[Catholic Charities of Arkansas](#)

2500 N. Tyler St., Little Rock, AR 72207
(501) 664-0340

The mission of Catholic Charities of Arkansas is rooted in the challenge of the Gospel: to serve with dignity and respect persons who are poor or marginalized; to advocate on behalf of the most vulnerable; and to actively promote charity, justice, and the sanctity of life in the Church and in the community. We strive to accomplish this mission through our ministries and programs in the Diocese of Little Rock.

[Centers for Youth and Families, Youth Emergency Shelter](#)

6425 W. 12th St., Little Rock, AR 72204
(501) 666-8686

Shelter for homeless and runaway youth, ages 8 to 18, wheelchair accessible, children may stay up to 45 days. Must be DHS clients.

[Dorcas House-A Division of Union Rescue Mission](#)

P.O. Box #164057, Little Rock, AR 72216
(501) 374-4022 Ext. 3

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

Empowerment Village, BCD Inc.

3604 W. 12th St., Little Rock, AR 72204

(501) 663-7223 Ext. 210

For Arkansans with special needs, i.e.: limited income, homeless or has disability affecting their income and need for supportive services.

Family Promise of Pulaski County

P.O. Box #2718, 222 E. 8th St., Little Rock, AR 72203

(501) 372-0733

Partners with churches of all faiths in Pulaski County to provide shelter, food, transportation, and case management for homeless families with children under 18.

Freewill Baptist Family Ministries, Florence Crittenton Home

3600 W. 11th St., Little Rock, AR 72204

(501) 823-9681

Open 24 hours

Emergency shelter for DHS involved children ages 12-17, serves males and females, serves sibling groups, must have IQ above 70 and be able to attend school.

Gaines House

1702 S. Gaines St., Little Rock, AR 72206

(501) 376-4015

Contact hours 7:00am-2:00pm

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

Gyst House

8101 Frenchman's Ln., Little Rock, AR 72209

(501) 568-1682

Transitional housing for men and women with substance abuse issues.

Hand Up Housing of Arkansas

620 Curtis Skyes Dr., North Little Rock, AR 72114

(501) 376-6604

Monday-Friday 8:30am-3:00pm

Homeless and transitional housing. The first step in a graduated, Christ centered, case managed program to help men and women in need move from homelessness to self-sufficiency.

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

10025 W. Markham St., Suite #140, Little Rock, AR 72205

(501) 379-1549

(844) 502-9837 (toll free)

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

ONLY HOUSEABOUTIT is developing programs to assist low-income residents with many different housing issues. Call for details.

Immerse Arkansas

5300 Asher Ave., Little Rock, AR 72204
(501) 404-9890
Housing and program support for youth ages 14-21

Jericho Way

3000 Springer Blvd., Little Rock, AR 72206
(501) 916-9859

Little Rock, AR Low Income Housing List

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

Little Rock Compassion Center (Men's)

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

Little Rock Compassion Center (Women's)

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

Metropolitan Housing Alliance (MHA)

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

Nehemiah House, A Division of Union Rescue Mission

2921 Springer Blvd., Little Rock, AR 72206
(501) 374-1108 Ext. 4
Men's Recovery Program- 46 bed facility - 9-month recovery program that is faith based in nature. Wheelchair accessible.

Our House

302 E. Roosevelt Rd., Little Rock, AR 72206
(501) 374-7383 Ext. 1
Working shelter for men, women, and families, wheelchair accessible, long-term shelter available (up to 2 years). Many educational programs, meals, clothing, and classes available, domestic violence recovery, mental health, and substance abuse programs available. Must be working a minimum of 32 hours a week within 21 days of moving in.

Phoenix Recovery Center

104 N. Battery, Little Rock, AR 72205

(501) 725-4907

ACC Transitional housing for women only.

Pulaski County Emergency Rental Assistance (ERA)

3915 W. 8th St., Little Rock, AR 72204

(501) 340-3478

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

Pulaski County, Family Self-Sufficiency Program (FSS)

100 S. Arch St., Little Rock, AR 72201

(501) 340-8212

(501) 352-7736

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

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

3915 W. 8th St., Little Rock, AR 72204

(501) 340-8399

(501) 400-6381

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

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

201 Broadway St., Little Rock, AR 72201

(501) 340-6157

(501) 374-2148

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

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

Pulaski County, Tenant Based Rental Assistance (TBRA)

3915 W. 8th St., Little Rock, AR 72204

(501) 340-3568

(501) 218-3864

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

River City Ministry - Day Services for the Homeless

1021 E. Washington, North Little Rock, AR 72116

(501) 376-6694

Call Thursday, precisely at 10:00am for appointment

By appointment only. For Pulaski County residents only. \$5 cash payment required per visit.

Saint Francis House

2701 S. Elm St., Little Rock, AR 72204

(501) 664-5036

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

Residential placement for veterans thru the Veterans Day Treatment Center.

Salvation Army

1111 W. Markham St., Little Rock, AR 72201

(501) 374-9296

Check-in from 4:30pm-10:00pm

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

Sober Living

3600 Cantrell Rd., Suite #303, Little Rock, AR 72202

(501) 319-7074

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.

Veteran's Day Treatment Center

1000 S. Main St., Little Rock, AR 72202

(501) 257-4499

Monday-Friday 7:00am-2:00pm

Provides access for veterans to VA programs including the St. Francis House.

Women and Children First

P.O. Box #1954, Little Rock, AR 72203

(501) 376-3219

(800) 332-4443 (hotline)

Safe, secure shelter and supportive services for domestic violence victims and their children, providing: 24-hour hotline for crisis intervention, emotional support, information and referrals.

MEAL RESOURCES

[Canvas Community Church](#)

1111 W. 7th St., Little Rock, AR 72201

(501) 291-2597

Wednesday: doors open at 3:30pm, the meal is served at 6:00pm, and the movie ends at 7:30pm

At dinner and a movie, we do not just serve food and show a movie. We use dinner and entertainment as a front door to real relationships, real care, and real love that gives people a chance at real life.

[Friendly Chapel, Church of the Nazarene](#)

116 S. Pine St., North Little Rock, AR 72114

(501) 371-0912

Meals Served.

[From His Throne Ministries](#)

2501 S. Arch St., Little Rock, AR 72206

(501) 944-1209

Monday, Tuesday, and Friday 5:00pm-7:00pm, Sunday, lunch after the service

Meals served

[Jericho Way, Homeless Day Resource Center](#)

3000 Springer Blvd., Little Rock, AR 72206

(501) 916-9858

(501) 916-9859

www.depaulusa.org

Monday-Friday 7:30am-2:30pm.

Homeless day center, Monday-Friday: Breakfast served 7:30am-8:30am, Lunch served 11:00am-12:00pm

Closed weekends.

[Little Rock Compassion Center](#)

3618 W. Roosevelt Rd., Little Rock, AR 72204

(501) 296-9114

www.lrcompassioncenter.org

Breakfast 6:30am-7:00am, Lunch 12:00am-12:30pm, Dinner 4:30pm-5:30pm.

Meals served daily.

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

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

Meals served to children in our after-school program. Meals served to the hungry as long as food is available.

Call for more information and access.

[Meals on Wheels](#)

2100 Pike Ave., North Little Rock, AR 72114

(501) 372-5300

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

Daily meals and the socialization that comes with a friendly delivery often have a huge impact on an older person's ability to remain independent and in their own home. Hot or frozen home-delivered meals for home-bound older Arkansans over 60 who are unable to shop for or prepare.

Quapaw Quarter United Methodist Church

1601 S. Louisiana St., Little Rock, AR 72206

(501) 375-1600

Sunday Breakfast at 9:00am, Stone Soup Dinner at 3:00pm

River City Ministry

1021 E. Washington Ave., North Little Rock, AR 72216

(501) 376-6694

Monday-Friday Breakfast at 7:30am, Lunch at 11:00am

Saint Mark Baptist Church

5722 W. 12th St., Little Rock, AR 72204

(501) 663-3955

Monday and Thursday 10:00am-12:00pm

Meals Served.

Stew Pot First Presbyterian Church

800 Scott St., Little Rock, AR 72201

(501) 372-1804

Monday-Friday 12:00pm-1:00pm

Not handicapped accessible.

MENTAL HEALTH RESOURCES

Arkansas Cares

2002 S. Fillmore St., Little Rock, AR 72204

(501) 906-4928

Monday-Friday 8:00am-12:00pm, 1:00pm-5:00pm

Substance abuse treatment center and transitional housing for women with children or who are pregnant, with substance abuse or mental health issues.

Bridgeway Hospital

21 Bridgeway Rd., North Little Rock, AR 72113

(501) 771-1500

Private inpatient hospital, most insurance accepted. Payment required.

Centers for Youth and Families (Adults)

1521 Merrill Dr., Suite D-220, Little Rock, AR 72211

(501) 660-6893

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

Outpatient clinic for adults over 18.

Centers for Youth and Families (Children)

6601 W. 12th St., Little Rock, AR 72204

(501) 666-4949

(501) 666-8686 after hour emergencies

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

Outpatient clinic for ages 2-20.

Compass Counseling

5507 Ranch Dr., Suite #202, Little Rock, AR 72223

(501) 291-3732

Our Mission: To Support Your Goals & Help You Live a More Satisfying Life. The goal of Compass Family Counseling is to offer a safe environment to assist individuals, couples, and families who are struggling as they navigate the journey of life. We want our clients to find hope, direction, and healing through emotional renewal, spiritual change, and physical growth. We understand each person's journey is a one-of-a-kind adventure, and we are committed to walking alongside each individual no matter what stage they find themselves on in that journey. (Get a referral from the Care Team).

Create Healing Counseling Services PLLC

1501 N. University Ave., Suite #700, Little Rock, AR 72207

(501) 940-6135

In-Person meetings are by appointment only. At Create Healing Counseling Services PLLC we approach mental health wellness holistically. We strive to look at the whole person and to help the person navigate through life in a way that is effective and meaningful. We work with children, adolescents, and adults in the context of individual sessions, family sessions, and couples counseling.

El Zocalo Centro de Recursos para los inmigrantes

5500 Guyer Springs Rd., Little Rock, AR 72209

(501) 301-4652

Bilingual. Call for appointment and services. Offers support groups & workshops, life coaching and referrals and assistance accessing mental health services to Spanish-speaking adults Ofrece grupos de apoyo y talleres, consejería y referencia y ayuda encontrando servicios de salud mental para adultos que hablan español.

Family Service Agency

628 W. Broadway St., Suite #300, North Little Rock, AR 72114

(501) 372-4242

North Little Rock (501) 955-7600

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

Mental health counseling for depression, grief, domestic violence, anger management and marital problems. There is a sliding scale fee structure, call for fees.

Freedom Counseling

11815 Hinson Loop Rd., Suite #116, Little Rock, AR 72212

(501) 444-2141

"We provide counseling service for adults, specializing in trauma, anxiety, and depression. We utilize both traditional and cutting-edge interventions including Brainspotting to equip clients with long lasting change to live a fulfilling life!"

Grace Place Therapy

(501) 552-0268

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

Grace Place Therapy is a virtual private practice located in Little Rock, Arkansas; founded in 2019. We provide individual therapy and group therapy services for men and women all over the state of Arkansas. While we provide services to all people of varying backgrounds, we specialize in black mental health and wellness because no one understands us like we do. Here at Grace Place Therapy, we strive to provide quality therapy services from highly trained and qualified therapists; paired with an excellent guest experience.

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

14036 Sardis Rd., Shannon Hills, AR 72103

(501) 516-1602

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

Napa Valley Counseling

1701 Centerview Dr., Suite #102, Little Rock, AR 72211

(501) 224-0318

For more than twenty years, Napa Valley has been providing professional mental health services to the community of Central Arkansas. It is our desire to walk with and offer hope to those who have taken the courageous step of seeking help. (Get a referral from the Care Team).

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

P.O. Box #21066, Little Rock, AR 72221

(501) 993-1641

(501) 301-4357, 24 Hour Crisis Hot-Line

(888) 373-7888, National toll-free hotline

Survivors of sexual abuse, all genders, and ages day treatment program.

Professional Counseling Associates

3601 Richards Rd., North Little Rock, AR 72217

(501) 221-1843

All services are designed and implemented to support the recovery, health and well-being of persons served.

Promoting Positive Emotions (P.P.E.)

1521 Merrill Dr., Little Rock, AR 72211

(501) 355-7764

(501) 666-8686

(800) 273-8255 hotline

Monday–Friday 9:00am–4:30pm

Project Promoting Positive Emotions is a FEMA-funded response to Covid-19 that provides free crisis counseling. Allow our crisis counselors to come to your aid during the outbreak of the Corona Virus. Project PPE will combat the negative effects of quarantine by promoting positivity in the face of an epidemic. We provide crisis counseling to struggling residents of Pulaski County. Crisis counselors connect victims of the infectious disease outbreak to resources for job loss, homelessness, and much more! We honor our first responders by connecting them to counseling, childcare, and countless other resources. We can call, FaceTime, Zoom, and meet in-person.

U.A.M.S. Crisis Stabilization Unit

3001 W. Roosevelt Rd., Little Rock, AR 72204

(501) 340-6646

24/7 The Pulaski County Regional Crisis Stabilization Unit (PCRCSU) provides short-term 24/7 therapeutic psychiatric services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, Medication initiation and management including injections, Brief group and individual therapy interventions, Case management and discharge planning, Referrals back to community provider, and Mild to moderate detox services for adults in need of an alternative to inpatient psychiatric hospitalization, emergency room, or jail. The unit serves all regardless of insurance or ability to pay. The unit also serves persons with chemical dependency issues. The Crisis Unit provides the following services: Psychosocial and psychiatric assessment, medication initiation and management including injections, brief group and individual therapy interventions, Case management and Discharge planning, Referrals back to community provider, and Mild to moderate detox.

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

4224 Shuffield Dr., Little Rock, AR 72205

(501) 526-8200

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

The Walker Family Clinic provides outpatient mental health services to adults, aged 18 years and up. They offer counseling and psychiatric services through a multidisciplinary team.

Wellspring Renewal Center

101 N. Woodrow, Little Rock, AR 72205

501-265-0046

We are mental health advocates for our clients, our community, our state, and ultimately, the world. We believe that healing happens when the whole body is nurtured-body, mind, and spirit. We specialize in anxiety, trauma, women’s mental health, LGBTQ mental health, men’s mental health, and clergy mental health.

TRANSPORTATION RESOURCES

Care Link

700 W. Riverfront Dr., North Little Rock, AR 72119

(501) 372-5300

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

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

Jericho Way, Homeless Day Resource Center

3000 Springer Blvd., Little Rock, AR 72206

(501) 916-9859

Monday-Friday 7:30am-2:30pm

Homeless day center. Transportation to and from shelters and to Medical and employment appointments in Pulaski County.

Recycle Bikes for Kids

717 E. 10th St., North Little Rock, AR 72114

(501) 563-8264

Monday 1:00pm-7:00pm, 3rd Wednesday 5:00pm-8:00pm

Provides free bicycles for children. And allows adults an opportunity to earn a bike by volunteering to repair bikes for children. Call for appointments, times, and requirements.

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

901 Maple St., North Little Rock, AR 72114

(501) 375-9607

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

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

Veteran's Day Treatment Center

1000 Main St., Little Rock, AR 72202

(501) 244-1900

Monday-Friday 7:00am-2:00pm

Shuttle service available, weekdays on the hour for veterans to-and-from the VA Day Treatment Center and the VA Medical facilities ONLY.