



# ARKANSAS COMMUNITY RESOURCES

*for women*

## **ABOUT THIS GUIDE**

This guide has been compiled by members of the HEALS Research Lab at the Psychiatric Research Institute at the University of Arkansas for Medical Sciences. HEALS Lab conducts rigorous, person-oriented research that can contribute to improving emotional and behavioral health for those who are involved in the legal system. HEALS Lab is directed by Dr. Melissa Zielinski, an Assistant Professor and Clinical Psychologist at UAMS.

## **HOW TO USE THIS GUIDE**

This guide is meant to serve as a starting place for community members seeking resources. It is possible that some community organizations may not have the capacity or ability to offer services at any given time.

Because of this we recommend that users:

- Try not to get discouraged or take it personally if an organization that you reach out to is not able to help. Keep pressing on! With persistence, many things are possible.
- If an organization says that they cannot help, always ask the person you are speaking with to refer you to other organizations that they believe may be able to help. They may know of places that you do not.

## **TO GET HELP NAVIGATING COMMUNITY RESOURCES CONTACT THESE KEY AGENCIES**

It can feel overwhelming to try to navigate many community organizations alone. If you are having difficulty finding help on your own, you can reach out to these organizations for help:

**AR-Connect Resource Center – (501) 355-6934**

**Our House Financial Resources Hotline – (501) 291-0584**

## **REMEMBER THAT WIC IS AN INCREDIBLE RESOURCE**

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children within the Arkansas Department of Health. We strongly encourage you to contact WIC to see if they can help you if you are pregnant, breastfeeding, or have small children. WIC is available in ALL Arkansas counties and provides:

- Supplemental foods high in nutrients needed for growth and development
- Nutrition education to improve diet and health habits
- Information, support, and encouragement for breastfeeding
- Referrals for other health services

For more information visit [www.healthy.arkansas.gov/programs-services/topics/wic](http://www.healthy.arkansas.gov/programs-services/topics/wic) or call **(501) 661-2508** to speak with a representative.

We have included a flyer about the WIC Mobile App at the end of this guide

## **HELP US TO IMPROVE THIS GUIDE**

If you have any suggestions for how we can improve upon this guide, or have updates regarding community organization operations and closures, please email [HEALSLab@uams.edu](mailto:HEALSLab@uams.edu) or [MJZielinski@uams.edu](mailto:MJZielinski@uams.edu) (for Dr. Zielinski). We greatly appreciate your input and the work of our community partners at large!

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\* **Specialized Women's Services (SWS) Program** is a 60-75 day program expanding residential treatment to pregnant women and women with young children. Organizations that offer SWS programs include:

- **Arkansas CARES** (see page 43 for more information)
- **Daughters of the Other Side** (see page 43 for more information)
- **Gateway Recovery Center (Harbor House)** (see page 44 for more information)

# Child/Youth Services

## At-A-Glance View

Arkansas Advocates for Children and Families

Arkansas Child Abuse Prevention Hotline

Arkansas Home Visiting Network (AHVN)

ARKids First

Better Beginnings

Boys and Girls Clubs of America

Childcare Assistance Program

Comprehensive Juvenile Services

Head Start Child and Family Services

Immerse Arkansas

Lincoln Youth Service Center

Pulaski County Youth Services

Recycle Bikes for Kids

The STEPS Inc. Family Resource Center

Teen Dating Abuse Hotline

YMCA of America

YMCA Childcare Program

# CHILD/YOUTH SERVICES

## **Arkansas Advocates for Children and Families**

1400 West Markham, Suite 306, Little Rock, AR 72201

Phone: (501) 371-9678

Website: [www.aradvocates.org](http://www.aradvocates.org)

Service Area: Arkansas

Purpose: Mission is to ensure that all children and their families have the resources and opportunities to lead healthy and productive lives and to realize their full potential.

## **Arkansas Child Abuse Prevention Hotline**

Phone: (800) 482-5964

## **Arkansas Home Visiting Network (AHVN)**

415 North McKinley, Suite #610, Little Rock, AR 72205

Phone: (501) 364-5461

Website: [www.arhomevisiting.org](http://www.arhomevisiting.org)

Service Area: Programs provided throughout Arkansas

Purpose: 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.

## **ARKids First**

700 Main Street, Little Rock, AR 72201

Phone: (888) 474-8275

Website: [www.arkidsfirst.com](http://www.arkidsfirst.com)

Service Area: Arkansas

Purpose: ARKids First is a health insurance program that provides coverage for thousands of children across the state. It covers well-child checkups, eye exams, dental checkups, and more.

## **Better Beginnings**

PO Box 1437, Slot S150, Little Rock, AR 72203

Phone: (501) 682-8590

Website: [www.arbetterbeginnings.com](http://www.arbetterbeginnings.com)

Purpose: Provides parents with resources to identify and locate quality child care providers in their communities.

## **Boys and Girls Clubs of America**

Website: [www.bgca.org/get-involved/find-a-club](http://www.bgca.org/get-involved/find-a-club)

Service Area: several locations across Arkansas

### **Child Care Assistance Program**

Arkansas Department of Human Services  
Division of Child Care and Early Childhood Education  
700 Main Street, Slot S-160, Little Rock, AR 72201  
Phone: (501) 682-8590

Website: [www.humanservices.arkansas.gov/divisions-shared-services/child-care-early-childhood-education/child-care-assistance/](http://www.humanservices.arkansas.gov/divisions-shared-services/child-care-early-childhood-education/child-care-assistance/)

### **Comprehensive Juvenile Services, Inc.**

1606 South J Street, Fort Smith, AR 72901  
Phone: (479) 785-4031

Website: [www.cjsinc.org](http://www.cjsinc.org)

Service Area: Western Arkansas

Purpose: Provides community-based services to youth and their families who are experiencing problems at home or in the community. Services include casework, aftercare, emergency shelter, electronic monitoring, community services and parenting.

### **Head Start Child and Family Services**

1520 Construction Way, Van Buren, AR 72956  
Phone: (479) 474-9378

Website: [www.arheadstart.org](http://www.arheadstart.org)

Service Area: Crawford and Sebastian Counties

Purpose: Mission is to provide high quality comprehensive child development services that will prepare children socially and cognitively to succeed in school and in life.

### **Immerse Arkansas**

5300 Asher Avenue, Little Rock, AR 72204  
Phone: (501) 404-9890

Website: [www.immersearkansas.org](http://www.immersearkansas.org)

Service Area: Central Arkansas

Purpose: Immerse Arkansas responds to the needs and obstacles of kids aging out of foster care.

### **Lincoln Youth Service Center**

1422 N 8<sup>th</sup> Street, Fort Smith, AR 72904  
Phone: (479) 783-3832

Service Area: Fort Smith

Purpose: Provides recreational activities, tutoring, counseling, and referrals to Fort Smith youth ages 8-18.

### **Pulaski County Youth Services**

201 South Broadway, Suite #220, Little Rock, AR 72201  
Phone: (501) 340-8250

Website: [www.pulaskicounty.net/pulaski-county-youth-services/](http://www.pulaskicounty.net/pulaski-county-youth-services/)

Service Area: Pulaski County

Purpose: Pulaski County Youth Services works in collaboration with schools, nonprofits, and community partners to encourage academic achievement, build character, inspire leadership, develop life skills, and nurture healthy habits in the youth of Pulaski County.

### **Recycle Bikes for Kids**

717 East 10<sup>th</sup> Street, North Little Rock, AR 72114

Phone: (501) 563-8264

Website: [www.recyclebikesforkids.org](http://www.recyclebikesforkids.org)

Service Area: Central Arkansas

Purpose: Provides free bikes for children and allows adults the opportunity to earn a bike by volunteering to repair bikes for children.

### **The STEPS Inc. Family Resource Center**

706 Garrison Avenue, Fort Smith, AR 72901

Phone: (479) 782-7837

Website: [www.thestepsinc.org](http://www.thestepsinc.org)

Service Area: Sebastian County

Purpose: The mission of STEPS Family Resource Center is to promote healthy lifestyles and strengthen families in our community by providing programs that offer Safety, Training, Education, and Prevention that provide Solutions.

### **Teen Dating Abuse Hotline**

(866) 331-9464

### **YMCA of America**

Website: [www.ymca.org/find-your-y](http://www.ymca.org/find-your-y)

Service Area: several locations across Arkansas

Purpose: The Y is the leading nonprofit committed to strengthening community by empowering young people, improving the health and well-being of people of all ages and inspiring action in and across communities.

### **YMCA Childcare Programs**

Website: [www.ymca.org/what-we-do/youth-development/child-care](http://www.ymca.org/what-we-do/youth-development/child-care)

# Crisis Intervention

## At-A-Glance View

Arkansas Crisis Hotline

Crisis Text Line

National Suicide Prevention Hotline

Craighead County Crisis Stabilization Unit

Pulaski County Regional Crisis Stabilization Unit

Sebastian County Crisis Stabilization Unit

The BridgeWay

Springwoods Behavioral Health

# CRISIS INTERVENTION

## **Arkansas Crisis Hotline**

(888) 274-7472

## **Crisis Text Line**

Text any message to 741-741

## **National Suicide Prevention Hotline**

(800) 273-8255

## **Craighead County Crisis Stabilization Unit**

837 Willett Road, Jonesboro, AR 72401

Phone: (870) 393-5335

Service Area: Northeast Arkansas

Purpose: Provides voluntary, short-term services to people experiencing mental or behavioral health crises including assessment, medication management, respite care, and counseling.

## **Pulaski County Regional Crisis Stabilization Unit**

3001 Roosevelt Road, Little Rock, AR 72204

Phone: (501) 340-6646

Website: [www.psychiatry.uams.edu/clinical-care/crisis-stabilization-unit/](http://www.psychiatry.uams.edu/clinical-care/crisis-stabilization-unit/)

Service Area: Central Arkansas

Purpose: Provides voluntary, short-term services to people experiencing mental or behavioral health crises including assessment, medication management, respite care, and counseling.

## **Sebastian County Crisis Stabilization Unit**

3113 South 70<sup>th</sup> Street, Fort Smith, AR 72903

Phone: (479) 785-9480

Website: [www.wacgc.org/programs/](http://www.wacgc.org/programs/)

Service Area: Northwest Arkansas

Purpose: Provides voluntary, short-term services to people experiencing mental or behavioral health crises including assessment, medication management, respite care, and counseling.

## **The BridgeWay**

21 Bridgeway Road, North Little Rock, AR 72113

Phone: (800) 245-0011

Website: [www.thebridgeway.com](http://www.thebridgeway.com)

About: Offers a continuum of individualized treatment services for children, adolescents, and adults who are having behavioral, emotional, and addictive issues.

**Springwoods Behavioral Health**

1955 Truckers Drive, Fayetteville, AR 72704

Phone: (479) 973-6000

Website: [www.springwoodsbehavioral.com](http://www.springwoodsbehavioral.com)

About: Offers a specialized treatment for adolescents, adults, and women through a full continuum of care, including outpatient services.

# Education & Training

## At-A-Glance View

Arkansas Department of Career Education  
Arkansas Single Parent Scholarship Fund  
Crawford County Adult Education Center  
Fayetteville Adult and Community Education  
In His Wings Ministry  
Little Rock Adult Education Center

## EDUCATION

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

1 Commerce Way, Little Rock, AR 72202

Phone: (501) 682-1970

Website: [www.arcareereducation.org](http://www.arcareereducation.org)

Service Area: Arkansas

Purpose: Provides adult education programs and basic skills classes to adults with less than a high school education.

### **Arkansas Single Parent Scholarship Fund**

614 East Emma Avenue, Suite #119, Springdale, AR 72764

Phone: (479) 927-1402

Website: [www.aspsf.org](http://www.aspsf.org)

Service Area: Arkansas

Purpose: Arkansas Single Parent Scholarship Fund exists to create stronger, more educated, and more self-sufficient families.

### **Crawford County Adult Education Center**

301 Mt. Vista Boulevard, Van Buren, AR 72956

Phone: (479) 471-0019

Website: [www.crawfordcountyadulthoodeducationcenter.webs.com](http://www.crawfordcountyadulthoodeducationcenter.webs.com)

Service Area: Crawford County

Purpose: Provides ongoing learning opportunities, preparing individuals for career advancement, post-secondary education, technological innovation, and life enrichment.

### **Fayetteville Adult and Community Education**

612 S College Avenue, Fayetteville, AR 72701

Phone: (479) 444-3041

Website: [www.district.fayar.net/o/fps/page/adult-community-education](http://www.district.fayar.net/o/fps/page/adult-community-education)

### **In His Wings Ministry**

5135 Hwy 141 N, Jonesboro, AR 72401

Phone: (870) 476-4294

Website: <https://inhiswingsministry.com/>

Service Area: Craighead County

Purpose: Providing education and guidance, to empower women while they build a new life.

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

4800 W. 26<sup>th</sup>, Little Rock, AR 72204

Phone: 501-447-1850

Purpose: The Adult Education Center provides FREE, self-paced, individualized instruction for the non-traditional adult students, ages 18 and above.

# Employment

## At-A-Glance View

Goodwill Industries' Transitional Employment Opportunity Program:

<https://www.goodwillar.org/reentry>

List of Felon-Friendly Employers in Arkansas

# EMPLOYMENT

**Website:** [www.exoffenders.net/jobs-for-felons-in-arkansas/](http://www.exoffenders.net/jobs-for-felons-in-arkansas/)

## List of Felon-Friendly Employers in Arkansas:

Aamco	Domino's	Pactiv
Ace Hardware	Dr. Pepper	Papa John's
Albertson's	Dunkin' Donuts	PepsiCo
Allstate	Dunlop Tires	PetSmart
American Airlines	DuPont	Pilgrim's
American Greetings	Embassy Suites	Radisson
Apple, Inc.	Family Dollar	Red Lobster
Applebee's	Firestone Auto Care	Red Robin
Aramark	Flying J	Republic Services
AT&T	Frito-Lay	Reyes Beverage Group
Avon Products	General Electric	Rubbermaid
Baskin-Robbins	Georgia-Pacific	Ruby Tuesday
Bed, Bath, and Beyond	Golden Corral	Safelite
Best Western	Goodwill Industries	Safeway
Blue Cross & Blue Shield	Grainger	Salvation Army
Braum's Inc.	Great Clips	Sam's Club
Bridgestone	Hanes	Shell Gas Stations
Buffalo Wild Wings	Hilton Hotels	Smash Burger
Campbell's Soup	Holiday Inn	Sonic Drive-In
Chick-fil-A	Home Depot	Sprint
Chili's	IBM	Subway
Chipotle	IHOP	Target
Chrysler	International Paper	Trader Joe's
Cintas	Jiffy Lube	Tyson Foods
Community Education Centers	Jimmy Johns	U-Haul
ConAgra Foods	KFC	United Airlines
Copart	Kohl's	US Foods
Dairy Queen	Kraft Foods	US Steel Corporation
Deer Park Spring Water Co.	Longhorn Steakhouse	Verizon
Delta Airlines	Lowe's	Volunteers of America
Denny's	McDonald's	Walgreen's
Discount Tire	Men's Warehouse	Walmart
Divizio Industries	Motorola	Wendy's
Dole Food Company	O'Charleys	Whole Foods
Dollar Tree	Olive Garden	Wyndham Hotels

# Food

## At-A-Glance View

Alma Community Outreach Center  
Amboy Community Food Pantry  
Arkansas Food Bank Partners  
Central Baptist Church of North Little Rock Food Pantry  
Church at Rock Creek Food Bank  
Community Rescue Mission  
First Christian Church of Sherwood Food Pantry  
Geyer Springs United Methodist Church  
Grace Presbyterian Church Food Pantry  
Helping Hand of Greater Little Rock Food Pantry  
Jacksonville Care Channel Food Pantry  
Little Rock Compassion Center Kitchen and Food Pantry  
River Valley Regional Food Bank  
Saint Francis House – The Benefit Bank of Arkansas  
Saint John's Episcopal Church Food Pantry  
Saint Mark Baptist Church Food Pantry  
Saint Mark's Episcopal Church Food Pantry  
Salvation Army of Central Arkansas Food Pantry  
Salvation Army North Little Rock Food Pantry  
The Watershed

# FOOD

## **Alma Community Outreach Center**

107 Highway 162 S, Alma, AR 72921

Phone: (479) 297-1804

Website: [www.almaoutreach.org/services](http://www.almaoutreach.org/services)

Service Area: Crawford County

Information: Open on Mondays, Thursday, and Saturdays from 8:30am to 12:00pm.

## **Amboy Community Food Pantry**

100 Auburn Drive, North Little Rock, AR 72118

Phone: (501) 753-2777

Service Area: North Little Rock and Maumelle

Information: Open Thursdays from 11am to 1pm

## **Arkansas Food Bank partners**

Phone: (501) 565-8121

Website: [www.arkansasfoodbank.org/who-we-serve/service-map/](http://www.arkansasfoodbank.org/who-we-serve/service-map/)

Service Area: multiple locations across Arkansas

Purpose: Arkansas Food Bank partners with more than 400 charitable agencies across Central and South Arkansas to distribute food to families in need.

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

8103 Carnegie Drive, Sherwood, AR 72120

Phone: (501) 771-1125

Service Area: Sherwood residents only

Information: Open Wednesdays from 10am to 11:45am

## **Church at Rock Creek Food Bank**

11500 West 36<sup>th</sup> Street, Little Rock, AR 72211

Phone: (501) 221-1051

Website: [www.churchatrockcreek.com/ministries/care-ministry/food-bank/](http://www.churchatrockcreek.com/ministries/care-ministry/food-bank/)

Service Area: Little Rock, Benton, Bryant, and Mabelvale residents only.

Information: Open Tuesday-Friday. Call between 8:00am-10:00am to schedule an afternoon appointment.

**Community Rescue Mission**

310 North F Street, Fort Smith, AR 72901

Phone: (479) 782-1443

Website: [www.fscrm.org](http://www.fscrm.org)

Service Area: Northwest Arkansas

Purpose: Provides shelter, meals, case management, and spiritual enrichment to prepare families to acquire jobs and live successful, independent, productive lives.

**First Christian Church of Sherwood Food Pantry**

2803 East Kiehl Avenue, Sherwood, AR 72120

Phone: (501) 835-5505

Service Area: Sherwood and Jacksonville

Information: Open Fridays 10:30am to 12:00pm

**Geyer Springs United Methodist Church**

5500 Geyer Springs Road, Little Rock, AR 72209

Phone: (501) 565-3175

Website: [www.geyerspringsumc.org/site/cpage.asp?cpage\\_id=180054322&sec\\_id=180012503](http://www.geyerspringsumc.org/site/cpage.asp?cpage_id=180054322&sec_id=180012503)

Service Area: Residents of zip codes 72206, 72209, & 72103

Information: Open every 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 8:30am to 11:30am

**Grace Presbyterian Church Food Pantry**

9301 North Rodney Parham Road, Little Rock, AR 72227

Phone: (501) 225-3274

Website: [www.gracelr.org](http://www.gracelr.org)

Service Area: Central Arkansas

Information: Open every 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 6:00pm to 7:00pm

**Helping Hand of Greater Little Rock Food Pantry**

1601 Marshall Street, Little Rock, AR 72202

Phone: (501) 372-4388

Website: [www.lrhelppinghand.com](http://www.lrhelppinghand.com)

Service Area: Central Arkansas

Information: Open Monday-Thursday from 9:00am – 12:30pm

**Jacksonville Care Channel Food Pantry**

201 North Elm Street, Jacksonville, AR 72076

Phone: (501) 982-4647

Website: [www.facebook.com/JCCNeedy/](http://www.facebook.com/JCCNeedy/)

Service Area: Jacksonville

Information: Open Mondays, Wednesdays, and Fridays from 10am to 1pm

**Little Rock Compassion Center Kitchen and Food Pantry**

3618 West Roosevelt, Little Rock, AR 72204

Phone: (501) 296-9114

Website: [www.lrcompassioncenter.org/services](http://www.lrcompassioncenter.org/services)

Service Area: Serving the 72204 zip code only

Information: Hot meals are served three times per day; 365 days per year. Food Pantry is open Thursdays from 1:00pm to 5:00pm

**River Valley Regional Food Bank**

1617 Zero Street, Fort Smith, AR 72901

Phone: (479) 785-0582

Website: [www.rvrfoodbank.org/get-help/pantry-locator/](http://www.rvrfoodbank.org/get-help/pantry-locator/)

Service Area: several locations across Crawford and Sebastian Counties

**Saint Francis House – The Benefit Bank of Arkansas**

2701 South Elm Street, Little Rock, AR 72204

Phone: (501) 664-5036

Information: Food pantry service hours are Mondays through Fridays from 8:30am to 5:00pm.

**Saint John’s Episcopal Church Food Pantry**

215 North 6<sup>th</sup> Street, Fort Smith, AR 72901

Phone: (479) 782-9912

Website: [www.stjohnfs.org/sack-lunch-program/](http://www.stjohnfs.org/sack-lunch-program/)

Service Area: Fort Smith

Information: Breakfast is served Monday through Friday from 8:30am to 9:00am. Lunch is served Monday through Saturday from 11:30am to 12:00pm.

**Saint Mark Baptist Church Food Pantry**

5722 West 12<sup>th</sup> Street, Little Rock, AR 72204

Phone: (501) 663-3955

Website: [www.smark.org](http://www.smark.org)

Service Area: Central Arkansas

Information: Open Tuesdays and Thursdays from 12:00pm to 4:00pm

**Saint Mark’s Episcopal Church Food Pantry**

1000 North Mississippi Street, Little Rock, AR 72207

Phone: (501) 225-4203

Website: [www.lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/](http://www.lovesaintmarks.org/community-at-saint-marks-episcopal-church/saint-marks-food-pantry/)

Service Area: Pulaski County

Information: Open on Thursdays from 8:30am to 10:00am

**Salvation Army of Central Arkansas Food Pantry**

1111 West Markham Street, Little Rock, AR 72201

Phone: (501) 374-9296

Website: [www.salvationarmyaok.org/caac/programs/food-pantry-social-services/](http://www.salvationarmyaok.org/caac/programs/food-pantry-social-services/)

Service Area: Central Arkansas

Information: Open Monday-Thursday from 8:30am to 4:00pm

**Salvation Army North Little Rock Food Pantry**

5100 North Locust Street, North Little Rock, AR 72113

Phone: (501) 313-2405

Service Area: North Little Rock

Information: Open Mondays, Wednesdays, and Fridays from 9:30am – 12:00pm and 1:00pm – 3:00pm.

**The Watershed**

3701 Springer Blvd., Little Rock, AR 72206

Phone: (501) 378-0176

Website: [www.thewatershed1.com](http://www.thewatershed1.com)

Service Area: Central Arkansas

Information: Open Mondays through Fridays from 8:00am to 4:00pm.

# Healthcare

## At-A-Glance View

AR Care

CHI St. Vincent Health Clinic East

Clinica el Samaritano – El Faro Baptist Church

Community Clinic of Northwest Arkansas

Community Dental Clinic

Crawford County Health Clinic

Good Samaritan Clinic

Harmony Health Clinic

HOUSEABOUTIT, Community Economic Development Agency

Jacksonville Health Unit

Jefferson County Comprehensive Care System

Pulaski County Central Health Unit

River City Ministry – Day Services for the Homeless

River Valley Primary Care Services

Sebastian County Health Unit

Shepard's Hope – Neighborhood Health Center

UAMS 12<sup>th</sup> Street Health and Wellness Center

UAMS Dental Hygiene Student Clinic

UAMS Regional Campuses

Veterans Health Administration of Arkansas

Westside Free Medical Clinic

## HEALTHCARE (MEDICAL & DENTAL)

### **AR Care**

11219 Financial Center Parkway, Suite #200, Little Rock, AR 72211

Phone: (501) 455-2712

Website: [www.arcare.net/locations/arkansas/](http://www.arcare.net/locations/arkansas/)

Service Area: multiple locations across Arkansas

Purpose: Offers affordable, routine medical care. Services include primary care, behavioral health, pharmacies, community outreach programs, and more.

### **CHI St. Vincent Health Clinic East**

2500 East 6<sup>th</sup> Street, Little Rock, AR 72202

Phone: (501) 552-4710

Website: [www.chistvincent.com/hospitals-locations/clinics/communitycare-lr](http://www.chistvincent.com/hospitals-locations/clinics/communitycare-lr)

Service Area: Central Arkansas

Information: Appointments preferred, walk-ins accepted. Simple extractions \$55, surgical extractions \$100. Fillings \$50-\$80. Cleaning \$90.

### **Clinica el Samaritano- El Faro Baptist Church**

7002 Baseline Road, Little Rock, AR 72209

Phone: (501) 350-2518 – bilingual

Service Area: Little Rock

### **Community Clinic of Northwest Arkansas**

Phone: (855) 438-2280

Website: [www.communityclinicnwa.org](http://www.communityclinicnwa.org)

Service Area: several locations in Washington and Benton Counties

About: Provides quality and affordable health care, including: primary care, pediatrics, prenatal, behavioral health, dental, and physical therapy.

### **Community Dental Clinic**

3428 Armour Street, Fort Smith, AR 72904

Phone: (479) 782-6021

Website: [www.cscdc.net/community-dental-clinic/](http://www.cscdc.net/community-dental-clinic/)

Service Area: residents of Sebastian and Crawford counties

Purpose: Provides dental care and treatment to low-income residents.

**Crawford County Health Unit**

2040 Chestnut Avenue, Van Buren, AR 72956

Phone: (479) 474-6391

Website: [www.healthy.arkansas.gov/health-units/detail/crawford-county-health-unit-van-buren](http://www.healthy.arkansas.gov/health-units/detail/crawford-county-health-unit-van-buren)

Service Area: Crawford County

Information: Free or low cost health screenings, birth control, STD, HIV/AIDS testing, and referrals. No physicals.

**Good Samaritan Clinic**

615 North B Street, Fort Smith, AR 72904

Phone: (479) 783-7103

Website: [www.goodsamaritanfs.com](http://www.goodsamaritanfs.com)

**Harmony Health Clinic**

201 East Roosevelt Road, Little Rock, AR 72206

Phone: (501) 375-4400

Website: <http://www.harmonyclinicar.org/>

Service Area: Pulaski County

Purpose: Provides the un-insured and underinsured populations access to quality medical care at no cost.

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

3805 West 12<sup>th</sup> Street, Suite #204, Little Rock, AR 72204

Phone: (501) 379-1549 or (870) 562-1635

Website: [www.houseaboutit.org](http://www.houseaboutit.org)

Service Area: Pulaski, Chicot, and Jefferson Counties; South Arkansas

Purpose: Assists individuals reach economic stability through technical assistance, consultation, and other educationally driven programs.

**Jacksonville Health Unit**

3000 North 1<sup>st</sup> Street, Jacksonville, AR 72076

Phone: (501) 982-7477

Website: [www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville](http://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-jacksonville)

Service Area: Central Arkansas

Information: Free or low cost health screenings, birth control, STD, HIV/AIDS testing, and referrals. No physicals.

**Jefferson County Comprehensive Care System, Inc. (JCCSI)**

1100 N. University, Suite #125, Little Rock, AR 72207

Phone: (855) 543-2380

Website: [www.jccsi.org](http://www.jccsi.org)

Service Area: Pulaski and Jefferson Counties

Purpose: Provides high quality, accessible primary healthcare and social services to all patients, especially to vulnerable and special populations.

**Pulaski County Central Health Unit**

3915 W 8<sup>th</sup> Street, Little Rock, AR 72204

Phone: (501) 280-3100

Website: [www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock](http://www.healthy.arkansas.gov/health-units/detail/pulaski-county-health-unit-central-little-rock)

Service Area: Central Arkansas

Information: Free or low cost health screenings, birth control, STD, HIV/AIDS testing, and referrals. No physicals.

**River City Ministry – Day Services for the Homeless**

1021 East Washington, North Little Rock, AR 72114

Phone: (501) 376-6694

Website: <https://www.rivercityministry.org/services>

Service Area: Central Arkansas

Purpose: Provides basic needs and connects people to God through Christ-centered relationship.

**River Valley Primary Care Services**

9755 W State Highway 22, Ratcliff, AR 72951

Phone: (479) 635-0178

Website: [www.rvpcs.org](http://www.rvpcs.org)

Service Area: Fort Smith area

Purpose: Offers discounted fees for everything from preventative checkups, professional tooth removal (extractions) and fillings for cavities.

**Sebastian County Health Unit**

3112 South 70<sup>th</sup> Street, Fort Smith, AR 72903

Phone: (479) 452-8600

Website: [www.healthy.arkansas.gov/health-units/detail/sebastian-county-health-unit-ft.-smith](http://www.healthy.arkansas.gov/health-units/detail/sebastian-county-health-unit-ft.-smith)

Service Area: Sebastian County

Purpose: Free or low cost health screenings, birth control, STD, HIV/AIDS testing, and referrals. No physicals.

**Shepard's Hope – Neighborhood Health Center**

2404 South Tyler Street, Little Rock, AR 72204

Phone: (501) 614-9523

Website: [www.shepherdshopelr.org/](http://www.shepherdshopelr.org/)

Service Area: South Midtown area of Little Rock

Purpose: Medical, dental, and health education ministry currently serving the South Midtown area of Little Rock.

**UAMS 12<sup>th</sup> Street Health and Wellness Center**

4010 West 12<sup>th</sup> Street, Little Rock, AR 72204

Phone: (501) 614-2492

Website: [www.healthon12th.uams.edu](http://www.healthon12th.uams.edu)

Service Area: Central Arkansas

Information: Free medical support. Dental hygiene, extractions, screenings, and referrals.

**UAMS Dental Hygiene Student Clinic**

4301 West Markham, Little Rock, AR 72205

Phone: (501) 686-5733

Website: [www.uamshealth.com/medicalservices/dentalhygiene](http://www.uamshealth.com/medicalservices/dentalhygiene)

Information: Allows students to perform x-rays and teeth cleaning for \$40 per visit. Provides many basic services, including: examination, cleaning, x-rays, pit & fissure, and sealant.

**UAMS Regional Campuses**

Website: [www.regionalcampuses.uams.edu](http://www.regionalcampuses.uams.edu)

Service Area: multiple locations across Arkansas

**Veterans Health Administration of Arkansas**

Website: [www.va.gov/central-arkansas-health-care/locations/](http://www.va.gov/central-arkansas-health-care/locations/)

Service Area: multiple locations across Arkansas

Information: serving veterans ONLY

**Westside Free Medical Clinic**

St. John's Catholic Center

2415 North Tyler Street, Little Rock, AR 72207

Phone: (501) 664-0340 ext. #356

Website: [www.dolr.org/catholic-charities/westside-medical-clinic](http://www.dolr.org/catholic-charities/westside-medical-clinic)

Service Area: Central Arkansas

Purpose: Provides medical care to people 18 years and older who are unable to afford routine health care.

# Housing

## At-A-Glance View

Butterfly House  
Care House  
Compassion Center  
Desired Haven Family Center  
Freedom House  
Gaines House  
Havenwood  
Hearts of Hope  
Hope Rises  
Humbled Hearts  
Lucie's Place  
Magdalene Serenity House  
Metropolitan Housing Authority Alliance  
Nicole's House  
North Little Rock Housing Authority  
Restoration Village  
Restoring Hope  
Safe Haven Homes  
Saving Grace  
Women & Children First

# HOUSING

## **Butterfly House**

329 Baltimore, Manila, AR 72442

Phone: (870) 570-0300

Website: [www.thebutterflyhouse.org](http://www.thebutterflyhouse.org)

Purpose: Provides a structured living environment for women after completing a treatment program or coming from incarceration.

## **Care House**

Phone: Debbie in Jonesboro - (870) 935-5134

Phone: Savannah in Springdale – (479) 361-3302

Purpose: Provides stable housing with multiple houses under the umbrella of Desired Haven Family Care.

## **Compassion Center**

3618 W Roosevelt Road, Little Rock, AR 72204

Phone: (501) 296-9114

Website: [www.lrcompassioncenter.org](http://www.lrcompassioncenter.org)

Service Area: Little Rock area

Purpose: Serves those experiencing homelessness or hunger in the Little Rock area.

## **Desired Haven Family Care**

Phone: (501) 410-1567

Website: [www.arkansasfamilies.org/family-care](http://www.arkansasfamilies.org/family-care)

Service Area: locations in Jonesboro, Little Rock, and Springdale

## **Freedom House**

400 Lake Front Drive, Russellville, AR 72802

Phone: (479) 968-7086

Website: [www.arvacinc.org/services/freedom-house](http://www.arvacinc.org/services/freedom-house)

## **Gaines House**

1702 S Gaines Street, Little Rock, AR 72206

Phone: (501) 376-4015

Website: [www.thegaineshouse.org](http://www.thegaineshouse.org)

Purpose: Transitional living residence for homeless women, 18 or older, who have been treated for a mental, physical, or emotional disability.

**Havenwood**

808 N Main Street, Bentonville, AR 72712

Phone: (479) 273-1060

Website: [www.nwahavenwood.org](http://www.nwahavenwood.org)

Service Area: Northwest Arkansas

Purpose: Helps single mothers and their children move from crisis to self-sufficiency.

**Hearts of Hope**

108 Hwy 71 N, Suite 104, Alma, AR 72921

Phone: (479) 430-4371

Website: [www.heartsofhopechurch.org](http://www.heartsofhopechurch.org)

Purpose: Transitional living program that requires a minimum commitment of three months with longer stays recommended. Transition phase available after completion of the six month program.

**Hope Rises**

7600 Enmar Drive, Little Rock, AR 72209

Phone: (501) 747-2533

Service Area: Central Arkansas

Purpose: Aids incarcerated and recently released women in Central Arkansas by providing housing and opportunities to gain personal empowerment.

**Humbled Hearts**

19 N Spring Street, Harrison, AR 72601

Phone: (870) 715-5538

Website: [www.humbledheartsarise.business.site](http://www.humbledheartsarise.business.site)

**Lucie's Place**

307 W 7<sup>th</sup> Street, Little Rock, AR 72201

Phone: (501)-508-5005

Purpose: Transitional Living Program (TLP) is a long-term home for homeless (or at risk of becoming homeless) Lesbian, Gay, Bisexual, Transgender or Queer young adults (18-25) in Central Arkansas.

**Magdalene Serenity House**

P.O. Box 3394, Fayetteville, AR 72702

Phone: (479) 301-2326

Website: [www.lovehealsnwa.org](http://www.lovehealsnwa.org)

Service Area: Northwest Arkansas

Purpose: Provides safe housing, long-term support, and community partnerships.

**Metropolitan Housing Authority Alliance**

100 South Arch Street, Little Rock, AR 72201

Phone: (501)-340-4734

Purpose: MHA prides itself on administering federal subsidized housing and housing assistance to low-income persons and families within the city of Little Rock, Arkansas.

**Nicole's House**

(located in Rogers, AR)

Phone: Sandra Warmack - (479) 381-5235

Website: [www.nicoleshouse.info](http://www.nicoleshouse.info)

Purpose: Aids women transitioning back into their community while they recover from alcohol or drug addiction.

**North Little Rock Housing Authority**

4901 Fairway Avenue Suite A, North Little Rock, AR 72116

Phone: 501-758-8911

Purpose: Provides low-income families with safe, decent, and sanitary housing in an environment that would enable them to build self-sufficiency and pride.

**Restoration Village**

2215 Little Flock Drive, Rogers, AR 72756

Phone: (479) 631-7345

Website: [www.restorationvillage.net](http://www.restorationvillage.net)

Service Area: Northwest Arkansas

Purpose: Long-term women and children's shelter provide safe shelter and life-changing services to those who have experienced homelessness, violence, abuse, and other trauma.

**Restoring Hope**

1220 E Necessary Road, Rogers, AR 72758

Phone: (479) 544-1517

Website: [www.restoringhopenwa.com](http://www.restoringhopenwa.com)

Service Area: Northwest Arkansas

Purpose: Provides safe, transitional, housing to women who are coming out of addiction, trauma, and incarceration.

**Safe Haven Homes**

3500 N 6<sup>th</sup> Street, Fort Smith, AR 72904

Phone: Dan – (479) 208-2138 or Linda – (479) 461-2513

Website: [www.midlandheights.church/safehavenhomesinfo.html](http://www.midlandheights.church/safehavenhomesinfo.html)

Purpose: Offers a safe environment to live while gaining spiritual principles that enable people to live out their purpose.

**Saving Grace**

1229 W Poplar Street, Rogers, AR 72756

Phone: (479) 636-1133

Website: [www.savinggracenwa.org](http://www.savinggracenwa.org)

Service Area: Northwest Arkansas

Purpose: Saving Grace is a Christ-centered home in Northwest Arkansas offering hope and transformation to young women who are lacking critical supports.

**Women & Children First**

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

Phone: office/ 24 hr Domestic Violence Hotline- (501)-376-3219;

Court Advocate- (501)-372-5630

Website: [www.wcfarkansas.org](http://www.wcfarkansas.org)

Purpose: WCF Arkansas helps survivors of family violence, sexual assault, and human trafficking.

# Legal Services

## At-A-Glance View

Administrative Offices of the Court

Central for Arkansas Legal Services

Disability Rights Center

Inmate Attorneys: Melody Peacock Barnett and Sharon Draper

Legal Aid of Arkansas

Office of Child Support Enforcement

## LEGAL SERVICES/REUNIFICATION

### **Administrative Offices of the Court**

625 Marshall Street, Suite #1100, Little Rock, AR 72201

Phone: (501) 682-9400

Information: Contact this office if you are in a dependency-neglect case and have not been appointed an attorney or heard from your public defender.

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

1300 West 6<sup>th</sup> Street, Little Rock, AR 72201

Phone: (501) 376-3423

Website: [www.arkansaslegal.org](http://www.arkansaslegal.org)

Service Area: multiple locations across Arkansas

Purpose: Provides free civil (non-criminal) legal services to low-income Arkansans.

### **Disability Rights Center**

400 West Capitol, Suite 1200, Little Rock, AR 72201

Phone: (800) 482-1174 or (501) 296-1775

Website: [www.disabilityrightsar.org](http://www.disabilityrightsar.org)

Service Area: Arkansas

Purpose: Protects and advocates for the civil and legal rights of people with disabilities in Arkansas.

### **Inmate Attorneys: Melody Peacock Barnett and Sharon Draper**

Information: Send a request to the Law Library to see an inmate attorney. They can help you with civil matters such as custody and divorce.

### **Legal Aid of Arkansas**

714 S Main Street, Jonesboro, AR 72401

Phone: (800) 952-9243

Website: [www.arlegalaid.org](http://www.arlegalaid.org)

Service Area: multiple locations across Arkansas

Purpose: Assists thousands of clients every year in priority areas, such as family law, consumer issues, bankruptcy or evictions.

**Office of Child Support Enforcement**

322 S Main Street, Little Rock, AR 72201

Phone: (501) 682-8398 or (877) 731-3071

Website: [www.dfa.arkansas.gov/child-support](http://www.dfa.arkansas.gov/child-support)

Service Area: multiple locations across Arkansas

Purpose: Enforces court orders so that children get the financial and medical support they need.

# Mental Health

## At-A-Glance View

Behavioral Health Service of Arkansas  
Centers for Youth and Families  
Counseling Associates, Inc.  
Counseling Clinic, Inc.  
Delta Counseling Associates  
Health Resources of Arkansas  
Lakewood Behavioral Health Associates  
Living Hope Southeast, LLC  
Mental Health Council of Arkansas  
Mid-South Health Systems, Inc.  
Ouachita Behavioral Health and Wellness  
Ozark Guidance Center  
Professional Counseling Associates  
Psychiatric Associates of Arkansas  
South Arkansas Regional Health Center  
Southeast Arkansas Behavioral Healthcare System  
Southwest Arkansas Counseling and Mental Health Center  
UAMS AR-Connect  
UAMS Center for Addiction Services and Treatment  
UAMS Women's Mental Health Clinic  
Western Arkansas Counseling and Guidance Center

# MENTAL HEALTH

## **Behavioral Health Service of Arkansas**

10 Corporate Hill Drive, Suite 330, Little Rock, AR 72205

Phone: (501) 954-7470

Website: [www.bhsarkansas.org](http://www.bhsarkansas.org)

Service Area: Central Arkansas

## **Centers for Youth and Families**

6601 W 12<sup>th</sup> Street, Little Rock, AR 72204

Phone: (501) 666-8686

Website: [www.centersforyouthandfamilies.net](http://www.centersforyouthandfamilies.net)

Service Area: Little Rock and Monticello locations

Purpose: Provides comprehensive, integrated care that promotes physical, emotional, and social wellness for all.

## **Counseling Associates, Inc.**

350 Salem Road, Suite 9, Conway, AR 72034

Phone: (501) 336-8300

Website: [www.caiinc.org](http://www.caiinc.org)

Service Area: multiple locations across Arkansas

Purpose: Provides a full continuum of innovative, community-based behavioral health care services to enhance the quality of life for individuals in our community.

## **Counseling Clinic, Inc.**

110 Pearson Street, Benton, AR 72015

Phone: (501) 315-4224

Website: [www.cciar.com](http://www.cciar.com)

Service Area: Central Arkansas

Purpose: Provides professional counseling and therapy services to Central Arkansas and surrounding communities.

## **Delta Counseling Associates**

790 Roberts Drive, Monticello, AR 71657

Phone: (870) 367-2461

Website: [www.deltacounseling.org](http://www.deltacounseling.org)

Service Area: Southeast Arkansas

Purpose: Provides the residents of Southeast Arkansas with behavioral health care services.

**Health Resources of Arkansas**

25 Gap Road, Batesville, AR 72401

Phone: (870) 793-8900

Website: [www.pfh.org/hra](http://www.pfh.org/hra)

Service Area: Northeast Arkansas

**Lakewood Behavioral Health Associates**

4020 Richards Road, Suite F, North Little Rock, AR 72117

Phone: (501) 753-1616

Website: [www.lakewoodbehavioralhealth.com](http://www.lakewoodbehavioralhealth.com)

**Living Hope Southeast, LLC**

10025 West Markham, Suite 210, Little Rock, AR 72205

Phone: (501) 663-5473

Website: [www.lhsoutheast.com](http://www.lhsoutheast.com)

**Mental Health Council of Arkansas**

500 Woodlane Street, Suite 136S, Little Rock, AR 72201

Phone: (501) 372-7062

Website: [www.mhca.org](http://www.mhca.org)

Service Area: multiple locations across Arkansas

Purpose: Ensures community-based mental and behavioral healthcare is available throughout the State of Arkansas in a manner which is accessible, balanced, affordable, and quality driven.

**Mid-South Health Systems, Inc.**

2707 Browns Lane, Jonesboro, AR 72401

Phone: (870) 972-4000

Website: [www.mshs.org](http://www.mshs.org)

Service Area: Eastern Arkansas

Purpose: Provides individuals across the state with mental health resources for children and adults including the seriously mentally ill and persons struggling with substance abuse.

**Ouachita Behavioral Health and Wellness**

125 Wellness Way, Hot Springs, AR 71913

Phone: (501) 624-7111

Website: [www.obhaw.org](http://www.obhaw.org)

Service Area: multiple locations across Arkansas

Purpose: Provides community mental health services.

**Ozark Guidance Center**

2400 South 48<sup>th</sup> Street, Springdale, AR 72762

Phone: (479) 750-2020

Website: [www.ozarkguidance.org](http://www.ozarkguidance.org)

Service Area: Northwest Arkansas

Purpose: Provides community mental health services.

**Professional Counseling Associates**

3601 Richards Road, North Little Rock, AR 72117

Phone: (501) 221-1843

Website: [www.pca-ar.org](http://www.pca-ar.org)

Service Area: Central Arkansas

Purpose: Provides community mental health services.

**Psychiatric Associates of Arkansas**

9601 Baptist Health Drive, Little Rock, AR, 72205

Phone: (501) 228-7400

Website: [www.psychiatricassoc.com](http://www.psychiatricassoc.com)

**South Arkansas Regional Health Center**

715 North College, El Dorado, AR 71730

Phone: (870) 862-7921

Website: [www.sarhc.org](http://www.sarhc.org)

Service Area: South Arkansas

Purpose: Provides a full spectrum of professional mental health services to the residents of South Arkansas.

**Southeast Arkansas Behavioral Healthcare System, Inc.**

2500 Rike Drive, Pine Bluff, AR 71613

Phone: (870) 534-1834

Website: [www.sabhs.org](http://www.sabhs.org)

Service Area: Southeast Arkansas

Purpose: Provides a full spectrum of professional mental health services to the residents of Southeast Arkansas.

**Southwest Arkansas Counseling and Mental Health Center**

2904 Arkansas Boulevard, Texarkana, AR 71854

Phone: (870) 773-4655

Website: [www.swacmhc.com](http://www.swacmhc.com)

Service Area: Southwest Arkansas

Purpose: Provides a full spectrum of professional mental health services to the residents of Southwest Arkansas.

**UAMS AR-Connect**

Phone: (501) 526-3563 or (800) 482-9921

Website: [www.psychiatry.uams.edu/clinical-care/arconnect/](http://www.psychiatry.uams.edu/clinical-care/arconnect/)

Service Area: all Arkansans (virtual)

Purpose: Comprehensive behavioral health treatment program created to provide care to all Arkansans dealing with a variety of mental-health issues, from substance abuse disorders to mental illnesses.

**UAMS Center for Addiction Services and Treatment**

Phone: (501)-526-8400

Purpose: Provides medication assisted treatment (MAT) to treat opioid use disorders. MAT combines the use of medications and individual and group therapy to treat opioid detoxification, withdrawal, and cravings.

**UAMS Women's Mental Health Clinic**

4224 Shuffield Drive PRI 4<sup>th</sup> floor, Little Rock, AR 72205

Phone: (501)-526-8201

Purpose: Aids women who are pregnant, postpartum or having difficulty getting pregnant and struggling with mental health issues with or without substance abuse.

**Western Arkansas Counseling and Guidance Center**

3111 South 70<sup>th</sup> Street, Fort Smith, AR 72903

Phone: (479) 452-6650

Website: [www.wacgc.org](http://www.wacgc.org)

Service Area: Western Arkansas

Purpose: Community behavioral healthcare provider serving Western Arkansas.

# Parenting & Pregnancy

## At-A-Glance View

1<sup>st</sup> Choice Pregnancy Medical Center  
American Adoptions  
ABBA Adoptions  
AFMC Arkansas Breastfeeding Helpline  
Angel's Choice Haven and Adoption Agency  
Arkansas Adoption Services  
Arkansas Pregnancy Resource Center  
Bethany Christian Services – Arkansas office  
Birthright Arkansas  
Caring Hearts Pregnancy Center  
Central Arkansas Diaper Bank (PHUMC)  
CHI St. Vincent Community Care – Pregnancy Clinic  
Crisis Intervention Center for STEP (Systemic Training for Effective Parenting)  
Earthbound Angels  
First Light Birth  
Grace Adoptions  
Heart to Heart Pregnancy Support Center  
Life Choices Pregnancy Resource Center  
New Beginnings Pregnancy Resource Center  
Partnering with Parents Support Group  
Postpartum Support International Hotline  
UAMS/ANGELS High Risk Pregnancy Program Call Center

## PARENTING & PREGNANCY

### **1<sup>st</sup> Choice Pregnancy Medical Center**

4622 Grand Avenue, Fort Smith, AR 72904

Phone: (479) 484-5244

Website: [www.1stchoicafortsmith.com](http://www.1stchoicafortsmith.com)

Service Area: Fort Smith

Purpose: Works with women who may be facing an unplanned pregnancy and helping them make wise decisions. Offers the following services: counseling, free pregnancy tests, maternity closet, "earn while you learn", and adoption referrals.

### **American Adoptions**

Phone: 1 (800) 236-7846

Website: [www.americanadoptions.com](http://www.americanadoptions.com)

### **ABBA Adoptions, Inc.**

422 W Sevier Street, Benton, AR 72015

Phone: (501) 776-2566

Website: [www.abbaadoption.com](http://www.abbaadoption.com)

Service Area: Central Arkansas

### **AFMC Arkansas Breastfeeding Help Line**

Phone: (800) 445-6175

Website: [www.afmc.org/breastfeeding](http://www.afmc.org/breastfeeding)

### **Angel's Choice Haven and Adoption Agency**

Sherwood, AR

Phone: (501) 615-3094

Website: [www.angelschoice.org](http://www.angelschoice.org)

Purpose: Provides temporary housing for expectant mother to live in during the adoption process. Also provides counseling, financial assistance, and legal assistance.

### **Arkansas Adoption Services**

303 West Walnut Street, Rogers, AR 72756

Phone: (479) 636-8013

Website: [www.arkansasadoptionsservices.com](http://www.arkansasadoptionsservices.com)

Purpose: Provides supportive legal assistance for couples and birth mothers interested in pursuing adoption throughout the state of Arkansas.

**Arkansas Pregnancy Resource Center**

2 Office Park Drive, Little Rock, AR 72211

Phone: (501) 227-4357

Website: [www.pregnancylittlerock.com](http://www.pregnancylittlerock.com)

Service Area: Central Arkansas

Purpose: Provides pregnancy-related and reproductive health services free of charge.

**Bethany Christian Services – Arkansas office (adoption)**

1100 N. University Avenue, Little Rock, AR 72207

Phone: (501) 664-5729

Website: [www.bethany.org/locations/us/arkansas/little-rock](http://www.bethany.org/locations/us/arkansas/little-rock)

**Birthright Arkansas**

804 N. University Ave., Little Rock, AR 72205

Phone: (501) 664-0097

Website: [www.birthrightarkansas.com](http://www.birthrightarkansas.com)

Purpose: Provides pregnancy-related and reproductive health services.

**Caring Hearts Pregnancy Center**

2003 Fendley Drive, North Little Rock, AR 72214

Phone: (501) 753-4038

Website: [www.chpregnancy.org](http://www.chpregnancy.org)

Service Area: Central Arkansas

**Central Arkansas Diaper Bank (Pulaski Heights United Methodist Church)**

4823 Woodlawn Drive, Little Rock, AR 72205

Phone: (501) 664-3600

Website: [www.phumc.com/diaperbank](http://www.phumc.com/diaperbank)

Service Area: Central Arkansas

Purpose: Provides diapers in Central Arkansas. To guarantee diapers are available in the size you need, families are encouraged to email [phumcdiaperbank@gmail.com](mailto:phumcdiaperbank@gmail.com) to pre-order diapers prior to pick up day.

**CHI St. Vincent Community Care – Pregnancy Clinic**

1 Mercy Lane, Suite # 303, Hot Springs, AR 71913

Phone: (501) 622-1801

Website: [www.chistvincent.com/hospitals-locations/clinics/chi-st-vincent-community-care---pregnancy-clinic](http://www.chistvincent.com/hospitals-locations/clinics/chi-st-vincent-community-care---pregnancy-clinic)

Service Area: Central Arkansas

Information: Provides prenatal and obstetric care for expecting mothers who have no insurance or are under-insured

**Crisis Intervention Center STEP (Systematic Training for Effective Parenting)**

5603 South 14<sup>th</sup> Street, Fort Smith, AR 72901

Phone: (479) 782-1821 or (800) 359-0056

Service Area: Fort Smith

Purpose: Provides parenting classes for domestic violence victims.

**Earthbound Angels, Inc.**

7423 US Hwy 271S, Suite #102A, Fort Smith, AR 72908

Phone: (479) 651-4914

Website: [www.earthboundangelsinc.vpweb.com](http://www.earthboundangelsinc.vpweb.com)

Service Area: Fort Smith

Purpose: Assists families who are trying to get custody of their children from DHS.

**First Light Birth**

1312 Adelia Court, Bryant, AR 72022

Phone: (801) 318-2384

Website: [www.firstlightbirth.webs.com](http://www.firstlightbirth.webs.com)

Information: Provides affordable doula and birth education services.

**Grace Adoptions, Inc.**

1150 Clifton Street, Conway, AR 72034

Phone: (501) 764-0677

Website: [www.graceadoptions.com](http://www.graceadoptions.com)

**Heart to Heart Pregnancy Support Center**

417 South 16<sup>th</sup> Street, Fort Smith, AR 72901

Phone: (479) 452-2260

Website: [www.heart2heartpsc.org](http://www.heart2heartpsc.org)

Service Area: Fort Smith

Purpose: Assists young girls, women, men, and families who are expecting an unplanned pregnancy.

**Life Choices Pregnancy Resource Center**

1330 S. Donaghey Ave., Conway, AR 72034

Phone: (501) 329-5944

Website: [www.lifechoicesinc.org](http://www.lifechoicesinc.org)

**New Beginnings Pregnancy Resource Center**

120 S. Conrad Street, Benton, AR 72015

Phone: (501) 315-5557

Website: [www.nbpregnancy.com](http://www.nbpregnancy.com)

Purpose: Provides material resources such as diapers, wipes, used clothing, and at times food, formula, other baby-related items to mothers with babies up to 24 months in age.

**Partnering with Parents Support Group**

STEPS Family Resource Center

708 Garrison Avenue, Fort Smith, AR 72901

Hours of Operation: Every Saturday beginning at 11:00am

Service Area: River Valley

Purpose: Provides counseling, free pregnancy testing, financial assistance and assistance with living arrangements during and after pregnancy.

**Postpartum Support International Hotline**

Phone: 1 (800) 944-4773

Website: [www.postpartum.net](http://www.postpartum.net)

**UAMS/ANGELS High Risk Pregnancy Program Call Center**

Phone: (501) 526-7425 or (866) 273-3835

# Recovery

## At-A-Glance View

Arkansas Center for Addictions Research, Education, and Services (CARES)  
Arkansas Central Office of Alcoholics Anonymous  
Arkansas Recovery Coordinator – Jimmy McGill  
Brand New Mercies  
Chance Sobriety Ministries  
Daughters of Hope and Transformation  
Daughters of The Other Side  
EagleCrest Recovery  
Freshly Renewed  
Gateway Recovery Center (Harbor House)  
GYST House  
Jeremiah Recovery House  
Narcotics Anonymous (Central Arkansas)  
Narcotics Anonymous (Northwest Arkansas)  
Natural State Recovery Centers  
New Beginnings Center for Alcohol and Substance Abuse  
Oasis of Northwest Arkansas  
Peer Recovery Support Services  
Phoenix Recovery  
Quality Living Center  
Recovery Centers of Arkansas  
Serenity Park Recovery Center  
Shalom Recovery Center  
Spencer Recovery  
True Self Recovery  
Vantage Point

## RECOVERY

### **\*Arkansas Center for Addictions Research, Education and Services (CARES)**

Phone: (501) 906-4928

Website: [www.methodistfamily.org/arkansas-cares.html](http://www.methodistfamily.org/arkansas-cares.html)

### **Arkansas Central Office of Alcoholics Anonymous**

7509 Cantrell Rd., Suite 106, Little Rock, AR 72207

Hotline: (501) 664-7303

Website: [www.arkansascentraloffice.org](http://www.arkansascentraloffice.org)

Find a Meeting: [www.arkansascentraloffice.org/meetings/](http://www.arkansascentraloffice.org/meetings/)

### **Arkansas Recovery Coordinator – Jimmy McGill**

Email: [jimmy.mcgill@dhs.arkansas.gov](mailto:jimmy.mcgill@dhs.arkansas.gov)

### **Brand New Mercies**

Rogers, AR

Phone: Carolyn Wallace - (281) 221-8826

Website: [www.brandnewmercies.com](http://www.brandnewmercies.com)

Purpose: Works to help mothers with addiction and keep families together in Northwest Arkansas.

### **Chance Sobriety Ministries**

12127 Gabriel Lane, Pulaski County Arkansas 72118

Phone: (501)-851-8484

Purpose: Provides long-term treatment with work program. Client must be able to work or have a job.

### **Daughters of Hope and Transformation**

Marshall, AR

Phone: (870) 504-0827 or (870) 448-7180

Website: [www.dohtransformation.wixsite.com](http://www.dohtransformation.wixsite.com)

Purpose: Faith-based residential home for those trapped in the vicious cycle of addiction.

### **\*Daughters of The Other Side (D.O.T.S.)**

PO Box 602, Searcy, AR 72145

Phone: (501) 230-5101

Website: [www.tosministry.org/about-the-other-side-rehabilitation-program/daughters-of-the-other-side.html](http://www.tosministry.org/about-the-other-side-rehabilitation-program/daughters-of-the-other-side.html)

### **EagleCrest Recovery**

Bentonville, AR

Phone: (844) 439-7627

Website: [www.eaglecrestrecovery.com](http://www.eaglecrestrecovery.com)

Purpose: Drug and alcohol detox program designed to establish physical, emotional, and mental healing for the best possible outcome.

### **Freshly Renewed**

8404 Baseline Rd, Little Rock, AR 72209

Phone: (501) 663-0708

Website: [www.freshlyrenewedtransitional.org](http://www.freshlyrenewedtransitional.org)

Purpose: A combination of ACC transitional, sober living facilities, and an outpatient treatment center. Provides structured living facilities for men and women who battle addiction.

### **\*Gateway Recovery Center (Harbor House)**

3900 Amour Ave., Fort Smith, AR 72904

Phone: (479) 783-8849

Website:

Service Area: Fort Smith, NWA, Russellville, Hot Springs, Conway, and other locations

Purpose: Provides a safe harbor of hope and healing for those men and women suffering from addiction.

### **GYST House**

8101 Frenchmans Lane, Little Rock, AR 72209

Phone: (501)-568-1682

Website: <http://www.gysthouseinc.com/>

Purpose: Assists men and women battling substance addiction with a wide-range of services available.

### **Jeremiah Recovery House**

P.O. Box 44, Green Forest, AR 72638

Phone: Vicki Poulson – (870) 654-4059

Website: [www.jeremiahhouse2911.org](http://www.jeremiahhouse2911.org)

Service Area: Northwest Arkansas

Purpose: Provides housing to individuals working to rebuild their lives after surviving traumas, addictions, abuse, homelessness, human trafficking, and mental health issues.

### **Narcotics Anonymous (Central Arkansas)**

Phone: (501) 373-8683

Website: [www.caasc.org](http://www.caasc.org)

### **Narcotics Anonymous (Northwest Arkansas)**

Regional Helpline: (800) 338-8750

Website: [www.naofnwa.org](http://www.naofnwa.org)

**Natural State Recovery Centers**

3600 Cantrell Road, Suite #303, Little Rock, AR 72202

Phone: (501) 319-7074

Website: [www.naturalstaterecovery.com/our-program](http://www.naturalstaterecovery.com/our-program)

Service Area: Central Arkansas

Purpose: Provides individuals in the early stages of recovery a structured, disciplined, and loving environment while attending treatment.

**New Beginnings Center for Alcohol and Substance Abuse**

Warren, AR

Phone: (870) 266-9955 or (870) 226-9970

Website: [www.nbcasa.org](http://www.nbcasa.org)

Purpose: Provides services to both eligible and appropriate individuals in our area who abuse and/or depend on alcohol/drugs. Treatment is available on an outpatient and residential basis.

**Oasis of Northwest Arkansas**

Located in Bella Vista, AR

Phone: (479) 268-4340

Website: [www.oasisforwomennwa.org](http://www.oasisforwomennwa.org)

Service Area: Northwest Arkansas

Purpose: Faith-based women's transitional living community that provides safe, supportive housing for women in recovery and their children.

**Peer Recovery Support Services**

Website: [www.artakeback.com/wellness/recovery](http://www.artakeback.com/wellness/recovery)

**Phoenix Recovery**

104 North Battery, Little Rock, AR 72205

Phone: (501) 725-4907

Website: [www.phoenixarkansas.com](http://www.phoenixarkansas.com)

Service Area: Central Arkansas

Purpose: Provides sober and chem-free living environment for men and women recovering from alcohol abuse and substance addictions.

**Quality Living Center**

2900 South Cedar Street, Little Rock, AR 72204

Phone: (501) 663-3490

Website: [www.qualitylivingcentertreatment.net](http://www.qualitylivingcentertreatment.net)

Service Area: Central Arkansas

Purpose: Provides alcohol/drug treatment, intervention, and prevention services offered both at the residential and outpatient levels.

**Recovery Centers of Arkansas**

1201 River Road, North Little Rock, AR 72114

Phone: (501)-372-4611

Information: Offers rehabilitation, long-term housing, veteran services, outpatient services and counseling.

**Serenity Park Recovery Center**

2711 W Roosevelt Rd., Little Rock, AR 72204

Phone: (501)-313-0066

Purpose: Provides holistic, evidence-based addiction treatment services and the tools to enable a lifetime of recovery and healthy living.

**Shalom Recovery Center**

Located in Hot Springs, AR

Phone: (501) 625-3811

Website: [www.shalomreclaimed.com](http://www.shalomreclaimed.com)

Purpose: Faith-based transitional living community that provides safe, supportive housing and addiction treatment services for individuals in recovery.

**Spencer Recovery**

154 Huntsville Road, Eureka Springs, AR 72632

Phone: (949) 313-5240

Information: Services offered – detox, inpatient residential (up to 90 days), and intensive outpatient. Accepts most insurances.

**True Self Recovery**

Located in Bentonville and Rogers

Phone: (479) 335-5999

Website: [www.trueselfrecovery.com](http://www.trueselfrecovery.com)

Service Area: Northwest Arkansas

**Vantage Point**

4253 N Crossover Road, Fayetteville, AR 72703

Phone: (479) 521-5731

Website: [www.vantagepointnwa.com](http://www.vantagepointnwa.com)

Service Area: Northwest Arkansas

Purpose: Provides inpatient, residential, and outpatient treatment for men, women, and children struggling with mental illness and addiction in Northwest Arkansas

## REENTRY

### **Arkansas Community Correction**

Two Union National Plaza

105 W Capitol Avenue, Little Rock, AR 72201

Phone: (501) 682-9510

Website: [www.doc.arkansas.gov/community-correction/](http://www.doc.arkansas.gov/community-correction/)

Purpose: Enhances public safety by enforcing state laws and court mandates through community partnerships and evidence-based programs.

### **Compassion in Action**

4314 Landers Road, North Little Rock, AR 72117

Phone: (501) 420-3803

Website: [www.compassioninactionofar.org](http://www.compassioninactionofar.org)

Purpose: Our mission is to create an environment for an ex-offender upon release to engage in a 12-week, 12 Principles for Success program to re-acclimate them back into society with training, education, and mentoring to live a more productive and meaningful lifestyle.

### **Goodwill Industries Reentry Services**

7400 Scott Hamilton Drive, Little Rock, AR 72209

Phone: (501) 372-5100

Website: [www.goodwillar.org/reentry](http://www.goodwillar.org/reentry)

Service Area: multiple locations across Arkansas

Purpose: Goodwill provides services to individuals who are reentering the workforce and community after a period of incarceration.

### **Operation Restore**

10411 West Markham Street, Suite #100, Little Rock, AR 72205

Phone: (501) 376-1686

Website: [www.cityconnectionsinc.org](http://www.cityconnectionsinc.org)

Service Area: Little Rock

Purpose: Operation Restore is an employment agency that offers full time, part-time, temp, or temp-to-permanent jobs.

### **Our House Re-entry Program**

302 East Roosevelt, Little Rock, AR 72206

Phone: (501) 374-7383 ext #218 & #165

Website: [www.ourhouseshelter.org/news/tag/reentry/](http://www.ourhouseshelter.org/news/tag/reentry/)

Service Area: Central Arkansas

**Returning Home**

703 N Thompson Street, Springdale, AR 72764

Phone: (479) 287-5870

Website: [www.returninghomenwa.com](http://www.returninghomenwa.com)

Service Area: Northwest Arkansas

Purpose: Repairing lives and restoring families of Northwest Arkansas citizens who are incarcerated or who have been released.

**Rock City Re-Entry**

5401 South University, Little Rock, AR 72209

Phone: (501) 682-0338

Website: [www.rockcityreentry.org](http://www.rockcityreentry.org)

Service Area: Central Arkansas

Purpose: Assists men and women in stabilizing their lives once they are released from incarceration.

# Women's Health

## At-A-Glance View

Arkansas Department of Health - Women's Health program  
Office on Women's Health (DHHS)  
Planned Parenthood  
UAMS Women's Center

# WOMEN'S HEALTH

## **Arkansas Department of Health - Women's Health program**

5800 West 10<sup>th</sup> Street, Suite #401, Little Rock, AR 72204

Phone: (501) 661-2480

Website: [www.healthy.arkansas.gov/programs-services/topics/womens-health](http://www.healthy.arkansas.gov/programs-services/topics/womens-health)

## **Office on Women's Health (DHHS)**

Phone: (800) 994-9662

Website: [www.womenshealth.gov](http://www.womenshealth.gov)

## **Planned Parenthood**

Website: [www.plannedparenthood.org/get-care/our-services](http://www.plannedparenthood.org/get-care/our-services)

Service Area: multiple locations across Arkansas

## **UAMS Women's Center**

6119 Midtown Avenue, Little Rock, AR 72205

Phone: (501) 296-1800

Website: [www.uamshealth.com/location/womens-center](http://www.uamshealth.com/location/womens-center)

Information: Provides high-risk pregnancy care and education.

# Utilities

## At-A-Glance View

Arkansas Low-Income Home Energy Assistance Program

## UTILITIES

### **Arkansas Low-Income Home Energy Assistance Program**

Phone: (501) 457-5621

Purpose: The Home Energy Assistance Program helps low-income households with home energy costs by providing financial assistance to eligible households with a one-time per year payment to the household's energy supplier or, under certain circumstances, to the applicant.



# WIC Can Help You Feed Your Family!

Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren

## WHO IS ELIGIBLE:

- Women**  
(Pregnant, Breastfeeding, Postpartum)
- Infants**
- Children**  
(Under Age 5 Years)

## ELIGIBLE HOUSEHOLDS MUST:

1. Meet Income Guidelines
2. Live in Arkansas
3. Complete Nutrition Assessment

Sign up for WIC at your County Local Health Department.



Find out more about WIC and locations available.

## INCOME GUIDELINES (Arkansas WIC Program, effective July 1, 2021)

Family/Household Size	1	2	3	4	5
Annual Gross Income	\$23,828	\$32,227	\$40,626	\$49,025	\$57,424

(Add \$8,399 per year for each additional family member.)

## WIC Mobile App

### Search "my Arkansas WIC"

(FREE App Available at Apple Store & Google Play)



- Check card balance & benefits
- Find eligible WIC foods
- Complete nutrition education
- Get messages from WIC

*This institution is an equal opportunity provider.*



¡Piense sano, piense en WIC!



# WIC puede ayudarlo con la alimentación de su familia.

Programa especial de nutrición complementaria para mujeres, bebés y niños  
( **W**omen, **I**nfants and **C**hildren, **WIC** )

## QUIÉN ES ELEGIBLE:

### Mujeres

(Mujeres embarazadas, que estén lactando o en etapa posparto)

### Bebés

### Niños

(Menores de 5 años)

## LOS GRUPOS FAMILIARES ELEGIBLES DEBEN:

1. Cumplir los requisitos en cuanto a los ingresos
2. Vivir en Arkansas
3. Realizar la evaluación sobre nutrición

Inscríbase en WIC en el Departamento de salud local de su condado.



Obtenga más información acerca de WIC y las ubicaciones disponibles.

## REQUISITOS DE INGRESOS (Programa WIC de Arkansas, en vigencia desde el 1 de julio de 2021)

N.º de personas en la familia/hogar	1	2	3	4	5
Ingreso bruto anual	\$23,828	\$32,227	\$40,626	\$49,025	\$57,424

(Por cada miembro adicional de la familia se deben agregar \$8,399 por año.)

## aplicación móvil WIC

### Busque “mi WIC de Arkansas”

(La aplicación GRATUITA está disponible en Apple Store y Google Play)

- Revise el saldo de su tarjeta y los beneficios
- Reciba educación sobre nutrición
- Encuentre alimentos elegibles para WIC
- Reciba mensajes de WIC



Esta institución es un proveedor que ofrece igualdad de oportunidades.

Spanish