

Resource Directory

2009

**North Little Rock,
Arkansas**

ABUSE

Bridgeway Hospital

21 Bridgeway Rd
North Little Rock, AR 72113

Phone: (501) 771-1500

Fax: (501) 771-0498

Services:

Inpatient treatment for adolescents and adults who have been victims of sexual abuse.

Eligibility:

Call for free assessment, interpreters available, and 24 hour admissions. Accepts anyone under 21, also accepts Medicaid, Medicare, CHAMPUS, insurance and private pay.

Family Service Agency

628 West Broadway
North Little Rock, AR 72114

Phone: (501) 372-4242 or (800) 255-2227

Fax: (501) 372-6565

Services:

Crisis intervention, emergency room assistance counseling, and referrals to victims of sexual assault. Referrals for service and counseling providers to victims of rape, domestic violence, child abuse, child sexual assault, and elderly abuse.

Eligibility:

Call for eligibility information. Interpreters available.

Rape Crisis

628 West Broadway
North Little Rock, AR 72201

Phone: (501) 801-2700 or (877) 432-5368

Fax: (501) 663-1699

Services:

Emergency room support, 24 hour telephone hotline and trained advocates for rape survivors.

Eligibility:

Call for eligibility information. No fees.

ADOLESCENT

Arkansas National Guard Youth Challenge

Bldg. 16414, Box 41 Camp Joseph T. Robinson
North Little Rock, AR 72199-9600

Phone: (501) 212-5565 or (800) 814-8453

Fax: (501) 212-5339

Services:

Residential facility. Academic, life skills, and work skills training for youth in a military structure.

Eligibility:

Arkansas high school dropouts, ages 16 to 18, who are drug free, unemployed or underemployed, and free of court involvement. No fees.

Big Brothers and Big Sisters of Central Arkansas

312 W. Pershing
North Little Rock, AR 72114

Phone: (501) 374-6661

Fax: (501) 375-0906

Services:

One-on-one mentoring to boys and girls, ages 6 to 14, who live in single parent homes.

Eligibility:

Call for eligibility information. Interpreters if needed. No fees.

Boy Scouts of America, Quapaw Area Council

3220 Cantrell Rd.
Little Rock, AR 72202

Phone: (501) 664-4780

Fax: (501) 664-4785

Services:

Cub Scouting and Boy Scouting activities and information.

Eligibility:

Serves boys in 6th grade through age 18. Call for eligibility information.

Civilian Student Training Program

P.O. Box 7, Camp Robinson
North Little Rock, AR 72199

Phone: (501) 212-5360

Fax: (501) 212-5369

Services:

Multi-phase, residential behavior management program sponsored by the Arkansas National Guard.

Eligibility:

Males ages 11 to 17. Placement by Juvenile Justice System. This is a state funded program.

Girl Scouts, Ouachita Council

615 West 29th St.
North Little Rock, AR 72114

Phone: (501) 758-1020 or (877) 433-2960
Fax: (501) 758-9656
Services:
Girl Scouting activities and information.
Eligibility:
Girls ages 5 to 17. Call for eligibility information.

ADOPTION

Families are Special, Inc.

2200 Main St.
North Little Rock, AR 72114

Phone: (501) 758-9184
Fax: (501) 758-4704
Services:
Domestic and international adoption services, support groups for adoptive families.
Eligibility:
Call for eligibility information.

Gladney Center for Adoption, Inc.

P.O. Box 4615
North Little Rock, AR 72190

Phone: (501) 791-3126 or (800) 452-3639
Fax: (501) 791-3194
Services:
Adoption placements. Private medical care, counseling, legal services and post-adoption services.
Eligibility:
Interpreters available. No charge for birth mothers. Fees for adoptions.

ADULT SERVICES

Central AR Area Agency on Aging

706 West 4th Street
North Little Rock, AR 72114

Phone: (501) 372-5300
Fax: (501) 688-7443
Services:
Personal care services, sitter service, Meals on Wheels, housekeeping, socialization/recreational activities.
Eligibility:
Call for fee and location information. Call for specific eligibility requirements for each service.

Division of Aging and Adult Services, DHS

P.O. Box 5791
North Little Rock, AR 72119
1900 E. Washington Ave.
North Little Rock, AR 72119

Phone: (501) 682-0100

Fax: (501) 682-0101

Services:

Medicaid waiver services ElderChoices and Alternatives for Adults with Physical Disabilities. Independent Choices program. Adult Protective Services unit.

Eligibility:

Call for specific age and income eligibility information.

Heritage/Bowker Activity Center

2301 Division St. #1209
North Little Rock, AR 72114

Phone: (501) 758-9941

Fax: (501) 758-9941

Services:

Recreational and social activities for senior citizens.

Eligibility:

Call for eligibility and fee information.

Jacksonville Senior Center

100 Victory Circle
Jacksonville, AR 72076

Phone: (501) 982-7531

Fax: (501) 982-4362

Services:

Recreational and social activities for senior citizens. Congregate meals each weekday. Assistance with light housekeeping and other home management tasks.

Eligibility:

Adults age 60 and older. Call for specific information.

Patrick Henry Hays Senior Citizens Center

401 W.Pershing
North Little Rock, AR 72114

Phone: (501) 975-4297

Fax: (501) 537-0948

Services:

Center dedicated to the well-being and good health of seniors. Exercise classes, both land and aquatic, offered as well as the use of a wide range of exercise equipment. In addition, a variety of classes and trips are offered on an on-going basis.

Eligibility:

Must be at least 50 years old. Memberships start at \$10 per year

Pennebaker Center

407 West 25th St.
North Little Rock, AR 72114

Phone: (501) 753-8756

Fax: (501) 753-4312

Services:

Day care and health programs for older adults with Alzheimer’s, dementia and other significant health problems. Geriatric and gerontology education and research.

Eligibility:

Serve ages 65 and older. Call for specific eligibility information. Must have a physician’s referral. Spanish and German interpreters available.

AIDS

Arkansas AID Foundation

P.O. Box 1208
Little Rock, AR 72203
518 E. 9th Street
Little Rock, AR 72202

Phone: (501) 376-6299

Fax: (501) 376-6544

Services:

Free confidential testing, medicine assistance, payment assistance, counseling support, case management, education, dental. Hours 8:30-4:30.

Eligibility:

Call for eligibility information.

Arkansas Supportive Housing Network

P.O. Box 165858
North Little Rock, AR 72216
501 Maple Street
North Little Rock, AR 72114

Phone: (501) 372-5543

Fax: (501) 372-5457

Services:

Rental subsidy program for individuals who are HIV positive or have AIDS. Utility assistance also provided.

Eligibility:

Call for eligibility information.

CHILD CARE

DHS Office of Child Care and Early Childhood Education

P.O. Box 5791
North Little Rock, AR 72119

Phone: (501) 682-0100

Services:

Child care resource and referral program providing information on licensed child care programs. Subsidized child care for low-income families. Arkansas Better Chance Program provides education opportunities for children birth to 5 years.

Eligibility:

Call for eligibility information.

COMMUNITY

Laman Library

2801 North Orange
North Little Rock, AR 72114

Phone: (501) 758-1720

Fax: (501) 758-3539

Services:

Book loan, computers for public use, story time for children.

Eligibility:

Call for hours. Open for public use. No fees.

Little Rock Air Force Base Family Support

314 MSS/DPF, 668 Cannon Dr.
Little Rock AFB, AR 72099-5288

Phone: (501) 988-6801

Fax: (501) 988-3764

Services:

Emergency financial, relocation and transition assistance. Lending closet.

Transition counseling and career planning available.

Eligibility:

Services provided to active duty military, guard or reserve members, retired military personnel or DoD civilians on overseas bases. Call for eligibility information. No fees.

North Little Rock Chamber of Commerce

100 Main St.
North Little Rock, AR 72114

Phone: (501) 372-5959

Fax: (501) 372-5955

Services:

Promotes economic growth and business/residential relocation.

Eligibility:

Call for additional information.

North Little Rock Community Development Agency

116 Main St.
North Little Rock, AR 72114

Phone: (501) 340-5342

Fax: (501) 340-5345

Services:

Housing assistance grant program including emergency assistance grants for health or life-threatening conditions. Handicapped Ramp program for low-income disabled persons. Public works projects.

Eligibility:

Call for eligibility information. No fees.

North Little Rock Junior League

Phone: (501) 372-1436

Fax: (501) 375-9700

Services:

Non-profit organization providing volunteer training and organization of selected community service projects.

Eligibility:

Call for eligibility information. North Pulaski County only.

P.O. Box 9043

North Little Rock, AR 72119-9043

216 W. 4th St.

North Little Rock, AR 72114-5304

North Little Rock Neighborhood Services

Phone: (501) 340-5394

Fax: (501) 340-5314

Services:

Neighborhood Services works with neighborhoods in starting and sustaining neighborhood organizations. Scholarships for training, supplies, and technical assistance are offered.

Eligibility:

Groups that wish to reduce crime and preserve the history and culture of North Little Rock neighborhoods.

300 Main Street

North Little Rock, AR 72119

DISABILITY

Division of Developmental Disability Services, DHS

Phone: (501) 682-0100

Fax: (501) 682-0101

Services:

Case management, early intervention services, supportive living, supported employment, and community programs for individuals with developmental disabilities and their families.

Eligibility:

Developmentally disabled. Call for more specific eligibility information.

No fees.

P.O. Box 5791

North Little Rock, AR 72119

1900 E. Washington Ave.

North Little Rock, AR 72119

Integrity, Inc.

Phone: (501) 614-7200

Fax: (501) 612-7254

Services:

Day care center for developmentally disabled and non-disabled children. Medicaid waiver services for individuals with a developmental disability. Adoption and foster care services for developmentally disabled children.

Eligibility: Call for eligibility information.

6124 Northmoor Dr.

North Little Rock, AR 72204

Kid Quest Agency

P.O. Box 5962
Jacksonville, AR 72078

Phone: (501) 985-0757

Fax: (501) 985-0930

Services:

Diagnostic early intervention services to children with or at risk of having developmental disabilities or delays from birth to age three.

Eligibility:

Call for eligibility information. Spanish interpreters available.

Links Paratransit

901 Maple St.
North Little Rock, AR 72114

Phone: (501) 375-9607

Fax: (501) 375-6812

Services:

Door to door transportation services for persons eligible under the Americans with Disabilities Act

Eligibility:

Call for specific eligibility information and to make reservations.

North Hills Services, Inc.

6900 North Hills Blvd.
North Little Rock, AR 72116

Phone: (501) 835-7184

Services:

Provides developmentally disabled and non-disabled children to age 5 with preschool and day care. Adult Development program provides services for developmentally disabled adults. Work Activity Center provides compensatory pre-vocational and vocational information and training.

Eligibility:

Call for eligibility information. Serves North Pulaski County.

Social Security Administration

3608 E. Kiehl Ave.
Sherwood, AR 72120

Phone: (501) 833-9520

Services:

Disability benefits.

Eligibility:

Call for eligibility information.

Special Olympics

2115 Main St.
North Little Rock, AR 72114

Phone: (501) 771-0222

Fax: (501) 771-1020

Services:

Provide athletic training and competition for children and adults with mental retardation.

Eligibility:

Children (age 8 and older) and adults with mental retardation. No fees.

EDUCATION

Laman Library

2801 North Orange
North Little Rock, AR 72114

Phone: (501) 758-1720

Fax: (501) 758-3539

Services:

Book loan, computers for public use, story time for children.

Eligibility:

Call for hours. Open for public use. No fees.

North Little Rock School District

2700 Poplar Street
North Little Rock, AR 72115

Phone: (501) 771-8000

Fax: (501) 771-8001

Services:

Public school education for children in grades Kindergarten through 12.

Eligibility:

Call for specific information on zoning, transportation, registration, etc.

Pulaski County Adult Education

4300 Haywood Street
North Little Rock, AR 72117

Phone: (501) 945-6055

Fax: (501) 945-6088

Services:

Practice GED testing, GED classes, English as a Second Language for foreign students, and computer classes.

Eligibility:

Must be 18 years of age or older. 16 and 17 year olds may receive services under special circumstances. Call for specific class and location information. No fees.

Pulaski Technical College

3000 West Scenic Rd.
North Little Rock, AR 72118

Phone: (501) 812-2200

Fax: (501) 812-2316

Services:

Two-year college offering associate degrees and technical certificates in approximately 40 fields of study. Offers associate of arts degree designed for transfer to a four-year college or university. Workforce Development Center offers training with computers, customized business and industry training, pre-employment and workforce leadership training, as well as work-based education.

Eligibility:

Call for specific course and fee information.

Shorter College

604 N. Locust St.
North Little Rock, AR 72114

Phone: (501) 374-6305

Fax: (501) 374-9333

Services:

Two-year Liberal Arts institution offering both associate degrees and certificate programs. The school awards degrees in 8 fields of study. Adult Education Center provides basic education in Mathematics, Reading, English and computer literacy. A child care facility is available to students.

Eligibility:

Call for specific course and fee information.

EMPLOYMENT**Central AR Workforce**

1333 Main Street
North Little Rock, AR 72114

Phone: (501) 376-4119

Fax: (501) 376-4595

Services:

Provides a variety of employment services. The On-the-Job Training program provides youth and adults with up to 6 months of paid on-the-job training. The Summer Youth and Employment Training program is designed to provide training and jobs to eligible youth ages 14 to 21. The Work Experience program provides individuals needing basic education or occupational skills training with these services while working full time. The Dislocated Worker program retrains workers who have lost their jobs through plant closings, layoffs, or foreign competition.

Eligibility:

Income guidelines for all programs except the Dislocated Worker program. Must be a resident of Pulaski County and be outside the city limits of Little Rock. Call for other information. No fees. Interpreters available.

FOOD

Central AR Development Council

5620 West 12th St., Ste 9
Little Rock, AR 72204

Phone: (501) 603-0909

Fax: (501) 603-0947

Services:

USDA food commodities are distributed twice a year to qualified individuals.

Eligibility:

Call for income guidelines and other eligibility information.

Gardner Memorial United Methodist Church

1723 Schaer St.
North Little Rock, AR 72114

Phone: (501) 374-9520

Fax: (501) 374-9520

Services:

Emergency food supply for individuals in need. Monday and Thursday, 1:00 – 3:00.

Eligibility:

Must be low income. Agency referral letter is required.

Jacksonville Care Channel

201 North Elm St.
Jacksonville, AR 72076

Phone: (501) 982-4647

Fax: (501) 982-4647

Services:

Provides homeless, low-income Jacksonville men, women and families with a few nights stay at the Oxford Inn in Jacksonville. Food pantry provides a supply of emergency food once every 90 days. Some assistance with prescription medications may be available. Rent, gas, electric and telephone assistance is sometimes available.

Eligibility:

Serves Jacksonville residents. No referral needed. Client is interviewed before receiving services. Must bring Social Security cards for all family members, proof of residency, and proof of income. Food stamp denial letter is required to receive USDA food commodities.

Potluck

1400 Gregory St.
North Little Rock, AR 72114

Phone: (501) 371-0303

Fax: (501) 375-5059

Services:

Rescues and distributes prepared perishable food from hotels, hospitals, restaurants and grocery stores to area established feeding programs. Delivers food bags to individuals and families in need.

Eligibility: Agency, church or school referral is required. Call for other information. No fees.

River City Ministry

1021 E. Washington
North Little Rock, AR 72115

Phone: (501) 376-6694

Fax: (501) 376-6695

Services:

Food pantry open Tuesday's and Thursday's, from 9:30 a.m. – 11:15 a.m. Medical care also available, including dental and eye care.

Eligibility:

No specific eligibility requirements but proof of income is required.

Salvation Army

1505 West 18th Street
North Little Rock, AR 72114

Phone: (501) 758-7297

Fax: (501) 758-7209

Services:

Provides a food pantry to North Little Rock residents, once every 90 days.

Eligibility:

Must be resident of North Little Rock. No referral is required. Bring ID and Social Security cards for each household member. Call for specific service hours.

No fees.

HEALTH

American Red Cross

401 South Monroe
Little Rock, AR 72205

Phone: (501) 748-1030

Services:

CPR, First Aid, Certified Nursing Assistant, Babysitting, and disaster preparedness training provided. Disaster relief services. Provides case management services to Little Rock Air Force Base.

Eligibility:

Service area includes Pulaski and Saline counties. Fixed fee for training courses. Call for more information.

Baptist Health Wellness Centers

3333 Springhill Drive
North Little Rock, AR 72117

Phone: (501) 227-8478

Fax: (501) 202-7829

Services:

Blood pressure and cholesterol testing. Weight checks. Blood Sugar testing. Vision exams. One-on-one health counseling. Flu vaccines.

Eligibility:

Open to anyone. No fees. Spanish interpretation available.

Locations:

Baring Cross Baptist Church

1122 Franklin
North Little Rock
(call for days and times)

Park Hill Baptist Church

201 East C Street
North Little Rock
Thursdays, 9 – 11 am

Calvary Baptist Church

5025 Lynch Drive
North Little Rock

Patrick Henry Hays Senior Center

401 West Pershing
North Little Rock

Gardner Memorial United Methodist Church

1723 Schaer St.
North Little Rock, AR 72114

Phone: (501) 374-9520

Fax: (501) 374-9520

Services:

Free medical clinic provided on Monday from 10:00 am until 1:30 pm.

Eligibility:

Physicals are not provided. Clinic does not provide services for children. Call for other information. No fees.

North Little Rock Health Department

2800 Willow
North Little Rock, AR 72114

Phone: (501) 791-8551

Fax: (501) 791-8615

Services:

Provides immunizations, WIC, pregnancy testing, family planning, STD testing and treatment, maternity care, and environmental health protection. TB testing and treatment services are provided. Other services may also be provided.

Eligibility:

\$5.00 record maintenance fee. Sliding fee scale for some services. Income eligibility requirements for some services. Call for specific information on each service. No individual is refused service for inability to pay.

Pennebaker Center

407 West 25th St.
North Little Rock, AR 72114

Phone: (501) 753-8756

Fax: (501) 753-4312

Services:

Day care and health programs for older adults with Alzheimer's, dementia and other significant health problems. Geriatric and gerontology education and research.

Eligibility:

Serve ages 65 and older. Call for specific eligibility information. Must have a physician's referral. Spanish and German interpreters available.

HOSPITAL

Arkansas Children's Hospital

800 Marshall
Little Rock, AR 72202

Phone: (501) 320-1100

Services:

Surgical, emergency and general medical care for children.

Eligibility:

Call for eligibility information.

Baptist Health Medical Center North

3333 Springhill Drive
North Little Rock, AR 72117

Phone: (501) 202-3000

Services:

Surgical, emergency and general medical care.

Eligibility:

Call for eligibility information.

St. Vincent Medical Center North

2215 Wildwood
Sherwood, AR 72120

Phone: (501) 552-7100

Services:

Surgical, emergency and general medical care.

Eligibility:

Call for eligibility information.

Rebsamen Medical Center

1400 Braden
Jacksonville, AR 72076

Phone: (501) 982-9515

Services:

Surgical, emergency and general medical care.

Eligibility:

Call for eligibility information.

HOUSING

Argenta Community Development Corporation

401 Main St. Suite 200
North Little Rock, AR 72114

Phone: (501) 374-0622

Fax: (501) 375-7965

Services:

Provides homebuyers and homeowners with services needed to purchase and maintain a home. Includes pre-purchase counseling, loan pre-qualifications, grants and subsidies for down payments and closing costs, below market rate loans for down payments, closing costs, or repairs. Home buyer education classes and credit counseling are also offered.

Eligibility:

Must be a resident of Pulaski County. To qualify for financial assistance, income must be 80% or below Pulaski County median income. Call for additional information.

Central AR Development Council

5620 West 12th, Ste. 9
Little Rock, AR 72204

Phone: (501) 603-0909

Fax: (501) 603-0947

Services:

The HEAP winter program provides assistance for gas and electric bills to eligible individuals. The Self Help Housing Program provides opportunities for low-income families to own a home. Free home weatherization is provided to those who qualify.

Eligibility:

Call for specific program information. A variety of documentation may be required. Must be a resident of Pulaski, Saline or Lonoke County.

Habitat for Humanity

3805 West 12th St., Room 204
Little Rock, AR 72204

Phone: (501) 376-4434

Fax: (501) 376-1101

Services:

Builds or renovates homes with help of future homeowners. Houses are sold to partner families at no profit and financed with no-interest mortgages.

Eligibility:

Must be a resident of Pulaski County. Serve families with a need for housing who are able to pay a mortgage and willing to work on other homes before their own. Must submit application, attend orientation and interview for acceptance. No fees.

North Little Rock Community Development

116 Main St.
North Little Rock, AR 72114

Phone: (501) 340-5342

Fax: (501) 340-5345

Services:

Emergency assistance grants for health or life-threatening conditions. Funds to provide up to \$25,000 for housing repairs. Handicapped ramp program for disabled.

Eligibility:

Must be a resident of North Little Rock. Must be low-income. Residence must be owner-occupied for at least one year. Call for additional information. Interpreters available.

North Little Rock Housing Authority

P.O. Box 516
North Little Rock, AR 72115
2201 Division
North Little Rock, AR 72114

Phone: (501) 758-8911

Fax: (501) 758-6087

Services:

Senior high-rises for low-income elderly. Housing complexes for low-income families. Section 8 voucher program offers rent vouchers to low-income individuals and families.

Eligibility:

Call for specific eligibility information. Renters pay up to 30% of their income for rent. Must submit application.

HUMAN SERVICES

Department of Human Services

th
7 and Main Street
Little Rock, AR 72203

Phone: (501) 682-8375

Fax: (501) 682-8367

Services: Call local office for specific program and eligibility information.

Pulaski South Office

1105 Martin Luther King Dr.
Little Rock, AR 72203
(501) 682-9200

Pulaski North Office

1900 East Washington Ave.
North Little Rock, AR 72119
(501) 682-0100

Pulaski East Office

1424 East Second
Little Rock, AR 72203
(501) 371-1300

Pulaski Jacksonville Office

2636 West Main
Jacksonville, AR 72078

Pulaski Southwest Office

6801 Baseline Rd.
Little Rock, AR 72219
(501) 371-1100

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LEGAL

Office of the Attorney General, Consumer Protection

323 Center St., Ste. 200
Little Rock, AR 72201

Phone: (501) 682-2341

Fax: (501) 682-8118

Services:

Mediates individual consumer complaints, investigates suspected violations of consumer protection laws and takes enforcement actions.

Eligibility:

Call for specific information. No fees. Spanish interpretation available.

MENTAL HEALTH

Bridgeway Hospital

21 Bridgeway Rd
North Little Rock, AR 72113

Phone: (501) 771-1500

Fax: (501) 771-0498

Services:

Inpatient psychiatric treatment and day treatment to children, ages 4 to 17, who suffer from emotional difficulties, sexual abuse, drug/alcohol abuse, post traumatic stress disorder, eating disorders, conduct disorder, depression, bi-polar disorder, suicidal behavior or ADHD.

Eligibility:

Call for free assessment. Interpreters available. 24 hour admissions. Accepts under 21 Medicaid, Medicare, CHAMPUS, insurance and private pay.

Professional Counseling Associates

7800 John F. Kennedy Blvd.
North Little Rock, AR 72120

Phone: (501) 835-4174

Fax: (501) 835-4179

Services:

Provides outpatient individual, group and family counseling. Psychological testing is available to identify and test areas relating to learning disabilities, behavioral and emotional problems. Employee Assistance Programs are available.

Eligibility:

Call for specific information. Accepts Medicaid, Medicare, insurance and private pay. Sliding fee scale. ASL interpreter available. Serves Pulaski, Lonoke and Prairie Counties.

PREGNANCY

AR Cares

4301 West Markham, Slot 711-1
Little Rock, AR 72205

Phone: (501) 661-7979

Fax: (501) 661-7985

Services:

Provides substance abusing pregnant women and women and their children with 3 to 6 months of inpatient residential treatment. Children are provided with early intervention services. After care services are available.

Eligibility:

Call for more information. Accepts insurance, Medicaid and a sliding fee scale. Children must be 12 or under. Interpreters available.

Central AR Crisis Pregnancy Center

P.O. Box 1455
North Little Rock, AR 72115
2003 Fendley Dr.
North Little Rock, AR 72114

Phone: (501) 753-4038

Fax: (501) 771-2618

Services:

Free pregnancy tests, peer counseling on abortion alternatives, referrals to Health Department, opportunities to earn free maternity and infant clothing by attending Bible studies.

Eligibility:

Any pregnant female. No fees. Call or walk-in for more information.

Heaven'sLoft

518 West 26th Street
North Little Rock, AR 72114

Phone: (501) 758-0305

Fax: (501) 202-3062

Services:

Incentive program that encourages low-income expectant mothers and parents of young children to receive prenatal care, well baby care, immunizations and education. Provides vouchers for purchase of baby supplies from the Heaven's Loft store.

Eligibility:

Call for specific information. Open to any parent who has utilized the services of participating physicians' offices or other health agencies.

La Leche League

Phone: (501) 558-3342 or 1-800-525-3243

Services:

Assistance to breastfeeding mothers through mother-to-mother support, encouragement, information and education. Services include monthly meetings, a lending library, and a local breastfeeding line staffed by volunteer La Leche Leaders.

Eligibility:

Call for more information or assistance. Open to anyone in the Central Arkansas area.

Planned Parenthood

5921 W. 12th St. Suite C
Little Rock, AR 72204

Phone: (501) 801-0001

Fax: (501) 801-0205

Services:

Services include gynecological exams, prenatal care, birth control counseling and methods, breast exams and self-exam instruction, HIV and other STD testing and treatment, pregnancy testing and counseling, and male exams.

Eligibility:

Call for more information or to make an appointment. Sliding fee scale.

RECREATION

Heflin YMCA

6101 JFK Blvd.
North Little Rock, AR 72116

Phone: (501) 758-3170

Fax: (501) 758-3177

Services:

Services include after school care program and summer camp for children. Pool is available year round. Sauna, treadmills, free weights, nautilus, aerobic room, fitness classes, karate, and water aerobics are available. Swimming lessons, and sports leagues for boys and girls are available.

Eligibility:

Call for more information. Fees vary based on service. Membership is open to anyone.

Heritage/Bowker Activity Center

2301 Division St. # 1209
North Little Rock, AR 72114

Phone: (501) 758-9941

Fax: (501) 758-9941

Services:

Provides recreational and social activities for senior citizens including crafts, ceramics, exercise classes, parties and potlucks.

Eligibility:

Membership open to senior citizens. Membership fee is required. Call for more information.

North Little Rock Boys and Girls Club

P.O. Box 1860
North Little Rock, AR 72115

Phone: (501) 374-0309

Fax: (501) 374-8349

Services:

Provides a variety of athletic programs including basketball, track, swimming, tumbling, gym hockey, volleyball, and cheerleading. Educational programs including gardening, visual arts, ceramics, music, literature are offered. Substance abuse and sex education programs are provided. Dental and general medical check-ups are provided by volunteer physicians and dentists.

Eligibility:

Membership fee is required. Serves boys and girls ages 6 to 18 in Pulaski County. Call for more information.

North Little Rock Parks and Recreation

2700 Willow St.
North Little Rock, AR 72114

Phone: (501) 791-8538

Fax: (501) 791-8528

Services:

Offers five community centers in North Little Rock. Programs and activities include room and gym rentals, game rooms, fitness rooms and weight rooms; indoor and outdoor swimming pools, youth and adult basketball, gymnastics, Taekwondo and Aikido classes.

Eligibility:

Programs vary at each center. Membership fee required. Open to individuals living outside of North Little Rock. Call for more information.

Locations:

Glenview Recreation Center

4800 East 19th Street
(501) 945-2921

North Little Rock Community Center

2700 Willow
(501) 791-8541

North Heights Recreation Center

4801 Allen Street
(501) 791-8576

Sherman Park Recreation Center

624 North Beech
(501) 340-5373

Rose City Recreation Center

400 Rose Lane
(501) 945-2812

Patrick Henry Hays Senior Center

401 W. Pershing Blvd.
North Little Rock, AR 72114

Phone: (501) 957-4297

Fax: (501) 537-0948

Services:

Center dedicated to the well-being and good health of seniors. Exercise classes, both land and aquatic, as well as the use of a wide range of exercise equipment available. In addition, a variety of classes and trips offered on an on-going basis.

Eligibility:

Must be at least 50 years old. Memberships start at \$10 per year.

Pennebaker Center

407 West 25th Street
North Little Rock, AR 72114

Phone: (501) 753-8756

Fax: (501) 753-4312

Services:

Nurse-directed day care and health program for older adults with Alzheimer’s dementia and other significant health problems. Provides health classes, exercise classes, reminiscence and validation therapy, individual and group activities.

Eligibility:

Adults age 65 and older who have functional or cognitive impairments. Must have physician referral. Accepts Medicaid and private pay. Interpreters available. Call for more information.

Willow House Activity Center

2500 Willow St., Ste. 102
North Little Rock, AR 72114

Phone: (501) 758-3794

Fax: (501) 758-3794

Services:

Provides recreational and social activities for senior citizens, including crafts, ceramics, exercise classes, parties and potlucks.

Eligibility:

Membership open to senior citizens. Membership fee is required. Call for more information.

SHELTER

Dorcas House

823 South Park St.
Little Rock, AR 72202

Phone: (501) 374-4022

Fax: (501) 370-0804

Services:

Provides approximately 3 months of shelter to women and their children who are victims of domestic violence. Individual and group counseling is provided along with referrals for housing, education and employment. Provides 3 to 5 days of temporary emergency shelter to women and their children who are not victims of domestic violence.

Eligibility:

Male children must be 7 or younger. All residents must pass a drug test before being accepted into the program. Call for more information.

Florence Crittenton Services, Inc.

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

Phone: (501) 663-3129

Fax: (501) 666-8897

Services:

Residential services to mothers, under 18 years of age, and their infants. Mothers continue their education while receiving on-site day care and guidance in caring for their infant. On-site education is provided and includes GED preparation, career orientation, vocational courses in business, clerical and computers. Adoption counseling is provided. Hose of Hope provides residential services to young homeless women, ages 18 to 23 years, with or without an infant. Residents who comply with rules may stay for up to two years.

Eligibility:

Referrals from any source are accepted. No fees. Call for more information.

Jacksonville Care Channel

201 North Elm St.
Jacksonville, AR 72076

Phone: (501) 982-4647

Fax: (501) 982-4647

Services:

Provides homeless, low-income Jacksonville men, women and families with a few nights stay at the Oxford Inn in Jacksonville. Food pantry provides a supply of emergency food once every 90 days. Some assistance with prescription medications may be available. Rent, gas, electric and telephone assistance is sometimes available.

Eligibility:

Serves Jacksonville residents. No referral needed. Client is interviewed before receiving services. Must bring Social Security cards for all family members, proof of residency, and proof of income. Food stamp denial letter is required to receive USDA food commodities.

SPEAKERS BUREAU

American Cancer Society

901 North University
Little Rock, AR 72207

Phone: (501) 664-3480 or 1-800-227-2345

Services:

Cancer education programs for churches, schools and civic groups. Video programs for groups to help with understanding of supporting someone with cancer. A variety of support groups is offered. Annual week long camp for children with cancer.

Eligibility:

Call for more information. Spanish interpreters available.

American Diabetes Association

212 Natural Resources Drive
Little Rock, AR 72205

Phone: (501) 221-7444 or 1-800-342-2383

Fax: (501) 221-3138

Services:

Educational materials provided. Special programs for Hispanic and African American groups are available. Support groups for people with diabetes. Educational programs for churches, schools and other groups. Video lending library. Summer camp is available for children with diabetes.

Eligibility:

Call for more information. Spanish interpreters available.

American Heart Association

909 West 2nd St.
Little Rock, AR 72201

Phone: (501) 375-9148 or 1-800-553-6321

Fax: (501) 375-9066

Services:

Educational materials are provided in a kit format for schools, healthcare facilities, community groups and worksites. Brochures, posters and videos are available to the public. Audiovisuals and materials geared toward health professionals are also available. Physician based speakers bureau provides presentations to the general public each February. CPR and First Aid classes are offered. Other programs and workshops are also available.

Eligibility:

Call for more information. Fees are charged for some materials and services.

Spanish interpreters available.

American Lung Association

211 Natural Resources Drive
Little Rock, AR 72205

Phone: (501) 224-5864 or 1-800-586-4872

Fax: (501) 224-5645

Services:

Provides information on lung diseases, including asthma, chronic obstructive pulmonary disease, infectious lung disease and lung cancer. Sponsors an in-school program to educate children about the dangers of smoking. Videotapes, audiotapes and self-help manuals are available to smokers who want to quit. Week long summer camp for children with asthma is available. Support groups are available.

Eligibility:

Call for more information. Fees are charged for some smoking cessation materials. Fees are charged for large quantities of educational materials. Some Spanish materials are available.

Family Service Agency

628 West Broadway, Ste 300
North Little Rock, AR 72114

Phone: (501) 372-4242

Fax: (501) 372-6565

Services:

Substance abuse and alcohol education programs are provided. Technical assistance and consultation for community-based approaches to reducing risk associated with violence, alcohol, tobacco, other drugs and family distress.

Eligibility:

Call for more information. Fees are charged for some services. Accepts insurance. Interpreters are available.

Mothers Against Drunk Driving

124 West Capitol, Ste. 1805
Little Rock, AR 72201

Phone: (501) 376-6100

Fax: (501) 376-0009

Services:

Presentations to offenders regarding the impact of drunk driving. Fatal vision presentations, poster essay contests and zero tolerance presentations to youth. Provides assistance to victims or survivors of an alcohol related crash or injury.

Eligibility:

Call for more information. No fees.

National Kidney Foundation of Arkansas

4942 W. Markham Suite #1
Little Rock, AR 72205

Phone: (501) 664-4343

Fax: (501) 664-7145

Services:

Distributes pamphlets and publications dealing with kidney disease, high blood pressure, diabetes and organ donation. Provides public exhibits for health fairs. Free summer camp program for children on dialysis and transplant recipients. Blood pressure screening provided at local churches, health fairs and special events.

Eligibility:

Call for more information. No fees. Spanish interpreters available.

North Little Rock Health Department

2800 Willow
North Little Rock, AR 72114

Phone: (501) 791-8551

Fax: (501) 791-8615

Services:

Provides information and education on health related issues such as immunization, nutrition, breast health, cardiovascular health, HIV and other STDs, environmental concerns, tobacco and smoking cessation.

Eligibility:

Call for more information on presentations and materials available. No fees.

NLRPD Training and Crime Prevention Unit

200 West Pershing
North Little Rock, AR 72114

Phone: (501) 771-7190

Fax: (501) 812-5110

Services:

Provides law enforcement training, community crime prevention programs, safety and prevention programs for all ages, and organizes and supports Neighborhood Watch programs. Provides D.A.R.E. program for 5th grade students.

Eligibility:

Call for more information. No fees.

Office of the Attorney General, Outreach Division

323 Center Street Suite 200
Little Rock, AR 72201-2610

Phone: (501) 682-6150

Services:

Provides programs and information on youth suicide prevention and youth violence prevention. Training and education is provided to parents, schools, communities, law enforcement agencies and others regarding the prevention of exploitation and disappearance of children. Provides program designed to help young people understand the effect of criminal law on their lives.

Eligibility:

Call for more information. No fees.

Planned Parenthood

5921 W. 12th St. Suite C
Little Rock, AR 72204

Phone: (501) 801-0001

Fax: (501) 801-0205

Services:

Provides a speakers bureau, parenting skills classes, HIV/AIDS awareness, discussion on gender issues, STD information, teenage pregnancy prevention, adolescent development, customized educational programs, and a lending library for books, brochures, films and videos.

Eligibility:

Call for more information.

Pulaski County Cooperative Extension Service

2901 West Roosevelt Rd.
Little Rock, AR 72204

Phone: (501) 340-6650

Fax: (501) 340-6669

Services:

Provides educational programs in livestock production, row crop production, homeowner education and commercial production. Food safety course is provided to food service workers. Training program for those providing childcare services. Master Gardner program offers classes each year.

Eligibility: Call for more information. Most services are free. Serves Pulaski County.

SUBSTANCE ABUSE

AR Cares

4301 West Markham, Slot 711-1
Little Rock, AR 72205

Phone: (501) 661-7979

Fax: (501) 661-7985

Services:

Provides substance abusing pregnant women and women and their children with 3 to 6 months of inpatient residential treatment. Children are provided with early intervention services. After care services are available.

Eligibility:

Call for more information. Accepts insurance, Medicaid and a sliding fee scale.

Children must be 12 or under. Interpreters available.

Bridgeway

21 Bridgeway Rd.
North Little Rock, AR 72113

Phone: (501) 771-1500

Fax: (501) 771-0498

Services:

Provides inpatient treatment, day treatment, an intensive evening program, detox, after care, prevention and educational service to substance abusing adults. Inpatient care for children and adolescents with substance abuse problem.

Eligibility:

Call for free assessment. Interpreters available. 24 hour admissions. Accepts under 21 Medicaid, Medicare, CHAMPUS, insurance and private pay.

Family Service Agency

628 West Broadway, Ste 300
North Little Rock, AR 72114

Phone: (501) 372-4242

Fax: (501) 372-6565

Services:

Substance abuse and alcohol education programs are provided. Technical assistance and consultation for community-based approaches to reducing risk associated with violence, alcohol, tobacco, other drugs and family distress.

Eligibility:

Call for more information. Fees are charged for some services. Accepts insurance.

Interpreters are available.

Recovery Centers of Arkansas

1201 River Rd.
North Little Rock, AR 72114

Phone: (501) 372-4611

Fax: (501) 372-1801

Services:

Provides individual and group outpatient and intensive outpatient counseling to persons addicted to drugs or alcohol and up to 4 weeks of residential treatment. Affordable housing alternative available to substance abusers early in their recovery. STEP program provides outpatient treatment, including drug screenings, individual and group counseling to adults referred by the Pulaski County Drug Court.

Eligibility:

Call for more information. Must be at least 17 years of age. Referral needed only for STEP program. Serves Pulaski, Saline and Lonoke Counties.

TRANSPORTATION**Links Paratransit**

901 Maple St.
North Little Rock, AR 72114

Phone: (501) 375-9607

(501) 375-9608 TDD

Fax: (501) 375-6812

Services:

Demand-responsive service providing door-to-door transportation for any reason to person who have been certified as paratransit eligible under the Americans with Disabilities Act. Persons who qualify for fixed bus route services at a discount fare are also eligible when space is available. Operates within the area served by CAT bus routes.

Eligibility:

Call at least a day in advance for reservations. A fee is charged. Call for more information.

VETERAN

Central AR Veterans Healthcare System

4300 West 7th St.
Little Rock, AR 72205

Phone: (501) 257-1000

Fax: (501) 257-5404

Services:

Operates two hospitals, one in Little Rock and the other in North Little Rock. Both provide a broad spectrum of inpatient and outpatient healthcare services.

Eligibility:

Treatment for service related medical needs are free. Sliding fee scale for non-service related medical needs. Primarily serves veterans, but in some cases will serve the family members of veterans and some active military. Call for more information. Interpreters available.

Department of Veterans Affairs

2200 Fort Roots Dr.
North Little Rock, AR 72114

Phone: (501) 370-3820

Fax: (501) 370-3829

Services:

Provides assistance to veterans, their dependants and survivors in obtaining U.S. Department of Veterans Affairs entitlements and state veterans benefits.

Eligibility:

Must be a veteran, a dependent or a survivor of a veteran. Call for more information.

VetCenter

201 W. Broadway, Ste. A
North Little Rock, AR 72114

Phone: (501) 324-6395

Fax: (501) 324-6928

Services:

Provides outpatient individual and group counseling for veterans suffering from Post Traumatic Stress Disorder (PTSD) or other difficulties related to their service. Sponsors workshops for professionals on PTSD, sexual trauma and domestic violence. Provides job referrals, benefit assistance and information on other community resources.

Eligibility:

All war zone veterans and sexual trauma veterans are eligible for services. Call or come in for more information. No fees.

**Instructions for Accessing
Arkansas Department of Human Services
Online Resource Directory**

Enter: www.state.ar.us/dhs

Click on “eSources”

Click on ”Begin Search”

Select the county you wish to search using the pull down menu

Click on “Continue Search”

Select the need(s) by clicking the box next to the needs listed. You may select as many as
you wish.

Click on “Continue”

A listing of providers for the need(s) you selected will appear. To get more detailed
information on an agency or organization, you will click the box next to the
organization name.

Click on “Show Details”

State and National Hotline Numbers

Alcoholics Anonymous	501-664-7303
Al-Anon	501-372-5234
Alzheimer's Association	501-224-0021
American Cancer Society	1-800-227-2345
American Diabetes Association	501-221-7444
American Heart Association	501-375-9148
American Lung Association	1-800-586-4872
Arkansans for a Drug Free Youth	501-375-1338
Arkansas Alliance for Mentally Ill	1-800-844-0381
Arkansas Chapter for SIDS Support	501-661-2263
Arkansas Gay and Lesbian Task Force	501-614-8484
Arkansas League of Polio Survivors	501-227-0758
Arkansas Prostate Foundation	501-603-7433
Arthritis Foundation	1-800-482-8858
Bereaved Parents of Central Arkansas	501-671-6618
Brain Injury Association of Arkansas	1-800-235-2443
BreastCare	1-877-670-2273
Breastfeeding Helpline	1-800-445-6175
Child Abuse Hotline	1-800-482-5964
Cocaine Anonymous	501-374-1334
Co-Dependents Anonymous	501-377-6602
ConnectCare Hotline	1-800-275-1131
Lupus Foundation	501-834-2412
Make A Wish Foundation	1-888-376-9474
Mothers Against Drunk Driving	501-376-6100
Narcotics Anonymous	1-800-467-1683
National AIDS Hotline	1-800-342-2437
National Immunization Hotline	1-800-232-2522
National STD Hotline	1-800-227-8922
Overeaters Anonymous	501-835-3504
Parkinson's Support Group	501-771-3333
Rape Crisis	1-800-813-5443
Suicide Prevention Hotline	1-800-448-3014
WIC	1-800-235-0002