A guide for those in Cabot, AR and the surrounding area who are in need of Food, Clothing, Shelter and other Necessities.
THE JOURNEY provides this resource guide with the hope that it will be a blessing to many. Listings do not constitute endorsement.

There is no fee for the services in this guide unless listed otherwise. Eligibility requirements may apply for some services.

We have strived to provide complete and accurate information. Please report any errors, corrections or omissions.

Last Revised: July 21, 2014
Clothing and Material Goods

"If you have two coats," he replied, "give one to the poor." (Luke 3:11)

Cabot:

Briarwood Baptist Church
1872 Willie Ray Dr. Phone: (501) 941-2337
Cabot, AR 72023 www.cabotbaptist.org
Clothes Closet & Food Pantry Hours:
9:00am-11:00am, 2nd & 4th Monday;
8:00pm-8:30pm, 3rd Wednesday

FirstC.A.R.E. - A Ministry of First Baptist Church
409 W. Pine St. Phone: (501) 941-7893
Cabot, AR 72023 www.fbccabot.org
Hours: 9:00am-2:00pm, Monday & Thursday
Assistance with food, utilities and clothing are provided. Food pantry assistance limited to once every 3 months. Utility assistance limited to bills of $50 or less.

Goodwill Industries of Arkansas - Cabot
204 S. Rockwood Dr. Phone: (501) 941-2623
Cabot, AR 72023
Hours: 9:00am-8:00pm, Monday-Saturday;
10:00am-6:00pm, Sunday
Clothing, household goods and furniture available at reduced prices. Education center is available.

Hope’s Closet and Pantry
2539 S Rockwood Dr. Phone: (501) 628-7173
Cabot, AR 72023 www.hopesclosetandpantry.com
Hours:
Clothes Closet: 9:30am-1:00pm,
Monday, Tuesday & Thursday;
Food Pantry: 9:00am-1:00pm, Tuesday;
6:00pm-8:00pm, 2nd Monday
Provides a food pantry, clothing and household items. Furniture and appliances are provided if available. Food assistance is limited to once every 30 days.

King’s Outreach of Arkansas, The (TKO)
1212 S. 2nd St. Phone: (501) 941-9707
Cabot, AR 72023
Hours: 10:00am-4:00pm, Tuesday-Saturday
Clothing and material goods offered at reduced prices.

Lonoke County Safe Haven Thrift Shop
114 N. 1st St. Phone: (501) 941-4357
“Cabot Mini-Mall” Cabot, AR 72023
Hours: 9:00am-5:00pm, Wednesday-Sunday
Thrift shop provides clothing and household goods at reduced prices. (Note: Physical address is the location of the Safe Haven Thrift Shop, not the shelter.)

Options Pregnancy Center
401 S. 2nd St. Phone: (501) 941-5533
Cabot, AR 72023 www.optionspc.org
Hours: 10:00am-5:30pm, Monday;
8:30am-4:30pm, Tuesday;
10:00am-4:30pm, Wednesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Lonoke County:

Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.
Options Pregnancy Center
112 NE Front St. Phone: (501) 676-6556
Lonoke, AR 72086 www.optionspc.org
Hours: 9:30am-6:30pm, Monday; 9:30am-1:30pm, Tuesday

Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultrasound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Outside Lonoke County:
Center for Women in Transition
1116 Garland St. Phone: (501) 372-5522
Little Rock, AR 72201 www.cwitlr.org
Hours: 8:00am-4:00pm, Monday-Friday

Woman focused facility for those leaving the prison system which offers case management, basic needs assistance, court advocacy, counseling and support groups, substance abuse counseling, anger management, life skills training, re-entry classes, financial planning and budgeting.

Crosspoint Ministries Food Outreach
805 Hwy 64 West Phone: (501) 882-7766
Beebe, AR 72012 crosspointbeebe.org
Hours: 11:00am-1:00pm., 1st Sat. of the Month

Clothing and food provided. Eligibility requirements must be met for USDA commodities.

Fishnet Missions of Jacksonville
1700 Swift Dr. Phone: (501) 241-1211
PO Box 972 myfishnetmissions.org
Jacksonville, AR 72078

HOURS:
Food Pantry: 8:00-10:00am, Tues. & Thurs.
Senior Sack Program: Tuesday & Thursday
Thrift Store: 9:00am-1:00pm, Monday-Saturday

Thrift Store provides clothing, furniture and household items at bargain prices. Food pantry service is limited to once a week. The Senior Sack program provides a meal to senior citizens and shut-ins. Call for delivery.

Goodwill Industries of Arkansas
Clothing, household goods and furniture at reduced prices are offered at the following locations:

- 109 Gregory Place Phone: (501) 985-2645
  Jacksonville, AR 72076
  Hours: 9:00am-8:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday

- 1110 W. 7th St. Phone: (501) 372-5100
  Little Rock, AR 72201
  Hours: 7:00am-4:30pm, Monday-Friday
  Location offers a Career Center also.

- 109 Markham Park Dr. Phone: (501) 221-1018
  Little Rock, AR 72211
  Hours: 9:00am-8:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday
  Location offers a Career Center also.

- 7400 Scott Hamilton Dr. Phone: (877) 372-5151
  Little Rock, AR 72209
  Hours: 9:00am-7:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday
  Location offers a Career Center also.

- 2904 S. University Ave. Phone: (501) 568-5313
  Little Rock, AR 72204
  Hours: 9:00am-8:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday

- 6929 JFK Blvd. Phone: (501) 835-5286
  N. Little Rock, AR 72116
  Hours: 9:00am-8:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday
  Location offers an Education Center also.

- 2009 E. Race St. Phone: (501) 268-2047
  Searcy, AR 72143
  Hours: 9:00am-8:00pm, Monday-Saturday;
  10:00am-6:00pm, Sunday

Helping Hand of Greater Little Rock
1601 Marshall St. Phone: (501) 372-4388
Little Rock, AR 72216 lrhelpinghand.com
Hours: 9:00am-1:00pm, Monday-Thursday

Services include a food pantry, limited financial assistance, and a thrift store which provides clothing, school supplies and toys. Will pay entire utility bill if clients can prove they will not need assistance the following month; must provide an official state ID, federal ID, Medicaid ID, or social security card.
**Jacksonville Care Channel for the Needy**  
201 N. Elm St.  
Jacksonville, AR 72076  
**Phone:** (501) 982-4647  
**HOURS:**  
- Thrift Shop: 10:00am-2:00pm, Monday, Wednesday, Friday & 1st Saturday of the month  
- Food Pantry, Prescription Assistance, Shelter: 10:00am-1:00pm, Monday, Wednesday, Friday  
**Clothing is available.** Food is provided to Jacksonville residents who qualify based on financial need. Agency may assist with prescription costs or utility bills on a limited basis. May provide lodging if an emergency.

**Jericho Way Homeless Day Resource Center**  
E. 30th St. & Confederate Blvd.  
Little Rock, AR 72206  
**Center provides clothing, employment assistance, hot meals, health and housing referrals, and a day shelter.**

**Little Rock Compassion Center**  
3618 W. Roosevelt Rd.  
Phone: (501) 296-9114  
Little Rock, AR 72204  
www.lrcpannioncenter.org  
**Homeless shelter for men and women provides meals, lodging, clothing, hygiene, education and church. First 10 days are free; $4 per day after that. Family rooms are available.**

**Operation Homefront - Southern Plains**  
PO Box 1933  
Lawton, OK 73502  
Phone: (580) 581-0772 or (501) 516-4977  
www.operationhomefront.net  
**This nonprofit organization will provide financial and material assistance with rent/mortgage, Wounded Warrior transition housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance.**

**River City Ministry**  
1021 E. Washington  
Phone: (501) 376-6694  
Little Rock, AR 72115  
RiverCityMinistry.org  
**HOURS:**  
- Breaking Free Recovery Pgm: 5:30pm, Monday  
- Clothing Bus: 8:30am, Tuesday & Friday, with appointment only  
- Disability Rights Advocate: 9:30-11:30am, Wed.  
- Food & Fellowship: 2:00pm, Sunday  
- Food-Meal Service: 11:30am, Monday-Friday  
- Food Pantry: 9:30-10:30am, Tues. & Thurs.  
- Group Bible Study: 10:00am, Thursday  
- HEART Case Workers: 9:30-11:30am, Friday  
- Homeless Day Resource Center: 7:30am-3:30pm, Monday-Friday  
- Homeless Walk-In Clinic: 8:00-11:00am, Tues.  
- Medical Appointment Desk:  
  - Medical: 8:30am, Monday & Wednesday  
  - Dental: 10:00am-12:00pm, Tues. & Thurs.  
  - Eye: 8:30am-3:00pm, Monday-Friday  
- Medical Clinic Hours:  
  - Medical: 2:00-5:00pm, Sunday with appt.  
  - Dental: Monday & Friday, with appt.  
  - Eye: Saturday, with appt.  
- Social Services: 7:30am-3:00pm, Mon.-Fri.  
- Water Bill Assistance Phone Line: 8:30am, Wed.  
**Services are provided to residents of Pulaski County only. Clothing available through the ministry's bus that goes into the community.**

**St. Francis House**  
2701 S. Elm St.  
Little Rock, AR 72202  
stfrancisministries.com  
**Phone:** (501) 552-3241  
**HOURS:**  
- General Aid: Monday-Friday  
- Medical Clinic: Tuesday & Wednesday by appointment only  
**Center provides community food pantry and clothing, some assistance with utilities and other financial needs. Is a member of the St. Vincent Community Health Centers providing medical care to those in need with proof of income and ID.**

**Step Up Support Center**  
9010 Hilaro Spring Rd.  
Phone: (501) 565-1333  
Little Rock, AR 72209  
**Group and individual outpatient counseling, relapse prevention classes, career counseling, job placement, food pantry, clothing, chemical free shelter/treatment center, transportation assistance, and parenting education for adults. Referrals are accepted. Typically serves people paroled from prison.**
Stewpot
800 Scott St. Phone: (501) 372-1804
Little Rock, AR 72201
Hours: 12:00-1:00pm, Monday-Friday

Hot meal provided for lunch, must enter from 8th Street side at Noon. Clothes closet is available on Thursday. Baptist Health comes on Friday. Stewpot is closed on all major holidays. First come, first served.

Watershed Human & Community Development Agency
3701 Springer Blvd. Phone: (501) 227-8478
Little Rock, AR 72206 or (888) BAPTIST
www.Baptist-Health.com or (501) 378-0176
Hours: 8:30am-5:00pm, Monday-Friday

The Watershed Initiative provides health Baptist Health Community Outreach screenings and health education programs as part of. Other services include clothing, food, and assistance with rent, utility and prescriptions when funds are available. Call for eligibility details.

Options Pregnancy Center
2412 Dewitt Henry Phone: (501) 882-7694
Beebe, AR 72012 www.optionspc.org
Hours: 2:30pm-6:30pm, Tuesday; 10:00am-6:00pm, Thursday

Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

EMPLOYMENT & LITERACY
The work of their hands brings them reward.
(Proverbs 12:14)

Cabot:

Academy of Language & Acculturation (ALA)
The Journey UMC
15361 Hwy. 5 Phone: (501) 286-2662
Cabot, AR 72023
Hours: 6:30pm-8:00pm, Wednesday

The ALA offers English language classes to any adult who speaks another language and also teaches about the local culture thereby enabling effective communication on both the spoken and non-spoken level. Children are welcome to accompany their parents.

Arkansas Workforce Center (CAPDD)
110 S. 1st St. Phone: (501) 941-2185
Cabot, AR 72023 www.capdd.org

CAPDD offers employment & training programs under the federal Workforce Investment Act (WIA) and AR JobLink (www.arjoblink.arkansas.gov) which connects job seekers and employers.

Cabot Center
15361 Hwy. 5 Phone: (501) 843-2302
Cabot, AR 72023
Hours: 9:00am-12:00pm, Monday; 1:00pm-4:00pm Wednesday

Center will help prepare resumes, provide mock interviews and interview tips, and assist with personal budgets.

Goodwill Industries of Arkansas - Cabot
204 S. Rockwood Dr. Phone: (501) 941-2623
Cabot, AR 72023
Hours: 9:00am-8:00pm, Monday-Saturday; 10:00am-6:00pm, Sunday

Clothing, household goods and furniture available at reduced prices. This location offers an education center.

Lonoke County:

Arkansas Dept. of Career Education (ACE) – Arkansas Rehabilitation Services (ARS)
102 Park St. Phone: (501) 676-4490
Lonoke, AR 72086 or (800) 330-0632
http://ace.arkansas.gov

Agency provides services to help prepare individuals with disabilities for the workforce and assisted hearing devices by qualification by the Telecommunications Access Program (TAP).

Arkansas Dept. of Human Services (DHS) - Div. of County Operations - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday

Administers TEA (Transitional Employment Assistance), which provides eligible families with cash assistance, childcare assistance and employment services, and the Homeless Financial Assistance Program. Also offers Commodity Distribution & SNAP (Supplemental Nutrition Assistance Program). Medical aid is provided via Health Insurance Premium Assistance, Medicaid, State Medicaid Waiver and State/Local Health Insurance Programs.
Lonoke County Extension Service
2001 Hwy 70 E. Phone: (501) 676-3124
Lonoke, AR 72086 www.uaex.edu/lonoke
Community educational information services, training for foster parents, child care, and classes on resource management, parenting, nutrition, and money management are offered.

New Hearts Ministries of Arkansas
108 College St. Phone: (870) 552-5227
Lonoke, AR 72086 www.newheartsofark.com
Office Hours: 10:30am-7:00pm, Monday & Thursday
Agency teaches Biblical principles and life skills to women who are/have been incarcerated, displaced or battered.

Outside Lonoke County:
Arkansas Dept. of Human Services (DHS) - Div. of Services for the Blind
700 Main St. Phone: (501) 682-5463
Little Rock, AR 72203 or (800) 960-9270 TDD: (601) 682-0093
Agency provides services for the blind and severely visually impaired persons of all ages within Arkansas enabling them to function independently in their homes, jobs and communities, and will assist in securing and maintaining employment.

Arkansas Dept. of Workforce Education
525 W. Capitol Ave. Phone: (501) 296-1600
Little Rock, AR 72202 or (800) 330-0632 http://ace.arkansas.gov
Agency provides opportunities for individuals with disabilities to work and lead productive lives, transition services for students finishing high school, services for those with special communication needs (i.e., deaf and hearing impaired), specialized assessment and treatment, and vocational training.

American Legion - Department of Arkansas
7th & Victory Streets Phone: (501) 375-1104
Little Rock, AR 72203 www.arlegion.org
Will provide resources focused on jobs, benefits, education, health care, family, and finances to any current active duty or honorably discharged member of any branch of the Armed Services.

Arkansas Enterprises for the Developmentally Disabled (AEDD)
105 E. Roosevelt Rd. Phone: (501) 907-5716
Little Rock, AR 72206
AEDD provides services to persons with developmental disabilities including: Developmental day-hab treatment, employment opportunities, habilitation training, housing, physical therapy, pre-school childcare, occupational therapy, speech therapy, transportation, and vocational training.

Arkansas Rehabilitation Services (ARS)
525 W. Capitol Ave. Phone: (501) 296-1600
Little Rock, AR 72202 or (800) 330-0632 http://ace.arkansas.gov
ARS provides opportunities for individuals with disabilities to work and lead productive lives, transition services for students finishing high school, services for those with special communication needs (i.e., deaf and hearing impaired), specialized assessment and treatment, and vocational training.
Career Link Classes  
11500 W. 36th St.  
Little Rock, AR 72211  
Phone: (501) 221-1051  
churchofrockcreek.com  

Provides Christian-based classes on job and life related issues including computers, resume assistance, mock interviews, how to dress for success, self-presentation and make-up, personality tests, self-evaluations and parenting classes. Classes are provided 4 times a year, and each session is 4 weeks long.

Center for Healing Hearts and Spirits  
2416 S. Chester  
Little Rock, AR 72206  
hscenter.org  
Rape Crisis Hotline: (855) 643-5748  

Assists victims of violent crimes and provides emergency domestic violence shelter services. Also provides group support and counseling, job skill training and placement referrals, technology education, youth development and mentoring, and more.

Easter Seals  
3920 Woodland Hts Rd  
Little Rock, AR 72212  
www.eastersealsar.com  

Agency provides occupational, physical and speech therapy to the disabled of all ages. Also provides a rehab facility, adult job training and placement, health and wellness skills, habilitation skills, communication and computer skills, and more.

Family Service Agency  
628 W Broadway  
N Little Rock, AR 72114  
helpingfamiliesfirst.org  

Outpatient programs for persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol and drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, relationship, sexual abuse, stress and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

Goodwill Industries of Arkansas  
Clothing, household goods and furniture at reduced prices are offered at the following locations:  

- 1110 W. 7th St.  
  Phone: (501) 372-5100  
  Little Rock, AR 72201  
  Hours: 7:00am-4:30pm, Monday-Friday  
  Location offers a Career Center also.

- 109 Markham Park Dr.  
  Phone: (501) 221-1018  
  Little Rock, AR 72211  
  Hours: 9:00am-8:00pm, Monday-Saturday;  
  10:00am-6:00pm, Sunday  
  Location offers a Career Center also.

- 7400 Scott Hamilton Dr.  
  Phone: (877) 372-5151  
  Little Rock, AR 72209  
  Hours: 9:00am-7:00pm, Monday-Saturday;  
  10:00am-6:00pm, Sunday  
  Location offers a Career Center also.

- 2904 S. University Ave.  
  Phone: (501) 568-5313  
  Little Rock, AR 72204  
  Hours: 9:00am-8:00pm, Monday-Saturday;  
  10:00am-6:00pm, Sunday  

- 6929 JFK Blvd.  
  Phone: (501) 835-5286  
  Little Rock, AR 72116  
  Hours: 9:00am-8:00pm, Monday-Saturday;  
  10:00am-6:00pm, Sunday  
  Location offers an education center also.

Jericho Way Homeless Day Resource Center  
E. 30th St. & Confederate Blvd.  
Little Rock, AR 72206  

Center provides clothing, employment assistance, hot meals, health and housing referrals, and a day shelter.

Little Rock Job Corp.  
6900 Scott Hamilton Dr.  
Phone: (501) 618-2500  
Little Rock, AR 72206  
Hours: 8:00am-5:00pm, Monday-Friday  

Agency provides educational training for ages 16 through 24. Call for eligibility.

Little Rock Community Mental Health Center  
4400 Shuffield  
Phone: (501) 686-9300  
Little Rock, AR 72205  
Hours: 8am-5pm, Monday-Friday  

For adults 21 years of age or older with a diagnosis of mental illness they provide case management, crisis intervention and crisis stabilization with 5 day residential services. Also provides day treatment, psychiatric evaluation, medication management, individual and group counseling, employment training and job assistance, and substance abuse recovery. Serves Lonoke, Prairie, Pulaski and Saline Counties.

Pathfinders, Inc.  
2520 W. Main St.  
Phone: (501) 982-0528  
Jacksonville, AR 72076  
www.pathfinderinc.org  

Agency provides day habilitation for children with development disabilities who are eligible for Medicaid. Adult training programs for individuals with disabilities include evaluation, vocational training, work opportunities, habilitation training, and active day treatment.
Pathfinders, Inc. (continued)
for severely involved individuals who reside in Intermediate Care Facilities. In addition, outpatient services for individuals with development disabilities such as screening, assessment, individual/group/family therapy, case management, psychiatric evaluation & testing, and medication management are offered.

Step Up Support Center
9010 Hilaro Spring Rd. Phone: (501) 565-1333
Little Rock, AR 72209

Group and individual outpatient counseling, relapse prevention classes, career counseling, job placement, food pantry, clothing, chemical free shelter/treatment center, transportation assistance, and parenting education for adults. Referrals are accepted. Typically serves people paroled from prison.

Union Rescue Mission - Dorcas House
823 S. Park St. Phone: (501) 374-4022
Little Rock, AR 72202 www.urmission.org

Home provides 9 months of emergency shelter for women and their children who are victims of domestic violence. Also provides 3-5 days of temporary emergency shelter to women and their children who are not victims of domestic violence. Individual and group counseling, and drug and alcohol rehabilitation services are provided along with referrals for housing, education and employment.

Union Rescue Mission - Nehemiah House
3001 Confederate Blvd. Phone: (501) 374-1108
Little Rock, AR 72206 www.urmission.org
Shelter Check-In: 2:00-7:00pm, Mon.-Sat., 1:00-6:00pm Sunday

Men’s shelter/homeless shelter provides rehab and workforce programs. First 4 nights free, $6 per night after that.

We Care of Pulaski County
3523 Slinker Rd. Phone: (501) 897-5096
Little Rock, AR 72206 wecarepulaski.com
Hours: 8:30am-6:00pm, Monday-Friday

Agency provides a food pantry, after school program, summer recreational program and tutoring.

White County Domestic Violence Prevention
PO Box 1196 Phone: (501) 278-5130
Searcy, AR 72143 Hotline: (501) 278-4673
www.hope.cottage.info
E-Mail: wcvdvp1@sbcglobal.net

Agency provides shelter through Hope Cottage for women and children who are victims of domestic abuse, education courses, housing and job search assistance, support group, legal assistance and medical services. Hotline is available 24 hours a day/7 days a week. Collect calls to the hotline are accepted.

FINANCES
Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God. (Proverbs 14:31)

Burial & Funeral Assistance

Cabot:

Area Funeral Homes
If you have financial concerns, it may be helpful for you to check around to compare the prices at area funeral homes. Ask for a copy of the "General Price List". Keep in mind that the prices may include costs from 3rd parties for your convenience (e.g., cemetery costs, newspaper fees, certified copies of the death certificate, etc.).

Lonoke County Veterans Service Office
114 N. 1st St. Phone: (501) 843-0733
Cabot, AR 72023

Advocates on health issues for honorably discharged veterans & their family. Will also assist veteran’s other concerns by referrals. See: www.veterans.arkansas.gov
Lonoke County:

Lonoke County Judge
301 N. Center St. Phone: (501) 676-6403
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday

The County Judge offers a Paupers fund payable to the funeral home for individuals that have no funds or insurance to pay for a funeral. All other possible sources of funds must first be exhausted such as money from the family, insurance, property, community churches and the church that the person or family attends. (Each county's funds may vary in the amount offered.)

Outside Lonoke County:

Arkansas Department of Veterans Affairs
Building 65, Room 119 Phone: (501) 370-3820
2200 Fort Roots Drive or (800) 827-1000
N. Little Rock, AR 72114 veterans.arkansas.gov

Agency will provide a Government headstone or marker for any deceased eligible Veteran in any cemetery around the world at no charge. (Note that the cemetery may charge a small setting fee for the headstone or marker.) The VA also provides a burial allowance to partially reimburse the burial and funeral costs of any eligible Veteran. (For more details, see: www.benefits.va.gov/BENEFITS/factsheets.asp and va.gov/opa/publications/benefits_book.asp)

Arkansas State Veterans Cemetery
1501 W. Maryland Ave. Phone: (501) 683-2259
N. Little Rock, AR 72120
Burial is free when for honorably discharged veterans. The headstone or marker is also free.

Cremations of Arkansas
201 N. Izard St. Phone: (501) 975-1002
Little Rock, AR 72201 www.arcremation.com

An alternative to using a funeral home, they provide cremation, urns, and other services. Prices start at $995.

Funeral Consumers Alliance
33 Patchen Rd. Phone: (802) 482-3437
S. Burlington, VT 05403 www.funerals.org

The Funeral Consumers Alliance is a nonprofit organization that provides families with resources and educational materials on funeral choices. The organization can counsel people on affordable funeral options that may be available, and help people work out a service that meets their budget and that also fits their personal and financial situation.

Social Security Administration
3608 E. Kiehl Ave. Phone: (877) 512-3854
Sherwood, AR 72120 or (800) 772-1213
ssa.gov/pgm/survivors.htm

Social Security pays a lump sum death benefit of $255 to those who are eligible. This money may be used to help pay expenses for a funeral.

United States Army Survivor Outreach Services
Camp Robinson Phone: (501) 212-4055
N. Little Rock, AR 72199

Services provided to surviving families of service personnel regardless of branch of service include estate planning, investments, death benefits, support and counseling.

Counseling & Budgeting

Cabot:

Cabot Resource Center
15361 Hwy. 5 Phone: (501) 843-2302
Cabot, AR 72023 www.optionspc.org
Hours: 10:00am-5:30pm, Monday; 8:30am-4:30pm, Tuesday; 10:00am-4:30pm, Wednesday

Center will help prepare resumes, provide mock interviews and interview tips, and assist with personal budgets.

Options Pregnancy Center
401 S. 2nd St. Phone: (501) 941-5533
Cabot, AR 72023 www.optionspc.org
Hours: 9:00am-12:00pm, Monday; 1:00pm-4:00pm Wednesday

Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.
**Lonoke County:**

**Center for Women in Transition**
1116 Garland St.  Phone: (501) 372-5522
Little Rock, AR 72201  www.cwitlr.org
Hours: 8:00am-4:00pm, Monday-Friday

Woman focused facility for those leaving the prison system which offers case management, basic needs assistance, court advocacy, counseling and support groups, substance abuse counseling, anger management, life skills training, re-entry classes, financial planning and budgeting.

**Christian Women Job Corp**
112 N. Center St.  Phone: (870) 552-5227
Lonoke, AR 72086  www.newheartsofark.com
Hours: 8:00am-8:00pm, Thursday

Agency provides mentoring to women with Biblical Principles applied. Also provides like skills, relationship skills, assistance finding a job, resume writing, job interviewing tips, budgeting, and character classes.

**Life in Focus / Apostolic Church of Lonoke, The**
5th & Eagle St.  Phone: (501) 912-1855
Lonoke, AR 72086  Contact: Ralph Brown

HOURS:
ACTS Program: 6:00pm, Wednesday
Anger Management: 4:30pm, Sunday
Financial Management & Parenting Skills: 6:00pm, Thursday on alternating weeks

Services offered are ACTS - Alcohol and Treatment Series, Anger Management, Parenting Skills, and Financial Management.

**Options Pregnancy Center**
112 NE Front St.  Phone: (501) 676-6556
Lonoke, AR 72086  www.optionspc.org
Hours: 9:30am-6:30pm, Monday;
9:30am-1:30pm, Tuesday

Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

**Outside Lonoke County:**

**American Legion - Department of Arkansas**
7th & Victory Streets  Phone: (501) 375-1104
Little Rock, AR 72203  www.arlegion.org

Will provide resources focused on jobs, benefits, education, health care, family, and finances to any current active duty or honorably discharged member of any branch of the Armed Services.

**Arkansas METRO**
2513 McCain Blvd.  Phone: (501) 420-3824
Ste 2, #24  arkansasmetro.org
N. Little Rock, AR 72116
E-Mail: arkansasmetro@gmail.com

Agency helps individuals toward financial independence, and may provide financial assistance to those in need.

**Better Community Development, Inc.**
3805 W. 12th St  Phone: (501) 379-1561
Suite 203
Little Rock, AR 72204

This HUD Approved Housing Counseling Agency offering the following: Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, and Rental Housing Counseling.

**Center for Arkansas Legal Services, Inc.**
303 W. Capitol Ave.  Phone: (501) 376-3423
Little Rock, AR 72201

HUD Approved Housing Counseling Agency offering the following: Fair Housing Pre-Purchase Education Workshops, Financial Management, Budget Counseling, Home Improvement and Rehabilitation Counseling, Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, Predatory Lending Education Workshops, and Rental Housing Counseling.

**Community Resources Technicians, Inc.**
800 Scott St.  Phone: (501) 372-2611
Little Rock, AR 72201

HUD Approved Housing Counseling Agency offering the following: Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, and Pre-purchase Homebuyer Education Workshops.
Consumer Credit Counseling Service (CCCS)
628 W. Broadway Phone: (501) 753-0202
Ste 102 or (800) 255-2227
N. Little Rock, AR 72114
(Mail: PO Box 16615, LR, AR 72231)
www.helpingfamilies.org
Free, confidential money management, budget counseling, debt management, and more.

Family Service Agency
628 W Broadway Phone: (501) 372-4242
N Little Rock, AR 72114 helpingfamiliesfirst.org
Outpatient programs for persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol and drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, relationship, sexual abuse, stress and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

Family Service Agency - CCCS
300 S. Rodney Parham Phone: (501) 219-2208
Little Rock, AR 72205
HUD Approved Housing Counseling Agency offering the following: Fair Housing, Pre-Purchase Education Workshops, Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, Rental Housing Counseling, and Services for Homeless Counseling.

In Affordable Housing, Inc.
108 S. Rodney Parham Phone: (501) 221-2203
Little Rock, AR 72205 inaffordablehousing.com
This HUD Approved Housing Counseling Agency offering the following: Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution Counseling, and Pre-purchase Counseling.

Lonoke County Extension Service
2001 Hwy 70 E. Phone: (501) 676-3124
Lonoke, AR 72086 www.uaex.edu/lonoke
Community educational information services, training for foster parents, child care, and classes on resource management, parenting, nutrition, and money management are offered.

NACA Little Rock, AR
100 S. University Ave. Phone: (501) 687-2960
Little Rock, AR 72205
HUD Approved Housing Counseling Agency offering the following: Fair Housing Pre-Purchase Education Workshops, Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, and Predatory Lending Education Workshops.

Options Pregnancy Center
2412 Dewitt Henry Phone: (501) 882-7694
Beebe, AR 72012 www.optionspc.org
Hours: 2:30p-6:30pm, Tuesday; 10:00am-6:00pm, Thursday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Promise Land CDC
3700 W. 65th St. Phone: (501) 570-0048
Little Rock, AR 72209
This HUD Approved Housing Counseling Agency offering the following: Fair Housing Pre-Purchase Education Workshops, Financial Management, Budget Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, and Predatory Lending Education Workshops.


**General Monetary Assistance**

**Cabot:**

Mountain Springs Baptist Church  
15669 Hwy 5  
Cabot, AR 72023  

Benevolence Ministry helps with expenses via a committee that determines how funds are distributed. Financial counseling is also provided.

**Lonoke County:**

Arkansas Dept. of Human Services (DHS) - Div. of Child Care & Early Childhood Educ. - Lonoke Co.  
100 Park St.  
Lonoke, AR 72086  

Agency assists with childcare expenses on a sliding scale basis.

Arkansas Dept. of Human Services (DHS) - Div. of County Operations - Lonoke County  
100 Park St.  
Lonoke, AR 72086  

Administers TEA (Transitional Employment Assistance), which provides eligible families with cash assistance, childcare assistance and employment services, and the Homeless Financial Assistance Program. Also offers Commodity Distribution & SNAP (Supplemental Nutrition Assistance Program). Medical aid is provided via Health Insurance Premium Assistance, Medicaid, State Medicaid Waiver and State/Local Health Insurance Programs.

Outside Lonoke County:

Arkansas Student Loan Authority (ASLA)  
3801 Woodland Hts.  
Little Rock, AR 72212  

Phone: (801) 443-6030  
www.asla.info  

Agency provides access to and information about educational funding for all Arkansas students who wish to attend institutions of higher education. ASLA also offers college planning resources and financial aid information free of charge.

Arkansas METRO  
2513 McCain Blvd.  
N. Little Rock, AR 72116  

Phone: (501) 420-3824  
arkansasmetro.org  
E-Mail: arkansasmetro@gmail.com  

Agency helps individuals toward financial independence, and may provide financial assistance to those in need.

Helping Hand of Greater Little Rock  
1601 Marshall St.  
Little Rock, AR 72216  

Phone: (501) 372-4388  
hhelpinghand.com  

Services include a food pantry, limited financial assistance, and a thrift store which provides clothing, school supplies and toys. Will pay entire utility bill if clients can prove they will not need assistance the following month; must provide an official state ID, federal ID, Medicaid ID, or social security card.

Federal Emergency Management Agency (FEMA)  
www.FEMA.gov  
Phone: (800) 621-3362  
www.disasterassistance.gov TTY: (800) 462-7585  

FEMA provides assistance to individuals, families and businesses for losses that are not covered by insurance if the affected county is in a federally declared disaster area. This assistance is intended to help with critical expenses, not to restore a property to its condition before a disaster, and is mostly in the form of loans administered by the Small Business Administration (SBA). Some assistance may also be available through FEMA’s Individuals and Households Program.

Operation Homefront - Southern Plains  
PO Box 1933  
Lawton, OK 73502  

Phone: (501) 516-4977  
www.operationhomefront.net  

This nonprofit organization will provide financial and material assistance with rent/mortgage, Wounded Warrior transition housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance.

Salvation Army - North Little Rock Branch  
1505 W. 18th St.  
North Little Rock, AR 72114  

Phone: (501) 758-7297  
www.salvationarmy.org  

Agency provides emergency financial assistance, food, and shelter. Also provides older adult nutrition programs.

Small Business Administration (SBA)  
14925 Kingsport Rd.  
Fort Worth, TX 76155  

Phone: (800) 659-2955  
www.sba.gov  

SBA offers low-interest disaster loans to homeowners, renters, businesses and non-profit organizations to assist with expenses not fully covered by insurance in a federally declared disaster area. In order to apply for the loan, you must register with FEMA first.
Rent/Mortgage & Utility Assistance

Cabot:

First C.A.R.E. - A Ministry of First Baptist Church
409 W. Pine St.  Phone: (501) 941-7893
Cabot, AR 72023  www.fbccabot.org
Hours: 9:00am-2:00pm, Monday & Thursday

Assistance with food, utilities and clothing are provided. Food pantry assistance limited to once every 3 months. Utility assistance limited to bills of $50 or less.

Lonoke County:

Arkansas Human Development Corp. - Lonoke
115 Jefferson St.  Phone: (501) 676-2721
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday

Offers job training & placement for migrant/seasonal farm workers and financial assistance for utility and rent payments for eligible migrant or seasonal farm workers. Spanish is spoken.

Central Arkansas Development Council (CADC) - Lonoke Office
117 S. East Front St.  Phone: (501) 676-0019
Lonoke, AR 72086  www.cadc.com
Hours: 8:00am-4:30pm, Monday-Friday

Electric bill assistance provided to seniors or disabled who are on Entergy Arkansas. Also military provides improvements to the home to increase energy efficiency. USDA Commodity food provided quarterly. Transportation for non-emergency health care, etc. provided by Greyhound, South Central Ark. Transit (SCAT), and Medicaid transportation. Counties served: Calhoun, Clark, Columbia, Dallas, Hot Spring, Lonoke, Montgomery, Ouachita, Pike, Saline and Union. Specialists provide case management services by helping individuals and families in the development of goals for themselves, strategies for self-sufficiency and economic independence.

Outside Lonoke County:

American Red Cross
401 S. Monroe  Phone: (501) 748-1000
Little Rock, AR 72205
Utility bill assistance is provided.

Arkansas Veterans Child Welfare Service
PO Box 3280  Phone: (501) 324-9299
Little Rock, AR 72203
Provides rent and utility assistance to hospitalized veterans who have been honorable discharged and who have children younger than 18 years of age in the home. Call for other eligibility information.

CenterPoint Energy
Phone: (501) 682-8715  or (800) 992-7552
www.centerpointenergy.com

Natural Gas provider; Low Income Home Energy Assistance Program (LIHEAP) may provide assistance with bill payment.

DHS Emergency Assistance Program
Phone: (501) 682-8717
Utility bill assistance is provided.

Entergy Arkansas
Toll Free: (800) ENTERGY (368-3749)
Power to Care: (501) 661-0322 ext. 31
www.entergy-arkansas.com (select Community and Need Help Paying Your Bill?)

Company provides assistance/gives links to agencies that provide assistance with energy bills. Programs include The Power to Care, LIHEAP, and Hot or Cold Weather Rules.

Helping Hand of Greater Little Rock
1601 Marshall St.  Phone: (501) 372-4388
Little Rock, AR 72216
www.lrhelpinghand.com
Hours: 9:00am-1:00pm, Monday-Thursday

Services include a food pantry, limited financial assistance, and a thrift store which provides clothing, school supplies and toys. Will pay entire utility bill if clients can prove they will not need assistance the following month, must provide an official state ID, federal ID, Medicaid ID, or social security card.
Jacksonville Care Channel for the Needy  
201 N. Elm St. Phone: (501) 982-4647  
Jacksonville, AR 72076  
HOURS:  
Thrift Shop: 10:00am-2:00pm,  
Monday, Wednesday, Friday &  
1st Saturday of the month  
Food Pantry, Prescription Assistance, Shelter:  
10:00am-1:00pm,  
Monday, Wednesday, Friday  
Clothing is available. Food is provided to  
Jacksonville residents who qualify based on  
financial need. Agency may assist with  
prescription costs or utility bills on a limited  
basis. May provide lodging if an emergency.

LIHeap Program  
Phone: (501) 682-8726  
www.LIHeap.com  
Utility bill assistance is provided.

River City Ministry  
1021 E. Washington Phone: (501) 376-6694  
N Little Rock, AR 72115 RiverCityMinistry.org  
HOURS:  
Breaking Free Recovery Pgm: 5:30pm, Monday  
Clothing Bus: 8:30-11:00am, 1st and 3rd Wed.  
Disability Rights Advocate: 9:30-11:30am, Wed.  
Food & Fellowship: 2:00pm, Sunday  
Food-Meal Service: 11:30am, Monday-Friday  
Food Pantry: 9:30-10:30am, Tues. & Thurs.  
Group Bible Study: 10:00am, Thursday  
HEART Case Workers: 9:30-11:30am, Friday  
Homeless Day Resource Center:  
7:30am-3:30pm, Monday-Friday  
Homeless Walk-In Clinic: 8:00-11:00am, Tues.  
Medical Appointment Desk:  
Medical: 8:30am, Monday & Wednesday  
Dental: 10:00am-12:00pm, Tues. & Thurs.  
Eye: 8:30am-3:00pm, Monday-Friday  
Medical Clinic Hours:  
Medical: 2:00-5:00pm, Sunday with appt.  
Dental: Monday & Friday, with appt.  
Eye: Saturday, with appt.  
Social Services: 7:30am-3:00pm, Mon.-Fri.  
Water Bill Assistance Phone Line: 8:30am, Wed.  
Services are provided to residents of Pulaski  
County only. Clothing available through the  
ministry's bus that goes into the community.  
Assistance with N. Little Rock Water bill is  
available to the first 3 qualified applicants each  
month. USDA food pantry assistance limited to  
one a month. Hot lunch served following 11:30  
devotional Monday-Friday. Counseling, social  
services and spiritual guidance provided.  
Appointments required for medical, dental or eye  
services with the exception of the Homeless  
Walk-In Clinic. Homeless day shelter services  
include: showers, clothing, laundry service,  
phone & message service, and mail service.

 Salvation Army - Little Rock Branch  
1111 W. Markham St. Phone: (501) 374-9296  
Little Rock, AR 72201  
www.salvationarmyusa.org  
Utility bill assistance is provided.

United Way  
5156 W Pershing Blvd Phone: (501) 376-4567  
N Little Rock, AR 72114 www.heartaruw.org  
Utility bill assistance is provided.
**FOOD**

Happy is the generous man, the one who feeds the poor. (Proverbs 22:9)

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### Food Pantries/Distribution Programs

**Cabot:**

**Briarwood Baptist Church**
1872 Willie Ray Dr.  
Phone: (501) 2337
Cabot, AR 72023  
www.cabotbaptist.org
Clothes Closet & Food Pantry Hours: 9:00am-1:00pm, Monday,
8:00pm-5:00pm, Tuesday
Food and clothing provided. Food pantry assistance
limited to once every 3 months. Utility assistance limited to
bills of $50 or less.

**Cabot Church of Christ**
2100 N. 2nd St.  
Phone: (501) 941-7893
Cabot, AR 72023  
www.fbccabot.org
Hours: 9:00am-2:00pm, Monday & Thursday
Assistance with food, utilities and clothing are
available. Food pantry assistance limited to
once every 3 months. Utility assistance limited to
one month, maximum of 3 months.

**Briarwood Baptist Church**
409 W. Pine St.  
Phone: (501) 628-7173
Cabot, AR 72023  
hopesclosetandpantry.com
Hours: 9:30am-1:00pm, Monday, Tuesday & Thursday;
Food Pantry Hours: 9:00am-1:00pm, Tuesday;
6:00pm-8:00pm, 2nd Monday
Provides a food pantry, clothing and household
items. Furniture and appliances are provided if
available. Food assistance is limited to once
30 days.

**FirstC.A.R.E. - A Ministry of First Baptist Church**
2539 S Rockwood Dr.  
Phone: (501) 843-5944
Cabot, AR 72023  
www.cabotchuch.com
Hours: 9:00am-1:00pm, Monday
Food Pantry Hours: by appointment
Meals Service: 12:00-1:00pm, Monday
Serves a free lunch on Monday and provides
food through its pantry by appointment.

**Hope's Closet and Pantry**
2100 N. 2nd St.  
Phone: (501) 628-7173
Cabot, AR 72023  
hopesclosetandpantry.com
Hours: 9:30am-1:00pm, Monday
Food Pantry Hours: 9:30am-1:00pm, Tuesday;
6:00pm-8:00pm, 2nd Monday
Provides a food pantry, clothing and household
items. Furniture and appliances are provided if
available. Food assistance is limited to once
30 days.

**Living Waters Assembly of God**
2100 N. 2nd St.  
Phone: (501) 843-5944
Cabot, AR 72023
Food Pantry Hours: by appointment
Meals Service: 12:00-1:00pm, Monday
Serves a free lunch on Monday and provides
food through its pantry by appointment.

**Lonoke County:**

**First United Methodist Church of Carlisle**
215 E. 3rd St.  
Phone: (870) 552-7789
Carlisle, AR 72024
Hours: 8:00am-12:00pm, 1:00-3:00pm, Tues.
Food distribution limited to once a month.

**Crosspoint Ministries Food Outreach**
805 Hwy 64 West  
Phone: (501) 882-7766
Little Rock, AR 72012  
crosspointbeebe.org
Hours: 11:00am-1:00pm, 1st Sat. of the Month
Clothing and food provided. Eligibility require-
ments must be met for USDA commodities.

**Fishnet Missions of Jacksonville**
1700 Swift Dr.  
Phone: (501) 241-1211
PO Box 972  
myfishnetmissions.org
Jacksonville, AR 72078
Hours:
Food Pantry: 8:00-10:00am, Tues. & Thurs.
Senior Sack Program: Tuesday & Thursday
Thrift Store: 9:00am-1:00pm, Monday-Saturday
Thrift Store provides clothing, furniture and
household items at bargain prices. Food pantry
service is limited to once a week. The Senior
Sack program provides a meal to senior citizens
and shut-ins. Call for delivery.

**Helping Hand of Greater Little Rock**
1601 Marshall St.  
Phone: (501) 372-4388
Little Rock, AR 72216  
www.lrhelpinghand.com
Hours: 9:00am-1:00pm, Monday-Thursday
Services include a food pantry, limited financial
assistance, and a thrift store which provides
clothing, school supplies and toys. Will pay
entire utility bill if clients can prove they will not
need assistance the following month; must
provide an official state ID, federal ID,
Medicaid ID, or social security card.
Jacksonville Care Channel for the Needy
201 N. Elm St.  Phone: (501) 982-4647
Jacksonville, AR 72076
HOURS:
Thrift Shop: 10:00am-2:00pm,
Monday, Wednesday, Friday &
1st Saturday of the month
Food Pantry, Prescription Assistance, Shelter:
10:00am-1:00pm,
Monday, Wednesday, Friday
Clothing is available. Food is provided to
Jacksonville residents who qualify based on
financial need. Agency may assist with
prescription costs or utility bills on a limited
basis. May provide lodging if an emergency.

Lewis Street Church of Christ
2716 Lewis St.  Phone: (501) 666-2074
Little Rock, AR 72204  Hours: 12-2pm, Saturday
Hot meals served. Emergency food pantry is
available by appointment.

Operation Homefront - Southern Plains
PO Box 1933  Phone: (580) 581-0772
Lawton, OK 73502  or (501) 516-4977
www.operationhomefront.net
This nonprofit organization will provide
financial and material assistance with
rent/mortgage, Wounded Warrior transition
housing, critical baby items, emergency home
repair, local moving assistance, essential home
items, urgent vehicle repair and food assistance.

River City Ministry
1021 E. Washington  Phone: (501) 376-6694
N Little Rock, AR 72115  RiverCityMinistry.org
HOURS:
Breaking Free Recovery Pgm: 5:30pm, Monday
Clothing Bus: 8:30-11:00am, 1st and 3rd Wed.
Disability Rights Advocate: 9:30-11:30am, Wed.
Food & Fellowship: 2:00pm, Sunday
Food-Meal Service: 11:30am, Monday-Friday
Food Pantry: 9:30-10:30am, Tues. & Thurs.
Group Bible Study: 10:00am, Thursday
HEART Case Workers: 9:30-11:30am, Friday
Homeless Day Resource Center:
7:30am-3:30pm, Monday-Friday
Homeless Walk-In Clinic: 8:00-11:00am, Tues.
Medical Appointment Desk:
   Medical: 8:30am, Monday & Wednesday
   Dental: 10:00am-12:00pm, Tues. & Thurs.
   Eye: 8:30am-3:00pm, Monday-Friday
Medical Clinic Hours:
   Medical: 2:00-5:00pm, Sunday with appt.
   Dental: Monday & Friday, with appt.
   Eye: Saturday, with appt.
Social Services: 7:30am-3:00pm, Mon.-Fri.
Water Bill Assistance Phone Line: 8:30am, Wed.
Services are provided to residents of Pulaski
County only. Clothing available through the
ministry's bus that goes into the community.
Assistance with N. Little Rock Water bill is
available to the first 3 qualified applicants each
month. USDA food pantry assistance limited to
once a month. Hot lunch served following 11:30
devotional Monday-Friday. Counseling, social
services and spiritual guidance provided.
Appointments required for medical, dental or eye
services with the exception of the Homeless
Walk-In Clinic. Homeless day shelter services
include: showers, clothing, laundry service,
phone & message service, and mail service.

Salvation Army - Jacksonville Branch
209 S. Oak St.  Phone: (501) 985-1331
Jacksonville, AR 72086
Agency provides emergency food and nutrition.

Salvation Army - North Little Rock Branch
1505 W. 18th St.  Phone: (501) 758-7297
N Little Rock, AR 72114
Agency provides emergency financial assistance,
food, and shelter. Also provides older adult
nutrition programs.

St. Francis House
2701 S. Elm St.  Phone: (501) 552-3241
Little Rock, AR 72202  stfrancisministries.com
HOURS:
General Aid:  Monday-Friday
Medical Clinic: Tuesday & Wednesday by appt.
Home provides community food pantry and
clothing, some assistance with utilities and other
financial needs. Is a member of the St. Vincent
Community Health Centers providing medical
care to those in need: proof of income and ID
required.

Step Up Support Center
9010 Hilaro Spring Rd.  Phone: (501) 565-1333
Little Rock, AR 72209
Group and individual outpatient counseling,
relapse prevention classes, career counseling,
job placement, food pantry, clothing, chemical
free shelter/treatment center, transportation
assistance, and parenting education for adults.
Referrals are accepted. Typically serves people
paroled from prison.
The Watershed Initiative provides health screenings and health education programs as part of Baptist Health Community Outreach. Other services include clothing, food, and assistance with rent, utility and prescriptions when funds are available. Call for eligibility.

We Care of Pulaski County
3523 Slinker Rd. Phone: (501) 897-5096
Little Rock, AR 72206 wecarepulaski.com
Hours: 8:30am-6:00pm, Monday-Friday
Agency provides a food pantry, after school program, summer recreational program and tutoring.

Food Vouchers, Stamps & Other Programs

Cabot:
Arkansas Dept. of Health - Public Health Unit - Cabot Office
118 S. 1st St. Phone: (501) 843-7561
Cabot, AR 72023
Hours: 8:00am-4:30pm, Monday-Friday
Agency administers federally-funded WIC program (nutrition education and food vouchers), childhood immunizations, pregnancy testing, home health, dental, and more. Spanish is spoken.

Lonoke County:
Arkansas Dept. of Health - Public Health Unit - Lonoke County
306 N. Center St. Phone: (501) 676-2268
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Agency administers federally-funded WIC program (nutrition education and food vouchers), childhood immunizations, pregnancy testing, home health, dental, and more. Spanish is spoken.

Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.

Arkansas Dept. of Human Services (DHS) - Div. of County Operations - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Administers TEA (Transitional Employment Assistance), which provides eligible families with cash assistance, childcare assistance and employment services, and the Homeless Financial Assistance Program. Also offers Commodity Distribution & SNAP (Supplemental Nutrition Assistance Program). Medical aid is provided via Health Insurance Premium Assistance, Medicaid, State Medicaid Waiver and State/Local Health Insurance Programs.

Arkansas SNAP Ed!
Lonoke County Cooperative Extension Service
2001 Hwy 70 E. Phone: (501) 676-3124
Lonoke, AR 72086 uaex.edu/nutrition/snaped
Agency provides nutrition information to participants in SNAP and others in partnership with University of Arkansas Cooperative Extension, Ark. Dept. of Human Services, and the USDA.
Lonoke County Cooperative Extension Service
2001 Hwy 70 E.  Phone: (501) 676-3124
Box 357  uaex.edu/nutrition/snaped
Lonoke, AR 72086

Agency provides nutrition information to participants in SNAP and others in partnership with University of Arkansas Cooperative Extension, Ark. Dept. of Human Services, and the USDA.

Share Our Strength
Lonoke County Cooperative Extension Service
Cabot Middle
Cabot Jr.
Northside Elem.
Central Elementary
Eastside Elementary
Southside Elem.
Central Elem.
Stagecoach Elem.

Cooking Matters helps you learn how to make healthy, nutritious meals for your family through recipe lists, videos, and even apps for smart phones. Shopping Matters teaches you how to purchase nutritious food on a budget.

Meals - Community, or Delivery

Cabot:

Cabot Church of Christ - Friend’s House
407 N. 3rd St.  Phone: (501) 843-5688
Cabot, AR 72023  www.cabotchurch.com

HOURS:
Food Pantry: 9:00am-11:00am, 2nd & 4th Tues.
Meals Service: 11:30am-12:00pm, Mon.-Fri.

Food pantry assistance limited to once monthly. Meals served on site (call before attending).

Cabot Public School System
602 N. Lincoln St.  Phone: (501) 843-3363
Cabot, AR 72023  http://cabot.k12.ar.us

Hours: 7:30am-4:30pm, Monday-Friday

Provides the federally assisted National School Lunch Program (NSLP) and School Breakfast Program (SBP). For information, call the school office. (See listings in box). Counseling offered to students in grades K-12. Call the child’s school or contact Terena Woodruff at (501)743-3574 or terena.woodruff@cps.k12.ar.us.

Cabot Senior Citizens Center
600 N. Grant St.  Phone: (501) 843-2196
Cabot, AR 72023

Meals provided at site or delivered (Meals on Wheels). Transportation for seniors is provided by appointment.

Living Waters Assembly of God
2100 N. 2nd St.  Phone: (501) 843-5944
Cabot, AR 72023

HOURS: Food Pantry: by appointment
Meals Service: 12:00-1:00pm, Monday

Serves a free lunch on Monday and provides food through its pantry by appointment.

Lunch Box Connection
Phone: (501) 786-3589
E-Mail: lunchboxconnection@gmail.com

Program provides food during school breaks.

Mt. Tabor United Methodist Church
4100 Hwy 89 S.  Phone: (501) 843-1084
Cabot, AR 72023

Hours: 11:00am-1:00pm, Mon., Wed. & Fri.
The Brown Bag Ministry provides a free sack lunch during the school summer break.

Lonoke County:

Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County
100 Park St.  Phone: (501) 676-5643
Lonoke, AR 72086

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

Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.
**Grace Community Church**  
PO Box 718  
Phone: (501) 231-8012  
Cabot, AR 72023  
www.discovergrace.tv  
Location: 30 W 2nd St., Ward AR 72176  
Hours: 5:30-6:30pm, Tuesday  
Free meal to-go provided.

**Lonoke County Council on Aging**  
PO Box 199  
Phone: (501) 676-6971  
#1 Newberry Dr.  
Lonoke, AR 72086  
Hours: 8:00am-3:00pm, Monday-Friday  
Meals provided at congregate sites or homes delivered for senior citizens in Lonoke County. Senior Ride program provided to seniors with membership.

**Outside Lonoke County:**

**Fishnet Missions of Jacksonville**  
1700 Swift Dr.  
Phone: (501) 241-1211  
PO Box 972  
myfishnetmissions.org  
Jacksonville, AR 72078  
HOURS:  
Food Pantry: 8:00-10:00am, Tues. & Thurs.  
Senior Sack Program: Tuesday & Thursday  
Thrift Store: 9:00am-1:00pm, Monday-Saturday  
Thrift Store provides clothing, furniture and household items at bargain prices. Food pantry service is limited to once a week. The Senior Sack program provides a meal to senior citizens and shut-ins. Call for delivery.

**Jacksonville Senior Center**  
100 Victory Circle  
Phone: (501) 982-7531  
Jacksonville, AR 72076  
www.jacksonvilleseniorcenter.com  
Hours: 8:30am-4:30pm, Monday-Friday  
Provides Meals on Wheels to those who are 60+ or whose spouse is 60+ years old.

**Jericho Way Homeless Day Resource Center**  
E. 30th St. & Confederate Blvd.  
Little Rock, AR 72206  
Center provides clothing, employment assistance, hot meals, health and housing referrals, and a day shelter.

**Lewis Street Church of Christ**  
2716 Lewis St.  
Phone: (501) 666-2074  
Little Rock, AR 72204  
Hours: 12:00-2:00pm, Saturday  
Hot meals served. Emergency food pantry is available by appointment.

**Little Rock Compassion Center**  
3618 W. Roosevelt Rd.  
Phone: (501) 296-9114  
Little Rock, AR 72204  
www.lrcompassioncenter.org  
Homeless shelter for men and women provides meals, lodging, clothing, hygiene, education and church. First 10 days are free; $4 per day after that. Family rooms are available.

**River City Ministry**  
1021 E. Washington  
Phone: (501) 376-6694  
N Little Rock, AR 72115  
RiverCityMinistry.org  
HOURS:  
Breaking Free Recovery Pgm: 5:30pm, Monday  
Clothing Bus: 8:30-11:00am, 1st and 3rd Wed.  
Disability Rights Advocate: 9:30-11:30am, Wed.  
Food & Fellowship: 2:00pm, Sunday  
Food-Meal Service: 11:30am, Monday-Friday  
Food Pantry: 9:30-10:30am, Tues. & Thurs.  
Group Bible Study: 1:00pm, Thursday  
HEART Case Workers: 9:30-11:30am, Friday

**River City Ministry**  
1021 E. Washington  
Phone: (501) 376-6694  
N Little Rock, AR 72115  
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Food-Meal Service: 11:30am, Monday-Friday  
Food Pantry: 9:30-10:30am, Tues. & Thurs.  
Group Bible Study: 1:00pm, Thursday  
HEART Case Workers: 9:30-11:30am, Friday

**Stewpot**  
800 Scott St.  
Phone: (501) 372-1804  
Little Rock, AR 72201  
Hours: 12:00-1:00pm, Monday-Friday  
Hot meal provided for lunch, must enter from 8th Street side at Noon. Clothes closet is available on Thursday. Baptist Health comes on Friday. Stewpot is closed on all major holidays. First come, first served.
**LEGAL**

*For the Lord is righteous, he loves justice; the upright will see his face. (Psalm 11:6-7)*

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**Abuse Investigation & Assistance**

**Cabot:**

**Lonoke County Safe Haven**

PO Box 414  
Phone: (501) 941-4357  
E-Mail: info@lcsh.org  
www.lcsh.org

Legal services and emergency shelter are available to women and children from domestic violence situations.

**Lonoke:**

**Arkansas Dept. of Human Services (DHS) – Div. of Child Abuse, Neglect, Foster Care – Lonoke Co.**

100 Park St.  
Phone: (501) 676-3113  
Lonoke, AR 72086

Agency investigates child abuse or neglect and offers services to establish paternity & child support orders, and enforces child support.

**CASA of Lonoke County, Inc.**

119 W. Front St.  
Phone: (501) 676-6533  
Lonoke, AR 72086  
www.lonokecasa.org

Agency provides advocacy services to children in foster care due to abuse or neglect.

**Victim/Witness Program**

301 N. Center St.  
Phone: (501) 676-2807  
Lonoke, AR 72086

Program provides information and support to victims of crime as their case proceeds through the criminal justice system.

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**Outside Lonoke County:**

**Advocates for Battered Women**

PO Box 1954  
Phone: (501) 376-3219  
Little Rock, AR 72203

Shelter for abused women and their children provides domestic violence and counseling support.

**Arkansas Children's House**

1600 Maryland St.  
Phone: (501) 364-2680  
Little Rock, AR 72202  
www.archildrens.org/services/Arkansas-children-s-House.aspx

Intake services, medical exams, and out-patient family treatment provided to those referred from investigative agencies.

**Arkansas Coalition Against Domestic Violence**

1401 W Capitol, Ste 170  
Phone: (501) 907-5612  
Little Rock, AR 72203  
domesticpeace.com

Agency gives technical assistance, referrals, and information for battered women's programs.

**Arkansas Commission on Child Abuse, Rape and Domestic Violence**

2102 Riverfront Dr.  
Suite 102  
Phone: (501) 661-7975  
Little Rock, AR 72203  
accardv.uams.edu

Agency provides technical assistance and professional training in the areas of child abuse, rape and domestic violence.

**Arkansas Dept. of Human Services (DHS) – Adult Protective Services - Little Rock**

PO Box 1437, Slot 1412  
Phone: (501) 682-8491  
Little Rock, AR 72203

Agency investigates abuse, neglect and exploitation of the elderly.
Center for Healing Hearts and Spirits
2416 S. Chester  Phone: (501) 372-3800
Little Rock, AR 72206  hhscenter.org
Rape Crisis Hotline: (855) 643-5748
Assists victims of violent crimes and provides emergency domestic violence shelter services. Also provides group support and counseling, job skill training and placement referrals, technology education, youth development and mentoring, and more.

Children’s Protection Center
1123 Bishop St.  Phone: (501) 324-2572
Little Rock, AR 72202
www.childrensprotectioncenter.org
Forensic interviews, family advocacy and support, community awareness and outreach.

Family Service Agency
628 W Broadway  Phone: (501) 372-4242
N Little Rock, AR72114 helpingfamiliesfirst.org
Outpatient programs for persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol and drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, relationship, sexual abuse, stress and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

Family Treatment Program
11 Children’s Way  Phone: (501) 364-3810
Mail Slot 512-24B
Little Rock, AR 72202  www.archildrens.org/services/family-treatment-programs.aspx
Program gives comprehensive treatment in cases of within-family child sexual abuse in coordination with the Arkansas Dept. of Human Services, courts, and other agencies.

Partners Against Trafficking Humans - P.A.T.H.
2500 E. 6th St.  Phone: (501) 301-4357
P.O. Box 21066 or (877) 432-5368
Little Rock, AR 72221  www.PathSaves.org
Programs are available to help restore and reintegrate victims of human trafficking and prostitution. Safe housing provided to victims of human trafficking and prostitution.

Union Rescue Mission - Dorcas House
823 S. Park St.  Phone: (501) 374-4022
Little Rock, AR 72202  www.urmission.org
Home provides 9 months of emergency shelter for women and their children who are victims of domestic violence. Also provides 3-5 days of temporary emergency shelter to women and their children who are not victims of domestic violence. Individual and group counseling is provided along with referrals for housing, education and employment.

Wade Knox Child Advocacy Center
1524 N. Center St.  Phone: (501) 676-2552
Lonoke, AR 72208  wadeknoxcenter.org
Center provides forensic interview services to children who are victims of abuse.

White County Children’s Safety Center
501 E. Race St.  Phone: (501) 388-1636
Searcy, AR 72143
www.whitecountycsc.com
Forensic interviews and other needed services for children and non-offending family members. Also promotes education, awareness and prevention.

White County Domestic Violence Prevention
PO Box 1196  Phone: (501) 278-5130
Searcy, AR 72143  Hotline: (501) 278-4673
www.hope.cottage.info
E-Mail: wcdvp1@sbcglobal.net
Program provides shelter through Hope Cottage for women and children who are victims of domestic abuse, education courses, housing and job search assistance, support group, legal assistance and medical services. Hotline is available 24 hours a day/7 days a week. Collect calls to the hotline are accepted.

Women and Children First: A Center Against Domestic Violence
PO Box 1954  Phone: (501) 376-3219
Little Rock, AR 72203
Serves battered women and their children. Call for more information.
Legal Aid

Lonoke County:

Arkansas Office of Child Support Enforcement - Lonoke Extension
115 Jefferson St. Phone: (501) 676-2736
Lonoke, AR 72086 www.dfa.arkansas.gov/offices/childSupport/Pages/default.aspx
Hours: 8:00am-4:30pm, Monday-Friday
Services to establish & enforce paternity & child support orders.

Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.

Lonoke County Public Defender
311 Court St., Ste A Phone: (501) 676-2579
Lonoke, AR 72086
Call for details and eligibility.

Outside Lonoke County:

Advocacy Services
1100 N. University Ave. Phone: (501) 296-1775
Little Rock, AR 72207
Legal assistance for persons with disabilities is provided.

Arkansas Community Dispute Resolution Centers
3805 W. 12th St., Ste. 201 Phone: (501) 379-1501
Little Rock, AR 72204 www.acdrce.net
Hours: 9:00am-5:00pm, Monday-Friday
Resolution and mediations services are provided in a confidential setting in the hope of preventing formal legal action. Spanish is spoken. No one turned away due to inability to pay.

Arkansas Volunteer Lawyers for the Elderly
220 W. 3rd St., Ste 620 Phone: (501) 376-9263
Little Rock, AR 72205
Legal assistance to low income and/or elderly persons is provided. Call for other eligibility information.

Care Link
PO Box 5988 Phone: (501) 372-5300
700 W. River Front or (800) 482-6359
N Little Rock, AR 72119 TTY (501) 688-7462
www.care-link.org
Hours: 8:00am-4:30pm, Monday-Friday
Agency provides legal aid, medical insurance counseling, transportation and other services.

Center for Arkansas Legal Services
1300 W. 6th St. Phone: (501) 376-3423
Little Rock, AR 72201 or (800) 952-9243
www.arlegalservices.org
Center provides free legal representation in civil matters to low income and/or elderly persons.

Disability Rights Center
1100 N. University Ave. Phone: (501) 296-1775
Little Rock, AR 72207 www.arkdisabilityrights.org
Advocate for individuals with a disability in cases other than criminal. No costs or fees for services.

Family Service Agency
628 W Broadway Phone: (501) 372-4242
N Little Rock, AR 72114 helpingfamiliesfirst.org
Outpatient programs for persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol and drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, relationship, sexual abuse, stress and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

White County Domestic Violence Prevention
PO Box 1196 Phone: (501) 278-5130
Searcy, AR 72143 Hotline: (501) 278-4673
www.hope.cottage.info
E-Mail: wcdvp1@sbcglobal.net
Agency provides shelter through Hope Cottage for women and children who are victims of domestic abuse, education courses, housing and job search assistance, support group, legal assistance and medical services. Hotline is available 24 hours a day/7 days a week. Collect calls to the hotline are accepted.

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The LORD will sustain him on his sickbed and restore him from his bed of illness. (Psalm 41:3)

**Medical**

**Addiction Meetings & Services**

**Cabot:**

**Al-Anon – Cabot Chapter**

*Our Savior Lutheran Church*

301 Pine St.  Cabot, AR 72023

Meeting: 7:00pm, Tuesday

Support meetings for friends and family members of alcoholics.

**Al-Ateen – Cabot Chapter**

*Our Savior Lutheran Church*

301 Pine St.  Cabot, AR 72023

Meeting: 5:30pm, Tuesday

Support meetings for teen-aged friends and family members of alcoholics.

**Alcoholics Anonymous – AR District 6 Chapter**

*Lonoke County Christian Clinic*

502 Richie Rd.  www.aradist6.org

Cabot, AR 72023

Meeting: 7:00pm, Monday

Alcohol recovery support meetings for teens/adults.

**Because of the demand for drug and alcohol abuse treatment, there are many options available for treatment.**

**Alcoholics Anonymous – Cabot Chapter**

*Harvest Praise Church*

609 N. 2nd St.  Cabot, AR 72023

Phone: (501) 920-8450 or (501) 690-8920

**Meeting Times:**

- 8:00pm Tuesday Closed Meeting
- 7:00pm Thursday Closed Meeting
- 8:00pm Friday Open Meeting
- 10:00am Saturday Open Book Study

Alcohol recovery support meetings for teens/adults.

**Celebrate Recovery – Cabot Chapter**

*New Life Church*

201 S. 10th St.  Cabot, AR 72023

Phone: (501) 605-0432  www.newlifechurch.tv

Meeting: 6:00pm, Tuesday

Alcohol and drug recovery support meeting.

**Narcotics Anonymous – Cabot Chapter**

211 Elm St.  Cabot, AR 72023

**Meeting Times:**

- 4:30pm Monday
- 12:00 & 7:30pm Tuesday & Thursday
- 7:30pm Wednesday & Friday
- 4:00pm Saturday & Sunday

Drug recovery support meetings for teens/adults.

**Gaines House**

1702 Gaines St.  Phone: (501) 376-4015

Little Rock, AR 72216

Phone Hours: 8:00am-4:00pm, Monday-Friday

Home for women with mental or physical disabilities offers case management, day treatment for mental disabilities, doctor appointment assistance and substance abuse support.

**Lonoke County:**

**Alcoholics Anonymous - England Chapter**

*Better Way Group*

100 E. Taylor  England, AR 72046

Meeting: 7:00pm, Monday - Closed Discussion

Alcohol recovery support meetings for teens/adults.

**Alcoholics Anonymous - Lonoke/Carlisle/Hazen**

*Park & Pine St.*  Lonoke, AR 72086

Meeting: 7:00pm, Sunday & Wednesday - Open

Alcohol recovery support meetings for teens/adults.

**Alcoholics Anonymous - Ward Group**

*Ward Chamber of Commerce*

Main St. & Hwy 321  Ward, AR 72176

Meeting: 8:00pm, Wednesday - Open

Alcohol recovery support meetings for men.

**Celebrate Recovery - Ward Group**

*Scripture Fellowship Church*

215 Walker St.  Phone: (501) 843-5096

Ward, AR 72176

Meeting: 4:30pm-6:00pm, Monday & Thursday

Group provides drug and alcohol relapse prevention, as well as anger management classes. Individual counseling is also available.
Life in Focus

Apostolic Church of Lonoke, The
5th & Eagle St. Phone: (501) 912-1855
Lonoke, AR 72086 Contact: Ralph Brown

HOURS:
ACTS Program: 6:00pm, Wednesday
Anger Management: 4:30pm, Sunday
Financial Management & Parenting Skills: 6:00pm, Thursday on alternating weeks

Services offered are ACTS - Alcohol and Treatment Series, Anger Management, Parenting Skills, and Financial Management.

Narcotics Anonymous - Lonoke Chapter
Lonoke County Recovery Center
206 Waggoner St. Phone: (501) 838-4355
Lonoke, AR 72086
Contact: Margaret Edmondson
Meeting: 7:00pm, Thursday Closed Meeting

Drug recovery support meetings for teens/adults.

Outside Lonoke County:

Alcohol Chemical Treatment Services (A.C.T.S.)
Lighthouse Church
DeWitt Henry/N. Apple Phone: (501) 882-3933
Beebe, AR 72012 or (501) 247-5257
Meeting: 6:00pm, Wednesday Open Meeting

A.C.T.S. provides a 12-week drug/alcohol recovery class.

Alcoholics Anonymous – Beebe Chapter
First Presbyterian Church
907 W. College St Phone: (501) 882-3557
Beebe, AR 72012

Meeting: 8:00 pm, Monday Open Meeting
8:00pm, Thursday Closed Meeting

Alcohol recovery support meeting.

Alcoholics Anonymous - Central AR Chapter
7509 Cantrell Rd., #106 Phone: (501) 664-7303
Little Rock, AR 72207
arkansascentraloffice.org
Meeting: Call for locations.

Alcohol recovery support meetings.

Alcoholics Anonymous - Jacksonville Chapter
North Pulaski United Methodist Church
103 Kelso Rd. Phone: (501) 835-1368
Jacksonville, AR 72120
Meeting: 7:00pm, Tuesday Closed Meeting

Alcohol recovery support meeting.

Alcoholics Anonymous - Little Rock Chapter
Wolfe Street Center, The
1015 Louisiana St. Phone: (501) 372-5662
Little Rock, AR 72202 www.wolfestreet.org
Meeting: Everyday, call for times

Alcohol recovery support meetings and meetings for the families of alcoholics.

Arkansas Cares
4301 W. Markham St. Phone: (501) 661-0720
Little Rock, AR 72205 www.arcares.uams.edu

Agency gives long term, in-patient, residential substance abuse treatment services for women and their children. Day care facilities are available. Call for eligibility and insurance information.

BridgeWay, The
21 Bridgeway Rd. Phone: (501) 771-1500
N Little Rock, AR 72113 TheBridgeWay.com

Services provided to people experiencing behavioral, emotional or addictive problems.

CATAR Clinic
1401 S. University Ave. Phone: (501) 664-7833
Little Rock, AR 72204

Clinic provides a Methadone maintenance program for adults with required individual and group counseling. Call for rate information.

Celebrate Recovery - Jacksonville Chapter
McArthur Church
3501 John Harden Dr. Phone: (501) 982-1136
Jacksonville, AR 72076
Meeting: 7:00pm, Friday

Alcohol and drug recovery support meeting.

Celebrate Recovery - North Little Rock Chapter
First Assembly of God
4501 Burrow Dr. Phone: (501) 833-3270
N Little Rock, AR 72116 www.firstnlr.com
Dinner: 6:00pm, Thursday
Meeting: 6:45pm, Thursday

Alcohol and drug recovery support meeting.

Celebrate Recovery - Sherwood Chapter
ThatChurch
702 E. Kielh Ave. Phone: (501) 747-6767
Sherwood, AR 72120
Meeting: 6:00pm, Thursday

Alcohol and drug recovery support meeting.
Charter Behavioral Health System  
1601 Murphy Dr.  Phone: (501) 851-8700  
Maumelle, AR 72113  
Detox facility for children, adolescents & adults.  
Accepts Medicaid, insurance and private pay.

Center for Women in Transition  
1116 Garland St.  Phone: (501) 372-5522  
Little Rock, AR 72201  www.cwitlr.org  
Hours: 8:00am-4:00pm, Monday-Friday  
Woman focused facility for those leaving the prison system which offers case management, basic needs assistance, court advocacy, counseling and support groups, substance abuse counseling, anger management, life skills training, re-entry classes, financial planning and budgeting.

Family Service Agency  
628 W Broadway  Phone: (501) 372-4242  
N Little Rock, AR72114 helpingfamiliesfirst.org  
Outpatient programs for persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol and drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, relationship, sexual abuse, stress and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

GYST House  
8101 Frenchman’s Lane  Phone: (501) 568-1682  
Little Rock, AR 72209  www.gysthouseinc.com  
Programs include a residential program, transitional living, and outpatient program.  
Alcoholics Anonymous group sessions; residential and outpatient treatment and relapse prevention for adolescents and adults.

Hicks, Mattie Sober Living Home for Women  
2020 Main St.  Phone: (501) 374-0015  
Little Rock, AR 72206  or (501) 612-5763  Phone Hours: 8:00am-4:00pm, Monday-Friday  
Application: 5:30pm, Wednesday  
Center provides transitional living with stays up to 2 years. Services include rehabilitation and 12-step program. Cost is $85/week. Call to make an appointment.

Hoover House  
4000 W. 13th St.  Phone: (501) 663-4774  
Little Rock, AR 72204  
Private pay sober living home, transitional living, and halfway house.

Interphase of Arkansas  
5 Shackleford Plaza  Phone: (501) 227-7305  
Suite 140  Little Rock, AR 72211  
Agency provides a 30 day inpatient treatment for adults; 3-6 month residential treatment for adolescents. Some forms of insurance and payment plans are accepted.

Jericho Program  
Hoever Treatment Center  
3805 W. 12th St.  Phone: (501) 663-7221  
Little Rock, AR 72204  www.bdcinc.org  
Housing provided to those with addiction issues. Services include 12-step program, case management, and mental health programs if needed. No set limit on length of stay.

Little Rock Community Mental Health Center  
4400 Shuffield  Phone: (501) 686-9300  
Little Rock, AR 72205  
Hours: 8am-5pm, Monday-Friday  
For adults 21 years of age or older with a diagnosis of mental illness they provide case management, crisis intervention and crisis stabilization with 5 day residential services. Also provides day treatment, psychiatric evaluation, medication management, individual and group counseling, employment training and job assistance, and substance abuse recovery. Serves Lonoke, Prairie, Pulaski and Saline Counties.

Living Hope Institute  
600 S. McKinley St.  Phone: (501) 663-4673  
Suite 400  Little Rock, AR 72205  
Institute is an adult detox facility that accepts Medicaid, Medicare, insurance and private pay.

New Beginnings  
600 S. McKinley St.  Phone: (501) 663-4673  
Suite 400  Little Rock, AR 72205  
Clinic is an Adult detox facility that accepts Medicaid, Medicare, insurance and private pay.
**Oasis Renewal Center**  
14913 Cooper Orbit Rd.  Phone: (501) 376-2747  
Little Rock, AR 72223  
oasisrenewalcenter.com  
Substance use disorder recovery model emphasizing the 12-Step concepts at an inpatient facility on 48 acres featuring log-cabin dormitories. Individual/group counseling, intervention, and medical/psychiatric assessments are offered.

**Oxford House**  
Locations on website  Phone: (301) 587-2916 or (800) 689-6411  
www.oxfordhouse.org or (800) 689-6411  
Program provides sober living facility for individuals recovering from drugs or alcohol. Move-in deposit required; costs include monthly rent/living expenses.

**Quality Living Center**  
3925 Asher Ave.  Phone: (501) 663-3490  
Little Rock, AR 72204  
www.qualitylivingcenter.org  
Hours: 1:00-5:00pm, Monday-Wednesday, 10:00am-5:00pm, Tuesday  
Program provides a residential program, transitional living, and an outpatient program for those exiting the Department of Corrections or struggling with addiction. Cost is determined by a sliding fee scale.

**Recover/Recover Teen**  
Baptist Rehab. Institute  
9601 I-630, Exit 7  Phone: (501) 202-7507  
Little Rock, AR 72205  
Detox facility serving adolescents and adults; day, evening or outpatient counseling. Call for eligibility and insurance information.

**Recovery Centers of Arkansas**  
1201 River Rd.  Phone: (501) 372-4611  
N. Little Rock, AR 72114  
rcoda.org  
Substance abuse residential program, outpatient program, recovery residence/housing service, and veterans administration/housing program are offered at 3 locations in Little Rock - Riverbend (1201 River Rd.), Williamsburg (6301 Father Tribou), and Steeplechase (6225 Father Tribou).

**Rivendell Behavioral Health Services**  
100 Rivendell Dr.  Phone: (501) 316-1255  
Benton, AR 72019 or (800) 264-5640  
www.RivendellofArkansas.com  
Inpatient, confidential psychiatric and behavioral healthcare services offered are Acute Adult Psychiatric, Adult Dual Diagnosis, Acute Child and Adolescent Substance Abuse, and Residential Treatment for Adolescents.

**Serenity Park, Inc.**  
2801 W. Roosevelt Rd.  Phone: (501) 663-7627  
Little Rock, AR 72204 or (866) 69907627  
After Hours Phone: (501) 541-4370  
www.serenitypark.org  
Hours: 8:00am-5:00pm, Monday-Friday  
Agency offers inpatient and outpatient treatment facility for chemically dependent men and women offering individual/group/family counseling and an aftercare program. Accepts insurance, has a sliding scale fee and has access to grants.

**Sober Living**  
4201 John Barrow Rd.  Phone: (501) 562-0507  
Little Rock, AR 72204  
This residential treatment and 6-12 month transitional housing is for men and women with substance addiction. Private pay only accepted. Call for rates and eligibility.

**Step Up Support Center**  
9010 Hilaro Spring Rd.  Phone: (501) 565-1333  
Little Rock, AR 72209  
Group and individual outpatient counseling, relapse prevention classes, career counseling, job placement, food pantry, clothing, chemical free shelter/treatment center, transportation assistance, and parenting education for adults. Referrals are accepted. Typically serves people paroled from prison.

**UAMS Substance Abuse Treatment Center**  
3924 W. Markham St.  Phone: (501) 686-9630  
Little Rock, AR 72205  
psychiatry.uams.edu/buprenorphine  
Center provides a Methadone maintenance program for adults and individual and group therapy. Accepts insurance and offers a sliding scale fee.
Outside Lonoke County:

**AbleData**
8630 Fenton St., Ste 930 Phone: (301) 608-8998
Silver Spring, MD 20910 or (800) 227-0213
www.abledata.com TT: (301) 608-8912

Company does not sell products, but it's website offers extensive information on hearing assistive technology, including nearly 40,000 product listings as well as resource listings.

**Arkansas Dept. of Career Education (ACE) – Telecommunications Access Program (TAP)**
102 Park St. Phone/TTY: (501) 686-9693
Lonoke, AR 72086 or (800) 981-4463
http://ace.arkansas.gov VP: (501) 246-8219

Agency provides services to help prepare individuals with disabilities for the workforce and assisted hearing telephone devices by qualification by the Telecommunications Access Program (TAP). An application for this special telephone equipment hearing can be downloaded at:
http://ace.arkansas.gov/arRehabServices/programs/fieldServices/Pages/TelecommunicationsAccessProgram.aspx

**Audient**
audientalliance.org Phone: (877) 283-4368

Provides discounts on brand name hearing aids to those that qualify.

**Better Hearing Institute**
1444 I St., NW, Ste 700 Phone: (202) 449-1100
Washington, DC 20005 www.betterhearing.org

Institute provides information on hearing loss, prevention of hearing loss, tinnitus, and more. Also provides resources such as education, financial assistance, etc.

**Hearing Loss Association of America**
7910 Woodmont Ave. Phone: (301) 657-2248
Suite 1200 Bethesda, MD 20814 www.hearingloss.org

Agency provides information, advocacy and resources such as support, training and financial assistance.

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**Counseling, Mental Health & Therapy**

**Cabot:**

**Cabot Public School System**
602 N. Lincoln St. Phone: (501) 843-3363
Cabot, AR 72023 http://cabot.k12.ar.us
Hours: 7:30am-4:30pm, Monday-Friday

Provides the federally assisted National School Lunch Program (NSLP) and School Breakfast Program (SBP). For information, call the school office. (See listings in box). Counseling offered to students in grades K-12. Call the child’s school or contact Terena Woodruff at (501) 743-3574 or terena.woodruff@cps.k12.ar.us.

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<td>Eastside Elementary</td>
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</table>
Lonoke Exceptional School - Cabot
205 Plaza Blvd. Phone: (501) 628-0063
Cabot, AR 72023
Hours: 8:00am-4:00pm, Monday-Friday
School provides Medicare waiver day program for adults with developmental disabilities, which includes skills training and in home support services, and a Medicare waiver program for children/youth with disabilities which includes speech and physical therapy services, and an outreach program for low-income children under the age of 3 with medical issues.

Options Pregnancy Center
401 S. 2nd St. Phone: (501) 941-5533
Cabot, AR 72023 www.optionspc.org
Hours: 10:00am-5:30pm, Monday;
8:30am-4:30pm, Tuesday;
10:00am-4:30pm, Wednesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Point Outpatient Behavioral Health
203-B Westport Dr. Phone: (501) 843-9233
Cabot, AR 72023
Hours: 8:00am-4:00pm, Monday-Friday
Offers on-site and off-site outpatient mental health services for children and adults including individual, family and group therapy, medication management, case management, and psychological testing. Call for eligibility.

Professional Counseling Associates
405 N. 2nd St. Phone: (501) 843-3503
Cabot, AR 72023 www.pca-ar.org
Hours: 7:30am-4:30pm, Monday-Friday
Wide variety of counseling services provided including marital, family and individual. Fees based on income. Medical insurance accepted.

Veteran's Best Friend, A
PO Box 329 Phone: (501) 422-8310
Cabot, AR 72023
Agency provides owner training of a PTSD service dog. Training teaches the dog to interrupt nightmares, provide public access, and alert to the presence of other people.

Lonoke County:
Arkansas Dept. of Human Services (DHS) - Div. of Children & Family Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Services include: Adolescent/Youth Counseling, Child Abuse Counseling, Crisis Intervention, Family/ Individual Counseling, Mental Health Evaluation, and Therapy Referrals. Health insurance (AR Kids First) coverage for children up to age 19, whose family income is too high to qualify for Medicaid and have no other health insurance. Major-medical services including doctor, hospitalizations, eye and dental care are covered.

Life in Focus / Apostolic Church of Lonoke, The
5th & Eagle St. Phone: (501) 912-1855
Lonoke, AR 72086 Contact: Ralph Brown

Hours:
ACTS Program: 6:00pm, Wednesday
Anger Management: 4:30pm, Sunday
Financial Management & Parenting Skills: 6:00pm, Thursday on alternating weeks
Services offered are ACTS - Alcohol and Treatment Series, Anger Management, Parenting Skills, and Financial Management.

Lonoke Exceptional School - Lonoke
518 NE. Front St. Phone: (501) 676-2786
Lonoke, AR 72086
Hours: 8:00am-4:00pm, Monday-Friday
School provides Medicare waiver day program for adults with developmental disabilities, which includes skills training and in home support services. Also provides a Medicare waiver childcare program for children/youth with disabilities which includes speech and physical therapy services, and an outreach program for low-income children under 3 years of age with medical issues.

Options Pregnancy Center
112 NE Front St. Phone: (501) 676-6556
Lonoke, AR 72086 www.optionspc.org
Hours: 9:30am-6:30pm, Monday;
9:30am-1:30pm, Tuesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

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Professional Counseling Associates (PROMOTE)
2nd & Depot St.  Phone: (501) 676-3151
Lonoke, AR 72086  www.pca-ar.org

PROMOTE program for juveniles only that meet eligibility requirements. Services provided are anger management, parenting classes, primary prevention groups, mobile case management, behavioral treatment, truancy diversion programs, FINS (Family In Need of Services) program, drug counseling referrals, and more.

Arkansas Enterprises for the Developmentally Disabled (AEDD)
105 E. Roosevelt Rd.  Phone: (501) 907-5716
Little Rock, AR 72206

AEDD provides services to persons with developmental disabilities including: Developmental day-hab treatment, employment opportunities, habilitation training, housing, physical therapy, pre-school childcare, occupational therapy, speech therapy, transportation, and vocational training.

Arkansas National Guard Family Assistance Ctr.
6402 Missouri Ave.  Phone: (501) 212-4122
Camp Joseph T. Robinson
N. Little Rock, AR 72199

Center provides crisis intervention and referral to all Service Members and their families regardless of service branch or duty status, and a TRICARE resource and referral center.

Center for Women in Transition
1116 Garland St.  Phone: (501) 372-5522
Little Rock, AR 72201  www.cwitlr.org

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

Agency provides support, housing, advocacy, and education to people with disabilities and their families.

Arc Arkansas
2004 S. Main St.  Phone: (501) 375-7770
Little Rock, AR 72206  www.arcark.org
E-mail: thearcarkansas@arcark.org

Agency provides support, housing, advocacy, and education to people with disabilities and their families.

Arkansas AIDS Foundation
523 S. Louisiana St.  Phone: (501) 376-6299
Little Rock, AR 72201  www.araidsfoundation.org

Agency provides anonymous HIV/STD testing, counseling and support groups as well as referrals. Cost for testing is $5.

Arkansas Children’s Hospital/Insure the Children
#1 Children’s Way  Phone: (501) 320-1360
Little Rock, AR 72202  www.archildrens.org

Outpatient counseling for children ages 7 to 18 years. Call for eligibility, cost, and insurance information.

Arkansas National Guard Family Assistance Ctr.
6402 Missouri Ave.  Phone: (501) 212-4122
Camp Joseph T. Robinson
N. Little Rock, AR 72199

Center provides crisis intervention and referral to all Service Members and their families regardless of service branch or duty status, and a TRICARE resource and referral center.

BridgeWay, The
21 Bridgeway Rd.  Phone: (501) 771-1500
N. Little Rock, AR 72113  theBridgeWay.com

Services provided to people experiencing behavioral, emotional or addictive problems.

Center for Healing Hearts and Spirits
2416 S. Chester  Phone: (501) 372-3800
Little Rock, AR 72206  hhscenter.org
Rape Crisis Hotline: (855) 643-5748

Assists victims of violent crimes and provides emergency domestic violence shelter services. Also provides group support and counseling, job skill training and placement referrals, technology education, youth development and mentoring, and more.

Comprehensive Counseling
63 Summit Ridge Ct.  Phone: (501) 831-9491
Little Rock, AR 72211

Outpatient services provide family, individual and marital counseling. Eligibility based on income.

Easter Seals
3920 Woodland Hts Rd.  Phone: (501) 227-3600
Little Rock, AR 72212  www.eastersealsar.com

Agency provides occupational, physical and speech therapy to the disabled of all ages. Also provides a rehab facility, adult job training and placement, health and wellness skills, habilitation skills, communication and computer skills, and more.
**Family Service Agency**  
628 W. Broadway  
Phone: (501) 372-4242  
Little Rock, AR 72114 helpingfamiliesfirst.org  

Outpatient counseling & programs for persons with co-occurring mental/substance abuse disorders, DUI/DWI offenders, and criminal justice clients include: Alcohol/drug abuse, anger, credit, divorce, domestic violence, employment, family conflict, parenting, sexual abuse, stress, and violence intervention. Call for details regarding eligibility. Sliding fee scale; payment assistance is available.

**Family Treatment Program**  
11 Children’s Way  
Phone: (501) 364-3810  
Mail Slot 512-24B  
Little Rock, AR 72202  
archildrens.org/services/family-treatment-programs.aspx  

Program provides comprehensive treatment in cases of within family child sexual abuse in coordination with the Arkansas Dept. of Human Services, courts, and other agencies.

**Gaines House**  
1702 Gaines St.  
Phone: (501) 376-4015  
Little Rock, AR 72216  
Phone Hours: 8:00am-4:00pm, Monday-Friday  

Home for women with mental or physical disabilities offers case management, day treatment for mental disabilities, doctor appointment assistance and substance abuse support.

**Little Rock Community Mental Health Center**  
4400 Shuffield  
Phone: (501) 686-9300  
Little Rock, AR 72205  
Hours: 8am-5pm, Monday-Friday  

For adults 21 years of age or older with a diagnosis of mental illness they provide case management, crisis intervention and crisis stabilization with 5 day residential services. Also provides day treatment, psychiatric evaluation, medication management, individual and group counseling, employment training and job assistance, and substance abuse recovery. Serves Lonoke, Prairie, Pulaski and Saline Counties.

**Military & Family Life Consultant Program**  
Camp Robinson  
Phone: (501) 212-4122  
N. Little Rock, AR 72199  

**Military One Source**  
Phone: (800) 342-9647  
www.MilitaryOneSource.com  

Agency provides 24/7 assistance on a wide variety of issues. Also offers tutoring for children. Services are for Active Duty, Guard, Reserve and their families.

**National Alliance on Mental Illness (NAMI)**  
3803 N. Fairfax Dr.  
Phone: (703) 524-7600  
Arlington, VA 22203  
or: (800) 950-6264  
www.nami.org  

Information available on the website includes medications, mental health professionals, case managers, employment assistance, psychiatric hospitals, housing assistance, and other forms of treatments available such as psychotherapy, as well as information geared especially for children.

**Operation Save: Veterans Crisis Line**  
VeteransCrisisLine.net  
Phone: (800) 273-8255  

Agency will help when a veteran shows signs of suicidal thinking.

**Options Pregnancy Center**  
2412 Dewitt Henry  
Phone: (501) 882-7694  
Beebe, AR 72001  
www.optionspc.org  
Hours: 2:30pm-6:30pm, Tuesday; 10:00am-6:00pm, Thursday  

Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

**Partners Against Trafficking Humans - P.A.T.H.**  
2500 E. 6th St.  
Phone: (501) 301-4357  
P.O. Box 21066 or (877) 432-5368  
Little Rock, AR 72221  
www.PathSaves.org  

Programs are available to help restore and reintegrate victims of human trafficking and prostitution. Safe housing provided to victims of human trafficking and prostitution.

**Pathfinders, Inc.**  
2520 W. Main St.  
Phone: (501) 982-0528  
Jacksonville, AR 72076  
www.PathSaves.org  

Agency provides day habilitation for children with developmental disabilities who are eligible for Medicaid. Adult training programs for individuals with disabilities include evaluation, vocational training, work opportunities, habilitation training, and active day treatment for severely involved individuals who reside in
Pathfinders, Inc. (continued)
Intermediate Care Facilities. In addition,
outpatient services for individuals with
developmental disabilities such as screening,
assessment, individual/group/family therapy,
case management, psychiatric evaluation &
testing, and medication management are offered.

Pinnacle Pointe Hospital
11501 Financial Ctr. Phone: (501) 223-3322
Little Rock, AR PinnaclePointeHospital.com
Mental health services for children ages 5-17
and their families.

Rivendell Behavioral Health Services
100 Rivendell Dr. Phone: (501) 316-1255
Benton, AR 72019 or (800) 264-5640
RivendellofArkansas.com
Inpatient, confidential psychiatric and
behavioral healthcare services offered are Acute
Adult Psychiatric, Adult Dual Diagnosis, Acute
Child and Adolescent Substance Abuse, and
Residential Treatment for Adolescents.

River City Ministry
1021 E. Washington Phone: (501) 376-6694
N Little Rock, AR 72115 RiverCityMinistry.org
HOURS:
Breaking Free Recovery Pgm: 5:30pm, Monday
Clothing Bus: 8:30-11:00am, 1st and 3rd Wed.
Disability Rights Advocate: 9:30-11:30am, Wed.
Food & Fellowship: 2:00pm, Sunday
Food-Meal Service: 11:30am, Monday-Friday
Food Pantry: 9:30-10:30am, Tues. & Thurs.
Group Bible Study: 10:00am, Thursday
HEART Case Workers: 9:30-11:30am, Friday
Homeless Day Resource Center:
7:30am-3:30pm, Monday-Friday
Homeless Walk-In Clinic: 8:00-11:00am, Tues.
Medical Appointment Desk:
Medical: 8:30am, Monday & Wednesday
Dental: 10:00am-12:00pm, Tues. & Thurs.
Eye: 8:30am-3:00pm, Monday-Friday
Medical Clinic Hours:
Medical: 2:00-5:00pm, Sunday with appt.
Dental: Monday & Friday, with appt.
Eye: Saturday, with appt.
Social Services: 7:30am-3:00pm, Mon.-Fri.
Water Bill Assistance Phone Line: 8:30am, Wed.
Services are provided to residents of Pulaski
County only. Clothing available through the
ministry's bus that goes into the community.
Assistance with N. Little Rock Water bill is
available to the first 3 qualified applicants each
month. USDA food pantry assistance limited to
once a month. Hot lunch served following 11:30
devotional Monday-Friday. Counseling, social
services and spiritual guidance provided.
Appointments required for medical, dental or eye
services with the exception of the Homeless
Walk-In Clinic. Homeless day shelter services
include: showers, clothing, laundry service,
phone & message service, and mail service
Step Up Support Center
9010 Hilaro Spring Rd. Phone: (501) 565-1333
Little Rock, AR 72209
Group and individual outpatient counseling,
relapse prevention classes, career counseling,
job placement, food pantry, clothing, chemical
free shelter/treatment center, transportation
assistance, and parenting education for adults.
Referrals are accepted. Typically serves people
paroled from prison.

Sunshine School, The
901 Airport Loop Phone: (501) 268-9227
Searcy, AR 72143
School serves children and adults with
disabilities. Doctor or school referral required.

Union Rescue Mission - Dorcas House
823 S. Park St. Phone: (501) 374-4022
Little Rock, AR 72202 www.urmission.org
Home provides 9 months of emergency shelter
women and their children who are victims of
domestic violence. Also provides 3-5 days of
temporary emergency shelter to women and their
children who are not victims of domestic
violence. Individual and group counseling is
provided along with referrals for housing,
education and employment.

United States Army Survivor Outreach Services
Camp Robinson Phone: (501) 212-4055
N. Little Rock, AR 72199
Services provided to surviving families of service
personnel regardless of branch of service include
estate planning, investments, death benefits,
support and counseling.

White County Domestic Violence Prevention
PO Box 1196 Phone: (501) 278-5130
Searcy, AR 72143 Hotline: (501) 278-4673
www.hope.cottage.info
E-Mail: wcdevp1@sbcglobal.net
Agency provides shelter through Hope Cottage
for women and children who are victims of
domestic abuse, education courses, housing and
job search assistance, support group, legal
assistance and medical services. Hotline is
available 24 hours a day/7 days a week. Collect
calls to the hotline are accepted.
**Medical, Dental & Eye Care**

**Cabot:**

**ARCare**
2 Locations in Cabot:
- 614 N. Grant St. Phone: (501) 941-3522
- 5830 Hwy. 5 Phone: (501) 941-1376
Cabot, AR 72023 www.arcare.net
Hours: 8:00am-5:00pm, Monday-Friday
Agency provides medical and dental care regardless of ability to pay. They accept insurance, Medicare, Medicaid. Services provided include women’s health, cardiology, dentistry, family practice, and more.

**Arkansas Dept. of Health - Public Health Unit - Cabot Office**
118 S. 1st St. Phone: (501) 843-7561
Cabot, AR 72023
Hours: 8:00am-4:30pm, Monday-Friday
Administers the federally-funded WIC program (provides nutrition education and food vouchers), childhood immunizations, pregnancy testing, home health, dental, and more. Spanish is spoken.

**Lions Club - Cabot**
PO Box 183 Phone: (501) 843-9090
Cabot, AR 72023 or (501) 920-2122
www.cabotlions.com
E-Mail: cabotlions@yahoo.com
Club assists with eye exams, glasses, and surgery, and may assist with needs due to diabetes or hearing loss.

**Faith Support Ministry & Keep the Faith Foundation for Kids with Cancer - Faith Baptist Church**
301 Bill Foster Hwy Phone: (501) 843-5291
P.O. Box 1475 www.faihtcabot.org
Cabot, AR 72023
Programs for adults and children designed to nurture them on a spiritual level (with prayer, cards, etc.) as well as a financial level.

**Lonoke County Christian Clinic, Inc.**
502 Richie Rd. Phone: (501) 605-5600
P.O. Box 1102 Cabot, AR 72023
Hours: Evenings, 1st & 3rd Thursday.
Free clinic provides general medical & dental care to Lonoke County residents. A $5 donation is recommended, but not mandatory. Call ahead for an appointment and hours.

**Lonoke County Veterans Service Office**
114 N. 1st St. Phone: (501) 843-0733
Cabot, AR 72023
Advocates on health issues for Honorably Discharged Veterans & their family. Will also assist veteran’s other concerns by referrals. See: www.veterans.arkansas.gov

**Options Pregnancy Center**
401 S. 2nd St. Phone: (501) 941-5533
Cabot, AR 72023 www.optionspc.org
Hours: 10:00am-5:30pm, Monday;
8:30am-4:30pm, Tuesday;
10:00am-4:30pm, Wednesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultra-sound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

**Lonoke County:**

**Arkansas Dept. of Health - Public Health Unit - Lonoke County**
306 N. Center St. Phone: (501) 676-2268
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Administers the federally-funded WIC program (provides nutrition education & food vouchers), childhood immunizations, pregnancy testing, home health, and more. Spanish is spoken.

**Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County**
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.
Arkansas AIDS Foundation
523 S. Louisiana St. Phone: (501) 376-6299
Little Rock, AR 72201 www.araidsfoundation.org
Agency provides Anonymous HIV/STD testing, counseling and support groups as well as referrals. Cost of testing is $5.

American Legion - Department of Arkansas
7th & Victory Streets Phone: (501) 375-1104
Little Rock, AR 72203 www.arlegion.org
Will provide resources focused on jobs, benefits, education, health care, family, and finances to any current active duty or honorably discharged member of any branch of the Armed Services.

Arkansas Optometric Association
411 S. Victory St. Phone: (501) 661-7675
Little Rock, AR 72201 arkansasoptometric.org
Call for information on free eye exams.

Baptist Health Community Clinic - Stewpot
1st Presbyterian Church Phone: (501) 227-8478
800 Scott St. or (888) BAPTIST
Little Rock, AR 72201 Baptist-Health.com
Hours: 11:30am-2:00pm, call for schedule
Clinic is part of Baptist Health Community Outreach providing basic healthcare to homeless individuals in a soup kitchen setting. Clients are also provided with resources such as water in the summer and outerwear in the winter.

Arkansas Health Care Access Foundation
P.O. Box 56248 Phone: (501) 221-3033
Little Rock, AR 72215 or (800) 950-8233
E-Mail: info@ahcaf.org www.ahcaf.org
Volunteer medical professionals provide health care services, including dental pain relief, and are at various locations throughout the state. Also works with pharmaceutical companies to help clients obtain discounted prescriptions. Eligibility requirements include family income, lack of any type of health insurance, and Arkansas residency. Apply at the Dept. of Human Services (DHS).

Arkansas Optometric Association
411 S. Victory St. Phone: (501) 661-7675
Little Rock, AR 72201 arkansasoptometric.org
Call for information on free eye exams.

Arkansas Children's Hospital General Pediatric & After Hours Clinic
800 Marshall St. Phone: (501) 364-1202
Little Rock, AR 72022
Hours: Call for hours, Monday-Friday 9:00am-8:00pm, Saturday & Sunday
Member of the St. Vincent Community Health Centers taking patients up to age 21.

Outreach
112 NE Front St. Phone: (501) 676-6556
Lonoke, AR 72086 www.optionspc.org
Hours: 9:30am-6:30pm, Monday; 9:30am-1:30pm, Tuesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultrasound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Baptist Health Community Outreach
9601 Interstate 630 Phone: (501) 202-2000
Little Rock, AR 72205 or (888) BAPTIST
www.Baptist-Health.com
Provides various community outreach health programs and clinics. In August, free childhood/school-aged immunizations and preschool physicals are offered in underserved communities in church-based settings and on the Mobile Health Unit.

Baptist Health-Southwest
11401 Interstate 30 Phone: (501) 227-8478
Little Rock, AR 72209 or (888) BAPTIST
www.Baptist-Health.com
Provides various community outreach health programs and clinics. In August, free childhood/school-aged immunizations and preschool physicals are offered in underserved communities in church-based settings and on the Mobile Health Unit.

Campaign for Healthier Babies
2915 Kavanaugh Ste 386 Phone: (800) 235-0002
Little Rock, AR 72205
Early prenatal care information and physician referral is provided with no fee for service. Call for eligibility information.

College Station Clinic
4206 Frazier Pike Phone: (501) 490-2440
College Station, AR 72053
Hours: 8:00am-6:30pm, Monday
8:00am-5:00pm, Tuesday-Thursday
8:00am-12:30pm, Friday
Clinic is a member of the St. Vincent Community Health Centers providing medical care by appointment or walk-in. Proof of income and 2 forms of ID required.
Gardner Memorial Clinic
1723 Schae St. Phone: (501) 552-3241
N. Little Rock, AR 72117
Hours: Open Mondays

Clinic is a member of the St. Vincent Community Health Centers providing medical care. Appointments encouraged. Proof of income and ID required.

Glenview Community Clinic
4800 E. 19th St. Phone: (501) 552-3241
N. Little Rock, AR 72117
Hours: Open Thursdays by appointment

Clinic is a member of the St. Vincent Community Health Centers providing medical care. Patients must have an appointment, and provide proof of income and ID.

Greater Second Baptist Church
5615 Geyer Springs Rd. Phone: (501) 227-8478
Little Rock, AR 72209 or (888) BAPTIST www.Baptist-Health.com
Hours: 3:00pm-6:30pm, 1st Mon. of the month

Church is a part of Baptist Health Community Outreach providing basic healthcare, screenings and immunizations.

Harmony Health Clinic
201 E. Roosevelt Rd. Phone: (501) 375-4400
Little Rock, AR 72206 HarmonyClinicAR.org
HOURS:
Medical Clinic: 5:00-9:00pm, Thursday
8:00am-12:00pm, Saturday
Dental Clinic: 8:00am-12:00pm Friday

The clinic offers free medical and dental care for those that meet eligibility requirements, which include that you must have lived or worked in Pulaski County for at least the last 3 months.

New patient intake forms may be downloaded from the website.

Heaven’s Loft Baptist Wellness
518 W. 26th St. Phone: (501) 758-0305
N Little Rock, AR 72114

Agency is a part of Baptist Health Community Outreach providing free health screening services for low-income expectant mothers and parents of young children. Also administers an incentive program whereby vouchers are awarded when preventive maternity care or childcare appointments are kept.

Jacksonville Health Unit
3000 N. First St. Phone: (501) 982-7477
Jacksonville, AR 72076
Hours: 8:00am-4:30pm, Monday-Friday

Member of the St. Vincent Community Health Centers providing medical care by appointment or walk-in. Proof of income and ID required.

Kaleidoscope Kids/ Hospice and Home Care Program
1501 N. University Ave. Phone: (501) 350-2767
Little Rock, AR 72207

Home care and support services are provided for children with newly-diagnosed or long-term, life-threatening illnesses. Home care and hospice services for adults and assistance to their families are also provided. Payment is flexible. No one is turned away due to inability to pay.

Little Rock Community Mental Health Center
4400 Shuffield Phone: (501) 686-9300
Little Rock, AR 72205
Hours: 8am-5pm, Monday-Friday

For adults 21 years of age or older with a diagnosis of mental illness they provide case management, crisis intervention and crisis stabilization with 5 day residential services. Also provides day treatment, psychiatric evaluation, medication management, individual and group counseling, employment training and job assistance, and substance abuse recovery. Serves Lonoke, Prairie, Pulaski and Saline Counties.

Maumelle Medical Clinic
501 Millwood Cr. Phone: (501) 803-9990
Maumelle, AR 72113
Hours: 9:00am-3:00pm, Monday-Thursday

Member of the St. Vincent Community Health Centers providing medical care by appointment or walk-in. Proof of income and ID required.

North Little Rock Health Unit
2800 Willow St. Phone: (501) 791-8552
N. Little Rock, AR 72114
Hours: 8:00am-4:30pm, Monday-Friday

Clinic is a member of the St. Vincent Community Health Centers providing medical care. Appointment and ID required. Walk-ins accepted for immunizations and TB tests. $5 fee required for immunizations.

Open Hands Clinic
1225 Martin L. King Dr. Phone: (501) 224-2121
Little Rock, AR 72202
Hours: 8:00am-5:00pm, Monday-Thursday 8:00am-2:00pm, Friday

Clinic is a member of the St. Vincent Community Health Centers providing medical care to those that are homeless, living in a shelter or a student. Appointments preferred.
Options Pregnancy Center
2412 Dewitt Henry  Phone: (501) 882-7694
Beebe, AR 72012  www.optionspc.org
Hours: 2:30pm-6:30pm, Tuesday;
10:00am-6:00pm, Thursday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultrasound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

Optometry Cares/Vision USA
www.optometrycharity.org/vision-usa
Site provides information on free eye exams to Low Income Americans through Vision USA (Volunteers In Service In Our Nation.)

Pulaski County Central Health Unit
3915 W. 8th St.  Phone: (501) 280-3100
Little Rock, AR 72204
Hours: 7:30am-3:30pm, Monday, Tuesday, Wednesday & Friday
Clinic is a member of the St. Vincent Community Health Centers providing TB tests. Appointment and ID required.

Pulaski County Central Health Unit
3915 W. 8th St.
Little Rock, AR 72204
Hours: 8:00am-3:30pm, Monday, Tuesday, Wednesday & Friday
Clinic is a member of the St. Vincent Community Health Centers providing TB tests. Appointment and ID required.

Pulaski County Health Care Unit - Southwest
6800 Baseline Rd.  Phone: (501) 565-9311
Little Rock, AR 72209
Hours: 8:00am-4:30pm, Monday- Friday
Member of the St. Vincent Community Health Centers providing medical care by appointment or walk-in. $5 fee required for record maintenance.

Pulaski County STD Health Clinic - Southwest
4918 Baseline Rd.  Phone: (501) 565-9311
Little Rock, AR 72209
Hours: 8:00am-4:00pm, Monday- Friday
Clinic is a member of the St. Vincent Community Health Centers providing STD testing and medical care. Appointment and ID required.

River City Ministry
1021 E. Washington  Phone: (501) 376-6694
N Little Rock, AR 72115  RiverCityMinistry.org
HOURS:
Breaking Free Recovery Pgm: 5:30pm, Monday
Clothing Bus: 8:30-11:00am, 1st and 3rd Wed.
Disability Rights Advocate: 9:30-11:30am, Wed.
Food & Fellowship: 2:00pm, Sunday
Food-Meal Service: 11:30am, Monday-Friday
Food Pantry: 9:30-10:30am, Tues. & Thurs.
Group Bible Study: 10:00am, Thursday

HEART Case Workers: 9:30-11:30am, Friday
Homeless Day Resource Center:
7:30am-3:30pm, Monday-Friday
Homeless Walk-In Clinic: 8:00-11:00am, Tues.
Medical Appointment Desk:
Medical: 8:30am, Monday & Wednesday
Dental: 10:00am-12:00pm, Tues. & Thurs.
Eye: 8:30am-3:00pm, Monday-Friday
Medical Clinic Hours:
Medical: 2:00-5:00pm, Sunday with appt.
Dental: Monday & Friday, with appt.
Eye: Saturday, with appt.
Social Services: 7:30am-3:00pm, Mon.-Fri.
Water Bill Assistance Phone Line: 8:30am, Wed.
Services are provided to residents of Pulaski County only. Clothing available through the ministry's bus that goes into the community. Assistance with N. Little Rock Water bill is available to the first 3 qualified applicants each month. USDA food pantry assistance limited to once a month. Hot lunch served following 11:30 devotional Monday-Friday. Counseling, social services and spiritual guidance provided. Appointments required for medical, dental or eye services with the exception of the Homeless Walk-In Clinic. Homeless day shelter services include: showers, clothing, laundry service, phone & message service, and mail service.

Ryan White Center
2422 W. 10th St.  Phone: (501) 376-6299
Little Rock, AR 72202
Center provides primary care services and case management for HIV/AIDS individuals.
St. Francis House  
2701 S. Elm St. Phone: (501) 552-3241  
Little Rock, AR 72202 stfrancisministries.com  
HOURS:  
General Aid: Monday-Friday  
Medical Clinic: Tuesday & Wednesday by appointment only  

Home provides community food pantry and clothing, some assistance with utilities and other financial needs, and is a member of the St. Vincent Community Health Centers providing medical care to those in need. Proof of income and ID required.

St. John Missionary Baptist Church  
2501 S. Main St. Phone: (501) 227-8478  
Little Rock, AR 72216 or (888) BAPTIST  
www.Baptist-Health.com  
HOURS:  
Medical Care: 3:00pm-6:30pm, Wednesday  
Prenatal Classes: 2:00pm-4:00pm, 2nd Wed.  
4:00pm-6:00pm, 2nd Wed.  

Church is a part of Baptist Health Community Outreach providing basic healthcare, screenings and immunizations. Also offer prenatal classes on the 2nd Wednesday of the month.

St. Vincent Community Health Centers  
2 St. Vincent Circle Phone: (501) 552-3000  
Little Rock, AR StVincentHealth.com  

Free community health clinics are provided for the medically uninsured.

St. Vincent Health Clinic East  
2500 E. 6th St. Phone: (501) 552-4710  
Little Rock, AR 72202  
Hours: 8:00am-4:30pm, Monday-Thursday  
8:00am-12:00pm, Friday  

Member of the St. Vincent Community Health Centers providing medical care with fees based on a sliding scale. Proof of income and ID required.

Stewpot  
800 Scott St. Phone: (501) 372-1804  
Little Rock, AR 72201  
Hours: 12:00-1:00pm, Monday-Friday  

Hot meal provided for lunch, must enter from 8th Street side at Noon. Clothes closet is available on Thursday. Baptist Health comes on Friday. Stewpot is closed on all major holidays. First come, first served.

UAMS Medicine Clinic  
4301 W. Markham Phone: (501) 668-8000  
Little Rock, AR 72204 option 2  
Hours: 8:00am-4:30pm, Monday-Friday  

Clinic is a member of the St. Vincent Community Health Centers providing medical care via a discount program for uninsured or underinsured - not a free clinic. Appointment and ID required.

Watershed Human & Community Development Agency  
3701 Springer Blvd. Phone: (501) 227-8478  
Little Rock, AR 72206 or (888) BAPTIST  
www.Baptist-Health.com or (501) 378-0176  
Hours: 8:30am-5:00pm, Monday-Friday  

The Watershed Initiative provides health screenings and health education programs as part of Baptist Health Community Outreach. Other services include clothing, food, and assistance with rent, utility and prescriptions when funds are available. Call for eligibility details.

Westside Free Medical Clinic – Catholic Charities of Arkansas  
2000 Aldersgate Rd. Phone: (501) 664-0340  
Little Rock, AR 72205  
Hours of operation vary.  

Clinic is a member of the St. Vincent Community Health Centers providing medical care (no dental or GYN). Appointment required. Spanish translation is available.

White County Domestic Violence Prevention  
PO Box 1196 Phone: (501) 278-5130  
Searcy, AR 72143 Hotline: (501) 278-4673  
www.hope.cottage.info  
E-Mail: wcovp1@sbcglobal.net  

Agency provides shelter through Hope Cottage for women and children who are victims of domestic abuse, education courses, housing and job search assistance, support group, legal assistance and medical services. Hotline is available 24 hours a day/7 days a week. Collect calls to the hotline are accepted.
Medical Insurance Assistance

Lonoke County:

AR Kids First
Toll Free: (888) 474-8275
Applications available at: Arkansas Dept. of Human Services (DHS) - Div. of Children & Family Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday
Services include: Adolescent/Youth Counseling, Child Abuse Counseling, Crisis Intervention, Family/Individual Counseling, Mental Health Evaluation, and Therapy Referrals. Health insurance (AR Kids First) coverage for children up to age 19, whose family income is too high to qualify for Medicaid and have no other health insurance. Agency covers major-medical services including doctor, hospitalizations, eye and dental care.

Arkansas Social Security Administration – Lonoke Public Library
204 E. 2nd St. Phone: (501) 676-6635
Lonoke, AR 72086
Hours: 9:00am-4:00pm, Monday-Friday
Access to online applications and other services of Social Security including Social Security benefits (for those who are retired, disabled, or survivor’s benefits), Supplemental Security Income – SSI (for those over 65 or disabled with limited income), and Medicare Parts A and B.

Outside Lonoke County:

Affordable Care Act
www.HealthCare.gov Phone: (800) 318-2596
Site allows you to view a range of insurance plans and apply for the plan

Arkansas National Guard Family Assistance Ctr.
6402 Missouri Ave. Phone: (501) 212-4122
Camp Joseph T. Robinson
N. Little Rock, AR 72199
Center provides crisis intervention and referral to all Service Members and their families regardless of service branch or duty status, and a TRICARE resource and referral center.

Care Link
PO Box 5988 Phone: (501) 372-5300
700 W. River Front or (800) 482-6359
N Little Rock, AR 72119 TTY (501) 688-7462
www.care-link.org
Hours: 8:00am-4:30pm, Monday-Friday
Agency provides legal aid, medical insurance counseling, transportation and other services.

ConnectCare
TDD: (800) 285-1131 Phone: (501) 614-4689 or (800) 275-1131
Agency connects Medicaid and ARKids participants to doctors and dentists, and assists in finding or changing doctors, transportation, appointments, & more.

State Health Insurance Assistance Programs (SHIP)
1200 W. 3rd St. Phone: (800) 224-6330
Little Rock, AR 72201
Assists with Medicare Insurance and SNAP (Supplemental Nutrition Assistance) applications.

Commodity Distribution & SNAP (Supplemental Nutrition Assistance Program). Medical aid is provided via Health Insurance Premium Assistance, Medicaid, State Medicaid Waiver and State/Local Health Insurance Programs.
**Prescription Drug Assistance**

**Lonoke County:**

**First Electric Co-op Connections Card**
1000 S. JP Wright Loop  Phone: (800) 800-7616  Jacksonville, AR 72076  www.firstelectric.coop

https://connections.carrythecard.com

With the Connections Card, you may receive savings of 10-60% on vision, 10-85% on prescription drugs at retail pharmacies, 35% on hearing aids, 50-75% on MRI & CT scans, 20-40% on dental, 30-50% on chiropractic and 10-80% on lab tests. Website offers provider and drug price searches as well. Card is free to members of First Electric Co-op.

**Outside Lonoke County:**

**Amgen Inc**
amgen.com/amgenassist/patient_access.html  Toll Free: (800) 77-AMGEN (772-6436)

Amgen Assist program assists with co-pays on their products, which include Aranesp, Enbrel, Epogen, Kepivance, Kineret, Neupogen, Neulasta, Vectibix, Sensipar, Nplate, and Prolia.

**APharma Card**
apharmacard.com  Phone: (540) 400-2233

Card provides up to 75% off of the retail price on everyday drugs and is accepted at all major chains.

**Arkansas Foundation for Medical Care**
1021 W. 4th St., Ste 300  Phone: (501) 212-8600  Little Rock, AR 72201  or (888) 987-1200  www.afmc.org

Agency connects patients with pharmaceutical companies that provide free samples. Clients must have the cooperation of a doctor's office; most programs have income requirements. Call for more information.

**Arkansas Health Care Access Foundation**
P.O. Box 56248  Phone: (501) 221-3033  Little Rock, AR 72215  or (800) 950-8233  E-Mail: info@ahcaf.org  www.ahcaf.org

Volunteer medical professionals provide health care services, including dental pain relief, and are at various locations throughout the state. Also works with pharmaceutical companies to help clients obtain discounted prescriptions. Eligibility requirements include family income, lack of any type of health insurance, and Arkansas residency. Apply at the Dept. of Human Services (DHS).

**Arkansas Realtors Asso. Prescription Drug Card**
Toll Free: (877) 321-6755

Free card accepted at most pharmacies nationwide providing discounts up to 75%. (Card available at arkansasrealtors.com/wp-content/uploads/2011/12/Arkansas-Realtors-Association_GROUP-ARREALTORS-Flier1.pdf)

**eSun Patient Card**
www.sunassociation.org  Phone: (866) 662-1351

The Sun Patient Card is a free prescription discount card program for people who do not have insurance or take medications that are not covered by their insurance plan. All commonly prescribed medicines are covered and the card is accepted at most pharmacies. A Pet drug benefit card is also available.

**Family Wize Prescription Discount Card**
www.FamilyWize.org  Phone: (800) 300-3301

The card is like a reusable prescription coupon on all FDA approved medicines which can also be used if you have health insurance, both during deductible periods and for anything your insurance does not pay for. The card is accepted at most pharmacies nationwide.

**Free Drug Card US Mobile**
freedrugcard.us/mobile  Phone: (877) 321-6755

This free prescription drug card will provide savings of up to 75% at more than 56,000 pharmacies.
**FreeRXPlus**  
Rxsavings4free.com Phone: (888) 412-0896  
*This free prescription drug card will provide savings of up to 75% on the retail price of most drugs at more than 56,000 pharmacies, and will also provide up to 50% savings on lab tests at over 2,000 locations across the United States.*

**GoodRx Drug Discount Comparison Tool**  
www.GoodRx.com Phone: (888) 799-2553  
*At this website, you can compare prices for all FDA-approved prescription drugs at virtually every pharmacy in America as well as find pharmacy coupons, manufacturer discounts, generics, comparable drug choices and savings tips all in one place. With the GoodRx discount drug card, you can save up to 80% at most pharmacies nationwide. Even if you have insurance, GoodRx can often beat your copay or help with drugs that aren’t covered by your plan.*

**GoodRx Drug Tool (continued)**  
**InCareRx**  
www.InCareRx.com Phone: (800) 286-9589  
*With this free discount card, you can save over 20% on brand name drugs and up to 90% on generics. The card is accepted at all major pharmacies.*

**Jacksonville Care Channel for the Needy**  
201 N. Elm St. Phone: (501) 982-4647  
Jacksonville, AR 72076  
**HOURS:**  
Thrift Shop: 10:00am-2:00pm, Monday, Wednesday, Friday & 1st Saturday of the month  
Food Pantry, Prescription Assistance, Shelter: 10:00am-1:00pm, Mon., Wed., Fri.  
*Clothing is available. Food is provided to Jacksonville residents who qualify based on financial need. Agency may assist with prescription costs or utility bills on a limited basis. May provide lodging if an emergency.*

**Merck, Inc.**  
www.merck.com/merckhelps  
Toll Free: (800) 727-5400  
(Merck Patient Assistance Program)  
Toll Free: (800) 293-3881  
(Merck Vaccine Patient Assistance Program)  
*Company provides free medicines or adult vaccinations for eligible people. Medicines include: Cipro, Fosamax, Januvia, Nasonex, Proventil, Vytorin, and Zocor.*

**NeedyMeds**  
www.NeedyMeds.org Phone: (800) 503-6897  
*This discount card may save you up to 80% off the cost of your prescriptions, OTC medications and pet prescriptions purchased from major pharmacies.*

**Partnership for Prescription Assistance**  
www.pparx.org  
Toll Free: (888) 4PPA-NOW (477-2669)  
*Hours: 24 Hours, 7 Days. Agency assists in finding the right medication assistance program from over 475 programs. Site offers links to Savings Cards and a "Free or Low-Cost Clinic" Finder, and more.*

**Pfizer Inc.**  
http://pfizerhelpfulanswers.com  
Toll Free: (866) 706-2400  
*Offers several programs to assist with the medications they produce, which include: Aricept, Celebrex, Enbrel, Lipitor, Lyrica, Norvasc, Premarin, Spiriva, and Zoloft, among many others. Also gives links to other available programs.*

**Pharmacy Card**  
PharmacyCard.org Phone: (877) 823-1273  
*Card provides savings up to 76% off the cost of prescription drugs.*

**PS Card**  
http://pscard.com Phone: 888-516-2535  
*Prescription savings program card that provides up to 50% off retail price at over 55,000 pharmacies.*

**Rx Discount Card**  
www.pointcare.com/discount-rx Phone: (650) 762-1928  
*The Prescription Drug Card provides savings of up to 75% at more than 56,000 national and regional pharmacies.*
**RxForm Relief**
www.ReformRelief.com  Phone: (855) 435-7791
The Prescription Drug Card provides savings of up to 75% at most national pharmacies.

**RxFree Card**
http://rxfreecard.com  Phone: (800) 213-7632
Prescription discount card provides up to 80% off generic medications and 15% off name brand prescriptions at over 60,000 pharmacies. Card can be printed from the website.

**RxSavingsPlus**
http://rxsavingsplus.com  Phone: (877) 673-3688
RxSavingsPlus card can be printed from the site and used at many local pharmacies, as well as for some pet medications.

**Scrips4Less**
www.4RxCard.com  Phone: (860) 479-2273
Card can bring savings up to 85% on your prescription medications, and is accepted at over 60,000 pharmacies, including Walgreen’s, CVS, Costco, Target, and Walmart.

**Sidekick Advantage**
www.SideKickAdvantage.com  Phone: (917) 620-3383
The Prescription Drug Card provides savings of up to 75% at most national pharmacies with mail order options. Pet drug card is available also.

**SuperRx Card**
www.SuperRxCard.com  Phone: (877) 321-6755
The card provides savings up to 76% on generics and up to 40% on brand name drugs.

**True Rx Savings**
www.TrueRxSavings.com  Phone: (800) 886-8412
The program saves up to 80% on generic medications, 20% on name brand prescriptions, and up to 80% on your pet’s medications. It is accepted by most major pharmacies.

**USA National Drug Card**
USANationalDrugCard.com  Phone: (855) 587-2632
The discounted card combined with the website’s search capacity helps you find which pharmacy has the best discounted price for your medicine. A pet drug card is also available.

**YourRxCard**
YourRxCard.com  Phone: (866) 561-1926
Free prescription drug card program can be downloaded and allows savings of up to 75% at more than 57,000 pharmacies.

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**MENTORING & PARENTING**
Train children in the way they should go; when they grow old, they won’t depart from it.  
(Proverbs 22: 6)

**Cabot:**

**Options Pregnancy Center**
401 S. 2nd St.  Phone: (501) 941-5533
Cabot, AR 72023  www.optionspc.org
Hours: 10:00am-5:30pm,  Monday;
8:30am-4:30pm,  Tuesday;
10:00am-4:30pm,  Wednesday
Clothing and diapers provided for expectant mothers and their babies. Offers counseling & support services for unplanned pregnancies, reproductive health information, pregnancy testing, ultrasound check-ups, parenting classes, information on choices, nutritional classes, housekeeping, budgeting, mentoring classes and post-abortion counseling.

**Lonoke County:**

**New Hearts Ministries of Arkansas**
108 College St.  Phone: (870) 552-5227
Lonoke, AR 72086  www.newheartsofark.com
Office Hours: 10:30am-7:00pm,  Monday & Thursday
Agency teaches Biblical principles and life skills to women who are/have been incarcerated, displaced or battered.
Options Pregnancy Center
112 NE Front St. Phone: (501) 676-6556
Lonoke, AR 72086 www.optionspc.org
Hours: 9:30am-6:30pm, Monday;
9:30am-1:30pm, Tuesday
Clothing and diapers provided for expectant
mothers and their babies. Offers counseling &
support services for unplanned pregnancies,
reproductive health information, pregnancy
testing, ultra-sound check-ups, parenting classes,
information on choices, nutritional classes,
housekeeping, budgeting, mentoring classes and
post-abortion counseling.

Big Brothers/ Big Sisters of Central Arkansas
312 W. Pershing Blvd. Phone: (501) 374-6661
N Little Rock, AR 72114 www.bbbsca.org
E-Mail: mentor@bbbsco.org
Provides one-on-one mentors to children ages 6-
14 in both school based mentoring programs and
community based programs. Mentors give
friendship and guidance to children in need of a
role model.

Boys and Girls Club - North Little Rock
1212 Jim Wetherinton Phone: (501) 374-0309
N Little Rock, AR 72114 www.arclubs.org
Juvenile mentoring program (JUMP) supports
one-on-one mentoring projects for 11-18 year
old youths at-risk in school, dropping out of
school, or becoming involved in delinquent
behavior, including gang activity and substance
abuse. Call for more information on eligibility.

Center for Healing Hearts and Spirits
2416 S. Chester Phone: (501) 372-3800
Little Rock, AR 72206 hhscenter.org
Rape Crisis Hotline: (855) 643-5748
Assists victims of violent crimes and provides
emergency domestic violence shelter services.
Also provides group support and counseling, job
skill training and placement referrals,
technology education, youth development and
mentoring, and more.

Zero to Three
c/o National Ctr. for Infants, Toddlers & Families
1255 23rd St., NW Phone: (202) 638-1144
Washington, DC 20037
www.zerotothree.org/military
Gives support for young children affected by a
military parent’s injury.

Options Pregnancy Center
2412 Dewitt Henry Phone: (501) 882-7694
Beebe, AR 72012 www.optionspc.org
Hours: 2:30pm-6:30pm, Tuesday;
10:00am-6:00pm, Thursday
Clothing and diapers provided for expectant
mothers and their babies. Offers counseling &
support services for unplanned pregnancies,
reproductive health information, pregnancy
testing, ultra-sound check-ups, parenting classes,
information on choices, nutritional classes,
housekeeping, budgeting, mentoring classes and
post-abortion counseling.
Abijah engaged in battle, having an army of valiant warriors (2 Chronicles 13:3)

Military/Veterans Services

Cabot:

Lonoke County Veterans Service Office
114 N. 1st St. Phone: (501) 843-0733
Cabot, AR 72023

Advocates on health issues for Honorably Discharged Veterans & their family. Will also assist veteran’s other concerns by referrals. See: www.veterans.arkansas.gov

Veteran’s Best Friend, A
PO Box 329 Phone: (501) 422-8310
Cabot, AR 72023

Agency provides owner training of a PTSD service dog. Training teaches the dog to interrupt nightmares, provide public access, and alert to the presence of other people.

Outside Lonoke County:

American Legion - Department of Arkansas
7th & Victory Streets Phone: (501) 375-1104
Little Rock, AR 72203 www.arlegion.org

Will provide resources focused on jobs, benefits, education, health care, family, and finances to any current active duty or honorably discharged member of any branch of the Armed Services.

AR Vets
4704 W. Commercial Dr Phone: (501) 246-5341
Little Rock, AR 72204 www.ARVets.org

The Supportive Services for Veteran Families program, in conjunction with St. Francis House, is designed to assist Veteran families at risk of homelessness and to rapidly re-house Veteran families who are homeless.

Arkansas Department of Veterans Affairs
Building 65, Room 119 Phone: (501) 370-3820
2200 Fort Roots Drive or (800) 827-1000
N. Little Rock, AR 72114 veterans.arkansas.gov

Agency will provide a Government headstone or marker for any deceased eligible Veteran in any cemetery around the world at no charge. (Note that the cemetery may charge a small setting fee for the headstone or marker.) The VA also provides a burial allowance to partially reimburse the burial and funeral costs of any eligible Veteran. (For more details, see: www.benefits.va.gov/BENEFITS/factsheets.asp and va.gov/opa/publications/benefits_book.asp)

Arkansas State Veterans Cemetery
1501 W. Maryland Ave. Phone: (501) 683-2259
N. Little Rock, AR 72120

Burial is free when for honorably discharged veterans. The headstone or marker is also free.

Arkansas Veterans Child Welfare Service
PO Box 3280 Phone: (501) 324-9299
Little Rock, AR 72203

Provides rent and utility assistance to hospitalized veterans who have been honorably discharged and who have children younger than 18 years of age in the home. Call for other eligibility information.

Military & Family Life Consultant Program
Camp Robinson Phone: (501) 212-4122
N. Little Rock, AR 72199

Military One Source
MilitaryOneSource.com Phone: (800) 342-9647

Agency provides 24/7 assistance on a wide variety of issues. Also offers tutoring for children. Services are for Active Duty, Guard, Reserve and their families.

Operation Homefront - Southern Plains
PO Box 1933 Phone: (580) 581-0772 or (501) 516-4977
Lawton, OK 73502 www.operationhomefront.net

This nonprofit organization will provide financial and material assistance with rent/mortgage, Wounded Warrior transition housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance.

Operation Save: Veterans Crisis Line
VeteransCrisisLine.net Phone: (800) 273-8255

Agency will help when a veteran shows signs of suicidal thinking.

Recovery Centers of Arkansas
1201 River Rd. Phone: (501) 372-4611
N. Little Rock, AR 72114 rcoca.org

Substance abuse residential program, outpatient program, recovery residence/housing service, and veterans administration/housing program are offered at 3 locations in Little Rock - Riverbend (1201 River Rd.), Williamsburg (6301 Father Tribou), and Steeplechase (6225 Father Tribou).
**United States Army Survivor Outreach Services**  
Camp Robinson  
N. Little Rock, AR 72199  
Phone: (501) 212-4055

Services provided to surviving families of service personnel regardless of branch of service include estate planning, investments, death benefits, support and counseling.

**Zero to Three**  
c/o National Ctr. for Infants, Toddlers & Families  
1255 23rd St., NW  
Phone: (202) 638-1144  
Washington, DC 20037  
www.zerotothree.org/military

Gives support for young children affected by a military parent’s injury.

**Senior Care**

Honor your father and your mother, so that you may live long in the land the LORD your God is giving you. (Exodus 20:12)

**Cabot:**  
Alzheimer’s Association Caregiver Support Group  
Cabot United Methodist Church  
2003 S. Pine St.  
Phone: (501) 843-9014  
Cabot, AR 72023

Facilitator: Cindy Orlicek Jones  
Email: cindy@arkelderlaw.com  
Meeting: 10:00am, 2nd Tuesday

Support group is designed to provide emotional, educational and social support for caregivers.

**Lonoke County:**

Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County  
100 Park St.  
Phone: (501) 676-5643  
Lonoke, AR 72086  
Hours: 8:00am-4:30pm, Monday-Friday

Will replace or repair essential appliances.  
Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.

**Outside Lonoke County:**

**Elder Independence**  
5200 Hwy 5 North  
Bryant, AR 72022  
or: (888) 201-2959  
www.elderindependence.com

Provides services to improve the lives of seniors and help them live at home. They offer a free initial consultation.

**Home Instead Senior Care**  
3809 McCain Park Dr.  
N. Little Rock, AR 72116  
or: (501) 224-1217  
www.homeinstead.com

Provides the Elder's Choice program to those who are 55 years of age or older, eligible for a nursing home, and live in Pulaski, Lonoke or White Counties. Bathing assistance, meal preparation, light housekeeping and transportation are provided.

**Transitions**  
North Metro Medical Center  
1400 Braden St  
Jacksonville, AR 72076  
www.northmetromed.com

Center provides inpatient geriatric psychiatric care for seniors with Alzheimer’s disease, other forms of dementia, bipolar disorder, depression, and traumatic brain injuries. Referrals can come from a nursing home, physician, or the caregiver. The center also provides treatment for those patients who have become unmanageable. Medicare is accepted.
SHELTER
They are drenched by mountain rains and hug the rocks for lack of shelter. (Job 24: 8)

Emergency & Special Needs Shelter

Cabot:

Lonoke County Safe Haven
PO Box 414 Phone: (501) 941-4357
Cabot, AR 72023 E-Mail: info@lcsh.org
www.lcsh.org
Legal services and emergency shelter are available to women and children from domestic violence situations.

Lonoke County:

Arkansas Dept. of Human Services (DHS) - Div. of Youth Services - Lonoke County
100 Park St. Phone: (501) 676-5643
Lonoke, AR 72086
HOURS:
Office: 8:00am-4:30pm, Monday-Friday
Shelter: 24 Hours. 7 Days.
Agency provides emergency shelter for youth.

Open Arms Shelter
1500 Navajo Trail Phone: (501) 676-6166
P.O. Box 161 openarmsshelter.org
Lonoke, AR 72086
Emergency shelter is provided for children up to age 18 who are victims of abuse and neglect.

Outside Lonoke County:

ABBA House
Christ the King Catholic Church
1014 S. Oak Phone: (501) 663-3596
Little Rock, AR 72204
Provides care to pregnant women up to one month after they give birth; non-pregnant women can stay for two months. No fee. Call for information.

Arc Arkansas
Little Rock, AR Phone: (501) 375-7770
www.arcark.org
Agency provides support, housing, advocacy, and education to people with disabilities and their families.

Advocates for Battered Women
PO Box 1954 Phone: (501) 376-3219
Little Rock, AR 72203
Agency provides domestic violence and counseling support as well as shelter services for abused women and their children.

Arkansas Enterprises for the Developmentally Disabled (AEDD)
105 E. Roosevelt Rd. Phone: (501) 907-5716
Little Rock, AR 72206
AEDD provides services to persons with developmental disabilities including:
Developmental day-hab treatment, employment opportunities, habilitation training, housing, physical therapy, pre-school childcare, occupational therapy, speech therapy, transportation, and vocational training.

Center for Healing Hearts and Spirits
2416 S. Chester Phone: (501) 372-3800
Little Rock, AR 72206 hrscenter.org
Rape Crisis Hotline: (855) 643-5748
Assists victims of violent crimes and provides emergency domestic violence shelter services. Also provides group support and counseling, job skill training and placement referrals, technology education, youth development and mentoring, and more.

Hicks Mattie Sober Living Home for Women
2020 Main St. Phone: (501) 374-0015
Little Rock, AR 72206 or (501) 612-5763
Phone Hours: 8:00am-4:00pm, Monday-Friday
Application: 5:30pm, Wednesday
Center provides transitional living with stays up to 2 years. Services include rehabilitation and 12-step program. Cost is $85/week. Call to make an appointment.

Free Will Baptist Family Ministries
3600 W. 11th St. Phone: (501) 663-3129
Little Rock, AR 72204
Emergency shelter for children ages 6-17 who come through DHS custody.

Gaines House
1702 Gaines St. Phone: (501) 376-4015
Little Rock, AR 72216
Phone Hours: 8:00am-4:00pm, Monday-Friday
Home for women with mental or physical disabilities offers case management, day treatment for mental disabilities, doctor appointment assistance and substance abuse support.
GYST House  
8101 Frenchman's Lane  
Little Rock, AR 72209  
Phone: (501) 568-1682  
gysthouseinc.com

Programs include a residential program, transitional living, and an outpatient program.  

Alcoholics Anonymous group sessions; residential and outpatient treatment and relapse prevention for adolescents and adults.

Hoover House  
4000 W. 13th St.  
Little Rock, AR 72204  
Phone: (501) 663-4774

Private pay sober living home, transitional living, and halfway house.

Hoover Treatment Center – Jericho Program  
3805 W. 12th St.  
Little Rock, AR 72204  
www.bdcinc.org

Housing provided to those with addiction issues.  
Services include 12-step program, case management, and mental health programs if needed.  
No set limit on length of stay.

Jacksonville Care Channel for the Needy  
201 N. Elm St.  
Jacksonville, AR 72076  
Phone: (501) 982-4647

Thrift Shop: 10:00am-2:00pm, Monday, Wednesday, Friday & 1st Saturday of the month  
Food Pantry, Prescription Assistance, Shelter: 10:00am-1:00pm, Monday, Wednesday, Friday

Clothing is available. Food is provided to Jacksonville residents who qualify based on financial need. Agency may assist with prescription costs or utility bills on a limited basis. May provide lodging if an emergency.

Operation Homefront - Southern Plains  
PO Box 1933  
Lawton, OK 73502  
Phone: (580) 581-0772 or (501) 516-4977

www.operationhomefront.net

This nonprofit organization will provide financial and material assistance with rent/mortgage, Wounded Warrior transition housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance.

Oxford House  
Locations on website  
www.oxfordhouse.org or (800) 689-6411

Program provides sober living facility for individuals recovering from drugs or alcohol.  
Move-in Deposit required; costs include monthly rent/living expenses.

Partners Against Trafficking Humans - P.A.T.H.  
2500 E. 6th St.  
P.O. Box 21066  
Little Rock, AR 72204  
Phone: (501) 301-4357 or (877) 432-5368

www.PathSaves.org

Programs are available to help restore and reintegrate victims of human trafficking and prostitution. Safe housing provided to victims of human trafficking and prostitution.

Quality Living Center  
3925 Asher Ave.  
Little Rock, AR 72204  
Phone: (501) 663-3490

www.qualitylivingcenter.org

Hours: 1:00-5:00pm, Monday-Wednesday, 10:00am-5:00pm, Tuesday

Program provides a residential program, transitional living, and an outpatient program for those exiting the Department of Corrections or struggling with addiction. Cost is determined by a sliding fee scale.

Step Up Support Center  
9010 Hilaro Spring Rd.  
Little Rock, AR 72209  
Phone: (501) 565-1333

Group and individual outpatient counseling, relapse prevention classes, career counseling, job placement, food pantry, clothing, chemical free shelter/treatment center, transportation assistance, and parenting education for adults. Referrals are accepted. Typically serves people paroled from prison.

Union Rescue Mission - Dorcas House  
823 S. Park St.  
Little Rock, AR 72202  
www.urmission.org

Home provides 9 months of emergency shelter for women and their children who are victims of domestic violence. Also provides 3-5 days of temporary emergency shelter to women and their children who are not victims of domestic violence. Individual and group counseling is provided along with referrals for housing, education and employment.

White County Domestic Violence Prevention  
PO Box 1196  
Searcy, AR 72143  
Phone: (501) 278-5130

www.hope.cottage.info

E-Mail: wcavp1@sbcglobal.net

Agency provides shelter through Hope Cottage for women and children who are victims of domestic abuse, education courses, housing and job search assistance, support group, legal assistance and medical services. Hotline is available 24 hours a day/7 days a week. Collect calls to the hotline are accepted.
**Government & Low Income Housing**

**Cabot:**

**Cabot Housing Authority (HUD)**
6 Shane Dr.  Phone: (501) 843-6131
Cabot, AR 72023-9103
Hours: 8:00am-12:00noon, 1:00pm-5:00pm, Monday-Friday

Agency offers rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Section 8 Home Ownership. Eligibility based on income and size of family. Call for further eligibility requirements.

**Woodland Station Apartments (HUD)**
8 Shane Dr.  Phone: (501) 605-8291
Cabot, AR 72023

Rental assistance for elderly and disabled is provided through the Cabot Housing Authority.

**Lonoke County:**

**England Housing Authority (HUD)**
102 Benafiel Dr.  Phone: (501) 842-2592
England, AR 72046

Rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Home Ownership Under Section 8. Eligibility based on income and size of family. Call for further eligibility requirements.

**Grand Prairie Garden Apartments (HUD)**
600 Church St.  Phone: (501) 676-0020
Lonoke, AR 72086

Open to low-income elderly people. Water is paid. Call for more information.

**Lonoke County Housing Authority (HUD)**
617 N. Greenlaw Ave.  Phone: (870) 552-3554
Carlisle, AR 72024  www.lonokepha.com
Hours: 8:00am-12:00noon, 1:00pm-5:00pm, Monday-Friday

Agency offers Rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Section 8 Home Ownership. Eligibility based on income and size of family. Call for further eligibility requirements.

**Out Right Live:**

**Outside Lonoke County:**

**Albert Pike Residential Hotel**
701 S. Scott St.  Phone: (501) 372-5211
Little Rock, AR 72201

Property offers government-funded apartments for low income persons and Seniors. 1 to 2 bedroom units are available. Call for details.

**Armistead Apartments**
6 Armistead Village Cir.  Phone: (501) 227-3658
Little Rock, AR 72223

Facility offers government-funded 1 bedroom apartments for people with low income. Call for details.

**Asbury Park Apartments**
8500 Keller Dr.  Phone: (501) 225-1931
Little Rock, AR 72204

Government-funded apartments for low income persons include 1 to 4 bedroom units. Call for details.

**Auxora Arms**
9101 Auxor Rd.  Phone: (810) 750-7000
Little Rock, AR 72209

Property provides government-funded apartments for low income persons with 1 to 3 bedroom units. Call for details.

**Bella Vista Apartments**
6510 Mabelvale Cutoff  Phone: (501) 565-5355
Little Rock, AR 72209

Property has government-funded apartments for low income persons with 1 to 3 bedroom units available. Call for details.

**Brookvalley Apartments**
1100 Brookside Dr.  Phone: (501) 227-5894
Little Rock, AR 72227

Property offers government-funded apartments for low income persons with 1-2 bedroom units available. Call for details.

**Buffington Towers**
224 E. 7th St.  Phone: (501) 372-6434
Little Rock, AR 72202

Property has government-funded apartments for low income persons and Seniors with 1-2 bedroom units available. Call for details.
Cloverdale Estates
7009 Baseline Rd. Phone: (501) 291-4700
Little Rock, AR 72209

Property offers government-funded 1-2 bedroom apartments for low income or disabled persons. Call for details.

Conivie Gardens
2500 Gaines St. Phone: (501) 372-6662
Little Rock, AR 72206

The government-funded apartments provide 1-2 bedroom units for low income persons or senior citizens. Call for details.

Dept. of Housing & Urban Development (HUD)
425 W. Capitol, Ste 1000 Phone: (501) 918-5700
Little Rock, AR 72201 www.hud.gov
(On website, select State Info and Arkansas)

Site offers information on rental assistance, foreclosure, subsidized apartments, housing counseling, home buying programs, homeless resources and more.

Eastview Terrace Apartments
1200 Geyer St. Phone: (810) 750-7000
Little Rock, AR 72209

Property offers government-funded apartments for low income persons with 1-3 bedroom units available. Call for details.

Fair Oaks Apartments
9600 W. 36th St. Phone: (501) 227-5466
Little Rock, AR 72204

These government-funded apartments offer 1-4 bedroom units for low income persons. Call for details.

Good Shepherd Ecumenical Retirement Center
2701 Aldersgate Rd. Phone: (501) 224-7200
Little Rock, AR 72205

Government-funded apartments for low income persons or senior citizens, offer 1-2 bedroom units. Call for details.

Jacksonville Housing Authority (HUD)
3600 Max Howell Dr. Phone: (501) 982-2267
Jacksonville, AR 72076 www.jvillehousing.com

Programs offered include rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Section 8 Home Ownership. Eligibility based on income and size of family. Call for further eligibility requirements.

Kathleen Peek Apartments
1515 S. Rock St. Phone: (501) 686-9318
Little Rock, AR 72205

Government-funded apartments for low income persons offer 1 bedroom units. Call for details.

Little Rock Housing Authority (HUD)
aka Metropolitan Housing Alliance
100 S. Arch St. Phone: (501) 340-4821
Little Rock, AR 72201 www.lrhousing.org
Hours: 8:00am-4:30pm, Monday-Friday

Programs include rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Section 8 Home Ownership. Eligibility based on income and size of family. Call for further eligibility requirements.

Making Home Affordable Program
Toll Free: (888) 995-HOPE (4673) www.makinghomeaffordable.gov

Government program assists at-risk homeowners with making their monthly mortgage payments.

North Little Rock Housing Authority (HUD)
28 W. Broadway, Ste100 Phone: (501) 758-8911
N Little Rock, AR 72114 www.nlrha.org
Hours: 8:00am-4:30pm, Monday-Friday

Agency offers rental assistance to low income families; property management for Section 8 Voucher Program, Public Housing Program, Family Self-Sufficiency Program, and Section 8 Home Ownership. Eligibility based on income and size of family. Call for further eligibility requirements.

Oaks Apartments
7700 N. Chicot Rd. Phone: (501) 565-7110
Little Rock, AR 72209

Property offers government-funded apartments for low income persons with 1-3 bedroom units available. Call for details.

Oakridge Apartments
6201 Mabelvale Cutoff Phone: (501) 562-4862
Little Rock, AR 72209

Property offers government-funded apartments for low income persons with 1-3 bedroom units available. Call for details.

Osmundsen Court
Pleasant Hill & Vimy Rd Phone: (501) 614-7200
Little Rock, AR 72002

Government-funded apartments for low income persons offer 1-2 bedroom units. Call for details.
Our Way Apartments 10434 W. 36th St. Phone: (909) 483-2444 Little Rock, AR 72204

Government-funded apartments for disabled low income persons with 1-2 bedroom units are available. Call for details.

Pulaski County Housing Agency (HUD) 201 S. Broadway Phone: (501) 340-8230 Little Rock, AR 72201 www.nlrha.org

Offers housing assistance to low income residents through the management of Housing Choice Vouchers, formerly Section 8, and rental assistance programs. Call for information about eligibility requirements.

Terrace Green Apartments 8223 Scott Hamilton Dr. Phone: (501) 565-1309 Little Rock, AR 72209

Government-funded apartments for low income persons offer 1-4 bedroom units. Call for details.

USDA Rural, Economic & Community Development 700 W. Capitol Ave. Suite 3416 Phone: (501) 301-3200 Little Rock, AR 72201

Agency provides housing assistance to rural Arkansas to improve living conditions. Call for eligibility information.

Westbridge Apartments 2123 Labette Manor Dr. Phone: (501) 224-3122 Little Rock, AR 72205

Government-funded low income apartments for low income persons offer 1-3 bedroom units. Call for details.

Homeless Assistance

Cabot:
Hands, Hearts and Hope 4 Humanity (H4H) Phone: (501) 286-7176 Email: hope_4_homeless@suddenlink.net

H4H provides food, clothing and hygiene items to meet the physical needs of the homeless while sharing the love of Jesus to meet Spiritual needs.

Lonoke County:
Arkansas Dept. of Human Services (DHS) - Div. of County Operations - Lonoke County 100 Park St. Phone: (501) 676-5643 Lonoke, AR 72086 Hours: 8:00am-4:30pm, Monday-Friday

Administers TEA (Transitional Employment Assistance), which provides eligible families with cash assistance, childcare assistance and employment services, and the Homeless Financial Assistance Program. Also offers Commodity Distribution & SNAP (Supplemental Nutrition Assistance Program). Medical aid is provided via Health Insurance Premium Assistance, Medicaid, State Medicaid Waiver and State/Local Health Insurance Programs.

Outside Lonoke County:
AR Vets 4704 W. Commercial Dr Phone: (501) 246-5341 Little Rock, AR 72204 www.ARVets.org

The Supportive Services for Veteran Families program, in conjunction with St. Francis House, is designed to assist Veteran families at risk of homelessness and to rapidly re-house Veteran families who are homeless.

Bethlehem House 930 Faulkner St. Phone: (501) 329-4862 Conway, AR 72034 bethlehemhouse.net

Residential facility for homeless individuals and families whose mission is to encourage, equip and motivate so that lives will be improved.

Dept. of Housing & Urban Development (HUD)
www.hud.gov (select State Info and Arkansas)

Site offers information on rental assistance, foreclosure, subsidized apartments, housing counseling, home buying programs, homeless resources and more.

Family Promise of Pulaski County 222 E. 8th St. Phone: (501) 372-0733 PO Box 2718 familypromisepc.org Little Rock, AR 72202

Agency provides shelter to homeless families w/ children in Pulaski County & surrounding area.

Family Service Agency - CCCS 300 S. Rodney Parham Phone: (501) 219-2208 Little Rock, AR 72205

HUD Approved Housing Counseling Agency offering the following: Financial Management, Budget Counseling, Mortgage Delinquency and Default Resolution Counseling, Non-Delinquency Post Purchase Workshops for Homeowners, Pre-purchase Counseling, Pre-purchase Homebuyer Education Workshops, Rental Housing Counseling, and Services for Homeless Counseling.
Jacob's Place  
301 E. Market St.  Phone: (501) 380-8283  
PO Box 1643  www.jacobsplace.org  
Searcy, AR 72145  
Hours: 9:00am-4:00pm, Monday-Friday  
*Homeless shelter located in White County.*

Jericho Way Homeless Day Resource Center  
E. 30th St. & Confederate Blvd.  
Little Rock, AR 72206  
Center provides clothing, employment assistance, hot meals, health and housing referrals, and a day shelter.

Little Rock Compassion Center  
3618 W. Roosevelt Rd.  Phone: (501) 296-9114  
Little Rock, AR 72204  www.lrcompassioncenter.org  
*Homeless shelter for men and women provides meals, lodging, clothing, hygiene, education and church. First 10 days are free; $4 per day after that. Family rooms are available.*

Union Rescue Mission - Dorcas House  
823 S. Park St.  Phone: (501) 374-4022  
Little Rock, AR 72202  www.urmission.org  
*Home provides 9 months of emergency shelter for women and their children who are victims of domestic violence. Also provides 3-5 days of temporary emergency shelter to women and their children who are not victims of domestic violence. Individual and group counseling is provided along with referrals for housing, education and employment.*

Union Rescue Mission - Nehemiah House  
3001 Confederate Blvd.  Phone: (501) 374-1108  
Little Rock, AR 72206  www.urmission.org  
Shelter Check-In: 2:00-7:00pm, Mon.-Sat., 1:00-6:00pm Sunday  
*Men’s shelter/homeless shelter provides rehab and workforce programs. First 4 nights free, $6 per night after that.*

Our House  
302 E. Roosevelt St.  Phone: (501) 374-7383  
Little Rock, AR 72206  www.ourhouseshelter.org  
*Shelter is provided for homeless men, women and families. All adults must find and keep a full-time job. Job training, financial literacy, child development and other programs are also offered.*

River City Ministry  
1021 E. Washington  Phone: (501) 376-6694  
N Little Rock, AR 72115  www.rivercityministry.org  
*Medical Clinic Hours:  
  Medical: 2:00-5:00pm, Sunday with appt.  
  Dental: Monday & Friday, with appt.  
  Eye: Saturday, with appt.  
  Social Services: 7:30am-3:00pm, Mon.-Fri.  
  Water Bill Assistance Phone Line: 8:30am, Wed.  
Services are provided to residents of Pulaski County only. Clothing available through the ministry's bus that goes into the community. Assistance with N. Little Rock Water bill is available to the first 3 qualified applicants each month. USDA food pantry assistance limited to once a month. Hot lunch served following 11:30 devotional Monday-Friday. Counseling, social services and spiritual guidance provided. Appointments required for medical, dental or eye services with the exception of the Homeless Walk-In Clinic. Homeless day shelter services include: showers, clothing, laundry service, phone & message service, and mail service.*

Salvation Army - North Little Rock Branch  
1505 W. 18th St.  Phone: (501) 758-7297  
N Little Rock, AR 72114  
*Agency provides emergency financial assistance, food, and shelter. Also provides older adult nutrition programs.*

Stepping Stone Shelter / Centers for Youth and Families  
6425 W. 12th St.  Phone: (501) 666-7233  
Little Rock, AR 72204  www.centersforyouthandfamilies.org  
*Serves homeless or runaway youth, ages 8-18. Youth can stay up to 45 days.*
VA Drop In Treatment Center  
1101 W. 2nd St.  
Phone: (501) 257-4499  
Little Rock, AR 72201  
www.veterans.arkansas.gov/homeless.html  
Hours: 7:30am-2:30pm, Monday – Friday  
(closes at 2:00pm on Tuesday)

Program provides general case management, washer and dryer, shower, breakfast and dinner, counselors, residential placement, help finding housing, vocational rehab, and job placement. In order to receive services, individuals must first register with the VA.

Minor Home Repairs

Lonoke County:

Christ In The Community  
c/o THE JOURNEY  
15361 Hwy. 5.  
Cabot, AR 72023  
Phone: (501) 843-2302

Volunteers will assist with minor home repairs and landscaping.

Men At Work  
c/o Cabot United Methodist Church  
2003 S. Pine St.  
Cabot, AR 72023  
Contacts: Mike Hedges (501) 259-2202  
Andy Cameron (501) 286-9996

Volunteers will assist with minor home repairs and handicapped ramps. (They do not provide roofing, plumbing or electrical services.)

Outside Lonoke County:

Operation Homefront - Southern Plains  
PO Box 1933  
Lawton, OK 73502  
Phone: (580) 581-0772  
www.operationhomefront.net

This nonprofit organization will provide financial and material assistance with rent/mortgage, Wounded Warrior transition housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance.

TRANSPORTATION

Joseph gave them carts, as Pharaoh had commanded. (Genesis 45: 21)

Cabot:  
Cabot Senior Citizens Center  
600 N. Grant St.  
Phone: (501) 843-2196  
Cabot, AR 72023

Meals provided at site or delivered (Meals on Wheels). Transportation provided by appointment.

Lonoke County:  
Arkansas Dept. of Human Services (DHS) – Div. of Aging and Adult Services - Lonoke County  
100 Park St.  
Lonoke, AR 72086  
Phone: (501) 676-5643

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

Will replace or repair essential appliances. Provides meals through Supplemental Nutrition Assistance Program (SNAP) in group setting or delivered to homes; provides food assistance through EBT card. Also investigates abuse, neglect and exploitation of elderly. For people aged 60+, offers legal services on civil matters; medical services such as routine health and eye screening; and Elder Choices senior care services for those with limited capabilities which includes: Adult Respite Care, Attendant Services, Housekeeping and In Home Assistance. Also provides transportation to medical appointments, shopping, etc. to Medicaid recipients.
Electric bill assistance provided to seniors or disabled who are on Entergy Arkansas. Also provides improvements to the home to increase energy efficiency. USDA Commodity food provided quarterly. Transportation for non-emergency health care, etc. provided by Greyhound, South Central Ark. Transit (SCAT), and Medicaid transportation. Counties served: Calhoun, Clark, Columbia, Dallas, Hot Spring, Lonoke, Montgomery, Ouachita, Pike, Saline, & Union.

Lonoke County Council on Aging
PO Box 199 Phone: (501) 676-6971
#1 Newberry Dr. Lonoke, AR 72086
Hours: 8:00am-3:00pm, Monday-Friday

Meals provided at congregate sites or home delivered for senior citizens in Lonoke County. Senior Ride program is for seniors with membership.

Outside Lonoke County:

Arkansas Enterprises for the Developmentally Disabled (AEDD)
105 E. Roosevelt Rd. Phone: (501) 907-5716
Little Rock, AR 72206

AEDD provides services to persons with developmental disabilities including:
Developmental treatment, employment opportunities, habilitation training, housing, physical therapy, pre-school childcare, occupational therapy, speech therapy, transportation, and vocational training.

Care Link
PO Box 5988 Phone: (501) 372-5300
700 W. River Front or (800) 482-6359
N Little Rock, AR 72119 TTY (501) 688-7462
www.care-link.org
Hours: 8:00am-4:30pm, Monday-Friday

Provides legal aid, medical insurance counseling, transportation and other services.

Diamond Transportation
1407 W. Pleasure Ave. Phone: (501) 278-4996
Search, AR 72143

Company provides Medicaid transportation to the following counties: Clebourne, Faulkner, Independence, Jackson, Lonoke, Pulaski, White and Woodruff.

Disabled American Veterans, Dept of Arkansas
PO Box 1620 Phone: (501) 257-6991
N Little Rock, AR 72115 ardept@ardav.org

Transportation provided to the VA Medical Center for veterans in need of services.

Step Up Support Center
9010 Hilaro Spring Rd. Phone: (501) 565-1333
Little Rock, AR 72209

Group and individual outpatient counseling, relapse prevention classes, career counseling, job placement, food pantry, clothing, chemical free shelter/treatment center, transportation assistance, and parenting education for adults. Referrals are accepted. Typically serves people paroled from prison.
The government is God’s servant working for your good. (Romans 13:4)

Arkansas State Services Online:
Access Arkansas
https://access.arkansas.gov

This online access to the Arkansas Department of Human Services allows you to check your eligibility, fill out an application, or check your application status for 22 different programs, including:

- **Division of Aging and Adult Services**
  - Alternatives for Adults with Physical Disabilities: caregiver assistance for adults with physical disabilities
  - ElderChoices: in-home and community based care for the elderly
  - IndependentChoices: assistance with personal care for adults
  - Living Choices/Assisted Living: Medicaid program that allows you to live in a licensed Level II Assisted Living Facility

- **Division of Child Care and Early Childhood Education**
  - Arkansas Better Chance: services for educationally deprived children
  - Child and Adult Care Food Program: reimbursements for well-balanced nutritious meals served by providers at day care facilities
  - Child Care Assistance: financial assistance for child care
  - National School Lunch Program: reimbursement to private schools and residential child care facilities that serve children well-balanced nutritious meals
  - Summer Food Service Program: reimbursements to sponsors for well-balanced nutritious meals served during the summer

- **Division of County Operations**
  - ARKids First (A & B): children's health insurance
  - Former Foster Care Health Coverage for Adults: coverage for adults up to age 26 who aged out of Foster Care in Arkansas
  - Health Care Independence Program: health care coverage for Adults 19-64
  - Medicare Savings Assistance with premiums: help with paying Medicare Part B premiums
  - Pregnant Women Health Coverage: coverage to women age 19 and up who are pregnant at application

- **Division of Developmental Disabilities Services**
  - Alternative Community Service Waiver: services for People with Developmental Disabilities
  - First Connections Early Intervention Program: services for children birth to 3 years old with a developmental delay or diagnosed medical condition
  - Title V Children with Special Health Care Needs: assist with expenses for children with chronic medical conditions

- **Division of Services for the Blind**
  - Older Blind Services: independent living services for older persons who are blind or visually impaired
  - Vocational Rehabilitation: job related services for blind or severely visually impaired individuals

- **Supplemental Nutrition Assistance Program (SNAP): assistance buying food**
- **Transitional Employment Assistance (TEA): case management services to assist families with children under 18 years old with finding employment**

- **Refugee Resettlement: services to refugee families**
Lonoke County Government

Office:

Lonoke County Circuit Court Offices
301 N. Center St. Lonoke, AR 72086
Circuit Clerk: Ste 204
Phone: (501) 676-2316
Circuit Judge Division I: Ste 203
Phone: (501) 676-3131
Circuit Judge Division II: Ste 103
Phone: (501) 676-3007
Circuit Judge Division III: Ste 103
Phone: (501) 676-3090

Lonoke County Clerk
301 N. Center St. Phone: (501) 676-2368
Suite 202 lonokecountyclerk.com
Lonoke, AR 72086
Hours: 8:00am-4:30pm, Monday-Friday

Lonoke County Prosecuting Attorney
301 N. Center St. Phone: (501) 676-2807
Suite 301
Lonoke, AR 72086

Lonoke County Quorum Court Judge
301 N. Center St. Phone: (501) 676-6403
Suite 201
Lonoke, AR 72086

Lonoke County Tax Collector
301 N. Center St. Phone: (501) 676-6344
Suite 203
Lonoke, AR 72086

Lonoke County District Court
107 W. 2nd St. Phone: (501) 676-3585
Lonoke, AR 72086

Lonoke County Judge
301 N. Center St. Phone: (501) 676-6403
Lonoke, AR 72086

Lonoke County Public Defender
311 Court St. Phone: (501) 676-2579
Lonoke, AR 72086

City Government Offices:

Austin:

Austin City Annex
202 W. Hendricks St. Phone: (501) 843-9132
Austin, AR 72007

Austin City Hall
3181 Hwy 367 N Phone: (501) 941-2648
Austin, AR 72007

Austin Fire Department
103 W. Hendricks St. Emergency: 911
Austin, AR 72007

Austin Police Department
3181 Hwy 367 N Phone: (501) 843-7856
Austin, AR 72007 Emergency: 911

US Post Office - Austin
3385 Hwy 367 N Phone: (501) 843-3975
Austin, AR 72007
Cabot:

Arkansas Dept. of Finance and Administration
Revenue Office - Cabot
1604 S. Pine St., #F
Cabot, AR 72023-3863
Hours: 7:00am-6:00pm, Monday-Friday

Cabot Chamber of Commerce
110 S. 1st St.
Cabot, AR 72023
Phone: (501) 843-2136
www.cabotcc.org

Cabot City Hall
101 N. 2nd St.
PO Box 1113
Cabot, AR 72023
Phone: (501) 843-3566

Cabot City Offices
Animal Control (501) 843-2021
Chamber of Commerce (501) 843-2136
Clerk-Treasurer (501) 843-3566
Code Enforcement (501) 743-1415
Parks & Recreation (501) 941-1482
Public Works (501) 843-4819
Street Department (501) 843-1092
Water Works (501) 605-1740

Cabot Fire Department - Central Station
114 W. Pine St.
Cabot, AR 72023
Phone: (501) 843-7671
Emergency: 911

Cabot Fire Department - Station #3
3540 W. Main St.
Cabot, AR 72023
Phone: (501) 941-3221
Emergency: 911

Cabot Fire Department - Station #4
240 Bill Foster Hwy
Cabot, AR 72023
Phone: (501) 941-5416
Emergency: 911

Cabot Police Department
101 N. 2nd St.
Cabot, AR 72023
Phone: (501) 843-6526
Emergency: 911

Lonoke County Assessor’s Office - Cabot
1604 S. Pine St., #E
Cabot, AR 72023-3863
Phone: (501) 843-3591

Lonoke County District Court - Cabot
208 N. 1st St.
P.O. Box 1113
Cabot, AR 72023
Phone: (501) 843-8908

US Post Office – Cabot
200 E. Main St.
Cabot, AR 72023
www.usps.com
Phone: (501) 843-9532
Hours: 8:30am-5:00pm, Monday-Friday;
8:30am-12:00noon, Saturday

Carlisle:

Carlisle Chamber of Commerce
218 W. Main St.
Carlisle, AR 72024
Phone: (870) 552-7002

Carlisle City Attorney
209 N. Court St.
Carlisle, AR 72024
Phone: (870) 552-7504

Carlisle City Hall
122 W. Main St.
Carlisle, AR 72024
Phone: (870) 552-9420

Carlisle City Offices
Animal Control (870) 552-3430
Clerk-Treasurer (870) 552-9420
Parks & Recreation (870) 552-5920
Public Works (870) 552-3120

Carlisle District Court
119 W. Main St.
Carlisle, AR 72024
Phone: (870) 552-3436

Carlisle Fire Department
201 W. Main St.
Carlisle, AR 72024
Phone: (870) 552-9420
Emergency: 911

Carlisle Police Department
100 W. Main St.
Carlisle, AR 72024
Phone: (870) 552-3687
Emergency: 911

US Post Office - Carlisle
206 Court St.
Carlisle, AR 72024
Phone: (870) 552-7444
England:
Arkansas Dept. of Finance and Administration
Revenue Office - England
211 N. Allis
England, AR 72046
Phone: (501) 842-3886

England Chamber of Commerce
PO Box 207
England, AR 72046
Phone: (501) 842-8008

England City Hall
110 NW 2nd St.
England, AR 72046
Phone: (501) 842-3911

England City Offices
Court Clerk
(501) 842-3904
Water Department
(501) 842-2231

England District Court
PO Box 249
England, AR 72046
Phone: (501) 842-3904

England Fire Department
110 NW 2nd St.
England, AR 72046
Phone: (501) 842-2321
Emergency: 911

England Police Department
110 NW 2nd St.
England, AR 72046
Phone: (501) 842-2311
Emergency: 911

US Post Office - England
561 Main St.
England, AR 72046
Phone: (501) 275-3665

Lonoke:
Arkansas Dept. of Finance and Administration
Revenue Office - Lonoke
105 Jefferson St.
Lonoke, AR 72086
Phone: (501) 676-2407

Lonoke Animal Shelter
Hwy 31 N & Barnes St.
Lonoke, AR 72086
Phone: (501) 676-2422

Lonoke Chamber of Commerce
102 Front St.
Lonoke, AR 72086
Phone: (501) 676-4399

Lonoke City Hall
107 W. 2nd St.
Lonoke, AR 72086
Phone: (501) 676-6123

Lonoke City Offices
Water/Public Works
(501) 676-6658

Lonoke Clerk - Treasurer
301 N. Center St.
Lonoke, AR 72086
Phone: (501) 676-2333

Lonoke County Assessor's Office - Lonoke
301 N. Center St.
Lonoke, AR 72086
Phone: (501) 676-6938

Lonoke Fire Department
219 E. Front St.
Lonoke, AR 72086
Phone: (501) 676-5402
Emergency: 911

Lonoke Parks and Recreation
Hwy 70 E.
Lonoke, AR 72086
Phone: (501) 676-4390

Lonoke Police Department
203 W. Front St.
Lonoke, AR 72086
Phone: (501) 676-6953
Emergency: 911

US Post Office - Lonoke
705 E. Front St.
Lonoke, AR 72086
Phone: (501) 676-5402
**Ward:**

**Allied Ambulance**  
920 Peyton St.  
Ward, AR 72176  
Phone: (501) 605-7017  
Emergency: 911

**Ward Chamber of Commerce**  
405 Hickory St.  
PO Box 106  
Ward, AR 72176  
Phone: (501) 843-6533  
wardchamber.com

**Ward City Hall**  
405 Hickory St.  
Ward, AR 72176  
Phone: (501) 843-7686

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<td>(501) 843-2226</td>
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<td>(501) 843-6351</td>
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<td>(501) 843-2271</td>
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<td>Emergency/After Hrs.</td>
<td>(501) 259-0590</td>
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**Ward Fire Department**  
405 Hickory St.  
Ward, AR 72176  
Phone: (501) 843-6351  
Emergency: 911

**Ward Library**  
405 Hickory St., Ste 100  
Ward, AR 72176  
Phone: (501) 941-3220

**Ward Police Department**  
405 Hickory St.  
Ward, AR 72176  
Phone: (501) 843-6351  
Emergency: 911

**US Post Office - Ward**  
106 Balding St.  
Ward, AR 72176  
Phone: (501) 941-3946

**Utility Companies**

**Cabot Water Works**  
Phone: (501) 605-1740  
Billing Phone: (501) 843-4654  
Water, sewer and trash pickup services to Cabot city residents are offered.

**CenterPoint Energy**  
Phone: (501) 682-8715 or (800) 992-7552  
www.centerpointenergy.com  
Company is a Natural Gas provider. Low Income Home Energy Assistance Program may provide assistance with bill payment.

**CenturyLink**  
www.centurylink.com  
Phone: (800) 366-8201  
Business provides Telephone, Internet, and Cable TV.

**Entergy Arkansas**  
entergy-arkansas.com  
Phone: (800) 368-3749  
Company provides Electricity to the Cabot area.

**First Electric Cooperative Association**  
www.firstelectric.coop  
Phone: (800) 489-7405  
Association is the Electricity provider for rural areas.

**SuddenLink**  
www.suddenlink.com  
Phone: (800) 825-6211  
Business provides Telephone, Internet, and Cable TV.

**Ward Water and Sewer**  
Phone: (501) 843-2271  
Emergency Phone: (501) 259-0950  
Agency provides water to areas surrounding Cabot.
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IN AN EMERGENCY
DIAL 9-1-1 FOR AMBULANCE, FIRE, POLICE OR SHERIFF

Cabot Fire Department
- Central Station
  114 W. Pine St.
  Cabot, AR 72023
  Phone: (501) 843-7671

- Station #3
  3540 W. Main St.
  Cabot, AR 72023
  Phone: (501) 941-3221

- Station #4
  240 Bill Foster Hwy
  Cabot, AR 72023

Cabot Police Department
- 101 N. 2nd St.
  Cabot, AR 72023
  Phone: (501) 843-6526

Lonoke County
Lonoke County Sheriff
- 301 Court St.
  Lonoke, AR 72086
  Phone: (501) 676-6494

AMBULANCE SERVICES

MEMS Ambulance Service
- 920 Peyton St.
  Ward, AR 72176
  Phone: (501) 605-7017
  Emergency: 911

Allied Ambulance
- Phone: (501) 605-7017

STATE OR NATIONAL HOTLINES

211 System
- Phone: 211 or (866) 489-6983
  www.arkansas211.org

List of organizations providing services in areas such as food, housing, and healthcare, as well as non-essential services such as campgrounds.

AIDS/HIV/STD Hotline
- Phone: (800) 232-4636

Alcoholics Anonymous
- Phone: (501) 664-7303
  www.aa.org

Al-Anon
- Phone: (501) 372-5234
  www.al-anon.alateen.org

Alzheimer’s Association
- Phone: (501) 224-0021
  www.alzark.org
  After hours Caregiver Line: (501) 913-1878

American Cancer Society
- Phone: (501) 664-3480
  www.cancer.org
  or: (800) 227-2345

American Diabetes Assn.
- Phone: (501) 221-7444
  www.diabetes.org
  or: (800) 342-2383

American Heart Assn.
- Phone: (501) 707-6600
  www.heart.org
  or: (800) 242-8721

American Lung Assn.
- Phone: (501) 975-0758
  or: (800) 586-4872
  www.lung.org

Arkansas Crisis Hotline
- Phone: (888) 274-7472

Arthritis Foundation
- Phone: (501) 664-7242
  www.arthritis.org

Breastfeeding Helpline
- Phone: (877) 452-5324
  www.Breastfeedinghelpline.com

Child Abuse Hotline
- Phone: (800) 482-5964

Cocaine Anonymous
- Phone: (501) 374-1334
  www.ca.org

Narcotics Anonymous
- Phone: (501) 373-8683
  www.na.org or caasc.org
  or: (800) 338-8750

Overeater’s Anonymous
- Phone: (501) 835-3054
  www.oa.org

Parents of Murdered Children & Other Survivors of Homicide Victims
- Phone: (501) 375-7662
  www.pomc.org

Parkinson Foundation
- Phone: (800) 345-6621
  www.parkinson.org
  or: (800) 473-4636

Poison Control Center
- Phone: (800) 222-1222
  www.aapcc.org / arpoisoncenter.org

Rape Crisis Hotline
- Phone: (855) 643-5784

SIDS Support:First Candle
- Phone: (501) 280-4756
  www.firstcandle.org

Social Security Admin.
- Phone: (800) 772-1213
  www.ssa.gov

Suicide Prevention Hotline
- Phone: (888) 274-7472
  or: (800) 273-8255
  www.suicidepreventionhotline.org