

ORGANIZATION	PHONE NUMBER	WEBSITE	NOTES
4-H Club of America		<a href="http://www.4-h.org">www.4-h.org</a>	Works with the youth to build self esteem thru cooking, working with animals, developing talkent with hands on learning environment in area of science, healthy living, and food security. To find a location near you, visit their website and at the bottom of the page click on find a local 4-H
AEDD Inc	check website for contact information per location	<a href="http://www.aeddinc.org">www.aeddinc.org</a>	<p>Arkansas Enterprises for the Developmentally Disabled, Inc. (AEDD) is a private, non-profit organization that provides work opportunities for adults with developmental disabilities and services to children ages 6 weeks to five years old with developmental disabilities and/or delays in the central Arkansas area. AEDD is a United Way Agency and has served individuals with developmental disabilities since 1971.</p> <p>AEDD owns the Lacy Landers Skills Training Center, a 60,000 square foot production facility in southwest Little Rock, maintained by a staff of both disabled and non-disabled workers with supervisory personnel to insure quality for all services provided. AEDD provides early intervention and preschool learning for children of all abilities at the Sammie Gail Sanders Children’s Learning Center in North Little Rock. The goal of AEDD is empower each person served to achieve their potential to live in the least restrictive and most appropriate environment possible.</p> <p>For more information on AEDD’s services and volunteer opportunities, go to <a href="http://www.aeddinc.org">www.aeddinc.org</a></p>
American Childhood Cancer Organization of Arkansas	870-703-7700	<a href="http://www.acco.org/arkansas">www.acco.org/arkansas</a>	Provides emotional, social and practical assistance to children with cancer and their families

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American Civil Liberties Union (A.C.L.U.)	501-374-2659	<a href="http://www.aclu.org">www.aclu.org</a>	The Provides Legal Representation in selected Cases involving a violation of Civil Liberties. The ACLU and ACLUF are dedicated to promoting, defending and expanding civil liberties in Arkansas. These liberties include free speech, religious freedom, racial and ethnic justice, due process, privacy, LGBT (Lesbian Gay Bisexual Transgender) rights, and reproductive freedom
American Red Cross		<a href="http://www.redcross.org/arkansas">www.redcross.org/arkansas</a>	Assists families in the State of Arkansas with clothing, food, and shelter in times of disasters such as tornadoes and fires. Also assists the commnity with Blood Drives.
AR Kids First	888-474-8274	<a href="http://www.arkidsfirst.org">www.arkidsfirst.org</a>	Provides health insurance to children who's families are low income. Contact your local DHS office for more information.
Arkansas Adult Learning Resource Center	877-963-4432	<a href="http://www.aalrc.org">www.aalrc.org</a>	M-F 8-5 offers GED classes and testing to those who do not currently have their GED. Also offers spanish and workplace skill training classes. Call or visit their website for more information. To find a location in your area, visit their website and click on location, then click on the county you want.
Arkansas Area Agencies on Aging	866-801-3434	<a href="http://www.daas.ar.gov">www.daas.ar.gov</a>	Part Time program for low income persons age 55 and over who have poor employment prospect. Offers several other services for the elderly and disabled. Call or visit their website for a complete list of services.
Arkansas Arthritis Foundation	800-482-8857	<a href="http://www.arthritis.org">www.arthritis.org</a>	M-F 8-5 offers programs to individuals living with arthritus thru education, exercise, aquatics, and physical activity. Works to help improve the lives of people living with arthritis. Call or visit their website for more information. To find a office in your area, just enter your zip code in the find location and click enter.
Arkansas Autism Resource and Outreach Center	800-342-2923		Support, education, and advocacy for families of individuals diagnosed with an autism spectrum disorder.
Arkansas Crisis Center	888-274-7471		24/7 Hotline offes phone specialists to help any person through any emotional crisis. Although its primary focus is to help those with suicidal concerns, the Crisis Center is available to provide information to helpa nyone with any type of crisis situation. Homeless, hunger, financial concerns, re-entry challenges and many coping situations substance abuse, veterans issues, trauma after effects, and general emotional support

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Arkansas Crisis Pregnancy Help Line	888-610-2228		Offers 24/7 hotline to individuals who are pregnant who are scared or have questions regarding their pregnancy. They can give referrals for resources of places to get help within their area.
Arkansas Department of Health	800-462-0599 / 501-661-1999	<a href="http://www.healthy.arkansas.gov">www.healthy.arkansas.gov</a>	M-F 8-430 Offers a variety of programs and services to help the people of Arkansas. Contact by phone or website to get a complete list of services or to find the DHS office in your city.
Arkansas Department of Human Services	Go to website to find number for your local DHS office	<a href="http://humanservices.arkansas.gov/Pages/DHSOffices.aspx">http://humanservices.arkansas.gov/Pages/DHSOffices.aspx</a>	M-F 8-430 Offers a variety of programs and services Child care resources, child care voucher application: Click on letter C and then go to Child Care Assistance and keep clicking until you reach application. Childcare Referrals. Summer Feeding Programs, ArKids, SNAP.. Contact by phone or visit their website to get a complete list of services or to find the office in your city.
Arkansas Department of Workforce Services	855-225-4440 / 501-682-2120	<a href="http://www.dws.arkansas.gov">www.dws.arkansas.gov</a>	M-F 8-430 Offers a variety of services to help those seeking employment. Offers computer access and services to assist those looking for employment. Contact by phone or visit their website or to find the local office in your area.
Arkansas Department of Career Education	501-682-1499	<a href="http://www.ace.arkansas.gov">www.ace.arkansas.gov</a>	M-F 8-430 Offers a variety of programs and services such as Child care resources, child care voucher application: Click on letter C and then go to Child Care Assistance and keep clicking until you reach application. Childcare Referrals. Summer Feeding Programs, ArKids, SNAP.. Contact by phone or visit their website for a list of services and to find the office in your city.
Arkansas Disability Coalition Parent Training Information	501-614-7019/1-800-223-1330	<a href="http://www.adcpti.org">www.adcpti.org</a>	M-F 9-5 Offers assistance to parents of children who have disabilities with health resources, and classes. Call for intake and appointment. Call or visit their website for more information.
Arkansas Donated Dental Services	800-932-8246	<a href="http://www.ahcaf.org">www.ahcaf.org</a>	Offers Dental treatment for the elderly, disabled, and low income. Call and leave message and they will return your call.
Arkansas Drug Card	N/A	<a href="http://www.arkansasdrugcard.com">www.arkansasdrugcard.com</a>	Provides prescription assistance. Visit the website for prescription discounts
Arkansas Foodbank		<a href="http://www.arkansasfoodbank.org">www.arkansasfoodbank.org</a>	A link that provides a listing to Arkansas Food Pantries. Click on the link, under I need food assistance click on locate a partner or agency, enter your zip code and press enter.

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Arkansas Head Start	501-371-0739	<a href="http://www.arheadstart.org">www.arheadstart.org</a>	M-F 8-430 Offers a variety of programs and services that ensure availability of comprehensive early childhood education and high quality services for children and families in Arkansas. Contact by phone or visit website for a list of programs and services or to find the local office for your city. To find the office in your area by website 1)Click on Head Start Map, 2) Click County you live in, 3) Click on Center Information.
Arkansas Health Care Access Foundation, Inc	800-950-8233 / 501-221-3032	<a href="http://www.ahcaf.org">www.ahcaf.org</a>	M-F 8-430 Offers a variety of services to help those with low income. Contact by phone or visit their website for a complete list of programs and services.
Arkansas Home Visiting Network	501-364-5460	<a href="http://www.arhomevisiting.org">www.arhomevisiting.org</a>	M-F 8-5 Offers high quality and evidence-based home visiting services to Arkansas families during pregnancy and until children enter kindergarden. Contact by phone or visit their website for a complete list of programs and services or for a local office in your area
Arkansas Legal Services Partnership	501-376-3423 / 800-952-9242	<a href="http://www.arlegalservices.org">www.arlegalservices.org</a>	Provides assistance to Arkansans free of charge to all 75 counties with family law, consumer issues, bankruptcy, and evictions. DOES NOT HELP WITH CRIMINAL CASES.
Arkansas Quitline	1-800-784-8669	<a href="http://www.stampoutsmoking.com">www.stampoutsmoking.com</a>	Confidential, one-on-one help personalized just for you; 24 hour direct line to professionally trained Quit Counselors; 24 hour online community support from others; Free text messaging; Help with free nicotine replacement therapy, while supplies last.
Arkansas Rehabilitation Services	501-666-8867	<a href="http://www.ace.arkansas.gov">www.ace.arkansas.gov</a>	M-F 8-430 Offers a variety of training and preparation programs to Arkansans with disabilities to lead productive and independent lives. Also offers hearing aids and prosthetics to those in need. Call for more information.
Arkansas Relay	501-221-1284	<a href="http://www.arkansasrelay.com">www.arkansasrelay.com</a>	Provides TEXT phone services for the deaf.
Arkansas Resource Information Center	501-750-989	<a href="http://www.state.ar.us.aric">www.state.ar.us.aric</a>	Offers a listing of resources available for the state of Arkansas.
Arkansas Rice Depot	501-565-8854	<a href="http://www.ricedepot.org">www.ricedepot.org</a>	M-F 8-4. DOES NOT PERSONALLY GIVE FOOD TO INDIVIDUALS. They supply food banks thruought the State. Their website provides a list by County/City list of food banks they supply. They also have several programs. Kids for food, Food for families, Food for sen

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Arkansas Social Security Admin-Lonoke	204 E 2nd St		9-5pm M-F and Sat 9-1p. Access to online applications and other services of SS including SS benefits.
Arkansas Spinal Cord Commission	870-268-0424	<a href="http://www.spinalcord.ar.gov">www.spinalcord.ar.gov</a>	M-F 8-430 offers case management services for people with spinal cord injuries or spinal cord related diseases. Services are free of charge. Call or visit their website for more information. To locate a office in your area, visit their website and click on contact us.
Arkansas Suicide Support Groups	1-800-SUICIDE	Listing provided by: <a href="http://www.suicide.org">www.suicide.org</a>	Text Telephone: 1-800-799-4TTY (1-800-799-4889)  Military Veterans Suicide Hotline: 1-800-273-TALK (Press 1)  Suicide Hotline
Big Brother and Big Sisters	469-351-3099	<a href="http://www.bbbsnca.com">www.bbbsnca.com</a>	M-F 8-5 by appointment. Provides adult mentors for children from single parent homes. Will take children from any circumstances from the age of 6-14. Call or visit their website to find a local office by entering your zip code in the box that says find local office.
Birthright	800-550-4899	<a href="http://www.birthright.org">www.birthright.org</a>	All services are free and available to all women. Maternity clothes, baby clothes, Pregnancy tests, Financial and/or employment resources, Housing, Education Assistance, Social Assistance, Professional Counseling. Call to find a location in your
Black River Area Development	870-892-4546	<a href="http://www.blackriverdevelopment.com">www.blackriverdevelopment.com</a>	M-F 730-4 offers various programs to the residents of Clay, Randolph, and Lawrence Counties. Rental Assistance, Meals for homebound Seniors to housing and shelter. Call or visit their website for more information.
Boys and Girls Club of America		<a href="http://www.bgca.org">www.bgca.org</a>	Offers programs and services to youth to help them reach their full potential. Character and Leadership Development, Education and Career Development, Health and Lifeskills, Sports, Fitness, and Recreation. To find a location near you. Click on Find

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Brain Injury Alliance of Arkansas	866-610-4841	<a href="http://www.healthy.arkansas.gov">http://www.healthy.arkansas.gov</a>	Education, advocacy, and support organization that serves individuals with acquired brain injury and their families.
Camp Aldersgate	501-225-1444	<a href="http://www.campaldersgate.net">www.campaldersgate.net</a>	Thursday from August through May offers Seniors Day out. Participants begin arriving between 9:30a.m. and 10:00a.m. for socialization. Programming begins around 10:15 a.m. with a devotional, exercise and the choice of participating in various activities. Meals are provided by CareLink. After lunch, seniors enjoy programs that range from educational topics to entertainment. The Seniors Day Out program adjourns at 1 p.m. and transportation is provided to certain areas of the city. Call or visit their website for more information.
Celebrate Recovery	State	<a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a>	A Biblical and balanced program that helps overcome hurts, hangups, and habits. It focuses on the words of Jesus rather than the psychological theories. To locate a group in your area visit their website and go to cr group and click on group locator, then enter your zip code and radius, then click search. Celebrate Recovery is located in 20,000 churches across the world.
Center for Good Mourning	501-364-7000	<a href="http://www.archildrens.org">http://www.archildrens.org</a>	Free support and assistance given to bereaved children and families in Arkansas through education and grief support programs.
Central Arkansas Dev Council (CADC)	State	<a href="http://www.cadc.com">www.cadc.com</a>	Electric Bill Assistance when they have \$. USDA Commodities when available as well as many other programs.
Choices in Living Resource Center	866-801-3434	<a href="http://www.workingdisabled-ar.org">www.workingdisabled-ar.org</a>	Helps people with disabilities with information and ways to improve their income and way of life. Call or visit their website for a complete list of services.

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COX Connect 2 Compete	(855) 222-3252	<a href="http://www.connect2compete.org/Co">www.connect2compete.org/Co</a>	Cox's Connect2Compete program is open to families with K-12 children who qualify for free or reduced school lunch through the National School Lunch Program (NSLP), Temporary Assistance for Needy Families (TANF) or the Supplemental Nutrition Assistance Program (SNAP). In addition, Cox has partnered with the U.S. Department Mexico Consulate
El Consulado de Mexico en Little Rock	501-372-6932		
Experience Works	877-371-5552	<a href="http://www.experienceworks.org">www.experienceworks.org</a>	M-F 8-5 offers On-the-job training experience is currently available to low-income older workers who are 55 and up, whose goal is to gain permanent employment. Participants earn minimum wage while gaining valuable job skills. They collaborates
Food Bank of North Central Arkansas	State	<a href="http://www.foodbanknca.org">www.foodbanknca.org</a>	Provides a listing of food banks in North Central Arkansas. Enter your zip code and find the food bank in your area.
Food Pantries Listing	State	<a href="http://www.foodpantries.org">www.foodpantries.org</a>	Must have internet access to get this list. No Phone available. Provides a complete list of food pantries broken down by city. Click on the City and it gives you the name and address, and phone number.
Free Clinics		<a href="http://www.free-clinics.com">www.free-clinics.com</a>	A online guide to over 12,000 free or low income health service. To find a clinic in your area click on Find Free Clinic, then click on Arkansas Free Clinic.
Free Dental Clinics		<a href="http://www.freedentalcare.us/st/arkansas">www.freedentalcare.us/st/arkansas</a>	A link that provides a listing of free or low income dental clinics in Arkansas. The list is broke down by cities. Click on the City and it gives you the name, address, and phone number to call.
Free Eye Test Vision USA Services	501-372-5100		Goodwill Industries can set you up for a free eye test. Call the main phone number and speak with Kim or Talana.

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Free Health Clinics		<a href="http://www.freemedicalsearch.org/sta/arkansas">www.freemedicalsearch.org/sta/arkansas</a>	A link that provides a listing of free or low income health clinics in Arkansas. The list is broke down by cities. Click on the City and it gives you the name, address, and phone number to call.
Friendship Community Care		<a href="http://www.fccare.org">www.fccare.org</a>	M-F 8-5 offers statewide support network for children, adults, and seniors with disabilities. Call or visit their website for a complete list of services or to find a location near you.
Habitat for Humanity	800-HABITAT	<a href="http://www.habitat.org">www.habitat.org</a>	To find the Habitat for Humanit location in your area. Call or visit their website and enter your zip code, then click search.
HIV Arkansas	888-802-3332		Support for people living with and affected by HIV/AIDS in Northwest Arkansas.
Infant See		<a href="http://www.infantsee.org">www.infantsee.org</a>	A public health program designed to ensure that eye and vision care becomes an intergral part of infant wellness care to improve a child's quality of life. is designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Under this program, participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service. To find a eye doctor near you visit their website and enter your zipcode.
K-12	855-726-0511	<a href="http://www.k12.com">www.k12.com</a>	Offers home based Full-time, tuition-free online public schooling. An accredited online private school available full and part-time. Offers over 200 corses. Call or visit their website for more information.



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LifeCall	800-662-2677	<a href="http://www.lifecall.org">www.lifecall.org</a>	Provides resources for pregnant woman and their babies such as shelter, skills training and medical care within a Christian atmosphere. Contact by phone or visit their website to find an office in your area.
Lions World Services for the Blind	501-664-7099	<a href="http://www.wsb.org">www.wsb.org</a>	Assists blind individuals with life skills, career training, community access, and other services. Call or visit their website for more information.
Medicaid Spend Down	479-521-1270	<a href="http://www.arkansas.gov/dhs">www.arkansas.gov/dhs</a>	Some people have too much income to qualify for Medicaid. This amount is called excess income. Some of these people may qualify for Medicaid if they spend the excess income on medical bills. This is called a spend down.
Medicaid Transportation	888-987-1199	<a href="http://www.medicaid.state.ar.us">www.medicaid.state.ar.us</a>	M-F 8-5 offers rides to individuals on medicaid to and from Dr. Appointments ONLY with no fee or limit on how many times you make trips to and from the Dr. Must be on medicaid and must call 2 days in advance to schedule your ride. Call or visit their website for more information.
Northeast Arkansas Regional AIDS Network.	870-935-0134		Offers assistance with testing for STD's and education on HIV and other STD's. Call for more information.
On-Line Information on Free Legal Services in Arkansas		<a href="http://www.usattorneylegalservices.com/free-legal-aid-Arkansas.html">www.usattorneylegalservices.com/free-legal-aid-Arkansas.html</a>	Directory of online information of free legal services in Arkansas

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Partnership for Prescription Assistance	800-762-4636	<a href="http://www.pparx.org">www.pparx.org</a>	Offers assistance to get prescriptions filled by Bringing together America's pharmaceutical companies, health care providers, patient advocacy organizations and community groups to help qualifying patients without prescription drug coverage get free or low-cost medicines through the public or private program that's right for them. Call or visit their website for more information. Call apply over the phone or online.
Planned Parenthood	800-230-PLAN	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	Offers assistance to women who are pregnant or think that they might be pregnant. Abortion, Birth Control, Morning After Pill, STD's, and Womens Health. Call or visit their website for more information. To find a location in your area go to website and enter your zip code.
Poison Control	800-376-4677 / 800-222-1222		
Rape Crisis Hotline	855-643-5783		24/7 Hotline to assist victims through hospital emergency room visits, accompany them in court, and offers support groups. All services are free of charge and available to residents of Pulaski, Garland, Lonoke, and Saline Counties.
S.O.A.R. Network	501-255-0528	<a href="http://www.soarnetwork.org">www.soarnetwork.org</a>	Hotline helping homeless and non homeless by providing information, referral services, and sometimes direct service provision.
Salvation Army	800-728-7824	<a href="http://www.salvationarmy.org">www.salvationarmy.org</a>	Offers a variety of services and programs to help low income and people in need of help and assistance. Disaster services, Christian Education, Emergency Financial Assistance, Emergency Shelter, Food and Nutrition Program, Mens Ministries, Residential Camping, Seasonal Services, Transitional Housing. Call or visit their website to find a local office by entering your zip code in the search box. It will provide you with the address, phone #, and services offered by that location.
Social Security Administration	800-772-1212	<a href="http://www.ssa.gov">www.ssa.gov</a>	File Claim for Disability, Retirement, or to get a replacement Social Security card. Call for complete list of services or visit their website to find a local office in your area. Click on Contact us, Click on Find Office, Enter your Zip Code, Click Locate.
Transitional Housing		<a href="http://www.transitionalhousing.org">www.transitionalhousing.org</a>	A link that provides a listing of transitional housing in Arkansas. The list is broke down by cities. Click on the City and it gives you the name, address, and phone number to call.

























