

# Resources for Neighbors Toolkit



## Food Assistance

### Arkansas Foodbank Find a Food Pantry Program

- The Arkansas Foodbank partners with more than 400 charitable agencies across Central and Southern Arkansas. On their website, you can enter your city or zip code, and it will find pantries near you.
- You can also text “findfood” to 844-381-3663 and it will find pantries near you.
- Website: [arkansasfoodbank.org/find-food/](http://arkansasfoodbank.org/find-food/)

### Arkansas Foodbank SNAP Help Center

- The Arkansas Foodbank can help you determine if you’re eligible for SNAP benefits and will help with the application process. Application assistance is confidential and free of charge. Spanish translation service available upon request.
- Phone number: 501-613-7782
- Website: [arkansasfoodbank.org/snap/](http://arkansasfoodbank.org/snap/)
- Address: 4301 W 65th St, Little Rock, AR 72209

## WIC

- Pregnant, breastfeeding and postpartum women, infants and children under age five are eligible for WIC if they meet income guidelines, have a nutritional need, and live in Arkansas. WIC provides food packages with supplemental foods, nutrition education, support for breastfeeding, and referrals for other health services. Information about WIC can be obtained from any local county health unit.
- Phone number: 501-661-2508
- Address: 5800 W. 10th Street, Suite 300, Little Rock, Arkansas 72204-1703
- Website: [healthy.arkansas.gov/programs-services/community-family-child-health/wic-women-infants-children/](http://healthy.arkansas.gov/programs-services/community-family-child-health/wic-women-infants-children/)

## River City Ministry

- Provides spiritual services, social services (case management), food services (food pantry and breakfast/lunch served Monday-Friday), medical services (adult medical clinic for general medical services), dental services for Pulaski County residents, clothing, vision services, bus passes (applicants must be homeless and meet certain requirements), and a day shelter (offers showers and toiletries as available).
- Phone number: 501-376-6694
- Address: 1021 E Washington Ave, North Little Rock, AR 72114
- Website: [rivercityministry.org/services](http://rivercityministry.org/services)

## El Zocalo Immigrant Resource Center

- This grassroots organization in Central Arkansas assists immigrants by connecting them with services and educational resources. They assist with food, clothing, resource referrals, and informational needs.
- Phone number: 501-301-4652
- Address: 5500 Geyer Springs Rd., Little Rock, AR 72209

## Literacy Action of Central Arkansas

- This organization teaches adults and families reading and English language skills free of charge. Adult Basic Literacy (ABL) and English as a Second Language (ESL) services are offered through one-on-one tutoring and small classes. They partner with over 20 local community organizations to create literacy programs in various areas. Volunteers accommodate to individual's specific learning needs and are flexible with meeting times.
- Phone number: 501-372-7323
- Address: 9301 N Rodney Parham Rd. Little Rock, AR 72205
- Website: [literacyactionar.org](http://literacyactionar.org)

## The Academy at Goodwill

- Provides affordable and accelerated opportunities to non-traditional students. Non-traditional students can earn industry credentials and certifications that lead directly to employment in jobs that guarantee a living wage. The Academy partners with local industries to help with job placement and can help with resume building and interview preparation.
- Phone number: 501-372-5100 ext 1211
- Address: 7400 Scott Hamilton Drive, Little Rock, AR 72205
- Website: [goodwillar.org/excel](http://goodwillar.org/excel)

## The Excel Center Little Rock

- A tuition-free school for adults that provides students ages 19 and older the opportunity to earn a high school diploma. The school offers flexible class schedules to meet the needs of working and busy adults and provides barrier removal in the form of transportation assistance, free on-site childcare, and a life coach.
- Phone number: 501-290-2474
- Address: 7400 Scott Hamilton Drive, Little Rock, AR 72205
- Website: [goodwillar.org/excel](http://goodwillar.org/excel)

## Little Rock Adult Education Center

- Provides free, self-paced, individualized instruction for the non-traditional adult student, ages 18 and above. Classes include Adult Basic Education (ABE), Adult Secondary Education (ASE/GED), and English-As-A-Second Language (ESL).
- Phone number: 501-447-1850
- Address: 4800 W 26th St, Little Rock, AR 72204
- Website: [ar02203631.schoolwires.net](http://ar02203631.schoolwires.net)

## Arkansas Employment Career Center

- Assist individuals returning home from incarceration, veterans, homeless, young adults (18-30) not in school and can't find employment, vocational rehabilitation, temporary assistance for needy families (TANF/TEA), SSDI/SSI and Food Stamp recipients. The AECC Career School is licensed by the Arkansas Division of Higher Education and offers courses for certification in entry level cyber security, certified nursing assistant, certified pharmacy technician, certified clinical medical assistant, business skills training, customer service training, and pre-employment training.
- Phone number: 501-615-8922
- Address: 300 S. Spring Street, Suite 300, Little Rock, AR 72202
- Website: [arecc.org](http://arecc.org)

## Faulkner County Adult Education Center

- Provides free, self-paced, individualized instruction for the non-traditional adult student, ages 18 and above. Services include GED preparation, English as a Second Language (ESL), Wage Job Readiness Training, Snap Employment and Training, and Career Readiness certificates.
- Phone number: 501-358-4299
- Address: 1070 Markham St, Conway, AR 72032
- Website: [uaccm.edu/adulted](http://uaccm.edu/adulted)

## Harmony Health Clinic

- This clinic is a non-profit, 501 (c)(3) free medical and dental clinic in Little Rock. This clinic offers services to those who reside or work in Pulaski County, are not covered by any medical or dental insurance, and fall below the federal poverty line. Immigration status does not affect eligibility status and translation services are available upon request. Walk-ins are not accepted, and applications are required.
- Phone number: 501-375-4400
- Address: 201 E Roosevelt Rd, Little Rock, AR 72206
- Website: [harmonyclinicar.org](http://harmonyclinicar.org)

## Clinica Hispana Rubymed

- This clinic offers various comprehensive primary health services. They offer a children's clinic, women's clinic, and family planning. Consultations are \$25 with additional costs added on as needed. Any individual is eligible to make an appointment. No insurance is required. Staff speaks Spanish and can provide translation services as needed. They are also open on Saturdays from 9am-6pm.
- Phone number: 501-386-5355
- Address: 10101 Mabelvale Plaza Dr #9 Little Rock , AR 72209
- Website: [clinicahispanarubymed.com/locations/clinica-hispana-rubymed-little-rock](http://clinicahispanarubymed.com/locations/clinica-hispana-rubymed-little-rock)

## Central Arkansas Harm Reduction Project

- A grassroots organization that operates a hotline that anyone can text to receive resources for safer drug use and safer sex. Resources provided include Naloxone (brand name Narcan), fentanyl test strips, 1-minute HIV tests, condoms, sterile supplies to prevent the spread of Hepatitis C and HIV, and community education. They also offer connections to other community resources and Medicaid sign-up.
- Phone number: 501-438-9158
- Address: 8619 Chicot Rd, Little Rock, AR 72209

## The Y.O.U Center

- The Y.O.U. Center (Your Options, Understood) is Arkansas' first and only abortion and pregnancy resource center. They provide free emergency contraception, condoms, pregnancy tests, and services with no questions asked. There are no eligibility requirements, and they help people with funding. They can help you with judgement-free all options counseling on: abortion, adoption, and parenting. Only open on Friday's and Saturday's from 10am-4pm.
- Phone number: 501-487-5244
- Address: 4 Office Park Dr., Little Rock, AR 72211
- Website: [arabortionssupport.org](http://arabortionssupport.org)

## Wolfe Street Foundation

- Provides a meeting space and resources to host dozens of recovery support group meetings every single week. Community-based recovery support groups like Twelve Step Traditions (Alcoholics Anonymous, Narcotics Anonymous, Overeaters Anonymous, Medication-Assisted Recovery Anonymous, Codependents Anonymous, Al-Anon, and more) as well as one-to-one peer recovery support services are offered free of charge. They also offer programs like the Recovery Residences and Youth Empowerment Project.
- Phone number: 501-372-5662
- Address: 1015 Louisiana Street, Little Rock, AR 72202
- Website: [wolfestreet.org](http://wolfestreet.org)

## The Arkansas Pregnancy Resource Center

- A non-profit, faith-based organization that provides all services free of charge. Services offered include pregnancy testing, limited OB ultrasounds, STD/STI testing for Chlamydia and Gonorrhea (female clients only), pregnancy consultation, community and medical referrals, parenting classes, abortion pill reversal treatment, and after abortion support. They do not refer for or perform abortions. Spanish translators are available upon request.
- Phone number: 501-227-4357
- Address: 2 Office Park Dr, Little Rock, AR 72211
- Website: [pregnancylittlerock.com](http://pregnancylittlerock.com)

## Caring Hearts Pregnancy Center

- A faith-based, non-profit, 501c3, pro-life organization. They offer evidence-based care using state-of-the-art limited obstetrical ultrasounds, medical-grade pregnancy testing, and STI testing. All services are free and confidential. They do not refer for or perform abortions. They have locations in Little Rock and in North Little Rock.
- Phone number: (501) 500-2055, NLR: (501) 753-4038
- Address: 1515 Aldersgate Rd, Little Rock, AR 72205
- 2003 Fendley Dr, North Little Rock, AR 72114
- Website: [chpregnancy.org](http://chpregnancy.org)