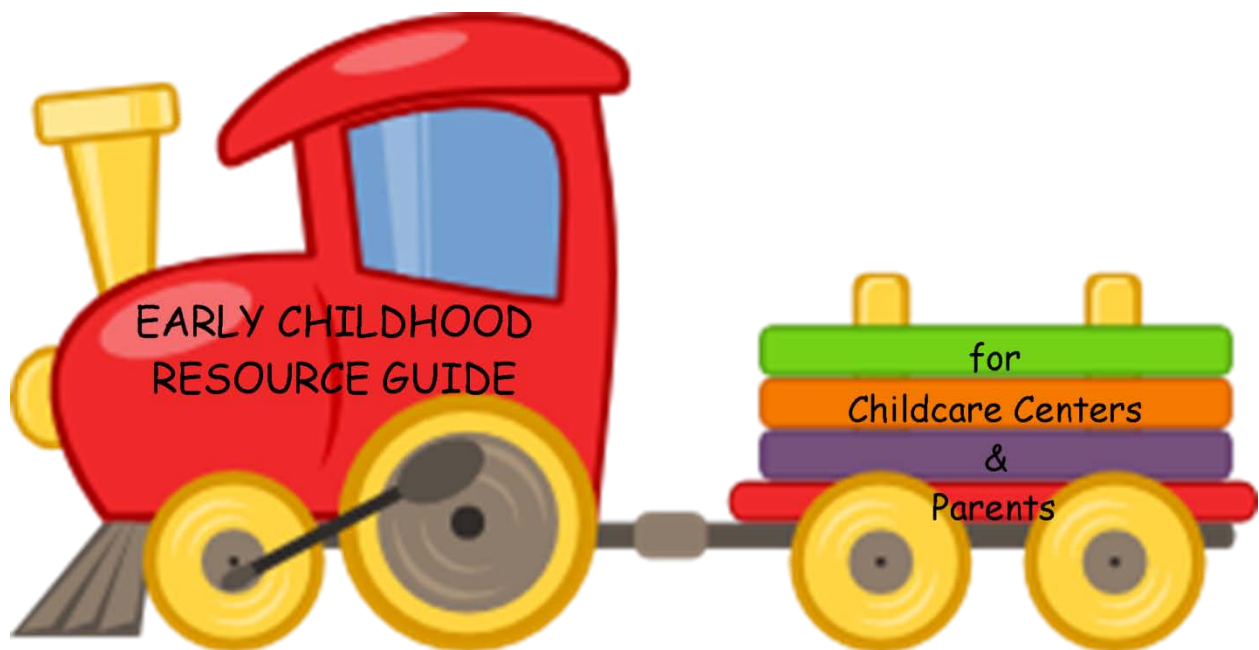


A Parent's Guide to Community Resources



Funding for this project was provided by the Hot Springs School District & Safe Schools/Healthy Students Grant Initiative.



These services are available to all eligible persons, regardless of race, gender, age, disability or religion.



Dear Parents:

Your school has joined with Hot Springs School District to bring the "Early Childhood Resource Guide" program to parents of preschoolers.

The purpose of the "Early Childhood Resource Guide" is to provide parenting information on many topics to answer questions parents have about raising young children to be happy, healthy and successful in school.

This booklet has information about where to go in Garland County to find the resources you need. Feel free to share this information with friends and family.

Find the answers to these and other questions.

Where can I go if I need homeless services?

See page ____.

My child needs a car seat and our budget is tight. Where can I get one?

See page ____ & ____.

I don't have health insurance. Where can I see a doctor?

See page ____.

Where do I go to get my child vaccinated?

See page ____.

Where is my nearest library?

See page ____.

I can't pay my electric bill. What do I do?

See page ____ & ____.



IMPORTANT TELEPHONE NUMBERS

Emergency 911 Assistance	911
Arkansas Governor's Office	(501) 682-2345
Arkansas State Police	(501) 767-8550
Center for Missing & Exploited Children	(800) 843-5678
City of Hot Springs (General Information)	(501) 321-6800
Chamber of Commerce (Hot Springs)	(501) 321-1700
Convention & Visitors Center	(800) 543-2284
FBI	(501) 321-2544
Garland County Court House	(501) 623-1221
Garland County Department of Emergency Management	(501) 622-3785
Garland County Health Department	(501) 624-3394
Garland County Judge's Office	(501) 622-3600
Garland County Library	(501) 623-4161
Garland County Prosecuting Attorney's Office	(501) 623-3700
Garland County Sheriff Department	(501) 622-3660
Hot Springs City Hall	(501) 321-6811
Hot Springs Fire Department	(501) 321-6971
Hot Springs Police Department	(501) 321-6789
National Park Medical Center	(501) 321-1000
Nationwide Runaway Hotline	(800) 621-4000
National Child Abuse Hotline	(800) 422-4453
National Domestic Violence Hotline	(800) 799-7233
National Poison Control Center	(800) 222-1222
National Substance Abuse Helpline	(800) 662-4357
St. Joseph Mercy Health Center	(501) 622-1000
U.S. Secret Service	(501) 324-6421



TOLL FREE 1 (800) NUMBERS

AIDS	(800) 364-AIDS
AIDS - DEAF ACCESS	(800) 243-7889
AIDS - SPANISH	(800) 344-7432
AIDS - TEEN (M-F, 4:00 pm - 8:00 pm)	(800) 234-TEEN
AIDS - BULK PUBLICATIONS	(800) 458-5231
AIDS - QUESTIONS & BROCHURES	(800) 227-8922
ALZHEIMER'S	(800) 272-3900
AMC CANCER INFORMATION CENTER	(800) 525-3777
AMERICAN COUNCIL OF THE BLIND	(800) 424-8666
AMERICAN DIETIC ASSOCIATION	(800) 366-1655
AMERICAN EYE CARE PROJECT	(800) 222-EYES
AMERICAN KIDNEY FUND	(800) 638-8299
AMERICAN LUNG ASSOCIATION	(800) 880-5864
AMERICAN PARKINSON DISEASE ASSOCIATION	(800) 407-9295
ARKANSAS SPECIAL EDUCATION RESOURCE CENTER	(800) 482-8437
BETTER HEARING INSTITUTE HELPLINE	(800) 327-9355
CANCER INFORMATION SERVICE NATION LINE	(800) 4-CANCER
CAPTIONED FILMS FOR THE DEAF	(800) 237-6213
CHILDREN'S DEFENSE FUND	(800) CDF-1200
COCAINE HOTLINE	(800) 262-2463
CYSTIC FIBROSIS INFORMATION	(800) 344-4823
EPILEPSY FOUNDATION	(800) 332-1000
ERIC CLEARINGHOUSE ON ADULT CAREER & VOCATIONAL EDUCATION	(800) 848-4815
FOUNDATION CENTER	(800) 424-9836
HEALTH RESOURCE CENTER	(800) 54-HEALTH
INTERNATIONAL DYSLEXIA ASSOCIATION	(800) 222-3123
JOB ACCOMODATION NETWORK	(800) 526-7234

(continued on next page)



TOLL FREE 1 (800) NUMBERS

JOB OPPORTUNITIES FOR THE BLIND	(800) 638-7518
LEAD LINE (HEARING IMPAIRED)	(800) 352-8888
LEVI HOSPITAL	(800) 264-5384
LOW INCOME HEALTH ASSISTANCE	(800) 638-0742
LUNGLINE	(800) 222-5864
LUPAS FOUNDATION OF AMERICA	(800) 294-8878
MEDICARE/MEDICAID COMPLAINT LINE	(800) 368-4779
MEDICARE TELEPHONE HOTLINE	(800) 638-6833
NATIONAL ASSOCIATION FOR HEARING & SPEECH ACTION (TDD)	(800) 638-8255
NATIONAL CRISIS CENTER FOR THE DEAF (TDD)	(800) 446-9876
NATIONAL DOWN SYNDROME CONGRESS	(800) 232-6372
NATIONAL EASTER SEAL SOCIETY	(800) 221-6827
NATIONAL HEALTH INFORMATION SERVICE	(800) 336-4797
NATIONAL HEARING AID SOCIETY	(800) 521-5247
NATIONAL MULTIPLE SCLEROSIS SOCIETY	(800) FIGHTMS
NATIONAL PARKINSON'S FOUNDATION (TDD)	(800) 327-4545
NATIONAL REHABILITATION INFORMATION CENTER	(800) 34-NARIC
NATIONAL SOCIETY TO PREVENT BLINDESS	(800) 221-3004
NATIONAL SPINAL CORD INJURY HOTLINE	(800) 526-3456
PHILLIPS CONSUMER COMMUNICATIONS	(800) 833-3232
POISON INFORMATION	(800) 376-4766
RESOURCE CENTER FOR THE HANDICAPPED	(800) 22-SHARE
SERVICES FOR THE BLIND	(800) 960-9270
SEXUALLY TRANSMITTED DISEASE	(800) 227-8922
SOCIAL SECURITY ADMINISTRATION	(800) 772-1213
SPINA BIFIDA ASSOCIATION OF AMERICA	(800) 624-3141



Community Resources for Parents Table of Contents



Free or Reduced Healthcare Clinics for Adults & Children

Hot Springs

AIDS Clinic

316 Oakcliff Street
Hot Springs, AR 71913
(501) 623-5598

- FREE comprehensive medical care, lab testing, medications, case management & support groups
- Open Monday - Friday (9:00 am - 4:00 pm)

Arkansas Rehabilitation Service, Department of Workforce, Education, Vocational & Technical Education Division

105 Reserve Avenue
Hot Springs, AR 71901
(501) 624-4411 OR (501) 624-0019

- Comprehensive services essential to achieve medical, social, psychological and vocational rehabilitation
- Open Monday - Friday (8:00 am - 5:00 pm)

Arkansas Rehabilitation Services

628 Malvern Avenue
Hot Springs, AR 71901
(501) 623-4479

- Rehabilitation services for disabled persons



Free or Reduced Healthcare Clinics for Adults & Children *(continued)*

Arkansas Spinal Cord Commission

105 Reserve Street, Building 54

Hot Springs, AR 71913

(501) 623-4479

- Based on income
- Must be medically eligible for service a person (any age) must have spinal cord involvement and meet a minimum of 3 of the following characteristics; paralysis, sensory loss, loss of normal bowel control, loss of normal bladder control
- Open Monday - Friday (8:00 am - 4:30 pm)

Charitable Christian Medical Clinic

133 Arbor Street

Hot Springs, AR 71901

(501) 318-1153 OR (501) 623-8850

- Services are for those with no insurance & based on income guidelines; must make an appointment for an interview
- Primary care needs; referral to other health care providers; some prescriptions filled (for individuals with no insurance)
- Open Tuesday, Wednesday & Thursday (9:00 am - 4:00 pm office hours)
- Open 2nd and 4th Tuesdays (6:00 - 8:00 pm clinic hours)
- First come, first service during clinic hours—no appointments. Donations accepted

Change Point Pregnancy Care and Parenting Resource Center

115 Liberty Street

Hot Springs, AR 71913

(501) 624-2273

- Services offered are free pregnancy tests, pre/post natal information, benevolence items (maternity & baby), parenting classes and parenting resources



Free or Reduced Healthcare Clinics for Adults & Children *(continued)*

-
- Open Monday - Thursday (9:00 am - 4:00 pm) Friday (9:00 am - 1:00 pm) & Saturday (9:00 am - 2:00 pm)

CHOICE Hot Springs

Mary Waterman/Kathy Dernick

- Action board of Planned Parenthood Arkansas; medication abortions and regular and emergency contraception

Community Services Office, Inc.

600 West Grand

Hot Springs, AR 71913

(501) 624- 5724

- Medical Facilities and prescriptions

Donated Dental Services

(800) 932-8247

- Must fill out an application; upon review the individual is notified of appointment date*time*place.
- Dental Care is at no charge to people of all ages who, because of serious disability, advanced age, or medical programs, lack adequate income to pay for needed dental care. There are no rigid financial eligibility requirements

Family Planning

328 Quapaw

Hot Springs, AR 71901

(501) 623-1391

- Based on income
- Birth Control, Annual Pap Smear, STD counseling
- Open Monday - Friday (8:00 am - 4:30 pm)



Free or Reduced Healthcare Clinics for Adults & Children *(continued)*

Garland County Health Unit

1425 Malvern Avenue

Hot Springs, AR 71901

(501) 624-3394

- Environmental services; W.I.C. (Pregnant Woman, Infant Child); communicable diseases services; family planning; immunizations; Medicaid presumptive eligibility; in home services (home health, home care, personal care, hospice care); targeted case managements (individuals 60+)
- Open Monday - Friday (8:00 am - 4:30 pm)

Hot Springs Village Breakfast Lions Club

4 Corso Place

Hot Springs Village, AR 71909

(501) 922-0744

- Screenings for pre-school children to identify vision defects; by appointment only

Lions Club (Glasses)

Hot Springs, AR 71913

(501) 318-4948

- Care of Blind and Partially Blind; purchases of glasses and other medical attention for the under privileged



Dentists Who Treat Children 5 Years & Younger

Dentistas que Atienden Niños

Hot Springs

Anthony Dentistry

2840 Malvern Avenue
Hot Springs, AR 71901
(501) 262-3100

Baldwin Dentistry

3060 Albert Pike, Suite H
Hot Springs, AR 71903
(501) 767-2328

Cox & DeLee Dentistry

1629 Airport Road
Hot Springs, AR 71913
(501) 767-9329

Family Dentistry

102 Ridgeway
Hot Springs, AR 71901
(501) 624-7129

Family Dentistry

3812 Central Avenue
Hot Springs, AR 71913
(501) 525-3266

Garland County Pediatric Dentistry

600 Main, Suite X
Hot Springs, AR 71913
(501) 624-4421

**General Family Cosmetic
& Reconstructive Dentistry**

101 Doris Court
Hot Springs, AR 71913
(501) 623-7113

Harrison Dentistry

112 Corporate Terrace
Hot Springs, AR 71913
(501) 520-6677

Haynes Family Dental

801 W Grand Avenue
Hot Springs, AR 71913
(501) 321-1044

Hot Springs National Park Dental Group

307M Carpenter Dam Road
Hot Springs, AR 71901
(501) 624-3323

Kauffman Dental Care

1018 Airport, Suite 108
Hot Springs, AR 71913
(501) 767-7633

KID.D.S Dental Center

1911 Malvern, Suite B
Hot Springs, AR 71901
(501) 623-4433



Dentists Who Treat Children 5 Years & Younger

(continued)

Dentistas que Atienden Niños

Lakeside Family Dental

545 Carpenter Dam, Suite B
Hot Springs, AR 71901
(501) 262-2900

Monarch Family Dentistry

1421 Central
Hot Springs, AR 71913
(501) 624-4888

Rock Creek Dental Group

1685 Airport Road
Hot Springs, AR 71913
(501) 623-7140 OR (501) 760-9800

Ocean Dental

221 Airport Road, Space G
Hot Springs, AR 71913
(501) 321-4963

Smile for a Lifetime- Central Arkansas

smileforalifetime@yahoo.com

Tipton Pediatric Dentistry

315 Section Line, Suite B
Hot Springs, AR 71913
(501) 520-5437



Vaccines for Children (VFC) Program Free Vaccination Program for Children

Programa de Vacunación Gratis para Niños

The Importance of Vaccinations

One of the most important conversations you can have with your child's pediatrician or family practitioner is about the importance of immunizations. Just a sample of immunizations to discuss with your child's doctor are: diphtheria, pertussis, haemophilus influenza (Hib), hepatitis A and B, polio, measles, mumps, rubella, varicella (chicken pox), pneumococcal conjugate (PCV7) and tetanus vaccines. Vaccines protect children against these diseases by activating the antibodies that will protect them in the event of exposure. Some are single dose, while others are given in a series. Your child's pediatrician will advise you of the schedule for these important inoculations.

Some vaccinations are required before your child may enter daycare or kindergarten, while others are merely recommended. Your child's pediatrician will advise you of the most current requirements and recommendations. He or she will also provide a vaccine record form that you will bring to each appointment, as well as daycare, pre-school or school registration.

Regular Check-Ups and Boosters are Important

It is important to maintain an ongoing record of your child's immunizations and check-ups until the age of 18. Some vaccines require booster shots at scheduled intervals, in order for your child to maintain immunity. Again, your child's pediatrician is an expert when it comes to recommendations and requirements.

Please contact the Center for Disease Control (CDC) for further information.

Hot Springs

Hot Springs Pediatric Clinic PA

1920 Malvern
Hot Springs, AR 71901
(501) 321-1314

Garland County Health Department

1425 Malvern Avenue
Hot Springs, AR 71901
(501) 624-3394

St. Joseph's Mercy Clinic

225 McAuley Court
Hot Springs, AR 71913
(501) 321-2546



Children's Health Insurance

Seguro de Salud Niños

Hot Springs

ARKids First

(888) 474-8275

www.arkidsfirst.com

ARKids First health insurance provides two coverage options for Arkansas children. To apply or find out if your child is eligible, call the toll-free number or visit the website. Family size and income determine plan eligibility. *(ARKids de seguro de salud Primera ofrece dos opciones de cobertura para los niños de Arkansas. Para solicitar o averiguar si u hijo es elegible, llame al número gratuito o visite el sitio web. Tamaño de la familia y los ingresos de determinar la elegibilidad del plan.)*

Plan A: No co-pay required. (Visit the website for a complete list of benefits.)

Dental Services

- Two cleanings every 12 months
- To find a dentist in your county, visit www.seeyourdoc.org

Family Planning Services

- Pap smears
- Pelvic exams
- Birth control options
- Lab services

Hearing Services

- Hearing test (doctor referral required)

Vaccines

- Measles, Mumps and Rubella (MMR)

- Whooping cough and polio immunization as recommended by the doctor

Vision Care Services

- One eye exam and one pair of glasses every 12 months

Early and Periodic Diagnostic Treatment Screenings (EPSDT)

- Height and weight measurements
- Dental, vision and hearing screenings
- Immunization screenings



Children's Health Insurance

(continued)

Seguro de Salud Niños

Plan B: Co-pay required for some services. (Visit the website for a complete list of benefits.)

Family Planning Services

- Pap smears
- Pelvic exams
- Birth control options
- Lab services

Preventative Health Screens

- Height and weight measurements
- Dental screenings
- Immunization screenings

Vaccines

- Measles, Mumps and Rubella (MMR)
- Whooping cough and polio immunization as recommended by the doctor

Vision Care Services (\$10.00 co-pay)

- One eye exam and one pair of glasses every 12 months

Dental Services (\$10.00 co-pay)

- Two cleanings every 12 months
 - To find a dentist in your county, visit www.seeyourdoc.org
-

ConnectCare

4815 West Markham, Slot 1

Little Rock, AR 72205

(501) 614-4689 or (800) 474-8275 (TOLL FREE)

www.seeyourdoc.org

To enroll in the ARKids First Program, you must first choose a primary care doctor - a ConnectCare doctor. Call 1-800-275-1131 or visit the website for a list of participating doctors. *(Para inscribirse en el programa de la Primera ARKids, primero debe elegir un medico de atención primaria - medico ConnectCare. Llame a 1-800-275-1131 o visite el sitio web para una lista de los medicos participantes.)*



Nutrition Programs and Food Pantry Services

Hot Springs

Women, Infants and Children (WIC)

WIC is a nutrition program that provides nutrition, resources and health education to parents (mothers, fathers and guardians) with children 5 years of age and younger. The services provided by WIC are:

Food Vouchers

- Used to purchase healthy foods, such as iron-fortified infant formula and infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese and peanut butter or dried beans or peas. Breastfeeding women who do not use infant formula receive an enriched food package that includes carrots and tuna.

Nutrition Education

- Individual nutrition counseling
- Group classes on topics such as healthy eating and maintaining a healthy weight
- Referrals for medical and dental care, immunization, health insurance, childcare and other services

Breastfeeding Program

- Breast pumps, shields, sizing inserts
- Information and support
- 1-800-445-6175 (Breastfeeding helpline)

Farmers Market Nutrition Program

- Provides fresh, nutritious fruits and vegetables from farmers' markets.

You automatically qualify for WIC if you currently receive Medicaid, ARKids First, Food Stamps or Temporary Employment Assistance.

Garland County Health Unit

1425 Malvern Avenue
Hot Springs, AR 71901
(501) 624-3394

- Open Monday - Friday (8:00 am - 4:30 pm)



Nutrition Programs and Food Pantry Services

(continued)

**Angel Food
Cedar Creek Ministries**
8415 Park Avenue
Hot Springs, AR 71913
(501) 226-5049 OR (501) 623-5108

**Angel Food
Twin Lakes Baptist**
3899 Highway 290
Hot Springs, AR 71901
(501) 262-0015 OR (501) 262-9442

Angel Food Westminster Presbyterian
3819 Central Avenue
Hot Springs, AR 71901
(501) 276-1654 OR (501) 525-1367

CSO (Community Services)
600 West Grand
Hot Springs, AR 71913
(501) 623-3545

Crossgate Food Pantry
3100 East Grand Avenue
Hot Springs, AR 71913
(501) 262-9779

Gospel Light Baptist Church
4th & Hobson
Hot Springs, AR 71913
(501) 624-5288

Harvey Chapel Baptist Church
2515 Mountain Pine Road
Mountain Pine, AR 71913
(501) 767-5541

Haven United Methodist Outreach Ministry
645 Park Avenue
Hot Springs, AR 71901
(501) 623-9971

Jackson House
705 Malvern Avenue
Hot Springs, AR 71913
(501) 623-4048

Lake Hamilton Baptist Church
5963 Central Avenue
Hot Springs, AR 71913
(501) 525-8339

Lakeside Baptist Church
3601 Malvern Avenue
Hot Springs, AR 71901
(501) 262-2063

Oasis
407 Ouachita
Hot Springs, AR 71913.
(501) 321-9923

Project Hope Food Bank
915B Gaines
Hot Springs, AR 71913
(501) 623-3663

Salvation Army
115 Crescent
Hot Springs, AR 71913
(501) 623-1628



Nutrition Programs and Food Pantry Services

(continued)

Trinity Church
670 Panama Street
Hot Springs, AR 71913
(501) 624-6453

The Master's Table
631 Park Avenue
Hot Springs, AR 71913
(501) 282-4830 OR (501) 623-4095

United Methodist Outreach
907 Hobson
Hot Springs, AR 71913
(501) 623-5626

Worldwide Christian Outreach
3835 Albert Pike
Hot Springs, AR 71913
(501) 760-7407



Sickle Cell Disease

Enfermedad de las Celulas Sickle o Anemia Falciforme

Little Rock

Sickle Cell Support Services

800 Scott Street

Little Rock, AR 72201

(501) 590-6943

www.sicklecellsupportservices.com

- Prescription drug assistance
- Transportation for clinic visits and hospital admissions and discharges
- Winter kits (coats, hats, gloves and thermals)
- Hospital care kits
- Information and referrals
- Resource speakers
- Case management
- Advocacy and intervention

Living Well with Sickle Cell Education Program

2001 Pershing Circle, Suite 300

North Little Rock, AR 72114

(501) 682-9900 OR (800) 342-2923

Email: brownrubyd@uams.edu

- Screenings
- Referrals
- Education
- Family support

Hematology & Oncology Services of Arkansas

Brad Baltz, MD - Specialist in treating sickle cell anemia

9101 Kanis Road, Suite 200

Little Rock, AR 72205

(501) 907-6444

Medical Exchange: (501) 663-6900



Sickle Cell Disease

(continued)

Enfermedad de las Celulas Sickle o Anemia Falciforme

National Organizations

Sickle Cell Disease Association of America

(800) 421-8453

www.sicklecelldisease.org

The Georgia Comprehensive Sickle Cell Center at Grady Health System (Atlanta, GA)

(404) 616-3572

www.scinfo.org

St. Jude Hematology Program, Sickle Cell Disease Parent Information (Memphis, TN)

(901) 595-5670

www.stjude.org

(Search "sickle cell" on hospitals main website. On their sickle cell web page, see link to video on sickle cell trait awareness)



Stop Smoking

Dejar de Fumar

If you are ready to stop smoking, your chances of success are better when you participate in a stop-smoking program. The Arkansas Department of Health sponsors the Stamp Out Smoking (SOS) and Stamp Out Spitting (SOP). This includes:

- Free nicotine lozenges and patches
- Information on how to quit
- Referrals to local support programs

To learn more:

- Call 1-800-QUIT-NOW 1 (800) 590-8026
- Visit www.stampoutsmoking.com or www.freeclear.com

Not Smoking:

- Reduces coughs and colds for you and your family
 - Increases your energy level
 - Improves the taste and smell of food
 - Makes it less likely your children will smoke
 - Helps you live longer, feel better and be healthier
 - Reduces your chances of developing cancer, lung disease, heart disease, stroke, dental and other health problems
 - Protects your children from cigarette smoke
-

Quitting Tips:

- Stay busy
- Keep your hands busy
- Relieve stress by exercising
- Use oral substitutes like carrots, pickles and sugarless gum
- Drink plenty of water
- Avoid alcohol because it increases the chance that you will give in to tobacco cravings
- Buy yourself something with the money you save for NOT buying cigarettes
- Be positive
- Take on day at a time
- Use relaxation techniques
- Ask friends and family to help

**If you are not ready to quit smoking, protect your children.
Keep them away from cigarette smoke.**

Smoking in the car with a child under six (6) years of age is against the law.



Dejar de Fumar

(continued)

Stop Smoking

Si usted está listo para dejar de fumar, el chance de tener éxito es mayor si usted participa en un programa para dejar de fumar. El Departamento de Salud de Arkansas está participando en los programas (SOS), Para de Fumar y (SOP), Pare de Escupir. Estos incluyen:

- Pastillas y parches gratis de nicotina
- Información de cómo renunciar al tabaco y de cómo ser
- Referencia a los programas de soporte

Para aprender más:

- Llame al: 1 (800) 590-8026
- Ingrese a la página web: www.stampoutsmoking.com or www.freeclear.com

No Fumar:

- Reducirá la tos y las gripas de usted y su familia
- Usted tendrá más energía
- La comida le sabrá y le olerá mejor
- Sus hijos estarán menos interesados en empezar si usted lo dejó
- Usted vivirá por más tiempo y se sentirá bien y saludable
- Estará menos predispuesto a tener cáncer, enfermedades pulmonares, del Corazón, derrames, problemas dentales
- Su cuerpo empieza a sanarse cuando usted lo dejó
- Protegerá a sus niños del humo del cigarrillo

Ayudas para Dejarlo:

- Manténgase ocupado
- Mantengan sus manos ocupadas
- Reduzca el stress haciendo ejercicio moderado
- Use sustitutos orales como zanahoria, goma de mascar
- Beba abundante agua
- Evite el alcohol por que esta incrementa el chance que produciría las ansias del tabaco
- Cómprese algo con el dinero que esta ahorrando al no comprar cigarrillos
- Sea positivo
- Tómese su tiempo cada día
- Use técnicas de relajación
- Requiera ayuda de su familia y amigos

Si usted no está listo para dejar de fumar, Usted puede todavía proteger a sus niños manteniéndolos alejados de humo del cigarrillo.

Recuerde que fumar dentro de un vehículo en el cual hay niños menores de 6 años de edad va en contra de la ley.



Library

Hot Springs

Garland County Library

1427 Malvern Avenue

Hot Springs, AR 71901

(501) 623-4161

www.garland.lib.ar.us/

- Open Monday, Friday & Saturday (9:00 am - 5:30 pm)
- Open Tuesday, Wednesday & Thursday (9:00 am - 8:00 pm)
- Open Sunday (12:30 pm - 5:30 pm)

Library Card Application Requirements — Adults

Important Note: All documents presented to obtain a Library Card must include your current address.

1. Be a Garland or Saline County Resident
2. Verify CURRENT address using one of the following document types:
 - a. Arkansas Driver's License or Arkansas I.D card—which includes your name and current address.
 - b. Local Utility Bill—which includes your name and current address.
 - c. Bank Checkbook—which includes your preprinted name and current address.
 - d. Garland County Tax Receipt (Real Estate or Personal) or Assessment—(must be official document) which is filed for the previous calendar year.

Library Card Application Requirements — Children & Young Adults

A parent or legal guardian must accompany the applicant (ages 5-14), and the parent's identification will be used to verify residential address and social security number.



Child Car Safety Seat Assistance

Asistencia Para la Seguridad en el Asiento del Auto

Arkansas Child Passenger Protection Law

- A driver can be stopped and issued a ticket for not having a child in the proper child safety seat or seat belt. Fines range from \$25 to \$100 per child.
- A child must ride in an appropriate child safety seat until 5 years old or 60 lbs. Use your child's age and weight to determine whether your child still needs to ride in a harness-type child safety seat or a booster seat.
- Children 6-14 years of age must wear a seat belt at all times.

Car Seats - Free or Reduced

Arkansas Children's Hospital

1120 Marshall Street

Little Rock, AR 72114

(501) 364-5437

http://www.archildrens.org/community_outreach/safety_tips/child_passenger.asp

Services

- Provide child safety seats at no cost for parents with financial need
- Show parents how to correctly install their child safety seat
- Ensure that safety seat is the right size for the child

Requirements

- Call to make an appointment
- Child must be present at the appointment

Websites for More Information

American Academy of Pediatrics: Car Safety Seats: A Guide for Families

<http://www.aap.org/family/carseatguide.htm>

National Highway Traffic Safety Administration: Rating System for Car Safety Seats

<http://www.nhtsa.gov>

Click "Child Passenger Safety: Seat Ratings, Inspection Stations, LATCH and more" from the menu.



Asistencia para la Seguridad en el Asiento del Auto

(continued)

Child Car Safety Seat Assistance

Leyes para la Protección del Pasajero en Arkansas

- Cualquier conductor puede ser parado y expedírsele un ticket por no tener a un niño en un asiento de seguridad para el auto o no llevar cinturón de seguridad. El rango de la multa es de \$25 hasta \$100 por niño.
- Un niño tiene que ir en un asiento de seguridad apropiado hasta los 5 años de edad o que tenga 60 libras de peso. Use la estatura o el peso de su hijo para determinar si el niño todavía necesita ir en un asiento de seguridad para el auto que lo sujete o en uno que lo levante.
- Los niños de 6-14 años de edad tienen que usar el cinturón de seguridad todo el tiempo.

Asientos para el Auto – Gratis o Reducido

Arkansas Children's Hospital (Hospital para los Niños de Arkansas)

1120 Marshall Street

Little Rock, AR 72114

(501) 364-5437

http://www.archildrens.org/community_outreach/safety_tips/child_passenger.asp

Servicios

- Entregan asientos de seguridad para niños en los autos a padres con necesidades financieras sin costo alguno
- Muestran a los padres cómo poner el asiento de seguridad para niños correctamente
- Revisan su actual asiento de seguridad para niños, para asegurarse de que este sea del tamaño adecuado.

Requerimientos

- Llame al número que está arriba para hacer una cita
- Su niño tiene que estar presente

Sitios Web para Mayor Información

Academia Americana de Pediatría: Asiento de Seguridad para el auto: Una Guía para las Familias <http://www.aap.org/family/carseatguide.htm>

Administración para la Seguridad del Tráfico en las Vías Rápidas <http://www.nhtsa.gov>

Haga un clic en "Child Passenger Safety: Seat Ratings, Inspection Stations, LATCH, y mas" en el menú de la página.



Free Smoke Alarms

Liberte Detectores de humo

Hot Springs

The Hot Springs Fire Department is an all-risk, full-service fire department, composed of 76 professional firefighters. They proudly provide fire protection, medical aid, rescue and hazardous materials response and a variety of other services to the public.

The Hot Springs Fire Department provides FREE smoke alarms for City of Hot Springs residents. For more information, please call (501) 321-6970 or stop by the Central Fire Station located at 310 Broadway Avenue, Hot Springs, AR 71901.



**Smoke Alarms
Save lives !**



Arkansas Poison Hotline

Arkansas Poison Hotline: 1 (800) 222-1222

(Línea Directa de Control de Veneno de Arkansas)

Call the Poison Hotline anytime, day or night.

Swallowed something that is not food or medicine?

- Drink a small amount of milk or water
- Call the Hotline

Swallowed the wrong medicine or took too much?

- Call the Hotline

Poison in the eyes?

- Rinse eyes with running water for 15 to 20 minutes
- Call the Hotline

Poison on the skin?

- Take off clothes the poison touched
- Rinse skin under running water for 15 to 20 minutes
- Call the Hotline

Inhaled poison?

- Get to fresh air right away
- Call the Hotline

The most common poisonings for children under six (6) years of age are from over-the-counter medications and household cleaning products.



Immigration Services

Servicios de Inmigración

St. John's Catholic Church

Merlin Lee, Director

589 West Grand

Hot Springs, AR 71901

(501) 520-9866

- Small charge for books

Catholic Charities Immigration Services

2500 North Tyler Street

Little Rock, AR 72204

(501) 664-0340 (Ext. 314)

<http://www.dolr.org/offices/catholiccharities/immigration.php>

Appointment Required

Hours: Tuesday (9:00 am - 4:00 pm)

- Provides low-cost support services for families eligible for immigration benefits

Services

Family Immigration:

- Counseling for family immigration needs
- Preparation and filing of family immigration applications and forms
- United States Citizenship and Immigration Services (USCIS)
- Referral to attorneys for legal assistance and deportation proceedings

Violence Against Women Act (VAWA):

- Comprehensive case management for immigrant survivors of domestic violence
- Preparation and filing of VAWA petitions (for victims of domestic violence), U petitions (for victims of crime), and T petitions (for victims of trafficking) at no charge
- Education and resources immigrant domestic violence victims

Education and Advocacy

- Referrals to community resources
- Workshops and seminars in the community on immigrant's rights, changes in immigration law and citizenship
- Information about potential changes in the law that could impact immigration status



Servicios de Inmigración

(continued)

Immigration Services

Servicios de inmigración de las Caridades Católicas

2500 North Tyler Street

Little Rock, AR 72204

(501) 664-0340 (Ext. 314)

<http://www.dolr.org/offices/catholiccharities/immigration.php>

Se Requiere de una Cita

Horario: Martes (9:00 am - 4:00 pm)

- Entregan servicios de soporte a bajo costo a familias elegibles para los beneficios de inmigración

Servicios

Inmigración de la Familia:

- Conserjería sobre lo que necesita una familia sobre inmigración
- Preparación y elaboración de las formas para la inmigración de la familia
- Trámites para la ciudadanía de los Estados Unidos y servicios de inmigración (USCIS)
- Referencia con abogados para asistencia legal en casos de deportación

Violencia en Contra de la Mujer. Act (VAWA):

- Amplio manejo de casos a sobrevivientes de casos de violencia domestica
- Preparación y elaboración de las peticiones de VAWA (para víctimas de violencia familiar), peticiones U (para víctimas de crímenes, y peticiones T (para víctimas de tráfico humano, sin ningún cargo
- Educación y recursos para inmigrantes víctimas de la violencia domestica

Educación y Consejerías:

- Referencia a las ayudas comunitarias
- Talleres y conferencias para la comunidad acerca de los derechos de los inmigrantes, cambio en las leyes de inmigración y ciudadanía
- Información acerca de los cambios potenciales en la ley que puedan impactar los estados de los inmigrantes



Community Services Office

The Community Services Office offers various programs to assist low-income and disadvantaged persons in getting off of welfare and into the working society. The Agency's motto: "PEOPLE HELPING PEOPLE" reflects the agency's desire to help people break the cycle of poverty by becoming self-sustaining and productive members of society. In order to reach our goals, the agency has developed cooperative relationships with low income families to bring about change in their lives.

Community Services Office, Inc.
600 West Grand Avenue
Hot Springs, AR 71901
(501) 624-5724

Transportation Program:

The transportation program transports persons to medical facilities and social service agencies locally Tuesday - Thursday. On Mondays, a trip is made to Little Rock area medical facilities.

Weatherization Program:

The weatherization program provides assistance to elderly, low-income and disabled persons who meet income guidelines. The program provides insulation, new windows, weather stripping on doors and any minor repairs for health and safety measures.

Head Start Program:

Funded to assist low-income families and single parents, the Head Start program serves 223 children ages 3-4 with quality child care consisting of education, nutrition, medical screenings and follow-up social services. There are four locations:

1. 300 Main Street, Mountain Pine
2. 5020 North Highway 7, Jessieville
3. 246 Aldridge Road, Lake Hamilton
4. 401 Garden Street, Hot Springs



Community Services Office

(continued)

Energy Program:

The energy program is a seasonal program that assist elderly, low-income and disabled persons in paying for natural gas, electric, propane, butane and wood. Monday - Wednesday (9:00 am - 1:00 pm)

Food Pantry:

Food assistance provided Tuesdays and Thursdays (9:00 am - 12:00 pm & 1:00 pm - 4:00 pm)

Job Readiness Program:

The Job Readiness program strives to make a difference in Garland County through client education, goal setting and assisting with personal growth. The program aides our community by helping clients obtain or retain employment and remain employable.

Neighborhood Housing Program:

The goal of this program is to provide affordable housing, education, training and hope to those who have the dream of obtaining and maintaining home ownership.

Homelessness/Rapid Re-Housing:

The Homelessness Prevention and Rapid Re-Housing Program (HPRP) will provide financial assistance and services to prevent individuals and families from becoming homeless and help those who are experiencing homelessness to be quickly re-housed and established within the community in which they live.

Emergency Assistance Program:

The Emergency Assistance program is designed to provide counseling and available resources and services to qualified persons. Available services include, but are not limited to: rental assistance, utility assistance (when the agency's LiHEAP program is not operating), prescription assistance and some basic necessities. The ultimate goal of this program is self-sufficiency.



Central Arkansas Development Council

The Central Arkansas Development Council (CADC) is a private, non-profit community action agency. The mission of CADC is to improve the quality of life and build strong communities in Arkansas.

Hot Springs County Office

1735 Sullenberger
Malvern, AR 72104
(501) 337-1502

Family Development

- Helps individuals and families develop and achieve a success plan for their lives by providing the programs and services listed below.

Individual Development Accounts (IDA) & Money Management

- Helps low-income families become more financially self-sufficient
- Provides IDAs, which are matched savings accounts. For every dollar the participant saves, CADC matches it with \$3
- Conducts 10 different training classes

Single Parent Scholarship Fund

- Provides the Single Parent Scholarship Fund that gives financial assistance for emergencies or barriers that keep single parents from attending school

The Benefit Bank

- Provides access to food stamps, medical, health insurance and child care subsidies



Central Arkansas Development Council

(continued)

Free Tax Preparation

- Helps low-level and moderate-level income families keep more of their income
- CADC partners with the IRS to provide free tax preparation

Low-Income Home Energy Assistance Program (LIHEAP) & Crisis Intervention

- Provides families with short-term fuel assistance
- Assists eligible households with utility bills

Weatherization

- Makes homes more energy efficient and safe by providing attic and wall insulation, weather-stripping for doors and windows, caulking and sealing cracks and holes, installing storm windows, retrofitting furnaces, etc.

Contact the CADC office for additional information and eligibility requirements.



Building Futures
Through
Community Action
www.cadc.com



Child Support Information

Department of Human Services (DHS)

- Provides free child support help for custodial parents who have Temporary Employment Assistance (TEA), Medicaid or ARKids First
- Call the number on the back of your ARKids First card; go to your local DHS office or call (501) 682-8398

Department of Finance and Administration

Office of Child Support Enforcement (OCSE)

400 E. Capitol, Little Rock, AR 72203

(501) 371-5400 (in Pulaski County)

www.childsupport.arkansas.gov

The Office of Child Support Enforcement (OSCE) charges fees for initial application and services. OCSE helps:

- Establish paternity for a child
- Establish a court order for financial or medical assistance
- Find a non-custodial parent
- Collect child support
- Make changes in current order

The custodial parent can submit a new child support case by requesting an application at:

Child Support Enforcement
110 Olive Street, Suite 200
Hot Springs, AR 71913
(501) 318-1153 OR (501) 623-8850

Or download an application and mail to the same address listed above.



Child Support Information

(continued)

Non-custodial parents can contact OCSE (501) 623-8850 to request a case review if their income drops 20% or more.

Child Support Clearinghouse for OCSE
1 (866) 428-8382 (toll free)

The Clearinghouse charges non-custodial parent an annual fee of \$36. Services:

- Receives and distributes child support payments when court order is "by income withholding"
- Assists employers with questions or problems
- Non-custodial parent can call and ask for application to modify or change court order in the event income level or circumstances changes
- Non-custodial parent can request a pay history form the Clearinghouse at any time

Center for Arkansas Legal Services

100 Greenwood, Suite E

Hot Springs, AR 71913

(501) 624-2594

- Based on income guidelines
- Open Monday - Friday (8:30 am - 5:00 pm)

Arkansas Legal Services Partnership

303 W. Capitol, Suite 200

Little Rock, AR 72201

(501) 376-3423

<http://www.arlegalservices.org>

- Free legal assistance for civil cases to low-income residents of Arkansas
- Website has fact sheets and booklets on child support and co-parenting
- Spanish language



Child Support Information

(continued)

UALR William H. Bowen School of Law

1201 McMath Avenue

Little Rock, AR 72202

(501) 324-9939

http://www.law.ualr.edu/academics/clinical_programs/

- Provides free legal services for low-income families — services are provided by attorneys and law students
- A limited number of cases accepted

Arkansas Access and Visitation Mediation Program

625 Marshall Street, Suite 1100

Little Rock, R 72201-1020

(501) 682-9400

Ask for Access and Mediation Program

Mediation Services

Provides a safe place to have a difficult conversation— mediators help divorced parents make decisions about:

- Access to child
- Child Support
- Visitation
- Custody

Most cases are court-ordered. However, if both sides agree, they can self-refer into the program. There is no cost for up to eight (8) hours of mediation. Referrals accepted on case-by-case basis.

Mediation is **not**:

- a legal decision
- therapy
- an enforcement agency
- a replacement for an attorney (Mediators do not provide legal advice)



Housing and Homeless Assistance

Hot Springs

Barb's Place

276 Linden Avenue

Hot Springs, AR 71913

(501) 624-6185

- Long-term residential, women and their children, day treatment, halfway house

Courage House Resource Center

(address is undisclosed purposely)

(501) 625-3900

- Shelter for abused women

Family Rescue Mission

407 Henry

Hot Springs, AR 71901

(501) 623-6381

- Each case is reviewed individually; capacity varies summer to winter (assistance provided for both males and females)

Greater Grace

355 Garden

Hot Springs, AR 71913

(501) 318-1897

- Case by case review (assistance provided for both males and females)

Hillcrest Children's Home

2325 Malvern

Hot Springs, AR 71901

(501) 262-1660

- Residential care for children aged 5-18 for a placement of one year or longer. Provide voluntary placement for children by the parent or guardian
- Assembly of God affiliation
- Open Monday - Friday (8:00 am - 5:00 pm)



Housing and Homeless Assistance

(continued)

Potter's Clay Crisis Shelter for Women & Children

110 Crescent

Hot Springs, AR 71901

(501) 624-1366

- Depending on each individual needs for Battered Women, Young Mothers, Some drug addicted females
- Open 9:00 am - 4:00 pm

Ouachita Children's Center

339 Charteroak Street

Hot Springs, AR 71901

(501) 623-5591

- Emergency youth shelter and outreach to children 8-18 for dependent neglected children and families (male and female)
- OCC's goal is to return the you to his/her community and family; in those cases where the young person cannot return home, appropriate placement is sought
- Open Monday - Friday (8:00 am - 5:00 pm)

Quapaw House/Harmony & Newton House

1309 West Grand

Hot Springs, AR 71913

(501) 767-4456

- Must have completed treatment for addiction; length of stay 6 months - a year in homeless shelter for persons having addition to drugs/alcohol
- Open 24 Hours

Renewal Outreach Center

212 Garden

Hot Springs, AR 71901

(501) 624-8774

- Adult males and females; each case reviewed individually

Samaritan Ministries

131 Sanford

Hot Springs, AR 71901

(501) 321-2888

- Men only; no medical conditions which require special care (clients must be stable)



Housing and Homeless Assistance

(continued)

Teen Challenge

Post Office Box 8177

Hot Springs, AR 71910

(501) 624-2446

- Youth facility for males 18 years and older
- Residents must go to church, classes and work, stay is 14 months and they must follow the rules

The Father's House

904 Vanderslice Road

Donaldson, AR 71941

(501) 384-5233

The Habitat Restore

1239 Central Avenue

Hot Springs, AR 71913

(501) 321-4241

The Salvation Army

115 Crescent Street

Hot Springs, AR 71901

(501) 321-0821

- Family shelter (single men, single women and families); limited to 3 nights every 90 days

The Smith House

202 South Main Street

Malvern, AR 72104

(501) 332-4673



Workforce Centers

Bringing People and Jobs Together

Arkansas Workforce Centers provide assistance for adults interested in upgrading job skills, gaining work experience, improving education. They provide:

- Computer Training
- Tuition Assistance
- Utility Assistance
- Job Corp Training

Hot Springs - Arkansas Department of Workforce Services Center

2254 Albert Pike Road, Suite A

Hot Springs, AR 71913

(501) 525-3450

- Employment Services
- Unemployment Insurance
- Self Service Center
- Veterans Counseling
- Trade Adjustment Assistance
- Dislocated Worker Assistance
- Labor Market Information

To register, call or go to the Workforce Center in your city.

All Arkansas Workforce Services are FREE.





Professional Consulting Services

Hot Springs

Abilities Unlimited

530 Mountain Pine Road
Hot Springs, AR 71913
(501) 767-8400

- Professional consulting services in the public and private sectors for people with disabilities

American Association of University Women

Jenan Muller

- Advancing equity for women and girls through advocacy, education and research; provides fellowships, grants, leadership training

Arkansas Job Corps

100 Ridgeway, Suite 8
Hot Springs, AR 71901
(501) 624-0499

- Outreach, admissions & career transitional services. Earn while you learn a trade; Free education & vocational training, room, board, meals, monthly stipend, clothing allowance

Career Pathways Program (NPCC)

101 College Drive
Hot Springs, AR 71913
(501) 760 -4379

- Pathways is a program that enables NPCC to offer qualifying applicants free career training and support for the successful completion of college classes. Provides things like Child Care Expense, Transportation, Loan of Textbooks, Career Counseling, Tutoring, Job search after training



Professional Consulting Services

(continued)

First Step

407 Carson Street
Hot Springs, AR 71901
(501) 624-6868

- First Step aims to reach children and adults with Developmental Delay/Disability by offering classes, therapies and services to help each individual reach their full potential

Garland County C.A.R.E.S.

- Strategic drug prevention coalition within community

Garland County Habitat for Humanity

835 Central Avenue, Suite 401
Hot Springs, AR 71902
(501) 623-5600

- Building and renovating homes for needy

Head Start

401 Garden Street
Hot Springs, AR 71913
(501) 623-3545

- Federal program for preschool children from low-income families

Highlands Maternity Home (AG Family Services)

highlands@agfsa.org

- Highlands is dedicated to bringing hope and healing to young women facing an unplanned pregnancy or eating disorder



Professional Consulting Services

(continued)

Housing Authority of the City of Hot Springs

1010 Illinois Street
Hot Springs, AR 71901
(501) 624-4420

"Family Self-Sufficiency Program"

Junior Auxiliary

PO Box 1326
Hot Springs, AR 71901
karenquery@dnins.com

- Junior Auxiliary represents a serious endeavor on the part of women to be active and constructive community participants; leadership roles in meeting community needs and provide members with the opportunity to be a vital part of the community through service

Liberty Ministry of Hot Springs

(501) 760-2295

- Outreach to people with disabilities, their caregivers and others who wish to befriend them.
- Meet 3rd Thursday 7:00 - 8:30 pm at 1st Assembly of God, 3450 Central Avenue and also meets 4th Saturday 11:00 - 12:00 pm at Garland Tower

Make A Wish Foundation, Mid South Chapter

www.midsouthwish.org
(501) 520-0113

Men Mentoring Young Minorities; Immanuel Christian Church

(501) 623-2815

NPCC, transition services

(870) 367-4834



Professional Consulting Services

(continued)

Professional Clothes Closet

1819 Albert Pike

(501) 525-1631

- Collaboration between Arkansas Workforce Center and Abilities Unlimited to provide professional attire for women who are returning to the workplace

Project Hope

(501) 627-4545

Red Cross

104 Blackstone Court

Hot Springs, AR 71913

(501) 623-9321

REGARD

(501) 262-3566

River of Life Church

103 Pogue Avenue

Hot Springs, AR 71913

(501) 623-3331

- Project Backpack (August)

S.A.I.L.S.

621 Albert Pike Road

Hot Springs, AR 71913

(501) 624-7710



Professional Consulting Services

(continued)

Salvation Army Thrift Store

109 Crescent
Hot Springs, AR 71913
(501) 623-1641

Single Parent Scholarship Fund (NPCC)

(501) 760-4108

St. Michael's Preschool HIPPY Program

1125 Malvern Avenue
Hot Springs, AR 71913
(501) 623-2073

Teen Challenge Vintage Mall

1735 North Highway 7
Hot Springs, AR 71913
(501) 624-2446

Unity in Service/Highland Presbyterian Church

107 Burroughs Street
Hot Springs, AR 71913
(501) 623-2402

Wear it Forward (First Church of the Nazarene)

3804 Central Avenue
Hot Springs, AR 71913
(501) 525-1433



Professional Consulting Services

(continued)

Webb Community Center
127 Pleasant Street
Hot Springs, AR 71901
(501) 623-7491



Free Tax Preparation Assistance

AARP offers free tax help for the public at the Garland County Library. AARP volunteers will be on hand to give assistance for personal property taxes. They will **not** do business, rental property, or farm taxes: personal taxes only.

Although this service is offered AT the library, it is not offered BY the library. Garland County Library is simply lending the space. As such, library employees cannot give tax advice or answer tax-related questions. They cannot take phone calls or messages for the tax assistants, nor can we set up appointments for them. They do this on a first-come, first-served basis.

Garland County Library

1427 Malvern Avenue
Hot Springs, AR 71901

For online tax forms, visit the following websites:

FEDERAL TAXES: <http://www.irs.gov>

STATE TAXES: <http://www.dfa.arkansas.gov/offices/incomeTax/individual/pages/forms.aspx>



CONSUMER ALERT

Beware of organizations that say they will get your refund early (Refund Anticipation Loans). They charge a fee and very high interest rates. This means you have to pay to borrow your own money. If they make a mistake on your tax refund, you pay for it. This could cost you hundreds of dollars.

Use reputable tax services like the one listed above. It takes about a week and can save you hundreds of dollars. If you are unsure of an agency call the Arkansas Attorney General's Consumer Protection Division at (501) 682-2341 OR (800) 482-8982.



Adult Education at National Park Community College

GED Classes

National Park Community College (Adult Education Building)

101 College Drive

Hot Springs, AR 71913

(501) 760-4335

- Classes and GED testing is FREE - No Excuses!
- Offers assistance to students who want to prepare for the GED exam, but cannot attend class

Adult Education Center

155 East Grand Avenue, Suite B

Hot Springs, AR 71913

(501) 321-2744

- Classes and GED testing is FREE - No Excuses!

English as a Second Language (ESL) Program

Classes in English as a Second Language are designed for persons over the age of 18 whose native language is not English. Informal class instruction allows students to focus on listening, speaking, reading and writing in English in a relaxed and non-threatening environment. Students have the opportunity to make new friends while studying English. Classes are available on Tuesday and Thursday evenings, with open entry/open exit. Classes are FREE - No Excuses!

For more information, please contact Becky Linsky, Director of Adult Education at NPCC - (501) 760-4339





Domestic Violence Services in Central Arkansas

Servicios de Violencia Doméstica

Hot Springs

American Academy of Facial Plastic and Reconstructive Surgery

(800) 842-4546

- Provides a referral service to physicians in Arkansas who provide volunteer plastic surgery for victims of domestic violence
- Potential candidates are interviewed by phone; if the victim's application is approved, the doctor is faxed the application with the recommendation of the Academy

Arkansas Department of Community Punishment

625 West Grand Avenue, Suite 200

Hot Springs, AR 71901

(501) 624-3347

- Spouses/partners and families of DCP clients are assisted
- Open Monday - Friday (8:00 am - 4:30 pm)

C.A.S.A.

600 West Grand

Hot Springs, AR 71913

(501) 321-9269

- Non-profit organization that trains community volunteers to serve as powerful advocates for our community's most severely abused, abandoned and neglected children



Domestic Violence Services in Central Arkansas

(continued)

Servicios de Violencia Doméstica

Center for Arkansas Legal Services

100 Greenwood, Suite E

Hot Springs, AR 71913

(501) 624-2591 OR (800) 999-3106

- Based on income
- Legal services for: emergency family matters including spouse abuse; divorces; housing; adoptions and guardianship; debt problems, garnishments, bankruptcies and repossessions; public benefits such as SSI, Social Security Disability; Food Stamps and Medicaid; legal problems of the elderly.
- Open 8:30 am - 5:00 pm

Courage House (Abused Women and Children Inc.)

1419 Hunter Street

Arkadelphia, AR 71923

(870) 246-3122

- Shelter for women suffering domestic violence

Crime Victims Reparations Board

(800) 448-3014 OR (501) 622-3724

- Provides a method of compensating and assisting victims and their dependents who have suffered personal injury or death as the result of a violent crime, including DWI
- Questions regarding eligibility through Victim Assistance Unit, Garland Co. Courthouse, 622-3724
- Tuesday - Saturday (12:00 pm - 7:00 pm)



Domestic Violence Services in Central Arkansas

(continued)

Servicios de Violencia Doméstica

Partner Abuse Program for Batterers

641 Malvern Avenue

Hot Springs, AR 71901

(501) 620-1150

- Court-ordered, once a week program for perpetrators of domestic violence
- Call for times of groups; group support and education are emphasized

Potter's Clay Ministries, Inc.

110 Crescent Streets

Hot Springs, AR 71901

(501) 624-1366

- Non-profit, religious charitable organization for the homeless, battered or abused
- Organization provides food, shelter, court advocacy/escort, emergency funds, childcare, transportation and clothing to those in need; outside help provided when funds are available.
- Open 9:00 am - 4:00 pm

Victim Assistance Unit

501 Ouachita Avenue

Hot Springs, AR 71901

(501) 622-3725

- Possible assistance for victims of domestic violence; contingent on circumstances
- Open Monday - Friday (8:30 am - 5:00 pm)



Substance Abuse Treatment in Central Arkansas

Many people drink alcohol occasionally, but sometimes alcohol or drug use becomes a problem. The following questions are often used to help people determine if they need help. In the past year,

- | | | |
|---|----|-----|
| 1. Have you felt you ought to cut down your drinking or drug use? | no | yes |
| 2. Have you felt annoyed by people criticizing your drinking or drug use? | no | yes |
| 3. Have you felt bad or guilty about your drinking or drug use? | no | yes |
| 4. Have you felt that you have had a drink or used drugs as an eye opener first thing in the morning to steady your nerves? | no | yes |
| 5. Have you felt that you have drunk or used drugs more than you meant to? | no | yes |

If you answered yes to any of the questions above, then alcohol or drugs may be causing problems for you or your family. You may want to talk to your family doctor or some other specialist or organization in your community.

Barb's Place

276 Linden Avenue

Hot Springs, AR 71913

(501) 624-6185

- Long-term residential, women and their children, day treatment, halfway house

Potter's Clay Crisis Shelter for Women & Children

110 Crescent

Hot Springs, AR 71901

(501) 624-1366

- Depending on each individual needs for Battered Women, Young Mothers, Some drug addicted females
- Open 9:00 am - 4:00 pm

Ouachita Children's Center

339 Charter Oak Street

Hot Springs, AR 71901

(501) 623-5591

- Emergency youth shelter and outreach to children 8-18. Adolescent drug abuse prevention information, case management and follow-up services.
- Open Monday - Friday (8:00 am - 5:00 pm)



Substance Abuse Treatment in Central Arkansas

(continued)

Quapaw House/Harmony & Newton House

1309 West Grand

Hot Springs, AR 71913

(501) 767-4456

- Must have completed treatment for addiction; length of stay 6 months - a year in homeless shelter for persons having addition to drugs/alcohol
- Open 24 Hours

Renewal Outreach Center

212 Garden

Hot Springs, AR 71901

(501) 624-8774

- Adult males and females; each case reviewed individually

Teen Challenge

Post Office Box 8177

Hot Springs, AR 71910

(501) 624-2446

- Youth facility for males 18 years and older
- Residents must go to church, classes and work, stay is 14 months and the must follow the rules



Celebrate Recovery of Substance Abuse

ALA-Teen & Prevention Resource Center

339 Charter Oak
Hot Springs, AR 71913
(501) 623-8807

Alcoholics Anonymous (Hot Springs)

411 Sellers
Hot Springs, AR 71901
(501) 624-9214

CO-Dependents Anonymous (C.O.D.A)

1910 Malvern Avenue
Hot Springs, AR 71901
(501) 624-1691

Narcotics Anonymous

2nd & Wade Street
Hot Springs, AR 71902
(501) 321-1292



Mental Health Services in Central Arkansas

Servicios de Salud Mental en el centro de Arkansas

Depression Screening (español - véase en la página 2)

Answer the questions below to determine if depression is causing problems for you. Answer both questions. Each answer has a point value listed in parenthesis. Add your score. **If your score is 2 or greater, depression may be causing problems for you or your family.** You may want to talk to your family doctor or some other specialist or organization in your community.

1. In the last 2 weeks, how often have you had little or no interest or pleasure in doing things?
☐ None at all (0 point) ☐ More than half the days (2 points)
☐ Several days (1 point) ☐ Nearly every day (3 points)

 2. In the last 2 weeks, how often have you felt sad, depressed or hopeless?
☐ None at all (0 point) ☐ More than half the days (2 points)
☐ Several days (1 point) ☐ Nearly every day (3 points)
-

Clinics and Support Facilities - Hot Springs

Arkansas Department of Community Punishment

615 West Grand
Hot Springs, AR 71901
(501) 624-3347

- Open Monday - Friday (8:00 am - 4:30 pm)

Arkansas Rehabilitation Services

105 Reserve Street
Hot Springs, AR 71901
(501) 623-4479

- Open Monday - Friday (8:00 am - 4:30 pm)



Mental Health Services in Central Arkansas

(continued)

Servicios de Salud Mental en el centro de Arkansas

Beverly Health and Rehabilitation

552 Golf Links Road
Hot Springs, AR 71901
(501) 624-7149

Co-Dependents Anonymous (NPMC)

1910 Malvern Avenue
Hot Springs, AR 71901
(501) 624-1691

- Monday night at 7:00 pm in the Quapaw Room at NPMC

Community Counseling Services, Inc.

505 West Grand Avenue
Hot Springs, AR 71901
(501) 624-7111 OR (501) 623-3244

- 24 hours/7 days a week; call for an appointment
- FREE counseling and education at Charitable Clinic

Day Spring Behavioral Health

106 Ridgeway Street
Hot Springs, AR 71901
(501) 609-0400

- Outpatient mental health services for individuals, family, group children/ adolescents/adults
- Case management; day treatment; psychological eval and testing' psychiatric eval; medication mgmt; bilingual services; pills on wheels

Garland County Jail Ministries, Inc.

238 Woodbine
Hot Springs, AR 71901
(501) 321-1899 OR (501) 622-3684

- 24 hours/7 days a week
- FREE evaluations and assessments 24 hours a day



Mental Health Services in Central Arkansas

(continued)

Servicios de Salud Mental en el centro de Arkansas

Senior Horizons

300 Werner

Hot Springs, AR 71903

(501) 622-1291

- FREE assessments

Small Group Work Therapy, Inc.

311 Whittington Avenue

Hot Springs, AR 71901

(501) 623-3477

- Work on sliding scale fee basis; accepts Medicare, Medicaid and private insurance

Stepping Stone Behavioral Clinic

225 McAuly, Suite B

Hot Springs, AR 71913

(501) 321-1779

- Open Monday - Friday (8:00 am - 5:00 pm)
- Insurance; Medicaid; individual case

Teen Challenge of Arkansas

PO Box 8177

Hot Springs, AR 71901

(501) 624-2446

- 24 hours per day
- 14 month program; support groups for victims of sexual abuse also offered

The Caring Place

101 Quapaw

Hot Springs, AR 71913

(501) 623-2881

Therapeutic Family Service

600 Main Street

Hot Springs, AR 71913

(501) 321-8200



Mental Health Services in Central Arkansas

(continued)

Servicios de Salud Mental en el centro de Arkansas

Webb Community Center

127 Pleasant

Hot Springs, AR 71902

(501) 623-7491

www.webb@hsnp.com

- Open Monday - Friday (9:00 am - 5:00 pm)



Grief and Loss

Hot Springs

Bereavement Support Group

AARP Widowed Person Survivor Program
329 Mill Wood Road
Hot Springs, AR 71913
(501) 623-2364

- Meets on 2nd & 4th Tuesday

Grief & Loss Services

(501) 321-2811

- Call for meeting and times

Grief Support Group-Hospice Home Care

3634 Central Avenue, Suite A
Hot Springs, AR 71901
(501) 321-4014

- Meets on 2nd and 3rd Tuesday at 5:30 pm

Gross Funeral Home

120 Wright Street
Hot Springs, AR 71901
(501) 321-4014 OR (800) 479-0599

- Call for meeting times

Parents of Murdered Children and Other Survivors of Homicide Victims- First Baptist Church

2350 Central Avenue
Hot Springs, AR 71913
(501) 321-0213

- Meets on 3rd Saturday at 7:00 pm

St. Joseph's Mercy Health Center

(501) 624-4113

- Call Sister Liz Loehler, RSM for meetings times