

Community Resource Guide

*(Updated 4/2019- send updates and information that needs included to
qoloutreach@gmail.com with the subject line Resource Guide Update.)*



Quality of Life
Outreach, Inc.
To promote health, safety
and wellness in Polk County

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Always call 911 in an emergency!



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CHILD/YOUTH SERVICES

Division of Children and Family Services

1802 Hwy 71 N / PO Box 1808
Mena, AR 71953
479-394-3100

CASA of the Ouachita Region

812 C DeQueen Street Suite D
Mena, AR 71953
479-234-9277
C.A.S.A. – Court Appointed Special Advocates

Child Abuse Hotline

800-482-5964

City of Mena

479-394-4585
McMillian Park (pool)
Tapley Park (sports complex)
<http://tapleysports.com/>

Cooper-Anthony Mercy Child Advocacy Center

216 McAuley Court
Hot Springs, AR 71913
501-622-25831

Fresh Start Pregnancy Resource Center

306 9th Street
Mena, AR 71953
479-394-1186
<https://www.freshstartprc.com>



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Healthy Connections

136 Health Park Lane

Mena, AR 71953

479-437-3449

<http://healthy-connections.org>

The Call

<https://www.facebook.com/TheCALLinPolkCounty/>

University of Arkansas Cooperative Extension Service

211 DeQueen Street

Mena, AR 71953

479-394-6018

CHILDCARE

Child Care Vouchers	800-322-8176 & 479-394-3100
Child Development, Inc.	479-394-3533
Grace Place Academy	479-394-2697
PCDC—Jump Start Daycare	479-394-7572
Head Start	479-385-5091
Sunshine House	479-394-4293

Dequeen Mena Educational Coop/ ABC Preschool Programs:

Acorn Preschool	479-394-2348
Mena Preschool	479-216-0714
Van-Cove Preschool	870-387-6733 & 870-387-6575
Wickes Preschool	870-385-7101



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Child Care Provider Training

UA Rich Mountain
1100 College Drive
Mena, AR 71953
479-394-7622
www.uarichmountain.edu

Division of Children and Family Services Child Care Licensing

115 Market Street
Hot Springs, AR 71901
870-321-2585

Childcare Voucher Program

800-322-8176
Polk & Scott County 870-773-0563
www.humanservices.arkansas.gov/about.dhs/dccece

UA Rich Mountain

CCAMPIS & Career Pathways Program
1100 College Drive
Mena, AR 71953
479-394-7622
www.uarichmountain.edu

WAEDA-Western Arkansas Employment Division Agency

1500 East Main
Van Buren, AR
800-285-1131
www.waeda.org



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CLOTHING

Salvation Army Thrift Store

401 Sherwood Avenue

Mena, AR 71953

479-437-3110 or 243-0707

www.salvationarmyusa.org

Ninth Street Ministries c/o First Baptist Church

306 9th Street

Mena, AR 71953

479-394-2541

Polk County Developmental Center, Inc.

PO Box 926 201 S. Morrow

Mena, AR 71953

479-394-2671

www.pcdcmena.com

COUNSELING

Cedar Haven

311 Morrow St N

Mena, AR 71953

479-243-2380

www.menaregional.com/cedar-haven/

Healthy Connections, Inc.

136 Health Park Lane

Mena, AR 71953

479-437-3449

www.health-connections.org



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North Star Counseling

600 Port Arthur Ave

Mena, AR 71953

479-394-7700

www.facebook.com/NorthStarCounseling

Western Arkansas Counseling & Guidance

307 South Cherry St

Mena, AR 71953

479-394-3200

www.wacgc.org

DEVELOPMENTAL SERVICES

Arkansas Rehabilitation Services

PO Box 660

Booneville, AR 72927

479-675-3835

BASE of the Ouachitas

<https://www.facebook.com/BASEOFTHEOUACHITAS/>

Monthly Meetings at Dallas Avenue Baptist Church Family Life Center

Polk County Developmental Center, Inc.

PO Box 926

201 S. Morrow

Mena, AR 71953

479-394-2671

www.pcdcmena.com



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DOMESTIC MATTERS/ SEXUAL ASSAULT

Aliyah House- Covenant Ministries

PO Box 148

Hatfield, AR 71945

870-389-6311

www.cministries.info

Arkansas Coalition Against Domestic Violence

800-269-4668

www.domesticpeace.com

Crisis Intervention Center

5603 S 14th St

Fort Smith, AR 72901

479-782-1821

<https://childcarecenter.us>

Domestic Violence Prevention, Inc

424 Spruce St

Texarkana, TX 75501

903-794-4000

www.womenshelters.org

Office of the Prosecuting Attorney

Domestic Violence/Sexual Assault Investigator

479-394-6114

Potters Clay Ministries

110 Crescent Ave

Hot Springs, AR 71901

501-624-1366

<http://pottersclayhotsprings.org>



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Riverview Hope Campus

301 South E Street
Fort Smith, AR 72901
479-668-4764

www.riverviewhopecampus.org

Southwest Arkansas Domestic Violence Center, Inc.

24 Hour Crisis Line: 870-584-3441 / 1-800-338-9844

We End Violence

619-917-9299

www.weendviolence.com

EDUCATION (ADULTS)

Arkansas Human Development Corporation

870-444-9264

www.arhdc.org

Arkansas Rehabilitation Services

PO Box 660
Booneville, AR 72927
479-675-3835

American Indian Center of Arkansas

1100 N. University, Ste143
Little Rock, AR 72207
501-666-9032
800-441-4513

www.arindianctr.org



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Arkansas Career Pathways (for parents)

UA Rich Mountain

1100 College Drive

Mena, AR 71953

479-394-7622

www.uarichmountain.edu

www.arpathways.com

Educational Opportunity Center

UA Rich Mountain

1100 College Drive

Mena, AR 71953

479-394-7622

www.uarichmountain.edu

Adult Education, GED, & English as a Second Language

UA Rich Mountain

1100 College Drive

Mena, AR 71953

479-394-7622

www.uarichmountain.edu

Polk County Single Parent Scholarship Fund

PO Box 1585

Mena, AR 71953

Prevention Resource Center of Region #5

15 North 19th Street

Fort Smith, AR 72901

479-783-1916

<http://prc5.org>



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University of Arkansas Cooperative Extension Service
211 DeQueen Street
Mena, AR 71953
479-394-6018

University of Arkansas Rich Mountain
1100 College Drive
Mena, AR 71953
479-394-7622
www.uarichmountain.edu

WAEDA-Western Arkansas Employment Division Agency
1500 East Main / PO Box 1266
Van Bureau, AR
800-285-1131

EDUCATION (CHILDREN)

Cossatot River School District
PreK-12 Education
130 School Drive
Wickes, AR 71973
870-385-7101
www.cossatot.us

DeQueen-Mena Educational Co-Op
305 S. Hornberg Avenue
Gillham, AR 71841
870-386-2251
<http://dmesc.net>



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H.E.D.G.E/ Co-op (Homeschool support)

479-394-5611

479-216-3557

Jump Start Preschool

1314 Amsterdam

Mena, AR 71953

479-394-7572

www.pcdcmena.com/preschool

Mena School District

PreK-12 Education

501 Hickory Ave

Mena, AR 71953

479-394-1710

www.menaschools.org

Ouachita River School District

PreK-12 Education

Acorn Campuses in Acorn and Oden

479-394-2348 870-326-4311

www.ouachitariversd.org

Polk County Developmental Services

PO Box 926

201 S. Morrow

Mena, AR 71953

479-394-2671

Head Start

606 Pine Street

Mena, AR 71953

479-385-5091



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TRIO/Educational Talent Search (ETS) and Upward Bound (UB)

UA Rich Mountain

1100 College Drive

Mena, AR 71953

479-394-7622

www.uarichmountain.edu

University of Arkansas Cooperative Extension Service-4H

211 DeQueen Street

Mena, AR 71953

479-394-6018

ELDERLY CARE

Elder Law

479-434-3531

Elrodfirm.com

www.elderlawofarkansas.com

Elite Home Health

605 Magnolia Ave

Mena, AR 71953

479-394-1812

Kindred At Home

73 US 71 Business

Waldron, AR 72958

479-637-0914

www.kindredhealthcare.com



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Mena Manor Skilled Nursing Facility

100 9th Street
Mena, AR 71953
479-394-2617

Mena Regional Home Health/ Hospice

601 Hwy 71 North
Mena, AR 71953
479-.394-1812 479- 394-1134
www.menaregional.com

Mena/Polk County Senior Center

401 Autumn Lane
Mena, AR 71953
479-394-5459

Ouachita Seniors and Retirees

479-394-5097

Peachtree Assisted Living

1803 Cordie Dr
Mena, AR 71953
479-394-2600

Polk County In-Home Services

702 Hornbeck
Mena, AR 71953
479-394-3433



Rich Mountain Nursing and Rehab Center

306 Hornbeck

Mena, AR 71953

479-394-3511

www.richmountainhc.com

Senior Behavioral Health- Mena Regional Health System

311 N. Morrow Avenue

Mena, AR 71953

479-394-7400

www.menaregional.com

The Oaks Assisted Living

1341 Mena Street

Mena, AR 71953

479-243-0033

Visiting Nurses Agency/ Home Health and Hospice

600 7th Street

Mena, AR 71953

479-394-5458



EMERGENCY MANAGEMENT

Polk County Office of Emergency Management
479-394-8141

Tornado Shelters (open when tornado sirens sound)

Mena School

1300 East Dallas Avenue
Mena, AR 71953

And

1000 Geyer Drive
Mena, AR 71953

Polk County Courthouse

507 Church Ave
Mena, AR 71953

EMPLOYMENT SERVICES

Arkansas Human Development Corporation

870-444-9264

www.arhdc.org

Arkansas Department of Workforce Services

1100 College Drive

Mena, AR 71953

479-394-3060

www.dws.arkansas.gov

www.arjoblink.arkansas.gov

FOOD

Acts of Love-Mena First Assembly of God

2111 Sutherland Avenue

Mena, AR 71953

479-394-1229 479-394-5232

ARVAC, Inc.

600 Pine Street

Mena, AR 71953

479-394-4707

www.arvacinc.org

Board Camp Family Life Center

Hwy 8E Polk 63

Mena, AR 71953

Department of Human Services

1802 Hwy 71 N / PO Box 1808

Mena, AR 71953

479-394-3100

<https://humanservices.arkansas.gov>

Dallas Avenue Baptist Church

300 Dallas Avenue

Mena, AR 71953

479-394-2697

www.dabcmena.com

Feed My Sheep

2933 HWY 88 E

Mena, AR 71953

479-394-3311



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Gods Feeding Hands Mission Center

1200 Reeves
Mena, AR 71953
479-243-9216

Harvest of Hope Backpack Program

Mena Lioness Club or Contact a Public School Counselor for assistance

Hunger Hotline

1-800-5-HUNGRY 1-800-548-6479

Ninth Street Ministries

First Baptist Church
306 9th Street
Mena, AR 71953
479-394-2541

Polk County Health Department WIC Program

702 Hornbeck
Mena, AR 71953
479-394-2707 (Clinic)
www.healthy.arkansas.gov

Salvation Army

401 Sherwood Avenue
Mena, AR 71953
479-437-3110
www.salvationarmyusa.org



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HEALTH CARE

Department of Human Services

1802 Hwy 71 N PO Box 1808

Mena, AR 71953

479-394-3100

Additional contact information:

Division of Developmental Disabilities Services:

www.arkansas.gov/dhhs/ddds

Division of Aging and Adult Services:

www.state.ar.us/dhs/aging/asmp.html

First Care Family Medicine

1706 North US 71

Mena, AR 71953

479-394-7500

Healthy Connections, Inc.

136 Health Park Lane

Mena, AR 71953

479-437-3449

<http://healthy-connections.org>

Mena Regional Health System

311 N. Morrow Avenue

Mena, AR 71953

479-394-6100 www.menaregional.com

Polk County Health Department

702 Hornbeck

Mena, AR 71953

479-394-2707 (Clinic) 479-394-3433 (Home Health)

www.healthy.arkansas.gov



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HOUSING

ARVAC, Inc.

600 Pine Street

Mena, AR 71953

479-394-4707

www.arvac.inc.org

Mena/Polk County Housing Authority

509 S. Morrow Avenue

Mena, AR 71953

479-394-1569 www.polkarhousing.com

LEGAL ASSISTANCE

Center for Arkansas Legal Services

800-999-3106

Child Support Enforcement Unit

806 10th Street

Mena, AR 71953

479-394-6339

Elder Law

479-434-3531

www.elderlawofarkansas.com

State Free Legal Aid

Help Line 800-950-5817

Access to Justice Commission

303 West Capitol Ave Suite 200

Little Rock AR 72201

www.arkansaslegalservices.org



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Polk County Victim's Assistance Program

600 Port Arthur Avenue

Mena, AR 71953

479-394-6114

www.countyoffice.org

LITERACY

Dolly Parton Imagination Library Project

Quality of Life Outreach

PO Box 1135

Mena, AR 71953

www.qoloutreach.org

imaginationlibrary.com

Polk County Library

410 8th Street

Mena, AR 71953

479-394-2314

<http://menapolkcountylibrary.org>

Polk County Literacy Council

606 Pine Street

Mena, AR 71953

479-394-7120

LOCAL GOVERNMENT

City of Mena-Mayor

520 Mena Street

Mena, AR 71953

479-394-4585



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Mena Police Department

304 Dequeen Street
Mena, AR 71953
479-394-1212

Polk County Judge

507 Church Street
Mena, AR 71953
479-394-8133

Polk County Juvenile Intake

507 Church Street
Mena, AR 71953
479-394-8145

Polk County Juvenile Probation

507 Church Street
Mena, AR 71953
479-394-8146

Polk County Prosecuting Attorney

600 Port Arthur
Mena, AR 71953
479-394-6114

Polk County Public Defender

612 Mena Street
Mena, AR 71953
479-394-5353



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Polk County Sheriff's Office

507 Church Street
Mena, AR 71953
479-394-2511

Polk County Veterans Services Office

507 Church Street
Mena, AR 71953
479-394-8147

PARENTING

Fresh Start Pregnancy Resource Center

306 9th Street / P.O. Box 349
Mena, AR 71953
479-394-1186 www.Freshstartprc.com

Healthy Connections, Inc. (HCI)

136 Health Park Lane
Mena, AR 71953
479-437-3449 <http://healthy-connections.org>

Division of Children and Family Services

606 Pine Street / PO Box 1808
Mena, AR 71953
479-394-3100

Parenting Education

University of Arkansas Cooperative Extension Office
211 DeQueen Street
Mena, AR 71953
479-394-6018



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The Call

Mena, Arkansas 71953

(479) 651-8816

<https://thecallinarkansas.org>

PROBATION

Comprehensive Juvenile Services of Polk County

606 Pine Street Suite 14

Mena, AR 71953

479-394-5088

www.cjsinc.org

Polk County Juvenile Intake and Probation

Polk and Montgomery Counties, 18th Judicial West

507 Church Street

Mena, AR 71953

479-394-8145

479-394-8146

REHABILITATION SERVICE

Dequeen-Mena Educational Co-Op

305 S. Hornberg Avenue

Gillham, AR 71841

870-386-2251

www.dmesc.org

Healthy Connections, Inc. (HCI)

136 Health Park Lane

Mena, AR 71953

479-437-3449

<http://healthy-connections.org>



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Mena Regional Health System

311 N. Morrow Avenue
Mena, AR 71953
479-394-6100 www.menaregional.com

Ouachita Rehabilitation & Fitness Center

400G Crestwood Circle
Mena, AR 71953
479-394-7979

Polk County Developmental Services

P.O. Box 926
201 S. Morrow
Mena, AR 71953
479-394-2671
www.pcdcmena.com

SENIOR SERVICES

Cossatot Senior Center

7366 US 71 S
Wickes, AR 71973
870-385-2373

Foster Grandparent Program (FGP)

P.O. Box 110
Gillham, AR 71841
870-386-2251

Peachtree Assisted Living

1803 Cordie Drive
Mena, AR 71953
479-394-2600



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Polk County Senior Center

401 Autumn Lane
Mena, AR 71953
479-394-5459

The Oaks at Mena

1341 S Mena Street
Mena, AR 71953
479-243-0033

www.theoaksatmena.com

SHELTERS

Aliyah House- Covenant Ministries

Po Box 148
Hatfield, AR 71945
870-389-6311

www.cministries.info

Childrens Emergency Shelter

3015 S 14th Street
Fort Smith, AR 72901
479-783-0018

<https://childrensemergencyshelter.org>

Crisis Center for Women

500 Lexington

Ft. Smith, AR 72901

Crisis Line: 479-782-4956

24 Hour Hotline: 1-800-359-0056

Polk County Contact: 479-394-6114

Waldron: 479-637-1440

Ft. Smith: 479-782-1821

www.crisiscenterforwomen.org



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Community Rescue Mission

310 N. F St
Fort Smith, AR 72901
479-782-1433
<https://fscrm.org>

Family Promise of Pulaski County

222 E 8th Street
Little Rock, AR 72202
501-372-0733
www.familypromisepc.org

Potters Clay Ministries

110 Crescent Ave
Hot Springs, AR 71901
501-624-1366
<http://pottersclayhotsprings.org>

Seven Hills Homeless Shelter

1031 N College Avenue
Fayetteville, AR 72701
479-966-4378
<https://7hillscenter.org>

Southwest Arkansas Domestic Violence Center, Inc.

24 Hour Crisis Line: 870-584-3441 / 1-800-338-9844

SUBSTANCE ABUSE

Alcohol and Drug Abuse 24-Hour Helpline

1-800-313-9626



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Alcoholics Anonymous

1159 71 S
Mena, AR 71953
479-216-4606 or 479-243-0297

Al-Anon Family Groups

<https://al-anon.org>

First Baptist Church

811 Port Arthur Avenue
Mena, AR 71953
479-394-2541
<https://firstbaptistchurchmena.com>

Harbor House, Inc.

Gateway & Harbor Recovery Centers
615 N. 19th Street
Fort Smith, AR 72901
479-785-4085 / 855-631-4648
www.recoveryhhi.org

Healthy Connections, Inc.

136 Health Park Lane
Mena, AR 71953
479-437-3449
<http://health-connections.org>

Narcotics Anonymous

Meets on Thursdays at 7 @ the Crossing Church (the old bus barn building)



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New Vision-Mena Regional Health System

311 N. Morrow

Mena, AR 71953

479-243-2280

www.specialcarecorp.com/new-vision-mena-arkansas.aspx

Quapaw House

Hot Springs, AR

Adolescent Treatment 551-624-2455

Adult Treatment 501-767-4456

www.quapawhouseinc.org

Western Arkansas Guidance and Counseling

307 S. Cherry St

Mena, AR 71953

479-394-5277

www.wacgc.org

SUPPORT AND PREVENTION SERVICES

Alcoholics Anonymous

1159 71 S

Mena, AR 71953

479-216-4606 479-243-0297

Al-Anon Family Groups

<https://al-anon.org>

Alzheimer Support Group

c/o Mena Senior Behavioral Health Mena Regional Health System

311 N. Morrow

Mena, AR 71953

479-394-7400



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Arkansas Crisis Center

www.arcrisis.org

BASE of the Ouachitas

<https://www.facebook.com/BASEOFTHEOUACHITAS/>

Monthly Meetings at Dallas Avenue Baptist Church Family Life Center

Clarice's Room of Hope

Cancer Support

403 Morrow N. Suite C

Mena, AR 71953

479-385-5071

www.claricesroom.org

Covenant Ministries

Po Box 148

Hatfield, AR 71945

870-389-6311

First Baptist Church (Celebrate Recovery)

811 Port Arthur Avenue

Mena, AR 71953

479-394-2541

Injury Prevention Center

1 Childrens Way, Slot 512-26

Little Rock, AR 72202

501-364-3400 866-611-3445

www.archildrens.org

Narcotics Anonymous

Meets on Thursdays at 7 @ the Crossing Church (the old bus barn building)



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Suicide Prevention Lifeline

1-800-273-talk (8255)

Veterans Crisis Hotline

1-800-273-8255

www.veteranline.net

Text: 838255

Weight Watchers

Weekly meetings

479-234-2297

Western Arkansas Counseling and Guidance

307 S. Cherry

Mena, AR 71953

479-394-5277

www.wacgc.org

TRANSPORTATION

Economic and Medical Services

479-394-3100

Veteran's Service Office

Polk County Court House

507 Church Street

Mena, AR 71953

479-394-8147



UTILITIES

ARVAC, Inc.

600 Pine Street

Mena, AR 71953

479-394-4707

www.arvacinc.org

Polk County Family Mission

Located at the Ninth Street Ministries Building

Corner of 9th Street and Church

Information only: 479-394-2541

Emergency financial assistance. Tuesday, 10 am—2 pm

Salvation Army

401 Sherwood Avenue

Mena, AR 71953

479-437-3110

www.salvationarmyusa.org

VETERAN'S SERVICES

American Legion

Po Box 326

Mena, AR 71953

479-394-3095

Arkansas Department of Workforce Services

1100 College Drive

Mena, AR 71953

479-394-3060



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University of Arkansas Rich Mountain

1100 College Drive

Mena, AR 71953

479-394-7622

www.uarichmountain.edu

VA Community Based Outpatient Clinic

300 South Morrow Street

Mena, AR 71953

479-394-4800

Veteran's Service Office

Polk County Court House

507 Church Street

Mena, AR 71953

479-394-8147

Veterans Crisis Hotline

1-800-273-8255

www.veteran Crisisline.net

Text: 838255

We Hear Vets

www.weheartveterans.com

855-870-9991



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Blue & You
FOUNDATION
FOR A HEALTHIER ARKANSAS



**Mena Area
Ministerial Alliance**

TRiO

**E D U C A T I O N A L
O P P O R T U N I T Y C E N T E R S**

Publication of this booklet made possible by a Blue & You
Foundation community grant, the Mena Area Ministerial
Alliance, UA Rich Mountain Educational Opportunity Center
TRIO program, and Quality of Life Outreach, Inc.
www.qoloutreach.org