



*There are so many different support groups...*

*- Matt*

**Case Management Team**

501-374-7383

Rachel Hale  
Case Manager

Hours: 7 a.m. to 4 p.m.  
Ext. 206

Ty Stacey  
Shelter Manager

Hours: 2 p.m. to 10 p.m.  
Ext. 205

Justin Sanders  
Family Housing Manager

Hours: 7 a.m. to 4 p.m.  
Ext. 235



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Our House, Inc.  
P.O. Box 34155  
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Physical Address:  
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302 East Roosevelt Road  
Little Rock, Arkansas  
72206

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# Services



*I've acquired my CDL license,  
got my CPR license,  
a defensive tactics certificate,  
money management certificate...*

## Case Management

The case management team helps you get the services you need. You can make an appointment through a supervisor or by contacting Ty Stacey.

**Who:** residents who need help getting connected to any type of service

**When:** Monday–Friday 8 a.m. to 10 p.m.

**Where:** Shelter Office

## Conflict Resolution

This seven-week class teaches residents how to resolve conflict in an effective and healthy way. Subjects include leadership, responsibility, and problem solving.

**Who:** residents interested in learning to resolve conflicts effectively

**When:** Wednesday 7:30 p.m.

**Where:** Shelter

## Parenting

This class teaches parents skills to build good relationships with their children and positive reinforcement techniques that can improve your child's behavior.

**Who:** All parents living in the shelter are required to attend.

**When:** Tuesday 6:30 p.m.

**Where:** Our Club/Adult Learning Center

## Open AA Meeting

AA is a weekly meeting to help residents get and stay sober. *Every resident MUST attend the first meeting that is held upon entering our program.*

**Who:** residents, outside AA members

**When:** Wednesday 7 p.m.

**Where:** Shelter Kitchen

## Clothing and Supplies

If you need clothes, shoes, etc., visit the donation room in your dorm. For toiletries, ask the supervisor on duty.

**Who:** all residents

**When:** on request

**Where:** Dorms

## Meals

Our House provides three free meals a day to shelter residents.

**Who:** all residents

**When:** 6 a.m., 12 p.m., and 6 p.m.

**Where:** Shelter

## Money Management

This five-week class is for residents who have financial, credit, or other debt-related problems. The purpose is to learn how to budget and save money so you can become and continue to be stable after leaving the Our House program.

**Who:** residents who would like help with finances

**When:** Thursday 7 p.m.

**Where:** Shelter Community Space

## Domestic Violence Recovery

This class is designed to help residents cope and heal from abusive relationships.

**Who:** residents who have experienced domestic abuse

**When:** Monday 5 p.m.

**Where:** Shelter Kitchen

## Mental Health Services

The Little Rock Mental Health Center provides free mental health services at Our House to residents who have been referred by a member of the Case Management team.

**Who:** Little Rock Mental Health Center

**When:** Thursday 9 a.m. to 2 p.m.

(emergency assistance available)

**Where:** Adult Learning Center

## Medical and Dental Assistance

Harmony Health Clinic, located less than a block west of Our House, provides health and dental assistance. Call 501-375-4400 for information about Harmony Health Clinic's services and eligibility requirements.

**Who:** uninsured residents between ages 13 & 64

**When:** by appointment

**Where:** Harmony Health Clinic



## Women In Transition

Transitions is for female residents who have been incarcerated or who are/have been on parole or probation. The program provides meetings, classes, mentoring, and educational help.

**Who:** women who have been in jail or prison, or who are on parole or probation

**When:** Thursday 7 p.m.

**Where:** Shelter Kitchen

## Bible Study

This class is for residents who are interested in the Bible.

**Who:** residents interested in Christianity

**When:** Monday and Tuesday 8 p.m.

**Where:** Shelter Kitchen

