

REFERRAL NETWORK

(A NON-EXCLUSIVE LIST OF OUR FAVORITE REFERRAL SOURCES)

ADDICTIONS

- RECOVERY VILLAGE – [\(866\) 235-4572](tel:8662354572)
- SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) – [WWW.SAMSHA.GOV](http://www.samsha.gov)
- ALCOHOLICS ANONYMOUS – [\(212\)-870-3400](tel:2128703400)

ADHD

- ADDITUDE MAGAZINE – [WWW.ADDITUDEMAG.COM](http://www.additudemag.com) [[HTTP://ADDITU.DE/SUBPROO822](http://additu.de/subproo822) - 20% OFF DISCOUNT LINK]
- CHADD – [\(301\) 306-7070](tel:3013067070) [WWW.CHADD.ORG](http://www.chadd.org)

AUTISM

- THE ARC AUTISM NOW - [WWW.AUTISMNOW.ORG](http://www.autismnow.org)
- AUTISM SPEAKS - [WWW.AUTISMSPEAKS.ORG](http://www.autismspeaks.org)
- AUTISM SOCIETY OF AMERICA - [\(800\) 328-8476](tel:8003288476) [WWW.AUTISM-SOCIETY.ORG](http://www.autism-society.org)

BARIATRIC SURGERY

- DR. MANNING AT CONWAY REGIONAL HEALTH SYSTEM – [\(501\) 327-4828](tel:5013274828)
- BAPTIST HEALTH BARIATRIC CENTER – [501-202-4477](tel:5012024477)
- ARKANSAS HEART HOSPITAL - [\(501\) 213-4500](tel:5012134500)

BODYWORK

- DARLA SCHATZ MASSAGE THERAPY [\(501\) 416-9741](tel:5014169741)
- MAUMELLE MASSAGE CLINIC [\(501\) 590-1714](tel:5015901714)
- WOODLAND CHIROPRACTIC - [\(501\) 753-5555](tel:5017535555)

DENTAL PROVIDERS

- MAUMELLE FAMILY DENTISTRY – [\(501\) 851-1414](tel:5018511414)

DOMESTIC ABUSE

- CHILD ABUSE HOTLINE – [\(800\) 482-5964](tel:8004825964)
- WOMEN AND CHILDREN FIRST – [\(501\) 376-3219](tel:5013763219)
- WOMEN & CHILDREN FIRST LOCAL 24-HOUR DOMESTIC VIOLENCE HOTLINE
[\(501\) 376-3219](tel:5013763219) OR TOLL FREE [\(800\) 332-4443](tel:8003324443)
- NATIONAL DOMESTIC VIOLENCE HOTLINE – [\(800\) 799-7233](tel:8007997233)
- ARKANSAS COALITION AGAINST SEXUAL ASSAULT - [WWW.ARKCASA.ORG](http://www.arkcasa.org)
- ARKANSAS COALITION AGAINST DOMESTIC ABUSE - [WWW.DOMESTICPEACE.COM](http://www.domesticpeace.com)

EATING DISORDERS

- RECOVERY VILLAGE – [\(866\) 235-4572](tel:8662354572)

FINANCIAL PLANNERS

- DAVID LUKAS – [\(501\) 218-8880](tel:5012188880)

HEALTH INSURANCE AGENT

- ART WILBORN – [\(501\) 837-2866](tel:5018372866)

HOMELESSNESS

- THE VAN – [\(501\) 955-3444](tel:5019553444)

INPATIENT PSYCHIATRIC HOSPITAL

- CONWAY BEHAVIORAL HEALTH – [\(501\) 205-0011](tel:5012050011)
- SENIOR BEHAVIORAL CARE AT CONWAY REGIONAL – [\(501\) 506-2747](tel:5015062747)
- CONWAY REGIONAL COUNSELING CENTER – [\(501\) 358-6695](tel:5013586695)

LGBTQ+

- LUCIE'S PLACE (YOUNG ADULTS) – [\(501\) 508-5005](tel:5015085005)

OLDER ADULTS

- ALZHEIMER'S ARKANSAS – [\(501\)224-0021](tel:5012240021)
- ARKANSAS ADULT PROTECTIVE SERVICES – [\(800\) 482-8049](tel:8004828049)
- ARKANSAS AGING ADULT SERVICES – [\(501\) 682-2441](tel:5016822441) OR [\(866\) 801-3435](tel:8668013435)
- CARE LINK – [\(501\) 372-5300](tel:5013725300) OR [\(800\) 482-6359](tel:8004826359)
- CARING.COM – [HTTPS://WWW.CARING.COM/CAREGIVERS/](https://www.caring.com/caregivers/)
- CONCIERGE RN SERVICES – [501-271-8187](tel:5012718187) MOBILECONCIERGERN@GMAIL.COM
- DIVISION OF AGING, ADULT AND BEHAVIORAL HEALTH SERVICES – [\(501\) 686-9164](tel:5016869164)
- PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE) – [\(501\) 376-8852](tel:5013768852)

PAIN MANAGEMENT

- PRESTIGE SPINE – [\(501\) 358-6791](tel:5013586791)

PHYSICAL THERAPY

- SERC OF MAUMELLE – [\(501\) 255-3699](tel:5012553699)

PRIMARY CARE PHYSICIAN

- FREEMAN FAMILY MEDICINE – [\(501\) 327-0110](tel:5013270110)
- DR. HIMMLER AT VILONIA MEDICAL CLINIC – [\(501\) 796-8484](tel:5017968484)
- DR. CARSON AT BAPTIST HEALTH – [\(501\) 358-6720](tel:5013586720)

PSYCHIATRY

- ANNETTE ANDERSON, GERIATRIC – [\(501\) 932-3313](tel:5019323313)
- DAHLIA DISTIN PSYCHIATRIC SERVICES – [\(501\) 758-9993](tel:5017589993)
- MARI BOWLING, ARKANSAS PSYCHIATRIC CLINIC – [\(501\)-364-5150](tel:5013645150)
- REDDY PSYCHIATRY – CASH ONLY – [\(501\) 500-9919](tel:5015009919)

SLEEP MEDICINE

- FREEMAN OLIVER, APRN AT SLEEP MANAGEMENT SERVICES – [\(501\) 224-5400](tel:5012245400)

SPIRITUAL GUIDANCE

- ELAINA BEAM – STARLIGHTMUSE.COM
- NICOLE CODY – CAULDRONSANDCUPCAKES.COM
- YASMIN BOLAND MOONOLOGY – MOONOLOGY.COM
- DEBRA SILVERMAN APPLIED ASTROLOGY – DEBRASILVERMANASTROLOGY.COM

OTHER SUPPORT GROUPS

- WOMEN'S OWN WORTH – WWW.WOMENSOWNWORTH.COM/
- DIVORCE – WWW.PSYCHOLOGYTODAY.COM/US/GROUPS/ARKANSAS?CATEGORY=DIVORCE

SCUBA DIVING

- OCEAN EXTREME – OCEANEXTREME.COM

WEB DESIGNER

- SEVEN EDGE CONSULTING – SEVENEDGECONSULTING.COM

WEIGHT LOSS

- NOOM – NOOM.COM
- WEIGHT WATCHERS – WEIGHTWATCHERS.COM

WOMEN'S HEALTH PHYSICIAN

- RENAISSANCE WOMEN'S, DR SICK – [\(501\) 205-0011](tel:5012050011)

OTHER USEFUL APPS

*HEADSPACE *BREETHE *CALM *DOWNWARD DOG YOGA *VA MINDFULNESS COACH