

4123 NW 10<sup>th</sup>, OKC, OK 73107

*Mon – Fri 8:30am – 4:30pm*

Specifically mention that you are calling for glasses and exams.  
Will refer to a Lions Club on you zip code area.

- Eye Exams
- Eye Glasses

**Ministries of Jesus 405-340-7400**

1100 East I-35 Frontage Rd., Edmond, OK 73013

*Mon – Thu 9am – 4pm, Friday 9am-12pm*

- Provides eye exams to individuals of any age residing in any county.
- Also provides medical clinic.
- Call ahead for referrals and appointments.

**Prevent Blindness Oklahoma 405-848-7123**

6 N.E. 63<sup>rd</sup>, Suite 150, OKC, OK 73105

*Mon – Fri 8:30am – 4:30pm*

Provide information regarding resources in any county.

**Skyline Urban Ministries**

**Community Charity Eye Clinic 405-236-5212**

701 NW 8<sup>th</sup>, OKC, OK 73102

- Call for appointment
- Free eye exam (may have to wait 4-6 months)
- \$35 single vision lenses/\$55 bifocals
- If individual meets Federal Poverty Guidelines, then \$10 co-pay and will receive scholarship for remaining balance.
- Any pre-existing eye disease or eye disease found will be referred to Dean McGee Eye Institute for treatment.
- 21 Drs. who service clients.
- If referred by public school nurse, 1<sup>st</sup> pair of glasses is provided at no cost to individual.
- *Dispensing lab open Wed 8:30am - 9:30am weekly.*
  - ✓ Choice of glasses fit to individual can be picked up following Wednesday
  - ✓ No appointment necessary for dispensing lab
  - ✓ Dispensing lab can fulfill prescriptions given by other agencies (\$35 single vision/\$55 bifocals)

Skyline also offers a community clothing program, a community cupboard program, and a senior nutrition program.

**Variety Care 405-632-6688**

1025 Straka Ter., OKC, OK 73139 (Off I-240 and Western)

*Mon, Tues, Thu, & Fri 8:30am - 5:30pm; Wed 8:30am – 12pm*

[www.varietycare.org](http://www.varietycare.org)

- Eye Care, frames, and lenses at significantly reduced prices
- Sliding scale (need income proof)
- Medicaid & insurance accepted

This facility serves all ages. You can find all of our primary healthcare services at this location; Family Medicine, Dental, Behavioral Health, Optometry, Obstetrics, Pediatrics.

## FINANCIAL ASSISTANCE

**Catholic Charities of the Archdiocese  
of Oklahoma City**

**405-523-3026**

1501 N. Classen Blvd., Suite 200, OKC, OK 73106

*Mon - Fri 8am - 4:30pm.*

Family Hope - Help Organize Prioritize and Empower works with families who want to move toward self-sufficiency, assists in budgeting. Limited financial assistance is available to persons in the program.

**Consumer Credit Counseling Service  
of Central Oklahoma**

**405-789-2227**

3230 N. Rockwell, Bethany, OK 73008

[www.cccsok.org](http://www.cccsok.org)

- Debt counseling
- Bankruptcy services
- Budgeting counseling
- Housing counseling

**Guthrie Job Corps Center**

**405-282-9930**

3106 W. University, Guthrie, OK 73044

Stipend/lunch money for students who qualify to enter program.

**(OCSS) Oklahoma Child Support Services 405-522-CARE  
(405-522-2273)**

OKC metro area locations:

7201 NW 10th St., OKC, OK 73127

P.O. Box 1610, Bethany, OK 73008-1610

*Mon-Fri 8am- 5pm.*

<http://www.okdhs.org/programsandservices/ocss/docs/okcnorth.htm>

314 W Rogers, El Reno, OK 73036

*Mon - Fri 8am - 5pm.*

<http://www.okdhs.org/programsandservices/ocss/docs/elreno.htm>

9901 SE 29th St., Midwest City, OK 73130

*Mailing address:*

PO Box 50056, Midwest City, OK 73140

*Mon – Fri 8am - 5pm.*

<http://www.okdhs.org/programsandservices/ocss/docs/midwestcity.htm>

2409 N Kelley Ave., Room 103, Oklahoma City, OK 73111

*Mailing Address:*

PO Box 36429, Oklahoma City, OK 73136-2429

*Mon - Fri 8am - 5pm.*

<http://www.okdhs.org/programsandservices/ocss/docs/okcnorth.htm>

2701 S Harvey, OKC, OK 73109-6726

*Mailing Address:*

PO Box 25637, OKC, OK 73125

*Mon - Fri 8am- 5pm.*

<http://www.okdhs.org/programsandservices/ocss/docs/okcsouth.htm>

Oklahoma Child Support Services (OCSS) acts as an economic advocate for the children of Oklahoma, ensuring that parents financially support their children. When a child does not receive financial support from one or both parents, OCSS assists by locating the non-custodial parents' addresses and employers, establishing legal paternity, establishing child and medical support orders, enforcing support for married, separated, or divorced parents and modifying support orders.

**Oklahoma Money Matters**

**1-800-970-6566**

[www.oklahomamoneymatters.org](http://www.oklahomamoneymatters.org)

Oklahoma Money Matters is an initiative of the Oklahoma College Assistance Program, an operating division of the Oklahoma State Regents for Higher Education. Personal finance resources to help Oklahomans make positive financial choices.

**Oklahoma Indian Legal Services, Inc.** **405-943-6457**  
4200 Perimeter Center, Suite 222, **800-658-1497 (In State Only)**  
OKC, OK 73122

[www.oilsonline.org](http://www.oilsonline.org)

OILS is a non-profit legal aid office that provides services to low-income Indians living in Oklahoma. OILS specializes in the areas of law that impact Indian people because they are members of a federally-recognized tribe. OILS also conducts several other programs designed to help all citizens. For example, OILS conducts a low-income tax clinic with funding from the Internal Revenue Service.

**Social Security Administration** **1-866-772-1213**  
**TTY: 1-800-325-0778**

Shepherd Mall 2615 Villa Prom OKC, OK 73107

[www.ssa.gov](http://www.ssa.gov)

*M.T.Thur.F:9am-3pm & W: 9am-12pm*

Federally funded financial support system.

**Tinker Airmen and Family**  
**Readiness Center** **405-739-2747**

6001 Arnold Ave. Tinker AFB, OK 73145

*Mon - Fri 7:30am - 4:30pm.*

- Credit management, budgeting, how to buy a car or house, thrift savings plan for federal employees.
- Requirement DOD card holder, no fees.

## FOOD

**Alameda Baptist Church** **405-329-5157**

1503 E. Alameda Norman, OK

M, T TH, 10am – 12pm

Food pantry available for residents of Norman and Noble only.

Call for appointment.

**Alameda Church of Christ** **405-321-0788**

801 E. Alameda Norman, OK 73071

Wed 10:00 am – 1:00 pm

2<sup>nd</sup> Saturday 9:00 am – Noon

4<sup>th</sup> Thursday 5:30 pm – 7:30 pm

No appointment necessary. Bring photo ID. Food can be picked up every other month. Serves entire metro area.

**Antioch Christian Church** **405-691-2115**

3616 SW 119<sup>th</sup> St OKC, OK 73170

Food pantry. Call on Mondays to schedule an appt for Wednesdays.

**Baptist Mission Center (Food pantry)** **405-235-6162**

2125 Exchange Ave, OKC, OK 73108

*Thu 1pm-3pm*

Food Pantry

- 25 family weekly intake

- Can only receive every other month
- Valid ID and utility bill (to verify address) required
- Also handout additional list of Food Pantries

**BritVil Food Pantry** **405-842-1275**

8717 N. Western, OKC, OK 73114

Serves zip codes: 73114, 73120, 73131, 73105

*Mon – Fri 9am – 11am*

*(They open at 9am but start handing out numbers at 8am)*

- Food pantry provided.
- Must bring photo ID on every visit and provide address verification/utility bill and social security card for every member of the household to initial visit, as well as annually.

**CAREFOROKC** **405-232-4255**

(A ministry of First Baptist Church of Oklahoma City)

1201 N. Robinson, OKC, OK 73103

Food Pantry and Clothing Room

Mondays Only 4:30 - 6:30 pm (No appointment necessary)

Must have ID or Proof of Residency

Available for zip codes: 73103, 73104, 73015, 73106, 73107, 73108 and 73118

**Catholic Charities Archdiocese**  
**of Oklahoma City** **405-523-3038 / 1-800-375-8514**

1501 Classen Blvd. OKC, OK 73106

*Mon – Fri 8am – 5pm*

[www.catholiccharitiesok.org](http://www.catholiccharitiesok.org)

Disaster relief program that provides pre- and post- adoption services; pregnancy counseling; marriage, family and individual counseling; immigration legal services; refugee resettlement; emergency rent and utility assistance; disaster relief; homeless services; faith community nursing; and parish outreach, Resale shop. Maternity wear, clothes for preemie-10 yrs, other baby items, furniture etc.

**Christian Service Center** **405-236-5956**

115 SW 24th St., OKC, OK 73109

*9am – 2pm (must arrive by 1:30pm) Mon – Fri*

- Serves residents located in zip codes: 73139, 73149, 73159, 73169, 73170, & 73179.
- Referral needed from DHS, Community Action, or a Church of Christ.
- Provides food at no cost.

**City Care, Inc.** **405-609-2400**

2400 General Pershing Blvd, OKC, OK 73107

[www.citycareinc.org](http://www.citycareinc.org)

Food outreach as well as affordable housing. City Care is a 501 (c)(3) non-profit organization at work in the Oklahoma City metro area, improving the lives of those in poverty. City Care prepares Oklahoma City's less fortunate for positive change by providing: Food, shelter and sanctuary for the homeless. Supportive housing for low-income families and homeless. One-on-one tutoring and mentoring for inner-city kids through City Care's Whiz Kids Oklahoma The opportunity to build life skills with City Kids Outdoors at Crystal Lake. Altogether, City Care is working to provide an opportunity to transition out of homelessness and achieve long-term success.