

Mt. Carmel Baptist Church 405-424-5531
3721 Staton Dr., OKC, OK 73111
Mon 5pm – 6pm
www.mtcarmelokc.com
Food pantry provided.

Nicoma Park Church of Christ 405-769-2212
2420 Overholster Nicoma Park, OK - 73066
Wednesdays: 1:00-3:00 p.m.

OKC Public School Child Nutrition Services 405-587-1032
Free or reduced price school lunches are available for children who attend Oklahoma City Schools whose families meet income criteria. Log on to link: www.okcps.org/cns or call for more information. Similar programs may be available in other school districts. For schools other than those in the Oklahoma City School District, please contact the school or district.

Reaching Our City (ROC) 405-440-9994
7710 NW 10th, OKC, OK 73127
M.R.F 10am-11:30am & 1pm-2:30pm & 2nd and 4th Saturday of every month from 10am-11:30am
www.reachingourcity.org

- Offer a food pantry to people residing in area (12 zip codes in close proximity)
- Free legal aid counseling (call for appointment)
- Childcare center.
- Also provides clothing and children medical clinic

Regency Park Baptist Church 405-794-3507
2001 N. Janeway Moore, OK 73160
Wed. 10am- 4pm

- Food and Clothing for residents of Moore.
- Need ID and Social Security numbers of each member of the household.

Regional Food Bank 405-972-1111
3355 S Purdue Ave, Oklahoma City, OK 73137
www.regionalfoodbank.org
Visit this site to search for local food banks by zip code.

Skyline Urban Ministries Community Cupboard 405-236-5212
701 NW 8th Street, OKC, OK 73102
Food Bank is open Tues. & Thur. be in line by 1:00 pm - 4:00 pm
Provides approximately 1 week of groceries (up to 12 meals per persons in family) up to 6 times a calendar year.

- Photo ID required.
- Some form of ID (Photo ID, Social Security Card, Veteran's Card, etc.) needs to be provided for each individual (spouse, child, or other member of household) for whom food is being requested.
- Upon arrival, will be given number; will then meet with a volunteer; that volunteer will go through the pantry with participants.
- This program serves approximately 40 to 60 individuals a day.
- Skyline also offers a community charity eye clinic.

Skyline Urban Ministries 405-632-2644
Senior Nutrition- Prime Timers Program
500 SE 15th St. OKC OK 73129
Mon, Wed, & Fri 8am – 12pm
Program provides breakfast and lunch to senior citizens.

St. Christopher Episcopal Church 405-732-4802
800 S. Midwest Blvd., Midwest City, OK 73140
Emergency food pantry hours are 12:30-2pm Monday through Friday. Please call first as supplies are limited.
<http://stchristophers.epiok.org>
St. Christopher's goal is an emergency food pantry, providing one day of food for your family. Interested individuals must provide driver license for themselves, as well as social security cards for their children plus utility bill stating where you live.

St. Luke Baptist Church 405-769-5123
10001 NE 50th Spencer, OK 73084
Pantry hours: M-F 9 am-3 pm (Serves 73084 area)

Sunnylane Family Church Food Pantry 405-677-0631
4221 SE 41st St. Del City, Ok 73115
Documentation Required: Photo ID and proof of residency (utility bill, etc.). Pantry hours: We are ONLY open Wednesday nights from 6-7:30 pm. *Please call to confirm hours have not changed.
<http://www.sunnylanechurch.com>

Trinity Baptist Church 405-321-2000
801 N. Peters Norman, OK 73064
Wed 5pm - 6pm
www.trinityokc.com

- Food pantry for residents of Norman and Noble.
- Need ID and proof of address.

Trinity International Baptist Church 405-528-6327
1329 NW 23rd St., OKC, OK 73106
Thu 9:30am – 11:30am & 1pm – 3pm

- Food pantry provided within the area code.
- For additional information please call.

Presbyterian Urban Missions 405-946-1556
3737 N. Portland Oklahoma City, OK 73112
Food Pantry 1pm - 4pm (provide 2 weeks of food per member of family)

- After school care Monday – Friday
- Tutoring Program for Kaiser Elementary (*there is currently a 2-year waiting list*),
- Emergency groceries for up to 4 days,
- Need a referral from DHS or proof of income first visit

Wildewood Christian Church 405-478-0781
6900 N. Kelley Ave OKC, OK 73111
Food Pantry opens Friday from 11am-2pm
www.wildewoodcc.com

FURNITURE

Baby's Bargains 405-722-9209
9113 N Council, OKC, OK 73132

Tues-Sat 10am - 6pm.
www.babysbargains.com

**Catholic Charities Archdiocese
of Oklahoma City** 405-523-3038 / 1-800-375-8514
1501 Classen Blvd. OKC, OK 73106
Mon – Fri 8am – 4:30pm
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 S.W. 24th St., OKC, OK 73109
9am – 2pm (must arrive by 1:30pm) Mon – Fri

- Food assistance with referral
- No referral necessary for thrift store items
- Bring picture ID
- Misc. household items

Jesus House 405-232-7164
1335 W. Sheridan, OKC, OK
M.W.F. 10am – 4pm
www.jesushouse.org

- Furniture available Tues morning.
- First come, first served.

The Urban Mission 405-946-1556
3737 N. Portland, OKC, OK 73112

- Household items provided for “Burnout” victims referred by the Red Cross.
- Appointment required

GAMBLING TREATMENT PROGRAMS

**NAIC (Norman Addiction Information
And Counseling)** 405-321-0022
1-866-884-4595
215 W. Linn, Norman, OK 73069
www.naichelp.org
NAIC is open from 8 am to 6:30 pm., Monday through Thursday, and 8am to 5pm on Friday. Counseling appointments, groups and classes are scheduled until 9 pm and some weekends. Counseling and other programs (prevention, counseling, training, alcohol, drugs, or gambling).

A Chance to Change Foundation 405-840-9000
5228 Classen Circle, OKC, OK 73118
Mon – Fri 8am – 5pm (evenings by appointment)
www.achancetochange.org

- Offers assistance with substance abuse, problem gambling, sex addiction, and other behavioral addictions.
- Counselors are qualified to work with those suffering from depression, anxiety, post-traumatic stress syndrome, and other trauma.
- Can help with marital and family issues and have children and adolescent specialists on staff.

- Offers education classes, workshops, and prevention programs.
- Accept private insurance, Medicaid, and offer a sliding scale fee based on household income.
- Sliding scale is for substance abuse only

Gateway to Prevention and Recovery, Inc. 405-273-1170
1010 E. 45th Street, Shawnee, OK 74804
www.gatewaytoprevention.org

Programs and prevention for gambling.

- DUI assessments and court mandated driving courses.
- Drug court
- Outpatient facility

**Oklahoma Association for Problem
& Compulsive Gambling** 1-800-522-4700
www.oapcg.org

The Problem Gambling Helpline is a statewide, toll-free, confidential way to receive information and/ or referral to services.

GRIEF SUPPORT GROUPS

Calm Waters 405-841-4800
4334 NW Expressway, Suite 101, OKC, OK 73116
www.calmwaters.org

Support groups and services for children and families affected by various forms of loss (including death, prison sentence, and divorce).

Compassionate Friends
www.compassionatefriends.org
Grief support for bereaved parents, siblings and grandparents

▪ North Oklahoma City Chapter 405-615-0069
Mayflower Congregational Church
3901 NW 63rd Street, OKC, OK
2nd Thu monthly 7:30PM

▪ Norman Chapter 405-360-4287
Community Services Building (north conference room) on
corner of 12th and East Main Street in Norman, OK
3rd Tues monthly

Crossings Community Church 405-749-0800
14600 N Portland OKC, OK 73134
Mon. 6pm.
[crossingsokc.org/serveandvolunteer/CrossingsCommunityCenter
Clinic](http://crossingsokc.org/serveandvolunteer/CrossingsCommunityCenterClinic)

Divorce care, grief share, anger management for men, blended family support, celebrate recovery 12 step Bible study, educational group, life tools for parents and teens, alcohol anonymous, gamblers anonymous, compulsive eaters anonymous, health and dental. Free and open to the public.

Gateway to Prevention and Recovery Inc. 405-273-1170
1010 East 45th Street, Shawnee, OK 74804
www.gatewaytoprevention.org
Counseling and support services.