

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/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.

GriefShare

1-800-395-5755

A special support group for people who are grieving the death of someone close to them. Several churches throughout the Oklahoma City Metro and Norman areas offer a GriefShare group.

- Contact churches for group days and times. To learn more and find churches that offer these groups, please visit <http://www.griefshare.org/>.

Grief and Bereavement Internet Resources

www.alivealone.org
www.babysteps.com
www.bereavedparents.org
www.compassionatefriends.org
www.childrenareagift.com
www.griefshare.org
www.healingheart.net
www.hospicenet.org
www.hygeiafoundation.org
www.journeyofhearts.org
www.missfoundation.org
www.nationalshare.org
www.nowilaymedowntosleep.org
www.pomc.com
www.sids-network.org
www.webhealing.com

Heartland Hospice

405-579-8565

1923 Atchison Dr. Norman, OK 73069

Office hours: Mon - Fri, 8 am - 5 pm (Answering service after 5 pm)

INTEGRIS Hospice

405-848-8884

4334 NW Expressway, Suite 106 OKC, OK 73116

<http://www.hospiceokcounty.com/>

Grief support programs.

Kids' Place

405-844-5437

801 S. Bryant Ave. Edmond, OK 73034

www.edmondkids.org

The Kids' Place is a faith-based support group for children and teens that are experiencing mourning after the death of a loved one or friend.

INTEGRIS CANCER INSTITUTE

OF OKLAHOMA

1-877-811-ICIO / 405-773-6400

5911 W Memorial Rd., OKC, OK 73142

Mon - Fri 8am - 5pm.

- Support for families dealing with cancer.
- There must be a family member dealing with a cancer diagnosis.

MERCY AT HOME – HOSPICE

405-752-3600

Mercy at Home:

405-486-8600

4205 W Memorial, OKC, OK 73120

2nd Tuesday of every month 4:30pm - 5:30pm.

Healthy healing support group. Anyone grieving for a loved one.

Oklahoma Family Network 405-271-5072 / 1-800-871-5072

800 NE 15th St., OKC, OK 73104

www.oklahomafamilynetwork.org

“Putting the Pieces Together for Oklahoma Families”

Offers one-on-one mentoring for families who've experienced the loss of an infant or child with special needs.

- The Oklahoma Family Network (OFN) is Oklahoma's parent to parent resource for those who are raising children with special health or disability needs.
- The OFN offers a mentoring program to aid such parents through parent-to-parent mentorship.
- Learn about resources and share experiences with other parents of children with these special needs.

P.R.I.D.E Support Groups

405-949-6626

(Parents Responding to the Infant Death Experience)

Integris Baptist Medical Center, Troy Dolly Cancer Center

Bldg. D, 1st Floor Library, Oklahoma City

Meets 3rd Thursday monthly at 7:00 PM.

P.R.I.D.E. Support Groups -

Deaconess Hospital

5501 N. Portland

Oklahoma City

Call (405) 604-4593 or the Helpline at (405) 604-6118

Meets the 3rd Monday monthly at 7:00 PM.

Norman Regional Hospital Education Center

901 North Porter

Norman, 73071

Call (405) 690-0481 or (405) 307-3500

Meets the 4th Thursday monthly at 7:00 PM.

HEALTH INSURANCE

(ACA) AFFORDABLE CARE ACT

www.hhs.gov/healthcare

Go to website to view:

- About the Law
- Facts and Features
- Prevention and Wellness
- Insurance Marketplace and more...

Or call Toll Free with your questions

1-800-318-2596

INSURE OKLAHOMA

1-800-365-3742

www.insureoklahoma.org

Insure Oklahoma offers low cost health insurance plans for those who qualify. The Insure Oklahoma/O-EPIC Employer-Sponsored Insurance will pay part of the health plan premiums for eligible employees working for qualified Oklahoma small businesses (with 50 or fewer full-time employees). Participation in this program is voluntary. The Insure Oklahoma/O-EPIC Individual Plan is available to Oklahomans not otherwise eligible to participate in an Insure Oklahoma employer-sponsored Qualified Health Plan.

OKLAHOMA HEALTH CARE AUTHORITY

SoonerCare (Oklahoma Medicaid)

4545 N. Lincoln Blvd., #124, OKC, OK

405-522-7300/ 1-800-987-7767