

Pharmacy: Mon, Wed, & Thu 9am - 6:30pm; Tues 9am - 5pm; & Fri 10am to 5pm

- Low-cost EMG dental services only; NO surgical extractions/dentures/crowns.
- Must register at Clinic Center; based on sliding scale (lowest cost \$20); need income proof.
- Also provide primary medical care with in-house lab, pediatrics, WIC, psychological services, and case management on sliding scale

Ministries of Jesus 405-340-7400

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

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

<http://www.moj.com/counseling>

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

National Alliance on Mental Illness

www.nami.org

Provides mental health information

New Discoveries Youth and Family Services 405-232-1401

628 NE 4th Street, OKC, OK

Mon 8am - 7pm & Tues - Fri 8am - 5pm

Provide outpatient individual and group counseling, parenting classes, anger management classes, substance abuse classes, and outpatient substance abuse program. Accept Medicaid and court order vouchers, as well as sliding scale fees based on classes.

Norman Counseling Clinic 405-360-0556

2221 Westpark Dr. Norman, OK 73069

Mon - Fri 8:30 - 5:30 (after by appt.)

Full range of outpatient psychiatric services for all ages.

NORTHCARE CENTER (Adult Services) 405-272-0660

1140 N. Hudson, OKC, OK 73103

Mon, Wed, Thu 8am- 5pm / Tue 8am - 7pm / Fri 8am - 3pm

www.northcare.com

Adult mental health and substance abuse therapy, bed clinic, case management services. English/Spanish. Medicaid/SoonerCare accepted. 18 and over. Sliding scale, private pay, some insurance.

Program for Assertive Community Treatment 405-810-9578

1140 N. Hudson, OKC, OK 73103

M-F 8am-5pm, (24 hour on call phone)

Outpatient behavioral health services.

Red Rock Behavioral Health Services 405-424-7711

4400 N. Lincoln Blvd., OKC, OK 73105

(Statewide offices: Shawnee, El Reno, Elk City, Clinton, Chickasha)

Must go to screening first (M-F 8am - 3pm) and then the center will set up an appointment.

Mon-Thu 8am-5pm & Fri 8am-4pm

www.red-rock.com

- Individual and family counseling
- Home based counseling for youth and families
- Crisis Intervention
- Medication Clinic

- Accept Medicare, Medicaid, SoonerCare, Blue Cross/Blue Shield, Saints, Health Choice

Sunbridge/Mental Health Association of Central Oklahoma

405-943-3700

400 N. Walker, Suite 190, OKC, OK 73102

Mon - Wed 10am - 6pm

www.mhaok.org

Very low cost individual, marital, and family counseling, parental consultation and psychological evaluation. Fees are based on family income. No one is ever denied services based on inability to pay. Generally, the wait is no more than two to four weeks.

Eligibility requirements:

- Must live in Central Oklahoma
- Cannot be involved in or expect to be involved in any issues before the court
- Unable to access counseling services through your community mental health center
- No primary substance abuse or severe and persistent mental illness.

Sunbeam Family Services

405-528-7721

616 NW 21st, OKC, OK 73103-1899

8:30am - 8pm Mon - Wed, 8:30am - 5pm Thu & Fri

www.sunbeamfamilyservices.org

- Emergency and contract foster care for abused/neglected children.
- Individual, marital, and family counseling for all ages based on sliding scale for those without insurance (insurance also accepted).
- Senior Services (including senior companion program, caregivers program for seniors, and adult shelter for those 55+).
- Early Head Start

Youth and Family Services of El Reno

405-262-6555

7565 East Highway 66, El Reno, OK

Mon - Thu 8:30am - 5pm, & Fri 8:30am - 3pm

- Outpatient counseling for youth and families
- Homeless prevention program
- Emergency youth shelter
- Drug and alcohol class and counseling for youth
- Accept Medicaid and offer sliding scale fee
- Housing Placement

PARENTING/RELATIONSHIP PROGRAMS

Bethel Foundation

405-286-3700

13003 N. Western, OKC, OK 73114

bethelfoundationsusa.com

For single moms who desire faith based support.

- Obtain temporary housing to create a better home for your children. Complete classes to earn your GED. Prepare paperwork to get you accepted into college or vocational schools. Apply for financial aid, scholarships and grants to pay for your higher education expenses.

- Look for employment and provide career advancement training. Kids Rock Camp - June 21-25 and July 26-30, 9 am - noon.
- Free ABE (Advanced Basic Education) and GED (General Education Degree) are available. Please visit their website at www.okcps.org/adulted.com or call 405-231-2053.

Bethesda Inc. 405-364-0333

1181 E. Main St., Norman, OK 73071 (Community Services Building)

Call for hours

www.bethesdaok.org

Group and individual counseling for children and youth 3 – 18 yrs., who have been sexually abused.

C.A.R.E for Change, Inc. 405-524-5525

3621 N. Kelley Ave Suite 100, OKC, OKC 73111

Mon – Fri 8:00am – 5:00pm

www.careforchange.org

- Individual, Family, & Group Counseling (including Substance Abuse, Anger/Impulse Management, Parenting, Relapse Prevention)
- Substance Abuse Counseling, Drug and Alcohol Assessment, Case Management, Drug Testing, and 24 Hour Crisis Services.
- Men and fatherhood classes
- Co-ed Anger classes
- Fees are based on Sliding Scale or Medicaid is accepted.

Center for Children and Families 405-364-1420

210 S. Cockrell Ave., Norman, OK 73071

www.ccfnorman.org

Mon - Fri 8am – 5pm.

- Parent assistance, education and support, divorce visitation. Arbitration, teenage parenting program, neighborhood centers, bringing up baby program, trauma focused services children infant-11 year olds and their caregivers, some home based.
- Primarily Moore/Norman area.

Central OK Community Mental Health Center 405-360-5100

P.O. Box 400, Norman, OK 73070-0400 (mailing)

909 E. Alameda Norman, OK (location)

8:00am-5:00pm Mon-Fri.

<http://www.odmhsas.org/cocmhc/services/index.htm>

Offer mental health and substance abuse services to children, youth, adults, and families. Services include:

- Transitional Services – provides transitional support to young people 16 – 25 who live in Cleveland or McClain Counties and have serious mental health conditions (405-573-3812).
- Child and Family Services – child and family counseling services, parent-child interaction therapy (PCIT), CARE for KIDS Mobile Crisis Program (405-573-6477 - Provide 24hr mental health assessment and stabilization for Cleveland and McClain County children and families who are in acute psychological, emotional or behavioral health crisis)
- Family Frontier System of Care – comprehensive spectrum of mental health and other necessary services which are organized into a coordinated network to meet the multiple and changing needs of children and their families (includes Wraparound Services, Family Night, Parent/Caregiver

Involvement, Partners of Hope, Family Leadership Academy, Youth Involvement, The Motivators, and Teens Need to Talk (TNT2)).

- Outpatient mental health

Child Guidance Service 405-271-4477

Oklahoma State Dept. of Health

1000 NE 10th Street, OKC, OK 73117-1299

Child Guidance staff provides services to children and families, including counseling and child screening. They also provide educational services to the general population, services to professionals, and contribute to community development. The Child Guidance Program has three professional components designed to interface to provide a continuum of services to build healthy family relationships and enhance child development. These include Behavioral Health Services, Early Childhood Development and Parent Education Services, and Speech Language and Audiology Services.

Children First Program 405-271-7611

1000 NE 10th St, Room 706 OKC, OK 73117

For mothers-to-be expecting their 1st baby, who are less than 28 weeks pregnant and who want to learn all they can about becoming a parent. This voluntary, client-centered program is tailored to meet individual needs. The program provides in-home visits by a nurse. Participants learn about pregnancy, fetal development, what to expect during labor and delivery, breast-feeding or bottle-feeding, how to give baby a bath, and how to begin life as a parent are covered. The nurse will continue to make weekly and bi-weekly visits to weigh and measure the baby and educate expectant mothers learn about the baby's growth and development to help them through the challenges that every new parent faces.

Children's Recovery Center 405-364-9004

320 12th Ave Norman, OK 73071

(24 hours/7 days a week)

- Mental health and substance abuse services for children, young adults, and families throughout Oklahoma.
- Inpatient 13-17 yrs. old

Counseling Solutions and Interventions 405-601-6710

1330 N Classen Blvd., Suite 214, OKC, OK 73106

Hours by Appt.

Services include: grief counseling, anger management, group, individual and family counseling, psychosocial rehabilitation, parenting classes, prevention programs, crisis intervention, vocational assessment, career counseling, job development and placement. Fees are based on sliding scale, Medicaid/SoonerCare or private insurance accepted, or OKDHS approval.

Crossroads Youth and Family Services 405-321-0240

1650 W. Tecumseh Rd., Suite 500, Norman, OK 73069

Mon – Fri 8:30am – 5:30pm (After hours by appointment)

www.crossroadsyfs.com

- 24-hour crisis intervention
- Emergency youth shelter – 24 hour children and youth 4 – 18 yrs. (will take infants)
- Individual and family counseling for children
- Provide groups (including 1st offender, directions in divorce, PREP, anger management, as well as educational groups)

- Parenting Classes
- Head Start/Early Head Start

Family Builders

405-232-8226

415 NW 5th St. OKC, OK 73102

Call for hours

www.familybuildersok.org

- Evening classes available
- Prevention programs for children and families at high risk for physical abuse
- Education/support groups
- Compassion workshop/dealing with emotions-mainly a parenting class
- Domestic Violence Batterers Intervention Program
- Community Education Classes for Recognizing and Reporting Neglect
- 4-Hr Co-Parenting through Divorce Seminar
- Fee for service depending on program
- Close at noon on Fri. during summer months

Family Expectations

405-639-2054

3 E. Main, Oklahoma City, OK 73104

Call for hours

www.familiesok.org

Family Expectations is a FREE program for couples in a committed relationship who are over 18 yrs. and are expecting a baby or who just had a baby (child less than 3 months). This program helps couples:

- Build a strong relationship
- Find ways to work as a team
- Learn what's best for their baby
- Prepare for the changes a new baby brings
- Have fun with other couples!



Hope Community Services

405-634-4400

Outpatient Clinic - 6100 S. Walker Ave., OKC, OK 73139

Mon - Thu 8am - 5pm; Fri 8am - 7pm.

Walk-In Intake Hours: 8am - 11:30am (will accept after 11:30)

www.hopecsi.org

Basic services are targeted to persons who have a primary diagnosable mental/emotional disorder. Individuals with co-occurring disorders are welcomed for treatment. Specialized services (i.e. housing) shall serve areas dictated by the funding source. Services are prioritized by the following criteria:

- Persons in crisis
- Persons being released from state psychiatric inpatient facility or OCCIC
- Persons at risk for hospitalization
- Severely mentally ill adults or severely emotionally disturbed children
- Persons being released from a private psychiatric inpatient facility.

Latino Community Development Agency

405-236-0701

420 S.W. 10th Street, OKC, OK 73109

8:30am - 5pm Mon - Fri

www.lcdaok.org

This program serves first-time mothers past the 28th week of pregnancy, first-time mothers who are not being served by Children First, pregnant women who are expecting their second child, and parents of young children through center-based activities.

- Services are directed primarily toward Hispanic families
- Program-related child care
- Parent-child personal safety training sessions
- Life management skills training sessions for parents
- Family support events
- Program-related transportation

Lend-A-Hand Parent Child Center for the Prevention of Child Abuse

405-235-9812

614 N.E. 4th St., OKC, OK 73104

lendahand90@yahoo.com

Fax: 405-26-8383

Mon - Fri 9:30am - 6pm.

- Parent partners program, parenting support groups, parenting skills for first time parents, individual family counseling, anger management and domestic violence prevention classes,
- home visitation program for all including new moms
- Families considered "at risk" of abuse or neglect, with or without children.
- Fees: sliding scale, however, no one is denied for inability to pay. Accepts SoonerCare and Medicaid

Logan Community Services

405-282-5524

4710 South Division, Guthrie, OK 73044

Mon - Thu 8am - 8pm & Fri 9am - 1pm

<http://servinglogan.com/>

Not-for-profit agency providing an array of services to the Logan County community.

- 24-hour crisis intervention
- Emergency youth shelter
- Information and referral
- Individual, marriage, and family counseling
- Marriage and relationship seminars, co-parenting after divorce, anger management, domestic violence, DUI school (ADSAC)
- Parenting education
- Mentoring/tutoring
- Systems of Care
- Smart Start - child development program for children birth to 3 years
- Drug-Alcohol recovery and education (counseling, groups, and classes)
- Accept Medicaid and offer sliding scale fee

Metro Technology Center Parents Resource Center

405-595-4325

Metro Tech Centers Adult and Continuing Education

1900 Springlake Dr., OKC, OK 73105

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

Academic skills enhancement, drug and alcohol awareness, financial literacy, understanding credit reports, budgeting, smart money management and more. Housing, food, clothing, medical assistance, child care assistance, IDA savings plan. Anyone can participate.

Moore Youth and Family Services

405-799-3379

(Services provided for anyone in OK)

624 NW 5th, Moore, OK 73160

Call for hours

www.mooreyouthandfamily.org

- Information & Referral
- Assessment & Evaluation
- Crisis Intervention
- Community Education
- Youth Advocacy
- Individual, family, and group counseling
- Adult drug & alcohol counseling

New Discoveries Youth and Family Services 405-232-1401

628 NE 4th Street, OKC, OK

Mon 8am – 7pm & Tues – Fri 8am – 5pm

Provide outpatient individual and group counseling, parenting classes, anger management classes, substance abuse classes, and outpatient substance abuse program. Accept Medicaid and court order vouchers, as well as sliding scale fees based on classes.

North Care Community Counseling (Child) 405-858-2700

4436 NW 50th, OKC, OK

Must go to screening first and then the center will set up an appointment.

Mon – Thu 8:00am – 4:30pm Fri 8:00am – 3:00pm

www.northcare.com

- Individual and family counseling
- Home based counseling for youth and families
- Crisis Intervention
- Medication Clinic

Oasis Counseling Center Inc. 405-610-3644

351 N. Air Depot Blvd, Suite M, Midwest City, OK 73110

Call for hours

Individual and family counseling, case management, rehab program includes daily living and parenting skills. Outpatient and home based services. Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

Oklahoma City County Health Department 405-425-4412

Main Office – Child Guidance Clinics

921 NE 23rd St. OKC, OK 73105

Mon - Fri 8am - 5pm.

Promotes optimal development, healthy behavior and effective interaction for families and children. Includes speech-language, hearing, developmental and behavioral health services targeting the children and families of Oklahoma County. Services are provided by a staff of professional child development specialists, speech-language pathologists, behavioral and health specialists. Serves any person. All appointments and enrollments in workshops/groups are scheduled through the Main Child Guidance Clinic.

Oklahoma Marriage Initiative 405-848-4046

1-877-435-8033 (toll free in Oklahoma)

3 E. Main, OKC, OK 73104

www.projectrelate.org

Provides various workshops for married couples to reduce stress and improve coping skills.



Parent Management Training 405-858-2700

North Care Center

4436 NW 50th, OKC, OK 73112

www.northcare.com

Contact North Care for schedule

Parent training based on latest research by Allen Kazdin. Very effective in lowering parental stress. Includes behavior modification, how to communicate, science of behavior, handouts, Power Points, group participation, explore why kids misbehave and how to handle the situations. Parents with children 2 and up, better from 5 and up. Highly psycho-educational - not suitable for those with high levels of anger and stress. Fees: sliding scale, Medicaid/SoonerCare or private insurance accepted.

Parent Promise 405-232-2500

915 N. Robinson Ave., OKC, OK 73102

www.parentpromise.org

At Parent Promise, we offer a variety of programs to help parents provide a loving, healthy home for their children, and to help everyone provide a safe, nurturing community for children to grow. All of our programs are positive, voluntary and family-focused. We know the challenges and joys of being a parent. We know each person has a role to play in supporting children.

Home Visitation Programs to strengthen Families using Protective Factors:

- Nurturing and attachment
- knowledge of parenting and child development
- Parental resilience
- Social connections
- Support for parents
- Community and Parenting Education Classes
- Proven effective educational classes to prevent child abuse
- Community Awareness and Outreach

Sunbeam Family Services 405-528-7721

1100 N.W. 14th, OKC, OK 73106

8:30am – 8pm Mon – Wed, 8:30am – 5pm Thu & Fri

www.sunbeamfamilyservices.org

- Emergency and contract foster care for abused/neglected children.
- Individual, marital, and family counseling for all ages based on sliding scale for those without insurance (insurance also accepted).
- Senior Services (including senior companion program, caregivers program for seniors, and adult shelter for those 55+).
- Early Head Start

Teen Parenting Program 405-523-3012

Catholic Charities

1501 N. Classen Blvd., OKC, OK 73106

8am – 4:30pm Mon – Fri

www.catholiccharitiesok.org

Support the Western part of the State of Oklahoma (Tulsa location supports the Eastern part of Oklahoma.)

- Provide residential services for homeless women over 18 with children
- 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.

Text4Baby

Text “baby” to 511411

www.TEXT4baby.org

Weekly text messages, timed to due date or baby’s birth date, vetted by government and nonprofit health experts, deal with nutrition, immunization and birth defect prevention, among other topics. Sent through baby’s first birthday. Pregnant or have a child up to 1 year old.

Transitions Inc.

405-810-0054

6051 North Brookline, Suite 112 OKC, OK 73112

Mon – Fri 8:30am - 7:30pm.

Sexual education group therapy, sexual abuse non-offender’s group, family development, and parent aid programs. Individual therapy will be offered to clients to assist in understanding difficult subjects. Sexual Abuse Services contract for DHS. Fees: sliding scale. Medicaid/SoonerCare, private pay or private insurance accepted.

Tri-City Youth and Family Center

405-390-8131

14625 N.E. 23rd, Choctaw, OK 73020

Mon, Tues, & Thu 8:30am - 7pm, Wed 8:30am - 6pm, & Fri 8:30am – 12pm (closed 12-1 for lunch)

www.tricityyfc.org

- Individual, family, youth, and group counseling.
- Out-patient counseling for children, adolescents, and families.
- Crisis intervention
- Equine Services Program
- Substance abuse classes for adults and children

Youth and Family Services of El Reno

405-262-6555

7565 East Highway 66, El Reno, OK 73036

Mon - Thu 8:30am – 5pm, & Fri 8:30am – 3pm

- Outpatient counseling for youth and families
- Homeless prevention program
- Emergency youth shelter
- Drug and alcohol class and counseling for youth
- Accept Medicaid and offer sliding scale fee
- Housing Placement

Youth Services of Oklahoma County

405-235-7537

203 N.E. 50th Street, OKC, OK

24 hours/day

www.ysoc.org

Emergency shelter

Homeless youth under 18 may stay 1 night without parent's permission

Crisis intervention

Youth 12-17 only

Outpatient counseling services

Teen Parenting, Anger Management, & 1st Offender Groups

PREGNANCY/WOMEN’S HEALTH

All Things Baby, Inc.

405-285-6245

405 W. 2nd Street Edmond, OK

Tues 10am-3pm

www.allthingsbabyok.com

Christian counseling and other resources for women who are pregnant or have children.

Better Babies Prenatal Clinic

405-329-1571

317 E. Himes, Norman, OK 73070

Care Access & Referral Line (C.A.R.L.)

405-557-1100

Provide referral sources to individuals with babies & no health insurance.

Great Plains Family Practice Center

405-951-2855

3500 NW 56th, Suite 100, OKC, OK 73112-4518

www.integrisok.com

Translation Services Available

Health Center West

405-419-4150

4330 N.W. 10th, OKC, OK 73107

Mon – Thu 7:00am-5:30pm

Family planning clinic. Sliding scale fee.

Hope Center of Edmond

405-348-4680

1251 N. Broadway, Edmond, OK 73034

www.hopecenterofedmond.com

(UNINSURED ONLY, Must reside in Edmond)

Call for an appointment. Immunizations, WIC program, and pregnancy clinic.

Hope Pregnancy Center

www.thinkimpregnant.org

(OKC South)

405-688-8700

1624 SW 82nd, OKC, OK 73159

(OKC North)

405-755-5433

10327 N. May Ave., OKC, OK 73120

Mary Mahoney Health Center

405-769-3301

12716 NE 36th St., Spencer, OK 73084

(Past Spencer, close to Jones, OK)

www.chci.org

Low-cost EMG dental services only; NO surgical extractions/dentures/crowns.

- Must register at Clinic Center; based on sliding scale (lowest cost \$20); need income proof.
- Also provide primary medical care with in-house lab, pediatrics, WIC, psychological services, and case management on sliding scale

Oklahoma City Indian Clinic

405-948-4900

4913 W Reno, Oklahoma City, OK 73127

www.okcic.org

Appointments are for medical services. Call for an appointment. Immunizations, home and school visits, women’s health issues. Same day pediatric care, HIV, TB, diabetes, nutrition, lab work, dental, pharmacy. Valid CDIB card is needed as well as other identifying documentation.

Oklahoma Project Woman

405-605-1228

1-877-550-7465

P.O. Box 14026, Tulsa, OK 74159

www.oklahomaprojectwoman.org