

WIC CLINICS

WIC provides nutritious foods, nutrition education, breastfeeding support, and immunizations (at some clinics). Food benefits are issued for each client. Both fathers and mothers can receive and spend the benefits for their children. Foster parents and all other parents of lower income can apply. WIC helps:

- Pregnant women
- Women who are breastfeeding a baby under 1 year of age
- Women who have had a baby in the past six months
- Parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children

Following are WIC locations in Oklahoma, Canadian and Cleveland Counties:

www.ok.gov/health

Canadian County Health Department

El Reno **405-262-0042**
100 South Rock Island, El Reno, OK
Appointment only.

Yukon **405-354-4872**
1023 East Vandament, Yukon, OK 73099

Cleveland County Health Department Norman **405-321-4048**
250 12th Avenue NE, Norman, OK
Appointment only.

Moore **405-794-1591**
424 S. Eastern, Moore, OK 73160
Appointment Only

Oklahoma County Independent Clinics (OCCHD)

Edmond **405-348-4680**
Hope Center Health Clinic
1251 North Broadway (Broadway & Danforth)
Only Tues after 5pm

Midwest City **405-419-4116/405-425-4384**
City County Health Department East
6912 East Reno, Midwest City, OK

Guiding Right, Inc. **405-733-5771**
www.guidingright.org
7901 NE 10th, Suite A-109, Midwest City, OK

Guiding Right, Inc. **405-237-1203**
www.guidingright.org
2000 North Broadway, Suite B, Moore, OK

Oklahoma City
Oklahoma City-County Health Department **405-425-4384**
921 NE 23rd Street, OKC, OK
405-427-8651 (main)

OCCHD West **405-419-4119** 4330 NW 10th, OKC, OK

OCCHD Capitol Hill **405-419-4119**

210 SW 25th, OKC, OK 73109

Oklahoma City Indian Clinic **405-605-4942**
210 Quadrum, OKC, OK

NSO-West Health Center **405-942-2008**
1139 N Meridian, OKC, OK

NSO-NW **405-440-9608**
1139 N. Meridian, OKC, OK

Mary Mahoney Health Center **405-769-3301 (x1268)**
12716 NE 36th Street, OKC, OK

Variety Care

www.varietycare.org

Variety Care offers general family medical, dental, vision and mental health services.

Variety Care **405-632-6688**
1025 Straka Terrace, OKC, OK
7:30am – 5:30pm

Variety Care **405-632-6688**
500 SW 44th Str., OKC, OK

Variety Care **405-632-6688**
3851 Tinker Diagonal, Del City, OK

YOUTH SERVICES (AGES 15 – 24)

COMMUNITY PROGRAMS & SERVICES

Be The Change **405-415-9901**
HIV/HCV testing & counseling, personal assistance for persons living with HIV/AIDS and/or experiencing street homelessness (housed within The Homeless Alliance).
1724 NW 4th Street (E. of Penn. Ave)
www.bethechangeok.org

Care for Change **405-524-5525**
Substance abuse treatment programs and post-incarceration support services.
3621 N. Kelley Avenue
www.careforchange.org

Embark Transit **405-235-7433 (RIDE)**
Hours of Service:
M – F, 5:30 AM – 6:30 PM, Saturday, 6:30 AM – 5:30 PM
Fees: \$1.75 one way; \$3.00 to Norman
Passes: 1-Day = \$4; 7-Day = \$14; 30-Day = \$50
www.embarkok.com

Guiding Right, Inc. **405-733-0771**
HIV-STI testing, WIC assistance, health screenings, family & individual counseling.
7901 NE 10th Street, Suite A-111, Midwest City
(W. of Midwest Blvd)
www.guidingright.org

Healing Hands Health Clinic 405-272-0476
Healthcare for individuals experiencing homelessness.
411 NW 11th Street (E. of Walker Ave)
www.chciokc.org

Homeless Alliance, The 405-415-8410
A collaboration of organizations who work together to assist individuals and families in locating and maintaining housing.
1724 NW 4th Street (E. of Penn. Ave)
www.homelessalliance.org

Infant Crisis Services 405-528-3663
Providing formula, clothing, food and diapers to babies & toddlers in crisis.
4224 N. Lincoln Boulevard
www.infantcrisis.org

Metro Career Academy 405-424-8324
Non-traditional high school offered on the Metro Tech – Spring lake Main Campus.
1901 Springlake Drive (off MLK, N. of NE 36th)
www.metrotech.edu

Mid-Del Youth & Family Center 405-733-KIDS (5437)
Counseling and Prevention Services
www.mid-delyouth.org
316 S. Midwest Blvd, Midwest City, OK 73110
Monday - Thursday 8am-8pm Friday 8am-3pm (by appointment)

3644 SE 15th Street, Del City, OK 73115
(405) 670-1478 Fax (405) 670-1790
Emergency Children's Shelter - (405) 424-017

- 24-hour crisis intervention
- Emergency youth shelter
- Individual and family counseling
- Provide groups (including 1st offender and anger management for adolescents)
- Parent/Child Interaction Therapy
- Parenting Classes

NorthCare Children's Services 405-858-2700
Counseling/trauma services for young people up to the age of 24.
4436 NW 50th Street (E. of Meridian Ave)
www.northcare.com/childrens_services.html

OKCPD Homeless Outreach Team (H.O.T.) Unit
Call 9-1-1 24 hrs a day, 7 days a week

On Mon – Fri 9am to 4pm
Emergency assistance for individuals experiencing homelessness.
H.O.T. units are comprised of volunteer officers from the OKC Police Department.

- *Bobby Prater, Sergeant*
Cell: 405-537-1572
- *Clinton Garst, Staff Sergeant*
Cell: 405-990-9720
clinton.garst@okc.gov

Leave message outside of these hours

Oklahoma Coalition Against Domestic Violence & Sexual Assault 405-524-0700
5905 N. Classen Ct., OKC, OKC 73118-5947
www.ocadvsa.org
Assists in finding local resources for help.

OK COUNTY VITAL RECORDS 405-271-4040
Contact Vital Records for copies of Birth Certificates.
1000 NE 10th Street
www.ok.gov/health

OKDHS Live 405-487-5483 (LIVE)
Online service for applying for and maintaining DHS benefits.
www.okdhslive.org

Oklahoma Dept. of Rehabilitation Services 405-522-7973
Assistance with applying for Social Security Disability and ongoing support for those who qualify.
3535 NW 58th Street (E. of Portland Ave) www.okrehab.org

OU School of Dentistry 405-271-7744
Income-based dental care
Department of Dental Hygiene
1201 N. Stonewall Avenue
<http://dentistry.ouhsc.edu/Patients>

Planned Parenthood of Central OK 405-528-2157
Sexual health clinic & Trans* HRT services
619 NW 23rd Street (W. of Walker Ave)
www.ppcok.org

Planned Purpose Program 405-441-9447
Mentoring, leadership training and goal achievement support
<http://plannedpurpose.org>

Reach4work Program at OSU-OKC 405-945-8636
Offering short-term educational and career skills training with ongoing support.
900 N. Portland Avenue
www.osuokc.edu/reach

Recovery Achievements 405-242-2190
Case management, group and individual counseling
recoveryachievementsllc@gmail.com

Red Rock Behavioral Health Services 405-424-7711
Case management, mental health assessments, counseling and medication clinic.
4400 N. Lincoln Boulevard
www.red-rock.com

Rescare Workforce Services 405-713-1890
Workforce and education support services.
7401 NE 23rd Street (E. of Air Depot)
www.rescare.com

Runaway and want to get home? Call 1-800-RUNAWAY
24 hours a day, 7 days a week. (1-800-786-2929)
www.1800runaway.org

T.A.S.K. Program 405-625-4305
Substance abuse, gang intervention and post-incarceration support.
7401 NE 23rd Street (E. of Air Depot)
www.taskokc.org

Upward Transitions 405-232-5507
Assistance with job seeking and obtaining personal documents.
1134 W. Main Street (E. of Klein Ave)
www.upwardtransitions.org

Urban League of Greater OKC 405-424-5243
Employment, GED prep, tutoring, mentoring and post-incarceration services.
3900 N. Martin Luther King Ave
www.urbanleagueokc.org

VARIETY CARE 405-632-6688
Income-based Healthcare Services.
www.varietycare.org

- 4023 NW 10th Street
- NW 10th & Meridian
- 1025 Straka Terrace
- I-240 & Wester

YES (Youth Equality Services) 405-415-8449
Community and peer supported services for LGBTQ youth and their allies. Ages 13 – 20. Group night: Tue, 6:00– 10:00 PM
Located inside Expressions Community Center
2245 NW 39th Street (W. of Penn Ave)

Youth Services of Oklahoma County 405-235-7537
Counseling, post-incarceration support, food pantry, clothing closet & support services.
www.ysoc.org

OVERNIGHT SHELTERS/TRANSITIONAL LIVING

Bridges of Norman 405-579-9280
Independent living housing program for teens who enroll in Norman North High School.
1670 Stubbeman Avenue, Norman, OK
(E. of N. Flood, N. of W. Robinson)
www.bridgesnorman.org

Carolyn Williams Center 405-604-9442
Dorm style transitional/emergency housing for young men 18–22.
1416 NW 16th Street (W. of Classen Ave)
www.nsookc.org

City Rescue Mission 405-232-2709
Emergency Shelter-18 and over-Families Accepted
800 W. California Avenue (E. of Classen, N. of Reno)
www.cityrescue.org

Grace Rescue Mission 405-232-2956
Emergency Shelter-19 and over-Single Men Only
2205 Exchange Avenue (E. of Agnew, S. of SW 11th)

Hope Community Services 405-634-4400
Mental health case management and community living programs.
6100 S. Walker Avenue (59th & S. Walker Ave)
www.hopecsi.org

Job Corps Centers, Oklahoma 405-282-9930
Workforce training with dorm-style living.

Guthrie Job Corps Center
3106 W. University, Guthrie, OK
<http://guthrie.jobcorps.gov>

Talking Leaves Job Corps Center 580-246-3203
5700 Bald Hill Road, Tahlequah, OK
<http://talkingleaves.jobcorps.gov>

Jesus House 405-232-7164
Emergency Shelter-18 and over-Single Men & Women
1335 W. Sheridan Avenue (W. of Classen, S. of Main)
www.jesushouseokc.org

New Hope of Mangum
Residential recovery center, 18 and older - Treatment for trauma, addiction, mental illness.
Female Facility: 580-928-3200 - 501 E. Grand, Sayre OK
Male Facility: 580-782-3337 - 2 Wickersham Drive, Mangum OK
www.newhopeofmangum.com

Rose Rock Recovery Center 918-256-9210
Residential Addiction Treatment Ctr - Females only, 18 and over
24919 S. 4420 Road, Vinita OK

Salvation Army Central OK 405-246-1100
Emergency Shelter-18 and over-Married Families Accepted
1001 N. Pennsylvania Avenue
salvationarmyokcac.org

Transition House 405-360-7926
Transitional living-Females only-ages 18+ w/ mental illness.
700 Asp, Suite 2, Norman, OK (E. of Flood, N. of Boyd)
transitionhouse@coxinet.net

Wonderfully Made Foundation 405-778-6870
Emergency Shelter-18 and over-Women w/ Children Under 12.
5207 N. Beverly Drive (NE 50th & Lincoln Blvd)
www.thewonderfullymadefoundation.com

YWCA of Oklahoma City 405-948-1770
Emergency shelter for 18 and over domestic violence & sexual assault victims & their children.
24/7 Sexual Assault Hotline: 405-943-7273
www.ywcaokc.org

DAY SHELTER CENTERS

Lottie House 918-585-1213
Supportive day center for adults experiencing homelessness and/or mental health challenges. Tue – Fri, 11:00 AM – 7:00 PM
(Closed Sun & Mon)
1311 N. Lottie Ave
www.mhaok.org

Sanctuary Women's Development Center 405-526-2321
 2133 W 11th Street in the Stockyards area (off Agnew)
 8 a.m. – 3:30 p.m. (M-F), closed 12 p.m. – 1 p.m. for lunch
<http://catholiccharitiesok.org/sanctuary>
 Day shelter for women age 18 and over. Program of Catholic Charities of OKC. Provides social services to homeless and at-risk women and their children including resource referral and assistance accessing services such as daycare and Early Head Start, vocational and employment development, solution-focused advocacy and self-efficacy group.
 Services:

- Case management
- Computer lab
- Job and life skills development services
- Employment resources and resume building
- Health education
- Linkage to community resources
- Trauma counseling
- Community garden
- Safe place to rest and refocus
- Linkage to mental health resources
- Nutritious beverages and snacks
- Limited financial assistance
- Community food pantry and clothing closet

SISU Youth, Inc. (Ages 15 - 24) 405-459-7478
 1225 Sovereign Row, Suite 105, OKC, OK 73108
 Call for appointment.
www.sisuyouth.org

Day shelter that provides a safe place for youth ages 15 -24 at risk of, or currently experiencing homelessness.

SISU is a volunteer based day shelter to help connect youth (ages 15 to 24) to basic need support (food, clothing, personal care items) and case managers in health care, housing, employment, and education.

Westtown Resource & Day Center 405-415-8500
 Full service day center for individuals experiencing homelessness. Located on The Homeless Alliance campus.
 Services Include: meals, health clinic, computers, showers, on-site social service organizations.
 M – F, 6:00 AM – 4:00 PM (Meals: 6:30 AM & 11:30 PM)
 1724 NW 4th Street (E. of Penn Ave)
www.homelessalliance.org

COMMUNITY & RECREATION CENTERS

Y.M.C.A. Locations
www.ymcaokc.org

Bethany Branch 405-789-0231
 3400 N. Mueller Avenue (S. of NW 36th, E. of Rockwell Ave)

Earlywine Park Branch 405-378-0420
 11801 S. May Avenue (104th & S. May Ave)

Edward L. Gaylord Downtown 405-297-7700
 1 NW 4th Street (Broadway Ave. & NW 4th St)

Greenbriar Program Center 405-691-8101
 1500 Kingsridge Drive (S. of SW 104th, E. of Penn Ave)

Guthrie Branch 405-282-8206
 114 E. Oklahoma Avenue, Guthrie, OK

Midtown Branch 405-232-9622
 1110 North Classen Drive, Suite 200
 North of St. Anthony Hosp/NW 11th St., W. of Dewey Ave.

Midwest City Branch 405-733-9622
 2817 N. Woodcrest, MWC (E. Reno Ave, E. of Sooner)

Mitch Park YMCA 405-330-4016
 2901 Marilyn Williams, Edmond (N of Covell, E of Santa Fe)

North Side Branch 405-751-6363
 10000 N. Pennsylvania Ave (S. of 122nd on N. Penn Ave)

Rankin Branch 405-348-9622
 1220 South Rankin Street, Edmond (N of 15th, W of Blvd)

Rockwell Crossing Branch 405-728-9622
 12100 North Rockwell, Suite 6 (NW 122nd & Rockwell)

Rockwell Plaza Branch 405-621-5858
 8300 Glade Ave, OKC
 (South of NW Expressway, West of Rockwell)

Boys & Girls Club of Oklahoma County
 Day Programs for Ages 6 – 18.
 Hours: Mon – Fri, 7:30 AM – 7:00 PM
 3535 N. Western Avenue
 405-525-9292
www.bgcokc.org

Douglass Recreation Center
 900 N. Frederick Douglass Avenue
 Behind Douglass High School
 S. of NE 23rd, E. of MLK Blvd.
 405-424-4212
www.okc.gov/parks

F.A.C.T. Community Center
 1220 NE 33rd Street, W. of Lottie Ave.
 405-424-1853
 FB: Oklahoma City Police F.A.C.T. Unit

Foster Program Center
 614 NE 4th Street, E. of Lincoln Blvd.
 405-232-1881
www.okc.gov/parks

Macklanburg Recreation Center
 2234 NW 117th St.
 NW 117th, W. of Penn. Ave.

405-751-4977
www.okc.gov/parks

Melrose Recreation Center
7800 W. Melrose Lane
N. of W. Reno, E. of Council Rd.
405-789-6758
www.okc.gov/parks

Minnis Lakeview Recreation Center
12520 NE 36th St., W. of Anderson Rd.
404-769-2676
www.okc.gov/parks

Pilot Recreation Center
1435 NW 2nd St., E. of N. Penn. Ave.
405-232-8309
www.okc.gov/parks

Pitts Recreation Center
Community Activity Center
1920 North Kate, NE 19th, W. of Lottie Ave.
405-427-1556
www.okc.gov/parks

Schilling Recreation Center
539 SE 25th St.
405-631-2466
www.okc.gov/parks

Sellers Recreation Center
8301 S. Villa Ave.
405-685-3311
www.okc.gov/parks

Southern Oaks Recreation Center
400 SW 66th St.
405-631-5441
www.okc.gov/parks

OKLAHOMA CITY METRO LIBRARIES
www.metrolibrary.org

Almonte Library
2914 SW 59th Street
SW 59th & May Ave.
405-606-3575

Belle Isle Library
5501 N. Villa Avenue
NW Expressway & Villa Ave.
405-843-9601

Bethany Library
3510 N. Mueller Avenue, Bethany
S. of NW 39th St., E. of Rockwell
405-789-8363

Capitol Hill Library
334 SW 26th Street

W. of Robinson Ave.
405-634-6308

Choctaw Library
2525 Muzzy Street, Choctaw
N. of NE 23rd St., W. of Choctaw Rd.
405-390-8418

Del City Library
4509 SE 15th Street, Del City
E. of Sunnyslane Blvd.
405-672-1377

Downtown Library
300 Park Avenue, Hudson & Park Ave.
405-231-8650

Edmond Library
10 S. Boulevard Street, Edmond
N. of 2nd Street
405-.341-9282

Harrah Library
1930 N. Church Avenue, Harrah
NE 23rd St. & Main St.
405-454-2001

Jones Library
111 E. Main Street, Jones
405-399-5471

Luther Library
310 NE 3rd Street, Luther
405-277-9967

Midwest City Library
8143 E. Reno Avenue, MWC
E. of Midwest Blvd.
405-732-4828

Nicoma Park Library
2240 Overholser Drive, Nicoma Park
NE 23rd & Anderson Rd.
405-769-9452

Northwest Library
5600 NW 122nd Street
405-606-3580

Ralph Ellison Library
2000 NE 23rd Street
NE 23rd Street & MLK Blvd.
405-424-1437

Southern Oaks Library
6900 S. Walker Avenue
S. of I-240
405-631-4468

The Village Library
10307 N. Pennsylvania Avenue

S. of Hefner Rd.
405-755-0710

Warr Acres Library
5901 NW 63rd Street, Warr Acres
W. of MacArthur.
405-721-2616

Wright Library
2101 Exchange Avenue
S. of SE 11th St., E. of Agnew Ave.
405-235-5035