

2019

COMMUNITY  
RESOURCES

## ***Call 2-1-1 to find more resources in your area!***

(Or call Toll Free 877-362-1606 for Oklahoma City & Western Oklahoma)

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**Disclaimer:** The Special services and Student Outreach office maintains the Community Resource Guide as a referral tool. Every effort was made to ensure listings are up-to-date as of the September 2015 printing of this Guide. Special Services and Student Outreach does not endorse or claim to have personal knowledge of the abilities or services of those listed. Consumers should use independent judgment and request references when considering any resource listed in this Community Resources Guide.

**Special Services-Counseling Office at 405-733-7373**

## ADOPTION

### Catholic Charities

**405-523-3012**

1501 N. Classen Blvd., OKC, OK 73106

8am – 4:30pm Mon – Fri

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

*Supports the western part of the State of Oklahoma (Tulsa location supports the eastern part of Oklahoma.)*

*Provides counseling and social services for birth parents experiencing unplanned pregnancies. Offers adoption placement services and search and reunion coordination.*

*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. 24 hours, 7 days a week*

### Deaconess Pregnancy And Adoption Services

**405-949-4200 / 1-800-567-6631**

7101 NW Expressway, Suite 325 (in Brixton Square), OKC, OK 73132

9am – 5pm Mon – Fri

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

- Counseling for any adoption need - therapeutic counseling.
- Care closet-limited
- Licensed adoption and child placement.
- Adoption reunion registry.

### Department of Human Services/ Child Welfare Division

**405-767-2600**

5905 N. Classen Ct., OKC, OK 73118-5947

8am – 5pm Mon – Fri

- Foster Care – full time care provided while parents receive social services to improve family life until permanent placement is developed.
- Adoption – aid in locating adoptive homes, counseling, and support provided to the child and adoptive parents.

### Gladney Center Adoption/ International Agency

**405-848-8435/1-800-452-3639**

(OKC Satellite Ofc 405-590-4196 – Statewide Services)

6300 John Ryan Dr., Ft. Worth, TX

8:30am – 5pm Mon – Fri

[www.adoptionsbygladney.com](http://www.adoptionsbygladney.com)

- Residential living in Ft. Worth, Texas (Can live on-campus in Ft. worth, or can choose to live in apartment in Oklahoma)
- Adoptive services in clients hometown
- Adoption and pregnancy option counseling
- Adoption planning (including medical arrangements, legal assistance, and reviewing profiles of adoptive families)
- Fort Worth location provides education and some career training, counseling, and medical care
- Housing

- Transportation
- Individual, group, and peer counseling
- Support groups
- Birthing classes
- Continuing education
- Career planning
- Parenting classes
- Foreign adoption

### One Church One Child

**405-424-0225**

3129 N. Martin Luther King Ave, OKC, OK

Mon–Fri. 9am–5pm

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

Provides an organized method of reaching out to the African-American community through churches and community organizations to increase the awareness of the need for prospective adoptive and foster parents. Open to anyone who is interested.

## AIDS

### AIDS Spanish Helpline

**1-800-344-7432**

### American Social Health Association Sexually Transmitted Infection Resource Center Hotline

**1-800-227-8922**

7:00 am – 5:00pm Mon-Fri

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

### Guiding Right, Inc.

**405-733-0771**

7901 NE 10th, Suite A-111, Midwest City, OK 73110 (West of NE 10th Street & Midwest Boulevard, on the north side)

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

Provides HIV testing and counseling for individuals living with HIV/AIDS and their families.

WIC (Women, Infant, and Children)

### Latino Community Development Agency

**405-236-0701**

420 SW 10th St., OKC, OK 73109

8:30am – 5pm Mon – Fri

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

- Individual counseling
- Parenting groups
- Home visits for Spanish speaking clients
- Home based parenting skills& training
- Services targeted at Latino population
- Free immunizations
- Hispanic women's clinic
- Mentoring program
- Provides information to the Latino community about services, opportunities, contacts, etc.

### Oklahoma HIV/AIDS Statewide Hotline

**1-800-535-2437**

8 am - 5 pm, CDC Prevention After hours

[www.ok.gov/health](http://www.ok.gov/health)

Information and referral hotline -- Answers basic questions on HIV/STDs.

**Oklahoma State Health Department** 405-271-4636  
 8:00-5:00pm Mon-Fri  
 Prevention programs for STDs, AIDS, & viral hepatitis. Answer questions and discuss resource options.

**R.A.I.N.** 405-232-2437/1-800-285-2273  
 5001 N. Pennsylvania Ave, Ste 100., OKC, OK 73112  
 8:30am – 4:30pm Mon – Fri  
[www.rainoklahoma.org](http://www.rainoklahoma.org)

- Case management.
- Provides HIV/AIDS education to schools, community, work places, and civic organizations.
- HIV/AIDS testing
- Serves the 405 and 580 area codes

**Red Rock Behavioral Health Services** 405-424-7711  
 4400 N. Lincoln Blvd., OKC, OK 73105  
 Mon-Thu 9am-5pm & Fri 9am-4pm  
[www.red-rock.com](http://www.red-rock.com)

- Free confidential HIV testing with 20 minute results.
- Syphilis testing.
- Support services for persons with AIDS and their families.
- HIV/AIDS prevention programs.
- Satellite offices throughout the state

**O.U. Medical Center** 405-271-5400  
 OB/GYN – High Risk Pre-Natal Clinic  
 1200 N. Children Ave. Suite 1A, OKC, OK 73104  
 7:30 am - 5 pm Mon - Fri

- Provide ultrasounds and other prenatal care to women who are HIV positive
- Provide services to any high risk pregnancy
- 

## BABY ITEMS

**Alameda Church of Christ** 405-321-0788  
 801 Alameda Str., Norman, OK 73071  
[www.alamedacofc.org](http://www.alamedacofc.org)

No appointment necessary. Bring photo ID. Formula, food, diapers. Serves entire metro area.

**All Things Baby, Inc.** 405-285-6245  
 405 W. 2<sup>nd</sup> Street Edmond, OK  
 Tues 10am-3pm

- Counseling and other resources for women who are pregnant or have children.
- Maternity clothes; infant/children's clothes

**Baby Bargains** 405-722-9209  
 9113 N. Council, OKC, OK 73132  
 10am - 6pm Tues – Sat  
[www.babysbargains.com](http://www.babysbargains.com)

- Resale maternity wear, clothes for preemie-10yrs (new and used).
- Other baby items, toys, furniture, etc.

**Birth Choice of Oklahoma, Inc.**  
 4701 S. Western OKC, 73109  
 405-631-4477  
 Mon 10am–4pm, Tues 10am–8pm  
 Wed 10am–4pm, 6pm–8pm  
 Thu & Fri 10am–2pm

6006 N. Rockwell Bethany, OK  
 405-495-6919  
[www.birthchoice.org](http://www.birthchoice.org)

11 Burton Pl., B Edmond, 73034  
 405-330-2111  
 Mon & Thu 10am-3pm  
 Wed 6:30pm-8:30pm

457 W. Gray Norman, OK  
 405-360-9555

- Call for appointment. Prefer that you have pregnancy test to receive services.
- Provides maternity clothing, baby clothing (sizes newborn – 24 months), diapers, and formula.
- Serving mainly those who received their pregnancy test from them.

**Bureau of Vital Records Division** 405-271-4040  
 State Dept. of Health, 1000 NE 10<sup>th</sup> St., 1st Flr, OKC, OK 73102  
 Mon-Fri. 8:30am-4:00pm.  
 Provides vital information, birth and death certificates.

**Christian Service Center** 405-236-5956  
 115 SW 24th St., OKC, OK  
 9am – 2pm (must arrive by 1:30pm) Mon – Fri  
[www.christianservicecenter.net](http://www.christianservicecenter.net)

- Bring U.S. picture ID – Services are available for anyone with a US ID.
- Like a thrift store.
- Clothes for anyone.
- Household items such as dishes, sheets, and blankets.
- Furniture waiting list.
- Food service (by referral) for 7 zip codes: 73139, 73149, 73159, 73169, 73170, and 73179.
- Must have referral from DHS, Church of Christ, or Community Action.
- Since items are donated, there is no cost.

**Infant Crisis Center** 405-528-3663  
 4224 N. Lincoln Blvd., OKC, OK 73105  
 Mon - Fri 9 am- 4 pm, Sat 9 am - noon  
[www.infantcrisis.org](http://www.infantcrisis.org)

A referral from a social service agency is necessary for first visit or if it has been 6 months or more since the last visit. Child must be present unless letter from physician explaining absence.  
 Birth – 4 years.

- Formula, food, diapers – services provided 5 times until child turns 4 years, with minimum waiting period of 7 days between visits.
- Clothing provided 5 times until child turns 4 years, with minimum of 7 days. Sizes newborn to size 6 available.
- Does not take referrals until the baby is born.
- Appointments preferred but walk-ins are welcome.
- Services are provided statewide.

**Safe Kids** 405-945-6709  
 900 N Portland, OKC, OK 73107  
 8:00am – 5:00pm Mon – Fri

www.safekidsok.org

They provide free car seat check-ups and installations. A limited number of car seats are available at their car seat check-up events, for families on state or government assistance, for a \$10 fee.

## CHILD ABUSE/NEGLECT

### **Bethesda Inc. 405-364-0333**

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

9am – 5pm Mon – Fri

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

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

### **CCAN Center for Child Abuse & Neglect 405-271-8858**

OU Physicians Child Study Center

940 N.E. 13th St., Suite 3B3406, OKC, OK 73104

Mon - Fri 8am – 5pm

[www.oumedicine.com/ccan](http://www.oumedicine.com/ccan)

The Center on Child Abuse and Neglect offers multiple programs, clinical services and training, which include:

- Treatment for Children with Sexual Behavioral Problems
- Child Trauma Services
- Native American Programs
- Interdisciplinary Training Program
- Interdisciplinary Training Initiative for Underserved Children

### **Child Abuse Response and Evaluation Center (Care Center) 405-236-2100**

1403 N. Ashton Pl., OKC, OK 73117

Mon-Fri, 8:30 am - 4:30 pm

[www.carecenter-okc.org](http://www.carecenter-okc.org)

A coordinated approach to investigations, trains professionals, a safe environment for abused children. Law enforcement has to be involved, by referral only, Oklahoma City and County, children 3-17.

### **Child Abuse and Neglect Hotline 1-800-522-3511**

24 hour hotline for Oklahoma

### **Family Builders 405-232-8226**

415 NW 5th St., OKC, OK 73102

9am – 5pm Mon – Fri

[www.familybuildersok.org](http://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
- 4-Hr Co-Parenting through Divorce Seminar
- Fee for service depending on program

### **Latino Community Development Agency 405-236-0701**

420 SW 10th St., OKC, OK 73109

8:30am – 5pm Mon – Fri

<http://lcdaok.com/>

- Individual counseling
- Parenting groups
- Home visits for Spanish speaking clients
- Home based parenting skills& training
- Services targeted at Latino population
- Free immunizations
- Hispanic women's clinic
- Mentoring program

### **Lend-A-Hand Parent Child Center 405-235-9812**

**For the Prevention of Child Abuse, Inc.**

614 N.E. 4th St., Suite 211, OKC, OK 73101-1723

9:30am-6:00pm Mon- Fri

(evenings & weekends by appointment only)

Serving Oklahoma City and Metropolitan Areas

- Individual and group therapy; mentoring; and parent education.
- Provides services to help enhance and strengthen parent and child relationship and teach alternatives to corporal punishment.
- Family therapy
- Domestic Violence
- Rehabilitation Services
- Case Management
- Anger Management
- Grandparents Helping Grandparents Program

### **Oklahoma Department 405-521-2283**

**Of Human Services (OKDHS)**

**Child Protective Services**

2400 N. Lincoln Blvd., OKC, OK 73105

Sequoyah Memorial Office Building

8 am - 5 pm

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

24 hours a day/7 days a week - Child Abuse Hotline to report

suspected cases of abuse/neglect -

**1-800-522-3511**

### **Prevent Child Abuse Oklahoma 405-232-2500**

**Oklahoma Chapter – Parent Promises**

915 N. Robinson, OKC, OK 73102

8:30am – 5pm Mon – Fri

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

- Statewide Agency
- In-home parent education services.
- Services available from prenatal to 1 year.
- Will stay in the home up to child's 6<sup>th</sup> birthday for Oklahoma County residents.

### **Sunbeam Family Services 405-528-7721**

1100 NW 14<sup>th</sup> St., OKC, OK 73106

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

[www.sunbeamfamilyservices.org](http://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 65+).
- Early Head Start



## CHILD CARE / CHILD HEALTH

### CHILD STUDY CENTER

405-271-5700

1100 N.E. 13<sup>th</sup>, OKC, OK 73117

Mon - Fri 8am – 5pm

- Behavior management training for parents, early intervention for infants at risk, diagnosis, evaluation and treatments in many specialty areas, physical, occupational therapy, speech therapy, psychological evaluation and treatment, support with conditions, including: autism, Asperger's syndrome, attention deficit disorder, neuro-developmental disorders.
- Medicaid/SoonerCare - Primary care physician must make a referral or if DHS custody children, the worker can make the referral.
- No sliding scales or payment plans.

### Head Start-Community Action Agency of Oklahoma City and Oklahoma/Canadian Counties

405-232-0199

319 SW 25<sup>th</sup>, OKC, OK 73109

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

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

- Full and part-time day care and preschool services with emphasis on the areas of child development, health/safety, nutrition, mental health, disabilities, family partnerships, parent involvement and literacy.
- These programs advocate for a community that shares responsibility for the healthy development of children and families.
- Children 3 to 5 years of age are eligible for enrollment if their families meet the income guidelines.

### OSCC Student Scheduled Child Care Service 405-682-7561

Oklahoma City Community College

7777 South May Avenue Oklahoma City, OK 73159

[www.cdcls@oscc.edu](mailto:www.cdcls@oscc.edu)

Student scheduled child care service for children whose parent/guardians are taking classes is available at the OSCC Child Development Center and Lab School. Reservations are required. Please call for reservations.

#### SCHEDULE AND COST INFORMATION

\$ 25.00 activity fee per semester per child

\$ 15.00 per session per child per day

Session 1: 7:30–10:45 a.m. (M-F)

Session 2: 11:00–2:15 p.m. (M-F)

Session 3: 2:30–5:45 p.m. (M-Th)

Session 4: 6:00 p.m. – Close (M-Th)

#### Traditional Scheduled Child Care

The Child Development Center and Lab School is open to the community, OSCC staff, and students. Our full time hours of operation are Monday - Friday, 7:30 a.m. - 5:30 p.m. We accept children from six weeks of age until the July prior to the fall semester, of which the child is eligible to enter Kindergarten.

### OKDHS Child Care Finder

The Oklahoma Department of Human Services provides an excellent on-line search for child care.



<http://childcarefind.okdhs.org/childcarefind/>

### Oklahoma Child Care

1-888-962-2772

Resource & Referral Association, Inc.

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

- They have an Oklahoma statewide database of licensed child care centers.
- Offer a free interview to determine what child care option is best.
- Smart phone app to find licensed child care (search online for Oklahoma childcare)

### OSDH Child Guidance Center Central Office 405-271-4477

<https://www.occhd.org/health/child-guidance>

Consultations and workshops for parents and school staff

- Speech/ language, hearing services, and screenings
- Child development services
- Developmental screenings
- Parent education and training
- Psychological screenings, evaluations, and services
- Referrals and follow-ups
- For children up to 12 years old
- Immunizations

### Rainbow Fleet (referral line) 405-521-1426/1-800-438-0008

Hispanic Speaking Line 405-525-8783

3024 Paseo OKC, OK 73103

Live Phone Hours:

Mon - Fri 8am – 5pm; occasional Sat

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



Parents receive free help locating licensed child care by calling the telephone referral line, faxing us a referral request, submitting a referral using an online form, or by using Child Care Connector: an online child care search.

### Special Care Inc

405-752-5112

12201 N Western, OKC, OK 73114

Mon-Fri. 7:00am-6:00pm (Schedule Appointment)

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

Special Care offers year-round early childhood education, therapy, and after school and summer programs for children with and without special needs. Programs include year-round direct care, early childhood education, and before/after school programs, as well as on-site therapy services. In addition, Special Care's Autism Clinic provides one-on-one therapy for children in our program with autism spectrum disorders.

- Child care.
- Speech Therapy.
- Children ages 6 weeks to 6 years participate in classes according to developmental level.
- Each class is designed to meet the educational, therapeutic, and emotional needs of each child, and approximately 90 of the 135 children education classrooms.
- Each child has an individual education plan and participates in activities designed for social-emotional, physical, language, and cognitive development.
- Teachers, therapists, and parents work together to design short and long-term goals for each child.

- Teachers and therapists also work closely for optimal carryover between therapy and classroom activities.
- Sliding scale.

**Child Care Warmline** **1-888-574-5437**

**Prenatal Care Hotline (Baby Hotline)** **1-800-311-2229**

**Women, Infants and Children (WIC) Hotline**  
**1-888-OKLAWIC (1-888-655-2942)**

**Newborn Hearing Screening Program** **1-800-766-2223**

**Newborn Metabolic Screening** **1-800-766-2223**

**PRAMS** **405-271-6761**  
(Pregnancy Risk Assessment Monitoring System)

**Blood Lead Poisoning Prevention** **1-800-766-2223**

**TOTS (The Oklahoma Toddlers Survey)** **405-271-6761**

**Infant Crisis Services** **405-528-3663**  
Provides formula, food, diapers, & clothing

## CHILD SUPPORT

**OKDHS Child Support Services** **405-522-CARE(2273)**

P.O. Box 248822, OKC, OK 73124

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

The Oklahoma Department of Human Services (OKDHS) Child Support Services promotes healthy families by establishing, monitoring, and enforcing reliable support while encouraging self-sufficiency and strengthening relationships.

## CLOTHING

**Adventist Community Services** **405-721-6110**

4735 N.W. 63rd St., OKC, OK 73132

*Wed 10am – 3pm*

New and used clothing, food, provided through local churches, merchandise varies. Serves anyone in need.

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

801 E. Alameda Norman, OK

*Wed 10:00am-12:00pm*

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

**Baptist Mission Center** **405-235-6162**

2125 Exchange Ave., OKC, OKC

*Tues and Wed. 9am-12pm*

**Birth Choice of Oklahoma, Inc.**

4701 S. Western

OKC, 73109

**405-631-4477**

*Mon 10am-4pm, Tues 10am-8pm*

*Wed 10am-4pm, 6pm-8pm*

11 Burton Pl., B

Edmond, 73034

**405-330-2111**

*Mon & Thu 10am-3pm*

*Wed 6:30pm-8:30pm*

*Thu & Fri 10am-2pm*

6006 N. Rockwell

Bethany, OK

**405-495-6919**

457 W. Gray

Norman, OK

**405-360-9555**

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

Call for appointment. Provides maternity clothing, baby clothing (sizes newborn – 24 months), diapers, and formula. Serving mainly those who received their pregnancy test from them.

**CAREFOROKC –**

**Ministry of First Baptist church of OKC** **405-232-4255**

1201 N. Robinson OKC, OK 73103

9 am- 11:30 am Tues & Thurs

Serves zip codes 73102, 73103, 73104, 73105, 73106, 73107, 73108, and 73118

Clothing Room and Food Pantry

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

Must have ID or Proof of Residency

**Christian Service Center**

**405-236-5956**

115 SW 24th St., OKC, OK

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

[www.christianservicecenter.net](http://www.christianservicecenter.net)

- Bring U.S. picture ID – Services are available for anyone with a US ID.
- Like a thrift store.
- Clothes for anyone.
- Household items such as dishes, sheets, and blankets.
- Furniture waiting list.
- Food service for 7 zip codes: 73139, 73149, 73159, 73169, 73170, and 73179.
- Must have referral from DHS, Church of Christ, or Community Action.
- Since items are donated, there is no cost.

**City Rescue Mission**

**405-232-2709**

800 W. California, OKC, OK 73106

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

*Accessible 24 hours a day*

Free Clothes. Need to check-in to Social Services upon arrival.

**Cross & Crown Mission**

**405-232-7696**

1008 N. McKinley, OKC, OK

[www.crossandcrownmission.com](http://www.crossandcrownmission.com)

Serves certain zip codes in NE OKC only.

Must sign up at 8 am for all services. Legal services available.

Food pantry open Mon, Tues, & Wed beginning at 11 am - open until 50 families served. Medical clinic Tuesday to the first 15 families beginning @ 8:00 am. AA meeting at noon on Mondays.

**The Father's Business**

**405-794-3161**

Living Faith Church

805 NW 24<sup>th</sup> St, Moore, OK

*Tues 1pm-5pm*

Food and clothing pantry. Call ahead for zip codes

**First Baptist Church of Bethany**

**405-789-3312**

Neighborhood Clothing Room

3800 Mueller, Bethany, OK (west of McArthur)

*Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday in Youth Center from 10am-3pm*

[www.fbcbethany.com](http://www.fbcbethany.com)

**Goodwill Industries** 405-236-4451  
316 S. Blackwelder Ave., OKC, OK  
8am – 4:30pm Mon – Fri

**Guild of St. George** 405-232-2266  
127 NW 7<sup>th</sup> St, OKC, OK 73102  
Mon, Wed, & Fri 9am -12pm  
They provide help with prescriptions, utility bills, and food pantry. Must come in person for assistance.

**Infant Crisis Center** 405-528-3663  
4224 N. Lincoln Blvd., OKC, OK 73105  
8am – 5pm Mon – Fri,  
[www.infantcrisis.org](http://www.infantcrisis.org)

Services are provided for children birth - 4 years of age. A referral from a social service agency is necessary for first visit or if it has been 6 months or more since the last visit. Child must be present unless letter from physician explaining absence.

- Formula, food, diapers – services provided 5 times until child turns 4 years, with minimum waiting period of 7 days between visits.
- Clothing provided 5 times until child turns 4 years, with minimum of 7 days.
- Sizes newborn to size 6 available.
- Does not take referrals until the baby is born.
- Appointments preferred but walk-ins are welcome.
- Services are provided statewide.

**Jesus House- Clothing** 405-232-7164  
1335 W. Sheridan, OKC, OK  
Mon, Wed & Fri 1pm to 3pm  
Tues & Thu- 8:30am - noon and 1:00pm - 3:00pm  
[www.jesushouse.org](http://www.jesushouse.org)  
Used clothing free of charge. First come, first serve.

**Love Link Ministries** 405-239-6219  
1122 Linwood Blvd., OKC, OK 73106  
Tues - Fri 9am-4:30pm  
Sat 11am – 1pm  
Low prices on clothing, household goods, and books.

**Oklahoma City Compassion, Inc.** 405-524-8082  
Penn Avenue Church of the Nazarene  
2132 W. Park Place, OKC, OK  
Mon - Fri 8:30am – 5pm, Sat 8:30 – noon  
[www.okccompassion.net](http://www.okccompassion.net)

- Recovery Houses - residential programs for those who need serious help in getting their lives back on track.
- Most of our clients are coming out of very desperate situations.
- Some have been in alcohol and drug programs or in jail or prison.
- Clothing, hot meals, serves nutritious meals six days a week.
- When staffing and resources are available, provides school supplies, Christmas gifts, and other kinds of enjoyable and useful donations.
- Anyone in need, help for the disadvantage.
- Emergency assistance with referral.

**Salvation Army** 405-246-1060  
**Men's lodge** 405-246-1080  
**Family lodge** 405-246-1133

311 SW 5th St., OKC, OK 73101  
PO Box 2095, OKC, OK 73101

- Food Assistance, Meals, Emergency Shelter, Clothing Assistance, Utility Assistance, Christmas Assistance.
- Senior Citizens Transportation Program
- Boys & Girls Clubs serves as a youth center for children of working parents. Children are provided with meals, homework assistance, character-building activities and recreation activities at the center, located at 2808 SE 44th and at 201 S. Bickford in El Reno, 73036.
- Serves Oklahoma, Canadian and Cleveland counties.

**Skyline Urban Ministries** 405-632-2644  
**Community Clothing Closet**  
500 SE 15<sup>th</sup>, OKC, OK 73129  
Mon - Fri 12:30pm – 21:30pm  
[www.skylineurbanministry.org](http://www.skylineurbanministry.org)

- Well stocked clothing closet organized according to size.
- \$.50 per item.
- Rotated stock.
- Free clothing w/referral Tues & Thu 9am – 11am
- Special needs scheduled appointments available on Tuesdays and Thursdays from 9-11am. DHS or school counselor letter required on these days.

Skyline also offers a community charity eye clinic, a community cupboard program, and a senior nutrition program.

**Suited For Success** 405-521-1089  
4149 Highline Blvd., Suite 370, OKC, OK 73108  
Call for an appt.  
Call for an appt. Clothing for job interviews only. Referral by social service agency.

**Wildewood Christian Church** 405-478-0781  
6900 N. Kelley Ave OKC, OK 73111  
Food Pantry opens Friday from 11am-2pm  
[www.wildewoodccc.com](http://www.wildewoodccc.com)

## COUNSELING (CHILD/YOUTH/ADULT)

**A Chance to Change Foundation** 405-840-9000  
5228 Classen Circle, OKC, OK 73118  
Mon – Fri 8am – 5pm (evenings by appointment)  
[www.achancetochange.org](http://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 and Medicaid Offer a sliding scale fee based on household income for substance abuse care only.

**Aurora Counseling Services** 405-634-4434  
6803 S. Western, Suite 401, OKC, OK 73139



*Mon - Fri 7am – 8pm (Weekend Available by appointment)*

[www.aurora-okc.com](http://www.aurora-okc.com)

Offers a wide range of counseling services to children, adolescents, and adults. Medicaid, private insurance, and private pay accepted.

**Bair Foundation** **405-759-2670**

1601 Greenbriar Place, OKC, OK 73159

*Mon – Fri 8:30am – 4:30pm*

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

Provides therapeutic foster care.

**Bethesda Inc.** **405-364-0333**

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

*9:00am-5:00 pm Mon-Fri*

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

- Free services
- Sexual abuse treatment for ages 18 and under (group and limited individual).
- Services for male sexual assault survivors

**Bringing Up Babies** **405-364-1420**  
**(Center for Children & Families)**

210 S. Cockrel, Norman, OK 73071

8 am - 5 pm Mon - Fri

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

Parent support groups and home visits offered. Must reside in Cleveland County or Pottawatomie County.

**Canadian County Caring for Kids –  
Systems of Care**

**405-422-8813**

**405-388-2085**

7777 E. Highway 66, El Reno, Oklahoma 73036

*Monday - Friday 8am. – 5pm*

Wrap around services, parent support group, youth groups and resource information for families of youth with behavioral dysfunction or who are severely emotionally disturbed.

**CCAN Center for  
Child Abuse and Neglect** **405-271-8858**

OU Physicians Child Study Center

940 N.E. 13th St., Suite 3B3406, OKC, OK 73104

Mon - Fri 8 am – 5 pm

Offers assessment and treatment for children who have been abused or neglected, adolescent sex offenders, and women and the children of women who used inappropriate substances during pregnancy, assessments for children at high-risk for abuse or neglect, New Directions. Accepts Medicaid/SoonerCare, private insurance, private pay.

**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](http://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.

**Cedar Ridge** **405-605-6111**

6501 N.E. 50<sup>th</sup>, OKC, OK 73141

[www.cedarridgebhs.com](http://www.cedarridgebhs.com)

*24 hours, 7 days a week*

Inpatient and extended residential treatment for children and adolescents between the ages of 6 and 18, with Adult units also. (Accepts Medicaid/SoonerCare and some insurance).

**Center for Children and Families** **405-364-1420**

210 S. Cockrell Ave., Norman, OK 73071

Mon - Fri 8am – 5pm Visitation by appointment

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. Diapers, baby wipes and some formulas are available twice a month.

**Central OK Community Mental Health Center** **405-360-5100**

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

1120 East Main, Norman, OK (location)

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

<http://www.cocmhc.net/index.htm>

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

- Transitional Services - provides transitional support to young person's 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 Study Center** **405-271-5700**

1100 N.E. 13<sup>th</sup>, OKC, OK 73117

Mon - Fri 8am – 5pm

- Behavior management training for parents, early intervention for infants at risk, diagnosis, evaluation and treatments in many specialty areas, physical, occupational therapy, speech therapy, psychological evaluation and treatment, support with conditions, including: autism, Asperger's syndrome, attention deficit disorder, neuro-developmental disorders.

- Medicaid/SoonerCare - Primary care physician must make a referral or if DHS custody children, the worker can make the referral.
- No sliding scales or payment plans.

**Children's Recovery Center** **405-364-9004**  
320 12<sup>th</sup> Ave Norman, OK 73071  
Mental health and substance abuse services for children, young adults, and families throughout Oklahoma. 24 hr. Inpatient 13-17 yrs. Old.

**Cleveland County Health Department** **405-794-1591**  
**Moore Child Guidance Clinic**  
M-Th 8am – 3:30pm  
424 S. Eastern Ave. Moore. OK 73160  
[http://www.ok.gov/health/County\\_Health\\_Departments/Cleveland\\_County\\_Health\\_Department/](http://www.ok.gov/health/County_Health_Departments/Cleveland_County_Health_Department/)  
Services offered to children from birth to 12 years and their families, behavioral health, child development, speech/language and audiology.

**Community Pathways Unlimited Inc** **405-842-4911**  
4045 NW 64th St., Suite 520, OKC, OK 73116  
Mon - Fri 8am – 5pm  
[www.communitypathway.com](http://www.communitypathway.com)

- Counseling mental health services.
- Medicaid/SoonerCare accepted. Children 3-18.
- Will bill insurance, private pay.

**Covenant Youth and Family Services** **405-521-1755**  
10400 Vineyard Blvd., Ste H200, OKC, OK 73120  
Mon- Fri 9am – 5pm  
[www.covenantbh.com](http://www.covenantbh.com)

- Counseling mental health services, Medicaid/SoonerCare is accepted, out-patient, individual and family therapy.
- Parenting classes, substance abuse education, compassion workshops and domestic violence services.
- Post-partum depression services
- Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**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](http://www.crossroadsyfs.com)

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

**Edmond Family Counseling** **405-341-3554 / 405-341-6360 / 405-341-6399**  
1251 N. Broadway, Edmond, OK  
Mon - Thurs 9 am - 8 pm, Fri 9 am - 12 pm  
[www.edmondfamilycounseling.org](http://www.edmondfamilycounseling.org)

- 24 hour crisis intervention
- Individual, group, and family counseling
- Counseling for individuals over 7 years of age

- Sliding fee scale & one time intake fee

**Family Focus Counseling Services** **405-602-0835**  
3824 N. Meridian, Suite 104, OKC, OK 73112  
Mon - Thur 9am – 5pm  
[www.familyfocuscounselingservices.com](http://www.familyfocuscounselingservices.com)  
Mental health services for both children and adults. Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**Family Transitions** **405-753-4269**  
5015 N. Pennsylvania, Ste. 202, OKC, OK 73112  
Mon- Fri 9am - 6pm  
Behavioral health, individual family, group and couples counseling, crisis intervention. Fees: private pay, sliding scale. Medicaid/SoonerCare accepted.

**Fresh Start Counseling Agency** **405-607-6670**  
4801 N. Classen Blvd. OKC, OK 73118  
Mon - Fri 9am – 6pm  
Mental health services for both children and adults. Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**Hands of Hope** **405-601-8876**  
4341 Will Rogers Pkwy., OKC, OK 73108  
Mon – Fri 8am-5pm  
Behavioral health, individual family and group counseling, crisis intervention, home based, day care and school based counseling and instruction in life skills. Fees: private pay, sliding scale. Medicaid/SoonerCare accepted.

**Hope Community Services** **405-634-4400**  
Outpatient Clinic  
6100 S. Walker, OKC, OK 73129  
Mon - Thurs 8 am - 7 pm, Fri 8 am - 5 pm; Walk-in intake hours 8 am - 11:30 am (in the Wellness Building)  
[www.hopecsi.org](http://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.

**iMAT Integris** **405-951-2273**  
**Mobile Assessment Team**  
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr. triage on phone

**Infant Parent Intervention Center Inc.** **405-602-3171**  
2242 N.W. 39th, OKC, OK 73112  
Mon-Fri 8:00am – 5pm and by appointment.

- Therapeutic services to decrease maltreatment and increase prevention and improve quality of relationships and mental well-being of infant/children 0-60 months, and their families by multi-disciplinary team.
- Children/adolescents within the family unit older than 60 months may also be served.
- Fees: sliding scale. Medicaid/SoonerCare accepted.

**Integrus Mental Health Center 405-717-9800**

5100 N. Brookline, Suite 925, OKC, OK 73112

Mon - Fri 8:30am – 5pm

- Outpatient service for children and families, help children develop and maintain successful relationships with parents, peers and teachers, allowing them to lead satisfying, productive lives.
- Families and caregivers are an integral part of the treatment process.
- Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**Integrus Mental Health Center – Willowview 405-427-2441**

2601 Spencer Rd., Spencer, OK 73084

*The center is staffed 24 hours.*

*Business offices open 7:30am – 7:30pm Mon- Fri*

- Inpatient mental health facility for children and adolescents.
- Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**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, group, 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 Blue Cross/Blue Shield, Medicaid and offer sliding scale fee. (Credit card accepted.)

**Love and Hope Counseling Services 405-528-4673**

1211 N. Shartel Ave. Suite 603, OKC, OK 73103

Mon - Fri 8 am – 5 pm

<http://loveandhope.publishpath.com/>

- Mental health services for both children and adults, home based services are available.
- Offer services through schools also.
- Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**Mental Health Association of Oklahoma 405-943-3700**

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

Mon – Fri 8:30 am– 5 pm

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

- Educational materials, information and referral, advocates for the mentally ill.
- Sunbridge - Low cost counseling program for persons who have no insurance.
- Fees: **None**

**Mid-Del Youth and Family Center 405-733-5437**

Counseling and Prevention Services

[www.mid-delyouth.org](http://www.mid-delyouth.org)

316 S. Midwest Blvd, Midwest City, OK 73110

Monday - Thursday 8am-8pm Friday 8am-3pm (by appointment)

3644 SE 15<sup>th</sup> 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 1<sup>st</sup> offender and anger management for adolescents)
- Parent/Child Interaction Therapy
- Parenting Classes

**Moore Youth and Family Services 405-799-3379**

(Services provided for anyone in OK)

624 NW 5th, Moore, OK

Mon – Thu 8:30am – 8pm Fri 8am – 5pm

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

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

**New Discoveries Youth and Family Services 405-232-1401**

628 NE 4<sup>th</sup> Street, OKC, OK 73104

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, as well as sliding scale fees based on classes)

**NorthCare 405-858-2700**

4436 NW 50<sup>th</sup>, 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](http://www.northcare.com)

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

**Oasis Counseling Services 405-610-3644**

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

Mon - Fri 9am – 5pm

[www.myoasishelp.com](http://www.myoasishelp.com)

Mental health services for both adolescents, teens, adults, families and communities

**Oklahoma City-County Health Department 405-425-4412**

**Main Office – Child Guidance Clinics**

921 NE 23rd St., Oklahoma City, 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.
- All appointments and enrollments in workshops/groups are scheduled through the Main Child Guidance Clinic.

**Options Unlimited Counseling and Consulting 405-272-1610**

214 S.W. 30, OKC, OK 73149

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

- Schedule based hours of operation - closed during the summer. Individual, group, family counseling.
- Rehab groups for social skills and transition into public school.
- Day treatment.
- Students 5-12 yrs, K-5th grade school based in Oklahoma City public schools, K-12.
- Options Child Development Day Care for 3 & 4 yrs
- Fees: sliding scale.
- Medicaid/SoonerCare or private insurance accepted.

**Positive Changes**

**405-636-1463**

744 SE 25<sup>th</sup>, OKC, OK 73129

(Also have Bethany and Edmond locations)

*Summer hours 9-1:30, School 8:45am-4:00pm Mon – Fri*

[www.positivechangesokc.com](http://www.positivechangesokc.com)

- Day treatment services/partial hospital
- Children ages 5 to 17
- Psychiatric evaluation
- Accept Medicaid clients and offer Sliding Scale fee

**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 and then the center will set up an appointment.

*Mon-Thu 9am-5pm & Fri 8am-4pm*

[www.red-rock.com](http://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

**Signature Transformation Counseling Service 405-518-4535**

433 W. Wilshire Blvd. OKC, OK 73116

*Mon – Fri 8am – 6pm Other hours by appointment*

[www.signaturetransformationcounselingservice.com](http://www.signaturetransformationcounselingservice.com)

- Behavioral health: group and individual family counseling, marriage and family therapy, crisis intervention, anger management, grief counseling, co-dependency, case management services.
- Ages 6 and up.
- CARF certified.
- Fees: Private insurance, SoonerCare/Medicaid, private pay, sliding scale.

**Sooner Start**

**405-271-9477**

3017 N Stiles, Ste. 200 OKC, OK 73117

*8am – 5pm Mon – Fri*

Children birth – 36 months of age with developmental delays or who have a physical or mental condition which will most likely cause a delay.

- Diagnostic and evaluation services
- Family training, counseling, and home visits
- Nursing services
- Nutrition services
- Occupational, Physical, Psychological, and Speech– language therapy
- Special instruction
- Vision services
- No Charge

**Sanctuary Women's Development Center**

**405-526-2321**

2133 W 11<sup>th</sup> 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 that serves women age 18 and over. 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

**Southern Oklahoma Treatment Services**

**405-942-7650**

4149 Highline Blvd., Suite 381, OKC, OK 73108

*Mon - Fri 5:30am– 2pm*

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

Mental health services for both children and adults.

Medicaid/SoonerCare only.

**Specialized Alternatives for Youth (SAFY)**

**405-942-5570**

**1-800-600-7239**

300 N. Meridian, Suite 280-N, OKC, OK 73107



Mon- Fri 8:30am – 5:30pm

[www.safy.com](http://www.safy.com)

Therapeutic foster care. DHS custody.

**Stonebridge Therapeutic and Psychological Services PC**

**405-708-3640**

530 Point Parkway Blvd. Ste B, Yukon, OK 73099

Mon - Fri 5am – 5pm. Evenings by appointment only.

<http://www.stonebridgeok.com/therapists.html>

- Mental health counseling, parenting, anger management, case management services, consultative services, adult and family counseling.
- Fees: sliding scale.
- Medicaid/SoonerCare or private insurance accepted.

**Sunbeam Family Services**

**405-528-7721**

1100 NW 14th St., OKC, OK 73106

8:30am – 8pm Mon – Weds & 8:30am – 5pm Thu & Fri

[www.sunbeamfamilyservices.org](http://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 senior companion program, caregivers program for seniors, and adult shelter for those 55+)
- Early Head Start

**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 parent aid program.
- 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 accepted

**Tri-City Youth and Family Center**

**405-390-8131**

14625 N.E. 23<sup>rd</sup>, 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](http://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

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

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

- Outpatient counseling for youth and families
- Homeless prevention program
- Emergency youth shelter
- Drug and alcohol class and counseling for youth
- Accepts Medicaid and offers sliding scale fee

- Housing placement

**Youth Services for Oklahoma County**

**405-235-7537**

201 NE 50<sup>th</sup> St., OKC, OK 73105

Mon – Thu 8am – 8pm & Fri 8am – 3pm

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

- Telephone answered 24 hours, 7 days a week
- Provide individual, family, and group counseling services for youth under 18
- Crisis intervention
- Emergency shelter for youth (ages 12-17)
- First offenders, skills program – an alternative to court intervention
- Parenting skills education
- Family planning
- Services to biological parents, foster/adoptive parents, and relative caregiver
- Accept insurance or offer a sliding scale fee; no one is ever turned away

## CULTURAL SERVICES

**Effective Transitions, Inc.**

**405-286-3900**

245-A W Wilshire, OKC, OK 73116

Summer Mon - Fri 8:30am- 5:30pm

During School Year Mon – Fri 11am – 7:30pm

[www.etiok.com](http://www.etiok.com)

- Behavioral health counseling and mentoring programs for adolescents and their families through the Positive Transitions Program.
- Community service, educational, recreational and cultural activities.

**Hispanic American Mission**

**405-272-0890**

1836 N.W. 3rd St., OKC, OK 73106

Mon to Fri 8am - 4:00pm.

Various immigration services, church services, English and citizenship classes, free clothing. Fee depends on service provided, available to anyone.

**Latino Community Development Agency**

**405-236-0701**

420 SW 10th St., OKC, OK 73109

8:30am – 5pm Mon – Fri

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

- Individual counseling
- Parenting groups
- Home visits for Spanish speaking clients
- Home based parenting skills & training
- Services targeted at Latino population
- Free immunizations
- Hispanic women's clinic
- Mentoring program

**Oklahoma Indian Legal Services**

**405-943-6457**

4200 Perimeter Center Dr., Suite 222, OKC, OK 73112

Mon - Fri 8am – 5pm

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

- Indian child welfare, housing, natural resources, tribal sovereignty issues, individual rights.



- Low income Native Americans.

**Oklahoma State University-OKC 405-945-3378 405-947-4421 (Student Activities)**

900 N. Portland, OKC, OK 73107

8am – 6pm Mon – Thu & 8am – 5pm Fri

Offers different cultural groups through the student union and the student government association.

**St. Vincent DePaul Society (Edmond) 405-341-8128**

2001 N Western Ave., Edmond, OK 73034

- Provides community based cultural services.
- Edmond area.
- Depends on availability of funds.
- Depends on availability of volunteers.
- Call first before visiting

**United Urban Indian Council 405-810-9202**

4801 N. Classen Blvd., Suite 200, OKC, OK 73118

Mon – Fri 8:30-11am & 1- 4:30pm (except Mon mornings)

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

- Funded through the Department of Labor.
- Vocational training provides training and job search assistance.
- Must live in OK County.
- GED classes offered for individuals 18 and older.
- Summer youth program for individuals 14 – 21 that includes working in the summer.
- Year-round vocational training offered for youth & adults.

## DENTAL CLINICS

**ABC SMILES 405-631-2700**

Walker Square Shopping Center

309 SW 59th, Suite 105, OKC, OK 73109

Tues - Fri. 9 am-5 pm., Sat 9 am-3 pm

[www.abcdentaloklahomacity.com](http://www.abcdentaloklahomacity.com)

Serves all ages. Medicaid, SoonerCare, United Concordia, AmeriPlan.

**Baptist Mission Center 405-235-6162**

2125 Exchange Ave, OKC, OK 73108

Christian Family Health Care Center; call for Dental dates (mobile van every 3 months). OKC metro residents only – no restriction, totally free. Bring proof of residence; ID required. Appointment only (there is a waiting list).

**City Rescue Mission 405-232-2709**

800 W California Ave, OKC, OK 73102

Open 24/7 - Advisable to arrive before 7am

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

Client must “enroll” in program, be screened & interviewed, & take classes to better situation in order to receive access to free dental treatment.

**Crossings Community Clinic 405-749-0800**

10255 N. Penn, OKC, OK 73120

Call ahead to schedule an appointment.

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

- Offers health, dental, and counseling care in a Christian environment.
- Services available by appointment.
- For low income without insurance. No cost.

**D-Dent Program 405-424-8092 / 1-800-522-9510**

[www.d-dentok.org](http://www.d-dentok.org)

To qualify to receive free comprehensive dental care from one of D-Dent’s volunteer Dentists, you must be:

- Elderly (age 60 and older), with low income and uninsured or
- Developmentally disabled (manifested prior to age 18) or
- Veteran with low income and uninsured

To apply for this program you must submit an application, providing proof of income and eligibility.

**Dentures & Dental Services 405-688-2500**

2209 SW 74th #315, OKC 73159 (Walnut Sq, next to Hallmark)

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

[www.dentalservice.net](http://www.dentalservice.net)

- Full service dental clinic w/ in-house laboratory
- Insurance and Medicaid accepted
- Lower fees than standard dentist office
- Financing available
- Low cost dentures and partials
- Does not accept Medicare

**Good Shepherd Ministries 405-232-8631**

1201 N. Robinson, OKC, OK 73103

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

Limited dental services for adults & children. Call for appointment

**Indian Health Services 405-948-4900**

4913 W Reno, OKC, OK 73127

7:45am-4:45pm

- Certified Native American CDIB cardholders only
- Cleanings, fillings, extractions, & anterior root canals only
- Extractions for general public Monday only, by appointment only, up to 14 patients per day

**Kings Clinic 405-848-4005**

921 W. Britton Road, OKC, OK 73114

[www.kingsclinic.com](http://www.kingsclinic.com)

- Call to be put on a wait list.
- Extractions only

**Mary Mahoney Health Center 405-769-3301**

12716 NE 36<sup>th</sup>, OKC, OK 73140 (PO Box 30589)

(past Spencer, close to Jones, OK)

Clinic: Mon — Thur 8am — 5pm; Fri 10am — 5pm

Pharmacy: Mon, Wed, & Thu 9am — 5:30pm; Tues 9am – 6:30pm; & 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 \$50); need income proof.
- Also provide primary medical care with in house lab, pediatrics, WIC, psychological services, and case management on sliding scale

**Mary Mahoney Health Center at Langston 405-466-2535**  
 300 Martin Luther King, Langston, OK 73050 (Logan County)  
 8:00am—5:00pm  
 Call ahead. Dental screenings only.

**Neighborhood Services Organization 405-236-0413 (ext 313)**  
 8101 S. Walker, Ste C, OKC, OK 73109  
*Low—Cost Dental Clinic*  
*Tues, Wed, & Thu 8:30am — 5pm & Fri. & Sat. 9:30am—6:00pm*  
[www.nsokc.org](http://www.nsokc.org)

- Basic general dentistry, plus dentures & partials (lab in—house)
- Payment required at time of service
- Services for those 8yrs. And older
- Fees typically range from \$20 — \$400, call for fees
- CASH ONLY

#### **Ocean Dental**

*Mon—Fri. 8am—5pm.*

Locations:

1610 SW 74<sup>th</sup>, OKC, OK 73159 **405-605-4900**  
 47 N.E. 23<sup>rd</sup> St., OKC, OK 73105 **405-525-1222**  
 2305 S I—35, Moore, OK 73160 **405-799-0800**  
 3919 N MacArthur, Oklahoma City, OK **405-787-7827**

Dentists (Pediatric). Serve adults and children.  
 Medicaid/Soonercare or private insurance accepted.

**OU College of Dentistry- Student Clinic 405-271-6056**  
 1201 N. Stonewall Ave, OKC, OK 73117  
*Mon – Fri 8am – 5:00pm Call ahead for an appointment. Fills up quickly.*

- Student Clinic (lower fees)
- A third less expensive than a normal clinic.
- Teeth cleaning only- call **405-271-7327**

**OU Physician's Hospital Children's Dental Office 405-271-4750**  
 1200 N Phillips Ave., Suite 8900, OKC, OK 73104

- Adult and pediatric dental care and hygiene services, oral prophylaxis, topical fluoride applications, full mouth x-rays, diagnosis and denture service, plaque-control appointments, oral hygiene techniques and dietary counseling, pit and fissure sealant.
- Insurance and Medicaid/Soonercare accepted.
- Sees everyone, not just children.

**Rose State College - Dental Hygiene Program 405-733-7336**  
 6301 Tinker Diagonal, MWC, OK 73110  
*8am – 5pm Mon - Fri (Aug – May) Closed for lunch 12-1pm.*

- Teeth Cleaning (\$7.00)
- X-rays available (free)
- Sealant placement, fluoride treatment, & nutritional advice. Patients must be screened before receiving an appointment for teeth cleaning. Screenings are free.
- Start taking appointments Aug 3rd.

**VARIETY CARE - STRAKA TERRACE 405-632-6688**  
**1-866-388-6688**

1025 Straka Terrace, Oklahoma City, OK 73139  
 General Dental Clinic: Tues – Fri 8:30am - 5pm

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

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.

## **DENTISTS**

### **(Pediatric Who Accept Medicaid)**

**Pediatric Dentistry of Oklahoma – William Bozalis, DDS 405-946-2455**  
 3613 N.W. 56<sup>th</sup>, Suite 105, OKC, OK  
*Mon, Tues and Thu 8am – 5pm*  
 2828 Parklawn Drive, Suite 9, Midwest City, OK  
**405-733-3533 Wed 8am – 5pm**  
 ▪ Accepts patients 5 & under

**Smiling Faces Pediatric — Donald Haskins, DDS 405-947-1525**  
 5222 N. Portland, OKC OK

**Pediatric Dental OKC - Jerome Miller, DDS and Dr. David Evans, DDS 405-495-5600**  
 5818 N.W. 50<sup>th</sup>, Suite 100, OKC, OK  
*Mon - Thur 8am-4pm*

## **DEPT OF HUMAN SERVICES (DHS)**

**Southwest Oklahoma County 55A 405-644-5700**  
 401 W. Commerce, OKC, OK 73109  
*Mon – Fri 8am - 5pm*  
 Serves these zip codes: 73108, 73109, 73119, 73128, 73139, 73159, 73169 & 73179

**Oklahoma County – 55B Midwest City 405-739-8000**  
 9901 S.E. 29th St., Midwest City, OK 73130  
*Mon – Fri 8am - 5pm*  
 Serves these zip codes: 73007, 73020, 73045, 73049, 73054, 73066, 73084, 73110, 73130, 73141, 73150, 73151, & 74857

**Oklahoma County 55C – Kelley 405-522-5818**  
 2409 N. Kelley Ave., OKC, OK 73111  
*Mon – Fri 8am - 5pm*  
 Serves these zip codes: 73003, 73013, 73034, 73102, 73103, 73104, 73105, 73111, 73112, 73114, 73116, 73118, 73120, 73121, 73131, 73134, 73147

**Oklahoma County 55D – Juvenile Justice 405-767-2600/1-800-884-1581**  
 5905 N. Classen Court, OKC, OK 73118  
*Mon – Fri 8am - 5pm*  
 Child Welfare Only

**Oklahoma County 55E – Children's Hospital 405-271-3325/1-800-884-1572**  
 940 N.E. 13th St., OKC, OK 73104  
*Mon – Fri 8am - 5pm*

Medical Only - all zip codes

**Oklahoma County 55H – Rockwell** 405-470-6200  
7201 N.W. 10th St., OKC, OK 73127  
*Mon – Fri 8am - 5pm*  
Serves these zip codes: 73008, 73122, 73127, 73132, 73142, & 73162

**Oklahoma County 55J – Crossroads** 405-604-8800  
1115 S.E. 66th St., OKC, OK 73149  
*Mon – Fri 8am - 5pm*  
Serves these zip codes: 73102, 73115, 73117, 73129, 73135, 73145, & 73149

## DOMESTIC VIOLENCE

### Certified Domestic Violence and Sexual Assault Programs (Oklahoma City Metro):

**YWCA Oklahoma City** 405-948-1770  
2460 NW 39th St, OKC, OK 73112  
[www.ywcaokc.org](http://www.ywcaokc.org)

**Latino Community Development Agency** 405-236-0701  
420 SW 10<sup>th</sup> St, OKC, OK 73109  
[www.lacdakc.org](http://www.lacdakc.org)

**Women's Resource Center, Inc.** 405-364-9424  
201 W Gray St, Norman, OK 73069  
[www.wrcnorman.com](http://www.wrcnorman.com)

Or search by County for resources and service providers @  
<http://ocadvsa.org/local-resources/>

### HOTLINES: Domestic Violence and Sexual Assault

**OK SafeLine (Statewide)** 800-522-7233  
*Available 24 hours*  
For those who are in an abusive relationship, have been sexually assaulted, involved in human trafficking, or know someone who needs help in one of these areas.

**YWCA Oklahoma City**  
Domestic Violence 405-917-YWCA (9922)  
Sexual Assault 405-943-RAPE (7273)

**Women's Resource Center – Norman**  
Domestic Violence 405-701-5540  
Sexual Assault 405-701-5660

**Oklahoma County District Attorney  
Victim Services** 405-713-1639  
320 Robert S. Kerr, Room 505, OKC, OK 73102  
*Mon - Fri 8am - 5pm*  
[www.oklahomacounty.org](http://www.oklahomacounty.org)

- Support and possible compensation for victims who suffer bodily injuries as the result of criminal acts including persons who are victims of sexual assault.
- D.A. reviews cases from law enforcement to determine if criminal charges will be made.
- No fees charged.

## DRUG/ALCOHOL TREATMENT PROGRAMS

**2ND HAND SMOKE** 1-866-ONLY-AIR  
1-866-665-9247

Oklahoma State Dept. of Health Central Office  
1000 NE 10<sup>th</sup>, OKC, OK 73117  
*Mon - Fri 8am - 5pm.*  
[www.ok.gov/breatheeasyok/](http://www.ok.gov/breatheeasyok/)  
Tobacco use prevention information on Oklahoma smoking laws, report violations of Oklahoma smoking laws, information on health concerns regarding second hand smoke.

**A Chance to Change Foundation** 405-840-9000  
5228 Classen Circle, OKC, OK 73118  
*Mon – Thur 8am – 6pm Fri 8am-5pm (evenings by appointment)*  
[www.achancetochange.org](http://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

**Al-Anon Information Services** 405-767-9071  
3801 N.W. 63<sup>rd</sup>, Edgewater Bldg. 3, St. 129, OKC, OK 73116  
*Mon, Wed, & Fri 10:30am – 2:30pm*  
Telephone line 7 days a week  
[www.okcalanon.org](http://www.okcalanon.org)  
Provides meeting information for OKC and the surrounding area in a monthly schedule. For friends and families of problem drinkers.

**Alcoholics Anonymous (AA)**  
*Hotline 24 hours, 7 days a week* 405-524-1100  
**Office** 405-949-0910  
**Espanol** 405-316-9742  
2701 N. Portland, Suite E, OKC, OK 73107  
*Mon-Fri 9am-6:00pm Sat 10am-3:00pm*  
[www.okcintergroup.org](http://www.okcintergroup.org)  
Coordinates support group meetings.

**Alcoholics Rehabilitation Center** 405-236-4148  
436 NW 12th, OKC, OK 73103  
*Mon- Fri 8am -6pm and half a day Saturday*  
Provide temporary rehabilitation housing for men who are alcoholics. Reside two men to a room. \$100/week. Provide onsite AA meetings. Must attend 30 meetings in 30 days; mandatory attendance of two in house meetings weekly. Random UAs are conducted. Serve dinner Sun - Thu nights and doors locked at 11pm.

**Alcohol Training and Education** 405-943-7483  
3160 N. Portland, OKC, OK 1-800-522-9050  
[www.okduischool.com](http://www.okduischool.com)

Program to assist people who have been arrested for a DUI in working towards reinstatement of driver's license. Provide assessments, 10 hour & 24 hour classes, and outpatient counseling as needed.

**Behavioral Health Group** 405-681-2003  
5401 SW 29th St., OKC, OK 73179  
*Mon - Fri 5am - 11am. Sat 6am - 9am.*  
Methadone clinic.

**C.A.R.E For Change, Inc.** 405-524-5525  
3621 N. Kelley Ave Suite 100, OKC, OK 73111  
*Mon - Fri 8:00am - 5:00pm*  
[www.careforchange.org](http://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.

**Catalyst Behavioral Health Group** 405-232-9804  
3033 N. Walnut, W. Bldg, OKC, OK 73105  
[www.catalystok.org](http://www.catalystok.org)  
*8:30am - 8:30pm Mon - Fri*  
*Evenings by appointment.*

**Celebrate Recovery** 405-302-1293  
<http://crossingsokc.org/celebrate-recovery/>  
Coordinates faith based recovery support group meetings.  
Website provides information about program and local groups.

**Central OK Community Mental Health Center** 405-360-5100  
P.O. Box 400, Norman, OK 73070-0400 (mailing)  
1120 East Main, Norman, OK (location)  
*Mon, Wed, Thu, & Fri 8am - 5pm & Tues 8am - 7pm*  
Offer mental health and substance abuse services to children, youth, adults, and families. Services include:

- Adult Outpatient Services – case management, crisis intervention, individual counseling, individual rehabilitation, intensive care coordination team (ICCT), and group counseling (including anger management, bipolar/mood disorder, depression, grief, stress management, substance abuse, & trauma)
- Medication Clinic
- PACT (Program of Assertive Community Treatment) – team treatment approach for adults designed to provide comprehensive, community-based services and support to people with intensive psychiatric needs.
- Team Green (Psychiatric Rehabilitation – PSR) – recovery based program for adults that provides growth and developmental opportunities for adults with mental illness or

co-occurring disorders, focuses on moving toward independence.

- 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).

**Child Study Center** 405-271-5700  
1100 N.E. 13<sup>th</sup>, OKC, OK 73117  
*Mon - Fri 8am - 5pm*

- Behavior management training for parents, early intervention for infants at risk, diagnosis, evaluation and treatments in many specialty areas, physical, occupational therapy, speech therapy, psychological evaluation and treatment, support with conditions, including: autism, Asperger's syndrome, attention deficit disorder, neuro-developmental disorders.
- Medicaid/SoonerCare - Primary care physician must make a referral or if DHS custody children, the worker can make the referral.
- No sliding scales or payment plans.

**City Rescue Mission** 405-232-2709  
800 W California, OKC, OK 73106  
24 hours  
*Clothing: Mon - Fri 9am - 4pm*  
Emergency shelter to homeless men, women and families. Non-denominational. Crisis counseling, clothing, rehab program, meals served daily, dental care (restrictions). Dental Care: must be enrolled, screened and interview, take classes in order to receive free dental treatment. No fees.

**Community House Residential Program** 405-230-1138  
**Intake** 405-230-1100  
*1501 N.E. 11th, OKC, OK 73102*  
*Mon - Fri 9 am - 5 pm*

[www.drionline.org](http://www.drionline.org)  
Outpatient Services  
Community House in Oklahoma City, Oklahoma is an alcohol treatment program focusing on substance abuse treatment services. Providing substance abuse treatment with residential short-term treatment and residential long-term treatment. Dual diagnosis or persons with co-occurring disorders, persons with HIV or AIDS, pregnant or postpartum women, women, and men are supported for drug rehab. State financed payment and self payment is accepted with sliding fee scales. Includes ASL or other assistance for the hearing impaired.

**Cope, Inc** 405-528-8686



2701 North Oklahoma Ave., OKC, OK 73105

Mon – Fri 9:00am – 5:30pm.

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

A behavioral health and substance abuse outpatient clinic.

- Counseling for individual, group, and family
- Substance Abuse
- Domestic Violence
- Behavioral Concerns
- Impulse Control
- Sexual Abuse
- Employment Assistance Program (EAP)
- Multi-cultural Counseling Center
- Case Management
- Psychological Testing/Evaluations
- DUI School & Assessment
- Moral Recognition Therapy
- Rehabilitation Services
- Mentoring
- Education/Tutoring/GED
- Fatherhood Program
- Assessment/Employment Program
- Alcohol and drug abuse day treatment
- Outpatient Services

Services include life skills, social skills, counseling, screening referral aftercare, employment training, and mentoring.

**Cornerstone Counseling and Consulting Inc. 405-231-3150**

4232 N. Sante Fe, OKC, OK 73118

Mon - Thu 8am. - 5pm. Friday 8am - 3pm.

[www.cornerstonecounseling-inc.org](http://www.cornerstonecounseling-inc.org)

- Mental health counseling, parenting groups, anger management groups, sexual abuse family education, sex offender counseling and assessment, chaperone program, case management services, substance abuse assessment and services, consultative services.
- Voices for Teen Girls – sliding scale fee (\$20 group)
- Fees: sliding scale. Medicaid/SoonerCare or private insurance accepted.

**Cross & Crown Mission**

**405-232-7696**

1008 N. McKinley, OKC, OK

Serves certain zip codes in NE OKC only.

- AA meeting at Noon on Mondays.
- Food pantry Mon, Tues, & Wed beginning at 11am open until first 50 families served
- Medical clinic Tues. to the 1<sup>st</sup> 15 families beginning @ 8:30am

**Crossings Community Center**

**405-755-2227**

2208 W Hefner Rd., OKC, OK

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

Clinic by appointment. Celebrate Recovery Thurs 6 pm - 9 pm

- Medical, dental, eye care, and counseling, The Club - mentoring, life skills, spiritual program for John Marshall Middle School students, Celebrate Recovery - a program to help adults heal from the hurts, habits and hang-ups in their lives - limited legal services.
- The Club - Students who apply from John Marshall Middle School.
- Clinic--low income without insurance. No cost.

**Eagle Ridge Institute**

**405-840-1359**

601 N.E. 63<sup>rd</sup>, OKC, OK 73105

Mon – Fri 8am – 5pm

[www.eagleridgeinstitute.com](http://www.eagleridgeinstitute.com)

ERI services include:

- Mental health therapy/ counseling
- Developmental assessments and early intervention are unique services provided at the Center for children under six years of age.
- Case management
- Counseling and psychotherapy
- Psycho-social rehabilitation
- Family education
- Therapeutic Foster Care
- Family Treatment Center provides long-term residential treatment for chemically dependent women and their dependent children.
- Substance abuse education and counseling
- Serving children, youth, and adults with medicaid/medicare reimbursement.
- Self pay

**Edmond Family Counseling**

**405-341-3554**

1251 N. Broadway, Edmond, OK

Mon – Thu 9am – 8pm & Fri 9am – 12pm

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

- 24 hour crisis intervention
- Individual, group, and family counseling
- Counseling for individuals over 7 years of age
- Sliding fee scale & onetime intake fee

**Family Development and Intervention Services**

**405-767-1126**

7301 N. Broadway Extension, OKC, OK

Mon - Fri 8am. - 5pm.

<http://familydevelopmentinterventionservices.com/counseling/>

Counseling services, substance abuse treatment. Accepts Medicaid/SoonerCare and some insurance.

**Firststep Men's Recovery**

**405-799-7540**

11601 E Lake Stanley Draper Dr OKC, OK 73165

8am – 5pm Mon – Fri

Provide a six month drug and alcohol rehabilitation program for men. This is a work recovery program.

<http://okcmetroalliance.com/contactus.html>

**Firststep Women's Recovery**

**405-794-2834**

12511 S. Sooner Road, OKC, OK 73165

Business Office Hours Mon - Fri 8am – 5pm

<http://okcmetroalliance.com/women1step.html>

Long-term work recovery program; 9-12 months or longer if needed.

- No charges or fees.
- Clients work 6 days a week while at the facility either on the grounds or at outside jobs set up by FIRSTSTEP. ALL money from outside jobs comes directly to FIRSTSTEP for its support.
- AA oriented; meetings 6 nights a week in-house or outside.
- GED classes 2 nights per week for those who need it.
- Individualized treatment planning.
- Medical necessities supplied.



- Postage furnished.
- Personal hygiene articles supplied. One pack of cigarettes furnished daily.
- Discharge planning done after 6 months to aid the person in their return to society.

**Gary E. Miller Children's Justice Center** 405-262-0202  
7905 E Hwy 66, El Reno, OK 73036  
*Mon - Fri 8am - 5pm.*  
[www.CanadianCountyChildren.com](http://www.CanadianCountyChildren.com)  
Treatment for youth and adults. Canadian county residents.

**Grace Rescue Mission** 405-232-5756  
2205 Exchange Ave., OKC, OK 73108  
*24 hours, 7 days a week*  
S.A.F.E. Program (Setting Addicts Free Eternally), a residential alcohol treatment program, includes Bible Study, Tool Time training program. Men only - minimum age 19, current photo ID, no registered sex offenders. Fees: none.

**Hope Community Services** Main: 405-634-4400  
**Administration** 405-632-1900  
6100 S. Walker, OKC, OK 73139  
*Mon, - Thu 8am - 5pm.*  
*Fri 8am - 7pm.*  
*Walk-in Intake Hrs 8am – 11:30 (will accept after 11:30)*  
[www.hopecsi.org](http://www.hopecsi.org)  
Serves Cleveland, Canadian and Oklahoma county residents. Services in Spanish. Substance abuse assessment and treatment, case management, day treatment therapy, psychiatry, drug testing (for clients who speak Spanish) - immediate access. TANF referred through orientation, CW referred through Immediate Access. Eligibility based on income.

**iMAT Integris** 405-951-2273  
**Mobile Assessment Team**  
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr Triage on Phone

**INDIAN HEALTH SERVICES** 405-948-4900  
(OK, KS, & TX)  
4913 W Reno, OKC, OK 73127  
Mon, Tues, Thurs & Fri 7:45am - 5pm & Wed 10am - 5pm  
[www.okcic.com](http://www.okcic.com)

Must have Indian Identification card. Call for an appointment.

- Medical Services
- Dental Services

**Maximus Counseling Services Inc** 405-601-1154  
5714 S Western, OKC, OK 73109  
*Mon - Fri 8am - 5pm.*  
Mental health and substance abuse services, including outpatient services where they come to the home, and substance abuse treatment. Payment assistance available (by sliding fee scale), Medicaid.

**Mission Treatment Center** 405-239-6815

1737 Linwood Blvd, OKC, OK 73106

*Mon - Fri 5am - 12pm*

Methadone substance abuse treatment facility- outpatient treatment. Have to meet a certain criteria (on a case by case bases).

**NAIC (Norman Addiction Information and Counseling)** 405-321-0022  
1-866-884-4595  
215 W. Linn, Norman, OK 73069  
Mon-Thurs, 8 am - 6:30 pm, Fri 8 am - 5:00 pm  
[www.naichelp.org](http://www.naichelp.org)  
Counseling appointments, groups and classes are scheduled until 9pm and some weekends. Counseling and other programs (prevention, counseling, training, DUI school) for those who are impacted by alcohol, drugs, or gambling.

**New Day Recovery Youth and Family Services Inc.** 405-525-0452  
7250 NW Expressway, OKC, OK 73105-5104  
*Mon - Fri 9am-5pm*  
Ages 4 and up. Substance abuse treatment, outpatient care, special groups and programs for adolescents. Payments: Medicare and Medicaid/SoonerCare is accepted. Payment assistance is NOT offered for program costs. Private pay is \$35 individual mental health sessions and \$20 per class. Private pay accepted.

**New Discoveries Youth and Family Services** 405-232-1401  
628 NE 4<sup>th</sup> 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 as well as sliding scale fees based on classes

**Northcare Center (Adult Services)** 405-272-0660  
1140 N. Hudson, OKC, OK 73103  
*Mon, Wed, Thur 8am- 5pm / Tue 8am – 7pm / Fri 8am – 3pm*  
[www.northcare.com](http://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.

**Oklahoma Citizens Advocates for Recovery and Treatment Association (OCARTA)** 1-866-848-7555  
405-848-7555

2808 N.W. 31st St., OKC, OK 73112

*Mon - Thur 9 am - 9 pm, Fri 9 am - 11 pm, Sat 1 pm - 11 pm*

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

Outreach and referral for men or women seeking help for substance abuse problems, meeting people at detox centers and transporting them to treatment, linking families to community resources and introducing people new in recovery to the recovery community. Sister-Sister program for females only, must live in Oklahoma County and in recovery or want to be in recovery. Other programs available person must be in recovery and or wants to be in recovery.

**Oklahoma City Compassion, Inc.** 405-524-8082  
Penn Avenue Church of the Nazarene  
2132 W. Park Place, OKC, OK  
*Mon - Fri 8:30am – 5pm, Sat 8:30 - noon*

- Recovery Houses - residential programs for those who need serious help in getting their lives back on track.
- Most of our clients are coming out of very desperate situations.
- Some have been in alcohol and drug programs or in jail or prison.
- Clothing, hot meals, serves nutritious meals six days a week.
- When staffing and resources are available, provides school supplies, Christmas gifts, and other kinds of enjoyable and useful donations.
- Anyone in need, help for the disadvantage.

**Oklahoma County Crisis Intervention Center 405-522-8100**  
2625 General Pershing, OKC, OK  
24 hours - 7 days a week  
Mental health and drug/alcohol abuse crisis intervention facility,  
24-hour medically supervised detox for adults, OK county.

**Oklahoma Narcotics Anonymous 405-524-7068**  
**Outside Oklahoma City Area 1-866-524-7068**  
121 NE 52nd St., OKC, OK 73105  
24 hour helpline  
[www.okna.org](http://www.okna.org)

Coordinates support group meetings - hours, meeting times and location depend on where you live. Group meetings, public information, presentation to school, self help meetings. Western area of Oklahoma

**Oklahoma Tobacco Helpline 1-800-QUIT-NOW**  
**1-800-784-8669**  
Tobacco use prevention.

**Pathways Professional Counseling 405-605-8282**  
6501 N. Broadway Ext. Suite 180, OKC, OK 73116  
Mon - Thurs 9am - 8pm, Fri 9 am - 5 pm, Sat 9 am - 2 pm  
Parenting classes, drug, and alcohol, larceny classes. Individual and family counseling, home based as needed, Spanish groups, PCIT - parent-child interaction therapy. Medicaid, private pay, insurance and sliding scale.

**Reachout 1-800-522-9054**  
OK Department of Mental Health and Substance Abuse Services  
1200 N.E. 13th St., OKC, OKC  
24-Hours - 7 days/week  
A statewide, 24 hour, toll free hotline which provides crisis intervention and referral. Can also obtain prevention and awareness materials.

**Red Rock Jordan's Crossing 405-604-9644**  
**301 W I-240 Service Road, Oklahoma City, OK**  
[www.red-rock.com](http://www.red-rock.com)  
Offer residential facility for inpatient 6 - 9 month rehabilitation for women and women with children.

**Rightway Medical 405-616-3366**  
9017 S. I-35 Service Rd OKC, OK 73160  
Extended outpatient opiate treatment program, drug toxicology, counseling, medical services and pregnancy testing.

**Salvation Army Adult Rehabilitation Center 405-236-3677**  
2041 NW 7th St., OKC, OK 73106

Mon - Fri 7:30am - 4pm.

7:30am - 5pm, 7 days a week

Rehab program, 6 months to a year program, rehabilitation work therapy for adult male substance abusers, counseling. Residents may stay as long as they wish to as long as they abide by the rules of the center.

**Specialized Outpatient Services (S.O.S.) 405-810-1766**  
5208 N Classen Circle, OKC, OK 73118  
Counseling Hrs Mon - Fri 9am - 6pm. (closed 12pm - 1pm for lunch), Drug testing hrs 9am - 8:30pm (closed 12pm - 1pm for lunch)

After hours groups are available.

Outpatient treatment and intensive outpatient substance abuse treatment, parenting, anger management, DUI and drug testing, strengthening families.

**St. Anthony's Start Program 405-713-5980**  
Appointments Taken Mon - Fri 8 am - 9 pm, Intakes 10 am - 2 pm  
Assessments Mon - Fri 8am - 4pm.

Inpatient Nursing Care 24/7

START (St. Anthony Recovery and Treatment) begins with a medically-supervised detoxification period, if necessary. Patients then step down to an intensive inpatient or residential level of care which addresses emotional, spiritual and physical needs. Offers 21 or 28 day residential treatment options, as well as day treatment and day or evening intensive outpatient treatment. Family members can play an important role in recovery, so we often include them in the treatment process during family or group therapy. Medicaid/SoonerCare or private insurance accepted.

**Start Fresh Alcohol Recovery Center 405-608-8806**  
5015 N. Pennsylvania Ave., Oklahoma City, OK 73122  
[www.startfreshrecoverytoday.com](http://www.startfreshrecoverytoday.com)

**Teen Challenge of Oklahoma 405-600-1920**  
<http://www.okteenchallenge.com>  
Provides faith based drug and alcohol programs for adults and teens. Men's, women's, boys and girls program facilities.

**(TRC) The Referral Center 405-525-2525**  
1215 NW 25<sup>th</sup>, OKC, OK 73106  
24 hrs/7 days a week  
[www.trcok.com](http://www.trcok.com)

Substance abuse assessment - Immediate Access 24-hour assessments available. Substance abuse treatment and rehabilitation, detoxification. Free services when referred by Child Welfare.

**Tri-City Youth and Family Center 405-390-8131**  
14625 N.E. 23<sup>rd</sup>, 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](http://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

**Turning Point Treatment Center** 405-634-0508  
 1607 S.W. 15<sup>th</sup> St., OKC, OK 73108  
*Mon and Wed 8 am-8 pm, Tue, Thur, Fri 8 am- 5 pm*

- Outpatient alcohol and drug abuse counseling
- Evaluation
- Referral
- Community Education
- DUI Assessment
- Substance abuse aftercare
- Community Education Rehabilitation Effort

**Valley Hope Association** 405-942-5028  
**Valley Hope Drug Rehabilitation Center** 405-946-7337  
 6110 NW 63<sup>rd</sup>, OKC, OK  
[www.valleyhope.org](http://www.valleyhope.org)

- Oklahoma City Valley Hope's drug rehab center outpatient program is held in a six-week format with sessions Monday, Wednesday and Friday evenings from 6-9 p.m. IOP participants receive group therapy, individual and family counseling, educational lectures, films and 12 Step program work. Up to one year of continuing care is also provided.
- Other drug and alcohol treatment services available at the drug rehab center's office include traditional outpatient, telehealth, individual and group counseling, relapse prevention, assessments/evaluation services and continuing care.
- Office hours are from 1 p.m. to 10 p.m. Monday through Friday and outpatient services are Monday, Wednesday and Friday from 6-9 p.m.
- Oklahoma City Valley Hope accepts most insurance and managed care plans.

**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

## EATING DISORDER TREATMENT

**(DECCO) Disordered Eating Center of Central Oklahoma** 405-292-1000  
 1225 West Main Street, Norman, OK 73069  
 One-on-one nutritional counseling, specializing in the treatment of eating disorders.

**iMAT Integris Mobile Assessment Team** 405-951-2273  
 (Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hour triage on Phone

**National Eating Disorders** 1-800-931-2237  
*Monday-Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST).*  
<http://www.nationaleatingdisorders.org>  
 Helpline volunteers will be there to offer support and guidance. Provides information and resources.

## EDUCATION: CHILDREN/ADULTS

**American Indian Education, Training, and Employment Center** 405-810-9202  
 4801 N. Classen Blvd., Suite 200, OKC, OK 73118  
*Mon – Fri 8:30-11am & 1- 4:30pm (except Mon mornings)*

- Funded through the Department of Labor.
- Vocational training provides training and job search assistance.
- Must live in OK County.
- GED classes offered for individuals 18 and older.
- Also offer a summer youth program for individuals 14 – 21 that includes working in the summer.
- Year-round vocational training offered for youth & adults.

**Bethel Foundation USA** 405-286-3700  
 13003 N. Western, OKC, OK 73114  
[bethelfoundationsusa.com](http://bethelfoundationsusa.com)

- 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](http://www.okcps.org/adulted.com) or call 405-231-2053.

**Celebrations Education Services Inc.** 405-236-4038  
 5716 S Western, OKC, OK 73109  
 Mon - Fri 8am - 4:30pm.  
 Private, full-time, bilingual preschool and kindergarten program. Preschool \$250 per month.

**Crossings Community Center** 405-749-0800  
 2208 W. Hefner Rd., OKC, OK  
 Clinic by appointment  
 Celebrate Recovery *Thu 6pm - 9pm.*  
[www.crossingsokc.org](http://www.crossingsokc.org)  
 Medical, dental, eye care, and counseling, The Club - mentoring, life skills, spiritual program for John Marshall Middle School students, Celebrate Recovery - a program to help adults heal from the hurts, habits and hang-ups in their lives - limited legal services. The Club - Students who apply from John Marshall Middle School, Clinic--low income without insurance. No cost.

**Eastern Oklahoma County Technical Center** 405-390-9591  
 4601 N Choctaw Road, Choctaw, OK 73032  
*Mon - Thu 8am - 9pm.*  
*Fri 8pm - 3pm.*

Provides lifelong career and technical training and personal development through quality programs, services and activities.

**Emerson Alternative Education Center** 405-587-7900  
715 N. Walker, OKC, OK 73102  
*Mon – Fri 7:30am – 2:20pm*

Outreach programs for pregnant and female parenting students 6th - 12th grade, credit recovery for suspended students, students with special adjustment needs, students with chronic attendance problems, students who are medically unable to attend school, students in special facilities for psychological maladjustment or chemical dependency, grades 9 – 12

**Francis Tuttle Technology Center** 405-722-7799  
12777 N Rockwell, OKC, OK 73142  
*Mon - Fri 8am - 8:30pm.*  
[www.francistuttle.edu](http://www.francistuttle.edu)

Provides lifelong career and technical training and personal development through quality programs, services and activities. Fee varies.

**Head Start - Community Action Agency Of Oklahoma/Canadian Counties** 405-232-0199  
319 SW 25, OKC, OK 73109  
*Mon – Fri 8am – 5pm*  
[www.caaofokc.org](http://www.caaofokc.org)

Full and part-time day care and preschool services with emphasis on the areas of child development, health/safety, nutrition, mental health, disabilities, family partnerships, parent involvement and literacy. These programs advocate for a community that shares responsibility for the healthy development of children and families. Children 3 to 5 years of age are eligible for enrollment if their families meet the income guidelines. Special Classes (GED): Classes in general education are available free of charge at two district centers. You must be receiving DHS benefits to qualify.

**Latino Community Development Agency** 405-236-0701  
420 SW 10<sup>th</sup> St., OKC, OK 73109  
*Mon-Fri 8:30 a.m. – 5:00 p.m.*  
Counseling lifelong career and technical training and personal development through quality programs, services and activities. Guidance and academic services, vocational education, career counseling, ESL and GED classes, financial assistance with cost of tuition, textbooks, transportation, job search assistance. Eligibility varies by program.

**Metro Technology Center** 405-424-8324  
1900 Springlake Dr. OKC, OK 73111  
*Mon – Fri, 7:30am - 4:30pm.*  
Provides lifelong career and technical training and personal development through quality programs, services and activities. Guidance and academic services, vocational education, career counseling, ESL and GED classes, financial assistance with cost of tuition, textbooks, transportation, job search assistance. Eligibility varies by program.

**Oklahoma City Community College Community Outreach and Education** 405-682-7859  
7777 S. May Ave., OKC, OK 73159  
*Mon-Fri 8am-5pm*

- ABE & GED PREP classes provided.

**Oklahoma City Public Schools Native American Student Services** 405-587-0357  
900 N. Klein, OKC, OK 73118  
*Mon - Fri 7:30am – 4:30pm.*

After school tutoring, night school for juniors and seniors, career and higher ed. workshops, drug/alcohol prevention. Native American descent, reside in Oklahoma City School district.

**Oklahoma Cooperative Extension Service** 405-744-5398  
930 N Portland, OKC, OK 73107  
*Mon - Fri 8am - 4:30pm.*

Family and consumer science services, nutrition, health, parenting and co-parenting education, gardening. Oklahoma County residents no fee.

**Oklahoma State University at OKC Student Support Services** 405-945-8627  
900 N. Portland Ave., OKC, OK 73107  
*Mon –Thu, 8:00am – 5:30pm & Fri 8am-5pm*  
GED 405-945-8691  
[www.osuokc.edu/soar](http://www.osuokc.edu/soar)

For first generation college student, financially disadvantaged, and/or physically challenged.

- Academic advisement
- Career counseling
- Extensive tutorial assistance
- Financial aid information
- Cultural events/field trips
- Advocacy intervention
- Referrals to campus and community resources
- Workshops (stress management, note taking/study skills, career options, test anxiety, parenting skills, etc)

**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

**REACH – Oklahoma State University OKC** 405-945-8636  
900 N Portland, OKC, OK 73107  
*Mon - Fri 8am - 5pm.*  
[www.osuokc.edu/reach](http://www.osuokc.edu/reach)

REACH provides short-term educational and career skills training in various areas that qualify students to enter the workforce in professional positions. Courses are individualized to each student's educational plan. Students are given the opportunity to apply skills on the job through internships and work experience assignments. Professional development workshops and job search activities are an integral part of the students' learning experience. College credit is available for certificates and AAS degree programs as stated in the DHS employability plan.

**Rose State College** 405-736-0315  
6420 SE 15th St., Midwest City, OK 73110



Mon - Fri 8am - 5pm.

Skills and needs assessment, job training, pre-employment training. Fee varies.

**Salvation Army** **405-246-1060**

Men's lodge 405-246- 1080

Family lodge 405-246-1133

311 SW 5th St., OKC, OK 73101

PO Box 2095, OKC, OK 73101

Mon - Thu 9am - noon, 1pm - 3:30pm.

- Food Assistance, Meals, Emergency Shelter, Clothing Assistance, Utility Assistance, Christmas Assistance.
- Senior Citizens Transportation Program
- Boys & Girls Clubs serves as a youth center for children of working parents. Children are provided with meals, homework assistance, character-building activities and recreation activities at the center, located at 2808 SE 44th and at 201 S. Bickford in El Reno, 73036.
- Serves Oklahoma, Canadian and Cleveland counties.

**Shiloh** **405-858-7011**

601 N.E. 63rd St., OKC, OK 73105

[www.shilohcamp.org](http://www.shilohcamp.org)[www.theshiloh.net](http://www.theshiloh.net)

Call for Information. Shiloh provides programs designed to promote learning, healing, and wholeness. Will reach inner city youth and families in a beautiful, natural environment. These programs will include education, training, outdoor athletics, recreation, and cultural activities.

**SmartStart** **405-278-6978**  
**1-866-283-0987**

421 NW 13<sup>th</sup> Str., OKC, OK 73103

Mon - Fri 9am - 5pm.

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

A statewide early childhood initiative coalition to promote school readiness.

**Sunbeam Family Services** **405-528-7721**

1100 NW 14th St., OKC, OK 73106

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

[www.sunbeamfamilyservices.org](http://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

**(TEEM) The Education and Employment Ministry** **405-235-5671**

14 NE 13<sup>th</sup>, OKC, OK 73104

Mon - Fri 8am - 3pm.

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

Only open to incarcerated individuals (non-violent felons). Faith-based, provides job training, including assistance in obtaining GED and learning job skills (such as computer skills). Also assists in job search. No charge for services. Must be 18 years or over.

**Urban League of Greater OKC** **405-424-5243**

3900 N Martin Luther King Ave., OKC, OK 73111

Mon - Fri 8am - 5pm.

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

No longer open to the general public--they only work with incarcerated individuals (non-violent felons). Faith-based, provides job training, including assistance in obtaining GED and learning job skills (such as computer skills). Also assists in job search. No charge for services. Must be 18 years or over.

**Whiz Kids** **405-602-2815**

923 N Robinson, Suite 320, OKC, OK 73102

Mon - Thu 9am - 5pm.

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

Improves the well-being of inner-city youth through academic tutoring, positive mentoring relationships and by communicating spiritual and moral values. Faith-based program for elementary age students at selected schools.

**Workforce Oklahoma Youth Program** **405-713-1890**

7401 N.E. 23rd St., OKC, OK 73141

Mon – Fri 8am – 5pm

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

The Workforce Oklahoma Center's Youth Program is designed to help young people 16-21 years old to earn a high school diploma or equivalent and to become job ready and career oriented.

- Free Career Guidance
- Free information on college and technical schools
- Free financial aid guidance
- Free study skills development
- Free academic counseling
- Free short-term refresher courses and tutoring
- Free college preparation instruction – basic math through algebra, English, grammar, and composition reading

## EMPLOYMENT SERVICES

**American Indian Education, Training, and Employment Center** **405-810-9202**

4801 N. Classen Blvd., Suite 200, OKC, OK 73118

Mon – Fri 8:30-11am & 1- 4:30pm (except Mon mornings)

- Funded through the Department of Labor.
- Vocational training provides training and job search assistance.
- Must live in OK County.
- GED classes offered for individuals 18 and older.
- Also offer a summer youth program for individuals 14 – 21 that includes working in the summer.
- Year-round vocational training offered for youth & adults.

**American Indian Vocational Rehabilitation Program** **405-951-3400**

3535 NW 58th St., Suite 500, OKC, OK 73132

Mon - Fri 9am - 5pm.

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

Vocational, medical and psychological evaluations. Vocational guidance and counseling. Rehabilitation devices and equipment.



Job placement. Proof of citizenship from state or federally recognized tribe. Reside within area served by participating tribe.

### **Carl Albert State College**

#### **Assessment Services 405-942-2180**

3120 W Britton Rd., Suite 200, OKC, OK

Referral is made through OKDHS TANF worker. Provides educational, vocational, vision screening and learning disability assessments, with client advocate services for those determined to have a potential learning disability, to TANF required registrants.

### **Cheyenne-Arapaho Tribes**

#### **of Oklahoma 405-262-0345 ext. 27490**

PO Box 38, Concho, Oklahoma 73022

*Mon - Fri 8am - 5pm.*

Job placement, vocational training. Must be 1/4 Native American.

### **City Care – Pershing Center**

**405-609-2400**

2400 General Pershing Blvd., OKC, OK 73107

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

*Mon - Fri 9am - 5pm.*

City Care is a 501 © (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.

### **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.

### **Family Self-Sufficiency Program – Oklahoma City Housing Authority**

**405-239-7551**

1700 N.E. 4<sup>th</sup>, OKC, OK 73117

*Mon - Fri 8am – 5pm.*

The FSS program is for those who are unemployed or already employed but want to increase their income and who are willing to commit to changing their lives. Each FSS participant creates a five-year plan that includes employment goals and identifies training or educational needs. FSS staff will work with the household to identify, locate, and arrange for the services they need to accomplish these goals. Services might include child care, education, transportation, personal development, résumés, job training and placement. As FSS participants succeed in raising their family income, the portion of their monthly income contributed toward their Section 8 rent payment also increases. HUD regulations allow a percentage of this rent

increase to be deposited into an interest bearing escrow account for the family. If the family meets its goals within five years and "graduates" from welfare assistance for a period of twelve consecutive months, they will receive the funds in this account. This is a great incentive for those new in the work force and for those ready to reach goals set early in life. Many participants use this escrow as a down payment in purchasing a home or to start their own business. Must be on Section 8 Program of the Oklahoma City Housing Authority.

### **Goodwill Industries-**

**405-278-7152**

#### **Job Connection Center**

316 S. Blackwelder (off of Reno between Western and Penn)

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

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

We help people in need-- people with criminal backgrounds, people with disabilities, seniors, veterans and military families, youth, people re-entering the workforce, people changing careers and any other person who might be unemployed. We partner with local agencies and businesses to bring people and resources together. No appointment necessary. No cost.

### **Labor Ready**

914 N.W. 23<sup>rd</sup>, OKC, OK 73106

**405-524-1388**

925 SW 59<sup>th</sup> Str, OKC, OK 73109

**405-634-3100**

*Mon – Fri 5:30am– 6pm; Apply Mon - Fri 8am - 3pm*

- Need two forms of ID (one must be a picture ID)
- Temporary to permanent jobs
- Will hire both men and women
- Work today - paid today
- Construction
- Manufacturing
- Industrial
- Freight handling
- Warehouse
- Landscaping
- Janitorial
- Family Self-Sufficiency Program

### **(DRS) Oklahoma Department of Rehabilitation Services**

**1-800-487-4042**

**1-800-845-8476**

8001 S. I-35 Service Road, Ste. 100, OKC, OK 73149

*Mon - Fri 8am - 5pm.*

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

DRS expands opportunities for employment, independent life and economic self-sufficiency by helping Oklahomans with disabilities bridge barriers to success in the workplace, school and at home. No Fee.

### **Oklahoma Employment Securities Commission**

**405-557-7100**

2401 N Lincoln Blvd., OKC, OK 73105

*Mon - Fri 8am - 5pm.*

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

OESC offers many services to Oklahoma job-seekers and residents, including referral to suitable employment opportunities, job training assistance to economically disadvantaged individuals, those dislocated due to business closings and layoffs, and assessment of an individual's needs and referral to supportive

agencies and programs. Unemployment insurance benefits are also handled through these offices.

**OKC Eastside** 405-713-1890  
7401 NE 23<sup>rd</sup>, OKC, OK 73141  
FAX: 405-713-1898  
Email: [manager.east@oesc.state.ok.us](mailto:manager.east@oesc.state.ok.us)  
Mon – Fri 8am – 5pm

**Norman** 405-701-2000  
1141 E main, Norman, OK  
FAX: 405-701-2042  
Mon – Fri 8am – 5pm

**OKC Brookwood South** 405-234-5000  
9210 S. Western, Ste. A-9 OKC, OK 73139  
Mon – Fri 8am – 5pm

**Oklahoma City Community College** 405-682-7519  
**Student Employment and Career Services**  
▪ Support services include assistance in obtaining a work study and/or work related activity and other support services that lead to employment.  
▪ Career Transitions Program – 405-682-7844 - assists individuals facing economic challenges (i.e. receiving temporary assistance) in acquiring educational attainment that will assist them in obtaining self-sufficiency. Provide participants with educational training that leads toward completion of a college certificate and/or an associate degree.

**Oklahoma City Housing Authority** 405-239-7551  
1700 N.E. 4<sup>th</sup>, OKC, OK 73117  
Mon – Fri 8am – 5pm  
[www.ochanet.org](http://www.ochanet.org)  
Must be on Section 8 Program of the Oklahoma City Housing Authority  
▪ Job development  
▪ Resume writing  
▪ Parenting skills  
▪ Budgeting  
▪ Homeownership counseling  
▪ Child Care providers  
▪ Escrow or savings account

**Opportunities Industrialization Center** 405-235-2651  
400 N. Walnut Ave OKC, OK 73104  
Mon-Fri 7:30am- 4:00pm  
Serves unemployed and underemployed. Assistance in upgrading reading and math skills, GED prep, and computer skills. Offer counseling and job placement as well.

**REACH – Oklahoma State University OKC** 405-945-8636  
900 N Portland, OKC, OK 73107  
Mon - Fri 8am - 5pm.  
[www.osuokc.edu/reach](http://www.osuokc.edu/reach)  
REACH provides short-term educational and career skills training in various areas that qualify students to enter the workforce in professional positions. Courses are individualized to each student's educational plan. Students are given the opportunity to apply skills on the job through internships and work experience assignments. Professional development workshops and job search

activities are an integral part of the students' learning experience. College credit is available for certificates and AAS degree programs as stated in the DHS employability plan.

**TEEM - Educational & Employment Ministry** 405-235-5671  
14 NE 13<sup>th</sup>, OKC, OK 73104  
Mon - Fri 8am - 3pm.  
[www.teem.org](http://www.teem.org)

Only open to incarcerated individuals (non-violent felons). Faith based, provides job training, including assistance in obtaining GED and learning job skills (such as computer skills). Also assists in job search. No charge for services. Must be 18 years or older.

**Workforce Oklahoma Employment Security Commission**  
Locations:

**OKC Eastside** 405-713-1890  
7401 NE 23<sup>rd</sup>, OKC, OK 73141  
FAX: 405-713-1898  
Email: [manager.east@oesc.state.ok.us](mailto:manager.east@oesc.state.ok.us)  
Mon – Fri 8am – 5pm

**Norman** 405-701-2000  
1141 E main, Norman, OK  
FAX: 405-701-2042  
Mon – Fri 8am – 5pm

**OKC Brookwood South** 405-234-5000  
9210 S. Western, Ste. A-9 OKC, OK 73139  
Mon – Fri 8am – 5pm

Referral to suitable employment opportunities, job training assistance to economically disadvantaged individuals and those dislocated due to business closings and layoffs. Assessment of individual needs and referral to supportive agencies and programs.

## EYE CLINICS

**Baptist Mission Center** 405-235-6162  
2125 Exchange Ave, OKC, OK 73108  
▪ Prescription eyeglasses (payment required)  
▪ Free to book eye an appointments in Newcastle (Wednesdays Only)  
▪ Call for more information.

**Integrus Baptist Community Clinic** 405-951-2277  
1201 NW 10<sup>th</sup>, OKC, OK 73106 (Located in Olivet Baptist Church – the clinic is located between Elision and Klein St.)  
2<sup>nd</sup> and 4<sup>th</sup> Mondays  
Take clients with long term medical conditions not emergencies.

**Crossings Community Clinic** 405-749-0800  
2208 W. Hefner Rd. OKC OK 73120  
▪ Offers health, dental and counseling care in a Christian environment. No cost.  
▪ Appointment Only  
▪ For uninsured and under resourced  
▪ If no answer please leave a message

**Lions Eye Bank** 405-947-6540

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.



<ul style="list-style-type: none"> <li>▪ <b>Whiz Kids Oklahoma Office</b> 923 North Robinson, Suite 320 Oklahoma City, OK 73102 Phone: (405) 602-2815</li> <li>▪ <b>OKC Homeless Day Shelter</b> 1729 NW 3rd Street Oklahoma City, OK 73106 Phone: (405) 415-8500</li> </ul>		<p><b>First Baptist Church of Moore (Care Center)</b> 405-793-2600 301 NE 27<sup>th</sup> Moore, OK 73160 <i>Mon 10am-1pm</i> <a href="http://www.firstmoore.com">www.firstmoore.com</a> Must be a resident of Moore.</p> <ul style="list-style-type: none"> <li>▪ Provide ID and utility bill.</li> <li>▪ Food and clothing.</li> </ul>
<p><b>Compassionate Hands</b> 405-354-9591 119 S. 6<sup>th</sup> St., Yukon, OK 73099 <i>Mon – Fri 9am – 4pm</i> <a href="http://www.compassionatehandsyukon.com">www.compassionatehandsyukon.com</a></p> <ul style="list-style-type: none"> <li>▪ Offer food pantry</li> <li>▪ Serves zip code: 73099</li> <li>▪ Referrals</li> <li>▪ Provide utility/rent</li> <li>▪ Prescription assistance to those who live in their service area.</li> </ul>		<p><b>Food &amp; Shelter Inc.</b> 405-360-4954 104 W. Comanche St. Norman, OK 73069 <i>Mon- Fri 9 am- 5 pm, Sat 8 am - 1 pm, Sun 9 am - 2 pm</i> <a href="http://www.foodandshelterinc.org">www.foodandshelterinc.org</a> Food, Housing, and Emergency Services for people in crisis.</p>
<p><b>Council Road Baptist Church</b> 405-789-3175 2900 N. Council Rd., Bethany, OK 73008 <i>Mon – Fri 9am – 10am</i> <a href="http://www.councilroad.org">www.councilroad.org</a></p> <ul style="list-style-type: none"> <li>▪ Food pantry provided to individuals living in zip codes 73008, 73099, 73122, 73132, &amp; 73127.</li> <li>▪ ID required</li> <li>▪ May only come once a month.</li> </ul>		<p><b>Highland Baptist Church</b> 405-794-5432 2425 SE 4<sup>th</sup> St Moore, OK <i>Tues &amp; Thu 9am-12pm</i></p> <ul style="list-style-type: none"> <li>▪ Food Pantry available.</li> </ul>
<p><b>Cross &amp; Crown Mission</b> 405-232-7696 1008 N. McKinley, OKC, OK Serves certain zip codes in NE OKC only.</p> <ul style="list-style-type: none"> <li>▪ AA meeting at Noon on Mondays.</li> <li>▪ Food pantry Mon, Tues, &amp; Wed beginning at 11am until the first 50 families are served.</li> <li>▪ Medical clinic Tues. to the 1<sup>st</sup> 15 families beginning @ 8:30am</li> </ul>		<p><b>Hope Center</b> 405-348-1340 1251 N. Broadway, Edmond, OK 73034 <i>M.T.W.R: 8:30am-4pm; F: 8:30-noon</i> <a href="http://www.hopecenterofedmond.com">www.hopecenterofedmond.com</a></p> <ul style="list-style-type: none"> <li>▪ Edmond and Arcadia residents only</li> <li>▪ Requires ID and utility bill</li> <li>▪ For financial aid, current income required</li> </ul>
<p><b>Fairview Baptist Church</b> 405-232-1621 1700 NE 7<sup>th</sup> St. OKC, OK 73117 4th Sat: 10:00 a.m. until food is gone <a href="http://www.fairviewokc.com/">http://www.fairviewokc.com/</a></p>		<p><b>Jesus House</b> 405-232-7164 1335 W. Sheridan, OKC, OK 73146 <i>Food Baskets M-W-F 8:30am-noon</i> <a href="http://www.jesushouse.org">www.jesushouse.org</a></p> <ul style="list-style-type: none"> <li>▪ Also offer Clothing and Furniture T.R.: 8:30pm-noon</li> <li>▪ Week days 3 hot meals (7:30am-noon-4:30pm)</li> <li>▪ Weekends 2 hot meals (10:30am-4:30pm)</li> </ul>
<p><b>The Father's Business</b> 405-794-3161 805 NW 24<sup>th</sup> St Moore, OK Open 4th Tues. of every month from 1 pm - 5 pm Food and clothing pantry. Call ahead for zip codes.</p>		<p><b>Love Link Ministries</b> 405-239-6219 1122 Linwood Blvd., OKC, OK 73106 <i>Food Pantry open Tues &amp; Fri 11 am - 1 pm</i> Food Pantry, Need photo ID and proof of address, Can come once a month.</p>
<p><b>First Baptist Church of Bethany</b> 405-789-3312 3800 Mueller, Bethany, OK (west of McArthur) 73008 <i>Wed 9:30-11:30am</i> <a href="http://www.fbcbethany.com">www.fbcbethany.com</a> Supply kit of non-perishables.</p> <ul style="list-style-type: none"> <li>▪ Please bring valid photo ID.</li> </ul>		<p><b>Masters Market Mission Mid Del</b> 405-737-2010 5751 E. Reno, Midwest City, OK 73110 <i>Pantry hours: Tue. &amp; Fri. 10 am – 1:30 pm</i> Serves Midwest City Area: 73110, 73115, 73130, 73135, 73141, 73145, 73150, 73165, 73020, 73066, 73084, 73117, (east of Bryant Avenue only). Documentation Required: Proof of residency (rent receipt or utility bill).</p>
<p><b>First Southern Baptist Church of Del City</b> 405-732-1300 6400 S Sooner Rd., OKC, OK 73135 <i>Pantry hours: Wed. &amp; Thur. 1-4 pm (Serves 73110, 73130, 73141, 73145, 73150, 73151, 73115, 73129, 73135, 73149, 73020, 73041, 73045, 73049, 73050, 73051, 73054, 73066, 73084).</i></p>		<p><b>Mid Del Food Pantry</b> 405-732-3603 322 N. Midwest Blvd. Midwest City, OK 73110 <i>Pantry hours: Mon-Wed-Fri 10 am-Noon &amp; 1-3 pm</i> Serves Zip Codes served: 73007, 73020, 73045, 73049, 73054, 73066, 73084, 73110, 73115, 73117, 73121, 73130, 73135, 73141, 73145, 73150, 73165, 74857</p>
		<p><b>Midwest City Free Methodist Church</b> 405-732-0648 6500 E. Reno Ave., Midwest City, OK 73110 <i>Food pantry hours Thursdays 4-6 pm</i> Serves Midwest City residents. <a href="http://www.midwestcityfmc.com">www.midwestcityfmc.com</a> Important: Call to confirm that hours have not changed.</p>



**Mt. Carmel Baptist Church** 405-424-5531  
3721 Staton Dr., OKC, OK 73111  
*Mon 5pm – 6pm*  
[www.mtcarmelokc.com](http://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](http://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 10<sup>th</sup>, OKC, OK 73127  
*M.R.F 10am-11:30am & 1pm-2:30pm & 2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month from 10am-11:30am*  
[www.reachingourcity.org](http://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](http://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 8<sup>th</sup> 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 15<sup>th</sup> 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 50<sup>th</sup> Spencer, OK 73084  
*Pantry hours: M-F 9 am-3 pm (Serves 73084 area)*

**Sunnylane Family Church Food Pantry** 405-677-0631  
4221 SE 41<sup>st</sup> 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](http://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 23<sup>rd</sup> 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](http://www.wildewoodcc.com)

## FURNITURE

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

Tues-Sat 10am - 6pm.  
[www.babysbargains.com](http://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](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 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](http://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](http://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](http://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. 45<sup>th</sup> Street, Shawnee, OK 74804  
[www.gatewaytoprevention.org](http://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](http://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](http://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](http://www.compassionatefriends.org)  
Grief support for bereaved parents, siblings and grandparents

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

▪ Norman Chapter 405-360-4287  
Community Services Building (north conference room) on  
corner of 12<sup>th</sup> and East Main Street in Norman, OK  
3<sup>rd</sup> 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 45<sup>th</sup> Street, Shawnee, OK 74804  
[www.gatewaytoprevention.org](http://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](http://www.alivealone.org)  
[www.babysteps.com](http://www.babysteps.com)  
[www.bereavedparents.org](http://www.bereavedparents.org)  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
[www.childrenareagift.com](http://www.childrenareagift.com)  
[www.griefshare.org](http://www.griefshare.org)  
[www.healingheart.net](http://www.healingheart.net)  
[www.hospicenet.org](http://www.hospicenet.org)  
[www.hygeiafoundation.org](http://www.hygeiafoundation.org)  
[www.journeyofhearts.org](http://www.journeyofhearts.org)  
[www.missfoundation.org](http://www.missfoundation.org)  
[www.nationalshare.org](http://www.nationalshare.org)  
[www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)  
[www.pomc.com](http://www.pomc.com)  
[www.sids-network.org](http://www.sids-network.org)  
[www.webhealing.com](http://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](http://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  
2<sup>nd</sup> 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](http://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](http://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](http://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**

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

SoonerCare is a health coverage program jointly funded by the federal and state government. This program helps pay some or all medical bills for many people who cannot afford them. The Oklahoma Health Care Authority (OHCA) is the state agency that administers the program. The Oklahoma Department of Human Services (OKDHS) determines financial eligibility for the program.

**Programs:**

- American Indians
- Breast & Cervical Cancer
- Child Health/EPSDT
- Health Management Program
- Long-Term Care Services
- SoonerCare Choice
- SoonerCare Supplemental
- SoonerCare Traditional
- SoonerPlan
- TEFRA
- Transportation

**SOONERCARE CHOICE**

**1-800-987-7767**

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

SoonerCare Choice is a Primary Care Case Management (PCCM) program in which each member has a medical home. The medical home provider will coordinate all health care services to qualifying Oklahomans. Please visit our Qualification Guidelines page to find out if you qualify.

**You may be a SoonerCare Choice member if:**

- You qualify for SoonerCare,
- You do not qualify for Medicare,
- You do not reside in an institution such as a nursing facility,
- You are not receiving SoonerCare services through a home- and community-based waiver program, You are not in state or tribal custody,
- You are not in a health maintenance organization.

Sign up at [www.mysoonercare.org](http://www.mysoonercare.org)

**Find a Doctor:**

- Toll Free: 1-800-522-0310
- Oklahoma City area: 405-522-7171
- TDD/TTY: 405-522-7179
- Mental Health Service Provider Finder: 1-800-652-2010
- Medicaid Advice Line: 1-800-530-3002  
(Provides help with some Medicaid issues after business hours and on holidays)

**SOONERRIDE**

**1-877-404-4500**

Mon-Sat. 7:00am-6:00pm

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

- Call 3 business days before you need a ride.
- Provides mileage reimbursement and other help with transportation for Medicaid recipients.
- Provides transportation to and from medical appointments for children with special transportation needs when the parent is not properly equipped to transport.

- Provides travel expense reimbursement for parents for trips taken transporting children to and from medical appointments. Rate of reimbursement is 23 cents per mile and is subject to change.
- Provides travel to and from medical appointments for children when parents do not have a means of transportation.

**STUDENT HEALTH INSURANCE**

The Sentry Student Security Plan

Manual – <http://www.occc.edu/support/pdf/MAND-II.pdf>

Enrollment Form – <http://www.occc.edu/support/pdf/MAND-II-EnrollmentForm.pdf>

International Student Insurance

1-800-244-1180 <http://www.isoa.org/>

1-800-367-5830 <http://www.studentinsuranceagency.com/>

**THE MARKETPLACE**

Visit HealthCare.gov ([www.healthcare.gov](http://www.healthcare.gov)) to shop the Marketplace which was established by the Affordable Care Act. You can also call the Health Insurance Marketplace at 1-800-318-2596. TTY users should call 1-888-889-4325.

**OTHER TYPES OF INSURANCE COVERAGE**

To learn about other types of coverage, contact the Oklahoma Health Care Authority at 405-522-7300 or visit the web site at [www.okhca.org](http://www.okhca.org) & <http://www.coverageforall.org/>.

**HELPLINES and HOTLINES**

**AIDS**

English: 1-800-535-2437

Spanish: 1-800-344-7432

**2-1-1 TOLL FREE CALL**

Referrals for local community resources. 2-1-1 is the direct link between people who need help and people who can give help.

Visit them on the web at: [www.211oklahoma.org](http://www.211oklahoma.org)

**Childhelp National Child Abuse Hotline**

**1-800-422-4453**

Hotline counselors answer 365 days a year to help kids, and adults who are worried about kids they suspect are being abused or neglected.

Visit them on the web at: [www.childhelp.org](http://www.childhelp.org)



**DHS Hotlines and Phone Numbers**

[www.okdhs.org/contactus](http://www.okdhs.org/contactus)

- |                               |                                   |
|-------------------------------|-----------------------------------|
| ▪ Report Adult Abuse          | 1-800-522-3511                    |
| ▪ Report Child Abuse          | 1-800-522-3511                    |
| ▪ Child Support Enforcement   | 1-800-522-2922                    |
| ▪ Developmental Disabilities: |                                   |
| North and Western Oklahoma    | 1-800-522-1064                    |
| North and Eastern Oklahoma    | 1-800-522-1075                    |
| Central and South Oklahoma    | 1-800-522-1086                    |
| ▪ Foster Parent               | 405-522-2270 or<br>1-800-522-8014 |
| ▪ Senior Info-Line            | 1-800-211-2116                    |



- Post Adoption 1-877-657-9438
- Reporting Welfare Fraud 1-800-784-5887
- Center for Disease Control 1-800-344-7432
- Domestic Violence 1-800-522-7233
- Missing and Exploited Children 1-800-843-5678
- Okla Developmental Disabilities Council 1-800-836-4470
- Poison Control Center 1-800-222-1222
- Reachout (Drug & Alcohol Abuse) 1-800-522-9054
- Rx for Oklahoma 1-877-794-6552
- Senior Information Line 1-800-211-2116
- Sooner Care 1-800-987-7767
- Sooner Ride 1-877-404-4500
- SafeLine (sexual assault, DV) 1-800-522-7233
- Young Adults in Transition 1-800-522-8336

Domestic Violence –  
National Hotline

1-800-799-7233 (SAFE)  
TTY: 1-800-787-3224

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

**Rape, Abuse, & Incest  
National Network**

**1-800-656-HOPE (4673)**

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

**Suicide Prevention – National Lifeline**

**1-800-273-8255**

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

**YWCA Oklahoma City Domestic  
Violence Hotline**

**405-917-9922**

**YWCA Oklahoma City Sexual Assault Hotline**

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

**405-943-7273**

## HOUSING

**Bethel Foundation USA**

**405-286-3700**

13003 N. Western, OKC, OK 73114

[bethelfoundationsusa.com](http://bethelfoundationsusa.com)

For single moms who desire faith based support.

- Temporary housing for families with children
- Education assistance
- Look for employment and provide career advancement training.
- Kids Rock Camp – June and July.
- Free ABE (Advanced Basic Education) and GED (General Education Degree) are available. Please visit their website at [www.okcps.org](http://www.okcps.org) or call 405-231-2053.

**Central Oklahoma Habitat for Humanity**

**405-232-4828**

5005 S I-35 Service Rd., OKC, OK 73129

Mon - Fri 8am - 5pm.

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

Faith-based housing ministry, no interest on loans. Hard-working, low income families who are willing to provide sweat equity in their new home.

**Del City Housing Authority**

**405-672-1412**

4613 Tinker Diagonal St., OKC, OK 73115

Mon - Fri 8am - 5pm.

Serves and refers those with low income Low income housing elderly, or disabled. 61 yrs or older, handicap or disabled. No fee.

**Family Junction**

**405-272-0726**

203 NE 50th St. Oklahoma City, OK 73105

24 hours, 7 days a week

Temporary Emergency youth shelter. Children ages 12-17.

**Family Self-Sufficiency Program**

**405-605-3222**

**Oklahoma City Housing Authority**

1700 N.E. 4<sup>th</sup>, OKC, OK 73117

Mon - Fri 8am – 5pm

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

Must be on Section 8 Program of the Oklahoma City Housing Authority. The FSS program is for those who are unemployed or already employed but want to increase their income and who are willing to commit to changing their lives. Each FSS participant creates a five-year plan that includes employment goals and identifies training or educational needs. FSS staff will work with the household to identify, locate, and arrange for the services they need to accomplish these goals. Services might include child care, education, transportation, personal development, résumés, job training and placement. As FSS participants succeed in raising their family income, the portion of their monthly income contributed toward their Section 8 rent payment also increases. HUD regulations allow a percentage of this rent increase to be deposited into an interest bearing escrow account for the family. If the family meets its goals within five years and "graduates" from welfare assistance for a period of twelve consecutive months, they will receive the funds in this account. This is a great incentive for those new in the work force and for those ready to reach goals set early in life. Many participants use this escrow as a down payment in purchasing a home or to start their own business.

**Metropolitan Fair Housing Council  
Of OK, Inc.**

**405-232-3247**

**1-866-677-7541**

1500 NE 4<sup>th</sup>, Ste 204, OKC, OK 73117

Mon - Fri 9am - 5pm.

Fair housing counseling, investigation and testing, complaint referral, mediation services, legal referral. No fee.

**Housing Counseling Referral Hotline**

**1-800-569-4287**

*24 hour referral line.*

Guidance on working with mortgage companies to assist with homeowner's retention, first time home buyers, educational services.

**Housing and Urban Development**

**1-800-225-5342**

**[www.HUD.gov](http://www.HUD.gov)**

301 NW 6<sup>th</sup> St., Ste. 200, OKC, OK 73102

**405-609-8401**

Mon - Fri 8: am - 4:30pm

Work with mortgage companies to assist with home owner's retention. Eligibility: dependent on program.

**(NSO) Neighborhood Service Organizations**

**405-236-0452**

8101 S. Walker, Ste C, OKC, OK 73109

Mon - Fri 8:30am - 5pm.

Palo Duro: permanent housing for single adults who have a mental illness. Carolyn Williams Center: transitional living

program for single males between 18-22 years. Martha's House: transitional living program for families with two or more children. Gatewood: Homeless and at-risk families, single mothers, three or more children, persons with a diagnosed mental illness.

**Oklahoma City Housing Authority** **405-239-7551**  
1700 N.E. 4th, OKC, OK 73117

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

Mon – Thu 7am – 5pm, Fri 8am – 5pm

Section 8 housing choice voucher program is a free-choice approach to assisted housing for low income families/individuals. Contact the housing authority for qualification guidelines and to make application for acceptance.

**Oklahoma Housing Finance Agency** **405-848-1144**

100 NW 63rd St., Suite 200. OKC, OK 73116

Mailing address: P. O. Box 26720, OKC, OK 73126-0720

Mon - Fri 8am - 5pm.

The mission of Oklahoma Housing Finance Agency is to help place people in homes. OHFA makes a difference in the lives of Oklahomans by fulfilling their housing needs and dreams. OHFA offers nine housing programs ranging from a homeless program and rental assistance to housing development and home ownership. Low and moderate income individuals and families. Does not offer emergency assistance of any kind.

**The City of Oklahoma City** **405-297-2846**  
**Housing Programs Division**

420 W. Main, Ste. 1040, OKC, OK 73102

Email: [housing.rehab@okc.gov](mailto:housing.rehab@okc.gov)

The City of Oklahoma City, through federal funding, offers the Home Ownership Opportunity Program (HOP) to help people purchase homes. They provide services to help people purchase and repair homes through loan programs for repairing homes, and assist homeowners with interior and exterior repairs. They also offer grants for fixing exterior code violations, if qualified.

**Salvation Army** **405-246-1060**

- Men's lodge 405-246- 1080
- Family lodge 405-246-1113 or 246-1133

311 SW 5th St., OKC, OK 73101

Mon - Thu 9am - noon, 1pm - 3:30pm.

- Food Assistance, Meals, Emergency Shelter, Clothing Assistance, Utility Assistance, Christmas Assistance.
- Senior Citizens Transportation Program
- Boys & Girls Clubs serves as a youth center for children of working parents. Children are provided with meals, homework assistance, character-building activities and recreation activities at the center, located at 2808 SE 44th and at 201 S. Bickford in El Reno, 73036.
- Serves Oklahoma, Canadian and Cleveland counties.

## HOUSING EMERGENCY/ SHELTERS/TRANSITIONAL LIVING

**Ambassador House** **405-228-4042**

PO BOX 2095, OKC, OK 73101

A transitional living facility for women and children only.

**City Care – Pershing Center**

**405-609-2400**

2400 General Pershing Blvd., OKC, OK 73107

Mon – Fri, 9am - 5pm.

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

City Care is a 501 ©(3) non-profit organization at work in the Oklahoma City metro area, improving the lives of those in poverty. City Care is working to provide an opportunity to transition out of homelessness and achieve long-term success.

- 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

**City Rescue Mission**

**405-232-2709**

800 W California, OKC, OK 73106

24 hours

Clothing: Mon – Fri, 9am. - 4pm.

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

Emergency shelter to homeless men, women and families. Non-denominational. Crisis counseling, clothing, rehab program, meals served daily, dental care (restrictions). No fees. Dental Care: must be enrolled, screened and interview, take classes in order to receive free dental treatment.

**Emerging Angels**

**405-313-2656**

8712 E. Main St. Midwest City, Ok 73110

[www.emergingangels.weebly.com](http://www.emergingangels.weebly.com)

Emerging Angels, a non-profit, faith based organization which operates a group home supporting women, women with children, abandoned seniors, disabled and/or abused women finding themselves homeless as a consequence of trauma, abuse or tragedy of many types. We house program participants in the Oklahoma City area on 4 acres in a big beautiful ranch style house. The program assists women with their health, food, medical, transportation and career search, spiritual and life skills development and many other things within our capacity, aiding and teaching them to return to a functional, healthy and balanced life. Our facility in your community assists up to 12 women plus children in a year-long program.

**Food & Shelter Inc.**

**405-360-4954**

104 W. Comanche St. Norman, OK 73069

Mon- Fri 9am- 5pm

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

Food, Housing, and Emergency Services for people in crisis.

**Grace Rescue Mission**

**405-232-5756**

2205 Exchange Ave., OKC, OK 73108

24 hours a day/7 days a week

- S.A.F.E. Program (Setting Addicts Free Eternally), a residential alcohol treatment program, includes Bible Study, Tool Time training program.
- Shelter Housing for men only - minimum age 19, current photo ID,
- No registered sex offenders.
- Fees: none.

**Holy Family Home Catholic Charities** 405-741-7419  
6821 Eddie Dr., Midwest City, OK  
Provide limited housing for women over 18 yrs. old and their children.

**Hope Community Services, Inc.** 405-634-4400  
6100 S. Walker, OKC, OK  
*Mon – Thurs., 8am – 7pm, Fri 8am – 5pm*  
*Walk-in Intake Hrs. 8am – 11:30am (will accept after 11:30)*  
[www.hopecsi.org](http://www.hopecsi.org)

Community Living Programs are designed to assist homeless, mentally ill adults in acquiring descent, affordable housing.

- Rental assistance for a limited period of time

**Jesus House** 405-232-7164  
1335 W. Sheridan Ave., OKC, OK 73146

- Housing for men and women only (accepts single women)
- Appliance, furniture, and clothing assistance
- Food baskets
- Utility assistance when possible
- Travel assistance
- Hot meals

**MID-DEL YOUTH SHELTER**  
**(FOR AGES 0 - 17)** 405-424-0177

(Serves the state of Oklahoma)

2600 N. Air Depot, Midwest City, OK 73141

24 hours a day/7 days a week

Provides emergency youth shelter, counseling, mental health services. Mid-Del Youth and Family Center's Emergency Shelter is a 24 hour a day, 7 days a week, 365 days a year facility. The shelter is a home away from home for children and adolescents who are victims of abuse and neglect or are experiencing significant family stress requiring a short respite period. The Mid-Del Youth and Family Center Emergency Shelter also works in conjunction with the Midwest City and Del City Police department as an emergency placement for runaway children or adolescents.

**Neighborhood Service Organizations** 405-236-0452  
8101 S. Walker, Ste C, OKC, OK 73109  
*Mon – Fri, 8:30am - 5pm.*

- Palo Duro: permanent housing for single adults who have a mental illness.
- Carolyn Williams Center: transitional living program for single males between 18-22 years.
- Martha's House: transitional living program for families with two or more children.
- Gatewood: Homeless and at-risk families, single mothers, three or more children, persons with a diagnosed mental illness.

**Oklahoma City Housing Authority** 405-239-7551  
1700 N.E. 4<sup>th</sup>, OKC, OK 73117  
*Mon – Fri, 8am – 5pm*

- Job development
- Resume writing
- Parenting skills
- Budgeting
- Homeownership counseling

- Child Care providers
- Escrow or savings account

Must be on Section 8 Program of the Oklahoma City Housing Authority to obtain these services.

**Salvation Army** 405-246-1100  
Admin Ofc - 311 S.W. 5<sup>th</sup> St., OKC, OK 73109  
*Mon – Fri 8:15am – 4:30pm*

- Emergency financial assistance (food, utilities, etc.)
- Transitional housing
- Emergency shelter for men, women, and women and children together
- Hot meals
- Transportation
- Senior programs
- Boys and girls club program
- Disaster programs

**Salvation Army Adult Rehabilitation Center** 405-236-3677  
2041 NW 7th St., OKC, OK 73106  
*Mon - Fri 7:30am - 4pm.*

Rehabilitation work therapy program for adult male substance abusers 21 years of age or older. Completion of the program is 90 days; however, 6 months to one year is suggested. Residents may stay as long as they wish, provided they abide by regulations of the Center.

- Family Self Sufficiency program
- Counseling

**Sanctuary Women's Development Center** 405-526-2321  
2133 W 11<sup>th</sup> 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 that serves 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](http://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.

## IMMUNIZATION CLINICS

### Canadian County Health Department

Locations:

100 S Rock Island El Reno, OK 73036 **405-262-0042**

*Mon - Fri 8:30 - 11:30am, 1pm - 4pm.*

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

*Mon - Fri 8:30 - 11:30am, 1pm - 4pm.*

- Comprehensive public health services, STD screenings, family planning, child health, immunizations, maternity services, TB skin testing, public health education, nutrition services, peer breastfeeding counseling.
- Fees vary from free to sliding scale. Serves Canadian county residents.

### Cleveland County Health Department

WIC Locations:

250 NE 12<sup>th</sup>, Norman, OK 73071 **405-321-4048**

*Mon - Fri 8am - 5pm.*

224 S. Chestnut, Moore, OK 73160 **405-794-1591**

*Mon - Fri 8am - 5pm.*

- Hours vary according to service.
- Call for appt. Immunizations, family planning, STDs, limited dental clinic for children, child safety seats (when available), Child Guidance Clinic offers child and family counseling, food handler's class.
- Fees vary from free to sliding scale. Serves Cleveland county and surrounding areas.

### Latino Community Development Agency **405-236-0701**

Immunization Clinic

420 SW 10<sup>th</sup>, OKC, OK 73109

*First Thursday of each month 8:30am. – Noon*

[www.lcdaok.com](http://www.lcdaok.com)

Immunizations for children. Immunization clinics are walk-in clinics. Upon arrival clients will be seen on a first come first serve basis. The number of clients seen daily may vary from day to day depending on staff available to provide service.

### Logan County Health Department **405-282-3485**

215 Fairgrounds Rd., Guthrie, OK 73044

*Mon - Fri 8:30am - 5pm.*

General health clinic, immunizations, STDs, family planning, maternity, WIC. Logan County. Appointment preferred. No fees, sliding scale for family planning services.

### Oklahoma Caring Van Program **405-316-7170**

3401 NW 63<sup>rd</sup> St OKC, OK 73116

P.O. Box 3283, Tulsa, OK 74102

Call for an appointment. The Caring Van Program delivers immunizations to protect children and adolescents from dangerous

illnesses at no cost to their families. The program is uniquely designed to eliminate barriers that commonly prevent children from receiving on-time, age-appropriate immunizations in traditional health care settings.

### Oklahoma City Indian Clinic **405-948-4900**

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

4913 W Reno, Oklahoma City, OK 73127

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 City/County Health Department **405-425-4450**

**405-425-4362**

921 NE 23<sup>rd</sup>, OKC, OK 73105

Immunizations for adults and children. Parent or guardian must accompany children. Adults must bring a photo ID.

### Variety Care **405-632-6688**

1025 Straka Terrace, OKC, OK 73129

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

Call for an appointment.

- Preventative Medicine
- Pediatrics and Well Child Checks
- Geriatrics
- Prenatal and Postnatal Care
- Family Planning
- Mental Health/Substance Abuse Care
- Work and School Physicals
- Immunizations – Please bring shots record
- On-Site Laboratory
- Patient Education
- Referrals

## LEGAL

### CROSS AND CROWN MISSION **405-232-7696**

1008 N McKinley Ave., OKC, OK 73106

Call for Hours.

[www.crossandcrownmission.com](http://www.crossandcrownmission.com)

Staff and Volunteer prayer time. 11:00 a.m. open until 50 families served. Clothing Store Opens at noon. Medical clinic, eye clinic, Trinity Legal Clinic. School supplies, baby items. Legal representation is considered a luxury for many who are poor. Some free legal services available to those who qualify. Serves certain zip codes in NE Oklahoma City only.

### Hispanic American Mission, Inc **405-272-0890**

1836 N.W. 3<sup>rd</sup>, OKC, OK 73106

- May charge nominal fee

### Legal Aid Services of Oklahoma, Inc. **405-488-6825**

**1-800-421-1641**

2901 N. Classen Blvd., Suite 112, OKC, OK

*Mon – Fri 8:30am – 5pm (Civil)*

*Mon – Fri 7:30am – 4:00pm (Public Defender)*



- Free legal representation or services to elderly and low income people on non-criminal matters.
- Advice and counsel.
- Referral.
- Community legal education.
- Preparation of documents.
- Representation before courts, administrative, and legislative bodies.
- Public Defender services available when jail is a possible punishment.
- When leaving a message, be sure to indicate victim of domestic violence if applicable.

**NAACP/Oklahoma City** **405-236-2227**  
P.O. Box 11021OKC, OK 73136  
*Mon - Fri 9am - 5pm.*  
Help with civil complaints.

**Oklahoma Bar Association** **405-418-7000**  
1901 N. Lincoln Blvd., OKC, OK 73105  
*Mon - Fri 9am - 5pm.*  
Takes consumer complaints on attorneys. No fee.

**Oklahoma City Court Public Defender** **405-297-3190**  
722 N Broadway, Suite 400, OKC, OK 73102  
*Mon - Fri 7:30am - 4pm.*  
Free legal services to elderly and low income persons involved in criminal misdemeanor matters, advise and counsel, preparation of legal documents. The judge recommends that the person seek the assistance of the office and the person must contact them for an appt.

**Oklahoma County District Attorney**  
**Victim Services** **405-713-1639**  
320 Robert S. Kerr, Room 505, OKC, OK 73102  
*Mon - Fri 8am - 5pm*  
Support and possible compensation for victims who suffer bodily injuries as the result of criminal acts including persons who are victims of sexual assault.

- D.A. reviews cases from law enforcement to determine if criminal charges will be made.
- No fees charged.

**Oklahoma Indian Legal Services** **405-943-6457**  
4200 Perimeter Center Dr., Suite 222, OKC, OK 73112  
*Mon - Fri 8am - 5pm.*  
Indian child welfare, housing, natural resources, tribal sovereignty issues, individual rights. Low income Native Americans.

**OU Legal Clinic** **405-325-3702**  
300 Timberdell Rd., Rm. 2020 Norman, OK 73019  
*Mon - Fri 8am - 5pm.*  
*McClain and Cleveland Counties*  
Legal representation in civil cases and some criminal cases contact by phone. Low income only. They take cases by semester—early January and late semester.

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

[www.reachingourcity.org](http://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

**Trinity Legal Clinic** **405-410-4544**  
Trinity Legal Clinic of Oklahoma, Inc. is an Oklahoma not-for-profit corporation offering legal services to needy individuals at various community-based organizations in the Oklahoma City metropolitan area. Provide legal services to clients of the City Rescue Mission, Cross & Crown Mission, and the Crossings Community Center.

**District Attorneys Victims of Crime Council** **405-264-5000**  
421 NW 13<sup>th</sup> Suite # 290 OKC, OK 73103  
*Mon-Fri 8-5*

- Compensation and assistance for persons who suffer injury as a result of criminal acts
- Assistance for victims of domestic violence and in preparing petition for Victim Protective Order (VPO)
- Assistance and support for persons (adults or children) who are victims of a crime (including financial and counseling assistance)
- Provides court advocates for victims

## LITERACY PROGRAMS

**COMMUNITY LITERACY CENTERS, INC.** **405-524-7323**  
P.O. Box 60687  
5131 Classen Circle, Ste. 204, OKC, OK 73118  
[www.communityliteracy.com/](http://www.communityliteracy.com/)

Offers Adult Basic Literacy and ESL classes at various locations in the Oklahoma City Metro area. We specialize in working with adults who are reading at a 6th grade level or below. We currently operate 16 classes in the Oklahoma City Metro and use state-certified teachers and recruit volunteer tutors to enhance our classroom instruction.

Currently, we partner with OCCC to provide basic literacy classes on site at their Family and Community Education Center where we work with students who are enhancing their reading skills to participate in a pre-GED or GED class.

Call for class information and schedules.

**PROJECT READ** **405-348-7323**  
15400 Western, Edmond, OK 73012  
(Located at Lord of Life Lutheran Church)  
Mon to Thurs 9 am - 12 pm and by appointment

Literacy and English classes. Must be assessed and evaluated as being appropriate for program tutoring capabilities. Must have basic spoken English skills. Oklahoma and Logan counties. Students served from all over the metro area. Call the office for evaluation.

**MIDWEST CITY LITERACY LINK** 405-732-2737  
 8143 E Reno Ave, Midwest City, OK 73110  
 Times vary - call for appointment  
[www.Literacylinkok.org](http://www.Literacylinkok.org)  
 Free one-to-one tutoring for adult learners in basic literacy and English as a Second Language. Call for information.

**OKC METRO LITERACY COALITION** 405-830-2790  
 1444 NW 28th St OKC, OK 73106  
[www.okcliteracycoalition.org](http://www.okcliteracycoalition.org)  
 The goal of the OKC Metro Literacy Coalition is to ensure anyone who wants literacy services can readily access them and that every literacy provider has the resources it needs to provide the best services possible for every learner.

**OKLAHOMA LITERACY RESOURCE OFFICE** 405-522-3205  
 200 N.E. 18th St., OKC, OK 73105  
 Mon - Fri 8 am - 5 pm  
[www.odl.state.ok.us/literacy](http://www.odl.state.ok.us/literacy)  
 Clearinghouse for Oklahoma literacy information and resources.

**OIC (OPPORTUNITIES INDUSTRIALIZATION CENTER)** 405-235-2651  
 3033 W. Walnut Ave, OKC, OK 73105  
 Mon - Fri 7:30 am - 4:00 pm  
[www.oicofoklahomacounty.okpls.org](http://www.oicofoklahomacounty.okpls.org)  
 OIC encourages and empowers adult learners by providing a wide range of educational opportunities and resources including one-to-one tutoring, small group classes, and computer assisted instruction. Students have use of a computer lab, library, counseling service, and job placement. Instruction is available for basic literacy, GED, English as a Second Language, and TANF. The caring staff will help you reach your education goals. Call to set up an appointment and find a program that is right for you.

**PIONEER LIBRARY SYSTEM** 405-701-2682  
 (Literacy services in Moore, Noble, Norman and SW OKC)  
 Norman Public Library (primary contact), 225 N Webster, Norman, OK 73069  
 Times vary by location  
[pioneerlibrarysystem.org/special-services/adult-literacy](http://pioneerlibrarysystem.org/special-services/adult-literacy)

Free tutoring and small group instruction in basic literacy and English as a Second Language. Other services include GED preparation, online tutoring, and adult learner book club. Call for information about services and hours for multiple locations and to learn about programs in Shawnee and Purcell.

## MATERNITY RESIDENT PROGRAMS

### Birth Choice of Oklahoma Inc.

Locations (call for hours of operations)

- 4701 S. Western, OKC, OK 73109 405-631-4477
- 11A Burton Pl., Edmond, OK 73034 405-330-2111
- 6006 N Rockwell, Bethany, OK 73008 405-495-6919
- 400 W London St. El Reno, OK 73036 405-262-0003

Provides pregnancy testing, maternity clothing, baby clothing, sizes newborn-24 months, diapers, formula, car seats as available.

### Hope Home Baptist Children's Home

Maternity Homes: 918-272-2233  
 Children's Homes: 405-691-7781  
[www.obhc.org](http://www.obhc.org)

Oklahoma Baptist Homes for Children provides a continuum of maternity services and care for women, children and families of the state of Oklahoma. Residential maternity programs are in OKC and Tulsa.

**Neighborhood Services Organization** 405-236-0452  
 8101 S. Walker, OKC, OK 73139

Gatewood Home – A residential mentoring program where young mothers ages 18-23 will live in their own transitional apartments and learn life skills and parenting skills. For women 18-23 who are either pregnant or have one child under the age of five.

## MEDICAL CLINICS – FEES CHARGED

**Dr. Bruce Bell** 405-684-9105  
 4200 S. May OKC, OK 73109  
 10 dollars per visit. Family practice. Spanish speaking.

**BREAST CARE CENTER** 405-814-2273  
 2601 S.W. 119th, Suite A, OKC, OK 73120  
 Call for Hours.

Breast cancer screening and detection.

### Canadian County Health Department

Locations:

100 S. Rock Island, El Reno, OK 73036 405-262-0042  
 Call for hours  
 1023 E Vandament, Yukon, OK 73099 405-354-4872  
 Call for hours

Comprehensive public health services, STD screenings, family planning, child health, immunizations, maternity services, TB skin testing, public health education, nutrition services, peer breastfeeding counseling. Fees vary from free to sliding scale. Serves Canadian county.

### Cleveland County Health Department

Locations:

250 NE 12<sup>th</sup>, Norman, OK 73071 405-321-4048  
 Mon - Fri 8am - 5pm.

424 S. Eastern, Moore, OK 73160 405-794-1591  
 Mon - Fri 8am - 5pm. (Select Services)

- Hours vary according to service.
- Call for appt. Immunizations, family planning, STDs, limited dental clinic for children, child safety seats (when available), Child Guidance Clinic offers child and family counseling, food handler's class.
- Fees vary from free to sliding scale. Serves Cleveland county and surrounding areas.

**Community Action Agency** 405-232-0199

319 SW 25th St., OKC, OK 73106

Call for hours

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

- For Homeless only
- Assistance with eye exams, eyeglasses, and dentures
- Priority given to persons diligently seeking employment

**Health for Friends (Variety Care)** 405-329-4161  
405-329-1571

317 E. Hines, Norman, OK 73069

Sliding scale fee. Norman and surrounding area residents only.

*Mon – Thu 8:30am to 12pm and 1pm to 5pm; Fri 8:30-12:00pm*

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

Accepts patients from Norman and the surrounding area regardless of income level, including those who are without insurance, or whose insurance may not cover their medical or dental needs. We also now accept patients who have Medicare or Medicaid/SoonerCare. Discounted fees and co-pays are based on household income. Providing ambulatory care services, urgent care medical services, and health education. Providing comprehensive dental services and oral health education to meet the growing needs of our community.

- **Medical**  
Monday – Thursday; 8:30 am – 5:00 pm  
Closed for lunch from 12:00 – 1:00  
Friday; 8:30 am – 12:00 pm.
- **Evening Programs**  
Every 2nd Tuesday of the Month  
Every 2nd and 4th Wednesday of the Month
- **General Dental Practice**  
Tuesday - Friday 8:30 a.m. - 5:00 p.m.  
Closed for lunch from 12:00 – 1:00
- **Extraction Clinic**  
Thursday 6:00 pm – 9:00 pm
- **Prescription Assistance Programs** 405-329-4161
- **Women and Children's Center** 405-701-1804

**Hope Center Health Service** 405-348-4680

1251 N. Broadway, Edmond, OK

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

**Mary Mahoney Health Center** 405-769-3301

12716 NE 36th, Spencer, OK 73140 (PO Box 30589)

(Past Spencer, close to Jones, OK)

*Clinic: call for hours*

*Pharmacy: call for hours*

- 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 County Health Department** 405-427-8651

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

921 NE 23<sup>rd</sup>, OKC, OK

*Call for hours*

**Oklahoma City Indian Clinic** 405-948-4900

4913 W Reno, Oklahoma City, OK 73127

Call for hours

[www.okcic.org](http://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.

**Open arms clinic** 405-789-0458

5252 N. Meridian Ave., Suite 101, OKC, OK 73112

Call for Hours.

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

Open Arms Clinic is a Christ-centered, charitable community healthcare center designed to serve as a medical home for the vulnerable population of Central Oklahoma. Offers general family practice medicine, and specialty clinics in areas such as dermatology, gynecology, and podiatry. For patients who meet eligibility guidelines, there is a flat fee for a visit with one a licensed medical professional. Patients are seen by appointment only.

**OU Children's Hospital** 405-271-5437

1200 Children's Ave., OKC, OK 73104

*Mon – Fri 8:30am – 5pm*

- Emergency Department 405-271-4876
- Adolescent Clinic 405-271-6208

*Call for hours*

**OU Latino Clinic** 405-232-4160

420 SW 10<sup>th</sup> OKC, OK

*Mon- Fri 7am- 7pm*

Low-cost pediatric healthcare. Ages newborn-18 years. \$20 per visit. Spanish speaking.

**OU Medical Center Medicine Resident Clinic** 405-271-5955

711 S.L. Young Blvd. Suite 100

*Call for hours*

Visits are \$25 for those without insurance. Labs and X-rays are an extra charge.

**OU Physicians Dermatology Clinics** 405-271-6110

619 NE 13th St., OKC, OK

*Mon - Fri 8am - 4pm.*

Dermatology clinic. Call for an appt.

**Planned Parenthood**

619 NW 23<sup>rd</sup>, OKC, 73109

405-528-2157

*Mon & Sat 9am - 5pm, Tues - Thur 10am - 6pm*

1200 S Air Depot Blvd, Midwest City, OK 405-732-3836

*Tues & Fri 10am - 6pm*

341 S. Boulevard, Ste 108, Edmond, OK 73013 405- 348-9904

*Mon 9am - 5pm, Wed - Thur 10am - 6pm*

- Call for appointment (though walk-ins are accepted)
- Accepts Medicaid for family planning only
- Sliding scale fees
- Routine gynecological care (annual exams, pap smears)
- Contraceptives
- Testing/treatment of STD's
- Pregnancy testing/counseling
- Vasectomy (must be at least 25 yrs of age)

- Tubal ligation services (must be at least 25 yrs of age)
- Breast exams
- Colposcopy/cryo-therapy services
- HIV testing/counseling
- Midlife services for women
- Limited primary care

#### Variety Care

**405-632-6688**

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

Call for an appointment.

- Preventative Medicine
- Pediatrics and Well Child Checks
- Geriatrics
- Prenatal and Postnatal Care
- Family Planning
- Mental Health/Substance Abuse Care
- Work and School Physicals
- Immunizations – Please bring shots record
- On-Site Laboratory
- Patient Education
- Referrals

#### Variety Care Locations:

- **10th St. Family Health** **405-632-6688**  
4023 N.W. 10<sup>th</sup> St., OKC, OK 73107  
*Medical Hours: MTWF 7:30am-5:00pm, TH 7:30am-8:00pm, Sat 8am-Noon*  
*Dental Hours: M-F 8am-5pm, W 8am- Noon*  
This facility serves both pediatrics and adults. X-ray is available in addition to other services.
- **Straka Family Health** **405-632-6688**  
1025 Straka Terrace, OKC, OK 73129  
*Medical Hours: M-TH 7:30am-8pm, F 7:30am-5:30pm Sat 8am-Noon*  
*Dental Hours: M-F 8am-5pm, W 8am-Noon*  
*WIC Hours: M-F 8am-4:30pm*  
This facility serves all ages. You can find all of our primary healthcare services at this location.
- **Lafayette Pediatrics** **405-235-6466**  
500 S.W. 44<sup>th</sup> St., OKC, OK 73109  
*Pediatric Hours: M-F 7:30am-5:30pm*  
*Dental Hours: M-F 8am-5pm, W 8am- Noon*  
*WIC hours: M-F 7:30am-5:30pm*  
This facility serves only pediatrics. Our dental and vision services are available for children.
- **Mid-Del Pediatrics** **405-677-1129**  
*Pediatric Hours: M-F 7:30am-5:30pm*  
*WIC hours: M-F 7:30am-5:30pm*  
3851 Tinker Diagonal, Del City, OK 73115  
We serve children at this location. Pediatric and WIC services available.
- **Norman Pediatrics** **405- 632-6688**  
1124 N. Porter, Norman, OK 73069  
*M-TH 8:30 am – 5:00 pm, F 8:30 am – 12 noon*  
This location serves children only. Please bring your most current shot record with you to appointments. This location serves adults and children.
- **Norman Family Practice** **405- 632-6688**  
317 E. Himes, Norman, OK 73069  
*Med Hours: M-TH 8:30 a – 5:00 p, F 8:30 a – 12 noon*  
*Dental Hours: T-F 8:30 a - 5:00p, call for evening hrs.*

Formerly a Health for Friends site, Norman Family Practice is ready to serve anyone with or without insurance. Our dental hours vary; please be sure to call 632-6688.

#### **Women's and Pediatric Health Center** **405-271-6195**

5320 N. Portland, Oklahoma City, OK 73112

Call for hours

Women's clinic, medical clinic. Full range OB-GYN. Call for eligibility.

#### **Yourcare Clinics** **405-350-4300**

2400 S. Cornwell Drive, Yukon, OK

10700 S. Pennsylvania, Oklahoma City, OK **405-691-9700**

Call for Hours.

Primary care provided for all ages. No appointment necessary. Most insurance plans, including SoonerCare accepted. Affordable pricing offered for patients with no insurance.

### MEDICAL CLINICS - FREE

#### **American Cancer Society** **405-843-9888**

6525 N. Meridian Suite 110, OKC, OK 73116

*Mon – Fri 8:30am – 5pm*

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

- Can supply help with wigs, transportation, prosthesis, and other supplies for use by cancer patients.
- Cancer support groups.
- Some prescription assistance.

#### **Baptist Mission Center** **405-235-6162**

2125 Exchange Ave., OKC, OK 73108

Call for hours

- OKC residents only – bring proof of residence; ID required. First come, first served. No charge.
- New patients intake 1<sup>st</sup> Tuesday every month at 5pm
- Appointment Only (no walk-ins)
- Minor Illnesses
- Prescriptions free; filled if available (need to be a patient)

#### **Clinica de Mujer Latina** **405-236-0701**

420 SW 10<sup>th</sup>, OKC, OK 73109

Call for hours

Spanish speaking. Habla español.

#### **Cross & Crown Mission** **405-232-7696**

1008 N. McKinley, OKC, OK

Serves certain zip codes in NE OKC only.

- AA meeting at Noon on Mondays.
- Food pantry Mon, Tues, & Wed beginning at 11am open until the first 50 families are served
- Medical clinic Tues. to the 1<sup>st</sup> 15 families beginning @ 8:30am

#### **Crossings Community Clinic** **405-749-0800**

2208 W Hefner Rd., OKC, OK 73120

Generally open Monday- Friday. Call ahead to schedule an appointment.



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

- Offers health, dental, and counseling care in a Christian environment.
- Services available by appointment.
- For low income without insurance. No cost.

**Good Shepherd Ministries** **405-232-8631**

1201 N. Robinson, OKC, OK 73103

*Mon; 9:00-11:30am Tues & Thu*

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

- Provides clothing, food, medical, and referral services.
- Bring ID, Social Security Card, & proof of address.
- Minimum of 7 days between visits.

**Healing Hands Clinic** **405-272-0476**

411 NW 11<sup>th</sup>, OKC, OK 73103

*Mon – Fri 8:30am – 4pm*

- Homeless Only
- Children, youth, men, women seen
- Prescription assistance
- Primary care
- HIV testing, STD testing, TB testing
- Immunizations
- WIC
- Pregnancy testing, prenatal care, postpartum follow-up, family planning
- Substance abuse counseling, mental health counseling
- Case Management, referrals
- Limited/simple lab procedures

**Integris Baptist Community Clinic** **405-717-9872**

1201 NW 10<sup>th</sup>, OKC, OK 73106 (Located in Olivet Baptist Church – the clinic is located between Elision and Klein St.)

*2<sup>nd</sup> and 4<sup>th</sup> Mondays*– Take clients with long-term medical conditions, (diabetes, hypertension, etc.) not emergencies.

**Lighthouse Medical Clinic** **405-602-6371**

2801 S. Robinson, OKC, OK 73109

(Located in Capital Hill Church of Christ)

*Open on Thursdays*

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

- Medical Care
- Specialty Clinics in Gastroenterology, Ophthalmology, and special Women's clinics are held
- Eye Care
- Lab Tests
- Physical Therapy
- Counseling
- Prescription Drugs: no narcotics are on the premises

You can get an appointment by coming to the clinic in person on Thursday at 3:00 pm (1:00 pm on 2nd Thursdays). You may receive an appointment time for later that day.

**Kings Clinic** **405-848-4005**

921 W. Britton Road, OKC, OK 73114

[www.kingsclinic.com](http://www.kingsclinic.com)

- Call to be put on a wait list.
- Extractions, only

**Little Flower Church Clinic** **405-235-7055**

Parrish Office 405-235-2037, press 4

1125 S. Walker, OKC, OK 72109

Adult and Pediatric Clinic

*Wed 4pm – 7pm*

- All clinics on a walk-in basis
- No fees
- Spanish and English spoken
- Be there by 4:30pm
- \$10 donation

**Manos Juntas Medical Clinic** **405-605-3101**

1320 N. Pennsylvania Avenue, OKC, OK 73103

*(Epworth Methodist Church Basement)*

*Call for hours*

[www.manosjuntas.com](http://www.manosjuntas.com)

- Individuals/families sign in, receive a number, and are provided a hospitable environment in which to wait.
- Any individual/family who arrives in the building between 9am and 11:15am will be seen that day at no cost.
- Diagnostic lab available.
- Limited pharmaceuticals provided (1-2 weeks of medication can be supplied; more can be provided with additional visits).
- Organization serves around 150 individuals/families a week.

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

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

*Call for hours*

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

**Norman Regional Hospital** **1-877-667-6734**

**HealthLink**

901 N. Porter Ave. Norman, OK 73071

Ask a nurse & physician referral

Telephone triage, health/drug info. & physician referral information.

**Open Arms Free Clinic** **405-789-0458**

5252 N. Meridian Ave., Ste. 101, OKC, OK

*Call for hours*

People accepted on a 1st come, 1st served basis. Oklahoma County residents only. Basic medical care only. If you have a health question, call Health Link at 405-329-6877. This phone is answered 24 hrs. /day by an R.N. Patients needing more in depth care are referred to a network of volunteering specialists and primary care physicians.

- Treats 20-25 patients. If 2 physicians are working, 30-35 patients are seen.
- No gynecological exams.
- No lab work.
- Flu shots given on specific dates (generally 1-2 days in the fall).
- Clinic pharmacy does not dispense any controlled or injectable medications.
- Prayer needs

Patients wanting meds refilled must first see the clinic physician and have the number of refills allowed noted. Refills filled according to availability.

**St. Charles McAuley Free Clinic** **405-495-4667**

**(Located in St. Charles Borromero Church)**

4915 N. State St., Warr Acres, OK 73122

*Call for hours*

Provides an opportunity to maintain wellness to any individual who is considered medically indigent (not covered by Medicare/Medicaid or any other insurance). We do this through education in the areas of diabetes, high blood pressure, nutrition and women's clinics. We also are open to individuals who are sick and seeking treatment during regular clinic hours:

- 1st come, 1st served basis
- Minor illness only
- Health Care assessments for all ages
- Prescriptions
- Call ahead for diabetic and women's health clinic hours.

*Family Practice* - Monday Evenings at 4:30 p.m.

*Dermatology Clinic* - 4th Wednesday of each month. Call for an appointment.

*Diabetic Clinic* - Check with clinic staff for specific clinic dates

*Gynecology Exams* - Contact the clinic at 495-4667 to schedule a gynecological exam

If have chest pain, significant breathing problems, major wounds, or possible broken bones, go to the Emergency Room.  
405-755-1515 (Mercy Health Center Operator)

Variety Care

**MENTAL HEALTH EMERGENCY - SUICIDE  
(CHILDREN/TEENS)**

**Call 9-1-1 for immediate help!**

**CARE for KIDS after Hours Program** 405-573-6477  
Cleveland County- Norman, OK

**Enhanced Children's Mobile Crisis** 405-858-2700  
Oklahoma County - Oklahoma City, OK  
Mobile Crisis Response (MCR) Teams are a 24-hour, 7 day per week service that provides assistance for mental health and substance abuse crises through telephone or face-to-face assessments.  
[www.cocmhc.org](http://www.cocmhc.org)

**iMAT Integris** 405-951-2273  
**Mobile Assessment Team**  
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr. Triage on Phone

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

Need a LGBT friendly ear?

Call 866-488-7386

**Teenline** 1-800-852-8336  
24 hours a day/7 days a week hotline  
[www.teenlineonline.org](http://www.teenlineonline.org)  
Provides free, confidential, and anonymous telephone listening, crisis intervention, and information and referral services.

[www.thetrevorproject.org](http://www.thetrevorproject.org)  
24 hours a day, 7 days a week.

**NON-EMERGENCY  
MENTAL HEALTH COUNSELING**

**Adult Outpatient Clinic- O.U.H.S.C.** 405-271-5251 ext. 47643  
[www.ouhsc.edu](http://www.ouhsc.edu)  
G. Rainey Williams Pavilion  
920 Stanton L. Young Blvd. O.U. Health Science Center, OKC, OK 73117

Adult patients with a wide range of mental health conditions are assessed and treated through the utilization of psychotherapy and pharmacology.

**21 Days 2 Change, LLC** 405-254-5228  
Jamestown Office Park  
3035 NW 63<sup>rd</sup>, Suite 200 OKC, OK 73116

- Home based services
- Individualized treatment plan
- Individual, Family, and Group Counseling

Accepts Medicaid and private pay based on income

**MENTAL HEALTH EMERGENCY/SUICIDE  
(ADULTS)**

**Call 9-1-1 for immediate help!**

**Heart Line/CARE Line** 405-848-2273(CARE)  
Statewide 1-800-273-8255 (TALK)  
24 hrs. /day, 7 days/week hotline

**iMAT Integris** 405-951-2273  
**Mobile Assessment Team**  
(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hr. Triage on Phone

**Mental Health Emergency**  
Call 911 or go to local emergency room.

**Oklahoma County Crisis Intervention Center** 405-522-8100  
2625 General Pershing Blvd, OKC, 73107  
24 hours a day/7 days a week  
Mental health and drug/alcohol abuse crisis intervention facility,  
24-hour medically supervised detox for adults for OK county.

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

Need a LGBT friendly ear?

Call 866-488-7386

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

24 hours a day, 7 days a week.

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

**C.A.R.E for Change, Inc.** 405-524-5525  
3621 N. Kelley Ave Suite 100, OKC, OK 73111  
*Mon – Fri 8:00am – 5:00pm*  
[www.careforchange.org](http://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.

**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.*  
[www.cocmhc.org](http://www.cocmhc.org)

Offers 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

**Children's Recovery Center** 405-364-9004  
320 12<sup>th</sup> Ave Norman, OK 73071  
*24 hr.*

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

**Crossings Community Clinic** 405-749-0800

2208 W Hefner Rd., OKC, OK 73120  
*Generally open Monday- Friday. Call ahead to schedule an appointment.* [www.crossingsokc.org](http://www.crossingsokc.org)

- Offers health, dental, and counseling care in a Christian environment.
- Services available by appointment.
- For low income without insurance. No cost.

**Hope Community Services** 405-634-4400  
6100 S. Walker, OKC, OK 73139  
*Mon - Thu 8am – 7pm, Fri 8am – 5pm*  
*Walk-in Intake Hours: 8 am – 11:30 am (will accept after 11:30)*  
[www.hopecsi.org](http://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.

**iMAT Integris** 405-951-2273  
**Mobile Assessment Team**

(Only Mobil to Integris Hospitals/Facilities)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hour Triage by Phone

**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, group, 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

**Mary Mahoney Health Center** 405-769-3301  
12716 NE 36th, Spencer, OK 73140 (PO Box 30589)  
(Past Spencer, close to Jones, OK)  
*Clinic: Mon - Thu 8am - 5pm; Fri 10am - 5pm*

*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](http://www.nami.org)

Provides mental health information

**New Discoveries Youth and Family Services 405-232-1401**

628 NE 4<sup>th</sup> 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](http://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](http://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](http://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 21<sup>st</sup>, OKC, OK 73103-1899

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

[www.sunbeamfamilyservices.org](http://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](http://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](http://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](http://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](http://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](http://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 10<sup>th</sup> 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 12<sup>th</sup> 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](http://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 1<sup>st</sup> 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](http://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](http://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](http://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](http://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](mailto: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](http://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 4<sup>th</sup> 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 50<sup>th</sup>, 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](http://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](http://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 50<sup>th</sup>, OKC, OK 73112

[www.northcare.com](http://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](http://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](http://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](http://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](http://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. 23<sup>rd</sup>, 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](http://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](http://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. 2<sup>nd</sup> Street Edmond, OK

*Tues 10am-3pm*

[www.allthingsbabyok.com](http://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](http://www.integrisok.com)

Translation Services Available

#### **Health Center West**

**405-419-4150**

4330 N.W. 10<sup>th</sup>, 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](http://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](http://www.thinkimpregnant.org)

**(OKC South)**

**405-688-8700**

1624 SW 82<sup>nd</sup>, OKC, OK 73159

**(OKC North)**

**405-755-5433**

10327 N. May Ave., OKC, OK 73120

#### **Mary Mahoney Health Center**

**405-769-3301**

12716 NE 36<sup>th</sup> St., Spencer, OK 73084

(Past Spencer, close to Jones, OK)

[www.chci.org](http://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](http://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](http://www.oklahomaprojectwoman.org)



Provides breast health education, no cost mammograms, diagnostic procedures, and surgical services.

**St. Anthony Family Medicine Center** 405-231-3000  
608 NW 9th Suite 1100, OKC, OK 73103

**Variety Care** 405-632-6688

1025 Straka Terrace, OKC, OK 73139 (Off I-240 and Western)  
*Mon, Tues, Thu, & Fri 8:30am – 5:30pm, Wed 8:30am – 12pm  
& Sat 9am – 1pm*

Call for an appointment.

- Preventative Medicine
- Pediatrics and Well Child Checks
- Geriatrics
- Prenatal and Postnatal Care
- Family Planning
- Mental Health/Substance Abuse Care
- Work and School Physicals
- Immunizations – Please bring shots record
- On-Site Laboratory
- Patient Education
- Referrals

## PRESCRIPTIONS

**Baptist Mission Center** 405-235-6162

2125 Exchange Ave. OKC, OK 73108  
Services available to the uninsured only. General medical exam and prescription, food baskets, minor illness, no x-ray, no labs, prescription filled for free if in stock and script written there, clothing, free extractions/dental care. Oklahoma City residents only, need valid OK picture ID. Medical examination to the first 12 people in line, prescription refill for people who are current patients through the Mission Center, food basket given out to the first 25 people (can only receive once every other month).

**Blink Health** 1-844-366-2211

[www.blinkhealth.com](http://www.blinkhealth.com)

An online, no fee company that works with over 60,000 U.S. pharmacies to save you money on your prescription.

**Community Action Agency** 405-232-0199

319 SW 25<sup>th</sup>, OKC, OK 73109

*Mon – Fri 8am – 5pm*

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

- Oklahoma Rx Discount card

**Guild of St. George** 405-232-2266

117 NW 7<sup>th</sup> St, OKC, OK 73102

*Mon, Wed, & Fri 9am -12pm*

- Client must come in person and may have to go in to apply during office hours. Will take first 15 applicants.
- Assists up to \$30.00
- Does not help with antidepressants, hormones, or pain medications

**Integris Baptist Community Clinic** 405-717-9872

1210 NW 10<sup>th</sup>, OKC, OK

Prescription 405-239-6884

- *3rd Monday-* Immunizations, prescription refills, and Take Charge for Women program, no doctor in the office

**Kings Clinic** 405-848-4005

921 W. Britton Road, OKC, OK 73114

[www.kingsclinic.com](http://www.kingsclinic.com)

- Call to be put on a wait list.
- Extractions, only

**Master's Pharmacy & Clinic – Britton Baptist** 405-842-3511

1141 W. Britton Rd., OKC, OK 73114

General illness and chronic conditions.

**Med Care United** 405-271-6278

711 Stanton L. Young, Suite #100 OKC, OK

*Mon - Thu 9:00am - 4:00pm.*

Goes to pharmaceutical companies to secure medication for persons who have no insurance of any kind.

**North Rock Medication Clinic** 405-425-0490

4400 N Lincoln, 2nd Floor OKC, OK 73105

*Mon - Thu 8:30am - 5pm. Friday 8:30am- 2:00pm. Closed for lunch noon - 1:00pm.*

[www.northcare.com](http://www.northcare.com)

A collaborative effort between North Care and Red Rock Behavioral Health Services provides psychiatric evaluations and a medication clinic. Scheduled appointments are available Mon - Fri. North Rock Medication Clinic services are limited to those consumers of North Care and Red Rock Behavioral Health Svcs.

**Oklahoma County Pharmacy** 405-713-1893

7401 NE 23<sup>rd</sup>, OKC, OK 73141

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

Referral requested and client must have \$0 income. Must have lived in Oklahoma County at least 6 months and 1 year in the state of Oklahoma. Must bring original prescription. Please call ahead to make sure they have medication needed. Must bring proof of residency, income verification, and disability, housing, or any other assistance. Medication at no charge.

**Oklahoma County Pharmacy** 405-602-1470

1201 N. Harvey, OKC, OK 73106

*Mon & Wed 8:00am – 11:30am & 1:00am-3:00pm*

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

Referral requested and client must have \$0 income. Must have lived in Oklahoma County at least 6 months and 1 year in the state of Oklahoma. Must bring original prescription. Please call ahead to make sure they have medication needed. Must bring proof of residency, income verification, and disability, housing, or any other assistance. Medication at no charge.

**RX for Oklahoma** 1-877-RX4-OKLA (1-877-794-6552)

Provides low cost or no cost medications to Oklahoma residents of any age who qualify. Must be uninsured, underinsured, or low income (at or below federal poverty limits). Applicants must provide proof of age, residential address, gross annual household income, complete list of current medications and physician information, and insurance coverage (if applicable).

**The Urban Mission** 405-946-1556

3737 N. Portland, OKC, 73125

*Call for hours*

- Provides emergency assistance with prescriptions through United Discount Pharmacy - 5420 N. Portland, OKC, OK (Deaconess Hospital).

## REFERRAL SERVICES

### AARP

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

Provides various resources for people aged 50+.

### Area Wide Aging Agency

**405-942-8500**

**OU: 405-943-4344**

4101 Perimeter Center Dr., Ste. 310, OKC, OK 73112

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

Provide individuals age 60 and up with information and assistance in finding and accessing community resources (including delivered meals and transportation). Canadian, Cleveland, Logan, and Oklahoma counties only.

### Heart Line/CARE Line

**405-848-2273(CARE)**

Statewide 1-800-273-8255 (TALK)

24 hours/day, 7 days/week hotline

### iMAT Integris

**405-951-2273**

#### Mobile Assessment Team

(Only Mobil to Integris Hospitals/Facilities)

[www.integrisk.com](http://www.integrisk.com)

- 24 hour Crisis Intervention & Referrals.
- For children, adolescents, adults, seniors, & chemical dependency.
- 24 hour Triage on Phone

### Joint Oklahoma Information Network

**211**

Oklahoma has a special telephone number you can call to find out about a variety of community help resources and services. It is an information referral source for many programs and services to help individuals and families. Information about many programs and services are offered on [www.join.ok.gov](http://www.join.ok.gov) or visit <http://www.211oklahoma.org>

### Latino Community Development Agency

**405-236-0701**

420 SW 10th St., OKC, OK 73109

8:30am – 5pm Mon – Fri

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

- Individual counseling
- Parenting groups
- Home visits for Spanish speaking clients
- Home based parenting skills& training
- Services targeted at Latino population
- Free immunizations
- Hispanic women's clinic
- Mentoring program
- Provides information to the Latino community about services, opportunities, contacts, etc.

### (NAMI) National Alliance on Mental Illness

of Oklahoma

**405-230-1900**

**HOTLINE**

**1(800)583-1264**

3037 NW 63rd St., Suite 104 West, OKC, OK 73116

(Cross streets Tulsa and NW 39th Expressway)

Mon – Fri 8: am – 5:00pm

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

Referrals and resource information for the following services: advocacy, literature, family education classes, parent support and networking, and peer support. No fee. Advocacy on the state level not the individual.

### National Eating Disorders

**1-800-931-2237**

Mon – Fri 8:00am – 8:00pm (Pacific Time)

<http://www.nationaleatingdisorders.org>

Provides information and resources.

### Oasis

**405-271-6302/1-800-426-2747**

OU Health Science Center, OKC, OK 73117

Mon – Fri 8am – 6pm

<http://soonersuccess.ouhsc.edu/>

- Provides free statewide information, referrals, and one-on-one assistance in locating available service in Oklahoma for Oklahomans with disabilities and special health concern needs.
- Resources include state and local agencies, organizations, private providers, and other social service and health care programs.
- Assistance with respite care (temporary relief for families or caregivers of a disabled child or children)

### Oklahoma Developmental

**Disabilities Council**

**1-800-836-4470**

[www.okddc.ok.gov](http://www.okddc.ok.gov)

(Answered 24 hours a day)

Information on services for persons with mental retardation and other developmental disabilities.

### Reachout Hotline

**1-800-522-9054 / 405-522-8162**

Emergency mental health and resource hotline, available 24 hours.

### (TRC) Alcohol and Drug Services

of Central Oklahoma

**405-525-2525**

1215 N.W. 25th Street, OKC, OK 73106

[www.trcok.com](http://www.trcok.com)

24 hour referral to area treatment facilities for alcohol and drug abuse, medically supervised detoxification, individual treatment, needs assessment, family education program, outpatient services, DUI assessment, DUI School, and employer assistance program.

## SEXUAL ASSAULT (ADULTS)

### Chickasha Women's Service and Resource

**405-222-1818**

24 hours, 7 days a week

Crisis intervention: sexual assault, domestic violence, stalking.

Serving Grady and Canadian counties. No fee.

### COPE, INC.

**405-528-8686**

2701 N Oklahoma Ave., OKC, OK 73105

Mon - Fri 8 am - 5:30 pm (weekend by appt.)

- Counseling for individual, group, and family
- Substance Abuse
- Domestic Violence
- Behavioral Concerns

- Impulse Control
- Sexual Abuse
- Employment Assistance Program (EAP)
- Multi-cultural Counseling Center
- Case Management
- Psychological Testing/Evaluations
- DUI School & Assessment
- Moral Recognition Therapy
- Rehabilitation Services
- Mentoring
- Education/Tutoring/GED
- Fatherhood Program
- Assessment/Employment Program
- Alcohol and drug abuse day treatment
- Outpatient Services

Services include life skills, social skills, counseling, screening referral aftercare, employment training, and mentoring.

**Cornerstone Counseling and Consulting, Inc.** 405-231-3150  
4232 N. Santa Fe, OKC, OK 73118

*Mon - Thurs 8 am - 5 pm, Friday 8 am - 3 pm*

*Evening services available by appointment.*

- Mental health counseling, parenting groups, anger management groups, sexual abuse family education, sex offender counseling and assessment, chaperone program, case management services, substance abuse assessment and services, consultative services.
- Voices for Teen Girls -sliding scale fee (\$20 group)
- Fees: sliding scale. Medicaid/Soonercare or private insurance accepted.

#### **Oklahoma County District Attorney**

**Victim Services** 405-713-1600

320 Robert S. Kerr, Room 505, OKC, OK 73102

*Mon - Fri 9 am - noon, 1 pm to 5 pm*

Compensation for victims who suffer bodily injuries as the result of criminal acts, assistance of victims of domestic violence, assistance for persons preparing to file a VPO, and support for persons who are victims of sexual assault. Victim of a crime who has suffered a bodily injury.

#### **National Domestic Violence Hotline**

1-800-799-7233 (SAFE)

**Rape, Abuse, & Incest** 1-800-656- HOPE(4673)  
**National Network Hotline (RAINN)**

**REACHOUT** 1-800-522-9054

A statewide, 24 hour, toll free hotline which provides crisis intervention and referral. Emergency mental health & resource

**Transitions, Inc** 405-810-0054

6051 N Brookline, Suite 112, OKC, OK 73112

*Mon - Fri 8:30 am - 7:30 pm*

- Sexual education group therapy, sexual abuse non-offenders group, family development, parent aid program.
- 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.

#### **CRIME VICTIMS COMPENSATION PROGRAM**

405-264-5000

421 NW 13th Suite # 290, OKC, OK 73103

*Mon-Fri 8 am - 5 pm*

- Compensation and assistance for persons who suffer injury as a result of criminal acts
- Assistance for victims of domestic violence and in preparing petition for Victim Protective Order (VPO)
- Assistance and support for persons (adults or children) who are victims of a crime (including financial and counseling assistance)
- Provides court advocates for victims

#### **Women's Resource Center, Inc.**

405-364-9424

Call for location.

Sexual Violence Crisis Line: 405-701- 5660 (24 hours) 24-hours, 7 days/week

- Shelter services for women in domestic violence situations
- Education/prevention programs
- Counseling and crisis intervention for domestic violence and sexual assault

**YWCA RAPE CRISIS CENTER** 405-943-7273 (RAPE)

2460 NW. 39<sup>th</sup>, OKC, OK 73112

- 24-hour hotline
- Support groups
- Counseling
- Assists sexual assault survivors in hospital ER

#### **INTERNET RESOURCES FOR COPING WITH ASSAULT:**

##### **Oklahoma Coalition against Domestic Violence and Sexual Assault**

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

##### **Rape, Abuse, and Incest National Network**

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

##### **Native American Victims of Violence**

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

##### **Oklahoma District Attorneys Council**

For victim's rights and services

[www.ok.goc/dac](http://www.ok.goc/dac)

##### **[www.pandorasproject.org](http://www.pandorasproject.org)**

Support for victims of rape, including a web library and message board.

##### **[www.mencanstoprape.org](http://www.mencanstoprape.org)**

Men mobilizing to prevent violence against women.

##### **[www.resurrectionafterrape.org](http://www.resurrectionafterrape.org)**

Books, music, resource downloads, and web community of survivors. Booklets for men and parents on how to help.

## SEXUAL ASSAULT (MINORS)

**Bethesda Inc.** 405-364-0333  
1181 E. Main St., Norman, OK 73071 (Community Services Building)  
9am – 5pm Mon – Fri  
[www.bethesdaok.org](http://www.bethesdaok.org)

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

**CCAN Center for Child Abuse and Neglect** 405-271-8858  
Child Study Center  
940 N.E. 13th St., Suite 4N-4900, OKC, OK 73104  
[www.ouhsc.edu](http://www.ouhsc.edu)  
Mon - Fri 8am - 5pm.

Offers assessment and treatment for children who have been abused or neglected. Adolescent sex offenders, women, and the children of women who used inappropriate substances during pregnancy, assessments for children at high-risk for abuse or neglect, New Directions. Accepts Medicaid/SoonerCare private insurance, private pay.

**Child Abuse Response and Evaluation Center (CARE Center)** 405-236-2100  
1403 Ashton Place, OKC, OK 73117  
Mon – Fri 8:30am – 4:30pm  
[www.carecenter-okc.org](http://www.carecenter-okc.org)

- A coordinated approach to investigations.
- Trains professionals.
- A safe environment for abused children.
- Services offered at no cost.

**Oklahoma County District Attorney Victim Services** 405-713-1639  
320 Robert S. Kerr, Room 113, OKC, OK 73102  
Mon - Fri 8am - 5pm  
[www.oklahomacounty.org](http://www.oklahomacounty.org)

Support and possible compensation for victims who suffer bodily injuries as the result of criminal acts including persons who are victims of sexual assault.

- D.A. reviews cases from law enforcement to determine if criminal charges will be made.
- No fees charged.

**Heart Line/CARE Line** 405-848-2273 (CARE)  
Statewide 1-800-273-8255 (TALK)  
24 hrs. /day, 7 days/week hotline

**National Domestic Violence Hotline** 1-800-799-7233 (SAFE)

**Rape, Abuse, & Incest National Network Hotline** 1-800-656-4673 (HOPE)

**Teenline** 1-800-852-8336  
24 hrs. /day, 7 days/week hotline  
[www.teenlineonline.org](http://www.teenlineonline.org)  
Provides free, confidential, and anonymous telephone listening, crisis intervention, and information and referral services.

**TRANSITIONS, INC.** 405-810-0054

6051 N Brookline, Suite 112 OKC, OK 73112  
Mon - Fri 8:30am - 7:30pm.

Sexual education group therapy, sexual abuse non-offender's group, family development parent aid program. 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.

**YWCA Rape Crisis Hotline** 405-943-7273

## SPECIAL NEEDS SERVICES (ADULT/CHILDREN)

**ABLE Council for Developmental Disabilities, Inc.** 405-329-3922  
Shelter Workshop  
303 E. Tonhawa, Norman, OK 73069 (Shelter Workshop)  
Call for hours.  
▪ Assist adults and children with developmental disabilities.

**Aid for Individual Development** 405-943-2346  
2805 N Utah, OKC, OK 73107  
Call for hours.  
▪ Group homes, residential services.  
▪ Serves DDSD customers.

**Allied Community Services Inc.** 405-769-3688  
PO Box 430, Nicoma Park, OK 73066  
Call for hours.  
▪ Provides HTS Services.  
▪ Serves DDSD customers.

**Among Friends – An Activity Center for Adults with Disabilities** 405-701-2121  
(Cleveland County Area)  
Facility - 1183 E. Main, Norman, OK 73071  
Administration - 1185 E. Main, Norman, OK 73071  
Mon - Fri. 10am – 2pm.  
[www.amongfriendsnorman.org](http://www.amongfriendsnorman.org)  
▪ Social and recreational activities - bowling, art classes, prom, dances.  
▪ Adults with special needs and disabilities - \$3 for lunch.

**Atkins Opportunities Garden** 405-424-3142  
1917 NE 20th St., OKC, OK 73111  
Mon – Fri 8am – 5pm.  
▪ Housing for elderly, handicap, and disabled persons.  
▪ Must be elderly or have a documented disability.

**Bios Corporation (OKC Ofc)** 405-525-0900  
2442 N Walnut, OKC, OK 73105  
Open 24 hours a day/7 days a week  
[www.bioscorp.com](http://www.bioscorp.com)  
▪ Residential services.  
▪ Home Health services, HTS services.  
▪ Serves DDSD customers.

**Canadian County Caring for Kids –**



**Systems of Care** **405-262-3209**

7777 E Highway 66 El Reno, Oklahoma 73036

Call for hours.

[www.red-rock.com](http://www.red-rock.com)

(Have statewide Systems of Care offices)

Residential treatment center for children diagnosed with autism or developmentally delayed, 57 beds for IQ 50 and below. No referral required.

**Child Study Center** **405-271-5700**

1100 N.E. 13<sup>th</sup>, OKC, OK 73117

Call for hours.

[www.oumedicine.com/pediatrics/department-](http://www.oumedicine.com/pediatrics/department-sections/developmental-behavioral-pediatrics/child-study-center)

[sections/developmental-behavioral-pediatrics/child-study-center](http://www.oumedicine.com/pediatrics/department-sections/developmental-behavioral-pediatrics/child-study-center)

- Behavior management training for parents, early intervention for infants at risk, diagnosis, evaluation and treatments in many specialty areas, physical, occupational therapy, speech therapy, psychological evaluation and treatment, support with conditions, including: autism, Asperger's syndrome, attention deficit disorder, neuro-developmental disorders.
- Medicaid/SoonerCare - Primary care physician must make a referral or if DHS custody children, the worker can make the referral.
- No sliding scales or payment plans.

**Cleaning for a Reason** **1-877-337-3348**

P.O. Box 146

Lewisville, TX 75067

<http://www.cleaningforareason.org/>

- A service for women 18 or older undergoing cancer treatment which provides free housecleaning services.
- 1 time per month for 4 months.
- Will need doctor to fax a note confirming treatment.
- See website for details.

**Dale Rogers Training Center** **405-946-4489**

2501 N. Utah, OKC, OK 73107

Mon - Fri 8am - 5pm.

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

- Group homes and sheltered workshops.
- Serves DDS customers.

**Down Syndrome Association of Central Oklahoma** **405-463-5641**

600 NW 23rd

OKC, OK 73103

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

- Provides education, resources and support for families of children with Down syndrome.
- Volunteer Education



**Dungarvin Oklahoma** **405-759-2611**

9210 S. Western, Suite A22, OKC, OK 73139

Mon - Fri 8am - 5pm.

[www.dungarvin.com](http://www.dungarvin.com)

- Foster care for children with developmental disabilities.
- Residential services for adults with developmental disabilities.
- Serves DDS customers.

**Easter Seals of Oklahoma** **405-239-2525**

701 N.E. 13th Oklahoma City, OK 73104

Monday – Friday 7:30 a.m. – 5:30 p.m. - Adult Day Care

Mon– Fri 7:00 am – 6:00pm - Child Development Center

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

- Medical rehabilitative services, physical therapy, occupational therapy, speech therapy, Autism services, early intervention services.
- Adult day care and Child care (ages 2 to 5 years)
- Fee: Medicaid/SoonerCare, Medicare, OKDHS day care assistance.

**EARC, Inc.** **405-341-7132**

10 E. 9th St., Edmond, OK 73034

Call for hours.

- Resource information for the disabled. Social services, medicine, Group homes, residential services, ICF-ID and sheltered workshops, vocational training.
- Serves DDS customers.
- Adults over 18 years of age.

**Fretzpark Homes** **405-810-4030**

4545 N. Lincoln, Ste 105, OKC, OK 73105

Mon- Thurs 9am – 5pm; Fri 9am-4pm

- <http://fretzpark.org/Waivered> group homes, transportation, daily living supports, agency companion, residential, respite and homemaker services, HTS.
- Serves DDS customers only

**Goodwill Industries** **405-236-4451**

316 S Blackwelder, OKC, OK 73102

Mon-Friday 8:30am - 5:00pm.

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

- Career development and job training program is designed to serve individuals with disabilities.
- Works with the Developmental Disabilities Services Division, the Department of Rehabilitation Services, and other community providers.
- Application with proof of disability.

**J.D. McCarty Center** **405-307-2800**

2002 E. Robinson, Norman, OK, 73071

Business Office 8:00am-4:00pm Mon- Fri.

In-House 24/7

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

Provides services for children with developmental disabilities, including physical therapy, occupational therapy, speech-language therapy, psychological services, nutritional counseling, medical services, comprehensive evaluations, respite care, and independent living training.

**Life Spring Home Care**

[www.lifecareok.com](http://www.lifecareok.com)

**Edmond**

405-735-6122

424 E. 2nd Str. Edmond, OK 73034

**Norman**

405-329-4545

2411 Springer Dr., Norman, OK 73069

**Shawnee**

405-273-2733  
2102-B North Kickapoo, Shawnee, OK 74804

Group homes, residential services, sheltered workshops and home health services. (just a home health agency)

**Meadow Brook Acres Center for Independent Living** 405-692-1000

13016 S Penn, OKC, OK 73170

Mon - Fri 9am - 4pm

- Group homes, residential services.
- Serves DDSD customers.

**The Meadows** 405-348-4470

1000 S. Kelly Ave., Edmond, OK 73003

Mon - Fri 8am - 11:45am / 12:45 - 4:00pm.

[www.meadowsoklahoma.com](http://www.meadowsoklahoma.com)

- Sheltered workshops
- Serves DDSD customers

**Mid-Del Group Home** 405-732-8568

PO Box 30033, Midwest City, OK 73140

Mon - Fri 8am - 4:30pm.

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

- Group homes, residential services, and sheltered workshops.
- Serves DDSD customers.

**National Center for Disability Education and Training** 405-325-4084

3200 Marshall Ave., Suite 201, Norman, OK 73072-8023

Mon - Fri 8:30am - 5pm.

[www.ncdet.ou.edu](http://www.ncdet.ou.edu)

Job Coach Training, Oklahoma Work Incentives, an assistance project which serves Social Security beneficiaries with vital support statewide.

- Referral by OKDHS-DDSD.

**Northcare Children's Services** 405-858-2700

4436 N.W. 50<sup>th</sup> OKC, OK 73112

Mon- Fri 8am- 5pm (Call for appointment.)

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

- Diagnostic and evaluation services, outpatient treatment, emergency services, case management, intensive home-based services, day treatment, respite care, therapeutic foster care, which will help young people with behavioral, emotional, and mental problems.
- Under age 18.

**Office of Disability Concerns** 405-521-3756/1-800-522-8224

2401 N.W. 23 rd., Suite 90, OKC, OK 73105

Mon - Fri 8am - 5pm.

[www.ok.gov/odc](http://www.ok.gov/odc)

- Refers to services state, local or federal government acts a clearinghouse for information and advocacy.
- Persons with disabilities.

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

800 NE 15th St., Ste. 316, OKC, OK 73104

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

"Putting the Pieces Together for Oklahoma Families"

- 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.

**Oklahoma Systems of Care (Admin Ofc)** 405-522-4151  
(Oklahoma Department of Mental Health)

<http://www.ok.gov/odmhas>

Contact the administrative office for referral to Systems of Care locations for your county - hours are 8am-5pm M-F

- In a system of care, mental health, education, child welfare, juvenile justice, and other agencies work together to ensure that children with mental, emotional, and behavioral problems and their families have access to the services and supports they need to succeed.
- These services and supports may include diagnostic and evaluation services, outpatient treatment, emergency services (24 hours a day, 7 days a week), case management, intensive home-based services, day treatment, respite care, therapeutic foster care, and services that will help young people make the transition to adult systems of care.
- Systems of care are developed on the premise that the mental health needs of children, adolescents, and their families can be met within their home, school, and community environments. These systems are also developed around the principles of being child-centered, family-driven, strength-based, and culturally competent and involving interagency collaboration.
- The Child, Adolescent, and Family Branch embrace and promote these core principles of systems of care.
- The goal of systems of care programs is to build innovative community treatment programs for children with serious emotional disturbances and their families.

**Progressive Independence, Inc.** 405-321-3203

121 N. Porter Ave., Norman, OK 73071

Mon - Fri 8:30am - 5pm

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

- A center for independent living which assists people with disabilities in finding or accessing needed resources (housing, SS benefits, etc).
- Also have a medical equipment loan closet.

**Reliant Living Centers of Oklahoma Inc.** 405-677-2421

3317 S.E. 18<sup>th</sup>, Del City, OK 73115

Mon - Fri 8am - 4:30pm.

[www.reliantlivingcenters.com](http://www.reliantlivingcenters.com)

- Residential facilities are 24/7
- Residential services, and sheltered workshops, supported employment, accepts state-funded clients.
- Serves DDSD customers 18 years and older.

**Rescare** 405-787-4950

7508 Melrose Ln., OKC, OK 73127

Mon - Fri 8am - 5pm.

[www.rescare.com](http://www.rescare.com)

- Group homes, residential services, and sheltered workshops; in-home care.

- Serves DDS customers.

**Rose Rock Academy** **405-548-1280**  
3301 N. Martin Luther King Blvd., OKC, OK 73111  
Open 24 hours a day/7 days a week

Residential treatment center for children diagnosed with autism or developmentally delayed, 8 beds for IQ 50 and below. No referral required.

**Sequoiah Enterprises Inc.** **405-604-6826**  
4300 Highline Blvd., Suite D100, OKC, OK 73108  
*Mon - Fri 8am - 5pm.*

- Group homes, residential services; assistance for abused and neglected children.
- Serves DDS customers.

**Sooner Start** **405-271-9477**  
3017 N Stiles, Ste. 200 OKC, OK 73117  
*8am – 5pm Mon – Fri*  
[www.ok.gov](http://www.ok.gov)

Children birth – 36 months of age with developmental delays or who have a physical or mental condition which will most likely cause a delay.

- Diagnostic and evaluation services
- Family training, counseling, and home visits
- Nursing services
- Nutrition services
- Occupational, Physical, Psychological, and Speech– language therapy
- Special instruction
- Vision services
- No charge

**Sooner Success** **405-556-1469**  
Canadian County Coordinator  
*Mon- Fri 8am – 5pm*  
<http://soonersuccess.ouhsc.edu/>

- Assists families whose children have a variety of needs including autism, physical disability, special education, etc., to find appropriate resources.
- Information and referral for Canadian County only.

**Sooner-Success** **405-271-6302/1-800-426-2747**  
OU Health Science Center,  
940 NE 13<sup>th</sup> St, Suite 4900, OKC, OK 73104  
*Mon – Fri 8am – 6pm*  
[www.ok.gov](http://www.ok.gov)

- Provides free statewide information, referrals, and one-on-one assistance in locating available service in Oklahoma for Oklahomans with disabilities and special health concern needs.
- Resources include state and local agencies, organizations, private providers, and other social service and health care programs.
- Assistance with respite care (temporary relief for families or caregivers of a disabled child or children)

**Special Olympics** **1-800-722-9004**  
6835 S. Canton Ave., Tulsa, OK 74136  
*Mon - Fri 8am - 5pm.*  
Summer: *Mon - Thu 8am - 5pm.*  
[www.sook.org](http://www.sook.org)

- An international organization dedicated to empowering individuals with intellectual disability to become physically fit, productive and respected members of society through sports training and competition.
- Persons who have developmental delays, intellectual disability.

**Volunteers of America** **405-418-8522**  
7510 Broadway Extension, Ste. 205, OKC, OK 73118  
*Call for hours.*  
[www.voaok.org](http://www.voaok.org)

- Group homes, residential services, and sheltered workshops.
- Serves DDS customers.

**We Care, LLC** **405-525-2328**  
5400 NW 23rd St., OKC, OK 73127  
*Mon - Fri 9am - 5pm.*

- Daily living support homes and residential services.
- Serves DDS customers.

**Work Activity Center Inc.** **405-799-6911**  
203 E Main, Moore, OK 73160  
*Mon - Fri 7:30am - 5pm.*  
[www.wacok.com](http://www.wacok.com)

- Non-profit sheltered workshop for adults.
- Participants earn a paycheck by working on projects contracted through the workshop.
- Day program only.
- Serves DDS clients
- Accepts applications from any intellectually disabled persons.

## TRANSPORTATION

**City Rescue Mission** **1-877-817-HOPE (4673)**  
Need a ride to the City Rescue Mission?  
Call 877-817-HOPE (4673)  
Mon – Fri, 9am to 5pm  
[www.cityrescue.org](http://www.cityrescue.org)  
Must be age 18 or over.

**Community Action Agency** **405-232-0199**  
319 SW 25th, OKC, OK 73109  
*Mon – Fri 8am – 5pm*  
[www.caaofokc.org](http://www.caaofokc.org)  
Assistance with bus passes. Call with zip code for district office locations and details.

**EMBARC (formerly Metro Transit)** **405-235-RIDE (7433)**  
Buses Run: M-F 4:30 am – 7:30 pm; Sat 6:30 am – 6:30 pm  
300 S.W. 7<sup>th</sup>, OKC, OK 73109  
Monthly pass \$50 (Reduced Fare: \$25)

Local Bus/Single Trip Cash Fares:  
\$1.75 Adult (18 & over), \$0.75 for reduced fare (ages 60+, qualifying disability, Medicare cardholders, and kids ages 7-17).

Express Bus/Single Trip Cash Fares:  
\$3.00 Adult (18 & over), \$1.50 for reduced fares.  
Children 6 under are free.

**Embark PLUS (Accessibility):** 405-297-2891  
All EMBARK buses and ferries meet Americans with Disabilities Act (ADA) requirements, offering wheelchair lifts and other features to accommodate riders with disabilities. Senior adults and people with disabilities readily uses EMBARK to get around. Travel training is available, and we offer special services for those who can't use regular bus service.

**Embark LINK:** 405-688-6552  

- For services nights and weekends when regular bus service is not running.
- Call ahead to make reservations

**Guild of St. George** 405-232-2266  
117 N.W. 7th St. OKC, OK 73102  
*Monday, Wednesday, Friday 9:00 a.m. – noon*  
Food pantry, photo id, birth certificates, utility bills, no rent, non-narcotic prescription refills. Bus pass for job interview or doctor appointment. Extended bus pass for new job until first pay check.

**Medride Assisted Transportation** 405-685-8267  
4225 SW 44<sup>th</sup>, OKC, OK 73109  
*24 hours, 7 days a week*  
*Office open 6am - 6pm.*  
Non-emergency transfer for wheelchairs and stretcher patients to doctor's appointments. Please call 24 hours in advance for transport. Private pay.

**Sooner Ride** 1-877-404-4500  
**TDD:** 1-800-722-0353  
*Mon- Sat 7am- 6pm.*  
SoonerRide is a program that helps you get to and from your SoonerCare appointments if you need a ride. We partner with LogistiCare Solutions LLC to provide this non-emergency transportation service for both the SoonerCare Traditional and SoonerCare Choice programs. For eligible Medicaid recipients needing rides for non-emergency medical appointments. Call for eligibility and reservations. Be sure to write down trip authorization number.

**Upward Transitions** 405-232-5507  
1134 W. Main, OKC, OK 73106  
*Call for hours.*  
Transportation assistance for stranded travelers and victims of domestic violence. Additional services for homeless and those on the verge of homelessness.

## UTILITIES/RENT

**Associated Catholic Charities/Vincent DePaul Society** 405-523-3000  
1501 N. Classen Blvd. OKC, OK  
*Mon – Fri 8am – 4:30pm*  
[www.catholiccharitiesok.org](http://www.catholiccharitiesok.org)  
Serves their parishes/people living within parish boundaries. May provide money as needed on an emergency basis when no other resources are available.

**Compassionate Hands** 405-354-9591  
119 S. 6<sup>th</sup> St., Yukon, OK 73099  
*Mon – Fri 9am – 4pm*  
[www.compassionatehandsyukon.com](http://www.compassionatehandsyukon.com)

- Transportation for elderly
- Serves zip code: 73099
- Referrals
- Provide utility/rent
- Prescription assistance to those who live in their service area.

**Guild of St. George** 405-232-2266  
117 NW 7th, OKC, OK 73102  
*Mon, Wed, & Fri 9am -12pm*  
They provide help with prescriptions, utility bills, and food pantry. Must come in person for assistance.

**Salvation Army** 405-246-1100  
311SW 5<sup>th</sup> St. OKC, OK 73109 *Mon – Fri 8:15am - 4:30pm*  
[www.salvationarmyokcac.org](http://www.salvationarmyokcac.org)

- Emergency financial assistance for utilities
- Depends on availability of funds
- Department of Human Services (DHS) - Call individual offices for information on assist
- Low Income Home Energy Assistance Program (LIHEAP)
- Benefits to help low income elderly and disabled persons with heating fuel and utility bills (gas and electric only)

**Shepherds of Love Ministry** 405-348-5195  
P.O. Box 5043, Edmond, OK 73083  
*Mon – Fri 9am – 4pm*  
[www.shepherdsoflove.org](http://www.shepherdsoflove.org)  
Offers financial assistance for utility bills. Have bills in hand when calling. (No rent or rent deposit.)

**Yukon Sharing** 405-354-9456  
4 North 6th. Yukon, OK 73099  
[www.yukonsharing.org](http://www.yukonsharing.org)  
*Open third Thursday of each month from 1pm -7 pm.*  
The agency provides help with utilities and rent. A clothes closet, food bank, and aid with obtaining prescription drugs are all available. Eviction or cut off notice required. Eastern Canadian county for utilities and rent. Food, prescriptions, and clothes. Yukon only.

**Urban League of Greater OKC** 405-424-5243  
3900 N Martin Luther King Ave., OKC, OK 73111  
*Mon - Fri 8am - 5pm.*  
[www.urbanleagueok.org](http://www.urbanleagueok.org)  
Assists underprivileged individuals and minorities to achieve social and economic equality. Employment assistance, job re-entry, tutoring, EMPLOY - A bi-weekly employment resource session featuring job readiness training and guest employers. The School-age Care and Learning Center, Project Ready Mentoring provides students ages 11 to 18 with weekly activities that promote positive behaviors and academic excellence. The Young Entrepreneurs Summer (YES) Academy offers students ages 15 to 18 leadership building skills, entrepreneurial training and mentoring. No fees.



## 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](http://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 12<sup>th</sup> 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](http://www.guidingright.org)  
7901 NE 10th, Suite A-109, Midwest City, OK

**Guiding Right, Inc.** **405-237-1203**  
[www.guidingright.org](http://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 10<sup>th</sup>, 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](http://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 44<sup>th</sup> 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 36<sup>th</sup>)  
[www.metrotech.edu](http://www.metrotech.edu)

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

3644 SE 15<sup>th</sup> 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 1<sup>st</sup> 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](http://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](mailto: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](http://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](http://www.ok.gov/health)

**OKDHS Live** 405-487-5483 (LIVE)  
Online service for applying for and maintaining DHS benefits.  
[www.okdhslive.org](http://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](http://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](http://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](http://www.osuokc.edu/reach)

**Recovery Achievements** 405-242-2190  
Case management, group and individual counseling  
[recoveryachievementsllc@gmail.com](mailto: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](http://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](http://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](http://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](http://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](http://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](http://www.urbanleagueokc.org)

**VARIETY CARE** 405-632-6688  
Income-based Healthcare Services.  
[www.varietycare.org](http://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](http://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](http://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](http://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](http://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 11<sup>th</sup>)

**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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://www.mhaok.org)

**Sanctuary Women's Development Center** 405-526-2321  
2133 W 11<sup>th</sup> 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](http://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](http://www.homelessalliance.org)

## **COMMUNITY & RECREATION CENTERS**

**Y.M.C.A. Locations**  
[www.ymcaokc.org](http://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](http://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](http://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](http://www.okc.gov/parks)

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



405-751-4977  
[www.okc.gov/parks](http://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](http://www.okc.gov/parks)

**Minnis Lakeview Recreation Center**  
12520 NE 36th St., W. of Anderson Rd.  
404-769-2676  
[www.okc.gov/parks](http://www.okc.gov/parks)

**Pilot Recreation Center**  
1435 NW 2nd St., E. of N. Penn. Ave.  
405-232-8309  
[www.okc.gov/parks](http://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](http://www.okc.gov/parks)

**Schilling Recreation Center**  
539 SE 25th St.  
405-631-2466  
[www.okc.gov/parks](http://www.okc.gov/parks)

**Sellers Recreation Center**  
8301 S. Villa Ave.  
405-685-3311  
[www.okc.gov/parks](http://www.okc.gov/parks)

**Southern Oaks Recreation Center**  
400 SW 66th St.  
405-631-5441  
[www.okc.gov/parks](http://www.okc.gov/parks)

**OKLAHOMA CITY METRO LIBRARIES**  
[www.metrolibrary.org](http://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