

The background of the cover features a pattern of overlapping geometric shapes, primarily triangles and quadrilaterals, in shades of blue and yellow. These shapes are arranged in a way that creates a sense of movement and depth, with some shapes appearing to be layered on top of others.

2025 COMMUNITY RESOURCE GUIDE

Prepared by :

RSC | CAMPUS RESOURCE
CENTER

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 Campus Resource Center as a referral tool. Every effort was made to ensure listings are up to date as of the March 2025 printing of this Guide. Campus Resource Center 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.

ADOPTION

Catholic Charities Archdiocese of OKC

1232 N Classen Blvd., OKC, OK 73106

405-523-3000 www.catholiccharitiesok.org

Mon.–Fri. 8am–4:30pm

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 & Adoption Services

8308 North May Ave, Suite 325, OKC, OK 73132

405- 949-4200 Emergency: 405-397-3140

Mon.–Fri. 9am–5pm www.dpaok.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

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

405-767-2600

Mon.–Fri. 8am–5pm

- 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

6300 John Ryan Dr., Ft. Worth, TX

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

(OKC Satellite Ofc 405-590-4196–Statewide Services) www.gladney.co

Mon.–Fri. 8:30am–5pm

- 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 client’s 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

3129 N. Martin Luther King Ave, OKC, OK

405-424-0225 <https://www.ococok.org/>

Mon.–Fri. 9am–5pm

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

24hrs

American Social Health Association Sexually Transmitted Infection Resource Center Hotline
1-800-227-8922 www.ashstd.org

Mon.-Fri. 7am-5pm

Guiding Right, Inc.

1420 NE 23rd, Suite A-111, OKC, OK 73110
405-733-0771 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

420 SW 10th St., OKC, OK 73109
405-236-0701 www.lcdaok.org

Mon.-Fri. 9am-5pm

- 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

English-1-800-535-2437

Spanish-1- 800-344-7432

8am-5pm, CDC Prevention After hours

www.ok.gov/health

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

Oklahoma State Health Department

405-426-8000

Mon.-Fri. 8am-5pm

Prevention programs for STDs, AIDS, & viral hepatitis. Answer questions and discuss resource options.

R.A.I.N.

3800 N. Classen Blvd. Suite 200 OKC, OK 73118
405-232-2437/1-800-285-2273

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

www.rainoklahoma.org

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

Red Rock Behavioral Health Services

4400 N. Lincoln Blvd., OKC, OK 73105

405-767-2600 www.red-rock.com

Mon.-Thurs. 9am-5pm & Fri. 9am-4pm

- 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

OB/GYN-High Risk Pre-Natal Clinic

1200 N. Children Ave. Suite 1A, OKC, OK 73104

405-271-5400

Mon.-Fri. 7:30am- 5pm

- 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

801 Alameda Str., Norman, OK 73071

405-321-0788 www.alamedacofc.org

No appointment necessary. Bring photo ID.

Formula, food, diapers. Serves entire metro area.

All Things Baby, Inc.

405 W. 2nd Street Edmond, OK

405-285-6245

Tues. 10am-1pm

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

Baby Bargains

9113 N. Council, OKC, OK 73132

405-722-9209 www.babysbargains.com

Tues.–Sat. 10am–6pm

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

Bureau of Vital Records Division

375 N Broadway Ave #321, OKC, OK 73102

405-426-8880

Mon.–Fri. 8:30am–5:00pm.

Provides vital information, birth and death certificates.

Christian Service Center

115 SW 24th St., OKC, OK

405-236-5956 www.christianservicecenter.net

Mon.–Wed. 9am–12:30pm

- 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

4224 N. Lincoln Blvd., OKC, OK 73105

405-528-3663 www.infantcrisis.org

Mon.–Fri. 9am–4:30 pm

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

900 N Portland, OKC, OK 73107

405-945-6709 www.safekidsok.org

Mon.–Fri. 8am–5pm

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.

Willow Pregnancy Support**South OKC**

4701 S. Western OKC, 73109

405-631-4477

Mon.–Thurs. 10am–4pm, Fri. 10am–2pm

Bethany

6006 N. Rockwell Bethany, OK

405-495-6919

Mon.–Thurs. 10am–4pm, Fri. 10am–2pm

- 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.

CHILD ABUSE/NEGLECT**Bethesda Inc.**

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

405-364-0333 www.bethesdaok.org

Mon.–Fri. 9am–5pm

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

CCAN Center for Child Abuse & Neglect

OU Physicians Child Study Center

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

405-271-8858 www.oumedicine.com/ccan

Mon.-Fri. 8am-5pm

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)

1403 N. Ashton Pl., OKC, OK 73117

405-236-2100 www.carecenter-okc.org

Mon.-Fr., 8:30am-4:30 pm

A coordinated approach to investigations, trains professionals, a safe environment for abused children. Law enforcement must 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

415 NW 5th St., OKC, OK 73102

405-232-8226 www.familybuildersok.org

Mon.-Fri 9am-5pm.

- 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. Coparenting through Divorce Seminar
- Fee for service depending on program.

Latino Community Development Agency

420 SW 10th St., OKC, OK 73109

405-236-0701 <http://lcdaok.com/>

Mon.-Fri. 9am-5pm

- 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

For the Prevention of Child Abuse, Inc.

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

405-235-9812

Mon.-Fri. 9:30am-6pm (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 of Human Services

(OKDHS) Child Protective Services

2400 N. Lincoln Blvd., OKC, OK 73105

405-521-2283 www.okdhs.org

Sequoyah Memorial Office Building

Mon.-Fri. 8am-5pm

Child Abuse Hotline 24 hours a day/7 day a week to report suspected cases of abuse/neglect.

1-800-522-3511.

Prevent Child Abuse Oklahoma

Oklahoma Chapter-Parent Promises

4323 N. W. 63rd Street, Suite 200, OKC, OK 73116

405-232-2500 www.parentpromise.org

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

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

Sunbeam Family Services

1100 NW 14th St., OKC, OK 73106

405-528-7721 sunbeamfamilyservices.org/

Mon-Wed 8:30am-8pm, Thurs- Fri 8:30am-5pm

- 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

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

319 SW 25th, OKC, OK 73109

405-232-0199 www.caaofokc.org

Mon-Fri 8am-5pm

- 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.

OKDHS Child Care Finder

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

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

Oklahoma Child Care

Resource & Referral Association, Inc.

2915 N Classen Blvd, Ste. 405 OKC, OK 73106

405.942.5001 or 888.962.2772

Referral Specialist: 800.438.0008

www.oklahomachildcare.org

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

Oklahoma Children's Hospital OU Health-Child Study Center

1100 N.E. 13th, OKC, OK 73117

405-271-5700

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.

OSDH Child Guidance Program

Central Office

405-426-8100 ChildGuidance@health.ok.gov

<https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html>

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

1105 N.W. 45th St. OKC, OK 73118

Resource & Referral 405-525-3111

Early Education Center 405-521-1826

1-800-438-0008 | ES 1-405-525-8783

Live Phone Hours:

Mon-Fri 7am-6pm; Sat by Appt Only

www.rainbowfleet.org

Parents receive free help locating licensed childcare 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 childcare search.

Special Care Inc

12201 N Western, OKC, OK 73114

405-752-5112 www.specialcareinc.org

Mon-Fri 7am-6pm (Schedule Appointment)

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.

- Childcare.
- 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)

English-1-800-311-2229

Spanish-1-800-504-7081

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 (Pregnancy Risk Assessment Monitoring System)

1-800-766-2223

Blood Lead Poisoning Prevention

1-800-766-2223

TOTS (The Oklahoma Toddlers Survey)

1-800-766-2223

Infant Crisis Services

Donald W. Reynolds Center 4224 N. Lincoln Blvd.
OKC, OK 73105

405-528-3663

Provides formula, food, diapers, & clothing

CHILD SUPPORT

OKDHS Child Support Services

400 N Lincoln Boulevard, OKC, OK 73105

405-522-CARE (2273) 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

Baptist Mission Center

2125 Exchange Ave., OKC, OKC

405-235-6162

Tues-Wed 9am-12pm

CAREFOROKC -

Ministry of First Baptist church of OKC

1201 N. Robinson OKC, OK 73103

405-232-4255

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 and Proof of Residency

Christian Service Center

115 SW 24th St., OKC, OK

405-236-5956 www.christianservicecenter.net

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

- 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

Women & Children-800 W. California, OKC, OK 73106

Men-914 W. California Ave, OKC, OK 73106

405-232-2709 www.cityrescue.org

Accessible 24 hours a day

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

Cross & Crown Mission

1008 N. McKinley, OKC, OK

405-232-7696 www.crossandcrownmission.com

Doors open at 10:30 each Monday, Tuesday & Wednesday. Currently we have a clothing store, food pantry and prayer counselors available to serve you. We do not have any zip code restrictions. Anyone is welcome to come and receive assistance.

The Father's Business

Living Faith Church

805 NW 24th St, Moore, OK

405-794-3161

Tues 1pm-5pm

Food and clothing pantry. Call ahead for zip codes.

First Baptist Church of Bethany

Neighborhood Clothing Room

3800 Mueller, Bethany, OK (west of McArthur)

405-789-3312 www.fbcbethany.com

Every 1st and 3rd Thursday in Youth Center from 10am-3pm

Goodwill Industries

316 S. Blackwelder Ave., OKC, OK

405-236-4451

Mon-Fri 8am-4:30pm

Infant Crisis Center

4224 N. Lincoln Blvd., OKC, OK 73105

405-528-3663 www.infantcrisis.org

Mon-Fri 8am-5pm

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

1335 W. Sheridan, OKC, OK

405-232-7164 www.jesushouse.org

Mon, Wed & Fri 1pm to 3pm

Tues & Thurs 8:30am–12pm & 1pm–3pm

Used clothing free of charge. First come, first serve.

Love Link Ministries

1122 Linwood Blvd., OKC, OK 73106

405-239-6219

Tues–Fri 9am–4:30pm Sat 11am–1pm

Low prices on clothing, household goods, and books.

Oklahoma City Compassion, Inc.

Penn Avenue Church of the Nazarene 2132 W. Park Place, OKC, OK

405-524-8082 www.okccompassion.net

Mon–Fri 8:30am–5pm, Sat 8:30am–12pm

- 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

1001 N Pennsylvania Ave, Oklahoma City

405-246-1100

- 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.

Reaching Our City (ROC)

1500 N. Rockwell, OKC, OK 73127

405-440-9994 www.reachingourcity.org

Mon–Fri 10am–5pm Sat 10am–3pm

- In 2022, the Resale Shop also offered free emergency vouchers for 6 free items to 884 individuals experiencing homelessness, poverty, abuse, and other crisis events. Vouchers can be obtained by speaking with a Resale Shop manager.

Seventh–day Adventist Church

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

405-721-6110

Mon–Thurs 8am–6pm Closed Fridays

Provides assistance for needy individuals and families that includes clothing, food, bedding and other items.

Skyline Urban Ministries

Community Clothing Closet

500 SE 15th, OKC, OK 73129

405-632-2644 www.skylineurbanministry.org

Mon-Fri 12:30pm-9:30pm

- Well stocked clothing closet organized according to size.
- \$0.50 per item.
- Rotated stock.
- Free clothing w/referral Tues & Thurs 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

4149 Highline Blvd., Suite 370, OKC, OK 73108

405-521-1089 *Call for an appt.*

Clothing for job interviews only. Referral by social service agency.

Wildewood Christian Church

6900 N. Kelley Ave OKC, OK 73111

405-478-0781 www.wildewoodcc.com

Food Pantry opens Friday from 11am-2pm

Willow Pregnancy Support of Oklahoma City

4701 S. Western OKC, 73109

405-631-4477

Mon-Thurs 10am-4pm

Fri 10am-2pm

6006 N. Rockwell Bethany, OK

405-495-6919

Mon-Thurs 10am-4pm

Fri 10am-2pm

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.

CULTURAL SERVICES

Hispanic American Mission

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

405-272-0890

Mon-Fri 8am-4pm.

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

Latino Community Development Agency

420 SW 10th St., OKC, OK 73109

405-236-0701 www.lcdaok.org

Mon-Fri 9am-5pm

- 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

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

405-943-6457 www.oilsonline.org

Mon-Thurs 8:30am-4:30pm Fri 8:30am-12pm

- Indian child welfare, housing, natural resources, tribal sovereignty issues, individual rights.
- Low-income Native Americans.

Oklahoma State University-OKC

900 N. Portland, OKC, OK 73107

405-945-6796 (Student Activities)

Mon-Thurs 8am-6pm & Fri 9am-5pm

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

St. Monica Catholic Church

2001 N Western Ave., Edmond, OK 73012

405-359-2700

- 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

7249 S Western Avenue., Ste 200, OKC, OK 73139

405-778-6805 www.uuic.org

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.
- 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

Walker Square Shopping Center

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

405-631-2700 www.abcdentaloklahomacity.com

Mon-Thurs 9 am-5 pm., Fri 9 am-3 pm

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

Baptist Mission Center

2125 Exchange Ave, OKC, OK 73108

405-235-6162

Mon-Thurs 8am-3pm

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

City Rescue Mission

Women & Children-800 W. California, OKC, OK 73106

Men-914 W. California Ave, OKC, OK 73106

405-232-2709 www.cityrescue.org Open 24/7

Advisable to arrive before 7am

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

Crossings Community Center & Clinic

10255 N. Penn, OKC, OK 73120

405-749-0800 <https://clinic.crossings.church/>

Call ahead to schedule an appointment.

- 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

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 22) or
- Veteran with low income and uninsured
- Currently being treated for life-threatening illness with low income and uninsured
- To apply for this program, you must submit an application, providing proof of income and eligibility.

Dentures & Dental Solutions

405-926-8749 www.dentalservice.net

Mon-Fri 8am-5pm

- 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.

Kings Clinic

921 W. Britton Road, OKC, OK 73114

405-848-4005 www.kingsclinic.com

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

Mary Mahoney Health Center

12716 NE 36th, OKC, OK 73140 (PO Box 30589)
(past Spencer, close to Jones, OK)

405-769-3301

*Mon, Wed, Thurs 7:30am–5pm; Tues 7:30am–7pm
Fri 10am–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 within house lab, pediatrics, WIC, psychological services, and case management on sliding scale

Mahoney Health Center at Langston

300 Martin Luther King St., Langston, OK 73050

405-466-2535 (Logan County)

Mon–Thurs 8am–5pm, Fri 10am–5pm.

Call ahead. Dental screenings only.

Neighborhood Services Organizations

431 SW 11th St., OKC, OK 73109

405-236-0413 <https://www.nsookc.org/dental/>

Low-Cost Dental Clinic

Mon–Thurs 8:30am–5pm & Alternating Fri–Sat

9:30am–6:00pm Closed daily 12–1.

- 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:

[Enid](#)–580-242-0300

[Lawton](#)–580-595-9492

[Norman](#)–405-321-2349

[Oklahoma City–NE 23rd](#)–405-525-1222

[Shawnee](#)–405- 273-7077

[Stillwater](#)–405-377-7300

[Tulsa–31st & Garnett](#) 918-622-0407

[Warr Acres](#)–405-787-7827

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

Oklahoma City Indian Clinic

4913 W Reno, OKC, OK 73127

405-948-4900 ext. 263

8am–5pm

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

OU College of Dentistry– Student Clinic

1201 N. Stonewall Ave, OKC, OK 73117

405-271-2360

Mon–Fri 8am–5pm

- Call ahead for an appointment. Fills up quickly.
- Student Clinic (lower fees)
- A third less expensive than a normal clinic.

OU Physicians Hospital Children's Dental Office

1200 Children's Avenue #8F OKC, OK 73104

405-271-4750

- 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

6301 Tinker Diagonal, MWC, OK 73110

Call (405) 733-7336 or Text (405) 450-7880

- Teeth Cleaning
- X-rays available
- 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

1025 Straka Terrace, OKC, OK 73139

405-632-6688 OR 1-866-388-6688

General Dental Clinic: Tues-Fri 8:30am-5pm

www.varietycare.org

This facility serves all ages. You can find all our primary healthcare services at this location, Family Medicine, Dental, Behavioral Health, Optometry, Obstetrics, Pediatrics.

DEPT OF HUMAN SERVICES (DHS)**Southwest Oklahoma County 55A**

401 W. Commerce, OKC, OK 73109

405-644-5700

Mon-Fri 8am-5pm

Serves these zip codes: 73108, 73109, 73119, 73128, 73139, 73159, 73169 & 73179.

Oklahoma County 55C-Kelley

2409 N. Kelley Ave., OKC, OK 73111

405-522-5818

Mon-Fri 8am-5pm

Serves these zip codes: 73008, 73097, 73099, 73108, 73109, 73119, 73122, 73124, 73125, 73126, 73127, 73128, 73132, 73135, 73139, 73142, 73144, 73148, 73149, 73159, 73162, 73164, 73169, 73172, 73179, 73189, 73195.

Oklahoma County 55D-Juvenile Justice

5905 N. Classen Court, OKC, OK 73118

405-767-2600/1-800-884-1581

Mon-Fri 8am-5pm

Child Welfare Only

Oklahoma County 55E-Children's Hospital

940 N.E. 13th St., OKC, OK 73104

405-271-3325/1800-884-1572

Mon-Fri 8am-5pm

Medical Only-all zip codes

Oklahoma County 55H-Rockwell

7201 N.W. 10th St., OKC, OK 73127

405-470-6200

Mon-Fri 8am-5pm

Serves these zip codes: 73008, 73122, 73127, 73132, 73142, & 73162

Oklahoma County 55J-Crossroads

1115 S.E. 66th St., OKC, OK 73149

405-604-8800

Mon-Fri 8am-5pm

Serves these zip codes: 73102, 73115, 73117, 73129, 73135, 73145, & 73149

All locations:

[Ada](#)

[Bankruptcy Office](#)

[Chickasha](#)

[Duncan](#)

[Fairview](#)

[Jay](#)

[Muskogee](#)

[Oklahoma City South](#)

[Poteau](#)

[Sayre](#)

[Tulsa](#)

[Altus](#)

[Bartlesville](#)

[Claremore](#)

[Durant](#)

[Guthrie](#)

[Lawton](#)

[Norman](#)

[Pawhuska](#)

[Sallisaw](#)

[Shawnee](#)

[Wewoka](#)

[Ardmore](#)

[Central Case Registry](#)

[Clinton](#)

[El Reno](#)

[Idabel](#)

[Midwest City](#)

[Oklahoma City North](#)

[Ponca City](#)

[Sapulpa](#)

[Tahlequah](#)

[Woodward](#)

DOMESTIC VIOLENCE

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

YWCA Oklahoma City

2460 NW 39th St, OKC, OK 73112

405-948-1770 www.ywcaokc.org

Latino Community Development Agency

420 SW 10th St, OKC, OK 73109

405-236-0701 <https://www.lcdaok.com/>

Women's Resource Center, Inc.

222 East Eufaula St Norman, OK 73069

405-364-9424 <https://wrcnormanok.org/>

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

320 Robert S. Kerr, Room 505, OKC, OK 73102

405-521-3921 www.oklahomacounty.org

Mo -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.

EMPLOYMENT SERVICES

American Indian Vocational Rehabilitation Program

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

405-951-3400

<https://oklahoma.gov/okdrs/job-seekers/drs-programs/tribal.html>

Mon-Fri 9am-5pm.

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

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 and Arapaho Tribes of Oklahoma

PO Box 38, Concho, Oklahoma 73022

405-422-7662

Mon-Fri 8am-5pm.

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

City Care OKC

2400 General Pershing Blvd., OKC, OK 73107

405-609-2400 <https://www.citycareokc.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.

Family Self-Sufficiency Program

Oklahoma City Housing Authority
1700 N.E. 4th, OKC, OK 73117

405-239-7551

https://www.ochanet.org/leased_housing/participant_assistance_programs.php

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 childcare, 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 Employment Services Center

316 S. Blackwelder OKC, OK 73108

405-278-7152 www.okgoodwill.org

Mon-Fri 9am-4pm

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.

(DRS) Oklahoma Department of Rehabilitation Services

3535 N.W. 58th St. Ste 500, OKC, OK 73112

1-800-487-4042 OR 1-800-845-8476

Mon-Fri 8am-5pm.

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

2401 N Lincoln Blvd., OKC, OK 73105

405-557-7100 <https://oklahoma.gov/oesc.html>

Mon-Fri 8am-5pm.

OESC offers many services to Oklahoma jobseekers 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.

Other Locations:

<https://oklahoma.gov/oesc/locations.html>

OKC-Workforce Community Hope Center

7201 NW 10th St. OKC, OK 73127

405-470-6395

Mon-Fri 8am-5pm

Oklahoma Works American Job Center

5005 N Lincoln Blvd. OKC, OK 73105

450-426-8850

Mon-Fri 8am-5pm

Oklahoma City Community College

Student Employment and Career Services

405-682-7253

- 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

1700 N.E. 4th, OKC, OK 73117

405-239-7551 www.ochanet.org

Mon-Fri 8am-5pm

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

3033 N. Walnut Ave Building East OKC, OK 73104

405-235-2651

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.

People Ready

145 NE 23rd St. OKC, OK 73105

405-524-1388 <https://www.peopleready.com/>

Mon-Fri 5:30am-6pm and Sat 7am-11am

REACH-Oklahoma State University OKC

900 N Portland, OKC, OK 73107

405-945-8636

<https://osuokc.edu/academics/degrees/enterprise-development.html>

Mon-Thurs 8am-6pm. Fri 9am-5pm

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

1501 N. Classen Blvd, OKC, OK 73106

405-235-5671 www.teem.org

Mon-Fri 8am-4pm.

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.

United Urban Indian Council

7249 S Western Avenue., Ste 200, OKC, OK 73139

405-778-6805 www.uuic.org

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.

EYE CLINICS

Integris Baptist Community Clinic

1201 NW 10th, OKC, OK 73106 (Located in Olivet Baptist Church—the clinic is located between Elision and Klein St.) *The clinic is open the second, third, and fourth Mondays each month.*
405-636-7458 or 405-636-7549

Crossings Community Center & Clinic

Penn Location

10255 N Pennsylvania Ave, OKC OK 73120
405-749-0800

The clinic is open year-round, Monday through Friday:

Mon Wed Thurs 9am–4pm Tues Fri 9am–12pm. The clinic is open the third Thursday of each month from 6:00–8:00 p.m.

Midtown Location

222 NW 12st, OKC OK 73103
405-232-8631

Appointments are required for all patients, call (405) 232-8631 to schedule. Morning, afternoon and evening appointments are available Monday through Wednesday. If Unity Clinic is open, Thursday evening and Friday morning appointments are available.

To become a patient at the Crossings Community Clinic, patients should:

- Have no medical insurance and do not qualify for medical insurance (Medicaid, etc.) *If you are eligible to apply for Medicaid, you must present a Medicaid denial letter to become a patient at Crossings.*
- Be between the ages of 18 and 64.
- Live in Oklahoma county
- Provide current household financials and proof of income reflecting household income at or below 300% of the Federal Poverty Guidelines

Lions Eye Bank

4123 NW 10th, OKC, OK 73107
405-947-6540
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
- Eyeglasses

Ministries of Jesus

1100 East I–35 Frontage Rd., Edmond, OK 73013
405-340-7400

Mon–Thurs 9am–4pm, Fri 9am–12pm

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

Vizavance

4005 NW Expressway, Ste 325E, OKC, OK 73105
405-848-7123

Mon–Fri 8:30am–4:30pm

Provide information regarding resources in any county.

Skyline Urban Ministries

Community Charity Eye Clinic

405-632-2644
500 SE 15th Street, OKC, OK 73129

Eye Exams

By appointment only

Optician Clinic–For Ordering Glasses Only!

Wednesday | 9:00–11:30 AM

Walk ins welcome, must pay for glasses when ordering, **NO** eye exams during this time. Skyline also offers a community clothing program, a community cupboard program, and a senior nutrition program.

Variety Care

1025 Straka Ter., OKC, OK 73139

405-632-6688 www.varietycare.org

Mon–Fri 7am–7:30pm; Sat & Sun 8am–5:30pm

- 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 our primary healthcare services at this location, Family Medicine, Dental, Behavioral Health, Optometry, Obstetrics, Pediatrics.

FINANCIAL ASSISTANCE

Catholic Charities Archdiocese of OKC

1232 N. Classen Blvd., OKC, OK 73106

405-523-3000

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

3230 N. Rockwell, Bethany, OK 73008

405-789-2227 www.cccsok.org

- Debt counseling
- Bankruptcy services
- Budgeting counseling
- Housing counseling

Guthrie Job Corps Center

3106 W. University, Guthrie, OK 73044

405-282-9930

Stipend/lunch money for students who qualify to enter program.

(OCSS) Oklahoma Child Support Services

405-522-CARE-(405-522-2273)

<https://oklahoma.gov/okdhs/services/child-support-services/info-for-financial-institutions.html>

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

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.

4200 Perimeter Center, Suite 222, OKC, OK 73122

405-943-6457 OR 800-658-1497 (In State Only) 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

12301 N. Kelley Ave. OKC, OK 73131

Local 866-331-2207 or National 866-772-1213 OR TTY: 800-325-0778 www.ssa.gov

Mon-Fri 9am-4pm

Federally funded financial support system.

Tinker Airman and Family Readiness Center

6001 Arnold Ave. Tinker AFB, OK 73145

405-739-2747

Mon Tues Thurs 7:30am-4:30pm, Wed 7:30am-1pm, Fri 7:30am-4pm.

- 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

1503 E. Alameda Norman, OK

405-329-5157

The Food Pantry is open Tuesdays & Thursdays from 10:00 a.m. to Noon by prearranged

appointment for those who have a Norman or Noble zip code. If you are on Wick, Reduced School Lunches, Food Stamps, or make less than the Regional Food Bank Gross Income Limits, you automatically qualify for Food Assistance. We require a copy of your Drivers' License and a piece of mail with your current address (such as a bill, lease agreement, etc.). We help up to three times a year (no sooner than thirty days apart).

Alameda Church of Christ

801 E. Alameda Norman, OK 73071

405-321-0788

Every Wed 10:00 am–1:00 pm

2nd Saturday 9:00 am–Noon

4th Thursday 5:30 pm–7:30 pm

The Food Pantry is open to anyone who lives in Cleveland or McClain counties. No appointment necessary; simply come by when the pantry is open. Families are limited to visiting the food pantry once per month. Must bring Photo ID and Proof of Residence.

Baptist Mission Center (Food pantry)

2125 Exchange Ave, OKC, OK 73108

405-235-6162

Thurs 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

8717 N. Western, OKC, OK 73114

405-842-1275

<https://www.britvilfoodpantry.com/get-help/>

Serves zip codes: 73105, 73114, 73120, 73131.

Mon–Fri 9am–11am (They open at 9am but start handing out numbers at 8am)

- Food pantry provided.
- First time visitors should bring a photo ID, and a proof of address.

CAREFOROKC

(A ministry of First Baptist Church of Oklahoma City) 1201 N. Robinson, OKC, OK 73103

Food Pantry and Clothing Room

405-232-4255

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

To receive assistance, clients must bring an ID and Proof of Residence (examples of proof include: a utility bill, a rent receipt, or another piece of mail).

Catholic Charities Archdiocese of OKC

1232 Classen Blvd. OKC, OK 73106

405 523-3000 / 1-800-375-8514

Mon–Fri 8am–5pm

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

115 SW 24th St., OKC, OK 73109

405-236-5956

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

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 OKC

2400 General Pershing Blvd, OKC, OK 73107

405-609-2400 <https://www.citycareokc.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 achieve long-term success.

- Whiz Kids Oklahoma Office 923 North Robinson, Suite 320 OKC, OK 73102
Phone: (405) 602-2815
- OKC Homeless Day Shelter 1729 NW 3rd Street OKC, OK 73106 **Phone: (405) 415-8500**

Council Road Baptist Church

2900 N. Council Rd., Bethany, OK 73008

405-789-3175 www.councilroad.org

Mon-Fri 9am-10am

- Service area:
73132, 73127, 73008, 73099, and 73122.
- Documentation Required:
Current Oklahoma Photo ID and proof of residency.
- May only come once a month.

Cross & Crown Mission

1008 N. McKinley, OKC, OK

405-232-7696 www.crossandcrownmission.com

- Each individual or family is eligible to receive free groceries once every two weeks. We have canned goods, rice, beans, frozen meats & occasionally have dairy products & fresh fruit.
- IDs are required for each person in your household you claim. Any form of ID is acceptable.

Fairview Baptist Church

1700 NE 7th St. OKC, OK 73117

405-232-1621 <https://www.fairviewokc.com/>

Distribution begins at 8am and last until 11am or the food is gone, whichever comes first. The service is open to the community.

First Baptist Church of Bethany

3800 Mueller, Bethany, OK 73008

405-789-3312 www.fbcbethany.com

Mon & Wed 9:30-11:30am

- Please bring valid photo ID.
- One bag of groceries per month.

First Southern Baptist Church of Del City

6400 S Sooner Rd., OKC, OK 73135

405-732-1300

Pantry hours: Wed & Thur. 1-4 pm (Serves 73110, 73130, 73141, 73145, 73150, 73151, 73115, 73129, 73135, 73149, 73020, 73041, 73045, 73049, 73050, 73051, 73054, 73066, 73084).

First Baptist Church of Moore (Care Center)

301 NE 27th Moore, OK 73160

405-793-2600 www.firstmoore.com

Mon 10am-1pm & 5:30pm-7pm

- We serve those who reside in the following zip codes: 73135, 73139, 73149, 73159, 73160 and 73170.
- Please bring a current driver's license & a current utility bill.
- We are located at the northeast entrance of the church.

Food & Shelter Inc.

213 Reed Avenue, Norman, OK 73069

405-360-4954 www.foodandshelterinc.org

*Tues Wed- 2:30 pm-5:30pm Thurs Fri-11am- 2 pm
Sat-Open for shopping on the 3rd Saturday of each month from 12pm -2 pm*

The Share Center is a free grocery store and resource center for individuals and families in Norman, Noble, Lexington, or McClain County. Guests needing to shop should bring their ID and proof of residency.

Highland Baptist Church

2425 SE 4th St Moore, OK

405-794-5432 <https://hbcmoore.org/>

*1st and 3rd Tuesday of ea. month 6:30pm-7:30pm
and Thursdays 9am -12pm*

- picture ID and proof of residency such as utility bill, lease agreement, DHS statement, medical bill, etc. is required on **EVERY** visit.
- receive food from Highland every 60 days.

Hope Center

1251 N. Broadway, Edmond, OK 73034

405-348-1340 www.hopecenterofedmond.com

Mon-Thurs 8:30am-4pm; F: 8:30-noon

- Zip code service area: 73003, 73007, 73012, 73013, 73025 and 73034.
- Requires ID and utility bill.
- For financial aid, current income required.

Jesus House

1335 W. Sheridan, OKC, OK 73146

405-232-7164 <https://jesushouseokc.org/>

The Daily Food Line:

Each day we serve meals to the homeless or anyone that comes on the property. There are no questions asked.

Meals are served 365 days a year from 4-5 pm.

Food Baskets every Wednesday.

Our Food Basket Program assists those who need help with food. We strive for the basket to contain enough food for a family of 4 with meals for 3-4 days, including fresh produce, meat, and dairy products.

- Food baskets are distributed every Wednesday starting at 8:00 am until we run out of food.
- To receive a basket, please arrive in a vehicle. We recommend coming earlier than 8:00 am as some individuals are here as early as 7:00 am to secure their spot.

Mission Mid Del Inc

5751 E. Reno, Midwest City, OK 73110

405-737-2010

Pantry hours: Tue. & Fri beginning at 7:30 am. Close when 80 people have arrived to be served or noon, whichever comes first.

Serves the needy in twelve zip codes in eastern Oklahoma County: Midwest City, Del City, Nicoma Park, Spencer, Choctaw, and some OKC zip codes east of Bryant Avenue.

Documentation Required: Proof of residency (rent receipt or utility bill).

Mid Del Food Pantry

322 N. Midwest Blvd. Midwest City, OK 73110

405-732-3603

Pantry hours: Mon Wed & Fri 9-11:30am-& 12-2pm.

Applicants needing food are screened to provide a fair and equal distribution of our resources. The pantry does not discriminate based on race, color, creed, national origin, religious preference, sex, age, or handicap. Referrals can be made by churches or recognized social agencies.

Serves Zip Codes served: 73007, 73130, 73020, 73135, 73045, 73140, 73049, 73141, 73054, 73145, 73066, 73150, 73084, 73164, 73110, 73165, 73115, 74851, 73117, 74857, 73121, 74881.

Nicoma Park Church of Christ

2420 Overholser Nicoma Park, OK-73066

405-769-2212

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: <https://www.okcps.org/domain/780> 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.

The Urban Missions

3737 N. Portland OKC, OK 73112

405-946-1556

Our food pantry is currently in a drive-thru system and open on Tuesdays & Thursdays from 9 am to 11:30 am. We serve 250 households daily.

Please do not show up before 7:30 am.

- 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.

Reaching Our City (ROC)

7710 NW 10th, OKC, OK 73127

405-440-9994 www.reachingourcity.org

Tues & Thurs 3pm–6pm

Please bring verification of your address and verification of each person receiving food (examples: photo ID, DHS letter of household members, social security card, something with your name and current address.

- On Tuesday nights, clients also receive a free meal at our community dinner and optional programming for social and spiritual well-being.
- On the 2nd and 4th Thursdays of the month, female clients may also participate in the VINE, a nurturing and empowering free luncheon.
- 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

2001 N. Janeway Moore, OK 73160

405-794-3507

Wed 10am– 4pm

- Food and Clothing for those meeting federal and geographic guidelines for low income, residing in the 73160 or 73139 ZIP codes, are also eligible.
- Need ID and Social Security numbers of each member of the household.

Regional Food Bank

3355 S Purdue Ave, OKC, OK 73137

405-972-1111 www.regionalfoodbank.org

Visit this site to search for local food banks by zip code.

Skyline Urban Ministries

Community Cupboard

500 SE 15th St. OKC OK 73129

405-236-5212

Mon 1pm–5pm, Tues & Thurs 10:30am–2pm, Wed 1pm–4pm, Fri 9am–12pm, 3rd Sat of the month 9am–11:30am.

See for mobile pantry locations:

<https://www.okcskyline.org/calendar>

FIRST TIME PATRONS MUST BRING:

If you are going to the Food Resource Center or Mobile Pantry for the first time, there are some things you need to bring:

- You should have a photo ID, like a driver's license or school ID, to show who you are.
- You also need to bring a recent utility bill or a copy of your lease to show your address.
- If you are homeless, you can let the person at the desk know about your situation.

RETURNING PATRONS MUST BRING:

If you have been to the Food Resource Center or Mobile Pantry before, there are some things you need to bring when you come back:

- You need to bring a photo ID, like a driver's license or school ID, to show who you are.
- You can receive assistance every 30 days.
- This program serves approximately 40 to 60 individuals a day.
- Skyline also offers a community charity eye clinic.

Sunnyslane Family Church Food Pantry

4221 SE 41st St. Del City, Ok 73115

405-677-0631 <http://www.sunnyslanechurch.com>

Documentation Required: Photo ID Pantry hours: 2nd Sunday of Each month from 12pm–2pm.

*Please call to confirm hours have not changed.

Trinity Baptist Church OKC

1329 NW 23rd St., OKC, OK 73106

405-528-6327 www.trinityokc.com

*Open weekly on Thursday from 9:30am–11:30am–
EXCLUDING THE FIRST THURSDAY OF EACH
MONTH.*

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

Wildewood Christian Church

6900 N. Kelley Ave OKC, OK 73111

405-478-0781

<https://wildewoodchristianchurch.churchtrac.com/>

Food Pantry opens Friday from 11am–2pm

HEALTH INSURANCE

(ACA) AFFORDABLE CARE ACT

www.hhs.gov/healthcare

Go to website to view:

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

Or call Toll Free with your questions

1-800-318-2596

INSURE OKLAHOMA

1-800-365-3742 www.insureoklahoma.org

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

OKLAHOMA HEALTH CARE AUTHORITY

SoonerCare (Oklahoma Medicaid)

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

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

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/EPSTD
- Diabetes Management/Prevention
- Disability/Incapacity Determination
- Long-Term Care Services
- Pregnancy Services
- SoonerCare Choice
- SoonerCare Supplemental
- SoonerCare Traditional
- SoonerQuit
- SoonerPlan
- TEFRA
- Transportation

SOONERCARE CHOICE

1-800-987-7767 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

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

Reservations: 1-877-404-4500

SoonerRide Facility Line 1-800-435-1276

Late or No Arrival-Where Is My Ride 800-435-1034

<https://oklahoma.gov/ohca/individuals/soonerride.html>

Mon-Sat 7am-6pm

- 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

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) 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.

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

Childhelp National Child Abuse Hotline

1-800-422-4453 www.childhelp.org

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



DHS Hotlines and Phone Numbers

www.okdhs.org/contactus

- Report Adult Abuse
 - **1-800-522-3511**
- Report Child Abuse
 - **1-800-522-3511**
- Child Support Customer Assistance
 - **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**
 - **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
 - 1-800-232-4636
- 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
- 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

Text: “START” to 88788

www.thehotline.org

Rape, Abuse, & Incest

National Network

1-800-656-HOPE (4673)

www.rainn.org

Suicide Prevention–National Lifeline

1-800-273-8255

<https://988lifeline.org/>

**YWCA Oklahoma City Domestic
Violence Hotline**

405-917-9922 www.ywcaokc.org

YWCA Oklahoma City Sexual Assault Hotline

405-943-7273 www.ywcaokc.org

HOUSING

Bethel Foundation USA

13003 N. Western, OKC, OK 73114

405-286-3700

<https://www.bethelfoundation.org/>

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 or call **405-587-0000**.

Central Oklahoma Habitat for Humanity

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

405-232-4828 www.cohfh.org

Mon–Fri 8am–5pm.

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

Family Self-Sufficiency Program

Oklahoma City Housing Authority

1700 N.E. 4th, OKC, OK 73117

405-239-7551 www.ochanet.org

Mon–Fri 8am–5pm

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 childcare, 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.

Housing Counseling Referral Hotline

24-hour referral line.

1-800-569-4287

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

Housing and Urban Development

301 NW 6th St., Ste. 200, OKC, OK 73102

405-609-8401/ 800-877-8339/ 800-225-5342

Dial 2-1-1. Press 6 for homeless services.

www.HUD.gov

Mon-Fri 8: am-4:30pm

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

Metropolitan Fair Housing Council Of OK, Inc.

312 NE 28th, Ste 112, OKC, OK 73105

405-232-3247 or 1-866-677-7541

Mon-Fri 9am-5pm.

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

Neighborhood Services Organizations

431 SW 11th St., OKC, OK 73109

405-236-0452

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 18-23 years. Martha's House:

offers seven units for homeless mothers with up to four children. Gatewood: offers four units for homeless mothers who are pregnant or have one child under the age of five years old.

Oklahoma Housing Finance Agency

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

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

405-848-1144

Mon-Fri 8am-4:45pm.

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.

Orval Ray Tower & Del City Housing Authority

4613 Tinker Diagonal St., OKC, OK 73115

405-672-1412

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.

Pivot

201 NE 50th St. OKC, OK 73105

405-235-7537

Mon- Thurs 8am-5pm & Fri 8am-12pm

Temporary Emergency youth shelter. Children aged 12-17.

The City of Oklahoma City Housing Programs Division

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

405-297-2846 Email: 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

1001 N Pennsylvania Ave, OKC, OK

405-246-1100 or 405-246-1133

Mon-Thurs 9am-12pm, 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, OKC. OK 73129
- Serves Oklahoma, Canadian and Cleveland counties.

HOUSING EMERGENCY/ SHELTERS/TRANSITIONAL LIVING

City Care-Pershing Center

532 N. Villa Ave, OKC, OK 73107

405.724.8439 to reserve a bed

<https://www.citycareokc.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 is working to provide an opportunity to transition out of homelessness and achieve long-term success.

- Families with children are welcome to check in at 4:30 p.m. each day, and our individual guests can check in at 6:00 p.m. Companion pets are also welcome and will be checked into our pet hotel for your overnight stay. Guests are asked to check out by 7:00 a.m. each morning. Our shelter opens seven days a week, 365 days a year and offers guests secure storage for their belongings, showers, a mailing address, case management, housing navigation, and a safe and calm environment for a good night's rest. Beds

fill up quickly, so reservations are highly encouraged.

City Rescue Mission

Women & Children-800 W. California, OKC, OK 73106

Men-914 W. California Ave, OKC, OK 73106

405-232-2709 www.cityrescue.org

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). No fees. Dental Care: must be enrolled, screened and interview, take classes to receive free dental treatment.

Grace Rescue Mission

2205 Exchange Ave., OKC, OK 73108

405-232-5756

24 hours a day/7 day 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

6821 Eddie Dr., Midwest City, OK

405-741-7419

Sanctuary supports basic human rights by offering homeless and low-income women and children's resources, providing support and advocacy to alleviate the effects of poverty within the community and providing tools to overcome homelessness.

Hope Community Services, Inc.

6100 S. Walker, OKC, OK

General: 405-634-4400 Crisis 405-226-6200

www.hopecsi.org *Mon-Fri 8am-5pm*

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

1335 W. Sheridan Ave., OKC, OK 73146

405-232-7164

- 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)

(Serves the state of Oklahoma)

Del City office: 2840 Linda Lane

Del City, OK 73115

Midwest City office: 8121 National Ave,

Suite 401, Midwest City, OK 73110

405-733-5437

24 hours a day/7 day 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

431 SW 11th St., OKC, OK 73109

405-236-0452 *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

1700 N.E. 4th, OKC, OK 73117

405-239-7551

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

1001 N Pennsylvania Ave, OKC, OK

405-246-1100 or **405-246-1133**

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

2041 NW 7th St., OKC, OK 73106

405-236-3677

Mon-Fri 7:30am-4pm.

The Salvation Army Adult Rehabilitation Centers have served as beacons of hope to people seeking help for any number of social and life issues, including problems related to substance abuse. Our programs focus on the physical, emotional, and spiritual well-being of the people who choose to participate.

The Salvation Army's Adult Rehabilitation Centers are 180-day residential work-therapy programs providing spiritual, social, and emotional assistance to people who have lost the ability to cope with their problems and provide for themselves.

The program is generally provided without charge to the participants once the Center staff has determined that the program can appropriately address the needs of the applicant (insurance is not necessary). Other minimum requirements include the following:

- Are adults ages 21-65.
- Pass a drug test and breathalyzer upon arrival.
- Able to perform a work therapy assignment for a maximum of eight hours a day. Schedules can be adjusted to meet the needs of the participants.
- Agree to participate in all program activities, including attending counseling sessions, classes and worship services. Family Self Sufficiency program

Sanctuary Women's Development Center

2133 W 11th St. in the Stockyards area (off Agnew)

405-526-2321

<https://sanctuarycampaignokc.org/>

Mon-Fri is 8-4:30 pm

Day shelter that serves women aged 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)

2129 NW 30th Street OKC, OK 73112

405-459-7478

Call for appointment.

www.sisuyouth.org

Day Shelter that provides a safe place for youth ages 15 -22 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

El Reno Office

6100 E HWY 66 El Reno, OK 73036

405-262-0042

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

Yukon Office

1023 E Vandament Yukon, OK 73099

405-354-4872

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

- A variety of immunizations are available for infants, children and adults with or without insurance; we accept Medicaid, Medicare part B, and private insurance. No one is turned away due to the inability to pay.
- We provide immunizations required for school attendance and childcare centers in Oklahoma, as well as immunizations training and consultation for providers.

**Cleveland County Health Department
Norman Office**

250 NE 12th, Norman, OK 73071

405-321-4048

Clinic Hours: Mon–Fri 8am–11am Mon–Thurs 1pm–4pm

Moore Office

224 S. Chestnut, Moore, OK 73160

405-794-1591

Clinic Hours: Mon–Fri 8am–11am Mon–Thurs 1pm–4pm

- 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
Immunization Clinic**

420 SW 10th, OKC, OK 73109

405-236-0701

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

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

215 Fairgrounds Rd Ste A. Guthrie, OK 73044

405-282-3485

Mon–Fri 8:am–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

3401 NW 63rd St OKC, OK 73116

405-316-7170

P.O. Box 3283, Tulsa, OK 74102

918-551-3404

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

4913 W Reno, OKC, OK 73127

405-948-4900 <https://okcic.com/>

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
North Clinic**

2700 NE 63rd Street, OKC, OK 73111

405-419-4200

Mon– Thurs 8am–4pm Fri 8am–12pm

South Clinic

6728 S Hudson Ave, OKC, OK 73139

405-419-4119

Mon– Thurs 8am–4pm Fri 8am–12pm

West Clinic

4330 NW 10th Street, OKC, OK 73107

405-419-4150

Mon– Thurs 8am–4pm Fri 8am–12pm

When coming in for immunizations, be sure to bring a current copy of your shot records with you. This makes it easier for our staff to see which shots you need, and it also helps decrease your waiting time.

Parents need to bring birth certificates for their children or another acceptable document that proves guardianship. If you are the non-custodial parent or guardian accompanying someone under 18, please be able to provide a letter of authorization or guardianship information. This

documentation provides consent to allow our staff to give shots to that individual.

Your wait time will vary depending on the type of immunizations that are needed. Our staff works hard to ensure the proper vaccinations are given to you and your family.

Variety Care

1025 Straka Terrace, OKC, OK 73129

405-632-6688 www.varietycare.org

Mon, Tues, Thurs & 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 & Crown Mission

1008 N McKinley Ave., OKC, OK 73106

405-232-7696 Call for Hours.

<https://crossandcrownmission.com/>

Legal representation is considered a luxury for many who are poor. Thanks to a new ministry, Trinity Legal Clinic, and its wonderful Christian attorneys, free legal services is now offered at the mission and at the City Rescue Mission. Volunteers assist with cases ranging from wrongful denial of jobs to immigration issues, minor criminal issues and unfair housing practices.

Hispanic American Mission, Inc

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

405-272-0890

- May charge nominal fee.

Legal Aid Services of Oklahoma, Inc.

2915 North Classen Boulevard, Suite 200, OKC, OK

405-521-1302 or 800-421-1641

Mon–Thurs 9am–4pm

LASO attorneys and advocates handle civil cases involving consumer issues, education issues, family law issues, domestic violence issues, elder law issues, employment and unemployment issues, fair housing issues, housing issues, health issues, public benefits issues, mental health issues, and more. LASO also provides a variety of legal services for those persons with AIDS, people with disabilities, and for Seniors over 60 years of age.

NAACP–Oklahoma City

P.O. Box 11024 OKC, OK 73136

405-633-1053

Mon–Fri 9am–5pm.

Help with civil complaints.

Oklahoma Bar Association

1901 N. Lincoln Blvd., OKC, OK 73105

405-416-7000

Mon–Fri 9am–5pm.

Takes consumer complaints on attorneys. No fee.

Oklahoma City Court Public Defender

320 Robert S. Kerr Ave, Suite 400, OKC, OK 73102

405-713-1550 *Mon–Fri 7:30am–4pm.*

Free legal services to elderly and low-income persons involved in criminal misdemeanor matters, advice 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

320 Robert S. Kerr, Room 505, OKC, OK 73102

405-521-3921

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

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

405-943-6457

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

Indian child welfare, housing, natural resources, tribal sovereignty issues, individual rights. Low-income Native Americans.

OU Legal Clinic

300 Timberdell Rd., Rm. 2020 Norman, OK 73019

405-325-3702

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.

Reaching Our City (ROC)

7710 NW 10th, OKC, OK 73127

M.R.F 10am-11:30am & 1pm-2:30pm & 2nd and 4th Saturday of every month from 10am-11:30am

405-440-9994

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

PO Box 7868 Edmond, OK 73083

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

421 NW 13th Suite # 290 OKC, OK 73103

405-264-5000

Mon-Fri 8am-5pm

- Compensation and assistance for people 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.

Mailing: 4 N.E. 10th St. #263, OKC, OK 73104

405-524-7323 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

15400 Western, Edmond, OK 73012 (Located at Lord of Life Lutheran Church)

405-348-7323

Mon- Thurs 9am-12pm 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

8143 E Reno Ave, Midwest City, OK 73110
405-732-2737 Times vary–call for appointment.
Free one-to-one tutoring for adult learners in basic literacy and English as a Second Language. Call for information.

OKC METRO LITERACY COALITION

1444 NW 28th St OKC, OK 73106
405-830-2790

<https://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

200 N.E. 18th St., OKC, OK 73105
405-522-3205

Mon–Fri 8 am–5 pm

Clearinghouse for Oklahoma literacy information and resources.

OIC (OPPORTUNITIES INDUSTRIALIZATION CENTER)

3033 W. Walnut Ave, OKC, OK 73105
405-235-2651 <https://oicokc.org/>

Mon–Thurs 8 am–4:00 pm

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

Moore: 225 N Webster, Moore, OK 73069

405-793-5100

Norman East: 3051 E Alameda St. Norman, OK

405-217-0770

Norman West: 300 Norman Center Ct.

405-701-2644

All locations:

<https://pioneerlibrarysystem.org/about/locations>

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.

MEDICAL CLINICS–FREE

American Cancer Society

6525 N. Meridian Suite 110, OKC, OK 73116

405-843-9888

Mon–Fri 8:30am–5pm

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

2125 Exchange Ave., OKC, OK 73108

405-235-6162 *Call for hours*

- OKC residents only–bring proof of residence; ID required. First come, first served. No charge.
- New patient's intake 1st Tuesday every month at 5pm
- Appointment Only (no walk-ins)
- Minor Illnesses
- Prescriptions free; filled if available (need to be a patient)

Latino Community Development Agency

420 SW 10th, OKC, OK 73109

405-236-0701 *Call for hours*

Spanish speaking. Habla Espanol.

Cross & Crown Mission

1008 N. McKinley, OKC, OK

405-232-7696

<https://crossandcrownmission.com/>

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 1st 15 families beginning @ 8:30am

Crossings Community Center & Clinic

10255 N. Penn, OKC, OK 73120

405-749-0800 <https://clinic.crossings.church/>

Generally open Monday– Friday. Call ahead to schedule an appointment.

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

Healing Hands Clinic

411 NW 11th, OKC, OK 73103

405-272-0476

Primary Health Care: Mon Wed Thurs 8:30am–1pm & 12:30pm to 3:30pm

Office Hours. Mon–Thurs 8:30am–4:15pm

Fri 9:30am–4:15pm

- 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

Integrus Baptist Community Clinic

1201 NW 10th, OKC, OK 73106 (Located in Olivet Baptist Church–the clinic is located between Elision and Klein St.) *The clinic is open the second, third, and fourth Mondays each month.*

405-636-7458 or 405-636-7549

Lighthouse Medical Clinic

2801 S. Robinson, OKC, OK 73109

(Located in Capital Hill Church of Christ)

405-602-6371 www.lighthousemedicalclinic.org

Family Practice–Sun 2:30 pm–5pm Tues 8:30 am–10am & 4pm– 6pm

Wound Care Clinic–Sun 2:30pm–5pm

Children's Clinic –Sat 8:30am–10:30am

Specialty Clinics–See a provider that specializes in cardiology, obstetrics, physical therapy, neurology, or gastroenterology. Contact the clinic for appointment.

- 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.

Kings Clinic

921 W. Britton Road, OKC, OK 73114

405-848-4005 www.kingsclinic.com

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

Manos Juntas Medical Clinic

1145 West I–240 Service Road, BLDG G, STE D, OKC, OK 73139

405-605-3101 www.manosjuntas.com

Saturday Mornings 9am–11:30am

- 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

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

405-340-7400 <https://moj.com/>

Mon–Thurs 8:30–4pm Fri 9am–12pm

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

St. Charles McAuley Free Clinic

Located in St. Charles Borromeo Church)

4915 N. State St., Warr Acres, OK 73122

405-495-4667 *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)

PARENTING/RELATIONSHIP PROGRAMS

Bethel Foundation USA

13003 N. Western, OKC, OK 73114

405-286-3700

<https://www.bethelfoundation.org/>

For single moms who desire faith-based support.

- Obtain temporary housing to create a better home for your children. Complete classes to earn your GED. Prepare paperwork to get you accepted into college or vocational schools. Apply for financial aid, scholarships and grants to pay for your higher education expenses.
- Look for employment and provide career advancement training. Kids Rock Camp– June 21–25 and July 26–30, 9 am – noon.
- Free ABE (Advanced Basic Education) and GED (General Education Degree) are available. Please visit their website at www.okcps.org/adulted.com or call 405-231-2053.

Bethesda Inc.

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

405-364-0333 www.bethesdaok.org

Mon–Thurs 8am–6pm Fri 8 am–12 pm

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

Catholic Charities Archdiocese of OKC Teen Parenting Program

1232 N. Classen Blvd., OKC, OK 73106

405-523-3000 www.catholiccharitiesok.org

Mon–Fri 8am–4:30pm

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.

C.A.R.E for Change, Inc.

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

405-524-5525 www.careforchange.org

Mon–Thurs 8am–8pm Fri 8am–3:30 pm

- 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.
- Adolescent, Probation & Parole and TANF (Temporary Aid to Needy Families) programs

Center for Children and Families

210 S. Cockrell Ave., Norman, OK 73071

405-364-1420 www.ccfnorman.org

Mon–Fri 8am–5pm.

- offers strength-based programs and services to aide and educate families coping with abuse, neglect, divorce, separation, teenage pregnancy, a lack of quality out-of-school care, and/or other adverse experiences.
- While our continuum of care is broad, with services ranging in intensity, our focus has always been to ensure that all children have safe, secure, nurturing environments and caring adults in their lives.

Central OK Community Mental Health Center

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

909 E. Alameda Norman, OK (location)

405-360-5100

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

Mon, Wed, Thurs, & Fri 8am–5pm Tues 8am–7pm

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

- 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–**405-573-3812** 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

Oklahoma State Dept. of Health

123 Robert S. Kerr., OKC, OK 73102

405-426-8100–Appointments Required

<https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html>

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

123 Robert S. Kerr, OKC, OK 73102

405-271-7611 & 405-428-8046

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

320 12th Ave Norman, OK 73071

405-573-3819

(24 hours/7 days a week)

- Mental health and substance abuse services for children, young adults, and families throughout Oklahoma.
- Inpatient 12-17 yrs. old

Counseling Solutions and Interventions

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

405-601-6710 Emergency 450-206-7465

Hours by Appt. <https://www.csandiokc.com/>

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. Sliding scale payments are available to those who qualify!

Crossroads Youth and Family Services

1333 W. Main St, Norman, OK 73069

405-292-6440 <https://www.crossroadsyfs.org/>

*Mon-Fri 8am-5pm (After hours by appointment)-
Cleveland County*

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

Family Expectations

3 E. Main, Oklahoma City, OK 73104

405-639-2054 <https://familyexpectations.com/>

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

WELLNESS & RECOVERY BUILDINGS

6100 S. Walker Ave. OKC, OK 73139

RHONE-EDWARDS CENTER

416 S.W. 79th St. OKC, OK 73139

HOPE HALL-Children and Youth Program

8125 S. Walker Ave. OKC, OK 73139

Main: 405-634-4400 Crisis 405-226-6200

www.hopecsi.org

Regular Hrs. Mon-Fri 8am-5pm

By Appt Only. Mon-Fri 5pm-7pm Sat 9am-3pm

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

420 SW 10th St., OKC, OK 73109

405-236-0701 www.lcdaok.org

Mon-Fri 9am-5pm

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 childcare.
- Parent-child personal safety training sessions
- Life management skills training sessions for parents
- Family support events
- Program-related transportation.

Logan Community Services

4710 South Division, Guthrie, OK 73044

405-282-5524 <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 Tech

Metro Tech Centers Adult & Continuing Education

Springlake Campus: 1900 Springlake Dr., OKC, OK 73105

405-595-4325

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, childcare assistance, IDA savings plan. Anyone can participate.

Moore Youth and Family Services

(Services provided for anyone in OK)

624 NW 5th, Moore, OK 73160

405-799-3379 www.mooreyouthandfamily.org

Mon-Thurs 8am-8pm Fri 8am-3pm

Sat Pass hours are limited.

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

North Care Community Counseling (Child)

See locations:

<https://www.northcare.com/index.php/our-locations/>

405-858-2700 www.northcare.com

For your convenience, those wishing to start services with children and youth under the age of 18, please call to schedule your first visit.

See locations for hours.

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

Contact North Care for schedule.

- Parent training based on latest research by Alan Kazdin. Highly 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.

Oasis Counseling Center Inc.

2801 Parklawn Drive, Suite 303, MWC, OK 73110

405-610-3644

Oasis is fully staffed and capable to serve you via Telehealth, telephonic and in-person by appointment.

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.

Parent Management Training

North Care Center

2617 General Pershing Blvd. OKC, OK 73107

405-858-2700 www.northcare.com

Contact North Care for schedule.

Parent training based on latest research by Allen Kazdin. Highly 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

4323 NW 63rd. St. Suite 200 OKC, OK 73116

405-232-2500 www.parentpromise.org

Mon-Fri 8:30am-5pm

Family Resource Center Mon-Fri 9am-3pm

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 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

Pivot

201 NE 50th St. OKC, OK 73105

405-235-7537 <https://www.pivotok.org/>

Mon- Thurs 8am-5pm & Fri 8am-12pm

- 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

Sunbeam Family Services

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

405-528-7721

<https://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

Text4Baby

Text “baby” to 511411

<https://text4b.com/>

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.

OKC Office: 6051 North Brookline, Suite 112 OKC, OK 73112

MWC Office: 1212 S. Air Depot Suite 43
Midwest City, OK 73110

Yukon Office: 373 Yukon Parkway Suite A
Yukon, OK 73069

405-810-0054 Emergency: 405-474-4698

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

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

405-390-8131 Emergency: 405-252-0156

www.tricityyfc.org

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

- 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

7565 East Highway 66, El Reno, OK 73036

405-262-6555 <https://www.yfsok.org/>

Mon–Thurs 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

PREGNANCY/WOMEN’S HEALTH

All Things Baby, Inc.

405 W. 2nd Street Edmond, OK

405-285-6245 www.allthingsbabyok.com

Tues 10am–1pm

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

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

3625 NW 56th, Suite 200, OKC, OK 73112

405-951-2855 www.integrisok.com

Translation Services Available

OKC–County Health Center

West Clinic

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

405-419-4150

South Clinic

6728 S Hudson Ave, OKC, OK 73139

405-419-4119

North Clinic

2700 NE 63rd St, OKC, OK 73111

405-419-4200

All locations: Mon–Thurs 8am–4pm Fri 8am–12pm

Family planning clinic. Sliding scale fee.

Hope Center of Edmond

1251 N. Broadway, Edmond, OK 73034

405-348-4680

www.hopecenterofedmond.com

Mon–Thurs 8:30am–4pm Fri 8:30–12pm

(UNINSURED ONLY, must reside in Edmond)

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

Hope Pregnancy Center

www.thinkimpregnant.org

OKC South

1624 SW 82nd, OKC, OK 73159

405-688-8700

Mon Tues Wed Fri 9–5pm Thurs 9am–8pm

OKC North

10327 N. May Ave., OKC, OK 73120

405-755-5433

Mon–Thurs 9am–5pm Fri 9am–1pm 2nd & 4th

Sat 9am–1pm

Edmond

1033 N. Bryant, Edmond, OK 73034

405-330-0200

Mon–Fri 9–5pm 1st & 3rd Sat 9am–1pm

Mary Mahoney Health Center

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

(past Spencer, close to Jones, OK)

405-769-3301

Mon, Wed, Thurs 7:30am — 5pm; Tues 7:30– 7pm

Fri 10am — 5pm

<https://www.communityhealthok.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

4913 W Reno, Oklahoma City, OK 73127

405-948-4900 <https://okcic.com/>

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

Locations:

<https://oklahomaprojectwoman.org/get-help/#cleveland>

Tulsa 918-834-7200 or 1-877-550-7465

www.oklahomaprojectwoman.org

Provides breast health education, no cost mammograms, diagnostic procedures, and surgical services.

SSM Health St. Anthony Hospital

535 NW 9th Suite 200, OKC, OK 73102

405-272-8498

Variety Care Norman Himes

317 E. Himes, Norman, OK 73070

405-632-6688

Variety Care

1025 Straka Terrace, OKC, OK 73139 (Off I-240 and Western)

405-632-6688

Mon, Tues, Thurs, & 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

2125 Exchange Ave. OKC, OK 73108

405-235-6162

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

An online, no fee company that works with over 60,000 U.S. pharmacies to save you money on your prescription.

Community Action Agency

319 SW 25th, OKC, OK 73109

405-232-0199 www.caaofokc.org

Mon–Fri 8am–5pm

- Oklahoma Rx Discount card

Integrus Baptist Community Clinic

1210 NW 10th, OKC, OK

405-717-9872

Prescription 405-239-6884

- *3rd Monday*– Immunizations, prescription refills, and Take Charge for Women program, no doctor in the office.

Kings Clinic

921 W. Britton Road, OKC, OK 73114

405-848-4005 www.kingsclinic.com

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

Master's Pharmacy & Clinic–Britton Baptist

1141 W. Britton Rd., OKC, OK 73114

405-842-3511

1st & 3rd Mon Tues 6:30pm–8:30pm

General illness and chronic conditions.

North Rock Medication Clinic

4400 N Lincoln, 2nd Floor OKC, OK 73105

405-425-0490

Mon–Thurs 8:30am–5pm. Fri 8:30am– 2:00pm.

Closed for lunch noon–1:00pm.

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 Services.

Oklahoma County Pharmacy

5905 Classen Ct Suite 302, OKC, OK 73118

405-713-1893

Monday–Friday

8am–12pm (sign in by 11:30am for service)

1pm–3:30pm (sign in by 3pm for service)

**Closed for lunch from 12pm–1 pm. Closed for major holidays.*

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

3737 N. Portland, OKC, 73125

405-946-1556

- Provides emergency assistance with prescriptions through United Discount Pharmacy-5420 N. Portland, OKC, OK (Deaconess Hospital).

REFERRAL SERVICES

AARP

www.aarp.org

Provides various resources for people aged 50+.

Area Wide Aging Agency

4101 Perimeter Center Dr., Ste. 310, OKC, OK 73112

405-942-8500 or OU: 405-943-4344

www.areawideaging.org

Provide individuals aged 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

Mobile Assessment Team

405-951-2273 www.integriskok.com

(Only Mobil to Integris Hospitals/Facilities)

- 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 or visit

<http://www.211oklahoma.org>

Latino Community Development Agency

420 SW 10th St., OKC, OK 73109

405-236-0701 www.lcdaok.org

Mon-Fri 9am-5pm

- 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

405-408-0886 www.namioklahoma.org

HOTLINE-1(800) 950- (NAMI) 6264

Mon-Fri 10am-10pm Eastern Time

Text "NAMI" to 741741 for 24/7, confidential, free crisis counseling

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 or text NEDA to 741741

Mon-Fri 8am-8pm (Pacific Time)

<http://www.nationaleatingdisorders.org>

Provides information and resources.

Oasis

OU Health Science Center, OKC, OK 73117

940 NE 13th St Suite 4800, OKC, OK 73104

405 271-2710 or 1-800-426-2747

<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 (*Answered 24 hours a day*)

www.okddc.ok.gov

Information on services for persons with intellectual disabilities and other developmental disabilities.

Reachout Hotline

1-800 522-9054

Emergency mental health and resource hotline, available 24 hours.

(TRC) Alcohol and Drug Services of Central Oklahoma

1215 NW 25th Street, OKC, OK 73106

405-525-2525

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.

2701 N Oklahoma Ave., OKC, OK 73105

405-528-8686 <https://www.okcopeinc.org/>

Mon-Fri 8:30 am-5pm

- Oklahoma Fatherhood Program
- Family Skills Development
- DUI Assessment
- Substance Abuse Assessment
- Helping Children Cope with Divorce
- Intensive Outpatient Program
- AOD Abuse Screening
- Adult Education/GED Program
- Batterers Intervention Program

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

Cornerstone Counseling and Consulting, Inc. Oklahoma City-East

4001 N. Classen Blvd. STE 225 OKC, OK 73118

Oklahoma City-West

5116 N. Portland Ave. OKC, OK 73112

Guthrie

117 N. 2ND St. Guthrie, OK 73044

Kingfisher

102 S. 7th St. Kingfisher, OK 73750

405-231-3150

Mon-Thurs 8 am-6 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

320 Robert S. Kerr, Room 505, OKC, OK 73102

405-521-3921

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- SAFE (7233)

National Network Hotline (RAINN)
Rape, Abuse, & Incest
1-800-656- HOPE (4673)

REACHOUT
1-800-522-9054

A statewide, 24-hour, toll-free hotline which provides crisis intervention and referral. Emergency mental health & resource

TRANSITIONS, INC.
6051 N Brookline, Suite 112, OKC, OK 73112
405-810-0054
Emergency after hrs. 450-474-4698

Mon–Fri 8:30am–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
421 NW 13th Suite 290, OKC, OK 73103
405-264-5000

Mon–Fri 8 am–5 pm

- Compensation and assistance for people 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, 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
2460 NW. 39th, OKC, OK 73112
405-943-7273 (RAPE)

- 24-hour hotline
- Support groups
- Counseling
- Assists sexual assault survivors in hospital ER.

INTERNET RESOURCES FOR COPING WITH ASSAULT:

Rape, Abuse, and Incest National Network
www.rainn.org

Native American Victims of Violence
<https://instituteofnativejustice.org/>

Oklahoma District Attorneys Council
For victim's rights and services
<https://oklahoma.gov/dac.html>

<https://pandys.org/>
Support for victims of rape, including a web library and message board.
<https://mcsr.org/>
Men mobilizing to prevent violence against women.

SEXUAL ASSAULT (MINORS)

Bethesda Inc.

1181 E. Main St., Norman, OK 73071

405-364-0333 www.bethesdaok.org

Mon–Thurs 8am–6pm Fri 8am–12pm

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

CCAN Center for Child Abuse and Neglect

Child Study Center

940 N.E. 13th St., Suite 4900, OKC, OK 73104

405-271-8858

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)

1403 Ashton Place, OKC, OK 73117

405-236-2100 www.carecenter-okc.org

Mon–Fri 8:30am–4:30pm Closed 12pm–1pm

- A coordinated approach to investigations.
- Trains professionals.
- A safe environment for abused children.
- Services offered at no cost.

Oklahoma County District Attorney

Victim Services

320 Robert S. Kerr, Room 113, OKC, OK 73102

405-521-3921 www.oklahomacounty.org

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.

Heart Line/CARE Line

405-848-2273 (CARE) or 211

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 6pm–10 pm PST

text TEEN to 839863 6pm–9pm PST.

outside those hours call or text 988

www.teenlineonline.org

Provides free, confidential, and anonymous telephone listening, crisis intervention, and information and referral services.

TRANSITIONS, INC.

6051 N Brookline, Suite 112 OKC, OK 73112

405-810-0054

Emergency after hrs. 405-474-4698

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

300 N Crawford Ave. Norman, OK 73069

Call for hours.

- Assist adults and children with developmental disabilities.

Aid for Individual Development

2805 N Utah, OKC, OK 73107

405-943-2346 *Call for hours.*

- Group homes, residential services.
- Serves DDS customers.

Allied Community Services Inc.

2917 Pioneer Ave, OKC, OK 73017

405-769-3688

Mon-Fri 8am-4pm

- Provides HTS Services.
- Serves DDS customers.

Among Friends-An Activity Center for Adults with Disabilities

1185 E. Main, BLDG F, Norman, OK 73071

405-361-5529 <https://amongfriendsok.org/>

Mon-Fri 9am-4pm.

- Social and recreational activities-bowling, art classes, prom, dances.
- Adults with special needs and disabilities-\$3 for lunch.

Atkins Opportunities Garden

1917 NE 20th St., OKC, OK 73111

405-424-3142

Mon-Fri 8am-5pm.

- Housing for elderly, handicap, and disabled persons.
- Must be elderly or have a documented disability.

Bios Corporation (OKC Ofc)

2442 N Walnut, OKC, OK 73105

405-525-0900

Open 24 hours a day/7 day a week

www.bioscorp.com

- Residential services.
- Home Health services, HTS services.
- Serves DDS customers.

Oklahoma Children's Hospital Child Study Center

1100 NE 13th, OKC, OK 73117

405-271-5700 *Call for hours.*

<https://www.ouhealth.com/oklahoma-childrens-hospital/childrens-services/developmental-behavioral-services-for-children/>

- 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

P.O. Box 146 Lewisville, TX 75067

1-877-337-3348

<http://www.cleaningforareason.org/>

Cleaning for a Reason is a 501(c)(3) nonprofit organization that offers free home cleaning to cancer patients in the United States and Canada. Our goal is to remove the burden of cleaning and allow those recovering from surgery, in active treatment, or in hospice to focus on their health and spending valuable time with loved ones.

- Apply on website.

Dale Rogers Training Center

2501 N. Utah, OKC, OK 73107

405-946-4489

Mon-Fri 8am-5pm.

www.drctc.org

- Group homes and sheltered workshops.
- Serves DDS customers.

Down Syndrome Association of Central Oklahoma

521 W. Wilshire Blvd., Ste 130, OKC, OK

405-600-9981 www.dsaco.org

- Provides education, resources and

- support for families of children with Down syndrome.
- Volunteer Education

Dungarvin Oklahoma

9210 S. Western, Suite A-22, OKC, OK 73039

405-759-2611 www.dungarvin.com

Mon-Fri 8am-5pm.

- Foster care for children with developmental disabilities.
- Residential services for adults with developmental disabilities.
- Serves DDSD customers.

EARC, Inc.

10 E. 9th St., Edmond, OK 73034

405-341-7132 <https://earcinc.org/>

Mon-Fri 8am-5pm

- Resource information for people with disabilities. Social services, medicine, Group homes, residential services, ICF-ID and sheltered workshops, vocational training.
- Serves DDSD customers.
- Adults over 18 years of age.

Fretzpark Homes

4232 N Santa Fe Ave. OKC, OK 73118

405-521-8232 <http://fretzpark.org/>

Mon- Thurs 9am-5pm; Fri 9am-4pm

OUR SERVICES

- DLS (Daily Living Supports)
- HTS (Habilitation Training Specialist)
- Homemaker
- Agency Companion
- Group Home
- Respite Care
- Transportation

Potential Service Recipients (Clients) Must:

1. Currently be receiving waived funding from DDS (Developmental Disabilities Services).
2. Complete an admissions application.

Goodwill Industries

316 S Blackwelder, OKC, OK 73102

405-236-4451 www.okgoodwill.org

Mon-Fri 9am-4pm.

- 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

2002 E. Robinson, Norman, OK, 73071

405-307-2800 www.idmc.org

Sun-Sat 8am-4pm In-House 24/7

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.

LifeSpring Home Care

www.lifecareok.com

LifeSpring Home Care of Edmond

1900 E. 15th St. STE 500C Edmond, OK 73013

405-735-6122-

LifeSpring Home Care of Norman

2411 Springer Dr., Norman, OK 73069

405-329-4545

LifeSpring Home Care of Shawnee

4000 North Kickapoo Shawnee, OK 74804

405-273-2733

Group homes, residential services, sheltered workshops and home health services. (just a home health agency)

Meadow Brook Acres Center for Independent Living

13016 S Penn, OKC, OK 73170

405-692-1000

Opened 24/7

- Group homes, residential services.
- Serves DDSD customers.

The Meadows

1000 S. Kelly Ave., Edmond, OK 73003

405-348-4470 www.meadowsoklahoma.com

Mon–Fri 8am –11:45am / 12:45–4:00pm.

- Sheltered workshops.
- Serves DDS customers.

Mid-Del Group Home

PO Box 30033, Midwest City, OK 73140

405-732-8568

Mon–Fri 7am–4pm

www.mdgh.org

- Group homes, residential services, and sheltered workshops.
- Serves DDS customers.

National Center for Disability Education and Training

3200 Marshall Ave., Suite 201, Norman, OK 73072

405-325-4084 www.ncdet.ou.edu

Mon–Fri 8:30am–5pm.

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

4436 N.W. 50th OKC, OK 73112

405-858-2700(Call for appointment.)

Mon, Wed, Thurs 8am– 5pm Tues 8:30am–7pm

Fri 8am–3pm Sat by appointment only.

<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. Underage of 18.

Office of Disability Concerns

11212 N May Ave Suite 103A, OKC, OK 73120

405-521-3756 www.ok.gov/odc

Mon–Fri 8am–5pm.

- Refers to services state, local or federal government acts a clearinghouse for information and advocacy.
- Persons with disabilities.

Oklahoma Family Network

800 NE 15th St., Ste. 316, OKC, OK 73104

405 271-5072 / 1-800-871-5072

www.oklahomafamilynetwork.org

The **Oklahoma Family Network (OFN)** informs and connects individuals with special health care needs and disabilities, their families, and professionals to services and support in their communities.

Our services are designed for the family of any child who has:

- spent time in the NICU or was born premature.
- physical disabilities
- cancer
- rare or undiagnosed conditions
- Autism
- Cerebral Palsy
- Cystic Fibrosis
- Down Syndrome
- mental health diagnoses
- behavioral health concerns

Oklahoma Systems of Care (Admin Ofc) (Oklahoma Department of Mental Health)

405-522-4151 <http://www.ok.gov/odmhsas>

Contact the administrative office for referral to Systems of Care locations for your county–hours are Mon-Fri 8am–5pm

- 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.

Red Rock Behavioral Health Services–El Reno Office

7777 E Highway 66 El Reno, Oklahoma 73036

405-262-3209 *Call for hours.*

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.

Reliant Living Centers of Oklahoma Inc.

3317 S.E. 18th, Del City, OK 73115

405-677-2421

Mon–Fri 8am–4:30pm.

- Residential facilities are 24/7.
- Residential services, and sheltered workshops, supported employment, accepts state-funded clients.
- Serves DDS customers 18 years and older.

Res-Care Oklahoma, Inc.

Brightway Community Living

4417 SW 21 St., OKC, OK 73108

405-680-4909

Mon–Fri 8am–5pm.

- www.rescare.com

- Group homes, residential services, and sheltered workshops; in-home care.
- Serves DDS customers.

Sooner Start

3017 N Stiles, Ste. 200 OKC, OK 73117

405-271-9477

https://oklahoma.gov/education/services/sooner_start.html

Mon–Fri 8am–5pm

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

Canadian County Coordinator

405-595-1958

Mon– Fri 8am–5pm

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

OU Health Science Center,

940 NE 13th St, Suite 4800, OKC, OK 73104

405-271-2710

<http://soonersuccess.ouhsc.edu/>

Mon–Fri 8am–6pm

- 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

6835 S. Canton Ave., Tulsa, OK 74136

918-481-1234 or 1-800-722-9004

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

7510 Broadway Ext., Ste. 205, OKC, OK 73118

405-418-8522 *Call for hours.*

www.voak.org

- Group homes, residential services, and sheltered workshops.
- Serves DDS customers.

We Care, LLC

5400 NW 23rd St., OKC, OK 73127

405-525-2328

Mon-Fri 9am-5pm.

- Daily living support homes and residential services.
- Serves DDS customers.

Work Activity Center Inc.

203 E Main, Moore, OK 73160

405-799-6911 www.wacok.com

Mon-Fri 8am-5pm.

- 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.

WovenLife, Inc.

701 N.E. 13th Oklahoma City, OK 73104

405-239-2525 <https://www.wovenlifeok.org/>

Mon-Fri 7:30am-5:30pm

Medical rehabilitative services, physical therapy, occupational therapy, speech therapy, Autism services, early intervention services.

- Adult day care and Childcare (ages 2 to 5 years)
- Fee: Medicaid/Soonercare, Medicare, OKDHS day care assistance.

TRANSPORTATION

City Rescue Mission

405-232-2709 www.cityrescue.org

Need a ride to the City Rescue Mission?

Must be age 18 or over.

Community Action Agency

319 SW 25th, OKC, OK 73109

405-232-0199 www.caaofokc.org

Mon-Fri 8am-5pm

Assistance with bus passes. Call with zip code for district office locations and details.

EMBARK (formerly Metro Transit)

2000 S May Ave OKC, OK 73108

405-235-RIDE (7433)

Buses Run: M-F 4:30 am-7:30 pm; Sat 6:30 am-

6:30 pm Staff is available Mon-Fri 7:30am-8pm, & Sat 9 am-5 pm

Monthly pass \$50 (Reduced Fare: \$25)

Local Bus/Single Trip Cash Fares:

\$1.75 Adult (19-64), \$0.75 for reduced fare (ages 65 Persons on Medicare, or Persons with a Qualified Disability), Free (0-18)

Express Bus/Single Trip Cash Fares:

\$3.00 Adult (18 & over), \$1.50 for reduced fares.

Embark PLUS (Accessibility)

405-297-1331 or TDD 711*

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: 405-235-RIDE (7433)

- For services nights and weekends when regular bus service is not running.
- Call ahead to make reservations.

Medride Assisted Transportation

4225 SW 44th, OKC, OK 73109

405-685-8267

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

877-404-4500 or TDD: 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

1134 W. Main, OKC, OK 73106

405-232-5507

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

Catholic Charities Archdiocese of OKC

1232 N Classen Blvd., OKC, OK 73106

405-523-3000 www.catholiccharitiesok.org

Mon-Fri 8am-4:30pm

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

119 S. 6th St., Yukon, OK 73099

405-354-9591

Mon-Fri 9am-4pm

- Transportation for elderly
- Serves zip code: 73099.
- Referrals
- Provide utility/rent.
- Prescription assistance to those who live in their service area.

Salvation Army

1001 N Pennsylvania, Ave, OK 73109

405-246-1100

<https://southernusa.salvationarmy.org/central-oklahoma/>

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

- Disaster Services
- Emergency Financial Assistance
- Casework Services
- Emergency Shelter
- Food Pantry
- Food & Nutrition

Shepherds of Love Ministry

P.O. Box 5043, Edmond, OK 73083

405-348-5195 www.shepherdsoflove.org

Mon-Thurs 9am-3pm

Offers financial assistance for utility bills. Have bills in hand when calling. (No rent or rent deposit.)

Urban League of Greater Oklahoma City, Inc.

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

405-424-5243 www.urbanleagueok.org

Mon-Fri 8am-5pm.

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, stepparents, guardians, and foster parents of infants and children under the age of 5 can apply for their children.

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

www.ok.gov/health

Canadian County Health Department

El Reno

6100 E HWY 66, El Reno, OK 73036

405-262-0042

Mon-Fri 8am-5pm

Cleveland County Health Department Norman

250 12th Avenue NE, Norman, OK

405-321-4048 Appointment only.

Moore

424 S. Eastern, Moore, OK 73160

405-794-1591 Appointment Only

Oklahoma County Independent Clinics (OCCHD) Edmond

Hope Center Health Clinic

1251 N. Broadway Suite B, Edmond, OK 73034

405-348-4680

Mon & Thurs 8:30am-4pm Tues 8:30am-5pm Wed 8:30am-3pm

Midwest City

City County Health Department East

1701 S. Air Depot Blvd Ste 2, Midwest City, OK

405-419-4116/405-425-4384 (Appt.)

Guiding Right, Inc.

www.guidingright.org

Headquarters

1420 NE 23rd St. OKC, 73111

405-733-0771

New Hope Wellness Center

2809 NW 31st St. OKC, OK 73112

405-730-0771

Diversity Center (GRI-North)

22425 NW 39th St. OKC, OK 73112

405-601-7686

Oklahoma City

Oklahoma City-County Health Department

2600 NE 63rd St., OKC, OK 73111

405-427-8651

OCCHD West

1501 N Meridian Ave, OKC, OK 73107

405-419-4182/405-425-4384 (Appt.)

Oklahoma City Indian Clinic

5208 W. Reno Ave, OKC, OK 73127

450-948-4900 ext. 610

NSO-West Health Center

3530 N MacArthur Blvd., Warr Acres, OK 73122

405-942-2008

Mary Mahoney Health Center

12716 NE 36th, Spencer, OK 73084

405-769-3301 ext. 1268

Variety Care

www.varietycare.org

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

405-632-6688

- 1025 Straka Terrace, OKC, OK
 - 7:30am-5:30pm
- 500 SW 44th Str., OKC, OK
- 3851 Tinker Diagonal, Del City, OK

Other locations:

<https://www.varietycare.org/locations>

YOUTH SERVICES (AGES 15-24)

COMMUNITY PROGRAMS & SERVICES

Care for Change

3621 N. Kelley Avenue

Main: 405-524-5525

Emergency: 405-204-6963 (24/7)

www.careforchange.org

Substance abuse treatment programs and post-incarceration support services.

Embark Transit (Ages 0-18 years)

405-235-7433 (RIDE) www.embarkok.com

- ***Children under 7 must be accompanied by a guardian 12 years of age or older.***

Hours of Service: M-F, 5:30 AM-6:30 PM, Saturday, 6:30 AM-5:30 PM

Guiding Right, Inc.

1420 NE 23rd St. OKC, OK, 73110

405-733-0771 www.guidingright.org

HIV-STI testing, WIC assistance, health screenings, family & individual counseling.

Healing Hands Health Clinic

411 NW 11th Street (E. of Walker Ave)

405-272-0476 www.chciokc.org

Healthcare for individuals experiencing homelessness.

Homeless Alliance, The

1724 NW 4th Street, OKC, OK 73106

405-415-8410

A collaboration of organizations who work together to assist individuals and families in locating and maintaining housing.

Infant Crisis Services

4224 N. Lincoln BLVD, OKC, OK 73105

405-528-3663 www.infantcrisis.org

Providing formula, clothing, food and diapers to babies & toddlers in crisis.

Metro Career Academy

1901 Springlake Drive, OKC, OK 73111

405-424-8324 www.metrotech.edu

Non-traditional high school offered on the Metro Tech-Springlake Main Campus.

Mid-Del Youth & Family Center

8121 National Ave Ste. 401, MWC, OK 73110

405-733-KIDS (5437) www.mid-delyouth.org

Counseling and Prevention Services

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

2840 Linda Lane, Del City, OK 73115

(405) 670-1478 Fax (405) 670-1790

Emergency Children's Shelter-(405) 424-017

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

NorthCare Children's Services

4436 NW 50th Street, OKC, OK 73112

405-858-2700

<https://www.northcare.com/index.php/child/>

Counseling/trauma services for young people up to the age of 24.

OKCPD Homeless Outreach Team (H.O.T.) Unit

Call 9-1-1 24 hrs. a day, 7 days a week.

On Mon-Fri 8:30am to 11:45 am & 1pm-4pm

Emergency assistance for individuals experiencing homelessness.

To notify the Homeless Outreach Team of individuals needing assistance, please contact the OKC Action Center.

- Phone: (405) 297-2535. Monday through Friday from 8:30am-11:45am and 1pm to 4:30pm.
- Text: 405-252-1053-Include the address or closest intersection and a detailed description of the issue.
- Online: okc.gov/action
- Email: action.center@okc.gov
- X/Twitter: Contact the Action Center via [@okcaction](https://twitter.com/okcaction)

OK COUNTY VITAL RECORDS

1000 NE 10th Street, OKC, OK 73117

405-271-4040

Contact Vital Records for copies of Birth Certificates.

<https://oklahoma.gov/health/services/birth-and-death-certificates.html>

OKDHS Live

405-487-5483 (LIVE)

Online service for applying for and maintaining DHS benefits. www.okdhslive.org

Oklahoma Dept. of Rehabilitation Services

405-522-7973

<https://oklahoma.gov/okdrs.html>

Assistance with applying for Social Security Disability and ongoing support for those who qualify.

Office Location:

<https://oklahoma.gov/okdrs/information/office-locator.html>

OU School of Dentistry

1201 N. Stonewall Avenue, OKC, OK 73117

405-271-7744

Income-based dental care Department of Dental Hygiene <http://dentistry.ouhsc.edu/Patients>

Pivot, Inc,

405-235-7537 <https://www.pivotok.org/>

Counseling, post-incarceration support, food pantry, clothing closet & support services.

Planned Parenthood of Central OK

619 NW 23rd Street. OKC, OK 73103

405-528-2157

<https://www.plannedparenthood.org/>
Sexual health clinic & Trans* HRT services

Planned Purpose Program

405-441-9447 <http://plannedpurpose.org>

Mentoring, leadership training and goal achievement support

Reach4work Program at OSU-OKC

900 N. Portland Avenue

405-945-8636

Offering short-term educational and career skills training with ongoing support.

www.osuokc.edu/reach

Red Rock Behavioral Health Services

4400 N. Lincoln Blvd, OKC, OK 73105

405-424-7711

Case management, mental health assessments, counseling and medication clinic.

www.red-rock.com

Runaway and want to get home?

Call 1-800-RUNAWAY 24 hours a day, 7 days a week. (1-800-786-2929)

www.1800runaway.org

T.A.S.K. Program

7401 NE 23rd Street MWC, OK 73141

405-778-8007 www.taskokc.org

Substance abuse, gang intervention and post-incarceration support.

Upward Transitions

1134 W. Main Street, OKC, OK 73106

405-232-5507 www.upwardtransitions.org

Assistance with job seeking and obtaining personal documents.

Urban League of Greater OKC

3900 N. Martin Luther King Ave, OKC, OK 73111
405-424-5243 www.urbanleagueok.org
Employment, GED prep, tutoring, mentoring and post-incarceration services.

VARIETY CARE

405-632-6688 www.varietycare.org

Income-based Healthcare Services.

- 1025 Straka Terrace, OKC, OK
- 500 SW 44th Str, OKC, OK
- 3851 Tinker Diagonal, Del City, OK

OVERNIGHT SHELTERS/TRANSITIONAL LIVING**Bridges of Norman**

1670 Stubbeman Avenue, Norman, OK 73069

405-579-9280 www.bridgesnorman.org

Independent living housing program for teens who enroll in Norman North High School.

Carolyn Williams Center

1416 NW 16th Street OKC, OK 73106
(W. of Classen Ave)

405-604-9442 www.nsookc.org

Dorm style transitional/emergency housing for young men 18-22.

City Rescue Mission

800 W. California Avenue OKC, OK 73106

405-232-2709 www.cityrescue.org

Emergency Shelter-18 and over-Families Accepted)

Grace Rescue Mission

2205 Exchange Avenue, OKC, OK 73108

(E. of Agnew, S. of SW 11th)

405-232-2956

Emergency Shelter-19 and over-Single Men Only

Hope Community Services

6100 S. Walker Avenue, OKC, OK 73139

405-634-4400 www.hopecsi.org

Mental health case management and community living programs.

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

5700 Bald Hill Road, Tahlequah, OK

580-246-3203 <http://talkingleaves.jobcorps.gov>

Jesus House

1335 W. Sheridan Avenue OKC, OK 73106

405-232-7164 www.jesushouseokc.org

Emergency Shelter-18 and over-Single Men & Women

Salvation Army Central OK

1001 N. Pennsylvania Avenue

405-246-1100

Emergency Shelter-18 and over-Married Families Accepted

www.salvationarmyokcac.org

Transition House

700 Asp, Suite 2, Norman, OK (E. of Flood, N. of Boyd)

405-360-7926

Transitional living-Females only-ages 18+ w/ mental illness. <https://www.thouse.org/>

Wonderfully Made Foundation

1301 NE 20th, Oklahoma City, OK 73111

405-778-6870

Emergency Shelter-18 and over-Women w/ Children Under 12.

www.thewonderfullymadefoundation.com

YWCA of Oklahoma City

405-948-1770

2460 NW 39th St, Oklahoma City, OK 73112

Emergency shelter for 18 and over domestic violence & sexual assault victims & their children.

24/7 Sexual Assault Hotline: 405-943-7273

www.ywcaokc.org

DAY SHELTER CENTERS

Lottie House

1311 N. Lottie Ave

405-600-3074

Supportive day center for adults experiencing homelessness and/or mental health challenges.

Tue–Fri, 12:00 PM–5:00 PM (Closed Sun & Mon)

www.mhaok.org

Sanctuary Women's Development Center

2133 W 11th Street in the Stockyards area (off Agnew)

405-602-1378

8 a.m.–3:30 p.m. (M–F), closed 12 p.m.–1 p.m. for lunch.

Day shelter for women aged 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)

2129 NW 30th Street OKC, OK, 73112

405-459-7478 *Call for appointment.*

www.sisuyouth.org

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

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

Westtown Resource & Day Center

405-415-8410

1724 NW 4th Street (E. of Penn Ave)

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, 8:00 AM–5:00 PM (Meals: 6:30 AM & 11:30 PM)

www.homelessalliance.org

COMMUNITY & RECREATION CENTERS

Y.M.C.A. Locations

www.ymcaokc.org

Bethany Branch 405-789-0231

3400 N. Mueller Avenue (S. of NW 36th, E. of Rockwell Ave)

Chickasha Area YMCA 405-224-2281

725 W Chickasha, Chickasha OK 73018

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)

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)

Norman YMCA 405-364-9622

1325 Lexington Ave, Norman OK 73069

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 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, 7:30am-7pm

3535 N. Western Avenue

405-525-9292 www.bgcokc.org

Douglass Recreation Center

900 N. Frederick Douglass Avenue Behind Douglass High School S. of NE 23rd, E. of MLK Blvd.

405-424-4212 www.okc.gov/parks

F.A.C.T. Community Center

1220 NE 33rd Street, W. of Lottie Ave.

405-424-1853

FB: Oklahoma City Police F.A.C.T. Unit

Foster Program Center

614 NE 4th Street, E. of Lincoln Blvd.

405-232-1881 www.okc.gov/parks

Macklanburg Recreation Center

2234 NW 117th St.

NW 117th, W. of Penn. Ave

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

Melrose Recreation Center

7800 W. Melrose Lane

N. of W. Reno, E. of Council Rd.

405-789-6758 www.okc.gov/parks

Minnis Lakeview Recreation Center

12520 NE 36th St., W. of Anderson Rd.

404-769-2676 www.okc.gov/parks

Pilot Recreation Center

1435 NW 2nd St., E. of N. Penn. Ave.

405-232-8309 www.okc.gov/parks

Pitts Recreation Center

Community Activity Center

1920 North Kate, NE 19th, W. of Lottie Ave.

405-427-1556 www.okc.gov/parks

Schilling Recreation Center

539 SE 25th St.

405-631-2466 www.okc.gov/parks

Sellers Recreation Center

8301 S. Villa Ave.

405-685-3311 www.okc.gov/parks

Southern Oaks Recreation Center

400 SW 66th St.

405-631-5441 www.okc.gov/parks

OKLAHOMA CITY METRO LIBRARIES

www.metrolibrary.org

Almonte Library

2914 SW 59th Street SW 59th & May Ave.

405-606-3575

Belle Isle Library

5501 N. Villa Avenue

NW Expressway & Villa Ave.

405-843-9601

Bethany Library

3510 N. Mueller Avenue, Bethany

S. of NW 39th St., E. of Rockwell

405-789-8363

Capitol Hill Library

327 SW 2nd 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

9295 Willa Way, 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

2025



CAMPUS RESOURCE CENTER

The Campus Resource Center embraces a culture of diversity, equity, and inclusion that empowers anyone from anywhere to be successful in their academic and professional endeavors. We strive to provide an environment that is enriching to all by understanding and appreciating our dimensions of diversity, becoming global citizens, and welcoming new ways of engaging in the unique contributions of all people.

Staff:

Dr. Monique Bruner

Beth Adkins

Carla Robison

Whitney Robinson

Felicia Wyatt

Kathy Bailey

Bryce Queri

Desiree Williams

Contact Information

405-733-7334

