



RESOURCE GUIDE

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AGING				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Adult Protective Services	918-430-2300 (DHS main) 918-430-2479 (caseworker Lisa)	3666 N Peoria Tulsa, OK 74106	Abuse, neglect and exploitation of adults
Tulsa	Advantage Program	918-933-4900 800-435-4711	823 S Detroit Ave, 4 th floor Tulsa, OK 74120	Must qualify for Medicaid prior to receiving Advantage
Tulsa	Alzheimer's Association	918-392-5000	6660 S Sheridan Rd #202 Tulsa, OK 74133	Resources and Transportation
Pottawatomie	Area Agency on Aging (AAA)	(405) 273-6410	400 N Bell Ave, Shawnee, OK 74801	Transportation, in-home services, legal assistance
ALL	Caregiver Hotline (Alzheimer's Association)	800-272-3900	-----	All Resources
Cherokee	Cherokee Nation Human Services	918-453-5422	17675 S. Muskogee Ave. Tahlequah, OK 74465	Respite care, Elder Advocacy, nutrition, energy assistance, victim assistance, burial
Tulsa	INCOG	918-579-9477	2 West 2nd, Suite 800 Tulsa OK 74103	Transportation, in-home services, legal asst
Tulsa	Life Senior Services	918-664-9000	5950 E 31 st St Tulsa OK 74135	Adult day services Affordable housing Respite care Tax assistance
Multiple	Meals on Wheels	918-627-4103	5151 E 51 st St Tulsa, OK 74135	Meal delivery 6 days a week, home safety repairs, pet food for seniors
Multiple	National Institute on Aging	800-222-2225	National /online	Information for caregivers on various aging topics
Kay	Smart Start (Kay County Health Dept)	580-762-1641	433 Fairview Ave. Ponca City, OK 74601	Community services incl. health education

Tulsa	Tulsa County Social Services	918-596-5560	2401 Charles Page Blvd. Tulsa, OK 74127	Provides burial or cremation assistance, possible pharmacy assistance
Tulsa	Neighbor for Neighbor	918-425-5578	505 E 36 th St Tulsa, OK 74106	Legal assistance (fraud schemes), home repairs for elderly/disabled who own their home, food, health/dental, etc.

CLOTHING				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Assistance League of Tulsa's Bargain Retail Shop	918-832-8832 Bargains Shop: 918-832-8161 Fax 918-832-1994	5350 E 31 st St Tulsa, OK 74135	Tue/Thur/Sat 10-2 Low-cost clothes for men, women, children, jewelry, home furnishings and accessories, linens, books
Tulsa	Bixby Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby, OK 74008	Provides general clothing
Tulsa	Caring Center First Baptist Church Tulsa	918-587-1571	420 S Detroit Tulsa, OK 74120	M-TH 10-11:45 every 4 weeks w/photo ID (also food, utility assistance)
Tulsa	Catholic Charities	918-949-4673 www.catholiccharitiestulsa.org	2450 N Harvard Ave Tulsa, OK 74158	Clothing resources. Also supplies for infants and children
Tulsa	Christ for Humanity	918-836-2424	6314 E 13 th St Tulsa OK 74112	Distributes free food, clothing and essentials – call for appt
Tulsa	Day Center for the Homeless	918-583-5588	415 W. Archer St. Tulsa	Clothing for people who are homeless – Archer St location opens daily
Oklahoma	Dress for Success (OKC)	405-606-7071	133 W Main St Suite 102, Oklahoma City, OK 73102	Clothing for interviews/employment, career center assistance
Tulsa	Dress for Success (Tulsa)	918-599-8892 www.dressforsuccess.org/tulsa	3103 S Harvard Ave, Tulsa, OK 74135	Clothing for interviews/employment, career center assistance- call to verify hours
Tulsa	Emergency Infant Services	918-582-2469 Fax 918-582-1550 contact@eistulsa.org	1110 S Denver Ave., Tulsa, OK 74119	Provides clothing, diapers, car seats, cribs and baby supplies (children up to 5 or pregnant women) M-F 9-2:30 w/photo ID
Tulsa	Harvest House Tulsa	918-884-7667	1439 E 71 st St. Tulsa, OK 74136	Assistance with clothes etc. By appointment only (call Monday and get a call back Tues. for Weds. appt)

Oklahoma	Jesus House	405-232-7164	1335 W Sheridan Ave Oklahoma City, OK 73106	M- F free clothes distribution – appointment only
Tulsa and Rogers	Labor of Love Program Offered by the Women’s Center at Hillcrest	918-579-8085 918-294-4000	1120 S Utica Ave 8801 S 101 st E Ave (Tulsa) 1202 N Muskogee Pl (Claremore)	Free baby items, educational classes, swaddling blanket and more
Tulsa	Living Water Methodist Church	918-500-4457	519 E 141st St, Glenpool, OK 74033	Clothing for \$.50 per piece
Tulsa	Manna House Ministries	918-836-5541	4921 E Admiral Pl. Tulsa, OK 74115	Provides general clothing for residents of 74110 & 74115 zip codes (and food)
Tulsa	Mend Medical Clinic/Pregnancy Resource Center	918-745-6000 info@mendmedical.org	6216 S Lewis, Ste 100 Tulsa, OK 74136	Confidential, non-judgmental, free services, clothing
Tulsa	Neighbor for Neighbor	918-452-5578	505 E. 36 th St. North Tulsa, OK 74106	Provides items for jobs such as clothing and work boots
Tulsa	The Park Church of Christ	918-615-6950	10600 E 96 th St Tulsa, OK 74133	Provides clothes to people who need them; walk-ins accepted 12:30-2:15pm Wednesdays. Bring photo ID
Cleveland	Sharing Tree	405-634-2006	825 NW 24 th St Moore, OK 73160	Clothing, toys, seasonal items (Christmas gifts)
Oklahoma	Skyline Urban Ministries	405-632-2644	500 SE 15 th Oklahoma City, OK 73129	\$1-5 or free in emergency; Requires referral; limited hours Also does school uniforms, prom outfits
Tulsa	The Fitting Room (Prosthetic bras)	918-584-3322	1322 E 15 th St. Tulsa, OK 74152	(Cash only) Does not accept SoonerCare
Tulsa	Tulsa Cares	918-834-4194	3712 E 11 th St. Tulsa, OK 74112	Clothing for people living with HIV/AIDS
Tulsa	Tulsa Dream Center Clothing Ministry	918-430-9984	200 W 46 th St N Tulsa, OK 74126	T/TH 8:30-9:45 and 12-2:45

COUNSELING/THERAPY				
County	Providers	Contact Numbers	Location	Service Info
Oklahoma	A Chance to Change	405-840-9000	2113 W. Britton Rd. Oklahoma City, OK 73120 Achancetochange.org	Mental health and addiction services, education classes, workshops, and prevention programs
Tulsa	A New Way	918-599-7277	101 N Greenwood Ave Suite 131 Tulsa, OK 74120	Outpatient behavioral health services, Individual, family and group therapy (adults and children)
ALL	Brave Health	https://bebravehealth.com/	305- 433-7720	(Virtual)Mental health services, therapy, medication management. Takes Medicaid and all three CE (Aetna, Humana, OK Complete)
Tulsa	Calm Center	918-394-2256	6126 E 32nd Pl. Tulsa OK 74135	24/7 availability support/stabilization for ages 10-17 in crisis
Pittsburgh	Caring Hands Healthcare Centers	918-426-2442	3101 Elks Dr McAlester, OK 74501 and 1429 Pennsylvania Ave Hartshorne, OK 74547	Counseling services & medication-assisted treatment (also medical, dental, pharmacy)
Pittsburgh	Carl Albert Community Mental Health	918-426-7800	1101 E Monroe Ave McAlester, OK 74501	Counseling and screening and inpatient services
Cleveland	Center for Children & Families, Inc.	(405) 364-1420	210 S Cockrel Ave, Norman, OK 73071	Behavioral Health Counseling, parenting services and resources
Washington	Center for Therapeutic Intervention (Bartlesville)	918-384-0002	4100 SE Adams Rd. Ste. E 108 Bartlesville, OK 74006	Psychotherapy, substance abuse, gambling addiction
Tulsa	Center for Therapeutic Intervention (Tulsa)	918-384-0002	7477 E 46th Pl. Tulsa, OK 74145	Psychotherapy, substance abuse, gambling addiction
Cleveland	Central OK Community	405-360-5100	909 Alameda St. Norman, OK 73071	Mental Health and substance abuse

	Health Center (COCMHC)			services to children and adults
Payne	Claremore Cushing – Geri Psych Units	918-285-5370 Cushing 918-341-9373 Claremore	1027 E Cherry St (Cushing) 1202 N Muskogee Pl (Claremore)	Older adults psych treatment
Tulsa	COPEs (FCS)	918-744-4800		Crisis Services free of charge, crisis phone hotline
Tulsa	Crisis Care Center (FCS)		1055 S Houston Ave Tulsa OK	Stabilization Unit for 18 +
Tulsa	Counseling & Recovery Services of OK	918-492-2554 918-245-5565	7010 South Yale Ste 215 Tulsa, OK 74136 401 E. Broadway Suite E Sand Springs, OK 74063 Crsok.org	Treatment, information, education and support in offices, homes, and schools to adults and children for mental health and substance abuse issues
Tulsa	CREOKS Behavioral Health Services	918-382-7300	4103 S Yale Ave Suite B Tulsa, OK 74135	Screening, Assessment, Referral for all crisis situations and comprehensive outpatient services
Multiple	Crisis Centers	405-522-8117	Several locations across the state. www.ok.gov/odmhsas/	Services range from outpatient crisis diversion and intervention services and emergency assessments to mobile crisis services, crisis stabilization, and inpatient psychiatric care.
Tulsa	Dayspring Community Services	918-712-0859	6440 S. Lewis Ave, Suite 2200 Tulsa, Oklahoma 74136 – Other locations in Bartlesville, Cushing, Stillwater, according to pfh.org/locations	Behavioral Health and Substance Abuse Programs
Tulsa	Family & Children's Services	918-547-9471 (admin office – make an appt)	650 S Peoria 2325 Harvard 6202 S Lewis Suite 3 11740 E 21st St	Counseling and mental health services for children and adults Contact Heather Henderson

Oklahoma	Family Development and Intervention Services	405-767-1126	4805 Richmond Sq. Oklahoma City, OK 73116	Provides Behavioral Health Services to children and adults
Oklahoma City metro	Family Expectations	405-639-2054	3 E. Main St Oklahoma City 73104 Family expectations.com	Parenting support, education, resources for pregnancy and families
Muskogee	Green Country Behavioral Health	918-682-8407	619 N Main St Muskogee, OK	Free or reduced cost counseling, medication-assisted treatment
Cleveland	Griffin Memorial Psychiatric Hospital	405-321-4880	900 E Main St Norman OK 73071	Inpatient treatment
Rogers	GRAND Mental Health (Grand Lake)	844-458-2100	12005 E 470 Rd Claremore OK 74017 Other locations in Chouteau, Pryor, Tulsa, Nowata, Vinita, Bartlesville, Jay, Afton, Kansas, Pawhuska, Grove, Miami, Cleveland, Stillwater, etc.	Mental health treatment Inpatient services
Tulsa	Grow Well Health (Formerly Sprouts Childhood Dev)	918-960-6689	5840 S Memorial Dr #301 Tulsa OK 74145	Developmental Pediatrics
Oklahoma	HALO Project	405-753-4172	Oklahoma City 401 East Memorial Suite 500	OK foster and adoptive parents counseling and trauma healing interventions Haloprojectokc.com
Oklahoma	HOPE Community Services- OKC	405-634-4400 main 405-226-6200 crisis	6100 S Walker Ave Oklahoma City, OK 73139	Behavioral Health Services
Tulsa	Indian Healthcare Resource Center	918-588-1900	550 S Peoria Tulsa, OK 74120	Care for children, adults, and adolescents
Tulsa	Improving Lives Counseling Services	918-268-7179	All over the state Main office 6216 S Lewis Ave #102	Counseling services for SoonerCare and Medicaid – available

			Tulsa, OK 74136	evenings and weekends
Comanche	Jim Taliaferro Community Health Center	580-248-5780	602 SW 38th St, Lawton, OK 73505	Behavioral Health Clinic
Tulsa	Laureate Psychiatric Clinic and Hospital	918-481-4000	6655 S Yale Tulsa, OK 74136	Eating disorders, mental health problems; Geri Psych
OK	Mid-Del Youth & Family	405-733-5437	8121 National Ave Midwest City, OK 73110	Behavioral Health services
Tulsa	Morton Comprehensive	918-587-2171	1334 Lansing Ave Tulsa, OK 74107	Behavioral health clinic
Okmulgee	Muscogee Creek Nation Health Dept	Behavioral health # 918-758-1910	1212 S Belmont Ave, Okmulgee, OK 74447	Free and reduced cost counseling
Tulsa	NAMI Tulsa	https://www.nami.org 918-587-6264	708 S Boston Ave Tulsa, OK 74119	Support groups, etc.
Tulsa	New Hope	918-359-9024	4122 W 55 th Pl. Tulsa, OK 74107 newhopeoklahoma.org	Serves youth experiencing trauma, generational incarceration by offering after school programs, summer camps, and events
Tulsa	Infinity Counseling Services (formerly North Tulsa Counseling)	918-794-0197	240 East Apache Street Tulsa, OK 74106	All in home services: counseling, family, individual
Oklahoma	NorthCare	405-858-2700	2617 General Pershing Oklahoma City, OK 73107	Behavioral Health Services
Oklahoma	Oklahoma Department of Mental Health and Substance Abuse	405-522-3908	2000 N Classen Blvd Suite 2-600 Oklahoma City, OK 73106	Referrals, housing resources

Multiple	Oklahoma Pregnancy Care Network	Okpregnancy.org	-----	A website that has multiple locations in OK for pregnancy support, foster care, counseling, family strengthening skills
All	OHCA Behavioral Health Services	800-652-2010	-----	Members can call toll free
Tulsa	OU Tulsa IMPACT	918-660-3150	4502 E 41st St. Tulsa, OK 74105	Team lead Cindy Hickl Cynthia-hickl@ouhsc.edu
Tulsa	Parkside	918-588-8888	1619 E 13th St Tulsa, OK 74120	Psychiatric Hospital, adults, children and youth
Le Flore	Poteau Health and Wellness	918-647-2155	1120 Tarby Rd Poteau, OK 74953	Behavioral Health department offers counseling services
Cleveland	Red River Youth Academy	405-701-8530	3400 Deskin Dr. Norman, OK 73069	Residential Treatment Center for youth ages 12-17
Oklahoma	Red Rock - OKC	405-424-7711	4400 N Lincoln Blvd Oklahoma City, OK 73105 – other locations in Yukon, Shawnee, Norman, Weatherford, Watonga, Lawton, Hobart	Behavior Health Services HIV+/AIDS Support Services
Sequoyah	Sallisaw Health and Wellness	918-790-2653	1630 S Kerr Blvd, Sallisaw, OK 74955	Behavioral health services
Oklahoma	Sooner Success	877-441-0434	940 N.E. 13th Street, Suite 3890, Oklahoma City, OK 73104	Referral to specialized children's behavioral health
Haskell	Stigler Health and Wellness	918-967-3368	1505 E Main St, Stigler, OK 74462	Behavioral health services
Tulsa	Sunshine Center	918-615-6492	2221 W Detroit Broken Arrow, OK	Child PT, speech, and OT/Counseling
Tulsa	Syd Lyfe	918-949-4212	3606 N M.L.K. Jr Blvd, Tulsa, OK 74126	Behavior Health Services

Tulsa	The ARC	918-582-8272	2516 E 7th St, Ste A Tulsa 74136	Family Support, Development Disabilities
Tulsa	Tristesse Grief Center	918-587-1200	2502 E 71st St Suite A Tulsa, OK 74136	Grief and bereavement support
Tulsa	Tulsa Center for Behavioral Health (TCBH)	918-293-2100	2323 S Harvard Ave Tulsa, OK 74114	Complete inpatient care mental health programs
Tulsa	YES (CRS)	918-779-4357	6106 E 32 nd Pl Tulsa OK 74135	Emergency Screening for mental health for Youth
Tulsa	Youth Services of Tulsa	918-582-0061	311 S Madison Ave. Tulsa, OK 74120	Ages 6-21 years of age; Substance Counseling
Oklahoma	Youth Village	405-753-5600 918-947-6560 Youthvillages.org	1608 NW Expressway Oklahoma City, OK 5801 E 41 st Street Suite 803 Tulsa, OK	Ages birth to 18 years of age. Children's mental and behavioral health programs. INTERCEPT and LIFESET

DENTAL				
County	Provider	Contact Numbers	Location	Service Info
Multiple	Aspen Dental	Aspendental.com/about/healthy-mouth-movement	-----	MouthMobile offers free dental services to Veterans.
Pittsburgh	Caring Hands Healthcare	918-426-2442	3101 Elks Rd McAlester, OK	Sliding scale dental services
Tulsa	Catholic Charities Dental Volunteers Blessed Mother Teresa	918-508-7191	2450 N Harvard Ave Tulsa, OK	For extractions, same-day appointments may be made by calling (918) 508-7191 each Tuesday from 9 am to noon. \$10 per visit.
Multiple	Cherokee Nation Health Services (CNHS) Crown & Bridge Program	https://health.cherokee.org/services-and-programs/crown-and-bridge-program/	Salina, OK 74365 918-434-8525 Tahlequah, OK 74464 539-234-2800 Ochelata, OK 74051 918-535-6070 Sallisaw, OK 74955 918-774-1423 Jay, OK 74346 918-253-1727	Incentive service for eligible patients that have displayed a desire to achieve optimal dental health by following through with all of their recommended dental treatments. This allows the CNHS dental department to offer more comprehensive dental options to maintain a patient's teeth.
Tulsa	Community Health Connection Tulsa Kendall Whittier	918-710-4480	2321 E 3rd Street Tulsa OK 74110	Dental M-F 8-5. Sliding scale fee taking into account household income and how many people in family
Oklahoma	D-Dent Inc.	405- 424-8092	6430 N Western Ave, Oklahoma City, OK 73116	For disabled and elderly-dentures and dental work
Oklahoma	Dentists for the Disabled (also D-Dent)	405-424-8092	3000 United Founders Blvd. Ste 122 Oklahoma City, OK 73112	Must be 60+, low income and uninsured OR must be developmentally disabled, or a veteran.
Tulsa	Dental Depot	918-832-1123	2145S Sheridan Tulsa, OK 74129	Low-cost/sliding scale

Hughes	East Central Oklahoma Family Health Center	405-452-5400	109 S Main, Wetumka, OK 74883 – other locations Wewoka, Henryetta	Dental services free and sliding scale
Tulsa	Eastern OK Donated Dental Services	918-742-5544 918-742-5548 Fax- 918-742- 5545	9810 E 42 nd St Suite 210 Tulsa OK 74146	Clients must be disabled physically or mentally, low-income, drawing SSD or SSI, may not have savings accts, CD's, trust accts, IRA's or any other means of paying for dental care.
Oklahoma	Good Shepherd Ministries	405-232-8631 405-754-5191 for extraction clinic	222 NW 12 th St Oklahoma City, OK 73103	Adult and child dental clinic for those without insurance. Weekly free extraction nights
Osage	Green Country Free Dental Clinic	918-337-5222	500 SE Frank Phillips Blvd Bartlesville, OK 74003	Provides free dental care, extractions, cleaning, and restorative care
Tulsa	Tulsa Health Department Community Dentistry	918-594-4860 918-582-9355	315 S Utica Tulsa, OK	Services are for children who are uninsured or have minimal benefits
McIntosh	Health and Wellness-Eufaula	918-689-3333 800-640-9741	111 Forest Ave. Suite A, Eufaula, OK	Mobile dental unit – check their calendar
Oklahoma	Mobile Smiles Oklahoma	888-241-1253	317 NE 13 th St. Oklahoma City, OK 73104	Mobile dental van
Tulsa	Morrow, Lai & Kitterman	918-742-9810	2930 S Pittsburg Tulsa, 74114	Free until the age of 3 dental services
Tulsa	Morton Health Center Dental	918-587-2171 To make an appt call 918-295-6145	Main office location, Midtown and Nowata offices	Exams, adult and child cleanings, periodontal therapy, sealants and crowns
Tulsa	Neighbor for Neighbor	918-425-5578	505 E. 36th St. North Tulsa, OK	Provides acute and restorative services
Oklahoma	NSO OKC	405-236-0413	431 SW 11th St Oklahoma City, OK 73109	Discounted Dental Services – no restrictions to qualify - bilingual

Oklahoma	Oklahoma Mission of Mercy	http://www.okmom.org/	317 NE 13 th St Oklahoma City, OK 73104	Free dental care for 2 days offered one time per year. Location varies. First come first served
Oklahoma	OU College of Dentistry	405-271-6056 To schedule a screening call 405-271-2360	1201 N. Stonewall Ave Oklahoma City, OK 73117 Now available in Tulsa too.	All types of dentistry available at reduced cost. Screening appointments are required. Tulsa: Apply online.
Tulsa	Shortline Dental	918-384-0099	1671 E 71 st St Tulsa, OK 74136 (South) and locations on Lewis (North) and 21 st (East)	Sliding Scale, serves special needs patients, accepts Medicaid
Tulsa	Super Smiles	918-251-3333	300 N Aspen Ave Broken Arrow, OK 74012	Sliding Scale and some free services
Tulsa	Tulsa Community College Hygiene School	918-595-7022	909 S Boston Ave RM MP458 Tulsa, OK 74119	free services, sealants and x-rays w/dr's script. Services available September-April
Tulsa	Tulsa Health Dept. 3 rd and Utica	918-582-9355 Dental – call 918-594-4860	315 S Utica Ave Tulsa, OK 74104	Dental services – accepts SoonerCare – possibly children only
Oklahoma	Variety Care Clinic	405-632-6688	1025 Straka Terrace, Oklahoma City, OK	Medical, Dental (children and adults), Vision exams offered with sliding scale, free transportation Norman-OKC for dental

DISABILITY RELATED RESOURCES

County	Provider	Contact	Location	Service Info
Tulsa	A New Leaf	918-451-1491	2306 S First Pl Broken Arrow, OK 74012	Providing individual and caregiver support, housing/residential services, and other services to individuals with developmental disability
Oklahoma	Ability Connection of Oklahoma	405-759-3562	10320 S. Penn., Ste. 204 Oklahoma City, OK 73159	Services (financial, residential, etc.) for individuals and families that have a severe disability
Tulsa	Bridges Foundation	918-592-3333 (North) 918-299-2656 (South)	1345 N Lewis Tulsa, OK 74110 (North) 1813 North Ash St Jenks, OK 74037 (South)	Employment and life skill classes for adults with an IQ of 75 or less.
Tulsa	Coffee Bunker	918-637-3878	6365 E 41 st St Tulsa, OK 74135	Provides veteran disability assistance on Mondays
Tulsa	Comprehensive Community Rehabilitation Services	918-488-6165	7146 S Braden Ave Ste. 500 Tulsa, OK 74136	Provides outpatient services to persons who are brain-injured or have a brain disease.
Tulsa	Employment Resources	918-744-6202	6202 S Lewis Ave, Ste D Tulsa, OK 74136	Provides residential and vocational services to individuals with developmental disabilities
Tulsa	Gatesway Foundation	918-258-3900	Legacy Plaza – East Tower 5330 E. 31 st St., Suite 200 Tulsa, OK 74135	Offering employment services, group homes, and long-term care to individuals with developmental disabilities
Tulsa	Goodwill Industries-Tulsa	918-584-7291	2800 Southwest Blvd. Tulsa, OK 74107	Provides opportunities, job training, and support services for people with disabilities or other employment barriers. *DME

Tulsa	Joys to the World	(918) 863-7995	10310 N 138th E Ave Ste 101, Owasso, OK 74055	Provides day programs/tertiary schools for young adults with significant intellectual disabilities. Accept DDSD waivers.
Tulsa	Little Light House	918-664-6746	5120 E 36 th St S Tulsa, OK 74135	Provides tuition-free special education and therapy services to young children with special needs.
Creek	SHOW, Inc	918-224-7214	425 W Wells Blvd. Sapulpa, OK 74066	Offers recycling. Employment and housing services to those who have IQ of 70 or below
Tulsa	Sertoma Handicapped Opportunity Programs	918-835-7467	222 S Memorial Dr Tulsa, OK 74112	Provides people with developmental disabilities opportunities to work.
Tulsa	Therapeutics Service Dogs of Oklahoma	918-270-4226	9433 East 51st Street South, Tulsa, OK 74145	Places service dogs with individuals who have a physical disability. No fees are required.

DOMESTIC VIOLENCE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa, Creek, and Wagoner	24-Hour Crisis Line	918-7HELPME 918-743-5763 Text SAFE to 207-777	DVIS	Domestic Violence Intervention Services (DVIS) offers services for all survivors of intimate partner and sexual violence regardless of race, religion, sexuality, immigration status, age, etc. All services provided to survivors are free of charge. This program provides: - Safety Planning - Advocacy - Connection to resources
Osage	The Spring	918-245-4075 (crisis) 918-245-3995 (business)	Sand Springs, OK	Women's Shelter, victim services including case management, legal aid, groups/counseling, etc.
Tulsa	DVIS Administrative & Outpatient Counseling Office	918-743-5763 Fax 918-584-1835 1-800-648-1277 (Spanish)	3124 E Apache St Tulsa, OK 74110 (also has legal services location and Sapulpa location)	Provides emergency shelter services, transitional living, legal services, counseling, etc.
Tulsa	Victims advocate in BA	918-451-1507	2032 S 1 st Place Broken Arrow, OK 74012	BA victim advocate – not an emergency number but available to help victims plan/find resources
Tulsa	Family Safety Center	918-742-7480	2829 S Sheridan Rd Tulsa OK 74129	Provides “wrap-around” victim services (assistance with police reports,

				emergency protective orders, etc.)
	Oklahoma Coalition Against Domestic Violence and Sexual Assault	1-800-522-7233		Safe line, directory to other resources
Okmulgee	Okmulgee County Family Resource Center	1-877-756-2545 918-756-2545	P.O. Box 73 Okmulgee, OK 74447	Emergency Women's Shelter, sexual violence services, court advocacy, support groups, etc.
ALL	National Crisis Line	800-799-7233	Or text START to 88788	-----
Oklahoma	Palomar Family Justice Center	405-522-1010	1140 N. Hudson Oklahoma City, OK 73103	All-in-one resources for DV victims
Rogers	Safenet Services (Claremore)	918-341-9400 (crisis) 918-341-1424	1219 W. Dupont St. Claremore, OK	Provides shelter and services to victims (including trauma-based yoga) and batterer intervention program
Mayes	Safenet Services (Pryor)	918-825-0190 1-888-372-9400 (crisis)	118 N Adair Pryor, OK 74361	Provides shelter and services to victims
Tulsa	Tulsa County Protective Orders	918-378-HELP 918-378-4357	---	----
Oklahoma	YWCA (OKC)	405-948-1770 405-917-9922 DV hotline	2460 NW 39 th St Oklahoma City, OK 73112	Shelter and Services

DME ITEMS				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Ability Resources	918-592-1235	110 W. 7 th St. Suite 200 Tulsa, OK 74119	Variety of assistance to assist individuals with disabilities to live independently in the community
Tulsa	Ability Connection of Oklahoma (Tulsa)	918-794-4655	6465 S. Yale Ave. Tulsa, OK 74136	Provides DME to individuals with cerebral palsy or severe physical disabilities
Payne	Able Tech	405-744-9748	Oklahoma State University Department of Wellness 1514 W. Hall of Fame Ave Stillwater, OK 74078	Any Oklahoman who is in need of DME, regardless of income. Priority will be given to SoonerCare members, but any resident is eligible to receive DME with a completed application.
Tulsa	All Saints Home Medical Equipment	918-624-4400	3218 S 79 th E Ave Ste 100 Tulsa, OK 74145	CPAP, beds, wheelchairs, oxygen (through St. Francis)
Tulsa	Alternacare Tulsa	918-627-7773	10120 E 91st St Tulsa, OK 74133	DME for Medicare Chargeable items
Muskogee	Alternacare Muskogee	918-682-7773	3404 W Okmulgee Ave Muskogee, OK 74401	DME for the Muskogee area
Oklahoma	Area Agency on Aging (AAA)	1-800-211-2116 (Senior Info Line)	918-579-9477	Free service that is the main access point for a wide range of public and private resources that are available to persons aged 60 and over, adults with disabilities, and their families.

Oklahoma	Asbury Medical	405-843-6691	3401 N. May Ave. Oklahoma City, OK 73112	Only in person in state who fits custom compression garments and takes Medicaid
Mayes	Beggs Pharmacy	918-825-3059	200 S Adair St Pryor, OK	DME
Pottawatomie	Central Health Services	405-273-5208	125 W MacArthur St. Shawnee, OK, 74804	DME
Tulsa	Christ for Humanity	918-836-2424	6314 E 13 th St Tulsa, OK 74112	Provides medical supplies and equipment (and other services)
Payne	Cimmaron Medical Services	405-377-9735	1200 S Adams St Stillwater, OK 74074	Medical equipment – contact about using insurance
Tulsa	Couch Pharmacy	918-835-9577	444 S Sheridan Rd Tulsa, OK 74112	Medication synchronization, pill packaging, wellness classes
Okfuskee	Daily Medical	918-623-0988	212 W Date St, Okemah OK 74859	DME
Tulsa	Entrusted Hearts Medical Equipment	918-274-4310	208 E 5 th Ave, Ste H Owasso, OK 74055	Medical equipment (also home health care, case management)
Tulsa	Freeland Brown	918-743-4491	4112 S Peoria Tulsa OK 74105	DME
Cherokee	Grace Medical Equipment	918-453-9600	1516 N Grand Ave Tahlequah OK 74464	DME
Tulsa	Hanger Clinic	918-488-0400 918-742-6464 Hangerclinic.com	6052 S. Sheridan Rd 2116 East 15 th St.	Prosthetics, orthotics, pediatrics
Arkansas (Sebastian county)	Health Depot	479-649-9500	1210 Cavanaugh Rd, Fort Smith, AR 72908	DME
Canadian	Hope Chest OKC	405-204-9108	P.O. Box 850322 Yukon, OK 73085	Free mattresses and bedding
Latimer	Keddo Area Agency on Aging	http://www.keddo.org /contact 800-722-8180	1002 Hwy 2 North Wilburton, OK 74578	DME
Payne	Knight Medical Supply	405-743-1646	802 S Lewis St, Stillwater, OK 74074	DME

Tulsa	Life Senior Services	918-664-9000	5950 E 31 st St Tulsa, OK 74135	DME resources
Washington	Lincare	918-622-7895 Tulsa 918-333-4800 Bartlesville 405-707-9856 Stillwater 405-382-2102 Seminole 918-426-5744 McAlester 580-765-2292 Ponca City	5545 E 41st St Tulsa, OK 74135 3851 E Tuxedo Blvd, Suite A Bartlesville, OK 74006	DME
Carter	Medical Equipment Assistance Program	580-223-2142	2525 3 rd Ave. NE Ardmore, OK	Provides a lending closet for gently used DME
Tulsa	Mobility Plus	918-280-1870	4227 Southwest Blvd Tulsa OK 74107	DME
Muskogee	Mobility Plus	918-686-0218	3107 Azalea Park Dr. Muskogee, OK 74401	DME
Oklahoma	Oklahoma Durable Medical Equipment Reuse Program (part of Abletech)	405-523-4810 405-523-4811 fax	3325 N Lincoln Blvd Oklahoma City, OK 73105	Some DME items may be free but require a script while others do not. There is an application process; items are delivered directly to the member's home.
Tulsa	Owasso VFW	918-857-2814	301 S Cedar St Owasso, OK 74055	Thursday 1-4pm Monday 10-2pm
Tulsa	Preferred Pediatric (now part of Aveanna)	918-252-2000	12331 E 60th St Tulsa OK 74146	DME (and private duty nursing)
Cleveland	Progressive Independence Inc.	405-321-3203	121 N. Porter Ave Norman, OK 73071	Accepts DME and home assistance equipment. Items are given back to the community.
ALL	Senior Resource Guide		http://www.seniorresource.com/oklahoma.htm	Comprehensive list of senior resources by state.

Muskogee	Spare Parts program associated with the local United Methodist Church	918-681-0899	1507 Denver Ave Muskogee, OK	Provides free donated medical equipment to uninsured or underinsured residents
ALL	Walgreens		Varies: http://www.walgreens.com/store/c/home-medical-supplies-and-equipment/ID=359443-tier1	Home Health Care Solutions division of Walgreens supplies DME
ALL	Wal-Mart			Blood Glucose Meters (Reli-On) Cheapest
ALL	Zoll DME		https://www.zoll.com/	DME

EMERGENCY FOOD ASSISTANCE

County	Provider	Contact Numbers	Location	Service Info
Tulsa	Boston Avenue Helping Hands Inc.	918-584-6923	700 S Boston Bernsen Community Life Bldg. Tulsa, OK 74119	Emergency assistance with food Open M/Tues 9-12 May need photo ID and social security card
Tulsa	Bixby Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby, OK 74008	Basic Needs Assistance May need proof of address in past 30 days, IDs for all adults, birth certificates for children. Contact for same-day appointment
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W. College Broken Arrow OK 74012	M-Thurs 10-2 M and Thurs 5p-7p for working clients Available once per month – bring documents
Tulsa	Catholic Charities Tulsa	918-949-4673	2450 N Harvard Tulsa, OK 74106	See website for details: http://catholiccharitiestulsa.org/ M-F 9a-2p, Tues 5p-7p
Tulsa	Christ for Humanity	918-836-2424	6314 E 13 th St Tulsa, OK 74112	Emergency Assistance with groceries to needy families in the Tulsa area
Tulsa	Common Ground Church	918-270-4372	7810 E 49th St Tulsa, OK 74145	Operates food pantry M 6p-8p Bring photo ID and proof residence Can use 2x per month
Oklahoma	Cross and Crown Mission	405-232-7696	1008 N McKinley Oklahoma City, OK 73106	Operates food pantry. Clients may use once every two weeks
Tulsa	Emergency Infant Services	918-582-2469 Emergencyinfant services.org	1110 S. Denver Ave. Tulsa, OK 74119 Or Express locations @ TPS Parent Resource Center and South Tulsa Community	Clothing, formula, diapers, and food. Car seats and cribs. Helps families up to 4 times a calendar year. Hours vary by location
Tulsa	First Baptist Church	918-587-1571 Eric Costanzo	305 S Detroit Tulsa, OK 74120	Assistance with food M-Th 10-11am Bring photo ID and proof of residence, can use every 4 weeks
Tulsa	GUTS Church	918-622-3927	9120 E. BA Expy. Tulsa, OK 74145	Fridays: Groceries 9:30-12pm

Tulsa	Hispanic Helping Center –Tulsa (Catholic Charities)	918-585-8199	2450 N Harvard Tulsa, OK 74110 mfrescott@catholiccharitiestulsa.org	Food pantry and clothing, and referral services. Provides some meds and supplies for persons living with diabetes (with a script)
Tulsa	Iron Gate	918-879-1702	501 S Archer St Tulsa OK 74103	Groceries (about 5 days' worth) to needy families and individuals M/W/F 1p-2p. Each person may only get groceries once a month. Requires online registration, which opens the day before at 8:30 Also serves meals 8:30-10:30a
Tulsa	Jenks Food Pantry	918-210-0317	324 W Aquarium Place Jenks, OK	Wednesday or Saturday Mornings 10-12, drive through Bring ID and proof of residence Groceries 1x/month, perishables 1x/week
Oklahoma	Jesus House	405-232-7164	1335 W Sheridan Ave Oklahoma City, OK 73106	Homeless Shelter for adults who are homeless, mentally ill or addicted 4:45p daily free meal, no questions asked W 8:30a food baskets – need ID (arrive early)
Tulsa	John 3:16	918-587-1186	506 N Cheyenne Ave Tulsa, OK 74103	5:45p daily meal at 506 N Cheyenne Groceries – call ahead and bring docs – call 918-592-1186
Tulsa	Meals on Wheels	918-627-4103	12620 E. 31st Street Tulsa, OK 74146	Delivers food to the homebound.
Tulsa	Mend Medical Clinic/Pregnancy resource center	918-745-6000	6216 S Lewis Ave #100 Tulsa, OK 74136 http://www.pregnancynet.org/center_tulsa_mend.html	*Infant formula
Tulsa	Neighbors Along the line – Sand Springs	918-584-1111	5000 Charles Page Blvd Tulsa OK 74127	Food Pantry must live within these boundaries: North – Osage County Line (Edison St); South – Arkansas River; East – I-244; West – Includes Sand Springs They need documents and hours are limited.

Tulsa	Sand Springs Community Services	918-245-5183	114 W. 4 th St. Sand Springs, OK 74063	Food pantry and lots of other services.
Tulsa	Senior Nutrition Program	918-835-4160	3602 E Pine St Tulsa, OK 74115	Meals delivered
Pittsburgh	Shared Blessings	918-423-8624	1558 S Main St McAlester, OK 74501	Weekend food for kids in need and food boxes for families
Oklahoma	Skyline Urban Ministries - OKC	405-632-2644	500 SE 15th St Oklahoma City, OK 73129	Food Bank Mondays: 1pm-6pm Tues, Thurs: 10:30 – 2pm Wednesdays: 1pm-4pm Fridays: 9am-noon Saturdays: 9am-11am
All	SNAP	866-943-4251 866-411-1877	https://okdhslive.org/	SNAP
Oklahoma	Sunbeam Family Services	405-528-7721	1100 NW 14 th St Oklahoma City, OK 73106	Emergency Elderly Housing
Tulsa/Creek	Tulsa & Creek County Senior Nutrition	918-835-9544	----	-----
Tulsa	Tulsa Dream Center Food Ministry	918-430-9984	200 W 46 th St N Tulsa, OK 74126	Provides food baskets to over 800 families a month each T/TH at 10:00am. T/TH hot meal served at 11-12pm.
Tulsa	Turley Community Center	918-794-4637	5920 N Owasso Ave, Tulsa, OK 74126	Food pantry that offers free food Saturday and Wednesday
Tulsa	We Care Center – Rhema Bible Church	918-258-1588	1025 W Kenosha St Broken Arrow, OK 74012 918-258-1588	Food bank (and personal care items)
Multiple	WIC	918-594-4820	http://www.tulsa-health.org/personal-health/child-health/wic	-----

EMPLOYMENT/ ADULT EDUCATION

County	Provider	Contact Numbers	Location	Service Info
Tulsa	Bethesda Boys Ranch	918-827-6409	17477 S 49 th W Ave Mounds, OK 74047	Offers on the job training, and GED program for men 18-25 years
Tulsa	Bridges Foundation	918-592-3333	1345 N Lewis Tulsa, OK 74110	Employment and life skill classes for adults with an IQ of 75 or less.
Tulsa	Catholic Charities	918-949-4673	2450 N Harvard Ave Tulsa, OK	Offers GED preparation courses
Tulsa	Center for Employment Opportunities	918-894-6561	321 S Boston Ave STE 300 Tulsa, OK 74120	Offers job services for individuals recently released from prison
Tulsa	Crossroads Clubhouse	918-749-2141	925 S Yale Ave Tulsa, OK 74112	Offers vocational classes, GED preparation to adults with mental illness
Tulsa	Dress for Success	918-599-8892	3103 S Harvard Ave Tulsa, OK 74135	Provides course that teaches career skills
Tulsa	Employment Resources Inc.	918-744-6202	6202 S Lewis Ave, Ste D Tulsa, OK 74136	Provides residential and vocational services to individuals with developmental disabilities
Tulsa	Gatesway Foundation	918-258-3900	2448 E 81 st St STE 5200 Tulsa, OK 74137	Offering employment services, group homes, and long-term care to individuals with developmental disabilities
Tulsa	Goodwill Industries-Tulsa	918-584-7291	2800 Southwest Blvd. Tulsa, OK 74107	Provides opportunities, job training, and support services for people with disabilities or other employment barriers.
Tulsa	Job Corps Career Center-Tulsa	918-585-9111	1133 N Lewis Ave. Tulsa, OK 74110	Provides vocational and educational training. Must be 16-24 years of age.
Osage	La Casa Hispana	918-907-1584	822 S Johnstone Ave Bartlesville, OK 74003	Provides English language lessons to the Spanish speaking community

Muskogee	Monarch Inc.	918-682-7210	2310 W Broadway St Muskogee, OK 74401	Provides job assistance to individuals with disability
Okmulgee	Options, Inc.	918-758-0177	103 N Mission Rd Okmulgee, OK 74447	Provides job placement and training to individuals with developmental disabilities. Must have IQ of less than 75
Tulsa	SERTOMA Clubs	918-835-7467	222 S Memorial Dr. Tulsa, OK 74112	Provides people with developmental disabilities opportunities to work.
Tulsa	South Tulsa Community House	918-742-5597	5780 S Peoria Ave Tulsa, OK 74105	Provides bus passes to work, employment assistance, and GED program
Tulsa	Tulsa Dream Center	918-430-9984	200 W 46 th St N Tulsa, OK 74126	Offers English Second Language classes and GED classes.
Tulsa	Tulsa Reentry One Stop	918-938-6141	533 E 36 th St. N Tulsa, OK 74106	Offers job services for individuals who have been released from prison within the past 9 months
Tulsa	Workforce Oklahoma/DDS	918-794-7600	6128 E 38 th St Ste. 420 Tulsa, OK 74135	Offers employment services for individuals with disabilities, seniors, veterans, youth and others. Assists with filing unemployment claims.

FOSTER CARE				
County	Provider	Contact Numbers	Location	Service Info
Oklahoma	Choices for Life Counseling and Foster Care	405-751-0800	4911 N Portland Ave Oklahoma City, OK 73112	Provides individual, family, and group counseling and crisis intervention that promote safety, well-being, and permanence
Rogers	Hope Harbor	918-343-0003	15025 E 380 Rd Claremore, OK 74018	Provides residential care for children. Also offers counseling and education services
Tulsa	Lilyfield Tulsa, Edmond, OKC	918-895-6824	1717 N Peoria Ave #178 (Tulsa) 1411 SW 38 th St OKC 501 E 15 th St, STE 400A Edmond	Christian Adoption and Foster Care
Multiple	Oklahoma Department of Human Services		Locations Across the State	Temporary foster care placement, adoption
Oklahoma	One Church One Child of Oklahoma	405-424-0225	3129 N Martin Luther King Ave. Oklahoma City, OK 73111	Provides services to find foster and adoptive homes for children
Logan	Peppers Ranch Foster Care Community	405-260-1870	3172 Peppers Ranch Dr, Guthrie, OK 73044	Foster care community; provides foster families resources
Tulsa	Sand Springs Children's Home	918-245-6900	700 E 4 th St Sand Springs, OK 74063	Provides residential placement for children
Oklahoma	Sunbeam Family Services	405-528-7721	1100 NW 14 th St Oklahoma City, OK 73106	Provides all the necessary pre-service training, support and certification to become a foster parent
Tulsa	Teen Challenge of Oklahoma	918-512-8110	4835 S Peoria Ste 8 Tulsa, OK 74105	Foster home placement at Brush Creek Youth Ranch for boys 13-18

HEALTHCARE				
County	Provider	Contact Numbers	Location	Service Info
Muskogee Wagoner	Arkansas Verdigris Valley (AVV) Health Centers	1-877-480-0110	Coweta Health Center Muskogee GC Health Center Muskogee West Health Center Porter Health Center	All clinics offer sliding scales (discounted fees) according to household size and income. Go to website for calculator. avvhealthcenters.com
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W College St. Broken Arrow, OK 74012	Provides health clinic on Mondays. (for underinsured/uninsured)
Seminole Hughes Okmulgee	East Central Oklahoma (ECO) Family Health Center	405-257-5422 405-452-5400 918-652-9614	Wewoka Wetumka Henryetta	Sliding Scale Discount program. All clinics offer sliding scales (discounted fee) may include medical and behavioral health office visits as low as \$20.
Tulsa	Good Samaritan Health Services (Tulsa Dream Center)	918-430-9984	Several locations- mobile bus	All medical services are free of charge and range from regular office visits, urgent care, and chronic disease management. M- W
Tulsa	Islamic Society of Tulsa	918-960-2990	4630 S Irvington Ave. Tulsa, OK 74135	Free medical clinic to community members who do not have insurance
Tulsa	Morton Comprehensive Health Services	918-587-2171	102 North Denver Ave	Free medical care, testing, education, dental care, and free

	at Salvation army			transportation for homeless population at no charge.
Tulsa	Neighbors Along the Line	918-584-1111	5000 W Charles Page Blvd Tulsa, OK 74127	Provides basic health care. Must be uninsured. Appt required, call the main number. Also, monthly dental van appts.
Tulsa	Neighbor for Neighbor	918-425-5578	505 E 36 th St N Tulsa, OK 74106	Provides free acute care, diabetes clinic, medication assistance
Tulsa	Oklahoma Project Woman	918-834-7200 Tulsa 405-605-1228 877-550-7465 statewide	7146 S Braden #300 Tulsa OK 74136	Low cost to free mammograms and breast cancer treatment
Tulsa	Planned Parenthood	918-858-4661	1007 South Peoria Avenue Tulsa, OK 74120	This program provides: - Birth control, including emergency contraception (the morning-after pill) - Pregnancy testing and pre-pregnancy exams - Family medicine - Cancer screenings - STI testing and treatment - STI vaccinations - Transgender services including gender-affirming care - PrEP, PEP - Information on pregnancy options At reduced cost.
Tulsa	Tulsa Cares	918-834-4194 539-399-5470 (Spanish) Email: tulsacares@tulsacares.org	3712 East 11 th Street Tulsa, OK 74112	Comprehensive medical care serving low-income people with HIV/AIDS and Hepatitis C.
Tulsa	Tulsa County Social Services	918-596-5560	2401 Charles Page Blvd.	Provides basic health care

			Tulsa, OK 74127	
Tulsa	Tulsa Health Department	918-582-9355	10 locations Tulsa- health.org	STD, TB, HIV/AIDS testing Vaccines WIC Developmental screenings Hearing services Behavioral health
Tulsa	University of Oklahoma- Family Medicine Center	918-619-4600	1111 S St Louis Ave Tulsa, OK 74120	Provides free evening clinic for uninsured patients. T/Th 5-9pm
Tulsa	Youth Services of Tulsa	918-582-0061	311 S Madison Ave. Tulsa, OK 74120	Provides clinic to homeless youth 918-382-4434

HEARING ASSISTANCE

County	Provider	Contact Numbers	Location	Service Info
Tulsa	Center for Individuals with Physical Challenges	918-584-8607	815 S Utica Ave Tulsa, OK 74104	Offers classes in speech and communication, life skills, etc. to increase or maintain independence
Tulsa	Hearts for Hearing	918-392-7600	8125 E 101 st St #50 Tulsa, OK 74133	Hearing testing, hearing technology for children and adults
Oklahoma	WovenLife	405-239-2525	701 NE 13 th St Oklahoma City, OK 73104	Hearing evaluations for children age 4 or older
Tulsa	Mary K Chapman Speech & Hearing Clinic	918-631-2504	2820 E 5 th St Tulsa, OK 74104	Diagnosis and treatment of hearing disorders. Free services provided by student audiologists. Call for an appointment.
Tulsa	TSHA	918-832-8742	8740 E 11 th St Ste. A Tulsa, OK 74112	Multi-service nonprofit providing services to individuals with hearing loss

HOSPICE				
County	Provider	Contact Numbers	Location	Service Info
Okmulgee	Accentra Hospice – Northeastern	918-652-3919	114 S 4 th St Henryetta, OK 74437	Provides services, as well as supplies, medications related to the terminal illness, and medical equipment, all 100% covered under Medicare & Medicaid benefits.
Oklahoma	Accentra Hospice	405-608-0555	2028 E Memorial Rd, Edmond, OK 73013	
Oklahoma	Aspire Home Care & Hospice	855-527-7473	3030 NW Expressway Ste. 1204 Oklahoma City, OK 73112	covered by most insurances, including Medicare and Medicaid, at 100%
Oklahoma	Carter Healthcare	405-947-7700	3105 S Meridian Oklahoma City, OK 73119 (+ locations around OK)	Provides dependable, quality healthcare services in the comfort of the home
Tulsa	Clarehouse	918-893-6150	7617 S Mingo Rd Tulsa, OK 74133	Provides a loving home, quality end-of-life care and access to hospice services to people in need
Tulsa	Gentiva	1-888- GENTIVA	5110 South Yale Ave Tulsa, OK 74135	Home healthcare, hospice, and palliative care. Accept Medicaid and Medicare.
Tulsa	Good Shepherd Hospice	918-743-5067	4343 S 118 th E Ave #160 Tulsa, OK 74146	Provides end-of-life comfort care to patients and families
Tulsa	Grace Hospice of Oklahoma	918-744-7223	6218 S Lewis, Ste Tulsa, OK 74136	Home healthcare, hospice, palliative and personal care

Tulsa	Hospice of Green Country	918-747-2273	1120 S Boston Ave #200, Tulsa, OK 74119 3501 S. Yale Avenue Tulsa, OK 74135	Hospice of Green Country remains committed to promoting care and comfort for patients and their families facing a terminal illness – regardless of ability to pay.
Oklahoma	Integris Hospice	405-848-8884	13920 Quailbrook Dr. Oklahoma City, OK 73134	The INTEGRIS Health Hospice service area covers portions of nine counties and an approximate 50-mile radius around the Oklahoma City metro.
Tulsa	Miller Hospice	918-742-6415	6950 S Utica Ave Tulsa, OK 74136	Service of Tulsa Jewish Retirement Center
Tulsa	Porta Caeli House	918-935-2600	2440 N Harvard Ave Tulsa, OK 74115	Porta Caeli House provides a home and compassionate care for the terminally ill and their loved ones, as well as a place of emotional, spiritual, and social support. Porta Caeli House guests are served regardless of race, illness, faith, or financial status. Services are provided at no charge. Not a med facility, must have a DNR, and enrolled in a hospice.
Tulsa	Rivercross Healthcare	918-622-9281	9920 E 42nd St #201 Tulsa, OK 74146	Hospice, respite, end-of-life
Tulsa	Rose Rock Healthcare	918-236-4866	2642 E 21st St, Tulsa, OK 74114	Home health, hospice, palliative care

HOUSING & RENT ASSISTANCE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	A Way Home for Tulsa (Housing Solutions)	918-699-4275	16 East 16th Street, Ste 202	Housing assistance for veterans
Tulsa	Boston Avenue Helping Hands	918-584-6923	700 S Boston Ave, Tulsa, 74119	Utility bills and rent help
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W College St. Broken Arrow, OK 74012	May provide financial assistance for rental evictions
Tulsa	Caring Center: A ministry of FBC Tulsa	918-594-5073	305 S Detroit Tulsa, OK 74120	For help with utilities, an appt is needed.
Tulsa	Catholic Charities Tulsa	918-949-4673 (English) or 918-508-7161 (Spanish)	2450 N Harvard Ave Tulsa OK 74115	To apply for assistance with utility bills, rent, medication, or other financial needs, please complete the Financial Assistance Request Form and submit it according to the instructions on the form.
Oklahoma	Carolyn Williams Center	405-604-9442	1416 NW 16 th St Oklahoma City, OK 73109	Young men's transition housing
Tulsa	Charles Page Family Village	918-245-6592	592 E. Colony Dr. Sand Springs, OK	Housing for single mothers with at least two children
Oklahoma	City Rescue Mission	405-232-2709	800 W California Ave, Oklahoma City, OK 73106	emergency shelter, food, link to social services
Tulsa	Clarehouse	918-893-6150	7617 S. Mingo RD. Tulsa, OK 74133	Provides a loving home, quality end-of-life care and access to hospice services to people in need.
Oklahoma	Community Action Agency	405-232-0199	319 SW 25th St. Oklahoma City, OK 73109	Rental assistance to those that are experiencing a family emergency. Must have an appointment to receive assistance.
Tulsa	Counseling and Recovery Services of Oklahoma	918-492-2554	7010 S Yale Ste. 215 Tulsa, OK 74136	Offers transitional and permanent housing

Tulsa	CREOKS (in partnership with BeHeard) Mesa Church-homeless shelter	1-877-327-3657	creoks.org	mobile drop-in centers, which includes a shower trailer, laundry trailer, clothing trailer and a barbershop bus. As a Certified Community Behavioral Health Clinic (CCBHC) provider in Tulsa, CREOKS integrates its therapists and case managers directly with the BeHeard team.
Tulsa	Crossover Community Impact	918-856-5377	1010 E 36th St N Tulsa, OK 74106	Low-income housing
Tulsa	The Spring Women & Children's Shelter	918-245-4075	Mailing Address: PO Box 1588 Sand Springs, OK 74063 Facility Address – confidential; member must call for intake	DaySpring Villa is a domestic violence shelter in Tulsa and the only faith-based, certified domestic violence shelter in Oklahoma.
Tulsa	Domestic Violence Intervention Services (DVIS), Inc.	918-743-5763	3124 E Apache St Tulsa, OK	Shelter help
Canadian	(Youth and Family Services) Donald W. Reynolds Caring Center	405-262-6555	7565 East Highway 66 Highway 66. El Reno, OK 73036	provides temporary and emergency shelter for youth who are experiencing abuse or homelessness and need a place of safety during uncertain and turbulent times program for youth (less than 18 years old)
Tulsa	Early Settlement Mediation	918-596-7786	2315 Charles Page Blvd Tulsa OK	Offers Landlord/Tenant dispute asst to include maintenance problems, deposits and termination of tenancy
Tulsa	Green Country Habitat for Humanity	918-592-4224 405-232-4828	6235 E. 13th St., Tulsa, OK 74112	provide limited-income families the opportunity of home ownership
Oklahoma	Homeless Alliance	405-415-8410	1724 NW 4th St, Oklahoma City, OK 73106	nonprofit dedicated to end homelessness in Oklahoma City
Oklahoma	Hope House - OKC	(405) 254-5251	6608 N Western Ave, Nichols Hills, OK	Transitional housing by application

Tulsa	Hospitality House of Tulsa	918-794-0088	1137 S. Victor Ave Tulsa, OK 74104	Provides a 'home away from home' for families caring for loved ones in medical crisis.
Tulsa	HUD Oklahoma – Tulsa	918-292-8900	Williams Center Tower II 2 West Second St., Suite 400 Tulsa, OK 74103	Create strong, sustainable, inclusive communities and quality affordable homes for all.
Pittsburgh	Good Samaritan Outreach	918-429-7773	20 E Cherokee Ave, McAlester, OK 74501	Men's Shelter
Oklahoma	Grace Rescue Mission - OKC	405-232-5756	2205 Exchange Ave Oklahoma City, OK 73108	Rescue Mission
Oklahoma	Jesus House	405-232-7164	1335 W Sheridan Ave Oklahoma City	shelter providing refuge and meals to people who are homeless
Tulsa	John 3:16	918-587-1186	506 N Cheyenne Ave Tulsa, OK 74103	Homeless shelter, 24/7 facility, overnight stays for men
Oklahoma	Journey Home Homeless Alliance	405-415-8410	1724 N.W. 4th Street Oklahoma City, OK 73106	Offers day shelter to homeless individuals
Tulsa	LIFE Senior Services	918-664-9000	5950 E 31 st St Tulsa, OK 74135	Vintage Housing Guide
All	LIHEAP	405-487-5483	Statewide To check for your county: www.OKDHS.org/services/liheap	Utility Assistance within 72 hours of cut off notice
Tulsa	Life Vintage Housing	918-664-9000	5950 E 31 st St, Tulsa, OK 74135	62 or older senior housing
Tulsa	Madonna House - Catholic Charities of Tulsa	918-508-7140 918-949-4673	2450 N. Harvard Ave. Tulsa, OK	Provides skills and resources needed, in a nurturing residential environment, to support parents and their children with a goal of independence
Tulsa	Mental Health Association of Oklahoma	918-585-1213	5330 E 31 st St #1000 Tulsa OK	Programs provide safe affordable housing along with access to support groups, advocacy, treatment, legal counseling and other community supports
Payne	Mission of Hope – Homeless Shelter	405-332-5521	1804 S Perkins Rd, Stillwater, OK 74074	Housing, food transportation and life skills training

Multiple	Muscogee Nation Department of Housing	918-549-2500 1-800-482-1979	2951 N Wood Dr. Okmulgee, OK 74447	Provide eligible Muscogee Creek citizens housing, emergency home repair, and rental programs
Tulsa	Neighbor for Neighbor	918-425-5578	505 E. 36th St. North Tulsa, OK 74106	Home repairs for the elderly or disabled that own their home.
Oklahoma	Oklahoma City Housing Authority	405-239-7551	1700 NE 4 th St Oklahoma City, OK	Apply for public housing, vouchers, etc.
ALL	Oklahoma Housing Finance Agency (OHFA)	405-842-2471	100 Northwest 63 rd Street Oklahoma City, OK 73116	Help pay for housing, housing vouchers, rental assistance, commonly called section 8
Tulsa	Red Cross	1-855-989-1757 918-831-1100	10151 E 11 th St Tulsa, OK 74128	Housing needs
Tulsa	Restore Hope Ministries	918-582-5766 918-587-5449 fax	2960 Charles Page Blvd Tulsa, OK 74127	Hours Monday through Thursday: 9:30am -2pm Fridays: 9:00 am-1pm Financial assistance is in the form of a no interest loan. Application required, call for documentation requirements. Provides rent assistance for people in Tulsa County.
Tulsa	Revitalize T-Town	918-742-6241 x202	14 E 7th Street, Tulsa, OK 74119 (appointment only)	Provides free home repairs for low-income homeowners in Tulsa city limits, based on application for assistance.
Rogers	Safenet Services	918-341-1424	1219 W Dupont St Claremore, OK 74017	Crisis shelter, counseling, hotline, and advocacy
Tulsa	Salvation Army "Tulsa Command"	918-587-7801	1616 S Main Tulsa, OK 74119	Rent assistance and emergency utility assistance
Oklahoma	Salvation Army - OKC	405-246-1100	1001 N Pennsylvania Ave Oklahoma City, OK 73107	Emergency Housing – call for locations

Tulsa	St. Elizabeth Lodge – Catholic Charities of Tulsa	918-508-7146 918-949-4673	2450 N. Harvard Ave. Tulsa, OK	Housing/support for single working mothers and their children
McIntosh	Freedom House Adult & Teen Challenge – Checotah	918-473-3462	237 W North Ave Checotah, OK 74426	Help with housing
Tulsa	The Aging Agency – INCOG	918-579-9495	2 W Second St Suite 800 Tulsa OK, 74103	Help with older adults and home needs
Oklahoma	Carver Transitional Housing - OKC	405-232-8233	400 S May Ave Oklahoma City OK, 73108	Short-term housing needs
Tulsa	Tulsa Cares	918-834-4194	3712 E 11th St. Tulsa, OK 74112	Housing assistance programs for folks living with HIV/AIDS
Tulsa	Tulsa County Emergency Shelter	918-596-5591	2401 Charles Page Blvd, Tulsa OK 74127	shelter for both individuals and families with children
Tulsa	Tulsa Day Center for Homeless	918-583-5588 918-583-6745 fax	415 W Archer Tulsa, OK 74103	Asst. with rent. Financial assistance for people who are at an imminent risk of becoming homeless and rapid re-housing for homeless individuals. Must meet strict eligibility requirements.
Tulsa	Tulsa Housing Authority	918-582-0021	415 E Independence St Tulsa, OK 74106	https://www.tulsahousing.org/
Tulsa	Tulsa Women's and Children's Center (Palmer)	918-430-0975	222 W 8 th St Tulsa OK	Substance Abuse Programs for Pregnant Women
Oklahoma	Upward Transitions	405-232-5507	1134 W Main St Oklahoma City, OK 73106	Hours M-F 8-12, 1-4:30
Tulsa	US Dept. of Housing and Urban Development	918-292-8900	110 W 7 th St STE #1110 Tulsa OK	National call center for assistance on FHA lending and assistance with foreclosures and loan extensions.
Tulsa	Volunteers of America	918-307-1500	9605 E 61 st St Tulsa OK, 74133	Housing for chronic homeless people

Creek	Youth Services of Creek County	918-227- 2622	1025 E Grayson Ave, Sapulpa, Oklahoma, 74066.	Transitional living youth shelter
Tulsa	Youth Services of Tulsa	918-582- 0061	311 S Madison Ave Tulsa, OK	Shelter for 12-18 y/o A safe place to stay that is well staffed, hot meals, clothing, equipped to hold 20 youth and includes facilities for teenage parents if they come with their infants.

IDENTIFICATION RESOURCES				
County	Provider	Contact Numbers	Location	Service Info
Oklahoma	Oklahoma State Department of Public Safety	405-425-2424	3600 N MLK Blvd Oklahoma City, OK 73136	Provides disability parking placard to those who qualify
Oklahoma	Upward Transitions	405-232-5507	1134 W Main St Oklahoma City, OK 73106	Assists with obtaining birth certificates for homeless clients

INDEPENDENT LIVING RESOURCES				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Ability Resources, Inc.	918-592-1235	823 S. Detroit Ave, STE 110 Tulsa, OK 74120	Provides an environment for independence for people with disabilities.
Osage	Dynamic Independence	918-335-1314	415 S Dewey Ave STE 202 Bartlesville, OK 74003	Programs for individuals with disabilities and their families.
Pittsburgh	Oklahomans for Independent Living	918-426-6620 x112	601 E Carl Albert Parkway McAlester, OK 74501	Resources, counseling/support, and advocacy

INFANT SUPPLIES				
County	Provider	Contact Numbers	Location	Service Info
Osage, Tulsa, Rogers, Wagoner	Birthright of Tulsa	918-481-4884 birthright.org/tulsa	6600 South Yale Avenue Tulsa, OK 74136	Open Tuesday- Thursday 11:00 AM to 6:00PM Services Friendship, love and hope Information about: Pregnancy Childbirth Adoption Prenatal Care Community Programs Parenting skills Child Care Referrals for: Medical Support Financial Resources Housing, Legal Social Assistance Professional Counseling Free Resources: Pregnancy Tests Maternity and Baby Items Chat online for support
Creek	Caring Community Friends	918-224-6464	12 W Burnham Ave Sapulpa, OK 74067	Provides clothes, diapers, formula, car seats and medication for infants and children up to 4 years of age

Cleveland	Center for Children and Families	405-364-1420	210 S Cockrel Ave Norman, OK 73071	Offers baby pantry, parent assistance and classes
Oklahoma	Christian Service Center	405-236-5956	115 SW 24 th St Oklahoma City, OK 73109	Provides clothing and newborn gift packs. May be put on waiting list for car seats and swings
Pittsburg	Compassion 365	918-429-9987	101 South 2 nd Street McAlester, OK 74501	Provides formula, infant clothing, and other resources
ALL	Cribs for Kids	Cribsforkids.org	Online resource (website)	Car seats/cribs
Tulsa	Emergency Infant Services	918-582-2469 Emergencyinfantservices.org	1110 S Denver Ave Tulsa OK Or TPS parent resource center Or South Tulsa Community House	Clothing, formula diapers and food Car seats and cribs. Helps families up to 4 times a calendar year.
ALL	Fabulessly Frugal (website)	Fabulesslyfrugal.com		Free infant items (pay shipping only): Includes free car seat, canopy, udder covers, baby sling, nursing pads.
Oklahoma City area	Family Expectations Familyexpectations.com	405-639- 2054	3 E. Main Oklahoma City, 73104	Free- Parenting skills and workshops for pregnant or just had a baby in the last three months. Free transportation to workshops, breakfast or dinner during workshops, onsite childcare, free diapers, and “crib credit” towards baby items.
Wagoner	Great Beginnings Childcare	918-940-2448	2401 E Forth Worth St Broken Arrow OK	Car seats, formula, diapers, food

Tulsa	Harvest House of Tulsa	918-884-7667	1439 E 71st St, Tulsa, OK 74136	Provides formulas, blankets, clothing, and other necessities for infants and toddlers. Appointments recommended
OKC North OKC South Edmond Tulsa Ardmore Shawnee Alva	Hope Pregnancy Center	405-755-5433 405-688-8700 405-330-0200 918-622-3325 580-223-7232 405-585-0693 580-327-9091	Thinkimpregnant.org	FREE-Pregnancy testing Ultrasound Abortion info/education Adoption info/education Parenting education/resources STD/STI Post abortion care
Oklahoma	Infant Crisis Services	405-528-3663 www.infantcrisis.org	4224 N Lincoln Blvd Oklahoma City, OK 73105	Formula, diapers, blankets, clothes, car seat distribution 1 st come 1 st serve
Pottawatomie Seminole	Legacy Parenting Center	405-432-2844	126 S. Center Street Shawnee, OK 74801	Emergency diaper assistance, wipes, formula Monday- Thursday Call for curbside pickup.
Rogers Mayes	Manger Infant Services	918-341-6587	114 E 4 th St. Claremore, OK 74017	Basic needs for infants' birth-5
Tulsa	Mend Medical Services (pregnancy)	918-745-6000	6216 S Lewis Ave #100 Tulsa, OK 74136	Clothing, baby furniture, emergency baby food, formula, diapers
Tulsa	Oklahoma Birth Equity Initiative	okbirthequity.org (website)		Free Community based doula. Serves pregnant people (who are eligible) living in Tulsa- offers other pregnancy/infant resources
Oklahoma	Parent Promise - OKC	405-232-2500	4323 NW 63 rd St Oklahoma City, OK 73102	Clothing, formula, diapers, resources Open 8:30am-5pm

Muskogee	Pregnancy Resource Center of Muskogee	918-683-2020	2421 S York St Suite 15 Muskogee, OK 74403	Free pregnancy testing, prenatal care resources
Tulsa	Pregnancy Resource Center of Owasso	918-272-6888	8361 N Owasso Expy Ste G, Owasso, OK	Pregnancy testing and baby resource at no cost
Oklahoma	Project Gabriel supported by Catholic Charities	Edmond 405-340-0691 Shawnee 405-395-9700 OKC 405-722-2110	St. John the Baptist Catholic Church 42 E 9th St. - Edmond St. Benedict Catholic Church 613 W. Benedict St. - Shawnee Epiphany of the Lord Catholic Church 7336 W. Britton Rd. - OKC	Project Gabriel - supported by Catholic Charities of the Archdiocese of Oklahoma City helps women struggling with unplanned pregnancies. Project Gabriel helps assist women with resources, furniture, utilities, diapers, clothes, car seats and other practical needs along with emotional and spiritual support.
Oklahoma	Safe Kids of Oklahoma	405-789-6711	6800 NW 39 th Expressway Bethany OK 73008	Car seat inspection and distribution, water and fire safety
Tulsa	Safe Kids of Tulsa	918-494-7233	5353 E 68 th St Tulsa, OK 74136	Child safety and car seats for \$10
Tulsa	Strong Tomorrows	strongtomorrows.org	16 E 16 th St. Suite 202 Tulsa, OK 74119	Helps expecting and parenting students in the Tulsa community by offering free support and pathways to graduation.
Tulsa	Tulsa Dream Center Clothing Ministry	918-430-9984	200 W 46 th St N Tulsa, OK 74126	Clothing room

Multiple counties	Fire Departments	Across the state	Across the state	Free car seat safety checks – call local department for information
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INTERNET/CABLE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	BTC Bixby Low Income Program	918-366-8000	Website btcbroadband.com *Lifeline is a federal program designed to assist low-income subscribers with the cost of telephone or broadband internet services.	The Affordable Connectivity Program provides up to \$75 off your home internet for qualified households.
N/A	Assurance Wireless Life Line	1-800-321-5880	-----	Free Virgin mobile phones/min
ALL OK	AT&T Life line internet and phone	ATT.COM *Discounted or free internet services. Apply by going to their website.	-----	This program helps people with income at or below 200% of federal poverty guidelines

ALL	Cox Free Lunch Program for Families w/School age children	855-222-3252 1-800-234-3993	-----	Connect2Compete Internet Plan - a \$9.95 per month service for families with a child in grades K-12 in the home, who participate in the National School Lunch Program or other select federal programs such as SNAP. - Connect Assist Internet Plan – a \$30 per month service for low-income households that participate in select government programs such as SNAP, Medicaid, Public Housing, Pell Grant and others. Some restrictions apply. Must not be a current Cox member.
N/A	Cox Program for families living in HUD-assisted housing with school aged children	855-222-3252	-----	Internet cost is \$9.95 a month. Some restrictions apply. Must not be a current Cox member.
N/A	Internet Essentials	1-855-8-INTERNET (1-855-846-8376)	-----	Low priced internet

INSURANCE				
County	Provider	Contact Numbers	Location	Service Info
Ottawa	Afton Community Health Center	918-257-8029	21965 Bison St Afton, OK	Low-cost health care
Tulsa	Community Care Managed Healthcare Plans of Oklahoma	918-594-5200 Tulsa 1-800-278-7563 Statewide	218 W 6th St Tulsa, OK 74119	Provides Managed Health Care Insurance available to Medicare eligible and group health plans to employer groups for a set fee
ALL	Health Care.gov and Oklahoma Health Care Authority	navigator 833-465-7526	www.healthcare.gov/myOKplan.org My Sooner Care https://www.apply.okhca.org/ Advantage Waiver program oklahoma.gov/content/dam/ok/en/okhca/docs/individuals/programs/advantage-waiver/ADV%20Waiver%2010.01.24.pdf	Insurance enrollment-navigators help apply or renew SoonerCare and Marketplace plan enrollments.
Tulsa	Incog/any Area Agency on Aging	800-211-2116	2 W 2nd St, Ste 800 Tulsa, OK 74103	Assists Medicare beneficiaries in applying for the Medicare Savings Program and Extra Help (Part D Low-Income Subsidy).
ALL	Insure Oklahoma	888-365-3742 (helpline)	*Online Enrollment	Lower income, including college students may qualify for insurance
Tulsa	Life Senior Services	918-664-9000	5950 East 31st Street, Tulsa, OK 74135	Helps Seniors relating to Medicare
ALL	Medicare Rights Center	800-333-4114 (national helpline)	-----	Helps with transition to Medicare
ALL	Oklahoma Caring Program (0-18 yrs.)	BCBSOK	https://www.oklahomacaringfoundation.org/the-foundation	Insurance for children of working parents who cannot afford private insurance
ALL	TEFRA Insurance	Inquire at local DHS Office	-----	Insurance for Disabled Children

Tulsa	Tulsa HealthCare coverage Program	918-619-4749	1111 S St Louis Ave Tulsa OK	Assists with insurance choices and enrollment
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LEGAL ASSISTANCE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W College St. Broken Arrow, OK 74012	Provides a clinic for non-criminal legal issues on the 1 st and 3 rd Monday of each month
Oklahoma	Cross and Crown Mission: Trinity Legal Clinic	405-232-7696	1008 N McKinley Oklahoma City, OK 73106	Provides free legal services
Tulsa	Neighbors Along the Line	918-584-1111	5000 W Charles Page Blvd Tulsa, OK 74127	Offers legal services the 2 nd and 4 th Monday of each month – call for appointment
Tulsa	Neighbor for Neighbor	918-425-5578	505 E 36 th St N Tulsa, OK 74016	Offers legal assistance, appointment required
Tulsa Oklahoma	Legal Aid Services (OKC) Legal Aid Services (Tulsa)	OKC- 888-534-5243 Tulsa – 918-584-3338	2915 N Classen Blvd. Ste. 200 Oklahoma City, OK 73106 907 S Detroit Ave Ste. 725 Tulsa, OK 74120	Helps with civil legal problems. Client must pay any court costs or filing fees.
Tulsa	Oklahoma Disability Law Center	918-743-6220	5555 E 71 st St Suite 9100 Tulsa OK 74136	Provides legal services for persons with disabilities
Rogers	Safenet Services	918-341-1424 918-825-0190 (Pryor)	1219 W Dupont St Claremore, OK 74017	Provides survivors of domestic violence assistance with obtaining protective orders
Tulsa	Tulsa Dream Center	918-430-9984	200 W 46 th St N Tulsa, OK 74126	Offers legal advice for no fee
Tulsa	YWCA	918-663-0377	1910 S Lewis Ave #200 8145 East 17th St (East)	Offers family based-immigration case services

MEDICATIONS				
County	Provider	Contact Numbers	Location	Service Info
N/A	340B Program	https://oklahoma.gov/ohca/providers/types/pharmacy/340b-drug-discount-program.html		The 340B Drug Discount Program is a federal program requiring drug manufacturers participating in the Medicaid Drug Rebate Program to provide outpatient drugs to eligible health care organizations/covered entities at discounted prices. 340 B program at ECO clinics. (must be a patient at that clinic for discounted medication) 340B program at AVV clinics. (must be a patient at that clinic for discounted medication)
N/A	Advantage	800-633-4227	-----	Low-cost medicines
Tulsa	Bedlam Charitable Pharmacy	918-619-4400	1111 S Saint Louis Tulsa, OK 74120	Low-cost pharmacy
Tulsa	Bixby Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby, OK 74008	Provides financial assistance with prescription medication
N/A	Catholic Charities Together RX	1-800-444-4106	-----	Sign up for a Together RX Access Card to save 25-40%. No annual fee for the card.

Creek	Caring Community Friends	918-224-6464	12 W Burnham Ave Sapulpa, OK 74066	Provides financial assistance with prescription medication by appointment
Tulsa	CHC-Pharmacy	918-710-4400	2321 E 3rd St Tulsa OK 74104 (Kendall-Whittier) 12020 E 31 st St (Ellen Ochoa)	Some discounted mediations
Tulsa	Couch Pharmacy	918-835-9577	444 S. Sheridan Rd Tulsa, OK 74112	Medication delivery
Wagoner	City Drug of Coweta	918-486-2193 www.citydrugcoweta.com	114 N Broadway Coweta, OK 74429	free prescription delivery on a daily basis within the city limits of Coweta
Okmulgee Okfuskee McIntosh Hughes Muskogee	Deep Fork Community Action Center	918-756-2826	223 W. 6 th Street Okmulgee, OK 74447	They have an Rx for Oklahoma program (free to low-cost medications) assistant representative. Go to dfcaf.org/rx-for-oklahoma/ for more information and for intake forms.
Tulsa	Freeland Brown Pharmacy	918-743-4491	4112 S. Peoria Avenue Tulsa, OK 74105	Compounding, Medication therapy management, DME
Tulsa	Genscripts	918-835-2112 918-615-3354	3980 S Hudson Tulsa, OK 74135 Or 81 st and Garnett	Dime-a-dose Free Anti-biotics
N/A	Good RX	-----	-----	App for prescription drug prices
Tulsa	Good Samaritan Health Services	918-710-4222	PO Box 1191 Tulsa, OK 74101	Prescription assistance; mobile medical clinics
N/A	HealthWell Foundation	800-675-8416	www.HealthWellFoundation.org	Prescription assistance, prescription co-insurance, co-pays, selected out-of-pocket expenses, etc.
N/A	LillyCare - PAP	-----	www.lillycares.com	Prescription assistance
N/A	Johnson & Johnson PAP	-----	www.jjpaf.org	Prescription assistance

N/A	KIBOIS/ RX for Oklahoma – multiple locations	1-877-RX4-OKLA Haskell County 918-967-3325 Latimer County 918-465-3381 LeFlore County 918-647-3267 Pittsburg County 918-423-3525 Sequoyah County 918-776-0848	http://www.kibois.org/KIBOIS_Rx.html	Low-cost meds for under or not insured
N/A	Merck	1-800-727-5400 to start application process	-----	Oral DM Medications – Patient Assistance
N/A	Meds to Beds Pharmacy program	405-271-2156	https://pharmacy.ouhsc.edu/images/Meds-to-Beds-Brochure.pdf	Medication delivery
N/A	NeedyMeds	-----	http://www.needymeds.org/	Save up to 80% off, prescription meds, OTC meds and pet prescriptions
Tulsa	Neighbor for Neighbor	918-425-5578 Fax 918-425-6935	505 E 36 th St N Tulsa, OK 74106	Prescription assistance
N/A	Novo Nordisk Patient Assistance Program	866-310-7549	https://www.novocare.com/contact-us.html	Insulin – Patient Assistance Programs
N/A	Oklahoma Drug Card	1-877-321-6755 customer service	www.oklahomadrugcard.com/create	Discount meds and the card is free. No restrictions, accepted everywhere. 1-877-794-6552
Craig	Osborn Drug Vinita/Miami	918-256-6459	OsbornDrugsVinita.com 207 W Illinois Vinita, OK 74301	Compounds for less
N/A	PAP prescription assistance	Medicare.gov	-----	Patient Assistance Programs
N/A	Pfizer PAP	-----	www.pfizerRxPathways.com/	Patient Assistance Programs

Oklahoma	Pharmacy Management Consultants	405-271-9039 Fax: 866-802-4384	PO Box 26901 ORI-4403 Oklahoma City, OK 73126	Ask Regan, she is amazing!
N/A	Reasor's	-----	Local Reasor's	Free ABX, Vitamins, etc.
N/A	Sanofi	http://visitspconline.com	-----	Insulin – Patient Assistance Programs
Tulsa	Tulsa County Pharmacy	918-596-5560	2401 Charles Page Blvd Tulsa, OK 74127	Prescription assistance
Tulsa	Tulsa County Health Department	ljohnston@tulsacounty.org	4 locations in Tulsa 1 in Jenks Bixby Broken Arrow Sand Springs Sapulpa	Indigent people can get free meds through the recycling program (non-controlled substances). Nursing homes donate meds that are no longer being used.
N/A	Walgreens	866-922-7312 Walgreens.com/RxSavingsClub	-----	For those without insurance or are underinsured,
N/A	Walmart 4 Meds	-----	Local Walmart	Lists available for all prescriptions that are \$4.00
Tulsa	Westview Pharmacy	918-425-1385	3606 M.L.K. Jr Blvd, Tulsa, OK 74106	Delivery to senior citizens and home-bound residents in North Tulsa.
Tulsa	Xavier Medical Clinic	918-583-7233	10711 E 11 th St #1 Tulsa, OK 74128	RX Assistance

NUTRITION/FOOD				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Bixby Community Food Bank	918-366-9226	77 W Breckenridge Ave Bixby, OK	Tues, Wed, Thursday 8a-3p Open late 2 nd Tues of month
Oklahoma	Britvil Food Pantry	405-842-1275	8717 N Western Ave. Oklahoma City 73114 Britvilfoodpantry.com	Monday- Friday 9am-11am Serves zip codes-73105,73114, 73120, 73131. First time visitors bring ID, complete registration form. Can receive food every 30 days.
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W. College Broken Arrow, OK 74012	Client choice food pantry M-Th 10-2 and M/Th evenings
Pittsburgh	Caring Hands Healthcare Center	918-426-2442	3101 Elk Rd McAlester, OK 74501	Offer nutritionist and diabetic counseling services
Tulsa/ Multiple	Catholic Charities	918-508-7160 Eng. 918-508-7161 Span Sallisaw – 918-775-6111	2450 N Harvard Tulsa, OK www.cceok.org/eastern-oklahoma-outreach	Tulsa: food Mon-Fri 9am-2p and Tues 5p-7p and the last Sat of each month from 9am-12pm Bring ID & limited # allowed to shop daily
Tulsa	Community Food Bank of Eastern Oklahoma	918-585-2800 (Tulsa) 918-429-7755 (McAlester)	1304 N Kenosha Tulsa, OK 74106 Multiple locations https://www.okfoodbank.org/pantry	http://okfoodbank.org/ Mon 8:00-4:30
Oklahoma City metro	Dorothy Day Center at St. Charles Borromeo Catholic Church	405-603-7591	5024 North Grove Oklahoma City, OK Thedorothydaycenter.com	Food pantry that delivers food to families that do not have transportation to a food pantry. Select dates.

Tulsa	Dream Center	918-430-9984 (main) 539-867-4140 (west campus)	200 W 46 th St N Tulsa 74126	Tues and Thurs hot meals 11am – 12pm Grocery giveaway & chapel 10am Tues and Thurs
Tulsa	Emergency Infant Services	918-582-2469 Emergencyinfants ervices.org	1110 S Denver Ave Tulsa, OK (plus, locations at TPS resource center and South Tulsa Community House)	Clothing, formula, diapers and food. Car seats and cribs. Helps families (with children age 5 and younger) up to 4 times in a calendar year.
Pawnee	E.S.C.A.P.E. Ministries	918-358-3625	51131 US-64 Cleveland, OK 74020	Hot lunch Mon-Fri Food Bank Tues & Thurs 9:30-1 p.m.
Tulsa	First Baptist Church Tulsa	918-587-6000	305 S Detroit Ave Tulsa 74120	Photo ID and proof of residence – can get every 4 weeks - open Mon-Thurs 10am- 11am
Tulsa	GUTS distribution center	918-622-4422	4336 S 91 st East Ave Tulsa, OK 74145	Friday groceries program 9:30a-noon
Tulsa	Harvest House Tulsa	918-884-7667	1439 E 71 st St Tulsa 74136	Photo ID and SS card Provides 5 days of groceries
-----	Healthy Family Project	No phone number	https://healthyfamilyproject.com/contact/	Food recipes, resources, vouchers from participating grocery stores in OK
Tulsa	Helping Hand Ministry	918-584-6923	700 S Boston Tulsa 74119	Picture ID, SS card. Mon and Tues 9am- noon or until depleted
OK	Hunger Free OK	918-591-2491	Hungerfreeok.org	Website that connects you to resources for applying to SNAP, DUO, and other programs.

Tulsa	Iron Gate Ministries	918-359-9001	501 S Cincinnati Ave Tulsa, OK 74103	Daily soup kitchen 08:30-10:30 M/W/F appt only emergency grocery pantry (can come once a month) and Kids Pantry for bags of kid friendly snacks.
Oklahoma	Jesus House	405-232-7164	1335 W Sheridan Ave. Oklahoma City, OK 73102	Soup kitchen 365 days per year from 4p-5p Food baskets Weds. beginning 8:30am (come early, in a car, with ID)
Tulsa	John 3:16	918-587-1186 918-592-1186 (to schedule food pantry appointment)	506 N Cheyenne Ave Tulsa OK 74103	Meals 5:45pm daily, breakfast if you stay overnight Food pantry - Call for appt. Food is given out by appointment only once a month,
Tulsa	Loaves and Fishes	918-234-8577	11321 E 19 th St Tulsa 74128	T/W/Sat Free meal 10-10:30 Bring ID and proof of residence
Tulsa	Manna House	918-836-5541	4921 E Admiral Pl Tulsa 74115	Serves 74104, 74115, 74112, 74114, 74110 Tues 10am-2pm
Tulsa	Meals on Wheels	918-627-4103	12620 E 31st St, Tulsa, OK 74146	Call or visit website to get set up
Pittsburg	Mike's Club Little Free Grocery- food pantry	918-426-8872	218 S. 2 nd St. McAlester, OK 74501	Mon- Sat 10am- 6pm food items donated by people in the community, which they make available for free to anyone in need
N/A	Mom's Meals	1-844-280- 2133	All over	Home-delivered meal (Medicaid) in over 40 states

Tulsa	Neighbor for Neighbor	918-425-5578 918-425-6935 fax	505 E 36 th St Tulsa, OK 74106	Must get NFN food voucher Take voucher to store Mon-Thurs 9am-12p,, then 1pm-3pm ID for all family members
Tulsa	Neighbors Along the Line	918-582-3491	5000 W Charles Page Blvd Tulsa 74127	Proof of income, SNAP if applicable, residency (see online for service area boundaries), and SS card. M-T 1p-4p, Wed3p-6p, Thurs 1p-6p
Tulsa and Pittsburgh	Northeastern OK Food Bank	Tulsa – 918-585-2800 McAlester 918-429-7755	Tulsa – 1304 N. Kenosha Tulsa, OK 74106 McAlester- 2119 N Main 74501	Monday- Friday 8AM- 4:30PM
Multiple	OKFresh	(833)-623-6157	www.okfresh.org/participatingclinics Lawton, Muskogee, OKC	Need clinic referral code. Provides matching dollars to purchase up to \$40 worth of fresh produce each month from local farmers' markets during the summer and at convenient locations in the service areas during the winter.
Payne	Our Daily Bread	405-533-2555	701 E 12th Ave, Stillwater, OK 74074	Monday 1-3:30p Tuesday: 3:00 pm – 5:300 pm Thursday: 11:00 am - 1:30 pm Every 3rd Sat. of the Month: 9:00 am - 11:30 am Can come 1x/30 days

Tulsa	Tulsa Public Schools Child Nutrition Services	918-833-8670 918-833-8673 frmeals@tulsa-schools.org cns@tulsaschools.org	8934 E Latimer St Tulsa, OK 74115	Healthy meals every day
Tulsa	RG Foods	918-877-4388	Tulsa Mobile Grocery Store 1310 E Jasper St Tulsa OK 74106	See routes on website www.tulsarealgoodfood.org
Oklahoma	Regional Food Bank of Oklahoma	405-972-1111 http://www.regionalfoodbank.org/get-help	3355 S Purdue St, Oklahoma City, OK 73179	Enter zip code online to find food pantry that is closest to you
Tulsa	Restore Hope Ministries	918-582-5766	2960 Charles Page Blvd Tulsa OK 74127 And 6910 S 101 st E Ave, Tulsa	Mon –Thurs 11:30-3pm (both locations) Bring photo ID, SS cards, proof of address
Tulsa	Sand Springs Community Services	918-245-5183	114 W. 4 th St. Sand Springs, OK	Works to gather area resources to assist Sand Springs residents who are experiencing economic crisis by providing food, services, resources, education and referrals.
N/A	SNAP	Local DHS office or http://www.okdhs.org/programsandservices/default.htm	DHS Office	Food Stamp program

Tulsa	South Tulsa Community House	918-742-5597	5780 S Peoria Ave Tulsa OK 74105	Proof of residency and SS number. Mon-Thurs 9am-3pm, F 9a-1p. 1 st /2 nd Weds 9am-5:30p Allowed once per month for groceries or call for emergency food Meals for seniors and veterans https://southtulsacommunityhouse.org/our-services/
Tulsa	Standing in the Gap	918-585-6112	3939 S Harvard Ste 120 Tulsa OK	Programs for transition-aged youth, formerly incarcerated women, and widows
Tulsa	Tulsa Cares	918-834-4194	3712 E 11th St. Tulsa, OK 74112	Dietetic counseling, 1x/month food shopping, and 2x month farmers market for individuals living with HIV/AIDS; fresh lunch Tuesdays at 12pm
Tulsa	Tulsa Dream Center	918-430-9984	4122 W. 55 th Pl. S. Tulsa, OK 74107	Provides hot meals (T/Th 11am) and grocery giveaways (T/Th 10am)
Multiple counties	WIC	918-582-9355	5051 S 129 th E Ave Tulsa, OK 74134 (and other locations) Apply online https://osdhcfhs.az1.qualtrics.com/jfe/form/SV_b8vNxstcQGY9YzA?Source=Website	Pregnant women, breastfeeding women (up to 1 year postpartum) Non- breastfeeding women up to 6 months after delivery Infants up to 1 st b-day Children up to 5 th b-day

FOOD RESOURCES – TULSA METRO

City or County	Provider	Contact Numbers	Location	Service Info
Broken Arrow	Arms Around BA	918-258-7714	840 S Elm PI BA, OK 74012	Food Distribution Monday 10:00 AM - 3:00 PM 6:00 PM - 8:00 PM Wednesday 10:00 AM - 3:00 PM Friday 10:00 AM - 3:00 PM 1. A Valid Driver's License or Current Photo ID; 2. Current proof of address
Broken Arrow	Broken Arrow Church of Christ Food Pantry		505 E Kenosha BA OK 74012	Food Distribution Thursday 11:00 AM - 2:00 PM (Also by appointment)
Broken Arrow	BA HS		1901 East Albany St BA OK 74012	Food Distribution for students
Broken Arrow	The Little Pantry/Diversions Crafting Studio		2036 W Houston St BA, OK 74012	Food Pantry Inside of Diversions Crafting Studio *We are in the middle of the Shopping Center Behind The Bank of Oklahoma on 81st and 145th Thur-Sun 1:30pm-7:30 PM No ID, proof of residence, or hardship required. You simply show up and shop from what we have to offer, taking as much or as little as you need or want.
Jenks	Jenks Community Food Bank		324 W Aquarium PI Jenks, OK 74037	Food Distribution Wednesday 10:00 AM - 12:00 PM Saturday 10:00 AM - 12:00 PM Clients must reside within the Jenks Public School district; Proof of residence must be provided to receive assistance. Current utility bills, current rent

				receipt, or current rental agreement. Driver's license will not be accepted; JCFB reserves the right to deny service to anyone who cannot prove residence in the Jenks Public School District;
Tulsa	Church of the Resurrection Hope Food Pantry	918-605-7499	4804 S Fulton Ave Tulsa, OK 74135	Food Distribution Tuesdays-Thursdays; 9 AM-3 PM
Tulsa	Food On The Move	Foodonthemoveok.com		Mobile events (pop up monthly festivals) that bring fresh fruits, vegetables to neighborhoods in Tulsa where access can be limited. Look on online for events.
Tulsa	Islamic Society of Tulsa		4630 S Irvington Ave Tulsa, OK 74135	Food Distribution Wednesdays 1 PM-3 PM
Tulsa	Coffee Bunker	918-637-3878	6365 E 41st St Tulsa, OK 74135	Food Distribution Tuesday, Thursday 8AM-5 PM Proof of residence must be provided to receive assistance. Current utility bills, current rent receipt, or current rental agreement. Driver's license will not be accepted; Service is provided per household, even if there is more than one family in the same house.
Tulsa	Edison MS and HS		2906 E 41st St Tulsa, OK 74105	Food Distribution for students
Tulsa	Highland Park Christian Church		5717 E 32nd St Tulsa, OK 74135	Food Distribution Saturday 9AM-11 AM (2nd, 4th of month) What: We desire to give people who need food or other emergency assistance a "hand-up", so that they can be a help to others. We will meet with people individually, listen, and develop a plan. We may be able to help with groceries, cooking

				lessons, job and résumé training, and other needs. Who: We can serve those who live in the area between 21st & 41st, and Sheridan & Yale, as well as HP families and those referred to us by Hoover Elementary. A photo ID, utility bill (within the past 2 months), and Social Security card will be required.
Tulsa	Faith Mission IGC		3210 S Norwood Ave Ste A Tulsa, OK 74135	Food Distribution Monday 9:00 AM - 1:00 PM (1st of Month) Wednesday 5:00 PM - 7:00 PM (1st, 2nd of Month) Thursday 3:00 PM - 6:00 PM Saturday 2:00 PM - 4:00 PM
Tulsa	True Vine Outreach		7039 E 40th St Tulsa, OK 74145	Food Distribution Friday 10:00 AM - 1:00 PM Saturday 10:00 AM - 1:00 PM Sunday 12:30 PM - 2:00 PM
Tulsa	Living Word International Church		2545 S Yale Ave Tulsa, OK 74114	Food Distribution Wednesday 4:00 PM - 6:00 PM Saturday 2:00 PM - 4:00 PM
Tulsa	Tulsa Tech Lemley Memorial Campus		3420 S Memorial Dr Tulsa, OK 74145	Food Distribution Students Only
Tulsa	Tulsa Community Service Center	918-835-4489	2015 S Lakewood Ave #A-B Tulsa, OK 74112	Food Distribution Wednesday 3:00 PM - 5:00 PM Students Only
Tulsa	COSMO CENTER (Church of Saint Mary Outreach)	918-749-2561	1319 E 49th Pl Tulsa, OK 74105	Food Distribution Tuesday- Thursday 9:30AM-3 PM Application to determine eligibility
Tulsa	Christ the King Miracle Church		4635 S Madison Pl Tulsa, OK 74133	Food Distribution Thursday 4:00 PM - 5:30 PM (1st of Month) Saturday 12:00 PM - 2:00 PM (3rd of Month)
Tulsa	South Peoria Neighborhood	(918) 742-4485	5780 S Peoria Ave	Food Distribution Monday 9:00 AM - 3:00 PM Tuesday 9:00 AM - 3:00 PM

	Connection Foundation		Tulsa, OK 74105	Wednesday 9:00 AM - 3:00 PM Thursday 9:00 AM - 3:00 PM Friday 9:00 AM - 12:30 PM Application online
Tulsa	Sandusky Ave. Christian Church	918-834-4427	4424 E 11th St Tulsa OK 74112	Food Distribution Monday 9:30 AM - 2:00 PM (Emergency Assistance) Tuesday 9:30 AM - 2:00 PM (Emergency Assistance) Wednesday 9:30 AM - 2:00 PM (Emergency Assistance) Thursday 9:30 AM - 2:00 PM (Emergency Assistance) Friday 9:30 AM - 2:00 PM (Emergency Assistance) Sunday 12:00 PM - 1:30 PM (3rd of Month); Food Pantry is Sunday 12PM-130PM (3rd Sunday of the month) You must show proof of residence and photo ID. You can receive food no more than once a month.
Tulsa	Kendall Whittier Food Pantry	918-592-3000	Delivery for KW area	Food Distribution Appointment only (?) Serves Tulsans living in Kendall Whittier, Crutchfield, and Pearl Neighborhoods
Tulsa	Memorial Drive UMC OS	918-835-8426	7903 E 15th St Tulsa OK	Hot/Cold Meal Program Saturday 6:00 PM - 7:00 PM (4th of Month)
Tulsa	University of Tulsa	918-592-3000	800 S Tucker Dr Tulsa, OK 74104	Food Distribution for students A one-week supply of nutritious food will be delivered to individuals or families each month. The University of Tulsa and Sharp Chapel have partnered with Kendall-Whittier Inc. Emergency Food Pantry to provide grocery delivery to UTulsa students and employees who are experiencing food insecurity.
Tulsa	People's Pantry of Tulsa, Inc.	918-720-2953	4739 E 5th St Ste 105 Tulsa, OK 74112	Food Distribution Wednesdays 5PM-6PM

				Tulsa area between Harvard Avenue and Sheridan Road and Adm. Place to 15th St.
Tulsa	Harvest House	918-884-7667	1439 E 71st Behind QT on NW corner of 71st Tulsa, OK 74136	Food Distribution Tuesday 1:00 PM - 4:00 PM Wednesday 10:00 AM - 4:00 PM
Tulsa	La Cosecha (The Harvest)	918-771-1595	10811 E 41st St Tulsa, OK 74146	Food Distribution Thursday 8:30 AM - 1:00 PM (Every Thursday) **** They have a drive thru distribution as well
Tulsa	St Paul's Manna Meals	918-527-7708	1442 S Quaker Ave Tulsa, OK 7420	Hot/Cold Meal Program By appointment only
Tulsa	Templo Cristiano		6767 S Mingo Rd Tulsa, OK 74133	Food Distribution Tuesday 1:00 PM - 5:00 PM
Tulsa	Memorial Drive Church of Christ	918-838-1621	911 S Memorial Dr Tulsa, OK 74112	Food Distribution Tuesday 1:00 PM - 3:00 PM 7:00 PM - 8:15 PM
Tulsa	Memorial Drive Clothing Room		911 S Memorial Dr Tulsa, OK 74112	Tuesday 1:00 PM - 3:00 PM 7:00 PM - 8:00 PM; Please contact David Combs @ 918-838-1621 OR churchoffice@memorialdrive.org
Tulsa	Tulsa Housing Authority - Murdock Villa			Food Distribution
Tulsa	Restore Hope Ministries/South		6910 S 101st East Ave Tulsa OK 74133	Food Distribution Tuesday 12:30 PM - 3:30 PM Thanksgiving baskets are available for Tulsa County residents only. All clients are required to have a photo ID of themselves and official documentation for everyone in the household (click link for a list of accepted documents).

				All clients are required to have a current proof of residence – something that has the client’s name and current street address that is dated this month or last month – no junk mail.
Tulsa	Dove Science Academy	918-994-6797	4343 S 118th East Ave Tulsa, OK 74145	Food Distribution for students Members of the school community
Tulsa	Christview Christian Church	539-215-1953	2525 S Garnett Rd Tulsa, OK 74129	Food Distribution Saturday 9:00 AM - 10:30 AM (3rd of Month)
Tulsa	Food Pantry at Contact Church	918-299-2713	1529 W 49th St Tulsa, OK 74107	Food Distribution Thursday 10:00 AM - 12:00 PM
Tulsa	Nueva Esperanza UMC		1027 N Harvard Ave Tulsa, OK 74115	Food Distribution Wednesday 2:30 PM - 6:00 PM (Will deliver) (2nd, 4th of Month)
Tulsa	S.T.E.P.S. Resource Center		4301 S Union Tulsa, OK 74107	Food Distribution Tuesday 12:00 PM - 4:00 PM Thursday 12:00 PM - 4:00 PM (donations from Reasor's)
Tulsa	Tulsa Housing Authority - River West			Food Distribution
Tulsa	Webster Middle School	918-746-8050	1919 W 40th St Tulsa, OK	Food Distribution for students Food and clothing closet;bankssh@tulsaschools.org Students and families in need
Tulsa	Tulsa Housing Authority - Parkview Terrace			Food Distribution
Tulsa	Walter’s Way Foundation		573 N Memorial Dr Tulsa, OK 74115	Food Distribution 9:00 AM - 12:00 PM (Every Wednesday); They also have a CSFP: Commodity Supplemental Food Program (Senior Program)
Tulsa	Tulsa Housing Authority - LaFortune Tower		1725 SW BLVD Tulsa, OK 74107	Food Distribution

Tulsa	Oklahoma Family Empowerment Center		1020 S Garnett Rd Tulsa, OK 74128	Hot/Cold Meal Program Monday 9:00 AM - 2:00 PM Tuesday 9:00 AM - 2:00 AM Wednesday 9:00 AM - 2:00 PM Thursday 9:00 AM - 2:00 PM
Tulsa	Oklahoma Family Empowerment Center		1021 S Garnett Rd Tulsa, OK 74128	Food Distribution Monday 9:00 AM - 2:00 PM Tuesday 9:00 AM - 2:00 PM Wednesday 9:00 AM - 2:00 PM Thursday 9:00 AM - 2:00 PM Must complete a short informational form Receive 1-2 weeks of groceries They also offer a wide range of different services for children and adults, call them for more information.
Tulsa	St Thomas More Food Pantry	918-437-0168	2720 S 129th East Ave Tulsa OK 74134	Food Distribution Friday 10:00 AM - 12:00 PM (1st, 3rd of Month)
Tulsa	Tulsa Housing Authority - Hewgley Terrace		420 S Lawton Ave Tulsa, OK 74106	Food Distribution
Tulsa	Atlas School		15 N Cheyenne Ave Tulsa, OK 74103	Food Distribution for students Food bank for students stocked by Eastern food bank of OK
Tulsa	St. Mark's United Methodist Church	918-437-4953	10513 E Admiral Pl Tulsa, OK 74116	Food Distribution Thursday 10:00 AM - 12:00 PM
Tulsa	Salvation Army/Center of Hope		102 N Denver Ave Tulsa, OK 74103	Hot/Cold Meal Program
Tulsa	Mobile Missions Network	918-446-4445	2821 W 40th St Tulsa, OK 74107	Food Distribution Saturday 9:00 AM - 12:00 PM
Tulsa	East Central High School		12150 E 11th St Tulsa, OK 74128	Food Distribution for students Students and families in need
Tulsa	Tulsa Indian UMC	539-251-7646	1901 N College	Food Distribution Friday 9:00 AM - 12:00 PM

			Ave Tulsa, OK 74110	ID and utility bill required
Tulsa	Jenks Middle School		3029 E 101st St Tulsa, OK 74137	Food Distribution for students Students and families in need
Tulsa	Tulsa Housing Authority - Pioneer Plaza		901 N Elgin Ave Tulsa, OK 74106	Food Distribution
Tulsa	Tulsa MET		6201 E Virgin St Tulsa, OK 74115	Food Distribution for students Students and families in need
Tulsa	Tulsa Housing Authority - Apache Manor		2402 N Marion Ave Tulsa, OK 74115	Food Distribution
Tulsa	Tulsa Housing Authority - Seminole Hills		1624 E Virgin St Tulsa, OK 74106	Food Distribution
Tulsa	Tulsa Housing Authority - Country Club Gardens		959 Country Club Dr Tulsa, Ok 74127	Food Distribution
Tulsa	Tulsa Housing Authority - East Central Village		12330 E Archer St Tulsa, OK 74116	Food Distribution
Tulsa	The Ministry Center		312 S 33rd West Ave Tulsa, OK 74127	Food Distribution Tuesday 9:30 AM - 12:30 PM Wednesday 9:30 AM - 12:30 PM Thursday 9:30 AM - 12:30 PM A picture ID is required for each day of service. In addition, proof of dependents is also required, such as Social Security card, insurance cards or school enrollment information (list is not all-inclusive). All clients will receive an intake interview with a volunteer staff member. The intake interview assists in evaluating each client's unique circumstances.

Tulsa	New Jerusalem Baptist Church	918-425-1369	3427 N Birmingham Ave Tulsa, OK 74110	Food Distribution EVERY 2ND & 4TH SATURDAY 9:00 AM - 11:00 AM
Tulsa	Church in Power	918-835-1525	732 E 31st St North Tulsa OK 74106	Food Distribution Wednesday 8:30 AM - 9:15 AM (Will deliver) Friday 10:30 AM - 12:30 PM (By Appointment) Sunday 11:00 AM - 1:00 PM
Tulsa	Life Change Community Outreach	918-376-5208	1616 N Gilcrease Museum Rd Tulsa OK 74127	Food Distribution Application Only; 11.7.25- Not accepting applications currently
Tulsa	Tulsa Housing Authority - Mohawk Manor		2530 E 37th St N Tulsa, OK 74110	Food Distribution
Tulsa	St. Andrew Community Mission Program Inc.	918-425-4915	3115 N Garrison Ave Tulsa, OK 74106	Food Distribution Monday 8:00 AM - 5:00 PM Wednesday 6:30 PM - 7:30 PM Saturday 10:00 AM - 1:00 PM (3rd of Month) Sunday 11:30 AM - 12:30 PM
Tulsa	Berryhill High School		2901 S 65th West Ave Tulsa OK 74107	Food Distribution for students Tonya Williams; tonya.williams@berryhillschools.org For students and families in need
Tulsa	Tulsa Tech Peoria Campus		3850 N Peoria Ave Tulsa OK 74147	Food Distribution for students For students and families in need
Tulsa	Tulsa Housing Authority - Sandy Park		6301 W 11th Pl Tulsa OK 74106	Food Distribution
Tulsa	Caring Hearts Foundation	918-764-8485	542 E 46th St N Tulsa OK 74126	Food Distribution Monday 9:30 AM - 3:30 PM Tuesday 9:30 AM - 3:30 PM Wednesday 9:30 AM - 3:30 PM Thursday 9:30 AM - 2:00 PM Friday 9:30 AM - 12:00 PM
Tulsa	Church of Eternal Love	918-402-7926	4606 N Hartford	Hot/Cold Meal Program Saturday 10:00 AM - 2:00 PM

			Ave Tulsa OK 74126	Sunday 10:00 AM - 2:00 PM
Broken Arrow	Catholic Charities / St. Anne	918-994-1451	1012 E Ft Worth BA OK 74012	Food Distribution Tuesday 9:00 AM - 1:00 PM (Will deliver) 6:00 PM - 8:00 PM (Will deliver) Wednesday 9:00 AM - 1:00 PM Thursday 9:00 AM - 1:00 PM All forms of assistance require identification. To receive assistance with food, come to Catholic Charities in person during regular hours and bring an ID for everyone in the household.
Tulsa	Candy House Kidz LLC	918-384-8970; Cheryl Wade	1019 E 54th St N Tulsa OK 74126	Food Distribution Monday 10:00 AM - 2:00 PM (Can offer a hot meal on wheels meal) Tuesday 10:00 AM - 2:00 PM (Can offer a hot meals on wheels meal) Wednesday 10:00 AM - 2:00 PM (Can offer a hot meals on wheels meal) Thursday 10:00 AM - 2:00 PM (Can offer a hot meals on wheels meal)
Tulsa	Holy Highway Evangelistic Ctr	918-629-6611	1019 E 54th St N Tulsa OK 74126	Food Distribution Monday 8:00 AM - 4:00 PM (By appt. only)
Tulsa	Kingdom of Faith & Deliverance		5470 N Peoria Ave Tulsa OK 74126	Food Distribution
Tulsa	Tulsa Harvest House	918-884-7667	1439 E. 71st Street Tulsa OK 74136	Food Distribution Wednesdays by appointment only
Tulsa	Indivisible Tulsa	carissafayekumar@gmail.com		Groceries If you or someone you know is struggling, please email the following details: Name, address, phone number, family size, food allergies, specific items needed

Tulsa	Forest Park Christian Church	918-252-3722	9102 S Mingo Rd Tulsa OK	Hot/Cold Meal Program Every Monday 5- 7 PM; Dinner available during SNAP suspension
Tulsa	Fellowship Lutheran Church	918-492-3698	6727 S Sheridan Tulsa OK	Hot/Cold Meal Program Every Wednesday 5-7 PM; Dinner available during SNAP suspension
Tulsa	Oasis Fresh Market	918-935-2092	1725 N Peoria Ave Tulsa OK 74106	Food Distribution Providing grocery assistance to SNAP recipients
Tulsa	Food Bank of Eastern Oklahoma	918-585-2800	1304 N Kenosha Ave Tulsa OK 74106	Food Distribution Drive Thru and Pantry
Tulsa	First Baptist Church Caring Center	918-587-1571	4th & Cincinnati Tulsa OK 74120	Food Distribution Clothing (10:00AM–11:45AM). Clothing is available every 4 weeks with a US issued photo ID. Check in before 11:15AM; Food (10AM–11:45AM). Food is available every 4 weeks. Check in before 11:15AM; Utility Assistance: Please call (918) 594-5082 on Monday mornings 8:30AM–10AM to schedule an appointment; Trav's Coats for Kids (Nov. 11 - Dec. 20) - Tuesday & Thursday (1:00PM-4:00PM), Wednesday (5:30PM-7:30PM), Saturday (10:00AM-2:00PM). US issued photo ID and proof of residence.
Tulsa	Eastland Assembly of God	918-437-2590	12310 E 21st St Tulsa OK 74129	Food Distribution 1st and 3rd Tuesday of every month from 6-7 PM 74108, 74112, 74128, 74129, 74134, 74145, 74146.
Tulsa	Operation Share	918-587-8431	1915 E 3rd St Tulsa OK 74104	Food Distribution Tuesday and Thursday 9-11:45 AM Assistance can be received once per month. Client must live between Harvard and Peoria and Pine and 15th St. Two

				forms of ID required, one of which must be a photo ID, proof of address and Social Security card for any children receiving food.
Tulsa	Boston Ave Helping Hands	918-584-6923; 918-582-1356	700 S Boston Ave Bernson Community Life Bldg.	Food Distribution Monday- Friday 9-12PM Provides emergency food assistance. Social Security documentation required for everyone receiving food.
Tulsa	Park Plaza Church of Christ	918-627-3201	5925 E 51st St Tulsa OK 74135	Food Distribution Hours: Monday – Thursday, 10 AM - 3 PM
Tulsa	Potter’s Clay Mission	918-581-0444; 918-794-0641	2208 Southwest Blvd Tulsa OK 74107	Food Distribution Every Wednesday 10 am - 2 pm except first Wednesday of the month Serves Southwest Tulsa; * Make sure you check by calling the food pantry to confirm that they still are in operation and the hours have not changed.
Tulsa	Tulsa County Social Services	918-596-5560	2401 Charles Page Blvd Tulsa OK 74127	Food Distribution Open to the public
Tulsa	Emergency Infant Services	918-582-2469	222 S Houston Ave Tulsa OK 74127	Food Distribution You must have custody of one or more children within the newborn to 5 years of age range. Parents, grandparents, fosters, and court appointed guardians may all be eligible if they have proof of guardianship. There are no additional income or residency restrictions to receive services.
Tulsa	West Tulsa Church	918-585-8094	930 W 23rd Pl Tulsa OK 74107	Food Distribution We are currently open to our Tulsa neighbors one Saturday per month. We will be open on the following dates from

				8:00 am until 12:00 pm: Nov 22, 2025; Dec 20, 2025
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FOOD RESOURCES – COUNTIES NEAR TULSA				
County	Provider	Contact Numbers	Location	Service Info
Barnsdall	Lighthouse Family Worship Ctr.	918-847-2385	13749 State HWY 11 Barnsdall OK 74002	Food Distribution Monday 9:00 AM - 5:00 PM (Will deliver) Tuesday 9:00 AM - 5:00 PM Wednesday 9:00 AM - 5:00 PM Thursday 9:00 AM - 5:00 PM Friday 9:00 AM - 5:00 PM Saturday 9:00 AM - 5:00 PM Sunday 1:00 PM - 5:00 PM
Barnsdall	Shirley Cook Memorial Food Bank	918-833-1042	200 W Chestnut Barnsdall OK 74002	Food Distribution Saturday 10:00 AM - 12:00 PM (Will deliver) (3rd of Month)
Bartlesville	Agape Mission	918-336-5410	555 S Cass Bartlesville OK 74006	Hot/Cold Meal Program Monday 11:00 AM - 2:00 PM Tuesday 11:00 AM - 2:00 PM Wednesday 11:00 AM - 2:00 PM Thursday 11:00 AM - 2:00 PM Friday 11:00 AM - 2:00 PM ID and birthdate
Bartlesville	Concern Emergency Services	918-336-4693	333 S Penn Ave Bartlesville OK 74003	Food Distribution Monday 11:00 AM - 2:30 PM Tuesday 11:00 AM - 2:30 PM Wednesday 11:00 AM - 2:30 PM

				Thursday 11:00 AM - 2:30 PM equipped to distribute an emergency food supply to each Washington County family every 30 days. Enough food will be received for each family member to eat 3 meals a day for about 4 days. You will need to wait at least 30 days between visits. If in supply, we can also help with personal and hygiene. Food is distributed Monday through Thursday between the hours of 11 am and 2:30 pm. Last food order is taken at 2:15 pm. View our nondiscrimination statement. Each day we offer a selection of fresh produce. You may visit the produce cart in the lobby on a come and go basis any time you like. There is no need to sign in for this service.
Bartlesville	Mary Martha Outreach	918-337-3703	1845 SW 4th Bartlesville OK 74003	Food Distribution Monday 9:00 AM - 11:00 AM Tuesday 9:00 AM - 11:00 AM

				Wednesday 9:00 AM - 11:00 AM Thursday 12:00 PM - 2:00 PM The size of your order will depend on how many people are in your family; No appointment is necessary. Visit CC-MMO during our program hours. On your first visit, you will need to apply for services to receive a CC-MMO ID card. Please bring the following on your first visit: Identification (driver's license or copy of birth certificate AND social security card) Income verification (recent pay stub or documentation from DHS or a copy of your filed income tax return) Proof of residence (recent bill with your current address or rental lease agreement with your current address) Your income eligibility will depend on how many people are in your family.
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				Please note: To qualify for assistance, you must live in Washington, Osage or Nowata Counties in Oklahoma or Chautauqua or Montgomery Counties in Kansas.
Bartlesville	City Compassion	539-357-6146	320 W Hensley Bartlesville OK 74003	Food Distribution Monday 2:00 PM - 7:00 PM Wednesday 9:00 AM - 2:00 PM Thursday 2:00 PM - 7:00 PM Beginning on 10/01/2025 you will be able to shop for food once a month. You must arrive 15 minutes prior to closing to check in and shop. Upcoming Holiday Closures: Thanksgiving - closed November 24-28, Christmas and New Years - closed December 22 - January 2
Bartlesville	Salvation Army/Bartlesville	918-336-6454	101 N Bucy Ave Bartlesville OK 74003	Food Distribution/Senior Program Monday 4:00 PM - 5:00 PM Tuesday 4:00 PM - 5:00 PM Wednesday 10:00 AM - 12:00 PM 4:00 PM - 5:00 PM Thursday 4:00 PM - 5:00 PM Friday 4:00 PM - 5:00 PM

Bartlesville	Salvation Army/Bartlesville	918-336-6454		Food Distribution Tuesday 9:00 AM - 12:00 PM 1:00 PM - 3:00 PM Friday 9:00 AM - 12:00 PM 1:00 PM - 3:00 PM
Bartlesville	New Life Food Pantry	918-336-6454	4700 Tuxedo Blvd Bartlesville OK 74006	Food Distribution Friday 3:00 PM - 6:00 PM Be prepared to provide a photo ID and proof of residency, such as a utility bill or lease agreement. It is also helpful to have a social security card for each child, if possible.
Beggs	Beggs United Methodist Church	918-508-0766	506 N Broadway Beggs OK 74421	Food Distribution Wednesday 10:00 AM - 12:00 PM (By Appointment)
Bixby	Bixby Community Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby OK 74008	Food Distribution Tuesday 8:30 AM - 3:30 PM Wednesday 8:30 AM - 3:30 PM Thursday 8:30 AM - 3:30 PM Guests are allowed to shop for food every 30 days.
Bixby	St Clements Community Outreach	918-366-3166	15501 S Memorial Dr Bixby OK 74008	Food Distribution Tuesday 9:00 AM - 11:00 AM Thursday 9:00 AM - 11:00 AM Saturday 9:00 AM - 10:00 AM (1st of Month)
Boley	Pleasant Hill Baptist Church	918-667-3392	13 N Pecan St Boley OK 74829	Food Distribution Friday 1:00 PM - 6:00 PM (3rd of Month)

Braggs	Master's Call Cowboy Church	918-487-5265	300 N Madden Ave Braggs OK 74423	Food Distribution Thursday 9:00 AM - 2:00 PM (2nd, 4th of Month)
Bristow	Bristow Social Services Inc.	918-367-5400	1705 S Chestnut Bristow OK 74010	Food Distribution Monday 8:00 AM - 3:00 PM Tuesday 8:00 AM - 3:00 PM Wednesday 8:00 AM - 3:00 PM Thursday 8:00 AM - 3:00 PM Friday 8:00 AM - 3:00 PM Contact to schedule an appt
Checotah	Checotah Methodist Mission	918-689-0277	419 W Gentry Checotah OK 74426	Food Distribution Tuesday 9:00 AM - 12:00 PM Thursday 9:00 AM - 12:00 PM
Checotah	Sycamores Community Church	918-285-0410	420103 E 1147 Rd Checotah OK 74426	Food Distribution
Chelsea	Senior Citizens of Chelsea	918-789-2326	618 Pine St Chelsea OK 74016	Food Distribution/Senior Program Monday 10:00 AM - 1:00 PM Wednesday 10:00 AM - 1:00 PM Friday 10:00 AM - 1:00 PM
Chelsea	People Community Center	918-244-5720	428099 E 270 Rd Chelsea OK 74016	Hot/Cold Meal Tuesday 11:00 AM - 1:00 PM Thursday 11:00 AM - 1:00 PM
Claremore	Grace United Methodist Church	918-923-2062; Tim McHugh	9472 E Hwy 20 Claremore OK 74019	Food Distribution Wednesday 2:00 PM - 6:00 PM (2nd, 4th of Month)
Claremore	Claremore First Methodist Church	918-341-4580	1615 N HWY 88 Claremore OK 74017	Food Distribution Tuesday 9:00 AM - 11:30 AM

				1:00 PM - 4:30 PM Thursday 9:00 AM - 11:30 AM 1:00 PM - 4:30 PM
Claremore	Claremore Meals on Wheels	Jmmvww@gmail.com	715 E McClellan Claremore OK 74018	Food Distribution Monday 8:00 AM - 11:00 AM (We serve all holidays EXCEPT Christmas) Wednesday 8:00 AM - 11:00 AM (We serve all holidays EXCEPT Christmas) Friday 8:00 AM - 11:00 AM (We serve all holidays EXCEPT Christmas)
Claremore	Claremore Meals on Wheels	918-342-2006		Hot/Cold Meal Program (Seniors Program) Monday 8:00 AM - 11:00 AM Wednesday 8:00 AM - 11:00 AM Friday 8:00 AM - 11:00 AM
Claremore	Blue Starr Church of Christ	918-341-0531	319 E Blue Starr Dr Claremore OK 74017	Food Distribution Wednesday 1:00 PM - 3:00 PM
Claremore	Claremore 7th Day Adventist Church	918-341-7873	20555 S 4170 Rd Claremore OK 74017	Food Distribution Wednesday 10:00 AM - 2:00 PM
Claremore	Good Samaritan Ministry	918-343-4357	715 S HWY 88 Claremore OK 74017	Food Distribution Tuesday 10:00 AM - 2:00 PM Thursday 10:00 AM - 2:00 PM
Cleveland	Cleveland Area Community Food Pantry	918-956-9707	365525 E HWY 64 Cleveland OK 74020	Food Distribution Tuesday 10:00 AM - 12:00 PM Friday 10:00 AM - 12:00 PM

Collinsville	Collinsville Church of Christ	918-371-4296	111 S 11th St Collinsville OK 74021	Food Distribution Wednesday 8:00 AM - 11:00 AM (1st, 3rd of Month)
Coweta	Abundant Rain Ministries	918-486-6788	12425 S 273rd E Ave Coweta OK 74429	Food Distribution Tuesday 9:00 AM - 12:00 PM (Will deliver) Friday 12:00 PM - 3:00 PM Saturday 9:00 AM - 5:00 PM (2nd of Month) Sunday 12:00 PM - 2:00 PM
Cushing	Cushing Community Food Pantry	918-225-4790	802 N Maitlen Dr Cushing OK 74023	Food Distribution Tuesday 8:30 AM - 10:00 AM (2nd and 4th Tuesday of the Month)
Cushing	Cushing Marketplace	918-248-6190	324 E Moses Cushing OK 74023	Food Distribution Wednesday 3:30 PM - 5:30 PM For a 1-person household, monthly income less than \$2,608. For a 2-person household, monthly income less than \$3,525. For a 3-person household, monthly income less than \$4,442. For a 4-person household, monthly income less than \$5,358.
Depew	Depew FBC	918-324-5381	519 5th St Depew OK 74028	Food Distribution Friday 3:00 PM - 4:00 PM
Depew	Depew FBC			Clothes Closet Saturday 9:00 AM - 12:00 PM

				(1st Week of Month)
Dewey	C.A.R.D. Seniors/Dewey	918-534-1270	301 E Angus Dewy OK 74029	Food Distribution for Seniors Monday 9:00 AM - 1:00 PM Tuesday 9:00 AM - 1:00 PM Wednesday 9:00 AM - 1:00 PM Thursday 9:00 AM - 1:00 PM Friday 9:00 AM - 1:00 PM
Dewey	Dewey United Methodist Church Bread of Life Food Pantry	918-534-2328	618 N Delaware Dewey OK 74029	Food Distribution
Drumright	First Baptist Church Drumright	918-352-2559	229 S Ohio Ave Drumright OK 74030	Food Distribution Thursday 9:00 AM - 11:00 AM (2nd of Month)
Drumright	First Baptist Church Drumright	918-352-2559		Food Distribution/Senior Program Tuesday 12:00 PM - 1:30 PM Wednesday 12:00 PM - 1:30 PM Thursday 12:00 PM - 1:30 PM
Eufaula	God's Helping Hands	918-689-1800	600 Border St Eufaula OK 74432	Food Distribution Monday 10:00 AM - 2:00 PM Wednesday 10:00 AM - 2:00 PM Friday 10:00 AM - 2:00 PM
Eufaula	Friendship Kitchen	918-689-1800	251 Matthews Lane Eufala OK 74432	Hot/Cold Meals Saturday 11:30 AM - 1:00 PM
Eufaula	Under One Roof	918-689-7505; kimlwoodruff@gmail.com	107 McKinley Ave Eufaula OK 74432	Food Distribution

Eufaula	Catholic Charities Rural Outreach / McIntosh Co	918-949-4673	502 S 6th St Eufaula OK 74432	Food Distribution Friday 11:00 AM - 1:00 PM (2nd of Month)
Fairfax	Catholic Charities Rural Outreach / Osage Co	918-949-4673	333 S 8th St Fairfax OK 74637	Food Distribution Tuesday 10:00 AM - 12:00 PM (Fairfax) (2nd of Month)
Foyil	Catholic Charities Rural Outreach / Rogers Co	918-740-0470	HWY 66 & Andy Payne Blvd Foyil OK 74017	Food Distribution Monday 10:00 AM - 12:00 PM
Glencoe	Glencoe United Methodist Church Food Pantry	580-669-2602	103 N Perry Glencoe OK 74032	Food Distribution Saturday 9:00 AM - 12:00 PM (2nd of Month)
Glenpool	Mercy Mission II	918-694-3840	114 E 147th St Glenpool OK 74033	Food Distribution Monday 12:00 PM - 4:00 PM Wednesday 12:00 PM - 4:00 PM Saturday 10:00 AM - 12:00 PM Glenpool and surrounding areas
Haskell	First Baptist Church Haskell	918-482-3225	1401 N Haskell Blvd Haskell OK 74436	Food Distribution Thursday 1:00 PM - 5:00 PM (2nd of Month)
Haskell	Ki Bois Community Action Center	918-967-9017	1007 E Main St. Stigler, OK 74462	Food Pantry Monday - Fri 9 AM - 4PM
Henryetta	Henryetta Church of Christ	918-652-4258	413 W Broadway Henryetta OK 74437	Food Distribution Thursday 8:00 AM - 12:00 PM (2nd of Month)
Hominy	Dividing Bread Ministry / Hominy	918-272-3923	102 E Main St Hominy OK 74035	Food Distribution Monday 11:00 AM - 2:00 PM
Kellyville	Coalition Church	918-807-3087	35 S Holly St Kellyville OK 74039	Food Distribution Saturday 10:30 AM - 12:00 PM (3rd of Month)
Ketchum	Ketchum Senior Citizens Center	918-782-3221	124 E Broadway Ketchum OK 74349	Food Distribution/Senior Program

				Monday 11:30 AM - 12:30 PM Tuesday 11:30 AM - 12:30 PM Wednesday 11:30 AM - 12:30 PM
Ketchum	Grand Nation Inc. - Ketchum	918-915-1439	343 E Ealum Ave Ketchum OK 74349	Food Distribution Monday 1:00 PM - 4:00 PM Wednesday 1:00 PM - 4:00 PM
Langley	Grand Lake Community Ministry	918-906-3253	268 W Broadway Langley OK 74350	Food Distribution Tuesday 9:30 AM - 11:30 AM Friday 9:30 AM - 11:30 AM
Latimer	Ki Bois Community Action Center	918-465-3381	309 W Main Wilburton, OK 74578	Food Pantry Monday - Fri 9 AM - 4PM
LeFlore	Ki Bois Community Action Center	918-647-3267	1219 Kerr Ave Poteau, OK 74953	Food Pantry Monday - Fri 9 AM - 4PM
Locust Grove	111 E. Main St; Ministerial alliance of Locust Grove, OK, Inc.	918-479-4017; malgfoodpantry@gmail.com	PO Box 125 Locust Grove OK 74532	Food Distribution
Mannford	Freedom Hill Baptist Church	918-576-9053	9914 State HWY 48 Mannford OK 74044	Food Distribution Sunday 1:00 PM - 3:00 PM (2nd, 4th of Month)
Mounds	Triumph Worship Center	918-827-6511	2125 W 181st St Mounds OK 74047	Food Distribution Tuesday 2:00 PM - 6:30 PM (1st of Month)
Muskogee	Freedom Ministries of Muskogee	918-221-9959	2411 W Okmulgee Muskogee OK 74401	Food Distribution Friday 6:00 PM - 8:00 PM (2nd, 3rd, 4th of Month)
Muskogee	Faith Love Community Outreach	918-616-3468	1208 Tamaroa Muskogee OK 74403	Food Distribution Wednesday 4:00 PM - 5:00 PM
Muskogee	Joseph's Storehouse	918-577-6288	615 S Main St Muskogee OK 74401	Food Distribution Monday 10:00 AM - 1:00 PM

Muskogee	MCM Community Food Pantry	mfoodp2021@gmail.com	600 E Broadway Muskogee OK 74403	Food Distribution Monday 1:00 PM - 3:00 PM Tuesday 1:00 PM - 3:00 PM Wednesday 1:00 PM - 3:00 PM Thursday 1:00 PM - 3:00 PM 4:00 PM - 6:00 PM
Muskogee	Bacone College Warrior Food Pantry		2299 Old Bacone Rd Muskogee OK 74403	Food Distribution Monday 9:00 AM - 4:00 PM Tuesday 9:00 AM - 4:00 PM Wednesday 9:00 AM - 4:00 PM Thursday 9:00 AM - 4:00 PM Friday 9:00 AM - 4:00 PM Food for students in Need; Might be closed?
Muskogee	Salvation Army/Muskogee	918-682-3384	700 Independence St Muskogee OK 74401	Food Distribution Tuesday 1:00 PM - 4:00 PM Wednesday 1:00 PM - 4:00 PM Thursday 1:00 PM - 4:00 PM
Muskogee	Catholic Charities / Muskogee	918-681-6115	1220 W Broadway Muskogee OK 74401	Food Distribution Monday 9:00 AM - 12:00 PM Tuesday 9:00 AM - 12:00 PM Wednesday 9:00 AM - 12:00 PM Thursday 9:00 AM - 12:00 PM Friday 9:00 AM - 12:00 PM
Nowata	Living Word Family Church	918-273-1208	225 S Ash Nowata, OK 74048	Food Distribution Tuesday 10:00 AM - 12:00 PM (3rd Tuesday) 1:00 PM - 2:00 PM (3rd Tuesday)

				Thursday 4:30 PM - 6:30 PM (3rd Thursday)
Ochelata	Matoaka Baptist Food Pantry	918-397-0070	24660 N 3940 Rd Ochelata OK 74051	Food Distribution Wednesday 4:00 PM - 6:00 PM
Okemah	Okfuskee Community Cupboard	918-623-0265	202 N 3rd St Okemah OK 74859	Food Distribution Tuesday 9:00 AM - 11:45 PM (1st of Month)
Okemah	New Age Project of Okemah	918-623-2660	124 S 3rd St Okemah OK 74859	Hot/Cold Meal Monday 10:00 AM - 2:00 PM (Lunch) Tuesday 10:00 AM - 2:00 PM (Lunch) Wednesday 10:00 AM - 2:00 PM (Lunch) Thursday 10:00 AM - 2:00 PM (Lunch) Friday 10:00 AM - 2:00 PM (Lunch)
Okemah	Saint Teresa Catholic Church	918-625-3445 Revrobertduck@gmail.com	718 W Broadway Okemah OK 74859	Food Distribution Friday (Come early to take your place in the line of vehicles) 9:00 AM - 12:00 PM (3rd Week of Month)
Okemah	Okfuskee County Mobile Food Pantry Distribution	Revrobertduck@gmail.com	718 W Broadway Okemah OK 74859	Food Distribution Friday 9:00 AM - 12:00 PM (3rd of Month)
Okmulgee	Jubilee Christian Center	918-756-5338	12430 N 230 Rd Okmulgee OK 74447	Food Distribution Wednesday 1:00 PM - 2:30 PM
Okmulgee	OSU IT (Pete's Pantry)	918-293-4667	1801 E 4th ST Okmulgee OK 74447	Food Distribution for students Student ID
Okmulgee	Deep Fork Community Action Foundation	918-752-0822	223 W 6th ST Okmulgee OK 74447	Food Distribution Tuesday 10:00 AM - 2:00 PM Wednesday 10:00 AM - 2:00 PM

				Please submit an Intake Form by downloading the Excel document to sign up for our services.
Okmulgee	The Refuge Church Okmulgee	918-716-8467 OR 918-756-2442	1206 W 5th St Okmulgee OK 74447	Food Distribution Tuesday 9:00 AM - 2:00 PM Wednesday 9:00 AM - 2:00 PM Thursday 9:00 AM - 2:00 PM
Okmulgee	First United Methodist Church Okmulgee	918-756-6083	302 S Seminole Okmulgee OK 74447	Food Distribution Wednesday 10:00 AM - 2:00 PM Thursday 10:00 AM - 2:00 PM
Oologah	Oologah United Methodist Ch.	918-443-2457	5834 E 410 Rd Oologah OK 74053	Food Distribution Monday 10:00 AM - 2:00 PM Monday 5:00 PM - 7:00 PM (3rd Week of Month) Tuesday 12:30 PM - 1:30 PM (2nd Week of Month)
Owasso	Owasso Community Resources	918-272-4969	109 N Birch Ste 109 Owasso OK 74055	Food Distribution Monday 11:00 AM - 2:00 PM Tuesday 11:00 AM - 2:00 PM Wednesday 11:00 AM - 2:00 PM Thursday 11:00 AM - 2:00 PM Friday 11:00 AM - 2:00 PM
Owasso	Neighbors in Need	918-949-5291	708 N Main Owasso OK 74055	Food Distribution Tuesday 8:30 AM - 10:30 AM We allow our clients to come in once every three months to receive

				perishable food, pre-bagged, non-perishable food, and their choice of three household items (such as soap, shampoo, toothbrushes, etc.). Once they are in our system, we will allow them to come in once a month for perishable goods. We serve the Owasso, Skiatook, Collinsville, Sperry, and Oologah areas.
Owasso	The Mission Center	918-516-6638	11341 N Garnett Rd Owasso OK 74055	Food Distribution Monday 11:00 AM - 3:00 PM Tuesday 11:00 AM - 3:00 PM Tuesday 6:30 PM - 8:00 PM (3rd of Month) Wednesday 11:00 AM - 3:00 PM Thursday 11:00 AM - 3:00 PM Special Hours Nov 26, 2025, CLOSED Closed for Thanksgiving Nov 27, 2025, OPEN 11:00 AM - 1:00 PM Community Wide Thanksgiving Dinner Nov 27, 2025, CLOSED Closed for Thanksgiving Dec 22, 2025, CLOSED Closed for Christmas Dec 23, 2025, CLOSED

				Closed for Christmas Owasso and surrounding areas
Pawhuska	PRESBYTERIAN DISCIPLES CHURCH	918-287-4040	101 E 12th St Pawhuska, OK 74056	Food Distribution/Mobile Food Pantry Food Pantry: Tue,Thu 9:30am-11:30am; Located at 115 E 6th St. Mobile Food Pantry: 3rd Thu each month 12 noon-1pm at Pawhuska Elks Lodge,187 Elks Lodge Rd
Pawhuska	Help Works, Inc.	918-287-1588	219 Lincoln Pawhuska OK 74056	Food Distribution Monday 9:00 AM - 3:00 PM Tuesday 9:00 AM - 3:00 PM Wednesday 9:00 AM - 3:00 PM Thursday 9:00 AM - 3:00 PM Friday 9:00 AM - 3:00 PM
Pawhuska	Christ's Cupboard/Pawhuska	918-287-4040	113 E 6th St Pawhuska OK 74056	Food Distribution Tuesday 9:30 AM - 11:00 AM Wednesday 6:00 PM - 7:00 PM Thursday 9:30 AM - 11:00 AM
Pawhuska	Pawhuska Backpack		113 E 6th St Pawhuska OK 74056	Food Distribution/Backpack Program Friday 2:00 PM - 3:00 PM
Pawhuska	City Church Pawhuska	918-335-7777 x 115	1225 Virginia Short St Pawhuska OK 74056	Food Distribution Contact for dates and times of drive thru giveaway; Drive through model on Tuesdays beginning at

				5:30pm typically the 2nd and 4th Tuesday. Please contact for specific dates and details.
Pawnee	Pawnee Ministerial Alliance	918-762-3669	720 6th St Old Head Start Building Pawnee OK 74058	Food Distribution Tuesday 5:00 PM - 6:30 PM (2nd, 4th of Month)
Perkins	4 Kids and Community	405-547-2663	PO Box 13 Perkins OK	Food Distribution Monthly community meals in the Perkins-Tryon district.
Porter	Kingdom Life Community Church	918-483-3111	130 N Main St Porter OK 74454	Food Distribution Monday 9:00 AM - 12:00 PM (Will deliver) Tuesday 9:00 AM - 12:00 PM Wednesday 9:00 AM - 12:00 PM Thursday 9:00 AM - 12:00 PM Friday 9:00 AM - 12:00 PM
Prue	Prue Area Multipurpose Senior Citizens Club	918-242-3640	207 Wah Gra See Way Prue OK 74060	Food Distribution Tuesday 7:00 AM - 12:00 PM Wednesday 7:00 AM - 12:00 PM Thursday 7:00 AM - 12:00 PM
Pryor	Catholic Charities Rural Outreach / Mayes Co	918-949-4673	6789 HWY 69 Pryor OK 74361	Food Distribution Tuesday 3:00 PM - 5:00 PM (4th of Month)
Pryor	Pryor Ministries Center	918-824-1128	15 SW 3rd St Pryor OK 74361	Food Distribution/Clothin g Monday 12:00 PM - 3:00 PM (3rd M of month also open 4- 7pm) Wednesday 12:00 PM - 3:00 PM

				Friday 12:00 PM - 3:00 PM
Pryor	Northstar Storehouse		1700 N HWY 69 Pryor OK 74361	Food Distribution Tuesday 10:00 AM - 2:00 PM (Every Tuesday) Wednesday 6:00 PM - 8:00 PM (3rd Wednesday of the Month) Thursday 10:00 AM - 2:00 PM (Every Thursday) Just an ID. We do not require additional documentation to receive food. No one will be refused food.
Ripley	Ripley Marketplace	405-296-0015	113 S Morton Ripley OK 74062	Food Distribution Thursday 3:00 PM - 5:00 PM
Sand Springs	Tulsa Tech Sand Springs Campus		924 E Charles Page BLVD SS OK 74063	Food Distribution for students For students
Sand Springs	MatterMart	918-512-1486	4010 S 113th W Ave SS OK 74063	Food Distribution Monday 10:00 AM - 2:00 PM Wednesday 10:00 AM - 2:00 PM Friday 5:00 PM - 8:00 PM (By Appointment Only)
Sand Springs	MatterMart	918-512-1486	4011 S 113th W Ave SS OK 74063	Resource Referrals Monday 10:00 AM - 2:00 PM (1st, 2nd, 3rd, 4th Week of Month) Wednesday 10:00 AM - 2:00 PM (1st, 2nd, 3rd, 4th Week of Month) Friday 5:00 PM - 8:00 PM (By Appointment Only)

				(1st, 2nd, 3rd, 4th Week of Month)
Sand Springs	Church that Matters	918-512-1486	3 W 41st St SS OK 74063	Food Distribution Thursday 10:00 AM - 12:00 PM (Every Thursday)
Sand Springs	CrossPoint	918-245-2434	4600 S 129th West Ave SS OK 74063	Food Distribution Monday 8:00 AM - 3:00 PM Tuesday 8:00 AM - 3:00 PM Wednesday 8:00 AM - 3:00 PM Thursday 8:00 AM - 3:00 PM Friday 10:00 AM - 11:00 PM Please bring a photo ID when you come to pick up your food; Appointments are on a first-come-first-serve basis; Appointment schedule will be open two weeks in advance. At this time, you may book one appointment per month. We encourage everyone to also participate in our Friday Food Share distribution that takes place on the 3rd Friday of every month.
Sapulpa	Allen Free Will Baptist Church	918-224-7744	7001 S HWY 97 Sapulpa OK 74066	Food Distribution Thursday 6:00 PM - 7:00 PM (2nd of Month) Saturday 2:00 PM - 3:00 PM
Sapulpa	First Presbyterian Church Sapulpa, Neighbor's Table	918-224-1022	111 S Oak St Sapulpa OK 74066	Food Distribution Thursday 3:00 PM - 7:00 PM

				(1st, 3rd of Month)
Sapulpa	First Baptist Church Sapulpa	918-224-4100	200 S Elm St Sapulpa OK 74066	Food Distribution Tuesday 11:00 AM - 2:00 PM
Sapulpa	Caring Community Friends	918-224-6464	12 W Birmingham Ave Sapulpa OK 74066	Food Distribution (Choice Pantry) Monday (Must Call for Appt. 918-224-6464 (Phone lines open at 9AM)) 9:30 AM - 4:30 PM Wednesday (Must Call for Appt. 918-224-6464 (Phone lines open at 9AM)) 9:30 AM - 4:30 PM Thursday (Must Call for Appt. 918-224-6464 (Phone lines open at 9AM)) 9:30 AM - 4:30 PM Friday 9:30 AM-4:30 PM(Must Call for Appt. 918-224-6464 (Phone lines open at 9AM)) Requirements: Photo ID & Proof of Residence (Free to residents living in Sapulpa, Kellyville, Kiefer and Eastern Creek Co.)
Sapulpa	Caring Community Friends	918-224-6464	13 W Birmingham Ave Sapulpa OK 74066	Food Distribution (Fresh Pass) Monday 10:00 AM - 4:00 PM (closed for major holidays) Wednesday 10:00 AM - 4:00 PM (closed for major holidays) Thursday 10:00 AM - 4:00 PM (closed for major holidays) Friday 10:00 AM - 4:00 PM (closed for major holidays)

Sapulpa	Lifegate Freedom Recovery Ministries	918-512-6273	11680 S 153rd West Ave Sapulpa OK 74066	Food Distribution Friday 9:00 AM - 4:00 PM
Skiatook	Heaven Sent	918-396-1973	1500 S Osage Skiatook OK 74070	Food Distribution Thursday 1:00 PM - 4:30 PM
Skiatook	Catholic Charities Rural Outreach / Osage Co	918-949-4673	100 W 5th St Skiatook OK 74070	Food Distribution Friday 10:00 AM - 12:00 PM (4th of Month)
Sperry	Cornerstone Church	918-274-3918	7770 N Whirlpool Dr Sperry OK 74073	Hot/Cold Meal Program Tuesday 10:00 AM - 12:00 PM
Sperry	Cornerstone Church	918-274-3918		Food Distribution Sunday 12:30 PM - 2:00 PM
Sperry	Dividing Bread Ministry / Sperry	918-272-3923	217 S First St Sperry, OK 74073	Food Distribution Monday 5:00 PM - 7:00 PM Thursday 11:00 AM - 2:00 PM
Stillwater	Mehan Union Church	918-743-2097	8300 E 68th St Stillwater OK 74074	Food Distribution Food distribution Saturday following the first Tuesday of the month 9 am - 11 am
Stroud	Stroud Food Pantry	918-987-0210	211 N 3rd Ave Stroud OK 74079	Food Distribution Tuesday 9:00 AM - 12:00 PM (2nd of Month)
Tahlequah	Zoe Institute	918-453-9778	309 S Muskogee Ave Tahlequah OK 74464	Food Distribution Tuesday 9:00 AM - 1:00 PM Thursday 9:00 AM - 1:00 PM A voucher for the warehouse must be obtained from the Zoe Institute office. Our main office is temporally closed but you can see us at our second location. 407 Daisy

				Drive Unit A, Tahlequah. We are open 8 am until 5 pm Monday through Friday.
Tahlequah	Care Food Pantry, Inc.	918-458-5338	315 N Oak St Tahlequah OK 74464	Food Distribution Monday 10:00 AM - 12:30 PM Wednesday 10:00 AM - 12:30 PM Friday 10:00 AM - 12:30 PM Now visit EVERY 30 DAYS.
Tahlequah	Feed My Sheep	813-919-9500	301 W Delaware St Tahlequah OK	Hot/Cold Meal Thursday 5-6 PM
Vinita	White Oak Baptist Church	918-244-0508	123 N Jones St Vinita OK 74301	Food Distribution Wednesday 2:00 PM - 8:00 PM Sunday 9:00 AM - 12:00 PM
Vinita	White Oak Baptist Church	918-244-0508		Hot/Cold Meal Wednesday 2:00 PM - 8:00 PM Sunday 9:00 AM - 12:00 PM
Vinita	First United Methodist Church Vinita	918-256-5727	314 W Canadian Vinita OK 74301	Food Distribution Thursday 10:00 AM - 12:00 PM 6:00 PM - 7:00 PM
Vinita	Craig County Neighbors Helping Neighbors	918-713-8088	204 W Sequoyah Vinita OK 74301	Food Distribution Monday 10:00 AM - 2:00 PM Wednesday 10:00 AM - 2:00 PM Friday 10:00 AM - 2:00 PM
Vinita	Family Praise Center	918-256-6530	330 W Dwain Willis Ave Vinita OK 74301	Food Distribution Monday 9:00 AM - 3:00 PM (By Appointment) Tuesday 9:00 AM - 3:00 PM (By Appointment)

				Wednesday 9:00 AM - 3:00 PM (By Appointment) Thursday 9:00 AM - 3:00 PM (By Appointment)
Wagoner	Wagoner Community Outreach	918-521-0890	700 SW 13th St Wagoner OK 74467	Food Distribution Thursday 4:30 PM - 6:00 PM (Will deliver) (4th of Month) Every 30 days
Wagoner	Catholic Charities Rural Outreach / Wagoner Co	918-949-4673	708 SW 15th St Wagoner OK 74477	Food Distribution Thursday 10:00 AM - 12:00 PM (4th of Month)
Wagoner	Wagoner Area Neighbors	918-485-2309	100 NE 8th St Wagoner OK 74467	Food Distribution Monday 8:30 AM - 12:00 PM Tuesday 1:00 PM - 3:00 PM Wednesday 8:30 AM - 12:00 PM Thursday 1:00 PM - 3:00 PM Friday 8:30 AM - 12:00 PM Provides fresh produce and bakery from Walmart Monday through Friday. Each household may get one bag of produce Emergency food order once every 30 days including ensure for seniors

FOOD RESOURCES – TRIBAL NATION FOOD DISTRIBUTION				
County	Provider	Contact Numbers	Location	Service Info
Collinsville	CHEROKEE NATION - HUMAN SERVICES	918 371-4082	1101 N 12th St Collinsville, OK 74021	Food Distribution Must reside in service area, meet income guidelines,

				and at least one person residing in household must be a member of a federally recognized tribe.
Antlers	Choctaw Nation-Antlers Food Distribution Center	580-642-2036	306 SW O St Antlers OK 74523	Food Distribution One member of household must have CDIB or tribal membership card from any federally recognized tribe Copy of SSN card for all household occupants Employment verifications for all household members who are age 18 years or older (retirement, TANF, unemployment benefits, workers compensation, social security benefits, SSI, DHS, or child support received). If self-employed, a copy of signed and dated income tax return must be included. Address verification, such as a utility bill, lease agreement or rent
Broken Bow	Choctaw Nation-Broken Bow Food Distributions Center	580-642-2076	1409 S Chahta Rd Broken Bow OK 74728	Food Distribution " "
Durant	Choctaw Nation-Durant Food Distribution Center	580-924-7773	2352 Big Lots Pkwy Durant OK 74701	Food Distribution " "
McAlester	Choctaw Nation-McAlister Food Distribution Center	918-420-5716	3244 Afullota Hina McAlester OK 74501	Food Distribution " "

Poteau	Choctaw Nation- Poteau Food Distribution Center	918-649-0431	106 B St Poteau OK 74953	Food Distribution " "
Tahlequah	CHEROKEE NATION - HUMAN SERVICES	918-453-5422	17675 S Muskogee Ave Tahlequah OK	Food Distribution Tribal card, CDIB, Residential Verification, Verification of income, Verification of Identity
Hominy	Osage Nation Food Distribution Program	918-287-5428	20 Sun Avenue, Hominy, OK 74035	Food Distribution Monday through Friday, 8:00 am – 4:30 pm, and we are closed for the last two (2) days of each month to perform inventory and reporting.
Ponca City	Ponca Tribe of Indians of Oklahoma	580-762-3443	222 White Eagle Drive Ponca City, OK 74601	Food Distribution Monday - Friday, 8:00am to 11:30am and 1:00pm to 4:00pm - The first three (3) working days of each month we are closed to the public for our Tailgate Days. - The last two (2) working days of each month we are closed to the public to complete inventory. - The second Wednesday of each month we will close all day to receive our multi-food shipment of food items; Home Deliveries: Our home deliveries are completed on the 15th of each month, or the Monday or Friday closest to the 15th if

				the 15th falls on a Saturday or Sunday. The areas services can be provided include Kay County, Noble County, Grant County, Garfield County and the northern portions of Payne & Logan counties with highway 33 being our boundary line. We cannot go into cities where there is a population of 10,000 and more which currently excludes the cities of Ponca City, Stillwater and Enid.
Jay	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - JAY	918-253-8279	1501 Industrial Parkway Rd Jay OK 74346	Food Distribution Mon-Fri 8am-4pm (Closed lunch 12 noon-1pm) Walk ins accepted CDIB card, Proof of income, paycheck stub, proof of residence; Adair County, Cherokee County, Craig County, Delaware County, Mayes County, McIntosh County, Muskogee County, Nowata County, Ottawa County, Rogers County, Sequoyah County, Tulsa County (excluding Tulsa City limits), Wagoner County, Washington County

Nowata	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - NOWATA	918-273-0050	1018 Lenape Dr Nowata OK 918- 273-0500	Food Distribution Mon-Fri 8am-4pm (Closed lunch 12 noon-1pm)
Salina	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - SALINA	918-434-8402	904 N Owen Walters Blvd	Food Distribution Mon-Fri 8am-4pm (Closed lunch 12 noon-1pm)
Sallisaw	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - SALLISAW	918-775-1220	3400 W Cherokee Ave Sallisaw OK	Food Distribution Mon-Fri 8am-4pm (Closed lunch 12 noon-1pm)
Stillwell	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - STILWELL	918-696-5171	470512 E 868 Rd Stillwell OK 74960	Food Distribution
Vinita	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION CENTER - VINITA	918-323-4335	27469 S 4410 Rd Vinita OK 74301	Food Distribution Tue-Thu 8am-4pm (Closed lunch 12 noon-1pm); closed last three business days each month.
Okmulgee	MUSCOGEE (CREEK) NATION - FOOD DISTRIBUTION CENTER	918 549-2401	3001 N Wood Dr Okmulgee, OK 74447	Food Distribution Mon-Fri 9am-4pm *No food distributed last two working days of each month. *
Coweta	MUSCOGEE (CREEK) NATION - FOOD DISTRIBUTION CENTER - KOWETA	918-549-2412	31830 E State Highway 51 Coweta, OK 74429	Food Distribution Mon-Fri 9am-4pm *No food distributed last two working days of each month. *
Wetumka	MUSCOGEE (CREEK) NATION - FOOD DISTRIBUTION CENTER - WETUMKA	405-452-1175	614 Spokoke Cir Wetumka, OK 74883	Food Distribution
Collinsville	CHEROKEE NATION - HUMAN SERVICES - FOOD DISTRIBUTION	918-371-4082	1101 N 12th St Collinsville, OK 74021	Food Distribution Tue-Fri 8am-4pm (Closed lunch 12 noon-1pm)

	CENTER - COLLINSVILLE			
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FOOD RESOURCES – OKLAHOMA CITY METRO				
County	Provider	Contact Numbers	Location	Service Info
Oklahoma City	50th Street Church of Christ	405-789-8843	6035 NW 50th St Oklahoma City OK 73122	
Oklahoma City	Avery Chapel AME Church	405-424-3331	1425 N Kelham Ave Oklahoma City OK 73117	
Oklahoma City	Baptist Mission Center	405-235-6162	2125 Exchange Ave Oklahoma City OK 73108	
Oklahoma City	Bethel Foundation	405-286-3700	13003 N Western Ave Oklahoma City OK 73114	Register online and bring photo ID
Oklahoma City	Bible Methodist Church	405-632-2060	5801 S Douglas Ave Oklahoma City OK 73109	
Oklahoma City	Billy Hooton Indian United Methodist Church	405-831-9184	2444 NW 1st Terr Oklahoma City OK 73107	
Oklahoma City	Bonnie’s Helping Hands	405-774-9097	1031 NE 36th Oklahoma City OK 73111	Seniors 60 + who are handicapped and disabled
Oklahoma City	BritVil Community Food Pantry	405-842-1275	8717 N Western Ave Oklahoma City OK 73114	We only serve zip codes 73105, 73114, 73120, 73131. First time visitors should bring a photo ID, and proof of address. Save time, bring a completed registration form with you or fill one out when you arrive. (English, Spanish). We cannot accept new clients after 10:30am

Oklahoma City	Care for OKC	405-232-4255	1201 N Robinson Ave Oklahoma City OK 73103	Monday evenings from 4:00 pm - 6:00pm. Clients must arrive before 6:00pm for us to have adequate time to serve you! 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).
Oklahoma City	Catholic Charities Archdiocese of Oklahoma City	405-523-3000	1232 N. Classen Blvd. Oklahoma City OK 73106	Walk in services
Oklahoma City	Ceili Community Store	405-537-1946	4409 S County Line Rd Suit A Oklahoma City OK 73179	
Oklahoma City	Christian Service Center	405-236-5956	115 SW 24th Oklahoma City OK 73109	
Oklahoma City	Church of the Living God	405-248-6863	3520 N Kelley Ave Oklahoma City OK 73111	
Oklahoma City	Church of the Open Arms	405-525-9555	3131 N Pennsylvania Ave Oklahoma City OK 73112	
Oklahoma City	City Reach	405-728-7700; ben@cityreachokc.com	7700 N Council Rd Oklahoma City OK 73132	
Oklahoma City	Cole Community Center Resource Hub	405-418-7636	4400 NW Expressway Oklahoma City OK 73116	
Oklahoma City	Community Action Agency of South Oklahoma City	405-232-0199	1621 SW 15th St Oklahoma City OK 73108	Open the 2nd Thursday every month from 8:00 a.m. – 2:00 p.m.

				If you are in need of food outside of these hours, please call Central Office at (405) 232-0199 and ask for Community Services.
Oklahoma City	Community Action Agency of Valley Brook	405-232-0199	6309 S Camille Oklahoma City OK 73146	Open the 3rd Thursday every month from 8:00 a.m. – 2:00 p.m.
Oklahoma City	Corpus Christi Catholic Church	405-245-0721	1616 N Kelley Ave Oklahoma City OK 73117	
Oklahoma City	Council Road Baptist Church	405-789-3175	2900 N. Council Rd Bethany OK 73008	
Oklahoma City	Covenant Church	405-582-0595	2800 S Goff Ave Oklahoma City OK 73111	
Oklahoma City	Crossings Mayfair Food Pantry	405-755-2227	2340 NW 50th St Oklahoma City OK 73112	73103, 73106, 73107, 73112, 73114, 73118, 73116, and 73120. Households living in these zip codes may be served one time each month after providing required documentation and completing the application process. Households from other zip codes will be referred to pantries serving their zip code, or to other agencies that can help. Call the Regional Food Bank at (405) 972-1111 or visit their

				website for a list of available pantries.
Oklahoma City	Crossover Church Outreach Center	405-824-7070	5112 S Blackwelder Ave Oklahoma City OK 73119	
Oklahoma City	Entrepreneur School for Kids	405-900-6701	4520 S Bryant Ave Oklahoma City OK 73135	Weekly and monthly food and hygiene community giveaways Elimination of food and hunger within the 73135 community and surrounding areas.
Oklahoma City	Exchange Ave Baptist Church	405-232-2551	1312 S Pennsylvania Ave Oklahoma City OK 73108	
Oklahoma City	Fairview Baptist Church	405-232-2621	1700 NE 7th St Oklahoma City OK 73117	
Oklahoma City	Grace Rescue Mission	405-235-6162	2205 Exchange Ave Oklahoma City OK 73108	
Oklahoma City	Graceway Baptist Church	405-691-1934	1301 SW 22nd St. Oklahoma City OK 73108	
Oklahoma City	Greater Mt. Olive Baptist Church	405-424-2186	1020 NE 42 St Oklahoma City OK 73111	
Oklahoma City	Guild of St. George	405-232-2266	117 NW 7th St. Oklahoma City Ok 73102	
Oklahoma City	Hilltop Assembly of God	405-677-8567	419 SE 47th St Oklahoma City OK 73128	
Oklahoma City	Homeless Alliance Day Shelter	405-415-8410	1724 NW 4th St Oklahoma City OK 73105	
Oklahoma City	ICNA Relief Pantry	405-404-1132	3840 N St Clair Oklahoma City OK 73112	EVERY SUNDAY HOURS: 11:00 AM – 1:00 PM
Oklahoma City	Iglesia Bautista Central Food Pantry	405-697-1440	14401 N May Ave Oklahoma City OK 73134	

Oklahoma City	Infant Crisis Services	405-528-3663	4224 N Lincoln Blvd Oklahoma City OK 73105	Eligible age: birth – fourth birthday Services are provided up to four times each calendar year. Each visit must be at least a week apart. If possible, please make an appointment before visiting.
Oklahoma City	Joe’s Addiction	405-465-4067	1725 SE 59th St Oklahoma City OK 73129	
Oklahoma City	Lazarus Community		5808 NW 23rd St Oklahoma City OK 73127	Closed; last day of operation is 11/10/2025
Oklahoma City	Light and Salvation Church	405-924-3951	3508 Newcastle Rd Oklahoma City OK 73119	
Oklahoma City	New Covenant Christian Food Pantry	405-306-3102	12000 N Rockwell Ave Oklahoma City OK 73162	Join us every Thursday afternoon at 1:00 pm for our Drive-thru Food Pantry, where we provide essential groceries to the community.
Oklahoma City	New Life Church	405-596-9343	4121 SE 59th St Oklahoma City OK 73135	
Oklahoma City	OKC Dream Center	405-634-2615	2212 SW 55th St Oklahoma City OK 73119	Shoppers may shop for food once per month through either the weekly emergency food pantry or the monthly Saturday Drive-Thru/Walk-Up distribution; All shoppers must show ID and proof of household members as well as complete the Link

				2 Feed intake process *At each visit* to the weekly before shopping
Oklahoma City	Olivet Community Cart	405-235-4696	1201 NW 10th St Oklahoma City OK 73106	The Cart is open every Thursday from 10 am to Noon.
Oklahoma City	Penn Ave Redemption United Methodist Church	405-528-0963	1320 N Pennsylvania Ave Oklahoma City OK 73107	
Oklahoma City	Pivot	405-235-7537	201 NE 50th St Oklahoma City OK 73105	
Oklahoma City	Reaching Our City Food Pantry	405-440-9994	7710 NW 10th St Oklahoma City OK 73127	
Oklahoma City	Restoration Worship Center	405-620-4786	4004 Jones Blvd Oklahoma City OK 73135	
Oklahoma City	Saint James Episcopal Church	405-682-3405	8400 S Pennsylvania Ave Oklahoma City OK 73159	
Oklahoma City	Saint James Food Bank	405-445-7610	1331 SW 59th St Suite B Oklahoma City OK 73119	
Oklahoma City	Saint John Missionary Baptist Church	405-642-3995	5700 N Kelley Ave Oklahoma City OK 73111	
Oklahoma City	Salvation Army Client Choice Food Pantry	405-246-1060	1001 N Penn Ave Oklahoma City OK 73107	The pantry is open to the public and provides food once every 30 days. You may need to bring proof of residency and a photo ID or Social Security card.
Oklahoma City	Salvation Army Kitchen	405-246-1060	1001 N Penn Ave Oklahoma City OK 73107	

Oklahoma City	Seventh-day Adventist Church South	405-642-4481	3215 S Kentucky Ave Oklahoma City OK 73119	
Oklahoma City	Sister BJ's Pantry	405-837-7068	819 NW 4th St Oklahoma City OK 73103	Saturday -7-9am (Closed 1st Saturday of the Month)
Oklahoma City	Skyline Urban Outreach Food & Resource Center	405-601-8907	500 SE 15th St Oklahoma City OK 73129	Food Resource Center Store Monday: 1pm-5pm Tuesday: 10:30am-2pm Wednesday: 1pm-4pm Thursday: 10:30am-2pm Friday: 9am-noon 3rd Saturday of the Month: 9:00am-11:30am Mobile Pantry Dates vary, view the Skyline Calendar To contact the FRC, call (405) 601-8907
Oklahoma City	Springing Families Forward	405-601-4565	3120 NE 28th Suite 204 Oklahoma City OK 73105	
Oklahoma City	The Urban Mission Food & Resource Center	405-946-1556	3737 N Portland Ave Oklahoma City OK 73112	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.
Oklahoma City	Thrive Community Church	405-535-9298	4802 N Western Ave Oklahoma City OK 73118	
Oklahoma City	Trinity Baptist Church	405-528-6327	1329 NW 23rd St Oklahoma City OK 73106	

Oklahoma City	TrueSky Credit Union-New Bethel Baptist Church Food Pantry	405-427-2171	1844 E Madison Oklahoma City OK 73111	
Oklahoma City	Tulakes Food Center	405-889-1007	7202 A Lyrewood Ln Oklahoma City OK 73132	
Oklahoma City	Voice of Hope Seventh-day Adventist Church Food Pantry	405-795-6811	3300 NE 23rd St. Oklahoma City OK 73117	
Oklahoma City	Wildewood Christian Food Pantry	405-478-0781	6900 N Kelley Ave Oklahoma City OK 73111	

FOOD RESOURCES – HELPFUL LINKS & STATEWIDE HELP

Statewide and regional food-finding tools. Type or paste a link into a web browser or dial 2-1-1 for the Oklahoma 211 helpline.

<https://okfoodbank.org/tulsa-county/>

<https://guides.library.tulsacc.edu/studentresources/food>

211EOK

<https://www.muscogeenation.com/2025/11/06/foodrelief25/>

<https://okika.quapawnation.com/Forms/SNAPSupplementApp>

<https://www.cityoftulsa.org/utilities>

Local Mexican restaurants offering one free kids' meal a day during pause of SNAP benefits | News | fox23.com

<https://www.tulsa-harvesthouse.org/need-help>

<https://www.regionalfoodbank.org/get-help/>

<https://okfoodbank.org/osage-county/>

Thanksgiving: Where to Find Free Meals in Tulsa

<https://www.resilientpaynecounty.org/food>

https://www.foodpantries.org/li/ok_74128_oklahoma-family-empowerment-center

PAIN MANAGEMENT				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Advanced Pain Management of Tulsa	918-901-9701	9320 S. Mingo RD. Tulsa, OK 74133	Pain management specialist
Tulsa	Dr. Ciolac OU Tulsa	918-619-4600	OU Physicians 1111 S St Louis Ave Tulsa OK 74120	Pain management specialist

RESPITE CARE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	A New Leaf	918-451-1491	2306 S First Pl Broken Arrow, OK 74012	Provides respite care for individuals with developmental disability
ALL	Advantage Program Medically Fragile	https://oklahoma.gov/ohca/individuals/programs/medically-fragile.html 800-435-4711 Email: CAP.MedicallyFragileWaiver@okdhs.org	----	Home community alternative to hospital/skilled nursing
Tulsa	Alzheimer's Association of OK	800-272-3900	6660 S Sheridan Rd Suite 202 Tulsa, OK 74133	Call or go to website for resources, 24/7 support
N/A	Caregiver Helpline	800-272-3900	-----	Can refer to respite care services
Tulsa	Clarehouse	918-893-6150	7617 S Mingo Rd Tulsa 74133	Respite care
Cleveland	Aging Services Inc.	405-321-3200	1179 E Main Norman, OK 73071	Respite care for seniors 60 and over OR for grandparents raising grandchildren
Oklahoma	DHS Respite Voucher Program	405-521-6521 https://oklahoma.gov/okdhs/services/dd/rvp.p.html	PO Box 25352 Oklahoma City, OK 73125	For those with developmental disabilities. Yearly application is required, must not exceed income guidelines
Tulsa	INCOG	918-584-7526	2 W 2 nd St STE 800 Tulsa, OK 74013	Respite care for seniors 60 and over OR for grandparents raising grandchildren
Tulsa	Life Senior Services	918-664-9000	5900 E 31 st St Tulsa, 74135	Adult Day Care

Tulsa	Porta Caeli House	918-935-2600	2440 N Harvard Ave Tulsa OK 74115	Hospice care
Pawnee	Senior Companion Volunteer program-Craig County	918-256-7531	115 E Delaware Vinita, OK 74020	Adult Respite Care
Oklahoma	Sooner Success	877-441-0434 or email respite@ouhsc.edu	940 NE 13th St, OUHSC, Nicholson Tower Oklahoma City, OK 73104	Provides respite vouchers for eligible caregivers (if care receiver does not qualify for other programs). Indicate county if emailing.
Oklahoma	Sunbeam Family Services	405-528-7721	1100 NW 14th Street Oklahoma City, OK 73106	For individuals caring for an aging individual or grandparents raising grandchildren

SPECIAL SERVICES

County	Provider	Contact Numbers	Location	Service Info
Tulsa	Assistance League of Tulsa	918-832-8832 office 918-832-8161 thrift store	3408 E 11 th St Tulsa, OK 74112	Provides school clothing for back to school
Oklahoma	Bethel Foundation	405-286-3700	13003 N Western Ave Oklahoma City, OK 73114	Provides cakes and a new gift for children of single parents. Must be registered with Bethel. Details at https://www.bethelfoundation.org/birthday-club
Tulsa	Bixby Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby, OK 74008	Provides school supplies and holiday assistance
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W College St Broken Arrow, OK 74012	Provides Christmas toys for children newborn-10 years old
Tulsa	Catholic Charities	918-949-4673	2450 N Harvard Ave Tulsa, OK 74115	Provides Coats for Kids and toy program for families
Oklahoma	Citizens Caring for Children	405-753-4099	730 W Wilshire Creek Boulevard, Ste 112 Oklahoma City, OK 73116	Provides items for foster children.
Oklahoma	City Rescue Mission	405-232-2709	800 W California Ave	Provides Christmas and Thanksgiving meals on site

			Oklahoma City, OK 73106	
Oklahoma	Grace Rescue Mission	405-232-5756	2205 Exchange Avenue Oklahoma City, OK 73108	Provides toy program for families. Provides on-site Thanksgiving meal
Oklahoma	Jesus House	405-232-7164	1335 W Sheridan Oklahoma City, OK 73146	Provides Thanksgiving groceries and toy program assistance
Tulsa	Loaves and Fishes	918-234-8577	11321 E 19 th St Tulsa, OK 74128	Offers events where toys and groceries are provided for Christmas and Thanksgiving for the first 200 Families
Tulsa	Oklahomans for Equality	918-743-4297	621 E 4 th St Tulsa, OK 74120	Provides community Thanksgiving meals
Tulsa	Restore Hope Ministries	918-582-5766	2960 Charles Page Blvd Tulsa, OK 74127	Provides Thanksgiving food baskets
Oklahoma	Toys for Tots	405-370-7617	5316 S Douglas Blvd Oklahoma City, OK 73150	Provides toys for children in low-income families – apply in October or November to receive Christmas.
Tulsa	Tulsa Dream Center	918-430-9984	200 W 46 th St N Tulsa, OK 74126	One day events, near Christmas and Thanksgiving that provides: meals, groceries, and gifts
Tulsa	Tulsa County Social Services	918-596-5560	2401 Charles Page Blvd Tulsa, OK 74127	Provides Thanksgiving and Christmas Community meals

SUBSTANCE USE				
County	Provider	Contact Numbers	Location	Service Info
Washington	Center for Therapeutic Intervention (Bartlesville)	918-384-0002	4100 SE Adams Rd. Ste. E 108 Bartlesville, OK 74006	Substance abuse resource
Tulsa	Center for Therapeutic Intervention (Tulsa)	918-384-0002	7477 E 46th Pl. Tulsa, OK 74145	Psychotherapy
Cleveland	Central OK Comm Health Center (COCMHC)	405-360-5100	909 E Alameda St. Norman, OK 73071	Mental Health and substance abuse services to children and adults
Tulsa	Tulsa Comprehensive Treatment Center	888-481-0416	5550 S Garnett Road Suite 200 Tulsa, OK 74146	Offers outpatient treatment for adults 18 and older who are struggling with opioid disorder. Methadone Maintenance Buprenorphine Maintenance Counseling
Tulsa	Counseling and Recovery Services of Tulsa	918-394-2256	7010 S Yale Ave #215 Tulsa, OK	Behavioral health and substance abuse services
Tulsa	CALM Center for Youth (Counseling and Recovery)	918-394-2256		Behavioral health and substance abuse service Youth ages 10-17
Washington	Dayspring of Oklahoma (Bartlesville)	918-876-4211	2114 SE Washington Blvd Bartlesville, OK 74006	Behavioral Health and Substance Abuse Programs
Payne	Dayspring of Oklahoma (Cushing)	918-225-0536	201 E Main St Suite C Cushing OK 74023	Behavioral Health and Substance Abuse Programs
Tulsa	Dayspring of Oklahoma (Tulsa)	918-712-0859	6440 S Lewis Ave, STE 2200 Tulsa OK 74136	Behavioral Health and Substance Abuse Programs
Tulsa	GRAND Addiction Recovery Center (formerly 12 & 12)	918-664-4224	6333 E Skelly Drive Tulsa, OK 74135	Addiction treatment

Tulsa	HOW Foundation	918-252-5739	5649 S Garnett Rd Tulsa, OK 74146	No-cost 6-month residential recovery program
Tulsa	Human Skills & Resources	918-747-6377		ASDAC Assessment/DUI School; Substance abuse Inpatient/Outpatient Treatment; Behavioral Health
Oklahoma County	Jesus House OKC	405-232-7164	1335 W Sheridan Ave OKC OK 73106	Life Transition Program, live there for 10-12 months while working on recovery
Muskogee	Monarch Inc.	918-683-0124	501 Fredonia St. Muskogee, OK 74403	Provides substance abuse treatment
Oklahoma	Oklahoma Department of Mental Health and Substance Abuse	405-522-3908	120 NE 13th St. Oklahoma City, OK 73117	Substance abuse resources
Tulsa	OSU Addiction Recovery Clinic	918-561-1890	5310 E 31 st St Tulsa OK 74135	Treatment with medications; Treatment of co-occurring conditions
Tulsa	Resonance	918-587-3888	1608 S Elwood Ave Tulsa, OK 74119	Provides substance abuse services to women; Provides ADSAC services
Craig	ROCMND Area Youth Services	918-256-7518	1520 N Industrial Ave. Vinita, OK 74301	Provides counseling services to youth and families regarding substance use
Multiple	Valley Hope	800-544-5101		Substance use residential, outpatient, telehealth, partial hospitalization program
Tulsa	Youth Services of Tulsa	918-582-0061	311 S Madison Ave. Tulsa, OK 74120	Ages 6-21 years of age; Substance Counseling

SUICIDE PREVENTION CRISIS CONTACTS				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	C.O.P.E.S.	918-744-4800	2325 S Harvard Ave Tulsa OK	Suicide Crisis Line
Tulsa	Family & Childrens' Crisis Care Center	918-921-3200		
Muskogee	Green Country Behavioral Health	918-682-8407		
Tulsa	GRAND	1-800-722-3611		
Oklahoma	Heartline	1-800-273-8255 (call for suicide crisis)	PO Box 12832 Oklahoma City, OK 73157	Suicide Prevention Services
Tulsa	Laureate Psychiatric Clinic and Hospital	918-481-4000	6655 S Yale Ave Tulsa OK	
Tulsa	Parkside Psychiatric Hospital	918-588-8888	1239 S Trenton Ave Tulsa OK	Suicide prevention services
Oklahoma	Red Rock Behavioral Health	405-987-7625		
ALL *National hotline	Suicide Prevention	988		Suicide Hotline
Tulsa	Youth Services of Tulsa	918-582-0061	311 S Madison Ave. Tulsa, OK 74120	Suicide prevention services

SUPPORT GROUPS				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Bright Tomorrows Christian Mental Health groups	918-744-5761	6767 S Mingo Tulsa, OK	https://brighttomorrows.org/ Meetings for those with bipolar disorder or depression 1 st and 3 rd Thursday evenings and meetings for supporting friends/families
Tulsa	GRAND Mental Health (formerly 12 & 12 Inc.) Awakening AA meeting	918-664-4224 1-800-680-8979	6333 E Skelly Dr. Tulsa OK 74135	Alcohol and drug support
Tulsa	Alcoholics Anonymous multiple locations, see https://aaneok.org/meetings/	918-832-7763	4853 S Sheridan Rd Ste 600 Tulsa OK, 74145	Alcohol support group
Oklahoma	Alzheimer's Association (OKC)	405-319-0780	2123 N Classen Blvd OKC, OK 73106	Alzheimer Caregiver Support Group
Tulsa	Alzheimer's Association (Tulsa)	918-392-5000	6660 S Sheridan Rd Suite 202 Tulsa OK	Alzheimer Caregiver Support Group
Tulsa	Center for Individuals with Physical Challenges	918-584-8607	815 S Utica Ave Tulsa, OK 74104	Various support groups for specific disabilities
Tulsa	Domestic Violence Intervention Services	918-585-3163	3124 E Apache St Tulsa, OK 74110	Domestic violence support groups
Tulsa	The Parent Child Center	918-599-7999	1421 South Boston, Tulsa, OK 74119	Parental support
Tulsa	La Leche League	877-452-5324 www.LLLI.org	400 Civic Center, Tulsa, OK 74103	10:15am 2 nd Friday of every month Tulsa Central Library (Zoom available)
Multiple	Lactation Support (OU Health)	877-271-6455	OU Health Locations	Breastfeeding support and information
Tulsa	Lactation consultant Hillcrest	918-579-8018	1120 South Utica Ave Tulsa, OK	Lactation support

		918-294-4239 (Hillcrest South)		
Oklahoma	Mental Health Association OKC	405-254-3994	400 N Walker Oklahoma City, OK 73112	Various support groups, all online at this time https://mhaok.org/services/support-groups/
Tulsa	Narcotics Anonymous	918-747-0017	3815 S Lewis Ave. Tulsa, OK 74105	Drug support groups – call 918-747-0017 for information about meeting times and places
Tulsa	National Alliance on Mental Illness	918-587-6264	708 S Boston Tulsa, OK 74119	Parent/family support of individuals with mental illness https://www.namitulsa.org/groups No registration required!
Tulsa	Palmer Recovery	918-832-7763 (adolescent) 918-430-0975	222 W 8 th St Tulsa, OK	Drug and alcohol support
Tulsa	The Grief Center (Tristesse)	918-587-1200	2502 E 71 st St Suite A Tulsa, OK	Grief Support Group
Oklahoma	Calm Waters	405-841-4800	501 N Walker #140 OKC, OK 73102	Support groups for grief, divorce, students, co- parenting (\$55),
Tulsa	TSHA	918-832-8742	8740 E 11 th St Ste. A Tulsa, OK 74119	Hearing impaired support group
Tulsa	Tulsa Cares	918-834-4194	3712 E 11 th St. Tulsa, OK 74104	HIV/AIDS Support Group

TOBACCO CESSATION				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	American Cancer Society	918-477-5400	4110 S 100 th E Ave Ste. 101 Tulsa, OK 74146	Offers Fresh Start: smoking cessation program
Tulsa	Crossroads Clubhouse	918-749-2141	925 S Yale Ave Tulsa, OK 74104	Provides smoking cessation to members with serious mental illness
Oklahoma	Oklahoma Tobacco Helpline	800-784-8669	3700 N Classen Blvd Ste. 215 Oklahoma City, OK 73118	Offers telephone-based tobacco cessation service
Mayes	ROCMND Youth Services	918-825-4115	210 SE 1 st St Pryor, OK 74361	Provides tobacco use prevention services and resources to their service area

TRANSPORTATION				
County	Provider	Contact Numbers	Location	Service Info
Oklahoma	Area Wide Aging Agency	405-942-8500	4101 Perimeter Center Dr. #310 Oklahoma City, OK 73112	Transportation service referrals for adults, age 60 and older, who have limited or no other access to transportation sources. Trips are provided to nutrition sites, medical facilities, grocery stores, and other necessary destinations.
Tulsa	American Cancer Society	918-477-5400 888-743-6767	4110 S 100 E Ave, Suite 101 Tulsa, OK 74146	Provides rides for cancer patients for their treatments
Muskogee	AVV Healthcare Centers (Muskogee, Porter, Coweta)	918-682-0222 (Muskogee)	110 W. Martin Luther King St. Muskogee, OK 74401 http://avvhealthcenters.com/	Rides to appointments at their clinics and possibly referral appointments
Tulsa	Bixby Senior Citizens	918-369-4160	8401 E 134 th St S Bixby, OK 74008	Serving Bixby seniors M-F 8-2
Tulsa	Car Care Clinic	Must go online to fill out application	http://carcareclinic.info/ Tulsa, OK	Free car diagnostic service, minor repairs (two hours of labor) three times per year need Driver's license, car insurance, proof of income
Pittsburgh	Caring Hands HealthCare	918-426-2442	3101 Elk Rd McAlester, OK 74501	Free Shuttle to and from Clinic
Oklahoma	CityLink Buses Edmond, OK	405-509-6370 405-359-4694	www.edmondok.gov/207/About-Citylink	*Citywide Access Paratransit CAP is a free curb-to-curb service in which a wheelchair-accessible Citylink bus or van comfortably transports disabled and senior residents to appointments within the Edmond city limits and within ¾ mile of a fixed route

Kay	Cimarron Public Transport	(580) 718-0444	222 E Grand Ave Ste 308, Ponca City, OK 74601	Transportation on demand in Bartlesville, Ponca City, Sapulpa, Skiatook
Tulsa	Domestic Violence Intervention Services (DVIS), Inc.	918-473-5763	3124 E Apache St Tulsa, OK 74110	Transportation for clients to health and mental facilities, daycare, bank, employment and court
Oklahoma	Embark OKC	405-297-1331	2000 S May Ave Oklahoma City, OK 73108	Discounted transportation
Tulsa Oklahoma	Entrusted Transport	918-290-3400	https://www.entrustedtransport.com/request-a-ride	Non-emergency medical transportation. Works with Medicaid, Medicare, Medicare Advantage plans, and private insurance. For persons that use power wheelchairs, stretchers, and stretcher alternatives.
Tulsa	Girl Scouts of Eastern Oklahoma	918-749-2551	4810 S 129 th E Ave Tulsa, OK 74134	Transportation provided to clients, primarily recreation, education and girl scout activities.
Tulsa	Glenpool Senior Citizens	918-322-6277	46 West 145 th St S Glenpool, OK 74033	Transportation for the public for social activities and shopping.
Tulsa	Goodwill Industries	918-584-7291	2800 Southwest Blvd Tulsa, OK 74107	Transportation provided for clients
Tulsa	HOW Foundation	918-252-5739	5649 S Garnett Rd Tulsa, OK 74146	Provide transportation for clients (alcoholism)
Tulsa	Indian Health Care Resource	918-588-1900	550 S Peoria Tulsa, OK 74120	Free transportation for healthcare appts in Tulsa County
Tulsa	John 3:16	918-587-1186	579 N 39 th W Ave Tulsa, OK 74127	Will give bus tokens or offer rides for \$1.00
Multiple	Kibois (KATS)	918-967-3365	Curb to curb transportation for everyone. There is a small fee, call for the amount. Can accommodate special needs	Area Transit Okemah 918-623-1992 Okmulgee 918-752-0070 Henryetta 918-652-3329 Holdenville 405-379-3203

				Checotah 918-473-2388 McAlester 918-423-3525 Tahlequah 918-431-1284 Stigler 918-967-9992
Tulsa	Life Senior Services	918-664-9000	5950 E 31 st St Tulsa, OK 74135	Seniors in general to the Tulsa Metro Area. They also provide pre-purchased tickets, tokens, and passes for other transit providers.
Tulsa	Lift Paratransit	918-982-6882	PO Box 52488 Tulsa OK 74152	Paratransit services for persons with disabilities – call the number between 8-4 or email lift@tulsatransit.org
Oklahoma	Med-ride	405-685-8267 877-685-8267	4225 SW 44 th St Oklahoma City, OK 73119	Wheelchair Accessible Transportation: Non-emergency medical fees are associated; now available in Tulsa area too
Tulsa	MetroLink Tulsa	918-982-6882	319 S. Denver Tulsa, OK 74103 https://www.metrolinkok.org/	Reduced fares available to seniors (62 years or older), Medicare card holders, and persons with disabilities. 18 and under- ride free with school IDs. Veterans and active military rides are free.
Tulsa	Modus Youth Services of Tulsa	918-582-0061	311. S. Madison Tulsa, OK 74120	Transportation for teenage clients. Must be referred by Youth Services case manager or counselor.
Tulsa	Morton Clinic	To schedule pickup: 918-587-2171 Ext 6100	1334 N Lansing Tulsa OK 74106	Mon-Fri 8-6 transportation services

Tulsa	MTTA Tulsa Transit – Multiple Routes	918-982-6882	510 S Rockford Tulsa, OK 74120	Hours/fees depend on Route https://www.tulsatransit.org/getting-around/fixed-route-schedules/
Tulsa	Neighbor for Neighbor	918-425-5578	505 E 36 th St N Tulsa, OK 74106	Provides bus tokens, tickets and passes to health and mental facilities
Oklahoma	North Care OKC	405-858-2700	2617 General Pershing Blvd Oklahoma City, OK 73107	Provides van route to certain locations such as shelters
Oklahoma	Pelivan Transit	918-783-5791 or different numbers for each town: see www.pelivantransit.org/contact-us	P.O. Drawer B 333 Oak Street Big Cabin, OK 74332	Transportation to all people with mobility needs in the Pelivan Transit service territory (parts of Claremore, Grove, Miami, Owasso, Pryor, Vinita)
Oklahoma	Regional AIDS Intercommunity Network (RAIN Oklahoma)	405-232-2447 (OKC) 580-353-7900 (Lawton)	3800 N Classen Blvd Suite 200 Oklahoma City	Tulsa Metro, Bartlesville, Claremore, Tahlequah, BA and Sand Springs. No Charge
Tulsa	Retired and Senior Volunteer Program of Sapulpa	918-664-9000 www.Rsvptulsa.org	5950 East 31 st St Tulsa OK 74135	2 days advance notice. M-F 9a-5p
N/A	Road to Recovery	800-227-2345	https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html	Free or low-cost rides for cancer treatment
Tulsa	Salvation Army – Center of Hope	918-582-7201	102 N Denver Ave Tulsa, OK 74103	Mon-Fri No Charge
Tulsa	Salvation Army – Sand Springs	918-245-2237	4403 S 129 th W Ave Sand Springs, OK 74063	Fare is charged
Creek	SHOW, Inc.	918-224-7214	425 W Wells Blvd Sapulpa, OK 74066	Serving Tulsa, Sapulpa, Creek County
Tulsa	SendaRide	Info@sendaride.com or 800-731-1885	Tulsa area	Non-emergency medical transport, senior, general

Oklahoma	Sooner Ride	1-800-722-0353	4141 Highline Blvd Oklahoma City, OK 73108	Rides to and from medical appts. Call 3 business days in advance to schedule.
Tulsa	Tulsa Public Schools	918-833-8100	1815 N 77 th E Ave Tulsa, OK 74115	Transport for students to education activities. Curb-to-curb with a 7-day notice. No charge. TPS students can also ride Tulsa Transit for free M-F during the school year.
Tulsa	Youth at Heart	918-493-7311	6026 S Sheridan Rd Tulsa, OK 74145	Tulsa Housing Authority communities. No charge or reservations are needed.
Muskogee	Veterans Transportation Service	918-577-3699	1011 Honor Heights Drive Muskogee, OK 74401	Provides transportation services to include vehicle routing/scheduling software for VA Medical Facilities

UNEMPLOYMENT				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Workforce Oklahoma/DDS	918-384-3200 918-794-7600	6128 E 38 th St Ste. 420 Tulsa, OK 74135	Offers employment services for individuals with disabilities, seniors, veterans, youth, and others. Assists with filing unemployment claims.

UTILITY ASSISTANCE				
County	Provider	Contact Numbers	Location	Service Info
Oklahoma	Area Wide Aging Agency	405-942-8500	4101 Perimeter Center Dr. # 310 Oklahoma City, OK 73112	May be able to help seniors depending on program restrictions.
Tulsa	Bixby Outreach Center	918-366-9226	77 E Breckenridge Ave Bixby, OK 74008	Provides utility assistance limited to \$100
Tulsa	Broken Arrow Neighbors	918-251-7781	315 W College St Broken Arrow OK	Emergency financial help for residents of BA – call for appointment or request online
Creek	Care Community Friends (Sapulpa)	918-224-6464 https://www.carincommunityfriends.org/services-2 Must provide bill and cutoff notice and must be in applicant's name and current address.	12 W Burnham Sapulpa, OK 74066	Utility and rental assistance. Must live in CCF Service Area. One bill per household. One time per 12 months - up to \$100. Apply online.
Tulsa / Oklahoma	 Catholic Charities	918-949-4673 405-523-3030	2450 N Harvard Ave Tulsa, OK 74115 1501 N Classen Blvd Oklahoma City, OK	 Utility Assistance
Oklahoma/ Canadian	Community Action	405-232-0199	319 SW 25 th Oklahoma City, OK 73109	Utility Assistance in Canadian County Only
Tulsa	Harvest House of Tulsa	918-884-7667 (call at 5pm Monday and leave a message – they call back Tuesday)	1439 E 71st St, Tulsa, OK 74136	Can pay up to \$50 for utility bills that are about to be disconnected – Call for Wednesday appt

Rogers/ Nowata	Rogers County DHS (also serves Nowata)	918-283-8300	2020 Holly Rd Claremore, OK 74017	LIHEAP (heat) and ECAP (cool) requires cut-off notice
Okmulgee	Okmulgee County DHS	918-752-2000	214 S Morton Ave, Okmulgee, OK 74447	LIHEAP (heat) and ECAP (cool) requires cut-off notice
Wagoner	Wagoner County DHS	918-614-5000	102 NE 7 th St Wagoner, OK 74467	LIHEAP (heat) and ECAP (Cool) requires cut-off notice
Payne/ Osage/ Pawnee	Payne County DHS (also serves Osage and Pawnee)	405-707-3700	711 E. Krayler Stillwater, OK 74075	LIHEAP (heat) and ECAP (Cool) requires cut-off notice
Washington / Nowata	Washington County DHS (also serves Nowata)	918-338-5700	5205 Jacquelyn Ln Bartlesville, OK 74006	LIHEAP (heat) and ECAP (Cool) requires cut-off notice
Creek/ Okfuskee	Creek County (also serves Okfuskee)	918-746-3300	10 N Mounds Sapulpa, OK	LIHEAP (heat) and ECAP (Cool) requires cut-off notice
Muskogee	Muskogee County DHS	580-336-5581	205 15 th St Perry, OK 73077	LIHEAP (heat) and ECAP (Cool) requires cut-off notice
Tulsa	Helping Hands Ministry	918-582-1356	712 S Boston Ave. Tulsa, OK 74119	Limit once a year. Not available to TANF recipients. By appt only with cutoff notice.
Tulsa	John 3:16	918-587-1186 918-592-1186 or email fyc@john316mission.org	506 N Cheyenne Ave, Tulsa, OK 74103	Utility Assistance, call or email for information
Tulsa	Neighbors Along Line	918-584-1111 https://www.neighborsalongtheline.org/apply-online-in-minutes/	5000 W Charles Page Blvd. Tulsa, OK 74127	Utility Assistance – apply online
Tulsa	Neighbor for Neighbor Tulsa	918-425-5578	505 E 36 th St N Tulsa, OK 74106	Utility Assistance

Oklahoma	Neighborhood Services Organization OKC	405-236-0452	431 SW 11 th St Oklahoma City, OK 73109	Utility Assistance (housing, rental, mortgage too)
Tulsa	Sand Springs Community Services	918-245-5183	114 W 4 th St Sand Springs, OK	Sand Springs residents in need
Osage	Salvation Army-Bartlesville Corps	918-336-6454 www.uss.salvationarmy.org utility assistance 9-11:30a and 1p-2:30p	101 N Bucy Ave Bartlesville, OK 74003	Utility Assistance Need photo ID of all adults, proof of income/benefits, copies of all utility bills and lease agreement, SSN (last 4) and DOB for everyone in the home.
Muskogee	Salvation Army – Muskogee Corps	918-682-3384	700 Independence Ave Muskogee, OK 74401	Utility Assistance – call for current information
Oklahoma	Upward Transitions	405-232-5507	1134 W Main St. Oklahoma City, OK 73106	One-time service; must have children 18 or below or elders 55+; Must live in Oklahoma County and have a cutoff notice, proof of income, proof of hardship.
Wagoner	Wagoner Area Neighbors	918-485-2309 M/W/F 8:30-12 T/R 1p-3p	100 NE 8 th St Wagoner, OK 74467	Emergency Assist for Wagoner County residents only; need proof of residence, IDs, referral from an organization/doct or/church

VISION ASSISTANCE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Lions Club	918-742-5555	3100 S Jamestown Ave. #48 Tulsa, OK	Provides eyeglasses
Tulsa	Neighbor for Neighbor	918-425-5578	505 E 36 th St N Tulsa, OK 74106	Provides low-cost eyeglasses, optical clinic exams, and referrals if needed.

VETERANS ASSISTANCE				
County	Provider	Contact Numbers	Location	Service Info
Tulsa	Coffee Bunker	918-637-3878	6365 E 41 st St Tulsa, OK 74135	Provides services to veterans
Tulsa	Disabled American Veterans	918-834-4643	3131 E Pine St Tulsa, OK 74110	Provides assistance to veterans and their families
Tulsa	Earnest Childers VA Outpatient Clinic	888-397-8387	8921 S Mingo Rd Tulsa, OK 74133	Offers assistance and medical care to veterans
N/A	Give an Hour	www.giveanhour.org	-----	Provides free mental health services to military members, veterans, and their families.
Muskogee	Jack C Montgomery VA Medical Center	888-397-8387	1011 Honor Heights Dr. Muskogee, OK 74401	Provides health services to veterans
Oklahoma	National Association of Black Veterans	877-622-8387	3667 N Lottie Ave Oklahoma City, OK 73111	Provides Veteran Services
Tulsa	Tulsa Community College-Metro	918-595-7279	909 S Boston Tulsa, OK 74119	Offers assistance to veterans enrolling in college courses through TCC office of Veterans Services
Tulsa	Tulsa Vet Center	918-252-8888	14002 E 21 st St. Ste. 200 Tulsa, OK 74134	Provides mental health and substance abuse to veterans and their families for military issues
Muskogee	VA Muskogee Regional Office	800-827-1000	125 S Main St Ste. 1b38 Muskogee, OK 74401	Provides assistance to veterans

OTHER (MISC)				
County	Provider	Contact Numbers	Location	Service Info
ALL	211 Oklahoma Helpline	----	-----	http://www.211oklahoma.org/
ALL	Aetna Better Health of Oklahoma	1-844-365-4365	https://www.aetnabetterhealth.com/oklahoma/	Aetna Members- Value added benefits. Go to Benefits and services. EXAMPLES: Adult vision, \$25 for OTC products, Mental Health, Maternity, Diaper club, Health and wellness for children, rides and more.
Tulsa	Amplify	918-794-9073 https://amplifytulsa.org/contact-amplify/ contact Amplify via sending email through website page	1601 South Main St. Suite 200 Tulsa, OK 74119	Sexual health education, collaboration, and advocacy in the Tulsa community. Resources for youth, adults, providers, and community
Tulsa	Audiology	918-595-4066	Tulsa Health Department	Hearing screenings, charged on a sliding scale, and some insurance accepted. Interpretation in Spanish available.
Oklahoma	American Lung Association	405-748-4674	710 W Wilshire Blvd Ste. 101 Oklahoma City, OK 73116	Asthma Evaluations (Children only)
Tulsa	CPO Pregnancy and Adoption	918-296-3377	10207 East 61 st Street Suite A Tulsa, OK 74133	No- cost confidential services such as pregnancy testing, ultrasounds, and education and resources (topics include pregnancy health, infant care, relationships, and practical life skills)
Oklahoma Tulsa	Hearts for Hearing	405-548-4300 918-392-7600	11500 N Portland Ave, OKC 5350 E 31 ST ST #301 TULSA	Hearing aid testing, fitting, and management

Oklahoma	Farm and Agriculture Worker Health Program at Variety Care	varietycare.org	https://varietycare.org/services/farmworker-health	The Farm and Agriculture Worker program is funded by the Health Resources and System Administration (HRSA), a branch of the U.S. Department of Health and Human Services. The program provides medical, dental, vision, and pharmacy services to program participants.
Garfield	Journey Women's Center	580-402-2453	1111 Cherry Ave Enid, OK 73703	Monday – Thursday 10am-4pm Free and confidential services. Free pregnancy testing, no cost limited OB ultrasound, no cost options counseling.
Tulsa	Muddy Paws, Tulsa	918-749-5255	2234 E 56 th Pl Tulsa, OK	Provides training in pet grooming to women (inmates or felony background) so they have a career to support themselves once released
Pittsburgh	Oklahomans for Independent Living	918-426-6220 Or 800-568-6821	info@oilok.org serving Atoka, Coal, Haskell, Hughes, Latimer, McIntosh, Pittsburg, and Pushmataha counties	Advantage case management, living choice transition project, community service, outreach, employment, assistive technology, transportation, recreation
Tulsa	Oklahoma Harm Reduction Alliance (OHRA)	539-525-0553	1622 S Boston Ave	Non-profit organization helps provide harm reduction supplies, naloxone kits
Tulsa	Oklahoma Project Woman	918-834-7200 Tulsa 405-605-1228 OKC	7146 S Braden Ave #300 Tulsa, OK 74136	Free or low-cost Mammograms for those without insurance
All OK regions- find your county	ParentPro	1-877-271-7611	Parentpro.org	Variety of programs for families from pregnancy to kindergarten. Parent skills, child behavior, promote health and learning

Oklahoma	Rebuilding Together	405-607-0464	945 W Wilshire Oklahoma City, OK 73116	Ramps and other home repairs – must be 55+, live in OK county, own home, income guidelines, etc.
Oklahoma	Sharing Tree	405-634-2006 https://sharingtreeok.org T/W/R 9a-5p F 9a-3p	825 NW 24 th Street Moore, OK 73160	OKC area Winter clothing for children, new toys, shoes, coats, and Christmas decorations for families Other crisis connection services such as items to families such as pots/pans, bedding, and other household goods to families who have experienced a fire, tornado, or other disaster. Monday -Thursday 9am to 5pm Friday 9am to 3pm Saturday (donation drop off only) 10am to 12pm
Oklahoma	Sooner Success	877-441-0434	940 N.E. 13th Street, Suite 3890, Oklahoma City, OK 73104	Provides resource navigation and education to parents of children birth-21 with special needs
Tulsa	Tulsa Resources	-----	-----	Search Tool for Tulsa Resources http://tulsaresources.wordpress.com/
Tulsa	United Way/Get Your Refund	https://www.getyourrefundtulsa.org/start	Locations at various community partners (see website)	“Get your refund” program provides free tax filing assistance in Tulsa area
Oklahoma	Urban League	405-424-5243	3900 N Martin Luther King Ave, Oklahoma City, OK 73111	Job Training and Assistance, Family development, housing and financial literacy,
Oklahoma	Upward Transitions	405-232-5507	1134 W Main St, Oklahoma City, OK 73106	Provides case management and stabilizes resources to help individuals in need

Tulsa	YWCA	918-663-0377	8145 East 17th St Tulsa, OK 74112	Provides legal, immigrant, and refugee services
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