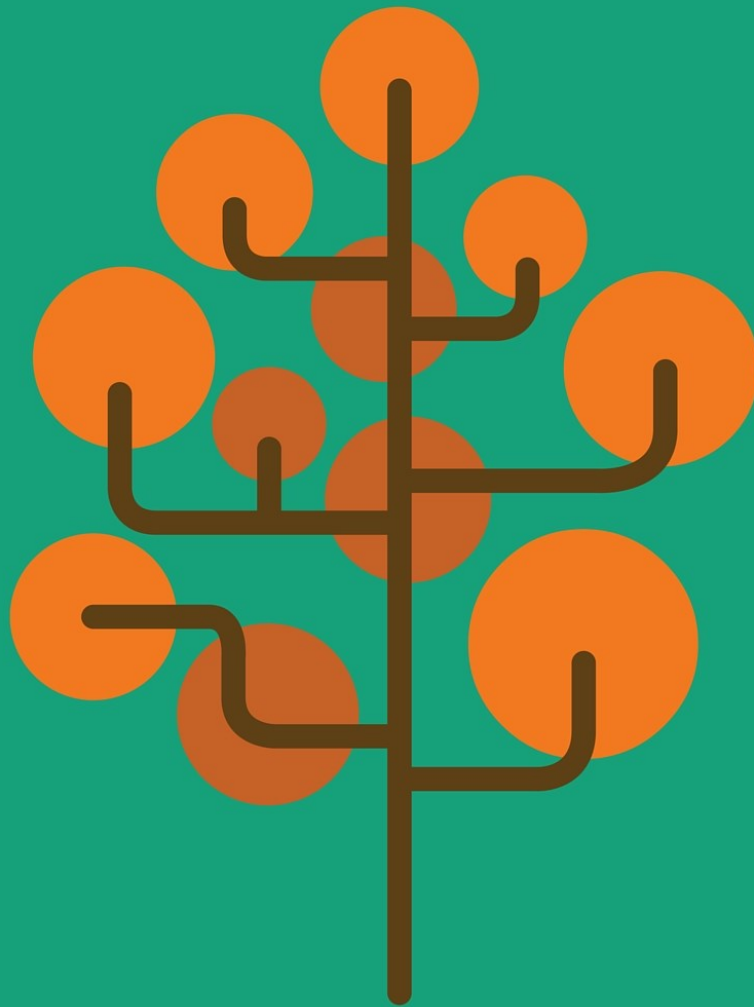


Community Resource Guide



2016

TABLE OF CONTENTS

	Page #s
Basic Needs	3-10
Childcare	11-13
Counseling / Mental Health	14-18
Education	19-22
Employment and Training	23-26
Health & Dental Services	27-33
Homeownership	34-36
Legal Services	37-39
Prenatal / Infant Needs	40-44
Rent and Utilities	45-49
Senior / Disabled Supportive Services	50-54
Shelters	55-58
Substance Abuse	59-63
Youth Services	64-67
Comprehensive Services	68-77



BASIC NEEDS & MISCELLANEOUS SERVICES



BASIC NEEDS

Name of Agency: Assistance League of Tulsa **Office Number:** (918) 832-8832
Address: 3408 E 11th St
City, State, Zip Code: Tulsa, OK 74112

Services offered: **Hours of Operation:**
• Children's clothing Monday-Friday
• *Only accept referrals from schools except in cases of emergency (such as a fire)*



Name of Agency: Baptist Ministry Center **Office Number:** (918) 585-5310
Address: 312 South 33rd West Avenue Director: Alicia Bones
City, State, Zip Code: Tulsa, OK 74127

Services offered: **Hours of Operation:**
• Food pantry Monday-Wednesday, 9:00 am - 2:00 pm
• Free clothing Thursday 9:30am-2:00pm
• *See Comprehensive for more services* Prefer appointment, help every 60 days



Name of Agency: Carbondale Assembly of God **Office Number:** (918) 446-0795
Address: 2135 West 51st Street
City, State, Zip Code: Tulsa, OK 74107

Services offered: **Hours of Operation:**
• Food Pantry Monday-Thursday 9:00-4:30, closed 12-1



Name of Agency: Catholic Charities **Office Number:** (918) 949-4673
Address: 2450 N. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74110

Services offered: **Hours of Operation:**
• Food Tuesday-Friday 9:00am-2:00pm
• Clothing Tuesday 4:30-6:30pm
• *See Comprehensive for more services* 3rd Saturday 9:00-11:00am



Name of Agency: Christ for Humanity **Office Number:** (918) 836-2424
Address: 6314 East 13th Street Appointment ONLY
City, State, Zip Code: Tulsa, OK 74112 Contact Camille or Randy

• **Services offered:** **Hours of Operation:**
• Food pantry, clothing Monday-Thursday, 10:00am - 3:00pm
• Sometimes assist with furniture



BASIC NEEDS

Name of Agency: Department of Human Services
Address: 444 South Houston
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 581-2401
Website: www.okdhs.org

Additional Locations:
3666 North Peoria
Tulsa, OK 74106
(918) 430-2300

5051 South 129th East Avenue
Tulsa, OK 74134
(918) 294-2000

320 East Midway
Broken Arrow, OK 74012
(918) 251-5251

11626 East 21st Street
Tulsa, OK 74129
(918) 280-3130

Services offered:
• Food stamps
• See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00 am - 5:00 pm



Name of Agency: First Baptist Church of Tulsa
Address: 305 S. Detroit
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-1571

Services offered:
• Food Assistance (10:00-11:00am)
• Clothing Assistance (10:00am-12:30pm)
• See *Comprehensive for more services*

Hours of Operation:
Monday-Thursday



Name of Agency: Garnett Church of Christ
Address: 12000 East 31st Street
City, State, Zip Code: Tulsa, OK 74146

Office Number: (918) 663-3000

Services offered:
• Food and clothing closet (mostly adult)

Hours of Operation:
Open once a month (2nd Thurs of every month from 9:30-11:30)
Only help people within 2 mile radius of church



Name of Agency: Grace United Methodist Church
Address: 519 S 49th West Ave
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 587-4751

Services offered:
• Hot Meal

Hours of Operation:
Every 3rd Monday at 5:30pm



BASIC NEEDS

Name of Agency: Harvest House
Address: 1439 E. 71st St
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 492-5511

Services offered:

- Food
- Clothing
- See *Comprehensive* for more services

Hours of Operation:

Call on Monday evenings after 6:00pm



Name of Agency: Helping Hands
Address: 700 South Boston
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 584-6923

- **Services offered:**
- Food pantry

Hours of Operation:

Monday-Friday, 9:00 am - 12:00 pm
Walk in, line up early (around 6:30 or 7)



Name of Agency: John 3:16 Mission
Address: 506 North Cheyenne
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 587-1186

Services offered:

- Meals every evening
- Groceries & clothing (appointment only)
- See *Comprehensive* for more services

Hours of Operation:

Monday-Friday, 9:00am - 5:00pm



Name of Agency: Lifeline Support
Address:
City, State, Zip Code:

Website: www.lifelinesupport.org

Services offered:

- Reduced cost for phone service

Hours of Operation:

N/A



Name of Agency: Loaves and Fishes
Address: 11321 East 19th Street
City, State, Zip Code: Tulsa, OK 74128

Office Number: (918) 234-8577
(918) 234-8574

Services offered:

- Free lunch (Mon & Wed)
- Free breakfast (Sat)
- Grocery assistance after free meals
- No children under 12 years old

Hours of Operation:

Monday & Wednesday at 11:00am
Saturday at 10:00am



BASIC NEEDS

Name of Agency: Meals on Wheels
Address: 12620 East 31st Street
City, State, Zip Code: Tulsa, OK 74146

Office Number: (918) 627-4103
 Call to sign up for assistance

Services offered:
 • Meals for homebound individuals

Hours of Operation:
 Monday-Friday, 8:30am-3:30pm

Name of Agency: Neighbor for Neighbor
Address: 505 East 36th Street North
City, State, Zip Code: Tulsa, OK 74106

Office Number: (918) 425-5578

Services offered:
 • Food distribution program
 • Bus tokens
 • Identification card assistance
 • See *Comprehensive* for more services

Hours of Operation:
 Monday-Thursday 9:00am-12:00pm,
 1:00-3:00pm

Name of Agency: Neighbors Along the Line
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 584-1111

ONLY SERVES CERTAIN ZIPCODES

Services offered:
 • Food Pantry
 • See *Comprehensive* for more services

Hours of Operation:
 Monday-Thursday 10:00am-7:00pm
 Call for food pantry hours

Name of Agency: Potter's Clay
Address: 2208 Southwest Boulevard
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 581-0444

Services offered:
 Food Assistance

Hours of Operation:
 Call 918-794-0641 for schedule as it changes monthly

Name of Agency: Restore Hope
Address: 2960 Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 582-5766

Services offered:
 • Food Pantry
 • See *Comprehensive* for more services

Email Address:
restorehope.org
Hours of Operation:
 Food: Monday—Thursday 11:30-3:30

BASIC NEEDS

Name of Agency: Salvation Army **Office Number:** (918) 582-7201
Address: 102 North Denver
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Hot meal—1:00pm daily Monday-Friday, 8:30 am - 4:30 pm
• See *Comprehensive for more services*



Name of Agency: Sand Springs Community Services **Office Number:** (918) 245-5183
Address: 114 W. 4th St.
City, State, Zip Code: Sand Springs, OK 74063
LIMITED BY ZIPCODE

Services offered: **Hours of Operation:**
• Food Monday-Thursday 9:00am-3:30pm
• Clothing Friday 9:00am-12:00pm
• See *Comprehensive for more services*



Name of Agency: South Tulsa Community House **Office Number:** (918) 742-5597
Address: 5780 S. Peoria Ave
City, State, Zip Code: Tulsa, OK 74105 **Website:**
Only residents of this census tract eligible for most services www.southtulsacommunityhouse.org

Services offered: **Hours of Operation:**
• Food pantry (1x a year) Monday-Friday 8:30am-4:30pm
• Veterans Grocery Program
• Senior Servings Groceries



Name of Agency: Trinity Episcopal Church **Office Number:** (918) 582-4128
Address: 501 South Cincinnati
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Food pantry Monday-Friday, 8:30 am - 4:30 pm



Name of Agency: Tulsa Community Food Bank **Office Number:** (918) 585-2800
Address: 1150 South Iroquois **Website:**
City, State, Zip Code: Tulsa, OK 74106 www.okfoodbank.org

Services offered: **Hours of Operation:**
• Food pantry locator (search by zip code) Monday-Friday, 8:00 am - 4:30 pm



BASIC NEEDS

Name of Agency: Western Neighbors
Address: Crystal City Shopping Center
On Southwest Blvd
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 445-8840

Services offered:

- Food pantry (1x a month)
- Used clothing
- Small household items
- See *Comprehensive for more services*

Hours of Operation:

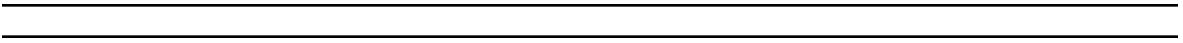
Monday-Friday, 8:00am-12:00pm



Notes / Important Numbers



CHILDCARE



CHILD CARE

Name of Agency: Childcare Resource Center
Address: 18 North Norwood
City, State, Zip Code: Tulsa, OK 74115

Office Number: (918) 834-2273
Website: www.ccrctulsa.org

Services offered:

- Provide referrals to families for child care resources in Tulsa

Hours of Operation:

Monday-Friday, 8:30am-5:00pm



Name of Agency: Department of Human Services
Address: 444 South Houston
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 582-2401
Website: www.okdhs.org

Additional Locations: 3666 North Peoria
Tulsa, OK 74106
(918) 430-2300

320 East Midway
Broken Arrow, OK 74012
(918) 251-5251

5051 South 129th East Avenue
Tulsa, OK 74134
(918) 294-2000

11626 East 21st Street
Tulsa, OK 74129
(918) 280-3130

Services offered:

- Childcare Financial Assistance
- Database to search for Oklahoma child care facilities
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:00 am - 5:00 pm



Notes / Important Numbers



COUNSELING / MENTAL HEALTH

COUNSELING / MENTAL HEALTH

Name of Agency: Catholic Charities
Address: 2450 N. Harvard Ave
City, State, Zip Code: Tulsa, OK 74106

Office Number: (918) 508-7131
Call for information
Email Address:
charitiestul@aol.com

Services offered:

- Counseling
- See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:30 am - 4:30 pm
Tuesdays, 8:30am-7:30pm



Name of Agency: CREEKS
Address: 4636 S. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 382-7300

Services offered:

- Counseling
- Crisis Intervention
- Case Management
- Medication services
- See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Domestic Violence Intervention Svc
Address: 4300 South Harvard, Suite #100
City, State, Zip Code: Tulsa, OK 74135

DVIS

Office Number: (918) 743-5763

Services offered:

- Counseling and Support Groups
- Treatment
- Court Advocacy
- See *Comprehensive for more services*

Hours of Operation:
24 Hour Crisis/Information line



Name of Agency: Family & Children's Services
Address: 650 South Peoria
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-9471

Services offered:

- Counseling—Children & Adults
- See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00 am - 5:30 pm



Name of Agency: Laureate
Address: 6655 South Yale
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 491-3700
24/7 Line: (918) 481-4000

Services offered:

- Counseling
- In-patient and out-patient treatment
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:30am-4:30pm



Name of Agency: Mental Health Association
Address: 1870 South Boulder
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 585-1213

Services offered:

- Intensive Peer Case Management Services
- Support Groups
- Community Referral Line
- Drop In Center
- Housing

Hours of Operation:

Monday-Friday, 8:30am-5:00pm



Name of Agency: OSU-Tulsa Counseling Center
Address: 700 N. Greenwood Ave.
City, State, Zip Code: Tulsa, OK 74106

Office Number: (918) 594-8568

Services offered:

- Counseling Services ages 15 and up
- Sliding scale fee, cheaper for OSU students & staff

Hours of Operation:

Monday-Thursday, 8:00am-7:00pm



Name of Agency: Parent Child Center
Address: 1421 South Boston
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 599-7999

Services offered:

- Child therapy
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:30am-5:00pm



COUNSELING / MENTAL HEALTH

Name of Agency: Parkside
Address: 1620 East 12th Street
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 588-8888

Services offered:

- In-patient and out-patient treatment
- Child and adolescent therapy
- See *Comprehensive for more services*

Hours of Operation:

Call anytime 24/7, hours vary by program



Name of Agency: Resonance
Address: 1608 South Elwood
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 587-3888

Services offered:

- Counseling
- Support Groups
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Tulsa Center-Behavioral Health
Address: 2323 South Harvard
City, State, Zip Code: Tulsa, OK 74114

Office Number: (918) 293-2140

Services offered:

- In Patient Treatment
- Crisis Unit
- See *Comprehensive for more services*

Hours of Operation:

24/7



Name of Agency: Youth Services of Tulsa
Address: 311 S. Madison Ave.
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 582-0061

- **Services offered:**
- Counseling (on site and home-based)
- Coping Skills Groups
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:30am-5:00pm



Notes / Important Numbers



EDUCATION



EDUCATION

Name of Agency: Community Action Project
Address: 4606 S. Garnett Rd.
City, State, Zip Code: Tulsa, OK 74146

Office Number: (918) 382-3200
Email Address:
captc.org

Services offered:

- Head Start
- See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Neighbors Along the Line
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 584-1111

Services offered:

- HI-SET testing
- See *Comprehensive for more services*

Hours of Operation:
Call for information



Name of Agency: Street School
Address: 1135 South Yale
City, State, Zip Code: Tulsa, OK 74112

Office Number: (918) 833-9800

Services offered:

- Alternative High School
- Dropout prevention, intervention, & recovery program

Hours of Operation:
Monday-Friday, 8:00am-3:30pm



Name of Agency: TRIO Educational Opportunity Ctr
Address: 10300 East 81st Street
City, State, Zip Code: Tulsa, OK 74133

Office Number: (918) 595-8600

Services offered:

- Receive scholarship information
- Preparations for ACT, SAT and GED applications
- Assist in application process
- Academic advice for post-secondary schooling

Hours of Operation:
Monday-Friday, 8:00am-4:30pm



Name of Agency: Tulsa Community College
Address: 909 South Boston
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 596-7679

Services offered:

- College courses

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Tulsa Public Schools
Address: 3027 South New Haven Road
City, State, Zip Code: Tulsa, OK 74114

Office Number: (918) 746-6800

Email Address:
tulaschools.org

Services offered:
• Public School, Elementary-High School

Hours of Operation:
Monday-Friday, 8:00am-4:30pm



Name of Agency: Tulsa Technology Center
Address: 3420 South Memorial Drive
City, State, Zip Code: Tulsa, OK 74147

Office Number: (918) 828-5000

Services offered:
• College courses

Hours of Operation:
Monday-Friday, 8:00 am - 5:00 pm



Name of Agency: Union Public Schools
Address: 7616 S. Garnett Rd
City, State, Zip Code: Broken Arrow, OK 74012

Office Number: (918) 357-3040

Website: <http://unionadultlearningcenter.com/files/GED-15-16-schedule-3.31.16.pdf>

Services offered:
• Go to website to find comprehensive list of local GED class locations



Notes / Important Numbers



EMPLOYMENT & TRAINING



EMPLOYMENT AND TRAINING

Name of Agency: Center for Employment Opportunities **Office Number:** (918) 894-6561
Address: 803 S. Peoria
City, State, Zip Code: Tulsa, OK 74120

Services offered:
• Assist individuals on parole with job placement

Hours of Operation:
Monday-Friday, 8:30am-4:30pm



Name of Agency: Employment Resources, Inc. **Office Number:** (918) 744-6202
Address: 6202 South Lewis, Suite #D
City, State, Zip Code: Tulsa, OK 74136

Services offered:
• Employment Services for individuals with disabilities
• See *Comprehensive* for more services

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Goodwill Industries, Inc. **Office Number:** (918) 581-1256
Address: 2800 Southwest Boulevard
City, State, Zip Code: Tulsa, OK 74107

Services offered:
• Employment (Temporary, Supported, Training)
• TulsaWORKS job/skills training
• Vocational services for individuals with disabilities
• Transitional Work Adjustment training for seniors in high school

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Fitting Back In **Office Number:** (918) 592-3500
Address: 2121 N. Harvard
City, State, Zip Code: Tulsa, OK 74115

Services offered:
• Prison reentry services

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



EMPLOYMENT AND TRAINING

Name of Agency: Resonance
Address: 1608 South Elwood
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 587-3888

Services offered:

- Prison reentry services
- Take 2 Café
- See *Comprehensive* for more services

Hours of Operation:

Monday-Friday, 8:00am-5:00 pm



Name of Agency: Tulsa Job Corps Center
Address: 1133 North Lewis
City, State, Zip Code: Tulsa, OK 74110

Office Number: (918) 585-9111

Services offered:

- Academic and career training for ages 16-24

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Workforce Tulsa
Address: 14002 E 21st St, Suite 1030
City, State, Zip Code: Tulsa, OK 74134

Office Number: (918) 796-1200

Services offered:

- Welfare to Work
- Job Listings
- Job Referrals
- Job Search
- Assistance filing for Unemployment

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Vocational Rehabilitation Services
Address: 444 South Houston
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 581-2301

Services offered:

- Employment Opportunities-Individuals with Disabilities

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Notes / Important Numbers



HEALTH & DENTAL SERVICES



Name of Agency: Caring Van
Address:
City, State, Zip Code:

Office Number: (918) 551-3397

Services offered:

- On-site Immunizations
- Health coverage for children whose families earn too much for public assistance but cannot afford health insurance.

Hours of Operation:

Monday-Friday, 8:00am-4:45pm



Name of Agency: Catholic Charities
Address: 2450 N. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74110

Office Number: (918) 949-4673

Services offered:

- Dental Services
- See *Comprehensive for more services*

Hours of Operation:

Call for information



Name of Agency: Day Center for Homeless
Address: 415 West Archer
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 583-5588

Services offered:

- Medical Clinic
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:00am-4:00pm



Name of Agency: Good Samaritan
Address:
City, State, Zip Code:

Office Number: (918) 710-4222

Services offered:

- Free health care for low-income individuals

Hours of Operation:

Call for locations/times



Name of Agency: Health Department
Address: 5051 South 129th East Avenue
City, State, Zip Code: Tulsa, OK 74134

Office Number: (918) 582-9355

Contact Name / Email Address:
info@tulsa-health.org

Additional Locations: Central Regional Health Center
 315 South Utica
 Tulsa, OK 74104
 (918) 582-9355
 Mingo WIC Clinic
 9964 East 21st Street
 Tulsa, OK 74129
 (918) 669-8200

South Peoria WIC Clinic
 6831 S. Peoria
 Tulsa, OK 74136
 (918) 477-0040

North Regional Health & Wellness Center
 5635 N. Martin Luther King Jr. Blvd
 Tulsa, OK 74126
 (918) 582-9355

Services offered:

- Healthy Start
- Dentistry
- Health Clinics
- Immunization
- WIC

Hours of Operation:

Monday-Friday, 8:00 am - 5:00 pm



Name of Agency: HOPE HIV Testing
Address: 3540 E 31st St, Suite #3
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 749-8378

Services offered:

- Testing for HIV, HCV, Syphilis, Chlamydia, & Gonorrhea
- Counseling and referrals for positive tests

Hours of Operation:

Monday-Thursday 9:00am-5:00pm (Appt)
 Monday & Thursday, 5:00-8:00pm (Walk-in)



Name of Agency: Indian Health Care Resource Ctr
Address: 550 South Peoria
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 588-1900

Services offered:

- Medical Services
- Dental Services
- Optometry Clinic
- Pediatric Care

Hours of Operation:

Mon, Tues, Wed, & Fri, 8:00am-5:00pm
 Thurs, 10:00am-7:00pm
 First Friday of month, 1:00-5:00pm



Name of Agency: Lion's Club
Address: 3100 South Jamestown Ave.
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 742-5555

Services offered:

- Assistance with glasses for children and adults

Hours of Operation:

Monday-Friday, 8:00am-12:00pm



HEALTH SERVICES

Name of Agency: Morton Health Clinic **Office Number:** (918) 587-2171
Address: 1334 North Lansing Ave
City, State, Zip Code: Tulsa, OK 74106

Additional Locations: East Tulsa Family Health Center Midtown Family Health Center
11511 East 21st Street 102 North Denver
Tulsa, OK 74129 Tulsa, OK 74103
(918) 295-6185 (918) 295-6942

West Tulsa Family Health Center
6116 West 11th St.
Tulsa, OK 74127

Services offered: **Hours of Operation:**

- Primary health care
- Transportation to appointments

Monday-Friday, 8:30am-5:30pm

Name of Agency: Neighbor for Neighbor **Office Number:** (918) 425-5578
Address: 1506 East 46th Street North
City, State, Zip Code: Tulsa, OK 74126

Services offered: **Hours of Operation:**

- Medical Clinic
- Dental Clinic
- Optometric Clinic
- See *Comprehensive for more services*

Monday-Thursday, 9:00am-12:00pm &
1:00-3:00pm

Name of Agency: Neighbors Along the Line **Office Number:** (918) 582-3491
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Services offered: **Hours of Operation:**

- Medical Clinic
- Dental Van

Call for hours/appointment

Name of Agency: Oklahoma Project Women **Office Number:** (918) 834-7200
Address: 2727 E. 21st St., #602
City, State, Zip Code: Tulsa, OK 74159

Services offered: **Hours of Operation:**

- Women 40+
- Mammograms & Ultrasounds
- Breast Cancer Education

Monday-Friday, 8:00am-5:00pm

Name of Agency: OSU Medical Clinic
Address: 2345 Southwest Blvd
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 582-1980

Additional Locations: OSU Physicians Office Building
802 S. Jackson
Tulsa, OK 74127
(918) 584-5364

OSU Physicians—Eastgate
14002 E. 21st St, Suite 1130
Tulsa, OK 74134
(918) 439-1500

OSU Physicians Houston Center
717 S. Houston Ave, Suite 200
Tulsa, OK 74127
(198) 586-4500

OSU Center for Health Sciences
5635 N. Martin Luther King Jr. Blvd
Tulsa, OK 74126
(918) 732-4686

Services offered:
• Medical Treatment

Hours of Operation:
Call specific location



Name of Agency: OU Medical Clinic
Address: 1111 S. St. Louis Ave
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 619-4600

Additional Locations: Schusterman Center Clinic
4444 East 41st St.
Tulsa, OK 74135
(918) 619-4400

Downtown Clinic
East 2nd St., Suite 180
Tulsa, OK 74103
(918) 619-4014

Wayman Tisdale Specialty Health Clinic
591 E. 36th St North
Tulsa, OK 74106
(918) 619-8700

Services offered:
• Medical Treatment

Hours of Operation:
Depends on location — call



Name of Agency: Planned Parenthood
Address: 1007 S. Peoria Ave.
City, State, Zip Code: Tulsa, OK 74120

Office Number: (855) 841-7526

Services offered:
• Family planning
• Birth control
• STD testing
• See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:30am-5:00pm



Name of Agency: Shortline Dental
Address: 9908 East 21st Street
City, State, Zip Code: Tulsa, OK 74129

Office Number: (918) 384-0099

Additional Locations: 1550 N. Lewis Ave.
Tulsa, OK 74110
(918) 359-0506

1671 E. 71st St.
Tulsa, OK 74136
(918) 340-5020

Services offered:

- Dental services
- Accept Medicaid and SoonerCare

Hours of Operation:
Hours dependent on location



Name of Agency: Sooner Care
Address:
City, State, Zip Code:

Office Number: (800) 987-7767

Services offered:

- Health care coverage for youth

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Tulsa CARES
Address: 3712 E. 11th St
City, State, Zip Code: Tulsa, OK 74112

Office Number: (918) 834-4194

Services offered:

- Social Services for those with HIV/AIDS

Hours of Operation:
Monday-Friday, 9:00am-5:00pm



Name of Agency: VA Tulsa Outpatient Clinic
Address: 9322 East 41st Street
City, State, Zip Code: Tulsa, OK 74145

Office Number: (918) 628-2500

Services offered:

- Outpatient Clinic for Veterans

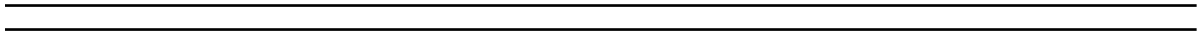
Hours of Operation:
Monday-Friday, 8:00am-4:30pm



Notes / Important Numbers

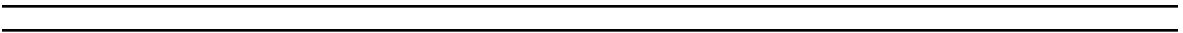


HOMEOWNERSHIP





LEGAL SERVICES



LEGAL SERVICES

Name of Agency: Early Settlement
Address: 600 Civic Center, Suite 108
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 596-7786

- Services offered:**
- Mediation Services
 - Court Systems Referrals

Hours of Operation:
Monday-Friday, 8:00am-5:00pm

Name of Agency: Lawyer Referral Center
Address: 1446 South Boston
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 584-5243

- Services offered:**
- Legal Referral with 30 min consultation for \$25
 - No pro bono lawyers

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Legal Aid Services of Oklahoma
Address: 907 S. Detroit, Suite 725
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 584-3388
Hotline: (918) 428-4357

- Services offered:**
Legal Services for low income individuals

Hours of Operation:
Monday-Friday, 8:30am-5:00pm



Name of Agency: Neighbor for Neighbor
Address: 1506 East 46th Street North
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 425-5578

- Services offered:**
- Legal Clinic
 - See *Comprehensive for more services*

Hours of Operation:
Monday-Thursday, 9:00am–12:00pm &
1:00pm-3:00pm



Name of Agency: Neighbors Along the Line
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 582-3491

- Services offered:**
- Legal Aid
 - See *Comprehensive for more services*

Hours of Operation:
Monday-Thursday, 10:00am-7:00pm
Call for Legal Aid days/times





PRENATAL / INFANT NEEDS

PRENATAL AND INFANT NEEDS

Name of Agency: Birthright of Tulsa
Address: 6600 South Yale Ave #1307
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 481-4884

- Services offered:**
- Parenting Classes
 - Diapers
 - Clothing

Hours of Operation:
Monday-Friday, 11:00am-3:00pm

Name of Agency: Catholic Charities
Address: 2450 N. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74110

Office Number: (918) 949-4673

- Services offered:**
- Adoption Services
 - Healing After Abortion
 - Madonna House
 - Pregnancy Services
 - See *Comprehensive for more services*

Hours of Operation:
Depends on program



Name of Agency: Children First
Address: 5051 S. 129th E. Ave
City, State, Zip Code: Tulsa, OK 74134

Office Number: (918) 732-4600

- Services offered:**
- Family Centered Home Visits with a Registered Nurse for first time mothers 28 weeks or less in their pregnancy

Hours of Operation:
Monday-Friday, 8:30am-5:00pm



Name of Agency: Crisis Pregnancy Outreach
Address: 7807 E. 76th St.
City, State, Zip Code: Tulsa, OK 74037

Office Number: (918) 296-3377

- Services offered:**
- Free pregnancy test/ultrasound
 - Resources to assist with unplanned pregnancies

Hours of Operation:
Monday-Friday, 10:00am-4:00pm



PRENATAL AND INFANT NEEDS

Name of Agency: Emergency Infant Services
Address: 222 S. Houston
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 582-2469

Additional Locations: EIS East Side
9910 E 42nd St, Suite 100
Tulsa, OK 74146

EIS South Side
5780 S. Peoria Ave.
Tulsa, OK 74105

Services offered:

- Help with families with children 5 and younger
- Help 4 times a year (food, formula, diapers, clothing)

Hours of Operation:
Differs by location



Name of Agency: Family & Children's Services
Address: 650 South Peoria
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-9471

Additional Locations: 11740 East 21st, Suite E
Tulsa, OK 74129
(918) 437-9495

1055 S. Houston Ave.
Tulsa, OK 74127
(918) 921-3200

2325 S. Harvard Ave.
Tulsa, OK 74114
(918) 587-9471

1 W. 36th St. N., Suite I
Tulsa, OK 74106
(918) 425-4200

6202 S. Lewis Ave., Suite J.
Tulsa, OK 74136
(918) 584-4549

102 N. Denver Ave., Suite C
Tulsa, OK 74103
(918) 582-1200

Services offered:

- Parenting Classes
- See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00am-5:30pm





RENT / UTILITIES

RENT AND UTILITIES

Name of Agency: Cherokee Nation
Address: 750 South Cherokee
City, State, Zip Code: Catoosa, OK 74015

Office Number: (918) 266-5626

Services offered:
• Utility Assistance for Cherokee Indians

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Christ for the King
Address: 1520 South Rockford
City, State, Zip Code: Tulsa, OK 74120
ONLY CERTAIN ZIPCODES SERVED

Office Number: (918) 760-7443

Services offered:
• Rent/Utility Assistance

Hours of Operation:
Leave message & they will call back



Name of Agency: First Baptist Church of Tulsa
Address: 305 S. Detroit
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-1571

Services offered:
• Utility Assistance
• See *Comprehensive for more services*

Hours of Operation:
Call on Mondays at 8:30am



Name of Agency: Harvest House
Address: 1439 E. 71st St
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 492-5511

Services offered:
• Utility Assistance
• See *Comprehensive for more services*

Hours of Operation:
Call on Monday evenings after 6:00pm



Name of Agency: Holy Family Cathedral
Address:
City, State, Zip Code: Tulsa, OK

Office Number: (918) 919-5291

Services offered:
• Utility Assistance
• Rent Assistance

Hours of Operation:
Call on Mondays or Wednesdays



RENT AND UTILITIES

Name of Agency: Kirk of the Hills (The Deacon’s Fund) **Office Number:** (918) 494-7088
Address: 4102 East 61st Street **Sporadically have funds—call for info**
City, State, Zip Code: Tulsa, OK 74136

Services offered: **Hours of Operation:**
• Utility Assistance Tuesday and Thursday, 9:00am-2:00pm
• Rent Assistance Call ahead of time



Name of Agency: Neighbors Along the Line **Office Number:** (918) 584-1111
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

LIMITED BY ZIPCODE
Services offered: **Hours of Operation:**
• Utility assistance Monday-Thursday 10:00am-7:00pm
• See *Comprehensive for more services*



Name of Agency: Neighbor for Neighbor **Office Number:** (918) 425-5578
Address: 505 East 36th Street North **Walk in for food**
City, State, Zip Code: Tulsa, OK 74106 **Appointment for all other services**

Services offered: **Hours of Operation:**
• Utilities assistance Monday-Thursday 9:00am-12:00pm,
• See *Comprehensive for more services* 1:00-3:00pm

Name of Agency: Sand Springs Community Services **Office Number:** (918) 245-5183
Address: 114 W. 4th St.
City, State, Zip Code: Sand Springs, OK 74063

LIMITED BY ZIPCODE
Services offered: **Hours of Operation:**
• Rent Monday-Thursday 9:00am-3:30pm
• Utilities Friday 9:00am-12:00pm
• See *Comprehensive for more services*



Name of Agency: Salvation Army **Office Number:** (918) 582-7201
Address: 102 North Denver
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Rent/Utilities assistance Call Monday-Friday, 2:00-2:30pm





SENIOR/ DISABLED



SENIOR / DISABLED SUPPORTIVE SERVICES

Name of Agency: Ability Resources **Office Number:** (918) 592-1235
Address: 823 South Detroit, Suite #110
City, State, Zip Code: Tulsa, OK 74120

Services offered: **Hours of Operation:**
• Independent living services for individuals w disabilities Monday-Friday, 9:00am-5:00pm
• Referrals for accessible housing, medical equipment, & emergency assistance



Name of Agency: Adult Protective Services **Office Number:** (918) 430-2326
Address: 3666 North Peoria
City, State, Zip Code: Tulsa, OK 74126

Services offered: **Hours of Operation:**
• Adult Emergency Service Referral Monday-Friday, 8:00am-5:00pm
• Investigation of Suspected Abuse
• Crisis Intervention



Name of Agency: Advantage Program **Office Number:** (918) 933-4900
Address: 823 S. Detroit
City, State, Zip Code: Tulsa, OK 74120

Services offered: **Hours of Operation:**
• In-Home Assistance to Delay Nursing Home Placement Monday-Friday, 8:00am-5:00pm



Name of Agency: Developmental Disability Services **Office Number:** (918) 794-7600
Address: 6128 E. 38th St. #420
City, State, Zip Code: Tulsa, OK 74135

Services offered: **Hours of Operation:**
• Community-based services to individuals with disabilities Monday-Friday, 8:00am-5:00pm
• Case Management
• Physical Therapy
• Occupational Therapy
• Speech Therapy



SENIOR / DISABLED SUPPORTIVE SERVICES

Name of Agency: Employment Resources, Inc.
Address: 6202 South Lewis, Suite #D
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 744-6202

Services offered:

- Employment Services for individuals with disabilities
- Independent living services for individuals with disabilities

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Goodwill Industries, Inc.
Address: 2800 Southwest Boulevard
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 581-1256

Services offered:

- Vocational services for individuals with disabilities
- See *Comprehensive* for more services

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Life Senior Services
Address: 5950 East 31st Street
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 664-9000

Services offered:

- Adult Day Services
- Case Management
- Caregiver Support
- Affordable housing

Hours of Operation:

Monday-Friday, 8:00 am - 5:00 pm



Name of Agency: Metro. Tulsa Transit Authority
Address: 510 South Rockford
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 582-2100

Services offered:

- Paratransit Service for individuals with disabilities who are unable to board ride or disembark a regular fixed bus route.

Hours of Operation:

Monday-Friday, 4:30am-9:00pm
Saturday, 5:30am-9:00pm



Name of Agency: National Indian Council on Aging
Address: 6202 South Lewis, Suite #G
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 748-5912

Services offered:

- Senior Community Service Employment Program

Hours of Operation:

Monday-Friday, 8:00 am - 5:00 pm



SENIOR / DISABLED SUPPORTIVE SERVICES

Name of Agency: Social Security Administration
Address: 4750 South Garnett Rd
City, State, Zip Code: Tulsa, OK 74146

Office Number: (866) 931-7106

Services offered:

- Social Security
- Supplemental Security Income
- Social Security Cards

Hours of Operation:

Monday-Friday, 8:00am-4:00pm



Name of Agency: Sodexho Senior Nutrition
Address: 3602 East Pine
City, State, Zip Code: Tulsa, OK 74115

Office Number: (918) 835-4160

Services offered:

- Home delivered meals

Hours of Operation:

Monday-Friday, 8:00am-4:30pm



Name of Agency: Special Kids
Address: 6311 E. Tecumseh
City, State, Zip Code: Tulsa, OK 74115

Office Number: (918) 836-9464

Services offered:

- Assistance for children with disabilities

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: The Center for Individuals with Physical Challenges
Address: 815 South Utica
City, State, Zip Code: Tulsa, OK 74104

Office Number: (918) 584-8607

Services offered:

- Rehabilitative Services
- Adaptive Recreation
- Community Reintegration

Hours of Operation:

Mon, Wed, Fri, 8:00am-5:00pm
Tues, Thurs, 8:00am-8:00pm



Name of Agency: Vocational Rehab
Address: 444 South Houston
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 581-2301

Services offered:

- Employment opportunities for individuals with disabilities
- Independent Living Services

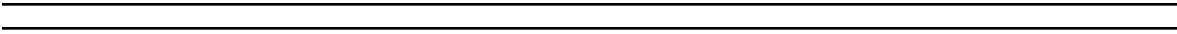
Hours of Operation:

Monday-Friday, 8:00am-5:00pm





SHELTERS



SHELTERS

Name of Agency: Day Center for the Homeless **Office Number:** (918) 583-5588
Address: 415 West Archer
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Homeless Center and Shelter Monday-Friday, 8:00 am - 4:00 pm
• See *Comprehensive for more services*



Name of Agency: DaySpring Villa **Office Number:** (918) 245-4075
Address:
City, State, Zip Code: Sand Springs, OK

Services offered: **Hours of Operation:**
• Emergency Domestic Violence Shelter Call 24/7



Name of Agency: Domestic Violence Intervention Svc **Office Number:** (918) 743-5763
Address: 4300 South Harvard, Suite #100
City, State, Zip Code: Tulsa, OK 74135

Services offered: **Hours of Operation:**
• Domestic Violence Shelter 24 Hour Crisis/Information line
• See *Comprehensive for more services*



Name of Agency: John 3:16 Mission **Office Number:** (918) 587-1187
Address: 506 North Cheyenne
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Homeless Shelter for Men Monday-Friday, 9:00am-5:00pm
• See *Comprehensive for more services*



Name of Agency: Salvation Army **Office Number:** (918) 582-7201
Address: 102 North Denver
City, State, Zip Code: Tulsa, OK 74103

Services offered: **Hours of Operation:**
• Emergency Shelter Monday-Friday, 8:30am-4:30pm
• See *Comprehensive for more services*



Name of Agency: Youth Services of Tulsa
Address: 311 S. Madison Ave.
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 582-0061

Services offered:

- Homeless shelter (Ages 12-18)
- See *Comprehensive* for more services

Hours of Operation:

Monday-Friday, 8:30am-5:00pm





SUBSTANCE ABUSE



SUBSTANCE ABUSE

Name of Agency: 12 & 12
Address: 6333 East Skelly Drive
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 664-4224

Services offered:
• Substance abuse residential treatment

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: CREEKS
Address: 4636 S. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74135

Office Number: (918) 382-7300

Services offered:
• Outpatient Substance Abuse Treatment
• See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



Name of Agency: Family & Children's Services
Address: 650 South Peoria
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-9471

Additional Locations: 11740 East 21st, Suite E
Tulsa, OK 74129
(918) 437-9495

1055 S. Houston Ave.
Tulsa, OK 74127
(918) 921-3200

2325 S. Harvard Ave.
Tulsa, OK 74114
(918) 587-9471

1 W. 36th St. N., Suite I
Tulsa, OK 74106
(918) 425-4200

6202 S. Lewis Ave., Suite J.
Tulsa, OK 74136
(918) 584-4549

102 N. Denver Ave., Suite C
Tulsa, OK 74103
(918) 582-1200

Services offered:
• Outpatient Substance Abuse treatment
• See *Comprehensive for more services*

Hours of Operation:
Monday-Friday, 8:00am-5:30pm



Name of Agency: HOW Foundation
Address: 5649 South Garnett
City, State, Zip Code: Tulsa, OK 74146

Office Number: (918) 252-5739

Services offered:
• Substance abuse residential treatment

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



SUBSTANCE ABUSE

Name of Agency: Parkside
Address: 1620 East 12th Street
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 588-8888

Services offered:

- Substance Abuse Treatment
- See *Comprehensive for more services*

Hours of Operation:

Call anytime 24/7, hours vary by program



Name of Agency: Resonance
Address: 1608 South Elwood
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 587-3888

Services offered:

- Substance Abuse Treatment
- See *Comprehensive for more services*

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Tulsa Center-Behavioral Health
Address: 2323 South Harvard
City, State, Zip Code: Tulsa, OK 74114

Office Number: (918) 293-2140

Services offered:

- Addiction counseling
- See *Comprehensive for more services*

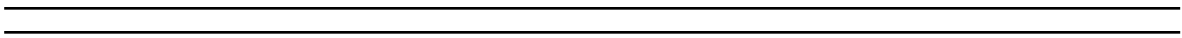
Hours of Operation:

24/7





YOUTH SERVICES



YOUTH SERVICES

Name of Agency: A Pocket Full of Hope **Office Number:** (918) 430-1700
Address: 1325 East Apache
City, State, Zip Code: Tulsa, OK 74106

Services offered: **Hours of Operation:**
• Youth: Arts, Theater, Dance Monday-Friday, 8:00am-5:00pm



Name of Agency: Big Brothers Sisters of OK **Office Number:** (918) 744-4400
Address: 1401 S. Boulder Ave. #300
City, State, Zip Code: Tulsa, OK 74145

Services offered: **Hours of Operation:**
• Mentoring Monday-Friday, 8:00am-5:00pm



Name of Agency: Boy Scouts of America **Office Number:** (918) 743-6125
Address: 4295 South Garnett
City, State, Zip Code: Tulsa, OK 74146

Services offered: **Hours of Operation:**
• Boy Scouts Monday-Friday, 8:00am-4:30pm



Name of Agency: Camp Fire USA **Office Number:** (918) 592-2267
Address: 706 South Boston Ave.
City, State, Zip Code: Tulsa, OK 74119

Services offered: **Hours of Operation:**
• After school clubs Monday-Friday, 8:00am-5:00pm
• Youth camps



Name of Agency: City of Tulsa Parks & Recreation **Office Number:** (918) 596-2100
Address: Multiple locations
City, State, Zip Code: Tulsa, OK

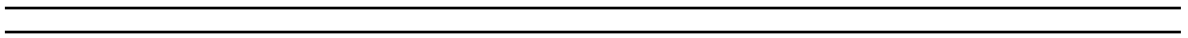
Website: <https://www.cityoftulsa.org/culture--recreation/tulsa-parks.aspx>

Services offered: **Hours of Operation:**
• Youth recreation/sports programs Depends on program
• Go to website to find schedules/locations





COMPREHENSIVE SERVICES



COMPREHENSIVE SERVICES

Name of Agency: Baptist Ministry Center
Address: 312 South 33rd West Avenue
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 585-5310
Director: Alicia Bones

- Services offered:**
- Food pantry
 - Free clothing
 - Assistance paying prescriptions

Hours of Operation:
Monday-Wednesday, 9:00 am - 2:00 pm
Thursday 9:30am-2:00pm
Prefer appointment, help every 60 days



Name of Agency: Catholic Charities
Address: 2450 N. Harvard Ave.
City, State, Zip Code: Tulsa, OK 74110

Office Number: (918) 949-4673

- Services offered:**
- Adoption Services
 - Counseling Services
 - Dental Services
 - Education Services
 - Emergency Assistance
 - Healing After Abortion
 - Immigration Services
 - Kitchen & Garden Ministries
 - Madonna House
 - Pregnancy Services
 - Refugee Services
 - St. Elizabeth Lodge

Hours of Operation:
Depends on program



Name of Agency: Community Action Project
Address: 4606 S. Garnett Rd.
City, State, Zip Code: Tulsa, OK 74146

Office Number: (918) 382-3200

- Services offered:**
- 1st Time Homebuyers Program
 - Head Start

Hours of Operation:
Monday-Friday, 8:00am-5:00pm



COMPREHENSIVE SERVICES

Name of Agency: Domestic Violence Intervention Svc **Office Number:** (918) 743-5763
DVIS
Address: 4300 South Harvard, Suite #100
City, State, Zip Code: Tulsa, OK 74135

Services offered:

- Counseling and Support Groups
- Treatment
- Court Advocacy
- Domestic Violence shelter

Hours of Operation:

24 Hour Crisis/Information line



Name of Agency: Employment Resources, Inc. **Office Number:** (918) 744-6202
Address: 6202 South Lewis, Suite #D
City, State, Zip Code: Tulsa, OK 74136

Services offered:

- Employment Services for the disabled
- Independent living services for disabled

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Family & Children's Services **Office Number:** (918) 587-9471
Address: 650 South Peoria
City, State, Zip Code: Tulsa, OK 74120

Additional Locations: 11740 East 21st, Suite E 1055 S. Houston Ave.
Tulsa, OK 74129 Tulsa, OK 74127
(918) 437-9495 (918) 921-3200

2325 S. Harvard Ave. 1 W. 36th St. N., Suite I
Tulsa, OK 74114 Tulsa, OK 74106
(918) 587-9471 (918) 425-4200

6202 S. Lewis Ave., Suite J. 102 N. Denver Ave., Suite C
Tulsa, OK 74136 Tulsa, OK 74103
(918) 584-4549 (918) 582-1200

Services offered:

- Counseling
- Divorce Counseling
- Marriage Counseling
- Stress Management
- Sexual Abuse Counseling
- Family Support and Prevention Programs
- Parenting Classes
- Outpatient Substance Abuse treatment

Hours of Operation:

Monday-Friday, 8:00 am - 5:30 pm



COMPREHENSIVE SERVICES

Name of Agency: First Baptist Church of Tulsa
Address: 305 S. Detroit
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 587-1571

Services offered:

- Food Assistance
- Clothing Assistance
- Utilities Assistance

Hours of Operation:

Monday-Thursday



Name of Agency: Goodwill Industries, Inc.
Address: 2800 Southwest Boulevard
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 581-1256

Services offered:

- Employment (Temporary, Supported, Training)
- TulsaWORKS job/skills training
- Vocational services for individuals with disabilities
- Transitional Work Adjustment training for seniors in high school

Hours of Operation:

Monday-Friday, 8:00am-5:00pm



Name of Agency: Harvest House
Address: 1439 E. 71st St
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 492-5511

Services offered:

- Utility Assistance
- Food
- Clothing

Hours of Operation:

Call on Monday evenings after 6:00pm



Name of Agency: John 3:16 Mission
Address: 506 North Cheyenne
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 587-1186

Services offered:

- Groceries & clothing
- Meals every evening
- Men's shelter
- Men's, women's, and youth ministries
- Recovery for addictions
- After school youth program
- Kid's camp

Hours of Operation:

Monday-Friday 9:00am-5:00pm



COMPREHENSIVE SERVICES

Name of Agency: Laureate
Address: 6655 South Yale
City, State, Zip Code: Tulsa, OK 74136

Office Number: (918) 491-3700
24/7 Line: (918) 481-4000

Services offered:

- Counseling
- In-patient and out-patient treatment
- Substance abuse treatment

Hours of Operation:

Monday-Friday, 8:30am-4:30pm



Name of Agency: Mental Health Association
Address: 1870 South Boulder
City, State, Zip Code: Tulsa, OK 74119

Office Number: (918) 585-1213

Services offered:

- Intensive Peer Case Management Services
- Support Groups
- Community Referral Line
- Drop In Center
- Housing

Hours of Operation:

Monday-Friday, 8:30am-5:00pm



Name of Agency: Neighbors Along the Line
Address: 5000 West Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 584-1111

Services offered:

- Food Pantry
- Literacy & GED program
- Medical clinic for uninsured
- Prescription assistance
- HI-SET testing
- Legal Aid
- Utility assistance

Hours of Operation:

Monday-Thursday 10:00am-7:00pm
Call for food pantry & clinic hours



Name of Agency: Neighbor for Neighbor
Address: 505 East 36th Street North
City, State, Zip Code: Tulsa, OK 74106

Office Number: (918) 425-5578

Walk in for food
Appointment for all other services

Services offered:

- Medical clinic
- Dental clinic
- Optometric clinic
- Family assistance program
- Food distribution program
- Legal clinic
- Housing assistance
- Life Skills program

Hours of Operation:

Monday-Thursday 9:00am-12:00pm,
1:00-3:00pm



COMPREHENSIVE SERVICES

Name of Agency: Restore Hope
Address: 2960 Charles Page Blvd
City, State, Zip Code: Tulsa, OK 74127

Office Number: (918) 582-5766

Email Address:
restorehope.org

Services offered:

- Food Pantry
- Thanksgiving assistance
- School Supplies (first two weeks of August)

Hours of Operation:
Food: Monday—Thursday 11:30-3:30



Name of Agency: Salvation Army
Address: 102 North Denver
City, State, Zip Code: Tulsa, OK 74103

Office Number: (918) 582-7201

Services offered:

- Hot meal—1:00pm daily
- Rent/Utilities assistance—call Monday-Friday from 2:00-2:30pm
- Supportive housing program
- Emergency shelter

Hours of Operation:
Monday-Friday, 8:30am-4:30pm



Name of Agency: Sand Springs Community Services
Address: 114 W. 4th St.
City, State, Zip Code: Sand Springs, OK 74063
LIMITED BY ZIPCODE

Office Number: (918) 245-5183

Services offered:

- Rent
- Utilities
- Food
- Clothing

Hours of Operation:
Monday-Thursday 9:00am-3:30pm
Friday 9:00am-12:00pm



Name of Agency: Tulsa Center-Behavioral Health
Address: 2323 South Harvard
City, State, Zip Code: Tulsa, OK 74114

Office Number: (918) 293-2140

Services offered:

- In Patient Treatment
- Crisis Unit
- Addiction counseling

Hours of Operation:
24/7



COMPREHENSIVE SERVICES

Name of Agency: Youth Services of Tulsa
Address: 311 S. Madison Ave.
City, State, Zip Code: Tulsa, OK 74120

Office Number: (918) 582-0061

- **Services offered:**
- Counseling (on site and home-based)
- Coping Skills Groups
- Transitional Living Program
- Homeless shelter (ages 12-18)
- Delinquency prevention
- Youth development/education

Hours of Operation:
Monday-Friday, 8:30am-5:00pm



Name of Agency: Western Neighbors
Address: Crystal City Shopping Center
On Southwest Blvd
City, State, Zip Code: Tulsa, OK 74107

Office Number: (918) 445-8840

- Services offered:**
- Food pantry (1x a month)
 - Used clothing
 - Small household items
 - Sometimes assist with utility cutoff notices (call for appointment)
 - Assist with emergency prescriptions

Hours of Operation:
Monday-Friday, 8:00am-12:00pm



