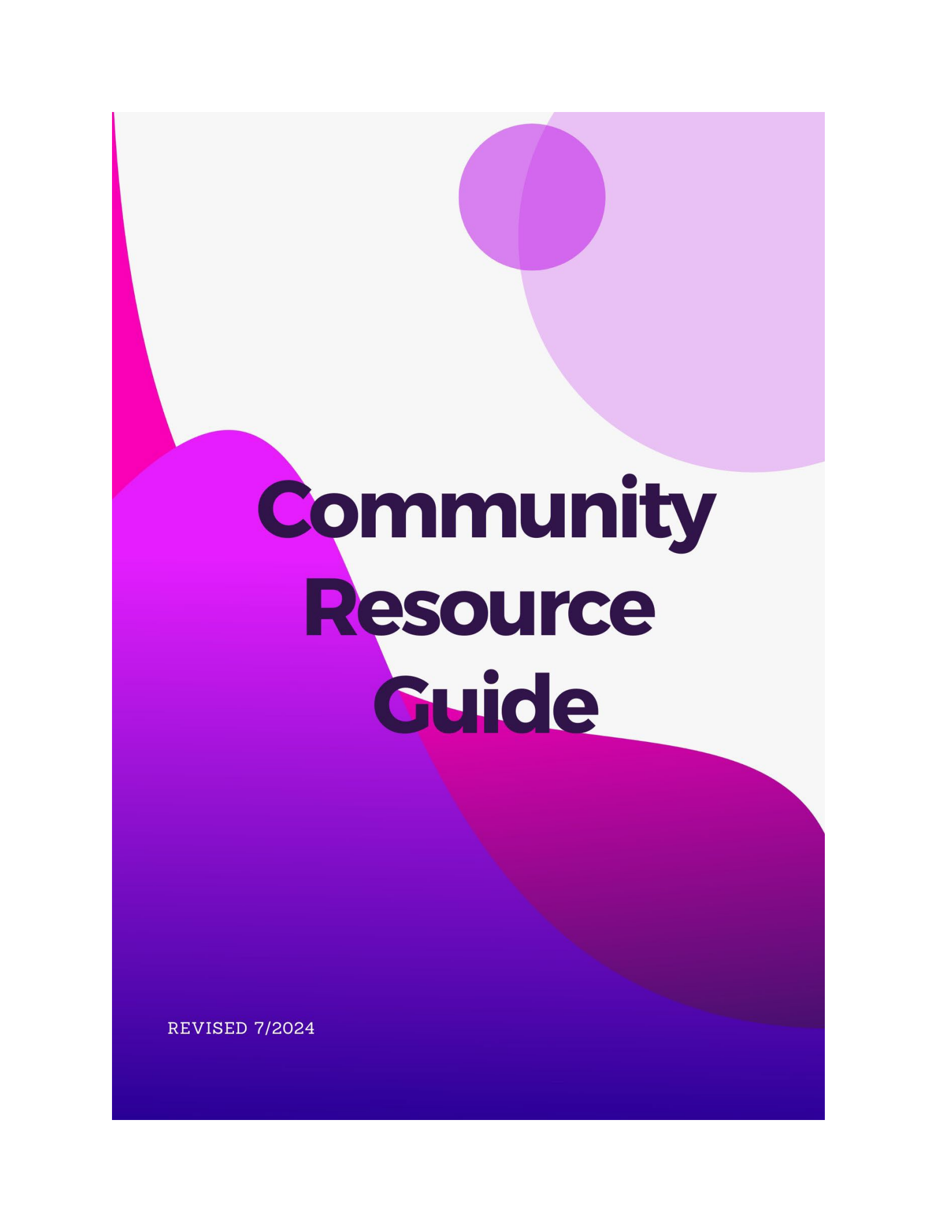




Community Resource Guide

REVISED 7/2024

Resource Information & Referral

Call 211

www.211oklahoma.org

What is 2-1-1?

2-1-1 is an easy to remember telephone number that connects people with important community services and volunteer opportunities. While services that are offered through 2-1-1 vary from community to community, 2-1-1 provides callers with information about and referrals to human services for every day needs and in times of crisis.

988

Suicide and Crisis Lifeline

If you or someone you know needs support now, call or text 988 or [988 Lifeline Chat and Text - 988 Suicide & Crisis Lifeline](#)

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Call SAM

(Student Assistance by Mercy)

The 24/7, toll-free helpline service can be reached by calling **855-225-2SAM** (2627). It is a service for issues like substance abuse, mental or emotional well-being and family crises, and is managed by behavioral health providers and medical providers trained in mental health issues.

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A. CHILD CARE

1. Resource & Referral --Child Care Connection--

www.rainbowfleet.org

1105 N.W. 45th St., Oklahoma City, OK 73118

The Resource Center

Phone: (405) 521-1426 Call for rate
1-800-438-0008
(405) 525-8783 for Spanish

2. Child Care Assistance

<http://www.okdhs.org/programsandservices/cc/>

3. Boys & Girls Club of Oklahoma County

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

3535 N Western Ave, Oklahoma City, OK 73118

Phone: (405) 521-9292

4. Community After School Program

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

Grade K-5th - Child has to be enrolled in Norman Public Schools

1023 N Flood Ave, Norman, OK

Phone: (405) 366-5970

5. Francis Tuttle Child Development Center

[Child Development Center | Francis Tuttle Technology Center](#)

12777 N Rockwell Ave, Oklahoma City, OK 73142

Phone: (405) 717-4327

6. Community Action Agency (Head Start)

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

319 SW 25th St, Oklahoma City, OK 73109

Phone: (405) 232-0199

7. Presbyterian Urban Missions

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

3737 N Portland, Oklahoma City, OK 73112

Phone: (405) 946-1556

8. Salvation Army, Boys & Girls Club (Ages 6- 19)

<http://www.salvationarmyokcac.org/boys-girls-club>

2808 SE 44th St, Oklahoma City, OK

Phone: (405) 677-4781

9. YMCA Prime-Time After-School Care

Edmond Branch

Phone: (405) 348-9622

Northside Branch

Phone: (405) 751-6363

Southside Branch

Phone: (405) 681-6636

10. YWCA

Gaylord Branch

2460 W I-44 Service Rd, Oklahoma City, OK

Victims of domestic violence and sexual assault

Phone: (405) 948-1770

B. CLOTHING – Free or Low Cost

1. Baptist Mission Center

<http://www.cbaokc.net/Baptist-mission-center>

2125 Exchange Ave, Oklahoma City, OK

Food baskets

Prescription Refills

Day and Night Medical Clinics (appointment only)

Call for any dental or eye services for availability.

Photo I.D, SS Card for everyone in household, and proof of residency

Phone: (405) 235-6162

2. Christian Service Center

<http://www.christianservicecenter.net/>

115 SW 24th St, Oklahoma City, OK

Clients must be low income. Need photo ID in English,

May come once every 90 days.

Phone: (405) 236-5956

3. First Baptist Church-Nicoma Park

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

1931 Nichols Dr., Oklahoma City, OK 73066

Clothing and Food ministry

Photo ID required

Phone: (405) 769-5623

4. Good Shepherd Ministries

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

222 NW 12th St, Oklahoma City, OK 73103

Adult medical & dental clinic call for app

Child dental clinic call for appointment

Phone: (405) 232-8631

5. Hope Center of Edmond

<https://hopecenterofedmond.com/>

1251 N Broadway, Edmond, OK 73034

Clients must live in following zip codes: 73034, 73013, 73003, 73007, 73025, 73012

Phone: (405) 348-1340

6. Jesus House-Warehouse

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

1335 W Sheridan Ave, Oklahoma City, OK 73106

Phone: (405) 232-7164

7. Skyline Urban Ministry- Food, Eye Clinic, Style Shop, Garden

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

500 SE 15th St, Oklahoma City, OK 73129

Phone: (405) 632-2644

8. Suited for Success

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

FT Students can receive vouchers for business attire before going to first interview.

For applications on campus see:

Amy Hanson (405) 717-4261 (Reno)

Vera Cheek (405) 717-4650

7300 NW 23rd St., Suite 220

Bethany, OK 73008

Phone: (405) 521-1089

9. Sister BJ's Closet

[Sister BJs Pantry - Oklahoma City, OK \(srbjpantry.org\)](http://srbjpantry.org/)

819 NW 4th St, Oklahoma City, OK

Phone: (405) 837-7068

10. Thrift Stores

Nearly New

9218 N Western, OKC

(405) 848-4141

Salvation Army

(405) 236-3060

1742 W Lindsay-Norman

(405) 364-0126

301 N Mustang Rd

(405) 376-1044

620 City Ave, Moore

(405) 912-3376

Bargain Thrift

4545 NW 16th St, OKC 73127

(405) 948-1092

10700 N Western Ave

(405) 753-6561

Goodwill

1317 E Lindsay-Norman

(405) 321-0551

6830 E Reno, Midwest City

405-737-3860

EARC

100 E 3rd, Edmond
(405) 285-7658
(405) 733-5600

Uptown Thrift

7513 SE 15th, Midwest City,
OK 73110

C. CONSUMER SERVICES

1. Better Business Bureau

<http://www.bbb.org/local-bbb/better-business-bureau-of-central-oklahoma>
17 S Dewey, Oklahoma City, OK 73102
Consumer Complaints

2. Community Action Agency of OKC/Canadian Counties

<http://www.caaofokc.org/>
319 SW 25th, Oklahoma City, OK 73109
FEMA Mortgage/Rental Assistance
Services vary
Phone: (405) 232-0199

3. Internal Revenue Service

<https://www.irs.gov/taxpayer-advocate>
Call or see their web page for Counseling Services & Programs
Phone: (405) 297-4057

D. COUNSELING SERVICES & PROGRAMS

OK Dept. Mental Health & Substance Abuse Service

www.odmhsas.org

Resource & Referral -- Reach-Out Hotline -- free crisis, information and referral hotline

Call SAM -- Anxiety/Stressed/Depressed/Substance Abuse

24 Hours/7 Days a week
Phone: 866-889-4335
1-855-225-2SAM (2726)

988 Mental Health Lifeline

[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.
Phone: 988

HOPE Community Center
<https://www.hopecsi.org>
Phone: (405) 634-4400

NorthCare
<https://www.northcare.com>
Phone: (405) 858-1700

CREOKC Health Services
<https://creoks.org>
Phone: (405) 634-1497

Crisis Center OCCIC
[Oklahoma County Crisis Stabilization Units](#)
Phone: (405) 522-8100

Red Rock Behavioral Health
<https://www.red-rock.com>
Phone: (405) 424-7711

Integrated Therapy Solutions of Oklahoma
<https://itsofok.com>
Phone: (405) 208-4469

Alcohol and Drugs

1. **AACI**
<https://aaci.org/>
Phone: 1(800) 234-0420
2. **Alcoholics' Anonymous**
<https://www.aa.org/>
Phone: (405) 949-0910
3. **Alcohol/Drug Treatment Referral Center**
<http://www.trcok.com>
Phone: (405) 525-2525
4. **Alcohol Training & Educ.**
<https://okduischool.com/>
Phone: (405) 943-7483
5. **Chance to Change**
<https://achancetochange.org/>
Phone: (405) 840-9000
6. **Red Rock Counseling**
7. **North Care Center**
<https://www.northcare.com>
Phone: (405) 858-2700
8. **Reachout**
<http://www.okdrs.org/guide/reach-out>
Phone: 1(800) 522-9054
9. **Turning Point**
<http://www.turningpointokc.com/>
Phone: (405) 227-3757
10. **Tough as a Mother (TAAM)**
<https://okimready.org/tough-as-a-mother>

Cancer Groups

American Cancer Society

<https://www.cancer.org/about-us/local/oklahoma.html>

Phone: (405) 843-9888
1 (800) 227-2345

Domestic Violence

1. Passageway-Women's Crisis Center

<https://www.ouhsc.edu/Safeprogram/>

Phone: (405) 701-5540 Hotline

2. Rape Crisis Center

<https://www.occc.edu/support/assault.html>

Phone: (405) 943-RAPE Hotline

3. Safeline

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

Phone: 1 (800) 522-7233 Hotline

4. YWCA

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

Phone: (405) 948-1770 Admin office
(405) 943-7177 Fax

Emergency/In-Patient

1. Heartline

www.heartlineoklahoma.org

Phone: (405) 848-2273

2. St. Anthony's Behavioral Medicine

www.saintsok.com

Phone: (405) 272-6216

3. Integris Mental Health

<https://integrisok.com/services/line/mental-health-and-psychiatry>

Phone: (405) 427-2441

4. Cedar Ridge

<https://cedarridgebhs.com/>

Phone: (405) 605-6111

5. Children's Recovery Center

https://www.ok.gov/odmhsas/Mental_Health_/Children's_Recovery_Center_of_Oklahoma.html

Phone: (405) 364-9004

For Women

1. Birth Choice

www.birthchoice.org

Phone: (405) 631-4477

2. Planned Parenthood

www.plannedparenthood.org

Phone: (405) 528-2157

3. Women's Resource Center/Women's Shelter

wrc@wrcweb.net

Phone: (405) 364-9424 (405)701-5497 Norman

4. Project Gabriel Pregnancy Ministry

St. John The Baptist Catholic Church

[Pregnancy Assistance - Project Gabriel at St. John's \(stjohn-catholic.org\)](http://stjohn-catholic.org/Pregnancy_Assistance_-_Project_Gabriel_at_St._John's)

Phone: (405) 888-2372

5. Parentguidance.org

Education and therapeutic support to empower and give hope as you support your child's mental health

General

1. Catholic Charities

<https://stjosephsok.org/missionary-outreach/counseling>

Phone: (405) 524-0969

2. Life Counseling

<https://www.nwokc.com/list/member/renew-counseling-center-at-snu-bethany-180>

Phone: (405) 717-6200

3. North Care Center

<https://clinics.cmac.ws/north-care/30180/>

Phone: (405) 272-0660

4. Edmond Family Services

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

Phone: (405) 341-3554

5. Red Rock Mental Health Care

<https://www.red-rock.com/>

Phone: (405) 424-7711

6. Pivot, Inc.

www.pivotok.org

Phone: (405) 235-7537

7. The Center for Brief Counseling

UCO-3rd floor of the new Education Building

<https://www.uco.edu/ceps/centers-and-clinics/center-for-brief-counseling/>

Phone: (405) 974-5290

8. SISU

www.sisuyouth.org

3131 N Penn Avenue, Oklahoma City, OK

Phone: (405) 459-7448

Heart Support Services

1. American Heart Association

<https://www.heart.org/en/affiliates/oklahoma/oklahoma-city>

Phone: (405) 415-3030

Loss of Loved Ones

1. Calm Waters (For Children)

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

Phone: (405) 841-4800

2. Grief Support (Mercy)

<https://www.mercy.net/practice/mercy-pastoral-services-oklahoma-city/>

Phone: (405) 752-3776

3. Chapter Two (Integris Baptist)-adults

<https://integrisok.com/services>

Grief Support Resources | INTEGRIS Health

Phone: (405) 949-3195

4. Grief Support (St. Anthony)

<https://www.ssmhealth.com/resources/for-patients/pastoral-care>

Phone: (405) 272-6220

5. Grief Support (OU Med Center)

<https://www.oumedicine.com/oumedicine/ou-medical-center/hospital-Information/pastoral-care>

[Spiritual Care | OU Health](#)

Phone: (405) 271-5758

Parenting and Family

1. Catholic Charities

www.catholiccharities.org

Phone: (405) 523-3000

2. Okla. County Health Department

[OKC-County Health Department | OKC-County Health Department \(occhd.org\)](#)

Child guidance, immunizations, screenings

Phone: (405) 271-5600

3. Oklahoma County Health Dept.

“Children First Program” - Helps first-time mothers & their families

ChildrenFirst@occhd.org

Phone: (405) 419-4106

4. West Division

www.occhd.org

Women’s Health & Maternity

Phone: (405) 419-4150

5. Youth Villages – Force for Families

www.youthvillages.org

Support Groups

1. AIDS Hotline

[AIDS Coordination and Information Services \(oklahoma.gov\)](#)

Phone: (800) 535-2437

2. Alzheimer’s Association

<https://www.alz.org/oklahoma>

Phone: (405) 319-0780

3. MADD (Mothers Against Drunk Drivers)

[https://www.madd.org/
Home - Affiliate Oklahoma \(madd.org\)](https://www.madd.org/Home-Affiliate-Oklahoma(madd.org))

Phone: (405) 748-3122

4. Parent/child Abuse Okla.

<https://parentpromise.org/>

Phone: (405) 232-2500

5. Divorce Counseling-Catholic Charities

[St. Joseph Counseling \(stjosephsok.org\)](http://stjosephsok.org)

Phone: (405) 524-0969

Terminal Illness

1. Hospice (Integris)

<https://integrisok.com/locations/hospice-and-home-care/integris-hospice-in-okc>

Phone: (405) 848-8884

E. DENTAL/MEDICAL/EYE CARE

There are various medical programs that offer general or specialized clinic services to low-income and unemployed families and individuals. Fees are based on clients' ability to pay. If hospitalization is needed, ask hospital about Social Work Dept. and Title 19 funds. To determine services provided, call the agencies listed below:

1. Baptist Mission Center

[Baptist Mission Center Dental Clinic Oklahoma City, OK \(dentalclinics.org\)](http://dentalclinics.org)

Medical & Dental Clinics, Pharmacy

Phone: (405) 235-6162

2. Catholic Charities

<https://catholiccharitiesok.org/>

Phone: (405) 523-3000

3. Family Medical Clinics

<https://www.oumedicine.com/oumedicine/primary-care>

Phone: (405) 271-4311

4. Good Shepherd Ministries

<http://goodshepherdokc.org/>

Medical & Dental Clinics

Phone: (405) 232-8631

5. Healing Hands Health Care Service

[Community Health Centers, Inc. \(chciokc.org\)](http://chciokc.org)

Phone: (405) 272-0476

6. Hope Center of Edmond

<https://hopecenterofedmond.com/clinic/>

OB and WIC only

Clients must live in following zip codes: 73034, 73013, 73003, 73007, 73025, 73012

Phone: (405) 348-4680

7. Infant Crisis

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

Phone: (405) 528-3663

8. Integris Health (Southwest Medical)

<https://integrisok.com/locations/hospital/integris-southwest-medical-center>

24 hours a day

Phone: (405) 636-7000

9. Lions Club (Eye glasses)

[Oklahoma Lions KidSight \(oklionsfoundation.org\)](http://oklionsfoundation.org)

Phone: (405) 947-6540

10. Little Flower Church Clinic

Phone: (405) 235-7055

11. Mary Mahoney Health Center

<https://communityhealthok.org/>

Phone: (405) 769-3301

12. NSO Dental Clinic

<https://nsookc.org/dental/>

Phone: (405) 236-0413 ext. 111

13. OK County Health Department

<https://occhd.org>

Phone: (405) 427-8651

14. OK Society to Prevent Blindness

<https://vizavance.org/>

Phone: (405) 848-7123

15. OU College of Dentistry

<https://www.freedentalcare.us/li/ou-college-of-dentistry-dental-hygiene-dept>.

Phone: (405) 271-6056

16. Prevent Blindness America

<https://rarediseases.org/organizations/prevent-blindness-america/>

Phone: 1(800) 331-2020

17. Rose State University Hygiene Clinic

(\$5 Charge for teeth cleaning)

<https://www.freedentalclinics.us/lis/rose-state-college-dental-hygiene-clinic>

Phone: (405) 733-7336

18. Variety Health Center

www.varietycare.org

Phone: (405) 632-6688

19. Kings Clinic

<https://www.kingsclinic.com/>

Phone: (405) 848-4005

20. Community Action

<https://communityactionpartnership.com/>

Phone: (405) 232-0199

21. Crossings Community Clinic

<https://crossings.church/clinic/>

Phone: (405) 755-2227

22. LIONS Eye Bank

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

Phone: (405) 947-6540

23. Baptist Community Clinic

<https://bchsnola.org/>

Phone: (405) 951-4804

24. Oklahoma Mission of Mercy

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

Free Dental Clinics in February around Oklahoma

25. D-Dent

https://www.d-dentok.org/d-dentok.org/D-DENTs_Programs.html

Dental care for adults with disabilities & seniors

Phone: (800)-522-9510 (405)-424-8092

26. Edmond-Ministries of Jesus Dental Clinic

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

Phone: (405) 340-7400

27. NSO Dental Clinic

<https://nsookc.org/>

Phone: (405) 236-0413

28. OU Dental Hygiene Dept

<https://dentistry.ouhsc.edu/Patients>

Phone: (405) 271-7744

29. Perry A. Klaassen Family Dental Clinic

<https://communityhealthok.org/>

Phone: (405) 769-3301

30. Crossings Community Clinic

[Crossings Clinic | Crossings Clinic](#)

Phone: (405) 749-0800 or (405)-232-8631

31. King's Klinik

<https://www.kingsklinik.com>

921 W Britton Rd, Oklahoma City, OK

Phone: (405) 848-4005

F. EDUCATION

1. GED Testing

<https://academy.putnamcityschools.org/>

*Call first for application and test fee price

Putnam City Academy

<https://academy.putnamcityschools.org/>

Phone: (405) 495-8838

OKC Community College

<http://www.occc.edu/coe/>

Phone: (405) 682-7531

Education and Employment Ministry

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

Phone: (405) 235-2651

2. Literacy Classes

<https://www.okcps.org/Page/2308>

OKCPS Adult Learning Center

Phone: (405) 587-1000

Opportunity Industrialization Center

<https://oicokc.org/about/>

3033 N Walnut Ave, Bldg., East Oklahoma City, OK

Phone: (405) 235-2651

Community Literacy Center

5131 N Classen Cr, Suite 204

<https://www.communityliteracy.com/>

Phone: (405) 524-7323

3. Work Force Investment Act

Provides on-the-job training, financial assistance for training, and other services to dislocated workers.

4. Work Force Oklahoma

<http://swb-ok.com/>

Phone: (405) 208-2519

5. Stepping Stone Foundation

<https://steppingstoneokc.wordpress.com>

1516 Briar Meade Circle, Edmond, Oklahoma 73025

Provide secondary education support to OKC HS Seniors who are parents and desire to obtain a post-high school degree or certification.

Phone: (214) 801-5534

G. EMPLOYMENT

1. AARP Senior Employment

[https://local.aarp.org/oklahoma-city-](https://local.aarp.org/oklahoma-city-ok/jobs/?keyword=senior+employment+&location=+Oklahoma+City%2C+OK+&submit=Find+Now%21)

[ok/jobs/?keyword=senior+employment+&location=+Oklahoma+City%2C+OK+&submit=Find+Now%21](https://local.aarp.org/oklahoma-city-ok/jobs/?keyword=senior+employment+&location=+Oklahoma+City%2C+OK+&submit=Find+Now%21)

5300 N. Meridian Ave #8

Phone: (405) 879-3899

2. Catholic Charities

<http://catholiccharitiesok.org/>

Phone: (405) 523-3000

3. Community Action Agency

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

Phone: (405) 232-0199

4. Express Personnel

6401 NW Expressway, OKC, Suite 108

<https://www.expresspros.com/OKC/>

Phone: (405) 720-1000

804 West I-240 Service Rd, OKC

<https://www.expresspros.com/OKC/>

Phone: (405) 634-6600

5. Work Force Oklahoma

<http://swb-ok.com/>

Phone: (405) 208-2519

6. Goodwill

<https://okgoodwill.org/employee-resources>

Phone: (405) 278-7152

7. Force Personnel

<https://www.forcepersonnelok.com>

Phone: (405) 605-7808

8. PeopleReady

<https://www.peopleready.com/location/oklahoma-city-ok-1173>

Phone: (405) 524-1388

9. SNAP Employment & Training

<https://oklahoma.gov/okdhs/oksnapworks.html>

Phone: (405) 418-3923

10. Urban League

<https://urbanleagueok.org>

Phone: (405) 424-5243

H. EX-OFFENDER PROGRAMS

1. Reentry Programs

<https://exoffenders.net/reentry-programs-assistance/oklahoma/>

2. Cardinal Halfway House

<https://cardinalcommunityhouse.com/>

517 SW 2nd, Oklahoma City, OK

Phone: (405) 232-0231

I. FOOD

1. Food Closet/Pantry

Francis Tuttle--See Career Planning Center

2. Food Stamps – DHS

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

Phone: 405-522-5050

3. Grace Rescue Mission

<https://okhomeless.com/resource/grace-rescue-mission/>

2205 Exchange Ave, Oklahoma City, OK

Phone: (405) 232-5756

4. Hope Center of Edmond

<https://hopecenterofedmond.com/assistance/>

1251 N Broadway Suite A, Edmond, OK

Clients must live in following zip codes:

73034, 73013, 73003, 73007, 73025, 73012

Phone: (405) 348-1340

5. Salvation Army Serving Line and Food Pantry

[Food Services - Central Oklahoma Area Command \(salvationarmy.org\)](https://www.salvationarmy.org/central-oklahoma-area-command)

Phone: (405) 246-1080

6. Church of the Open Arms

<https://www.openarms.org>

3131 N Pennsylvania Ave. Oklahoma City, OK

Phone: (405) 525-9555

7. Cross and Crown Ministries

<https://crossandcrownmission.com>

1008 N McKinley, Oklahoma City, OK

Phone: (405) 232-7696

8. Jesus House

<https://jesushouseokc.org>

1335 W Sheridan Ave, Oklahoma City, OK

Phone: (405) 232-7164

J. HOUSING

1. **Christian Service Center**
<https://www.christianservicecenter.net>
115 SW 24th St, Oklahoma City, OK
Phone: (405) 236-5956
2. **HUD, Section 8, & OCHA**
<https://affordablehousingonline.com>
3. **Jamestown Square Apts**
https://www.publichousing.com/details/jamestown_square
1200 NW 10th Pl, Moore, OK
Phone: (405) 848-3118
4. **Vicksburg Village**
<http://www.vicksburgvillageapts.com/>
200 Vicksburg Ave, Norman, OK
Phone: (405) 360-6724
5. **Hillcrest Green Apts**
<https://hillcrestgreen.com>
3317 SW 74th, Oklahoma City, OK
Phone: (405) 682-2622
6. **London Square Village**
<https://www.london-square-village.com>
7533 NW 6th, Oklahoma City, OK
Phone: (405) 787-7421
7. **Rockwell Villa Apts**
[Rockwell Villa Apartments in Oklahoma City, Oklahoma
\(affordablehousingonline.com\)](https://www.rockwellvillaports.com/)
929 N Rockwell, Oklahoma City, OK
Phone: (405) 787-9403
8. **Will Rogers Apts**
[Will Rogers Courts - Apartments in Oklahoma City, OK | Apartments.com](https://www.willrogersapts.com/)
1620 Heyman, Oklahoma City, OK
Phone: (405) 632-6060
9. **Sooner Haven**
<https://www.apartmentfinder.com/>
1444 NE 36th, Oklahoma City, OK
Phone: (405) 424-4651

10. Fred Factory Gardens

[Welcome to Oklahoma City Housing Authority \(ochanet.org\)](http://www.ochanet.org)

3901 Dunjee Blvd, Oklahoma City, OK

Phone: (405) 769-4214

11. Ambassador Courts

[Ambassador Courts - Apartments in Oklahoma City, OK | Apartments.com](http://www.apartments.com)

800 SE 15th, Oklahoma City, OK

Phone: (405) 631-3769

12. Neighborhood Services Organization, Inc.

<https://nsookc.org/>

8101 S Walker Ave, Oklahoma City, OK

Phone: (405) 236-0452

13. Oklahoma City Housing Authority

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

431 SW 11th St, Oklahoma City, OK

Phone: (405) 236-0452

14. Guthrie Housing Authority

<http://guthriehousing.org/>

1524 E Perkins, Guthrie, OK

Phone: (405) 282-3246

15. Oklahoma Housing Finance Agency

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

100 NW 63rd St, Oklahoma City, OK

Phone: (405) 848-1144

16. Salvation Army Emergency Shelter – Oklahoma County

[Emergency Shelter - Central Oklahoma Area Command](http://www.salvationarmy.org)

[\(salvationarmy.org\)](http://www.salvationarmy.org)

1001 N Pennsylvania Ave, Oklahoma City, OK

Phone: (405) 246-1133

17. Salvation Army Emergency Shelter – Cleveland County

[Emergency Shelter - Central Oklahoma Area Command](http://www.salvationarmy.org)

[\(salvationarmy.org\)](http://www.salvationarmy.org)

3180 E Hayes St, Norman, OK

Phone: (405) 364-9910

18. Central Oklahoma Habitat for Humanity

<https://www.cohfh.org>

Critical home repairs, homebuying, reStore

Phone: (405) 232-4828

19. Pivot – Ages 12-17

www.pivotok.org

201 NE 50th, Oklahoma City, OK

Phone: (405) 235-7537

20. Mental Health Association of Oklahoma – ages 18-24

www.mhaok.org

400 N Walker, Oklahoma City, OK

Phone: (405) 943-3700

21. Neighborhood Services Organization

www.nsookc.org

22. Justin's Lighthouse Recovery Services – Women with Children and Youth

5207 Beverly Drive, Oklahoma City, OK

Phone: (405) 919-8781

23. Wonderfully Made Foundation – Women and Children

www.thewonderfullymadefoundation.com

4010 N Lincoln Boulevard Ste 106, Oklahoma City, OK

Phone: (405) 778-6870

24. YWCA Crisis Shelter – Women only

<http://www.ywcaokc.org>

Phone: (405) 949-0907

25. City Rescue Mission – Men Women and Families

800 W California Ave, Oklahoma City, OK

Phone: (405) 232-2709

26. Grace Rescue Mission – Men Only

2205 Exchange Ave, Oklahoma City, OK

Phone: (405) 232-5756

27. Jesus House

1335 W Sheridan Ave, Oklahoma City, OK

Phone: (405) 232-7164

28. Lottie House Day Drop In Shelter – Men and Women over 18

1311 NW Lottie Ave, Oklahoma City, OK

Phone: (405) 600-3071

29. Volunteers of America of Oklahoma

<https://www.voaok.org>

Phone: (405) 415-8448

K. LEGAL SERVICES

1. **Legal Aid of Oklahoma**

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

3800 Classen Blvd, Suite 230, Oklahoma City, OK

Phone: (405) 557-0020

L. MISCELLANEOUS RESOURCES

1. **Social Security Benefits**

<https://www.ssa.gov/onlineservices/>

12301 N Kelley Ave, Oklahoma City, OK

Phone: 1 (866) 331-2207

2. **Urban League of Greater OKC**

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

3900 N. Martin Luther King, Oklahoma City, OK

Phone: (405) 424-5243

3. **Veterans Benefits**

<https://www.va.gov/>

Phone: 1 (800) 698-2411

4. **US Department of Veterans Affairs**

<https://www.va.gov/housing-assistance/>

Phone: (405) 456-1000

M. OTHER RESOURCES

For assistance with welfare, childcare, food stamps and other services provided by the Department of Human Services.

1. **DHS**

<http://www.okdhs.org>

Phone: 405-522-5050

N. PRESCRIPTIONS

1. **Oklahoma County Pharmacy**
<https://www.oklahomacounty.org/167/Pharmacy-Services>
5905 N Classen, Suite 302, Oklahoma City, OK
Phone: (405) 713-1893
2. **The Medicine Program**
<http://www.themedicineprogram.com>
3. **OK DRS Section 6: Prescription Drug Assistance:**
http://www.okdrs.org/guide/05_06
4. **Rx for Oklahoma Prescription Assistance:**
<https://okcommerce.gov/assistance/rx/>
5. **Oklahoma Rx Assistance Programs:**
<https://www.staterxplans.us/oklahoma.html>
6. **King's Clinic**
<https://www.kingsclinic.com>
921 W Britton, Oklahoma City, OK
Phone: (405) 848-4005

O. SENIORS

1. **Senior Employment Program (AARP)**
[Support for Finding Work After 50 - My AARP Foundation](#)
Phone: 1-855-850-2525
2. **Areawide Aging Agency**
<https://www.areawideaging.org/>
Phone: (405) 942-8500
3. **Rebuilding Together OKC**
<http://rebuildingtogetherokc.org>
Phone: (405) 607-0464
Home repairs
4. **Sunbeam Family Services**
<https://sunbeamfamilyservices.org>
Phone: (405) 528-7721
Senior Emergency Shelter

P. SERVICES FOR PERSONS WITH DISABILITIES

1. Vocational Rehabilitation or Visual Services

[Vocational Rehabilitation \(oklahoma.gov\)](https://www.okdhs.gov/vocational-rehabilitation)

3535 NW 58th St, Suite 500 Oklahoma City, OK

Phone: (405) 951-3400

Q. TRANSPORTATION

1. METRO-TRANSIT (Embark)

<https://www.embarkok.com>

2000 S May Ave, Oklahoma City, OK

Phone: (405) 235-RIDE (235-7433)

2. Ride Care

24-Hour Mental Health and Addiction Transport in Oklahoma

www.ridecare.com

Phone: 1 (800) 690-4305

R. UTILITIES

1. DHS - Emergency Assistance

[UtilityServicesLIHEAPMain \(oklahoma.gov\)](https://www.okdhs.gov/utility-services/liheap-main)

Phone: (405) 521-3444

2. Hope Center

<https://hopecenterofedmond.com/>

1251 N Broadway Suite A, Edmond, OK

Phone: (405) 348-1340

3. OG&E – Lend a Hand and LIHEAP

www.oge.com

Phone: (405) 272-9741

4. Local churches maybe a resource for assistance with utilities through discretionary funds.

5. Oklahoma Natural Gas

[Oklahoma Natural Gas - Share The Warmth](#)

1001 N Pennsylvania Ave (Apply at Salvation Army)

Phone: 405-246-1060

6. Upward Transitions

<https://upwardtransitions.org/services/>

Phone: (405) 232-5507

S. SERVICES FOR SPANISH SPEAKERS/ Servicios para los hispanohablantes

Health Services/Servicio Medico

1. Centro Medico Hispano

<http://www.centromedicohispano.com>

Medicina General Familiar • Salud de la Mujer, Niño y Adulto • Cirugia Menor (suturas, abscesos, lesiones de piel, tumores de grasa, etc.) Cuidado del pie (úlceras, uñas encarnadas, infecciones, etc) Cuidado de Heridas. • Prevención de Cáncer Todo tipo de Inyectables y Medicamentos

1700 Exchange Ave. OKC, 73108

Phone: (405) 235-7411

(405) 235-7412

2. Variety Care

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

Phone: (405) 632-6688

Child Care/Guarderia

Mimi's Garden CDC Day Care

<http://mimisgardencdc.com/>

4520 SW 33rd St, Oklahoma City, OK 73179

Phone: (405) 685-2122

Dreamland

3124 S Pennsylvania Avenue, Oklahoma City, OK 73119

Phone: (405) 606-4413

Tiny Town

2616 SW 74th St, Oklahoma City, OK 73159

Phone: (405) 682-2122

Mimi's Learning Center

8020 NW 10th St, Oklahoma City, OK 73127

Phone: (405) 762-0362

The Bilingual Schoolhouse

<https://www.bilingualschoolhouse.com/>

3131 NW 50th Oklahoma City, OK 73112

Phone: (405) 476-1344

Insurance/Aseguranza

1. Insure Kids Now

<https://www.insurekidsnow.gov/>

Phone: (877) 543-7669 (KIDS-NOW)

Legal Services

1. Attorney/Fry & Elder

<https://fryelder.com/tulsa-spanish-speaking-attorney/>

1630 S. Main Street, Tulsa, OK 74119

Rivas brinda una serie de servicios de leyes de inmigración que incluyen:

Asilo, Inmigración Empresarial, Ciudadanía/Naturalización, Acción

Diferida para los Llegados en la Infancia, Defensa contra

deportación/expulsión, Inmigración familiar, Visa de prometido, Alivio

humanitario, Consecuencias de la actividad criminal en materia de

inmigración, Estado Especial de Inmigrante Juvenil, Exenciones

Phone: (918) 585-1107

2. National Immigration Legal Services Directory

<https://www.immigrationadvocates.org>

(Haga click en el estado de Oklahoma)

Support groups/Grupos de apoyo

1. National Hispanic Family Health Help Line, “Su Familia”

<https://www.healthymamericas.org/help-line>

Su Familia: La Línea Nacional de Salud Para La Familia. Su Familia ofrece información de salud gratis, confiable y confidencial en español e inglés a las personas que llaman para ayudarles a navegar a través del sistema de salud. Asesores en promoción de salud bilingües brindan información básica pertinente a una amplia variedad de temas de salud.
Phone: 1 (866) 783-2645, 1 (866) Su-Familia)

2. OKC Counseling Group

<https://okccounselinggroup.com/>

3000 United Founders Blvd, Suite. 148, Oklahoma City, OK 73112
Phone: (405) 823-2691 Spanish

3. Drug Rehab and Treatment

<https://www.addicted.org/drug-alcohol-rehabs-for-spanish-speaking-individuals.html>

Phone: 1 (877) 208-7211

4. AL-ANON Family Groups

<https://al-anon.org/es/>

Phone: 1 (888) 4AL-ANON 1 (888) 425-2666

5. AA Alcoholics Anonymous

www.aaoklahoma.org

Phone: (405) 842-1200

6. Intergroup Service Office Inc.

www.okcintergroup.org

3833 NW 63rd St, Oklahoma City, OK

Phone: (405) 949-0910, Main number
(405) 524-1100

ESL Classes/Classes de Ingles como Segundo Idioma

1. Capitol Hill Baptist Church

[Language Learners | Capitol Hill Baptist Church \(chbchurch.org\)](http://LanguageLearners|CapitolHillBaptistChurch(chbchurch.org))

304 SW 134th St., Oklahoma City, OK 73170

Ofrece clases de inglés gratis, pero si hay una pequeña tarifa por los materiales de aprendizaje. También hay clases disponibles para la ciudadanía

Phone: (405) 799-9799

2. Oklahoma City Community College

www.occc.edu/coe/esl.html

Cursos: ESL: Intermedio - En el nivel intermedio, los estudiantes pueden tener conversaciones más complejas y hablar sobre temas familiares. Intentarán usar más vocabulario, podrán leer textos más complejos y comenzarán a definir palabras a partir del contexto. Los estudiantes pueden escribir párrafos simples para expresar sus pensamientos sobre algo.

ESL: Avanzado - Los estudiantes de la clase Avanzada pueden tener conversaciones sobre una amplia variedad de temas y pueden aclarar su significado reformulando su declaración. Los estudiantes pueden leer y hacer inferencias, predicciones y resúmenes. También pueden escribir varios párrafos sobre un tema central.

TOEFL - En la clase TOEFL (Prueba de inglés como lengua extranjera), los estudiantes aprenden habilidades y estrategias específicas para prepararse y aprobar con éxito el TOEFL. Esta prueba es un requisito para la admisión a la universidad para estudiantes de inglés como segundo idioma.

Ciudadanía: - La clase de ciudadanía permite a los estudiantes practicar los conocimientos y habilidades necesarios para solicitar y aprobar el proceso de entrevista de naturalización, como el examen de educación cívica, el examen de lectura, el examen de escritura y el formulario N400.

7777 South May Avenue, Oklahoma City, OK 73159

Phone: (405) 682-7873