

Community Resource Guide

www.211oklahoma.org

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 everyday 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 855-225-2SAM (2726)

Anxious? Stressed? Depressed? What can you do? Drinking, drugs, depression or bad eating habits can lead to stress, anxiety and despair. You want your problems to stop but don't know where to turn. Call SAM – a FREE 24-hour call center staffed with counselors who will assist you in getting the help you need. It's all confidential. Don't be afraid to pick up the phone and call.

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CHILD CARE

Boys & Girls Club of Oklahoma County

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

3535 N Western Ave, Oklahoma City, OK 73118

Phone: (405) 521-9292

Child Care Assistance

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

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

Francis Tuttle Child Development Center

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

12777 N Rockwell Ave, Oklahoma City, OK 73142

Phone: (405) 717-4327

Community Action Agency (Head Start)

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

319 SW 25th St, Oklahoma City, OK 73109

Phone: (405) 232-0199

Presbyterian Urban Missions

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

3737 N Portland, Oklahoma City, OK 73112

Phone: (405) 946-1556

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 (800) 438-0008

(405) 525-8783 for Spanish

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

Sunbeam Family Services

<https://sunbeamfamilyservices.org>

Phone: (405) 528-7721

YMCA Prime-Time After-School Care

Edmond Branch

Phone: (405) 348-9622

Northside Branch

Phone: (405) 751-6363

Southside Branch

Phone: (405) 681-6636

YWCA

Gaylord Branch

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

Victims of domestic violence and sexual assault

Phone: (405) 948-1770

CLOTHING – Free or Low Cost

Christian Service Center

<https://www.christianservicecenter.net>

115 SW 24th St, Oklahoma City, OK (serving comm of Capital Hill, South)

Food Pantry & Clothing Store

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

May come once every 90 days

Phone: (405) 236-5956

First Baptist Church-Nicoma Park

www.firstpark.org

1931 Nichols Dr., Oklahoma City, OK 73066

Clothing, Food, Household Goods Ministry

Photo ID required

Phone: (405) 769-5623

Good Shepherd Ministries merged into Crossing Community Clinic

clinic.crossings.church/

Serves 18-64 year old patients who live in OK County

Medical, dental & Vision Clinic, Call for appointment

10255 N. Pennsylvania Ave, OKC; Phone (405) 749-0800

222 NW 12th St, Oklahoma City, OK 73103; Phone (405) 232-8631

Hope Center of Edmond (Helping Our People in Emergencies)

<https://hopecenterofedmond.com/>

1251 N Broadway, Edmond, OK

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

Phone: (405) 348-1340

Jesus House-Warehouse

[Our Programs – Jesus House](#)

1335 W Sheridan Ave, Oklahoma City, OK 73106

Phone: (405) 232-7164

Sister BJ's Closet

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

819 NW 4th St, Oklahoma City, OK

Food Ministry, Foot Clinic, Clothing Ministry, Medical Clinic

Phone: (405) 837-7068

Skyline Urban Ministry

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

500 SE 15th St, Oklahoma City, OK 73129

Eye Clinic, Food, Style Shop, Garden

Phone: (405) 632-2644

Suited for Success

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

7300 NW 23rd St., Suite 220

Bethany, OK 73008

Phone: (405) 521-1089

Thrift Stores:

Bargain Thrift

4545 NW 16th St, OKC 73127

(405) 948-1092

EARC

100 E 3rd, Edmond

(405) 285-7658

Goodwill

1317 E Lindsay-Norman

(405) 321-0551

6830 E Reno, Midwest City

(405) 737-3860

Nearly New

9218 N Western, OKC

(405) 848-4141

10700 N Western Ave

Salvation Army

(405) 236-3060

1742 W Lindsay-Norman

(405) 364-0126

301 N Mustang Rd-Mustang

(405) 376-1044

620 City Ave, Moore

(405) 912-3376

Uptown Thrift

2000 S. Air Depot Blvd, MW City

(405) 733-0727

CONSUMER SERVICES

Better Business Bureau

[Local BBB | Better Business Bureau Serving Central Oklahoma](#)

17 S Dewey, Oklahoma City, OK 73102

Consumer Complaints

Phone: (405) 239-6081

Community Action Agency

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

319 SW 25th, Oklahoma City, OK 73109

Phone: (405) 232-0199

Internal Revenue Service

<https://www.irs.gov/taxpayer-advocate>

Call or see their web page for Counseling Services & Programs

Phone: (405) 297-4057

COUNSELING SERVICES & PROGRAMS

988 Mental Health Lifeline

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

24/7 Free and confidential emotional support to people in suicidal crisis or emotional distress

Phone: 988

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

Support 24 Hours/7 Days a week

Phone: (855) 225-2SAM (2726)

CREOKS Health Services

<https://creoks.org>

Phone: (405) 634-1497

HOPE Community Center

<https://www.hopecsi.org>

Phone: (405) 634-4400

Integrated Therapy Solutions of Oklahoma

<https://itsofok.com>

Phone: (405) 208-4469

NorthCare

<https://www.northcare.com>

Phone: (405) 858-1700

Oakwood Springs

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

Phone: (405) 438-3000

Oklahoma County Crisis Intervention Center (18+)

[Oklahoma County Crisis Stabilization Units](#)

Phone: (405) 522-8100

OK Dept. Mental Health & Substance Abuse Service

www.odmhsas.org

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

Red Rock Behavioral Health (16+)

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

Phone: (405) 424-7711

Alcohol and Drugs

Alcoholics' Anonymous

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

Phone: (405) 949-0910

Alcohol/Drug Treatment Referral Center (The Recovery Center)

<http://www.trcok.com>

Phone: (405) 525-2525

Chance to Change

<https://achancetochange.org/>

Phone: (405) 840-9000

North Care Center

<https://www.northcare.com>

Phone: (405) 858-2700

Red Rock Counseling

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

Phone: (405) 424-7711

Tough as a Mother (TAAM)

<https://okimready.org/tough-as-a-Mother>

Turning Point

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

Phone: (405) 227-3757

Cancer Groups

American Cancer Society

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

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

Domestic Violence

AACI

<https://aaci.org/>

Phone: (800) 234-0420

La Luz Organization (Assisting Latino Families)

<https://www.laluzokc.org>

Phone: (405) 812-0762

Latino Development Center

<https://www.lcdaok.com>

Phone: (405) 863-3403

Rape Crisis Line

Phone: (405) 943-RAPE (7273) Hotline

Safeline

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

Phone: (800) 799-SAFE (7233) Hotline

Women's Resource Center, Norman

<https://wrcnormanok.org>

Phone: (405) 701-5540 Hotline

(405) 310-3131 Community Office

YWCA

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

Phone: (405) 948-1770 Admin office

Phone: (405) 917-9922 24 Hour Family Violence Hotline

Emergency/In-Patient

Cedar Ridge

<https://cedarridgebhs.com/>

Phone: (405) 605-6111

Children's Recovery Center

<https://oklahoma.gov/odmhsas/about/odmhsas-facilities/crc.html>

Phone: (405) 573-3819

Heartline

www.heartlineoklahoma.org

(405) 848-2273

Integrus Mental Health

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

(405) 427-2441

St. Anthony's Behavioral Medicine

www.saintsok.com

(405) 272-6216

For Women

Parentguidance.org

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

Planned Parenthood

www.plannedparenthood.org

Phone: (405) 528-2157

Project Gabriel Pregnancy Ministry

St. John The Baptist Catholic Church

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

Phone: (405) 888-2372

Willow Pregnancy Support (formerly Birth Choice of OK)

<https://willowpregnancy.org/>

Phone: (405) 631-4477

Women's Resource Center, Norman

www.Wrcnormanok.org

Phone: (405) 701-5540 Hotline

(405) 310-3131 Community Office

General

Catholic Charities

<https://catholiccharitiesok.org>

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

Phone:(405) 321-8080 (Norman)

Edmond Family Services

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

Phone: (405) 341-3554

Mental Health US

[Oklahoma Mental Health Providers — 191 Facilities | Mental Health US](#)

Mental Health US is a nationwide directory for mental health care and behavioral health services. Search over 14,000 provider listings, explore treatment options, and find therapy, counseling, and specialized support resources near you.

North Care

<https://www.northcare.com>

Phone: (405) 858-2700

Pivot, Inc.

www.pivotok.org

Phone: (405) 235-7537

Red Rock Mental Health Care

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

Phone: (405) 424-7711

Renew Counseling Center, SNU

<https://www.renewcounselingokc.org>

Phone:(405) 717-6200

SISU

www.sisuyouth.org

2129 NW 30th St, Oklahoma City, OK

Phone: (405) 459-7478

The Center for Brief Counseling

UCO-3rd floor of the new Education Building

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

Phone: (405) 974-5315

Heart Support Services

American Heart Association

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

Phone: (405) 415-3030

Loss of Loved Ones

Calm Waters (For Children)

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

Phone: (405) 841-4800

Grief Support (Integrus Baptist)-adults

<https://integrusok.com/services>

Grief Support Resources | INTEGRIS Health

Phone: (405) 949-3195

Grief Support (Mercy)

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

Phone: (405) 752-3776

Grief Support (OU Med Center)

<https://www.ouhealth.com/ou-health-patients-families/spiritual-care/>

Phone: (405) 271-5758

Grief Support (St. Anthony)

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

Phone: (405) 272-6220

Parenting and Family

Catholic Charities

<https://catholiccharitiesok.org/>

Phone: (405) 523-3000

Okla. County Health Department

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

Child guidance, immunizations, screenings

Phone: (405) 271-5600

Oklahoma County Health Dept.

<https://occhd.org/>

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

Phone: (405) 419-4106

Oklahoma County Health Dept.

www.occhd.org

Phone: (405) 419-4150

Oklahoma Single Parent Scholarship Program

[Oklahoma Single Parent Scholarship Program](#)

Stepping Stone Foundation

[The Stepping Stone Foundation](#)

Phone: (214) 801-5534

Youth Villages

[Oklahoma In-Home Counseling Services | Youth Villages](#)

Phone: (405) 753-5600

Support Groups

AIDS Hotline

[AIDS Coordination and Information Services \(oklahoma.gov\)](https://www.aidsok.org/)

Phone: (800) 535-2437

Alzheimer's Association

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

Phone: (405) 319-0780

Phone: (405) 272-3900 - 24/7 Helpline

Divorce Counseling-Catholic Charities

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

Phone: (405) 524-0969

Green Shoe Foundation

[Green Shoe Foundation](https://www.greenshoefoundation.org/)

Phone (405)-697-2109

MADD (Mothers Against Drunk Drivers)

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

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

Phone: (405) 748-3122

Parent/child Abuse Okla.

<https://parentpromise.org/>

Phone: (405) 232-2500

Terminal Illness

Hospice (Integris)

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

Phone: (405) 848-8884

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:

Baptist Mission Center

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

Medical & Dental Clinics, Pharmacy

Phone: (405) 235-6162

Catholic Charities

<https://catholiccharitiesok.org/>

Phone: (405) 523-3000

Community Action

<https://communityactionpartnership.com/>

Phone: (405) 949-1495

Crossings Community Clinic

[Crossings Clinic | Crossings Clinic](#)

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

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 or (405)-424-8092

Edmond-Ministries of Jesus Dental Clinic

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

Phone: (405) 340-7400

Healing Hands Health Care Service

[Community Health Centers, Inc. \(chciokc.org\)](#)

Phone: (405) 272-0476

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

Infant Crisis

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

Phone: (405) 528-3663

Integrus Health (Southwest Medical)

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

24 hours a day

Phone: (405) 636-7000

King's Clinic

<https://www.kingsclinic.com>

921 W Britton Rd, Oklahoma City, OK

Phone: (405) 848-4005

Lions Club (Eye glasses)

[Oklahoma Lions KidSight \(oklionsfoundation.org\)](#)

Phone: (405) 947-6540

Little Flower Church Clinic

[Groups & Activities GRUPOS & Actividades - Our Lady of Mt. Carmel and Saint Therese - Oklahoma, OK](#)

Phone: (405) 235-7055

Mary Mahoney Health Center

<https://communityhealthok.org/>

Phone: (405) 769-3301

NSO Dental Clinic

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

Phone: (405) 236-0413 ext. 111

OK County Health Department

<https://occhd.org>

Phone: (405) 427-8651

Oklahoma Mission of Mercy

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

Free Dental Clinics in February around Oklahoma

OK Society to Prevent Blindness

<https://vizavance.org/>

Phone: (405) 848-7123

OU College of Dentistry

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

Phone: (405) 271-6056

OU Dental Hygiene Dept

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

Phone: (405) 271-7744

Rose State University Hygiene Clinic

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

(\$5 Charge for teeth cleaning)

Phone: (405) 733-7336

Skyline

[Skyline](#)

Eye Glasses

Phone: (405) 632-2644

Variety Health Center

www.varietycare.org

Phone: (405) 632-6688

EDUCATION

Community Literacy Center

5131 N Classen Cr, Suite 204

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

Phone: (405) 524-7323

Education and Employment Ministry

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

Phone: (405) 235-2651

OKC Community College

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

Phone: (405) 682-7531

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

Work Force Oklahoma

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

Phone: (405) 208-2519

EMPLOYMENT

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

Catholic Charities

<http://catholiccharitiesok.org/>

Phone: (405) 523-3000

Community Action Agency

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

Phone: (405) 232-0199

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

Force Personnel

<https://www.forcepersonnelok.com>

Phone: (405) 605-7808

Goodwill

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

Phone: (405) 278-7152

Oklahoma Works American Job Center

<https://oklahoma.gov/workforce>

Phone: (405) 426-8850

PeopleReady

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

Phone: (405) 524-1388

Urban League

<https://urbanleagueok.org>

Phone: (405) 424-5243

Work Force Oklahoma

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

Phone: (405) 208-2519

EX-OFFENDER PROGRAMS

Reentry Programs

<https://oklahoma.gov/doc/offender-info/re-entry.html>

Second Chance Guide

[Oklahoma Reentry Resources | Housing, Jobs, Legal Aid](#)

FOOD

BritVil Community Food Pantry

[BritVil Community Food Pantry | Oklahoma City, OK](#)

8717 N Western Ave, Oklahoma City, OK

Phone: (405) 842-1275

Christian Service Center

<https://www.christianservicecenter.net>

115 SW 24th St, Oklahoma City, OK

Phone: (405) 236-5956

Church of the Open Arms

<https://www.openarms.org>

3131 N Pennsylvania Ave. Oklahoma City, OK

Phone: (405) 525-9555

Cross and Crown Ministries

<https://crossandcrownmission.com>

1008 N McKinley, Oklahoma City, OK

Phone: (405) 232-7696

Food Closet/Pantry

Francis Tuttle--See Career Planning Center

Food Stamps – DHS

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

Phone: (405) 522-5050

Grace Rescue Mission

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

2205 Exchange Ave, Oklahoma City, OK

Phone: (405) 232-5756

Hope Center of Edmond

[HOPE Center of Edmond | Home](#)

1251 N Broadway Suite A, Edmond, OK

Clients must live in following zip codes:

73034, 73013, 73003, 73007, 73025, 73012

Phone: (405) 348-1340

Hunger Free Oklahoma

[Find Food - Food Resource Tool | Hunger Free Oklahoma](#)

2601 NW Expressway

Suite 807E, Oklahoma City, OK

Jesus House

<https://jesushouseokc.org>

1335 W Sheridan Ave, Oklahoma City, OK

Phone: (405) 232-7164

Reaching Our City

[What We Do | Reaching Our City](#)

Salvation Army Serving Line and Food Pantry

[Food Services - Central Oklahoma Area Command \(salvationarmy.org\)](#)

Phone: (405) 246-1080

HOUSING

Ambassador Courts

[Welcome to Oklahoma City Housing Authority](#)

800 SE 15th, Oklahoma City, OK

Phone: (405) 631-3769

Central Oklahoma Habitat for Humanity

<https://www.cohfh.org>

Critical home repairs, homebuying, reStore

Phone: (405) 232-4828

Cardinal Halfway House

<https://cardinalcommunityhouse.com/>

517 SW 2nd, Oklahoma City, OK

Phone: (405) 232-0231

City Rescue Mission – Men Women and Families

[City Rescue Mission - Hope & Help, Reimagined](#)

800 W California Ave, Oklahoma City, OK

Phone: (405) 232-2709

Fred Factory Gardens

[Welcome to Oklahoma City Housing Authority](#)

3901 Dunjee Blvd, Spencer, OK

Phone: (405) 769-4214

Grace Rescue Mission – Men Only

[Grace Rescue Mission - Oklahoma Homeless](#)

2205 Exchange Ave, Oklahoma City, OK

Phone: (405) 232-5756

Guthrie Housing Authority

<http://guthriehousing.org/>

1524 E Perkins, Guthrie, OK

Phone: (405) 282-2884

Hillcrest Green Apts

<https://hillcrestgreen.com>

3317 SW 74th, Oklahoma City, OK

Phone: (405) 914-5103

HUD, Section 8, & OCHA

<https://affordablehousingonline.com>

Jesus House

[Jesus House](#)

1335 W Sheridan Ave, Oklahoma City, OK

Phone: (405) 232-7164

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

[Justin's Lighthouse Recovery | Addiction treatment | Oklahoma](#)

5207 Beverly Drive, Oklahoma City, OK

Phone: (405) 919-8781

London Square Village

<https://www.london-square-village.com>

7533 NW 6th, Oklahoma City, OK

Phone: (405) 787-7421

Mental Health Association of Oklahoma

www.mhaok.org

915 N Robinson Ave, Oklahoma City, OK

Phone: (405) 943-3700

Neighborhood Services Organization

www.nsokc.org

431 SW 11th St, Oklahoma City, OK

Phone: (405) 236-0452

Oklahoma City Housing Authority

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

1700 Northeast 4th St, Oklahoma City, OK

Phone: (405) 239-7551

Oklahoma Housing Finance Agency

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

100 NW 63rd St, Oklahoma City, OK

Phone: (405) 848-1144

Pivot – Ages 12-24

www.pivotok.org

201 NE 50th, Oklahoma City, OK

Phone: (405) 235-7537

Rockwell Villa Apts

[Rockwell Villa Apartments in Oklahoma City, Oklahoma \(affordablehousingonline.com\)](http://www.affordablehousingonline.com)

905 N Rockwell, Oklahoma City, OK

Phone: (405) 787-9403

Salvation Army Emergency Shelter – Cleveland County

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

3180 E Hayes St, Norman, OK

Phone: (405) 364-9910

Salvation Army Emergency Shelter – Oklahoma County

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

1001 N Pennsylvania Ave, Oklahoma City, OK

Phone: (405) 246-1133

SISU Youth Services

<http://sisuyouth.org>

Ages 15-22

Phone (405) 459-7478

Vicksburg Village

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

200 Vicksburg Ave, Norman, OK

Phone: (405) 360-6724

Volunteers of America of Oklahoma

<https://www.voak.org>

4334 NW Expressway, Suite 150

Phone: (405) 418-8522

Will Rogers Apts

[Welcome to Oklahoma City Housing Authority](http://www.willrogersapts.com)

1620 Heyman, Oklahoma City, OK

Phone: (405) 632-6060

Wonderfully Made Foundation – Women and Children

www.thewonderfullymadefoundation.com

1301 NE 20th, Oklahoma City, OK

Phone: (405) 778-6870

YWCA Crisis Shelter – Women only

<http://www.ywcaokc.org>

Phone: (405) 948-1770

LEGAL SERVICES

Legal Aid of Oklahoma

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

2915 N Classen Blvd, Oklahoma City, OK

Phone: (405) 521-1302

MISCELLANEOUS RESOURCES

Social Security Benefits

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

2400 N Lincoln, Oklahoma City, OK

Phone: (405) 522-3478

Urban League of Greater OKC

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

3900 N. Martin Luther King, Oklahoma City, OK

Phone: (405) 424-5243

US Department of Veterans Affairs

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

Phone: (405) 523-4000

Veterans Benefits

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

Phone: (800) 698-2411

OTHER RESOURCES

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

DHS

<http://www.okdhs.org>

Phone: (405) 522-5050

PRESCRIPTIONS

King's Clinic

<https://www.kingsclinic.com>

921 W Britton, Oklahoma City, OK

Phone: (405) 848-4005

Oklahoma County Pharmacy

<https://www.oklahomacounty.org/167/Pharmacy-Services>

5905 N Classen, Suite 302, Oklahoma City, OK

Phone: (405) 713-1893

OK DRS Section 6: Prescription Drug Assistance:

[Section 6: Prescription Drug Assistance](#)

Oklahoma Rx Assistance Programs:

<https://www.staterxplans.us/oklahoma.html>

Rx for Oklahoma Prescription Assistance:

[RX for Oklahoma Prescription Assistance](#)

The Medicine Program

<http://www.themedicineprogram.com>

SENIORS

Areawide Aging Agency

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

Phone: (405) 942-8500

Rebuilding Together OKC

Home repairs

<http://rebuildingtogetherokc.org>

Phone: (405) 607-0464

Senior Employment Program (AARP)

[Support for Finding Work After 50 - My AARP Foundation](#)

Phone: (855) 850-2525

SERVICES FOR PERSONS WITH DISABILITIES

Plan Your Way OK

[Plan Your Way OK | Transition to Adulthood](#)

Vocational Rehabilitation or Visual Services

[Vocational Rehabilitation \(oklahoma.gov\)](#)

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

Phone: (405) 951-3400

TRANSPORTATION

METRO-TRANSIT (Embark)

[EMBARK | EMBARK Bus: Central Oklahoma's public transit agency](#)

2000 S May Ave, Oklahoma City, OK

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

Ride Care

[RIDE CARE | Mental Health Transportation](#)

24-Hour Mental Health and Addiction Transport in Oklahoma

Phone: (800) 690-4305

UTILITIES

DHS - Emergency Assistance

[UtilityServicesLIHEAPMain \(oklahoma.gov\)](http://UtilityServicesLIHEAPMain.oklahoma.gov)

Phone: (405) 522-5050

Hope Center

<https://hopecenterofedmond.com/>

1251 N Broadway Suite A, Edmond, OK

Phone: (405) 348-1340

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

OG&E – Lend a Hand and LIHEAP

[OG&E - Financial Assistance](#)

Phone: (405) 272-9741

Oklahoma Natural Gas

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

1001 N Pennsylvania Ave (Apply at Salvation Army)

Phone: (405) 246-1100

Upward Transitions

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

Phone: (405) 232-5507

SERVICES FOR SPANISH SPEAKERS/Servicios para los hispanohablantes

General

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

Dream Action Oklahoma

[Resources / Recursos — Dream Action Oklahoma](#)

Latino Community Development Agency

[Latino Community Development Agency](#)

Phone: (405) 236-0701

Variety Care

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

Phone: (405) 632-6688

Child Care/Guarderia

Dreamland

3124 S Pennsylvania Avenue, Oklahoma City, OK
Phone: (405) 606-4413

The Bilingual Schoolhouse

<https://www.bilingualschoolhouse.com/>
3131 NW 50th Oklahoma City, OK 73112
Phone: (405) 476-1344

Tiny Town

2616 SW 74th St, Oklahoma City, OK
Phone: (405) 682-2122

Insurance/Aseguranza

Insure Kids Now

<https://www.insurekidsnow.gov/>
Phone: (877) 543-7669 (KIDS-NOW)

Legal Services

Attorney/Fry & Elder

<https://fryelder.com/tulsa-spanish-speaking-attorney/>
1630 S. Main Street, Tulsa, OK

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

National Immigration Legal Services Directory

<https://www.immigrationadvocates.org>
(Haga click en el estado de Oklahoma)

Support groups/Grupos de apoyo

AA Alcoholics Anonymous

[AA Oklahoma – Area 57 – One day at a time](#)
Phone: (405) 842-1200

AL-ANON Family Groups

<https://al-anon.org/es/>
Phone: (888) 4AL-ANON, (888) 425-2666

Intergroup Service Office Inc.

www.okcintergroup.org
3833 NW 63rd St, Oklahoma City, OK
Phone: (405) 949-0910, Main number (405) 524-1100

National Hispanic Family Health Help Line, “Su Familia”

<https://www.healthyamericas.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: (866) 783-2645, (866) Su-Familia)

OKC Counseling Group

<https://okccounselinggroup.com/>

3000 United Founders Blvd, Suite. 148, Oklahoma City, OK

Phone: (405) 823-2691 Spanish, Phone:(877) 208-7211

ESL Classes/Classes de Ingles como Segundo Idioma

Capitol Hill Baptist Church

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

Oklahoma City Community College

[ESL Classes – OCCC Adult Education](#)

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