

Where to Go For Help...
Resources for people in need in Tulsa, Oklahoma.



March 2010



Member Agency



Tulsa Area United Way

**Dial 2-1-1 Helpline
for Health and Social Services
Information**

Financial Assistance, Housing,
Counseling, Health Care and more.
Information on low-cost services
offered by hundreds of agencies.

**2-1-1 is a free, confidential telephone
service available 24-hours a day.**

Information, Referral,
Problem Solving and Advocacy

Service Specialists fluent in English and Spanish
available to take your call.

Translation services available to serve
many other languages.

2-1-1 Helps Callers in Adair, Cherokee, Craig, Creek,
Delaware, Mayes, McIntosh, Muskogee, Nowata, Okfuskee,
Okmulgee, Osage, Ottawa, Rogers, Sequoyah, Tulsa
Wagoner and Washington Counties.

Access online resources at www.211tulsa.org.

Basic Emergency Assistance

Food

- Boston Avenue Helping Hands** 584-6923
M-F 9AM-12noon
 - Catholic Charities** 949-4673
T-F 9AM-2PM; T 5PM - 7PM; 3rd Sa 9AM-11AM
 - Christ for Humanity** 836-2424
M-Th 9AM-3:30PM, by appt
 - DHS - Skyline (SNAP Food Stamps)** 280-3100
M-F 8AM-5PM
 - First Baptist Church of Tulsa** 587-6000
M-Th 10AM-11AM
 - Iron Gate Trust - Trinity Episcopal Church** 582-4128 X117
Fri 8:30-9:30AM
 - John 3:16 Family and Youth Center** 592-1187
M-F 8:30AM-5PM
 - Loaves and Fishes** 234-8577
Sign in: M, W 12noon; Men last Sat at 10AM
 - Manna House** Not Listed
Tu & W 11AM-1PM
 - Neighbor for Neighbor** 425-5578
M-Th 9AM-12noon; 1PM-3PM
 - Park Plaza Church of Christ** 895-6816
M-Th 10AM-3PM
 - Restore Hope Ministries** 582-5766
M-Th 11:30AM-3PM
 - WIC toll free number** 1-888-655-2942
- North*
- DHS - McLain (SNAP Food Stamps)** 430-2300
M-F 8AM-5PM
 - Dream Center** 430-9984
T, Th 12noon-1PM
 - Kendall-Whittier, Inc.** 592-3000
Call to leave message - only serves Kendall Whittier area.
 - Owasso Community Resources** 272-4969
M-Th 9AM-2PM
 - Skiatook Emergency Assistance Center** 396-4108
M-F 10AM-4PM
- South*
- Bixby Community Outreach Center** 366-9226
(Bixby res. only) T, Th 9AM-4PM; Sat 9AM-12noon
- East*
- Arms Around BA** 258-7714
M, W, F 9AM-3PM
 - Broken Arrow Neighbors** 251-7781
(BA/Coweta res. only) M-Th 9AM-4PM
- West*
- DHS - Downtown (SNAP Food Stamps)** 581-2401
M-F 8AM-5PM

- Neighbors Along the Line** 582-3491
T, Th 1:30PM-3:30PM; W 5:30-7:30PM
- Sand Springs Community Services** 245-5183
M-Th 9AM-3PM
- The Ministry Center** 585-5310
by appointment
- Western Neighbors** 445-8840
M-Th 8AM-12noon

Meals

- Iron Gate Trust - Trinity Episcopal Church** 582-4128 X117
Breakfast M-F 8:30-10:30AM; Sa-Su 8-10AM
- John 3:16 Mission** 587-1187
6PM chapel, meal (chapel required)
- Meals on Wheels** 627-4103
Meals for the homebound
- Salvation Army Center of Hope** 582-7201
1-2PM lunch
- Tulsa & Creek County Senior Nutrition** 835-4160
Lunch at various locations
- Tulsa County Social Services** 596-5560
5:30PM dinner

North

- Dream Center** 430-9984
T, Th 12noon-1PM

Financial Assistance

- Boston Avenue Helping Hands** 584-6923
M-F 9AM-12noon
- DHS - Skyline (TANF)** 280-3100
M-F 8AM-5PM
- Restore Hope Ministries** 582-5766
M-Th 9:30AM-2PM; F 9AM-1PM
- Salvation Army Center of Hope** 582-7201
Call for appointment M-Th 2-2:30PM
- Social Security Administration** 1-866-931-7106
M-F 9AM-4PM

North

- DHS - McLain (TANF)** 430-2300
M-F 8AM-5PM
- Owasso Community Resources** 272-4969
M-Th 9AM-2PM
- Skiatook Emergency Assistance Center** 396-4108
M-F 10AM-4PM

South

- Bixby Community Outreach Center** 366-9226
(Bixby res. only) T, Th 9AM-4PM; 4th Sat of month 9AM-Noon

East

- Arms Around BA** 258-7714
M,W, F 9AM-3PM

- Broken Arrow Neighbors** 251-7781
(BA/Coweta res. only) M-Th 8AM-5PM

West

- DHS - Downtown (TANF)** 581-2401
M-F 8AM-5PM
- Sand Springs Community Services** 245-5183
M-Th 9AM-3PM
- Western Neighbors** 445-8840
M-Th 8AM-Noon

Shelter/Housing

- Day Center for the Homeless** 583-5588
Day program: 8AM-4PM; Night program: 5:30PM-7AM
- DaySpring Villa (women & children)** 245-4075
7 days/week, 24 hours/day
- DVIS (abused women & children)** 585-3163
7days/week, 24 hours/day 7HELPME
- Housing Authority (long-term)** 582-0021
M-F 8AM-5PM
- John 3:16 Mission (men only)** 587-1187
Check in: Su-Sa 4:30PM
- Saint Elizabeth Lodge (Catholic Charities)** 508-7146
M-F 8AM-4:30PM
- Salvation Army Center of Hope** 582-7201
Check in: Su-Sa 4:30PM
- Tulsa County Social Services Emergency Shelter** 596-5591
7days/week 24 hours/day
- Youth Services Emergency Shelter** 582-0061
7days/week 24 hours/day
- YST-Transitional Living Program** 582-0061
(women 17-21 yrs of age; men 18-21 yrs of age).

Clothing

- Catholic Charities** 949-4673
T-F 9AM-2PM; T 5PM - 7PM; 3rd Sa 9AM-11AM
- Christ for Humanity** 836-2424
M-Th 9AM-4:30PM, by appt
- First Baptist Church of Tulsa** 587-6000
M-Th 10AM-12:30PM
- John 3:16 Family and Youth Center** 592-1186
M-F 8:30AM-5PM
- Restore Hope Ministries** 582-5766
M-Th 11:30AM-3PM

North

- Dream Center** 430-9984
M, W, F, Sa 10AM-2PM; Tu, Th 11AM-11:45AM
- Skiatook Emergency Assistance Center** 396-4108
Call for availability

South

- Bixby Community Outreach Center** 366-9226
(Bixby res. only) T, Th 9AM-4PM; 4th Sat 9AM-12noon

East

- Broken Arrow Neighbors** 251-7781
(BA/Coweta res. only) M-Th 9AM-3:30PM

West

- Sand Springs Community Services** 245-5183
M-Th 9AM-3PM
- The Ministry Center** 585-5310
by appointment
- Western Neighbors** 445-8840
M-F 9AM-2PM

Transportation: Bus Passes & Tokens

- Neighbor for Neighbor** 425-5578
M-Th 9AM-12noon; 1-3PM (first 50 at 9AM & 1PM)
- MTTA Bus Schedule Info** 582-2100
- MTTA Lift Program (disabled)** 592-5438

Health Care Services

Medical Clinics

- Babyline (prenatal appointments)** 838-0694
M-F 9AM-5PM
- Dream Center** 430-9984
Call agency for clinic dates and times.
- Good Samaritan Health Services** 493-7884
Callt agency for locations and times.
- Indian Health Care Resource Center** 382-1224
M, T, W, F 8AM-5PM; Th 10AM-7PM; 1st W 1-5PM
- Morton Comprehensive Health Services** 587-2171
M, W, Th, F 8:30AM-5:30 PM; Tu 8:30AM-7PM; Sa 9AM-1PM
- Neighbor for Neighbor** 764-9565
M 6PM; T 1PM & 6PM; W 6PM; Th 1PM & 5PM
Call at 10 AM for same day appointment.
- OU Bedlam Clinic** 660-3614
Tu & Th 6PM-10PM; arrive before 5PM for triage.
- Planned Parenthood** 587-1101
M, W, F 9AM-5PM; T, Th 9AM-7PM; Sat 10AM-2PM
- Tulsa County Social Services Medical Clinic** 596-5560
T, W 10:30AM-12noon
- USVA Veterans Outpatient Clinic** 764-7243
M-F 7:30AM-4PM
- Xavier Medical Clinic (Catholic Charities)** 583-7233
General Medicine: W 8AM-4PM; Pregnancy Clinic: 9AM-12noon (Call Babyline)

North

- Health Department - North WIC Office** 591-6030
Th 8:30AM-11AM (immunizations only)

East

- Broken Arrow Neighbors**251-7781
(BA/Coweta res. only) Sign in: M 5:30PM-7PM (no clinic on 5th Mon)
- Arms Around BA**258-7714
(BA/Coweta res. only) Sign in: Tu 6PM-6:30PM
- Morton Comprehensive Health Services - East**.....295-6185
M, T, W, F 8:30AM-5:30PM; Th 11AM-5:30PM
- Planned Parenthood - Broken Arrow**258-2952
M, W, F 7:30AM-5PM; Tu 7:30AM-6PM

West

- Health Department - Sand Springs**591-6100
M-F 8AM-5PM
- Neighbors Along the Line**.....582-3491
M 5:30PM; W 5:30-8PM (specialty clinics); Th 11AM-3PM

Prescriptions/Prescription Assistance

- Boston Avenue Helping Hands**584-6923
M-F 9AM-12noon
- Good Samaritan Health Services**493-7884
contact agency for locations and times
- LIFE Senior Services**.....664-9000
Helps with Medicare Prescription Benefit Assistance
M-F 8AM-5PM
- Neighbor for Neighbor**764-9565
M-Th 10AM-12noon & 1PM-3PM
- Tulsa County Social Services Pharmacy**596-5560
M-F 8:30AM-5PM

South

- Bixby Community Outreach Center**.....366-9226
(Bixby res. only) T, Th 9AM-4PM; 4th Sat 9AM-12noon

East

- Arms Around BA**258-7714
(BA/Coweta res. only) Tu 6PM-8PM
- Broken Arrow Neighbors**251-7781
(BA/Coweta res. only) M-Th 9AM-4PM

West

- Neighbors Along the Line**.....582-3491
M 5:30PM; Th 11AM-3PM (during clinic hours)
- The Ministry Center**585-5310
by appointment
- Western Neighbors**.....445-8840
M-Th 8AM-Noon

Eyeglasses/Vision Care

- Indian Health Care Resource Center**382-1263
M, Tu, W, F 8AM-5PM, Th 10AM-7PM; 1st W 1PM-5PM
- Neighbor for Neighbor**425-5595 x119
M-Th 5PM-6PM
- Sight for Students**1-888-290-4964
Vision Service Plan - call for local contact.

Dental Care

- Health Department - Community Dentistry**594-4860
M, W, Th 8AM-5PM
- Eastern Okla Donated Dental Services**742-5544
Dental Services for Disabled and Elderly
- Indian Health Care Resource Center**382-1257
M, Tu, W, F 8AM-5PM; Th 10AM-7PM; 1st W 1PM-5PM
- Morton Comprehensive Health Services - Dental Clinic**295-6145
M, T, W, F 8:30AM-5:30PM; Th 9:30AM-5:30PM
- Neighbor for Neighbor**425-5595 x122
Call Tuesdays at 10AM for an appointment.
- TCC Dental Hygiene Clinic**595-7022
M-Th 8:30AM-4:30PM; F 8:30AM-12noon

Counseling/Mental Health

- Associated Centers for Therapy**492-2554
M, W, F 8AM-5PM; Tu, Th 8AM-7PM
- Family & Children's Services Counseling**587-9471
M-F 8AM-5PM
- Indian Health Care Resource Center**382-1241
M, T, W 8AM-6PM; Th 10AM-7PM; F 8AM-5PM; 1st W 1PM-5PM
- Mental Health Association**.....585-1213
M-F 8:30AM-5PM
- Parent Child Center**599-7999
M-F 8:30AM-5PM
- Tulsa Center for Behavioral Health**293-2100
7 days/week 24 hours/day
- USVA Veterans Mental Health Clinic**610-2000
M-F 8AM-4:30PM
- Youth Services of Tulsa**.....582-0061
7 days/week 24 hours/day

Children's Services

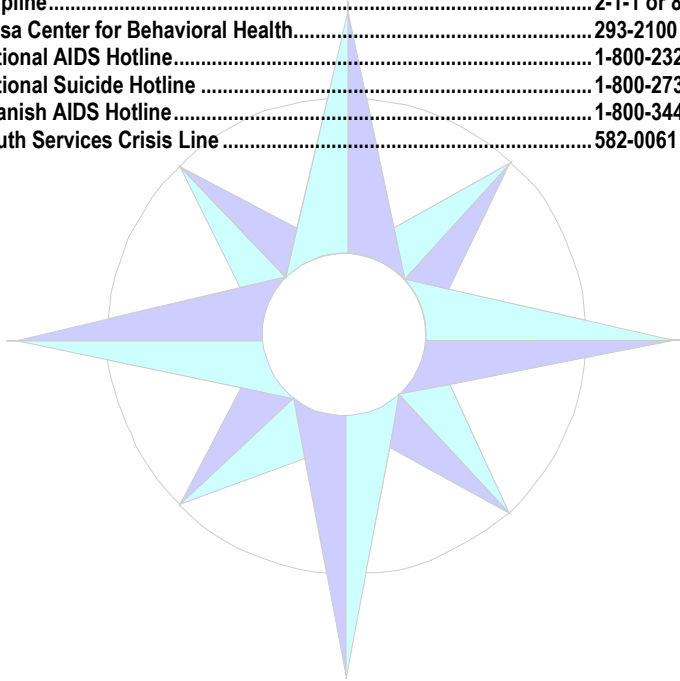
- Child Care Resource Center**.....834-2273
M, T, W, F 8AM-5PM; Th 8AM-7PM
- DHS Child Welfare**584-1222
M-F 8AM-5PM 24 hr crisis 1-800-522-3511
- Emergency Infant Services**582-2469
M, T, W, F 9AM-12:30PM
- Mend Pregnancy Resource Center**745-6000
M-F 9AM-4:30PM, S 9AM-12noon
- Parent Child Center**599-7999
M-F 8:30AM-5PM

Other

- Credit Counseling Centers of Oklahoma** 744-5611
M-Th 8AM-7PM, F 8AM-5PM; Sat 8:30AM-12noon
- Health Department - Birth/Death Certificates** 594-4840
M-F 8:30AM-4PM

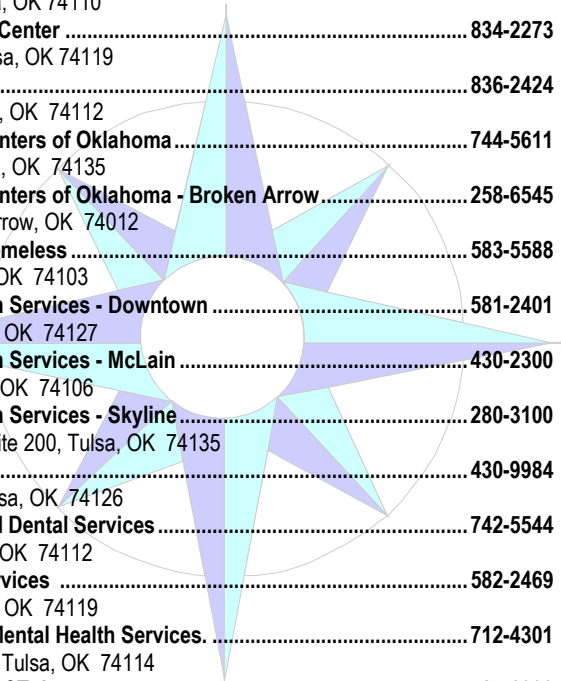
Crisis Lines

- Call Rape** 7HELPME
- Child/Elder Abuse Hotline** 1-800-522-3511
- COPES (mobile mental health-all ages)** 744-4800
- DVIS (Domestic Violence Intervention)** 743-5763
- Helpline** 2-1-1 or 836-4357
- Tulsa Center for Behavioral Health**..... 293-2100
- National AIDS Hotline**..... 1-800-232-4636
- National Suicide Hotline** 1-800-273-8255
- Spanish AIDS Hotline**..... 1-800-344-7432
- Youth Services Crisis Line** 582-0061

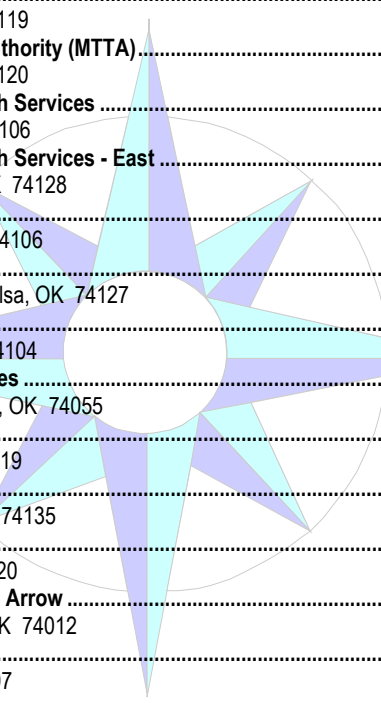


Agency Addresses

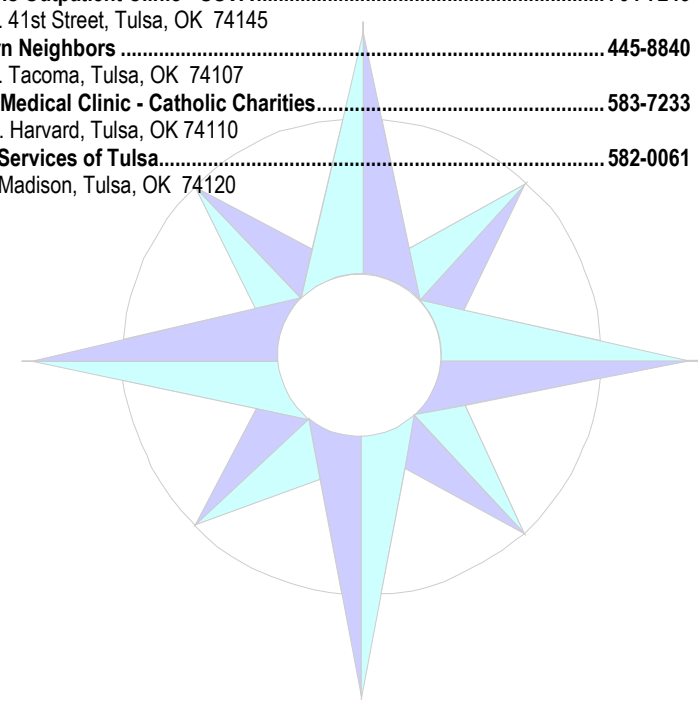
- Arms Around BA** 258-7714
114 E. Dallas, Broken Arrow, OK 74012
- Associated Centers for Therapy** 492-2554
7010 S. Yale, Ste 215, Tulsa, OK 74136
- Bixby Community Outreach Center** 366-9226
10 E. Dawes, Bixby, OK 74008
- Boston Avenue Helping Hands**..... 584-6923
Bensen Community Life Building 700 S. Boston 74119
- Broken Arrow Neighbors**..... 251-7781
322 W. Broadway, Broken Arrow, OK 74011
- Catholic Charities** 949-4673
2450 N. Harvard, Tulsa, OK 74110
- Child Care Resource Center** 834-2273
1604 E. Baltimore, Tulsa, OK 74119
- Christ for Humanity**..... 836-2424
6314 E. 13th St., Tulsa, OK 74112
- Credit Counseling Centers of Oklahoma** 744-5611
4646 S. Harvard, Tulsa, OK 74135
- Credit Counseling Centers of Oklahoma - Broken Arrow** 258-6545
317 S. Main, Broken Arrow, OK 74012
- Day Center for the Homeless** 583-5588
415 W. Archer, Tulsa, OK 74103
- Department of Human Services - Downtown** 581-2401
444 S. Houston, Tulsa, OK 74127
- Department of Human Services - McLain** 430-2300
3666 N. Peoria, Tulsa, OK 74106
- Department of Human Services - Skyline**..... 280-3100
6128 E 38th Street, Suite 200, Tulsa, OK 74135
- Dream Center**..... 430-9984
200 W. 46th St. N., Tulsa, OK 74126
- Eastern Okla Donated Dental Services** 742-5544
3741 S. Peoria, Tulsa, OK 74112
- Emergency Infant Services** 582-2469
222 S. Houston, Tulsa, OK 74119
- Family & Children's Mental Health Services.** 712-4301
2325 S. Harvard #400, Tulsa, OK 74114
- First Baptist Church of Tulsa**..... 587-6000
305 S. Detroit, Tulsa, OK 74120
- Health Dept. - Division of Community Dentistry** 594-4860
315 S. Utica, Tulsa, OK 74104
- Health Dept. - East Regional** 582-9355
5051 S. 129th E. Ave., Tulsa, OK 74134
- Health Dept. - Sand Springs**..... 591-6100
306 E. Broadway, Sand Springs, OK 74063
- Health Dept. - Vital Records Birth & Death Certificates** 594-4840
315 S. Utica, Tulsa, OK 74104
- Housing Authority - City of Tulsa**..... 582-0021
415 E. Independence, Tulsa, OK 74106



Indian Health Care Resource Center	588-1900
550 S. Peoria, Tulsa, OK 74120	
John 3:16 Mission	587-1187
506 N. Cheyenne, Tulsa, OK 74103	
LIFE Senior Services	664-9000
5950 E. 31st Street, Tulsa, OK 74135	
Loaves and Fishes	234-8577
11321 E. 19th Street, Tulsa OK 74128	
Manna House	Not Listed
4921 E. Admiral Pl, Tulsa, OK 74115	
Mend Medical Clinic & Pregnancy Resource Center	745-6000
6216 S. Lewis #100, Tulsa, OK 74136	
Mental Health Association	585-1213
1870 S. Boulder, Tulsa, OK 74119	
Metropolitan Tulsa Transit Authority (MTTA)	585-1195
510 S. Rockford, Tulsa, OK 74120	
Morton Comprehensive Health Services	587-2171
1334 N. Lansing, Tulsa, OK 74106	
Morton Comprehensive Health Services - East	295-6185
11520 E. 21st Street, Tulsa, OK 74128	
Neighbor for Neighbor	425-5578
505 E. 36th St. N., Tulsa, OK 74106	
Neighbors Along the Line	582-3491
5000 W. Charles Page Blvd, Tulsa, OK 74127	
OU Bedlam Clinic	660-3614
1111 S. St. Louis, Tulsa, OK 74104	
Owasso Community Resources	272-4969
109 N. Birch, Ste. 109, Owasso, OK 74055	
Parent Child Center	599-7999
1421 S. Boston, Tulsa, OK 74119	
Park Plaza Church of Christ	627-3201
5925 E. 51st Street, Tulsa, OK 74135	
Planned Parenthood	587-1101
1007 S. Peoria, Tulsa, OK 74120	
Planned Parenthood - Broken Arrow	258-2952
818 S. Aspen, Broken Arrow, OK 74012	
Planned Parenthood - West	446-8447
4733 S. Union, Tulsa, OK 74107	
Restore Hope Ministries	582-5766
2960 Charles Page Blvd., Tulsa, OK 74127	
Saint Elizabeth Lodge - Catholic Charities	508-7146
2450 S. Harvard, Tulsa, OK 74110	
Salvation Army Center of Hope	582-7201
102 N. Denver, Tulsa, OK 74103	
Sand Springs Community Services	245-5183
15 E. 2nd Street, Sand Springs, OK 74063	
Skiatook Emergency Assistance Center	396-4108
319 E. Rogers, Skiatook, OK 74070	
Social Security Administration	1-866-931-7106
4750 S. Garnett Rd., Tulsa, OK 74146	



TCC Dental Hygiene Clinic	595-7022
909 S. Boston, Rm AMP300, Tulsa, OK 74119	
The Ministry Center	585-5310
312 S. 33rd W. Ave., Tulsa, OK 74127	
Trinity Episcopal Church (Iron Gate Trust)	582-4128 x117
501 S. Cincinnati, Tulsa, OK 74103	
Tulsa Center for Behavioral Health	293-2100
2323 S. Harvard, Tulsa, OK 74114	
Tulsa County Social Services	596-5560
2401 Charles Page Blvd., Tulsa, OK 74127	
Veterans Mental Health Clinic - USVA	610-2000
10159 E. 11th Street, Tulsa, OK 74128	
Veterans Outpatient Clinic - USVA	764-7243
9322 E. 41st Street, Tulsa, OK 74145	
Western Neighbors	445-8840
4981 S. Tacoma, Tulsa, OK 74107	
Xavier Medical Clinic - Catholic Charities	583-7233
2450 N. Harvard, Tulsa, OK 74110	
Youth Services of Tulsa	582-0061
311 S. Madison, Tulsa, OK 74120	



Most agencies require documentation, such as a photo ID and cut-off notice, for financial assistance. Some have eligibility requirements that must be met. Whenever possible, please call the agency to find out what you need to do in order to get help.

For additional copies of this publication, log on to www.211tulsa.org.