

**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.

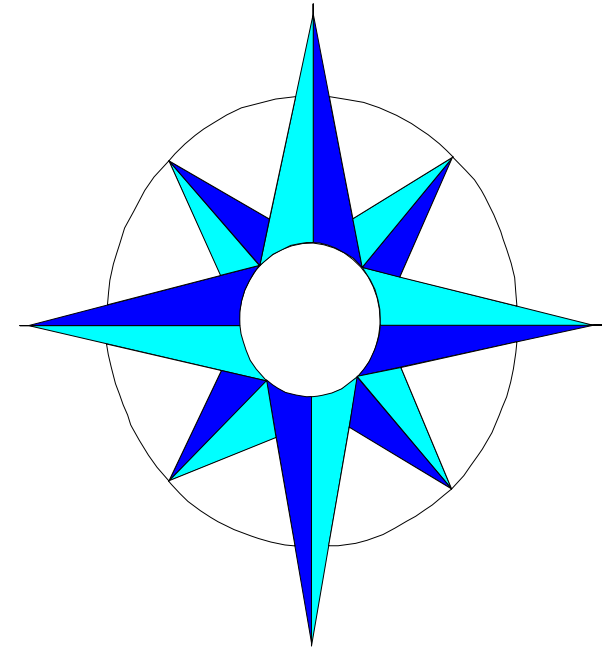
**2-1-1 is a free, confidential telephone  
service available 24-hours a day.**

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, Creek, McIntosh,  
Muskogee, Okfuskee, Okmulgee, Osage, Rogers, Sequoyah,  
Tulsa and Wagoner Counties.

**Access online resources at [www.211tulsa.org](http://www.211tulsa.org).**



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

**2-1-1**   
Get Connected. Get Answers.™

**August 2008**



2-1-1 is a program of the  
Community Service Council  
of Greater Tulsa,  
a United Way member agency.

**Member Agency**  
**United Way**   
Tulsa Area United Way

**Basic Emergency Assistance**

**Food**

- Angel Food** ..... 258-8352  
call for a location close to you (co-op reduced cost food)
- Boston Avenue Helping Hands** ..... 582-1356  
M-F 9AM-12noon
- Catholic Charities** ..... 585-8167  
M-F 8AM-4:30PM
- Christ for Humanity** ..... 836-2424  
M-Th 9AM-3:30PM, by appt
- DHS - Skyline (Food Stamps)** ..... 280-3100  
M-F 8AM-5PM
- First Baptist Church of Tulsa** ..... 587-6068  
M-Th 10AM-11AM
- Heartland Share** ..... 1-800-742-7307  
call for a location close to you (co-op reduced cost food)
- Iron Gate Trust - Trinity Episcopal Church** ..... 582-4128 X117  
Fri 8:30-9:30AM
- John 3:16 Family and Youth Center** ..... 592-1186  
M-F 8:30AM-5PM
- Loaves and Fishes** ..... 234-8577  
Sign in: M, W 12noon
- Manna House** ..... 836-5541  
Tu & W 11AM-1PM
- Neighbor for Neighbor** ..... 425-5578  
M-Th 9AM-12noon; 1PM-3PM (first 50 at 9AM & 1PM)
- Operation Share - Immanuel Baptist Church** ..... 587-8431  
Th, Sa 9AM-12PM Limited area-please call
- Park Plaza Church of Christ** ..... 665-2409  
M-Th 10AM-3PM
- Restore Hope Ministries** ..... 582-5766  
M-Th 11:30AM-3:30PM
- WIC toll free number** ..... 1-888-655-2942

**North**

- DHS - McLain (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** ..... 396-1137  
M-F 10AM-4PM

**South**

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

**East**

- Arms Around BA** ..... 258-7714  
M, W, F 10AM-2PM

- Skiatook Emergency Assistance Center** ..... 396-1137  
319 E. Rogers, Skiatook, OK 74070
- Social Security Administration** ..... 641-2400  
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 West Avenue, 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** ..... 835-5033  
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  
2448 E. Admiral Blvd., Tulsa, OK 74104
- Youth Services of Tulsa** ..... 582-0061  
311 S. Madison, Tulsa, OK 74120

*Most agencies require documentation, such as a picture 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](http://www.211tulsa.org).**

315 S. Utica, Tulsa, OK 74104	
<b>Housing Authority - City of Tulsa</b> .....	<b>582-0021</b>
415 E. Independence, Tulsa, OK 74106	
<b>Immanuel Baptist Church - Operation Share</b> .....	<b>587-8431</b>
1915 E. 3rd Street, Tulsa, OK 74104	
<b>Indian Health Care Resource Center</b> .....	<b>588-1900</b>
550 S. Peoria Ave., Tulsa, OK 74120	
<b>John 3:16 Mission</b> .....	<b>587-1187</b>
506 N. Cheyenne, Tulsa, OK 74103	
<b>LIFE Senior Services</b> .....	<b>664-9000</b>
5950 E. 31st Street, Tulsa, OK 74135	
<b>Loaves and Fishes</b> .....	<b>234-8577</b>
11321 E. 19th St., Tulsa OK 74128	
<b>Manna House</b> .....	<b>836-5541</b>
4921 E. Admiral Pl, Tulsa, OK 74115	
<b>Mend Medical Clinic &amp; Pregnancy Resource Center</b> .....	<b>745-6000</b>
6216 S. Lewis #100, Tulsa, OK 74136	
<b>Mental Health Association</b> .....	<b>585-1213</b>
1870 S. Boulder, Tulsa, OK 74119	
<b>Metropolitan Tulsa Transit Authority (MTTA)</b> .....	<b>585-1195</b>
510 S. Rockford, Tulsa, OK 74120	
<b>Morton Comprehensive Health Services</b> .....	<b>587-2171</b>
1334 N. Lansing, Tulsa, OK 74106	
<b>Morton Comprehensive Health Services - East</b> .....	<b>295-6185</b>
11520 E. 21st, Tulsa, OK 74128	
<b>Neighbor for Neighbor</b> .....	<b>425-5578</b>
505 E. 36th St. N., Tulsa, OK 74106	
<b>Neighbors Along the Line</b> .....	<b>582-3491</b>
5000 W. Charles Page Blvd, Tulsa, OK 74127	
<b>OU Bedlam Clinic</b> .....	<b>660-3614</b>
1111 S. St. Louis, Tulsa, OK 74104	
<b>Owasso Community Resources</b> .....	<b>272-4969</b>
109 N. Birch, Ste. 109, Owasso, OK 74055	
<b>Parent Child Center</b> .....	<b>599-7999</b>
1421 S. Boston, Tulsa, OK 74119	
<b>Park Plaza Church of Christ</b> .....	<b>665-2409</b>
5925 E. 51st Street, Tulsa, OK 74135	
<b>Planned Parenthood</b> .....	<b>587-1101</b>
1007 S. Peoria, Tulsa, OK 74120	
<b>Planned Parenthood - Broken Arrow</b> .....	<b>258-2952</b>
818 S. Aspen, Broken Arrow, OK 74012	
<b>Planned Parenthood - West</b> .....	<b>446-8447</b>
4733 S. Union, Tulsa, OK 74107	
<b>Restore Hope Ministries</b> .....	<b>582-5766</b>
2960 Charles Page Blvd., Tulsa, OK 74127	
<b>Saint Elizabeth Lodge - Catholic Charities</b> .....	<b>585-5068</b>
601 S. Elgin, Tulsa, OK 74120	
<b>Salvation Army Center of Hope</b> .....	<b>582-7201</b>
102 N. Denver, Tulsa, OK 74103	
<b>Sand Springs Community Services</b> .....	<b>245-5183</b>
15 E. 2nd Street, Sand Springs, OK 74063	

<input type="checkbox"/> <b>Broken Arrow Neighbors</b> .....	<b>251-7781</b>
(BA/Coweta res. only) M-Th 9AM-4PM	
<input type="checkbox"/> <b>DHS - Broken Arrow (Food Stamps)</b> .....	<b>294-2000</b>
M-F 8AM-5PM	

*West*

<input type="checkbox"/> <b>DHS - Downtown (Food Stamps)</b> .....	<b>581-2401</b>
M-F 8AM-5PM	
<input type="checkbox"/> <b>Neighbors Along the Line</b> .....	<b>582-3491</b>
T, Th 1:30PM-3:30PM; W 5:30-7:30PM	
<input type="checkbox"/> <b>Sand Springs Community Services</b> .....	<b>245-5183</b>
M-Th 9AM-3PM	
<input type="checkbox"/> <b>The Ministry Center</b> .....	<b>585-5310</b>
by appointment	
<input type="checkbox"/> <b>Western Neighbors</b> .....	<b>445-8840</b>
M-F 9AM-2PM	

**Meals**

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

*North*

<input type="checkbox"/> <b>Dream Center</b> .....	<b>430-9984</b>
T, Th 12noon-1PM	

**Financial Assistance**

<input type="checkbox"/> <b>Boston Avenue Helping Hands</b> .....	<b>582-1356</b>
M-F 9AM-12noon	
<input type="checkbox"/> <b>DHS - Skyline (TANF)</b> .....	<b>280-3100</b>
M-F 8AM-5PM	
<input type="checkbox"/> <b>Restore Hope Ministries</b> .....	<b>582-5766</b>
M-Th 11:30AM-3:30PM	
<input type="checkbox"/> <b>Salvation Army Center of Hope</b> .....	<b>582-7201</b>
Call for appointment M-Th 2-2:30PM	
<input type="checkbox"/> <b>Social Security Administration</b> .....	<b>641-2400</b>
M-F 9AM-4PM	

*North*

<input type="checkbox"/> <b>DHS - McLain (TANF)</b> .....	<b>430-2300</b>
M-F 8AM-5PM	
<input type="checkbox"/> <b>Owasso Community Resources</b> .....	<b>272-4969</b>
M-Th 9AM-2PM	
<input type="checkbox"/> <b>Skiatook Emergency Assistance Center</b> .....	<b>396-1137</b>
M-F 10AM-4PM	

South

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

East

**Arms Around BA** ..... 258-7714  
 M,W, F 10AM-2PM

**Broken Arrow Neighbors**..... 251-7781  
 (BA/Coweta res. only) M-Th 9AM-4PM

**DHS - Broken Arrow (TANF)**..... 294-2000  
 M-F 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-F 9AM-2PM

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)**..... 585-3143  
 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)**..... 585-5068  
 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  
 (young women 16-21 yrs of age)

Clothing

**Catholic Charities** ..... 585-8167  
 M, Tu, Th, F 9AM-2PM, W 9AM-12noon

**Christ for Humanity**..... 836-2424  
 M-Th 9AM-3:30PM, by appt

**First Baptist Church of Tulsa** ..... 587-6068  
 M-Th 10AM-12noon

**John 3:16 Family and Youth Center** ..... 592-1186  
 M-F 8:30AM-5PM

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 East Dawes, Bixby, OK 74008

**Boston Avenue Helping Hands** ..... 582-1356  
 Bernsen Community Life Building 700 S. Boston 74119

**Broken Arrow Neighbors**..... 251-7781  
 322 W. Broadway, Broken Arrow, OK 74011

**Catholic Charities** ..... 585-8167  
 739 N. Denver, Tulsa, OK 74106

**Child Care Resource Center** ..... 834-2273  
 18 N. Norwood, Tulsa, OK 74115

**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 - Broken Arrow**..... 294-2000  
 5051 S. 129th E. Ave., Tulsa, OK 74134

**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**..... 748-5544  
 3741 S. Peoria Ave., Tulsa, OK 74112

**Emergency Infant Services** ..... 582-2469  
 222 S. Houston Ave., Tulsa, OK 74119

**Family & Children's Mental Health Services**..... 712-4301  
 2325 S. Harvard #400, Tulsa, OK 74114

**First Baptist Church of Tulsa**..... 587-6068  
 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. - Lucille Page Dental Clinic**..... 591-6100  
 306 E. Broadway, Sand Springs, OK 74063

**Health Dept. - Sand Springs**..... 591-6100  
 306 E. Broadway, Sand Springs, OK 74063

**Health Dept. - Vital Records Birth & Death Certificates** ..... 594-4840



- Neighbor for Neighbor** ..... 764-9565  
M-W 6PM; Tu 1PM & 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 8:30AM-7PM; Tu, Th 7:30AM-8PM; W, F 8:30AM-5PM; Sa 9AM-1PM
- Tulsa County Social Services Medical Clinic** ..... 596-5560  
M-F 10AM-12noon
- USVA Veterans Outpatient Clinic** ..... 764-7243  
M-F 7:30AM-4PM
- Xavier Medical Clinic (Catholic Charities)** ..... 583-7233  
W 9AM-4PM (children AM, adults PM)

*North*

- Health Department - North WIC Office** ..... 591-6030  
M 1PM-4PM (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) Tu 6PM-8PM
- Health Department - East Regional** ..... 582-9355  
M-F 8AM-5PM
- Morton Comprehensive Health Services - East** ..... 295-6185  
M-F 8:30AM-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
- Planned Parenthood - West** ..... 446-8447  
M, Tu, F 8:30AM-5PM; W 8:30AM-5:30PM; Th 8:30AM-6PM

**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

*North*

- Owasso Community Resources** ..... 272-4969  
M-Th 9AM-2PM

- Skiatook Emergency Assistance Center** ..... 396-1137  
M-F 10AM-4PM

*South*

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

*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)
- 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

**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-W 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 appt. the next week
- TCC Dental Hygiene Clinic** ..... 595-7022  
M-Th 8:30AM-4:30PM; F 8:30AM-12noon

*West*

- Lucille Page Dental Clinic (youth only)** ..... 591-6100  
Th 8AM-5PM

**Counseling/Mental Health**

- Associated Centers for Therapy** ..... 492-2554  
M, W, F 8AM-5PM; Tu, Th 8AM-7PM