

***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](http://www.211tulsa.org).**

**Basic Emergency Assistance**

**Food**

- Boston Avenue Helping Hands** ..... 584-6923  
M-F 9AM-12noon
  - Catholic Charities** ..... 949-4673  
M-F 8AM-4:30PM
  - 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  
M, Tu, Th, F 9AM-2PM, W 9AM-12noon
- 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

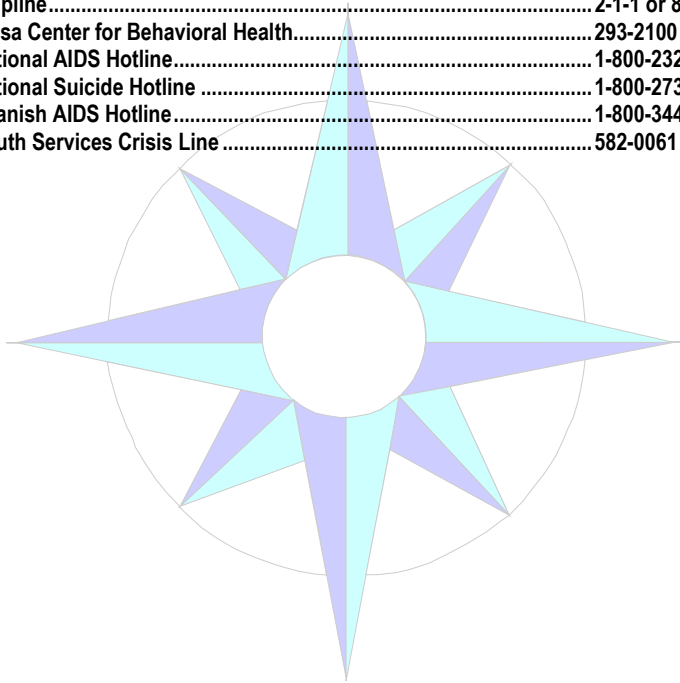
- Child Care Resource Center**.....834-2273  
M, T, W, F 8AM-5PM; Th 8AM-7PM
- DHS Child Welfare** .....584-1222  
M-F 8AM-5PM 24 hr crisis 1-800-522-3511
- Emergency Infant Services** .....582-2469  
M, T, W, F 9AM-12:30PM
- Mend Pregnancy Resource Center** .....745-6000  
M-F 9AM-4:30PM, S 9AM-12noon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

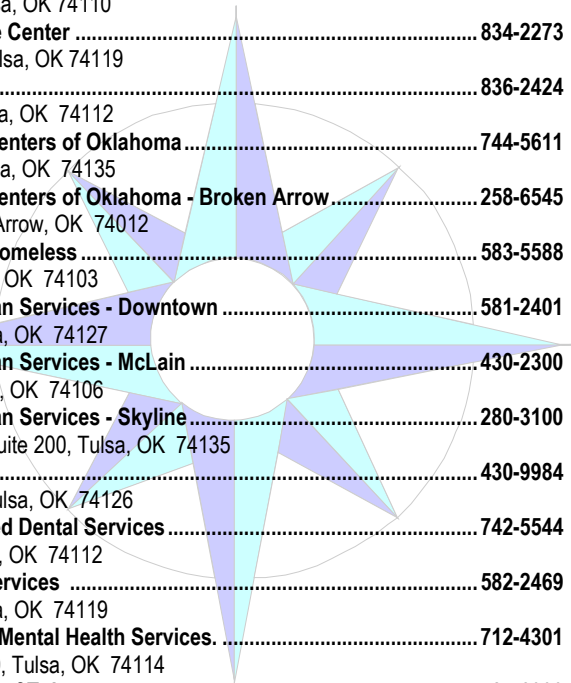
Crisis Lines

- 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

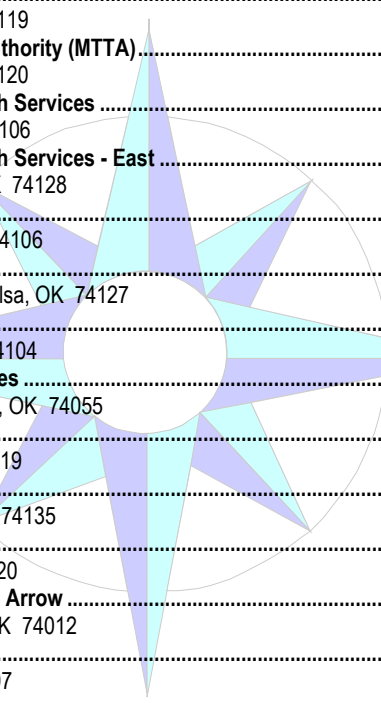


Agency Addresses

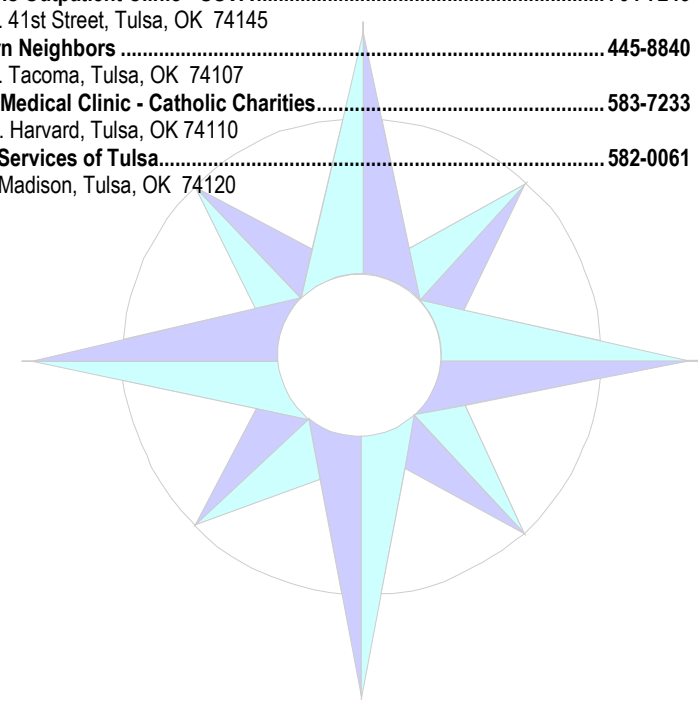
- Arms Around BA** ..... 258-7714  
114 E. Dallas, Broken Arrow, OK 74012
- Associated Centers for Therapy** ..... 492-2554  
7010 S. Yale, Ste 215, Tulsa, OK 74136
- Bixby Community Outreach Center** ..... 366-9226  
10 E. Dawes, Bixby, OK 74008
- Boston Avenue Helping Hands**..... 584-6923  
Bensen 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



|  |                       |
|--|-----------------------|
| <b>Indian Health Care Resource Center</b> .....                  | <b>588-1900</b>       |
| 550 S. Peoria, 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 Street, Tulsa OK 74128                             |                       |
| <b>Manna House</b> .....   | <b>Not Listed</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 Street, 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>627-3201</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>508-7146</b>       |
| 2450 S. Harvard, Tulsa, OK 74110                                 |                       |
| <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                         |                       |
| <b>Skiatook Emergency Assistance Center</b> .....                | <b>396-4108</b>       |
| 319 E. Rogers, Skiatook, OK 74070                                |                       |
| <b>Social Security Administration</b> .....                      | <b>1-866-931-7106</b> |
| 4750 S. Garnett Rd., Tulsa, OK 74146                             |                       |



|   |                      |
|---|----------------------|
| <b>TCC Dental Hygiene Clinic</b> .....                  | <b>595-7022</b>      |
| 909 S. Boston, Rm AMP300, Tulsa, OK 74119               |                      |
| <b>The Ministry Center</b> .....                        | <b>585-5310</b>      |
| 312 S. 33rd W. Ave., Tulsa, OK 74127                    |                      |
| <b>Trinity Episcopal Church (Iron Gate Trust)</b> ..... | <b>582-4128 x117</b> |
| 501 S. Cincinnati, Tulsa, OK 74103                      |                      |
| <b>Tulsa Center for Behavioral Health</b> .....         | <b>293-2100</b>      |
| 2323 S. Harvard, Tulsa, OK 74114                        |                      |
| <b>Tulsa County Social Services</b> .....               | <b>596-5560</b>      |
| 2401 Charles Page Blvd., Tulsa, OK 74127                |                      |
| <b>Veterans Mental Health Clinic - USVA</b> .....       | <b>610-2000</b>      |
| 10159 E. 11th Street, Tulsa, OK 74128                   |                      |
| <b>Veterans Outpatient Clinic - USVA</b> .....          | <b>764-7243</b>      |
| 9322 E. 41st Street, Tulsa, OK 74145                    |                      |
| <b>Western Neighbors</b> .....                          | <b>445-8840</b>      |
| 4981 S. Tacoma, Tulsa, OK 74107                         |                      |
| <b>Xavier Medical Clinic - Catholic Charities</b> ..... | <b>583-7233</b>      |
| 2450 N. Harvard, Tulsa, OK 74110                        |                      |
| <b>Youth Services of Tulsa</b> .....                    | <b>582-0061</b>      |
| 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](http://www.211tulsa.org).**