

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



**August 2008**



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

**Member Agency**



**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).**

**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** ..... 592-1187  
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

- Broken Arrow Neighbors**..... 251-7781  
(BA/Coweta res. only) M-Th 9AM-4PM
- DHS - Broken Arrow (Food Stamps)** ..... 294-2000  
M-F 8AM-5PM

*West*

- DHS - Downtown (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-F 9AM-2PM

**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
- Sodexo 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**..... 582-1356  
M-F 9AM-12noon
- DHS - Skyline (TANF)** ..... 280-3100  
M-F 8AM-5PM
- Restore Hope Ministries** ..... 582-5766  
M-Th 11:30AM-3:30PM
- Salvation Army Center of Hope** ..... 582-7201  
Call for appointment M-Th 2-2:30PM
- Social Security Administration** ..... 641-2400  
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** ..... 396-1137  
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
- 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

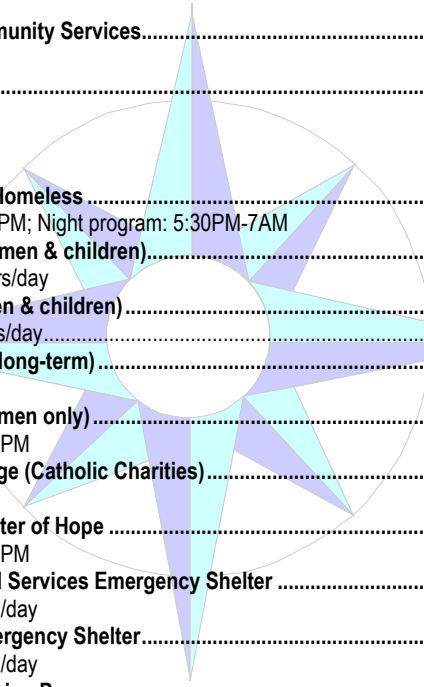
- Sand Springs Community Services**..... 245-5183  
M-Th 9AM-3PM
- Western Neighbors** ..... 445-8840  
M-F 9AM-2PM

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



- Operation Share - Immanuel Baptist Church** ..... 587-8431  
Th, Sa 9AM-12noon
- Restore Hope Ministries** ..... 582-5766  
M-Th 11:30AM-3:30PM

North

- Dream Center**..... 430-9984  
M, W, F, Sa 10AM-2PM; Tu, Th 10AM-12:45PM
- 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

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

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; 1PM-3PM
- MTTA Bus Schedule Info** ..... 582-2100
- MTTA Lift Program (disabled)**..... 592-5438

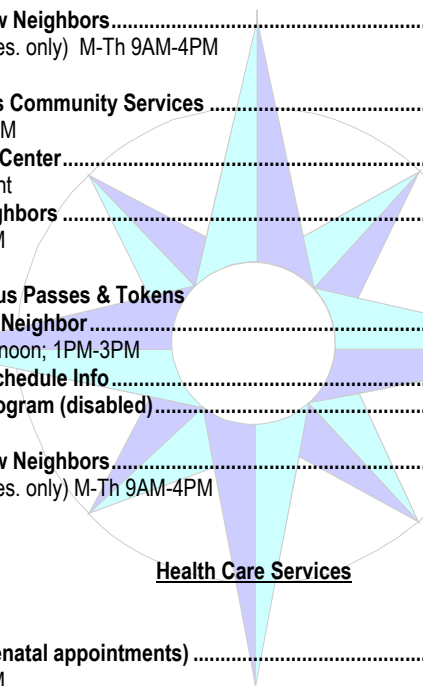
East

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

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  
contact agency for locations and times
- Health Department - Central**..... 594-4762  
M-F 8AM-5PM
- Indian Health Care Resource Center**..... 382-1224  
M, T, W, F 8AM-5PM; Th 10AM-7PM; 1st W 1-5PM
- Kidslife (pediatric appointments)** ..... 583-5437  
M-F 8:30AM-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-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

- 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**..... 835-5033  
M-F 8AM-4:30PM
- Youth Services of Tulsa**..... 582-0061  
7 days/week 24 hours/day

**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

**Children's Services**

- Child Care Resource Center**..... 834-2273  
M, T, W, F 8AM-5PM; Th 8AM-8PM
- DHS Child Welfare**..... 430-2300  
M-F 8AM-5PM      24 hr crisis 584-1222
- 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

- East
- Credit Counseling Centers of Oklahoma - Broken Arrow** ..... 258-6545  
M-F 8AM-5PM

**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
- Mental Health Association**..... 293-2100
- National AIDS Hotline** ..... 1-800-342-2437
- National Suicide Hotline** ..... 1-800-273-8255
- Spanish AIDS Hotline**..... 1-800-344-7432
- Youth Services Crisis Line** ..... 582-0061

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	

<b>Skiatook Emergency Assistance Center</b> .....	<b>396-1137</b>
319 E. Rogers, Skiatook, OK 74070	
<b>Social Security Administration</b> .....	<b>641-2400</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 West Avenue, 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>835-5033</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>
2448 E. Admiral Blvd., Tulsa, OK 74104	
<b>Youth Services of Tulsa</b> .....	<b>582-0061</b>
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).**