

**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
□ Mental Health Association.....	293.2100
□ National AIDS Hotline .....	1.800.342.2437
□ National Suicide Hotline .....	1.800.273.8255
□ Youth Services Crisis Line .....	582.0061

**Education, Training and Employment**

**GED Classes and Testing**

□ Jenks Public Schools.....	298.0340
□ Metro Tulsa Urban League .....	584.0001
□ Neighbors Along the Line.....	582.3491
□ Tulsa Public Schools.....	833.8900
□ Tulsa Tech - Project Hire.....	828.5222
□ Union Public Schools.....	459.4663
□ Workforce Oklahoma - Tulsa .....	596.7679

**Job Training**

□ Goodwill Job Training - Tulsa.....	584.7291
□ Job Training - Northeast .....	789.2574
□ Resonance .....	587.3888
□ Tulsa Technology Center .....	828.5200
□ Workforce Oklahoma - Tulsa .....	596.7679
□ YWCA Women's Resource Center .....	588.9393

**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	
Baptist Ministry Center.....	585.5310
312 S. 33rd W. Ave., Tulsa, OK 74127	
Boston Avenue Helping Hands.....	582.1356
700 S. Boston, Tulsa, OK 74119	
Catholic Charities .....	949-HOPE
739 N. Denver, Tulsa, OK 74106	
Christ for Humanity .....	836.2424
6314 E. 13th St., Tulsa, OK 74112	
Child Care Resource Center .....	834.2273
18 North Norwood, Tulsa, OK 74115	
Credit Counseling of Okla.....	744.5611
4646 S. Harvard, Tulsa, OK 74135	
Day Center for the Homeless .....	583.5588
415 W. Archer, Tulsa, OK 74103	
Department of Human Services (N) .....	430.2300
3666 N. Peoria, Tulsa, OK 74106	
Dream Center .....	430.9984
200 W. 46th St N., Tulsa, OK 74126	
Dress for Success .....	599.8892
1109 S Peoria, Tulsa, OK 74120	
Emergency Infant Services .....	582.2469
222 S. Houston Ave., Tulsa, OK 74127	
Exodus House .....	382.0905
2624 E Newton, Apt. E, Tulsa, OK 74110	
Family & Children's Services.....	587.9471
650 S Peoria, Tulsa, OK 74120	
First Baptist Church of Tulsa.....	587.6068
305 S Detroit, Tulsa, OK 74120	
Glory House .....	584.1808
2026 East 1st Street, Tulsa, OK 74150	
Health Department (Central) .....	594.4762

315 S. Utica, Tulsa, OK 74104	
Health Department (North WIC Office).....	591.6030
3666 N. Peoria, Tulsa, OK 74106	
Health Dept. Birth & Death Certificates.....	594.4840
315 S. Utica, Tulsa, OK 74104	
Hope Pregnancy Center.Tulsa.....	622.3325
13012 E. 21st Street, Tulsa, OK 74134	
Housing Authority of the City of Tulsa .....	582.0021
415 E. Independence, Tulsa, OK 74106	
Immanuel Baptist Church (Operation Share) .....	587.8431
1915 E. 3rd, Tulsa, OK 74104	
Indian Health Care Resource Center.....	588.1900
550 S. Peoria Ave., Tulsa, OK 74120	
John 3:16 Mission .....	587.1187
506 N. Cheyenne, Tulsa, OK 74103	
John 3:16 Family and Youth Center.....	592.1186
2027 N. Cincinnati, Tulsa, OK 74106	
Loaves & Fishes .....	234.8577
11321 E 19th St., Tulsa, OK 74128	
Manna House.....	836.5541
4921 E Admiral Pl, Tulsa, OK 74115	
Mend Pregnancy Resource Center.South .....	745.6000
6216 South Lewis #100, Tulsa, OK 74136	
Mental Health Association .....	585.1213
1870 S. Boulder, Tulsa, OK 74119	
Metropolitan Tulsa Transit Authority .....	585.1195
510 South Rockford, Tulsa, OK 74120	
Morton Comprehensive Health Service .....	587.2171
1334 N. Lansing, Tulsa, OK 74106	
Neighbor for Neighbor .....	425.5578
505 E. 36th St. N., Tulsa, OK 74106	
OU Bedlam Clinic .....	660.3614
1111 S. St. Louis, Tulsa, OK 74104	
Parent Child Center of Tulsa .....	599.7999
1421 S. Boston, Tulsa, OK 74119	
Planned Parenthood of Arkansas & E. OK .....	587.1101
1007 South Peoria Tulsa, OK 74120	
Restore Hope Ministries .....	582.5766
2960 Charles Page Blvd., Tulsa, OK 74127	
Resonance .....	587-3888
1608 South Elwood, Tulsa, OK 74119	
Saint Elizabeth Lodge (Catholic Charities).....	585.5068
601 South Elgin, Tulsa, OK 74120	
Salvation Army - Center of Hope.....	582.7201
102 N. Denver, Tulsa, OK 74103	
Social Security Administration.....	641.2400
4750 S. Garnett Rd., Tulsa, OK 74146	
TCC Dental Hygiene Clinic.....	595.7022
909 S. Boston, Rm MP300, Tulsa, OK 74119	
Trinity Episcopal Church (Iron Gate Trust) .....	582.4128 x117
501 South Cincinnati, Tulsa, OK 74103	
Tulsa Center for Behavioral Health .....	293.2100
2323 S. Harvard, Tulsa, OK 74114	
Tulsa County Social Services Department.....	596.5560
2401 Charles Page Blvd., Tulsa, OK 74127	
USVA - Mental Health Clinic .....	835.5033
10159 East 11th Street, Tulsa, OK 74128	
USVA - Veterans Outpatient Clinic.....	764.7243
9322 E. 41st Street, Tulsa, OK 74145	
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	



# WHAT NEXT?

A Reintegration Resource Guide for Tulsa, Okla.



Developed in collaboration with The League of Women Voters and 2-1-1 Helpline



**Basic Emergency Assistance**

**Food**

- **Arms Around BA** ..... 258.7714  
M, W, F 10AM-2PM
- **Baptist Ministry Center** ..... 585.5310  
M-Th 9AM-2PM
- **Boston Avenue Helping Hands**..... 584.6923  
M-F 9AM-12noon
- **Broken Arrow Neighbors**..... 251.7781  
M-Th 9AM-4PM
- **Catholic Charities** ..... 949-HOPE  
M,T,Th,F 9AM-2PM; W 9AM-12noon
- **Christ for Humanity** ..... 836.2424  
M-Th 9AM-3:30PM, by appt.
- **DHS (Food Stamps)**..... 430.2300  
M-F 8AM-5PM
- **Dream Center** ..... 430.9984  
T, Th 12noon-1PM
- **First Baptist Church of Tulsa** ..... 587.6068  
M-Th 10AM-11PM
- **Heartland Share** ..... 1.800.742.7307  
Call for a nearest location (co.op reduced cost food)
- **John 3:16 Family and Youth Center** ..... 592.1186  
M-F 9AM-5PM
- **Loaves & Fishes** ..... 234.8577  
M, W 12noon-2PM
- **Neighbor for Neighbor** ..... 425.5578  
M-Th 9AM-12noon; 1PM-3PM (1st 50 at 9AM & 1PM)
- **Operation Share.Immanuel Baptist** ..... 587.8431  
Th, Sat 9AM-12noon. 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
- **Trinity Episcopal (Iron Gate Trust)**..... 582.4128 x117  
F 8:30AM-9:30AM
- **WIC Toll-free number** ..... 1.888.655.2942

**Meals**

- **Dream Center** ..... 430.9984  
Tu, Th 12noon-1PM
- **John 3:16 Mission** ..... 587.1187  
6PM chapel, meal (chapel required)
- **Salvation Army** ..... 582.7201  
1-2PM lunch
- **Iron Gate Trust (Trinity Episcopal)**..... 582.4128 x117  
Breakfast M-F 8:30-10:30AM; Sa-Su 8-10AM
- **Tulsa County Emergency Shelter**..... 596.5560  
5:30PM dinner

**Financial Assistance**

- **Arms Around BA** ..... 258.7714  
M, W, F, 10AM-2PM
- **Boston Avenue Helping Hands**..... 584.6923  
M-F 9AM-12noon
- **Restore Hope Ministries** ..... 582.5766  
M-Th 11:30AM-3:30PM
- **Salvation Army** ..... 582.7201  
Call for appointment M-Th 2-2:30PM
- **Social Security Administration** ..... 641.2400  
M-F 9AM-4PM

**Shelter/Housing**

- **Day Center for the Homeless** ..... 583.5588  
8AM-4PM; 5:30PM-7AM
- **DaySpring Villa (women & children)**..... 245.4075  
7days/week 24 hours/day
- **DVIS (abused women & children)**..... 7HELPME  
7days/week 24 hours/day
- **Exodus House**..... 382.0905  
7days/week 24 hours/day
- **Glory House** ..... 584.1808  
7days/week 24 hours/day
- **Salvation Army**..... 582.7201  
7days/week 24 hours/day
- **St. Elizabeth Lodge (Catholic Charities)** ..... 585.5068  
M-F 8AM-4:30PM
- **Tulsa County Emergency Shelter** ..... 596.5591  
7days/week 24 hours/day
- **YST Transitional Living Program**..... 582.0061  
(young women 16-21 yrs of age)

**Clothing**

- **Catholic Charities** ..... 949-HOPE  
T, Th 10AM-2PM
- **Dream Center** ..... 430.9984  
M, W, F, Sat 10 AM-2 PM; Tu, Th 10AM-12:45PM
- **Dress for Success** ..... 599.8892  
M-F 12noon-5PM
- **John 3:16 Family and Youth Center** ..... 592.1186  
M-F 8:30AM-5PM
- **Restore Hope Ministries** ..... 582.5766  
M-Th 11:30AM-3:30PM

**Transportation: Bus Passes or Tokens**

- **Neighbor for Neighbor** ..... 425.5595  
M-Th 9AM-12noon; 1PM-3PM
- **MTTA Bus Schedule Info** ..... 582.2100
- **MTTA Lift Reservations (disabled)** ..... 592.5438

**Health Care Services**

**Medical Clinics**

- **Babyline (prenatal appointments)** ..... 838.0694  
M-F 9AM-5PM
- **Good Samaritan Health Services**..... 493.7884  
Contact agency for locations and times
- **Health Department (Utica Office)** ..... 594.4762  
M-F 8AM-5PM
- **Indian Health Care Resource Center**..... 382.1224  
M,T,W,F 8AM-5PM; Th 10AM-7PM; 1st W 1PM-5PM
- **Morton Comprehensive Health Services** ..... 587.2171  
M, W, Th, F 8:30AM-5:30PM; T 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 6-10PM; arrive before 5PM for triage
- **Planned Parenthood (includes Pediatrics)**..... 587.1101  
M, W, F 8:30AM-5PM; T, Th 8:30AM-8PM; Sa 9AM-1PM
- **Tulsa County Medical Clinic**..... 596.5560  
M-F 10AM.12noon
- **USVA Veterans Outpatient Clinic** ..... 764.7243  
M-F 7:30AM-4PM

- **Xavier Medical Clinic** ..... 583.7233  
W 8AM-4PM (children AM, adults PM)
- **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
- **Neighbor for Neighbor** ..... 764-9565  
M-Th 9AM-12noon; 1PM-3PM
- **Tulsa County Social Services Pharmacy**..... 596.5560  
M-F 8:30AM-5PM

**Eyeglasses/Vision Care**

- **Indian Health Care Resource Center** ..... 382.1224  
M, Tu, W, F 8AM-5PM; Th 10AM-7PM; 1st W 1PM-5PM
- **Neighbor for Neighbor** ..... 425-5595 x119  
M-W 6PM by appt.

**Dental Care**

- **Indian Health Care Resource Center** ..... 382.1257  
M, Tu, W, F 8AM-5PM; Th 10AM-7PM; 1st W 1PM-5PM
- **Morton Dental Clinic**..... 295-6145  
M, T, W, F 8:30AM-5:30 PM; Th 9:30AM-5:30PM
- **Neighbor for Neighbor** ..... 425.5595 x122  
M, W 6PM
- **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  
24/7 Crisis Center
- **USVA Veterans Mental Health Clinic** ..... 835.5033  
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-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 South**..... 745.6000  
M-F 9AM-4:30PM, S 9AM-12noon
- **Parent Child Center** ..... 599.7999  
M-F 8:30AM-5PM

**Other**

- **Credit Counseling of Okla**..... 744.5611  
M-F 8AM-5PM
- **Health Department - Birth/Death Certificates** ..... 594.4840  
M-F 8:30AM-4PM