

# Community Resources

## Groceries

### Tulsa Downtown area

<b>Boston Avenue Helping Hands</b>	<b>918-584-6923</b>
M-F 9am-12noon	
<b>Catholic Charities</b>	<b>918-949-4673</b>
M-F 8am-4:30pm	
<b>Christ for Humanity</b>	<b>918-836-2424</b>
M-Th 9am-3:30pm, by appt	
<b>DHS – Skyline (SNAP Food Stamps)</b>	<b>918-280-3100</b>
M-F 8am-5pm	
<b>First Baptist Church of Tulsa</b>	<b>918-587-6000</b>
M-Th 10-11am	
<b>Iron Gate Trust – Trinity Episcopal Church</b>	<b>918-582-4128 X117</b>
Fri 8:30-9:30am	
<b>John 3:16 Family &amp; Youth Center</b>	<b>918-592-1187</b>
M-F 8:30am-5pm	
<b>Loaves and Fishes</b>	<b>918-234-8577</b>
Sign in: M, W 12noon, Men last Sat at 10am	
<b>Neighbor for Neighbor</b>	<b>918-425-5578</b>
M-Th 9am-12noon; 1-3pm	
<b>Park Plaza Church of Christ</b>	<b>918-895-6816</b>
M-Th 10am-3pm	
<b>Restore Hope Ministries</b>	<b>918-582-5766</b>
M-Th 11:30am-3pm	
<b>WIC toll free number</b>	<b>1-888-655-2942</b>

### South

<b>Bixby Community Outreach Center</b>	<b>918-366-9226</b>
(Bixby res. Only) T, Th 9am-4pm; Sat 9am-12noon	

**Glenpool Outreach Center - Landing Church** 918-321-2302 x33

2nd & 3rd Tuesdays of the Month 9am-2pm

(Glenpool, Keiffer, Beggs, Liberty Mounds, Mounds res. only)

**7<sup>th</sup> Day Adventist Church – Bristow** 918-367-3015

**Bristow Social Services** 918-367-5400

Every other month (Bristow, Depew, Shamrock, Milfay, & Slick res. only)

West

**Community Care** 918-224-6464

M, W, Th, Fri 10am-2pm

**DHS – Downtown (SNAP Food Stamps)** 918-581-2401

M-F 8am-5pm

**Ernie’s Food Pantry (S. Heights Bapt. Church)** 918-224-1924

Last Th of the month 9am-12noon

**First Baptist Church of Sapulpa** 918-224-4100

(Sap. res. only) T, Th 10am-12noon; 1-3pm (requires DHS-Food Voucher)

**June Rose Assembly of God Church Sapulpa** 918-321-5818

Fri 11am

**Kellyville Baptist Church** 918-247-6465

(Kellyville res. only)

**Neighbors Along the Line** 918-582-3491

M, T, Th 1:30-3:30pm; W 5-6:45pm

**Salvation Army** 918-224-4415

T, Th by appt only, requires DHS-Food Voucher

**Sand Springs Community Services** 918-245-5183

M-Th 9am-3pm

**The Ministry Center** 918-585-5310

By appointment

**Western Neighbors** 918-445-8840

M-Th 8am-12noon

## Meals

### Tulsa Downtown Area

**Iron Gate Trust – Trinity Episcopal Church** 918-582-4128 x117

Breakfast M-F 8:30-10:30am; Sa-Su 8-10am

**John 3:16 Mission** 918-587-1187

6pm Chapel, meal (chapel required)

**Meals on Wheels** 918-627-4103

Meals for the homebound

**Salvation Army Center of Hope** 918-582-7201

1-2pm lunch

**Tulsa & Creek County Senior Nutrition** 918-835-4160

Lunch at various locations

**Tulsa County Social Services** 918-596-5560

5:30pm dinner

### West

**1<sup>st</sup> Presbyterian Church Sapulpa** 918-224-1022

Tue 11:30am-12:30pm

Glenpool Outreach Center - Landing Church 918-321-2302 x33

Tues 11am-1pm (open to anyone)

## Financial Assistance

### Tulsa Downtown Area

**Boston Avenue Helping Hands** 918-584-6923

M-F 9am-12noon

**DHS – Skyline (TANF)** 918-280-3100

M-F 8am-5pm

**Restore Hope Ministries** 918-582-5766

M-Th 9:30am-2pm; Fri 9am-11pm

**Salvation Army Center of Hope** 918-582-7201

Call for appointment M-Th 2-2:30pm

**Social Security Administration** 1-866-931-7106

M-F 9am-4pm

*South*

**Bixby Community Outreach Center** 918-366-9226

(Bixby res. only) T, Th 9am-4pm; 4<sup>th</sup> Sat of Month 9am-12noon

*West*

**Community Care** 918-224-6464

M, W, Th, Fri 10am-2pm

**DHS – Downtown (TANF)** 918-581-2401

M-F 8am-5pm

**Salvation Army** 918-224-4415

T, Th by appt only

**Sand Springs Community Services** 918-245-5183

M-Th 9am-3pm

**Western Neighbors** 918-445-8840

M-Th 8am-12noon

## **Shelter/Housing**

*Tulsa Downtown Area*

**Day Center for the Homeless** 918-583-5588

Day program: 8am-4pm; Night program 5:30pm-7am

**DaySpring Villa (women & children)** 918-245-4075

7 days/week, 24 hours/day

**DVIS (abused women & children)** 918-585-3163

7 days/week, 24 hours/day

918-7HELPME

**Glory House (abused women & children)** 918-584-1808

6 month stay

**Housing Authority (long-term)** 918-582-0021

M-F 8am-5pm

<b>John 3:16 Mission (men only)</b>	<b>918-587-1187</b>
Check in: Sa-Su4:30pm	
<b>Saint Elizabeth Lodge (Catholic Charities)</b>	<b>918-508-7146</b>
M-F 8am-4:30pm	
<b>Salvation Army Center of Hope</b>	<b>918-582-7201</b>
Check in: Sa-Su 4:30pm	
<b>Tulsa County Social Services Emergency Shelter</b>	<b>918-596-5591</b>
7 days/week, 24 hours/day	
<b>Youth Services Emergency Shelter</b>	<b>918-582-0061</b>
7 days/week, 24 hours/day	
<b>YST- Transitional Living Program</b>	<b>918-582-0061</b>
(women 17-21 yrs of age; men 18-21 yrs of age)	

## Clothing

### *Tulsa Downtown Area*

<b>Catholic Charities</b>	<b>918-949-4673</b>
M, Tu, Th, F 9am-2pm; W 9am-12noon	
<b>Christ for Humanity</b>	<b>918-836-2424</b>
M-Th 9am-4:30pm, by appt	
<b>First Baptist Church of Tulsa</b>	<b>918-587-6000</b>
M-Th 10am-12:30pm	
<b>John 3:16 Family and Youth Center</b>	<b>918-592-1186</b>
M-F 8:30am-5pm	
<b>Restore Hope Ministries</b>	<b>918-582-5766</b>
M-Th 11:30-3pm	

### *South*

<b>Bixby Community Outreach Center</b>	<b>918-366-9226</b>
(Bixby res. only) T, Th 9am-4pm; 4 <sup>th</sup> Sat of Month 9am-12noon	

West

**Community Care** 918-224-6464

M, W, Th, Fri 10am-2pm

**Praise Fellowship Sapulpa** 918-224-3988

T 10am-2pm

**Sand Springs Community Services** 918-245-5183

M-Th 9am-3pm

**Western Neighbors** 918-445-8840

M-Th 8am-12noon

## Health Care Services

### Medical Clinics

Tulsa Downtown Area

**Babyline (prenatal appointments)** 918-838-0694

Th 9am-4pm

**Health Dept –**

M-Th 8am-4pm; F 8am-11am

Central Regional Health Center 918-582-9355

James Goodwin Health Center 918-582-9355

North Regional Health Center 918-591-6006

**Community Health Connection** 918-622-0641

M-F 9am-4:30pm; Th, F 9am-8pm by appt; Sa 9am-12:30pm (first come, first serve)

**Dream Center** 918-430-9984 x106

Call agency for clinic dates and times

**Good Samaritan Health Services** 918-493-7884

Contact agency for locations and times

**Indian Health Care Resource Center** 918-382-1224

M, T, W, F 8am-5pm; Th 10am-7pm; 1<sup>st</sup> W 1-5pm

**Morton Comprehensive Health Services** 918-587-2171

M, W, Th, F 8:30am-5:30pm; Tu 8:30am-7pm; Sa 9am-1pm

**Neighbor for Neighbor** 918-764-9565

M 6pm; T 1pm & 6pm; W 6pm; Th 1pm & 5pm

Call at 10am for same day appointment

**OU Bedlam Clinic** 918-660-3614

Tu & Th 6pm-10pm; arrive before 5pm for triage

**Planned Parenthood** 918-587-1101

M, W, F 9am-5pm; T, Th 9am-7pm; Sa 10am-2pm

**Tulsa County Social Services Medical Clinic** 918-596-5560

T, W 10:30am-12noon

**Tulsa Day Center for the Homeless** 918-583-5588

M-Sa 9am-11am; T, W, Th 1:30pm-3:30pm

**USVA Veterans Outpatient Clinic** 918-764-7243

M-F 7:30am-4pm

**Xavier Medical Clinic (Catholic Charities)** 918-583-7233

General Medicine: W 8am-4pm; Pregnancy Clinic: Th 9am-4pm(Call babyline)

### West

**Health Dept – Sand Springs** 918-591-6100

M-Th 8am-4pm; F 8am-11am

**Neighbors Along the Line** 918-584-1111

M 5:15pm; Th 11:30am

## **Prescriptions/Prescription Assistance**

### Downtown Tulsa Area

**Boston Avenue Helping Hands** 918-584-6923

M-F 9am-12noon

**Good Samaritan Health Services** 918-493-7884

Contact agency for locations and times

**LIFE Senior Services** 918-664-9000

Helps with Medicare Prescription Benefit Assistant

M-F 8am-5pm

**Neighbor for Neighbor** 918-764-9565

M-Th 10am-12noon & 1pm-3pm

**Tulsa County Social Services Pharmacy** 918-596-5560

M-F 8:30am-5pm

South

**Bixby Community Outreach Center** 918-366-9226

(Bixby res. only) T, Th 9am-4pm; 4<sup>th</sup> Sat of Month 9am-12noon

West

**Neighbors Along the Line** 918-584-1111

M 5:15pm; Th 11:30am (during clinic hours)

**The Ministry Center** 918-585-5310

By appointment

**Western Neighbors** 918-445-8840

M-Th 8am-12noon

## **Eyeglasses/Vision Care**

**Indian Health Care Resource Center** 918-382-1263

M, Tu, W, F 8am-5pm; Th 10am-7pm; 1<sup>st</sup> W 1pm-5pm

**Neighbor for Neighbor** 918-425-5595 x119

M-Th 5-6pm

**Sight for students** 1-888-290-4964

Vision service plan – call for local contact

## **Dental Care**

**Health Dept – Community Dentistry** 918-594-4860

M, W, Th 8am-5pm

**Eastern Okla Donated Dental Services** 918-742-5544

Dental services for disabled and elderly

**Indian Health Care Resource Center** 918-382-1257

M, Tu, W, F 8am-5pm; Th 10am-7pm; 1<sup>st</sup> W 1-5pm



**Morton Comprehensive Health Services** 918-295-6145

M, T, W, F 8:30am-5:30pm; Th 9:30am-5:30pm

**Mother Teresa Dental Care Center** 918-508-7191

By appointment only. Call

**Neighbor for Neighbor** 918-425-5595 x122

Call Tuesdays at 10am for an appointment

**TCC Dental Hygiene Clinic** 918-595-7022

M-Th 8:30am-4:30pm; F 8:30am-12noon

## **Counseling/Mental Health**

**Associated Centers for Therapy** 918-492-2554

M, W, F 8am-5pm; Tu, Th 8am-7pm

**Family & Children's Services Counseling** 918-587-9471

M-F 8am-5pm

**Indian Health Care Resources Center** 918-382-1241

M, T, W 8am-6pm; Th 10am-7pm; F 8am-5pm; 1<sup>st</sup> W 1-5pm

**Mental health Association** 918-585-1213

M-F 8:30am-5pm

**Parent Child Center** 918-599-7999

M-F 8:30am-5pm

**Tulsa Center for Behavioral Health** 918-293-2100

7 days/week 24 hours/day

**USVA Veterans Mental Health Clinic** 918-610-2000

M-F 8am-4:30pm

**Youth Services of Tulsa** 918-582-0061

7 days/week 24 hours/day

## **Children's Services**

**Child Care Resource Center** 918-834-2273

M, T, W, F 8am-5pm; Th 8am-7pm

**DHS Child Welfare** 918-584-1222

M-F 8am-5pm 24hr crisis 1-800-522-3511

**Emergency Infant Services** 918-582-2469

M, T, W, F 9am-12:30pm

**Mend Pregnancy Resource Center** 918-745-6000

M-F 9am-4:30pm; Sa 9am-12noon

**Parent Child Center** 918-599-7999

M-F 8:30am-5pm

## **Other**

**Christian Credit Counseling Services** 918-492-5585

Call for times

**Credit Counseling Centers of Oklahoma** 918-744-5611

M-Th 8am-7pm; F 8am-5pm; Sat 8:30am-12noon