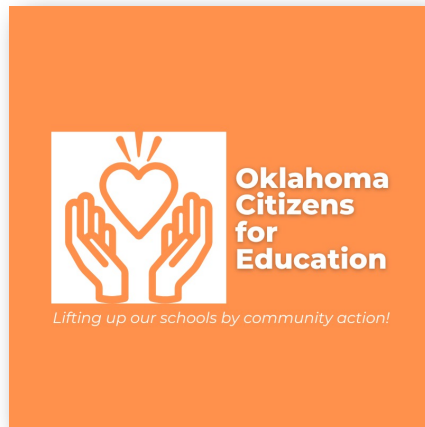




# Community Resource Guide — Oklahoma Oklahoma Citizens for Education (OCE)

How to use: call first • use sections • save/print • send corrections to OCE.

## **EMERGENCY & CRISIS SERVICES**

- **Emergency Services (Police/Fire/EMS) — 911**
- **988 Suicide & Crisis Lifeline — 988 — <https://988lifeline.org>**
- **24-Hour Rape Crisis Line — 405-943-7273**
- **Child Abuse & Neglect Hotline — 800-522-3511**
- **Crisis Center OCCIC — 405-522-8100 | 800-522-9054**
- **Gambling Addiction Hotline — 800-522-4700**
- **Poison Control Center — 800-222-1222 — <https://www.poisonhelp.org>**
- **YWCA Oklahoma City (DV Services) — 405-917-9922 — <https://www.ywcaokc.org>**
- **Oklahoma Safeline (DV/SA) — 800-799-7233 (same as National DV Hotline)**
- **Oklahoma Coalition Against DV & SA — 405-524-0700 — <https://www.ocadvsa.org>**
- **Sunbeam Family Services — 405-528-7721 — <https://www.sunbeamfamilyservices.org>**
- **Heartline 2-1-1 (Resource Locator) — 211 — <https://www.211oklahoma.org>**
- **OSBI Tipline — 800-522-8017 — <https://osbi.ok.gov>**
- **Youth Crisis Mobile Response (ODMHSAS) — 833-885-2273 — <https://oklahoma.gov/odmhsas>**

## TRANSPORTATION

- **EMBARC (OKC Transit)** — 405-235-7433 — <https://embarkok.com>
- **Citylink Edmond** — 405-509-6370 — <https://edmondok.gov/598>
- **EMBARC Senior Transportation** — 405-297-2583 — <https://embarkok.com/guide/seniors>
- **Greyhound (OKC)** — 405-606-4382 — <https://www.greyhound.com>
- **SoonerRide (Medicaid NEMT)** — 877-404-4500 — <https://oklahoma.gov/okhca/about/soonerride>
- **MOE Shuttle** — 405-652-1112
- **Community Action Agency of OKC** — 405-232-0199 — <https://www.caaofokc.org>
- **Catholic Charities (transport assist)** — 405-523-3000 — <https://catholiccharitiesok.org>
- **City Rescue Mission (transport assist)** — 877-817-4673 — <https://cityrescue.org>
- **Upward Transitions (travel assist)** — 405-232-5507 — <https://upwardtransitions.org>
- **Central Oklahoma Transit System (COTS)** — 405-275-6060
- **KI BOIS Area Transit (KATS)** — 918-967-3325 — <https://kibois.org/transportation>
- **ODOT Transit Programs Division** — 405-521-2584 — <https://oklahoma.gov/odot>

## MENTAL & BEHAVIORAL HEALTH

### Crisis & Statewide

- **Crisis Center OCCIC** — 405-522-8100 | 800-522-9054
- **NAMI Oklahoma** — 405-601-8283 — <https://www.namioklahoma.org>
- **ODMHSAS (Statewide services)** — 405-522-3908 — <https://oklahoma.gov/odmhsas>

### Community Providers

- **Hope Community Services** — 405-634-4400 — 6100 S Walker Ave — <https://www.hopecsi.org>
- **NorthCare** — 405-858-1700 — <https://northcare.com>
- **Red Rock Behavioral Health** — 405-424-7711 — <https://www.red-rock.com>
- **CREOKS Health Services** — 405-634-1497 — <https://www.creoks.org>

- **Oakwood Springs (MH & SUD)** — 405-438-3000 — 13101 Memorial Springs Ct — <https://oakwoodsprings.com>
- **Mental Health Association Oklahoma** — 405-943-3700 — <https://mhaok.org>
- **OU Health Psychiatry & Behavioral Sciences** — 405-271-5251 — <https://www.ouhealth.com>
- **INTEGRIS Health (Behavioral Health)** — 405-951-2273 — <https://integrishealth.org>
- **A Chance to Change** — 405-840-9000 — <https://www.achancetochange.org>
- **Eagle Ridge Institute** — 405-840-1359 — <https://www.eagleridgeinstitute.com>
- **Crossings Community Center – Counseling** — 405-749-0800 — <https://crossings.church/clinic>
- **Lottie House Drop-In (MHAOK)** — 405-600-3074 — 1311 N Lottie Ave — <https://mhaok.org>

#### **Veteran-Focused**

- **VA Oklahoma City (PTSD Clinic / Health System)** — 405-456-1000 — <https://www.va.gov/oklahoma-city-health-care>
- **OKVALOR (ODVA resource locator)** — <https://okvalor.ok.gov>
- **VA Homeless Outreach** — 877-424-3838 — <https://www.va.gov/homeless>
- **VA Compensated Work Therapy (CWT)** — 877-222-8387 — <https://www.va.gov/HEALTH/cwt>

## **ALCOHOL & SUBSTANCE USE RECOVERY**

#### **Treatment & Detox**

- **A Chance to Change** — 405-840-9000 — <https://www.achancetochange.org>
- **Catalyst Behavioral Services** — 405-235-9709 — <https://catalystok.org>
- **Red Rock Behavioral Health** — 405-424-7711 — <https://www.red-rock.com>
- **Oklahoma County Crisis Intervention Center** — 405-945-6215
- **Oakwood Springs** — 405-438-3000 — <https://oakwoodsprings.com>
- **Valley Hope – OKC** — 405-896-3908 — <https://valleyhope.org>
- **The Recovery Center (OKC)** — 405-525-2525 — <https://recoverycenterok.org>
- **Care for Change** — 405-524-5525 — <https://careforchange.org>
- **Able Recovery (MAT)** — 405-605-4005 — <https://ablerecovery.com>

- **Adult & Teen Challenge of Oklahoma** — 405-600-1920 — <https://okteenchallenge.com>
- **Salvation Army ARC** — 405-236-3677 — <https://salvationarmyokcac.org>
- **Stages of Recovery** — 806-412-4721 — <https://stagesofrecovery.net>
- **The Virtue Center** - Norman - (405) 321-0022 - <https://www.thevirtuecenter.org/>

#### **Sober Housing**

- **Into Action Sober Living (Men)** — 405-757-7671
- **Secrets of the Heart Transitional Living (Women)** — 405-676-2868
- **Oxford House (peer-run homes)** — 405-308-8002 — <https://www.oxfordhouse.org>
- **Recovery House OKC** — 405-635-3277

#### **AA / NA Hubs & Directories**

- **Classen Club (AA)** — 722 NW 30th St
- **Kelley Club (AA)** — 405-424-2412 — 2300 N Kelley Ave
- **May Club (AA)** — 2913 W Britton Rd — <https://www.mayclub.org>
- **North Meridian Group (AA)** — 4407 NW 50th St
- **OKC Intergroup (AA Directory)** — <https://www.okcintergroup.org>
- **WASCOKNA (NA Meeting Finder)** — <https://wascokna.org>
- **The Western Club (Recovery mtgs)** — 5207 N Western Ave — <https://thewesternclub.org>

## **HOUSING & HOMELESS SUPPORT**

#### **Emergency Shelters**

- **City Care Night Shelter** — 405-724-8439 — <https://citycareokc.org>
- **City Rescue Mission** — 405-232-2709 — <https://cityrescue.org>
- **Jesus House** — 405-232-7164 — <https://jesushouseokc.org>
- **Salvation Army OKC (Shelter)** — 405-246-1080 — <https://salvationarmyokcac.org>
- **Grace Rescue Mission (Men)** — 405-232-5756 — <https://grmokc.org>
- **Homeless Alliance (Winter/Resource Ctr)** — 405-415-8410 — <https://homelessalliance.org>

- **YWCA OKC (Confidential DV Shelter)** — 405-948-1770 — <https://www.ywcaokc.org>
- **Sisu Youth Services (15–24)** — 405-459-7478 — <https://www.sisuyouth.org>
- **Pivot (12–24)** — 405-235-7537 — <https://www.pivotok.org>
- **Sunbeam (Seniors/Families)** — 405-528-7721 — <https://www.sunbeamfamilyservices.org>
- **Red Rock – Crisis Beds** — 405-424-7711 — <https://www.red-rock.com>
- **Diversion Hub (legal-linked resources)** — 405-594-8843 — <https://diversionhub.org>
- **Mission Norman** — 405-321-8880 — <https://missionnorman.org>
- **Family Promise of OKC (Families)** — 405-708-4150 — <https://www.familypromiseokc.org>

#### **Transitional Housing**

- **Ambassador House (Women & Children)** — 405-228-4042
- **Carolyn Williams Center (Men 18–24)** — 405-604-9442
- **City Care – Pershing Center** — 405-609-2400 — <https://citycareokc.org/housing>
- **Neighborhood Services Organization (NSO)** — 405-236-0452 — <https://nsookc.org>
- **Heart & Hand Ministries (Women+Children)** — 405-528-0171
- **Wonderfully Made Foundation (Women/WWC)** — 405-778-6870 — <https://www.thewonderfullymade.org>
- **Sisu Youth (Emergency & TH)** — 405-459-7478 — <https://www.sisuyouth.org>
- **Tiny Homes @ Pivot (18–24)** — 405-235-7537 — <https://www.pivotok.org/tiny-homes>
- **Sunbeam – Family Transitional** — 405-528-7721 — <https://www.sunbeamfamilyservices.org>
- **YWCA – DV Transitional** — 405-948-1770 — <https://www.ywcaokc.org>
- **Oklahoma Halfway House (Re-entry)** — 405-232-0231 — <https://www.okhalfwayhouse.org>
- **Oxford House (Recovery Housing)** — 405-308-8002 — <https://www.oxfordhouse.org>

#### **Permanent / Supportive Housing**

- **City Care – Pershing Center (PSH)** — 405-609-2400 — <https://citycareokc.org/housing>
- **Red Rock Behavioral (PSH)** — 405-424-7711 — <https://www.red-rock.com>

- NSO (Affordable & PSH) — 405-236-0452 — <https://nsookc.org>
- Carolyn Williams Center (18–24) — 405-604-9442
- Palo Duro I & II — 405-601-2487
- Volunteers of America (Veterans/Seniors/Disability) — 405-415-8448 — <https://www.voak.org>
- Mental Health Association OK – Housing First — 405-943-3700 — <https://mhaok.org>
- WovenLife (Disability support) — 405-239-2525 — <https://www.wovenlifeok.org>
- Transitions, Inc. — 405-231-1050
- Housing Solutions (Coordinated Entry) — 405-254-8700

#### **Affordable Housing & Help**

- OKC Housing Authority (OCHA) — 405-239-7551 — <https://www.ochanet.org>
- Oklahoma Housing Finance Agency (OHFA) — 405-848-1144 — <https://www.ohfa.org>
- City of OKC Housing & Neighborhoods — 405-297-2846 — <https://www.okc.gov>
- Community Action Agency OKC — 405-232-0199 — <https://www.caaofokc.org>
- Habitat for Humanity – Central OK — 405-232-4828 — <https://www.cohfh.org>
- Mercy Housing — 866-338-0557 — <https://www.mercyhousing.org>
- Positive Tomorrows (Families in homelessness) — 405-556-5082 — <https://www.positivetomorrow.org>
- Homeless Alliance – WestTown RC — 405-415-8410 — <https://homelessalliance.org>
- Legal Aid (Eviction Defense) — 888-534-5243 — <https://www.legalaidok.org>

## **FOOD & MEALS**

#### **Daily / Community Meals**

- City Rescue Mission — 405-232-2709 — <https://cityrescue.org>
- Grace Rescue Mission — 405-232-5756 — <https://grmokc.org>
- Jesus House — 405-232-7164 — <https://jesushouseokc.org>
- OKC Homeless Day Shelter — 405-415-8500 — <https://homelessalliance.org>

- **Salvation Army Central Oklahoma** — 405-246-1100 — <https://salvationarmyokcac.org>
- **Sisu Youth (15–24)** — 405-459-7478 — <https://www.sisuyouth.org>
- **Reaching Our City (ROC)** — 405-440-9994 — 7710 NW 10th St — <https://rocokc.org>
- **St. Charles Borromeo Catholic Church** — 405-789-2595 — <https://www.scbokc.org>
- **Holy Angels Catholic Church** — 405-235-2565
- **Epworth United Methodist Church** — 405-524-8428 — <https://epworthokc.org>
- **Trinity Baptist Church OKC** — 405-528-6327
- **Light and Salvation Church** — 405-632-2060
- **Bible Methodist Church** — 405-632-2060
- **YMCA of Greater OKC (Feeding Program)** — 405-297-7777 — <https://ymcaokc.org>
- **Lighthouse Baptist Church** — 405-632-2591
- **Cross & Crown Mission** — 405-232-7696 — <https://cross-and-crown.org>

#### **Food Pantries**

- **Bethel Foundation (Single Moms)** — 405-286-3700 — 13003 N Western Ave — <https://bethelfoundationusa.com>
- **BritVil Community Food Pantry** — 405-842-1275 — 8717 N Western Ave — <https://britvil.org>
- **Baptist Mission Center** — 405-235-6162 — 2125 Exchange Ave
- **Skyline Urban Ministry FRC** — 405-632-2644 — 500 SE 15th St — <https://www.skylineurbanministry.org>
- **Corpus Christi Catholic Church** — 405-239-2804 — 1005 NE 15th St
- **First Baptist Church OKC** — 405-232-4255 — 1201 N Robinson Ave — <https://www.fbcokc.org>
- **Cross & Crown Mission** — 405-232-7696 — 1008 N McKinley Ave — <https://cross-and-crown.org>
- **Salvation Army Social Services** — 405-246-1100 — 1001 N Pennsylvania Ave — <https://salvationarmyokcac.org>
- **Church of the Open Arms** — 405-525-9555 — 3131 N Pennsylvania Ave — <https://openarms.org>

- **Reaching Our City (ROC)** — 405-440-9994 — 7710 NW 10th St — <https://rocokc.org>
- **Mercy Food Pantry** — 405-982-7686 — 3840 St Clair Ave
- **Mid-Del Food Pantry** — 405-732-3603 — 322 N Midwest Blvd — <https://middelfoodpantry.org>
- **New Hope UMC** — 405-721-5015 — 11600 N Council Rd — <https://newhopeokc.org>

#### **Senior Meals / Delivery**

- **Meals on Wheels OKC** — 405-607-2314 — <https://mealsonwheelsokc.org>
- **Mobile Meals of Oklahoma County** — <https://mobilemealsofokco.com>

## **CLOTHING, HYGIENE & HOUSEHOLD**

#### **Clothing & Essentials**

- **Christian Service Center** — 405-236-5956 — 115 SW 24th St
- **Cross & Crown Mission** — 405-232-7696 — <https://cross-and-crown.org>
- **Dress for Success (Women; referral)** — 405-606-7071 — <https://oklahomacity.dressforsuccess.org>
- **Suited for Success (Men; referral)** — 405-521-1089 — <https://suitedforsuccessokc.com>
- **Skyline Urban Ministry** — 405-632-2644 — <https://www.skylineurbanministry.org>
- **Sister BJ's Pantry** — 405-837-7068 — <https://www.srbjpantry.com>
- **Bethel Foundation** — 405-286-3700 — <https://bethelfoundationusa.com>
- **Sisu Youth Services** — 405-459-7478 — <https://www.sisuyouth.org>
- **Adventist Community Services** — 405-721-6110 — 4735 NW 63rd St
- **OK City Center** — 405-384-5670 — 5731 NW 41st — <https://okcity.center>

#### **Furniture**

- **Christian Service Center** — 405-236-5956
- **Outreach Thrift Store (Midwest City)** — 405-733-4242 — 7532 SE 15th St
- **Habitat ReStore (Central OK)** — 405-595-2828 — 1005 S High Ave — <https://www.cohfh.org/restore>
- **St. Vincent de Paul – OKC** — 405-602-2355 — <https://svdpokc.org>
- **Salvation Army Family Stores** — 405-246-1100 — <https://satruck.org>

## **MEDICAL • DENTAL • VISION • HEARING**

#### **Free/Low-Cost Medical (OKC area)**

- **Crossings Community Clinic (Med/Dental/Behavioral)** — 405-749-0800 — 10255 N Pennsylvania Ave — <https://crossings.church/clinic>
- **Healing Hands Clinic** — 405-272-0476 — 411 NW 11th St — <https://okcpioneers.org/healing-hands>

- **INTEGRIS Community Clinic** — 405-951-2277 — 1210 NW 10th St — <https://integrityhealth.org>
- **King's Clinic** — 405-848-4005 — 921 W Britton Rd — <https://kingsclinicokc.org>
- **Manos Juntas** — 405-605-3101 — 1320 N Pennsylvania Ave — <https://www.manosjuntas.org>
- **Mercy Good Samaritan Clinic** — 405-232-8631 — 222 NW 12th St — <https://www.goodshepherdministry.org>
- **Ministries of Jesus (Edmond)** — 405-340-7400 — <https://moj.com>
- **Olivet Baptist Free Clinic** — 405-951-2645 — 1201 NW 10th St
- **Open Arms Clinic** — 405-789-0458 — 5013 N Meridian Ave
- **Good Shepherd Ministries (Med/Dental)** — 405-232-8631 — 222 NW 12th St — <https://www.goodshepherdministry.org>
- **Community Health Centers of OK** — 405-632-6688 — 1025 Straka Terrace — <https://www.communityhealthok.org>
- **Mary Mahoney MHC (Spencer)** — 405-769-3301 — 12716 NE 36th St — <https://www.communityhealthok.org>
- **Lighthouse Medical Ministries** — 405-202-8162 — 2801 S Robinson Ave — <https://lighthousemedicalministries.org>
- **Little Flower Clinic** — 405-235-7055 — 1125 S Walker Ave
- **ROC Clinic** — 405-440-9994 — 7710 NW 10th St — <https://rocokc.org>
- **Moore Faith Medical Clinic** — 405-759-0853 — 224 N Chestnut Ave — <https://moorefaithmedicalclinic.org>
- **Hope Center Health Clinic (Edmond)** — 405-348-4680 — 7 N Broadway — <https://hopecenterofedmond.com>
- **Shifa Clinic** — 405-601-7747 — 3840 N St. Clair Ave
- **TB Clinic – OCCHD** — 405-419-4000 — 400 NE 50th St — <https://occhd.org>

#### **Dental**

- **NSO Dental Clinic** — 405-236-0413 — 8101 S Walker Ave, Ste C — <https://nsookc.org/dental>
- **Good Shepherd Dental** — 405-232-8631 — 222 NW 12th St — <https://www.goodshepherdministry.org/dental>

- **Crossings Community Clinic (Dental)** — 405-749-0800 — <https://crossings.church/clinic>
- **Variety Care (multiple locations)** — 405-632-6688 — <https://varietycare.org>
- **OU College of Dentistry** — 405-271-7744 — 1201 N Stonewall Ave — <https://dentistry.ouhsc.edu>
- **Dentures & Dental Services** — 405-688-2500 — 2209 W I-240 Service Rd #315 — <https://www.affordabledentures.com>
- **D-DENT (volunteer network)** — 405-424-8092 — <https://www.d-dentok.org>
- **Oklahoma Mission of Mercy (OkMOM)** — <https://okmom.org>
- **MobileSmiles Oklahoma** — 405-241-1299 — <https://www.mobilesmilesok.org>
- **Klaassen Dental Clinic** — 405-521-8486 — 1901 Springlake Dr
- **Rose State – Dental Hygiene Clinic** — 405-733-7336 — 6420 SE 15th — <https://www.rose.edu>

## **Vision**

- **Baptist Mission Center Eye Clinic** — 405-235-6162 — 2125 Exchange Ave
- **Skyline Urban Ministry Eye Clinic** — 405-632-2644 — 500 SE 15th St — <https://www.skylineurbanministry.org>
- **Areawide Aging Agency (60+)** — 405-943-4344 — 3200 NW 48th St — <https://www.areawideaging.org>
- **OU Health Physicians Eye Institute** — 405-271-3368 — <https://www.ouhealth.com>
- **Prevent Blindness Oklahoma** — 405-848-7123 — <https://www.preventblindnessok.org>
- **Oklahoma City Indian Clinic – Vision** — 405-948-4900 — <https://okcic.com>

## **Hearing**

- **Oklahoma Lions Hearing Aid Program** — via local Lions — <https://lionsofoklahoma.org>
- **Hearts for Hearing** — 405-548-4300 — 11500 N Portland Ave — <https://heartsforhearing.org>
- **Hearing Loss Association of OK** — 405-717-9820 — 5100 Brookline, Ste 100 — <https://oklahomahearingloss.org>
- **Oklahoma Assistive Technology Foundation (OkAT)** — 405-967-6010 — <https://okatfoundation.org>

- **Hough Ear Institute** — 405-639-2876 — 3400 NW 56th St, Ste 200 — <https://houghear.org>

#### **Prescription Assistance**

- **Rx for Oklahoma** — 877-794-6552 — <https://www.rxoklahoma.org>
- **Oklahoma County Pharmacy (Main)** — 405-713-1893 — 741 NE 23rd St — <https://oklahomacounty.org>
- **Oklahoma County Pharmacy (WestTown)** — 405-602-1470 — 1724 NW 3rd
- **Cooperative Central Pharmacy (HAU)** — 405-286-3343 — 3000 United Founders Blvd, Ste 219 — <https://hauonline.org>
- **NeedyMeds** — <https://www.needymeds.org>
- **Oklahoma Drug Card** — <https://oklahomadrugcard.com>
- **MIPPA (Medicare & Medicines)** — 405-522-5050 — <https://oklahoma.gov/okdhs>
- **Low-Income Subsidy (Extra Help)** — 800-772-1213 — <https://www.ssa.gov/benefits/medicare/prescriptionhelp/>
- **Planned Parenthood (Rx services)** — 405-528-2157 / 405-603-4884 — <https://www.plannedparenthood.org>

## **LEGAL • IMMIGRATION • EXPUNGEMENT & RE-ENTRY**

#### **Legal Aid & General**

- **Legal Aid Services of Oklahoma (LASO)** — 888-534-5243 | 800-421-1641 — <https://www.legalaidok.org>
- **Oklahoma Indian Legal Services (OILS)** — 405-943-6457 | 800-658-1497 — 4200 Perimeter Center Dr, Ste 222 — <http://www.oilsok.org>
- **Oklahoma Disability Law Center** — 800-880-7755 | 405-525-7755 — <https://okdlc.org>
- **Oklahoma County Public Defender** — 405-713-1550
- **Oklahoma Indigent Defense System (OIDS)** — 405-801-2601 — <https://www.ok.gov/OIDS>
- **Oklahoma Free Legal Answers (OBA)** — <https://ok.freelegalanswers.org>
- **Community Action Agency x LASO (civil legal)** — 405-232-0199 x3206 — 319 SW 25th St — <https://www.caaofokc.org>

- **OCU School of Law Clinics** — 405-208-5337 — 800 N Harvey Ave — <https://law.okcu.edu/clinics>
- **OU Law – Legal Clinic** — 405-325-3702 — 300 Timberdell Rd, Norman — <https://law.ou.edu/clinics>
- **Oklahoma County District Court (Clerk)** — 405-713-1705 — 320 Robert S. Kerr Ave — <https://www.oscn.net>

### **Immigration**

- **Catholic Charities Immigration Legal Services** — 405-523-3001 | 800-375-8514 — 1232 N Classen Blvd — <https://catholiccharitiesok.org/services/immigration-legal-services>
- **Latino Community Development Agency** — 405-236-0701 — <https://lcdaok.com>
- **Hispanic American Mission** — 405-272-0890 — 1836 NW 3rd St
- **Hispanic Equal Legal Protection, Inc.** — 405-708-9521 — [hispanicequallegalprotection@gmail.com](mailto:hispanicequallegalprotection@gmail.com) — 3725 NW 32nd St
- **TU College of Law – Immigrant Rights Project** — 918-631-5799 — [legalclinic@utulsa.edu](mailto:legalclinic@utulsa.edu) — <https://law.utulsa.edu/academics/clinics>

### **Expungement & Re-Entry**

- **Legal Aid (Expungements)** — 888-534-5243 — <https://www.legalaidok.org>
- **Oklahoma County Expungement Expo (annual)** — <https://okc.gov>
- **Urban League of Greater OKC (Clinics)** — <https://www.urbanleagueok.org>
- **Center for Employment Opportunities (CEO)** — 405-438-3800 — 501 N Walker Ave, Ste 160 — <https://www.ceoworks.org/locations/oklahoma-city>
- **Work Ready Oklahoma / Oklahoma Works** — 405-815-6552 — <https://oklahomaworks.gov>
- **OESC Re-Entry Employment** — 405-557-7202 — <https://oklahoma.gov/oesc>
- **Pardon & Parole Board (Clemency info)** — 405-602-5863 — <https://www.ok.gov/ppb>

## **EMPLOYMENT & WORKFORCE**

- **Goodwill Career Centers** — 405-278-7152 — <https://okgoodwill.org>
- **Workforce Oklahoma / OESC** — 405-557-7100 — <https://oklahoma.gov/oesc>
- **Dept. of Rehabilitation Services** — 800-845-8476 — <https://okdrs.gov>

- **Center for Employment Opportunities (CEO)** — 405-438-3800 — <https://www.ceoworks.org/locations/oklahoma-city>
- **Work Ready Oklahoma / Oklahoma Works** — 405-815-6552 — <https://oklahomaworks.gov>
- **Veterans Upward Bound (UCO)** — 405-974-3686 — <https://www.uco.edu/ceps/vub>
- **Hire Heroes USA (Veterans/Spouses)** — 844-634-1520 — <https://www.hireheroesusa.org>

## **PARENTS, CHILDREN & YOUTH**

- **Parent Promise / ParentPRO (Home Visiting & Classes)** — 405-232-2500 | 405-271-7611 — <https://parentpromise.org> • <https://parentpro.org>
- **OKCPS Homeless Education Program** — 405-587-0102 — <https://www.okcps.org>
- **Oklahoma City Literacy Coalition** — 405-830-2790 — <https://okcliteracycoalition.org>
- **Boys & Girls Club of OKC** — 405-521-9292 — <https://www.bgokc.org>
- **Youth Services of Oklahoma County** — 405-235-7537 — <https://www.ysoc.org>
- **Pivot (12-24)** — 405-235-7537 — <https://www.pivotok.org>
- **Sisu Youth (15-24)** — 405-459-7478 — <https://www.sisuyouth.org>
- **Oklahoma Fosters / DHS** — 405-522-5050 — <https://okfosters.org>

### **Education & Financial Aid**

- **Oklahoma's Promise** — 405-225-9152 — <https://www.okhighered.org/okpromise>
- **Oklahoma College Assistance Program** — 405-234-4239 — <https://www.ocap.org>
- **Oklahoma CareerTech (GED/ABE)** — <https://oklahoma.gov/careertech>
- **Oklahoma State Regents (College/Career)** — <https://www.okhighered.org>
- **Oklahoma Literacy Coalition (Adult/GED)** — 405-830-6981 — <https://okliteracy.org>

## **SENIORS & DISABILITY**

- **Sunbeam Senior Services** — 405-528-7721 — <https://www.sunbeamfamilyservices.org>
- **OKC Area Agency on Aging / Areawide** — 405-521-2281 | 405-942-8500 — <https://www.areawideaging.org>
- **Oklahoma Disability Law Center** — 800-880-7755 — <https://okdlc.org>

• **Dept. of Rehabilitation Services (Employment)** — 800-845-8476 — <https://okdrs.gov>

• **Senior Wellness Centers (Areawide)** — 405-942-8500 — <https://www.areawideaging.org>

## **DAY SHELTERS & DROP-IN CENTERS**

• **OKC Homeless Day Shelter (WestTown RC)** — 405-415-8500 — 1729 NW 3rd St — <https://homelessalliance.org>

• **MHAOK – Lottie House** — 405-600-3074 — 1311 N Lottie Ave — <https://mhaok.org>

• **OCARTA Drop-In** — 405-848-7555 — 2808 NW 31st St — <https://www.ocarta.org>

• **Joe’s Addiction** — 405-768-5161 — 1725 SE 59th St — <https://joesokc.org>

• **Sisu Youth Drop-In (15–24)** — 405-459-7478 — 201 NE 50th St — <https://www.sisuyouth.org>

• **Sanctuary Women’s Development Center** — 405-526-2321 — 2133 SW 11th St — <https://catholiccharitiesokc.org>

• **The Point @ Pivot (16–24)** — 405-235-7537 — 201 NE 50th St — <https://www.pivotok.org>

• **YWCA OKC DV Drop-In** — 405-948-1770 — <https://www.ywcaokc.org>

## **STREET OUTREACH**

• **MHAOK – Street Outreach** — 405-252-0218 — <https://mhaok.org>

• **Homeless Alliance – Outreach/Case Mgmt** — 405-415-8410 — <https://homelessalliance.org>

• **City Care – Night Shelter & Outreach** — 405-609-2400 — <https://citycareokc.org>

• **Pivot (Youth Outreach)** — 405-235-7537 — <https://www.pivotok.org>

• **Sisu Youth (Outreach)** — 405-459-7478 — <https://www.sisuyouth.org>

• **Palomar – Mobile Crisis Response (DV/HT)** — 405-552-1010 — <https://www.palomarokc.org>

## **FINANCIAL & UTILITY ASSISTANCE**

• **Community Action Agency (Rent/Utility/Weatherization)** — 405-232-0199 — <https://www.caaofokc.org>

• **Homeless Alliance (Prevention)** — 405-415-8410 — <https://homelessalliance.org>

• **NSO (Rent/Utilities)** — 405-236-0452 — <https://nsookc.org>

- **The HOPE Center (Edmond)** — 405-348-1340 — <https://hopecenterofedmond.com>
- **Salvation Army (Utilities/Rent)** — 405-246-1100 — <https://salvationarmyokcac.org>
- **St. Vincent de Paul** — 405-602-2355 — <https://svdpokc.org>
- **Upward Transitions (Families/Seniors)** — 405-232-5507 — <https://upwardtransitions.org>
- **Catholic Charities (Rent/Utilities)** — 405-523-3000 — <https://catholiccharitiesok.org>
- **Help 2 Others (H2O – OKC Water)** — 405-246-1100 — <https://www.okc.gov/departments/utilities>
- **LIHEAP (DHS Energy Assistance)** — 405-522-5050 — <https://oklahoma.gov/okdhs/services/liheap.html>
- **OG&E Lend-A-Hand** — 405-840-0735 — <https://www.oge.com>
- **Shepherd's of Love** — 405-348-5195 — <https://www.shepherdsoflove.org>
- **Yukon Sharing Ministry** — 405-354-9456 — 4 N 6th, Yukon — <https://www.yukonsharing.org>
- **211 Oklahoma (referrals)** — 211 — <https://www.211oklahoma.org>

#### **Financial Stability & Counseling**

- **Oklahoma Money Matters** — <https://www.oklahomamoneymatters.org>
- **Consumer Credit Counseling Service of Central OK** — <https://www.cccsok.org>
- **National Foundation for Credit Counseling (NFCC)** — 800-388-2227 — <https://www.nfcc.org>
- **Individual Development Accounts (IDAs – CAA)** — 405-232-0199 — <https://www.caaofokc.org>
- **Modest Needs (Emergency Grants)** — <https://www.modestneeds.org>

#### **RURAL RESOURCES (Statewide Connectors)**

- **SoonerRide (statewide medical transport)** — 877-404-4500 — <https://oklahoma.gov/okhca/about/soonerride>
- **Cimarron Public Transit System** — 800-256-0911 — <https://cptok.com>
- **KI BOIS Area Transit (Eastern OK)** — 918-465-5030 — <https://kibois.org/transportation>
- **OSU Center for Rural Health / Telehealth** — <https://medicine.okstate.edu/rural-health>

- **Rural Health Clinics (RHC) Locator** — <https://data.hrsa.gov/tools/clinics>
- **OILS – Rural Outreach (Native)** — 405-943-6457 — <http://www.oilsok.org>
- **LASO – Rural Virtual Clinics** — 888-534-5243 — <https://www.legalaidok.org>
- **Regional Food Bank – Rural Hunger Program** — 405-972-1111 — <https://www.regionalfoodbank.org>
- **Mobile Meals (Rural Seniors)** — (check local area agency on aging) — <https://www.areawideaging.org>
- **Operation CARE Ministries** — 405-872-2020 — <https://www.operationcareministry.org>
- **DHS Childcare Subsidy – Rural** — 405-521-3931 — <https://oklahoma.gov/okdhs/services/cc/ccs.html>

## **VETERAN SERVICES (OK + National)**

- **VA OKC Health System** — 405-456-1000 — <https://www.va.gov/oklahoma-city-health-care>
- **HUD-VASH (VA Housing for Homeless Veterans)** — 877-424-3838 — <https://www.va.gov/homeless/hud-vash>
- **ODVA / OKVALOR** — <https://okvalor.ok.gov>
- **Veterans Upward Bound (UCO)** — 405-974-3686 — <https://www.uco.edu/ceps/vub>
- **Office of Veterans Placement (State Employment)** — <https://oklahoma.gov/omes/careers/veterans>
- **VA Pharmacy / Medication Assistance** — 877-222-8387 — <https://www.va.gov/health-care/about-va-health-benefits/prescriptions/>

## **NATIONAL RESOURCES (Useful Anywhere)**

- **988 Suicide & Crisis Lifeline** — 988 — <https://988lifeline.org>
- **National Domestic Violence Hotline** — 800-799-7233 — <https://www.thehotline.org>
- **Veterans Crisis Line** — 988, then 1 — <https://www.veteranscrisisline.net>
- **National Human Trafficking Hotline** — 888-373-7888 — <https://humantraffickinghotline.org>
- **HUD Housing Locator** — <https://resources.hud.gov>
- **National Low-Income Housing Coalition** — <https://nlihc.org>
- **Homeless Shelter Directory (US)** — <https://www.homelessshelterdirectory.org>

- **FAFSA & Pell Grants** — <https://studentaid.gov>
- **GED & Adult Education Finder** — <https://ged.com>
- **USDA Food Bank Directory** — <https://www.feedingamerica.org/find-your-local-foodbank>
- **SNAP Application Portal** — <https://www.fns.usda.gov/snap/state-directory>
- **National Expungement Week** — <https://nationalexpungementweek.org>
- **Expungement.org** — <https://www.expungement.org>
- **FTC Consumer Debt Assistance** — <https://consumer.ftc.gov>
- **NFCC (Credit Counseling)** — 800-388-2227 — <https://www.nfcc.org>

## **COURT & GOVERNMENT (LOCAL)**

- **Oklahoma County Courthouse** — 405-270-0082 | **Court Clerk 405-713-1705** — 320 Robert S. Kerr Ave — <https://www.oklahomacounty.org> • <https://www.oscn.net>
- **OKDHS (SNAP/TANF/Childcare/LIHEAP)** — 405-521-3444 | 866-411-1877 — <https://oklahoma.gov/okdhs>
- **Oklahoma State Department of Health** — 405-271-5600 — <https://oklahoma.gov/health>
- **ODMHSAS** — 405-522-3908 — <https://oklahoma.gov/odmhsas>
- **United Way of Central Oklahoma** — 405-236-8441 — <https://www.unitedwayokc.org>