

CARD HS & EHS Community Resource Guide

Helping families find local support for food, housing, health, and well-being.

2025



CARD Head Start and Early Head Start created this community resource guide to help families and neighbors connect with free and low-cost local support during times of financial hardship, emergencies, or temporary program closures.

All information is current as of November 2025 and covers Tulsa, Rogers, Mayes, Washington, and Wagoner Counties.

These resources are open to the public.
Please call ahead to confirm hours and eligibility.

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SECTION 1

Food and Community Meals Near You

Tulsa County

Find Food and Community Meals Near You

- Food Bank of Eastern Oklahoma

1304 N Kenosha Ave • 918-585-2800 • okfoodbank.org

Monthly drive-through and client-choice pantry.

- Catholic Charities of Eastern Oklahoma – The Market

2450 N Harvard Ave • 918-508-7135 • cceok.org/food

Shop-style pantry Mon–Fri 9–2, Tue 5–7 p.m., Sat 9–12.

- Iron Gate

501 W Archer St • 918-879-1702 • irongatetulsa.org

Daily meals 8:30–10:30 a.m.; grocery Mon/Wed/Fri 1–2:20 p.m.

- Neighbors Along the Line

5000 Charles Page Blvd • 918-584-1111 • neighborsalongtheline.org

Food pantry and nutrition programs.

- Kendall Whittier Inc. – Emergency Food Pantry

918-592-3000 • kendallwhittierinc.org

Emergency pantry (up to 4 visits per year).

- Tulsa Dream Center

200 W 46th St N • 918-430-9984 • tulsadreamcenter.org

Weekly grocery giveaway and community meals.

- Sand Springs Community Services

114 W 4th St • 918-245-5183 • sscsok.org

Food, clothing, and utility aid.

- Broken Arrow Neighbors

315 W College St • 918-251-7781 • baneighbors.org

Emergency pantry by appointment.

- Loaves & Fishes of Tulsa

11321 E 19th St • 918-234-8577 • loavesandfishestulsa.org

Weekly emergency pantry.

- Christ for Humanity

6314 E 13th St • 918-836-2424 • christforhumanity.org

Groceries by appointment (once per month).

- South Tulsa Community House

5780 S Peoria Ave • 918-742-5597 • southtulsacommunityhouse.org

Emergency food services.

- Helping Hand Ministry (Boston Ave UMC)

709 S Boston Ave • 918-582-1356 • helpinghandministrytulsa.org

Emergency food assistance Mon–Fri 9–12.

- First Baptist Church Caring Center

4th & Cincinnati • 918-587-1571 • tulsafbc.org

Food and clothing support.

- Guts Church Food Pantry

9120 E Broken Arrow Expy Suite B • 918-622-4422 • gutschurch.com

Friday grocery distribution.

- Eastland Assembly of God Pantry

12310 E 21st St • 918-437-2590 • eastlandag.org

1st & 3rd Tues 6–7 p.m.

- Operation Share

1915 E 3rd St • 918-587-8431 • tulsaoperationshare.org

Thu & Sat 9–11:45 a.m.

- People's Pantry (Braden Park Baptist Church)

4739 E 5th St • 918-834-3378 • bradenpark.org

Wed 6–6:30 p.m.

- Western Neighbors

4981 S Tacoma Ave • 918-445-8840 • westernneighbors.org

Groceries Mon–Thu 8–12.

- Bixby Outreach Center

77 E Breckenridge Ave • 918-366-9226 • bixbyoutreach.org

Food and clothing every 30 days.

- Owasso Community Resources

109 N Birch St • 918-272-4969 • owassohelps.org

Pantry and utility assistance.

- Sapulpa Community Care / Caring Community Friends

12 W Burnham Ave or 101 S Main St • 918-224-6464 • sapulpacares.org | ccfok.org

Drive-through pantry for Creek County residents.

Tips for Using Food Resources

Bring photo ID and proof of address for all adults in your household.

Some locations limit visits to once per month or per year.

Because hours and eligibility can change, calling ahead is strongly recommended.

Visit the Food Bank of Eastern Oklahoma “Find Food” map to locate additional pantries by ZIP code or town.

ROGERS COUNTY

- Manna House – Claremore

26560 S Hwy 88 • 918-341-4505 • mannahouseclaremore.org

Rogers County pantry providing fresh and packaged food.

- Claremore First United Methodist Church Food Pantry

1615 N Hwy 88 • 918-341-4580 • claremorefumc.org

Tue & Thu 9–11:30 a.m. and 1–4:30 p.m.

- Good Samaritan Ministry – Claremore

715 S Hwy 88 • 918-343-4357

Tue & Thu 10–2.

Tips for Using Food Resources

Bring photo ID and proof of address for all adults in your household.

Call ahead to confirm hours and eligibility.

MAYES COUNTY

- Impact Pryor

405 SE 2nd St • 918-688-0303

Community Dinner Tue 6–7 p.m.

- Pryor Ministry Center

15 SW 3rd St • 918-824-1128

Mon/Wed/Fri 12–3 p.m.; 3rd Mon 4–7 p.m.

- Northstar Store House Food Pantry

1700 N Hwy 69 • 918-825-3045

Tue/Thu 10–2; 3rd Wed 6–8 p.m.

- First Christian Presbyterian Church

301 NE 1st St • 918-825-2396

Free to-go dinner Thu 4:30–6 p.m.

- Sertoma Senior Center

225 S Rowe St • 918-825-2572

Fri potluck 11:30 a.m. (\$4 suggested).

- Rainbow House – Locust Grove

101 Market Pl • 918-479-5118

Tue/Thu 10–3.

- Grand Lake Community Ministry (The Blue House)

268 W Broadway • 918-782-6603

Tue/Fri 9:30–11:30 a.m.

- Catholic Charities Drive-Thru Distribution

Cherokee Nation Career Center, 6789 US Hwy 69

4th Tue 3:30–5:30 p.m.

Photo ID required for each household member.

Tips for Using Food Resources

Bring photo ID and proof of address for all adults in your household.

Call ahead to confirm hours and eligibility.

WASHINGTON COUNTY

- Washington County Health Dept + Food Bank of Eastern Oklahoma

5121 Jacquelyn Ln • 918-335-3005

Emergency food boxes Mon–Fri 8–11 a.m. & 1–4 p.m.

- Agape Mission

555 SW Cass St • 918-336-5410 • agapebartlesville.com

Hot lunch Mon–Fri 11 a.m.–1:45 p.m.

- Mary Martha Outreach

1845 W 4th St • 918-337-3703 • cceok.org/marymarthaoutreach

Pantry Mon–Wed 9–11 a.m.; Thu 12–2 p.m.

- Concern of Bartlesville

333 S Penn • 918-336-4693 • concerncares.com

Emergency food supply every 60 days + diapers, wipes, birthday bags.

- City Compassion / City Church

320 W Hensley Ave • 918-335-7777 • citychurchok.com

Client-choice grocery distribution Sun 8 a.m.–12 p.m.; Mon 8:30–4:30; 2nd & 4th Tue 5:30–7:30 p.m.

- Virginia Ave Baptist Church

132 S Virginia Ave • 918-336-2042

Wed 5:30–6 p.m. (once monthly).

- New Life Pentecostal Holiness Church

4700 SE Tuxedo • 918-333-5117

Fri 3–6 p.m.

- Dewey Churches Food Pantry

By appointment for Dewey residents • 918-534-2328

- Spirit Church

Occasional drive-through grocery giveaways (see Facebook for updates).

- Delaware Tribe Elder Nutrition Program

5100 Tuxedo Blvd • 918-337-6590 • delawaretribe.org

Meals for tribal elders 55+.

- Cherokee Nation Emergency Food Response

Hotline 918-316-1670 • cherokee.org

For Cherokee elders in need of food assistance.

Tips for Using Food Resources

Bring photo ID and proof of address for all adults in your household.

Some locations limit visits to once per month or per year.

Call ahead to confirm hours and eligibility.

WAGONER COUNTY

- Wagoner Community Outreach

301 S McQuarrie Ave • 918-485-2309

Local food pantry and clothing closet.

- Holy Cross Outreach – Coweta

401 W Hickory St • 918-486-3907

Monthly food pantry and family support services.

- Coweta First Assembly Food Pantry

29707 E Hwy 51 • 918-486-3110

Wed 10–12 and by appointment.

- Oneta Baptist Church Pantry

11015 S 265th E Ave (Broken Arrow, Wagoner Co.) • 918-357-2211

Community food distribution monthly.

Tips for Using Food Resources

Bring photo ID and proof of address for all adults in your household.

Call ahead to confirm hours and eligibility.

SECTION 2 Help with Rent, Utilities, and Essentials

- Seeds of Hope – Teens Excelling Beyond Foundation

918-739-9017 • teensexcelling.com

Rental assistance (\$125 for 50 moms), Thanksgiving meal kits, and free therapy sessions for pregnant and postpartum mothers.

- Restore Hope Ministries

918-582-5766 • restorehope.org/get-help

Emergency rent and utility assistance for Tulsa County residents.

Call or apply online; appointments required.

- John 3:16 Mission

506 N Cheyenne Ave • 918-587-1186 • john316mission.org

Food boxes, shelter, meals, and case management for adults and families in crisis.

- Emergency Infant Services

1110 S Denver Ave • 918-582-2469 • eisok.org

Formula, diapers, wipes, and infant supplies for families with children under five.

- Salvation Army Center of Hope

102 N Denver Ave • 918-582-7201 • salvationarmytulsa.org

Emergency housing, utility assistance, and clothing vouchers.

- Community Action Resource & Development (CARD)

Various county offices • 918-341-5000 • cardcaa.org

Assistance with rent, utilities, and weatherization for qualifying households in Rogers, Mayes, Washington, and Wagoner Counties.

- Tulsa County Social Services

2401 Charles Page Blvd • 918-596-5560

Rent and utility assistance, burial aid, and other emergency help for Tulsa County residents.

- St. Francis Xavier Outreach Ministry

2434 E Admiral Blvd • 918-836-6886

Limited rent and utility help for residents in the parish boundaries.

- Restore House (Rogers County)

218 S Missouri Ave, Claremore • 918-923-6483

Transitional housing and family resource center.

- Caring Community Friends (Sapulpa)

12 W Burnham Ave • 918-224-6464 • ccfok.org

Rent, utility, and food assistance for Creek County residents.

- Community Food Bank of Eastern Oklahoma Partner Agencies

okfoodbank.org

Some agencies provide additional rent or utility aid—search by ZIP code for options.

Tips for Accessing Financial Assistance

Call ahead to confirm required documentation.

Most agencies need photo ID, proof of income, and lease or utility bills in your name.

Ask about appointment days or online forms before visiting.

Bring copies of pay stubs or benefit letters to speed up processing.

SECTION 2

Rent, Utilities, and Essentials

TULSA COUNTY

- Restore Hope Ministries

2960 Charles Page Blvd • 918-582-5766 • restorehope.org/get-help

Emergency rent and utility assistance for Tulsa County residents. Call or apply online; appointments required.

- Salvation Army Center of Hope

102 N Denver Ave • 918-582-7201 • salvationarmytulsa.org

Emergency housing, utility assistance, and clothing vouchers.

- John 3:16 Mission

506 N Cheyenne Ave • 918-587-1186 • john316mission.org

Food boxes, shelter, meals, and case management for adults and families in crisis.

- Seeds of Hope – Teens Excelling Beyond Foundation

918-739-9017 • teensexcelling.com

Rental assistance for mothers, Thanksgiving meal kits, and free therapy sessions for pregnant and postpartum mothers.

- Tulsa County Social Services

2401 Charles Page Blvd • 918-596-5560

Rent and utility assistance, burial aid, and emergency help for Tulsa County residents.

- Emergency Infant Services

1110 S Denver Ave • 918-582-2469 • eisok.org

Formula, diapers, wipes, and infant supplies for families with children under five.

- Catholic Charities of Eastern Oklahoma

2450 N Harvard Ave • 918-508-7135 • cceok.org

Utility assistance, food support, and disaster relief.

- LIFE Senior Services

5950 E 31st St • 918-664-9000 • lifeseniorservices.org

Helps seniors with utility bills, housing support, and benefit applications.

- Family & Children's Services

650 S Peoria Ave • 918-587-9471 • fcsok.org

Assists with counseling and emergency stabilization services that connect families to rent and utility resources.

Tips for Accessing Financial Assistance

Bring photo ID, proof of income, and copies of your lease or utility bill.

Most agencies require appointments—call or apply online first.

Ask about emergency grants, seasonal energy programs, or rental relief funds.

ROGERS COUNTY

- Community Action Resource & Development (CARD)

705 E Will Rogers Blvd • 918-341-5000 • cardcaa.org

Assistance with rent, utilities, and weatherization for Rogers County residents.

- Restore House

218 S Missouri Ave • 918-923-6483 • restorehouse.org

Transitional housing and financial help for families working toward stability.

- Claremore First United Methodist Church

1615 N Hwy 88 • 918-341-4580 • claremorefumc.org

Limited rent and utility assistance for local families.

- Salvation Army Claremore

120 N Chambers • 918-341-5000 (call for schedule)

Emergency rent and utility support.

Tips for Accessing Financial Assistance

Have identification, proof of residency, and a recent utility bill.

Many agencies verify income before issuing aid.

Call 211 if you cannot reach an agency by phone for alternate referrals.

MAYES COUNTY

- Community Action Resource & Development (CARD)

15 S Adair St • 918-825-3423 • cardcaa.org

Provides utility, rent, and weatherization assistance for Mayes County residents.

- Catholic Charities Pryor Outreach

321 N Adair St • 918-825-3020

Emergency financial help and case management for families in crisis.

- Pryor Ministry Center

15 SW 3rd St • 918-824-1128

Utility assistance and food pantry services for local families.

- Grand Lake Community Ministry

268 W Broadway, Langley • 918-782-6603

Helps low-income households with utilities, rent, and other basic needs.

- Churches United of Locust Grove

Local collaboration of faith communities providing small emergency payments for utilities or prescriptions.

Call 918-479-5118 for referral.

Tips for Accessing Financial Assistance

Bring ID, proof of address, and current bill or eviction notice.

Assistance is often limited to once per year.

WASHINGTON COUNTY

- Community Action Resource & Development (CARD)

201 SE Frank Phillips Blvd, Suite 6 • 918-333-8115 • cardcaa.org

Emergency rent, utilities, and weatherization aid for Washington County residents.

- Concern of Bartlesville

333 S Penn • 918-336-4693 • concerncares.com

Emergency food, rent, and utility assistance every 60 days; provides household supplies.

- Salvation Army Bartlesville

101 N Bucy Ave • 918-336-6454 • salvationarmyaok.org

Helps with rent, utilities, and emergency lodging when funds are available.

- Mary Martha Outreach

1845 W 4th St • 918-337-3703

Provides food and limited financial help for families in need.

- Agape Mission

555 SW Cass St • 918-336-5410 • agapebartlesville.com

Connects clients with area housing and utility resources.

Tips for Accessing Financial Assistance

Be ready with ID, proof of income, and a current bill.

Assistance amounts vary each month depending on funding.

Ask if the agency partners with other nonprofits for referrals.

WAGONER COUNTY

- Community Action Resource & Development (CARD)

109 S Harrill St • 918-485-2309 • cardcaa.org

Rent, utility, and weatherization assistance for Wagoner County residents.

- Wagoner Community Outreach

301 S McQuarrie Ave • 918-485-2309

Emergency financial help, food, and clothing support.

- Holy Cross Outreach – Coweta

401 W Hickory St • 918-486-3907

Provides occasional rent and utility assistance in partnership with local churches.

- Coweta First Assembly

29707 E Hwy 51 • 918-486-3110

Helps with emergency financial support and community outreach programs.

Tips for Accessing Financial Assistance

Bring photo ID, proof of residency, and current bills.

Programs may require referrals from DHS or 211 Oklahoma.

SECTION 3

Supporting Your Child's Care and Learning During Closures

TULSA COUNTY

- 2-1-1 Oklahoma

Dial 211 or visit 211oklahoma.org

Ask for “temporary child supervision” or “youth programs.” Operators can connect you with licensed providers, after-school programs, and emergency childcare options in your ZIP code.

- Oklahoma Child Care Resource & Referral (CCR&R)

1-888-962-2772 • oklahomachildcare.org

Provides listings of licensed childcare centers and family homes accepting children on a short-term basis during community emergencies.

- Early Birds Tulsa

918-779-6005 • earlybirdstulsa.org

Free parenting and early learning classes with take-home materials for ages 0–5.

- YMCA of Greater Tulsa

918-749-9622 • ymcatulsa.org

Offers emergency childcare slots, after-school programs, and school-break camps.

- Tulsa City-County Library System

tulsalibrary.org

Free storytimes, homework help, playgroups, and early-learning activity kits.

Tips for Supporting Learning

Keep daily routines with reading and play. If regular childcare is closed, explore 211 or CCR&R for verified temporary options. Ask libraries or community centers about free learning activities.

ROGERS COUNTY

- Claremore Public Library

1515 N Florence Ave • 918-341-1564 • cityofclaremore.com/164/Library

Offers preschool storytime, toddler playgroups, and free early-literacy kits.

- Cherokee Nation Child Care Assistance

918-453-5300 • cherokee.org

Childcare subsidy program for eligible Native families in Rogers County.

Tips for Supporting Learning

Maintain contact with teachers and Family Advocates for at-home activity ideas. Ask your library about grab-and-go learning kits or story hours.

MAYES COUNTY

- Mayes County Library

Pryor – 111 S Adair St • 918-825-0777 • mayes.okpls.org

Free storytimes, book bundles, and summer-reading activities for children 0–8.

- Churches United of Locust Grove

918-479-5118

Hosts playgroups and provides referrals to local babysitting cooperatives.

Tips for Supporting Learning

Balance screen time with hands-on play. Call 211 for temporary licensed childcare openings if you must return to work.

WASHINGTON COUNTY

- Bartlesville Public Library

600 S Johnstone Ave • 918-338-4171 • cityofbartlesville.org

Storytimes, early-learning computers, and free-take-home literacy bags.

- Delaware Tribe Child Care Assistance Program

918-337-6590 • delawaretribe.org

Helps eligible families pay for licensed childcare.

Tips for Supporting Learning

Check with your local library for free reading programs. Keep consistent bedtime and reading routines.

WAGONER COUNTY

- Wagoner Public Library

301 S Grant Ave • 918-485-2126 • wagonerlibrary.org

Offers free storytime, book bundles, and summer reading programs.

- Coweta Public Library

120 E Sycamore St • 918-486-6532 • cowetapubliclibrary.org

Children's literacy events and family reading challenges.

- Cherokee Nation Child Care Assistance

918-453-5300 • cherokee.org

Subsidy program for qualifying families in Wagoner County.

Tips for Supporting Learning

Ask libraries about free learning kits. Call 211 or CCR&R for verified childcare openings. Maintain play, reading, and outdoor time each day.

SECTION 4

Emotional Well-Being and Family Care

TULSA COUNTY

- Family & Children's Services

650 S Peoria Ave • 918-587-9471 • fcsok.org

Counseling, crisis intervention, and parenting support programs for adults and children.

- Mental Health Association Oklahoma

5330 E 31st St • 918-585-1213 • mhaok.org

Provides housing, peer recovery programs, and free mental health support groups.

- Tulsa Center for Behavioral Health

2408 E Archer St • 918-582-2131

24-hour crisis assessment and stabilization for adults and youth in crisis.

- CrisisCare Center – Grand Mental Health

2325 S Harvard Ave • 918-744-1620 • grandmh.com

Walk-in crisis center offering immediate mental health evaluations and short-term stabilization.

- Women in Recovery – Family & Children’s Services

918-991-6200 • fcsok.org

Program for women facing incarceration, focusing on trauma recovery, parenting, and employment readiness.

- Oklahoma Project Woman

1-877-550-7465 • oklahomaprojectwoman.com

Emotional support, breast health education, and navigation for women without insurance.

- The Parent Child Center of Tulsa

1421 S Boston Ave • 918-599-7999 • parentchildcenteroftulsa.org

Counseling, parenting classes, and crisis line for child abuse prevention.

Tips for Family Well-Being

Call or text 988 for immediate crisis support.

Reach out early—many agencies offer telehealth or sliding-scale counseling.

ROGERS COUNTY

- Grand Mental Health Claremore

1204 N Florence Ave • 918-342-2266 • grandmh.com

24-hour crisis services, therapy, and case management for adults and children.

- Safenet Services

1219 W Dupont St • 918-341-1424 • safenetservices.org

Shelter and counseling for individuals experiencing domestic violence or sexual assault.

- Rogers County Health Department

2664 N Hwy 88 • 918-341-3166

Behavioral health referrals and family support programs.

Tips for Family Well-Being

If you feel unsafe or overwhelmed, call Safenet or 988.

Ask your primary care provider or DHS worker for free counseling referral programs.

MAYES COUNTY

- Grand Mental Health Pryor

111 S Adair St • 918-825-4872 • grandmh.com

Crisis care, counseling, and case management for adults and children.

- Mayes County Health Department

111 NE 1st St • 918-825-4224

Referrals for counseling and family planning support.

- CASA for Kids Mayes County

918-923-7277 • casaforkids.com

Court-appointed advocates for children in foster care.

Tips for Family Well-Being

Call 988 if you or a loved one feels in crisis.

Ask CARD or Grand Mental Health for teletherapy options.

WASHINGTON COUNTY

- Grand Mental Health Bartlesville

700 SW Penn Ave • 918-337-8080 • grandmh.com

24-hour crisis center and mental health counseling.

- Family HealthCare Clinic

1820 W Hensley Blvd • 918-336-4822

Behavioral health and medical services for adults and children.

- Mary Martha Outreach

1845 W 4th St • 918-337-3703

Provides supportive counseling and emotional resources for families in transition.

- CASA for Kids Washington County

918-331-7171 • casaforkids.com

Court advocacy for children and support for foster families.

Tips for Family Well-Being

If you or your child is struggling, contact Grand Mental Health for same-day appointments.

Participate in family nights or parent groups offered by local agencies for extra support.

WAGONER COUNTY

- Grand Mental Health Wagoner

205 N Casaver Ave • 918-614-2441 • grandmh.com

Provides therapy, crisis services, and psychiatric support for adults and children.

- Women in Safe Home (WISH)

918-682-7878 • wishok.org

Shelter and counseling for survivors of domestic violence in Wagoner and surrounding counties.

- Wagoner County Health Department

212 N Pierce Ave • 918-485-3022

Behavioral health and parenting education referrals.

Tips for Family Well-Being

Keep emergency numbers visible: 988 Suicide & Crisis Lifeline, 911, and Safenet.

Local libraries and churches may host free support groups or parenting classes.

SECTION 5

Health & Medical Services

TULSA COUNTY

- Community Health Connection

2321 E 3rd St • 918-622-0641 • communityhealthconnection.org

Low-cost medical, dental, and behavioral health care; sliding scale for uninsured patients.

- Morton Comprehensive Health Services

1334 N Lansing Ave • 918-587-2171 • mortonhealth.com

Full-service health clinic offering primary, pediatric, dental, and pharmacy services.

- OSU Family Medicine Clinics

717 S Houston Ave • 918-599-1100 • osumc.net

Sliding-scale family medical care and preventive health services.

- Tulsa Health Department

5051 S 129th E Ave • 918-582-9355 • tulsa-health.org

Immunizations, family planning, nutrition, and maternal health services.

- OU Physicians – Wayman Tisdale Specialty Health Clinic

591 E 36th St N • 918-619-4400

Provides adult and pediatric care for uninsured or underinsured residents.

- Good Samaritan Health Services (Mobile Clinics)

Various church and community sites • 918-710-4222 • gshs.org

Free mobile medical clinics offering primary care and prescription assistance.

- Neighbor for Neighbor

505 E 36th St N • 918-425-5578 • nfncares.org

Free medical, dental, vision, and legal services for Tulsa residents.

- Oklahoma Caring Van

Free mobile immunization service for children. Schedule updates available through Tulsa Health Department.

Tips for Health Services

Bring photo ID, proof of address, and insurance card (if available).

Ask about sliding scale fees or free care programs if you're uninsured.

ROGERS COUNTY

- Morton Comprehensive Health Services – Claremore

2120 S Lynn Riggs Blvd • 918-341-3166 • mortonhealth.com

Full-service health clinic offering primary care, dental, and behavioral health.

- Claremore Indian Hospital

101 S Moore Ave • 918-342-6200

Provides medical, pediatric, and emergency services for federally recognized tribal citizens.

- Rogers County Health Department

2664 N Hwy 88 • 918-341-3166

Public health, WIC, family planning, and immunizations.

- Safenet Services Counseling and Advocacy

1219 W Dupont St • 918-341-1424 • safenetservices.org

Offers trauma-informed counseling and support for domestic violence survivors.

Tips for Health Services

Tribal citizens may access Claremore Indian Hospital with tribal ID or CDIB card.

Ask about free immunizations or WIC nutrition services for children.

MAYES COUNTY

- Mayes County Health Department

111 NE 1st St • 918-825-4224

Immunizations, WIC, and family planning services.

- Grand Lake Mental Health – Pryor Health Center

111 S Adair St • 918-825-4872 • grandmh.com

Primary care and behavioral health services on a sliding-scale fee.

- Pryor Community Clinic

600 NE 1st St • 918-825-1000

Family practice clinic offering reduced-cost visits for uninsured patients.

- Rural Health Projects

Provides free screenings, maternal health education, and rural wellness initiatives.

Tips for Health Services

Ask about WIC and SoonerCare enrollment for children.

Health departments may offer walk-in vaccine clinics and prenatal classes.

WASHINGTON COUNTY

- Family HealthCare Clinic

1820 W Hensley Blvd • 918-336-4822

Affordable primary and pediatric medical care for adults and children.

- Mary Martha Outreach

1845 W 4th St • 918-337-3703

Free basic health screenings and connection to local clinics.

- Grand Mental Health Bartlesville Health Services

700 SW Penn Ave • 918-337-8080 • grandmh.com

Integrated primary care and behavioral health support.

- Ascension St. John Jane Phillips Medical Center

3500 SE Frank Phillips Blvd • 918-331-1000

Full-service hospital providing emergency and inpatient care.

- Washington County Health Department

5121 Jacquelyn Ln • 918-335-3005

Immunizations, WIC, and health education programs.

Tips for Health Services

Free or low-cost clinics may have limited hours—call ahead.

Ask about financial assistance programs through hospital billing offices.

WAGONER COUNTY

- Wagoner County Health Department

212 N Pierce Ave • 918-485-3022

Immunizations, family planning, and WIC nutrition services.

- Wagoner Community Hospital

1200 W Cherokee St • 918-485-1300

Emergency services, urgent care, and inpatient hospital support.

- Coweta Health Center (Tulsa Health Department satellite)

28097 E 141st St S, Coweta • 918-486-2845

Maternal and child health, immunizations, and testing.

- Eastern Oklahoma Dental Care Outreach

Provides limited free dental days through volunteer dentists. Check 211 Oklahoma for current events.

Tips for Health Services

Keep copies of immunization and WIC cards.

Call ahead to confirm hours; rural clinics may have part-time schedules.

SECTION 6

Transportation & Safety Resources

TULSA COUNTY

- **Tulsa Transit**

510 S Rockford Ave • 918-982-6882 • tulsatransit.org

Fixed-route bus service, paratransit for disabled riders, and nightline service within the Tulsa metro area.

- **Modus**

3840 N Harvard Ave • 918-280-9563 • modustulsa.org

Free and low-cost transportation for youth, students, and clients of partner nonprofits.

- **Veterans Ride Program – Tulsa Transit**

918-982-6882 • tulsatransit.org/veterans

Offers free bus rides for veterans with valid ID.

- **A Lift – Tulsa Transit Paratransit Service**

918-560-5600

Curb-to-curb rides for individuals with disabilities unable to use fixed routes.

- **SafeKids Tulsa**

918-494-7233 • safekidstulsa.org

Provides car-seat checks and safety education for families.

Tips for Transportation

Plan routes using the Tulsa Transit Trip Planner.

Call dispatch early; same-day rides are rarely available.

ROGERS COUNTY

- Pelivan Transit

320 NE Washington Blvd, Bartlesville • 918-336-2233 • pelivantransit.org

Provides affordable public transportation for Rogers, Washington, and surrounding counties.

- Claremore Senior Center Transport

475 E Blue Starr Dr • 918-341-2010

Free weekday transportation for seniors to appointments and grocery trips.

- Uber Rural Pilot – Claremore

Limited ride-share coverage available in Rogers County through the Uber app.

- Safenet Services

1219 W Dupont St • 918-341-1424 • safenetservices.org

Transportation for clients fleeing domestic violence.

Tips for Transportation

Schedule Pelivan rides 24 hours in advance.

Keep exact change or passes for local routes.

MAYES COUNTY

- Pelivan Transit

918-336-2233 • pelivantransit.org

Countywide door-to-door public transportation for medical, shopping, and employment needs.

- Grand Gateway Area Agency on Aging Transportation

1-800-482-4594 • grandgateway.org

Offers rides for seniors (60+) and individuals with disabilities.

- Pryor Senior Center Shuttle

225 S Rowe St • 918-825-2572

Provides weekday local transportation for seniors.

Tips for Transportation

Call Pelivan dispatch at least one business day ahead.

Most rural programs require exact addresses for pickup.

WASHINGTON COUNTY

- Pelivan Transit – Washington County

320 NE Washington Blvd, Bartlesville • 918-336-2233 • pelivantransit.org

Local and regional service Monday–Friday 7 a.m.–5 p.m.

- Washington County Elder Ride Program

Sponsored by the Area Agency on Aging.

Call 918-333-8110 for reservations and eligibility.

- Bartlesville Police Non-Emergency Line

918-338-4001

Report non-urgent incidents, traffic issues, or welfare checks.

- City of Bartlesville Safe Ride Initiative

Seasonal weekend ride-share vouchers—watch cityofbartlesville.org for updates.

Tips for Transportation

Call ahead to confirm return rides, especially after medical appointments.

Save non-emergency numbers separately from 911 for quick access.

WAGONER COUNTY

- Pelivan Transit – Wagoner County

918-336-2233 • pelivantransit.org

Door-to-door transportation for all residents; discounted fares for seniors and persons with disabilities.

- Wagoner County Health Department Ride Coordination

212 N Pierce Ave • 918-485-3022

Arranges transportation for WIC, immunization, and maternal health appointments.

- Coweta Senior Center Shuttle

310 S Broadway • 918-486-2189

Provides rides for senior residents within Coweta city limits.

- Wagoner Police Department Non-Emergency Line

918-485-5511

For non-urgent public-safety matters.

Tips for Transportation

Reserve Pelivan rides early; demand increases during holidays.

Keep driver contact numbers for rural pickups.

SECTION 7

Veteran, Tribal, and Faith-Based Supports

TULSA COUNTY

- Veterans Affairs – Ernest Childers VA Outpatient Clinic

9322 E 41st St • 918-628-2500 • va.gov

Primary care, behavioral health, and pharmacy services for veterans and eligible dependents.

- Coffee Bunker

6365 E 41st St • 918-637-3878 • thecoffeebunker.org

Community center offering peer support, job readiness, and transition resources for veterans and military families.

- Oklahoma Department of Veterans Affairs

2132 NE 36th St, Oklahoma City • 855-701-6382 • oklahoma.gov/veterans

Assistance with benefits, claims, and healthcare navigation statewide.

- Cherokee Nation Indian Child Welfare / Family Assistance

918-453-5300 • cherokee.org

Tribal family assistance programs, emergency aid, and case management for Cherokee citizens.

- Indian Health Care Resource Center of Tulsa

550 S Peoria Ave • 918-588-1900 • ihcrc.org

Medical, dental, and behavioral health services for Native Americans of federally recognized tribes.

- Catholic Charities of Eastern Oklahoma

2450 N Harvard Ave • 918-508-7135 • cceok.org

Faith-based outreach offering food, housing, and resettlement support for families in crisis.

Tips for Veterans and Tribal Families

Always bring tribal ID or DD214 for services.

Ask about mental health, dental, and employment programs at the VA or IHCRC.

ROGERS COUNTY

- Claremore VA Outpatient Clinic

1695 N Lynn Riggs Blvd • 918-342-9200

Primary care, behavioral health, and laboratory services for veterans.

- Cherokee Nation Indian Child Welfare Office – Claremore

Claremore Tribal Health Campus • 918-342-6432

Provides emergency financial aid, counseling, and family support services for Cherokee citizens.

- Safenet Services

1219 W Dupont St • 918-341-1424 • safenetservices.org

Faith-affiliated domestic violence shelter and counseling programs.

- Claremore First United Methodist Church Outreach

1615 N Hwy 88 • 918-341-4580 • claremorefumc.org

Provides emergency financial aid, food, and volunteer support programs.

Tips for Veterans and Tribal Families

Contact your tribal office for family assistance or crisis resources.

Veterans may request transportation to VA appointments through Pelivan.

MAYES COUNTY

- American Legion Post 240 – Pryor

214 S Vann St • 918-825-1019

Veteran peer support, assistance with claims, and community meals.

- Cherokee Nation Career Services – Pryor

6789 US Hwy 69 • 918-342-6410 • cherokee.org

Job placement, education assistance, and emergency relief for tribal members.

- Catholic Charities Pryor Outreach

321 N Adair St • 918-825-3020

Faith-based emergency relief, food support, and counseling referrals.

- Locust Grove Ministerial Alliance

918-479-5118

Coalition of churches providing limited financial and household assistance.

Tips for Veterans and Tribal Families

Call tribal programs early in the month; funds can run out quickly.

Churches may have volunteer-driven food or rent assistance year-round.

WASHINGTON COUNTY

- Bartlesville VA Clinic

300 SE Adams Blvd, Suite 315 • 918-409-4685 • va.gov

Primary care and telehealth for veterans.

- Delaware Tribe of Indians

5100 Tuxedo Blvd • 918-337-6590 • delawaretribe.org

Family assistance, elder nutrition, and education support for Delaware tribal citizens.

- Cherokee Nation Tribal Services – Washington County

918-332-3100 • cherokee.org

Emergency relief, energy assistance, and childcare aid for eligible members.

- Bartlesville Area Ministerial Alliance

918-333-7701

Faith-based network offering spiritual support and emergency assistance.

- Salvation Army Bartlesville

101 N Bucy Ave • 918-336-6454

Spiritual counseling, community meals, and shelter support.

Tips for Veterans and Tribal Families

Bring tribal ID, CDIB, or veteran identification when seeking help.

Faith-based centers often coordinate directly with local nonprofits for added support.

WAGONER COUNTY

- Wagoner American Legion Post 10

213 S Main St • 918-485-2650

Veteran fellowship, emergency relief, and benefits assistance.

- Muscogee (Creek) Nation Social Services

918-549-2899 • muscogeenation.com

Tribal emergency aid, LIHEAP energy assistance, and family support for enrolled citizens.

- Cherokee Nation Family Assistance – Coweta Field Office

918-453-5300 • cherokee.org

Emergency food, rent, and energy aid for Cherokee citizens.

- Holy Cross Outreach – Coweta

401 W Hickory St • 918-486-3907

Faith-based ministry offering household and emergency aid.

- Wagoner Ministerial Alliance

918-485-5511 (contact through local churches)

Provides volunteer-based outreach and community care.

Tips for Veterans and Tribal Families

Contact tribal offices for current energy or rental assistance programs.

Veterans can use VA telehealth services through any local clinic with internet access.

SECTION 8

QUICK LINKS & EMERGENCY CONTACTS

STATE & NATIONAL HELPLINES

- Emergency Services

911 – Call for any life-threatening emergency.

- 988 Suicide & Crisis Lifeline

Call or text 988 • 988lifeline.org

Free, confidential 24/7 crisis support for mental health, substance use, and suicidal thoughts.

- Oklahoma Child Abuse Hotline

1-800-522-3511

Report suspected child abuse or neglect.

- Domestic Violence & Sexual Assault Hotline

1-800-522-7233 (SAFE)

Statewide 24-hour crisis line for victims of domestic violence, stalking, or assault.

- 211 Oklahoma

Dial 211 or visit 211oklahoma.org

Connects you to local food, housing, childcare, and health resources statewide.

- Poison Control Center

1-800-222-1222

24-hour medical guidance for poison or chemical emergencies.

- Disaster Distress Helpline

1-800-985-5990

Emotional support during natural disasters or community crises.

LOCAL HOTLINES & COMMUNITY SERVICES

- Safenet Services (Rogers County)

918-341-1424 • safenetservices.org

Domestic violence shelter and crisis support.

- Grand Mental Health 24-Hour Crisis Line

1-800-722-3611 • grandmh.com

Immediate mental health and substance use crisis help for adults and youth.

- Mental Health Association Oklahoma Warmline

918-585-1213 • mhaok.org

Peer-run emotional support line for non-emergency stress or anxiety.

- Youth Services of Tulsa

918-582-0061 • yst.org

Emergency shelter, counseling, and crisis support for youth ages 12-18.

- Oklahoma Human Services (OKDHS)

oklahoma.gov/okdhs

Apply online for SNAP, TANF, and SoonerCare benefits.

- Oklahoma Employment Security Commission (Unemployment)

oklahoma.gov/oesc

Apply for or manage unemployment benefits.

LOCAL EMERGENCY MANAGEMENT & SHELTER INFORMATION

- Tulsa County Emergency Management

918-596-9899 • cityoftulsa.org

Severe weather alerts and emergency shelter coordination.

- Rogers County Emergency Management

918-923-4799 • rogerscounty.org

Storm shelter locations and community alerts.

- Mayes County Emergency Management

918-825-0157 • mayes.okcounties.org

Weather updates and community safety notices.

- Washington County Emergency Management

918-331-2710 • cityofbartlesville.org

Coordinates local disaster response and shelter info.

- Wagoner County Emergency Management

918-485-2554 • wagonercounty.ok.gov

Emergency alerts and disaster preparation resources.

QUICK WEB LINKS

- Oklahoma Child Care Resource & Referral – oklahomachildcare.org
- Oklahoma Department of Human Services – oklahoma.gov/okdhs
- Oklahoma Employment Security Commission – oklahoma.gov/oesc
- Oklahoma Health Care Authority (SoonerCare) – oklahoma.gov/ohca
- 211 Oklahoma – 211oklahoma.org
- Oklahoma Housing Finance Agency – ohfa.org
- Oklahoma State Department of Health – oklahoma.gov/health
- Oklahoma Office of Juvenile Affairs – oklahoma.gov/oja
- Food Bank of Eastern Oklahoma – okfoodbank.org
- Grand Mental Health – grandmh.com

- Safenet Services – safenetservices.org

TIPS FOR USING THIS GUIDE

Keep this list saved on your phone or posted in your home.

If you can't reach an agency, dial 211 for alternate referrals.

For mental health or emotional distress, call or text 988 any time, day or night.