

# McFarlin Memorial United Methodist Church Resource List (10/23/2022)

For updates contact: [mksallee@icloud.com](mailto:mksallee@icloud.com)

Facebook References: *The Pantry Page-Norman* (Lists all outdoor pantries in Norman) **FB@NormanCommunityRelief**  
 General: Call 211 or Text: 211OK to 898211 or go to [www.211oklahomahelpline.org/](http://www.211oklahomahelpline.org/) or [www.unitedwaynorman.org](http://www.unitedwaynorman.org)

<b>Norman Pantries (or Meals*)</b>	<b>Address</b>	<b>Times and Requirements/Limits</b>	<b>All #s are 405 area code:</b>
Adventist Community Services	1818 E. Alameda	3rd, 4th & 5th Tues. (9-12) Current ID/proof of res. Cleveland and McClain Co. Res.	250-3589
Aging Services	1179 East Main	M-F: 8:30-5, Non perishables for 60+, Check out: <a href="http://www.agingservicesok.com">www.agingservicesok.com</a>	321-3200
Alameda Baptist Church	1503 Alameda	Open T/Th 10-12 by appt only. Call/leave message by 8am T/TH Norman/Noble Res. w ID (4x limit)	329-5157
Alameda Church of Christ	801 E Alameda	Wed. 10-12:00, Photo ID, 4 <sup>th</sup> Thurs: 5:30-7:30, 2 <sup>nd</sup> Sat: 9-12 Res. in McClain/Clev Co	321-0788
*Antioch Norman	1330 E. Lindsey	"The Table" Community dinner on 3rd Monday of month, 5:30-7:00	310-4343
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th Fridays (no 5th Friday) 9-11:30 Pic. ID required, limit every 60 days	329-0823
FBC of Norman	211 W Comanche	Food bags per request during office hours M-F (8-12, 1:30-5) Push intercom button	321-1753
<b>*Food and Shelter, Inc.</b>	<b>201 Reed</b>	M-Sat. Breakfast @ 8, lunch @ 11, Sun lunch @ 12 <b>NEW Pantry Hours: M-F 3:00-6:00</b>	<b>360-4954</b>
Goodrich UMC Care Closet	200 W. Hayes	3 <sup>rd</sup> Thurs. 11:00 - 12:00 hygiene/paper items Norman residents, ID required	321-0975
Lifespring Church	600 W. Tecumseh	1st Sat. 10:00-11:00am, Picture ID required For info, go to <a href="http://www.lifespringnorman.com">www.lifespringnorman.com</a>	292-7770
<b>McFarlin FUMC Pantry</b>	419 S University	<b>T/Th: 10-4;</b> (2 Sats/mo. 10:30-11:30 Call for dates), 2 wk limit, ID, Res. of Norman/Noble/Little Axe	321-3484
*McFarlin Tues. Together Meal	419 S University	Free community dinner 6:00-7:00 in Fenn Hall, 2nd Tues. of the month. <i>Call to confirm</i>	321-3484
*Meals on Wheels	528 E Main	M-Th 7:30- 3:30, F: 7:30-2:00 Must be over <b>62</b> , disabled or doctor referral, Call for info	321-7272
Mission Norman	2525 E. Lindsey	MTW: 10-11 & 12-2, Th: 2-5:00pm, F:10-12 NO ID required (30 day limit)	321-8880
Pantry Partners Inc.	517 W. Gray	<i>Assists students of NHS, NNHS &amp; Dimensions.</i> Contact <a href="mailto:PantryPartnersNorman@gmail.com">PantryPartnersNorman@gmail.com</a> text:405-833-3671	
*Salvation Army Meals	318 E Hayes	Dinner 5-6 Hot meals – 7 days a week <a href="mailto:leona.chapman@uss.salvationarmy.org">leona.chapman@uss.salvationarmy.org</a>	364-9910
Salvation Army Food Pantry	1124 N. Porter	T/Th. 1-3, ID/Proof of Residence and Income, Cleveland Co. Residents only, 30 day limit	364-9910
Univ. of Oklahoma	1113 Elm Ave	Go to <a href="http://ou.edu/foodpantry">ou.edu/foodpantry</a> for current dates/hours. Student or OU Employee ID card required	

## **Food Pantries in South and East of Norman:**

First Baptist of Noble	330 E Chestnut	M 1:30-3:00 Pic ID/Proof of Res. HW77 East -96th, Post Oak S to Slaughterville Rd 1x mos.	872-3529
First Baptist of Lexington	900 E. Broadway	Non-perishable items. M-TH (9-4:00 by appointment) Driver License, (1x 90 days) Call first.	527-6758
First Methodist of Lexington	631 E. Ash, Lex	3rd Saturday, 12-4:00 Area residents may shop for food items (David)	527-3506
First State Bank – Noble	102 N. Main	Contact a customer service representative for info.	872-3434
Hilltop Baptist- East Norman	11710 E Stella Rd	M/Th 9:30-12, Photo ID, 15 mile radius, 30 day lim.	794-0603
Lakeview Baptist Church	10510 E. Alameda	2nd and 4th Thursdays 10-11:30, Call for Info	366-8611
Little Axe Community Center	1000 168 Ave NE	M-F, 9-5 For residents in Little Axe School Dist. Call first to confirm open hours.	292-9770
Noble Senior Center	600 E. Maguire Road	Drive through congregate lunch pick-up M-F 11:30-12:00 (\$2.25 suggested donation for 60+)	872-5921
Noble Cupboard	115 N. 2nd St.	24/7 Self-serve pantry located in front of Noble Police Station	
12 Corners Baptist Church	156 <sup>th</sup> /Etowah Road	Call for info. ID required: Noble and surrounding area residents only	312-1442
Slaughterville Baptist Church	10101 60 <sup>th</sup> St. Lexington	2 <sup>nd</sup> Sat. 9-12 pic ID requ. proof of Residence <a href="http://www.svillebc.com">www.svillebc.com</a>	872-5576

## **Food Pantries in Moore:**

Food & Resource Center	2635 N. Shields Blvd	M:12:30-5:30, W-F 10-3, 3 <sup>rd</sup> Sat 9:30-11:30 Check qualifying zip codes for Moore/OKC at: <a href="http://rfbo.org">rfbo.org</a>	600-3182
First Baptist of Moore	301 NE 27 <sup>th</sup> /I-35	Mon. 10-1, 5:30-7:00 Pic ID/utility bill requ., 1x mos. For qualifying zip codes go to: <a href="http://firstmoore.com">firstmoore.com</a>	793-2600
Fresh Start Comm. Church	309 N. Eastern	1st/3rd Thurs. 5-6, Residents of Moore Pic ID required, <a href="http://freshstartok.com">freshstartok.com</a>	794-7313
Highland Baptist (Moore)	2425 SE 4 <sup>th</sup>	Tues. 6:30-8:30, Thurs. 9-12, Call first 60 days limit Proof of Res. and Pic. ID required	794-5432
Regencypark.church	2001 N. Janeway	Wed. 10-4 Zips: 73160 or 73139 Photo ID/Proof of Res. required, limit 1x a month	794-3507
St. Andrews Catholic	800 NW 5 <sup>th</sup> Moore	T/F 10-noon, closed 2nd Tues. utility bill photo ID (30 days) Moore School dist. only	799-3334

**CHILDREN (and MOTHERS)***To apply for SNAP benefits (food stamps) Call 405-487- 5483*

Baby Steps	941 Nebraska	Provides childcare, counseling/parent classes for teen parents at NPS, <b>car seats</b>	360-2717
Big Brothers Big Sisters	502 E. Main	8:30-5:00, M-F, Children ages 6-17 matched with mentor, For info: <a href="http://bbbsok.org">bbbsok.org</a>	364-3722
CASA: <a href="http://Southcentralcasa.org">Southcentralcasa.org</a>	2241 W Lindsay	Court-appointed advocates for abused/neglected children in court system	360-5295
CCFI Boys and Girls Club	<b>ccfinorman.org</b>	Enrichment for NPS students ages 6 and up, M-F: 3:00-7 (8-5 for the summer month program)	364-1420
Center for Children/Families	210 S. Cockrel	Diaper closet: M-F 8-5:00 (limit every 2 wks) teenage and new parent classes, divorcing/co-parent services	
<b>Cleveland Co. Health Dept.</b>	250 12th Ave NE	M-Th 8-4, F: 8-11 All services/immunizations (COVID, STD, head lice, dental, car seat <u>by appt. only</u> )	
	<a href="https://oklahoma.gov/health/county-health-departments/cleveland-county-health-department.html">https://oklahoma.gov/health/county-health-departments/cleveland-county-health-department.html</a>		321-4048
Sooner Start (Birth-3)		Early intervention for developmental delays, Children First (First time moms, referrals must contact before 29 weeks – assigned a nurse)	
Child Guidance Program (Birth-12)		Behavioral health, child development, hearing, speech-language pathology (screenings and treatments)	
WIC (Women, Infants and Children)		Nutritional programs for young families and more	
Comm. After School Program	1023 N. Flood	Tuition based for children with working parents, some scholarships available <a href="http://caspinc.org">caspinc.org</a>	366-5970
Crossroads Youth & Fam Center	1650 Tecumseh, Ste 500	Counseling, Emergency Youth Shelter	<a href="http://Crossroadsyfs.org">Crossroadsyfs.org</a> 321-0240
<a href="http://Headstartprogram.us/city/ok-norman">Headstartprogram.us/city/ok-norman</a>	1333 W Main	6-week to 4 year school readiness program, daycare for special needs	292-6440
Infant Crisis Center of OKC	4224 N. Lincoln Blvd	For Baby Mobile info/schedule for Norman, go to: <a href="http://infantcrisis.org/get-help/babymobile/">infantcrisis.org/get-help/babymobile/</a>	528-3663
<a href="http://kaleidoscopegriefsupport.com">kaleidoscopegriefsupport.com</a>		Free support for children (ages 3-18)/families grieving the death of a loved one. For info call:	306-0052
<a href="http://Loveworksleadership.org">Loveworksleadership.org</a>		After school leadership program for ages 9-14 to develop character and inspire young entrepreneurs	
Mary Abbott Children's House	231 E. Symmes	Offers coordinated investigation and intervention services to child abuse victims	579-5800
Operation School Bell		Provides new clothes/shoes for students K-12 in NPS & Little Axe Schools <u>Contact school counselor</u>	
<a href="http://openheartresourceroom.com">openheartresourceroom.com</a>	405-887-1787	Delivers items to children in <i>out-of-home</i> care. Referral from agency/minister and documentation required	
Variety Care	1237 Alameda	Care for uninsured/under insured women/children, nutritionist on Fridays.	632-6688
111 Project		Engaging the church in meeting needs of children and families in crisis (Foster Care Space)	940-782-2343
<b>CLOTHING</b>	<b>Laundry of Love</b> (Sox of Love)	Free laundry at Sooner Wash 1x a month. For date and info, contact <a href="mailto:soxoflove@gmail.com">soxoflove@gmail.com</a> or 362-6052	
Advent Community Services	1818 E. Alameda	3rd, 4th & 5th Tues. (9-12) Current ID/proof of residence Cleveland Co. (3x yr limit)	366-7772
Church of Christ in Noble	111 N. Main	Please call to make an appointment. (clothes, bedding, shoes, etc.)	872-3140
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th (no 5th) Friday 9-11, Picture ID required, 60 day limit	329-0823
First Baptist of Norman	211 W Comanche	By appt: Tuesdays 1:30-3. Can request during office hrs. (Clev. Co. Res. only) ID required	321-1753
First Presbyterian Thrift Shop	404 Toberman	<b>Thursdays, 9-4</b> (exc. for holidays/school closings), min. cost, emergency vouchers 1-2:30	321-0933
Outreach Thrift	621 12th Ave NE	Partners with churches/agencies to give free clothing assistance M-S 10-7, Sun. 12-6	928-2072
Operation School Bell		(See under <b>CHILDREN</b> above) Coordinated by the Assistance League of Norman	
<a href="http://regencypark.church">regencypark.church</a>	2001 N. Janeway	10-4 Wed. Zips: 73160 or 73139 Proof of residence, photo ID and SS Card required	794-3507
Salvation Army	1124 N. Porter	Clothing for homeless anytime, proof of homelessness, ID and income	364-9910
St Joseph's Catholic Thrift Store	211 N. Porter	Wednesdays 9-12, minimal cost (free if can't afford – No ID required) 1x month	701-3693

**MENTAL HEALTH/ADDICTION RECOVERY****National Hotline: Call 988**

OK Dept. of Mental Health/Substance Abuse Services: <a href="http://ok.gov/odmhsas/">ok.gov/odmhsas/</a>	Gambling: 1-800-522-4700	<b>rehab.org</b> (Free addiction resource)	
<a href="http://alameda.church/connect/celebrate-recovery">alameda.church/connect/celebrate-recovery</a>		Find freedom from life's hurts, hang-ups and habits. Tues. eves	For more info: 626-1805
Central OK Comm. Mental Health	909 E. Alameda	Child and Adult outpatient services, McClain/Clev. Co. <a href="https://www.odmhsas.org/cocmh/">https://www.odmhsas.org/cocmh/</a>	360-5100
Hub 107	107 Gibbs Dr.	Day shelter with mental health resources available, 9-4 See website above for more info	<b>573-6498</b>
Children's Recovery Center	320 12 Ave NE	Inpatient Psychiatric care for ages 13-17 with mental health/sub. abuse issues	Admissions: 573-3842
Community Works <a href="http://cworksok.com">cworksok.com</a>	805 E. Robinson	A behavioral health/addiction agency providing outpatient counseling	447-4499
County Health Dept. <a href="mailto:Meaganw@health.ok.gov">Meaganw@health.ok.gov</a>		Short-term mental health support and community resources navigation	579-2292
Depression and Bipolar Support <a href="http://www.dbsaok.org">www.dbsaok.org</a>		Support group: Norman Library Roserock Rm Thurs. @ 7:00 Due to COVID, Call first: Diane: 503-1948	
Dementia Caregivers Support Group		Meets at Wildwood Church in Norman, 1501 24th Ave, NE	For more info: 405-329-3939

**Mental Health/Addiction Recovery cont.**

Fresh Start Comm. Church 309 N. Eastern Green Shoe Foundation	Celebrate Recovery 12-step program, Large group at 6:30 Tues. eve @Call for more info.	794-7313
Griffin Memorial Hospital 900 E. Main	No-cost 5-day retreats for adults with co-dependency from childhood trauma For info go to: greenshoe.org	
National Association on Mental Illness	Inpatient psych. care for adults with mental health/sub. abuse issues No insurance required Admissions:	573-6623
Red Rock Behav. Health 900 E. Main Blg 52	For more info on NAMI, contact: naminormanok@gmail.com	408-0984
The Virtue Center 215 W. Linn	Psychiatric Crisis Center (suicide, homicidal) Go to red-rock.com for more information	424-7711
Thunderbird Clubhouse 1251 Triad Village Dr	M-Th 8-6:30, Fr 8-12, Counseling/recovery for substance abuse, gambling, mental health related issues	321-0022
Transition House 700 Asp Ave. #2	Clubhouse for adults recovering from mental illness (Referral required) housing@thunderbirdclubhouse.org	321-7331
	Transitional living program for adults with mental illness. For more info, go to thouse.org	360-7926

**MEDICAL:** Also see ( CHILDREN (and MOTHERS) )

Central OK Community Action in Moore	Eye glasses and prescriptions for under insured. (RX Okla) As available <b>cocaa.org</b>	701-2170
County Health Dept. 250 12th Ave NE	M-Th 8-4, F: 8-11, TB tests, Immunizations, All services by appointment only	321-4048
Etowah Baptist Church (Noble) 18901 E. Etowah Rd	Pharmacy open the last Tues of the month 6-7:00 Call, leave message	899-7378
JD McCarty Center for Children 2002 E. Robinson	Therapy and medical care for children with developmental disabilities www.jdmc.org	307 2800
Mission Norman 2525 E. Lindsay	Up to \$25 on non-narcotics, Will call pharmacy to verify prescription 1x a yr limit	321-8880
Slaughterville Baptist Church 10101 60 <sup>th</sup> St Lexin	Medical appointment ID requ, 2nd Sat. 7-11, first come -come serve	Call for info 872-5576
Variety Care Fam. Medicine 317 E. Himes	M-F, 8:30-5 Health and prescription assistance for adults and seniors.	632-6688
Primary Medical (and Full Service Dental Care in OKC)	Accepts SoonerCare, Medicare & self pay (sliding scale based on income)	Varietycare.org
Women's Resource Center confidential	wrcnormanok.org If in danger or need to talk: <b>Rape Crisis Hotline: 701-5660</b>	<b>701-5550</b>

**RENT and UTILITY and FINANCIAL ASSISTANCE**

Alameda Church of Christ (utilities) 801 E Alameda	Call Mondays @ 8:00 am for appointment on Wed. 1x a yr (3x max)	321-0788
DHS Water Assistance - Go to: <a href="http://www.acf.hhs.gov/sites/default/files/documents/ocs/RPT_LIHWAP_Profile%20Summary_OK_FY2022.pdf">www.acf.hhs.gov/sites/default/files/documents/ocs/RPT_LIHWAP_Profile%20Summary_OK_FY2022.pdf</a>		or call: <b>405-522-5050</b>
<i>Catholic Charities</i> (financial assistance)	Offers financial assistance to 1st 8 callers @ 8:00 am Monday morning	523-3000
St. Andrew's Catholic (utility/other)	<u>Moore school district only</u> , Call and leave message	799-3334
St. Joseph's Catholic (rent/utility)	Norman/Noble area Call for appointment. 1x a year limit	701-3693
St. Thomas More (rent/utilities)	Call for Appt. Norman/Noble residents, 1x year limit	329-5372
St. Mark's Evangelist Catholic	Norman/Noble/Blanchard zip codes, Call and leave a message	366-8070
Our Lady of Victory (rent/utilities)	For Purcell/Lexington area, Call and leave a message	595-1087
Food and Shelter for Friends (rent) 201 Reed	Call for info/availability, proof of income and eviction notice required	360-4954
lifespringnorman.com (rent/utilities) 600 W. Tecumseh	1st Sat. 10-11, \$50 rental assistance. Bring cut-off notice/letter from landlord Pic ID requ.	292-7770
McFarlin Methodist (utilities) 419 S University	Gas/water/elec only doc required Nor/Noble/Little Axe Thurs@ 9:30 Fenn Hall/ S. entrance	321-3484
Mission Norman (utilities or rent) 2525 E. Lindsey	MTW10-2 closed 11-12, TH: 2-5:00, F 10-12 (will pay last \$25 of bill) 1x yr	321-8880
Salvation Army (rent/utilities) 1124 N. Porter	1st Tuesday of month Call @ 9:30, 1x per year limit (3x lifetime limit)	364-9910
Slaughterville Baptist Church 10101 60 <sup>th</sup> in Lexington	<i>Helping Hands Ministry</i> for local residents only. Call for info/availability.	872-5576
Women's Sanctuary Development Center 425 E. Tonhawa	Financial help to homeless families, IDs and birth certificates, GEDs	701-8293

**GENERAL ASSISTANCE in Cleveland County**

ABLE okable.org 300 N. Crawford	Provides group homes/employment for people with develop. disabilities M-F 8-4	329-3922
Amongfriends.net FB@AmongFriendsOK 1185 E Main	Activity Center (social interaction) for adults with additional needs and disabilities	701-2121
Bethesdaok.org 1181 E. Main	M-F 8:00-5:00 psychotherapeutic counseling/treatment for sexually abused children	364-0333
Compassionate Friends 1177 E Main	Self-help org that helps people with grief after death of a (grand) child or sibling	630-7546
Cleveland Co. DHS (Norman Office) 631 E Robinson	To apply for SNAP benefits, call 487- 5483 Daycare Medicaid temporary assistance	573-8300
Habitat for Humanity cchfh.org	Ministry seeking to eliminate substandard housing, repairs, wheelchair ramps	360-7868
Habitat for Humanity Restore 1100 W. Main	Buy new and used building supplies/furniture/appliances at a discounted price	360-7868
Hope Pregnancy Center thinkimpregnant.org	A safe, confidential/caring environment to explore options without judgement Text:405-531-9011	
Human Trafficking Crisis Hotline thedragonflyhome.org	Resource for victims, OK Bureau Narcotics 855-617-2288, 24 hr toll-free hotline: 855-674-4767	

**GENERAL ASSISTANCE cont.**

ID Assistance McFarlin U.M.C.	419 S. University	Thursdays @ 9:30 during utility assistance in the church. SE Entrance	Call for info: 321-3484
Legal Aid (for Cleveland. Co Residents)	2227 W Lindsay, Ste 1550	Provides free legal service (not criminal) Eviction notices, bankruptcy, custody, etc.	360-6631
McFarlin Memorial UMC	419 W. University	Assistance with IDs, DLs and birth certificates	Call during office hours M-Th 9-5, F-9-12 321-3484
Normancareavans.org	Organization	focused on outreach and conflict resolution for Norman's most vulnerable	Text or call: 405-532-6436
oklahoma.uniteus.com/	A directory assistance in 20 categories; Food, Employment, Education, Mental Health and Housing/Shelter, etc. Click Individual, then: <i>Get Help</i>		
Oklahoma Works Program	Okjobmatch.com	A state-wide free web-based job-matching and labor market info system	Norman: 701-2681
OU Legal Clinic	300 Timberdell Rd	8-5 M-F, Assistance (as available) for low-inc. Cleveland/McClain Co. residents	325-3702
PFLAG (Parents, Families and Friends of Lesbians and Gays)		Provides support/advocacy. Meeting via Zoom	pflagnorman.org 2 <sup>nd</sup> Thurs @ 7 360-4497
Plannedpaenhood.org	619 NW 23rd OKC	Pregnancy testing, HIV testing and counseling, contraceptive services	528-2157
RAIN Oklahoma (OKC)	3800 N Classen Ste 200	Free HIV Testing Advantage Services, Case Management 8:30-4:30, M-F	232-2437
Second Chance Animal Sanctuary	A nonprofit sanctuary for stray/abandoned or abused cats and dogs. www.secondchancenorman.org		321-1915
St. Francis Animal Resource Center	info@stfrancisarc.org	Provides vet services, supplies/support programs to reduce the burden at local shelters	367-5862
St. Joseph Monthly Garage Sale	211 N. Porter	1st Sat. (Call to confirm dates.) Minimal cost for a variety of items.	321-8080
Social Security	200 NE 27 <sup>th</sup> Moore, OK	ssofficelocations.org/oklahoma/cleveland-county/	866-964-4261 or 800-772-1213
Women's Resource Center	wrcnormanok.org	If in danger/need to talk: <b>Domestic Violence Crisis Hotline: 405-701-5540</b>	364-9424

**SENIORS and VETERANS**

*For up-to-date senior services, go to: [www.unitedwaynorman.org/help](http://www.unitedwaynorman.org/help) See "Senior Resource Guide"*

Aging-services-ok.com	1179 E Main	Wheelchairs, walkers & adult diapers. (Congregate meal M-F 11:30-12 @ 329 S. Peters)	For Info: 321-3200
Cleveland Co. Health Dept.	250 12th Ave NE	Call to speak with the Veteran Coordinator	321-4048
Dale K. Graham Vet Foundation	1233 W. Lindsay	Accredited foundation serving veterans and their families in the VA claims process	DKGVF.ORG 405-550-8806
Full Circle Adult Daycare	4223 28th Ave NW	Adult Day Services – Open M-F, 7:30-5:30	For info, go to: fullcircleok.org 447-2955
EnvisionSuccessOK.org	1151 E. Main Bldg G	Equipping veterans: counseling, job placement resume' skills, Cont. Ed	T,W,Th,F, 10-5 701-2015
purplehearthomesusa.org		Provides home repairs for Service Connected, Disabled and Aging Veterans, No Purple Heart required	704-838-4044
Services to <b>Armed Forces:</b>		American Red Cross Hero Care Network: Assist for financial emergencies, reintegration, counseling	877-272-7337

**TRANSITION HOUSING and SHELTER**

Bridges	bridgesnorman.org	1670 Stubbeman Ave	Provides qualifying H.S. students with access to housing/basic services so they can graduate	579-9280
Emergency Homeless Shelter		325 E Comanche	No ID needed, 1 bag limit, Adults only, Check-in is from 7-10:00 pm. Check-out 7am	229-8528
Food and Shelter for Friends		201 Reed	Call for Info: Monday - Friday 9-5	360-4954
Mission Norman			Housing for homeless families with children. Call for application	321-8880
Norman Housing Authority		700 N. Berry Rd	normanok.gov/city/norman-housing-authority Housing/rental assist. for low-inc. fams, handicapped/elderly	329-0933
Salvation Army		318 E Hayes	As space permits (14 day limit every 45 days) Valid ID, check-in @4:30- 6, 1 bag limit	364-9910
Transition House	thouse.org	700 Asp Ave. #2	Transitional living program for adults with mental illness	360-7926
Women's Sanctuary Day Shelter		425 Tonhawa	M-F, 8:30-4:00 Showers, laundry, computer, children play area, help with ID and GED	701-8248

**TRANSPORTATION**

<b>Care-a-Vans</b>	outreach@normancareavans.org	Relieving the suffering of Norman's most vulnerable thru outreach, conflict resolution/connections.	532-6436
Cars Maintenance Ministry at Crosspoint	2601 SE 24 <sup>th</sup>	2 <sup>nd</sup> /4 <sup>th</sup> Saturdays (You provide/pay for parts) Contact Tim for more info/waiting list.	465-4427

Embark bus transportation	Embarkok.com/norman	Free service in Norman: M-F 7-10, Sat. 10-7 Closed Sun and major holidays	235-RIDE (7433)
EMBARK Plus (Curb to Curb transit for elderly/disabled) If you have TTY service, dial 711 to reserve. Must book 1-7 days in advance.			

First Baptist Church (Bicycles)	211 W Comanche	Cleveland Co. residents. Photo ID required (Call for appointment)	321-1753
Kiwanis Cruiser (Aging Serv.)	1179 E Main	60 & up and/or (disabled 18 & up) donation (Runs 8:30 – 3:45 M-F) Walmart (Wed.) 24 hr reserv.	321-3200
Lifespringnorman.com	600 W. Tecumseh	1st Sat. 10:00-11:00 am (Limited amount of \$15 gas cards) Driver's license and Pic ID required	
Mission Norman		Gas vouchers for Dr. apt or job interview only, ID /appointment verification required	321-8880

Sooner Ride (Medicaid # required)	Call from 7 am-8 pm M-F or reserve online (3 days ahead) <b>member.logisticare.com</b> for med app.	877-404-4500
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