

## McFarlin Memorial United Methodist Church Resource List (2.24.25)

*General Resource Info:* Call 211 or Text: 211OK to 898211 or go to [www.211oklahomahelpine.org/](http://www.211oklahomahelpine.org/) for pantries *outside Norman*

<b>Norman Pantries</b>	Address	Times and Requirements/Limits	<i>Unless indicated, all #s are 405 Area Code:</i>
<i>*Meals served</i>	<i>**Meals specifically for Srs</i>		
Adventist Community Services	1818 E. Alameda	3rd, 4th & 5th Tues. (9-12) Current ID/proof of res. Cleveland and McClain Co.	250-3589
Aging Services Inc. Norman	602 N. Findlay	Meals for Srs served M-F 11:30-12 at the new AWE. Reservations <u>must</u> be made in person <u>on site</u> the previous Friday between 11:00-11:30 for the following week. Suggested donation: \$2.50	572-206-3718
**Adult Wellness & Education Center (AWE)			
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, 4 <sup>th</sup> Thurs: 5-6:30, 2 <sup>nd</sup> Sat: 9-11 Photo ID for residents in McClain/Cleveland Co.	321-0788
*Antioch Norman	1330 E. Lindsey	"The Table" Community dinner on 1 <sup>st</sup> and 3rd Mondays of the month, 6:00-7:30	310-4343
The Beacon Project (Pantry Partners)	517 W. Gray	Serving high school teens (14-19) in Norman area Contact <a href="mailto:info@pantrypartners.org">info@pantrypartners.org</a> or text:	833-3671
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th Fridays (no 5th Friday) 9-11:30 Pic. ID required, limit every 6-8 weeks	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
*Food and Shelter	201 Reed	Breakfast @ 8-10 and lunch @ 11 – 7 days a week For <b>Pantry</b> , see <b>Share Center</b> below	360-4954
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://mylifespring.church/share-ministry">mylifespring.church/share-ministry</a>	292-7770
McFarlin Mem. UMC Pantry	401 S. University	T/Th: 10-4; (2 Sats/mo. 10:30-12:00 Call for dates), 2 wk limit, Residents of Norman/Noble/Little Axe	766-7962
*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
**mealsonwheelsnorman.com	528 E Main	Office Hrs M-Th 7:30-3:30, F:7:30-2 Must be over 62. Under 62, must be disabled/doc referral	321-7272
Outreach Thrift	621 12th Ave NE	Refrigerated and canned goods pantry available during store hours: M-F 10-6, Sat: 10-7, Sun. 12-6	928-2072
The Mission	2525 E. Lindsey	MTW: 10-2, Th: 2-5:00pm, F:10-12 NO ID required (30 day limit)	321-8880
**Roserock Villa Indep Sr Housing Fac.	700 N Berry	Agging Serv provides lunch for Srs. with 24 hr call in reservation. Suggested Donation: \$2.50	364-3710
*Salvation Army Meals	318 E Hayes	Hot Community Meals – 7 days a week Dinner served @ 5:00	364-9910
Salvation Army Food Pantry	1124 N. Porter	T/Th (except for holidays). 1-3, 30 day limit	364-9910
The Share Center (Food and Shelter)	213 Reed	T/W 2:30-5:30; Th/F 11-2, 3 <sup>rd</sup> Sat 12-2; Norm, Noble, Lex or McClain Co. Photo ID & Proof of Res.	701-1890
South Canadian Valley Pantry	2217 24 <sup>th</sup> SW	Every 2 <sup>nd</sup> Saturday of the month 10-11:30 am	364-4051
Univ. of Oklahoma	333 Cate Center Dr.	Go to <a href="http://ou.edu/foodpantry">ou.edu/foodpantry</a> for current dates/hours. Student, staff or faculty. OU Employee ID card required	

*For a list of outdoor 24/7 accessible pantries in Norman, See [facebook.com/groups/pantrypagenorman/](https://www.facebook.com/groups/pantrypagenorman/)*

### **Food Pantries in East Norman, Noble & Lexington**

Circle the Wagon's Ministries	604 E. Broadway Lex	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays of the month, 2-4 pm, No salary limit required. For more info, call	835-9937
First Baptist of Noble	330 E Chestnut	M 1:30-3:00 Serving residents HW77 East -96th, Post Oak South to Slaughterville Rd 1x every 6 wks	872-3529
First Baptist of Lexington	900 E. Broadway	Non-perishable items. M-TH (9-4:00 by appointment) Limit 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	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
Little Axe Community Center	1000 168 Ave NE	Open on Mondays @ 9:00 until food is gone. For residents in Little Axe School Dist.	292-9770
**Noble Senior Center	600 E. Maguire Road	Congregate lunch pick-up M-F 11:30-12:00 (\$2.25 sug. donation for 60+) 24 hr reserv required	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

## Food Pantries in Moore and South OKC

Food & Resource Center (Moore)	2635 N. Shields Blvd	M:12:30-5:30, W-F 10-3, 3 <sup>rd</sup> Sat 9:30-11:30 For requirements/service zip codes, go to: <a href="http://rfbo.org/frc">rfbo.org/frc</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	3 <sup>rd</sup> Thurs. 5-6, Residents of Moore Pic ID required, <a href="http://freshstartok.com">freshstartok.com</a>	794-7313
Highland Baptist hbcmoore.org	2425 SE 4 <sup>th</sup>	1 <sup>st</sup> /3 <sup>rd</sup> Tues. of month: 6:30-7:30, Thurs. 9-12, Pic. ID and Proof of Residence required (60 day limit)	794-5432
Moore 1 <sup>st</sup> UMC (NE Entrance)	201 W. Main	Wed. 3-5:00, Sundays 1:30-3:00 Call for info and to set up an appointment after hours	794-6671
**The Brand Sr. Center in Moore	501 E. Main	Aging Services provides Sr. lunches for suggested donation of \$2.50 24-Hr Reservation required:	793-9069
Regencypark.church Care Closet	2001 N. Janeway	Wed. 10-4 Serving low-income residents in zip codes: 73160 or 73139, limit 1x a month	794-3507
St. Andrews Catholic	800 NW 5 <sup>th</sup> Moore	T/F 10-noon utility bill & photo ID required (30 day limit) Moore School Dist. residents only	799-3334

## CHILDREN (and Parents)

## To apply for SNAP benefits (food stamps) Call: 487- 5483

A Brighter Day	800 W Rock Creek #115	Free diapers/wipes and baby supplies for 0-36 months each week. Must register	Call/Text 405-968-3343
Abbott Children's House	231 E. Symmes	Offers coordinated investigation and intervention services to child abuse victims, <a href="http://abbott-house.org">abbott-house.org</a>	579-5800
Alameda Church of Christ	801 E. Alameda	Baby Pantry on Weds 10-12, 4 <sup>th</sup> Thurs 5-6:30, 2 <sup>nd</sup> Sat. 9-11, Photo ID Clev/McClain Co. Res	321-0788
Baby Steps	941 Nebraska	Provides childcare, counseling/parent classes for teen parents at NPS	360-2717
Bethesdaok.org	1181 E. Main	M-Th 8-6, F 8-12 psychotherapeutic couns./treatment for sexually abused children 3-18, Ed Program	364-0333
Beacon Project, Inc.	513/517 W. Gray	Formerly Pantry Partners, Helping teens with resources beyond just food. See <a href="http://pantrypartners.org/about">pantrypartners.org/about</a>	
Big Brothers Big Sisters	502 E. Main	8:30-5:00, M-F, Children ages 6-15 matched with mentor, For info: <a href="http://bigoklahoma.org">bigoklahoma.org</a>	364-3722
Boys and Girls Club (CCFI)	<a href="http://ccfinorman.org">ccfinorman.org</a>	Enrichment for NPS students ages 6 and up, M-F: 3:00-7 (8-5 for the summer month programs)	364-1420
Bridges	1670 Stubbeman	Provides qualifying H.S. students with access to housing/basic services so they can graduate	579-9280
CASA: Southcentralcasa.org	2241 W Lindsay	Court-appoint advocates for abused/neglect children in court system, Must be in DHS Custody	360-5295
Center for Children/Families	210 S. Cockrel	Baby pantry: M-F 8-5: (limit 2 wks) teen/new parent classes, divorcing/co-parent serv, counseling	364-1420
Children's Recovery Center	320 12 Ave NE	Inpatient Psychiatric care for ages 12-17 with mental health issues	Admissions: 573-3842
Cleveland Co. Health Dept.	M-Th 8-4, F: 8-11	By appointment: STD, family planning, WIC, covid testing, car seat, child health, immunization, head lice	321-4048
Sooner Start (Birth-3)	250 12 <sup>th</sup> Ave NE	Early intervention for develop. delays, Children First (First time moms, referrals must contact before 29 weeks	
Child Guidance Program (Birth-12)		Behavioral health, child development, hearing, speech-language pathology (screenings and treatments)	
Crossroads Youth & Fam Center	1650 Tecumseh, Ste 500	Counseling, Emergency Youth Shelter	<a href="http://Crossroadsyfs.org">Crossroadsyfs.org</a> 321-0240
Early Birds	<a href="http://sunbeamfamilyservices.org/earlybirds/">sunbeamfamilyservices.org/earlybirds/</a>	Free program to help caregivers of 0-5 or pregnant moms learn about child development/school readiness	
Family Expectations	<a href="http://familyexpectations.com">familyexpectations.com</a>	Free program to help parents prepare for new baby/strengthen relationship between partners	639-2054
Headstartprogram.us/city/ok-norman	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 <b>Baby Mobile</b> info/schedule for Norman, go to: <a href="http://infantcrisis.org/get-help/babymobile/">infantcrisis.org/get-help/babymobile/</a>	528-3663
kaleidescopegriefsupport.com		Free support for children (ages 3-18) /families grieving the death of a loved one. For info call:	306-0052
Loveworksleadership.org	<b>2002 E Robinson</b>	Free afterschool opps/events for middle schoolers to develop leadership, social/life skills/character	566-0316
okabletech.org		Partners with SoonerStart to provide Assistive Technology (AT) to infants/toddlers with disabilities	
Operation School Bell		Provides new clothes/shoes for students K-12 in NPS & Little Axe Schools <u>Contact school counselor</u>	
Open Heart Resource Room@gmail.com		Delivers items to children in <i>out-of-home</i> care. Referral from agency/minister or DHS required	887-1787
okdhslive.org (Cleveland Co.)	303 E. Comanche	Adult and Family Services (Dept. Human Serv.) Apply online, in person or over the phone at:	<b>405-522-5050</b>
TRUEDads.com	3 East Main, OKC	M-F 8-5. EBT cards are available at this location from 8:30-4:30.	
Variety Care	1237 Alameda	For dad/co-parents to learn how to work better together, build relationships & find a better job	418-3888
Women's Resource Center	confidential	Care for uninsured children under 18 and Insured women 18 and above	632-6688
		wrcnormanok.org If in danger or need to talk: Rape Crisis Hotline: 701-5660	701-5550

## CLOTHING

*Laundry Love (Sox of Love) Free laundry at Sooner Wash 1x a month. For date and info, contact [soxoflove@gmail.com](mailto:soxoflove@gmail.com) or 362-6052*

Adventist Community Services	1818 E. Alameda	3rd, 4th & 5th Tues. (9-12) Current ID/proof of residence Cleveland Co. (3x yr limit)	366-7772
Noble Church of Christ	111 N. Main	Clothing House (clothes, bedding, shoes, etc.) 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays from 8-10 Call for info.	872-3140
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th (no 5th) Friday 9-11, Picture ID required, 6-8 week limit	329-0823
First Baptist of Norman	211 W Comanche	By appt: Tuesdays 1:30-3. Can also request during office hrs. (Clev, Co. Res. only)	321-1753
First Presbyterian Thrift Shop	404 Toberman	Thursdays, 9-4 (exc. for holidays/school closings), min. cost, emergency vouchers 1-2:30	321-0933
Outreach Thrift	621 12th Ave NE	Accepts referral vouchers from agencies for free clothing assistance M-F 10-6, Sat:10-7, Sun. 12-6	928-2072
Salvation Army	1124 N. Porter	Clothing Voucher for the unhoused (Thursdays 9-noon) Must have ID, proof of homelessness	364-9910
St Joseph's Catholic Thrift Store	211 N. Porter	Wednesdays 9-12, minimal cost (free if can't afford) 1x month	701-3693

## GENERAL ASSISTANCE in Cleveland County (C.C.)

Ability Connection OK	<a href="mailto:okc@acok.org">okc@acok.org</a>	Serves children/adults with disabilities (Cerebral Palsy) to advance independence & productivity	759-3562
ABLE	300 N. Crawford	Provides group homes/employment for people with developmental disabilities M-F 8-4	329-3922
Alameda Church of Christ	801 E. Alameda	State ID/Driver License and Birth Cert. Replacement Assistance during Food Pantry Hours (See above)	
Among Friends	1185 E Main	A day activity center for adults with special /additional needs. <a href="mailto:FB@AmongFriendsOK">FB@AmongFriendsOK</a>	361-5529
Cleveland Co. DHS (Norman)	631 E Robinson	To apply for <b>SNAP benefits</b> , call 487- 5483 Daycare Medicaid temporary assistance	573-8300
DivorceCare.org	1500 E Imhoff Rd	In-person/online groups meet at various churches in the Norman area. See website for info.	
Norman Habitat Restore	1100 W. Main	New/used building supplies/furniture/appliances at discount. Takes referrals from case workers	360-7868
<a href="http://roserockhabitat.org">roserockhabitat.org</a>		Wheelchair ramps, emergency home repair, yard clean-up and code violation assistance	366-2813
HUGS Ministry	Follow on <a href="https://www.facebook.com/hugsstreetministry">facebook.com/hugsstreetministry</a>	Mobile trailer: showers, help with IDs, Birth Cert. clothing items, hot meal for the unsheltered	684-0025
Human Trafficking Help	( <a href="http://thedragonflyhome.org">thedragonflyhome.org</a> )	Resource for victims of human trafficking, 24-hr helpline Toll-free: 855-674-4767 or OKC:	212-3377
Laundry Love	<a href="http://www.soxoflove.org">www.soxoflove.org</a>	Offers socks/laundry service to those needing a helping hand. See website for location/dates.	362-6052
LegalAidOK.org (Suite 1550)	2227 W Lindsay	Provides free legal service (not criminal) Eviction notices, bankruptcy, custody, etc.	360-6631
<a href="mailto:legalclinic@ou.edu">legalclinic@ou.edu</a>	300 W. Timberdell Rd	Pro-bono service of civil/criminal cases for low income residents in Cleveland/McClain Co.	325-3702
OK Indigent Def. System (OIDS)	111 N. Peters Ste 100	Court appointed public def/criminal trial attorneys for Clev, McClain, Garvin Co. <a href="http://ok.gov/OIDS">ok.gov/OIDS</a>	801-2636
PFLAG	<a href="http://pflagnorman.org">pflagnorman.org</a>	Provides support/advocacy for families of LGBTQIA2S+ Meets 2 <sup>nd</sup> Thurs.@ 7 at East Side Library	360-4497
Plannedparenthood.org	619 NW 23rd OKC	Pregnancy testing, HIV testing and counseling, contraceptive services	528-2157
RAIN Oklahoma (OKC)	3800 N Classen Ste 200	M-F 8:30-4:30. HIV Case Management For info: <a href="http://rainoklahoma.org">rainoklahoma.org</a>	232-2437
Red Dirt Collective	<a href="mailto:rdc.normanok@gmail.com">rdc.normanok@gmail.com</a>	Works in solidarity with the poor/working class. Community Gardens/Mutual Aid Fairs	
Salvation Army	1124 N Porter?	ID Assistance, Thursdays (9-Noon) Must have proof of homelessness	
Social Security ( <a href="http://ssa.gov">ssa.gov</a> )	200 NE 27 <sup>th</sup> Moore	M, T, Th, F 9-3; Wed:9-12 Offices offer info, help/services handled by the SSA or call:	866-964-4260
Women's Resource Center	<a href="http://wrcnormanok.org">wrcnormanok.org</a>	If in danger/need to talk: Domestic Violence Crisis Hotline: 405-701-5540	364-9424
Workforce Innovation Opp. Act (WIOA)	103 W. Acres	A state-wide free web-based job-matching and labor market info system; <a href="http://Okjobmatch.com">Okjobmatch.com</a>	701-2681
<b>**Tax Assistance (VITA)</b>	1183 E. Main	Ass. during tax season (Jan 31-April 12) F & Sat. 830-4 in Comm Services BLDG No apt. nec.	701-2009

*\*\*See last page for other tax assistance*

## MEDICAL:

*Also see (CHILDREN and Parents)*

Blanchard Healing Hands Comm. Clinic	600 N Main	Free primary care service to those w/o insurance. 3 <sup>rd</sup> Thurs from 6-9 pm, Scripts filled on-site.	673-6374
Central OK Comm. Action	<a href="http://Cocaa.org">Cocaa.org</a> Moore	prescriptions for under insured through RX Okla. <i>As available.</i>	432-6100
Cleveland County Health Dept.	250 12 <sup>th</sup> Ave NE	M-Th 8-11, 1-4, F: 8-11, STD testing, fam planning, immunizations by appointment only	321-4048
<a href="http://theedenclinic.com">theedenclinic.com</a>	1125 N Porter, Ste 200	Free Pregnancy tests/ultrasound to confirm pregnancy, M-Th 10-5 Parenting classes STI testing	579-4673
Hope Pregnancy Center	( <a href="http://thinkimpregnant.org">thinkimpregnant.org</a> )	Safe, confidential/caring environment to explore options without judgement; pregnancy tests	688-8700
JD McCarty Center	2002 E. Robinson	Therapy and medical care for children (0-21yrs)with developmental disabilities <a href="http://www.jdmc.org">www.jdmc.org</a>	307 2800

**MEDICAL: Continued**

Moore Faith Medical Clinic Okabletech.org The Mission	(No drop-ins) 2525 E. Lindsay	Free clinic on Thurs 6-8:30 for uninsured. For appointment, contact 405-759-0853 #1 & leave a message. Helps Srs & people with disabilities acquire needed medical equipment and assistive technology (AT) Up to \$25 on non-narcotics, Will call pharmacy to verify prescription 1x a yr limit	321-8880
Variety Care Fam. Medicine Varietycare.org Variety Care Primary Medical	317 E. Himes 1237 Alameda <b>632-6688</b>	M-F, 8-5 med. care for men/women & children (by appt.) Behavioral health for men/women: M-Th 8-5 M-F 8-5, Medical care and behavioral health for children up to 18, Women's healthcare, pregnancy tests Dental Care (in OKC with free transportation) Accepts SoonerCare, Medicare & self pay (sliding scale)	
Women's Resource Center	confidential	wrcnormanok.org If in danger or need to talk: Rape Crisis Hotline: 701-5660	701-5550

**PET CARE/ADOPTION**

St. Francis Animal Resource Center <i>For low cost or free spay/neutering services, check out:</i> Norman Animal Welfare	stfrancisarc.org <a href="http://stfrancisarc.org/resources">stfrancisarc.org/resources</a> <a href="https://www.normanok.gov/residents-visitors/animal-welfare/fees">https://www.normanok.gov/residents-visitors/animal-welfare/fees</a>	Provides resources such as food, supplies and linkage to vet services to keep pets with their people	367-5862 292-9736
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**MENTAL HEALTH and ADDICTION:**

Alzheimer's Support Group alameda.church/connect/celebrate-recovery	419 University Find freedom from life's hurts, hang-ups and habits. Meets Tues. eves at 6:30 Call for more info:	Luncheon (\$7) 3 <sup>rd</sup> Wed. in Rm 209 McFarlin Memorial U.M.C. RSVP 1 week in advance to	321-3484, ext 115 626-1805
Central OK Community- Mental Health Center	909 E. Alameda 1120 E Main	Adult outpatient services, McClain/Cleveland County (Adult Crisis: 613-1122) Child (18 and under) & family outpatient services Crisis hotline for 18 and under: 397-4929	360-5100 573-3812
Hub 107	107 Gibbs Dr.	Day (Drop-in) Shelter with mental health resources available. M-F, 8-11, 12-4	573-6498
Children's Recovery Center	320 12 Ave NE	Inpatient Psychiatric care for ages 12-17 with mental health issues	Admissions: 573-3842
Community Works	805 E. Robinson	A behavioral health/addiction private agency providing outpatient counseling cworksok.com	447-4499
Depression and Bipolar Support (dbsaok.org)		Support group: Meets at St. Stephens Methodist Church, Thurs. @ 7:00 Call to confirm	Diane: 503-1948
Caregivers Support Group		Meets at Wildwood Church in Norman, 1501 24 <sup>th</sup> Ave, NE	For more info: 329-3939
Fresh Start Comm. Church	309 N. Eastern	Celebrate Recovery 12-step program, Large group at 6:30 Tues./7:30 share group Call for info.	794-7313
Green Shoe Foundation	<a href="mailto:info@greenshoe.org">info@greenshoe.org</a>	No-cost 5-day retreats for adults with co-dependency from childhood trauma For more info, call	697-2109
Griffin Memorial Hospital	900 E. Main	Inpatient psych. Care for adults with mental health/substance abuse issues No insurance required. Adm:573-6623	
National Alliance on Mental Illness (NAMI)		For more info in Norman, contact: <a href="mailto:naminormanok@gmail.com">naminormanok@gmail.com</a> or NAMIoklahoma.org Call/text: 405-408-0984	
Red Rock Outpatient Serv.	900 N Porter #110	Out-patient Psychiatric Crisis Center (suicide, homicidal) for adults/children M-Th 8-5, F: 8-4	424-7711
Red Rock Crisis Unit	900 E. Main St, Bldg 52	Adult In-patient services Open 24/7 Crisis hotline: 987-ROCK red-rock.com/resources	307-4800
SHREDtheStigmaOK.org		Addresses accidental overdoses & other drug-related harm through realistic and achievable approaches	295-5167
thevirtuecenter.org	2457 Wilcox Dr.	M-Th 8-6:00, Fr 8-12, Counseling/recovery for substance abuse, gambling addiction, mental health	321-0022
Thunderbird Clubhouse	251 Triad Village Dr	Clubhouse for adults recovering from mental illness (Referral required) <a href="mailto:referrals@thunderbirdclubhouse.org">referrals@thunderbirdclubhouse.org</a>	
Transition House	700 Asp Ave. #2	Transitional living program for adults with mental illness. For more info, go to <a href="http://thouse.org">thouse.org</a>	360-7926
Tribal Opioid Response Grant <a href="http://TOR@astrive.com">TOR@astrive.com</a>	<a href="http://www.asthealth.org">www.asthealth.org</a> 15951 Little Axe Dr.	Free Narcan and fentanyl test strips to general public. Treatment/recovery services for citizens of a federally recognized tribe residing in Cleveland Oklahoma, Pottawatomie, Lincoln and Logan counties.	

**Addiction Hotline:** Call 988 **Tobacco:** 800-QUIT NOW **Gambling:** 800-522-4700 **Suicide Prevention:** 800-273-TALK **Spanish:** 888-628-9454

## **RENT and UTILITY and FINANCIAL ASSISTANCE:**

Alameda Church of Christ (utilities)	801 E Alameda	Requires "Cut-off" Notice Call Mon @ 8:00 am for Wed. appointment 1x a yr (3x max)	321-0788
Catholic Charities (ccokc.org) utilities	1232 N Classen OKC	Offers financial assistance to 1st 8 callers @ 8:00 am Mon morn Must have proof of Inc.	523-3000
COCAA.ORG (Moore)	224 S.Chestnut Ave	Low inc. family util. assistance up to \$150 (OG&E) Rental Assistance when funds are available	
Sanctuary Women's Day Shelter	425 E. Tonhawa	Support for women. Services. Rental and Electric deposits. Call for Info.	701-8293
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 rent/util. assist. Bring cut-off notice/letter from landlord Pic ID required	292-7770
Low Income Home Energy Assistance Program (LIHEAP)		Provides winter heating/sum cooling funding to eligible low-income households LIHEAP2@okdhs.org	
Low Income Household Water Assistance Program (LIHWAP)		DHS Water Assistance <a href="https://search-tool-jade.vercel.app/">https://search-tool-jade.vercel.app/</a> Type in zip code for application	522-5050
McFarlin Methodist (utilities)	419 S Univ. SE Ent.	Gas/water/electric, Bills required Norman/Noble/Little Axe Res only. Thurs. Register @ 8:30	321-3484
The Mission (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 limit	321-8880
St. Vincent de Paul at St. Andrew (utility/other)		<u>Moore school district only</u> , Call and leave message	799-3334
St. Vincent de Paul at St. Joseph (rent/utility)		Norman/Noble area Call for appointment. 1x a year limit	701-3693
St. Vincent de Paul at St. Mark's (utilities)		Norman/Blanchard zip codes, Call and leave a message	366-8070
St. Vincent de Paul at St. Thomas More (rent/utilities)		Norman/Noble area. Call and leave a message 1x year limit	329-5372
St. Vincent de Paul at Our Lady of Victory (utilities)		For Purcell/Lexington area only, Call and leave a message	595-1087
Salvation Army (utilities and rent)	1124 N. Porter	Call on Mondays to schedule assistance, 1x per year limit	364-9910

## **SENIORS and VETERANS** *C.C. – Cleveland County*

Agingservicesok.org	1179 E Main	Special financial assist./Food Pantry/ Caregiver Respite, Grandparents raising Grandchildren, Housekeep. Vouchers/Transportation/Med Supply Lending: Wheelchairs, walkers, shower chairs, canes, pull-ups	321-3200
Alzheimer's Support Group	419 University	Luncheon (\$7) 3 <sup>rd</sup> Wed. in Rm 209 McFarlin Mem U.M.C. RSVP 1 week in advance to:	321-3484, ext 115
Caring Assistance Line	Okcares.org	Statewide Ass. line for aging/disability resources: (Caregiver, in-home assist, legal, Med info)	800-211-2116
Dale K. Graham Vet Foundation	1233 W. Lindsay	Accredited foundation serving veterans & families in the VA claims process DKGVF.ORG	550-8806
Full Circle Daycare fullcircleok.org	4223 28th Ave NW	Adult Day Services M-F, 7:30-5:30 Caregiver Support 1 <sup>st</sup> Tues @ Comm Serv Bldg. 1 <sup>st</sup> floor	447-2955
Envision Success 4 Veterans	315 W. Main	Accredited Veteran Service Officers Assist vets/fams with resources, claims/benefits at no cost.	701-2015
Force50foundation.com (Vets)		Providing grant funding to partner veteran orgs and emergency aid to veterans in-crisis	
Grandparent Toolkit	<a href="http://Oklahoma.gov/health/GrandparentToolkit">Oklahoma.gov/health/GrandparentToolkit</a>	Find resources on: Nutrition, Mental Health, Infant Health/safety Respite Care, Discipline	
Okabletech.org		Helps Srs with disabilities acquire needed medical equipment and assistive technology (AT)	800-257-1705
Supportive Services for Veteran's Families (SSVF)		Statewide housing assistance for eligible veterans	<a href="http://www.OKVetUnited.org">www.OKVetUnited.org</a> 405-724-3360
TheHugsProject.com		Because every American who defends freedom deserves the thanks of our grateful nation	Call: 651-8359
Veteran's Corner (in Newcastle)	3805 SE 44 <sup>th</sup>	Open T/Th from 8-12. Small food closet and some rent/utility assistance	Call for info. 387-5070
CC Veterans Service Coordinator	210 S. James Garner	Provides avenues to claim benefits from county, state and federal agencies.	O:366-0673 C: 593-5365

## **TRANSITION HOUSING and SHELTER**

A Friend's House (Night Shelter)	109 W. Gray	Check-in at 5:00 to reserve a bed. Call for more info on reservation protocol	561-1755
Bridges	1670 Stubbeman	Provides qualifying H.S. students with access to housing/basic services so they can graduate	579-9280
Food and Shelter for Friends	201 Reed	Call for Info: Monday – Friday, 9-5	360-4954
Habitat for Humanity (roserockhabitat.org)		Builds affordable homes, wheelchair ramps, repairs, yard clean-up. See website for more info.	366-2813
Norman Housing Authority	700 N. Berry Rd	Housing/rental assist. for low-inc. families & handicapped/elderly See: <a href="http://normanha.org">normanha.org</a>	329-0933
Salvation Army	318 E Hayes	As space permits (60 day limit)Valid ID. 1 bag limit , Extra "Cold cots" for women when below 32°	364-9910
The Mission	2525 E. Lindsey	Housing for homeless families with children. Call or come by for application.	321-8880
Transition House <a href="http://thouse.org">thouse.org</a>	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, GED help	701-8293

## TRANSPORTATION

<b>Care-a-Vans:</b> normancareavans.org	Transportation for Norman unboxed, M-F 9-5 subject to volunteer availability Rides from a Friend's House (Starting at 7 am) and Salvation Army (8:30)	Call/text: 405-532-6436
Crosspoint Car Maint. Ministry 2601 SE 24 <sup>th</sup>	2 <sup>nd</sup> /4 <sup>th</sup> Saturdays (Minor Car repairs. You provide parts.) Appointments only.	Call for info: 329-0823
First Baptist Church (Bicycles) 211 W Comanche	Cleveland Co. residents. Photo ID required (Call for appointment)	321-1753
<b>Kiwanis Cruiser</b> (Agingservicesok.org)	60 & up/Under 60 if disabled, \$2.50/\$5 RT donation recommended (M-F, 8:30-10:30 & 1-3) Walmart Wednesdays Please reserve 2 weeks ahead	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	292-7770
<b>Norman EMBARK:</b> Embarkok.com/norman or download <b>Embark App</b> . Free service: M-F, 7am-10pm, Sat. 10-7 Closed Sun/Maj. Holidays		<b>235-RIDE</b>
EMBARK Plus (Curb to Curb transit for elderly/disabled within OKC lim If you have TTY service, dial 711 to reserve. Must book 1-7 days in adv.		<b>235-7587</b>
<i>Norman On-Demand:</i> Transit service for late night/Sun.in core Norman. For times/pricing, see normanok.gov/residents-visitors/transit-parking/norman-demand		
<b>Sign-up with OU email address for free and safe rides: Th/Fri/Sat. 10 pm – 3:00 am</b>		
Sooner Ride (Medicaid # required)	Call from 7 am- 8pm M-S (3 days ahead) or online @ member.logisticare.com for med appt.	877-404-4500
The Mission 2525 E. Lindsay	Gas vouchers for Dr. apt or job interview only, ID /appointment verification required	321-8880

### **\*\*Other assistance during Tax Season:**

The Well (Norman) 210 James Garner Ave	<b>Feb. 3- April 11</b> , Monday evenings, 5pm-8pm No appointment necessary
12 <sup>th</sup> Ave Rec Center (Norman) 1701 12 <sup>th</sup> Ave NE	<b>Feb. 4- April 11<sup>th</sup></b> , T- F Mornings 8:30-12:45 Appointment necessary. Call: 405.292.7275
VITA (Community Serv BLDG1183 E Main	Every Friday and Saturday, (8:30-4) Jan. 31- April 12. No appointment necessary

Please contact Mary Sallee @ [mksallee@icloud.com](mailto:mksallee@icloud.com) to report any changes/updates/additions in the information listed.  
To access the most updated version of this list, go to: <https://mcfarlinumc.org/missions/if-you-need-help/>