

### **Citizenship - Community Development**

[http://www.ok.gov/health/Community\\_Health/Community\\_Development\\_Service/](http://www.ok.gov/health/Community_Health/Community_Development_Service/)

### **Citizenship - Voting Rights**

ACLU Voting Rights and Restrictions

<https://www.aclu.org/issues/voting-rights/voter-restoration/felony-disenfranchisement-laws-map?redirect=maps/map-state-criminal-disfranchisement-laws>

### **Education - Higher Education**

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

[https://modernstates.org/?gclid=EAlaIQobChMIoIO16uee9gIVl\\_3jBx34gQCHEAAYASAAEgKfRfD\\_BwE](https://modernstates.org/?gclid=EAlaIQobChMIoIO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE)

### **Employment - Employment Services**

We are dedicated to helping you find your next career! The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. Founded in 1910, the National Urban League spearheads the effort of its local affiliates through the development of programs, public policy research and advocacy.

<http://www.nuljobsnetwork.com/>

### **Employment - Employment Services**

2401 N. Lincoln Blvd.  
Oklahoma City, OK 73152  
405-557-0200

[http://www.ok.gov/oesc\\_web/](http://www.ok.gov/oesc_web/)

### **Employment - Employment Services**

The Center for Employment Opportunities (CEO) gives formerly incarcerated individuals transitional jobs to meet their immediate needs and uses that experience and training to place them in permanent, unsubsidised jobs.

Contact Number

Tel: (405) 588-8200

CEO Oklahoma City

228 Robert S. Kerr Suite 600

Oklahoma City, Oklahoma 73102

Our office hours are Monday to Friday, from 8:30 AM to 4:30 PM.

<http://ceoworks.org/our-offices/oklahoma-city-ok/>

### **Employment - Job Training**

501 N. Walker Avenue, Suite 160

Oklahoma City, OK 73102

(405) 588-8200

The Center for Employment Opportunities (CEO) is

### **Citizenship - Consumer Services**

<http://www.ok.gov/oag/>

### **Education - Higher Education**

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life.

Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree

<https://www.uopeople.edu/>

### **Employment - Employment Services**

If you or a loved one is impacted by mental illness, a job can be the first step towards improved health, sobriety, and fulfillment. That's why, along with housing, we believe employment should come first. How can you achieve both housing and employment first? Our employment services work alongside other in-house and community services, assisting you wherever you may be on your path to recovery. Just like Housing First, Employment First seeks to remove your barriers while also prioritizing your choice and self-determination. You deserve the opportunity to have a good job, be independent and self-sustaining.

5330 East 31st Street, Suite 1000

Tulsa, Oklahoma 74135

918-585-1213

400 N Walker Ave, Suite 190

OKC, Oklahoma 73102

405-943-3700

<https://mhaok.org/employment-support>

### **Employment - Employment Services**

400 N Walker Ave, Suite 190

OKC, Oklahoma 73102

405-943-3700

The Importance of Employment Support

If you or a loved one is impacted by mental illness, a job can be the first step towards improved health, sobriety, and fulfillment. That's why, along with housing, we believe employment should come first. How can you achieve both housing and employment first? Our employment services work alongside other in-house and community services, assisting you wherever you may be on your path to recovery. Just like Housing First, Employment First seeks to remove your barriers while also prioritizing your choice and self-determination. You deserve the opportunity to have a good job, be independent and self-sustaining.

<https://mhaok.org/employment-support>

### **Employment - Employment Services**

501 N. Walker Avenue, Suite 160

Oklahoma City, OK 73102

(405) 588-8200

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<https://ceoworks.org/locations/oklahoma-city>

### **Employment - Workforce Development**

Looking to start a new career, reenter the workforce, or overcome a barrier to employment? OESC offers various programs to help job seekers along their journey, which also benefit employers.

<https://oklahoma.gov/oesc/individuals/programs.html>

### **Family - Parenting**

Oklahoma State Department of Health  
Office of Child Abuse Prevention  
1000 Northeast 10th Street  
Oklahoma City, OK 73117-1299  
405-271-7611

Paste into your browser:

<http://www.circleofparents.org/>

### **Food - Food Pantry**

Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food.  
<http://www.feedingamerica.org/find-your-local-food-bank/>

### **Food - Food Pantry**

800 W. California  
Oklahoma City, OK 73106  
(405) 232-2709  
NEED FOOD

Are you in need of food? Here are some quick facts to get started:

Shop by appointment only, shoppers can come by the Impact Hunger Food Resource Center to make an appointment between 9:00 am and 6:00 pm Monday through Friday

The FRC (Store) is open for shopping from 1:00 pm till 6:00 pm Monday through Friday

Shoppers can shop once every fourteen days

Shoppers can choose up to twelve items per trip

<http://www.cityrescue.org/need-help/>

### **Health - Crisis Hotline**

Domestic Violence Hotline 1-800-799-7233(SAFE)

StrongHearts Native Helpline 1-844-7NATIVE

(1-844-762-8483)

Runaway Safeline 1-800-RUNAWAY /

1-800-786-2929

Human Trafficking Hotline 1-888-373-7888

Child Abuse Hotline - 1-800-4-A-CHILD

(1-800-422-4453)

Substance Abuse Treatment - 1-800-662-HELP (4357)

Center for Missing and Exploited Children (NCMEC) Hotline - 800-8435678

Sexual Assault Telephone Hotline - 800-656-HOPE (4673)

<https://ceoworks.org/locations/oklahoma-city>

### **Employment - Employment Services**

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the location nearest to you.

<https://americaworks.com/virtual-contact-info/>

### **Employment - Staffing Agency**

PeopleReady has re-imagined and simplified the path that connects people and work. Whether you need workers or you're looking for new job opportunities, we're ready to deliver results for you today.

<https://www.peopleready.com/>

### **Family - Family Services**

210 S. Cockrel Ave.

Norman, OK 73071

405-364-1420

Center for Children and Families, Inc. provides services and resources to support children and families impacted by child abuse, neglect, divorce and other traumatic experiences. Through community partnerships, CCFI provides counseling, education, after-school care and other support services for families.

<https://www.occf.org/ccfi/>

### **Food - Food Pantry**

WhyHunger Hotline: 866-348-6479

Call, text or click on the link to their website to find food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations.

<http://www.whyhunger.org/find-food>

### **Food - Food Pantry**

Ample Harvest works to reduce food waste by connecting gardeners to their local food pantries so that excess garden bounty can be shared with those in need. Use the search tool to look for a local food pantry near you.

<https://ampleharvest.org/find-food/>

### **Health - Alcoholics Anonymous**

Welcome to AA Oklahoma, a state-wide recovery resource devoted to supporting the men and women of Oklahoma. AA Oklahoma helps individuals struggling with alcoholism find the help they need on a local basis. Discover Oklahoma Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction.

<https://alcoholicsanonymous.com/aa-meetings/oklahoma/>

### **Health - Department of Human Services**

424 S Eastern

Moore, OK

Suicide Prevention Lifeline Hotline - 800-273-8255  
<https://www.acf.hhs.gov/acf-hotlines-helplines>

**Health - Free/Sliding Scale Clinic**

10255 North Pennsylvania Avenue  
Oklahoma City, OK 73120  
405-749-0800

All the care is free

Crossings Clinic also has partners who provide more advanced care in podiatry, pediatrics, dermatology, neurology, general surgery and physical therapy, Mercy Health Center has provided courses for diabetics including nutrition and exercise. Diabetic shoes have been donated. In cooperation with the Health Alliance for the Uninsured, Crossings Clinic offers a "Super Saturday Clinic" for women's health.  
<http://crossings.church/clinic/>

**Health - Free/Sliding Scale Clinic**

4915 N. State St.  
Warr Acres, OK 73122  
405-495-4667 Call for Hours

Provides an opportunity to maintain wellness to any individual who is considered medically indigent (not covered by Medicare/Medicaid or any other insurance). We do this through education in the areas of diabetes, high blood pressure, nutrition and women's clinics. We also are open to individuals who are sick and seeking treatment during regular clinic hours:

Family Practice - Monday Evenings at 4:30 p.m.  
[http://www.stcharlesokc.org/apps/pages/index.jsp?uREC\\_ID=172232&type=d&pREC\\_ID=368670](http://www.stcharlesokc.org/apps/pages/index.jsp?uREC_ID=172232&type=d&pREC_ID=368670)

**Health - Free/Sliding Scale Clinic**

1125 S Walker Ave  
OKC, OK 73109  
405-235-7055

Adult and Pediatric Clinic

Wed 4 p.m. - 7 p.m.

All clinics on a walk-in basis

No fees

Spanish and English spoken

Be there by 4:30 pm

\$10 donation

**Health - Free/Sliding Scale Clinic with Dental**

GOOD SHEPHERD MINISTRIES

222 N.W. 12th Str.

OKC, OK 73103

405-232-8631

Good Shepherd Ministries exists to show God's love by offering medical and dental care to the uninsured and spiritual care to the broken.

<http://goodshepherdokc.org/>

**Health - Free/Sliding Scale Clinic with Dental**

1025 Straka Terrace  
Oklahoma City, OK 73139

(405) 632-6688

1 (866) 388-6688

RX- (405) 629-5281

HEALTH CARE

Family Medicine

Dental

Behavioral Health

Optometry

(405) 794.1591

WALK-IN CLINIC

Monday-Friday 8am-5pm Check in by 4pm

By Appt: Dental Services

Diagnosis of dental problems, preventive services such as fluoride treatment and dental sealant, routine fillings and restoration of decayed teeth, some simple extractions

[https://www.ok.gov/health/County\\_Health\\_Departments/Cleveland\\_County\\_Health\\_Department/](https://www.ok.gov/health/County_Health_Departments/Cleveland_County_Health_Department/)

**Health - Free/Sliding Scale Clinic**

3851 Tinker Diagonal

Del City, OK 73115

(405) 632-6688

1 (866) 388-6688

Family Medicine

<http://www.varietycare.org/locations/mid-del-health-center>

**Health - Free/Sliding Scale Clinic**

1320 N. Pennsylvania Avenue

OKC, OK 73103

405-605-3101 Call for Hours

Manos Juntas Clinic joins hands in an effort to provide healthcare accessible to all who present in need for service. Any individual/family who arrives in the building between 9am and 11:15am will be seen that day at no cost.

[http://www.manosjuntas.com/Free Medical Clinic.html](http://www.manosjuntas.com/Free_Medical_Clinic.html)

**Health - Free/Sliding Scale Clinic with Dental**

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

[https://freeclinicdirectory.org/oklahoma\\_care.html](https://freeclinicdirectory.org/oklahoma_care.html)

**Health - Free/Sliding Scale Clinic with Dental**

921 W. Britton Road

OKC, OK 73114

405-848-4005

To provide health care services and dispense medication by volunteer, licensed health care professionals to persons who are in need of such care regardless of financial status or ability to pay. Through the services provided, we strive to share the love of Christ and His message of salvation and hope.

<http://www.kingsclinic.com/>

**Health - Free/Sliding Scale Clinic with Dental**

4023 NW 10th St.

Oklahoma City, OK 73107

(405) 632-6688

1(866) 388-6688

HEALTH CARE

Family Medicine

Dental

Behavioral Health

Obstetrics

Women's Health Services

Obstetrics  
Women's Health Services  
Pediatrics  
<http://www.varietycare.org/locations/straka-terrace>

**Health - Free/Sliding Scale Clinic with Dental**

440 N. Portland Ave. Suite 1000 On Portland  
between NW 10th and Reno  
Oklahoma City, OK 73107  
(405) 632-6688  
Family Medicine  
Pediatric Medicine  
General Dentistry  
Pediatric Dentistry  
Obstetrics / Prenatal  
Women's Health  
Family Planning  
Behavioral Health  
Vision / Optometry  
Patient Assistance Program  
Laboratory  
Vaccinations  
<http://www.varietycare.org/locations/osu-okc>

**Health - Free/Sliding Scale Dental Clinic**

431 SW 11th Street  
Oklahoma City, OK 73109  
(405) 236-0413  
Hours:  
Tuesday 8:30 a.m. – 5:00 p.m.  
Wednesday 8:30 a.m. – 5:00 p.m.  
Thursday 8:30 a.m. – 5:00 p.m.  
Alternating Fridays/Saturdays – 9:30 a.m. – 6:30  
p.m.  
<http://nsookc.org/services/dental/>

**Health - Free/Sliding Scale Dental Clinic**

1901 Springlake Drive  
Oklahoma City, Oklahoma 73111  
(405) 521-8486 (Information ONLY)  
(405) 769-3301 (APPOINTMENTS)  
Located on Metro Tech campus- open to the  
public. Preventive, restorative and extractions. (No  
dentures.) Sliding fee scale for eligible patients  
and procedures. Call for eligibility, fees, and  
appointment.  
<http://www.metrotech.edu/about-metro-tech/get-involved/perry-klassen-clinic>

**Health - Narcotics Anonymous**

Find NA meetings near you!  
<https://www.narcotics.com/na-meetings/>

**Money - Free Credit Report**

Free credit reports authorized by federal law.  
Federal law allows you to get a free copy of your  
credit report every 12 months from each credit  
reporting company.  
<https://www.annualcreditreport.com/index.action>

**Reentry Resource - Multiple Resources Available**

Search for benefits in Education, Grants, Loans,  
Social Security, Housing and Utilities, Employment  
and Career Development, Financial Assistance and  
more.  
<https://www.benefits.gov/categories>

**Reentry Resource - Multiple Resources**

Pediatrics  
<http://www.varietycare.org/locations/nw-10th-st-family-health-center>

**Health - Free/Sliding Scale Dental Clinic**

10255 North Pennsylvania Avenue  
Oklahoma City, OK 73120  
405-749-0800  
All the care is free  
OUHSC hygiene students provide teeth cleaning to  
patients one day a week.  
<http://crossings.church/clinic/>

**Health - Free/Sliding Scale Dental Clinic**

1201 N. Stonewall Avenue  
Oklahoma City, OK 73117-1214  
(405) 271-6326  
Hrs- Mon-Fri 8a.m. - 5p.m.  
different types of care offered at the OU College of  
Dentistry

<http://dentistry.ouhsc.edu/Patients.aspx>

**Health - Mental Health**

400 N Walker Ave, Suite 190  
OKC, Oklahoma 73102  
405-943-3700  
The Associations statewide work is dedicated to  
promoting mental health and the equity of access  
to mental health care through advocacy,  
education, research, service, and housing. We  
believe people experiencing mental illness,  
substance use and homelessness deserve  
treatment not punishment. Our criminal justice  
work encompasses our programs and services, as  
well as full-time advocating at the Capitol.  
<https://mhaok.org/>

**Money - Finances/Budgeting**

800.388.2227  
Free Credit Counseling! Our mission is to help all  
Americans gain control over their finances. For  
over 60 years, NFCC and its member agencies  
have helped people just like you pay off debt and  
grow in their financial capability. Our services help  
people overcome financial challenges at nearly  
every stage of life.  
<https://www.nfcc.org/>

**Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading  
social care network. Our network features more  
than 300,000 free and reduced-cost programs in  
all 50 U.S. states, territories, and Puerto Rico,  
powering social care systems for hundreds of  
customers nationwide.  
<https://www.findhelp.org/find-social-services/oklahoma>

**Reentry Resource - Multiple Resources Available**

Scroll down the page to find your state. Titles in  
the left column will lead you to resources available  
nationwide.  
If you scroll down the page to find your state  
name, you can click on that for statewide  
resources.

**Available**

A central location of useful resource links for those transitioning into communities across the state.  
<https://www.ok.gov/re-entry/>

**Reentry Resource - Multiple Resources Available**

Center for Employment Opportunities  
501 N. Walker Avenue, Suite 160  
Oklahoma City, OK 73102  
(405) 588-8200

The Center for Employment Opportunities (CEO) is dedicated to providing immediate, effective and comprehensive employment services to men and women with recent criminal convictions. Our highly structured and tightly supervised programs help participants regain the skills and confidence needed for a successful transition to a stable, productive life.

<https://ceoworks.org/locations/oklahoma-city>

**Shelter - Energy Assistance**

Low Income Home Energy Assistance Program (LIHEAP) is a Federally funded program that provides financial assistance to approximately 182,000 Oklahoma low-income households each year to help them meeting the cost of home energy.

<http://www.okdhs.org/services/liheap/Pages/UtilityServicesLIHEAPMain.aspx>

**Shelter - Homeless Shelter**

The Homeless Shelter Directory provides listings for Homeless Shelters and Homeless Service Organizations around the country. This includes supportive resources.

<http://www.homelessshelterdirectory.org>

**Shelter - Low Income Housing**

U.S. Department of Housing and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone: (202) 708-1112 TTY: (202) 708-1455

Find the HUD office near you!

<http://portal.hud.gov/hudportal/HUD>

**Shelter - Low Income Housing**

Housing Works fights for funding and legislation to ensure that all people living with HIV/AIDS have access to quality housing, healthcare, HIV prevention, and treatment, among other lifesaving services.

<http://www.housingworks.org/>

**Shelter - Low Income Housing**

Find low income apartments in Oklahoma along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.

<https://www.lowincomehousing.us/OK.html>

**Shelter - Shelters**

914 W. California

Oklahoma City, OK 73106

(405) 232-2709

We provide hot meals and safe shelter, but we

<https://www.needhelppayingbills.com/index.html>

**Reentry Resource - Multiple Resources Available**

A central location of useful resource links for those transitioning into communities across the state.  
<https://www.ok.gov/re-entry/>

**Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.

<http://www.navigateresources.net/hlok/>

**Shelter - Financial Counseling**

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. This link sends you to a page that allows you to select a list of agencies for each state. You may search more specifically for a reverse mortgage counselor or if you are facing foreclosure, search for a foreclosure avoidance counselor.

<http://hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistaction=summary>

**Shelter - Housing Authority**

Find a HUD location near you.

<https://www.hud.gov/states>

**Shelter - Low Income Housing**

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs Nationwide. Our mission is to create stable, vibrant and healthy communities by providing affordable, service-enriched housing.

<https://www.mercyhousing.org/regional-offices/>

**Shelter - Low Income Housing**

1700 Northeast Fourth Street

Oklahoma City, Oklahoma 73117-3803

(405) 239-7551

Our Mission is to provide affordable, decent, safe, and sanitary housing or housing assistance, with quality environments and opportunities to low income people of Oklahoma City.

<http://www.ochanet.org/>

**Shelter - Shelters**

We provide an online directory of shelters in Oklahoma.

<https://www.shelterlist.com/state/oklahoma>

**Shelter - Shelters**

800 W. California

Oklahoma City, OK 73106

(405) 232-2709

NEED SHELTER

If you are 18+ years of age, Emergency help in the form of food and shelter are available everyday.

Women (and women with children) can go to our 800 W. California entrance.

<http://www.cityrescue.org/need-help/>

**Shelter - Supportive Housing**

offer a variety of social services to help homeless and near-homeless people transition back into society.

#### **SHELTER**

If you are 18+ years of age, Emergency help in the form of food and shelter are available everyday.

Men can go to our 914 W. California entrance and women (and women with children) can go to our 800 W. California entrance.

<http://www.cityrescue.org/need-help/>

#### **Shelter - Supportive Housing**

The Associations statewide work is dedicated to promoting mental health and the equity of access to mental health care through advocacy, education, research, service, and housing. We believe people experiencing mental illness, substance use and homelessness deserve treatment not punishment. Our criminal justice work encompasses our programs and services, as well as full-time advocating at the Capitol.

5330 East 31st Street, Suite 1000  
Tulsa, Oklahoma 74135  
918-585-1213

400 N Walker Ave, Suite 190  
OKC, Oklahoma 73102  
405-943-3700  
<https://mhaok.org/doyouneedhousing>

#### **Shelter - Transitional Housing**

1-855-860-3119

Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations

<https://www.transitionalhousing.org/state/oklahoma>

#### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

Virtual volunteer opportunities are also available -  
<https://www.volunteermatch.org/virtual-volunteering>

<https://www.volunteermatch.org/city/Oklahoma+City%2C+OK%2C+USA>

400 N Walker Ave, Suite 190  
OKC, Oklahoma 73102  
405-943-3700

#### **We Can Help You Find a Home**

If you or a loved one is impacted by mental illness, a job can be the first step towards improved health, sobriety, and fulfillment. That's why, along with housing, we believe employment should come first. How can you achieve both housing and employment first? Our employment services work alongside other in-house and community services, assisting you wherever you may be on your path to recovery. Just like Housing First, Employment First seeks to remove your barriers while also prioritizing your choice and self-determination. You deserve the opportunity to have a good job, be independent and self-sustaining.

<https://mhaok.org/doyouneedhousing>

#### **Shelter - Transitional Housing**

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.

<https://www.transitionalhousing.org/>