

Tahlequah Area Resources

\*All Resources are limited and subject to availability\*

Food	Phone number	Address	Days	Hours	Requirements/Additional Information
CARE Food Pantry	(918) 458-5338	315 Oak St.	MWF	10am- <del>12</del> 30	Picture ID and SS cards for all HH members May not receive SNAP and commodities at the same time
CN Food Distribution	(918) 453-5700	Behind CN complex			
Meals on Wheels	(918) 775-7708				Call Senior Citizens Center, Contact for Meals on Wheels; 60+ - \$1.50, under 60 - \$4.00 Contact for Farmers Market cards
Senior Citizens Center	(918) 456-0792	230 East 1st St	Mon- Fri	Lunch	
Farmers Market	(918) 682-7891		April- September		CDIB-Free, under 50- \$5, over 50- 11:30 \$3
Wisdom Keepers	(918) 453-9900	1284 W 4th St	Mon- Fri		
ZOE Institute	(918) 453-9778	Plaza Shopping Cen.			
Zoe Institute Day Center	(918) 453-9778		Mon- Sat		M-Th 9-4, F 9-2, Sat lunch 11-1
To get a new SNAP card	(888) 328-6551	<a href="http://www.connectebt.com">www.connectebt.com</a>			<u>Requirements/Additional Information</u>
Children's Needs	<u>Phone number</u>	<u>Address</u>	<u>Days</u>	<u>Hours</u>	<u>Requirements/Additional Information</u>
Smart Start Cherokee Co	(918) 456-3032	815 S College			Programs of all ages
CASA	(918) 456-8788	304 W Keetoowah			Child advocacy in court
Kids Connections	(918) 456-3032				
Child Abuse Hotline	(800) 522-3511				
<u>Counseling</u>	<u>Phone number</u>	<u>Address</u>	<u>Days</u>	<u>Hours</u>	<u>Requirements/Additional Information</u>
Alcoholics Anonymous		812 E Ward Tahlequah	Daily	7am, 12pm, 8pm	
Christian Counseling Assoc	(918) 456-4871				

Consumer Credit Counseling CREOKS	(918) 684-3256 (918) 207-0078	711 S Muskogee Ave					
CN Behavioral Health	(918) 207-4977						
1st Baptist- Ellis Stout	(918) 456-0668						CDIB Required Divorce Care Wed 6pm, Grief Group Th 10am
Gambling Abuse & Addiction Help In Crisis	(800) 522-4700 (918) 456-0673	205 N College					
Inspira Behavioral Health	(918) 822-4339	2001 S Garnett Rd Tulsa					
Ok Dept of Mental Health People Inc	(405) 522-3908 (918) 453-1217	1606 E Downing					Tahlequah Contact- Angle Mental health & substance abuse services
Calming Connections Hartsell Psychological Services	(918) 453-1108 (918) 458-5757	1140 Mayberry Dr					SoonerCare
RISF Center for Recovery	(918) 876-5001	223 N East Ave					risehelp.com, Gambling & Substance Abuse
Diapers/Formula							<u>Requirements/Additional Information</u>
Pregnancy Center, Tah ZOE Institute CN WIC	(918) 456-4440 (918) 453-9778 (918) 458-3100	Plaza Shopping Cen. Plaza Shopping Cen. Hastings Hospital	M-Th	9-12, 1-3			Pregnancy tests, counseling, clothing, diapers, & formula
Oklahoma WIC	(918) 456-8826	Health Dept.	Mon- Fri	8-12, 1-5			ask to be connected to WIC
Domestic Violence Help In Crisis	<u>Phone number</u> (918) 456-0673	<u>Address</u> 205 N College	<u>Days</u>	<u>Hours</u>			<u>Requirements/Additional Information</u>
Women In Safe Homes	(918) 682-7878	Muskogee					
Nat. Dom. Violence Hotline	(800) 799-7233						
Oklahoma Safeline	(800) 522-SAFE						Domestic Violence/Sexual

	<u>Phone number</u>	<u>Address</u>	<u>Days</u>	<u>Hours</u>	<u>Requirements/Additional Information</u>
Drug Rehab	(800) 238-0394				
Alcohol-Narcotics-Opiates	(918) 207-7181				
DARP- Raymond Jones	(918) 786-2930	Grove			Addiction assistance
House of Hope	(918) 252-5739				
HOW Program	(918) 686-8111	Muskogee			
Oxford House	(918) 582-7201				
Salvation Army ARC	918-706-0883	3991 E Peak Boulevard Muskogee			
Ray's House					
<u>Emergency/ General Assistance</u>					

	<u>Phone number</u>	<u>Address</u>	<u>Days</u>	<u>Hours</u>	<u>Requirements/Additional Information</u>
American Red Cross	(918) 831-1100				
Helping Hands	(918) 456-0000				Elderly and Handicapped Services
Lake Area United Way	(918) 772-2526				
Maternity Center	(918) 456-2200				
Poison Control Center	(800) 222-1222				
Adult Protective Services	(800) 522-3511				Adult abuse referrals
ElderCare	(918) 456-8826				
Child Support Enforcement	(800) 522-2922				
Social Security	(877) 453-1117	(800) 772-1213			
DHS Fraud Hotline	(800) 784-5887				<a href="http://www.okdhs.org/oir">www.okdhs.org/oir</a>

<u>Employment</u>	<u>Phone number</u>	<u>Address</u>	<u>Days</u>	<u>Hours</u>	<u>Requirements/Additional Information</u>
NEO Community Action	(918) 253-4683		M-F	8-4:30	
OkJobMatch.com					
Stilwell Employment Office	(918) 696-6608	Stilwell			
Two Hawks Employment	(918) 696-4273	Stilwell			Off 4th street, by old Bill Willis skill center
Oklahoma Works	(918) 456-8846	1295 Skill Center Cir	M-F	8:00-5:00	

**Health Care**

Amer. Diabetes Assoc

Phone number  
(800) 342-2383

Address

Days

Hours

Requirements/Additional Information

CHI Holdings Hospital

(918) 458-3100

CDIB Required

Integrated Dental Services

(918) 742-5544

3741 S Peoria Tulsa

[www.eodds.org](http://www.eodds.org)

Dr. Williams

(918) 456-0585

Eye doctor, Takes SoonerCare

Dr. Allison

(918) 456-3311

Dentist, Takes SoonerCare

Hear Now By Starkey

(800) 648-4327

Hearing Aid Resources

Insure Oklahoma

(888) 365-3742

[www.insureoklahoma.org](http://www.insureoklahoma.org)

Medicare

(800) 633-4227

Medicaid Health Clinic

(918) 431-0202

Tahlequah

Medicaid Health Clinic ORGVN

(918) 456-2496

Tahlequah

Northwestern Health Systems

(918) 456-0641

Formerly Tahlequah City Hospital

North Oklahoma Health Authority

(800) 435-4711

SoonerCare

(800) 987-7767

[mysoonercare.org](http://mysoonercare.org)

Tahlequah Pediatrics

(918) 456-7700

Mon-Fri

8am-5Pm

Takes SoonerCare, Open Sat 8-12pm

US DVA Medical Center

(918) 577-3000

Muskogee VA

Dr. Ann Wiley, DDS

(918) 483-0111

622 S Main Porter, OK

Mondays

8am to 7pm

low cost dental care

Yo-Anbab

(918) 456-6193

(918) 686-0484

Visual/ hearing

**Household Items/Clothing**

Dress For Success

(918) 599-8892

Address

Days

Hours

Requirements/Additional Information

INCORE

(918) 453-0466

1109 S Peoria, Tulsa

Golden Rule Thrift Shop

(918) 456-1623

109 N College Ave

Tu-Fri 10-6

Sat 10-3

Joe Institute

(918) 453-9778

1305 S Park Hill Rd

Mon-Sat

9am-5pm

Humane Society Resale

(918) 458-1147

Plaza Shopping Cen.

Tu-Sat

12:30-4:30pm

No clothing

Remarkables

(918) 456-0241

17736 S Muskogee Ave

Mon-Fri

9am-4pm

No furniture



Miracle House (918) 825-5810 Pryor, OK  
 Liberty House (918) 434-2288 Sallina

Transportation  
 CAPS van rides (918) 453-1155  
 Senior Ride (800) 435-1034  
 HART Transportation (918) 871-8740  
 Alternate Number (918) 434-2867  
Requirements/Additional Information  
 \$2 per drop w/h city limits  
 (877) 404-4500

Utility Assistance  
 CN Human Services (918) 456-0671  
 DHS (ECAP, LIHEAP, Cooling and Heating) (918) 207-4500  
 Help in Crisis (918) 456-0673  
 DHS (918) 364-5732  
 III of Community Action (918) 253-4683  
 St. Joseph's Catholic Church (918) 456-8388  
 HCVVA (918) 456-2564  
 Happy Contact Numbers (866) 242-9088  
 Adoption and Foster Care (800) 522-3511  
 Adult Abuse Hotline (800) 435-4711  
 Advocacy Program (800) 522-3511  
 Child Abuse Hotline (800) 522-3511  
 Child Care Locator [www.okdhs.org/childcarefind](http://www.okdhs.org/childcarefind)  
 Child Support Enforcement (800) 522-2922  
 Community Resources 211  
 Foster Parent Hotline (800) 376-9729

Phone number	Address	Days	Hours	Requirements/Additional Information
(918) 456-0671	ext 5422	M-F	8am-5pm	CDIB required
(918) 207-4500	1208 W Forth ST	M-F	8am-5pm	Seasonal, must meet income guidelines
(918) 456-0673	205 N College	M-F	8:30am-5pm	No deposits or reconnects
(800) 364-5732				
(918) 253-4683		M-F	8am-4:30pm	As funding permits
(918) 456-8388	807 E Crafton St			
(918) 456-2564	101 N College Ave			

Recruitment services

SNAP and Child Care applications, recertifications, and midcert renewals  
 (405) 487-LIVE  
 (5483)

OKDHSlive

(877) OKDHS-98		
(653-4798)		
Oklahoma Safeline	(800) 522-SAFE	Domestic Violence Hotline
Reachout Hotline	(800) 522-9054	Drug and Alcohol Abuse
Senior Info-Line	(800) 211-2116	
Welfare Fraud Reporting	(800) 784-5887	<a href="http://www.okdhs.org/oig">www.okdhs.org/oig</a>

\* ZOE Institute is a resource available for single mothers. Available programs include:

Hands of Grace Warehouse  
Tahlequah Day Center  
Back Pack Program  
Back to School Program  
Celebrate Recovery  
Basic Living Skills & Self Help Classes  
Single Moms Resource Center

M-TH 9-3