

Resources to Meet the Needs of Tulsa area Church Congregations

Domestic Violence

- Give us a call at 918-245-4075 and we'll see what we can do to directly help or provide guidance. *Please inform our staff you are calling as a church leader as a suggestion from this resource list.

Food

- Catholic Charities
 - Phone Number: (918)949-4673
 - Address: 2450 N Harvard Ave, Tulsa, OK (North Tulsa)
 - Groceries
 - Tuesday-Friday 9:00am-2:00pm
 - Tuesday & Thursday evenings 4:00pm-6:00pm
 - 1st & 3rd Saturday of each month 9:00am-11:00am
 - Groceries will be handed out outside of their food pantry lobby. You will need to show an ID to receive assistance
- Iron Gate
 - Phone Number: (918)879-1702
 - Address: 501 W Archer, Tulsa, OK (Downtown Tulsa)
 - Hot Meal
 - Everyday 8:30am-10:30am
 - Groceries
 - Wednesdays & Fridays 12:00pm-1:00pm
 - Saturdays 11:00am-12:00pm
- Loaves and Fishes
 - Phone Number: (918)234-8577
 - Address: 11321 E 19th St, Tulsa, OK (East Tulsa)
 - Carry Out Lunch & Groceries (& Possibly Toilet Paper & Hand Sanitizer)
 - Tuesday, Wednesday, Friday, & Saturday 10:00am-12:00pm
 - If you are a person who has extenuating health conditions that makes them vulnerable to COVID-19, call between 8:00am-12:00pm to make an appointment.
 - Must bring photo ID and recent proof of Oklahoma address (utility bill, rent receipt, etc.) to obtain assistance. Do not bring children under 13 years of age.
- Restore Hope Ministries
 - Phone Number: (918)582.5766
 - Address 1: 2960 Charles Page Blvd, Tulsa, OK (West Tulsa, Main Location)
 - Groceries
 - Monday-Thursday 11:30am-3:30pm
 - Must bring photo ID, social security cards for all in household, and recent proof of Tulsa Co address (utility bill, rent receipt, etc.) to obtain assistance.
 - Address 2: 6910 S 101st E Ave, Tulsa, OK (South Tulsa Location)
 - Groceries
 - Tuesdays 12:30pm-6:00pm
 - Must bring photo ID, social security cards for all in household, and recent proof of Tulsa Co address (utility bill, rent receipt, etc.) to obtain assistance.
 - Meals on Wheels
 - Delivers nutritious meals for individuals who are homebound and do not have anyone else available to assist them with meal prep

- For information about services and to apply, visit <https://www.mealsonwheelstulsa.org/apply>

Infant Services

- Emergency Infant Services
 - Phone number: (918)582-2469
 - Address: 1110 S Denver Ave, Tulsa, OK (Downtown)
 - Provides diapers, wipes, formula, and food for children ages birth-5 years old
 - Monday-Friday 9:00am-12:30pm
 - Curbside assistance only. Must bring a copy of an identifying document for yourself and your children.

Toiletries

- Loaves & Fishes may be able to help some with toilet paper and hand sanitizer (see info under the “Food” section of resources).
- At this time, we are unaware of additional community services that are providing assistance with general toiletries. However, in our experience, some resources that provide assistance with food may offer assistance with toiletries as well if they have it available.

Prescriptions

- At this time, there are no community services offering financial assistance with prescriptions that we are aware of.

Utility/Rent Assistance

- At this time, there are no community services offering financial assistance with rent and/or utilities that we are aware of. This may be a gap in services in which you as a church could step in to help your members. We have reason to believe that many city managers will be suspending cut offs until the crisis is over. Please call the city departments for verification of this.

Specific Need for Children’s Emergency Clothing

- DaySpring Villa owns and operates a children’s consignment boutique in Sand Springs called Mother’s Helper. Our store is closed in observance of the social distancing recommendations, but we are willing to help meet emergency needs in your congregation for children’s clothing, shoes, etc. If you have a need, please contact our Mother’s Helper staff via FB messenger on the Mother’s Helper FB page and we will have someone get in contact with you and will evaluate on a case by case basis.

Additional resources can be found by calling 211 or going online to their website at <https://csctulsa.org/211eok/>. The 211 Helpline is doing their best to keep their information updated with any changes that service providers might be making in response to the coronavirus.