



Community Resources

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211 Eastern Oklahoma - 211 Eastern Oklahoma is a free and confidential link to help and hope for those in need, whatever the need, 24/7. Get connected to thousands of community resources and services near you, including crisis support. www.csctulsa.org/211eok/

Catholic Charities - Amended Hours: Wednesday and Friday 9 a.m. - 2 p.m., Tuesday and Thursday 9 a.m. to 4 p.m., First and Third Saturdays of each month from 9 a.m. - 11 a.m. www.cceok.org/emergency-assistance

Emergency Infant Services – Provides basic needs help for children five and under. <https://www.eistulsa.org/>

Technology Incentives – List of companies that have responded to the Keep Americans Connected Pledge. <https://sde.ok.gov/sites/default/files/COVID-19%20Technology%20Incentives.pdf>

Tulsa Area United Way – COVID -19 Resources List www.tauw.org/tauw/COVID-19.asp

Evictions and Foreclosures in OK

Due to the coronavirus, the Oklahoma Supreme Court has ordered that the courts remain closed until May 15, 2020. This means that no court hearings will be held and no eviction orders will be issued until after the courts reopen.

https://www.csctulsa.org/wp-content/uploads/2020/03/Notice-to-Tenants-about-Mediation_3.31.20.pdf

Food Pantries

Aldersgate United Methodist Church 3702 S 90th E Ave in Tulsa, OK 74145 918-627-4165 3rd Saturday of each month from 2 p.m. and 4 p.m.

Christ for Humanity 6314 E 13th St in Tulsa, OK 74112 918-836-2424 Monday through Thursday from 10 a.m. - 3 p.m.

Common Ground Food Pantry - Mondays 6 p.m. - 8 p.m. and Thursdays 10 a.m. - 12 p.m. Food distributed outside the building. Do not arrive early if you are coming for food. Have your ID and proof of residence ready. www.cg.church

Eastland Assembly of God Food Pantry - These ministries are available to our community on the first and third Tuesday of each month from 6 p.m. - 7 p.m. Our guests should park on the East side of the building towards the back and come in the East doors. www.eastlandag.org/outreach

Guts Church Distribution Center - Every Friday at 10 a.m. we provide FREE GROCERIES and FREE CLOTHING to those in need. (NO ID REQUIRED). Guts Distribution Center is located at 4352 S 91st E Ave in Tulsa, OK 74145. <https://www.gutschurch.com/friday-groceries/>

Iron Gate Tulsa - Our grocery pantry is open on Wednesday and Friday from 12:00 p.m. - 1 p.m. and Saturdays from 11 a.m. - 12:00 p.m. The grocery pantry provides a self-serve grocery bag of basics and fresh produce with no required documentation. <https://www.irongatetulsa.org/programs>

John 3:16 Mission Youth & Family Center - To receive help with supplemental groceries or clothing, you will need to contact our Family & Youth Center and set up an appointment. Make an appointment by calling 918-592-1186. www.john316mission.org/groceries-and-clothing

Loaves and Fishes - Those who feel they are in the group that is most vulnerable to COVID-19 should contact the ministry to make an appointment, 918-234-8574 between the hours of 8 a.m. and noon. www.loavesandfishes.net/#needhelp

Restore Hope - Provides emergency food pantry located at Asbury United Methodist Church. Restore Hope will only be open at our SOUTH location. Our food service hours will be Monday-Thursday from 12:30 - 3:30 p.m. <https://www.restorehope.org/>

Mental Health Resources

COPES - It's a free and confidential 24/7 telephone crisis line and mobile crisis service, provides emotional support children and adults in suicidal crisis or emotional distress. Please call COPES at 918-744-4800. www.fcsok.org/services/crisis-services/

Disaster Helpline 1-800-985-5990 – for information, updates and help

The Calm Center Call 918-394-2256 anytime of day or night for help with a behavioral or substance abuse crisis affecting youth ages 10-17. www.crsok.org/the-calm-center/



Recursos de la Comunidad

Recursos de Agencias Comunitarias

211 Eastern Oklahoma - 211 Eastern Oklahoma es un enlace gratuito y confidencial para ayudar a los necesitados, cualquiera que sea la necesidad, 24/7. Conéctese con miles de recursos y servicios de la comunidad cerca de usted, incluido el soporte de crisis. www.csctulsa.org/211eok/

Caridades Católicas - Horario modificado: miércoles y viernes de 9 a.m. a 2 p.m., martes y jueves de 9 a.m. a 4 p.m., primer y tercer sábado de cada mes de 9 a.m. a 11 a.m. www.cceok.org/emergency-assistance

Servicios de Emergencia para Bebés: Proporciona ayuda para necesidades básicas para niños de cinco años o menos. <https://www.eistulsa.org/>

Incentivos Tecnológicos: Lista de empresas que han respondido a la promesa Keep Americans Connected. <https://sde.ok.gov/sites/default/files/COVID-19%20Technology%20Incentives.pdf>

Tulsa Area United Way - Lista de recursos en la área de Tulsa www.tauw.org/tauw/COVID-19.asp

Desalojos y Ejecuciones Hipotecarias en Oklahoma

Debido al coronavirus, la Corte Suprema de Oklahoma ordenó que las cortes permanezcan cerradas hasta el 15 de mayo de 2020. Esto significa que no se llevarán a cabo audiencias en la corte y no se emitirán órdenes de desalojo hasta que los tribunales vuelvan a abrir.

https://www.csctulsa.org/wp-content/uploads/2020/03/Notice-to-Tenants-about-Mediation_3.31.20.pdf

Despensa de Comida

Aldersgate United Methodist Church - 3702 S 90th E Ave en Tulsa, OK 74145 918-627-4165 3er sábado de cada mes a partir de las 2 p.m. y a las 4 p.m.

Christ for Humanity - 6314 E 13th St en Tulsa, OK 74112 918-836-2424 de lunes a jueves de 10 a.m. a 3 p.m.

Common Ground Food Pantry - lunes de 6 p.m. - 8 p.m. y jueves de 10 a.m. a 12 p.m. Alimentos distribuidos fuera del edificio. No llegue temprano si viene por comida. Tenga a mano su identificación y comprobante de residencia. www.cg.church

Eastland Assembly of God Food Pantry - Estos ministerios están disponibles para nuestra comunidad el primer y tercer martes de cada mes a partir de las 6 p.m. - 7 p.m. Nuestros huéspedes deben estacionar en el lado este del edificio hacia la parte de atrás y entrar por las puertas del este. www.eastlandag.org/outreach

Guts Church Distribution Center - Todos los viernes a las 10 a.m., proporcionamos alimentos y ropa gratis a los necesitados. (NO SE REQUIERE ID). El Centro de Distribución Guts está ubicado en 4352 S 91st E Ave en Tulsa, OK 74145. <https://www.gutschurch.com/friday-groceries/>

Iron Gate Tulsa - Nuestra despensa está abierta los miércoles y viernes a partir de las 12 p.m. - 1 p.m. y los sábados de 11 a.m. a 12:00 p.m. La despensa del supermercado ofrece una bolsa de comestibles autoservicio de productos básicos y productos frescos sin la documentación requerida. <https://www.irongatetulsa.org/programs>

John 3:16 Mission Youth & Family Center - Para recibir ayuda con alimentos o ropa suplementaria, deberá comunicarse con nuestro Family and Youth Center y programar una cita. Haga una cita llamando al 918-592-1186. www.john316mission.org/groceries-and-clothing

Loaves and Fishes - Aquellos que sienten que están en el grupo más vulnerable a COVID-19 deben comunicarse con el ministerio para hacer una cita, 918-234-8574 entre las 8 de la mañana y el mediodía. www.loavesandfishes.net/#needhelp

Restore Hope - Proporciona una despensa de alimentos de emergencia ubicada en la Iglesia Metodista Unida de Asbury. Restore Hope solo estará abierto en nuestra ubicación SUR. Nuestro horario de servicio de alimentos será de lunes a jueves de 12:30 a 3:30 p.m. <https://www.restorehope.org/>

Recursos de Salud Mental

COPES - Es una línea de crisis telefónica gratuita y confidencial las 24 horas, los 7 días de la semana y un servicio móvil de crisis, brinda apoyo emocional a niños y adultos en crisis suicidas o angustia emocional. Por favor llame a COPES al 918-744-4800 www.fcsok.org/services/crisis-services/

Línea de Ayuda de Recursos de Salud Mental 1-800-985-5990 – para información, actualizaciones y ayuda

The Calm Center - Llame al 918-394-2256 en cualquier momento del día o de la noche para obtener ayuda con una crisis de comportamiento o abuso de sustancias que afecte a jóvenes de 10 a 17 años. www.crsok.org/the-calm-center/