

Community Resources

Updated 3/26/2021

Food Resources

Name of Agency	Address	Phone #	Comments
Care Food Pantry Inc.	800 E. Goingsnake Tahlequah, OK 74464	918-458-4150 x1222	Contact: Myra Reed
Zoe Institute	1009 S. Muskogee Ave. Tahlequah, OK 74464	918-453-9778	
River Hawk Food Pantry	600 N Grand Ave. Tahlequah, OK 74464	918-444-2255	
Feed My Sheep	301 W Delaware St. Tahlequah, OK 74464		Free meals every Thurs. from 5-6 pm
CARE Food	220 N Muskogee Ave. Tahlequah, OK 74464	918-458-5338	MWF 10am-12pm
Church of Christ	410 S College Ave. Tahlequah, OK 74464	918-456-3414	Emergency food T/TH 10 am- 12 pm & 1-3 pm Tues. dinner 5-6 pm
Hands of Grace Warehouse	Behind Park Hill Baptist Church on Hwy 82 South	918-453-9778	Food, clothing, personal items, household essentials. Open every Wed. 9 am -3 pm & the last Sat. of each month from 10 am -2 pm.
Cookson Hills Community Action Food Pantry	908 S. College Ave. Tahlequah, OK 74464	918-456-0571	
Senior Citizens Center	230 E. 1 st St. Tahlequah, OK 74464	918-456-0792	Lunch Mon. – Fri. 11:30 am- 2:30 pm. Call to reserve spot the day before. Seniors (over age 60) = \$1.50, Under age 60 = \$3.50
ACCESS		888-328-6551	Food stamps

Transportation Resources

Name of Agency	Address	Phone #	Comments
KATS Trasportation	17846 S. Muskogee Ave. Tahlequah, OK 74465	918-453-1155	Mon. – Fri. 8 am- 4 pm
			Late/No Arrival Contact 1-800-435-1034
SoonerRide		1-800-435-1276	Reservations (make 3 business days in advance) 1-877-404-4500 Program for rides to SoonerCare appts.
Cherokee Nation transit		918-453-5731	

Sober Network Resources

Name of Agency	Address	Phone #	Comments
Peaceful Warrior's Way	1201 Park Hill Rd. Tahlequah, OK	Gregg S. 918-207-8372 Audrey D. 918-330-0671	Peer-based recovery coaching
Volunteers for Youth	1810 N Sioux Ave., Suite A, Claremore, OK 74017	918-343-2530 Office 918- 720-8346 Cell 918-341-7221 Fax	Cindy Wilson, Project Coordinator - PAL Mentor Program cindy.w@volunteersforyouth.com
Smart Recovery	https://www.smartrecovery.org/		Free, mutual support meetings online. Science-based, 4-point recovery based on SMART (Self-

			Management and Recovery Training)
Recovery Dharma	https://recoverydharma.org/		Buddhist practices & principles to heal the sufferings of addiction
Aid the 918	135 N. Muskogee Ave. Tahlequah, OK 74464	918-506-4058	Resources for local recovery

Domestic Violence Resources

Name of Agency	Address	Phone #	Comments
One Fire	17725 South Muskogee Ave. Tahlequah, OK 74464	918-772-4260	Cherokee Nation, variety of services including housing, legal and advocacy assistance to women who are victims of a crime. one-fire@cherokee.org
Help-In-Crisis	205 N. College Tahlequah	918-456-4357	Women & children affected by domestic violence
SafeNet	Claremore	918-341-9400	
DVIS	Tulsa	918-743-5763	

Housing/Shelter Resources

Name of Agency	Address	Phone #	Comments

Osiyo Men's Shelter	118 W. Keetoowah Tahlequah	918.708.9474	Homeless, temporary, transitional home for men
Gospel Rescue Mission	323 Callahan St. & 326 S. 2 nd St. Muskogee	918.682.3489	Shelter
Hope House	1619 N. Vinita Tahlequah	918.456.4673	Emergency, temporary housing for families. Mon-Fri 8 am-5 pm
Help-in-Crisis	205 N. College Tahlequah	918.456.0673	Domestic violence shelter for women & children
VA Housing 211 c/o: United Way		918.682.1364	
Jack C. Montgomery VA Medical Center	1011 Honor Heights Dr. Muskogee	918.577.3000	Homeless Veterans Program; Trial HUD-VASH Program

Residential Facility Resources

Name of Agency	Address	Phone #	Comments
Gateway Recovery Center	3900 N Armour St. Ft. Smith, AR	479.785.4083	Inpatient, transitional living for women w/ substance use disorder
Harbor House	615 N. 19 th St. Ft. Smith, AR	479.785.4083	Inpatient rehab center for males
EASTAR	300 Rockafeller Dr. Muskogee	918.685.1354	Crisis stabilization & inpatient behavioral health support
12&12 Inc.	6333 E. Skelly Dr. Tulsa	918.664.4224	Inpatient rehab center for males/females
Shadow Mountain	6262 S. Sheridan Tulsa	1.800.821.6993	Inpatient & outpatient psych care
Clay's Crossing	32018 OK-59 Maud, OK 74854	405.374.1225	Inpatient treatment center for men

Landmark Recovery	2412 N. Ann Arbor Ave. OKC, OK 73127	405.896.8426	Inpatient, partial hospitalization, IOP
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Utility/Bills Resources

Name of Agency	Address	Phone #	Comments
DHS- LIHEAP	1298 W. 4 th St Tahlequah	918-207-4500	Utility assistance 2x per year
Cherokee Nation Human Services	Cherokee Nation Complex	918.456.0671 ext. 5422	Requires: past due utility bill, SSN, DL#, & CDIB
United Keetoowah Tribe	2380 S. Muskogee Ave. Tahlequah	918.453.9162	Requires: CDIB, utility bill
NEOK Community Action	856 E. Melton Jay, OK	918.253.4683 ext. 110 & 918.453.0962 ext. 133	
St. Brigid Catholic Church	807 E. Crafton Tahlequah	918.456.8388	
First Presbyterian Church	315 E. Shawnee Tahlequah	918.456.2271	
HUD		800.256.1489	
Home Mortgage Resource		918.458.1784	Contact: Kent Roundtree

Clothing Resources

Name of Agency	Address	Phone #	Comments
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Golden Rule Thrift Shop	519 W. Choctaw St	918.456.1623	
Hands of Grace Warehouse	Behind Park Hill Baptist Church on HWY 82 South		Open every Wed. 9 am- 3 pm & every last Sat, of the month from 10 am- 2 pm.

Health Resources

Name of Agency	Address	Phone #	Comments
W.W. Hastings Hospital	100 Bliss Ave Tahlequah	918.458.3100	CDIB required
Good Shepard Free Health Clinic	2130 W. Okmulgee Muskogee	918.983.8080	Call clinic on Thurs. 1 pm -4pm
NSU Nutrition Coaching & Counseling Services		918.444.2996	NUTRe counselling@nsuok.edu
Okla. Dept. of Health	912 S. College Tahlequah	918.456.8826	
Pregnancy Center	309 S. Muskogee Ave. Tahlequah	918.453.9778	Women's Health
Cherokee Nation Elder Care	1387 W. 4 th St. Tahlequah	918.453.5554	Long-term care options, CDIB <i>not</i> required

Mental Health

Name of Agency	Address	Phone #	Comments
Creoks	711 Muskogee Ave. Tahlequah, OK	1-877-327-3657	Counseling, social services for adults & children. 23 clinics across Okla.
Echota Behavioral Health	16414 W 760 Rd. Tahlequah, OK	918-708-9009	Counseling
Cherokee Nation Behavioral Health	1510 Shawnee Circle Tahlequah, OK	918-207-4977	Counseling, mental health services for Native Americans
Renewing Hope Counseling	209 W. Choctaw St. Tahlequah, OK	918-608-1600	Counseling

Legal Aid

Name of Agency	Address	Phone #	Comments
Okla. Attorney Resources (OAR)	The 3000 Center 3015 E. Skelly Dr. Ste 385 Tulsa, OK 74105	918-742-8883 800-810-3110	
Okla. Indian Legal Services (OILS)	4200 Perimeter Center Dr. Ste 222 OKC, OK 73112	405-943-6457 800-658-1497	
Neighbor for Neighbor Legal Clinic	1506 E. 46 th St. North Tulsa, OK 74126	918-425-5595	Office Hours: by appt. only Mon. – Thurs.
Legal Aid Services of Okla. (LASO)	224 S. Muskogee Ave. Tahlequah, OK 74464	918-708-1150 888-993-2615	Serves Cherokee, Craig, Ottawa, Delaware, Adair & Sequoyah counties
Legal Aid Services of Okla. (LASO)	624 W. Broadway Muskogee, OK 74401	918-683-5681 800-725-5681	Serves McIntosh, Muskogee, & Wagoner counties
Legal Aid Services of Okla. (LASO)	907 S. Detroit Ave. Ste 725 Tulsa, OK 74120	918-584-3338 800-299-3338	Serves Creek, Mayes, Nowata, Okfuskee, Okmulgee, Rogers, Pawnee, Tulsa &

