

Tahlequah Assistance Document

All resources are limited and subject to availability.

Food:

- Zoe Institute 309 S Muskogee 453-9778
- Hands of Grace Warehouse (emergency food)- Wed. 9am-3pm- Voucher from Zoe
- Care Food Pantry- Mon. Wed. Fri. 10am-1pm 458-5338- sack lunch -220 N Muskogee
- Abundant Life Fellowship -Recovery class with meal , Tues night 6:15pm- 1330 N Cedar- 458-0040
- Wisdom Keepers- lunch Mon-Fri 11:30 1284 W 4th -CDIB-free; Under 50-\$5;over 50-\$3 453-9900
- Senior Citizens Center- lunch Mon-Fri 11:30am-2:30pm 230 E 1st St Call to reserve space day prior to eating-over age 60-\$1.75 ;under 60-\$4 456-0792 (Closed when Tahlequah schools are closed)
- ACCESS-food stamps-888-328-6551
- Methodist Church- Thurs evening meal at 5:30pm in Activity Bldg. 301 W. Delaware
- Church of Christ-meal at 5:00 every Tues. Emergency Food Pantry (Only on Tues & Thurs last 2 weeks of month) 456-3414 - 410 S College
- Day Center-everyday noon meals (behind Fire station) Ed Blanchard-918-557-3162
- Presbyterian Church-315 E. Shawnee, 456-2271
- First Baptist Church 456-0668, will need to visit with Pastor
- Locust Grove Methodist-will help if you live in Locust Grove, Peggs & Rose

Utilities: (when funds are available)

- DHS - (LIHEAP)-must meet guidelines-funds only in December, March, July - 1298 w 4th St. 207-4500
- Cherokee Nation-CDIB & cut-off notice required -456-0671 x 5422 (Michelle) (Marsha Lamb)
- Hope House-456-4673-cut-off notice required-Must call and provide information
- St. Brigid Catholic Church-807 E. Crafton, 456-8388, must have cut-off notice
- First United Methodist-300 W. Delaware, 456-6141, must have cut-off notice
- First Presbyterian Church-315 E. Shawnee, 456-2271, need to have bill
- First Baptist Church 456-0668, will need to visit with Pastor
- Locust Grove Methodist-will help if you live in Locust Grove, Peggs & Rose
- Choctaw Nation-1-800-522-6170
- Cookson Hills Community Action-918-456-0571

Gas:

- Presbyterian Church-315 E. Shawnee, 456-2271
- First Baptist Church 456-0668, 221 S Commercial Rd.- will need to visit with Pastor

Household Items:

- Hands of Grace Warehouse-Wed. 9am-3pm-voucher from Zoe required

Rent:

- Cherokee Nation Housing-CDIB and guidelines required, 453-5422
- HUD 800-256-1489
- First Presbyterian Church-315 E. Shawnee, 456-2271

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Legal Aid:

- Help In Crisis-456-0673, 456-4357, 205 N College

Job Interview Clothing:

- Voucher from Zoe Office, 309 Muskogee

Employment:

- Workforce-1295 Skill Center Rd., 456-8846

Home Mortgage:

- Home Mortgage Resource-Kent Roundtree 458-0784

Diapers:

- Hands of Grace Warehouse-Wed. 9am-3pm-voucher from Zoe required

Homeless:

- Hope House 456-4673
- OSIYO-men's shelter 918-708-9474
- VA call 211
- Muskogee- Gospel Rescue Mission-918-682-3489

Domestic Violence:

- Help In Crisis-205 N College 456-0673 456-4357
- CREOKS 207-0078 227 N Water St
- CN Behavioral Health 207-3898 1277 Skill Circle

Glasses:

- Lions Club-apply at DHS, 207-4500 (when vouchers are available)
- CN Hastings Hospital-CDIB required, or diabetic or student or over 65, 458-3100

Drug Rehab:

- CREOKS Behavioral Health-711 S. Muskogee- 207-0078
- House of Hope, (Grove), 786-2930
- HOW Program 252-5739
- Salvation Army A.R.C. 582-7201
- DARP-Raymond Jones 207-7181
- AA/N 458-5003 812 N Ward

Counseling:

- CREOKS Mental Health 227 N Water 207-0078
- CN Hasting Hospital Behavioral Health 207-3898
- Multi County Counseling-1200 W. 4th St. Suite D, 458-0113, (case management for basic needs, Psychiatrist if meds are needed).
- Evolve Professional Counseling 1140 Mayberry Dr. 453-1108, (Psychiatrist if meds are needed).

Unequal Assistance Document

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Health Care:

- CN Hastings Hospital-CDIB required 458-3100
- NEO Health Center OBGYN 1500 E. Downing, 456-2496
- Cherokee County Health Dept., 912 S. College 456-8826 ,Sooner Care Application/Sooner Start
- Cherokee Nation Elder Care 453-5554, 1387 W 4th St.

Rides:

- ZOE-KATS tickets for work, warehouse, and hospital
- KATS -453-1155
- Sooner Ride-800-435-1034
- Keetoowah Transportation -431-3726- 2450 S. Muskogee

Emergency Aid:

- American Red Cross-Cherokee County 918-682-1366
- Salvation Army-Cherokee County-918-253-4683

United Way Help Line: 211

More Churches:

Church of Christ-456-3414
Cornerstone -456-4901
St. Basil's -456-3649
First Christian -456-2415

Income Based Housing

Garden Walk Apartments. , 918-456-0561, all bills except for electricity are paid, any kind of income:

- social security, tanif..(not food stamps as income)
- 3-7 people for a 3 bedroom
- 4-8 people for a 4 bedroom