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**NORMAN POCKET RESOURCE GUIDE**  
**Listed agencies can provide further information**

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**Prepared Meals**

**Food & Shelter for Friends** - 104 W. Comanche  
Lunch 11:00 – Noon, Mon-Sat 405-360-4954

**The Salvation Army** - 318 E. Hayes 405-364-9910  
Breakfast 6:30-7:30am - Dinner 5:00-6:00pm, 7 days/week

**First Baptist Church** - 300 W. Comanche 405-360-5300  
Sunday Lunch - Family Life Center

**Food Pantries**

**Community Action** – 2270 Industrial Blvd. 405-447-0832  
Monday through Friday 9:00-Noon

**Alameda Church of Christ** - 801 E Alameda 405-321-0788  
Wednesdays 10:00am-1:00pm,  
2nd Sat. each month 9:00am-Noon

**Alameda Baptist Church** - 1503 E Alameda 405-329-5157  
Call for appointment

**The Salvation Army** - 318 E. Hayes 405-364-9910  
Mon-Thurs 12:30-2:30pm

**McFarlin Methodist Church** 419 S University 405-321-3484  
Tuesdays & Thursdays, 9-11 a.m. & 1- 4 p.m.

**Mission Norman** - 2525 E. Lindsay 405-321-8880  
Mon. 10 a.m.-1 p.m. Tues-Fri., 10 a.m.-2 p.m.

**CrossPointe Church** -2601 SE 24th St 405-329-0823  
Fridays 11-Noon

**First Baptist Church** - 211 W. Comanche 405-321-1753  
Call for appointment

**Emergency Shelter**

**The Salvation Army** – 405-364-9910  
318 E. Hayes

**Crossroads Emergency Youth Shelter** - 405-321-0240  
1650 W. Tecumseh Road, Suite 500

**Women’s Resource Center** – Domestic Violence  
Shelter Hotline 405-701-5540

**Shelter Programs**

**Community Action** – 2270 Industrial Blvd. 405-447-0832

**East Main Place** - 1100 E. Main Street 405-447-4663

**Food & Shelter for Friends** -104 W Comanche 405-360-4954

**Bridges** - 1670 N. Stubbeman 405-579-9280  
For homeless youth

**Housing**

**Norman Housing Authority**  
Public Housing Information  
405 329-0933 ext 308

Section 8 Rental Assistance  
405 329-0933 ext 321

**Homeless Prevention & Re-Housing**  
Food & Shelter for Friends – 701-2196

**Health Care**

**Health for Friends** - 317 E. Himes 405-329-4161  
\$5 Dr. Appointments

**Norman Regional Health Systems**  
Link /Nurses’ Line (24-hours) 405-329-6877

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### Dental

**Ocean Dental** - 500 W. Main, Suite 200 405-321-2349  
For children & young adults

**Health for Friends** - 317 E. Himes 405-329-4574  
Extraction Clinic

### Prescription Assistance

**Rx for Oklahoma** – 2270 Industrial Blvd. 405-701-1497

**NeedyMeds** www.NeedyMeds.com  
Coupons for free meds - Patient assistance

**Community Action** – 2270 Industrial Blvd. 405-447-0832  
ER and Eye Prescriptions

**United Way** – 550 24<sup>th</sup> Ave NW familywise.org  
Prescription discount cards

### Mental Health

**Red Rock Crisis Center** – Emergencies - 405-573-6466  
900 E Main St, Building 52 (on Griffin Hospital Property)

**Central Oklahoma Community Mental Health**  
405-360-5100 909 E. Alameda

**Griffin Memorial Hospital**  
405-321-4880 900 E. Main Street  
Children's Crisis Line: 405-573-6477

**Sundance Counseling**  
405-321-3719 932 N. Flood

**Children's Recovery Center** - Ages 5-17  
405-573-3819 320 12th Ave. NE

**Veterans Administration**  
Emergency Line 405-456-1000

**Suicide Hotline** - 24-hour Hotline  
1-800-273-TALK (8255)

### Substance Abuse Services

**Norman Alcohol and Drug Treatment Center**  
405-573-6624 900 E Main, Bldg. 54

**Norman Addiction Information & Counseling**  
405-321-0022 215 W Linn

### Legal Services

**Legal Aid Services of Oklahoma** 405-360-6631  
210 E Main Suite 216 Appointments Tues & Thurs 9-11 am

**OU Legal Clinic/Cleveland County Legal Aid** 405-325-3702  
300 Timberdale Rd Apply Mon-Fri 9 a.m.-4 p.m.

**Trinity Legal Clinic** - 405-242-5480  
Faith-based free legal assistance to homeless  
Call for appointment

### Transportation

**Cleveland Area Rapid Transit (CART)**  
405-325-2278

**Food & Shelter for Friends** 405-360-4954  
Applications available for Free CART bus pass

**RSVP "Provide-a-Ride"**  
Free medical rides for seniors & disabled persons  
Call to schedule 5 days in advance 405-701-2133

### Other Helpful Numbers

**Law Enforcement: 9-1-1**  
**Department of Human Services: 405-573-8300**  
**United Way Helpline: 405-364-3800**

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