

# McFarlin Memorial United Methodist Church Resource List (2/4/2023)

For updates contact: [mksallee@icloud.com](mailto:mksallee@icloud.com)

The **Pantry Page-Norman** on Facebook lists current **outdoor 24/7 pantries** at: [facebook.com/groups/pantrypagenorman/](https://facebook.com/groups/pantrypagenorman/)

General Resource Info: Call 211 or Text: 211OK to 898211 or go to [www.211oklahomahelpline.org/](http://www.211oklahomahelpline.org/)

<b>Norman Pantries (or Meals*)</b>	<b>Address</b>	<b>Times and Requirements/Limits</b>	<b>Unless indicated, all #s are 405 A.C.</b>
Adventist Community Services	1818 E. Alameda Carol	3rd, 4th & 5th Tues. (9-12) Current ID/proof of res. Cleveland and McClain Co. Res.	250-3589
Aging Services	1179 East Main	M-F: 8:30-5, Non-perishables for 60+, Check out: <a href="http://www.agingservicesok.com">www.agingservicesok.com</a>	321-3200
Alameda Baptist Church	1503 Alameda	Open T/Th 10-12 by appt only. Call/leave message by 8am T/TH Norman/Noble Res. w ID (4x limit)	329-5157
Alameda Church of Christ	801 E Alameda	Wed. 10-12:00, Photo ID, 4 <sup>th</sup> Thurs: 5:30-7:30, 2 <sup>nd</sup> Sat: 9-12 Res. in McClain/Clev Co	321-0788
*Antioch Norman	1330 E. Lindsey	"The Table" Community dinner on 1 <sup>st</sup> and 3rd Mondays of the month, 5:30-7:00	310-4343
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th Fridays (no 5th Friday) 9-11:30 Pic. ID required, limit every 60 days	329-0823
FBC of Norman	211 W Comanche	Food bags per request during office hours M-F (8-12, 1:30-5) Push intercom button	321-1753
*Food and Shelter, Inc.	201 Reed	M-Sat. Breakfast @ 8, lunch @ 11, Sun lunch @ 12 NEW Pantry Hours: M-F 3:00-6:00	360-4954
Goodrich UMC Care Closet	200 W. Hayes	3 <sup>rd</sup> Thurs. 11:00 - 12:00 hygiene/paper items Norman residents, ID required	321-0975
LifeSpring Church	600 W. Tecumseh	1st Sat. 10:00-11:00am, Picture ID required For info, go to <a href="http://www.lifespringnorman.com">www.lifespringnorman.com</a>	292-7770
McFarlin FUMC Pantry	419 S University	T/Th: 10-4; (2 Sats/mo. 10:30-11:30 Call for dates), 2 wk limit, Residents of Norman/Noble/Little Axe	321-3484
*McFarlin Tues. Together Meal	419 S University	Free community dinner 6:00-7:00 in Fenn Hall, 2nd Tues. of the month. <i>Call to confirm</i>	321-3484
*Meals on Wheels	528 E Main	M-Th 7:30- 3:30, F: 7:30-2:00 Must be over 62. Under 62, must be disabled or doctor referral	321-7272
Mission Norman	2525 E. Lindsey	MTW: 10-11 & 12-2, Th: 2-5:00pm, F:10-12 NO ID required (30 day limit)	321-8880
Pantry Partners Inc.	517 W. Gray	Serving H.S. teens (14-19) in Norman area Contact <a href="mailto:PantryPartnersNorman@gmail.com">PantryPartnersNorman@gmail.com</a> or text:	833-3671
*Salvation Army Meals	318 E Hayes	Dinner 5-6 Hot meals – 7 days a week	364-9910
Salvation Army Food Pantry	1124 N. Porter	T/Th. 1-3, ID/Proof of Residence and Income, Cleveland Co. Residents only, 30 day limit	364-9910
Univ. of Oklahoma	333 Cate Center Dr.	Go to <a href="http://ou.edu/foodpantry">ou.edu/foodpantry</a> for current dates/hours. Student, staff or faculty. OU Employee ID card required	

## **Food Pantries in South and East of Norman:**

First Baptist of Noble	330 E Chestnut	M 1:30-3:00 Serving residents HW77 East -96th, Post Oak South to Slaughterville Rd 1x mos.	872-3529
First Baptist of Lexington	900 E. Broadway	Non-perishable items. M-TH (9-4:00 by appointment) Limit 1x 90 days. Call first.	527-6758
First Methodist of Lexington	631 E. Ash, Lex	3rd Saturday, 12-4:00 Area residents may shop for food items	527-3506
First State Bank – Noble	102 N. Main	Contact a customer service representative for info.	872-3434
Hilltop Baptist- East Norman	11710 E Stella Rd	M/Th 9:30-12, Photo ID, 15 mile radius, 30 day lim.	794-0603
Lakeview Baptist Church	10510 E. Alameda	2nd and 4th Thursdays 10-11:30, Bring ID. Call to confirm.	366-8611
Little Axe Community Center	1000 168 Ave NE	Mondays 9-4 For residents in Little Axe School Dist. Call first to confirm open hours.	292-9770
Noble Senior Center	600 E. Maguire Road	Drive through congregate lunch pick-up M-F 11:30-12:00 (\$2.25 suggested donation for 60+)	872-5921
Noble Cupboard	115 N. 2nd St.	24/7 Self-serve pantry located in front of Noble Police Station	
12 Corners Baptist Church	156 <sup>th</sup> /Etowah Road	Call for info. ID required: Noble and surrounding area residents only	312-1442
Cornerstone Baptist Church	10101 60 <sup>th</sup> St.	Formerly Slaughterville Baptist. 2 <sup>nd</sup> Sat. 9-12 Serving residents in the Slaughterville area only	872-5576

## **Food Pantries in Moore:**

Food & Resource Center	2635 N. Shields Blvd	M:12:30-5:30, W-F 10-3, 3 <sup>rd</sup> Sat 9:30-11:30 Check qualifying zip codes for Moore/OKC at: <a href="http://rfbo.org/frc">rfbo.org/frc</a>	600-3182
First Baptist of Moore	301 NE 27 <sup>th</sup> /I-35	Mon. 10-1, 5:30-7:00 Pic ID/utility bill requ., 1x mos. For qualifying zip codes go to: <a href="http://firstmoore.com">firstmoore.com</a>	793-2600
Fresh Start Comm. Church	309 N. Eastern	3rd Thurs. 5-6, Residents of Moore Pic ID required, <a href="http://freshstartok.com">freshstartok.com</a>	794-7313
Highland Baptist (Moore)	2425 SE 4 <sup>th</sup>	Tues. 6:30-8:30, Thurs. 9-12, Pic. ID required, 60 days limit, For info, go to <a href="http://hbcmoore.org">hbcmoore.org</a>	794-5432
Regencypark.church	2001 N. Janeway	Wed. 10-4 Serving residents in zip codes: 73160 or 73139, limit 1x a month	794-3507
St. Andrews Catholic	800 NW 5 <sup>th</sup> Moore	T/F 10-noon, closed 2nd Tues. utility bill photo ID (30 days) Moore School Dist. residents only	799-3334

**CHILDREN (and MOTHERS)****To apply for SNAP benefits (food stamps) Call 405-487- 5483**

Baby Steps	941 Nebraska	Provides childcare, counseling/parent classes for teen parents at NPS, car seats	360-2717
Big Brothers Big Sisters	502 E. Main	8:30-5:00, M-F, Children ages 6-17 matched with mentor, For info: bbbsok.org	364-3722
CASA: Southcentralcasa.org	2241 W Lindsay	Court-appointed advocates for abused/neglected children in court system	360-5295
CCFI Boys and Girls Club	ccfinorman.org	Enrichment for NPS students ages 6 and up, M-F: 3:00-7 (8-5 for the summer month programs)	364-1420
Center for Children/Families	210 S. Cockrel	Baby pantry: M-F 8-5: (limit 2 wks) teen/new parent classes, divorcing/co-parent services, counseling	
<b>Cleveland Co. Health Dept.</b>	250 12th Ave NE	oklahoma.gov/health/county-health-departments/cleveland-county-health-department.html	321-4048
W.I.C. Nutritional programs for young families & more		M-Th 8-4, F: 8-11 All services/immunizations (COVID, STD, head lice, dental, car seat <b>by appt. only</b> )	
Sooner Start (Birth-3)		Early intervention for developmental delays, Children First (First time moms, referrals must contact before 29 weeks)	
Child Guidance Program (Birth-12)		Behavioral health, child development, hearing, speech-language pathology (screenings and treatments)	
Community After School Program	1023 N. Flood	Free tutoring for students (K-5 <sup>th</sup> ) of working parents reading below grade-level	caspinc.org 366-5970
Crossroads Youth & Fam Center	1650 Tecumseh, Ste 500	Counseling, Emergency Youth Shelter	Crossroadsyfs.org 321-0240
Headstartprogram.us/city/ok-norman	1333 W Main	6-week to 4 year school readiness program, daycare for special needs	292-6440
Infant Crisis Center of OKC	4224 N. Lincoln Blvd	For Baby Mobile info/schedule for Norman, go to: <a href="http://infantcrisis.org/get-help/babymobile/">infantcrisis.org/get-help/babymobile/</a>	528-3663
kaleidoscopegriefsupport.com		Free support for children (ages 3-18)/families grieving the death of a loved one. For info call:	306-0052
Loveworksleadership.org		After school leadership program for ages 9-14 to develop character and inspire young entrepreneurs	
Mary Abbott Children's House	231 E. Symmes	Offers coordinated investigation and intervention services to child abuse victims	579-5800
Operation School Bell		Provides new clothes/shoes for students K-12 in NPS & Little Axe Schools <u>Contact school counselor</u>	
openheartresourceroom.com	405-887-1787	Delivers items to children in <i>out-of-home</i> care. Referral from agency/minister and documentation required	
Variety Care	1237 Alameda	Care for uninsured/under insured women/children, nutritionist on Fridays.	632-6688
111 Project		Engaging the church in meeting needs of children and families in crisis (Foster Care Space)	940-782-2343

<b>CLOTHING</b>	<b>Laundry Love (Sox of Love) Free laundry at Sooner Wash 1x a month. For date and info, contact <a href="mailto:soxoflove@gmail.com">soxoflove@gmail.com</a> or 362-6052</b>		
Adventist Community Services	1818 E. Alameda	3rd, 4th & 5th Tues. (9-12) Current ID/proof of residence Cleveland Co. (3x yr limit)	366-7772
Church of Christ in Noble	111 N. Main	Please call to make an appointment. (clothes, bedding, shoes, etc.)	872-3140
Crosspointe Church	2601 SE 24 <sup>th</sup>	1st-4th (no 5th) Friday 9-11, Picture ID required, 60 day limit	329-0823
First Baptist of Norman	211 W Comanche	By appt: Tuesdays 1:30-3. Can also request during office hrs. (Clev. Co. Res. only)	321-1753
First Presbyterian Thrift Shop	404 Toberman	Thursdays, 9-4 (exc. for holidays/school closings), min. cost, emergency vouchers 1-2:30	321-0933
Outreach Thrift	621 12th Ave NE	Partners with churches/agencies to give free clothing assistance M-S 10-7, Sun. 12-6	928-2072
Salvation Army	1124 N. Porter	Clothing for homeless anytime, proof of homelessness, ID and income	364-9910
St Joseph's Catholic Thrift Store	211 N. Porter	Wednesdays 9-12, (9-3 on 1 <sup>st</sup> Wed of month) minimal cost (free if can't afford) 1x month	701-3693
Sharingtreeok.org	Moore	Provides shopping experience in Moore facility. Must apply online at <a href="http://sharingtreeok.org">sharingtreeok.org</a>	634-2006

**GENERAL ASSISTANCE in Cleveland County (C.C.)**

ABLE	300 N. Crawford	Provides group homes/employment for people with developmental disabilities M-F 8-4	329-3922
Among Friends FB@AmongFriendsOK	1185 E Main	Activity Center (M-F 9-4) for adults with additional needs/disabilities	701-2121
Bethesdaok.org	1181 E. Main	M-F 8-5, psychotherapeutic counseling/treatment for sexually abused children 3-18yrs	364-0333
Cleveland Co. DHS (Norman Office)	631 E Robinson	To apply for <b>SNAP benefits</b> , call 487- 5483 Daycare Medicaid temporary assistance	573-8300
Habitat for Humanity Restore	1100 W. Main	New/used building supplies/furniture/appliances at a discount. Takes referrals from case workers	360-7868
Habitat for Humanity (rrhabitat.org)	1100 W. Main	Wheelchair ramps, emergency home repair, yard clean-up and code violation assistance	366-2813
Hope Pregnancy Center (thinkimpregnant.org)		A safe, confidential/caring environment to explore options without judgement Text: 405-531-9011	
Human Trafficking Help (thedragonflyhome.org)		Resource for victims of human trafficking, 24-hr helpline Toll-free: 855-674-4767 or OKC: 212-3377	
Legal-Aid-Now.com (Suite 1550)	2227 W Lindsay	Provides free legal service (not criminal) Eviction notices, bankruptcy, custody, etc.	360-6631
ID, DL & Birth Cert Ass. (McFarlin)	419 W. University	For IDs, DLs and birth cert. must come to the church M,T, or Th 10-12 or 3-5 Limit 1x per year	321-3484
Normancareavans.org		Non-profit focused on outreach/conflict resolution for Norman's most vulnerable Text or call: 405-532-6436	
oklahoma.uniteus.com/ A directory assistance in 20 categories: Food, Employment, Education, Mental Health and Housing/Shelter, etc. Click Individual, then: <i>Get Help</i>			

**GENERAL, cont.**

Workforce Innovation Opportunity Act (WIOA)	103 W. Acres	A state-wide free web-based job-matching and labor market info system; Okjobmatch.com	701-2681
OK Indigent Def. System (OIDS)	330 W Gray, Ste 140	Court appointed public defender/criminal trial attorneys. To apply, go to ok.gov/OIDS	801-2636
OU Legal Clinic	legalclinic@ou.edu 300 W. Timberdell Rd	Pro-bono service of civil/criminal cases for econ.- eligible residents in Cleveland/McClain Co.	325-3702
PFLAG	pflagnorman.org	Provides support/advocacy for families of LGBTQIA2S+ Meets 2 <sup>nd</sup> Thurs.@ 7 at Central Library	360-4497
Plannedparenthood.org	619 NW 23rd OKC	Pregnancy testing, HIV testing and counseling, contraceptive services	528-2157
RAIN Oklahoma (OKC) Suite 200	3800 N Classen	Free HIV Testing M-TH 9-3:30 by appt. Case Management For info:rainoklahoma.org or	232-2437
Second Chance Animal Rescue	4500 24 <sup>th</sup> Ave NW	A nonprofit sanctuary for stray/abandoned or abused cats and dogs.	321-1915
St. Francis Animal Resource Center	(stfrancisarc.org)	Provides vet services, supplies/support programs to reduce the burden at local shelters	367-5862
Sharingtreeok.org	Moore	Helps metro families in crisis with household items, school uniforms, Christmas. See website for info.	
Social Security (ssa.gov)	200 NE 27 <sup>th</sup> Moore	M, T, Th, F 9-3; Wed:9-12 Offices offer info, help/services handled by the SSA or call:	866-964-4260
Women's Resource Center	wrcnormanok.org	If in danger/need to talk: Domestic Violence Crisis Hotline: 405-701-5540	364-9424
Volunteer Income Tax Ass. (VITA)	1183 E. Main	Assistance during tax season (Jan-April 15) F & Sat. 830-4 in Comm Services BLDG	701-2009

**MEDICAL:***Also see (CHILDREN (and MOTHERS))*

Central OK Comm. Action	Moore	Eye glasses and prescriptions for under insured. (RX Okla) As available! Cocaa.org	701-2170
County Health Dept.	250 12 <sup>th</sup> Ave NE	M-Th 8-4, F: 8-11, TB tests, Immunizations, All services by appointment only	321-4048
Etowah Baptist Church (Noble)	18901 E. Etowah Rd	Pharmacy open the last Tues of the month 6-7:00 Call, leave message	899-7378
JD McCarty Center	2002 E. Robinson	Therapy and medical care for children (0-21yrs)with developmental disabilities www.jdmc.org	307 2800
Mission Norman	2525 E. Lindsay	Up to \$25 on non-narcotics, Will call pharmacy to verify prescription 1x a yr limit	321-8880
V.C. Primary Medical (& full service dental care in OKC with free transportation)		Accepts SoonerCare, Medicare & self pay (sliding scale)	632-6688
Variety Care Fam. Medicine	317 E. Himes	M-F, 8-5 med.care for men/women & children (by appt.) Behavioral health for men/women M-Th 8-5	
Varietycare.org	1237 Alameda	M-F 8-5, Medical care and behavioral health for children up to 18, Women's healthcare, pregnancy tests	
Women's Resource Center	confidential	wrcnormanok.org If in danger or need to talk: Rape Crisis Hotline: 701-5660	701-5550

**MENTAL HEALTH/Addiction** Tobacco: 800-QUIT NOW **Hotline: Call 988** Gambling: 800-522-4700 **Suicide Prev.**1-800-273-TALK Spanish:888-628-9454

Alzheimer's Support Group	419 University	Luncheon (\$7) 3 <sup>rd</sup> Wed. in Rm 209 McFarlin Memorial U.M.C. RSVP 1 week in advance to	321-3484, ext 115
alameda.church/connect/celebrate-recovery		Find freedom from life's hurts, hang-ups and habits. Tues. eves For more info:	626-1805
Central OK Community-	909 E. Alameda	Adult outpatient services, McClain/Clev. Co. <a href="https://www.odmhsas.org/cocmh/c/">https://www.odmhsas.org/cocmh/c/</a>	360-5100
Mental Health Center	1120 E Main	Child (18 and under) & family outpatient services Crisis hotline for 18 and under: 397-4929	573-3812
Hub 107	107 Gibbs Dr.	Day (Drop-in) Shelter with mental health resources available, M-F 8-4 <a href="mailto:Hub1072@odmhsas.org">Hub1072@odmhsas.org</a>	573-6498
Children's Recovery Center	320 12 Ave NE	Inpatient Psychiatric care for ages 13-17 with mental health & substance abuse issues Admissions:	573-3842
Community Works	805 E. Robinson	A behavioral health/addiction agency providing outpatient counseling. Cworksok.com	447-4499
County Health Dept. (Meaganw@health.ok.gov)		Short-term mental health support and community resources navigation	579-2292
Depression and Bipolar Support (dbsaok.org)		Support group: Norman Library Roserock Rm Thurs. @ 7:00 Call first, to confirm Diane:	503-1948
Caregivers Support Group		Meets at Wildwood Church in Norman, 1501 24 <sup>th</sup> Ave, NE For more info:	329-3939
Fresh Start Comm. Church	309 N. Eastern	Celebrate Recovery 12-step program, Large group at 6:30 Tues./7:30 share group Call for info.	794-7313
Green Shoe Foundation	<a href="mailto:info@greenshoe.org">info@greenshoe.org</a>	No-cost 5-day retreats for adults with co-dependency from childhood trauma For more info, call	697-2109
Griffin Memorial Hospital	900 E. Main	Inpatient psych. Care for adults with mental health/sub. Abuse issues No insurance requ. Admissions:	573-6623
National Alliance on Mental Illness		For more info on NAMI, contact: <a href="mailto:naminormanok@gmail.com">naminormanok@gmail.com</a> or NAMIoklahoma.org Call/text:	405-408-0984
Red Rock Behav. Health	900 E. Main Bldg 52	Psychiatric Crisis Center (suicide, homicidal) red-rock.com/resources Crisis hotline 405-987-ROCK (7625)	424-7711
Rehabs.org/centers/oklahoma/norman		Free addiction resource to help those suffering with addiction	
thevirtuecenter.org	2424 Springer Dr, Ste 300	M-Th 8-6:00, Fr 8-12, Counseling/recovery for substance abuse, gambling, mental health Formerly NAIS	321-0022
Thunderbird Clubhouse	1251 Triad Village Dr	Clubhouse for adults recovering from mental illness (Referral required) housing@thunderbirdclubhouse.org	321-7331
Transition House	700 Asp Ave. #2	Transitional living program for adults with mental illness. For more info, go to thouse.org	360-7926

**RENT and UTILITY and FINANCIAL ASSISTANCE**

Alameda Church of Christ (utilities)	801 E Alameda	Call Mondays @ 8:00 am for appointment on Wed. 1x a yr (3x max)	321-0788
Low Income Household Water Assistance Program (LIHWAP)		DHS Water Assistance <a href="https://search-tool-jade.vercel.app/">https://search-tool-jade.vercel.app/</a> Type in zip code for application	522-5050
Catholic Charities (ccokc.org)	1232 N Classen OKC	Offers financial assistance to 1st 8 callers @ 8:00 am Monday morning	523-3000
Sanctuary House Women's Day Shelter	425 E. Tonhawa	Rental and Electric deposits Call at 8:00am	701-8248
St. Vincent de Paul at St. Andrew (utility/other)		<u>Moore school district only</u> , Call and leave message	799-3334
St. Vincent de Paul at St. Joseph (rent/utility)		Norman/Noble area Call for appointment. 1x a year limit	701-3693
St. Vincent de Paul at St. Mark		Norman/Noble/Blanchard zip codes, Call and leave a message	366-8070
St. Vincent de Paul at St. Thomas More (rent/utilities)		Call for Appt. Norman/Noble residents, 1x year limit	329-5372
St. Vincent de Paul at Our Lady of Victory (rent/utilities)		For Purcell/Lexington area, Call and leave a message	595-1087
Food and Shelter for Friends (rent)	201 Reed	Call for info/availability, proof of income and eviction notice required	360-4954
lifespringnorman.com (rent/utilities)	600 W. Tecumseh	1st Sat. 10-11, \$50 rent/util. assist. Bring cut-off notice/letter from landlord Pic ID required	292-7770
McFarlin Methodist (utilities)	419 S University	Gas/water/electric, documents requ. Nor/Noble/Little Axe Thurs@ 9:30 Fenn Hall/ S. entry	321-3484
Mission Norman (utilities or rent)	2525 E. Lindsey	MTW10-2 (closed 11-12) TH: 2-5:00, F 10-12 (will pay last \$25 of bill) 1x yr limit	321-8880
Salvation Army (rent/utilities)	1124 N. Porter	Call to be screened for an appointment, 1x per year limit (3x lifetime limit)	364-9910
Cornerstone Baptist Church Slaughterville	10101 60 <sup>th</sup>	<i>Helping Hands Ministry</i> for local residents only. Limited availability, call first	872-5576
Women's Sanctuary Development Center	425 E. Tonhawa	Deposits for rent and electricity, birth certificates, GEDs	701-8293

**SENIORS and VETERANS**

*For more senior services, go to: [www.unitedwaynorman.org/help](http://www.unitedwaynorman.org/help) See "Senior Resource Guide"*

Agingservicesok.com	1179 E Main	Wheelchairs, walkers & adult diapers. (Congregate meal M-F 11:30-12 @ 329 S. Peters)	321-3200
Vet Service Coordinator	210 S. James Garner	Provides avenues to claim benefits from county, state and federal agencies.	O:366-0673 C: 593-5365
Dale K. Graham Vet Foundation	1233 W. Lindsay	Accredited foundation serving veterans & families in the VA claims process DKGVF.ORG	550-8806
Full Circle Daycare fullcircleok.org	4223 28th Ave NW	Adult Day Services M-F, 7:30-5:30 Caregiver Support 1 <sup>st</sup> Tues @ Comm Serv Bldg.	447-2955
EnvisionSuccessOK.org	1151 E. Main Bldg G	Equipping veterans: counseling, job placement resume' skills, Cont. Ed T- F, 10-5	701-2015
purplehearthomesusa.org (No Purple Heart required)		Provides home repairs for Service Connected, Disabled and Aging Veterans	704-838-4044
Red Cross Military Veterans Care Network		Assistance for financial emergencies, reintegration, counseling and more. Email:info.mvcn@redcross.org	

**TRANSITION HOUSING and SHELTER**

Bridgesnorman.org	1670 Stubbeman	Provides qualifying H.S. students with access to housing/basic services so they can graduate	579-9280
Emergency Warming Shelter	109 W. Gray	Check-in at 5:00. Beds for 26 men/14 women. Currently reserving beds for guests working on housing plan.	
Food and Shelter for Friends	201 Reed	Call for Info: Monday – Friday, 9-5	360-4954
Habitat for Humanity (roserockhabitat.org)		Builds affordable homes, wheelchair ramps, repairs, yard clean-up. See website for more info.	366-2813
Mission Norman		Housing for homeless families with children. Call for application.	321-8880
Norman Housing Authority	700 N. Berry Rd	Housing/rental assist. for low-inc. families & handicapped/elderly See: normanha.org	329-0933
Salvation Army	318 E Hayes	As space permits (14 day limit every 45 days) Valid ID, check-in @4:30- 6, 1 bag limit	364-9910
Transition House thouse.org	700 Asp Ave. #2	Transitional living program for adults with mental illness	360-7926
Women's Sanctuary Day Shelter	425 Tonhawa	M-F, 8:30-4:00 Showers, laundry, computer, children play area, GED and some rental deposits	701-8248

**TRANSPORTATION**

Care-a-Vans: outreach@normancareavans.org		Transport for Norman unoused, M-F 8am-5pm, subject to volunteer availability Call/text:	532-6436
Crosspoint Car Maintenance Ministry	2601 SE 24 <sup>th</sup>	2 <sup>nd</sup> /4 <sup>th</sup> Saturdays (You provide/pay for parts) Contact Tim for more info/waiting list.	465-4427

**Norman EMBARK:** For info, go to [Embarkok.com/norman](http://Embarkok.com/norman) or download Embark App for Apple/Android Free serv: M-F 7am-10pm, Sat. 10-7 Closed Sun/major holidays

**EMBARK Plus** (Curb to Curb transit for elderly/disabled within OKC limits If you have TTY service, dial 711 to reserve. Must book 1-7 days in advance: **235-RIDE**)

First Baptist Church (Bicycles)	211 W Comanche	Cleveland Co. residents. Photo ID required (Call for appointment)	321-1753
Kiwanis Cruiser (Agingservicesok.com)		60 & up/Und 60 if disabled, \$2.50 donation rec. (M-F, 8:30-10:30 & 1-3) Walmart Weds. 24 hr reserv. requ.	321-3200
Lifespringnorman.com	600 W. Tecumseh	1st Sat. 10:00-11:00 am (Limited amount of \$15 gas cards) Driver's license and Pic ID required	292-7770
Mission Norman	2525 E. Lindsey	Gas vouchers for Dr. apt or job interview only, ID /appointment verification required	321-8880
Sooner Ride (Medicaid # required)		Call from 7 am- 6pm M-S (3 days ahead) or reserve online at: <a href="http://member.logisticare.com">member.logisticare.com</a> for med appt. (TDD 800-722-0353) 877-404-4500	