



2450 North Harvard Avenue
(Southwest corner of Harvard & Apache)
Main Phone: 918.949.HOPE (4673)
P.O. Box 580460 • Tulsa, OK 74158-0460
website: cceok.org

Catholic Charities programs are located at our main campus at 2450 N. Harvard Ave. unless noted.

- **Education Services** are available to our clients and others in the community to help people improve their intellectual, spiritual, emotional and physical well-being. Classes offered include GED/Hi-Set preparation in English and Spanish, literacy classes in Spanish, English as a Second Language (ESL), elementary education for adults in Spanish, computer skill building, Natural Family Planning, parenting classes and more. Enrollment for GED in English is every Tuesday from noon to 7pm. For a schedule and enrollment in other classes, go to cctulsa.org or call 918.508.7102.
- **Pregnancy Services** provides free pregnancy testing, prenatal and postnatal care, and is open on Monday through Thursday from 8:30am-4pm. Deliveries take place at St. Francis Hospital or Mercy/OSU Medical Center. Walk-ins are welcome for pregnancy test any day; to become a patient, new intake days are Thursdays only. Call 918-508-7199 and/or 918-508-7196 for more information. Our confidential HOPELINE is available 24-7 for anyone needing information or assistance with pregnancy or OB care – 918.978.HOPE(4673).
- **Dental Services** provides general dental care and restorative care to those without insurance or access to dental care. For people needing immediate pain relief or extractions, no appointment is required. Please arrive between 3pm and 3:30pm on the 1st, 2nd and 3rd Tuesdays of the month for our extraction clinic. A limited number of patients will be treated, as determined by the dentist in charge, starting at about 5pm. To apply for Comprehensive Dental Care (not including extractions) please fill out a Comprehensive Dental Care Request Form (available at the front desk, dental clinic, or at cceok.org/dental-care) and submit it according to the instructions on the form.
- **Immigration Services** helps people obtain legal documentation and citizenship in cooperation with the US Department of Homeland Security, and provides legal assistance regarding immigration issues. Immigration Services requests that people call Tuesday through Friday for consultation appointments at this direct-dial number: 918.508.7180. Consultations are scheduled for Thursdays and clients are assisted by appointment only. The immigration office is closed on Mondays.
- **Migration & Refugee Services** coordinates the reception and transitional needs of refugees resettled by the US State Department, including housing, food, and case management services. This program is run statewide by Catholic Charities of the Archdiocese of Oklahoma City, with a local office in our Immigration Services building in Tulsa. Hours are Monday through Friday 8am-4:30pm. Call 918.210.7222 for appointment.
- **Emergency Assistance** provides food, clothing and social service assistance to 35,500 people annually. Food, clothing and medication assistance are available Tuesday-Friday from 9 am until we reach capacity for the day, with a break from 11:30am to 12:30pm for Mass and lunch. We are closed on Mondays. *NOTE: Seasonal programs may affect our schedule.* Food and clothing services are also available Tuesday and Thursday evenings from 4:00pm-6:00pm and the first and third Saturday of each month from 9am-11am. Catholic Charities is no longer offering financial assistance for rent and utilities. Instead, we are offering one-on-one mentoring to help those we serve improve their lives in a holistic way and regain stability. If you would like to apply for the program, please complete a Mentoring Ministry Application by visiting us during the above hours. All forms of assistance require identification for each person in household receiving assistance. For more information call 918.508.7160 (English) or 918.508.7161 (Spanish).
- **St. Elizabeth Lodge** is a transitional housing and support service program for working, homeless mothers with children. Residents work toward financial independence and strong, fulfilling family relationships. Call 918.508.7140.
- **Madonna House** is a residential program for women who are pregnant and above the age of 18. This transitional program assists women and their newborn children, and is staffed 24 hours a day/ seven days a week. Call 918.508.7140. Our confidential HOPELINE is available 24-7 at 918.978.HOPE(4673).

- **Adoption Services** gives hope to moms who wish to make an adoption plan for their newborn. Birth mothers select a loving adoptive family for their child. Most adoptions have ongoing communication with the adoptive family and the birth family. Catholic couples who wish to adopt attend monthly support group meetings, educational classes, and complete an approved Adoption Home Study. Hours are 9:00am-4:30pm Monday-Friday. Call 918.508.7131 for more information. If you are pregnant, you can call our confidential HOPELINE 24-7 at 918.978.HOPE (4673).
- **Counseling Services** offers comprehensive personal, marriage, and family counseling by licensed professionals. Counseling is by appointment only and may be scheduled for weekdays from 8:30am to 4:30pm and Tuesday evenings until 7:30pm. Please call 918.508.7131.
- **Rachel's Vineyard Retreats for Abortion Healing** is a safe place to renew, rebuild and redeem hearts wounded by abortion. Weekend retreats offer a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal and healing. One need not be Catholic to attend. A priest, licensed therapist and supportive team facilitate the retreat. The cost is \$100 and scholarships are available. For more information or registration contact: Mary Lee Weaver, LCSW - marylee@cceok.org or 918.508.7142 or call our HOPELINE - available 24-7 at 918.978.HOPE(4673) or see our website for a registration form at cceok.org. All inquiries are confidential. For a complete listing of retreat dates and locations call 1.877.HOPE.4.ME or rachelsvineyard.org.
- **Kitchen & Garden Program** provides lunches to clients on campus, as well as volunteers and staff, on most Tuesdays and Thursdays from Noon to 1:00pm. Our vegetable and herb garden provides fresh vegetables for the kitchen and food pantry during growing season. For more information on this program, call 918.508.7151.
- **Disaster Relief Services** helps victims of natural disasters with their immediate and long-term needs. For assistance call 918.935.2650.
- **Eastern Oklahoma Outreach Locations:** Certain services are provided in other cities in Eastern Oklahoma, including Catholic Charities — Sallisaw, St. Jude Helping Center – McAlester, Catholic Charities – Muskogee, Immaculate Conception Helping Center – Poteau, Mary Martha Outreach – Bartlesville, and Ministry of Compassion – Broken Arrow. Check our website for contact information for these helping centers. Emergency assistance funding is also provided through the parishes in Antlers, Atoka, Bartlesville, Boswell, Broken Arrow, Claremore, Cushing, Drumright, Durant, Hugo, Langley, Miami, Okmulgee, Pawnee, Pryor, Skiatook and Vinita.

Please VOLUNTEER with us! Visit cceok.org and click on **Volunteer**, or contact our volunteer office at 918.508.7125 or volunteer@cceok.org

For more information, questions or to schedule a tour of our campus, please contact Catholic Charities at 918.949.HOPE (4673) or visit cceok.org.

*The mission of Catholic Charities of the Eastern Oklahoma is **to be Christ's merciful love to those who suffer**. Last year, more than 60,000 people in need benefited from the services of Catholic Charities' programs. Most services are offered at no cost or on a sliding fee schedule. Assistance is provided without regard for race, color, or creed; approximately 85% of those served are not of the Catholic faith. Our staff and more than 3,600 volunteers carry out the mission. Catholic Charities is not a United Way agency and receives limited federal funds; the majority of funding for operations is provided by individuals and charitable organizations.*