

## Family Resources

There are several hotlines available for families:

1. National Parent Helpline—call the National Parent Helpline to get emotional support from a trained Advocate and become empowered and a stronger parent  
1-855-427-2736
2. Domestic Violence Hotline—Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. This hotline is available for more information and help.  
1-800-522-7233
3. Report Child Abuse and Neglect—if you suspect a child is being abused or neglected, you have a legal responsibility to report it. Reports can be made at any time to the OKDHS Abuse and Neglect Hotline at **1-800-522-3511**. The hotline is available 24 hours a day, 7 days a week
4. Suicide Prevention LIFELINE: 1-800-273-TALK (8255)—the Lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself
5. **Call 211**—this is an easy-access system for information and referral to community services for those who need help and those who provide help

## Mental Health Services

Bethesda, Inc. 364-0333 (in Norman) Counseling for children that have been sexually abused

Citizen Potawatomi Behavioral Health 273-5236

GateWay to Prevention & Recovery 273-1170 Substance abuse counseling

The Center for Christian Counseling and Care, PLLC 275-2222

Oklahoma Families First, Inc. 878-7400 Individual Counseling and Parenting Classes

Pottawatomie County Health Dept. Child Guidance Services 273-2157

Project Safe 273-9953 Domestic Violence Counseling and Services

Red Rock Behavioral Health 275-7100 Individual and Family Counseling

Youth & Family Resource Center 275-3340 Individual Counseling and Parenting Classes

CREOKS 275-1844 Individual and Family Counseling

## Clothing Assistance

Coats for Kids (provides coats only) contact Norma at 598-1443

Clothing Closet at Tecumseh Public School contact Sharissa Rattan at 598-3771

Clothing Closet at Wesley United Methodist Church: 302 E Independence

2<sup>nd</sup> Friday of every month 10:00—2:00

4<sup>th</sup> Saturday of every month 10:00—2:00

Food Pantries: always call before going to the pantry (sometimes they change times and dates)

Spirit Rain Christian Center: 545 N Beard St

275-0020

Second Friday of the month 10:00—1:00

Galilee Baptist Church: 1025 E 9<sup>th</sup> Street

273-7890

First Saturday of the month 9:00—10:30

### Food Pantries...continued

Temple Baptist Church: 1234 E Highland  
275-0937  
Emergency basis only

Highland Church of Christ: 905 E Walnut in Tecumseh  
598-3514

St. Benedict SVSPS: please call 273-5371

### Multi-Services Agencies

Shawnee Rescue Mission—this agency provides a free food pantry, clothing, limited financial assistance, and homeless shelter (405)273-2248

Central Oklahoma Community Action Agency—prescription assistance, weatherization program, rental assistance, limited utility assistance and a transit system  
275-6060

Salvation Army—utility help, rental assistance, holiday programs, evening meals, homeless shelter, clothing distribution site, other assistance such as advice and counseling 275-2243

### Housing

1. Shawnee Urban Renewal Authority – 405-878-1542
2. Native American Housing Services, Inc. – 405-605-1725, 405-964-4663
  - a. Margaret Manor, Denise, 405-481-7021-office, 405-473-0784 - cell
3. CPN Domestic Violence – 405-275-3176
4. Citizen Potawatomi Nation Employment and Training – 405-598-0797
5. Westchester Realty & Management – 405-275-3855, 405-850-3653
6. South Rock Creek Estates, Rhonda Ortiz, 405-214-1915
7. City of Shawnee, 405-275-6330
8. City of Tecumseh, 405-598-3244
9. Sac and Fox Housing Authority, 405-275-8200
10. Kickapoo Housing Authority, 405-964-2075
11. Absentee Shawnee Housing Authority, 405-273-1050
12. Maud Housing Authority, 405-374-2800
13. Salvation Army Red Shield Shelter, 405-273-0941
14. Red Cross – Shawnee – 273-8800.
15. Family Promise of Shawnee – 405-273-0194