

# RESOURCE LIST

	ORGANIZATION NAME	OPERATION HOURS	CONTACT INFORMATION	SERVICES PROVIDED	QUALIFICATION REQUIREMENTS	WEBSITE
1	SOS For Families	Monday - Friday 8:00 a.m. - 4:00 p.m.	2 NE MLK AVE Idabel, OK 74745 P: (580) 286-7533 F: CL: (888) 286-3369	* Shelter for battered women & children * Sexual assault nurse on site * Parenting classes * Support groups * Court advocacy	* Parent w/children only * Girl age range: 0-18 * Boy age range: 0-15	<a href="http://www.sos4families.org">www.sos4families.org</a>
2	Department of Human Services	Monday - Friday 8:00 a.m. - 5:00 p.m.	1300 SE Adams St. Idabel, OK 74745 P: (580) 208-3400 F: CL:	* Food benefits (SNAP) * Temporary cash assistance (TANF) * Services for develop. Disabilities * Services for persons who are aging * Child welfare, support, & assistance	* Must provide paycheck stubs, copy of bills * Court documents * Birth certificates * SS cards	<a href="http://www.dcfoffices.org/office/mccurtain-county-dhs-office">www.dcfoffices.org/office/mccurtain-county-dhs-office</a>
3	House Upon A Rock	Monday - Friday 8:00 a.m. - 12:00 p.m.	203 N. Main St. Broken Bow, OK 74728 P: (580)306-5203 F: CL:	* Feeds the needy & homeless	* Listen to a serman while eating	<a href="http://www.houseuponarock.org">www.houseuponarock.org</a>
4	Hand to Hand	Tuesday - Friday 9:00 a.m. - 2:00 p.m.	107 S. Main Haworth, OK 74740 P: (580)286-6383 F: Email: handtohandinc@outlook.com	* Food Pantry	* Referrals from DHS, local churches, local red cross, counseling centers, home health agencies, & educational facilities * A referral & 2 pieces of ID	<a href="http://www.handtohandinc.org">www.handtohandinc.org</a>
5	Harborbend Counseling	Monday - Friday 9:00 a.m. - 6:00 p.m.	114 SE Ave N. Idabel, OK 74745 P: (580)275-2884 F: Email: hello@harborbend.sprucecare.com	* Counseling for elderly, work & career, stress, addiction & recovery, conflict rsolution, test anxiety, grief, parenting, eating disorder, & depression	* Medicare * Private Insurance * Private Pay * Reduced Fee	<a href="http://www.harborbendcounseling.com">www.harborbendcounseling.com</a>
6	Cornerstone Counseling Service, LLC	Monday - Friday 9:00 a.m. - 5:00 p.m.	4 S.E. Ave. A Idabel, OK 74745 P: (580)286-2000 F: (580)286-2002 Email: amy@cornerstonecounselingservice.com	* Drug testing * Counseling for individual, couples, family, greif, loss, anxiety, fears, depression, parenting, & stress	* Medicare * Private Insurance * Sliding fees	<a href="http://www.cornerstonecounselingservice.com">www.cornerstonecounselingservice.com</a>
7	Broken Bow Houseing Authority	Monday - Friday 8:00 a.m. - 4:00 p.m.	710 E. 3rd St. Broken Bow, OK 74728 P: (580)584-6939 F: (580)584-9671 CL:	* Housing for sr.'s/diabled * HUD * Section 8 housing * Low Rent	* SS Card * Birth certificates for all household members * Photo ID's for all household members * Proof of income	<a href="http://www.affordablehousingonline.com/housing-authority/Oklahoma/Broken-Bow-Housing-Authority/OK006">www.affordablehousingonline.com/housing-authority/Oklahoma/Broken-Bow-Housing-Authority/OK006</a>
8	Idabel Housing Authority	Monday - Friday 9:00 a.m. - 5:00 p.m.	901 Lyndon Rd. Idabel, OK 74745 P: (580)286-9444 F: Email: ok004idabel@yahoo.com	* Housing for sr.'s/diabled * HUD * Section 8 housing * Low Rent	* SS Card * Birth certificates for all household members * Photo ID's for all household members * Proof of income	<a href="https://affordablehousingonline.com/housing-authority/Oklahoma/Housing-Authority-of-the-City-of-Idabel/OK004">https://affordablehousingonline.com/housing-authority/Oklahoma/Housing-Authority-of-the-City-of-Idabel/OK004</a>
9	Kiamichi Youth Services	Monday - Friday 3:15 p.m. - 4:00 a.m.	412 S. Central Ave. Idabel, OK 74745 P: (580)286-6671 F: (580)286-5747 Email: kiamichiyouthservice@gmail.com	* Emergency Shelters for juveniles ages 0-17 * Counseling & parent classes * Mental Health services	* Children & adolescents only	<a href="http://kiamichiyouthservices.weebly.com/?fbclid=IwAR3cm4DmOzPzfuRPpWhTX6o_iAxiPBdTOvY2lmTJKrRqT6cYyTpZk">http://kiamichiyouthservices.weebly.com/?fbclid=IwAR3cm4DmOzPzfuRPpWhTX6o_iAxiPBdTOvY2lmTJKrRqT6cYyTpZk</a>
10	LIFT Community Action Agency	Monday - Friday 8:00 a.m. - 4:30 p.m.	312 NW Texas St. Idabel, OK 74745 P: (580)286-9348 F: CL:	* Emergency Utilities Assistance * Rental & Mortgage Assistance * Food Assistance * Transportation Assistance	* SS Card * Proof of income * Photo ID's for all household members	<a href="https://lifca.org/emergency-social-services/#:~:text=CSBG%2DCARES%20funding,chesta%2c%20mccurtain%20and%20pushmataha%20counties.">https://lifca.org/emergency-social-services/#:~:text=CSBG%2DCARES%20funding,chesta%2c%20mccurtain%20and%20pushmataha%20counties.</a>
11	LIHEAP Low Income Home Energy Assistance Program	Monday - Friday 8:00 a.m. - 4:00 p.m.	PO BOX 25352 Oklahoma City, OK 73125 P: (405)521-3444 Toll Free: (866)411-1877 Email: LIHEAP2@okdhs.org	* Utility Assistance	* Resident of Oklahoma * Proof of income * Photo ID's for all household members	<a href="https://www.benefits.gov/benefit/1567">https://www.benefits.gov/benefit/1567</a>
12	McCurtain County Health Department	Monday - Friday	1400 Lynn Ln. Idabel, OK 74745 P: (580)286-6528	* Family Planning * Health Education * WIC	* Resident of Oklahoma * Proof of income * SS Card	<a href="http://mccurtain.health.ok.gov">http://mccurtain.health.ok.gov</a>

		8:00 a.m. - 5:00 p.m.	F: (580)286-2012 CL:	* SoonerStart * Tobacco Prevention	* Photo ID's for all household members	
13	Little Dixie Transit Idabel	Monday - Friday	312 NW Texas Ave. Idabel, OK 74745 P: (580)286-5384 Toll Free: (800)348-7433 Email: jmcmillin@littledixie.org	* Transportation Assistance	* Disability * Elderly	<a href="http://www.littledixie.org">www.littledixie.org</a>
		7:30 a.m. - 4:00 p.m.				
14	Little Dixie Transit Broken Bow	Monday - Friday	1786 N US Hwy. 259 Broken Bow, OK 74728 P: (580)584-6033/6037	* Transportation Assistance	* Disability * Elderly	<a href="http://www.littledixie.org">www.littledixie.org</a>
		7:30 a.m. - 4:00 p.m.	F: Email: jmcmillin@littledixie.org			
15	Salvation Army	Monday - Saturday	310 W. DeQueen Ave. DeQueen, AR 71832 P: (870)642-3463	* Disaster Services * Emergency Shelter * Casework Services * Food Pantry * Residential Camping Activities	* For assistance other than food: * Proof of income * Photo ID's for all household members * SS Card	<a href="https://www.salvationarmyusa.org/us/">https://www.salvationarmyusa.org/us/</a>
		10:00 a.m. - 5:00 p.m.	F: Email: SharedAOKDHOServiceExtensionDepartment@uss.salvationarmy.org			
16	Sevier County Community Outreach Center	Monday - Saturday	1535 W. Collin Raye Dr. DeQueen, AR 71832 P: (870)582-5398	* Substance Abuse * Recovery Coaches * Exercise Classes * Shelter * Food Pantry	* Free of charge	<a href="https://www.facebook.com/seviercountycommunityoutreach/">https://www.facebook.com/seviercountycommunityoutreach/</a>
		9:00 a.m. - 9:00 p.m.	F: Email: joehattiecr@yahoo.com			
17	Brenda's Blessings	Monday - Friday	1101 Metcalf St. Horatio, AR 71842 P: (870)832-1900	Food for children on the weekends * Provides care items students can not afford * Clothes * Hygiene Supplies	* Child must be enrolled in school	<a href="https://www.facebook.com/brendalemonsbkessings/?ref=page_internal">https://www.facebook.com/brendalemonsbkessings/?ref=page_internal</a>
		8:00 a.m. - 4:00 p.m.	F: CL:			
18	First Baptist Church	Monday - Friday	211 Hazard St. Horatio, AR 71842 P: (870)832-2281	* Food Pantry	* Free of charge	<a href="https://www.facebook.com/Horatio-First-Baptist-Church-475995512472404/">https://www.facebook.com/Horatio-First-Baptist-Church-475995512472404/</a>
		8:30 a.m. - 1:00 p.m.	F: Email: fbchoratio@windstream.net			
19	Valliant Food Bank Distribution Center	Monday - Friday	612 Dalton Ave. Valliant, OK 74764 P: (580)933-4366	* Soup Kitchen * Food Pantry * Food Bank * Diapers * Clothing	* Proof of Residency in McCurtain County	NO WEBSITE
		8:00 a.m. - 4:00 p.m.	F: CL:			
20	Mary and Martha Center Food Distribution Center	Monday - Friday	519 S. 4th St. DeQueen, AR 71832 P: (870)642-5696	* Food Pantry	* DL/Photo ID * Proof of income * SS Card	NO WEBSITE
		8:00 a.m. - 4:00 p.m.	F: CL:			