



## 2020 Survival Guide Community Resources and Tools

**Resources:** (mention you are with REAL Single Moms to redeem a discount if applicable):

Lisa Renfrow-Hammer N Heals	(817) 999-3324	Handy Woman: painting, plumbing, electrical, flooring, etc	10% off service. Free Estimate.
Chad McLerran-Adonai Outdoor	(405) 410-4791	Outdoor repair & maintenance.	Free to REAL moms that own/rent homes.
Betty Yates	betty@realsinglemoms.org	Cosmetics & Skincare	BeautiControl as needed.
Catholic Charities	<a href="https://catholiccharitiesok.org/get-help/family-support-services/emergency-rent-utility-assistance">https://catholiccharitiesok.org/get-help/family-support-services/emergency-rent-utility-assistance</a>	Resources	Rent & Utility Assistance
Metro Family Magazine	www.metrofamilymagazine.com	Local Family Fun & Resources	
Safe Kids Oklahoma	<a href="https://www.safekids.org/coalition/safe-kids-oklahoma">https://www.safekids.org/coalition/safe-kids-oklahoma</a>	Car Seat Safety	
Infant Crisis Center	(405) 528-3663 www.infantcrisis.org	Assistance	Free diapers, formula, & food for infants and toddlers
Oklahoma Department of Human Services	(405) 521-3444 (405) 521-3931 www.okdhslive.org	Assistance	Food Benefits & Heating/Cooling, Subsidized Child Care
Health Insurance	(800) 318-2596 www.healthcare.gov	Assistance	Subsidized Insurance
Oklahoma Health Care Authority	(405) 522-7300 www.okhca.org	Assistance	SoonerCare Insure Oklahoma
Regional Food Bank	(405) 972-1111 www.regionalfoodbank.org	Assistance	Free Food based on Zip code

211	211.org or dial 211	Helpline Center	Local Resources
God Speed Car Care Ministry	<a href="http://carcareministry.org">http://carcareministry.org</a> , Larry (405) 834-4301 or Roger (405) 659-8733	Car Repairs	Discounted Car Repairs
Need Help	<a href="http://www.needhelppayingbills.com">www.needhelppayingbills.com</a>	Resources	Assistance with bills, rent, food, health care, financial aid
The ROC	<a href="http://www.reachingourcity.org">www.reachingourcity.org</a>	Resources	Food, resale shop, community support
Need Help	<a href="http://www.singlemom.com/oklahoma-assistance/">www.singlemom.com/oklahoma-assistance/</a>	Resources	Assistance with bills, rent, food, health care, financial aid
Need Help	<a href="http://singlemothersgrants.org">singlemothersgrants.org</a>	Resources	Grants for assistance

## COVID-19 Resources:

Food & Meal Resources	Metro Family Magazine: <a href="https://www.metrofamilymagazine.com/food-and-meal-resources-during-covid-19-closures/">https://www.metrofamilymagazine.com/food-and-meal-resources-during-covid-19-closures/</a>	Resources	Free Meals & Food all over the Metro area.
211	211.org or dial 211	Resources	Local Resources for all areas of need.
Internet Service	Cox Connect2Compete Program: <a href="https://www.cox.com/residential/internet/connect2compete/covid-19-responsible.html">https://www.cox.com/residential/internet/connect2compete/covid-19-responsible.html</a> .	Resource	Discounted Internet Service
Local Utilities	Contact your local utility companies and ask if they are able to do payment plans with you.	Resource	Utility Assistance
Counseling	Contact a local therapist for Teletherapy options.	Resources	Therapy over the phone/virtual sessions.
Needed Items	Amazon.com allows you to order items you are in need of rather than leaving your home to shop.	Purchased items	COVID-19 safe shopping.
Breakfast/Lunch Pick-Up	Local schools are offering curbside breakfast and lunch pick-up.	Resources	Free Meals

Grocery Pick-Up	Contact your local grocery store to ask about online and curbside pick-up for your groceries.	Resources	COVID-19 safe grocery pick-up.
Uninsured Individuals	If you are uninsured and need COVID-19 testing please contact this hotline for a list of resources to get tested. 405-425-4489	Resource	Uninsured COVID-19 testing
Unemployment	405-525-1500 or <a href="https://oesc.ok.gov">https://oesc.ok.gov</a>	Resource	Unemployment benefits
Catholic Charities	<a href="https://catholiccharitiesok.org/get-help/family-support-services/emergency-rent-utility-assistance/covid-19-related-emergency-assistance">https://catholiccharitiesok.org/get-help/family-support-services/emergency-rent-utility-assistance/covid-19-related-emergency-assistance</a>	Resource	Rent & Utility Assistance
Community Action	<a href="https://www.caaofokc.org/coronavirus-aid-relief-application/">https://www.caaofokc.org/coronavirus-aid-relief-application/</a> Must have lost employment due to COVID, will have to provide proof. Minimum of 2 weeks to process application.	Resource	Rent & Utility Assistance
Community Cares	<a href="https://okcommunitycares.org/apply">https://okcommunitycares.org/apply</a>	Resource	Rent Assistance

**Tools:** (mention you are with REAL Single Moms to redeem a discount if applicable):

Spontaneity Kid Care	(405) 221-8300 <a href="http://www.spontaneitykidcare.org">www.spontaneitykidcare.org</a>	Childcare	Free Childcare for REAL events. Emergencies upon approval.
Amy Moffeit-Financial Advisor	<a href="mailto:amym@north.church">amym@north.church</a>	Financial Advisement	
YMCA-Mitch Park	(405) 330-4016	Gym	Discounted gym membership
Calm Waters	(405) 841-4800 <a href="http://www.calmwaters.org">www.calmwaters.org</a>	Divorce & Grief Counseling	Free counseling and support groups for adults and children
Blended & Bonded Ministry	(405) 659-3778 <a href="mailto:amy@amyurbach.com">amy@amyurbach.com</a>	Blended Families & Co-parenting Support	One-on-one support.
Oh My Soul Photography-Melinda Allison	(405) 620-0291 <a href="mailto:Melindacallison@gmail.com">Melindacallison@gmail.com</a>	Photography-30 min. session, 5 images per session	Free Headshots for Resume & Professional Purposes

Doug & Sandy McLerran	<a href="mailto:momsconnect@realsinglemoms.org">momsconnect@realsinglemoms.org</a>	Relationships	Relationship Tool
NorthCare Adult & Family Services	(405) 858-2700	Counseling	Income based counseling and mental health support.
Carlie Wellington	<a href="mailto:cwellington@uco.edu">cwellington@uco.edu</a>	Advisement	Higher education resource & advisement. Health & wellness information.