**The Parent Child Center of Tulsa – Main Office**

1421 SOUTH BOSTON
TULSA, OK 74119
918-599-7999
EMAIL: INFO@PARENTCHILDCENTER.ORG

**Services**

The Parent Child Center of Tulsa’s vision is that every parent has the knowledge and skills to protect, nurture and provide for their own child.

We build PATHWAYS OF HOPE for our clients so that they may meet their goals. We understand that families struggle with a variety of obstacles and unexpected life events, and we are here to help!

**CORE VALUES AND BELIEFS**

**Children:** All children are individuals who deserve to be loved, nurtured, and protected.
**Family:** Children belong with their family whenever safely possible.
**Humanity:** People can change for the better when given the opportunity.
**Compassion:**Compassion is key to understanding the struggles families face.

**Programs**

COMMUNITY EDUCATION

**KIDS ON THE BLOCK:** Professional community educators present age-appropriate puppet programs to equipping elementary school students with knowledge and skills and empowering them to seek help from trusted adults.

**BRIGHT BEGINNINGS:**Nurse Educators teach parents of newborns safe techniques for coping with challenging infant behaviors, such as calming an inconsolable crying baby and the dangers of shaking a baby.  The program emphasizes the importance of talking, singing, and reading to their infant as part of a nurturing parent-child relationship and healthy brain development.

**INTENSIVE OUTREACH FOR FAMILIES**

**POSITIVE PARENTING:**Professional staff present home-based Parents as Teachers® programs to improve child health and well-being, increase home safety, and teach effective parenting skills.

**SAFECARE®:** Professional staff present intensive home-based parent education for pregnant women and parents of children ages 0-5 who have experienced risk factors such as substance abuse, mental illness, developmental delay or domestic violence.

**FAMILY CONNECTIONS**

 Community-based nurse educators support new parents in caring for their newborn(s), offer physical assessments of the mother and baby, identify parents’ and babies’ needs, and help to identify community services or resources that can meet those needs.



The mission of Fostering Connections is to improve the lives of children and youth in Oklahoma's child welfare system by providing resources and building community.

**CONTACT US >**

3326-B E. 51st St. Tulsa, OK 74135

T: 918-742-4947

E: contact@fosteringconnectionsok.org

[Home | FosteringConnections (fosteringconnectionsok.org)](https://www.fosteringconnectionsok.org/)

**OUR PROGRAMS**

We are here to build onto the foster care community. Our programs are designed to help ease transitions for families and kids.

[Foster family resource center](https://www.fosteringconnectionsok.org/foster-family-resource-center)

[Mobile   connections](https://www.fosteringconnectionsok.org/mobile-connections)

[Fostering joy](https://www.fosteringconnectionsok.org/fostering-joy)

[Fostering comfort](https://www.fosteringconnectionsok.org/fostering-comfort-support-group)

[Support group](https://www.fosteringconnectionsok.org/fostering-comfort-support-group)

[Community support services](https://www.fosteringconnectionsok.org/community-support-services)

[Advocacy](https://www.fosteringconnectionsok.org/advocacy)



[We're Located
1405 Ashton Place
Oklahoma City, OK 73117](https://www.google.com/maps/dir/%27%27/Care%2BCenter-Child%2BAbuse%2BOklahoma%2BCity%2C%2BOK%2B73117/%4035.4718556%2C-97.5215348%2C11z/data%3D%214m8%214m7%211m0%211m5%211m1%211s0x87b2170da06f369f%3A0xb409991846b18685%212m2%211d-97.4906335%212d35.4836183)

* **Call Us**
405.236.2100
* **Email Us**
info@carecenter-okc.org
* **Appointments & Office Hours**
Monday - Friday: 8:30 AM - 4:30 PM
Closed for lunch: 12 PM - 1 PM
* [Contact Us - The Care Center (carecenter-okc.org)](https://carecenter-okc.org/contactus/)

**WE ARE DEDICATED AND CHILD-CENTERED IN EVERYTHING WE DO.**

Organized in 1991, The CARE Center is Oklahoma County’s only child advocacy center, and we are committed to helping children find their voice and begin to heal after abuse as well as preventing child abuse through education.

**OUR MISSION**:To prevent child abuse and provide opportunities for healing and hope for children in Oklahoma County.

**OUR VISION:** To end child abuse in Oklahoma County

**WE EDUCATE:** Education is the key to ending child abuse. Through our two abuse prevention programs, we give adults and children the tools they need to prevent child abuse. Recognizing & Reporting Child Abuse & Neglect is our training for adults, highlighting the signs, symptoms, and risk factors for abuse. ROAR is our prevention program specifically for younger children, teaching body empowerment and safety in a fun way.

[LEARN MORE ABOUT HOW WE EDUCATE](https://carecenter-okc.org/we-educate/)

**WE HEAL:** Once children and caregivers are referred to The CARE Center, hope and healing can begin. We serve as a convening organization for many agencies, including law enforcement, child protective services, assistant district attorneys, medical, counseling, and family advocacy. The forensic interview is the cornerstone of our work and plays a significant role in the investigation and management of child abuse cases.

[LEARN MORE ABOUT HOW WE HEAL](https://carecenter-okc.org/we-heal/)

##   The Hair Initiative

## info@thehairinitiative.org405.820.2082

[Contact — The Hair Initiative](https://www.thehairinitiative.org/contact)

The Hair Initiative is a comprehensive, diversity-conscious resource for youth and their caregivers. Our mission is to address the inequity in access to hair hygiene for youth and their caregivers by providing education, our dignified and inclusive hair hygiene kits, stylist referrals and individualized programming for our community partners. We believe every child deserves the dignity of a good hair day and we're here to make sure their caregiver has every resource possible to make that happen.

**African American hair help**

affordable cuts and styles: JB’s Barber Lounge (Crystal),

 138 E. 15th st. Edmond, OK.

#### Citizens Caring for Children

#### **Citizens Caring for Children**

[730 W. Wilshire Creek Blvd., Ste 112
Oklahoma City, OK 73116](https://www.google.com/maps/dir/Citizens%2BCaring%2BFor%2BChildren%2C%2B730%2BW%2BWilshire%2BBlvd%2B%23111%2C%2BOklahoma%2BCity%2C%2BOK%2B73116/%4035.5490393%2C-97.5251545%2C18z/data%3D%214m12%211m3%213m2%211s0x0000000000000000%3A0x61c038fc5f1f141a%212sCitizens%2BCaring%2BFor%2BChildren%214m7%211m0%211m5%211m1%211s0x87b21a2ab3cec48d%3A0x61c038fc5f1f141a%212m2%211d-97.525599%212d35.5492816)

**Phone:**405.753.4099

**Hours of Operation**

Monday – Friday ***by appointment only***
10:00 a.m. to 4:00 p.m.

[https://www.cccokc.org](file:///C%3A%5CUsers%5CLetta.WYI%5CDocuments%5C%C2%A0https%3A%5Cwww.cccokc.org)

### Resource Center

When children are removed from their homes and placed in foster care, they often leave all of their belongings. For many foster families, the Citizens Caring for Children Resource Center is the first stop they make after a child has been placed in their care.

Joy4Kids

Each December, Joy4Kids provides a Christmas gift to children in DHS custody living in foster or group homes where gifts are not provided. We rely solely on community support to fulfill wish list requests and welcome you, your organization, company, or church group to help by adopting a wish list, holding a toy drive, or donating the cost of fulfilling a wish list. Last year, Joy4Kids filled wish lists for more than 1,900 children in care.

Back2School

Attending a new school can be especially difficult for a child in foster care. During the back-to-school event, more than 600 children and young adults in foster care are paired with volunteers to pick out the perfect back-to-school outfit and school supplies.

*s*Fostering Sweet Dreams

Fostering Sweet Dreams is moving to our new location at 1073

N. BRYANT SUITE 150, EDMOND, OK 73034

**Our Mission:** Fostering Sweet Dreams provides essential resources to Oklahoma’s most vulnerable children.

Donated items bedding, mattress, beds, and cribs

**WDC-WIC**

hosts free diaper drives, car seat safety events (will install & provide you a new car seat for $15. Held once a quarter), WIC services.

Anadarko-208 Lenape Lane, Anadarko, OK 73005 Phone: 405-247-2533 Fax: 405-247-5277

Carnegie- 105 West Main Street, Carnegie, OK 73015
Phone: 580-654-2117 Fax: 580-654-2123

Clinton- 10321 North 2274 Road, Clinton, OK 73601
Phone: 580-331-3462 Fax: 580-997-3561

El Reno-1629 East Highway 66 Suite D, El Reno, OK 73036
Phone: 405-262-7366 Fax: 405-262-7372

Hinton-116 West Main, Hinton, OK 73047
Phone: 405-542-3190 Fax: 405-247-5277

Lawton- 1407 North Lawrie Tatum Road, Lawton, OK 73507
Phone: 580-355-9389 Fax: 580-355-9388

Oklahoma City- 7001 South Western Avenue, Oklahoma City, OK 73139
Phone: 405-631-9797 Fax: 405-631-9799



**Bright Sky Ministries**

info@brightskyministry.org

P.O Box 531 Edmond, OK 73083

https://www.brightskyministry.org

Foster child placements can be sudden and unexpected, placing the family in a situation where they may be underprepared for the incoming children. Often, this can put a significant financial burden directly onto the foster or kinship parent. Kinship families are especially vulnerable as they were not planning on becoming a parent for their family member. **Bright Sky Ministry** provides free essentials to help foster and kinship families take on the newest additions to their family.

Requested items vary based on the situation but often include car seats, cribs, diapers, bottles, wipes, beds, mattresses, clothing, formula, and hygiene items**.**

Our essential items are purchased new and usually shipped directly to the foster family home. Shipping also allows us to meet needs in rural Oklahoma, where resources can be scarce, and transportation can be difficult.

Foster Care Essentials are **free** to foster families. The items may be sent with the child if and when they return to their biological home. **All of this is made possible by our wonderful donors. If you would like to be a part of this program, please support this project below.**

**Autism Oklahoma** (315-6337, [autismoklahoma.org](http://autismoklahoma.org/))

Offers parent groups throughout the state for parents with a child with autism.

**Calm Waters** (841-4800, [www.calmwaters.org](http://www.calmwaters.org/))

Offers free grief and divorce support groups for children (3 – 18 years of age) and their families.

**Mom Core at St. Luke’s Edmond**

(232-1371, [stlukesokc.org/campus-hub/edmond/](https://stlukesokc.org/campus-hub/edmond/))

Explore parenting, marriage and spiritual topics through video curriculum, live speakers and discussion guided by our experienced mentor moms.

**NAMI Oklahoma** (1-800-5831264,[www.namioklahoma.org](http://www.namioklahoma.org))

Facilitates support groups, conduct education programs and seeks to increase understand and awareness of mental illness.

**Oklahoma Autism Network**

([okautism.org/InformationReferral/SupportGroups.aspx](http://okautism.org/InformationReferral/SupportGroups.aspx))

Connecting parents raising a child with ASD.

**Oklahoma Family Network**

(271-5072, [www.oklahomafamilynetwork.org](http://www.oklahomafamilynetwork.org/) )

Connects individuals with special health care needs and disabilities, their families and professionals to services and supports in their communities.

**Oklahoma Parents as Teachers**

([www.parentsasteachers.org](http://www.parentsasteachers.org/))

A FREE, voluntary parent education program designed to foster an early partnership between home and school.

**Parents Help Parents**

**(**696-4357, [www.parentshelpingparents.info](http://www.parentshelpingparents.info/))

Offering resources, education and support for families dealing with a child of any age abusing alcohol or drugs.

**Single Parent Network**

(917-1817, [www.supportforsingleparents.org](http://www.supportforsingleparents.org/))

Offering mentoring, education, and support groups for single parents.

**Smart Start Oklahoma** (429-4219, [www.smartstartok.org](http://www.smartstartok.org/))

Focuses on early childhood education and school readiness.

**Thrive Mama Collective**

(365-MAMA, [www.thrivemamacollective.com](http://www.thrivemamacollective.com/))

Offers a variety of counseling and supports groups for moms.

**NORTHWEST REGION**

* **Guymon**
Panhandle Area Support Information Network – contact Monica Ronne at monica-ronne@oklahomafamilynetwork.org
* **Clinton**
Elk City Area – [Oklahoma Parent Advocates for Children with Special Needs](https://www.facebook.com/1OPAC)
* **Weatherford**
Autism Weatherford meets every other month on the 2nd Saturday (October, December, February, and April) at 1:30 PM.  Meetings are held at the Emmanuel Baptist Church in Weatherford. For more information contact Dondra.Hollan@AutismOklahoma.org or Tosh.Potter@AutismOklahoma.org

**NORTHEAST REGION**

**Tulsa**

**Families Fighting Childhood Cancer**, Amy White 918-527-5647 amy-white@oklahomafamilynetwork.org. We meet about every other month when there isn’t a pandemic.

**NAMI Tulsa** <http://www.namitulsa.org/groups.html> [NAMI Tulsa & Area Support Groups](https://secureservercdn.net/45.40.150.47/p41.808.myftpupload.com/wp-content/uploads/2018/04/NAMI-Tulsa-Area-Support-Groups.pdf)

**Extraordinary Connections** – contact Lora Roberts at lorar@ofn.mob

**Grandparents Support Group**
Second and Fourth Wednesdays of each month at 6:30 pm
Asbury United Methodist Church / 6767 S. Mingo Road, Room 1508 (southeast side of building)
Childcare is provided / Contact Sandie Sullivan 918-381-1931 or Erin Bushong 918-724-8574 for more information.


**United Cerebral Palsy**, Ability Resources, DSAT and SoonerStart.
For information, contact Zaida at 918-582-TARC.

**Moms & Dads Support Group**
Parents of children with developmental disabilities. Its mission is to nurture and support families, to encourage positive strategies in dealing with challenges, and to share in the joys of raising our children.
Last Thursday of every month / 7 to 9 PM
The group is co-sponsored by TARC and UCP.
For more information, contact Sherilyn at 918-582-TARC.

**Connections Asperger’s Group**
Social skills group for adolescents and young adults with Asperger’s syndrome, bringing
them together for games, discussions, and snacks in a relaxed setting where they can meet others with similar interests and practice positive social skills.
Fourth Wednesday of each month / 4:30 to 6:00 PM
Hardesty Regional Library, 8316 E. 93rd St.
For more information, contact Sherilyn or Amie at 918-582-TARC.

**Families in Transition**
Parents of adult children with developmental disabilities. The group provides information on topics of interest such as housing, guardianship and providers as well as support from parents in similar situation. The group meets quarterly.
For more information, dates, and locations of meetings, contact Amie at 918-582-TARC.

**Links – Adults with Asperger’s syndrome**, providing speakers on topics of interest, support, social skills building and activities.
Third Wednesday of each month / 6:30-8:00 PM
Brookside Library, 1207 E. 45th Pl.
For more information, contact Amie at 918-582-TARC.

**Down Syndrome Association**  [http://www.dsat.org](http://www.dsat.org/) /[Facebook](https://www.facebook.com/downsyndromeassociationoftulsa/)

**Free Adoption Support & Solutions Group**
parent group for parents who have adopted – [Adoptive Parent Support Group Flyer](https://secureservercdn.net/45.40.150.47/p41.808.myftpupload.com/wp-content/uploads/2018/05/Adoptive-Parent-Support-Group-Flyer.pdf)
second Thursday of every month  – 7:00 pm to 8:30 pm
7335 S. Lewis Ave, Suite 210 Tulsa, OK 74136
The group will focus on offering the following: Support, Education, Resources, Validation, Solutions, Relationship, Guidance, Hope

**Outside Tulsa**

* **Bartlesville**
**Bartlesville Autism Support Network**
Third Tuesday of every month / 7:00PM
First United Methodist Church (5th Johnstone) in Bartlesville. You can call Kim Brooks at (918) 876-0363 or email Brandy privately if you need information. brandy-marquez@cherokee.org
* **Coweta**
Coweta Autism Support Network
Third Thursday of each month, 7 to 8:30 PM
New Home Free Will Baptist Church, highway 51 and (Midway Rd) 257th East Avenue (childcare is provided) (918) 857-3161.
* **Grove**
Grand Lake Autism Support Network / [Facebook page](https://www.facebook.com/Autism-Network-of-Grand-Lake-127045590752904/?ref=py_c)
Second Thursday of every month / 6:00 PM
Cornerstone Church located at 501 East 13th Street in Grove, OK. Parents, guardians, caregivers, grandparents, aunts, uncles, teachers, aides and other support personnel are all welcome to attend. Can’t find a babysitter? No problem. We can always accommodate our little ones. For information, call Gina Dollarhide at 918-964-0477
* **Muskogee**
Muskogee Autism Support Network
Third Monday of each month / 6:30 PM
Believer’s Christian Fellowship, 4520 Neosho in Muskogee.
* **Rogers County**
Rogers County Special Needs and Behavioral Health Support Group
Erin Bushong 918-724-8574  [facebook group](https://www.facebook.com/groups/154613818241354/about/%22%20%5Ct%20%22_blank)
“You Are Not Alone” Rogers County has formed a support group for children with chronic conditions, their parents and siblings
Third Thursday of the month /  6:30 PM
First United Methodist Church, 1615 N. Highway 88, Claremore, OK.
In the group the children and adults meet separately and then come back together. The children have an opportunity to meet other kids who are coping with a chronic condition and letting them know they are not alone. For siblings the important issue is letting them know they are not forgotten when their brother or sister are coping with an illness. Parents get assistance in navigating services for their child’s condition and meet others coping with the same situation
* PURPOSE: Support group for family members/loved ones/others caring for persons with a mental illness. We will focus on caring and sharing. This is NOT a therapy group.
Contact: Toni / 918-214-5805 OR Charles/337-8080 x 2202

**CENTRAL REGION**

* **OKC – Hispanic Support Group OKC** – OKMAMAS – contact Erica Herrera at erica-herrera@ouhsc.edu
* **Shawnee –** Parent 2 Parent meetings
First Baptist Church at 10th and Union.
This meeting is for parents or caregivers and anyone working with or caring for individuals with special needs. If you have any questions or concerns, please contact Holli Harjo at harjo@suddenlink.net.