▪ Tubal ligation services (must be at least 25 yrs of age)
▪ Breast exams
▪ Colposcopy/cryo-therapy services
▪ HIV testing/counseling
▪ Midlife services for women
▪ Limited primary care

Variety Care 405-632-6688
www.varietycare.org
Call for an appointment.
▪ Preventative Medicine
▪ Pediatrics and Well Child Checks
▪ Geriatrics
▪ Prenatal and Postnatal Care
▪ Family Planning
▪ Mental Health/Substance Abuse Care
▪ Work and School Physicals
▪ Immunizations – Please bring shots record
▪ On-Site Laboratory
▪ Patient Education
▪ Referrals

Variety Care Locations:
▪ 10th St. Family Health 405-632-6688
  4023 N.W. 10th St., OKC, OK 73107
  Medical Hours: MTWF 7:30am-5:00pm, TH 7:30am-8:00pm, Sat 8am-Noon
  Dental Hours: M-F 8am-5pm, W 8am- Noon
  This facility serves both pediatrics and adults. X-ray is available in addition to other services.
▪ Straka Family Health 405-632-6688
  1025 Straka Terrace, OKC, OK 73129
  Medical Hours: M-TH 7:30am-8pm, F 7:30am-5:30pm
  Sat 8am-Noon
  Dental Hours: M-F 8am-5pm, W 8am-Noon
  WIC Hours: M-F 8am-4:30pm
  This facility serves all ages. You can find all of our primary healthcare services at this location.
▪ Lafayette Pediatrics 405-235-6466
  500 S.W. 44th St., OKC, OK 73109
  Pediatric Hours: M-F 7:30am-5:30pm
  Dental Hours: M-F 8am-5pm, W 8am-Noon
  WIC Hours: M-F 7:30am-5:30pm
  This facility serves only pediatrics. Our dental and vision services are available for children.
▪ Mid-Del Pediatrics 405-677-1129
  Pediatric Hours: M-F 7:30am-5:30pm
  WIC hours: M-F 7:30am-5:30pm
  3851 Tinker Diagonal, Del City, OK 73115
  We serve children at this location. Pediatric and WIC services available.
▪ Norman Pediatrics 405- 632-6688
  1124 N. Porter, Norman, OK 73069
  M-TH 8:30 am – 5:00 pm, F 8:30 am – 12 noon
  This location serves children only. Please bring your most current shot record with you to appointments. This location serves adults and children.
▪ Norman Family Practice 405- 632-6688
  317 E. Himes, Norman, OK 73069
  Med Hours: M-TH 8:30 a – 5:00 p, F 8:30 a – 12 noon
  Dental Hours: T-F 8:30 a - 5:00p, call for evening hrs.

Formerly a Health for Friends site, Norman Family Practice is ready to serve anyone with or without insurance. Our dental hours vary; please be sure to call 632-6688.

Women’s and Pediatric Health Center 405-271-6195
5320 N. Portland, Oklahoma City, OK 73112
Call for hours
Women’s clinic, medical clinic. Full range OB-GYN. Call for eligibility.

Yourcare Clinics 405-350-4300
2400 S. Cornwell Drive, Yukon, OK
10700 S. Pennsylvania, Oklahoma City, OK 405-691-9700
Call for Hours.

Primary care provided for all ages. No appointment necessary. Most insurance plans, including SoonerCare accepted. Affordable pricing offered for patients with no insurance.

MEDICAL CLINICS - FREE

American Cancer Society 405-843-9888
6525 N. Meridian Suite 110, OKC, OK 73116
Mon – Fri 8:30am – 5pm
www.cancer.org
▪ Can supply help with wigs, transportation, prosthesis, and other supplies for use by cancer patients.
▪ Cancer support groups.
▪ Some prescription assistance.

Baptist Mission Center 405-235-6162
2125 Exchange Ave., OKC, OK 73108
Call for hours
▪ OKC residents only – bring proof of residence; ID required.
  First come, first served. No charge.
▪ New patients intake 1st Tuesday every month at 5pm
▪ Appointment Only (no walk-ins)
▪ Minor Illnesses
▪ Prescriptions free; filled if available (need to be a patient)

Clinica de Mujer Latina 405-236-0701
420 SW 10th, OKC, OK 73109
Call for hours
Spanish speaking. Habla español.

Cross & Crown Mission 405-232-7696
1008 N. McKinley, OKC, OK
Serves certain zip codes in NE OKC only.
▪ AA meeting at Noon on Mondays.
▪ Food pantry Mon, Tues, & Wed beginning at 1lam open until the first 50 families are served
▪ Medical clinic Tues. to the 1st 15 families beginning @ 8:30am

Crossings Community Clinic 405-749-0800
2208 W Hefner Rd., OKC, OK 73120
Generally open Monday- Friday. Call ahead to schedule an appointment.
www.crossingsokc.org

- Offers health, dental, and counseling care in a Christian environment.
- Services available by appointment.
- For low income without insurance. No cost.

Good Shepherd Ministries  405-232-8631
1201 N. Robinson, OKC, OK 73103
Mon; 9:00-11:30am Tues & Thu
www.goodshepherdokc.org
- Provides clothing, food, medical, and referral services.
- Bring ID, Social Security Card, & proof of address.
- Minimum of 7 days between visits.

Healing Hands Clinic  405-272-0476
411 NW 11th, OKC, OK 73103
Mon – Fri 8:30am – 4pm
- Homeless Only
- Children, youth, men, women seen
- Prescription assistance
- Primary care
- HIV testing, STD testing, TB testing
- Immunizations
- WIC
- Pregnancy testing, prenatal care, postpartum follow-up, family planning
- Substance abuse counseling, mental health counseling
- Case Management, referrals
- Limited/simply lab procedures

Integris Baptist Community Clinic  405-717-9872
1201 NW 10th, OKC, OK 73106 (Located in Olivet Baptist Church – the clinic is located between Elision and Klein St.)
2nd and 4th Mondays – Take clients with long-term medical conditions, (diabetes, hypertension, etc.) not emergencies.

Lighthouse Medical Clinic  405-602-6371
2801 S. Robinson, OKC, OK 73109
(Located in Capital Hill Church of Christ)
Open on Thursdays
www.lighthousemedicalclinic.org
- Medical Care
- Specialty Clinics in Gastroenterology, Ophthalmology, and special Women’s clinics are held
- Eye Care
- Lab Tests
- Physical Therapy
- Counseling
- Prescription Drugs: no narcotics are on the premises
You can get an appointment by coming to the clinic in person on Thursday at 3:00 pm (1:00 pm on 2nd Thursdays). You may receive an appointment time for later that day.

Kings Klinic  405-848-4005
921 W. Britton Road, OKC, OK 73114
www.kingsklinic.com
- Call to be put on a wait list.
- Extractions, only

Little Flower Church Clinic  405-235-7055
Parrish Office 405-235-2037, press 4

1125 S. Walker, OKC, OK 72109
Adult and Pediatric Clinic
Wed 4pm – 7pm
- All clinics on a walk-in basis
- No fees
- Spanish and English spoken
- Be there by 4:30pm
- $10 donation

Manos Juntas Medical Clinic  405-605-3101
1320 N. Pennsylvania Avenue, OKC, OK 73103
(Epworth Methodist Church Basement)
Call for hours
www.manosjuntas.com
- Individuals/families sign in, receive a number, and are provided a hospitable environment in which to wait.
- Any individual/family who arrives in the building between 9am and 11:15am will be seen that day at no cost.
- Diagnostic lab available.
- Limited pharmaceuticals provided (1-2 weeks of medication can be supplied; more can be provided with additional visits).
- Organization serves around 150 individuals/families a week.

Ministries of Jesus  405-340-7400
1100 East I-35 Frontage Rd., Edmond, OK 73013
Call for hours
- Provides eye exams to individuals of any age residing in any county.
- Also provides medical clinic.
- Call ahead for referrals and appointments.

Norman Regional Hospital  1-877-667-6734
HealthLink
901 N. Porter Ave. Norman, OK 73071
Ask a nurse & physician referral
Telephone triage, health/drug info. & physician referral information.

Open Arms Free Clinic  405-789-0458
5252 N. Meridian Ave., Ste. 101, OKC, OK
Call for hours
People accepted on a 1st come, 1st served basis. Oklahoma County residents only. Basic medical care only. If you have a health question, call Health Link at 405-329-6877. This phone is answered 24 hrs. /day by an R.N. Patients needing more in depth care are referred to a network of volunteering specialists and primary care physicians.
- Treats 20-25 patients. If 2 physicians are working, 30-35 patients are seen.
- No gynecological exams.
- No lab work.
- Flu shots given on specific dates (generally 1-2 days in the fall).
- Clinic pharmacy does not dispense any controlled or injectable medications.
- Prayer needs
Patients wanting meds refilled must first see the clinic physician and have the number of refills allowed noted. Refills filled according to availability.

St. Charles McAuely Free Clinic  405-495-4667
Provides an opportunity to maintain wellness to any individual who is considered medically indigent (not covered by Medicare/Medicaid or any other insurance). We do this through education in the areas of diabetes, high blood pressure, nutrition and women’s clinics. We also are open to individuals who are sick and seeking treatment during regular clinic hours:

- 1st come, 1st served basis
- Minor illness only
- Health Care assessments for all ages
- Prescriptions
- Call ahead for diabetic and women’s health clinic hours.

Family Practice - Monday Evenings at 4:30 p.m.
Dermatology Clinic - 4th Wednesday of each month. Call for an appointment.
Diabetic Clinic - Check with clinic staff for specific clinic dates
Gynecology Exams - Contact the clinic at 495-4667 to schedule a gynecological exam

If have chest pain, significant breathing problems, major wounds, or possible broken bones, go to the Emergency Room. 405-755-1515 (Mercy Health Center Operator)

Variety Care

### MENTAL HEALTH EMERGENCY/SUICIDE (ADULTS)

Call 9-1-1 for immediate help!

**Heart Line/CARE Line**  
405-848-2273(CARE)  
Statewide 1-800-273-8255 (TALK)  
24 hrs./day, 7 days/week hotline

**iMAT Integris Mobile Assessment Team**  
405-951-2273  
(Only Mobil to Integris Hospitals/Facilities)  
- 24 hour Crisis Intervention & Referrals.  
- For children, adolescents, adults, seniors, & chemical dependency.  
- 24 hr. Triage on Phone

**Mental Health Emergency**  
Call 911 or go to local emergency room.

**Oklahoma County Crisis Intervention Center**  
405-522-8100  
2625 General Pershing Blvd, OKC, 73107  
24 hours a day/7 days a week  
Mental health and drug/alcohol abuse crisis intervention facility, 24-hour medically supervised detox for adults for OK county.

www.suicidepreventionlifeline.org  
Need a LGBT friendly ear?  
Call 866-488-7386

www.thetrevorproject.org  
24 hours a day, 7 days a week.