

Tulsa Area Family Resources



Tulsa YMCA - Connect to your neighborhood YMCA for after-school programming, Stay and Learn activities, summer day camps & more! Ask if your family qualifies for a reduced membership fee!
→ <https://www.ymcatulsa.org/>

Early Learning Works - Connect to parenting classes, workshops and play groups for parents and children! Free resources such as books and educational toys are often available to families and childcare providers. Events occur around town!
→ <https://www.tulsaeducare.org/elw/> or 918.779.6005 (English & Spanish)

Building All Children - Mission: To assess, resource, and empower children and their families to build each child's development and individual learning style. Offers FREE Build and Play groups, mom's peer groups, family strengthening workshops (registration required). Also provides developmental evaluations and recommendations for community resources as needed. Great social media content!
→ <https://buildingallchildren.org/empowerment/play-and-buildgroups/> or 918.398.6127

Sprouts Developmental Clinic - Helps young children receive the earliest developmental care & support. Through screening, assessment and therapy, they partner with families and caregivers so every child has access to needed early intervention opportunities. Great social media content!
→ <https://www.sproutsdevelopment.com/> or call 918.699.4250 for an appointment.
→ For FREE developmental screening (English & Spanish), visit <https://www.sproutsdevelopment.com/asq-screening>.

Tulsa Dream Center - One of the biggest local providers of after-school tutoring, healthcare for the uninsured and equitable opportunities for underserved groups. TDC will connect your family to food, medical, educational and character building resources. Campuses on the west (539.867.4140) and north (918.430.9984) sides of Tulsa.
→ <https://tulsadreamcenter.org/services/> or 539.867.4140

EduRec - A youth and family fun center designed to serve the educational and social needs of the community. Offers youth ages 5-21 a positive alternative for creativity and growth. After school program, Spring Break and Summer Camps, and facility rental.
→ <https://edurectulsa.com/> or 918.430.3947

Empower Tulsa through Lilyfield - Services include: Bright Futures, where parents can receive and be connected to the resources they need to bring more stability to their family; Check & Connect, a comprehensive intervention designed to enhance student's engagement at school through relationship building, problem solving, capacity building and persistence; and Kids Club, where children to learn social and emotional skills in a safe, nurturing environment. Located on N Peoria.
→ <https://www.lilyfield.org/empowertulsa> or 918.346.6373

Oklahoma Partnership for School Readiness - Resource to connect with high quality early childhood facilities and in-home childcare services across our state!
→ <https://www.okschoolreadiness.org/child-care-resource-referral> or 405.525.3111 or 800.438.0008 to speak to a Referral Specialist. For Spanish, call 405.525.8783.



Tulsa Area Family Resources



Tulsa Kids - This is your website for FUN and affordable (often free!) family friendly activities in our area! Nothing is more important than building CONNECTION with your child! Don't forget to enjoy the journey! Read online or pick up a paper copy of their monthly magazine around town. (Summer camp guide in March edition each year!)

→ <https://www.tulsakids.com/things-to-do-in-tulsa-with-kids/>

Family & Children's Services - A place to turn for help with problems that seem overwhelming and too difficult to handle alone. Mental health services, Active Parenting parenting classes, classes on helping children in families going through divorce and more.

→ <https://www.fcsok.org/classes/> or call 918.587.9471

→ Resource guide with listings to help families with food insecurity, paying utility bills, etc:
<https://www.fcsok.org/local-community-resources-available-for-individuals-families/>

Parent Child Center - Mission: To prevent child abuse and neglect through education, treatment & advocacy. Parenting classes including 24:7 Dad and Positive Parenting (free!)

→ <https://www.parentchildcenter.org/> or 918.599.7999

Emergency Infant Services - Provides immediate help to meet the basic needs of infants and young children whose families are in crisis.

→ <https://www.eistulsa.org/> or 918. 5822469

Safe Families - Goal: To support and strengthen families, prevent child abuse and neglect, and reduce the number of children unnecessarily entering the child welfare system. Contact them for emergency help with mentorship or a childcare need.

→ <https://safe-families.org/get-help/> or 405.418.3825

Dolly Parton's Imagination Library - Enroll your child (birth-5) in this free program and receive age appropriate books, mailed right to your home! Can also enroll through your nearest library!

→ <https://imaginationlibrary.com/>

Tulsa City County Library

Become familiar with your nearest library, and connect to great resources including summer reading programs and fun, free activities! There are teen programs and community programs you may not be aware of, but there is something for everyone!

→ <https://www.tulsalibrary.org/about>

Gaining Ground - Provides Project Change camps after school in the Fall and Spring and during the months of June and July. The Home Library Program and Book Bus Program work hand in hand to ensure that all students have access to highly engaging books throughout the summer months.

→ <https://gaininggroundliteracy.org/> or 918.986.5056

Oasis Fresh Market - So much more than a grocery store! Offers connection to housing resources, job placement opportunities, utility assistance and free legal help. 1725 N Peoria.

→ <https://www.oasisfreshmarkets.net/projects>

