Community Resource Directory

Resource Guide

Generated: 11/28/2026, 2:13:43 AM

Applied Filters: Parent Category: essential-support

Total Resources: 24

Assumption Catholic Church Food Bank

Duncan

CONTACT INFORMATION

Phone: 580-255-0590
Website: https://assumptionduncanok.com/catholic-food-bank/home
Address: 711 W Hickory Ave, Duncan, 73533

SERVICES

- Food Pantry

DESCRIPTION

Food Bank is open Thursdays from 8:30 a.m. to 11:45 a.m.

Last Verified: 8/14/2026

Carnegie Food Pantry

Carnegie, OK

Counties Served: Caddo, Kiowa

CONTACT INFORMATION

Phone: 405-618-9563
Website: https://www.carnegiefoodpantry.com/
Address: 20 South Broadway St., Carnegie, OK, 73015

SERVICES

- Food pantry
- Food Pantry

ELIGIBILITY

Requires bill/proof of residency with matching address and photo ID.

DESCRIPTION

Open on the 3rd Friday of the month from 9:30 AM to 11:30 AM. Serves those that live in Caddo and Kiowa counties, along with the towns of Mountain View, and Gotebo.

Last Verified: 3/18/2026

Centenary United Methodist Church

Lawton, OK

CONTACT INFORMATION

Phone: 580-355-5660
Website: www.lawtoncentenary.org
Address: 704 SW D Ave., Lawton, OK, 73501

SERVICES

- Meal Program

DESCRIPTION

Centenary United Methodist Church offers breakfast and publicly accessible showers and clothes closet on the 4th Saturday of each month except for December. Hours: 8:30 AM - 10 AM

Last Verified: 8/14/2026

Chisholm Trail Church of Christ Compassion Center

Duncan, OK

Counties Served: Stephens

CONTACT INFORMATION

Phone: 580-255-7038
Website: https://www.ctcoc.org/get-involved/compassion-center/
Address: 800 N 10th Street, Duncan, OK, 73533

SERVICES

- Food Pantry

ELIGIBILITY

Residents of the Duncan area

DESCRIPTION

Food Closet: Wednesdays from 9 AM - 11 AM
Clothes Closet: 2nd & 3rd Wednesdays from 1 PM - 2:30 PM
Health Clinic: A free medical clinic for the community. Doctors in the area volunteer their services to see patients who normally could not afford to see a doctor. Some prescription medications are also available. Thursdays from 2 PM - 5 PM (Closed 5th Thursdays)

Last Verified: 3/17/2026

City Rescue Mission

Oklahoma City, OK

CONTACT INFORMATION

Phone: (405) 232-2709
Address: 800 W. California Ave., Oklahoma City, OK, 73106

SERVICES

- Transitional Housing

ELIGIBILITY

OK State ID required.

DESCRIPTION

For more than 65 years, City Rescue Mission has helped those experiencing homelessness in the Oklahoma City metro. A hot meal and safe place to stay are just the beginning.
10 – Month Bridge to Life Program, faith based, will take women with children.
City Rescue Mission is open 24 hours a day, 7 days a week for intakes into their Programs.

Last Verified: 8/8/2026

Comanche Nation Food Distribution

Lawton, OK

Counties Served: Comanche, Cotton, Stephens, Tillman, Jackson

CONTACT INFORMATION

Phone: 580-360-0537
Website: https://www.comanchenation.com/general-services/page/food-distribution
Application Link: https://www.comanchenation.com/general-services/page/food-distribution-applications-forms
Address: 584 N W Bingo Rd, Building 1200, Lawton, OK, 73507

SERVICES

- Food Distribution Boxes

ELIGIBILITY

This program serves Native American residents of the following counties: Comanche, Cotton, Western Stephens, Tillman, and Eastern Jackson. Required documents are application, CDIB, proof of residence, proof of income, and social security card. Applicants cannot be receiving food stamps.

DESCRIPTION

Hours: Monday - Friday 8 AM - 5 PM, Distribution ends at 3 PM

Last Verified: 3/18/2026

Comanche Nation Housing Authority

Lawton, OK

CONTACT INFORMATION

Phone: 580-357-4956
Website: www.comanchehousing.com
Address: 1918 E Gore Blvd., Lawton, OK, 73501

DESCRIPTION

The Comanche Nation Housing Authority provides housing assistance, homelessness prevention, affordable housing, homeownership opportunities, and home repair programs for eligible individuals and families. Programs have different income, residency, and tribal eligibility requirements.

The Tenant Based Assistance Program provides emergency housing assistance for individuals and families at risk of homelessness due to circumstances such as eviction, displacement from a natural disaster, a landlord selling the home, domestic violence or unsafe living situations, or staying in a shelter. Assistance may include a rental deposit, first month's rent, and utility connection costs. This program may serve members of any tribe as well as non-Native households, although the amount of assistance available may differ based on eligibility.

The Lease Purchase Program provides a pathway to homeownership for eligible Comanche Nation members. Approved applicants may have an eligible home purchased through the program and make affordable monthly payments toward eventual ownership. Income requirements, background checks, property requirements, and a waiting list apply.

The Low Rent Program provides affordable rental housing through properties owned by the Housing Authority. Comanche Nation members receive preference, but enrolled members of other tribes may also qualify. Eligibility is based on household income and other program requirements, and a waiting list may apply.

The Home Improvement Program helps eligible Comanche Nation homeowners address needed or emergency home repairs, which may include plumbing, electrical systems, heating and air conditioning (HVAC), roofing, fencing, and other qualifying repairs. Applicants must own the home and provide required documentation of homeownership and tribal eligibility.

The Elder Program assists eligible Comanche Nation elders age 62 and older with qualifying home repairs, improvements, or needed household appliances. A waiting list and additional program requirements may apply.

Contact the Comanche Nation Housing Authority to confirm current eligibility requirements, income limits, available funding, required documentation, and waiting list status before applying.

Last Verified: 8/14/2026

Comanche Nation Transit

Lawton, OK

Counties Served: Comanche, Caddo

CONTACT INFORMATION

Phone: 580-492-3389

Website: https://www.comanchenation.com/general-services/page/transit

Address: 584 NW Bingo Road, Transit Building 600, Lawton, OK, 73507

SERVICES

- Transportation Assistance

ELIGIBILITY

Service the Lawton/Fort Sill area and the surrounding communities of Cache, Apache, Elgin, Fletcher, and Cyril. They now additionally serve Anadarko and the surrounding towns of Carnegie, Fort Cobb, Binger, Verden, and Chickasha.

DESCRIPTION

Comanche Nation Transit offers transportation to medical appointments, work, college/vocational schooling, grocery shopping, everyday errands, and more. They are open to the public and ready to receive your call Monday - Friday, 8 AM - 5 PM, with buses operating from 5 AM - 7 PM. Please call 580-492-3389 to schedule your ride. Various fares and tickets/passes are available. Visit the website for more information.

Last Verified: 7/18/2026

Comanche Residential Youth Shelter (CRYS)

Lawton, OK

CONTACT INFORMATION

Phone: (580) 360-0619
Website: https://www.comanchenation.com/children-youth-services/page/comanche-residential-youth-shelter-crys
Address: 584 N W Bingo Rd, Lawton, OK, 73507

SERVICES

- Transitional Housing

DESCRIPTION

Comanche Residential Youth Shelter (CRYS) provides emergency and longer-term residential shelter, care, and supportive services for children and youth who need a safe and stable place to stay. Emergency shelter placement may be available on short notice, while residential placements can provide care for several months or longer depending on the youth's needs and circumstances.

CRYS provides meals and snacks, individual rooms, clothing, counseling, medical and dental care, recreational activities, outings, and opportunities to participate in cultural events. Youth ages 15 and older may also receive Independent Living Skills services to help prepare for life outside of shelter care by developing practical skills for independent adulthood.

The shelter also provides limited respite care for children in tribal custody who need temporary placement during a foster family emergency. CRYS staff provide supervision, support, and a nurturing residential environment focused on the safety, stability, and well-being of children and youth in their care.

Contact Comanche Residential Youth Shelter for current admission requirements, placement procedures, eligibility, and availability.

Last Verified: 8/14/2026

Duncan Rescue Mission Food Distribution Center

Duncan, OK

Counties Served: Stephens

CONTACT INFORMATION

Phone: 580-255-4679
Address: 102 N 5th Street, Duncan, OK, 73533

SERVICES

- Food Pantry

ELIGIBILITY

An ID and piece of mail with current address are required.

DESCRIPTION

Hours: Monday, Tuesday & Thursday 9 AM - noon. No appointments made. First-come, first-served.

Last Verified: 3/18/2026

Eagle Christian Ministries Recovery Residences

Choctaw, OK

CONTACT INFORMATION

Phone: (405) 365-7716
Website: https://eaglechristianministries.com/
Application Link: https://form.jotform.com/231153689986068
Address: 14117 SE 29th Street, Choctaw, OK, 73020

SERVICES

- Sober Living

ELIGIBILITY

Applicants must have a desire to live a drug-free and sober life. Applicants must be at least 18 years of age. Applicants must make a commitment to abide by the rules, policies and schedule of Eagle Recovery Center's Sober Living Residences. All approved applicants must be drug and alcohol free and submit to random UA and oral drug testing. Applicants must be willing to obtain a social security card and a valid Oklahoma state picture ID or driver’s license. Approved applicants must contact the admissions office once every week to determine their program status. If an approved applicant misses their admissions appointment, they will forfeit that available bed space and will be placed on the waiting list until another bed becomes available.

DESCRIPTION

Sober Living apartments for men, women, and families with children.
For residences in Cyril, OK - Call Laneta (405) 892-9059
For residences in Choctaw, OK - Call Maranda (405) 365-7716

Last Verified: 3/26/2026

Family Promise of Lawton

Lawton, OK

Counties Served: Comanche

CONTACT INFORMATION

Phone: 580-353-7522
Website: www.familypromiseoflawton.com
Address: 901 SW 17th St., Lawton, OK, 73501

SERVICES

- Emergency Shelter

ELIGIBILITY

For any comments, recommendations, or accommodations please call: 580-353-7522.

DESCRIPTION

Family Promise of Lawton offers for main programs:
Shelter Diversion: Helping families living in inadequate housing to keep from entering the shelter.
Shelter Program: The Static shelter program provides a warm community environment that combats the trauma experienced by unhoused people.
Stabilization Program: Continued case management support and wrap-around services for families on their program to remain stable in their housing, financial capability, and career paths. Their objective is not just to find homes for families, but also to ensure that they can stay in those homes.
Community Initiatives: Tenancy preparation, financial literacy, and virtual career pathway training.

Last Verified: 3/18/2026

Fletcher Food Pantry

Fletcher, OK

CONTACT INFORMATION

Phone: 580-678-0913
Website: https://www.facebook.com/people/Town-of-Fletcher-Food-Pantry/61590035734254/#
Address: 423 Cole Ave, Fletcher, OK, 73541

SERVICES

- Food Pantry

ELIGIBILITY

Must reside in Fletcher, Elgin, Sterling, Cyril, Apache, and Cement, OK; A picture ID and a bill with current address are required.

DESCRIPTION

Food pantry distribution is on the 1st & 3rd Wednesdays of each month at 6:00 PM. No appointment is needed.

Last Verified: 8/14/2026

Hungry Hearts Feeding Ministry

Lawton, OK

Counties Served: Comanche

CONTACT INFORMATION

Phone: 580-704-9224
Website: www.hungryheartslawton.com
Address: 605 SW 11th St., Lawton, OK, 73501

SERVICES

- Meal Program

ELIGIBILITY

No ID required, but you must be present to receive a plate.

DESCRIPTION

Hungry Hearts Feeding Ministry provides free meals in the Lawton, OK area. They also distribute clothes, groceries, and toiletries based on need. Hours of operation are Monday - Thursday, 9 AM - 1 PM.

Last Verified: 3/18/2026

Kiowa Fastrans

Carnegie, OK

CONTACT INFORMATION

Phone: 580-654-2053
Website: https://www.kiowatribe.org/department/kiowa-fastrans
Address: 100 Kiowa Way, Carnegie, OK, 73015

SERVICES

- Transportation Assistance

DESCRIPTION

The Kiowa Fastrans offers public services to and from employment, post-high school programs, medical appointments, as well as everyday passenger personal appointments and activities. Rides are scheduled on a first-come, first-served basis. To schedule a ride, call dispatch Monday - Friday from 8 AM - 5 PM at (580) 654- 2053. Various fares and passes are available. Visit the website for more information.

Last Verified: 3/18/2026

Kiowa Tribe Food Distribution

Carnegie, OK

Counties Served: Caddo, Kiowa, Jackson, Greer, Harmon

CONTACT INFORMATION

Phone: 405-901-9240

Email: food@kiowatribe.org

Website: https://www.kiowatribe.org/department/kiowa-food-distribution

Application Link: https://www.kiowatribe.org/sites/default/files/2022-12/FOOD%20DISTRIBUTION%20APP%20FILLABLE.pdf

Address: 100 Kiowa Way, Carnegie, OK, 73015

SERVICES

- The Food Distribution Program on Indian Reservations (FDIPR) is a federal program that provides USDA foods to low-income households residing in approved areas in southwest Oklahoma.
- Food Distribution Boxes

ELIGIBILITY

Must be a resident of the following counties: Caddo, Greer, Harmon, Jackson, or Kiowa. Participants cannot be enrolled in SNAP (food stamps); CDIB, one month proof of income, and bill/proof of residency required.

DESCRIPTION

Hours: Monday - Friday, 8:30 AM - 3 PM for curbside pick-up.

Last Verified: 3/18/2026

LATS Lawton Area Transit System

Lawton, OK

Counties Served: Comanche

CONTACT INFORMATION

Phone: 580-248-5252

Website: ridelats.com

Address: 2606 SW Bishop Rd., Lawton, OK, 73501

SERVICES

- Transportation Assistance

DESCRIPTION

The general fare for passengers ages 18+ is $1.50. LATS buses can only accept exact change. Learn more about discounts and who can ride for FREE at https://ridelats.com/passes-and-fares/. LATS offers ADA Para Services.
Various prepaid passes are available for purchase. Passes can be purchased at the Lawton City Hall, Lawton Main Public Library, Cameron University Admin Building, and Great Plains Technology Center Admin Building 100.

Last Verified: 7/19/2026

Lawton First Assembly (Church)

Lawton, OK

CONTACT INFORMATION

Phone: 580-536-9325
Email: info@lawtonfirst.org
Website: lawtonfirst.org
Address: 2201 NW 82nd St., Lawton, OK, 73505

SERVICES

- Utility Assistance
- Rental Assistance
- Financial Assistance
- Family Counseling

ELIGIBILITY

Applications/Appointments can be found at https://lawtonfirst.org/compassion/. Benevolence Request applicants must have attended at least two services per month for the past three months. Attendance can be recorded by filling out an offering envelope. A copy of the bill for which you are requesting assistance is required when applying.

DESCRIPTION

Lawton First Assembly Church has four programs in which they serve the community:
Financial Coaching: Schedule an appointment with Alan Spencer at financialcoach@lawtonfirst.org or call 580.536.9325
Marriage Coaching: FREE marital and couples coaching with Certified Marriage Specialists. Bible-based coaching available Monday-Thursday by booking an appointment.
Benevolence Request: Assistance coverage for utilities (electric, water, gas/propane) and partial rent/mortgage. The Benevolence Request application process takes approximately two weeks, and if funds are approved, checks will only be issued directly to the service provider for which you are requesting assistance.
Bed/Mattress Request

Last Verified: 3/24/2026

Lawton Food Bank

Lawton, OK

CONTACT INFORMATION

Phone: 580-353-7994
Website: www.lawtonfoodbank.org
Address: 1819 SW Sheridan Rd., Lawton, OK, 73505

SERVICES

- Food Pantry

ELIGIBILITY

There is a short application to complete. No ID or proof of income required.

DESCRIPTION

Hours: Monday - Thursday 10 AM - 1 PM; Thursday 1 PM - 5:30 PM

Last Verified: 3/18/2026

New Life Assembly of God Food Pantry

Cache, OK

CONTACT INFORMATION

Phone: 580-429-3342
Address: 501 W B Ave, Cache, OK, 73527

SERVICES

- Food Pantry

DESCRIPTION

The services provided by this food pantry are available on the 2nd and 4th Thursdays of every month from 11 AM - 2 PM. Days and times may vary due to holidays. Medical equipment is provided free of charge based on availability, such as wheelchairs, walkers, and canes. Please call for more information.

Last Verified: 3/24/2026

Reincarnation Cottages

Pryor, OK

CONTACT INFORMATION

Phone: (888)233-4280
Website: www.reincarnationcottages.com
Address: 16 South Vann St., Pryor, OK, 74361

SERVICES

- Sober Living
- Peer Support
- Transitional Housing

DESCRIPTION

Reincarnation Cottages is a faith-based addiction recovery and sober living program for adult men in Pryor, Oklahoma. The program provides a structured, drug- and alcohol-free living environment for men working toward recovery from substance use and addiction. Support includes transitional housing, recovery support, Christian faith-based guidance, vocational and work opportunities, life skills, and assistance developing healthy routines for long-term sobriety. Residents participate in a structured work-and-recovery program designed to help them build stability, responsibility, and skills for independent living.

Last Verified: 8/9/2026

Salvation Army - Lawton

Lawton, OK

CONTACT INFORMATION

Phone: 580-355-1802
Website: www.salvationarmylawton.org
Address: 1306 SW E Ave, Lawton, OK, 73501

SERVICES

- Meal Program
- Emergency Shelter
- Utility Assistance

DESCRIPTION

Services available are emergency financial aid for utilities and other necessary expenses, homeless shelter, daily meal services, food boxes, and emergency disaster services.

Last Verified: 3/18/2026

WCD WIC Program

Lawton, OK

CONTACT INFORMATION

Phone: 580-355-9389
Website: wcdwic.org
Address: 1407 N NE Lawrie Tatum Rd, Lawton, OK, 73507

SERVICES

- Grocery Assistance
- Parenting Support

ELIGIBILITY

Eligible participants must be one or more of the following: Pregnant women; Women with a baby up to 6 months old; Women with a baby mostly breastfeeding up to one year old; Infants; and children up to the age of five. Required documents are proof of residency, proof of income, and proof of identification.

DESCRIPTION

WCD-WIC program provides supplemental foods, health referrals, social services along with nutrition education, breastfeeding education, and support to eligible participants. To apply, find the nearest WCD-WIC Program by visiting https://www.wcd-wic.org/find-a-clinic/ and schedule your appointment.

Last Verified: 3/18/2026

Wichita and Affiliated Tribes Food Distribution

Anadarko, OK

Counties Served: Caddo

CONTACT INFORMATION

Phone: 405-247-9677

Website: https://wichitatribe.com/food-distribution-program/

Address: 1.25 Miles North on Hwy 281, Anadarko, OK, 73005

SERVICES

- The Wichita and Affiliated Tribes Food Distribution program serves Native Americans residents of northern Caddo County
- which includes the Wichita Reserve Area (Northern Caddo County): Gracemont
- Binger
- Lookeba
- Minco
- Fort Cobb
- Eakly
- Oney
- Cogar
- Albert
- Alfalfa
- Hinton
- and Hydro. You must reside in this service area to apply. Applications can be completed in office
- and no appointment is required.
- Food Distribution Boxes

ELIGIBILITY

Application is required and must be completed on-site. No appointment is needed. Participants must meet income guidelines (gross monthly) and cannot receive food stamps or have a food stamp application pending. Required documents are CDIB, utility bill as proof of address, social security cards, proof of income for each working household members, unemployment verification, and income verification for all other sources of income (Social Security, SSI, etc).

DESCRIPTION

Hours: Monday - Friday, 8 AM - 5 PM. The program serves Native Americans residents of northern Caddo County, which includes the Wichita Reserve Area (Northern Caddo County): Gracemont, Binger, Lookeba, Minco, Fort Cobb, Eakly, Oney, Cogar, Albert, Alfalfa, Hinton, and Hydro.

Last Verified: 3/18/2026