

Huhna ngahtheih na thu tuam tuam

BURMESE
Community Peer
Educator Program
SIA MAH NU
COMMUNITY SERVICE COUNCIL

Thuphamawh mah mah mei kang hizong palik sap kul leh: **911** sam in

Thuphamawh khol lo ahih leh: **918-596-9222** ah kism thei hi

Huhna a tuam tuam ngah thei na munte: **211** sam in | www.211EOK.org

▶ **211 Eastern Oklahoma:** Huh na ki sam maw? Khua le tui ii neihsate leh panpihnate atul tampi-in om hi. Cih nading na theihloh ciang ko om ung. Ong sam in. Lai onghkak in ahihkeileh online pan ong zong in.

HUHNA ONG LA UN
Oklahoma nisuahtalam
2-1-1
Ong gen un. Ong huh nung.
COMMUNITY SERVICE COUNCIL

SAM 2-1-1 **ONLINE AHG ZONG 211EOK.ORG**

Huhna ngahtheih nading, nisim nai 24 sung akiva mahmahte phone kismthei hi. Kisapna dung zui-in leh ZIP code tawh na veng sung ah huhna apiate onlinepan zong in.

Cih nading na theihloh ciang, ko om ung. Ong sam in, lai onghkak in ahihkeileh online pan ong zong in. **COMMUNITY SERVICE COUNCIL**

Puan leh a tuamtuam huhna

▶ **Nau ngek naupang tawh kisai thuphamawhte huhna: 918-582-2469**

Hih EIS (Emergency Infant Services) te in naupang kum 5 leh a nuai siah te huhna pia uh hi. Kum khat in 4 vei ki pai thei hi. Bang van teng om hiam cih leh: daipa, naupang an, leh nawi vui te om ding hi. Nupang puan a kism om leh zong kingah thei ding hi. Hun te pen zingsang nai gam pan sun 2:30pm dong Monday pan Friday, Hehpihna tawh muktuum hong bulh un.

▶ **Jenks Care Point: 918-600-2099**

Appointment ki la thei. Muk tuam na thua kul ding hi. Jenks Public School pan Sang naupang te leh a innkuan pihte aa ding puan a mawkna kipia hi. Innkuan mimal khempueh aa ding in puante kingah thei hi. Ni 30 khit sim in puan te a mawk na in kingah thei aa zong kilei thei ding hi. Puan laak na mun ah nong pai ciang in hehpihna tawh na ID te uh hong pua hamtang un.

Nektheih tawh kisai huhna

▶ **Jenks Community Food Bank**

Kha khat khat vei huhna. Jenks sang kiim ah a om te aa ding in ni thum ni (Wednesday) leh sani ni sim (Saturday) zingsang 10 am pan sun 12pm dong nektheih te kipia suak suak hi. Nong pai uh ciang hehpihna tawh na maw-taw sung ah na ngaksak un.

▶ **Hunger Free Oklahoma**

Hunger Free OK Assistance zolai in om in ah tua tawh SNAP kisiau thei ding hi—1-877-760-0014. SNAP Hotline ah kawl lai leh zolai in zong hong huh thei ding hi. A hun pen Wednesday pan Saturday sun 1:30pm pan 8pm dong ki hong ding hi.

▶ **Tulsa Food Bank: 918-585-2800**

Monday pan Friday 8 a.m.-4:30 p.m hi ding hi. Hehpihna tawh nong pai ma un hong sam ham tang un, tua hi leh kisp na bang in hong huh thei ding mi na om ding hi.

Innkuan tawh kisai huhna/Numei' cidamna

▶ **Tulsa Health Department: 918-582-9355**

▶ **Take Control Initiative**

Take Control Initiative website pen www.takecontrolok.org hi. Naupai loh nading kikep dan ding zia (birth control) cihdan te pawl huhna kism leh zato tawh ka kizopna te kiang ah huhna kingah thei ding hi. Hih Tulsa Health Department a mun ah zong hong pai thei ahih kei leh website ah zong kizong thei ding hi.

Cidam na tawh kisai huhna

- ▶ www.cda.gov/covid19-symptoms ah Zopau in COVID-19 thu kincingzaw in kikoih hi.
- ▶ **Tulsa Health Department COVID Call Center: 918-582-9355**
- ▶ **Oklahoma State Department of Health Hotline: 1-877-215-8336**
- ▶ **Good Samaritan Clinic**

Good Samaritan Clinic ah insurance a nei lo ten va kilak thei hi. Appointment na laak nop uh leh hih website: www.goodsamaritanhealth.org ah kila thei ding hi. Amasa in patient resources a cihna mun mek in la, tua khith teh cross (singlamteh dan) mek in, a mun teel in. Koi cih schedule la thei cih pen hong kihilh ding hi. Tu lai tak Full Gospel aa a om Good Samaritan zato pen ki khak hi. Mang pau na pautheih kei leh kamphen na ton pih kul ding hi.

Lungsim cidam na tawh kisai huhna

- ▶ **Family & Children's Services: 918-712-4301**

Innkuan leh naupang huhna, Family and Children Services phone nambat pen 918-712-4301 hi in ah kamphen na kispah leh zopau in zong hong ki ho thei ding hi.

- ▶ **COPES: 918-744-4800**

COPES (Community Outreach Psychiatric Emergency Services) phone nambat pen 918-744-4800. Hih huhna pen a mawka hi ding aa kua mah kiang kipu lak sak lo ding hi. Naupang te aading lungsim cidam natawh kisai huhna leh nang leh nang kihat nopna na neih leh hong huh thei ding in Phone tawh nai 24 sung huhna kipia hi.

- ▶ **Gilyead Counseling: 918-600-2966**

Tua tawh kisai Gilyead Counseling te zong kiho thei hi 918-600-2966, Zopau in kingah ding hi. A mun pen 2448 E 81st St., Tulsa, OK 74137.

Innsung ah thatang tawh zawhthawh bawl na

- ▶ **Domestic Violence Intervention Services: 918-743-5763**

Domestic Violence Intervention Services a phone nambat pen 918-743-5763, a website pen www.dvis.org. DVIS (Domestic Violence Intervention Services) in nai 24 sung bang hun bang hun a hi zong tua phone nambat tawh sam le uh cin, hong huh thei ding hi. Pasa, numei, naupang a kua ma peuh hih innsung ah thatang tawh hizong lungsim zawhthawh bawl na a thuak mi khempeuh hong ki huh ding hi.

- ▶ **Family Safety Center: 918-742-7480**

Family safety center phone nambat pen 918-742-7480, a website pen <https://fsctulsa.org>. Amawka na in hong kihuh thei ding aa, thuphamawh a kumpi te' kepna/Palik te kiang kohna tawh kisai huhna zong hong pia thei ding hi.

Galtaimi tawh kisai leh pumkhat theihna tawh kisai huhna

- ▶ **Master Mind Organization: Facebook leh youtube te ah kizong thei ding hi**

Master Mind Organization te in inn ah lai hong tung na theih lo te hi zong, shiauna tawh kisai vai tuam tuam hi zong Oklahoma promise (Scholarship tan 8-10) hizong a tuam tuam hong huh thei ding hi. Online video te pan in zong manglai a sin nuam te aa ding kal sim in kikhah hi.

- ▶ **Catholic Charities: 918-568-0064**

Taangpi khuasak zia leh ki pumkhat theihna tawh kisai huhna. Hih huhna dan pen a tuam tuam in ki khel thei zel hi, tua ahih ciang in ah ccceok.org website ah va en un. Thupha mawh khat a om aa, mi khat tawh na ki ho nop uh leh, Cecilia kism thei ding hi (918-568-0064).

