



Tahlequah S.U.C.C.E.S.S.

Presents

“SUMMER SMILES”



(Helpful Community Information to keep Kids & Caretakers Happy & Healthy this Summer)

Local Play, Fitness, FUN & Recreation

Tahlequah City Parks: Norris, Sequoyah, Ross, Kaughman & Phoenix and Walking Trails (Free!)

The Splash Pad, corner of Water Ave. & Downing St. 1 pm–6pm Daily & Free!

City Aquatics Center on West Allen Road: M–F, 1–7pm, Saturday 11am–8pm, Sunday 1–8pm \$5 (11y/o & Up) \$3 (10y/o & Under) Parties Available!

Tahlequah Public Library 102 S. College Ave. 918–456–2581 www.tahlequah.lib.ok.us

Hours: Mon–Thurs. (am–8pm, Fri. 9am–6pm, Sat. 9am–1pm, Closed Sundays

NSU “The Fit” 530 N. Oak Ave. Call: 918–444–3980

NSU FIT Pool Hours: M–Thurs. 6am, 10pm./Fri. 6am–8pm./Sat. 9am–5pm/Sun. 1pm–5pm

Markoma Gym 1123 W.4th Street, Call: 918–453–5496 for membership details

Tahlequah Area Behavioral & Mental Health Counseling Services

CREOKS 711 S. Muskogee Ave., Call: 918–207–0078 Website: www.Creoks.org (Free Services Available)

CREOKS 24/7 Crisis Line 1–877–327–3657

Grand Lake Mental Health 1323 W. Keetowah St., Call: 918–825–1405 (Wide Variety of Payment Options)

Grand Lake Mental Health 24/7 Crisis Line 1–800–772–3611

Cherokee Nation Behavioral Health 1400 Hensley Drive Call: 918–207–4977

Multi–County Counseling, Inc. 1200 W. 4th St. Suite D. Call: 918–458–0113 (Sooner Care & Payment Options)

Counseling Works, Inc. Office Locations Statewide Call: 918–681–4944 (MCD & Payment Options)

Peoples, INC. 1606 E. Downing Call: 918–453–1217 Website: PeopleInc.org (Sooner Care & Payment Options)

EVOLVE Professional Counseling, LLC 1140 Mayberry Drive Call: 918–453–1108 (Sooner Care & Private Ins.)

Improving Lives Counseling Services, Inc. 308 E. Downing Call: 918–506–4012

S.U.C.C.E.S.S. “Seeking to Unite Cherokee County Emotional Support Services”

A Task Force of the Cherokee County Health Services Council 135 N. Muskogee Ave. 918–506–4058

Blue Lotus Counseling 315 N. College Ave. Call: 918-453-1171

Depression & Bipolar Support Alliance (DBSA) Meets Every Thursday, 7pm. at the First Lutheran Church
2111 Mahaney Ave. Tahlequah Website: www.dbsaok.org

Community Event Information

"What to Do in Tahlequah"- Facebook Page (Updates Daily)

City of Tahlequah Website: www.cityoftahlequah.com for Calendar, Community & Government Info.

Tahlequah Chamber of Commerce 123 E. Delaware St.

Call: 918-456-3742 or Website: www.tahlequahchamber.com

Health & Nutrition

Farmers Market Saturday Mornings Spring-Summer, 8am to 12pm. Norris Park Pavilion

CARE Food Pantry 220 N. Muskogee Ave. Call: 918-458-5338

ZOE Food Pantry 1009 S. Muskogee Ave. Call: 918-453-9778 www.zoeinstitute.com

Bread of Life 323 E. Ward St. Call: 918-458-4748

Help In Crisis 205 N. College St. Call: 918-456-0673

Smoking Cessation Hotline 1-800-Quit Now

Tahlequah Health Department 912 S. College Ave. Call: 918-458-6577 www.health.ok.gov

GOOD TO KNOW:

Stress Basics: Not all stress is bad. But chronic (on going) stress can lead to health problems. Preventing and managing chronic stress can help lower your risk for serious conditions like heart disease.

You can prevent or reduce stress by:

Planning Ahead. Deciding which tasks need to be done first & preparing for stressful events.

Help Manage Stress by:

Notice when you Feel Stressed. Taking time to Relax. Talking to Friends & Family. Getting Active & Eating Healthy

Try looking into these helpful websites for further resources: www.HealthFinder.gov & www.MentalHealth.gov

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