TRHF Community Resource Directory 2026

Chapter 11: Life Skills & Parenting

Case Manager Edition

Family & Children's Services

Parenting education, family support, counseling, and child development resources.

Triple P Parenting Program

Evidence-based parenting classes and tools for raising confident, resilient children.

OSU Extension - Active Parenting

Parenting education focused on communication, discipline, and family relationships.

CAP Tulsa

Parent engagement, early childhood education, and family support services.

Parent Child Center of Tulsa

Parenting education, family strengthening, and child abuse prevention programs.

James Inc. Parent Academy

Life skills and parenting support for young mothers and fathers.

Maze of Life

Life skills, parenting classes, mentorship, counseling, and career development support.

Neighbor For Neighbor

Budgeting, cooking, nutrition, job preparation, and life skills classes.

Goodwill Financial Empowerment Center

Free financial counseling, budgeting assistance, and credit education.

Tulsa City-County Library

Computer literacy, workforce readiness, and adult learning programs.

Quick Life Skills & Parenting Reference

Need parenting support? Start with Triple P, CAP Tulsa, Parent Child Center, or Family & Children's Services.