



CREOKS Health Services is an established, non-profit organization providing comprehensive health, wellness and social services. Our behavioral health division has been serving communities in Oklahoma since 1980. Our reputation has allowed us to work with local agencies, schools, and civic organizations to help individuals and families.

Our organization offers a wide-range of services in our clinics and through home or school-based programs. We help individuals needing brief counseling, substance abuse treatment or those struggling with behavioral issues. Our professional staff is committed to the individual and strives to provide compassion and respect to our clients and their families. Taking time to listen and properly assess client needs enables CREOKS to provide workable and successful solutions.

CREOKS is certified by the Oklahoma Department of Mental Health and Substance Abuse Services and is accredited by CARF International.



HUGS

Helping U
Grow Successfully

CREOKS - Muskogee
1139 N. Main St.
Muskogee, OK 74401
(918) 687-7064

CREOKS - Sapulpa
23 E. Ross Ave.
Sapulpa, OK 74066
(918) 227-2016

CREOKS - Okemah
209 W. Broadway
Okemah, OK 74859
(918) 623-2922

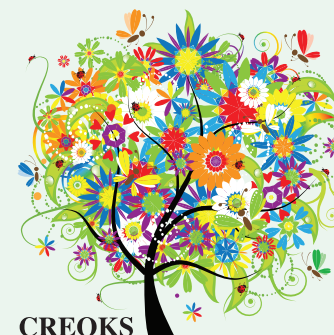
CREOKS - Stilwell
716 S. 2nd St., Ste. 103
Stilwell, OK 74960
(918) 696-6212

CREOKS - Okmulgee
1803 S. Wood Drive
Okmulgee, OK 74447
(918) 756-9250

CREOKS - Tahlequah
711 S. Muskogee Ave.
Tahlequah, OK 74464
(918) 207-0078

CREOKS - Sallisaw
1108 N. Wheeler
Sallisaw, OK 74955
(918) 775-5513

CREOKS - Wagoner
109 S. Harrill Ave.
Wagoner, OK 74467
(918) 485-0242



Children's Services

HUGS

Helping U
Grow Successfully



parentPRO 
Free parenting support. Delivered to your door.



Parents as Teachers
Affiliate

CREOKS Health Services promotes and improves the lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness and social services.



The Help You Need at the Time You Need It!

The HUGS program is a Parents as Teachers

Affiliate. Parents as Teachers is a home-based parent education program that provides practical information and guidance to parents regarding children's health, safety, and preparing for school entry.

Benefits of Enrolling

The HUGS program is completely voluntary and is provided at no cost to your family. HUGS staff



work to keep your family healthy and strong, by helping parents learn all they can about their children. The program provides valuable information about child development, nutrition, safety, and can connect you with additional community resources.

Who Can Enroll

- Expectant parents
- Parents with newborns up to kindergarten completion
- Families with limited financial and/or social support.
- Families who live within Okemah, Okmulgee, Sallisaw, Sapulpa, Stilwell, Tahlequah, and Wagoner

We Help You

- Plan for a healthy pregnancy
- Manage your stress
- Enjoy and nurture your child
- Learn how to reduce conflicts
- Learn child health and development
- Childproof your home
- Ensure your child is prepared to enter school
- Improve your parenting skills
- Connect with community resources
- Connect with others who listen and understand



Our Services

Families enrolled in the program will receive the services listed below at no cost:

- Parenting information and guidance
- Personalized home visits
- Child development screening
- Vision and hearing screenings
- The parentPRO referral network

Home visits are a key component of the program. HUGS staff offer support to families during their pregnancy and up to the child's 6th birthday. Activities provided by HUGS staff will involve everyone who participates in the care of the child.

How To Enroll

It couldn't be easier. Simply call one of our offices listed on the back of this brochure or stop by during business hours.

A HUGS staff member will be happy to provide you with more information, answer any questions you may have and help you get started.



"Behind every young child who believes in himself is a parent who believed first."

-- Matthew Jacobson

"There is no way to be a perfect mother and a million ways to be a good one." -- Jill Churchill