2017

**Updated Guide: Released January 2017
Replaces the guide released in October 2016

For updates or corrections:

Six Protective Factors:
Key Elements for Supporting the Well-Being of Children and Families

1. **Nurturing and Attachment:** Stable caregivers who work to understand and meet the child's need for love, affection, and stimulation
2. **Knowledge of Parenting and of Child and Youth Development:** Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development
3. **Parental Resilience:** Managing stress and functioning well when faced with challenges, adversity and trauma
4. **Social Connections:** Positive relationships that provide emotional, informational, instrumental and spiritual support
5. **Concrete Supports for Parents:** Access to concrete support and services that address a family's needs and help minimize stress caused by challenges
6. **Social and Emotional Competence of Children:** Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

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Reference Numbers

Emergency- Fire/Police/Ambulance- dial 911

Emergency Helplines

Nebraska Family Helpline	888-866-8660
Rape/Spouse Abuse Crisis Line	402-475-7273
24 hour Line	800-523-3666
Spanish Line	877-215-0167
Poison Control Center	800-222-1222
Suicide Prevention Hotline	800-273-8255
National Crisis Hotline (Youth Crisis)	800-448-3000
TDD	800-448-1833
Lutheran Family Services	402-441-7940
American Red Cross	402-441-7038
CenterPointe Crisis Response	402-475-6695
Nebraska Hotline for HIV/AIDS	800-782-2437
Right Turn (Guardianship/Adoptive Families)	888-667-2399

Law Enforcement

Crime Stoppers	402-475-3600
Lincoln Police Dept. (Non-emergency)	402-441-6000
Lancaster County Sheriff	402-441-6500
Nebraska State Patrol	402-471-4545

Legal

CASA	402-474-5161
The Mediation Center	402-441-5740
Child Support Enforcement	877-631-9973
Legal Aid of Nebraska	402-435-2161

Other

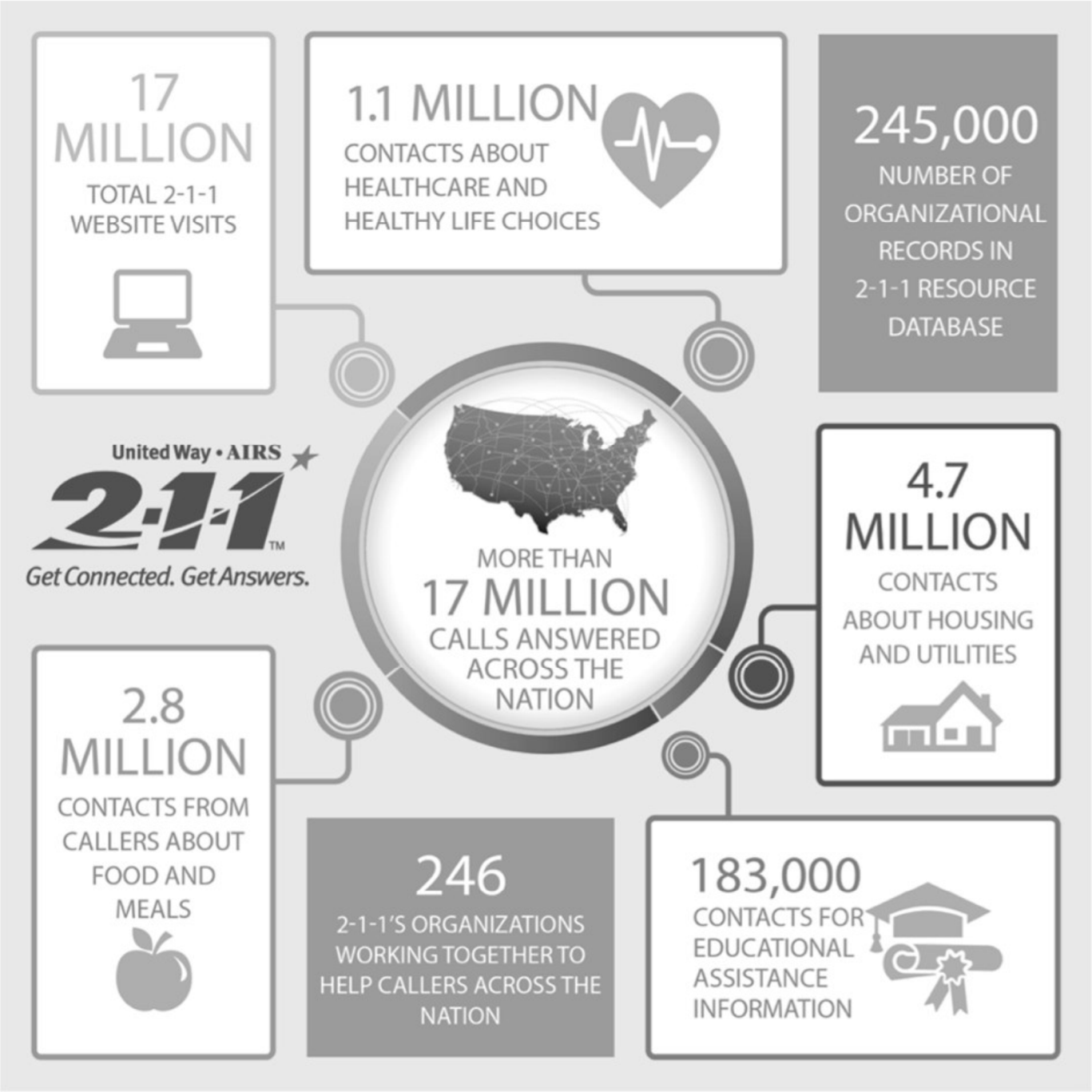
Child/Elder Abuse Hotline	800-652-1999
Child Advocacy Center	402-476-3200
Unemployment Claims Center	402-458-2500
Social Security Administration	866-593-2880
Access Nebraska Economic Assistance	800-383-4278
Access Nebraska Medical Eligibility	855-632-7633
Alcoholics Anonymous	402-438-5214
Alanon/Alateen	402-477-9662
Animal Control	402-441-8626
Break the Link (animal abuse)	402-441-0212

Therapist Directory

http://therapists.psychologytoday.com/rms/county/Nebraska/Lancaster.html

Basic Needs for Families

Need Help? Don't know where to start?
Dial 2-1-1 from your phone



Official Nebraska Government Website

ACCESS Nebraska

ACCESSNebraska

Department of Health & Human Services DHHS NEBRASKA

10/06/2016

Español

Other Useful Links

- DHHS Programs
- Community Services
- Printable Forms
- Community Partners
- How to?/Tutorials
- SNAP EBT/ReliaCard
- Contact Us

Welcome to ACCESSNebraska. To get the full benefit from this website, please create an account using your PIN. The account you create

Do I Qualify?

- Online assessment to see which programs may fit your needs
- Determine if you qualify for any programs

Economic Assistance Application

- Complete an application for most DHHS benefits
- Re-apply for continuous benefits (Recertification/Review) for DHHS programs except for Medicaid

Healthcare/Medicaid Application

- Apply for Medicaid,
- Federal Insurance Affordability Programs, or
- Qualified Healthcare plans

Submit Documents

- Upload/submit documents to DHHS
- Must be currently applying or receiving benefits to use this feature.

Report Changes

- Report changes in your household
- Must be currently applying or receiving benefits to use this feature.

My Account

- View Current Benefits
- View Correspondence
- Select Correspondence Delivery Preferences
- Complete Medicaid Renewal

Economic Assistance
Toll Free: (800)383-4278
Lincoln: (402)323-3900
Omaha: (402)595-1258

DHHS ACCESSNebraska Customer Service Center is available
null Monday thru Friday
Contact Us

Medicaid
Toll Free: (855)632-7633
Lincoln: (402)473-7000
Omaha: (402)595-1178

ACCESS NEBRASKA Website: https://dhhs-access-neb-menu.ne.gov/start/?tl=en/

Food

Foodnet Sites

Sites in Lincoln/Denton/Seward/Crete
Contact: 402-416-6197
Website: http://foodnetlincoln.org/index.php/foodnet-sites
Services: Provides mostly perishable foods, such as fruits and vegetables, dairy products, and bread to needy families. Anyone that is in need of food is welcome.
NO SITES ON CHRISTMAS DAY
**Bring your own bags or box to carry food home!

Sunday
2:00 p.m. - Capital View SDA Church- 17th and A
(Steps, enter from the alley on the north)
3:00 p.m.- Allon Chapel at Good Neighbor 26th & Y
(Steps, NO CHILDREN ALLOWED)
3:00 p.m.- Barnabas Community Center 931 Saunders Ave.

Monday
12:00 p.m.- Lincoln Christian Fellowship 4111 NW 44th
(Airpark, Handicap accessible)
5:00 p.m. -South view Christian Church 22nd and South St.
5:00 p.m. -Denton Community Center Denton, NE

Tuesday
5:00 p.m.-Havelock United Methodist Church
4140 N. 60th St.
(No steps, NO CHILDREN ALLOWED)
5:00 p.m.- Church of Christ -3110 N. 1st St. (No steps)

Wednesday
1:30 p.m.- Center for People in Need 3901 N 27th St.
(Door #2, children allowed in grocery carts only, sign in at 2:00 p.m.)
5:30 p.m.- Cristo Rey Catholic Church - 4221 J St

Thursday
11:00 a.m.- Calvert Rec. Center - 4500 Stockwell
Pick up at Calvert Rec. Center
3:00 p.m.- New Hope -27th and R St.
(NO CHILDREN) (Closed Thanksgiving)
5:30 p.m. - Seward United Methodist- 1400 N 5th St., Seward
(Thanksgiving held on Friday)
6:30 p.m. – Neighborhood Church 1302 F Street
(Closed Thanksgiving)

Friday
11:30 a.m.- One 80 Church- 29th and O St.
(Few steps; enter thru alley off of 29th St.)
12:15 p.m. - Grace Chapel PCA Church- 40th and Sheridan
5:00 p.m.- Foursquare Church - 1170 Manatt
(First street North of Belmont Elem. School on North 14th)
5:30 p.m.- Milford Fire Hall- 612 1 St- Milford

Saturday
10:30 a.m. –Zion/First Street Church
1st and F St.
1:00 p.m. St. - Mary's Catholic Church
14th & K St.
1:00 p.m. - Wanek's Community Center- 14th & Main streets, Crete

Lincoln Food Sites Brochure
All Lincoln Food Sites
Lincoln Food Sites Services List
Northeast Lincoln Food Sites
Northwest Lincoln Food Sites
South Central Lincoln Food Sites
Southeast Lincoln Food Sites

Center for People in Need Neighborhood FOOD Program

3901 N 27th St
Lincoln, NE 68521
Serves Lancaster County
Website: www.centerforpeopleinneed.org/programs-services/neighborhood-food/
Neighborhood Food Opportunity Outreach Delivery Program
For more info: Please call 402-476-4357
Services: provides free food for low-income families (see income guidelines). Food is distributed at the following sites on a weekly basis, through collaboration with the Food Bank of Lincoln.
**Being first in line does not mean you will receive better food, foods with a limited supply will be spread out throughout distribution

On the first, third, and fifth Tuesdays of each month at: 1:00-2:00 p.m. F Street Community Center, 1225 F St.

Every Tuesday
4:00-6:00 p.m. Center For People in Need, 3901 N. 27th St.

Every Thursday
12:00-1:00 p.m. Malone Community Center, 2032 U St.
3:00-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.

Every Friday
2:30 - 3:30 p.m. Center for People in Need, 3901 N. 27th

Emergency Food Programs

Coalition Against Hunger Hotline

Contact: 866-3-HUNGRY or 877-8-HAMBRE (Spanish)
Services: Hotline staff connect callers with emergency food providers in their community, government assistance, nutritional assistance programs and various services that promote self-sufficiency. During the summer months, the hotline provides information about USDA program meal sites for children ages 2-18 years can get free meals. (For more info on USDA food program, see section on seasonal food programs in this guide)
Emergency Food Pantry System /Food Bank of Lincoln provides seven-day food supply for individuals or families in crisis through twelve emergency food pantries. Call the following agencies for assistance:

Catholic Social Services

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Food Box Program
Contact: 402-327-6200- Call one day in advance for an Emergency Food Box.
Application: We take calls until they reach the maximum for the day, based on how stocked the food pantry is. You must complete a one-time application including the date of birth and Social Security number for all family members.
Services: You may receive a food box once every 30 days. No delivery is available. Baby food, formula, rice cereal, diapers and personal care items are also available.
Hours: Call Monday and Wednesday at 10am and Tuesday, Thursday and Friday at 9am.

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Emergency Food Pantry
Contact Person: Lucinda Mesteth, CSFP Director at 402-438-5231, ext. 115
Hours: 8:00 a.m.-5:00 p.m. Monday and Wednesday, or Friday
1:00-3:00 p.m.
Services: Call during hours listed above for an appointment to receive a seven-day Food Box. If eligible you may pick up food every three months. Must bring Social Security numbers for all members of household every time you pick up, and proof of residence.
Application: Must bring Social Security Numbers for all members of the household every time you pick up.

Good Neighbor's Community Center

2617 Y St.
Lincoln, NE 68503
Website: www.gncclincoln.org
Shopper's Choice Pantry
Contact: 402-477-4173 to make an appointment.
Hours: Begin taking calls at 9:00 a.m.
Non-Perishable:
Monday through Thursday- 10am to 2pm and Fridays from 10am to 12pm
Perishable:
Monday & Wednesday from 10am to 12pm
Services: Individuals with appointments are given the opportunity to walk into our pantry and pick out food for themselves depending on their family sizes and the amount of food available. Clients may receive non-perishable food every 30 days
Application: The first time you must complete application. You must have Social Security numbers for all members of your household, and proof of income each time. Special needs boxes available.
Everyone must have a client card. If you do not have a client card one, will be issued.

Lincoln Public School Emergency Pantry

Located at Bryan Community School
300 S. 48th St
Lincoln, NE 68510
****Enter Through Door 12****
Contact: Alynn Sampson at the Food Bank- 402-466-8170
Services: Provide emergency food for LPS families for no more than two times a month. Families need to bring a photo ID with them to sign in.
Hours: 3pm-5:30pm Mondays, Wednesdays & Fridays. The pantry will not be open when LPS is not in session.

Daily Food Programs

Aging Partners (Senior Center)

Main Office 1001 O St. Ste. 101
Lincoln, NE 68508
Serves Lincoln/Lancaster County
Website: www.lincoln.ne.gov/city/mayor/aging/
Contact: 402-441-7158
Services: Noon meals offered at all Senior Centers (nine in Lincoln and five in Lancaster County) on a donation basis for people age 60 and older. Call the main office for locations, times and menus. Other services available.
Apply: Reservations must be made two working days in advance.

The Gathering Place

1448 E St.
Lincoln, NE 68508
Website: www.communityactionatwork.org/programs/basic_needs/meals.html
Contact: 402-476-7398
Services: Free evening meals served to homeless and near-homeless individuals and families living in our community. Free meal, bread, coffee, etc.
Hours: Monday-Friday, 5:00-6:00 p.m.
***No ID needed.

F Street Community Center

1225 F St.
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/parks/fstreet/index.htm
Contact: 402-441-7951
Services: Free Dinner is served Monday-Friday at 4:30pm for children ages 2yrs-18yrs.

Indian Center Senior Lunch Program

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-580-1535
Services: Lunch served Monday through Friday, from 11:30 a.m. to 12:30 p.m.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Free meals served seven days a week from 11:30 a.m.-12:30 p.m. and 5:30-6:30 p.m. No ID required. Other services available. Special Meal times on Thanksgiving, Christmas Eve and Christmas day. Call for details.

Meals on Wheels-Tabitha

4720 Randolph St.
Lincoln, NE 68510
Website: www.tabitha.org/in-home/meals-wheels
Contact: 402-486-8520
Services: Provides hot noon meal to individuals who are elderly or disabled.
Fees: Recipients pay for their meals either fully or at a reduced rate based on their income or assets. Meals are provided regardless of ability to pay on and they never turn anyone away because of financial constraints.

People's City Mission

110 Q St.
Lincoln, NE 68508
Website: www.peoplescitymission.org
Contact: 402-475-1303
Services: Emergency Shelter provides overnight shelter, three free meals daily.
Hours: Meal times for **MEN** are: Breakfast 5:45 a.m., lunch 12:30 p.m., dinner 6:00 p.m.
Meal times for **FAMILIES** and **SINGLE WOMEN** are: Breakfast 6:45 a.m., lunch 11:30 a.m., dinner 5:00 p.m.
HOLIDAY- Food Baskets for Thanksgiving and Christmas available. Advanced sign-up needed.

Blessed Mother Teresa Sandwich Program

2215 O St
Lincoln, NE 68510
Services: Free Sandwiches are served daily at the St. Vincent de Paul building (next to the St. Louise Gift & Thrift store). One Sandwich per person per day.
Hours: Sandwiches are served Monday - Friday from 11:00 am to 1:00 pm

Lighthouse

2601 N St
Lincoln, NE 68510
Website: www.lincolnlighthouse.org
Contact: 402-475-3220
Services: Regular snacks and supper are provided Monday through Friday to youth grades 6th through 12th.

Weekly Food Programs

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Food Pantry-Perishables available Tuesdays at 1:00 p.m. and Thursdays at 10:00 a.m.

Northeast Family Center at Havelock UMC

4140 N. 60th St.
Lincoln, NE 68507
Contact: 402-471-3700
Services: Tuesdays 4:30-6:00 p.m., perishables and non-perishables. USDA Commodities are the Fourth Tuesday of each month.

People's City Mission: Homeless Prevention Center

2615 O St
Lincoln, NE 68510
Contact: 402-475-6888
Services: Provides items such as food, clothing, personal care needs, furniture and household goods available at no charge to the poor and near-homeless of Lincoln. Food boxes only in the mornings | No food boxes in the p.m. due to high volume of clients.
Shopping Hours:
Monday & Friday
9:00am-11:30am & 1:30pm-4:00pm
Wednesday
9:00am-11:30am
4:00pm-6:00pm for employed and college students
*****must provide current check stub/class schedule**

Salvation Army

2625 Potter St.
Lincoln, NE 68503
Contact: 402-474-6263 – Ask for Jill at ext. 500 or Ramona at ext. 507
Hours: 9:00 a.m. - 4:00 p.m.
Services: Food Pantry available for needy families at these dates and times.
Food Pantry
Monday - Friday - 12:00 p.m. - 4:00 p.m.
Wednesday - extended hours - 12:00 p.m. - 6 p.m.
Walk-ins Welcome
Tuesday & Friday Perishables
Come in Tuesday & Friday mornings at 9:30 for breads, vegetables and other foods. No eligibility requirements.
HOLIDAY- Food Baskets for Thanksgiving and Christmas available. Advanced sign-up needed.

Good Neighbor's Community Center

402-477-4173 \ 2617 Y St
Each Monday and Wednesday, GNCC distributes perishable food between 10:00am-until they run out. No appointment needed to come in for perishables but they do ask for GNCC client cards.

Monthly Food Programs

Indian Center
1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231, ext. 115
Services: Commodity Program available once a month.

Nebraska AIDS Project
1120 K St. Ste 100
Lincoln, NE 68508
Website: www.nap.org
Contact: 402-476-7000
Services: Only for those with AIDS and HIV.

Carol Yoakum Family Resource Center
4621 NW 48th St.
Lincoln, NE 68524
Contact: 402-434-2621
Services: Friends With Food, 5:00-6:00 p.m. fourth Monday of the month.

VA Nebraska-Western Iowa Health Care System
600 S. 70th St.
Lincoln, NE 68510
Website: www.nebraska.va.gov
Services: First Monday of every month. Must show valid ID, or current piece of mail.
Location: Building 40, Room 105 (Entry from hallway under Auditorium exterior stairway on North side of building)

Jacob's Well First Presbyterian Church
840 S 17th St
Lincoln, NE 68508
Website: www.fpclincoln.org/misson-home/jacobs-well/
Contact: 402-477-6037
Services: Provide groceries (perishables and nonperishables) to needy families.
Hours: First and third Saturday of the month from 10:00-11:30 a.m., sign in only.

SHARE Lincoln

Contact: Sharon Doll at 402-464-3068 or Lois Cook 402-802-2424
Services: SHARE Lincoln is a network of non-profit organizations dedicated to providing affordable, quality food packages on a monthly basis.
How program works:
1. Pickup is at: 7:30-8:15 a.m. at Fourth Presbyterian Church, 5200 Francis St. Lincoln, NE 68504
2. Call the person to register and pay for your order.
3. Do two hours of volunteer work before you pick up your food.
4. Pick your food up on the date, time, and location listed.

Volunteering is any activity you do for free for anyone besides someone who lives with you.
Packages range from $13.50 to $25.00. Package menus change monthly. Please call one of the Lincoln contacts or check www.shareiowa.org for package information.
To Order: ***You can mail your order to the address listed below or take it to Clarice Mackey at the Salvation Army located at 27th and Potter St. Call first and make sure Clarice is there, 402-474-6263.
Mail orders to: 737 N. 22nd St., Apt 317, Lincoln NE, 68503

The Bay Skate Park

2005 Y St
Lincoln, NE 68503
Contact: 402-477-0209
Services: Provide groceries (perishables and nonperishables)
Hours: 12:00 pm - 1:00 pm 2nd Saturday of each month.

Goodrich Food Market

4600 Lewis Ave
Lincoln, NE 68521
Services: FREE FOOD-open to all Goodrich Middle School students and families. Open one Thursday of each month in the Cafeteria. Contact Gabby Danner in Rm 134 with questions.
Hours: 3:15-4:30pm during the remaining 2014-2015 school year dates
2/12/15, 3/19/15, 4/9/15, and 5/14/15.

Commodity Supplemental Food Program

402-438-5231 \ 1100 Military Rd
CSFP serves elderly people, and provides food rather than the food vouchers that WIC participants receive. Eligible people cannot participate in both programs at the same time.

WIC (Women, Infants and Children)

402-441-6200 \ 3140 N St
WIC is a supplemental nutrition program serving pregnant, breast-feeding, postpartum women, infants and children up to age 5.

Seasonal Food Programs

The Winter Night Watch Program

1448 E St.
Lincoln NE, 68508
Contact: 402-474-6263
Services: Serve hot meals from the Salvation Army Mobile Canteen Vehicle every Saturday and Sunday at 5:00 p.m., **October through April only,** in front of The Gathering Place.

Food Bank Backpack Program

Services: During the school year, the Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, 5 Lincoln Catholic schools and several communities in Southeast Nebraska. Each school determines who gets the backpacks, with an emphasis on children enrolled in the free and reduced lunch program.
Apply: Contact your child's school principal if interested in receiving a backpack.
Participating Lincoln Elementary schools: Arnold, Belmont, Brownell, Calvert, Campbell, Clinton, Elliott, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Meadow Lane, Norwood Park, Pershing, Prescott, Randolph, Riley, Roper, Saratoga, West Lincoln.
Participating Middle schools: Culler.
Participating High schools: Bryan Community, Lincoln High (teen parents program participants only), Northeast (teen parents program participants only), North Star (limited number available).
Participating Catholic schools: St. Mary's, Sacred Heart, Blessed Sacrament, St. Patrick's, St. Teresa.
Participating rural schools: Beatrice, Bennet, Crete, Elmwood, Murdock, Exeter, Fairbury, Falls City, Milford, Norris, Raymond , Seward, Stromsburg, Syracuse, Utica, Waverly, York.

Summer Food Program

Program maintained by Lincoln Lancaster County Health Dept.
For site information call: 402-441-8000
Website: http://www.lincoln.ne.gov/city/health/educat/food.htm
Services: Free meals for children ages 2-18 at income eligible community sites. The program runs from June to mid-August. **For site listings go to the website above or see inserts at the end of this guide.

Senior Farmers Market Coupon Program

1001 O St. Ste. 101
Lincoln, NE 68508
Contact: 402-441-7158
Requirements: Must be a senior citizen (age 60+) and meet income guidelines (see below). Limited funds. Available on a first come first serve basis.
Services: Coupons will be available in June through participating senior centers, Area Agencies on Aging offices, and Commodity Supplemental Food Programs' local distribution sites.
INCOME GUIDELINES:
1. Person household annual gross income cannot exceed $20,035.
2. Person household annual gross income cannot exceed $26,954.

Community Crops

Website: www.communitycrops.org
Contact: 402-474-9802
E-mail: amy@communitycrops.org
Services: Community Crops is a group that manages community garden initiatives in the city of Lincoln. We provide tools (rakes, hoes, shovels, and seeds), resources, education and the garden space to grow your own healthy food.

Rural Food Programs

Food Bank of Lincoln 2015 Rural Mobile Pantry Schedule

Services: Each site includes some USDA product, so participants must sign the standard income self-verification sheet, but no other documentation is required. **Participants are encouraged to bring their own bags and carts if possible. **Website**: http://lincolnfoodbank.org/mobile_pantries.php

Beatrice Mobile Pantry: The Beatrice mobile pantry is held on Monday's once a month. Please check the schedule for specific dates. Distributions are regularly 11:30am - 1:00pm at the Beatrice Salvation Army. Summer distributions may be earlier to beat the heat. Call the Salvation Army (402-223-3341) for details.

***Beatrice Salvation Army**, 120 S. 7th St. (11:30am - 1:00pm): Monday, Jan. 12; Monday, Feb. 9; Monday, Mar. 16; Monday, Apr. 13; Monday, May 18; Monday, June 15; Monday, July 13; Monday, Aug. 17; Monday, Sep. 21; Monday, Oct. 19; Monday, Nov. 16; and Monday, Dec. 14.

Emergency Shelters

Friendship Home

PO Box 85358
Lincoln, NE 68501
Emergency Line: 402-437-9302
Services: Pre-Shelter Services-Our staff provides crisis counseling and, if Friendship Home is full, immediate access to other safe shelter options. Staff then assesses each woman's situation via daily telephone contact until shelter beds are available. Advocates and Case Managers provide counseling, referrals and information services catered to each woman.
Confidential Shelter- Friendship Home provides a safe, confidential, home-like shelter, as well as access to food, clothing, and other basic needs to women and children who are victims of domestic violence.
Transitional shelter is provided to residents of Friendship Home who are working to obtain their own homes. Friendship Home provides some financial support for the families working to rebuild their lives while in transition.
At shelter, Advocates and Case Managers work with residents to address needs, as well as to empower them to reach their goals.

People's City Mission

110 Q Street
Lincoln, NE 68508
Contact: 402-475-1303
Services: The Family Shelter has community and single family rooms, with dormitory beds and can accommodate single women, single parent families, intact families, and families that include teen-age boys. The Men's Shelter is for homeless men. As part of their stay, guests are provided with: three meals a day; personal hygiene items; employment assistance; mail services and telephone services-including long distance calls. Guests who are working can receive sack lunches and we provide personal counselling; a Life Skills curriculum; access to legal advice; transportation assistance; case management; referral services and drug testing when necessary

CEDARS Emergency Shelter

6601 Pioneers Blvd.
Lincoln, NE 68506
Contact: 402-436-5437
Services: Provides short-term care to youth ages 12-19, who do not have immediate access to a safe or more appropriate living arrangement. Circumstances could include, but are not limited to: family homelessness; hospitalization of a parent; history of abuse, neglect, or domestic violence; or interruption of a foster care placement or short-term respite care.

Pioneers Center

402-436-5437 \ 6601 Pioneers Blvd
Provides short-term care to youth 12-19, who do not have immediate access to a safe or more appropriate living arrangement.

The National Runaway Safeline (NRS) recently announced the expansion of eligibility for its Home Free program to include youth victims of human trafficking up through age 21.

The expansion supports the universal recognition that runaway, homeless, and child welfare adjudicated youth are the highest risk group for exploitation. Expanding eligibility through age 21 further aligns the Home Free program with the service eligibility age ranges of many of the state and federally funded homeless youth housing programs. NRS maintains an extensive nationwide database of trafficking-related resources and social service providers.
The Home Free program is a partnership between NRS and Greyhound Bus Lines to offer free Greyhound tickets to homeless and runaway youth who wish to return home, if safe and appropriate to do so, or to travel to an approved alternative living arrangement.
Visit http://www.1800runaway.org/2012/05/a-ticket-home/ to learn more about the Home Free program.
Visit http://www.1800runaway.org/2016/03/free-greyhound-tickets-to-homeless-youth-home-free-program-expands/ to learn more about the expansion of Home Free eligibility.

Clothing

The Barnabas Free Store and Community Center

931 Saunders Ave. (near the SW corner of 11th & Cornhusker)
Lincoln, NE 68521
Website: http://sheridanlutheran.org/missions-giving/local-partners/barnabas/
Contact: 402-423-4769
Hours: Saturdays: 9am-3pm
Thursdays: 10-11:30am
First & third Tuesdays: 6-8pm
Second & fourth Thursdays: 6-8pm

Bubba's Closet

Clothing donation project by LPS
Clothing available to community's children, winter coats, jackets, sweaters and more. Any elementary student, accompanied by an adult may choose appropriate items of clothing.
November 14, 2015 from 8:00 a.m. to 10:00 a.m.
Lincoln High School – enter in Door #1 Main entrance – north off of Capitol Highway
2229 J Street
Lincoln, NE 68508

Capitol City Christian Church

Clothing Exchange and Distribution
7800 Holdrege
Lincoln, NE 68505
Contact: 402-467-4458
Services: Free clothing third Saturday of each month 9:00 a.m.-12:00 p.m.

Catholic Social Services- St. Louise Thrift Shop

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Contact: 402-474-1600
Services: Half price clothing available during the first week of the month at the St. Louise Thrift Shop.

The Daisy Thrift Store (Fresh Start)

6433 Havelock Ave.
Lincoln, NE 68507
Contact: 402-475-7777
Hours: THIRD Thursdays: 4 p.m. to 7 p.m.
Fridays: 10 a.m. to 4 p.m.
Saturdays: 10 a.m. to 4 p.m.
Services: Provide high-quality, gently-worn items hand-selected by volunteers. Only fashionable items, clean and in good repair are considered for sale. The 3rd Thursday of each month we have our bag sale. You purchase a bag for $10(10.70 with tax) and stuff it to overflowing with clothing and accessories.

ClothesLine

A program through Junior League of Lincoln
Contact: 402-464-2050 or Whitney Bumgarner (wbumgarner@gmail.com)
Services: The ClothesLine program helps to provide free clothing to low-income youth in LPS middle and high schools.
Locations: Middle Schools- Irving, Dawes, Park, Schoo, & Goodrich.
High Schools- Lincoln, Northeast & Southeast.

Once Upon a Child

2600 S. 48th St. #15
Lincoln, NE 68506
Contact: 402-464-4443
Services: Low cost name brand children's clothing.

Good Neighbor Community Center

Shopping Floor
2617 Y Street
Lincoln, NE 68503
Contact: 402-477-4173
Appointments: Must make appointment by calling before coming.
Hours: Begin taking calls at 9:00 a.m.
Services: May shop for clothing once every two months.
Application: The first time you must complete an application, have SS# for all members of the household. You must have proof of income each time. Everyone must have a client card.

Esther's Closet

Havelock United Methodist Church
4140 N. 60th Street
Lincoln, NE 68507
Contact: 402-466-6736
Services: Provides men's, women's, and children's clothing FREE on the third and last Tuesdays of each month from 5:00-6:00 p.m.

Lincoln Berean Church

6400 S 70th St
Lincoln, NE 68516
Contact: 402-483-6512
Services: Clothing Exchange is the second Tuesday of every month from 1:00-7:00 p.m. Please come and shop in the Chapel Foyer. (Enter at North Entry). All items are free.

Macie's Place

2601 N. 47th St.
Lincoln, NE 68504
Website: www.maciesplace.org
Contact: 402-601-1773 or 402-440-9929
Hours: Sunday & Monday- Closed
Tuesday through Friday- 10am-5pm
Saturday- 10am-4pm
Services: Family Resource Center and Thrift Shop. All clothing and shoes $1 each. Each family member can receive 5-10 pieces of clothing quarterly.

Northwest Lincoln Church of Christ

3110 N. 1st St.
Lincoln, NE 68521
Contact: 402-475-3313
Services: Free clothing, shoes and totes given out on the first Saturday of the month from 9:00 a.m.-noon. Emergency clothing as needed.

The Purple Peacock

1205 N 45th St
Lincoln, NE 68503
Contact: 402-466-5238
Services: Provides gently used clothing, shoes, accessories & linens at no cost.
Hours: Open Wednesday and Friday 9:30 am to 12 pm each week and on the Third Saturday 9:00 am to 11:00 am.

Prom Closet

Contact: 402-464-2050 or Kristan Crabtree (kcrabtree74@gmail.com)
This is a project set up by the Junior League of Lincoln. More info to come in Spring of 2015. Contact Kristan (above) for more info.
Services: Donated prom dresses are cleaned and offered for $20 each to high schoolers. The $20 includes a dress, a pair of shoes and accessories. Proceeds go to benefit the Foster Care Closet.

People's City Mission Homeless Prevention Center 2101 N Street

Lincoln, NE 68508
Contact: 402-475-6888
Hours: Monday & Friday
9:00am-11:30am
1:30pm-4:00pm
Wednesday
9:00am-11:30am
4:00pm-6:00pm for employed and college students
Services: Requires proof of income and ID for each member of the household. Clothing and furniture room is limited to once per day.

Salvation Army Canteen-The Gathering Place

1448 E St.
Lincoln, NE 68508
Contact: 402-474-6263
Services: Provides winter outerwear and blankets October through April, Saturdays at 5 p.m.

Salvation Army Thrift Store

4690 Leighton Ave.
Lincoln, NE 68501
Contact: 402- 474-4747
Services: Vouchers are available on a case-by-case basis. Low cost clothing is available from the stores at 4690 Leighton Ave and 1126 N. 27th St.

St. Vincent de Paul

2215 O St.
Lincoln, NE 68510
Outreach Line: 402-438-3135
Helpline for Emergency needs only: 402-435-7968

YWCA Job Outfitters

2620 O St. Street
Lincoln, NE 68510
Contact: 402-434-3494
Hours: Job Outfitters is open Monday through Friday from 1:00 to 2:00 pm at the American Job Center (1111 O Street, Suite 205). No appointment needed.
Services: Job Outfitters is a community resource for individuals actively seeking employment or working and are in need of interview/work-appropriate clothing. Eligible participants will be issued vouchers that can be utilized at any Goodwill Lincoln location for employment clothing, accessories, and shoes

Hope Chest

643 S. 25th Street
Lincoln, NE 68510
Contact: 402-314-2022 (Terrence Williams)
Services: The Hope Chest is a collaborative effort between the Foster Care Closet, Central Plains (PALS), DHHS (Bridges 2 Independence), and Project Everlast. This program was established to assist young adults, impacted by foster care, achieve independence, one piece of clothing at a time. The Hope Chest can help young adults, affected by foster care, with basic needs including, clothing, hygiene products, household items and children's items. They also provide help with connecting young adults to community resources and build an ongoing relationship with community providers.

Clothing Exchange and Distribution \ Capitol City Christian Church

402-467-4458 \ 7800 Holdrege St
Free clothing on the third Saturday of each month 9:00am-12:00pm.

St Louise Gift & Thrift Store

402-474-1600 \ 2201 O Street
Low cost clothing. Hours: Tuesday-Friday 10:00am-6:00pm and
Saturdays 9:00am-1:00pm.

Housing (Non-Emergency)

Aging Partners

1005 O St.
Lincoln, NE 68508
Contact: 402-441-7070
Services: Listings of subsidized and retirement housing. List of retirement, Special Needs, Subsidized and also Nursing Care facilities.

Assistive Technology Partnership

3901 N 27th St # 5
Lincoln, NE
Website: www.housing.ne.gov
Contact: 1-877-428-8844
Services: A free online service to list and find rental housing and housing services in Nebraska. Can also be accessed by phone toll free at 1-877-428-8844. Callers provide the desired location and how much they can spend. ATP will try to match the caller with housing they can afford.

Catholic Social Services

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Contact: 402-474-1600
St. Gianna Women's Homes
Services: A 24 apartment unit that is needed for victims of domestic violence and those escaping abortion. This program serves women of all faiths in the Diocese of Lincoln. St. Gianna's will not make any recommendations or referrals contrary to the Catholic faith and is staffed by the Marian Sisters.

Fresh Start

6433 Havelock Avenue
Lincoln, NE 68507
Contact: 402-475-7777
Services: Drug and alcohol free transitional living for women 19 and older without custody of their children. Call for more information.

CEDARS Bridges Transitional Living Program

6601 Pioneers Blvd.
Lincoln, NE 68506
Contact: 402-436-5437
Services: Offers supervised community-based apartment living for youth ages 16-21 who may be homeless or coming out of the child welfare system. Independent living skills are highly emphasized.

Housing and Urban Development and VA Supportive Housing Program (HUD-VASH)

600 S 70th St
Lincoln, NE 68510
Contact: 402-489-3802 Ext. 68504
Services: Program provides Section 8 vouchers for eligible homeless veterans.

City of Lincoln Housing Authority

5700 R St.
Lincoln, NE 68505
Website: www.l-housing.com
Contact: 402-434-5500
TDD Line: 1-800-545-1833 Ext. 875
Application: Apply at office, no appointment necessary.
Services: Federally subsidized housing for low-income families and the elderly. Non-subsidized housing also available.
Family Self Sufficiency Program- for families in Public Housing or Housing Choice Voucher Programs. Helps families work toward becoming financially self-sufficient. Each family works with a caseworker to develop and individual plan for up to a 5 year period. Families who reach their goals may receive an escrow savings account which is based on deposits made following increases in rent resulting from increases in earned income for the household. Support services include case management and financial assistance.
Rentwise- tenant education program that helps people know how to find and keep decent rental housing, and how to become more successful renters. Renters who complete this program of six modules earn a certificate of completion to show potential landlords and property managers that they want to be good tenants.

Mercy Neighborhood Network Center

2200 West Q St #8
Lincoln, NE 68528
Contact: 402-477-3512 TTY-800-855-2880
Services: Provide affordable housing for individuals and families of low to moderate income and the Neighborhood Network Center (learning center).

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Housing Program – Based in the City of Lincoln. This program has long been a model of housing consistency in the Native American Community since the mid-1980's.

Community Action Partnership

210 O St.
Lincoln, NE 68508
Website: www.communityactionatwork.org
Contact: Lee Heflebower, Supportive Housing Admin. 402-471-4515 ext. 132
Services: Through subsidiary non-profit, Lincoln Action Program Housing Development Corporation, CAP provides safe, decent, affordable housing through low-income housing tax-credit financed rental developments in Lincoln and Wahoo.
Homeless Voucher Program: Provides intensive case management services and works with the Lincoln Housing Authority to secure safe, decent, and affordable housing for the homeless.

National Call Center for Homeless Veterans

Contact: 1-877-4AID VET (877-424-3838).
Services: Free, 24/7 access to trained counselors for homeless veterans or veterans at risk of homelessness. The hotline assists homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.

People's City Mission

110 Q Street
Lincoln, NE
Website: www.peoplescitymission.org
Contact: 402-475-1303
Curtis Center Transitional Housing for Homeless Men: A supportive, transitional housing center for 60 men. A secure building with private sleeping rooms.
The HIS Center: The HIS Center provides overnight housing for men seven days a week.
Esther's Ladder: People's City Mission's transitional program for single women. **Family Shelter:** Community and single family rooms with dormitory beds. Can accommodate single women, single parent families, intact families, and families with children.
Safe Place: Young people can now get help and safety at Safe Place sites across Lincoln. Designated sites are Lincoln Fire and Rescue Stations, the Lincoln Journal Star, every Hy-Vee, Bay 198, The Game room, Scooter's Coffeehouses, and U-Stop locations, including the Whitehead Oil Company office building. All locations display the Safe Place sign. Trained staff will provide the youth with safety at the site, get a general idea of what is wrong, and call People's City Mission, the Safe Place agency, to pick up the troubled youth. They will be brought to the mission shelter and offered supportive services.

Supportive Housing Program

402-471-4515 \ 210 O Street
A transitional living program for families with children who are verifiably homeless. The program provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed.

Refugee Resettlement Program - Catholic Social Services

404-474-1600 \ 2241 O Street
Assist new arrivals with housing, education, employment and cultural orientation so they can become self-sufficient as soon as possible.

Rent, Utility & Financial Assistance

***The utility companies should be contacted at the earliest possible time, ideally with the first past due bill. The company will work out a realistic payment plan, and once there is a payment plan in effect, the company most likely will not interrupt service.**

Churches–Many churches have funds available to their members. Some of the larger churches will assist families that are not currently members of the congregation.

Black Hills Energy (Gas)

Contact: 1-800-303-0752
Once the family **receives** a shut-off notice they must call Black Hills Energy at once. Customer Service is available 24 hours a day, 7 days a week to work out a payment plan.

Lincoln Electric System (LES)

Contact: 402-475-4211
LES will send a disconnect notice when a bill is two months past due, according to LES policy, a disconnection can occur at any time after a disconnect notice has been sent out. If the customer calls LES as soon as they get the notice and makes reasonable arrangements, the service will not be disconnected. Once disconnected the customer will have to pay the entire bill which is due.

Lincoln Water System

Contact: 402-441-7533
They send a 15 day notice that bill is past due. If the bill is not paid they leave a 1 day shut off notice at the door. You can call the number listed above to work out a payment plan to avoid shut off of service.

St. Vincent de Paul--HELP LINE

Contact: 402-435-7968
***Leave a message and a volunteer will return your call. They may be able to assist with either partial or complete payment of a utility bill or rent.

Department of Health and Human Services

1050 N St. Ste. 250
Lincoln, NE 68508

Access Nebraska Economic Assistance 800-383-4278

If a family is on assistance (ADC/Food Stamps, Medicaid etc.), call AccessNebraska. A Social Service Worker will help them apply for the Low Income Energy Assistance Program (LIHEAP) as well as other applicable financial assistance programs. If the family is not on assistance, they should call Access Nebraska and apply for energy/cash assistance. If energy will soon be shut off, or has been disconnected, and the family qualifies for the LIHEAP program, DHHS will advocate with the energy company immediately and let them know a plan for payment is in progress. (income guideline/programs guides listed in resource inserts at end of guide)
Handbook for understanding Medicaid/Managed Care in Nebraska:
http://dhhs.ne.gov/children_family_services/Training/Documents/Medical%20Services%20Handbook.pdf

Consumer Credit Counseling Center

1001 S 70th St. Ste. 200
Lincoln, NE 68510
Website: www.cccsn.org
Contact: 402-484-7200
Services: Provides financial counseling and budget planning. No fee for budget service. Minimal fee for other services

Housing Opportunities for Persons With HIV/AIDS (HOPWA) Program

Through the Department of Health and Human Services
1050 N St. Ste. 250
Lincoln, NE 68508
Contact: 402-471-7000
Services: The Housing Opportunities for Persons with AIDS Program provides different types of rental assistance and supportive services for people living with HIV/AIDS.
Eligibility: To be eligible for services, household income must be at or below 80% of the area median income. The Nebraska AIDS Project, (NAP) can be contacted at 1-800-782-2437 or 402-552-9260.

Community Action Partnership

210 O St.
Lincoln, NE 68508
Website: www.communityactionatwork.org
Services: **Housing and Resource Counseling Program-** assists families with crisis needs such as rental deposit and past-due rent or utilities. To apply, contact LAP to complete an application over the phone. Or call to set an appointment to complete the application in the office.
Supportive Housing Program
The Supportive Housing Program-provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed.
Tenant Support Services Program -focuses on eviction prevention, landlord & tenant mediation, and information regarding tenant rights and obligations.
Tax Preparation Services- tax preparation and filing services to low- to moderate-income individuals living in Lancaster and Saunders Counties at no cost to them through its Volunteer Income Tax Assistance (VITA) program. Our volunteer tax preparers are thoroughly trained on tax law, and have vast knowledge of the Earned Income Tax Credit (EITC) and other credits designed to put a bigger refund into the hands of deserving tax payers.
Matched Savings Accounts- Free to Save Program is an Individual Savings Account (IDA) program in which participants save for a specific asset (home or small business), or the cost of education. Savings are matched $ for every $1 saved. Participants must be income eligible and must save for at least 6 months.
Homeless Prevention Services- Representative Payee Program-sponsored by the Social Security Administration, provides financial case management to individuals who receive S.S.I. or S.S.D.I., but have been deemed by a medical professional as incapable of properly handling their benefit payments. Our Representative Payee ensures that some of our community's most vulnerable residents maintain monthly expenses, remain in stable housing, and have their basic needs met.

Nebraska Telephone Assistance Program (NTAP)

Website: http://www.psc.nebraska.gov/ntips/ntips_ntap.html
Services: NTAP assists qualifying low-income individuals with obtaining and keeping telephone service by lowering monthly service.
NTAP reduces the cost of local telephone service by $12.75 per month on one landline or wireless phone bill. The discount will appear as a credit on your monthly telephone bill. No cash or checks will be distributed. The telephone bill must be in the name of, or contain the name of, the applicant. Please see website for details and application.
Qualification: Individuals can qualify for NTAP by participating in Medicaid, SNAP, Kid's Connection, SSI, LIHEAP, National School Lunch Program Free Lunch Program, Federal Public Housing, TANF/ADC, or if household income is at or below 135% of poverty level.

Salvation Army

2625 Potter St.
Lincoln, NE 68503
Contact: 402-474-6263
Services: Utility assistance only.
Application: Must apply with Health and Human Services' Energy Assistance Program (LIHEAP) first. Call us for an appointment. Applicant must bring to their appointment: a completed application, photo ID, Social Security numbers and birth dates for each household member, a copy of the utility bill, and proof of income.
Frequency: Utility assistance is limited to once a year.

City of Lincoln Housing Authority

5700 R St.
Lincoln, NE 68505
Website: www.l-housing.com
Contact: 402-434-5500
TDD Line: 1-800-545-1833 Ext. 875
Services: Federally subsidized housing for low-income families and the elderly. Non-subsidized housing also available. No appointment necessary to apply.
Family Self Sufficiency Program- for families in Public Housing or Housing Choice Voucher Programs. Helps families work toward becoming financially self-sufficient. Each family works with a caseworker to develop and individual plan for up to a 5 year period. Families who reach their goals may receive an escrow savings account which is based on deposits made following increases in rent resulting from increases in earned income for the household. Support services include case management and financial assistance.
Rentwise- tenant education program that helps people know how to find and keep decent rental housing, and how to become more successful renters. Renters who complete this program of six modules earn a certificate of completion to show potential landlords and property managers that they want to be good tenants.

Good Neighbor Center

2617 Y St
Lincoln, NE 68503
Contact: 402-477-4173
Services: Helps With individuals with eviction Notices and those in need of assistance with utility shut off notices. Assistance is very limited. Please try other agency's first.

HUD-VASH

Contact: 402-489-3802
HUD and VA's Supported Housing Program provides Section 8 vouchers for eligible homeless veterans. The utility companies should be contacted at the earliest possible time ideally with the first past due bill. The company will work out a realistic payment plan, and once there is a payment plan in effect, the company most likely will not interrupt service.

Home Buying, Mortgage Assistance, Home Weatherization & Repair

Aging Partners Home Handyman Program

1005 O St.
Lincoln, NE 68508
Contact: 402-441-7070
Services: Exist to help older adults live independently in an adequate and safe environment.
Hours: 8am- Noon and 1pm-3:30pm. Monday through Friday. Voicemail is available after 3:30pm and on holidays
Requirements: You must be 60 years of age or older. You must own and live in your home. Payment is based on a sliding scale fee. Financial information is required only when requesting a reduced payment rate. Estimates and recommendations are free. The estimate fee is included in your fee only if you choose to have Home Handyman do the work. Handyman does not do remodeling, roofing, concrete work, redecorating or complete exterior painting.

NeighborWorks Lincoln
2240 Q St
Lincoln, NE 68503
Website: www.nwlincoln.org
Contact: 402-477-7406
Services: Homebuyer education classes, mortgage counseling and assistance, and foreclosure prevention. Call for more information.

Home Doctor- Jay Vanis
Contact: 402-419-6953
Services: May be able to assist with light repairs, call for details and pricing.

Consumer Credit Counseling Center
1001 S 70th St. Ste. 200
Lincoln, NE 68510
Website: www.cccsn.org
Contact: 402-484-7200
Services: Education and counseling for home buying and mortgage delinquency, assistance with avoiding foreclosure. HUD approved counseling service.

Community Action Partnership
210 O St.
Lincoln, NE 68508
Website: www.communityactionatwork.org
Contact: 402-171-4515
Services: Assist low to moderate income families in securing safe and affordable housing.
Supportive Housing Program- Provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed.
Weatherization Program- Free weatherization for renters or homeowners, homes, apartments or mobile homes. Services include furnace inspection/maintenance, insulation, glass replacement and weather stripping. To be eligible, household income must be below 200% of Federal Poverty Guidelines and the home cannot have been previously weatherized after Oct. 1, 1994.

USDA Rural Development – Lincoln
100 Centennial Mall North (Located in the Federal Bldg.)
Lincoln, NE 68508
Website: www.rurdev.usda.gov/NEHome.html
Contact: 402-437-5551 TTY 402-437-5093 Toll Free 800-670-6553
Services: Provides loans and grants for home ownership in rural areas.

Rebuilding Together Lincoln Inc.
3901 N 27th St. Unit #1
Lincoln, NE
Contact: 402-434-6313
Services: Program providing free home repairs to qualified low-income homeowners, particularly the elderly, disabled, veterans or military personnel.

Urban Development

808 P St. Ste 400
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/urban/
Contact: 402-441-7864
Services: Housing rehab assistance in Lincoln for low and moderate income homeowners and investor owner of units with low and moderate income tenants. First time homebuyer assistance for low and moderate income households. Some programs limited to designated area.
Direct/Deferred Loan Program- for low and moderate income homeowners who do not qualify for HLP loans and who are located in low/moderate income areas. Direct land deferred loans at 0% interest. Minimum monthly payment may be required.
Emergency Repair loan program- emergency repairs (replacement of furnaces, water heaters, dangerous wiring, etc.) for very low income homeowners citywide. A 0% deferred payment loan with no payments as long as owner lives on the property.
FIRST HOME Program- for low and moderate income first-time homebuyers citywide who haven't owned a home in three years (some exceptions). Must complete homebuyer training by NeighborWorks®Lincoln. Deferred loan assistance available for gap financing and housing rehab.
Home Improvement Loan Program (HLP)- a 0% interest loan for low and moderate income homeowners wanting to make improvements to older homes citywide.

Consumer Credit Counseling Center

1001 S. 70th St. Ste. 200
Lincoln, NE
Contact: 402-484-7200
Education and counseling for home buying and mortgage delinquency, assistance with avoiding foreclosure, HUD approved counseling service.

Medical Transportation

Road to Recovery Transport (American Cancer Society)

Contact: 1-877-227-1618
Services: Provides Transportation, at no charge, to and from medical appointments related to cancer treatment. Sponsored by the American Cancer Society. Not wheelchair accessible.**For Cancer patients only. Must live in Lincoln. Must be ambulatory **Call 72 hours in advance
Hours: Monday-Friday 8:30am-5pm

Nebraska AIDS Project

1120 K St. STE 100
Lincoln, NE 68508
Website: http://www.nap.org/
Contact: 402-476-7000
Services: Helps connect clients to appropriate transportation to medical appointments. Call for more information.

Disabled American Veterans Volunteer Transportation Network

600 S 70th St.
Lincoln, NE 68510
Website: http://www.nebraska.va.gov/
Contact: 402-489-3802 ex 7842
Services: Provides transportation to the VA Medical Center only. The Veteran must be ambulatory. Veterans who use a wheelchair or oxygen cannot be transported.

Madonna Medical Transportation

Contact: 402-483-9456
Services: Lincoln residents only. Door-to-door transportation for medical and hospital trips only. Wheelchair accessible. Medical related appointments only.
Hours: Monday-Saturday, 6am-10pm; Sunday 9am-5pm
Fare: $15 one way doctor appointments or hospital admission. $67 on-way discharge from hospital, $16 round trip to regularly scheduled appointments (dialysis, chemotherapy, physical therapy, etc.) when scheduled for 6 weeks or more.

Nebraska Urban Indian Health Coalition

2331 Fairfield St
Lincoln, NE 68521
Website: http://nuihc.com/
Contact: Onie Alva at 402-440-7070
Services: For Native Americans with no other transportation to medical/dental appointments in service area. Call 24 hours in advance.

Lancaster County Rural Transit

Contact: 402-441-7031
Services: Clients are picked up in rural Lancaster County and brought into Lincoln. Return time is set. Wheelchair accessible.
Hours: Monday-Thursday 8am- 3:30pm
Fare: $2 each way

StarTran (Handi-Van)

Website: https://www.lincoln.ne.gov/city/pworks/startran/programs/handivan/
Contact: 402-441-7109
Services: StarTran riders must meet ADA requirements determined by registration with the League of Human Dignity. Provides transportation within the city limits. Wheelchair accessible. **Must call 1 week in advance.
Hours: Monday- Friday, 6am-6:30pm; Saturday, 6:30am-6pm, Closed Sunday. Fare is $3 each way.

Transportation Plus

Contact: 402-805-7975
Services: Transportation for elderly, disabled and visually impaired. Lincoln area only for Medicaid, statewide authority. Appointment based services so clients will need to call in advance to schedule. Not a taxi service.
NFOCUS ID#: 95147019

Taxi Cab Companies

Golden Plains Services (GPS) Transportation

Contact: 402-331-7433
Services: Statewide transportation approved
N-FOCUS ID#: 14734156

Midwest Special Services

Contact: 800-260-9596
Services: Statewide transportation approved
N-FOCUS ID#: 56439210

Prince of the Road (Camelot Transportation)

Contact: 888-452-3194
Services: Statewide transportation approved
N-FOCUS ID#: 91732188

Servant Cab

Contact: 402-477-4111
Services: Lincoln Area Only
N-FOCUS ID#: 63524827

Transportation Vouchers

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services Gasoline vouchers are available the beginning of each month. Must have proof of insurance a valid driver's license, and current registration.

Bus Pass Info

If you are low income, you can purchase a StarTran 31-Day Pass for only $8 ($16 for HandiVan-eligible patrons)

- Must present photo identification with birth date
- Must present previous month's pass*
- Only one pass per person per 31-day period

*If you are purchasing your first low income pass, you only need a photo ID with your birth date.
Website: https://www.lincoln.ne.gov/city/pworks/startran/

Low Income Bus Passes are available for purchase at these locations:

Site		Route #	Hours	Phone
Community Action Partnership	210 'O' St	46	M T W Th 2–5pm	402-471-4515
People's City Mission	110 'Q' St	46	M–F 9am–4:30pm	402-475-1303
Distribution Ctr	2615 'O' Street	44 & 54	M T Th F 8am–4pm W–8am–6pm	402-475-6898
Good Neighbor Center	2617 'Y' St	49	M–Th 10am–4pm F 10am–2pm	402-477-4173
C. Yoakum Family Resource Ctr	4621 NW 48th St	46	M–F 8am–12pm & 1–5pm	402-434-2621
Southeast Community College	8800 'O' St	44	M–F 8am–5pm	402-437-2564
StarTran	710 'J' St	48 & 51	M–F 8am–4pm	402-476-1234
Northeast YMCA	2601 N 70th St	42 & 49	M–F 8am–5pm	402-434-9262
El Centro de las Americas	210 "O" Street	41	M–Th 9am–5pm	402-474-3950
Indian Center	1100 Military Rd	47 & 52	M–F 9am–5pm	402-438-5231
F St Community Ctr	1225 'F' St	45	M–F 8am–8:45pm Sat 9am–4:45pm Sun 1–5:45pm	402-441-7951
HUB	1037 S 12th St	45	W 1–3pm	402-471-8526
Center for People in Need	3901 N 27th St	41	M–F 9am–12pm & 1–4pm	402-476-4357

Free Bus Passes are available at these locations:

Center for People in Need- 402-476-4357 – one time only
Good Neighbor Center- 402-477-4173- must have a voucher letter from the Salvation Army, and an urgent need, to receive 1 free bus pass per year.
Salvation Army- 402-474-6263- Only 5 passes are given out each week, and you can only receive it once per year. Best time to request a voucher is on Monday.
Lancaster County General Assistance- 402-441-3095- Must be a current client.
ResCare- Must be a current client.
Vocational Rehabilitation-402-471-3231 - Must be a current client completing a job search.

Regular Bus Pass Purchase Price and Locations:
Senior Saver/Go For Less 20 Ride Pass - $16.00

(Senior Saver, Go For Less, Medicare ID, State ID/Driver's License Required)

- Downtown Senior Center (Dining Room)
- Hy-Vee
- League of Human Dignity
- Lincoln Electric System
- Russ's Markets
- Sun Mart (17th & South only)
- Union Bank (3643 S 48th & 121 S 13th only)

HandiVan 31 Consecutive Day Pass - $34.00

- Hy-Vee (27th & Superior Only)
- Russ's Markets
- League of Human Dignity

HandiVan 20 Ride Pass - $66.00

- Hy-Vee
- League of Human Dignity
- Russ's Markets

31 Consecutive Day Pass - $17.00

- Hy-Vee
- IGA Marketplace
- League of Human Dignity
- Lincoln Electric System
- Open Harvest, 1618 South Street
- Russ's Markets
- Sun Mart (17th & South only)
- Union Bank (3643 S 48th & 121 S 13th only)
- Water Dept. (County-City Bldg.)

Passes are available to students at the following schools:

- Culler Middle School – 31 Day
- Dawes Middle School – 20 Ride
- Irving Middle School – 31 Day & 20 Ride
- Lincoln High School – 31 Day & 20 Ride
- Lux Middle School – 31 Day & 20 Ride
- Northeast High School – 20 Ride
- Pound Middle School – 20 Ride
- Scott Middle School – 20 Ride
- Southeast High School – 31 Day & 20 Ride
- Southwest High School – 20 Ride

Medical Assistance

*You can search for local doctors at http://www.lincolndocs.com/

Free/Sliding Fee Medical & Dental Care

Clinic with a Heart

1701 S. 17th St., Lower Level
Lincoln, NE 68502
Website: http://www.clinicwithaheart.org/
Contact: 402-421-2924
Services: Medical, Dental, Physical Therapy, Chiropractic, Mental Health, Vision and Hearing. Free, walk-in (no appointments) healthcare clinic. Patients are seen first-come, first-served. Patients under 19 years must be accompanied by parent or legal guardian. Early sign-in at 2:00pm, doors open at 4:00pm. Patients are seen 5:30 - 7:00pm.

	Mondays	**Tuesdays**	**Thursdays**
Week 1	Medical	Medical & Dental	Medical & Mental Health
Week 2		Medical & Dental	Medical, Mental Health & Chiropractic
Week 3		Medical, Dental & Vision	Medical, Mental Health, Hearing Screenings & Vision
Week 4	Physical Therapy	Medical & Dental	Medical, Mental Health & Chiropractic
Week 5		Medical & Dental	Medical & Mental Health

People's Health Center

1021 N. 27th
Lincoln, NE 68503
Website: http://www.phclincoln.org/
Contact: 402-476-1455
Services: Affordable, comprehensive, accessible, culturally appropriate, cost effective primary health care. The Center will serve people of the Lincoln, Nebraska area, especially those individuals/families with limited resources or other barriers to health care to improve their overall health status. Accept Medicaid, Medicare, and private insurance. We also offer a sliding fee program for patients without insurance (based on ability to pay).

-Primary Care: quality care for all ages from infants to seniors. We offer physicals, immunizations, preventive medicine, and chronic disease management

-Dental Care: Comprehensive, periodic, and limited oral exams, full mouth series of radiographs (X-rays), fillings (both silver amalgam and white resin restorations), regular cleanings, deep cleanings, sealants for children, extractions (simple and surgical), stainless steel crowns and space maintainers for children, root canals (both Anteriors and Bicuspids), first molar root canal (done by dental students), emergency visits, fluoride varnish, recementing of crowns and bridges, oral pathology consults, simple biopsies,

periodontal consult for gum disease or problems, endodontic consult for root canal problems, and crowns.
The PHC dental clinic does NOT provide the following services:
dentures, partials, bridges, extraction of impacted wisdom teeth, and second molar root canals.
-Health 360: a new partnership between Lutheran Family Services of Nebraska and People's Health Center. Services: behavioral health
services, primary health care and an on-site pharmacy -- are being offered at the Lutheran Family Services office
-People's Quick Care: offers walk-in treatment for everyday illnesses and injuries. No appointments necessary.
-Medication Assistance: PHC's status as a federally qualified health
center enables us to provide (340B) discount prescription pricing. In addition, many drug companies offer discount medication assistance programs to income-eligible patients. PHC staff offers assistance with enrollment in these programs.

People's Quick Care

2246 O Street (North side of 23rd and O Streets)
Lincoln, NE 68503
Hours: Monday – Friday 9:00 a.m. to 6:00 p.m.
Services: Offers walk-in treatment for everyday illness and injuries. As an urgent care center, People's Quick Care helps patients who may not be able to see their physicians or who don't need true emergency treatment. All types of insurance are accepted, including Medicaid and Medicare.

The Health Hub at Center for People in Need

3901 N. 27th St., Unit 1
Lincoln, NE 68521
Website: http://centerforpeopleinneed.org/programs-services/health-hub
Contact: 402-817-0808
Services: Health Hub Advocates are available to help you find community resources to help meet your healthcare needs.
We can also help you complete various program applications. If you have no insurance, we are here to help you:

- Find a doctor/medical home
- Access free or discounted medications
- See a medical specialist
- Apply for programs such as food stamps, General Assistance or Medicaid
- Translation services are also available.

Health Hub is funded by grants from the Community Health Endowment and Catholic Health Initiatives.

Lancaster County General Assistance

402-441-3095 \ 2202 S 11th St #150
An original application required first. Verifications may be requested.
May assist with: Food, Shelter (including deposit, rent and utilities), Assisted living (cannot be authorized without a written statement from a physician indicating the client is in need of the level of care provided by an assisted living facility), Medical care provided through the Primary Care Health Clinic or authorized by a Clinic Physician, Behavioral Health Services provided through a Region V contracted provider, Transportation, Non-food necessities (including household supplies and personal care items), Clothing, Cremation/Burial expenses, COBRA or other health insurance payments. The Center For People In Need can assist with applying for General Assistance.

Lancaster County Medical Society

402-483-4800 \ 4600 Valley Rd #250

May help with prescriptions. Must NOT be covered by any medical prescription plan. Medications needed must be for a chronic or ongoing illness, since once accepted you will be enrolled for one year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program.

Lincoln E.D. Connections

If you have been seen in a local Emergency Department [ED] and need assistance with obtaining medications or a finding a medical provider for follow up you should contact an ED case worker at 402-481-4165 or 402-481-4006

Lincoln-Lancaster County Health Department

3140 N St
Lincoln, NE 68510
Website: http://lincoln.ne.gov/city/health/

Programs:

Community Health Services:
Contact: 402-441-8065 TDD 402-441-6284
Hours: Calls are taken Monday –Friday 8:00 a.m. -4:30 p.m.
Services: General Assistance Clinic, Immunizations, HIV/STD testing, treatment and counseling, breast and cervical cancer screening, maternal-child health home visiting, presumptive eligibility Medicaid for low income pregnant women.

Dental Services:
Contact: 402-441-8015
Hours: Monday-Wednesday & Friday 8:00 a.m. – 4:30 p.m. Thursday 8:00 a.m. to 8:00 p.m. Please call for more information or to make an appointment.
Services: Dental care for low income families without dental insurance or adults covered through Medicaid or enrolled in General Assistance and children covered through Medicaid. Emergency, routine, and preventive dental services provided at reduced fees. Interpretation provided.

Refugee Health Clinic
Contact: 402-441-8065
Services: The Refugee Health Clinic provides health assessments and/or immunizations to refugees who have resettled in Lincoln, Nebraska. Refugees who seek services within the first 3 months or arrival receive: health exams, laboratory screening, and immunizations. The eligibility period ends 13 months after entering the United States. Refugees who seek services after 90 days of arrival receive immunizations only. The eligibility period ends after 8 months of entering the United States. The Lincoln Lancaster County Health Department serves people of all ages who are eligible for this program.

-Presumptive Eligibility Medicaid for Pregnant Women: Presumptive Eligibility (PE) is for low-income pregnant women. It is a program designed to provide immediate, temporary coverage of ambulatory prenatal care services to pregnant women while their eligibility for full Medicaid benefits is determined. When you come in to complete the application for PE, we will help you find a prenatal medical provider. If you have not made an appointment, we will help you make one.

-Sexually Transmitted Disease (STD) Clinic: Everyone is examined by a medical provider. Same day results available. Complete laboratory testing. Free or reduced cost testing & treatment are available.

Planned Parenthood

1-877-811-7526 \ 5631 S. 48th St Suite 100
Services Offered: Abortion Services, Birth Control,
General Health Care-(anemia testing, cholesterol screening, diabetes screening, physical exams, pregnancy planning services, smoking Cessation, thyroid screening), HIV Testing, LGBT Services, Men's Health Care, Morning-After Pill (Emergency Contraception), Pregnancy Testing & Services STD Testing/Treatment /Vaccines, and Women's Health Care.

Family Health Services, Inc.

402-466-1012 \ 630 N. Cotner Blvd., Suite 204
If no insurance, they offer a sliding scale.
Services offered for women: Birth Control, Annual Examinations, Pregnancy Prevention and Testing, HIV and STI Testing, Q&A for the Ladies, Resources, Dating Safety.
Services offered for men: STD and HIV Testing, Q&A for the Guys, Resources, and dating safety.

Birthright

402-466-2609 \ 5625 "O" St
Services offered: non-judgmental confidential help, free pregnancy tests, maternity and baby clothes, Referrals to community resources. Provide Information on: pregnancy and childbirth, prenatal development and care, parenting skills, child care, and child safety, career development and/or continuing education, community programs and/or social assistance, adoption.

Pregnancy Center

402-483-4247 \ 111 Piazza Terrace
Services offered: free pregnancy test, ultrasounds, options counseling, post abortion support, and community resources.

Social Security Disability

Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or end in death. The application process takes anywhere from 2-4 hours. Information will need to be gathered before the application. Keep in mind a disability case can take anywhere from 6 months to 2 years +. This benefits is not approved instantly.
-Effective February 1st, The Center For People In Need may help you apply for disability on a referral basis.

Nebraska Urban Indian Medical Center

2231 Fairfield St.
Lincoln, NE 68521
Website: http://nuihc.com/
Contact: 402-434-7177
Services: Primary health care for people with insurance, Medicaid, or uninsured regardless of race, religion, income status or age. Same day appointments available.

Lancaster County Medical Society

4600 Valley Rd, Ste 240
Lincoln, NE 68510
Website: http://lcmsne.org/
Contact: 402- 483-4800
Services: Physician referrals for individuals with or without health insurance. Discount Programs are available for patients who qualify for financial assistance.

People's City Mission Medical Clinic

110 Q St. (Located behind the PCM shelter)
Lincoln, NE
Website: http://www.peoplescitymission.org/index.php/free-clinic
Contact: 402-817-0980
Services: The PCM Medical Clinic offers medical, dental, optical and behavioral health services for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider if possible. If you have been unable to find a provider, contact a PCM Medical Clinic Patient Guide for assistance.
Hours: Monday, 1:00-7:00 p.m.
Tuesday, Wednesday, Thursday, 8:00-11:00 and 1:00-5:00 p.m.;
Fridays 8:00 a.m. to 11 a.m. and 1:00pm— 4:00pm
*Must call for dental, vision and mental health appointments.
To be eligible for PCM Medical Clinic Services your income must be at or below 200% the poverty level.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Medical Screenings are offered by a nurse from Clinic with a Heart every 3rd Wednesday of each month, during lunch. These screenings check blood pressure, blood sugar, etc. for referrals to be made to help individuals obtain a medical home.

DHHS Medicaid

402-473-7000 \ 301 Centennial Mall South
DHHS administers the Medicaid Program which provides health care services to eligible elderly and disabled individuals and eligible low-income pregnant women, children and parents.
The Center For People In Need can assist with applying for Medicaid online.

Every Woman Matters \ 1-800-532-2227

Can help women get health check-ups. EWM may pay for exams based on health history and program guidelines.
-Breast and Cervical Cancer Screening: Pelvic exam, Pap test, Clinical breast exam, Teaching of breast self-exam, Mammogram
-Heart Disease and Diabetes Screening: Blood pressure check,
Cholesterol check, Blood sugar (glucose) check, Health and wellness information for living a healthier life

Nebraska Colon Cancer Screening Program \ 1-800-532-2227

NCP offers preventive colon cancer screening and education to Nebraska men and women between ages of 50 and 74 . Tests and services may include:
-Fecal occult blood test (FOBT) kit for at-home testing and/or colonoscopy. All screenings are based upon family and personal history and must be pre-approved by NCP staff.
-Colonoscopy following a positive Fecal Occult Blood Test
-Review of health history and education about colon and rectal cancer screening.
-Colonoscopy as initial screening test if determined to be the best screening test based on your health history.

Prescription Assistance

Medication Assistance Program of Lincoln

4600 Valley Rd. Suite 250
Lincoln, NE 68510
Contact: 402-483-4800
Call for details and an appointment
Requirements: To meet the requirements of the program you must NOT be covered by any medical prescription plan and your income needs to be $19,000 or lower for a single individual and no more than $25,000 for a couple. Your medications must be for a chronic or ongoing illness, since once accepted you are enrolled for one year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program. **Fee**: An $8 first-time fee is charged to cover postage and handling but can be waived depending on individual circumstances.

Drug Assistance Programs

Contact: 800-762-4636
Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines.
Below is a list of websites that can help consumers find assistance, requirements, and how to apply.
www.needymeds.com
www.rxassist.org
www.prescriptionassistance360.org
www.phrma.org

Coast2Coast Rx Card (Lancaster Prescription Discount Card)

Website: www.coast2coastrx.com
The Lancaster County Board of Commissioners is pleased to provide this program for use by anyone who is uninsured, underinsured, has a high-cost prescription, is in the Medicare "doughnut-hole", etc., as a way to help with your health care costs.

- Save up to 75% on prescriptions
- Individuals or families can use
- 60,000 participating pharmacies, including all chain pharmacies and most independents
- Ready to use with no limits on usage
- Use immediately with no paperwork to complete
- No health, income or age restrictions - everyone is accepted
- No fee ever charged for the card
- No expiration date
- Save on brand and generic drugs
- Covers drugs not covered in health plans
- Covers many pet prescriptions

- Save up to 60% for your family's dental needs
- Save an average of 10% to 50% on vision and hearing needs
- Save 50% - 80% on lab and imaging tests (Prepayment for lab and imaging tests is required)
- The plan is not insurance

Ask for a card at the Neighborhood Food or pick one up at
Center for People in Need office at 3901 N. 27th St.
Available courtesy of the Lancaster County Board of Commissioners.
Print your card by going to this website: http://www.coast2coastrx.com/counties/ne/lancaster/

Answers 4 Families

Website: www.answers4families.org
Contact: 402-472-0844 Toll Free 800-746-8420
Services: Answers 4 Families is Nebraska's support and information connection for families and professionals seeking assistance.
AskRx is a service of the Nebraska Pharmacist Association. You may ask questions about drugs or drug interactions and receive a personal email reply from a pharmacist. Click on AskRX under the Features section on the left side of the page.

Eye Care America

Website: www.eyecareamerica.org/eyecare/care/med-assist.cfm
Contact: 877-887-6327
Services: Website has a comprehensive list of prescriptions and where to obtain assistance.

Eli Lilly

Website: www.lillytruassist.com
Contact: 1-855-559-8783
Eli Lilly is one of the largest pharmaceutical companies in the world, has a variety of patient assistance programs. If you are uninsured or under-insured and would like more facts about Eli Lilly's patient assistant programs, visit the website or call the toll-free number.

GlaxoSmithKline

Website: us.gsk.com/index.html
If you search the site for "US patient assistance programs" the site will direct you to GlaxoSmithKline's medical assistance program.

Together Rx Access

Website: www.togetherrxaccess.com
The Together Rx Access Card gives eligible individuals and families without prescription drug coverage access to immediate savings on brand-name and generic prescription products right at their neighborhood pharmacies. The Card is FREE to get and FREE to use.
Eligible Individual need to meet all three of the following requirements:

1. I am not eligible for Medicare.
2. I have no prescription drug coverage of any kind.
3. My household income is equal to or less than:
   -$45,000 for a single person.
   -$60,000 for a family of two.
   -$75,000 for a family of three.
   -$90,000 for a family of four.

Cancer Assistance

American Cancer Society

24 hour hotline: 1 800-227-2345
Website: www.cancer.org/index
Services: Comprehensive resource for assistance in finding information in your area in regard to any and all types of cancer.

Colon Cancer

Nebraska Colon Cancer Screening Program - DHHS

301 Centennial Mall South, 3rd Floor
Lincoln, NE 68509
Website: http://stayinthegamene.com/program
Contact: 800-532-2227
Services: Screening tests help find pre-cancerous growths (called polyps) so they can be removed before they turn into cancer.
Requirements: Any man or woman over 50 years of age who meets income guidelines is eligible to fill out the Nebraska Colon Cancer Screening Enrollment Form. More information and the form is available at www.dhhs.ne.gov/crc

Prostate Cancer Screening

People's Health Center

1021 N. 27th St.
Lincoln, NE 68503
Contact: 402-476-1455 Call for information.
Hours: Every third Tuesday of the month, 5:30 - 7:00 p.m.

Breast Cancer Screening

People's Health Center

1021 N. 27th St.
Lincoln, NE
Contact: 402-476-1455
Hours: Every third Tuesday of the month, 5:30 - 7:00 p.m.

Every Woman Matters Program- DHHS

301 Centennial Mall South, 3rd Floor
Lincoln, NE 68509
Website: http://dhhs.ne.gov/publichealth/Pages/womenshealth_ewm.asp
Contact: 800-532-2227 TDD 800-833-7353
Eligibility: For women between the ages of 40 and 74, who meet income eligibility guidelines.
Services: Program that can help pay for a health check-up which includes:

- Clinical Breast Exam (CBE), according to guidelines
- Screening Mammogram, according to guidelines
- Pap test, according to guidelines
- Pelvic Exam, according to guidelines
- Blood Pressure Check, according to guidelines
- Height/Weight Check, according to guidelines
- Lipids/Triglycerides Check, according to guidelines
- Glucose or A1c if previously diagnosed with diabetes, according to guideline.

Eye Exams/Screenings/Glasses

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Services: Eye Exam Screenings are available on a quarterly basis (January, April, July and October). If the screening indicates you need a complete exam, you are referred for the exam and treatment at no charge. Call Sara for more information and to sign up for a screening.

Eye Care America

Contact: 877-887-6327
Website: www.eyecareamerica.org
Services: Those who are age 65 or older, and who have not seen an EyeMD in three or more years may be eligible to receive a comprehensive, medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Those who are determined to be at increased risk for glaucoma and have not had an eye exam in 12 months or more may be eligible to receive a free glaucoma eye exam if they are uninsured.

Payless Optical Outlet

6900 O St. Suite 121
Lincoln, NE 68510
Contact: 402-466-3544
Hours: Mon, Wed, Fri, 10:00 a.m.-6:00 p.m., Sat, 10:00 a.m.-5:30 p.m. Closed Sun and Thurs.
Services: Basic single lens glasses are $39.95 (includes lens and frames) for both children and adult glasses. Eye exams available for $40.00, available on Mon. and Tues. Payment is due at the time of service.

Heartland Optical

1012 N 27th St
Lincoln, NE 68503
Website: http://heartlandoptical.com/
Contact: 402-476-3311
Services: Basic single lens glasses including frames are approximately $110. Other prices are reasonable depending on your choices.

www.coastal.com

Services: This website has an ongoing special in which your first pair of regular glasses are free (no bifocals, etc.). You will have to pay up to $20 shipping and handling. Go to the website and click on the "1st Pair Free" icon at the top of the page. It will direct you to the glasses available under the promotion. Name-brand and designer frames are not included in this promotion. You need to have a credit or debit card (Visa, MasterCard, Discover or American Express) and printout of your current eyeglass prescription. When you get to the billing page, under the Billing Summary will be a box where you can enter "Gift Card or Offer Code." In that section you will type in the code "firstpairfree" - this should reduce your total amount to just shipping/handling charges.

Nebraska Foundation for Children's Vision Eye Care Council, Inc.

Website: www.seetolearn.com or www.nechildrensvision.org
Contact: 1-800-960-EYES (3937)
Services: See to Learn Program- Free vision assessment for any 3 year old in Nebraska. For a listing of local providers, contact the number above or go to this link:
http://www.nechildrensvision.org/seetolearnproviders.html

Sight for Students

Website: www.sightforstudents.org
Services: Sight for Students is a VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eye care services. Many school nurses are community partners are able to provide certificates for services with a VSP network doctor. See website for a list of community partners and VSP network doctors.

VISION USA

Website: www.optometryscharity.org/vision-usa/
Contact: 1-800-766-4466
Services: VISION USA provides a basic eye examination to low-income individuals in the US. Member doctors of the American Optometric Association donate services. You must work with a charitable organization, social worker, case worker, community health agency to submit an application. Applicants are to provide proof of household income for verification of income level eligibility. See website listed above for application worksheet and specific application instructions. To qualify, applicants must meet all five of the eligibility requirements outlined below:

1. Have no private or government insurance, including Medicare or Medicaid
2. Have income below the established level based on household size
3. Have not had an eye exam within the past 24 months
4. Must be a US citizen or legal resident with a social security or legal resident number
5. Have not received a doctor referral through the VISION USA program in the last two years

(Maximum of 4 applicants per household per year.)
NO EXCEPTIONS WILL BE MADE
*A contact lens exam and / or contacts are not available through this program
A Spanish version of the application can be found at
http://nebraska.aoa.org/documents/VISIONUSAAppSpanish.doc
Income Level Chart

InfantSEE®

Website: www.infantsee.org
Contact: 1-888-396-EYES (3937)
Services: InfantSEE®, a public health program, managed by Optometry Cares® - the AOA Foundation, is designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Under this program, participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service. For a listing of participating doctors near you, call the number listed above or visit the website.

New Eyes for the Needy

Website: www.new-eyes.org
Contact: 973-376-4903 or email info@new-eyes.org
Services: New Eyes for the Needy purchases new eyeglasses for needy children and adults in the United States. They also recycle donated glasses for distribution to indigent people in developing nations worldwide. For children, a school nurse must complete the application. For adults, an application must be completed and submitted by a social service agency. The applications can be found at the website listed above.

Foot Care

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: In collaboration with Union College, foot care to adults (soak feet, trim toenails). Individuals receive free socks, (each month) and free shoes (every 6 months).

Flu Immunization Clinics

Lincoln-Lancaster County Health Department

3140 N St
Lincoln, NE 68510
Website: http://lincoln.ne.gov/city/health/
Contact: 402-441-8065
**By appointment only
Hours: Mon, Tues, Wed, & Fri, 8:00 a.m. - 3:30 p.m.
Thurs, 8:00 a.m. - 5:00 p.m.
REQUIREMENTS FOR FLU VACCINES
Children 6 months through 18 years of age, low income, uninsured adults - no Medicaid $20.00 for an adult flu shot or for an insured child's flu shot

Center For People In Need

3901 N 27th St
Lincoln, NE 68521
Contact: 402-476-4357
Services: Provides flu immunizations during winter months. Call for more information.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Nurses provide flu and other immunizations during winter months. Call for more information.

Sexual Reproductive Health

Family Health Services Inc.

630 North Cotner Blvd
Lincoln, NE 68505
Website: www.lovesafely.com
Contact: 402-466-1012
Services: Primary purpose is to ensure the reproductive health of men and women by offering confidential and caring exams, treatment, and prevention at a low cost.

Lincoln-Lancaster County Health Department

3140 N St
Lincoln, NE 68510
Website: http://lincoln.ne.gov/city/health/
Contact: 402-441-8065
Community Health Services Program
Services: Sexually Transmitted Infection Testing. No appointment necessary
Hours: Tuesday 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m.
Fees: $60, but they will work with you if you can't pay.

Planned Parenthood-Lincoln South Health Center

5631 S 48th St
Lincoln, NE 68516
Website: http://www.plannedparenthood.org/health-center/nebraska/lincoln/68516/lincoln-south-health-center-4062-90380
Contact: 402-441-3337
Services: This location offers Men's and Women's Health Care, General Health Care, Birth Control, Emergency Contraception, Abortion Services, Pregnancy Testing & Services, HIV Testing, STD Testing, Treatment & Vaccines, and LGBT services.
Fees: Accepts most major medical insurers. Medicaid is accepted. Low-income may qualify for a state-funded program or lower fee scale.
Hours: Monday 9am-5pm
Tuesday 8am-4pm
Wednesday 9am-5pm
Thursday 1pm-7pm
Friday 9am-3pm
Appointments: Most, but not all, services are available on walk-in basis. Please call for more information. If you need emergency contraception (morning after pill), you can walk in any time the health center is open.

Women's Health

Every Woman Matters Program- DHHS

301 Centennial Mall South, 3rd Floor
Lincoln, NE 68509
Website: http://dhhs.ne.gov/publichealth/Pages/womenshealth_ewm.asp
Contact: 800-532-2227 TDD 800-833-7353
Eligibility: For women between the ages of 40 and 74, who meet income eligibility guidelines and have no health insurance, Medicaid or Medicare.
Services: Every Woman Matters is a program that can help women get their annual health check-ups free. If you qualify, the follow services are free:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self-exam
- Mammogram
- Blood pressure check for new clients only
- Cholesterol check for new clients only
- Blood sugar (glucose) check for new clients only
- Colon cancer screening (age 50+) for women and men

*If you are under 40 and need a breast biopsy, or if you have had an abnormal Pap test, please contact us at number listed above.

Birthright, Inc.

5625 O St. Suite
Contact: 402-466-2609
24 hour toll free hotline: 1-800-550-4900
Services: Free pregnancy tests, confidential and resources.

Catholic Social Services

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Contact: 402-474-1600
Services: Pregnancy services, counseling for those facing an unplanned pregnancy, parenting and adoption planning.
Diapers: Free diapers available in all sizes (while supplies last). Can receive diapers once every 30 days.
Hours: Open Monday and Wednesdays 10-12pm and 1-5 pm; Tuesday, Thursday, Friday 9-12pm and 1-5pm

Healthy Mothers, Healthy Babies

Contact: 402-471-2907 Toll Free 1-800-862-1889
Services: Helps pregnant women with no insurance who need medical care.

Pregnancy Center

111 Piazza Terrace
Lincoln, NE 68510
Website: http://www.pregnancycenterlincoln.org/
Contact: 402-483-4247
Services: Pregnancy tests, confidential counseling.

Lincoln-Lancaster County Health Department

3140 N St
Lincoln, NE 68510
Website: http://lincoln.ne.gov/city/health/
Contact: 402-441-8065
Services: Pregnancy testing by appointment, health and parenting information, referrals to health care providers.

Lutheran Family Services

2201 South 17th Street
Lincoln, NE 68510
Website: http://www.lfsneb.org/
Contact: 402-435-2910
Services: Unplanned pregnancy counseling, adoption program.

People's Health Center

1021 N. 27th St.
Lincoln, NE 68503
Contact: 402-476-1455
Requirements: Unless you are already an established patient with PHC, you must call the People's Health Center to see if you meet eligibility requirements or contact Health Hub at 402-817-0808 for a referral

MilkWorks

5930 S. 58th St
Lincoln, NE
Website: www.milkworks.org
Contact: 402-423-6402 www.milkworks.org
Hours: Mon-Fri 10am-6pm | Sat 10am - 4pm | Sun noon - 4pm
Services: Helping mothers have a positive breastfeeding experience. A board certified lactation consultant available to resolve any breastfeeding concerns/issues. May be able to receive a donated nursing bra or tank for free. Rental Station for breast pumps and free weight checks for babies. Donated Breast Milk is available from Denver Milk Bank for purchase at $5 an ounce. MilkWorks will partner with Community Action for home visits, if necessary.
Free Groups:
Mom Talk - 10-11:30 am Tuesdays and Wednesdays.
Twin Talk - Support for moms of multiples! If you are expecting twins, or breastfeeding multiples, please join other moms for learning and support. First and third Thursdays each month, 10-11:30 a.m.
Weigh and Stay- Every Thursday from 1-3 p.m. Drop in to weigh your baby and visit with a Lactation Consultant at LMEP, 46th and Valley Road, Room 230.
This is a perfect opportunity to ask questions about your baby's latch or weight gain. There is no fee for this service.
Classes-fees to apply—dates and times vary—discounts/fees waived will be assessed on case by case basis. Classes include the below subjects:

- All About Breastfeeding
- Return to Work
- Introducing Solids and Making Your Own Food

Pump Rental: Medicaid Covers pump rentals, but Medicaid may pay for the purchase of a pump for a nursing mother.

Stepping Stones for Families

4600 Valley Road, Room 228
Lincoln, NE 68510
Website: http://www.lmep.com/SSF/Home.aspx
Contact: 402-488-6511
Services: Stepping Stones offers a family advocate to assist pregnant and/or parenting families by connecting them with appropriate services in the community. The family advocate can help families meet basic needs for housing or applying for state benefits, finding childcare or secure transportation to work or appointments. Please call for more information.

Text4baby Program

Website: www.text4baby.org/index.php/sign-up
Text4baby is a free mobile information service that will help you through your pregnancy and baby's first year of life. Get FREE text messages on your cell phone each week (your phone provider's rates and fees apply).
The text4baby messages will give you tips about:

- Keeping healthy
- Labor and delivery
- Breastfeeding
- The importance of immunizations
- Exercise and healthy eating
- And much more

To sign up for text4baby, simply text the word BABY to 511411 or visit website listed above.

Medicaid Member Benefits (Pregnancy/Parenting)

Aetna Better Health® of Nebraska Members

(Previously CoventryCares of Nebraska)

Customer Service: 1-888-784-2693 (TTY: 711 or TDD: 1-800-877-8973)

Website: http://www.aetnabetterhealth.com/nebraska/members/

Pregnancy/New Mothers Programs

Aetna Better Health has FREE pregnancy programs for you and your baby. Make sure to call when you find out that you are pregnant. Make an appointment with your PCP or OB when you find out that you are pregnant. One of the best ways to have a healthy child is to see your doctor regularly during your pregnancy. Keeping your appointments helps the doctor make sure you and your baby are healthy and growing.

Pregnancy Packet

We will mail you a pregnancy packet when we find out that you are pregnant. The packet will give you details about our special programs and tips on staying safe and healthy during your pregnancy.

Contact our Customer for questions about our pregnancy programs.

Nurses to Help You and Your Baby

If you have special health care needs, you can be enrolled in Aetna Better Health's pregnancy program. The nurses' help you throughout your pregnancy and after you deliver. They are available to talk on the phone. Our nurses will assist you in getting the health care services you need. The nurses also provide healthy eating, breastfeeding, exercise and baby care tips. They also have information to help with other services, like:

- Transportation
- The WIC (Women, Infants and Children) program.
- Behavioral health and substance use disorders
- Domestic abuse support
- Breastfeeding support
- Helping you understand your emotions

Free Portable Crib

Your baby should have her own bed at home. If you attend 7 visits with your doctor during your pregnancy, we will give you a free portable crib for your baby. It's easy! See your doctor to keep you and your baby healthy. We will give a safe place for your baby to sleep.

Childbirth Education/Parenting Classes

Aetna Better Health offers to pay the cost of childbirth education and parenting classes. Call to see if your class is covered.

Postpartum Gift for Healthy Moms

We also want YOU to be healthy after your baby is born. Be sure to see your doctor between 21 and 56 days after your baby arrives. This is the office visit after your baby is born. If your exam is between 21 and 56 days after your baby is born, you can get a $20 Wal-Mart gift card. Aetna Better Health will send you a postpartum postcard. Ask your doctor to sign the card and mail to Aetna Better Health. This is a thank you for taking care of yourself. Please allow 4-6 weeks to get your Wal-Mart gift card.

Breast Pumps

Aetna Better Health will pay the cost of a portable electric breast pump. The portable electric breast pump will be yours to keep. You need to get a written prescription from your doctor. Give the prescription to any in-network medical equipment company. If you have questions about breast pumps or need help finding an in-network medical equipment company call our Customer Service. Non-portable hospital grade breast pumps are available for rent if medically necessary. Please ask your health care provider if you think you need a hospital grade pump.

UnitedHealthcare Community Plan Members

Member Services: 1-800-641-1902 (TTY: 711).
Baby Blocks™ Program
Website: www.uhcbabyblocks.com
Give Your Baby a Healthy Start. If you are a UnitedHealthcare Community Plan member who is pregnant, you can earn rewards with Baby Blocks.™ When you join, you get a gift card or other cool gear for your baby. Then earn up to seven more rewards with provider visits during pregnancy and your baby's first 15 months. You earn great rewards while both you and your baby get the care you need to stay healthy. To enroll, go the website listed above and click on "Sign up." You get to choose from an Old Navy gift card or Diaper bag, just for signing up!
Breast Pumps: We want to assist you in breastfeeding. We will pay the cost of a portable electric breast pump. If you have questions about breast pumps or need help finding an in-network medical equipment company, call member services. Non-portable hospital grade breast pumps are available for rent if medically necessary. Please ask your provider if you think you need a hospital grade pump.

Holiday Food & Donation Programs

Catholic Social Services

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Contact: 402-474-1600
Eligibility: Families or individuals with financial need
Services: Food baskets for families/individuals.
Toy Room: pick up a ticket in the morning with a time to return; first come first served; must bring photo ID and proof of children (i.e. Social Security cards); parents may shop for one toy per child.
Operation Santa Claus-complete an application; bring photo ID to pick up toys at a scheduled time.

Center For People In Need

3901 N 27th St
Lincoln, NE 68521
Contact: 402-476-4357
Website: http://www.centerforpeopleinneed.org
Thanksgiving Food (November 9, 2016 - November 21, 2016): Please bring photo ID or Center card (need updated card) AND a piece of mail with your name and current address on it to receive food items and grocery store voucher. Will need to complete application if they do not have a Center Card.
Toyland for Kids (December 10, 2016 – December 12, 2016): Pre-registration is necessary. Applications can be picked up at one of the neighborhood food sites or the main office. Bring identification or Center client card (need updated card) with parents or guardians name on it; piece of mail with current address; and social security numbers for each family member for proof of income. Program serves newborn to age 18; including registration for Toys for Tots.

City Impact

400 North 27th St
Lincoln, NE 68503
Contact: 402-477-8080
Website: http://www.cityimpact.org
Gifts of Love Community Christmas Store:
Family Registration: November 1, 2016 – November 3, 2016 from 9:30 a.m. to 7:30 p.m. and November 4, 2016 from 9:30 a.m. to 2:30 p.m.
Shopping Days: December 8 – 10, 2016
Available to low income parents or legal guardians may purchase Christmas gifts at 70% off retail prices may spend $20 per child (plus tax) of their own money on up to three items per child; items are not free.
Eligibility: Families must meet income eligibility guidelines which are the same as qualifying for the free and reduced lunch program, within the City Impact local area.
Documents needed: Photo ID, Social Security Card for each child (must have actual card), and proof of income eligibility (current paystub, letter from school free and reduced lunch program, letter for food stamps with master case number, etc.)
Fees: may spend $20 per child, plus tax, cash only
Intake procedure: Must pre-register

Good Neighbor Community Center

2617 Y Street
Lincoln, NE 68503
Contact: 402-477-4173
Website: http://www.gncclincoln.org
Grandparent Christmas Room: Call for more information on making an appointment. During the first two weeks of December low income grandparents can shop for Christmas gifts for their grandchildren ages 10 and younger; last year's participants cannot participate again this year.
Requirements: Must have child's date of birth and social security number.

Bubba's Closet

Clothing donation project by LPS
Clothing available to community's children, winter coats, jackets, sweaters and more. Any elementary student, accompanied by an adult may choose appropriate items of clothing.
November 12, 2016 from 8:00 a.m. to 9:30 a.m.
McPhee Elementary School
820 Goodhue Blvd.
Lincoln, NE 68508

Toys for Tots US Marine Corps Reserves

Lincoln NE 68501
Website: http://www.toysfortots.org
Services: Collects toys and distributes them to needy families.
Eligibility: between birth and 14 years of age
Documents needed: Bring proof of residency, proof of children (social security card and birth certificate or Medicaid card), and proof of household income
Apply: Call the United Way by dialing 211 to sign up a child to receive toys.

Union Bank-Magic Moments Holiday Program

Lincoln, NE 68506
Website: http://www.ubt.com
Services: Grants special requests to individuals in the Lincoln Community; submit nominations on behalf of friends and family who are in need and/or deserve a special favor; 10 families or individuals will be chosen.
Application: Print out form and fax or return to Union Bank, or apply online at the website above.

KFOR Operation Santa Claus

3800 Cornhusker Highway
Lincoln, NE 68504
Contact: 402-466-1234
Website: http://www.www.kfor1240.com
Services: Solicits monetary donations to purchase specifically requested toys for less fortunate children in Lincoln NE ages 1-13 for Christmas. Call for information.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Thanksgiving Day dinner served 5:30 pm – 6:30 pm; open as usual Christmas Eve and Christmas Day lunch served 11:30 am – 12:30 pm, dinner served 5:30 pm – 6:30 pm
Eligibility: Open to the public but especially for homeless and persons in need.

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Holiday Food baskets are provided food at Thanksgiving and Christmas—advance sign-up required. Call for information.

People's City Mission

2615 O St
Lincoln, NE 68510
Contact: 402-475-6888
Website: http://www.peoplescitymission.org
Services: Advance registration required for holiday food baskets. Call for information.

Salvation Army

2625 Potter Street
Lincoln NE 68503
Contact: Information: 402-474-6263
Community Center 402-435-3035
Website: http://www.salvationarmylincoln.org
Services: Christmas assistance to qualified persons.
Holiday program offers men in prison a way to get presents to their children at Christmas time. Must pre-register. Call for information.

Children & Family Focused Programs

Abuse/Neglect Assistance

B.A.C.A. – Bikers Against Child Abuse

Star City Temp Charter
P.O. Box 5974
Lincoln, NE 68505
Contact: Helpline: 855-464-9088
Website: bacaworld.org
B.A.C.A. exists with the intent to create a safer environment for abused children. We exist as a body of bikers to empower children to not feel afraid of the world we live in. We work in conjunction with local and state officials who are directly in place to protect children. B.A.C.A. supports each child based upon their individual needs and the needs of the family. Some of these services may include physical presence at the home, visiting the child at school, therapy needs, etc.

Child and Adult/Elder Abuse Reporting Hotline

Contact: Toll free 1-800-652-1999 TDD 402-471-9570

Child Advocacy Center

5025 Garland St.
Lincoln, NE 68504
Website: www.smvoices.org
Contact: 402-476-3200
Services: Safe, neutral site for young victims of abuse. Services include medical evaluations for victims, support groups, and Court School.

Friendship Home

P.O Box 85358
Lincoln, NE 68501
Website: www.friendshiphome.org
Contact: 402-437-9302
Services: Provides a safe, confidential, home like shelter, as well as access to food, clothing, and other basic needs to women and children of domestic abuse. Transitional shelter is provided to residents of Friendship Home who are working to obtain their own homes. Also provides some financial support for families in transition. Staff provides crisis counseling and immediate access to other safe shelter options if Friendship Home's shelter is full. Advocates and case managers provide counseling, referrals, and information services. A 24 hour, 365 day hotline providing support, safety planning, and advocacy for women who want access to safe shelter.

Voices of Hope

2545 N St.
Lincoln, NE 68510
Website: www.voicesofhopelincoln.org
Contact: Non-emergency 402-476-2110 Crisis Line 402-475-7273
Services: Provides counseling, support groups, and advocacy for victims of sexual assault and domestic violence. Staff accompanies victims from the hospital emergency room through the criminal justice process. Crisis and short term counseling is available 9:00 a.m.- 4:00 p.m. Monday through Friday and until 7:00 p.m. Wednesdays. Support groups help adult victims of relationship violence, sexual assault, and incest. Assistance filling out protective order applications.

CEDARS

6601 Pioneers Blvd
Lincoln, NE 68506
Website: http://www.cedars-kids.org/
Contact: 402-434-5437
Services: Helping kids in crisis and building strong families through 24 hour emergency services and shelter for children ages birth -18, who are abused, neglected, homeless, or temporary without parental care.

CEDARS Basic Center Services

Contact Sarah Kasson, Admissions Specialist
402-436-5437
Email: skasson@cedars-kids.org
Provides support to youth and their families to either prevent the placement of the youth outside the home, and/or to provide a safe environment for a youth until a successful transition back into the family home can be achieved. Teens and their families may be eligible for this service due to homelessness or due to behavioral or mental health problems, school truancy, law violations or other social factors that threaten the preservation of the youth in the family home.

YMCA Lincoln

1432 N Street
Lincoln
Website: www.ywcalincoln.org
Contact: 402-434-3494
Take a Break (TAB) offers a break to any parent or guardian of children 6 weeks to 10 years. Allows for caregivers to recharge while their children are cared for in a safe, fun and nurturing environment. Generous sliding scale fee.

Resources in Spanish

Selected publications on child abuse and neglect, prevention, adoption, and more are available in Spanish. Our general Spanish resources are available at https://www.childwelfare.gov/spanish/#tab=general. To view our factsheets for families and other publications in Spanish, including a complete A to Z list of the titles we offer, visit https://www.childwelfare.gov/catalog/spanishindex/

In the interest of better serving the needs of Spanish-speaking families and professionals who work with them, we developed a list of child welfare terms, English to Spanish (and Spanish to English), to ensure consistency and cultural relevance in our publications. By making this document available to others, we hope to support other organizations also striving to improve their communications and to promote, where possible, consistency throughout the child welfare field.

Our website also includes a Working With Hispanic Families section that offers a culture guide, research on efforts informing Administration for Children and Families programs and policies supporting Hispanic children and families, and State and local examples. In 2015, we launched a new issue brief that addresses child welfare's work with immigrant children and families; examines current issues related to immigration and child welfare; provides examples of programs and promising practices; and points to resources for professionals, families, and youth. Read *Immigration and Child Welfare* today.

Addiction Treatment, Transitional & Halfway Housing

Al-Anon and Alateen

Website: http://nebr-al-anon-alateen.org/default.aspx
Contact: 402-477-9662
Services: Twelve step support group for families and friends of alcoholics. Call the hotline or check the website to find out dates, times, and locations of meetings throughout Nebraska.

Alcoholics Anonymous

Lincoln AA Central Office
2748 S St., Suite AA
Lincoln, NE 68503
Website: www.lincaa.org
Contact: 402-438-5214
Nebraska Area 41 Hotline: 1-877-226-3632 24 hour hotline. Call to talk to a volunteer or to find out meeting times.

Antlers Substance Abuse Program

Contact: 402-424-3965
This program offers inpatient, outpatient, and intensive substance counseling. An alcohol and drug evaluation is required before acceptance into the program.

Aging Partners

1005 O St.
Lincoln, NE 68508
Contact: 402-441-7070
Services: The Harvest Project is a special outreach and community organization project designed to bring together aging, mental health and substance abuse services. A program made possible by the Community Health Endowment.

Associates in Counseling and Treatment

2110 S. 38th
Lincoln, NE 68506
Website: www.actnebraska.com
Contact: 402-261-6667
Services: Substance use evaluations and treatment for adolescents, adults, and their families. Dual diagnosis counseling available. All services are on a sliding scale fee for those who qualify.

The Bridge (Formerly Cornhusker Place)

721 K. St.
Lincoln, NE
Website: www.thebridgenebraska.org
Contact: 402-477-3951
Services: Short term and intermediate residential treatment for men only. Intensive outpatient, 24 hour detoxification for men and women ages 19 and older. Domestic Violence Intervention Program for males 19 and older, an education program designed for men with abusive behaviors.

B.E.S.T. Education

11401 S 70th St
Lincoln, NE 68516
Website: www.berniklaueducationsolutionsteam.com
Contact: 402-420-2888
Services: Programs for students. Intensive Outpatient Program provides therapeutic interventions to prevent more restrictive alternatives, while students continue to earn credits towards their schooling.

Better Living Counseling Services, Inc.

1700 S 29th St, Ste B
Lincoln, NE 68516
Website: www.betterlivingcounselinginc.com
Contact: 402-476-0104
Services: Among other therapy services, Intensive outpatient treatment for adults and adolescents available.

CenterPointe

Administrative Offices:
2633 P St
Lincoln, NE 68503
Contact: 402-475-8717
Website: www.centerpointe.org
Outpatient Services:
1000 S 13th St
Lincoln, NE 68508
Contact: 402-475-5161
Services: Pivotal treatment for people suffering from mental and substance use disorders. Specializes in integrated care for co-occurring disorders. Residential and outpatient treatment, medication management, care management, rehabilitation, housing, crisis response. Outpatient individual and family counseling available on a sliding fee scale for income eligible. Medicaid and some private insurance accepted. Free, walk-in screening for mental health and addiction services at the Outpatient location.

First Step Recovery and Wellness Center

210 Gateway, Suite 342
Lincoln, NE 68505
Website: www.firststeprecovery.com
Contact: 402-434-2730
Services: Substance use evaluations and outpatient treatment on a sliding scale fee. Call for initial evaluation. Special programs for woman's needs.

Bryan Independence Center

1640 Lake St.
Lincoln, NE 68502
Website: http://www.bryanhealth.com/alcohol-drug-treatment
Contact: 402-481-5268
Services: Hospital based substance use facility. Substance use evaluation and treatment for adults, youth, and their families. Offers detoxification, inpatient, residential, and partial care services, 24-hour information, and crisis assistance. Most insurance accepted, including Medicaid for youth 20 and younger.

Gambling Addiction

Jamie Heng, M.S., LIMHP, LPC, CDGC, PLADC
3801 Union Dr. Ste 206
Lincoln, NE 68516
Contact: 402-489-2218
Services: Gambling addiction treatment offered to individuals struggling with a gambling addiction as well as their family members. These services are free of charge to either the addicted individual and/or their family members.

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Provides youth and family service programs for Native Americans who need mentors, who have problems with juvenile delinquency, etc. Workforce Investment Act programs for Natives in need of job placement, counseling, substance use treatment, training and GED. Family First Program for Families with emotionally disturbed children of all ethnic groups. Food commodities, housing, health care, and family support referrals to people of all ethnic groups. AA Meetings are held Monday-Friday from 5pm-6pm.

Lancaster Prevention Coalition

1645 N St
Lincoln, NE 68508
Website: www.talkaboutalcohol.org
Contact: 402-441-3807
Services: The Lancaster Prevention Coalition is made up of the nine Community Groups based in Lincoln/Lancaster County School communities that work to provide locally based prevention activities aimed at underage drinking, binge drinking, drinking and driving and enlisting parents in prevention efforts. Individual Community Groups are comprised of parents, students, teachers, staff, faith communities, business representatives and any Lancaster County citizen who has a desire to work within their neighborhoods and communities to move from concerns about substance abuse to proven and practical efforts tailor- made for their community. For more information, please visit the website listed above.

Lutheran Family Services

2201 South 17th Street
Lincoln, NE 68510
Website: http://www.lfsneb.org/
Contact: 402-435-2910
Services: Adult outpatient, intensive outpatient, and aftercare services for alcohol/drug use. Youth outpatient and aftercare.

Lynn Beideck Recovery & Behavioral Health Services

1203 High St
Lincoln, NE 68502
Website: www.lynnbeideck.com
Contact: 402-560-9558
Services: Intensive Outpatient Group Treatment for Adults and Adolescents.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Licensed Alcohol and Drug counselor provides free alcohol and drug evaluations for persons who are homeless. Weekend alcohol education classes offered the 4th weekend of every month for those who are court ordered for DUI/MIP. Classes offered to the general public. AA meetings are held every Tuesday from 5pm-6pm.
Transitional Housing and case management services are available. Call the number above and ask for Ken or Ann to schedule an appointment.

Origins Behavioral Health

5801 S 58th St, Ste C
Lincoln, NE 68516
Website: www.originsbehavioralhealth.com
Contact: 402-489-9990
Services: Along with other therapy services, provide Outpatient alcohol/drug abuse treatment for Adults and Adolescents.

Partners in Recovery

2101 Sheridan Blvd.
Lincoln, NE 68502
Contact: 402-434-3968
Services: Family education classes for friends and family of persons addicted to alcohol and drugs.

School Community Intervention and Prevention (SCIP)

4600 Valley Road
Lincoln, NE 68510
Website: http://www.lmep.com/SCIP/AboutSCIP.aspx
Contact: 402-483-4581
Services: A program of Lincoln Medical Education Partnership
Training and technical assistance for schools to identify students exhibiting behaviors which interfere with learning; involve parents and students to express concerns and seek solutions; assist in connecting families to community behavioral health agencies for no cost screenings for the student; and support students in the school environment.

St. Monica's Behavioral Health

120 Wedgewood Drive
Lincoln, NE 68510
Website: www.stmonicas.com
Contact: 402-441-3768
Services: Programs & services for Women, addressing substance abuse, trauma, and mental health for women, including primary and secondary levels of care in residential and outpatient programs, including residential treatment for women with children. Peer support, family education and aftercare. Sliding fee scale.

Stepping Stones for Families

4600 Valley Road
Lincoln, NE 68510
Website: http://www.lmep.com/SSF/Home.aspx
Contact: 402-488-6511
Services: A program of Lincoln Medical Foundation Education Partnership.
Adult substance abuse services, including substance abuse evaluations and outpatient treatment (interim services, relapse prevention, individual and family counseling). Sliding fee scale.

SAAC Substance Abuse Action Coalition

555 S. 10th St, STE 107
Lincoln, NE 68508
Website: www.saaclincoln.org
Contact: 402-441-4944
Services: City/County wide coalition addressing issues of prevention, treatment, and criminal justice issues as they relate to substance abuse for all ages.

Touchstone

2633 P St.
Lincoln, NE 68503
Website: www.touchstonenebraska.org
Contact: 402-474-4343
Services: Short term residential drug and alcohol treatment for adults. Sliding scale fees. Medicaid and insurance accepted.

Vet Center

3119 O St. Suite A
Lincoln, NE 68510
Contact: 402-476-9736
Services: Free counseling for veterans who served in a war zone and their families.
8:00 a.m. to 4:30 p.m. Monday through Friday.

Valley Hope

600 North Cotner Blvd. Suite 119
Lincoln, NE 68505
Website: www.valleyhope.com
Contact: 402-464-0033
Services: Regular and intensive outpatient treatment, continuing care sessions, DWI classes, education awareness, alcohol/drug evaluations, and referral for chemically dependent.

V.A Nebraska-Western Iowa Health Care System, Lincoln Division

600 S. 70th St.
Lincoln, NE 68510
Contact: 402-489-3802 TDD 402-486-7857
Services: Substance abuse treatment for veterans. Domestic Violence program.

Gambling Addiction Assistance

Choices Inc.

127 S. 37th St. Ste B
Lincoln, NE 68510
Website: www.choicestreatmentcenter.com
Contact: 24 hour hotline: 402-476-2300
Services: Free gambling addition evaluations. Treatment for individuals and family members. Individual and group counseling on sliding fee scale. Offers a woman's specific program, anger management, and couples counseling.

First Step Recovery and Wellness Center
210 Gateway, Suite 342
Lincoln, NE 68505
Website: www.firststeprecovery.com
Contact: 402-434-2730
Services: Free evaluation. Treatment for individuals and family members on a sliding scale fee.

Lincoln Gamblers Anonymous
Website: www.gamblersanonymous.org
Contact: 24 hour hotline – 402-473-7933
Services: Meetings held at BryanLGH Medical Center East Plaza, 1500 S. 48th St. -Classrooms 1-A and 1-B. Lincoln meeting schedule: Mondays and Tuesdays at 7:30pm. Saturdays at 10am.

Lutheran Family Services
2201 South 17th Street
Lincoln, NE 68510
Website: http://www.lfsneb.org/
Contact: 402-435-2910
Services: Uses a combination of different types of therapy to effectively help with gambling addiction.

Gambling Addiction
Jamie Heng, M.S., LIMHP, LPC, CDGC, PLADC
3801 Union Dr. Ste 206
Lincoln, NE 68516
Contact: 402-489-2218
Services: Gambling addiction treatment offered to individuals struggling with a gambling addiction as well as their family members. These services are free of charge to either the addicted individual and/or their family members.

Transitional & Halfway Houses

Exodus House
1301 N 26th St
Lincoln, NE 68503
Contact: 402-601-4148
Services: A halfway house for recovering alcoholics and drug addicts. Offenders at correctional facilities must send a letter requesting an application, and include a letter that indicates why they have selected the Exodus House for their recovery process.

House for New Life
4505 Holdrege St.
Lincoln, NE 68503
Contact: 402-466-6080
Services: A therapeutic Christian-based transitional living facility for ex-offenders, focusing on sex offenders.

Fresh Start Home
6433 Havelock Ave
Lincoln, NE 68507
Website: www.freshstarthome.org
Contact: 402-475-7777
Services: Provides transitional housing, case management, and living skills for women without children.

Houses of Hope

1124 N. Cotner Blvd.
Lincoln, NE 68505
Website: www.housesofhope.com
Contact: 402-435-3165
Services: Halfway house provides residence/aftercare treatment (groups and individuals) for adult men who have completed chemical dependency treatment within the last year. Residents must be able to obtain employment and be ambulatory. Sliding scale fee.

Summit Care & Wellness – McKinley House for Men

1700 S. 24th St.
Lincoln, NE 68502
Website: www.summitcareandwellness.com
Contact: 402-435-2273
Services: Provides transitional living for men who have successfully completed an alcohol/ drug treatment program and/or for men who have chosen to live a clean and sober lifestyle and are actively pursuing recovery.

St. Monica's Home

120 Wedgewood Drive
Lincoln, NE 68510
Website: www.stmonicas.com
Contact: 402-441-3768
Services: Residential/outpatient rehabilitation for women 19 years or older. Must be referred after primary treatment. Sliding scale fee.

New Way Home

Contact: 402-540-5001
Services: Provides a sober living environment for both men and women who are recovering alcoholics and drug addicts. A three month commitment required. Must attend AA / NA at least three times per week, and must be employed within two weeks. Call for more information.

Veteran's Transitional Housing

Contact: Kerry Miller-Loos at 402-489-3802 ext. 96862 to request a referral. **Services:** Group living for up to 10 men with supportive services for male Veterans experiencing homelessness and problems with mental illness or co-occurring disorders. Veterans must be approved to reside in the program by VA Nebraska-Western Iowa Health Care Systems. Expected stay is 6 months.
Participants will have access to outpatient counseling services either through CenterPointe or the VA.

Mental Health Therapy & Counseling

For a listing of mental health therapists in Lancaster County go to:
http://therapists.psychologytoday.com/rms/county/Nebraska/Lancaster.html

Affinity Community Counseling

2610 W. M Ct
Lincoln, NE 68522
Website: www.affinitycommunitycounseling.com/Home.html
Contact: 402-325-8555
Services: Mental health consultation, provision of support services, individual, family, and group therapy. Family concerns; anxiety; anger; depression; school related issues; behavioral concerns; self-esteem; parenting skills; relationship issues; drug and alcohol dependence, and developmental disabilities.

Associates in Counseling and Treatment

2110 S. 38th St
Lincoln, NE 68506
Website: www.actnebraska.com
Contact: 402-261-6667
Services: Individual mental health counseling for adults and adolescents, marriage and family counseling, anger management, domestic violence, and co-occurring substance abuse. All services are on a sliding fee scale available for those who qualify. Call for appointment. Only private insurance is accepted. Medicaid is not accepted.

Behaven Kids

1145 High St.
Lincoln, NE 68502
Website: www.behavenkids.com
Contact: 402-423-6464
Services: Behavior problems and troubles can start at very early ages. No matter what the misbehavior, Behaven Kids uses practical, proven techniques to help children and families. Behaven Kids has developed programs and services, like the specialized day program, to help thousands of children and parents make the changes necessary to be successful. Each focuses on building positive behavior in children who have mild to chronic behavior problems. Today's ever expanding treatment options remain focused on the healing, hope and education that translates into real parenting solutions. These include family therapy, child behavior coaching, award-winning books and training workshops. Medicaid, Title XX, Private Insurance, and Private Pay are accepted.

Better Living Counseling Services

7100 S. 29th Street
Lincoln, NE 68516
Website: www.blcsne.com/
Contact: 402-476-0104
Services: Individual and Family Therapy – Our mission is to strengthen and improve current family functioning by cultivating growth and change in order to preserve the family unit.

Bryan Mental Health Services

Bryan West Campus, 2300 S. 16th St.
Lincoln, NE 68502
Website: www.bryanhealth.org/mentalhealth
Contact: 402-481-5991
Services: Bryan Mental Health Services offers a 24/7 Mental Health Emergency Department to determine if hospitalization is needed, inpatient services, partial hospitalization services, and outpatient services for youth, adults and seniors. Free, confidential online screening also available. Most insurance accepted, including Medicaid.

Blue Valley Behavioral Health

3901 Normal Blvd, STE 201
Lincoln, NE 68506
Website: http://bvbh.net/content/offices/lincoln.html
Contact: 402-231-4014
Hours: 9am-5pm
Services: Mental Health Services
Our mental health staff actively treat both adults and youth who are experiencing a variety of emotional and/or behavioral difficulties. These mental health issues may include depression, anxiety, anger control, family conflict, childhood disorders along with many other behavioral health areas. Counseling will be provided on an individual, family, group and/or marital basis. Medication Management, Strong Ties Family Support Group and Adult Day Treatment(ADT) services are also provided.
Community Support Services

Our community support staff provides case management services to adults who are diagnosed with severe and persistent mental illnesses. Providing these services within a Recovery Focused framework helps people attain a successful outcome in their daily living that is both individualized and specific to their own needs.
Adult Day Treatment Services (ADT) is an intermediate level of treatment for men and women who are having difficulty coping with a behavioral health problem(s) that is significantly impacting their daily functioning. These problems/symptoms may be related to depression (mood variability), anxiety, psychosis or other diagnosed mental health conditions. ADT is designed to provide intensive short term individually planned clinical interventions for individuals who are experiencing either a sudden or increasing difficulty in managing their behavioral health symptoms. ADT is a considered to be a reasonable alternative to being hospitalized or when more intensive treatment than outpatient counseling is necessary (ie: being discharged from the hospital). Services may be accessed between 3-6 hours a day, 5 days a week (M-F) or can be varied upon the individual's needs.
Strong Ties Family Support Group -free support group for spouses, siblings, children (age 18 and up), family members, friends and significant others who are involved with someone who is dealing with a mental illness. This group is an avenue to give/receive information and support from people who share similar circumstances. It's a safe environment to ask questions about how to best help the person you care about during different phases of his/her mental illness. Strong Ties will be led by different staff of Blue Valley Behavioral Health who have expertise in providing treatment and other mental health services. Various materials and other resources to enhance learning opportunities will be available. Strong Ties will be provided on the 1st and 3rd Wednesday of each month from 6-7:30pm at the Lincoln office, 3901 Normal Blvd. Suite 201. Please contact the BVBH Lincoln office at 402-261-4017 for further information.

CEDARS Youth Services

6601 Pioneers Blvd.
Lincoln, NE 68506
Website: www.cedars-kids.org
Contact: 402-436-5437
Services: Outpatient and in home. Residential treatment for girls ages 12-18. Emergency shelter and residential care for ages birth to 18. Sliding scale and Medicaid accepted.

Child Guidance Center

2444 O St.
Lincoln, NE 68510
Website: www.child-guidance.org
Contact: 402-475-7666
Languages: Services can be provided in English, Spanish, Vietnamese and ASL.
Services: Outpatient services are available to any child with mental, emotional, or behavioral issues—large or small. Services range from brief, solution-oriented counseling to intensive long-term psychotherapy. Outpatient therapy can occur at the main office or in a number of public schools.
The Extended Day Treatment Program is designed for children ages 5 (already in kindergarten) to 11 with serious emotional and/or behavioral challenges who are at risk for out-of-home placement or hospitalization. The program operates daily after school and during the summer to provide children with treatment for trauma and attachment disorders and to improve coping skills, social skills, and community functioning. Each child is assigned a therapist and is involved in family, individual and group therapy as well as psycho-educational groups. Parental involvement is required and children must have Medicaid to be eligible. Meals are provided and transportation can be arranged.
The Sexual Misconduct Treatment Program is designed for youth ages 12-18 who demonstrate sexually abusive behaviors. The program offers assessment and outpatient services, including group, individual, and family therapy to assist youth in developing alternatives to acting out sexually and address the underlying issues that may have contributed to their misconduct. The treatment process is tailored to youths' developmental level and relies heavily on the involvement of parents. The Therapeutic Group Home is available to males ages 13-17, who have acted out in a sexual manner and require an intensive level of care in a safe and nurturing environment. This 24-hour facility offers youth comprehensive, sex-offense specific treatment in a staff-secure setting. An Intensive Out Patient Service alternative is available to youth who are in need of a partial service level of care based on the risk to the individual and community safety.

Choices is a substance abuse program for high school students identified as having an issue related to drugs and/or alcohol – either for themselves, their peers, or their parents. Group and individual therapy focus on making healthy decisions and is provided in most public high schools.

Mental Health Association of Nebraska- Keya House

1645 N St
Lincoln, NE 68508
Website: http://www.mha-ne.org/keya/
Contact: 402-441-4371
Services: 24/7 Mental health peer to peer support for adults in a home like setting. Guests can stay up to 5 days working on wellness and recovery strategies designed to avert crisis.

Families Inspiring Families

1645 N St., Suite A
Lincoln, NE 68508
Contact: 402-441-4369 or 402-441-4374
Services: Families Inspiring Families holds monthly family support education group meetings for families raising youths with behavioral, emotional, or mental health issues. The youth group consists of activities centered on life skills, socialization, community service, and leadership. Dinner and drinks are served. Meetings are 6:00-8:00 p.m. Supervised child activities. Call for meeting times and location.

Catholic Social Services

2241 O St
Lincoln, NE 68510
Website: www.cssisus.org
Contact: 402-474-1600
Services: Individual, child, family, and grief counseling on sliding fee scale.

Family and Youth Investment (FYI)

1645 N St.
Lincoln, NE 68508
Website: www.region5systems.net/fyi
Contact: 402-441-4343
Services: A wrap-around program administered by Region V systems to assist families who have a child with a serious emotional disturbance; youth who are at risk for involvement in the juvenile justice system, which may include: committing a criminal offense or behavior health problems at school or home. Serves youth (under 21) diagnosed with mental illness and at risk. No fee for this service.

Families Helping Families Locate Resources & Support

2202 S. 11th St., 2nd Floor
Lincoln, NE 68502
Website: www.healthyfamiliesproject.info/index.htm
Contact: 402-441-3805
Services: Support families with youths who have behavior, emotional, or substance abuse issues, or are in or at risk of involvement in the Child Welfare System. Provides a listing of Community service providers specific to the caller's needs, such as brochures, classes and community resource information.

Family Service Counseling

501 S. 7th St.
Lincoln, NE 68508
Website: www.familyservicelincoln.org/index.php
Contact: 402-441-7929
Services: Offers an array of prevention and intervention programs designed to support and strengthen the healthy development of all family members.

AdultSpan Counseling

1001 S. 70th St, Ste 225
Lincoln, NE 68510
Website: http://adultspancounseling.com/
Contact: 402-325-0117
Services: Provide counseling specializing in Women's Reproductive Psychology, Family and Couples Therapy, Addictions, Pediatric Behavioral Health (see Kid's Corner Counseling below), Dialectical Behavior Therapy, Men's Issues, LGBTIQ Issues, Therapy for Therapists, Eating Disorders and Trauma. Call for more information.

Kid's Corner Counseling (Offered by AdultSpan Counseling)

1001 S. 70th St, Ste 225
Lincoln, NE 68510
Website: http://adultspancounseling.com/
Contact: 402-325-0117
Services: Several different areas of counseling are offered as psycho-education courses or individual therapy.
Managing Behaviors of Children with Trauma & RAD-Tami Lang, LMHP offers a 6 week course and support group for caregivers of children who suffered trauma stemming from neglect, emotional, physical, or sexual abuse, and witnessing domestic violence. To register, call number above (ext. 8, please leave name & phone number).
Cost: $50 per individual or $75/couple (registration fee collected first evening)
Spring Session: April 9, 2015 - May 14, 2015, Thursday evenings from 6pm-7:30pm, for 6 weeks.

Indian Center

1100 Military Road
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Many Nations Healing Counseling Services- offers Intensive Outpatient counseling facility and operates a culturally appropriate program that possess the capability to provide intensive outpatient counseling to adults and youth. Services offered: Drug and Alcohol Assessments, Mental Health Screenings, Individual Counseling, Group Education and Relapse Prevention, Group Psychotherapy, Family Counseling, Cultural Education and Opportunities, Talking Circles and Gender Specific Treatment.
Provides youth and family service programs for Native Americans who need mentors, who have problems with juvenile delinquency, etc. Workforce Investment Act programs for Natives in need of job placement, counseling, substance abuse treatment, training or GED. Family First Program for Families with emotionally disturbed children of all ethnic groups. Food commodities, housing, health care, and family support referrals to people of all ethnic groups. AA Meetings are held Monday-Friday from 5pm-6pm

Matt Talbot Kitchen & Outreach

2121 N. 27th St
Lincoln, NE 68503
Contact: 402-477-4116
Services: Representatives from CenterPointe are on site to screen for the SOAR program on the first Thursday of the month from 11-12:30 p.m.

Lutheran Family Services

2201 S. 17th St.
Lincoln, NE 68502
Contact: 402-441-7940
Fees: Sliding scale fees
Call for more information as to services, referrals, and programs.
Programs & Services
Medical Services: Outpatient psychiatric services including assessment, therapy, medication education and management, and inpatient psychiatric care.
Outpatient Therapy: Individual and group therapy sessions focused on symptom alleviation, stabilization, and recovery.
Day Treatment/Partial Hospitalization Program: Short term, intensive treatment provided through group formats, 6 ½ hours daily, Monday-Friday.
Homeless/Special Needs Outreach: Outreach and case management for adults who have a mental illness and are homeless, near homeless, or in contact with the criminal justice system.
Community Support: Serves adults age 18 or older with severe mental illness who reside in Lincoln or Lancaster County.
At Ease-Trauma treatment and therapeutic support for active military, veterans and their loved ones

OMNI Behavioral Health

2300 S. 13th St
Lincoln, NE 68502
Website: www.omnibehavioralhealth.com
Contact: 402-474-3322
Services: Outpatient treatment for children and adults, specializing in home based therapy. Community treatment aide services. Sliding scale fee and Medicaid accepted.

SOAR PROGRAM

1000 S 13th St
Lincoln, NE 68508
Contact: 402-475-8717
Services: SSI/SSDI Outreach Access and Recovery program providing technical
assistance and support with disability benefit and other mainstream resource applications for people who are homeless and have a serious mental illness.
If you or someone you know are experiencing 3 out of the 5 conditions, please contact our SOAR Case Managers:

- Are you homeless or at risk of homelessness?
- Do you have a mental health diagnosis?
- Are you currently unemployed?
- Do you have a history of hospitalization and/or medical care?
- Do you still need to start your SSI/SSDI application?

Monroe Myers Institute - Jennifer Schrage LMHP

Located at Center for People In Need
3901 N 27th St
Lincoln, NE 68521
Contact: 402-476-4357, Ext. 210
Services: Therapy goals, developed in conjunction with families, are focused on enhancing positive interactions. Using guidelines outlined by the
American Academy of Family Physicians, MMI Social Work team members provide specific therapeutic interventions targeting social, emotional and behavioral needs of children and young adults with developmental disabilities and intellectual impairments as well as youth with mental health needs. The goal of therapeutic support is to empower individuals and families in all aspects of social functioning. Therapeutic services are also designed to restore positive and healthy communication between children and their families, as well as enhance social skills of young people. Program for the Education and Enrichment of Relational Skills (PEERS) is a 14 week evidence-based social skills intervention for

motivated teens in middle school or high school who are interested in learning ways to help them make and keep friends. During each group session teen are taught important social skills and given the opportunity to practice these skills in session. Parents are taught how to assist their teens in being successful in making and keeping friends. For more information please call number listed above.

UNL Psychological Consultation Center

325 Burnett Hall, UNL Downtown Campus
Lincoln, NE 68588
Website: www.psychology.unl.edu/pcc/home
Contact: 402-472-2351
Services: Any person may seek services at the PCC. PCC services are available for children, adolescents, University students and adults. The PCC offers individual, couples, family and group psychotherapy, as well as psychological evaluations, consultation and referral services.
Hours: Monday through Thursday from 9am- 9pm and Friday from 12pm to 1pm.
Fees: Intake sessions are $10. All payments are due at the time of the session.
Therapy sessions are $25 per session.
Psychological evaluations are $250 per evaluation. A fee reduction application, based on household income, number of dependents, and federal poverty level is available.
Forms of payment accepted: cash and check. Credit and debit cards are NOT accepted.

CenterPointe

Administrative Offices:
2633 P St
Lincoln, NE 68503
Contact: 402-475-8717
Website: www.centerpointe.org
Outpatient Services:
1000 S 13th St
Lincoln, NE 68508
Contact: 402-402-475-5161
Services: Pivotal treatment for people suffering from mental and substance use disorders. Specializes in integrated care for co-occurring disorders. Residential and outpatient treatment, medication management, care management, rehabilitation, housing, crisis response. Outpatient individual and family counseling available on a sliding fee scale for income eligible. Medicaid and some private insurance accepted. Free, walk-in screening for mental health and addiction services at the Outpatient location.

MidPointe (CenterPointe)

2966 O St
Lincoln, NE 68510
Contact: 402-261-6065
Services: Long-term, structured day services for adults with severe and persistent mental illness or co-occurring disorders. Rehabilitative services develop daily skills designed to reduce admissions to more intensive services. Transportation for medical appointments available.

Mental Health Crisis Center- Lancaster County

Contact: 441-8276 available 24/7
Services: Provides custody, screening, emergency evaluation, and crisis intervention to acutely mentally ill individuals, age 18 and older, who are detained under Nebraska Civil Commitment Statutes within Region V.

Veteran's Outreach Center

3119 O Street – Lincoln
Contact: 402-476-9736
Services: Referral and counseling for Vietnam era veterans and families. Free services.

House of Hope

402-435-3165 \ 4505 Holdrege St
Provides residence/aftercare treatment (groups and individuals) for adult men who have completed chemical dependency treatment within the last year. Residents must be able to obtain employment and be ambulatory. Sliding scale fee.

St. Monica's

402-441-3768 \ 120 Wedgewood Drive
Behavioral health treatment organization dedicated to serving women diagnosed with substance abuse and/or co-existing mental health issues and meet admissions criteria. An 8-week intensive primary
Substance abuse treatment plan.

Support Groups

Abuse

Domestic Violence, Parenting, Adolescent & Sexual Trauma Groups

Contact: 24 hr. crisis line 402-475-7273
V/TDD 402-476-2168
Office 402-476-2110

Men's Domestic Abuse Groups

Contact: 402-481-5991

Men's Domestic Violence Intervention Education Group

Contact: 402-434-7177

Women's Talking Circle

Contact: 402-434-7177
Services: For women wanting to discuss abusive relationships.
English-Tuesday 5:30-7:00pm
Spanish-first and third Wednesday 6:00-7:00pm.
Free: 24 hour notice for childcare and transportation

Addictions

Adult Children of Alcoholic and/or Dysfunctional Families

Contact: 402-476-9668

Al-Anon & Alateen Family Groups

Contact: 402-477-9662

Alcoholics Anonymous (24 Hours)

Contact: 402-438-5214

Bryan Independence Center

Contact: 402-481-5268

Codependents Anonymous
Contact: 402-476-9668

Gamblers Anonymous & Gam-Anon Family Group
Contact: 402-473-7933

Lincoln Council on Alcoholism and Drugs (LCAD)
914 L St. Suites A and B
Lincoln, NE 68508
Contact: V/TDD 475-2694

Narcotics Anonymous
Contact: 402-474-0405 or 24 Hr. Info Line (Toll Free) 888-347-4446

Nebraska Tobacco Quit line
Contact: 866-632-7848

Nicotine Anonymous
Contact: 402-476-9668

Nebraska Faith Partners Network
1645 N St, Ste A
Lincoln, NE 68508
Contact: 402-525-3565
Services: Referrals to faith based recovery support groups targeting substance abuse and risky behaviors.

Overeaters Anonymous
Contact: (24hrs) 402-473-1952
Services: A 24-hour contact for information and a list of meetings.

Sex Addicts Support
Contact: 402-476-9668

Sexaholics Anonymous
Contact: 402-441-0266
Services: 24 hour contact information and recovery meetings.

S-ANON (Wives of Sex Addicts)
Contact: 402-476-9668

Working For Our Families
Contact: 402-441-3805 or 402-805-1872
Services: A support group for parents struggling with addition or mental health problems who do not currently have their children or are at risk of losing their children. We are a safe place to share and find solutions. Mondays 6:30pm-8pm. Located at Trabert Hall, 2202 S 11th St, Lincoln, NE 68502--East Side, Lower Level. *Sponsored by Healthy Families Project.

Adoption

Nebraska Children's Home Society
4700 Valley Rd
Lincoln, NE 68510
Contact: 402-483-7879
Services: Unplanned pregnancy and adoption services provided at no cost. Lifelong support of birth parents, adoptive parents, and adopted persons. Post-adoption counseling. Adoption circle support groups.

Nebraska Foster and Adoptive Parents Association
808 P Street, Suite 210
Lincoln, NE 68508
Contact: 402-476-2273 or Toll Free 877-257-0176
Services: Information, resources, and support for Nebraska foster and adoptive families. Assist families in understanding the foster care and adoptive systems, recruit new foster and adoptive families, identification of resources available to: families, training, mentoring, newsletter, and various programs and services.

United Thru Adoption
Contact: 402-477-3868
Services: Supports birth and adoptive parents. Information on open and private adoption. Book lending library. Referrals to appropriate resources. Information for women facing unplanned pregnancies. Baby Needs Lending program…ask for Terrie.

Cancer

American Cancer Society
Contact: 402-423-4888

Breast Cancer Support - Saint Elizabeth
Contact: 402-219-7258

Bryan Prostate Cancer Support Group
Contact: 402-481-5400 TDD 402-481-5268

The Leukemia & Lymphoma Society/NE Chapter
Serving the Lincoln Area
Contact: 402-344-2242 Toll Free 888-847-4974
Services: The Leukemia & Lymphoma Society is a non-profit agency that provides support groups, education programs, financial aid, a peer support program, and free education material to patients and families with leukemia, lymphoma, Hodgkins disease, and myeloma.

Nebraska Cancer Research Center
Contact: 402-483-2827
4600 Valley Rd
Lincoln, NE 68510
Services: A program of Lincoln Medical Education Partnership.

Divorce & Separation

Children's Rights Council
Contact: 402-328-2652
Services: The CRC represents children's rights to have both parents actively involved after divorce or separation. An advocacy and support group for non-custodial and custodial parents.

First Plymouth Singles Ministry
Contact: 402-476-7550
Services: Divorce workshops, personal growth, education and social activities for the divorced, separated, or single by choice. Parenting classes for divorcing families.

Lutheran Single Adult Ministries
Contact: 402-434-6444
Services: Support, growth, service, and social opportunities for persons who are single by choice, separated, divorced, or widowed.

Grief

Charlie Brown's Kids
Contact: 483-1845
Services: Grief support group for children and teens, 3-18 years, who have experienced the death of a parent. Surviving parents meet concurrently.

Community Friends
Contact: 402-477-0857 or 402-481-3068
Services: A support group for those who have experiences the death of a child.

End of Life Issues
Contact: 402-474-3600
Services: A program for caregivers includes current issues on end of life situations and sacredness of life.

Grief Resolution Program
Contact: 402-474-3600
Services: Grief care support group for anyone who is grieving death or significant loss. New class begins first Thursday of each month.

Growing through Grief
Contact: 402-486-8506
Services: Eight week grief recovery group for adults who have experiences the death of a loved one.

Hidden Victims
Contact: 402-476-9668
Services: Persons directly involved in accidental death or serious injury of another person. Assists with related grief, including alcoholics.

Hope
Contact: 402-473-2822
Services: Support group for parents who have lost a baby due to miscarriage, stillbirth, or death of a newborn.

Mourning Hope
Contact: 402-488-8989
Services: Support for children, teens, young adults, and their families who have experienced the death of someone significant in their lives. Program offers educational support groups, workshops, a speaker's bureau, resources, and referral services.

Nebraska Connection for Loss in Multiple Birth (The NCLIMB)
Contact: 402-421-1148
Services: For parents who have lost one or all of their children during a multiple pregnancy, including birth or infancy.

Nebraska SIDS Foundation
Contact: 402-935-1911
Services: Support for families and caregivers who have lost an infant to Sudden Infant Death Syndrome.

P.A.T.H.S
Contact: 402-483-4247
Services: Post abortion, trauma, healing, and support.

Ray of Hope - Survivors of Suicide
Contact: 402-477-8610 or 402-488-3827

Saint Elizabeth Helping Hearts
Contact: 402-219-7043
Services: A bereavement support group for any adult who has experienced the loss of a loved one.

Sharon's Support System
Contact: 402-473-2822
Services: A service offering bereavement counseling and grief education programs.

Tabitha Grief Support Programs
4720 Randolph St
Lincoln, NE 68510
Contact: 402-486-8506
Services: Tabitha Bereavement Services may include individual and family counseling, grief education support groups, inspirational materials, memorial services and home visits. "Growing through Grief" is an eight week group facilitated by Hospice of Tabitha professionals to help members cope with the natural feelings of loss.

Vet Center
3119 O Street
Lincoln, NE 68510
Contact: 402-476-9736
Services: Counseling for family members of anyone dying on active duty while in the military.

Younger Widow/Widower Grief Support Group
Contact: 402-488-1363 or 1-800-826-3841
Services: A monthly grief group for adults between the ages of 30-65 who have experienced the death of a spouse or significant other.

Health & Medical

Alopecia Areata Support
Contact: 402-420-2422
Services: Traumatic hair loss support group.

Alzheimer's Association - Great Plains Chapter
1500 South 70th St. Suite 201
Lincoln, NE 68506
Contact: 402-420-2540 or 800-272-3900
Services: Resources, referrals, support and care consultation. We offer a variety of support groups for all individuals living with Alzheimer's disease.

Alzheimer's support group
Contact: 402-483-9417

American Council of the Blind of Nebraska
Contact: 402-441-9566

American Red Cross
Contact: 402-441-7997
Services: Training and certification available in CPR, AED, First Aide and Blood borne Pathogens.

Autism Support
Contact: 402-484-8003

Bright Ideas: Traumatic Brain Injury (TBI) Support Group
Contact: 472-5462 or 472-8249.
Services: For all ages, families and friends. If you or a loved one has experienced a TBI, please join our support group to share experiences, offer suggestions, learn strategies, gain awareness, and have fun with friends.

Candlelighters
Contact: 402-420-1504 or 402-483-6213
Services: National support group for kids with cancer, chronic or life-threatening illnesses.

Caregivers Support Group
Contact: 402-483-9508

Concerned Nebraskans for Cystic Fibrosis
Contact: 402-435-5180

Dystonia Support Group
Contact: 402-423-7704

Epilepsy Council of Lincoln
Contact: 402-488-4449

Focus: Focus on Clefts-Uplift & Support
Contact: 402-781-2349
Services: For families and individuals affected by cleft lip and/or palate .

Gluten Intolerance Support Group
Contact: 402-441-9621

HIV Positive support group/NE AIDS Project
Contact: 402-476-7000 AIDS hotline 800-782-2437

Huntington's Disease
Contact: 402-537-0739

IBD/Colitis/Crohn's Support group
Contact: 402-223-4184, 402-422-1504 or 402-483-6213
Services: Monthly meetings to support and educate

Juvenile Diabetes
Research Foundation: 402-484-8300
Parent Support Group: 402-484-8300
Services: Support Group for parents whose child has been diagnosed with Type I or Type II Diabetes.

Lincoln Ostomy Association
Contact: 402-423-4888

Menopause & Beyond Support Group
Contact: 402-788-2293
Services: Information and support for peri-menopausal, menopausal, and post-menopausal women.

Mourning Hope
4919 Baldwin Ave
Lincoln, NE 68504
Contact: 402-488-8989

Nat'l Multiple Sclerosis Society Support Group
Contact: 800-755-3959

NEBrainstorm
Contact: 800-742-7594
Services: Information and referral for the individuals with a brain injury and their families.

Nebraska AIDS Project
Contact: 402-476-7000

Nebraska AIDS Hotline
Contact: 800-782-2437
Contact: For persons infected & affected by AIDS/HIV

Nebraska Chapter of the National Hemophilia Foundation
215 Centennial Mall South Suite 512
Lincoln, NE 68508
Contact: 402-742-5663
Services: Provide support, education and networking opportunities that will help individuals, families, and caregivers have a sense of community. Collaborate with the National Hemophilia Foundation and the Hemophilia Federation of America to provide assistance and educational resources that fit the needs of the affected community.
Activities: Provide Camping experiences for children affected with bleeding disorders. Promote comprehensive health education and care for persons with bleeding disorders and conditions resulting from the management of bleeding disorders such as inhibitors, arthritis, hepatitis, and HIV.

Nebraska Hospice and Palliative Care Partnership
4720 Randolph Street, Bethel Bldg.
Lincoln, NE 68510
Contact: 402-477-0204
Services: A non-profit organization providing information on hospice, advance directives, and pain management.

Nebraska Stroke Foundation
Contact: 888-808-5678
Services: Resource include peer visitations, support groups, and videos for stroke survivors and their families.

Parkinson's Disease Support Group
Contact: 1-800-223-2732

Planned Parenthood of the Heartland
Contact: 1-877-811-7526

Spina Bifida Association
Contact: 402-572-3570

Stroke Club
Contact: 402-483-9888

Take off Pounds Sensibly
Contact: 402-488-3182 or 800-932-8677

Tourette Syndrome Association of Nebraska
Contact: 402-467-9077

Mental & Emotional

Associates in Counseling & Treatment (ACT) Counseling
2110 S 38th Street
Lincoln NE 68506
Contact: 402-261-6667
Services: Pre-treatment assessment, family and individual outpatient counseling for adolescents and adults; Anger management; Domestic Violence classes.

Family Support Group
Contact: 402-441-7940
Services: Support for individuals who have a family member with a mental illness.

Mental Health Association of Nebraska
Contact: 402-441-4371
Keya House: 402-261-5959
Services: 24/7 Mental Health peer to peer support for adults in a home like setting. Guests can stay up to 5 days working on wellness and recovery strategies designed to avert crisis.

M.I.N.D. Storm (Mental Illness Needs Discussions)
Contact: 402-438-4943
Services: Support Group for individuals facing challenges of recovering from any serious mental illness. Support group encourages participants to share experiences and learn from each other. Free. Public & family members welcome.
Hours: 6:30-8:30 pm each Monday. Lower level conference room Mental Health Building- BryanMedical West 2300 South Street.

NAMI-Lincoln (National Alliance on Mental Illness-Lincoln)
Contact: 1-877-463-6264

Nebraska Family Support Network
Contact: 402-477-2992 or 1-800-245-6081
Services: Advocacy organization for families of children 0-21 with emotional, behavioral, or psychiatric disorders.

Recovery Inc.
Contact: 402-477-4937 or 402-476-9668

Working For Our Families
Contact: 402-441-3805 or 402-805-1872
Services: A support group for parents struggling with addition or mental health problems who do not currently have their children or are at risk of losing their children. We are a safe place to share and find solutions. Mondays 6:30pm-8pm. Located at Trabert Hall, 2202 S 11th St, Lincoln, NE 68502--East Side, Lower Level. *Sponsored by Healthy Families Project

Vet Center
Contact: 402-476-9736 or 402-476-9668
Services: Dealing with nervous symptoms and fears, phobias, depression, stress, and temper. Veterans Support Groups. Combat Theater Veterans of WWII, Korea, Vietnam, Lebanon, Grenada, Panama, Persian, Gulf, Somalia, Bosnia, Kosovo, Afghanistan, and Iraq. Call Vet Center for separate schedules in Lincoln, Beatrice, Columbus, and Kearney.

Parenting & Birth

Families Inspiring Families
1645 N St, Suite A
Lincoln, NE 68508
Contact: 402-441-4369 or 1-888-441-4369
Services: Families Inspiring Families is a family-run, family focused, family organization that offers education, support, resources, advocacy, and information for families who have children with emotional, behavioral, and/or mental health issues.

Parent, Families, and Friends of Lesbians and Gays (PFLAG)
Contact: .402-434-9880
Services: Offer confidential help and understanding to gay, lesbian, bisexual, transgender persons, straight spouses, and allies in Lincoln. Provide education, support, and advocacy.

La Leche League
Website: www.llusa.org/web/LincolnNE
Contact: 402-488-7741
Services: Breastfeeding information and support for pregnant and new mothers.

Lincoln Area Families with Multiples
Contact: 402-434-6533

Lancaster Prevention Coalition
1645 N St
Lincoln, NE 68508
Website: www.talkaboutalcohol.org
Contact: 402-441-3807
Services: Heart-to-Heart provides parenting tools and resources online and in the community, as well as tips on how to deliver the no alcohol/drug message in an effective way.

Lincoln Council on Alcoholism
914 L Street
Lincoln, NE 68508
Contact: 402-475-2694
Services: Information and assistance to parents regarding underage drinking substance abuse issues.

Family & Friends of Inmates Support Group
Contact: 402-471-6010 or 402-476-3184
Services: Working to raise awareness about issues facing inmates and their families. Support Group meets 2nd and 4th Monday of each month, 6:30 pm-8pm. Trinity United Methodist Church, 16th and A Sts. Upper level in Lincoln.

Lighthouse
Contact: 402-475-3220

Mothers Against Drunk Driving (MADD) - Nebraska State Office
Contact: 402-434-5330
Services: MADD's mission is to stop drunk driving, support the victims of this violent crime, and prevent underage drinking.

Northeast Family Center
3903 Walker Ave
Lincoln, NE 68504
Contact: 402-471-3700
Services: ADHD tutor/mentor program and parent support group.

Self-Help Information Service of Nebraska
Contact: 402-476-9668
Services: For information about other local and national groups.

YWCA
2620 O St
Lincoln, NE 68510
Contact: 402-434-3494

Support Groups for Families of Incarcerated Persons

Community Justice Center (CJC)
5625 O St
Lincoln, NE 68510
Contact: 402-464-4547
Services: Family members of Offenders Message Boards provides family members who were harmed by their loved ones behavior a safe web based support message boards system whereby they can share their feelings/stories anonymously with others-helping themselves and other family members recover. Family member stories read by offenders during CJC Crime Victims Impact Classes conducted in Nebraska prisons and by individuals on probation and parole.

CJC Crime Impact Classes
5645 O St. Suite C
Lincoln, NE 68510
Contact: 402-429-1050
Services: Providing family members of incarcerated persons a web based program, "Support Message Boards" allowing them to share feelings and experiences for the purpose of helping themselves and other families of incarcerated persons to start their recovery process. All website entries are made anonymously and used to educate incarcerated persons during CJC Crime Impact classes conducted in Nebraska prisons.

Legal Assistance

ACLU-American Civil Liberties Union
941 O St Ste 706
Lincoln, NE 68508
Website: www.aclunebraska.org
Contact: 402-476-8091
Services: Private, non-profit organization that seeks to preserve constitutional rights and civil liberties. The ACLU generally becomes involved in cases where the government is involved, rather than private. Individuals or companies. The ACLU does not ordinarily handle criminal cases, divorce/custody cases, or discrimination cases involving private individuals or companies.

Aging Service's Elder Law Program
1005 O St.
Lincoln, NE 68508
Contact: 402-441-7070
Services: Legal information and referral services to people 60+.

CASA (Court Appointed Special Advocates) for Lancaster County
1141 H St, Ste C
Lincoln, NE 68508
Website: www.casa4lancaster.org
Contact: 402-474-5161
Services: CASA for Lancaster County provides court appointed advocacy for abused, neglected, truant and ungovernable children in Juvenile Court by recruiting, training and supporting community volunteer advocates. CASA volunteers represent the best interest of the child(ren) in the court system. CASA for Lancaster County provides a voice for abused and neglected children in the court system so they can thrive in a safe, permanent home.

Child Support Enforcement

233 S 10th St
Lincoln, NE 68516
Contact: 402-441-8715 or 1-877-631-9973
Services: Information regarding establishing child support orders or paternity, locating parents, enforcing or modifying orders.

Community Action Partnership

402-471-4515 \ 210 O St
Tenant Support Services Program: This program does not offer money. Program focuses on eviction prevention, landlord & tenant mediation, and information regarding tenant rights and obligations.

The Civil Clinical Law Program

172 Welpton Court Room (42nd & Fair St)
Lincoln, NE 68583
Contact: 402-472-3271
Services: Senior law students at the University of Nebraska College of Law provide free legal services in certain types of civil legal cases to low-income persons. Clinic students work under close faculty supervision.

Center for Legal Immigration

4825 St. Paul Ave
Lincoln, NE 68504
Website: www.clianeb.org
Contact: 402- 471-1777
Services: Provides assistance with filing requests and appeals with the US Immigration Service including protected status for victims of domestic violence, asylum, family reunification, updating status, or appealing rulings. Low-income clients receive services at minimal cost. Call for appointment. Also assists with permanent residence, citizenship, humanitarian, and temporary stay in the US.

Equity-in Nebraska/United Methodist Ministries

4825 St. Paul Ave
Lincoln, NE 68504
Contact: 402-471-1777
Services: Provides assistance with filing requests and appeals with the U.S. Immigration Service, including protected status for victims of domestic violence, asylum, family reunification, updating status, or appealing rulings. Low-income clients receive services at minimal cost. Assistance requires a preliminary intake interview. Please call for an appointment. Accredited by the U.S. Board of Immigration Appeals (BIA).

Legal Aid of Nebraska

941 O St #825
Lincoln, NE 68508
Contact:
-AccessLine® Toll Free 877-250-2016 \Local 402-348-1060 (Douglas County) Hours: Monday & Wednesday 9:00-11:00am, Tuesday &
Thursday 1:30-3:30pm.
-Elder AccessLine® For applicants who are 60 years of age or older Toll Free 800-527-7249 \ Local 402-827-5656 (Douglas County) Hours: Monday–Thursday 9:00am12:00pm and 1:00-3:00pm, Friday 9:00am-12:00pm.
-Native American AccessLine® For applicants who are Native American and/or have cases in Tribal court. Toll Free: 800-729-9908 Hours: Monday-Friday 9:00am12:00pm
-Farm Ranch Hotline For farmers and ranchers.
Toll Free: 800-464-0258\ Local: 402-648-3457 (Cuming County) Hours: Monday—Friday 8:00am-5:00pm

-Disaster Relief Response Hotline For Victims of a recent disaster, such as a tornado, flood or train derailment. Toll Free 844-268-5627 Hours: Monday - Thursday 9:00am-12:00pm and 1:00-3:00 and Friday 9:00am-12:00pm.
-Breast Cancer Legal Hotline For applicants who have been diagnosed with breast cancer Toll Free: 855-916-4540 \ Local: 402-916-4540 (Douglas County) Hours: Monday -Thursday 9:00am-12:00pm and 1:00-3:00pm and Friday 9:00am-12:00pm
Services: Non-profit firm which provides free quality civil legal aid to low income individuals. Legal Aid does not handle criminal cases.
**Legal Aid offers free legal assistance on the 4th Tuesday of each month from 12:30-2pm at Matt Talbot's kitchen.
**Every 3rd Tuesday of the month Legal Aid Attorneys comes to the Indian Center (Contact person: Jacinda Welsch 402-438-5231, 105)

Legal Aid of Nebraska Virtual Self-help Center
Website: http://www.legalaidofnebraska.com/VirtualSHCL
Services: The Virtual Self Help Center is designed to assist clients in matters of divorce, Motions to set aside conviction, Motion for protection or harassment order, and durable power of attorney. It provides access to forms needed and instruction.

Lincoln Commission on Human Rights

440 S 8th St Ste. 101
Lincoln, NE 68508
Contact: 402-441-7624
Services: Receive and investigates complaints of discrimination due to race, color, sex, national origin, disabilities, religion, age, family status, and marital status in housing, employment, and public accommodations.

The Mediation Center

610 J St. #100
Lincoln, NE 68508
Website: www.themediationcenter.org
Contact: 402-441-5740
Services: Professional and impartial mediation services to assist in dispute resolution related to all areas of family, employment, consumer and community issues on a sliding scale fee.

Nebraska Appleseed Center for Law

941 O St #920
Lincoln, NE 68508
Website: www.neappleseed.org
Contact: 402-438-8853
Services: Provides Information on the rights of welfare recipients

Nebraska State Bar Association Volunteer Lawyers Project

PO Box 81809
Lincoln, NE 68501
Website: www.nebar.com
Contact: 402-475-7091
Services: Will help low-income people with family law cases if they meet criteria. FREE brochures on basic rights are available. Direct Case Placement: The core of the VLP has been matching volunteer attorneys with individuals who need legal assistance on a pro bono or reduced fee basis. VLP will continue to offer direct case placement through its network of pro bono attorneys, but the intake process and referral source has

changed. VLP no longer has the staff to operate a separate intake hotline/process. Referrals and intakes will now be received in the following ways:
Referrals from Self Help Centers: Some clients who visit the Self-Help Center have legal issues/situations where staff would advise them to seek legal counsel rather than proceeding as a pro se litigant. In these situations, VLP staff will conduct a client intake, check conflicts, and work to place the case through VLP's volunteer network.
Referrals from Domestic Violence Shelters: VLP has had a long standing commitment to serving victims of domestic violence. When the need for legal services arises, domestic violence shelters will con-tact VLP directly to complete the intake process. In these situations, VLP staff will check for conflicts, and work to place the case through VLP's volunteer network.
Referrals from Legal Aid of Nebraska (LAN): VLP will accept 40 referrals a month from LAN. To be accepted by VLP, the referrals must be sent with a completed LAN intake and fall within the VLP priorities.
Referrals from private attorneys where there is not a self-help desk located in their community.
The Self Help Center is located inside the Courthouse:
Lancaster County: Open Monday 10:00am-2:00pm and Thursday 9:00am-1:00pm.

Nebraska Advocacy Services Inc.

The Center for Disability Rights, Law, and Advocacy
134 South 13th St, Ste 600
Lincoln NE 68508
Contact: V/TDD 402-474-3183 or Toll free V/TDD 1-800-422-6691
Services: Nebraska Advocacy Services is the designated protection and advocacy agency in the State of Nebraska for people with mental and physical disabilities.

Victim-Witness Unit-LPD

Contact: 402-441-7181
Services: Information, assistance and crisis intervention for victims of crime.

Voices of Hope

2545 N St.
Lincoln, NE 68510
Website: www.voicesofhopelincoln.org
Contact: Non-emergency 402-476-2110 Crisis Line 402-475-7273
Services: Will assist with protection orders, legal advocacy and lawyer referrals for victims of domestic violence, sexual assault and incest.

The Civil Law Program

University of Nebraska College of Law \ 402-472-3271
(Verified 1/8/16) At this time they are only assisting with miscellaneous cases and divorce cases to which no children are involved and there are no disputes.

Language Assistance

Asian Community and Cultural Center
2615 O St, Ste A
Lincoln, NE 68510
Website: www.lincolnasiancenter.org
Contact: 402-477-3446
Services: Vietnamese language assistance, Survival English and ESL classes.

Center for People in Need
3901 N. 27th St.
Lincoln, NE 68521
Website: www.centerforpeopleinneed.org
Contact: 402-467-4357
Services: Has beginning ESL through advanced classes. The registration for the classes is Monday through Friday 3:00 - 5:00 PM.

Community Action Partnership
210 O St.
Lincoln, NE 68508
Contact: 402-471-4515
Services: ESL classes with an employment emphasis.

El Centro de las Americas
2032 U St.
Lincoln, NE 68503
Website: www.elcentrodelasamericas.org
Contact: 402-474-3950
Services: Alcohol education classes in Spanish, health education programs in Spanish, after school tutoring and mentoring programs, Spanish translation and interpretation, language assistance, cultural programs, ESL classes, information and referral. Over the phone and face to face interpretation services are available. Translation of legal documents can also be completed for $15 per page.

Good Neighbor's Community Center
2617 Y Street
Lincoln, NE 68503
Website: www.gncclincoln.org
Contact: 402-477-4173
Services: A teacher from Southeast Community College is on site three times a week to work with level 2 students. NOTE: Call Southeast Community College for more details at 1-800-642-4075

LanguageLinc Interpretation Services (Community Action)
Contact: 402-730-9054 or 1-800-469-6555
Services: Provides fee-based high-quality onsite and telephonic interpretation and translation services 24/7 in and around the Lincoln community.

Lincoln Literacy Council

745 S. 9th St.
Lincoln, NE 68508
Website: www.lincolnliteracy.org
Contact: 402-476-7323
Services: Volunteer teachers help people to understand, speak, read, and write English. Programs include: Adult Basic Literacy, Workforce Readiness, and Classes for Refugees, ESL Programs, Family Literacy Activities for Immigrants and Refugees (FLAIR), and Citizenship Preparation Classes.

MENA Hope/Good Neighbor Community Center

2617 Y St
Lincoln, NE 68503
Website: www.gncclincoln.org
Contact: 402-477-5545
Services: Arabic and Middle Eastern social and cultural programs; volunteer opportunities; advocacy; refuge and immigrant assistance; multicultural training.

Nebraska Commission for the Deaf and Hard of Hearing

4600 Valley Rd, Ste 420
Lincoln, NE 68510
Website: www.ncdhh.ne.gov
Contact: V/TDD 402-471-3593
Services: Information, referral, advocacy, interpreter referral service and devices available for loan. Sign language classes for state government agencies.

Northeast Family Center

6220 Logan Ave
Lincoln, NE 68507
Website: www.nfclincoln.org
Contact: 402-471-3700
Services: Family, Adult literacy and education.

Southeast Community College

8800 O St
Lincoln, NE 68520
Website: https://www.southeast.edu/Continuing/ESL/
Contact: 402-471-3333
Services: Offers basic, intermediate, advanced and vocational ESL classes. Interested individuals must go to the college to register. Basic and Vocational ESL classes are free, there is a fee for the intermediate and advanced classes. All new students must register and pay a $20 fee for the ESL orientation prior to registering for an ESL class. Call 1-800-642-4075 for more information.

Senior Resources

Senior Centers

Downtown Senior Center
1005 O St.
Lincoln, NE 68508
Contact: 402-441-7158
Monday-Friday 9:00 a.m.-4:00 p.m.
Saturday 9:00 a.m.-1:00 p.m.

Maxey Senior Center
2032 U St
Lincoln, NE 68503
Contact: 402-441-7849
Wed. & Fri. 9:00 a.m.-1:00 p.m.

Asian Senior Center
2615 O St.
Lincoln, NE 68510
Contact: 402-326-0371
Thursdays 9:00 a.m.-1:00 p.m.

Belmont Senior Center
1234 Judson St
Lincoln, NE 68521
Contact: 402-441-7990
Mon., Tues., Thurs. 9 a.m.-1 p.m.

Lake Street Senior Center
2400 S. 11th St.
Lincoln, NE 68502
Contact: 402-441-7157
Monday-Friday 9:00 a.m.-1:00 p.m.

Northeast Senior Center
6310 Platte Ave.
Lincoln, NE 68507
Contact: 402-441-7151
Monday-Friday 8:00 a.m.-3:00 p.m.

Services: Senior Centers are community meeting places for activities and information about healthy and active aging. They provide safe, affordable curb-to-curb transportation to the center nearest you for daily programs, meals, or for shopping assistance, community programs and events.

Food Programs

Nutritious lunches are served at the Senior Centers. Call the senior center of your choice (see above listing) and make a lunch reservation two days in advance. Suggested contribution is $3 for seniors 60 and older, or $6 for guests under 60. Special event and holiday meals may be slightly higher. To-go options are available: a shelf stable Handy Meal or the sack lunch for the same contribution as the hot meals.

Transportation

Contact: 402-441-7863

Transportation is offered to the senior center in your area for $1 per boarding. If transportation is provided outside your area, a $5 charge will be made for each boarding. Let your senior center manager know by Friday of the preceding week which days you will need transportation.

Senior Farmers Market Coupon Program

Main Office 1001 O St. Ste. 101
Lincoln, NE 68508
Contact: 402-441-7158 or (800) 942-7830
Coupons for low income seniors to purchase fresh produce.
Must be a senior citizen (age 60+) and meet income guidelines. Limited funds.
Available on a first come first serve basis.
Coupons will be available in June through participating senior centers, Area Agencies on Aging offices, and Commodity Supplemental Food Programs' local distribution sites.

Bus Passes | Star Tran | Handi-Van

Contact: 402-476-1234

Services: Bus Passes for those whose income is under 200% of poverty guidelines. Senior and Disability transportation in coordination with the League of Human Dignity. Services include wheelchair accessibility on the regular route service, Handi-Van, and a reduced bus fare with a Senior Citizen Identification card or a Go For Less card.

Legal Aid of Nebraska

Contact: Office: 402-435-2161 or ACCESS LINE 877-250-2016

***Elder AccessLine + 60yrs - 800-527-7249

Services: Nonprofit firm which provides free quality civil legal aid to low income individuals. Legal Aid does not handle criminal cases.

**Legal Aid offers free legal assistance on the 4th Tuesday of each month from 12:30 2pm at Matt Talbot's Kitchen.

**Every 3rd Tuesday of the month Legal Aid Attorneys comes to the Indian Center. (Contact Person: Jacinda Welsch 402-438-5231 x105)

Aging Partners

(Formerly Lincoln Area Agency on Aging)

233 S. 10th St. Suite 101
Lincoln, NE 68508

Contact: 402-441-7575

Cost-free, confidential information regarding all aging services. Personal assistance, advice, and advocacy with any aging related issues or concerns.

Harvest Project

Contact: 402-441-7070

Services: This program serves those over 55 who have been diagnosed with a serious and persistent mental illness, and have a willingness to participate with a case manager. This is a partnership with Aging Partners, Community Mental Health Center, and Center Pointe for residents of Lancaster County.

Massage Chair

Free massages for ages 60 and older. Ten to 15 minute chair massage. No appointment necessary. First-come, first-served. Call for more information.

LIFE (Lincoln Information for Elderly)

Contact: 402-441-7070

Services: Free, confidential information regarding all aging services. Personal assistance, advice, and advocacy with any aging related problems or concerns. LIFE is a division of the Lincoln Area Agency on Aging.

Alzheimer's Association

1500 S. 70th St. Suite 201
Lincoln, NE 68506

Contact: 402-420-2540

Services: Resources, referrals and support.

Disability Resources

Social Security Office

100 Centennial Mall North Ste. 240 (Federal Building)
Lincoln, NE 68508

Contact: 866-593-2880

Website: www.socialsecurity.gov

Services: Apply for disability benefits on the website.

SOAR Program (CenterPointe)

1000 S 13th St
Lincoln, NE 68508

Contact: 402-475-5161

Services: SSI/SSDI Outreach Access and Recovery program providing technical assistance and support with disability benefit and other mainstream resource applications for people who are homeless and have a serious

Lincoln Commission on Human Rights

440 S 8th St Ste. 101
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/Mayor/human/index.htm
Contact: 402-441-7624
Services: Receive and investigates complaints of discrimination due to race, color, sex, national origin, disabilities, religion, age, family status, and marital status in housing, employment, and public accommodations.

Answers4Families

121 S. 13th St. Ste 302
Lincoln, NE 68508
Website: www.answers4families.org
Contact: 402-472-0844
Services: Offers Internet support and information through a website and online discussion groups. Serves families of children with special needs, foster families, adoptive families, and caregivers of individuals with Alzheimer's disease, caregivers of the elderly, service coordinators, and school nurses.

The Arc of Lincoln

5730 R St, Ste C2
Lincoln, NE 68505
Website: www.arclincoln.org
Contact: 402-421-8866
Services: We empower people with intellectual and other developmental disabilities and their families to promote and protect their rights and interests, while enriching the quality of their lives through education, awareness, advocacy, self-advocacy, recreation and resources.

The Arc of Nebraska

1672 Van Dorn St.
Lincoln, NE 68502
Website: www.arc-nebraska.org
Contact: 402-475-4407
Services: Statewide advocacy, technical assistance, and support for local chapters, individuals with developmental disabilities, and their families.

Autism Society of Nebraska

Website: www.autismnebraska.org
Contact: 1-877-375-0120
Services: The mission of the Nebraska Chapter of the autism Society of America is to support and advocate for individuals with autism and their families through increasing education and awareness, fundraising, and facilitating community involvement for persons with autism spectrum disorders to achieve their potential by becoming a productive, accepted, and integral part of society.

Christian Record Services

4444 S 52nd St
Lincoln, NE 68516
Website: www.christianrecord.org
Contact: 402-488-0981
Services: Free Braille, cassette, large print books/magazines. Free Blind Camps. Closed Fridays.

Community Alternatives of Nebraska

3300 Folkways Circle
Lincoln, NE 68504
Website: www.rescare.com
Contact: 402-476-2000 ext. 219
Services: We provide quality supports in services in variety of Residential and Vocational setting to people with developmental disabilities. For Residential services includes Group Homes, Live out services, In-Home support services and Extended family homes. For Vocational services includes workshops, day habilitation services, community based sites, supported employment services and a senior center

Developmental Disabilities Services- DHHS

1033 O St, Ste 519
Lincoln, NE 68508
Contact: 402-471-4400
Services: Information, referral, and service coordination.

Developmental Services of Nebraska

5701 Thompson Creek Blvd
Lincoln, NE 68516
Website: www.dsnonline.org
Contact: 402-435-2800
Services: Services for people with developmental disabilities and mental health needs. Includes intensive residential, group homes, independent living, emergency shelter care and outpatient mental health.

Domesti-Pups

P.O. Box 4782
Lincoln, NE 68502
Website: www.domesti-pups.org
Contact: 402-465-4201
Services: Service animals for people with disabilities: pet therapy; classroom dogs; educational programs for children, businesses, and service organizations on the accessibility rights of persons with disabilities partnered with service animals.

Down Syndrome Association for Families

PO Box 57362
Lincoln, NE 68505
Website: www.dsafnebraska.org
Contact: 402-421-1338
Services: Information for new/expectant parents, educators and medical professionals of persons with Down syndrome. Various activities throughout the year for children 0-5 years, elementary through middle school, and high school to adult. DSAF hosts quarterly group meetings, information orientation and the annual Buddy Walk as well as providing community education and speakers.

Early Development Network (Lincoln)

Education Service Unit # 18
5905 O St
Lincoln, NE 68510
Website: http://edn.ne.gov/cms/
Contact: 402-436-1920
Services: Assistance in accessing community services for parents of children with disabilities, ages birth to 3 years.
Referrals: Referrals and Questions regarding services for INFANTS & TODDLERS (birth-3yrs) with DISABILITIES should be made to the local Early Development referral agency of the child/family as listed above. Or call Nebraska ChildFind (toll free) at 1-888-806-6287.

Fragile X Families and Associates

Contact: 402-423-8485
Services: Information and referral for individuals, families, and service providers regarding the most common cause of genetically inherited mental impairment.

Goodwill

2100 Judson St.
Lincoln, NE 68521
Website: www.lincolngoodwill.org
Contact: 402-438-2022
Hotline for Disability 402-471-0801 V/TDD 800-742-7594
Services: Employment and training opportunities for individuals with disabilities, special needs, immigrants, refugees and other barriers to employment. Information on available resources for children and adults with disabilities.

League of Human Dignity

1701 P St.
Lincoln, NE 68508
Contact: 402-441-7871
Services: Independent living services for those with disabilities including information and referral/ Medicaid waiver coordination; peer counseling; advocacy; skill and awareness training; accessibility consultation; home and business modification; housing relocation and referral; modification, sales, and repairs of vans, scooters, power wheelchairs and other specialized equipment.

Lincoln Public Schools

Special Education Department

5901 O St.
Lincoln, NE 68510
Contact: 402-436-1905 TDD 402-436-1906
Services: Diagnosis, education, therapies for ages birth-21 with disabilities.

Madonna Rehabilitation Hospital - Adult Day Services

5401 South St
Lincoln, NE 68506
Contact: 402-483-9535
Services: Daytime care for people with disabilities or older persons. Health monitoring, assistance with personal care, recreation, nutritious meals, supervision, and transportation. Specialized programming for persons with Alzheimer's is available.

Rhythmic Sport
Contact: 402-470-2216
Services: A sport, dance and recreation group for children with disabilities and their siblings.
Times: Sat 10-11:30 am, Sun 1:30-2:30 pm

Nebraska Childfind

3901 N. 27th Street, Suite 5
Lincoln, NE 68521
Website: www.childfind.ne.gov
Contact: 402-471-0734 Toll Free (888) 806-6287
Services: Resources, special education information, and referrals for children and young adults with disabilities, birth-21

Nebraska Advocacy Services Inc.

The Center for Disability Rights, Law and Advocacy

134 South 13th St Ste 600
Lincoln, NE 68508
Website: www.disabilityrightsnebraska.org
Contact: V/TDD 402-474-3183 Toll Free V/TDD1-800-422-6691
Services: Nebraska Advocacy Services is the designated protection and advocacy agency in the State of Nebraska for people with mental and physical disabilities.

Nebraska Assistive Technology Partnership

3901 N. 27th Street, Suite 5
Lincoln, NE 68521
Website: www.atp.ne.gov
Contact: 402-471-0734 Toll Free (888) 806-6287
Services: Information on obtaining assistance devices for all ages and disabilities. On-line listings of equipment for demonstration, loan, recycle and used items for sale.

Neb. Commission for the Blind and Visually Impaired

4600 Valley Rd, Suite 100
Lincoln, NE 68510
Website: www.ncbvi.ne.gov
Contact: 402-471-2891
Services: Rehabilitation, training, counseling, and support to adjust to visual loss.

Neb. Commission for the Deaf and Hard of Hearing

4600 Valley Rd, Suite 420
Lincoln, NE 68510
Contact: V/TDD 471-3593
Services: Information, referral, advocacy, interpreter referral service and devices available for loan. Sign language classes for state government agencies.

Nebraska VR-Vocational Rehabilitation Services

3901 N 27th Ste 6
Lincoln, NE 68521
Website: http://www.vr.ne.gov/index.html
Contact: 402-472-3231 Toll Free 800-472-3382
Services: We help people with disabilities prepare for, obtain, and maintain employment while helping businesses recruit, train, and retain employees with disabilities.

Region V Services

Website: www.region5services.com

Lincoln 1&4

936 N 70th St.
Lincoln, NE 68505
Contact: 402-471-9222

Lincoln 2&3

1430 South St, Suite 201
Lincoln, NE 68502
Contact: 402-471-7037
Services: Residential services in small group homes. Extended family homes, apartments and own homes as well as the Plaza Connection, and adult learning center for persons with developmental and other disabilities.

ServiceLinc

Contact: 402-483-2929
145 S. 56th Street, Suite B
Lincoln, NE 68510
Services: Employment services for individuals with developmental and other disabilities. Services include career planning, job placement, on the job training as well as support in continuing education and volunteerism.

Talking Book & Braille Service

1200 N St Suite 120
Lincoln, NE 68508
Contact: V/TDD 471-4038
Services: Books & Magazines, recorded in braille for persons with visual or physical disabilities.

TEAMS Educational Center

5143 S 48th Ste C
Lincoln, NE 68516
Contact: V/TDD 483-5395
Services: Tutoring, Center provide tutoring to all students, to include students with dyslexia, deafness, hard of hearing, attention deficit disorder and cognitive deficiencies.

United Cerebral Palsy of Nebraska

Website: www.ucpnebraska.org
Contact: 1-800-799-2556
Services: Statewide educational and support services. Referral and financial assistance.

Villa Marie School

7205 N 112th St
Waverly, NE 68462
Website: www.villamarieschool.com
Contact: 402-786-3625 402-488-2040
Services: Boarding and day school for mild/moderate mentally handicapped children.

VITAL Services Inc.

2605 Fairfield St
Lincoln, NE 68521
Website: www.vitalservices.org
Contact: 402-465-5664
Services: We provide vocational training, sheltered workshops, job coaching, and residential housing for individuals with developmental disabilities. Our vocational program helps individuals find community employment with the added support of an onsite job coach. Our residential houses are quiet, comfortable and provide integration into the surrounding community. We oversee extended family homes individuals live in family settings.

Ager Developmental Play Group

1300 S 27th St
Lincoln, NE 68502
Contact: Call 402-416-7607 for an application
Services: For children ages 6 months -5 years. We offer a safe family friendly environment, structured activities, opportunities to interact with other parents, professional presentations, adaptive toys to accommodate children of all abilities, trained staff and volunteers, an opportunity for siblings to play together, and a special time to play with your child.
Session Start Dates: Spring/Summer 2014: Jan 7*, Feb 18, Apr 29, July 8
* 4 week mini-session, $36
Days: Tuesdays | Time: 6-8 p.m.
Fee: $72/8 week session | Need based scholarships available

Easterday Recreation Center
Lincoln Parks and Recreation Department

6130 Adams Street
Lincoln, NE 68507
Contact: Main-402-441-7901 or 402-441-7877 or 402-441-7948
Hours: Mon-Fri 8 am-4:30 pm
Email: kzingg@lincoln.ne.gov
Eligibility: Youth and adults with special needs; Special Olympics Young Athletes Program is also open to youth ages 2-7 without special needs who want to be a buddy for youth with intellectual disabilities
Fees: Fees vary by program call for information
Services: Recreation for people with special needs. Programs include Day Structure I (Adults with Mental Health support needs), Day Structure II (Adults with physical/medical support needs), Recreation Clubs for people with special needs (Monday - Jr. High/High School age; Tuesday - Grade School; Wednesday - 35+ years adults; Thursday - 21-35 years adults); Special Olympics Programs (basketball, bocce, bowling, flag football, golf, roller skating, swimming, track, soccer, unified bowling and volleyball); Special Olympics Young Athletes Program (youth age 2-7); League Bowling for adults with special needs; ceramics for adults with special needs; SumFun Day Camp (4 weeks during the summer) for youth ages 5-21 with special needs; Creativity Camps (art and theatre) for teens/young adults with special needs.

Disability Rights Nebraska - Lincoln

134 S 13th St, Ste 600
Lincoln, NE 68508
Website: http://www.disabilityrightsnebraska.org
Contact: V/TDD 402- 474-3183 - Toll Free 800- 422-6691
Hours: Mon-Fri 8 am-5 pm
Email: info@disabilityrightsnebraska.org
Fees: Sliding fee scale
Services: Protection of individuals with disabilities when their civil and human rights are denied. Intakes received Mon-Fri 8 am-12 noon; ask for a case advocate. Interpreter upon request.

League of Human Dignity – Lincoln

1701 P Street
Lincoln, NE 68508
Website: http://www.leagueofhumandignity.com
Contact: (402) 441-7871 - V/TDD
Hours: Mon-Fri 8 am-5 pm
Email: mschafer@leagueofhumandignity.com
Services: Provide services which enable persons with disabilities to acquire the skills necessary for independent living. Engages in specific advocacy and systems change to remove physical and attitudinal barriers which prevent people with disabilities from living independently. Brochures available in Spanish and Vietnamese.

Nebraska Client Assistance Program

301 Centennial Mall South
Lincoln, NE 68508-2529
Website: http://www.cap.ne.gov
Contact: Main 402-471-3656 Toll Free 800-742-
Hours: Mon-Fri 8 am-4:30 pm
Email: victoria.rasmussen@nebraska.gov
Eligibility: Persons with disabilities working with Vocational Rehabilitation, Commission for the Blind and Visually Impaired or Centers for Independent Living.
Services: Answer questions about the Rehabilitation Act, clarify agency rules regulations and procedures, advise on clients' rights, help with problems with client's Individualized Plan for Employment (IPE), assist in identifying problems and seeking solutions, advise and assist with the appeal process and deal with relationship problems with counselors.

Shriners Hospitals for Children Screening Clinic

For Children with Bone, Muscle, or Joint Problems
Dr. David Samani
Bryan Health Medical Center
2222 South 16th St., Tower A #240
Lincoln, NE
Contact: 402-323-7260 (press 1)
Appointments available the first Monday of every month - 1:00 to 3:00 p.m.
Will your child benefit from seeing a pediatric orthopedic specialist? Look for these signs; In-toeing, toe walking, flat feet, bowed legs, knocked knees, sore, painful or stiff joints, limp deficiency, limb length discrepancy, curved spine indicating possible scoliosis or club feet.

Respite Services

YWCA of Lincoln - Nebraska Respite Network

1432 N St.
Lincoln, NE 68508
Website: www.ywcalincoln.org
Contact: 402-434-3494 or 1-866-RESPITE (737-7483)
Services: Information and referral of in home and out of home lifespan respite services and recruitment of persons interested in providing respite in Southeast Nebraska.
Take a Break (TAB) is a program designed to relieve the stress of daily child rearing for parent and caregivers. TAB is held on certain Fridays during each month (call for schedules) from 6:30 p.m. to 9:30 p.m. for children 6 weeks to 10 years of age.
Youth Respite Program
Youth 14-18 years, help families care for children with disabilities/special needs.

Safe Families for Children - Christian Heritage

14880 Old Cheney Rd
Walton, NE 68461
Contact: 866-381-5437
Services: Safe families for Children is a network of local agencies and churches that are committed to preventing child abuse and helping at-risk families successfully manage crisis situations.

Child Care/Before & After School Programs

Behaven Kids

1145 High St.
Lincoln, NE 68502
Website: www.behavenkids.com
Contact: 402-423-6464
Services: Behavior problems and troubles can start at very early ages. No matter what the misbehavior, Behaven Kids uses practical, proven techniques to help children and families. Behaven Kids has developed programs and services, like the specialized day program, to help thousands of children and parents make the changes necessary to be successful. Each focuses on building positive behavior in children who have mild to chronic behavior problems. Today's ever expanding treatment options remain focused on the healing, hope and education that translates into real parenting solutions. These include family therapy, child behavior coaching, award-winning books and training workshops. Medicaid, Title XX, Private Insurance, and Private Pay are accepted.

Malone Community Center

402- 474-1110 \ 2032 U St.
-Early Education: this new Early Childhood Education Center will use a Montessori inspired curriculum weekdays from 7:30am until 5:30pm for children ages 3 to 5 years old. We need to meet you and your child(ren), before they start, and we must approve your child(ren's) enrollment prior to starting.
-Out of School Program: targets school aged children between the ages 5 - 13. Monday - Friday we pick our program participants up from school and bring them to the Center where we have a snack after arrival. We provide academic support, structured recreation, arts and crafts, computer and fun time, health and nutrition education, and cultural awareness. On out-of-school days we provide all day programming including breakfast, lunch and snack. Besides our regular pro-gram components we also go on daily fieldtrips. Application and
verifications required.
-Talented Tenth: provides African American males between the ages 13 - 18 with cultural awareness, social support, and academic enrichment. The Youth Empowerment Curriculum draws strength from the African American cultural ideal of collective work and responsibility, by creating a cohort of adolescent scholars who will experience the curriculum together and by matching them with mentors. It aims to motivate the youth to work for the betterment of themselves as individuals, and as conscious and committed members of their families and communities. The program's goal is to help the participants develop leadership and graduate from high school.

Community Action Partnership

210 O St.
Lincoln, NE 68508
Website: www.communityactionatwork.org
Contact: 402-471-4515
Programs:
Head Start & Early Head Start
Head Start/ Early Head Start are child development programs that serve low-income families, including those with special needs, and their families.
Head Start Child Development Center

The Head Start Child Development Center serves 75 Head Start and Early Head Start children with educational child care at no cost to eligible families.

Educare

Provide high-quality education, health care, and other services to the neediest children age birth to 5 in cities across the country based on the following principles:

1.) Educare is a program based on early education practices that ensure the school readiness of children most at risk for academic failure;

2.) Educare is a place of learning that sends a clear message that we must invest in early childhood education because children are born learning;

3.) Educare is a partnership of philanthropists, Early Head Start and Head Start providers, and school officials dedicated to narrowing the achievement gap for children in their communities; and

4.) Educare is a platform for raising awareness of the value and vital importance of learning during a child's first five years of life.

Educare of Lincoln is located in the city's Belmont neighborhood, which has one of the highest rates of children in poverty in Lincoln (19.3% in 2011). Educare of Lincoln will give more low-income children and families in Lincoln the opportunity for high-quality full-day, full-year child development services.

Department of Health and Human Services

1050 N St. Ste 250
Lincoln, NE 68508
Contact: 402-471-7000
DHHS can provide a listing of licensed child development centers, organized by zip code. This listing is updated weekly.
http://dhhs.ne.gov/publichealth/Documents/ChildCareRoster.pdf

Northeast Family Resource Center

6220 Logan Ave.
Lincoln, NE 68507
Website: www.nfclincoln.org
Contact: 402-471-3700
Services: Early childhood programs, parenting education and support programs for school aged children.

Out of School Program - Malone Community Center

2032 U St.
Lincoln, NE 68503
Contact: 402- 474-1110
Services: Monday through Friday the program picks participants up from school and brings them to the Center, where we have a snack after arrival. Also have care on non-school days.

Guidelines for Children Staying Home Alone

Nebraska has no law that states a specific age when children can be left home alone. Each situation must be evaluated on a case by case basis considering a number of factors. These are the guidelines that Children and Family Services use to help parents decide what is appropriate. Preschool age children (age 6 or under) should never be left alone. For older children the parent must consider:

1. The child's age, cognitive abilities, maturity, and level of responsibility.
2. The length of time the child will be alone.
3. The circumstances under which they will be unsupervised. Is it day time or night time, will the child be asleep or awake, is the home in a safe neighborhood?
4. Availability of a responsible adult to assist. Is there a neighbor the child can go to, or can the parent come home quickly?
5. Ability of the child to phone for assistance. Does the child know how to reach the parent or a relative who could respond?
6. Child's ability to act in an emergency. Does the child know how to exit the home in a fire, what to do if a stranger?
7. Child's feelings about being alone. Is he/she afraid, or comfortable with the plan?
8. Child's ability to care for him/herself while alone. Can he/she fix a meal or snack, entertain themselves without getting into trouble?
9. Can the child be trusted to follow household rules such as not having other kid in the home when parents are gone, not using the stove?
10. Are dangerous things available to the child? Are the guns locked up, drugs and chemicals not accessible?
11. Is the child expected to supervise younger children?

The Department generally considers children under the age of 11 to be unable to supervise children under the age of 6. If more than one child will be left alone, the interaction of the children must also be considered. Will they play well together or will they fight?

If the child is alone and someone calls law enforcement, the responding officer will consider these factors to determine if the plan is appropriate. If the officer determines that the child is not able to stay alone safely, it is possible the parent will get a ticket for child neglect.

Nebraska has a specific law about leaving children unattended in a motor vehicle.

Lincoln Public School Before & After School Programs/CLCs: Elementary Schools

Adams Elementary School - Family Services
7401 Jacobs Creek Drive Lincoln, Nebraska 68512
Contact: 402- 436-1121
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Arnold Elementary School - CLC-Parks and Rec
5000 Mike Scholl St, Lincoln, Nebraska 68524
Contact: 402-443-1120
Ages: Grades K-5 **Hours:** 6:30a-Start of School; End of School-6p

Beattie Elementary School - Family Services
1901 Calvert St, Lincoln, Nebraska 68502
Contact: 402-436-1123
Ages: Grades K-5 | **Hours:** 7:00a-Start of School; End of School-5:45p

Belmont Elementary School - Parks and Rec at Belmont Rec Center
1234 Judson St., Lincoln, Nebraska 68521
Contact: 402-441-6789
Ages: Grades K-5 **Hours:** 6:30a-Start of School; End of School-6p

Brownell Elementary School – CLC at Northeast Family Center
6000 Aylesworth Ave., Lincoln Nebraska 68505
Contact: 402-436-1127
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6p

Calvert Elementary School - Parks and Rec at Calvert Rec Center
4500 Stockwell Street, Lincoln 68506 Nebraska
Contact: 402-441-8480
Ages: Grades K-5
Hours: 6:30a-Start of School; End of School-6p

Campbell Elementary School - Family Services
2200 Dodge St. Lincoln, Nebraska 68521
Contact: 402-436-1129
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Cavett Elementary School - Family Services
7701 S 36th St., Lincoln, Nebraska 68516
Contact: 402-436-1131
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Clinton Elementary School - CLC-Cedars
1520 N 29th Street, Lincoln, Nebraska 68503
Contact: 402-436-1132
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6:00p

Eastridge Elementary School - Family Services
6245 L St Lincoln, Nebraska 68510
Contact: 402-436-1135
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Elliott Elementary School - CLC-YMCA
225 S 25th Street, Lincoln Nebraska 68510
Contact: 402-436-1136
Ages: Grades K-5
Hours: NO BEFORE SCHOOL; End of School-5:30p

Everett Elementary School - CLC-Parks and Rec
1123 C St., Lincoln Nebraska 68502
Contact: 402-441-7952
Ages: Grades K-5
Hours: End of School-6p

Fredstrom Elementary School - Family Services
5700 NW 10th St., Lincoln, Nebraska 68521
Hours: 402-436-1140
Ages: Grades K-5
Hours: 6:30a-Start of School; End of School-5:45p

Hartley Elementary School - CLC-Cedars
730 N 33rd Street, Lincoln, Nebraska 68503
Contact: 402-436-1139
Ages: Grades K-5 | **Hours:** 7:00a-Start of School; End of School-6:00p

Hill Elementary School - Family Services
5230 Tipperary Trail, Lincoln, Nebraska 68512
Contact: 402-436-1142
Ages: Grades K-5 | **Hours:** 7:00a-Start of School; End of School-5:45p

Holmes Elementary School - CLC-Family Services
5230 Sumner St, Lincoln, Nebraska 68506
Contact: 402-436-1143
Ages: Grades K-5 | **Hours:** 7:00a-Start of School; End of School-6p

Human Elementary School- Family Services
6720 Rockwood Ln, Lincoln, Nebraska 68516
Contact: 402-436-1145
Ages: Grades K-5 | **Hours:** 7:00a-Start of School; End of School-5:45p

Huntington Elementary School - CLC-Family Services
2900 N 46th Street, Lincoln, Nebraska 68504
Contact: 402-436-1144
Ages: Grades K-5
Hours: 6:45a-Start of School; End of School-5:45p

Kahoe Elementary School - Northeast YMCA
7700 Leighton Ave., Lincoln Nebraska 68507
Contact: 402-436-1147
Ages: Grades K-5
Hours: 7:15a-Start of School; End of School-5:45p

Kloefkorn Elementary School - Family Services
2900 N 46th Street, Lincoln, Nebraska 68504
Contact: 402-436-1144
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Kooser Elementary School - Fallbrook YMCA
7301 N 13th Street, Lincoln Nebraska 68521
Contact: 402-436-1146
Ages: Grades K-5
Hours: 6:55a-Start of School; End of School-5:45p

Lakeview Elementary School - CLC-Willard Community Center
300 Capital Beach Blvd, Lincoln, Nebraska 68528
Contact: 402-436-1149
Ages: Grades K-5
Hours: 6:30a-Start of School; End of School-6:00p

Maxey Elementary School - Family Services
5200 S 75th St., Lincoln, Nebraska 68516
Contact: 402-436-1153
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45pm

McPhee Elementary School - CLC-Parks and Rec
820 Goodhue, Lincoln Nebraska 68508
Contact: 402-441-7952
Ages: Grades K-5
Hours: 7a-Start of School; End of School-6p

Meadow Lane Elementary School - Family Services
7200 Vine St., Lincoln, Nebraska 68505
Contact: 402-436-1151
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Morley Elementary School - Family Services
6800 Monterey Dr., Lincoln, Nebraska 68506
Contact: 402-436-1154
Ages: Grades K-5 **Hours:** 7:00a-Start of School; End of School-5:45p

Norwood Park Elementary School - CLC--Northeast Family Center
4710 N 72nd Street, Lincoln Nebraska 68507
Contact: 402-436-1155
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6p

Pershing Elementary School - CLC-Northeast YMCA
6402 Judson Street, Lincoln Nebraska 68507
Contact: 402-436-1160
Ages: Grades K-5 **Hours:** 6:45a-Start of School; End of School-6:00p

Prescott Elementary School - CLC-Family Services
1930 S 20th St., Lincoln, Nebraska 68502
Contact: 402-436-1161
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6p

Prytle Elementary School - Northeast YMCA
721 Cottonwood Drive, Lincoln Nebraska 68510
Contact: 402-436-1162
Ages: Grades K-5
Hours: 7:15a-Start of School; End of School-5:45p

Randolph Elementary School - Family Services
1024 S 37th St., Lincoln, Nebraska 68510
Contact: 402- 436-1163
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Riley Elementary School - CLC-Family Services
5021 Orchard St., Lincoln, Nebraska 68504
Contact: 402-436-1164
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6p

Roper Elementary School - Willard Community Center
2323 S Coddington, Lincoln, Nebraska 68522
Contact: 402-436-1170
Ages: Grades K-5
Hours: 6:30a-Start of School; End of School-6:00p

Rousseau Elementary School- Family Services
3701 S 33rd St., Lincoln, Nebraska 68506
Contact: 402-436-1165
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

Saratoga Elementary School - CLC--Family Services
2215 S 13th St., Lincoln, Nebraska 68502
Contact: 402-436-1166
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-6p

Sheridan Elementary School - Family Services
3100 Plymouth Ave, Lincoln, Nebraska 68502
Contact: 402-436-1167
Ages: Grades K-5
Hours: 7:00a-Start of School; End of School-5:45p

West Lincoln Elementary School - CLC-Family Services
630 W Dawes Ave., Lincoln, Nebraska 68521
Contact: 402-436-1168
Ages: Grades K-5 **Hours:** 7:00a-Start of School; End of School-6p

Zeman Elementary School - Northeast YMCA
4900 S 52nd Street, Lincoln, Nebraska 68516
Contact: 402-436-1169
Ages: Grades K-5
Hours: NO BEFORE SCHOOL; End of School-5:45p

MIDDLE SCHOOLS:

Culler Middle School - CLC-Malone Center
5201 Vine Street, Lincoln Nebraska 68504
Contact: 402-436-1210
Ages: 6-8
Hours: End of School-5:30p

Dawes Middle School - CLC
5130 Colfax Ave., Lincoln, Nebraska 68504
Contact: 402-436-1211
Ages: Grades 6-8
Hours: End of School-5:30p

Goodrich Middle School - CLC-Lincoln Parks and Rec
4600 Lewis Ave., Lincoln, Nebraska 68521
Contact: 402-436-1213
Ages: Grades 6-8
Hours: End of School-5:30p

Irving Middle School - Lincoln Parks and Rec-Irving Rec Center
2745 S 22nd Street, Lincoln, Nebraska 68502
Contact: 402-436-1214
Ages: Grades 6-8
Hours: End of School-5:00p

Lefler Middle School - CLC- YMCA
1100 S 48th Street, Lincoln, Nebraska 68510
Contact: 402-436-1215
Ages: Grades 6-8
Hours: End of School-5:30p

Lux Middle School - Cooper YMCA
7800 High Street, Lincoln, Nebraska 68508
Contact: 402-436-1220
Ages: Grades 6-8
Hours: End of School-5:30p

Mickle Middle School - CLC-Northeast YMCA
2500 N 67th Street, Lincoln, Nebraska 68507
Contact: 402-436-1216
Ages: Grades 6-8
Hours: End of School-5:30p

Park Middle School - CLC-Boys and Girls Club
855 S 8th Street, Lincoln, Nebraska 68508
Contact: 402-436-1212
Ages: Grades 6-8
Hours: End of School-7:00p

Pound Middle School - Cooper YMCA
4740 S 45th Street, Lincoln, Nebraska 68516
Contact: 402-436-12147
Ages: Grades 6-8
Hours: End of School-5:30p

Schoo Middle School- Fallbrook YMCA
700 Penrose Drive, Lincoln, Nebraska 68521
Contact: 402-436-1222
Ages: Grades 6-8
Contact: End of School-5:30p

Scott Middle School - Cooper YMCA
2200 Pine Lake Rd., Lincoln, Nebraska 68512
Contact: 402-436-1218
Ages: Grades 6-8
Hours: End of School-5:30p

Back to School Resources

Center for People in Need

3901 N. 27th St.
Lincoln, NE 68521
Website: www.centerforpeopleinneed.org
Contact: 402-467-4357
**Income eligibility (under 150% of Federal Poverty Level) will apply, so please call if you are unsure if you are eligible for these programs.

FREE Senior Portrait Day

Services: Free Senior Portraits for high school seniors. Portraits for class of 2016 will be held **Saturday, August 29th, 2015 from 10am-2pm**. See insert at end of guide for specific information.

Teen Day

Services: Teen Day allows girls wo are entering grades 6-12 to shop for new school clothes for FREE. Held on **Saturday, August 1st, 2015 from 10am-4pm**.

Tool for Education

Services: Provides low-income, school-age children kindergarten through 12th grade, with FREE backpacks and school supplies for the upcoming school year. Held on **Saturday, July 25th from 10am-4pm** and on **Monday, July 27th from 11am-7pm.**

Malone Community Center - Back to School Event

2032 U St.
Lincoln, NE 68503
Contact: 402- 474-1110
Services: Sunday, August 9th, 2015, 3pm-6pm, FREE of cost. First come, first served, backpack and school supply give away, as well as free haircuts.

Clinic with a Heart – School Physical & Immunizations

1701 S. 17th St., Lower Level
Lincoln, NE 68502
Contact: 402-421-2924
Services: Additional Clinic days will be offered on the following **Saturdays, in August, 8th and 15th from 8:30am-11am.** First come, first served. There are a limited number of students that can be seen, so please arrive during the hours above. Each student must be accompanied by a parent or legal guardian.

Parenting Resources & Family Support

St. Elizabeth Medical Center

3900 L St, Classroom C
Lincoln, NE 68510
Contact: 402-219-7000
Services: Offers free support to new parents. All moms are invited to join our Mom's Group. It is an open discussion on new being a new mom, baby care and breastfeeding. Meets every Thursday from 1 – 3 p.m. It's free and everyone is welcome.

Behaven Kids

1145 High St.
Lincoln, NE 68502
Website: www.behavenkids.com
Contact: 402-423-6464
Services: Behaven Kids teaches effective skills in an engaging, enjoyable atmosphere. We offer training and workshops to child cares, agencies, parents, caregivers, schools Mom's groups, conferences, and more.
"How the Rest Was Won", "Courage Under Fire". We will customize workshops to fit your needs. Workshops can range from one hour to multi-day events. Please contact us for more information.
About the Presenters
Training and workshops are conducted by mental health professionals who are highly skilled in Behaven Kids' techniques. Each presenter has an extensive background working with children and families. All workshops are entertaining, motivating, and effective.

CEDARS Youth Services

6601 Pioneers Blvd.
Lincoln, NE 68506
Website: www.cedars-kids.org
Contact: 402-434-5437
Services: Family support services are intended to facilitate parent participation in child-directed interactions and to introduce parent-directed activities in families. Demonstrated, specific skills are taught to establish a nurturing and secure relationship between parent and child.
Healthy Families: In collaboration with the Lincoln/Lancaster County Health Department, this outreach programs serves first-time mothers and single-parent families to provide pre-natal and post-natal services that combine home visitation and nursing services and parenting resources.
Home visitation services for at-risk pregnant and parenting families, with children up to age 3 in collaboration with Lincoln Lancaster County Health Department and Lincoln Public Schools.

Family and Youth Investment (FYI)

1645 N St.
Lincoln, NE 68508
Website: www.region5systems.net/fyi
Contact: 402-441-4343
Services: A wrap-around program administered by Region V systems to assist families who have a child with a serious emotional disturbance; youth who are at risk for involvement in the juvenile justice system, which may include: committing a criminal offense or behavior health problems at school or home. Serves youth (under 21) diagnosed with mental illness and at risk. No fee for this service.

Families Inspiring Families

1645 N St, Ste A
Lincoln, NE 68508
Website: www.familiesinspiringfamilies.org
Contact: 402-441-4369 or toll free 888-441-4369
Services: Provides a family-run, family-focused, family organization that offers education, support, resources, advocacy, and information for families who have children with emotional, behavioral, and/or mental health issues.
Families Inspiring Families is also a Region V provider for the Federation of Families for Children's Mental Health. Family Peer Support Services (FPSS) is a service and support provided to families with a child/youth who is experiencing social, emotional, development and/or behavioral challenges at home, school, placement, or community and/or actively working towards permanency with Children & Family Services. Please call for information!

KVC

825 M St, Ste 100
Lincoln, NE 68508
Website: www.nebraska.kvc.org
Contact: 402-742-8800
Services: The purpose of Family Support Services is to increase and strengthen parenting skills, improve family functioning and increase positive parent/child interactions with a focus on securing and utilizing informal support systems. This program also provides Parenting Skills and Visitation Supervision to ensure the safety of children, youth and families when needed. Our staff not only provide the necessary supervision to ensure that all interactions between parent and child are safe, but they also provide in the moment teaching interactions to help strengthen parenting and coping skills to encourage lifelong positive change.

Northeast Family Center

6220 Logan Avenue
Lincoln, NE 68507
Website: www.nfclincoln.org
Contact: 402-471-3700
Services: Parents as Partners, A new, innovative approach to early childhood education providing parents with the knowledge necessary to help their children grow optimally during critical early years. Together, with parents, our staff provides a comprehensive early childhood and parent education program that will ensure all children, and parents, have the skills and tools necessary to be successful. This project combines two NFC programs: The Early Learning Center and Parents as Teachers.

Family Services

501 S 7th Street.
Lincoln, NE 68508
Website: www.familyservicelincoln.org
Contact: 402-441-7949 Ext. 1659
Services: Pediatric CPR and First Aid---Please pre-register by sending your $40.00 class fee, name, address, phone number and the date of class you wish to attend. You must complete all 8 hours of training to receive certification.
Behavioral Health Program
Family Service offers an array of prevention and intervention programs designed to support and strengthen the healthy development of all family members.
Successful Parenting Class is offered four times a year. The eight-week series includes basic parenting skills – parenting styles, ages and stages of development, preventative discipline, family communication, and safety within the home. Cost: $120 for the series. Scholarships available.
Parenting Teens is also offered in conjunction with the Successful Parenting Class which addresses the challenges parents encounter during the teenage years.
Family Support provides intensive, short-term services that focus on enhancing parenting skills and basic life skills. The service can be offered in the family's home and typically focuses on parent-child relationships, parent education, home-management skills, and linkages with other community resources.
Individual and Family Therapy services are provided within the school setting to assist individuals and families in dealing with life stressors that impact their behaviors and relationships at school or home.
Friday Parent Coffees--Family Service, in cooperation with Saratoga and the Community Learning Center, offers Parent Coffees at Saratoga Elementary School in the cafeteria at 8:15 am. The Friday coffees are open to parents in the Saratoga and surrounding neighborhood. It's a great way to unwind, connect with others and have adult conversations. Saratoga Elementary is located at 2215 South 13th Street. Enter building through west door.

Healthy Families Project

2202 S. 11th St., 2nd Floor
Lincoln, NE 68502
Website: www.healthyfamiliesproject.info/index.htm
Contact: 402-441-3805
Services: Support families with youths who have behavior, emotional, or substance abuse issues, or are in or at risk of involvement in the Child Welfare System. Provides a listing of Community service providers specific to the caller's needs, such as brochures, classes and community resource information. The Mentoring Program Also offers parent peer-mentors (Parent Partners) to work with other parents in the process to help them help their families. The "Common Sense Parenting" classes that HFP will be teaching is an action-oriented, parenting educational program for parents of school-aged children. The classes are held weekly for two hours over a period of six weeks. Contact HFP for dates of next available class.

La Leche League

Website: www.lllofne.org
Contact: 402-488-7741
Services: Breastfeeding information and support for pregnant and new mothers

MilkWorks

5930 S. 58th St
Lincoln, NE
Website: www.milkworks.org
Contact: 402-423-6402 www.milkworks.org
Hours: Mon-Fri 10am-6pm | Sat 10am - 4pm | Sun noon - 4pm
Services: Helping mothers have a positive breastfeeding experience. A board certified lactation consultant available to resolve any breastfeeding concerns/issues. MilkWorks will partner with Community Action for home visits, if necessary.
Free Groups:
Mom Talk - 10-11:30 am Tuesdays and Wednesdays.
Twin Talk - Support for moms of multiples! If you are expecting twins, or breastfeeding multiples, please join other moms for learning and support. First and third Thursdays each month, 10-11:30 a.m.
Weigh and Stay- Every Thursday from 1-3 p.m. Drop in to weigh your baby and visit with a Lactation Consultant at LMEP, 46th and Valley Road, Room 230. This is a perfect opportunity to ask questions about your baby's latch or weight gain. There is no fee for this service.
Classes-fees to apply—dates and times vary—discounts/fees waived will be assessed on case by case basis. Classes include the below subjects:

- All About Breastfeeding
- Return to Work
- Introducing Solids and Making Your Own Food

Nebraska Resource and Referral System (NRRS)

Website: www.nrrs.ne.gov
Services: The NRRS is a statewide database created with input from Nebraska families, service providers and organizations. The NRRS provides 1-800 numbers as well as websites and email contacts to help you connect faster to the services you are seeking.

The Mediation Center

610 J Street Suite 100
Lincoln, NE 68508
Website: www.themediationcenter.org
Contact: 402-441-5740
Services: Changing Paths with Children-A class for families experiencing divorce or custody issues. This video/discussion-based curriculum will help you understand the needs of your children during this time of transition and guide you in focusing clearly upon your children's interest. Curriculum includes:

-The effects of divorce on men and women
-What your child is learning from you
-Developmental stages of children
-The child's psychological reaction to divorce or parental separation
-How to avoid communication parenting mistakes
-How to keep your children "out of the middle"
-How to tell if your child is in trouble
-The art of cooperative parenting
-Developing a parenting plan

Fees: $40/adult. Payment required prior to class. Cash, Check, or credit card accepted.

Nebraska Children's Home Society

4700 Valley Rd
Lincoln, NE 68510
Website: www.nchs.org
Contact: 402-483-7879 to register for classes or 24hrs 1-800-390-6754.
Services: Children and Family Support provides statewide pregnancy, parenting, adoption, post-adoption services, foster care, community outreach, and early-childhood programming. Parenting classes, unplanned pregnancy services and adoptions services are provided at no cost. Unplanned pregnancy services and adoption services can be accessed.
Kid Talk (for high school and 1 year post high school pregnant and parenting teens). Monthly program for school aged pregnant and parenting teens and their infants and toddlers. Includes social time for young parents, parent-child activities, and an informational presentation. Food, beverages, and child care are provided.
Boot Camp for New Dads is a father-to-father, community-based workshop that inspires and equips men of diverse backgrounds to become engaged with their infants, support their mates and personally navigate their transformation into dads. Meet the 4th Thursday of the month.
Baby Talk is a single session class, taught by a licensed nurse that teaches you how to take care of your newborn baby. It includes information on: bottle feeding, breast feeding, diapering, swaddling, bathing, cord care, infant development, illness, car seat safety, and more. This class is for expectant or new parents. Support persons are welcome. Meet 2nd Thursday of the month.
Ready, Set…Deliver! Is a single session class, taught by a licensed nurse that teaches you how to prepare for the labor and delivery process. It includes information on: the labor process, support during labor, pain management, preterm delivery, recognizing labor symptoms, and more. This class is for expectant parents. Support persons are welcome. Meet 1st Thursday of the month.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Life Skills Classes are held as six-week series on Wednesday evenings. Topics covered are: Employment, Nutrition, Parenting, How to be a Good Tenant, Budgeting and Self-Esteem. Client needs a referral from their case worker and to have previously been, or currently homeless. Child care and transportation are offered.
-New Beginnings Classes: for adults who want to improve their reading and writing skills. Classes are free and taught by Lincoln Literacy staff. Classes are once a week. Call for days and times.

Stepping Stones for Families

4600 Valley Rd
Lincoln, NE 68510
Contact: 402-488-6511
Services: A program of Lincoln Medical Education partnership. Provide Family Support and Advocates for families by connecting them with resources, offering parent education, meeting basic food needs and offering support for those struggling with substance use. Provides basic needs and case management to pregnant and/or parenting families. Emergency food pantry on site. Adult outpatient substance abuse services including substance abuse evaluation and treatment on a sliding fee scale.

Nebraska Extension in Lancaster County

444 Cherrycreek Road, Suite A,
Lincoln NE 68528
Website: www.lancaster.unl.edu
Contact: 402-441-7180 or lancaster@unl.edu
Hours: Office hours are 8 a.m. - 4:30 p.m., Monday through Friday with the exception of designated holidays.
Services: Resources for Divorcing Families—Co Parenting, Kids Talk About Divorce—encouraged to register early if you need financial assistance.
Home Wise-Family Smart—online parenting support, free parenting tips on line, healthy lifestyle suggestions. **The Co-parenting program is and evidence based model that is approved by the Neb. Supreme Court as a Basic (level one) parenting class mandated for parents experiencing separation, custody and divorce.

Kid's Corner Counseling (Offered by AdultSpan Counseling)

1001 S. 70th St, Ste 225
Lincoln, NE 68510
Website: http://adultspancounseling.com/
Contact: 402-325-0117
Services: Several different areas of counseling are offered as psychoeducation courses or individual therapy.
Managing Behaviors of Children with Trauma & RAD-Tami Lang, LMHP offers a 6 week course and support group for caregivers of children who suffered trauma stemming from neglect, emotional, physical, or sexual abuse, and witnessing domestic violence. To register, call number above (ext. 8, please leave name & phone number).
Cost: $50 per individual or $75/couple (registration fee collected first evening)

Destination…Dad™ This program is facilitated by Christian Heritage

Website: http://www.chne.org/family_outreach/destination_dad.html
Contact: 1-866-381-5437 or AJ Santos ajs@chne.org
Services: Destination…Dad™ was launched to help kids stay connected with their incarcerated dads. In partnership with the Nebraska Department of Correctional Services, over 1,000 dads have successfully completed InsideOut Dad™ and have participated in other components of this successful program. The program includes the InsideOut Dad, Peer Mentoring, Daddy Day Visits, Relationship Workshop, Common Sense Parenting as well as a working with a program team member to develop a Family Action Plan.
Programming is offered at:

- Nebraska State Penitentiary
- Lincoln Correctional Center
- Tecumseh State Correctional Institution
- Omaha Correctional Center
- Adult Reporting Center Lancaster County
- Nebraska Correctional Center for Woman

Parenting the Love & Logic Way

Website: cprang@cedars-kids.org
Contact: (402) 437-8802
CEDARS presents a practical and entertaining Parent Training Series
Monday evenings from November 2, 2015 to December 7, 2015 from 5:30 p.m. to 7:30 p.m.

Royal Family Kids

Website: http://royalfamilykids.org/nebraska/
In the state of Nebraska there are approximately **1,421 children, ages 6-12** in the foster care system through the course of a year. Royal Family KIDS currently has **13 Camps and 1 Club in Nebraska** serving these children. The average camp serves 45-50 children each summer. We have wonderful volunteers who have dedicated thousands of hours to reach America's orphaned and abandoned children. In order for us to reach all the kids available to enroll in our program, **we need to launch 15 more camps** in this state!

Nebraska Resource Project for Vulnerable Young Children

Website: http://www.nebraskababies.com/content/cpp-provider-list
The Nebraska Resource Project for Vulnerable Young Children (NRPVYC) is part of UNL-Center on Children, Families and the Law (UNL-CCFL) and focuses on improving outcomes for maltreated young children in Nebraska. The NRPVYC works both at a systems level in partnership with other Nebraska organizations and on a local case level with court teams, state agencies, local organizations and local providers to address the needs of young children in their courts and on their caseloads. Systems issues include expanding and stabilizing evidence-based practices for young children like Child-Parent Psychotherapy (CPP), increasing access to early intervention (EDN) services, supporting expansion of problem-solving and therapeutic court processes especially those involving young children, utilizing reflective practice for professionals, and increasing access to high quality child care. Case level issues focus on developmental needs, placements, the parent-child relationship, child care and medical care. The NRPVYC also provides training to caseworkers, attorneys, judges and others on evidence-based practices, identifying trauma in young children, representing young children and other issues.

Job Training, Employment Assistance, GED & Higher Education

American Job Center – Urban Development- Workforce Investment Act

1111 O St, Ste 205
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/urban/workforce/onestop.htm
Contact: 402-441-1660
Hours: 8 am to 5 pm, Monday - Friday
Services:
Job Training for Adults: Assistance for low-income adults to identify and finance job training.
Job Training for Dislocated Workers: Assistance for individuals unemployed due to a layoff or business closing to identify and finance job training.
Training for Green Jobs: Assistance to eligible youth and adults to identify and finance training in Green Construction and Energy Efficiency occupations.
Finding a Job: Access to the Nebraska Department of Labor's Job Listings.
Filing for Unemployment: Access to the Nebraska Department of Labor's Unemployment Insurance System

Community Justice Center

5625 O St, Ste 114
Lincoln, NE 68510
Website: www.communityjusticecenter.org/
Contact: 402-429-1050
Services: Offers offenders victim impact classes, as well as job search classes for ex-offenders.

Community Action Partnership

210 O St
Lincoln, NE 68508
Website: www.communityactionatwork.org
Contact: 402-875-9348 Andra Backer, Employment and Education Admin.
Services: Employment Readiness Training is to help unemployed and underemployed individuals find and secure full-time, meaningful employment. Using individuals' skills as a starting point, our Employment and Education Administrator helps with resume building, cover letter development, job search skills, and interview skills and etiquette. When necessary, individuals are also referred to our GED Training Program or our Computer Learning Lab to gain the education and skills needed to be ready for employment.
-Money Management Education: Using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management.
-Opportunity Passport: an asset-building program that includes financial education, asset-specific training, and a matched savings account (IDA). Young people between the age of 14-26, who have been or currently are in foster care, are eligible to enroll in the pro-gram.

El Centro De Las Americas

2615 O St.
Lincoln, NE 68508
Website: www.elcentrodelasamericas.org
Contact: 402-474-3950
Services: El Centro provides assistance in completing GED in Spanish. Also has a youth program, Golden Warriors, which encourages youth to pursue their academic and life goals. Helps provide youth by using interactions with successful role models and through education field trips.

Refugee Resettlement Program - Catholic Social Services

402-474-1600 \ 2241 O Street
Provide employment services for "secondary migrant" refugees who move to Lincoln after initially being resettled in a different area.

Job Corps

941 O St, Ste 723
Lincoln, NE 68508
Website: www.jobcorps.gov
Contact: 402-438-5774 or toll free 800-733-5627
Services: Job training in numerous career fields. Free basic medical and dental care. Bi-weekly stipend for spending money. Social skills training and employability skills education. Cash bonus for completing education and trade. Job placement assistance during the first year. Opportunities for advanced career training and college credits. Room and board provided as well as clothing allowance.

Southeast Community College

8800 O Street
Lincoln, NE 68520
Website: www.southeast.edu
Contact: 402-437-2127 or toll free 800-828-0072 Ext. 2717
Services: Offers programs for Adult Basic Skills, Citizenship, ESL and GED. Interested individuals must go to the college to register. Registration for GED preparation course is $20. Courses are offered at Energy Square, Saratoga Elementary School, Good Neighbor's Community Center, and the Center for People in Need.

Vocational Rehabilitation

3901 N 27th St, Ste 6
Lincoln, NE 68521
Website: www.vr.ne.gov
Contact: 402-471-3231
Services: Vocational Rehabilitation might be able to help with career assessment and counseling, job training, job placement assistance, and job site modifications and devices.

YWCA Job Outfitters

2620 O St. Street
Lincoln, NE 68510
Contact: 402-434-3494
Hours: Job Outfitters is open Monday through Friday from 1:00 to 2:00 pm at the American Job Center (1111 O Street, Suite 205). No appointment is necessary.
Services: Job Outfitters is a community resource for individuals actively seeking employment or working and are in need of interview/work-appropriate clothing. Eligible participants will be issued vouchers that can be utilized at any Goodwill Lincoln location for employment clothing, accessories, and shoes.

Goodwill

2100 Judson St.
Lincoln, NE 68521
Website: www.lincolngoodwill.org
Contact: 402-438-2022
Services: Goodwill's program is a free service that matches individuals participating in the State of Nebraska's TANF program with employers looking to fill full-time positions.

Lincoln Literacy Council

402-476-7323 \ 745 S 9th St
Volunteer teachers help people to understand, speak, read, and write English. Programs include: Adult Basic Literacy, Workforce Readiness, classes for Refugees, ESL Programs, Family Literacy Activities for Immigrants and Refugees (FLAIR), and Citizenship Preparation Classes.

Center for People in Need

402-476-4357
3901 North 27th St Unit 1
Lincoln, NE 68521
Contact: 402-476-4357
Services: Offered free to low income/high need families and individuals. Provides job training, citizenship classes, ESL classes, GED classes and computer skills classes. Access to Computer Technology Program provides laptops, internet, and tuition assistance to low income individuals attending Southeast Community College.
TRADE Program: The TRADE (Tackling Recidivism and Developing Employability) Program helps provide vocational and life skills training and case management service to those transitioning out of the criminal justice system. The Center and Christian Heritage are partnering to provide this program. TRADE is open to work-release participants, those on felony probation, parolees, and individuals who have been discharged from state supervision within the last 18 months. Vocational training programs include Construction/Carpentry, Forklift/Warehouse, Janitorial/Building Maintenance, and Institutional Food/Customer Service.

OneStop Career Center-Workforce Development

1010 N Street, Ste. 150 Lincoln
Contact: 402-441-7111 or 402-441-4924
Internet access, job search assistance, skills assessment, computer classes. Access to the following:
Experience Works: Job training and work experience for individuals 55 and older.
Urban Development: Job training for adults, youth and those unemployed due to layoffs or business closings.

American Job Center – Urban Development- Workforce Investment Act

1111 O St, Ste 205
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/urban/workforce/onestop.htm
Contact: 402-441-1660
Hours: 8 am to 5 pm, Monday - Friday
Services: Job Training for Youth (YESS): Assistance for low-income youth to identify and Finance education and job training.

EducationQuest Foundation

1300 O Street
Lincoln, NE 68508
Contact: 402-475-5222
Services: EducationQuest Foundation is a private, nonprofit organization with a mission to improve access to higher education in Nebraska. EducationQuest provides free college planning services at its locations in Kearney, Lincoln, and Omaha; funds need based scholarship programs; provides grants that help high schools increase their college going rate; and provides outreach services for statewide community agencies.

Adecco Staffing

402-975-6111 \ 6940 O St # 306

Advance Services Inc.

402-328-0142 \ 2949 N 27th St #202

Advantage Personnel & Employment

402-466-4994 \ 630 N Cotner Blvd # 100

Celebrity Staff

402-464-0600 \ 300 N 44th St #204

Express Employment Professionals

402-420-5800 \ 4955 O St

Excel Personnel

402-441-4070 \ 5625 O St #103

Kelly Services

402-483-4094 \ 2900 S 70th St #130

Labor Ready

402-438-7955 \ 3243 Cornhusker Hwy

LaborMax Staffing

402-805-4720 \ 3939 N 48th St #104

Lincoln Labor & Staffing
402-465-5227 \ 122 S 29th St

LSI Staffing
402-261-6904 \ 3814 Normal Blvd

Oasis Staffing
402-420-1980 \ 5815 S 58th St

Randstad
402-464-2700 \ 5540 South St #103

Staffing Services Inc
402-465-9060 \ 1840 N 48th street

Work USA, Inc
402-474-9675 \ 140 S 27th St

The HUB
1037 S 12th St
Lincoln, NE 68508
402-471-8526
Website: http://hublincoln.org/
Services: GED-Our staff work with youth in a low-pressure, flexible environment to help each person learn the way he or she learns best. Interested in taking GED classes? Please attend an orientation first. Orientation is held every Tuesday from 9 a.m. – 11 a.m. or 1 p.m. – 3 p.m. GED Classes at The HUB are FREE! Assistance may be available to assist students in paying for GED exams.
Project HIRE (Helping Improve Readiness for Employment) is a 16-week program designed for youth ages 16-18 that are in need of employment skills. Project HIRE helps to identify potential barriers to employment and gives the youth problem solving skills to deal with situations as they arise.
The Program consists of 3 phases:

1. Job readiness training,
2. Job searching, and
3. An 8-week supervised employment phase.

Project HIRE meets Monday-Friday from 3:30pm-5:30pm (Summer 1pm-3pm)
Youth Build is a leadership development program designed to assist motivated young adults ages 16-24 to earn their GED and obtain hands-on career development and construction skills. Youth Build participants work part-time on their GED, and will work closely with a skilled and experienced construction supervisor to learn all of the components that are involved in building a home. This program is offered as a partnership with Prairie Gold Homes

Community, Recreation & Cultural Centers

Community Centers:

Malone Community Center

2032 U St.
Lincoln, NE 68503
Contact: 402- 474-1110
Services: The mission of the Clyde Malone Community Center is to strengthen the Lincoln community by serving as a cornerstone for educational, cultural, and advocacy programs. CLC location for Culler Middle School.
Out of School Program- Monday through Friday the program picks participants up from school and brings them to the Center, where we have a snack after arrival. Also have care on non-school days.

F Street Community Center

1225 F St.
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/parks/fstreet/index.htm
Contact: 402-441-7951
Services: As a part of Lincoln Parks and Recreation, "F" Street Community Center is committed to creating a safe, fun, recreation-based environment where children, adults and senior citizens can come together. We strive to provide services and programs that strengthen family unity, personal growth, health, and community awareness.
Free Dinner is served Monday-Friday at 4:30pm for ages 2yrs-18yrs.
Youth Activities: Enrichment Clubs, Computer Lab, Weeklong Camps and field trips.
Youth Drop-In: Middle school and high school students. Free from 4:30pm-9pm, Monday-Friday, Weekends are all ages at all times.
Gear-tech 21 Lego Robotics-build and program simple robots using a LEGO kit. Free
Beginning Taekwondo (ages 5-12), Basketball Clinic (grades 4-9), Ballet—fees apply—call if interested
Programs for Adults:
Fun and Free Activities for Older Adults-Billards (Monday-Friday), Choir Day (Monday), Pinochle Day (Friday), Pitch Day (Wed)
Introduction to Weight training Fee: $6.50/class
Senior Pitch Tournament: Fee: $5 (includes Lunch)
Senior Potlucks-main dish provided, participants bring covered side dish to share or pay $6
Walk with Ease-Exercise Program that can reduce pain and improve overall health.
Fee: $10/person

Family Service Counseling

510 S. 7th St.
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/parks/fstreet/index.htm
Contact: 402-441-7949
Services: Provides food supplement program, childcare food supplement program, WIC services, and before and after school program. Offers counseling services for children within Lincoln Public Schools.

Good Neighbor's Community Center

2617 Y Street
Lincoln, NE 68503
Website: www.gncclincoln.org
Contact: 402-477-4173
Services: Provides emergency food and clothing; language assistance; ESL site; computer classes, Cultural Center for MENA Hope Project; GED site trough SCC; volunteer opportunity.

The Salvation Army Community Center

1645 N 27th St
Lincoln, NE 68503
Contact: 402-435-3035
Website: www.salvationarmylincoln.org
Services: After school & summer day camp programs for kids in grades K-5. Also middle/high school programs & special events for all grade levels. Open recreation and game room on a daily basis. Small Fry basketball is a competitive league for boys & girls in grades 3-7. Call for details or find on website.

Northeast Family Center

6220 Logan St.
Lincoln, NE 68507
Website: www.nfclincoln.org
Contact: 402-471-3700
Services: Provides Early Childhood Education, summer day camp and after school programs for school age children, Adult Literacy, ADHD tutoring/mentoring.

Carol M. Yoakum Family Resource Center

4621 NW 48th St
Lincoln, NE 68524
Contact: 402-434-2621
Services: Provide neighborhood-based support and educational services for family and youth, free food distribution, summer lunch program, reduced-cost bus passes, clothing closet and computer center.

Family Resource Center

1645 N St, Ste A
Lincoln, NE 68508
Contact: 402-441-4374 or 1-888-441-4369
Services: Families Inspiring Families- Providing families and community members resources for youth who have emotional, mental, and or behavioral issues. Helps provide and locate many resources from basic needs to mental health services.

West Lincoln Community Learning Center
Family Resource Center

630 West Dawes Ave
Lincoln, NE 68521
Contact: 402-436-1987
Services: Neighborhood-based services, family literacy, parent support groups, and family-oriented activities.

Willard Community Center

1245 S Folsom
Lincoln, NE 68522
Contact: 402-475-0805
Services: Neighborhood-based services which include full-time preschool for 3-5yrs old. Licensed childcare for elementary age children. Before/After school, evening and summer programming for middle school students. Self-help groups, aerobics and services for Senior Citizens.

The Bay Resource Center

2005 Y Street
Lincoln, NE 68503
Bay Outreach Line: 402-937-1229
Drop-in Hours: Tuesday 9am-11am and 4pm-7pm
Thursday 9am-11am and 4pm-7pm
Saturday 9am-12pm
Website **thebay.org** and **thebay.org/lincoln**
Services: Provides basic need items, crisis counseling, official referrals and life skills education for individuals up to the age of 25 years old.

Recreation Centers:

Lincoln Parks and Recreation

2740 A St.
Lincoln, Ne 68502
Contact: 402-441-7847
Services: Recreation Centers
Fundamental to Active Living and Youth Development
Our recreation centers offer some of the best activities for youth and adults around. We have 7 recreation centers, each providing different amenities, programs and classes.

Easterday Recreation Center

6130 Adams St
Lincoln, NE 68507
Contact: 402-441-7901
Services: Gym use/walking-ages 15+ (14 and under needs adult supervision)
Fee $2/person
Cardio area-Ages 9th grade (youth younger than high school must be accompanied by an adult) Fee $2/visit
Adaptive Recreation Programs-offer various programs (developmental play group, adult day structure programs, fun club for grade school, Hi-Time club for Middle and High schoolers, and Friendship club for 22-35 year olds, and Social Club for ages 36+)---all have fees that apply—call if interested.
Co-Ed Bowling League, Adult Ceramics, and Adaptive Recreation Creativity Camps—all have fees as well-call if interested.

Air Park West Recreation Center

3700 N.W. 46th St
Lincoln, NE 68524
Contact: 402-441-7876
Services: Beginning Archery: Ages 6 and older
Instructional session for beginner archer. Class includes the basics of archery and 30 minutes of instruction and 30 minutes of open range time beginning at 10am. Fees apply: $18/4weeks
Archery: Families on Target
This is an open archery range opportunity for individuals and families. Equipment is provided. Fee $4/person, $8/family
Boxing: Lincoln Boxing Club-Ages 8+
No cost until sparring or competitions. Focus is on fitness, discipline, and excellence.
Karate: GoJu Ryu-Traditional Okinawa style of Martial Arts. You will learn kata, good technique, awareness of surroundings, self-defense, and discipline. *Fees apply for different age groups
Gym and Building Rentals- Air Park Neighborhood Center is available for rent for reunion, birthday party, etc. Rentals may include game room, gym and/or meeting room. Fees apply.
Open gym is for adults 18 and older after 11:30am. Youth 6th grade and older after 4:30 pm (not chaperoned). Youth 5th grade and younger must be accompanied by an adult at all times. Fee $2/visit.
Fitness/Weight Room, Ages 15 years (9th grade) and older. Fee $2/visit
Gym Court reservations $14/hour/half court/1 basket

Belmont Recreation Center

1234 Judson St.
Lincoln, NE 68521
Contact: 402-441-6789
Services: Track and Fitness Facilities
Fitness/Track Fees $5/day
Track/Weight only Fees $3/day
Senior Track/Fitness Fees $1.50 for track or treadmill
Open gym Ages 18+ $2/adults-only during certain months
Computer Lab for Adults-no fee listed
Programs for Youth
Teen Treks-Grades 6-8: A special program just for middle schoolers on the 3rd Friday from October through March
Youth Drop-in
Grade school-High school students
Fee: Free
Table Tennis Challenge Fee $3/Sundays
500 Mile Club-a way for the entire family to become fit together. Complete 500 miles walking, jogging, bicycling, stair stepping, rowing or in any combination during 12 month period and receive a free fitness club T-shirt.

Calvert Community Center

4500 Stockwell St
Lincoln, NE 68506
Contact: 402-441-8480
Services:
Programs for Adults
Walking-Ages 18+ For adults who would like to walk in the gym Fee $2.00
Ceramics-18+ Learn the basics—Fees apply
Widowed Persons Services-support, friendship and social activities for widows and widowers-no fees listed
Programs for Youth
**All programs listed below have fees-call for information if interested
Kids Day off-A program for kids when LPS is not in session
Creative Link One Ages 3-4-A preschool program focused on music and art
Creative Link Two Ages 4-5-A program for preschoolers—spotlight more on intricate music and art
Ballet 1 Ages 3-5-learn basics
Tap and Jazz Combo Ages 3-6-will introduce to the basics of tap and jazz
Ballet II Ages 4-6-slightly more advanced than Ballet 1
Programs for Families-All ages
Food Net-Free food distribution for those in need
Make and Take-A variety of ready to pain ceramic pieces—a great family or individual activity. Fee $15/family/session

Irving Recreation Center

2010 Van Dorn St.
Lincoln, NE 68502
Contact: 402-441-7954
Services:
Weight/Fitness Room, Fee $1/visit
Programs for Youth
Middle School Drop-In: Grades 6-8
Irving Recreation Center offers clubs and other organized special interest activities, homework help, adult supervision, leadership and service learning game tables, video/board games, lounge areas etc. Exclusive to Irving Middle School students. All after school clubs and activities are free of charge to students who have paid the daily drop-in fee. Fee $1.75/day
Open Gym: Basketball Ages 18 and younger
Fee: Free
Dual Language Preschool Ages 3-5-allows children of all language backgrounds to grown by incorporating new experiences into their daily routine—fees apply—call if interested.
Programs for Adults Ages 18+
China painting and China Painting workshops—fees apply---call if interested
Special Olympics: Lincoln Parks and Recreation sponsors the Lincoln Shooting Stars team with competition in Basketball, Bocce, Bowling, Flag Football, Golf, Roller Skating, Soccer, Swimming, Track & Field, and Volleyball. Team is open to athletes from ages 8 on up. Call 402-441-7877 for more information and forms.
Young Athletes Program: An innovative sports play program for children 2-7 with intellectual disabilities, designed to introduce them to the world of sports prior to Special Olympics eligibility at age 8. Children learn the basics of running, jumping, throwing, catching, striking and kicking through guided activities. Location: Easterday 6130 Adams St.

Cultural Centers:

Asian Community and Cultural Center

2635 O St
Lincoln, NE 68510
Contact: 402-477-3446
Services: Vietnamese language assistance; senior social and health care services; Girl and Boy Scouts; Lion Dance Troupe: after-school tutoring; alcohol and crime prevention; SE Asian Rice Vouchers; Survival English and ESL classes; American Citizenship preparation classes; counseling; recreational, educational, cultural and health programs; multicultural training.
Fusion Project- Connecting Asian, African, Middle Eastern and Eastern European communities to the larger community and each other.

El Centro de las Americas

2032 U St.
Lincoln, NE 68503
Contact: 402-474-3950
Services: Emergency food, alcohol education classes in Spanish, health education programs in Spanish, after school tutoring and mentoring programs, Spanish translation and interpretation, language assistance, cultural programs, ESL classes, information and referral. For AA meetings call 402-475-2694.

Indian Center

1100 Military Rd.
Lincoln, NE 68508
Website: www.indiancenterinc.org
Contact: 402-438-5231
Services: Provides youth and family service programs for Native Americans who need mentors, who have problems with juvenile delinquency, etc. Workforce Investment Act programs for Natives in need of job placement, counseling, substance abuse treatment, training and GED. Emergency assistance (help with eviction notices, utility disconnect notices, fuel vouchers for out-of-town emergencies such as funerals, shelter, homelessness, etc.).
Requests will be considered on a case-by-case basis and subject to the availability of funds. We also have newborn baby layettes and bedding available and can order clothing for other infant sizes (from Sewing for Babies). Family First Program for Families with emotionally disturbed children of all ethnic groups. Food commodities, housing, health care, and family support referrals to people of all ethnic groups. AA Meetings are held Monday-Friday from 5pm-6pm.

MENA Hope/GNCC

2617 Y St
Lincoln, NE 68503
Contact: 402-477-5545
Services: Arabic and Middle Eastern social and cultural programs; volunteer opportunities; advocacy; refuge and immigrant assistance; multicultural training.

Youth Programs & Mentoring & Education Services

Education Programs:

Education & Training voucher with Central Plains

www.central-plains.org
Central Plains Center for Services, through a contracted partnership with the Nebraska Department of Health and Human Services, administers the Education and Training Voucher (ETV) Program. This program provides financial assistance for tuition, fees and books, as well as one-on-one support, for current and former state wards to attend college. Can receive a scholarship for up to $3,000.00 per year.

Education Quest

https://www.educationquest.org/
This program will help the young adult complete their FASFA and also help the young person with obtaining other grants and scholarships.

Youth Programs:

Leadership Lincoln

920 O Street, Suite 300 Lincoln
Contact: 402-441-4661
Services: The Youth Leadership Lincoln Program (YLL) works to enhance the knowledge and leadership skills of area high school students. The YLL program provides an interactive, hands-on experience in which students focus on developing leadership skills and a life-long commitment to community service. Participants have the opportunity to meet with community leaders from all areas of society and learn firsthand how youth leadership can make a difference. YLL serves high school sophomores, applications are due from high school freshmen each spring for the following school year.

Campus Life

6401 Pine Lake Rd
Lincoln, NE 68516
Contact: 402-420-7475
Services: Faith Based Programs for Lincoln area teens including weekly clubs, mentoring, trips, camps, recreation, and leadership training.

Lighthouse

2601 N. St
Lincoln, NE 68510
Contact: 402-475-3220
Services: Lighthouse is a community based, drop in, after school program. Lighthouse provides at no cost a safe, nurturing, and supervised environment for youth 6th-12th grade to participate in academic support and recreational activities, field trips, evening meals, educational workshops, and cultural events. Lighthouse is open Monday-Friday 2:00 pm-10 pm, 12 months a year.

Boys & Girls Club

855 South 8th St
Lincoln, NE 68508
Contact: 402-474-4133
Services: The Boys & Girls Club is a neighborhood site-based after school and Summer Programs, for 6 years to 18 years.
Hours: The program is open Monday-Friday 3 pm – 7 pm and provides a positive and safe place for children to learn and grow.

Campus Recreation: University of Nebraska-Lincoln

841 N 14th St
Lincoln, NE 68588
Website: http://crec.unl.edu/youth
Contact: 402-472-3467
Services: Campus Recreation offers a variety of activity for youth like summer camps (Husker Kids/Husker Adventures), swimming lessons, family swim nights, Itty Bitty Sports (for ages 3-5yrs) Smart Start Program and the Kids Night Out (KNO) program (ages 6-12yrs) one Friday each month. Payment is required for programs. See website above for details.

Salvation Army

2625 Potter St
Lincoln, NE 68503
Contact: 402-474-6263
Services: After school program-Grades: K-5. Hours: Mon-Friday from 3-7 pm during the school year. Evening meal provided every day.
Activities include: Boys & Girls Club, Tobacco Club, YES program, Sunbeams, Little Links Swimming and many special events. Cost:$20 per semester, scholarships available. Contact Standford Bradley 402-474-6263 ext. 508.
Summer Program-Grades: K-5. Eight week camp each summer to include: Great field trips, arts & crafts, educational programs, and swimming. Max of 65 youth so call early in spring to sign up.
Music-
Mondays: Character Building Scripture and Song 5:30 pm to 6:00 pm
Tuesdays: Shield Fine Arts Academy (Guitar/Piano/Vocal/Brass classes 2nd through 12th grade (6:00 pm to 7:00 pm)
Wednesdays: Tuneful Toddlers (Ages 3-5) 5:30 pm to 6:15 pm
Singing Company (Kindergarten to 5th grade) 5:30 pm to 6:15 pm
Youth Choir (Middle and High school) 5:30 pm to 6:15 pm
Songsters (Choir) 6:30 pm to 7:30 pm
Band 7:45 pm
Thursdays: Shield Fine Arts Academy (Guitar/Piano/Vocal/Brass classes 2nd through 12th grade) 6:00 pm to 7:00 pm
Praise Team 7:30 pm
***Every Friday night is teen night—safe, structured and supervised environment for youth in grades 6-12 during the school year from 8 pm – 11 pm.** Participants may enter the facility at any time but may not leave then re-enter.
*Summer camps are available: Day camps and overnight camps
*Kids Crusin' Kitchen-Free meals are serviced during the summer to kids under the age of 18 Monday-Friday.

Smart Girls Club

1432 N Street/P.O. Box 95123
Lincoln, NE 68508
Contact: 402-434-3494 ext. 120
Services: SMART Girls club engages girls in science, technology, engineering and math.
Girls in 4th through 8th grades explore science and math fields and activities in a supportive environment after school.
Register at the following schools: Beattie Elementary, Cavett Elementary, Hill Elementary, Kloefkorn Elementary, Maxey Elementary, Morley Elementary, Lux Middle, Scott Middle, and Zeman Elementary.
Register at the following schools by contacting the school's community learning center: Belmont Elementary, Elliott Elementary, Everett Elementary, McPhee Elementary, and Lefler Middle.
Need based scholarships-limited funds for scholarships are available. Please mail proof of free or reduced price lunch status to YWCA Lincoln, 2620 O St, Lincoln NE 68510.

CEDARS Youth Services

6601 Pioneers Blvd.
Lincoln, NE 68506
Website: www.cedars-kids.org
Contact: 402-436-5437
Services: CEDARS Juvenile Justice program offer youth who have committed law violations the opportunity to avoid further involvement in the Juvenile Justice system. We do this by helping youth comprehend and accept the consequences of their behavior.

Tracker Services

Tracker Services provides one-on-one supervision and advocacy for youth, ages 13-18, who are at risk of an out-of-home placement, or are in the process of transitioning back home. Trackers assist youth in the areas of education, employment, recreation, basic living skills, crisis intervention, and family development.

Juvenile Diversion Services

Diversion Services offer youth who have committed non-violent law violations in Lancaster County the opportunity to avoid further involvement in the juvenile justice system through successful completion of the program. Youth are provided with consequences based on restorative justice principles to help them comprehend and accept the consequences of their behavior. This may involve a variety of group educational opportunities, Teen Court and community service hours.

Life Skills Reporting Center

For youth who are in need of a more structured environment during the day or evening, the Reporting Center offers an opportunity to remain in their home placement. The center emphasizes the philosophy of positive reinforcements and asset building to encourage new healthier behaviors and major accomplishments. The primary focus of the day program is academic performance and the primary focus of the evening program is skill building, employment, independent living and improved decision making; all supported by a variety of curricula and skill building activities.

Electronic Monitoring/Global Positioning System

This service is time-limited and provided to youth whose behaviors put themselves or their community safety at risk. The service allows for youth to be monitored when there has been a history of unaccountable time. GPS is utilized for short periods of time to ensure stability with the youth and provide rehabilitative services to them.

Lincoln Children's Zoo

1222 S 27th St
Lincoln, NE 68502
Website: www.lincolnzoo.org
Contact: 402-475-6141
Services: The zoo offers a variety of themed camps for youth (ages 3-12) during winter & spring breaks and during the summer months. Prices and dates vary. Please see the website for more details.

Northeast Family Center

6220 Logan Ave
Lincoln, NE 68507
Contact: 402-471-3700
Services: Youth Development Academy of Rock-A music program offering classes to elementary, middle and high school youth as well as adults. Focuses on engaging students in a creative atmosphere, while empowering them to explore their interests. Youth learn life skills, not only in musical abilities, but also in self-confidence, relationship-building, peer modeling and networking. Promotes family togetherness by involving parents and the family as a whole. *Fees apply

People's City Mission

110 Q St.
Lincoln, NE 68508
Contact: 402-475-1303
Services: Lincoln Safe Place-A national youth outreach program established in 1983. Gives youth in crisis access to immediate help and safety.
In July 2011 Peoples City Mission was awarded a contract to be the lead local safe place agency in Lincoln from National Safe Place. Young people can enter over 50 safe place sites across Lincoln in order to get help and safety. Designated sites are:

Lincoln Fire and Rescue Stations
Senator McGill's Office (Nebraska State Capitol Rm 1212)
Lincoln Journal Star
Hy-Vee
U-Stop
Whitehead Oil Company office building
Scooter's Coffeehouses
The Bay (Lincoln's only indoor skate park)
The Gameroom
Campus Life
JPK Investment Motors
YWCA
News Link

*When a young person arrives at one of these sites, trained staff will provide youth safety in their location, get a general idea of what is wrong and call People's City Mission, the Safe Place Agency to pick up the troubled youth so that they can be brought to the shelter where they will be offered supportive services to meet their needs.

The HUB

1037 S. 12th St
Lincoln, NE 68508
Contact: 402-471-8526
Services: The HUB focuses on 3 areas-Education, Employment, and Empowerment.
Education--GED Classes-Free. If interested please attend orientation-held every Tuesday from 9 am – 11 am 1 pm – 3 pm
-Back on Track/High School Graduation Initiative-Programs offered within 4 high schools and in partnership with LPS. HUB's staff take referrals for youth who are in danger of falling behind in credits, are habitually truant, or are facing barriers to preventing regular school attendance. The program is currently offered in Lincoln High, Southeast, Northeast, and North Star High Schools.
Employment--Project HIRE-Helping Improve Readiness for Employment—a 16 week program designed for youth ages 16-18 that are in need of employment skills. Consists of 3 phases: 1) Job readiness training. 2) Job Searching 3) An 8 week supervised employment phase.
Project Hire meets M-F from 3:30 pm – 5:30 pm (1 pm – 3 pm during summer break)
-Youth Build-a leadership development program designed to assist motivated young adults ages 16-24 to earn their GED and obtain hands-on career development and construction skills. Participants will work part time on their GED, and work closely with a skilled and experiences construction supervisor to learn components involved in building a home.
Empowerment--Lancaster County Reentry Project-HUB transition specialists work closely with every youth returning to Lancaster County after a stay in the Kearney or Geneva Rehabilitation and Treatment Centers. Staff communicate with other community supports to provide successful transition back into the community.
-Project Everlast Central Access Navigator-Helps navigate resources for young people aging out of foster care. Provides a Central Access Navigator to help young people determine what services they need, access those services, and ensure that they're working together to provide a customized system of support.
-Outreach Services-Youth will be connected with a staff member who will find out what specific needs the youth has and assist the youth in meeting those immediate needs. Staff will work with them until they are out of crisis.
*Transportation assistance in the form of Star Tran Ride Bus Passes are available as well.
Project H20/Youth Act-Empowerment program for females ages 16-18. The program teaches participants how to overcome issues in their lives that have hindered their progress towards becoming successful adults. Provides a safe and caring environment for young women to explore and discuss issues. Participants will also engage in youth-driven community service projects designed to allow the youth the opportunity to give back to the community in a meaningful way.
*** Need-based funds also available through the HUB. To fill out an application contact Lindsey Drake ldrake@hublincoln.org

Boy Scouts of America

600 south 120th or P.O. Box 269,
Walton NE 68461
Website: http://www.scouting.org/
Contact: 402-488-6020
Serving boys 6-18 (Cub Scouts & Boys Scouts) and girls 14-21 (Co-Ed Venturing or Exploring Program)

Girl Scouts Spirits of Nebraska

8230 Beechwood Drive
Lincoln, NE 68510
Website: http://www.girlscoutsnebraska.org/
Contact: 402-487-2578 or 877-447-5558
Services: Girl Scouting is the preeminent leadership development program for girls K-12. Spirit of Nebraska incorporates the new Girl Scout Leadership Experience and the three keys to leadership into our Girl Scout programming. Girls learn how to discover themselves, connect with their community and environment and take action to make the world a better place. Girl scouting builds girls of courage, confidence and character who make the word a better place. There are many activities for girls (members AND non-members) throughout the year. Please see the website for more details. Financial Assistance is available to all girls and leaders for their membership registration, as well as uniforms, council-sponsored program events, day or resident camps or trips, girl training and Girl Scout Destinations. A paper form must be submitted to apply for financial assistance. Financial assistance will be based upon a combination of: income, number in household, extenuating circumstances and available funds. Please allow 4 weeks to for processing all requests.

Ted E. Bear, M.D.℠ Club

Customer Service: 1-888-784-2693 (TTY: 711 or TDD: 1-800-877-8973)
Website: http://www.aetnabetterhealth.com/nebraska/members/
* All Aetna Better Health of Nebraska (Medicaid) kids are automatically members of our Ted. E. Bear, M.D. Kids Club. Through a partnership with the Boy Scouts of America and Girl Scouts Spirit of Nebraska and Greater Iowa, we will pay for the cost of an annual Scout membership (directly to the council) for all Ted. E. Bear, M.D. Kids Club members. Scout membership applies to:

- Boy Scouts (including Boy Scouts, Cub Scouts, Exploring and Venturing)
- Girl Scouts

-As a bonus, Ted E. Bear, M.D. Kids Club members who join Boy Scouts get the Boys' Life magazine each year they are a scout.
-As a bonus, Ted E. Bear, M.D. Kids Club members who join Girl Scouts will receive credit toward Scout materials. Girls may choose one of two options after 6 months of continued participation: A Girl's Guide to Girl Scouting including one Journey Book, or a basic uniform.
-To sign up with Boy and Girl Scouts through the Ted. E. Bear, M.D. Kids Club, you need to be a current Aetna Better Health of Nebraska member. Contact your local council for details on how to register. You must put your child's Aetna Better Health ID number on the top of the Scout registration before turning it in.

4-H ---Nebraska Extension in Lancaster County

444 Cherrycreek Road, Suite A,
Lincoln NE 68528
Website: www.lancaster.unl.edu/4h/
Contact: 402-441-7180 or lancaster@unl.edu
Services: Open to all youth ages 5-18, the University of Nebraska-Lincoln Extension 4-H youth development program emphasizes learning-by-doing. Lancaster County has more than 100 4-H clubs which range from 5 to 60 members. Each club is led (or co-led) by adults. Through activities, 4-H develops: PRACTICAL SKILLS such as public speaking, science, cooking, photography, horticulture, taking care of animals and money management. LIFE SKILLS such as goal setting, problem solving, critical thinking, healthy choices, communication, teamwork and leadership.

Bright Lights

Contact: 402-420-1115 ext. 48
Services: Summer Learning Adventures—provide students with best possible learning tools to succeed when school starts in the fall
*most classes held at Randolph Elementary School 1024 south 37th
2015 Bright Lights Program Weeks
2015 Dates: Week 1: June 8-12; Week 2: June 22-26; Week 3: July 6-10
Tuition cost: $115 for half day class, $230 for a camp
Additional fees apply to some classes
To apply for a scholarship: Need-bases scholarships are available on first-come, first-served basis as long as funds are available. Each applicant is eligible for one partial scholarship for either a class or a day camp. Please see the Scholarship Application form for further instructions when registering. Applications will be accepted through online or mail in registration. The family will be notified of the amount of the award with the remaining tuition due within two weeks, and the family will have the option to cancel without any penalty after receiving award notifications. If questions please contact Amanda at Bright Lights office.
*Bright Lights offers free bus transportation from select schools to the main program site (mornings only).

YMCA

1039 P Street
Lincoln, NE 68508
Website: http://www.ymcalincoln.org/
Contact: 402-434-9230
Services: Teen Night at Downtown
The last Saturday of the month has been reserved exclusively for teens from 7:00 pm to 10:30 pm at the Downtown YMCA. All 5th – 9th graders are welcome to come to Teen Night and it is FREE. You need not be a member to participate. Adults and staff supervise all activities.
Join us for:

-open gym
-swimming
-fitness
-boxing club
-racquetball
-dance club
-guest speakers
-arts/crafts
-music
-pizza
-and one special activity each month

**The YMCA also offers many summer camps and youth sports during spring and summer. See website for details on registration and fees.

Lincoln Parks and Recreation

2740 A St.
Lincoln, Ne 68502
Contact: 402-441-7847
Services: Recreation Centers
Fundamental to Active Living and Youth Development
Our recreation centers offer some of the best activities for youth and adults around. We have 7 recreation centers, each providing different amenities, programs and classes.
*Most Recreation Centers have summer programming/activities for youth. Registration begins 1/26/15. Please see the website for more info: http://lincoln.ne.gov/city/parks/programs/daycamps/index.htm

Recreation Center locations:

Ager Play Center

1300 S. 27th St
Lincoln, NE 68502
Contact: 402-441-6788 or 441-6792
Play for the small person 3 and older and play for the small person 2 and younger.
Programs for youth-Developmental Play Group- ages 6m to 5 years
A safe family friendly environment, structured activities, opportunities to interact with other parents, professional presentations, adaptive toys, to accommodate children of all abilities, trained staff and volunteers, an opportunity for siblings to play together, and a special time to play with your child. Fee's apply, need based scholarships available.

Air Park West Recreation Center

3700 N.W. 46th St. Lincoln, NE 68524
Contact: 402-441-7876
Services:
Beginning Archery: Ages 6 and older
Instructional session for beginner archer. Class includes the basics of archery and 30 minutes of instruction and 30 minutes of open range time beginning at 10am. Fees apply: $18/4weeks
Archery: Families on Target -This is an open archery range opportunity for individuals and families. Equipment is provided. Fee $4/person, $8/family
Boxing: Lincoln Boxing Club-Ages 8+ -No cost until sparring or competitions. Focus is on fitness, discipline, and excellence.
Karate: GoJu Ryu -Traditional Okinawa style of Martial Arts. You will learn kata, good technique, awareness of surroundings, self-defense, and discipline. *Fees apply for different age groups
Fitness/Weight Room, Ages 15 years (9th grade) and older. Fee $2/visit
Gym Court reservations $14/hour/half court/1 basket

Easterday Recreation Center

6130 Adams St
Lincoln, NE 68507
Contact: 402-441-7901
Services: Gym use/walking-ages 15+ (14 and under needs adult supervision)
Fee $2/person
Cardio area-Ages 9th grade (youth younger than high school must be accompanied by an adult) Fee $2/visit
Adaptive Recreation Programs-offer various programs (developmental play group, adult day structure programs, fun club for grade school, Hi-Time club for Middle and High schoolers. All have fees that apply—call if interested.

Belmont Recreation Center

1234 Judson St.
Lincoln, NE 68521
Contact: 402-441-6789
Services:
Programs for Youth
Teen Treks-Grades 6-8: A special program just for middle schoolers on the 3rd Friday from October through March
Youth Drop-in
Grade school-High school students
Fee: Free
Programs for All Ages
Table Tennis Challenge Fee $3/Sundays

Calvert Community Center

4500 Stockwell St
Lincoln, NE 68506
Contact: 402-441-8480
Services:
Programs for Youth **All programs listed below have fees-call for information
Kids Day off-A program for kids when LPS is not in session
Creative Link One Ages 3-4-A preschool program focused on music and art
Creative Link Two Ages 4-5-A program for preschoolers—spotlight more on intricate music and art
Ballet 1 Ages 3-5-learn basics
Tap and Jazz Combo Ages 3-6-will introduce to the basics of tap and jazz
Ballet II Ages 4-6-slightly more advanced than Ballet 1

F Street Community Center

1225 F St.
Lincoln, NE 68508
Website: http://lincoln.ne.gov/city/parks/fstreet/index.htm
Contact: 402-441-7951
Services: As a part of Lincoln Parks and Recreation, "F" Street Community Center is committed to creating a safe, fun, recreation-based environment where children, adults and senior citizens can come together. We strive to provide services and programs that strengthen family unity, personal growth, health, and community awareness.
Youth Drop-In: Mid-level-high school student. Free
Gear-tech 21 Lego Robotics-build and program simple robots using a LEGO kit. Free
Beginning Taekwondo (ages 5-12), Basketball Clinic (grades 4-9), Ballet—fees apply—call if interest

Irving Recreation Center

2010 Van Dorn St.
Lincoln, NE 68502
Contact: 402-441-7954
Services:
Weight/Fitness Room, Fee $1/visit
Programs for Youth
Middle School Drop-In: Grades 6-8
Irving Recreation Center offers clubs and other organized special interest activities, homework help, adult supervision, leadership and service learning game tables, video/board games, lounge areas etc. Exclusive to Irving Middle School

students. All after school clubs and activities are free of charge to students who have paid the daily drop-in fee. Fee $1.75/day
Open Gym: Basketball Ages 18 and younger- Free
Dual Language Preschool Ages 3-5-allows children of all language backgrounds to grown by incorporating new experiences into their daily routine—fees apply—call if interested.
Special Olympics:
Lincoln Parks and Recreation sponsors the Lincoln Shooting Stars team with competition in Basketball, Bocce, Bowling, Flag Football, Golf, Roller Skating,
Soccer, Swimming, Track & Field, and Volleyball. Team is open to athletes from ages 8 on up. Call 402-441-7877 for more information and forms.
Young Athletes Program: An innovative sports play program for children 2-7 with intellectual disabilities, designed to introduce them to the world of sports prior to Special Olympics eligibility at age 8. Children learn the basics of running, jumping, throwing, catching, striking and kicking through guided activities.
Location: Easterday 6130 Adams St

The Bay Skate Park

2005 Y St
Lincoln, NE 68503
Website: http://the-bay.org/
Contact: 402-310-5215 or info@the-bay.org
Services: THE BAY is an indoor skatepark, but, THE BAY was created to be a safe place for the kids of Lincoln to come and pursue their passions - whether that be skateboarding, art, music, or whatever else. The most important thing about THE BAY is helping kids reach their full potential, which we strive to carry out daily.
Hours: Monday: CLOSED
Tues/Wed/Thurs - 230pm - 9pm
Friday: 230pm - 12am
Saturday: Noon - 12am
Sunday: Noon - 9pm
Fees: One Day Pass: $5.00
Month Pass: $35.00
Helmet Rental: $3.00
Skateboard Rental: $3.00
Waiver: All participants must fill out a waiver. All participants under 18 must wear a helmet. Participants over 18 may sign a helmet refusal form if they wish to skate without wearing a protective helmet. Download and print the waiver BEFORE you come. http://media.virbcdn.com/files/c5/1244d0dbc439b1b7-thebaywaiver.pdf

Public Pools

Aquatics Office

1225 F Street,
Second Floor (inside F Street Community Center)
402-441-7960 (year round).

Pool Locations

- View seasonal job listings
- Map of the Pools

Pool Location	Address	Phone	Regular Hours*
Arnold Heights Pool	4000 NW 46th	402 441-7829	1-6p* Everyday
Ballard Pool	3901 N 66th	402 441-7898	1-6p* Everyday

Belmont Pool	12th & Manatt	402 441-7826	1-6p* Everyday
Eden Pool	4400 Antelope Creek	402 441-7827	1-6p* Everyday
Highlands Aquatic Center	5511 NW 12th	402 441-7800	M-F: 1-8p Sat-Sun: 1-6p
Irvingdale Pool	1900 Van Dorn	402 441-7828	1-6p* Everyday
Star City Shores Aquatic Center	4375 S. 33rd Ct.	402 441-6670	12:30-8p Everyday
University Place Aquatic Center	2000 N 48th	402 441-7834	M-F: 1-8p Sat-Sun: 1-6p
Woods Pool	33rd & J	402 441-7782	1-6p* Everyday

**Family Swim Nights 6-8p on certain weekdays from May 25-Aug 7. Hours for July 4th are 1-5pm at all locations.*
***$1 per Guest over 100*

Sprayground Locations

- Trago Park, N. 22nd & U St. (Free admission, open Memorial Day through Labor Day, 11 a.m. to 7 p.m.)
- Woods Sprayground, S. 33rd & J St., 402-441-7782. See Neighborhood Pool fees for admission cost.

Fees, passes, coupons and rentals

Admission Fees, Season Passes and Coupons

Neighborhood Pools
Arnold Heights, Ballard, Belmont, Eden, Irvingdale and Woods Pool.

	General Admission	Low Income	Passes	Coupon Books	Coupon Books
0-2 yrs	FREE	FREE	$191/Family	-	-
3-17 yrs	$4.00	$2.00	$68	$80	-
18+ yrs	$5.25	$2.65	$91	-	$35
62+ yrs	$4.75	-	-	-	-

Aquatic Centers Pools
Highlands Aquatic Center and University Place Aquatic Center.

	General Admission	Low Income	Passes	Coupon Books	Coupon Books
0-2 yrs	FREE	FREE	$213/Family	-	-
3-17 yrs	$4.50	$2.25	$77	$89	-
18+ yrs	$5.75	$2.90	$101	-	$38
62+ yrs	$5.20	-	-	-	-

Star City Shores Aquatic Center

	General Admission	Low Income	Passes	Coupon Books	Coupon Books
0-2 yrs	FREE	FREE	$225/Family	-	-
3-17 yrs	$4.75	$2.40	$83	$94	-
18+	$6.00	$3.00	$105	-	$40
62+ yrs	$5.40	-	-	-	-

Low Income* *- Identified by case worker.*
Passes** *- No discounts for season passes. Purchase at pool or online. Family pass includes up to two adults and four youth (ages 3-17) in the same family/household. Add $20 for each additional youth over first four. Additional fees are required per visit when neighborhood season passes are used at Highlands, University Place Pools ($.25) and Star City Shores ($.50). Highlands and University Place pass holders need to pay an additional $.25 per visit at Star City Shores.*

2016 Public Swim Season

Arnold, Ballard, Belmont, Eden, Irving, Woods Pools

- May 28 - August 14
  Every day: 1:00-6:00 p.m.

Highlands, University Place Pools

- May 28 - August 14
- Monday-Friday: 1:00-8:00 p.m.
  Saturday-Sunday: 1:00-6:00 p.m.

Star City Shores

- **Regular Season**
  May 28 - August 14:
  Everyday 12:30-8:00 p.m.
- **Extended Season**
  August 15-19 (Monday-Friday): 3:30-7:00 p.m.
  August 20-21 (Saturday-Sunday): 12:30-6:00 p.m.

Holidays

- Monday, July 4th (all pool locations): 1:00-5:00 p.m.

NEEDS BASED FUND

Contact: The HUB, Attn: Lindsey Drake
1037 S. 12th Street
Lincoln, NE 68508
Email: ldrake@hublincoln.org
This needs based fund is an emergency fund available to young adults who have been a State Ward in the past. This fund is up to $500 per calendar year.

Project Everlast

215 Centennial Mall South, Ste 200
Lincoln, NE 68508
Contact: 402-476-2094
Services: Project Everlast provides services to young people in the area transitioning out of foster care and into adulthood. The Lincoln initiative is made up of: Youth Voice in the form of Project Everlast Lincoln youth council to inform all programs and practices.
Central Access Navigation services to give youth one point of contact to find all the services they may need. Transitional services to assist with housing, health care, living skills, etc. Opportunity Passport program to help youth save money for and purchase assets that are critical to success. Permanency services to connect young people to caring adults from years past so they can build a dependable social network. Needs-Based Fund to provide youth with emergency cash when needed.

Mentoring:

The Indian Center

1100 Military Rd
Lincoln, NE 68508
Contact: 402-438-5231
Services: The Indian Center, Inc. Four Directions Youth Program offers:
Tuesday Nights 4-6:30 PM
The American Indian Life Skills

- Building self-esteem
- Identifying emotions
- Increasing communication skills
- Problem solving skills

Wednesday Nights 4-6:30 PM
College Scholarship Writing

- Preparing for College
- Learning how to fill out a Collage Application
- Learning about Financial Aid
- Learning how to apply for a Scholarship
- Learning how to write essays and receive professional assistance

Thursdays Nights 4-6:30
Tutoring for Middle & High School

- Students from University of Nebraska's "Think Global, Mentor local" Program.
- Tutoring is for Middle & High School Students
- Assistance available for Math, Science, English, History, & Writing

GOALS:
1-Improve graduation retention rates amongst Native American youth
2-Create opportunities for youth to be leaders in the community
3-Empower youth to become productive citizens in the community
4-Promote youth development
5-Support youth in making positive influential change in developing and sustaining healthy lifestyles

Heartland Big Brother/Big Sisters

Administrative Office

6201 Havelock Avenue
Lincoln, NE 68507
Contact: 402-464-2227
Services: Big Brothers Big Sisters targets the children who need us most, including those living in single parent homes, growing up in poverty and coping with parental incarceration. Starting something begins with finding a great match between a Big and a Little. Making these matches, and performing all the background work involved with them, is possible because of donations from people like you. It's also why we're able to offer such a wide variety of programs that pair children, ages 6 through 18, with role models in one-to-one relationships.
Core Programs include Community-Based Mentoring, School-Based Mentoring, Mentoring Children of Incarcerated Parents and Teen Parent Mentoring.

TeamMates Mentoring Program

6801 'O' Street
Lincoln, NE 68510
Website: www.teammates.org
Contact: 402-323-6252 Toll Free: 877-531-8326
Services: Tom and Nancy Osborne founded the TeamMates Mentoring Program in 1991 in an effort to provide support and encouragement to school aged youth. The goal of the program is to see youth graduate from high school and pursue post-secondary education. To reach this goal, youth meet one hour per week with a caring adult who serves as a mentor. Mentors are volunteers from the community who have dedicated themselves to making a difference in the life of a young person. Mentors give youth a sense of hope, purpose and vision. The TeamMates Mentoring Program currently provides a mentor for over 7,000 youth across Nebraska and Iowa. ***Most school have a TeamMates facilitator—contact your LPS School to inquire.

Tutoring:

El Centro de las Americas

2032 U St.
Lincoln, NE 68503
Website: www.elcentrodelasamericas.org
Contact: 402-474-3950
Services: Adelante Program focuses on increasing the academic achievement of Latino youth to bolster graduation and GED-completion rates, promote enrollment in postsecondary education, and foster positive behaviors.

Boys & Girls Club

855 South 8th St
Lincoln, NE 68508
Contact: 402-474-4133
Services: After-School and Summer Programs,: focus on tutoring, mentoring, and recreational activities for youth.

Heartland Big Brother/Big Sisters

Administrative Office
6201 Havelock Avenue
Lincoln, NE 68507
Contact: 402-464-2227
Services: Big Brothers Big Sisters Program: provides mentoring to children through school-, community-, and site-based matches that focus on improving academic and social skills.

The HUB

1037 S 12th St
Lincoln, NE 68508
402-471-8526
Website: http://hublincoln.org/
Services: Central Access Point for Young Adults. Lincoln Education Program: provides academic support, college preparation, job readiness/exploration, tutoring, and long-term goal setting to at-risk youth in grades 6–12.

Kit & Dick Schmoker Reading Center (UNL)

Website: http://cehs.unl.edu/tlte/readingcenter/
Contact: 402-472-3532 (Melissa Bieber, Reading Center Associate)
Services: The Reading Center offers tutoring for students, grades K-12, who are struggling with reading (one or more years below grade level). One-on-one instruction is provided in: phonemic awareness, phonics, fluency, vocabulary, comprehension, and writing skills.

Lighthouse

2601 N St
Lincoln, NE 68510
Website: www.lincolnlighthouse.org
Contact: 402-475-3220
Services: Education Program: provides educational support to youth aged 13-18.

Malone Community Center

2032 U St.
Lincoln, NE 68503
Contact: 402- 474-1110
Services:

-Early Education: this new Early Childhood Education Center will use a Montessori inspired curriculum weekdays from 7:30am until 5:30pm for children ages 3 to 5 years old. We need to meet you and your child(ren), before they start, and we must approve your child(ren's) enrollment prior to starting.
-Out of School Program: targets school aged children between the ages 5 - 13. Monday - Friday we pick our program participants up from school and bring them to the Center where we have a snack after arrival. We provide academic support, structured recreation, arts and crafts, computer and fun time, health and nutrition education, and cultural awareness. On out-of-school days we provide all day programming including breakfast, lunch and snack. Besides our regular pro-gram components we also go on daily fieldtrips. Application and verifications required.
-Talented Tenth: provides African American males between the ages 13 - 18 with cultural awareness, social support, and academic enrichment. The Youth Empowerment Curriculum draws strength from the African American cultural ideal of collective work and responsibility, by creating a cohort of adolescent scholars who will experience the curriculum together and by matching them with mentors. It aims to motivate the youth to work for the betterment of themselves as individuals, and as conscious and committed members of their families and communities. The program's goal is to help the participants develop leadership and graduate from high school.
-Moving Forward to End Domestic Violence: The Malone Center is working to financially empower women by enabling survivors of interpersonal violence to achieve financial empowerment and job readiness through culturally appropriate services.

Willard Community Center

1245 S Folsom
Lincoln, NE 68522
Contact: 402-475-0805
Services: Teen Program: offers a variety of activities aimed at providing care for and fostering growth and development among area youth through after-school activities, tutoring, and mentor support.

Operation Tipping Point

Contact: For more information contact Ryan Dvorak at RDvorak@lancaster.ne.gov or contact Ryan Dvorak at 402-441-6857.
Services: OTP focuses on middle to high school age youth. Their goal is to help at-risk-youth, through community based programs, with prevention and/or intervention of gang involvement.

YESS Program

American Job Center 1111 "O" Street, Suite 205
Lincoln, NE 68508
Contact: 402-441-7111
Services: Ages 17-24 years old. Resident of Lancaster or Saunders County. The young adult will be assigned a case worker who will help them with their continued education or employment goals. Financial assistance available.

Other

Nebraska Telephone Assistance Program (NTAP)

1-800-526-0017 or in Lincoln, 402-471-3101
The Nebraska Telephone Assistance Program (NTAP) is administered by the Nebraska Public Service Commission. NTAP reduces the cost of local phone service by $12.75 per month. Not all phone companies offer NTAP in all coverage areas. Please note: If you are completing this application for someone other than yourself, you will need to provide NTAP with a complete copy of your Durable Power of Attorney or Guardianship documents. You may also be required to provide documentation showing your current participation in an eligible program, or that your household income is at or below 135% of the poverty level.

40 Winks Foundation

http://www.40winksfoundation.org/
The 40 Winks Foundation seeks to provide mattresses and beds to children and families lacking these resources to help them attain one of the foundational blocks of life – a full and healthy night's sleep. Must be referred by a 501©(3) agency.

Auto Repair

Charity Auto

6141 N 14th
Lincoln, NE 68521
Contact: 402-477-3550
Services: Charity Auto will do light repairs for a suggested donation of $20. Bring in the parts for simple repair work such as oil changes, tune-ups, and brake replacement. Call to leave a message. Callbacks are Wednesday and Thursday evenings. Repairs are done on Saturdays by appointment only. This is not a needs based service.

Auto Mechanics

If you are receiving a ResCare Auto Repair Voucher, these are the commonly used mechanics, but you are NOT limited to use only those on this list.

Adam's Auto Service
1440 N Cotner Blvd.
Lincoln, NE
402-466-2691

F&H Auto
2200 Y Street #2
Lincoln, NE
402-477-7811

RH Mechanic
2200 Y Street #3
Lincoln, NE
402-318-9794

Watson's Auto Service
3030 N 33rd St
Lincoln, NE
402-325-0139

Troy's Automotive
1329 Dawes Ave
Lincoln, NE
402-477-7182

The Auto Connection
2037 P Street
Lincoln, NE
402-477-8200

Baldwin's Auto
2851 N 35th Street
Lincoln, NE
402-466-5144

Metzgers Auto
3730 Cornhusker Hwy
Lincoln, NE
402-467-1233

Hillis 66
600 South Street
Lincoln, NE
402-474-2891

Cichoracki (24 hr auto)
3100 N 20th St (21)
Lincoln, NE
402-325-0000

Lamb's Auto
3320 N 20th Street
Lincoln, NE
402-435-3838

Graham Tire
1918 O Street
402-476-6521
2121 Cornhusker Hwy
402-474-2277

F & M Mechanic & Body Shop
1124 N 22nd St #2
402-417-8047

B & M Auto Repair / Detailing
1124 N 22nd St
415-225-9996
619-438-4839

Furniture:

People's City Mission Homeless Prevention Center

402-475-6888 \ 2101 N Street
Furniture and household goods available at no charge to the poor and near homeless of Lincoln. Shopping hours: Monday & Friday 9:00-11:30am & 1:30-4:00pm, Wednesday 9:00-11:30am 4:00-6:00pm for employed and college students.

Salvation Army

402-474-6263 \ 2625 Potter St
Must go to main office for assistance. Hours: Monday-Friday 9:00am-4:00pm.

Fans:

Center For People In Need

3901 N 27th St
Lincoln, NE 68521
Contact: 402-476-4357
Services: Provides fans during the Neighborhood Food Distribution. Summer months only.

The Salvation Army

Contact: 402-474-6263
Services: Can provide a 20 inch box fan to those who need one. One per household per year. June 1 to August 31.

Indian Center

1100 Military Rd.
Lincoln, NE 68508
Contact: 402-438-5231
Services: Summer Fan Distribution Program call for information.

Laundry Vouchers:

Salvation Army

2625 Potter St.
Lincoln, NE 68503
Contact: 402-474-6263
Services: Can provide a voucher to a local Laundromat to qualified individuals.

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Contact: 402-477-4116
Services: Provides showers and laundry services for the homeless, M-F only.

Diapers:

Diaper Heaven (Lincoln Right to Life)

733 S. 13th St. (White house on the west side of the street)
Lincoln, NE 68508
Website: http://www.lincolnrighttolife.org/diaper-heaven/
Contact: On Mondays 11am-5pm call 402-474-0607, all other times call Lynn Ellermeier at 402-435-1532
Services: Free diapers available in all sizes.
Hours: Open Mondays 11am-5pm

Diaper Depot (Warren United Methodist Church)

1333 N. 33rd St.
Lincoln, NE 68503
Website: http://warrenumclincoln.org/event/diaper-depot-2/2013-08-17/
Contact: 402-466-5238
Services: Provides diapers (sizes NB to 5) as well as wipes and cream.
Hours: Wednesday & Friday from 9:30am-12pm

Good Neighbor Community Center

2617 Y St
Lincoln, NE 68503
Website: http://www.gncclincoln.org/index.htm
Contact: 402477-4173
Services: Mothers with children, age 2 years or younger, can receive 12 diapers (or more depending on availability) every month. **No appointment is needed for diapers.

Salvation Army

2625 Potter St.
Lincoln, NE 68503
Contact: 402-474-6263
Services: Families with children, age 2 years or younger, are eligible to receive diapers, once every 2 months (60 days). **Diapers are not usually available on a same-day basis. Diapers may be picked up within 1 or 2 business days.

Pet Information:

Coalition for Pet Protection

Website: http://petcoalition.org/
Contact: 402-434-7922
Services: May be able to help with emergency assistance for pets, as well as affordable neuter/spay programs for all dogs and cats.

Lincoln Animal Ambassadors

Website: http://www.lincolnanimalambassadors.org/
Contact: 402-817-1168
Services: Pet Food Bank- Pet food available once a month.
Apply: Must complete a required application and agreement, and present a valid driver's license or ID when accepting pet food. Must provide proof of financial need. Call or visit website for more info.

Capital Humane Society

402-441-4488 \ 2320 Park Boulevard
Capital Humane Society serves the community by sheltering unwanted pets, acts as an advocate for animal welfare and strives to educate the public about responsible pet care.

Sadie Dog Fund

Only accepts veterinary referrals for assistance. You will be required to pay the veterinarian at least 10% of treatment cost. You will be required to complete a Sadie Dog Fund application (from veterinarian) and submit a photo of your pet.

Domesti-PUPS \ 402-465-4201

We provide therapy dogs, service dogs for persons with disabilities, and trained rescue dogs through our adoptables program.

Bicycles:

Lincoln Bike Kitchen

1635 1st St
Lincoln, NE 68502
Contact: 402-915-BIKE (2453)
Website: http://www.lincolnbikekitchen.org/
Services: Several programs are offered: Free Wheels for Kids- Our goal is to provide bikes to those most in need. Parents feel free to come and speak with us, and we look forward to working with you to get your child on a bike. Our goal is to also provide a helmet with each bike that we send out.
Earn-A-Bike- diverts unused bikes from the waste stream using them as teaching tools to empower participants with the basic maintenance and commuting skills along with the resources to build themselves a dependable bike. After 10 hours of volunteering, you'll pick a bicycle and refurbish it to fit your commuting needs with the help of experienced volunteer mechanics. You'll finish the program with a dependable bike and the knowledge, skills, and resources to maintain it.
Open Shop:
Hours:
Sundays 12-4, Mondays 5-9
Women and transgender only:
Tuesdays 6:30-9
Free services (donations much appreciated) to assist with any bike repairs.

MAD DADS

5610 Seward Ave
Lincoln, NE 68507
Contact: 402-742-0224
Website: www.maddads-lincoln.com
Services: Offers several different programs for youth. The programs encourage volunteerism and learning about bicycles and bicycle maintenance. They also offer rebuilt/refurbished used bicycles for low cost, as well as donating bicycles to children and families in need.

Smoke Alarms:

Fire Stations

Smoke alarms may be available at no charge at the Fire Station nearest to your home. Contact the Fire Station and they will follow up with you about receiving a free Smoke Detector for the home you are living in.

Homeless Services:

Matt Talbot Kitchen and Outreach

2121 N 27th St
Lincoln, NE 68503
Website: www.mtkserves.org
Contact: 402-477-4116
Services: Mailing Address and on-site Message Service for individuals who are homeless. Mail pick up times are only Monday – Friday 11am-1pm and 5pm-6:30pm, or by scheduled appointment. Messages are posted on the message board in the dining room.
Homeless Identification Program: Assists people who are homeless in obtaining birth certificates and Nebraska State ID's. Due to limited funds, a letter on agency letterhead from a case worker stating that the homeless individual is working on life goals, is required. Must be homeless without income to qualify. Contact an outreach specialist Monday-Friday from 11am-1pm or 5pm-6:30pm, or call to schedule an appointment.
Haircuts: Free haircuts are given once a month.

Family Activities:

Lincoln Public Library

Eiseley Branch Library
1530 Superior Street
402-441-4250
Lego Sundays- January through May. Each Sunday from 2pm-4pm at Eiseley Branch. This program is free and open to youth, young adults and their parents.

Story Times:

Indigo Bridge Books

701 P St, STE 102
Lincoln, NE 68508
Website: http://www.indigobridgebooks.com/calendar/storytime/
Children's Story time is offered:
Monday & Tuesdays 10am-11am. Story time session that includes music or games and crafts. These story times will largely be in English with additional languages being featured when volunteers are available.
Saturdays 10am-11am. Every Saturday morning, you can bring the kiddos down for a story in English with Spanish vocabulary, a game of Spanish BINGO and a related craft to wrap up the hour. While story time is intended for ages 4-8, most children find one of the activities fun and educational.

Lincoln City Library Story Times

Website: http://www.lincolnlibraries.org/kids/Storytimes.htm

Baby Storytimes: Baby Storytime is an interactive parent-child time with fun activities designed to promote early literacy, language development and a love of books for children birth to 18 months old.

Eiseley Branch Library
1530 Superior Street
402-441-4250
Monday, 10:35 to 10:55 a.m.

Gere Branch Library
2400 S. 56th Street
402-441-8560
Monday, 10:00 to 10:20 a.m.
Wednesday, 10:00 to 10:20 a.m.
Thursday, 6:30 to 6:50 p.m.

Walt Branch Library
6701 S. 14th Street
Thursday, 10:30 to 11:00 a.m.

Toddler Time:

For children aged 18 to 36 months and their parents or caregivers. During Toddler Time, a librarian reads aloud and leads adult-child pairs in activities. Research indicates the importance of the adult-child bond in building early literacy. Toddler Time also supports early literacy by building vocabulary and sharing age-appropriate literature in an atmosphere of fun, engaging activity.

Anderson Branch Library
3635 Touzalin Avenue
402- 441-8540
Monday, 10:30 to 10:50 a.m.

Bethany Branch Library
1810 North Cotner Blvd.
402-441-8550
Tuesday, 10:30 to 10:50 a.m.

Eiseley Branch Library
1530 Superior Street
402-441-4250
Wednesday, 10:35 to 10:55 a.m.
Thursday, 10:35 to 10:55 a.m.

Gere Branch Library
2400 S. 56th Street
402-441-8560
Tuesday, 10:00 to 10:20 a.m. and 10:35 to 10:55 a.m.
Wednesday, 10:35 to 10:55 a.m.
Thursday, 10:00 to 10:20 a.m. and 10:35 to 10:55 a.m.

South Branch Library
2675 South Street
402-441-8570
Thursday, 10:35 to 10:55 a.m.

Walt Branch Library
6701 S. 14th Street
402-441-4460
Tuesday, 10:30 to 10:50 a.m.

Preschool Storytimes:

Lincoln City Libraries presents its popular preschool storytimes at all library locations. Preschool Storytime is a half-hour of books and activities for children ages three, four and five.

Preschool Storytime supports early literacy by offering vocabulary development, experiences with a variety of literature, and participation in language-related activities. Pre-registration is not required for Preschool Storytime. Newcomers are always welcome!

Bennett Martin Public Library
136 S. 14th Street
402-441-8566
Thursday, 10:30 to 11:00 a.m.

Anderson Branch Library
3635 Touzalin Avenue
402-441-8540
Tuesday, 10:30 to 11:00 a.m.
Wednesday, 10:30 to 11:00 a.m.

Bethany Branch Library
1810 North Cotner Blvd.
402-441-8550
Thursday, 10:30 to 11:00 a.m.

Eiseley Branch Library
1530 Superior Street
402-441-4250
Tuesday, 7:00 to 7:30 p.m.
Wednesday, 10:30 to 11:00 a.m.
Thursday, 10:30 to 11:00 a.m.

Gere Branch Library
2400 S. 56th Street
402-441-8560
Tuesday, 10:30 to 11:00 a.m.
Thursday, 10:30 to 11:00 a.m.

South Branch Library
2675 South Street
402-441-8570
Wednesday, 10:30 to 11:00 a.m. and 2:00 to 2:30 p.m

Walt Branch Library
6701 S. 14th Street
402-441-4460
Tuesday, 10:30 to 11:00 a.m.
Wednesday, 10:30 to 11:00 a.m.

Storytimes for Families:
The entire family is welcome to enjoy crafts and storytime from 6:30 to 7:30 p.m., except where other times are noted.

Eiseley Branch Library
1530 Superior Street, 402-441-4250
Sundays 1:30 to 2:00 p.m.

Gere Branch Library
2400 S. 56th Street, 402-441-8560
4th Monday of the month 6:30-7:30 p.m.

South Branch Library
2675 South Street, 402-441-8570
First Monday of the month 6:30-7:30 p.m.

Walt Branch Library
6701 S. 14th Street, 402-441-4460
Tuesdays 6:30 to 7:30 p.m. on the following dates
(& every Saturday from 10:30-11:30 a.m.)

Williams Branch Library
5000 Mike Scholl Street, 402-441-8580
Every Monday 4:00-4:45 p.m.

Lincoln City Library Locations:

Website: www.lincolncitylibraries.org

Bennett Martin Public Library
136 South 14th Street, Lincoln, NE 68508
Contact: 402- 441-8500
Hours: Monday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 6 p.m.

Victor E. Anderson Branch
3635 Touzalin Avenue, Lincoln, NE 68507
Contact: 402- 441-8540
Hours: Monday - Thursday: 10 a.m. - 8 p.m.
Friday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 8 p.m.

Bethany Branch
1810 North Cotner Boulevard, Lincoln, NE 68505
Contact: 402- 441-8550
Hours: Monday - Saturday: 10 a.m. - 6 p.m.
Sunday: Closed

Loren Corey Eiseley Branch
1530 Superior Street, Lincoln, NE 68521
Contact: 402- 441-4250
Hours: Monday - Thursday: 10 a.m. - 8 p.m.
Friday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 8 p.m.

Charles H. Gere Branch
2400 South 56th Street, Lincoln, NE 68506
Contact: 402- 441-8560
Hours: Monday - Thursday: 10 a.m. - 8 p.m.
Friday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 8 p.m.

South Branch
2675 South Street, Lincoln, NE 68502
Contact: 402- 441-8570
Hours: Monday - Thursday: 10 a.m. - 8 p.m.
Friday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 8 p.m.

Bess Dodson Walt Branch
6701 South 14th Street, Lincoln, NE 68512
Contact: 402- 441-4460
Hours: Monday - Thursday: 10 a.m. - 8 p.m.
Friday - Saturday: 10 a.m. - 6 p.m.
Sunday: 12 p.m. - 8 p.m.

Dan A. Williams Branch
5000 Mike Scholl Street, Lincoln, NE 68524
Contact: 402-441-8580
Hours: Monday - Thursday: 4 p.m. - 8 p.m.
Friday: 4 p.m. - 6 p.m.
Saturday - Sunday: 1 p.m. - 6 p.m.

Lied Bookmobile

Please bring your library card with you to check out items from the Bookmobile.

ROUTE A

Tuesday (January 12th & 26th \ February 9th & 23rd)
Little Brookland Daycare 130 Fallbrook Blvd \ 10:00-11:00am
People's City Mission 110 Q St \ 1:00-2:30pm
Kooser Elementary 7301 N 13th St \ 3:30-5:30pm

Wednesday (January 13th, 27th \ February 10th & 24th)
University Children's Center 22nd & W St \ 10:00-11:00am
Hartley Neighborhood \ Peter Pan Park 33rd & X St \ 11:30am-1:00pm
Clinton Elementary 29th & Holdrege St \ 3:15pm-4:30pm
Matt Talbot Kitchen \ 2121 N 27th St \ 4:45-5:30pm

Thursday (January 14th & 28th \ February 11th & 25th)
Gateway Senior Living \ 225 N 56th St \ 2:00-2:45pm
Eastmont Towers \ 6315 O St \ 3:00-3:45pm
Gaslight Village \ 2801 NW 1st St \ 5:30pm-7:15pm

Friday (January 15th & 29th \ February 12th & 26th)
Gramercy Hill \ 6800 A St \ 10:30-11:15am
Union Manor Apts \ 5211 Calvert St \ 11:30am-12:15pm
Tabitha Village \ 841 S 47th St \ 1:45-2:30pm
Waverly\ Hamlow Elementary 14541 Castlewood \ 3:15-5:00pm

Saturday (January 16th & 30th \ February 13th & 27th)
Hallam \ Main Street \ 11:00am-12:30pm
Firth \ Community Center 4th & Nemaha St \ 2:00-4:45pm

ROUTE B

Tuesday (January 19th \ February 2nd & 16th)
KinderCare \ 56th & Pioneers Blvd \ 10:30am-12:00pm
Tree House Childcare \ 6901 Panama Rd, Hickman \ 2:00-3:00pm
Hickman Presbyterian Church 300 East 3rd St \ 3:15-5:00pm

Wednesday (January 20th \ February 3rd & 17th)
Bennet Community Church \ Monroe & Dogwood St \ 1:30-4:45pm
Kloefkorn Elementary \ 6601 Glass Ridge Dr \ 6:00-7:00pm

Thursday (January 21st \ February 4th & 18th)
Behaven Kids \ 1145 High St \ 10:00-11:30am
Lake Street Senior Center \ 2400 S 11th St \ 12:00-1:00pm
Clark Jeary \ 8401 S 33rd St \ 1:30-2:15pm
Denton Community Center \ 7115 Lancaster Ave \ 4:15-5:30pm

Friday (January 22nd \ February 5th & 19th)
Trinity Infant & Child Care \ 1345 S 16th St \ 10:00-11:30am
Prairie Hill Learning Center \ 17705 S 12th St \ 1:30-3:00pm
Sprague Community Church \ 18800 Market St \ 3:30-4:30pm

Saturday (January 23rd \ February 6th & 20th)
Malcolm United Methodist Church \ 520 Malcom Rd \ 10:00-11:00am
Super Saver Fallbrook \ 840 Fallbrook Blvd \ 11:30am-1:00pm
Waverly Plaza \ 13900 Guildord \ 3:00-5:00pm

Lincoln Area Churches

Baptist

First Baptist Church
1340 K St, Lincoln, NE 68508
402-477-4198

New Covenant Church
6000 S 84th St, Lincoln, NE 68516
402-484-5033

Second Baptist Church
525 N 58th St, Lincoln, NE 68505
402-464-8398

Southview Baptist Church
3434 S 13th St, Lincoln, NE 68502
402-423-5062

Baptist- Independent

Gentle Shepherd Baptist Church
1601 W. Burnham, Lincoln, NE 68522
402-580-7002

Plains Baptist Church
2902 Randolph, Lincoln, NE 68510
402-435-4760

Catholic

Blessed Sacrament
1704 Lake St., Lincoln, NE 68502
402-474-4249

North American Martyrs
1101 Isaac Dr., Lincoln, NE 68521
402-476-8088

Eucharistic Shrine of Christ the King
1040 S. Cotner Blvd., Lincoln, NE 68510
573-236-4390

Sacred Heart
3128 S St., Lincoln, NE 68503
402-476-2610

Immaculate Heart of Mary Parish
6345 Madison Ave, Lincoln, NE 68507
402-464-0111

Immaculate Heart of Mary Parish [Vietnamese]
2601 P St, Lincoln, NE 68503
402-476-0133

Risen Christ
3500 Sheridan Blvd., Lincoln, NE 68506
402-488-0948

St Mary's Catholic Church
1420 K St, Lincoln, NE 68508
402-435-2125

St Joseph's Catholic Church
7900 Trendwood Dr, Lincoln, NE 68506
402-483-2288

St Teresa's Catholic Church
735 S 36th St, Lincoln, NE 68510
402-477-3979

St Peters Catholic Church
4500 Duxhall Dr, Lincoln, NE 68516
402-420-5491

St. Francis of Assisi
1145 South St., Lincoln, NE 68542
402-477-5145

St. George (Ukrainian)
3330 N 13th St, Lincoln, NE 68508
402-345-1552

St. John
7601 Vine St., Lincoln, NE 68505
402-489-1946

St. Patrick
6126 Morrill Ave, Lincoln, NE 68529
402-466-2752

St. Thomas Aquinas
320 N 16th St., Lincoln, NE 68508
402-474-7914

University of Nebraska Newman Club
320 N. 16th St., Lincoln, NE 68508
402-474-7914

Christian Reformed Church in North America

Northern Lighthouse
6141 N. 14th St., Lincoln, NE 68521
402-477-3550

Christian - Other

Passing Home Stuff
631 Bredgir Rd, Lincoln, NE 68501
402-601-0740

Church of Christ

Church of Christ Lincoln
820 N 56th St, Lincoln, NE 68504
402-466-3113

Church of the Nazarene

First Church of the Nazarene
1901 S 70th St, Lincoln, NE 68506
402-489-6578

Disciples of Christ

Bethany Christian Church
1645 N Cotner Blvd, Lincoln, NE 68505
402-466-1957

Crestwood Christian Church
8000 A St, Lincoln, NE 68510
402-488-5372

Capitol City Christian Church
7800 Holdrege St, Lincoln, NE 68505
402-467-4458

First Christian Church
430 S 16th St, Lincoln, NE 68508
402-475-4289

East Lincoln Christian Church
7001 Edenton Rd, Lincoln, NE 68516
402-486-4673

Southview Christian Church
2040 S 22nd St, Lincoln, NE 68502
402-475-6756

Episcopal

Holy Trinity Episcopal Church
6001 A St, Lincoln, NE 68510
402-488-7139

St David's Church
8800 Holdrege, Lincoln, NE 68505
402-464-6266

St Marks on the Campus
1309 R St, Lincoln, NE 68508
402-474-1979

St Matthews Church
2325 S 24th St, Lincoln, NE 68502
402-435-2226

Lutheran

All Saints Lutheran Church
8251 Pioneers Blvd, Lincoln, NE 68506
402-489-9869

American Lutheran Church
4200 Vine St, Lincoln, NE 68503
402-466-6488

Calvary Lutheran Church
2788 Franklin St, Lincoln, NE 68502
402-476-1567

Christ Lutheran Church
4325 Sumner St, Lincoln, NE 68506
402-483-7774

Evangelical Lutheran Church
2244 NW 126th St, Lincoln, NE 68528
402-796-2433

Evangelical United Lutheran
5945 Fremont St, Lincoln, NE 68507
402-466-2277

Faith Lutheran School
8701 Adams St, Lincoln, NE 68507
402-466-6861

First Lutheran Church
1551 S 70th St, Lincoln, NE 68506
402-488-0919

Friedens Lutheran Church
540 D St, Lincoln, NE 68502
402-476-3888

Good Shepherd Lutheran Church
3825 Wildbriar Ln, Lincoln, NE 68516
402-423-7677

Grace Lutheran Church
2225 Washington St,
Lincoln, NE 68502
402-474-3465

Holy Savior Lutheran
4710 N 10th St, Lincoln, NE 68521
402-434-3325

Immanuel Lutheran Church
2001 S 11th St, Lincoln, NE 68502
402-474-6275

Messiah Lutheran School
1800 S 84th St, Lincoln, NE 68506
402-489-3024

Our Saviour's Lutheran Church
1200 S 40th St, Lincoln, NE 68510
402-483-4126

Zion Evangelical Lutheran Church
2244 NW 126th St, Lincoln, NE 68524
402-796-2433

Prince of Peace Lutheran Church
1201 Benton St, Lincoln, NE 68521
402-476-7023

Redeemer Lutheran Church
510 S 33rd St, Lincoln, NE 68510
402-477-1710

Sheridan Lutheran Elca
6955 Old Cheney Rd,
Lincoln, NE 68516
402-423-4769

Southwood Lutheran Church
5511 S 27th St, Lincoln, NE 68512
402-423-5511

St Andrews Lutheran Church
1015 Lancaster Ln, Lincoln, NE 68505
402-483-1692

St Mark's Lutheran Church
3930 S 19th St, Lincoln, NE 68502
402-423-1497

Trinity Lutheran Church
724 S 12th St, Lincoln, NE 68508
402-474-0606

University Lutheran Chapel
1510 Q St, Lincoln, NE 68508
402-477-3997

Mennonite

First Mennonite Church
7300 Holdrege St., Lincoln, NE 68505
402-467-1526

Non-Denominational

Calvary Community Church
4400 N 1st St, Lincoln, NE 68521
402-474-0642

Christ Temple Mission Church
500 N. 25th Street, Lincoln, NE 68503
402-477-8581

Elevate Church
8251 Pioneers Blvd,
Lincoln, NE 68506
402-489-7729

Evangelical Free Church-First
8101 O St # S112, Lincoln, NE 68510
402-483-7635

Faith Bible Church
6201 S 84th St, Lincoln, NE 68516
402-484-6020

First Evangelical Covenant
6024 L St, Lincoln, NE 68510
402-489-8869

Harvest Community Church
5600 S. Coddington Ave.
Lincoln, Ne 68523
402-476-4007

Indian Hills Community Church
1000 S 84th St, Lincoln, NE 68510
402-483-4541

Lincoln Berean Church
6400 S 70th St, Lincoln, NE 68516
402-483-6512

Lincoln Christian Fellowship
4111 NW 44th. Lincoln, NE 68524
402-470-2300

Lincoln City Church
5001 S 1st St, Lincoln, NE 68512
402-421-9500

Living Word Christian Outreach
PO Box 30165, Lincoln, NE 68503
402-466-1344

Pentecostal

Christ's Place Church
1111 Old Cheney Rd,
Lincoln, NE 68512
402-421-1111

Gates of Praise
740 N 70th St, Lincoln, NE 68505
402-489-5400

Presbyterian

Eastridge Presbyterian
1135 Eastridge Dr, Lincoln, NE 68510
402-488-7844

First Presbyterian Church
840 S 17th St, Lincoln, NE 68508
402-477-6037

Heritage Presbyterian Church
880 S 35th St, Lincoln, NE 68510
402-477-3401

Southern Heights Presbyterian
5750 S 40th St, Lincoln, NE 68516
402-421-3704

Westminster Presbyterian Church
2110 Sheridan Blvd, Lincoln, NE 68502
402-475-6702

Zion Presbyterian Church
853 E St, Lincoln, NE 68508
402-489-1294

First Plymouth Congregational
2000 D St, Lincoln, NE 68502
402-476-7565

Good Shepherd Presbyterian
8300 E Pointe Rd, Lincoln, NE 68506
402-484-8844

Northeast United Church-Christ
6200 Adams St, Lincoln, NE 68507
402-466-0696

Vine Congregational Church
1800 Twin Ridge Rd,
Lincoln, NE 68506
402-483-4781

Zion Church
836 E St, Lincoln, NE 68508
402-476-2524

Presbyterian Church in America

Grace Chapel
4000 Sheridan Blvd, Lincoln, NE 68506
402-484- 8555

Seventh Day Adventist

Piedmont Park Seventh Day
4801 A St, Lincoln, NE 68510
402-489-1344

Seventh-Day Adventist Church
4015 S 49th St, Lincoln, NE 68506
402-486-2880

United Methodist

Aldersgate United Methodist
8320 South St, Lincoln, NE 68506
402-489-1510

Christ United Methodist Church
4530 A St, Lincoln, NE 68510
402-489-9618

Havelock United Methodist Church
4140 N 60th St, Lincoln, NE 68507
402-466-6736

South Gate United Methodist Church
3500 Pioneers Blvd,
Lincoln, NE 68506
402-489-1641

St Mark's United Methodist Church
8550 Pioneers Blvd,
Lincoln, NE 68520
402-489-8885

Warren United Methodist Church
1205 N 45th St, Lincoln, NE 68503
402-466-5238

Calvary United Methodist
1610 S 11th St, Lincoln, NE 68502
402-476-7353

First United Methodist Church
2723 N 50th St, Lincoln, NE 68504
402-466-1906

New Visions Community
1610 S. 11th, Lincoln, NE 68502
402-476-7353

St Luke United Methodist
1621 Superior St,
Lincoln, NE 68521
402-477-2032

Trinity United Methodist Church
1345 S 16th St
Lincoln, NE 68502
402-435-2946

Summer Food Service Program
Lincoln 2016

Website:
http://www.lincoln.ne.gov/city/health/educat/food.htm

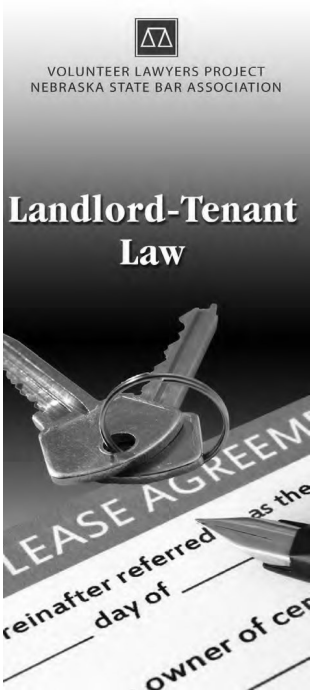
Services: Free meals for children ages 2-18 at income eligible community sites. The program runs from June to mid-August.

****Operating dates and meal times vary by site.**

Parents are encouraged to call the site supervisor at the location they wish their child to attend prior to a child's attendance to confirm this information and allow site staff to have an accurate meal count for the following day.

****See Next Page****

2016 Site Name	Address	Phone
Abbott Sports Complex	7600 No. 70th	402-304-0551
Airpark Recreation Center	3720 NW 46th	402-441-7876
Belmont Community Center	3335 No. 12th	402-477-8855
Belmont Elementary	3425 No. 14th	402-436-1124
Bennett Martin Library	136 South 14th	402-441-8546
Boys & Girls Club	855 So. 8th	402-477-4134
Brownell Elementary	6000 Aylesworth Ave	402-436-1127
Calvert Recreation Center	4500 Stockwell	402-441-8480
Campbell Elementary	2200 Dodge	402-436-1129
Carol Yoakum Family Resource	4621 NW 48th	402-310-3909
Center for People in Need	3901 No. 27th, #1	402-476-4357 x206
Christ United Methodist	4530 A	785-648-0903
Culler Middle	5201 Vine	402-436-1347
Dawes Middle	5130 Colfax	402-436-1232
Don D Sherrill	300 No. 56th	402-436-1924
Eastridge Presbyterian	1135 Eastridge Drive	402-417-4155
Elliott Elementary	225 So. 25th	402-436-1563
Everett Elementary	1123 C	402-436-1159
F Street Community Center	1225 F	402-441-7951
Goodrich Middle	4600 Lewis Ave	402-436-1213
Hartley Elementary	730 No. 33rd	402-436-1139
Holmes Elementary	5230 Sumner	402-580-2168
Huntington Elementary	2900 No. 46th	402-436-1144
Lakeview Elementary	300 Capitol Beach Blvd	402-436-1149
Lincoln Christian Fellowship	4111 NW 44th	402-470-2300
Loren Eiseley Library	1530 Superior	402-441-4250
McPhee Elementary	820 Goodhue Blvd	402-436-1150,#5
Mercy Northglen	3301 Portia	402-435-3035
Mercy Services Corporation	2206 W Q	402-438-0087
Pershing Elementary	6402 Judson	402-436-1160
Peter Pan Park	3200 Y	402-441-4900
Prescott Elementary	1930 So. 20th	402-436-1161
Salvation Army	2625 Potter	402-435-3035
Shamrock Mobile Home Court	2545 Theresa Ct	402-435-3035
The Bay	2005 Y	402-441-4900
Trinity Lutheran	1200 No. 56th	402-540-0439
Willard Community Center	1245 So. Folsom	402-475-0805
Willard Pre-K	1030 West Q	402-525-1556
Yankee Hill	865 W. Burnham	402-436-1927



NEBRASKA
State Bar Association

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The Landlord - Tenant Act

In 1974, the Nebraska Legislature passed the Uniform Residential Landlord and Tenant Act. This law governs oral and written agreements for residential property, and restricts what may be included in a lease. It also defines minimum duties of landlords and tenants. The act does not apply to living arrangements such as occupancy of an institution, a fraternity or sorority, condominium units, premises used primarily for agricultural purposes and temporary occupancy in a hotel or motel. There is also a landlord-tenant act relating to mobile homes, which is not covered in this pamphlet.

What is a lease?
A lease is a contract between a landlord and a tenant, in which the parties agree on terms for renting property. Once the parties enter into a lease, they are usually legally bound by its terms and provisions, as long as these terms are not contrary to the landlord-tenant law.

Rental agreements are sometimes oral rather than written, particularly for situations like the month-to-month rental of an apartment. While an oral lease may be legally binding, it is better to have it in writing so both parties' obligations are clearly spelled out, and misunderstandings are avoided.

What should be included in the lease? The lease should include:
- the address of the property being rented.
- the name and address of the landlord.
- the amount of rent.
- the amount and nature of any deposits required.
- the date rent is to be paid each month.
- the term of the lease (for example, some leases obligate the tenant to rent the property for six months or for a full year, while other leases specify a month-to-month tenancy).
- the notification requirements for ending the lease.

The lease should state who is responsible for paying the various utility bills and may spell out each party's responsibility for caring for the premises. Some leases also state the names or the number of people who may live in the house or apartment.

Many landlords choose to use a form or pre-printed lease agreement. Like any legal document, such an agreement should be reviewed carefully to make certain all relevant provisions are included, and that both parties understand what is being agreed upon. Do not sign a lease with blank spaces, and do not rely on promises made by one party but not included in the lease.

What cannot be included in a lease?
Leases sometimes include clauses which are not legally enforceable (for example, provisions allowing the landlord to take possession of the tenant's property or to lock the tenant out if the tenant fails to pay the rent on time). The fact they are in the lease does not make them legal. In addition, both landlords and tenants may have other rights and obligations not spelled out in the lease. The fact they are not in the lease does not take those rights away.

Some provisions that are prohibited in a lease include:
- Agreements to pay attorney fees
- Waivers of any rights or remedies under the Landlord and Tenant Act
- Confessions of judgment on claims from the rental agreement
- Limits on liability for the landlord's negligence. If you have a question about the provisions of a lease, talk to your attorney before you sign it. If a landlord uses provisions that he/she knows to be prohibited, the tenant may be able to recover actual damages and attorney fees.

What are the landlord's rights? An owner of residential property may rent it on almost any terms and for such legal uses as he or she desires, subject to the restrictions in the landlord-tenant act. If the owner sells the premises, the new owner is bound by the existing lease. The landlord has the right to:
- receive rent and collect damages for misuse or negligent destruction of the property; including damages in excess of the tenant's deposit.
- charge whatever rent the landlord desires (unless your community has rent control laws).
- establish terms and conditions governing the tenant's conduct.

Rules must be applied to all tenants in a fair manner, and notice of those rules must be given to the tenant at the time the lease is signed. Rules adopted after the tenant signs the lease are enforceable if notice is given to the tenant, and if the rule does not substantially change the rental agreement. Rules must promote the appearance, convenience or safety of the property or the welfare of the tenants, preserve the property from abuse, or make a fair distribution of services and facilities for tenants. The landlord's right to establish such rules does not give him or her the right to discriminate against prospective tenants on the basis of such factors as race, religion, or national origin.

What are the tenant's rights?
The tenant may possess the rental property until the lease expires, as long as he or she performs all legal obligations. The tenant may use the property in any lawful way, subject to the restrictions in the lease. The tenant must be given, in writing, the name and address of the property owner and the name and address of any person authorized to manage the premises. This information must be kept current to reflect any changes.

Can the tenant sub-let the property? Unless prohibited by the lease, the tenant may sub-lease residential property. However, leases often prohibit subleasing, or require the landlord's consent to do so. Sub-leasing can cause problems, because the original tenant then becomes both a landlord and a tenant. The original tenant must fulfill his or her obligations under the original lease agreement, even if the property has been sub-let.

When can the landlord enter the property?
The landlord may enter a rental dwelling to inspect the premises, make repairs, supply services or exhibit the property to workers, prospective tenants or purchasers. In such instances, the landlord should give the tenant at

least one day's notice that he or she intends to enter, and should enter only at reasonable times. The landlord may enter without the tenant's consent only if there is an emergency, or if the tenant has abandoned the premises.

The lease may require tenants who intend to be away from their apartment for a period of time more than seven days to notify the landlord of the absence, so the landlord does not assume the property has been abandoned.

Landlord-Tenant Duties

Who must maintain the property?

The Nebraska Landlord-Tenant Act requires landlords to comply with the community's minimum housing codes concerning health and safety. If repairs cannot be negotiated between the landlord and tenant, violations of the housing codes should be reported directly to the local housing office.

If the community does not have a housing code, the law imposes certain minimum responsibilities on the landlord. He or she must make all repairs to keep the premises in a fit and habitable condition; keep the common areas clean and safe; maintain whatever facilities are supplied, such as the furnace, plumbing and elevators; provide garbage cans and supply reasonable heat and hot and cold running water. A landlord and tenant can, under some circumstances, enter into a written contract providing for the tenant to take care of some of these duties, provided the tenant receives some benefit for doing so. But without such a contract, the landlord is responsible. The tenant must comply with all community housing codes. He or she must keep the dwelling unit as clean and safe as conditions permit, dispose of garbage in a clean and safe manner, keep the plumbing clean and use the electrical, plumbing, heating and cooling facilities in a reasonable manner. The tenant may not deliberately or negligently destroy, damage, or remove any part of the premises. The property must be left in as clean a condition, excepting ordinary wear and tear, as it was when the tenancy began. If the tenant independently does repairs, painting or fixing up, he or she usually has no legal claim for reimbursement from the landlord. Finally, tenants and guests must conduct themselves in a manner which will not disturb their neighbors.

May the landlord shut off services?

A landlord may not interrupt electric, gas, water or other essential services to the tenant, nor may he or she attempt to recover possession of a dwelling unit by interrupting such services.

A landlord may not take retaliatory action, such as increasing rent or decreasing services, if a tenant complains to a government agency about the condition of the premises, or organizes or participates in a tenant's group.

Deposits and Rent

Can the landlord require a deposit?

The landlord may require the tenant to pay as much as one month's rent as a security deposit, and as much as one-quarter of one month's rent as a pet deposit. For example, if the rent is $200 per month, the deposit required cannot exceed $200, plus $50 if the tenant has a pet. When the lease ends, the landlord may apply the deposit to unpaid rent and to any damage done to the property. This may include the costs of cleaning the apartment, but it is not intended to cover normal wear and tear.

Upon demand, the tenant has a right to receive, within l4 days, the balance of the deposit and an itemization of any costs paid out of that deposit. (It is best to put the request in writing.) The tenant should give the landlord a forwarding address so the deposit may be refunded.

Many disputes over deposit refunds could be avoided if the tenant would make a list — preferably before moving in, or immediately after moving in — of any existing defects or damage in the apartment. The list should be dated, and if possible signed by the tenant and the landlord, indicating both parties agree on what damage already existed. Both parties should keep a copy of the list. It is also recommended to make a similar list upon moving out to help in settling disputes. Disputes over deposit refunds often must be resolved in small claims court if the parties cannot agree.

When is rent payable?

Rent is payable at the time designated in the lease. The landlord does not need to give any demand or notice for the rent to be paid. If there is no written lease, the rent is due at the beginning of the term. If the term is longer than one month, rent is payable in equal monthly installments at the beginning of the month.

May the landlord lock out a tenant if the rent is not paid?

If the rent is not paid on time, the landlord must follow certain notice requirements as spelled out in the LandlordTenant Act. The landlord must demand in writing that the rent be paid within three days, and that if it is not paid, the rental agreement will be terminated. If the tenant pays within the three days, the landlord may not end the rental agreement.

If the rent is not paid after three days, the landlord may terminate the rental agreement. If the tenant refuses to leave voluntarily, the landlord must file suit to have the tenant evicted. The landlord may not lock out a tenant who has not paid rent, and may not take possession of the tenant's property or remove the tenant's belongings. A court order of eviction is required before a tenant can be forced to move.

Can the landlord raise the rent?

If the landlord and tenant have a written lease specifying the amount of rent, the rent cannot be raised during the term of the lease. In a month-to-month lease, oral or written, the landlord cannot raise the rent without giving the tenant 30-day notice that the rent will be raised on or before a rental payment date, beginning at the next rental payment date or later. For example, if the landlord wishes to raise the rent effective October 1, notice must be given to the tenant on or before September 1.

A provision in the lease allowing the landlord to raise the rent without notice, or with less than 30 days' notice, would be an example of a clause which is unenforceable under the law, even if the tenant agreed to it at the time the lease was signed.

There is no limit under state law on the amount of rent a landlord may charge or the number of times it can be raised, provided proper notice is given. However, if the landlord makes frequent, unreasonable increases in the rent, the tenant may wish to consult a lawyer to see if there are any legal remedies available.

When my rent be withheld?

There are very few circumstances in which a tenant is legally justified in withholding rent. To protect yourself it is best to talk to a lawyer before withholding rent.

The law provides that if the landlord fails to provide essential services such as reasonable heat or running water, the tenant may give written notice to the landlord of the condition, and may arrange for reasonable amounts of

these services and deduct their actual cost from the rent. The tenant may also be entitled to reduced rent during the time these services are not provided, or may find other housing and be excused from paying rent during the time alternate housing was necessary. There are other situations, such as damage by fire or other casualty, in which rent may be reduced or the lease terminated.

Ending a Lease

Is notice required to end a lease?

A month-to-month lease may be terminated by either party giving written notice to the other at least 30 days prior to a rental payment date. The lease would then end on the designated rental payment date. For example: If you rent an apartment on a month-to-month basis, paying rent on the first day of each month, and you wish to move out on October 1, you must give notice on or before September 1. You may not give notice on September 15 that you intend to move on October 15. If you gave notice on September 15, the first day you could move out without penalty would be November 1. Likewise, if the landlord wants you to move out on October 1, he or she must give you notice on or before September 1. Unless the lease states a definite term, a lease is week-to-week in the case of a roomer paying weekly rent, and in all other cases is month-to-month. However, not all leases with monthly payments are month-to-month leases. The lease may be for a set period of time, with special notice required to terminate.

If you have a lease with a fixed term, be sure to read it carefully for any special requirements to terminate the lease. In some cases, the lease will simply end after the six months or one year is up. If the lease does not provide for this, however (and most do not), it will automatically convert to a month-to month tenancy after the term is up. The notice requirements noted above (30 days prior to a rental payment date) would then take effect.

Can the lease be canceled before it expires?

If one of the parties violates important conditions of the lease or of the landlord-tenant law, the lease may be terminated. The lease itself may state certain circumstances under which the tenancy will end.

As previously noted, if the tenant fails to pay the rent, the landlord may notify the tenant the lease will end if the rent is not paid within three days. If a tenant fails to comply with terms and conditions other than the payment of rent, he or she must be given 14 days in which to correct the offending behavior. Similarly, if the tenant believes the landlord is not fulfilling his or her duties under the lease or under the landlord-tenant act, the tenant must give the landlord notice of the problem and l4 days in which to correct it. In either case, the notice may state if the condition is not taken care of within l4 days, the lease will end in not less than 30 days.

In the case of serious violations (such as shutting off utilities or essential services), or repeated violations, either party may choose to end the lease under the provisions of the law. Terminating a lease is a serious matter which may have financial consequences for both parties. Talk to your lawyer before deciding to proceed.

Depending upon the circumstances and the reasons the lease was terminated, either the landlord or the tenant may be able to recover damages and attorney fees as a result of the termination.

Does notice have to be in writing?

In most cases, yes. For example, a notice that rent is past due or that certain repairs are required must be in writing. Notices to terminate the tenancy must be in writing. In some situations, the landlord-tenant law states that “written or actual” notice must be given. In other cases, the law states only that one party must give the

other “notice” before entering the premises (for example, the law says the landlord must give “one day’s notice” to the tenant).

To be on the safe side, and to prevent misunderstandings, it is generally best to put in writing all notices between the landlord and the tenant, and to date the notice and keep a copy. For specific situations, you may wish to consult the landlord-tenant law.

Economic Assistance Program Chart

PROGRAM STANDARDS — **Effective 10-1-2015**

HH SIZE	ADC SON	ADC PAY MAX	AABD SON	Child Care Low Income Family	Child Care Sliding Fee	Child Care Transitional Fee	Emergency Assistance	Energy LIHEAP (Annual)	SNAP 130% FPL MAX GROSS	SNAP MAX NET	SNAP MAX Allotment	SSCF
1	541	298	491				1,000	15,301	1,276	981	194	958
2	667	367	778	1,327.99	1,725.99	2,456	1,233	20,709	1,726	1,328	357	1,293
3	793	436	964	1,673.99	2,175.99	3,097	1,467	26,117	2,177	1,675	511	1,628
4	919	505	1,155	2,020.99	2,626.99	3,739	1,700	31,525	2,628	2,021	649	1,963
5	1045	575	1,346	2,367.99	3,077.99	4,380	1,933	36,933	3,078	2,368	771	2,298
6	1,171	644	1,537	2,713.99	3,527.99	5,021	2,166	42,341	3,529	2,715	925	2,633
7	1,297	713	1,728	3,060.99	3,978.88	5,663	2,399	47,749	3,980	3,061	1,022	2,968
8	1,423	783	1,919	3,407.99	4,429.99	6,304	2,632	53,157	4,430	3,408	1,169	3,303
9	1,549	852	2,110	3,573.99	4,879.99	6,945	2,865	58,565	4,881	3,755	1,315	3,368
10	1,675	921	2,301	4,100.99	5,330.99	7,587	3,098	63,973	5,332	4,102	1,461	3,973
	+126	+69	+191				+233	+5408	+451	+347	+146	+335

RESOURCE LEVELS

ADC	1 person	$4,000	**SNAP**	$2,250
	2 or more	$6,000	HH/at least 1 person	$3,250
AABD Payment	1 person	$2,000	over 60 years or disabled	
	2 person	$3,000	ERP	$25,000
Child Care	2 or more	$6,000		liquid

SNAP DEDUCTIONS:

Standard Deduction			
1-3 - $155	4 - $168	5 - $197	6+ - $226
Maximum Shelter	$504	Telephone Standard	$51
Standard Utility Allowance	$452	Homeless Standard	$143
Limited Utility Allowance	$204		
One Utility Allowance	$39		

AABD Payment

Excess Shelter Limit (DA-4M)	$598	SSI -FBR	1 - $733
Utility Standard (DA-4M)	$447		2-$1,100
Shelter Allowance			
1 $281	Maximum for burial trust		$4,916
2 $349	Max Maintenance Allowance for Ineligible Spouse		$2,981

SSAD	
HH Size	
1	1,123
2	1,260

SSI Referral Level	
HH Size	
1	753
2	1120

MLTC Program Chart 2016 (9-1-16).x