
Center for People in Need's

Complete Guide to Human Services Resources



Center for People in Need

3901 North 27th Street Unit 1
Lincoln, NE 68521

www.centerforpeopleinneed.org
402-476-4357

Updated January 2013

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Need help? Don't know where to start?

By contacting 2-1-1, you can access the following types of services:

- o Basic Human Needs Resources: food banks, clothing closets, shelters, rent assistance, utility assistance.
- o Physical and Mental Health Resources: health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, and rehabilitation.
- o Employment Support: financial assistance, job training, transportation assistance, and education programs.
- o Support for Older Americans and Persons with Disabilities: adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, and homemaker services.
- o Support for Children, Youth and Families: child care, after-school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, and protective services.
- o Volunteer Opportunities and Donations: community involvement, volunteer bureaus, and disaster relief.

The Center for People in Need's Referral and Information
can help you find resources for a variety of needs.

Call: 402-476-4357



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Also Recent Updates and New Materials

Neighborhood FOOD Program



Center For People In Need

Neighborhood FOOD Program

Center for People in Need Neighborhood FOOD distributes food at the following sites on a weekly basis, through collaboration with the Food Bank of Lincoln.

On the first, third, and fifth Tuesdays of each month at:

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

On the second and fourth Tuesday each month at:

2:00-3:00 p.m. **Air Park Rec Center**, 3720 Northwest 46th Street

Every Tuesday

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

Every Thursday

1:00-2:00 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

For more information please call: (402) 476-4357

**Being first in line does not mean you will receive better food, foods with a limited supply will be spread out throughout distribution.



2013 Income Guidelines

Size of Household	Current monthly income
1	\$1436
2	\$1939
3	\$2441
4	\$2944
5	\$3446
6	\$3949

NEIGHBORHOOD FOOD-SAMPLE CALENDAR

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		1	2	3	4	5
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 4:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center, 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.	2:30 - 3: 30 Center for People in Need 3901 N 27th St	
6	7	8	9	10	11	12
		2:00 p.m.-3:00 p.m. Air Park Rec Center 3720 NW 46th St 4:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center, 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.	2:30 - 3: 30 Center for People in Need 3901 N 27th St	
13	14	15	16	17	18	19
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 4:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center, 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.	2:30 - 3: 30 Center for People in Need 3901 N 27th St	
20	21	22	23	24	25	26
		2:00 p.m.-3:00 p.m. Air Park Rec Center 3720 NW 46th St 4:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center, 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.	2:30 - 3: 30 Center for People in Need 3901 N 27th St	
27	28	29	30			

Local Food Programs – Food Net

Foodnet Sites

402-416-6197 | www.foodnetlincoln.org,

Foodnet 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.

Sunday

**3:30 p.m. | Woodlawn Estates Club House | 2720 N 2nd St
(New site beginning 7/22/2012 (N 2nd and Furnas)**

**3:00 p.m. | Good Neighbor Community Center | 26th & Y |
(Steps, NO CHILDREN ALLOWED)**

**3:30 p.m. | Capital View SDA Church | 17th and A |
(Steps, enter from the alley on the north)**

Monday

12:00 p.m. | Lincoln Christian Fellowship | 4111 NW 44th (Airpark) |

5:00 p.m. | Southview Christian Church | 22nd and South streets |


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

**2:30 p.m. | Center for People in Need | 3901 N 27th St. |  2:00 p.m.)
(Door #2, no steps; children allowed in grocery carts; sign in at**

5:30 p.m. | Cristo Rey Catholic Church | 4221 J St. | 

Bring your own bags or box to carry food home

Local Food Programs – Food Net


Thursday

11:00 am | Calvert Rec Center | 4500 Stockwell |

3:30 p.m. | Grace United Methodist Church | 27th and R streets | 
(No steps; NO CHILDREN ALLOWED) |

5:00 p.m. | Lakeview United Methodist Church | 230 Capitol Beach Blvd | 

5:30 p.m. | Seward United Methodist | 1400 N 5th St., Seward |

6:30 p.m. | Calvary United Methodist | 1610 S. 11th (11th and Garfield; steps; elevator) 

Friday


11:30 a.m. | One 80 Church | 29th and O St. |
(Few steps; enter alley off of 29th St.)

12:15 p.m. | Grace Chapel PCA Church | 40th and Sheridan Blvd |

5:30 p.m. | Fire Hall | Milford |

Saturday

10:30 a.m. | First Street Church | 1st and F streets |

11:25 a.m. | 7921 Sandalwood Dr. | Private home in garage |
(alt. Saturdays, 12/1, 12/15, 12/29 | 1/12, 1/26 | 2/9, 2/23 | 3/9, 3/23 | 4/6, 4/20 | 5/4,
5/18 | (NO CHILDREN) 

1:00 p.m. St. | Mary's Catholic Church | 14th & K St. | 

1:00 p.m. | Wanek's Community Center | 14th and Main streets | Crete | 

Federal Food Programs

Food Stamps

1050 N St. | 402-471-7000

Food Stamp eligibility is based on income, family size, household resources and other factors. Households in Nebraska must have incomes below 130% of the poverty guidelines to be eligible, (\$2,422.00 for a family of 4).

Applications may be submitted online at:

www.accessne.gov.

Application assistance and free computer use for online applications are available at the Center for People in Need, 3901 N. 27th St., Unit 1.

Senior Commodity Supplemental Food Program

Indian Center | 1100 Military Road |

402-438-5231

Serves Income-eligible elderly 60 years and older or families with children under 6 and not enrolled in the WIC program. Consists of a monthly food package. Call Monday-Friday 8:00 a.m.-5:00 p.m.

Lincoln-Lancaster County Health Dept.

WIC-Women, Infants and Children

3140 N St. | 402-441-6200

OR Family Service at: 501 S. 7th St. 402-441-8655

WIC is a supplemental nutrition program serving pregnant, breast-feeding, postpartum women, infants and children up to age 5. Eligibility includes incomes up to 185% of the Poverty line (\$41,348 for a family of 4). Monthly WIC vouchers range from \$33-\$122 per month.

Good Neighbor Community Center

2617 Y St. | 402-477-4173

Has a SNAP (Food Stamp) coordinator on site to assist with food stamp eligibility and other government assistance programs. Please call for an appointment with Lori. There is also a computer lab for those who wish to apply online themselves. The lab is open in the afternoons.

Stepping Stones for Families

4600 Valley Road, Room 228

402-488-6511

Can provide WIC for families that qualify

Daily Meals

ActiveAge Centers--Lincoln Area Agency on Aging (Senior Center)

Main Office, 1001 O St. Ste. 101

402-441-7158

Noon meals offered at all ActiveAge Centers (nine in Lincoln and five in Lancaster County) on a donation basis for people age 60 and older. Reservations must be made two working days in advance. Call the main office for locations, times and menus. Other services available.

The Gathering Place | 1448 E St. | 402-476-7398

Free meals served Monday-Friday, 5:00-6:00 p.m.

Free meal, bread, coffee, etc. No ID needed.

Salvation Army Canteen

1448 E St. | 402-474-6263

Dinner served Sunday at 5:00 p.m., October through April only.

Indian Center | 1100 Military Rd. | 402-438-5231

Lunch served Wednesday from 9:00 to 11:00 a.m. and 1:00-3:00 p.m.

Matt Talbot Kitchen and Outreach

2121 N. 27th St. | 402-477-4116

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.

Meals on Wheels-Tabitha

4720 Randolph St. | 402-486-8520

Provides hot noon meals to individuals who are elderly or disabled. Meals are provided regardless of ability to pay on a case-by-case basis.

People's City Mission | 110 Q St. | 402-475-1303

Emergency Shelter provides overnight shelter, three free meals daily.

Meal times for **MEN** are:

Breakfast 5:45 a.m., lunch 12:30 p.m., dinner 6:00 p.m.

Meal times for **SINGLE WOMEN** and **FAMILIES** are:

Breakfast 6:45 a.m., lunch 11:30 a.m., dinner 5:00 p.m.

Food Programs - Weekly

Center for People in Need | Neighborhood Food Tuesday | 1-2 p.m. at F Street Community Center
1225 F Street

Tuesday | 4-6 p.m. Center for People in Need
3901 N. 27th Street

Thursday | 1-2 p.m. | Malone Community Center
2032 U Street

Thursday | 3-4 p.m. | Oak Lake Evangelical Church
3300 N. 1st Street

Friday | 2:30-3:30 | Center for People in Need
Perishable food

Indian Center | 1100 Military Rd. | 402-438-5231
Perishables available Tuesdays at 1:00 p.m. and
Thursdays at 10:00 a.m.

**Northeast Family Center
at Havelock United Methodist Church
4140 N. 60th St. | 402-471-3700**
Tuesdays 4:30-6:00 p.m., perishables and non-
perishables. USDA Commodities are the Fourth Tues-
day of each month.

**People's City Mission Homeless Prevention Center
26th and O St. | 402-475-6888**
Open Monday | 9:00 to 11:30 & 1:30 to 4:00 |
Tuesday | Closed |
Wednesday | 9:00 to 11:30 | open to the public
Wednesday | 4:00 to 6:00 | for the employed and
current college students
{Must bring **current** paystubs, and or school schedule}
Thursday | Closed
Friday | 9:00 to 11:30 & 1:30 to 4:00 pm
Produce: Monday and Friday once a week.
Shopping, Bread, and Meat: Wednesday morning
Emergency services allowed every 2 month
Food boxes available in the am only
Clients are allowed to shop once a week on Wed.

Food Program - Monthly

Indian Center | 1100 Military Rd. | 402-438-5231
Commodity Program for ages 60 and over, age 6 and
under, pregnant women to 12 months after birth.
Forty pounds of food available once a month.

Nebraska Aids Project | 402-476-7000
Help available only for those with AIDS and HIV.

**Family Resource Center | Friends With Food
4621 NW 48th St. | 402-434-2621**
5:00-6:00 p.m. fourth Monday of the month.
No application, but you do sign in.

**Salvation Army
2625 Potter St. | 402-474-6263**
Clients choice shopping
Monday, 1:00-4:00 p.m. and 5:00-8:00 p.m.;
Tuesday-Friday, 1:00-4:00 p.m.
Photo identification and Social Security number re-
quired. Clients are eligible to receive food once a
month.

**Veteran's Center
2202 S. 11th Street, Suite #150 | 402-441-7361**
Services for veterans only.

**Jacob's Well
First Presbyterian Church | 17th and F Street**
Food hand out held on the first and third Saturday
of the month from 10:00-11:30 a.m.
No identification necessary, sign in only.

**Good Neighbor Community Center |
MENA HOPE Project
2617 Y St. | 402-477-4173**
Perishables are available Monday and Wednesday
10 to 2 p.m., limited to one per family every 30
days. Please bring along photo identification, latest
income (SSI proof or pay stub) and current utility
bill.

**Stepping Stones for Families |
4600 Valley Road, Room 228 | 402-488-6511**
Is able to provide Clients with a food package once a
month. Parenting class participants also receive a
food package upon completion of the course.

Local Food Programs - Seasonal

Food Bank Backpack Program

The Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, five 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.

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 Central, Seward, Stromsburg, Syracuse, Utica, Waverly, York.

Summer Food Program

Lincoln Lancaster County Health Dept.

3140 N St. | 441-3889

Call **441-8000** for site information.

Free meals for children age 2-18 at income-eligible community sites. Offered during the summer when reduced fee school lunches are not available. The program runs from the beginning of June to mid-August.

Community Crops

402-474-9802

e-mail: amy@communitycrops.org

Community Crops is a group that manages community garden initiatives in the city of Lincoln. They provide tools (rakes, hoes, shovels, seeds), resources, education and the garden space to grow your own healthy food.

For more information visit their website:

www.communitycrops.org

Senior Farmers Market Coupon Program

Main Office, 1001 O St. Ste. 101

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.

INCOME GUIDELINES:

1 person household annual gross income cannot exceed \$20,035.

2 person household annual gross income cannot exceed \$26,954.

SHARE Lincoln | www.shareiowa.org |

Is a network of non-profit organizations dedicated to providing affordable, quality food packages on a monthly basis.

1. Pick one of the locations listed to pick up your food.
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. So if you call to check on an elderly parent or babysit for grandkids at your house or their house – that counts as volunteering. Baking for a neighbor or folding laundry for a neighbor would also count. Taking someone to the grocery store or to Neighborhood FOOD would count as a volunteer activity. Volunteer two hours per month to qualify, and order as many packages as wanted.

Packages range from \$25.00 to \$13.50. Package menus change monthly. Please call one of the Lincoln contacts or check www.shareiowa.org for package information.

Order Deadlines:	
February 6	August 7
March 6	September 11
April 3	October 9
May 1	November 6
June 5	December 4
July 10	

Northeast SHARE

Contact: **Sharon Doll** | 402-464-3068 |
2909 N. 56th St., Lincoln, NE 68504
 Or **Lois Cook**, | 402-802-2424 |
737 N. 22nd St., Apt 317, Lincoln NE, 68503 |

***You can mail your order in or take it to Clarice Mackey at the Salvation Army located at 27th and Potter streets. Call first and make sure Clarice is there, **402-474-6263**.

****Pickup is at: 7:30-8:15 a.m., Fourth Presbyterian Church, 5200 Francis St.**

2013 Pickup Dates	
February 23	August 24
March 23	September 28
April 20	October 26
May 18	November 23
June 22	December 21
July 27	

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. Dates and locations may be subject to change, so check with your local agency prior to the actual distribution date.

Beatrice monthly mobile pantry.

The Beatrice mobile pantry is held on a Monday once a month. Please check the schedule for specific dates. Distributions are regularly 11:30 am to 1:00 pm 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. | Monday, Jan 9 | Monday, Feb 13 | Monday, Mar 19 | Monday, Apr 16 | Monday, May 14 | Monday, June 18 | Monday, July 16 | Monday, Aug 13 | Monday, Sept 17 | Monday, Oct 15 | Monday, Nov 19 | and Monday, Dec 17.

Catholic Social Services Monthly Mobile Pantry

Ashland. St Mary Parish Hall, 1642 Silver St. (4:00-5:00)
Feb 20 | Apr 23 | Jun 25 | Aug 20 | Oct 22 | Dec 10

Crete. Wanek Community Center, 1400 Main St. (3:00-4:00)
Jan 27 | Mar 30 | May 25 | July 27 | Sept 28 | Nov 16

David City. Knights of Columbus Hall, 517 N. 4th St. (Noon-1:00)
Feb 22 | Apr 25 | Jun 27 | Aug 22 | Oct 24 | Dec 14

Fairbury. 4-H Building, Jefferson County Fairgrounds. (Noon-1:00)
Jan 27 | Mar 30 | May 25 | July 27 | Sept 28 | Nov 16

Falls City. St Peter & Paul Church, 1820 Fulton St. (Noon-1:00)
Jan 23 | Mar 26 | May 21 | July 23 | Sept 24 | Nov 5

Geneva. St Joseph Parish Hall, 831 E St. (2:30-3:30)
Jan 25 | Mar 28 | May 23 | July 25 | Sept 26 | Nov 12

Hebron. Sacred Heart Catholic Church, 436 N. 3rd St. (Noon-1:00)
Jan 25 | Mar 28 | May 23 | July 25 | Sept 26 | Nov 12

Pawnee City. VFW Pawnee City, Hwy 50 & Hwy 8 (3:00-4:00)
Feb 24 | Apr 27 | Jun 29 | Aug 24 | Oct 26 | Dec 21

Seward. St Vincent de Paul, 152 Pinewood Ave. (4:00-5:00)
Feb 22 | Apr 25 | Jun 27 | Aug 22 | Oct 24 | Dec 14

Shelby. Shelby Sacred Heart, 200 S Walnut Street (3:00-4:00)
Feb 22 | Apr 25 | Jun 27 | Aug 22 | Oct 24 | Dec 14

Tecumseh. St Andrews Catholic Church, 179 N. 6th St. (3:30 - 4:30)
Jan 23 | Mar 26 | May 21 | July 23 | Sept 24 | Nov 5

Tecumseh. St Andrews Catholic Church, 179 N. 6th St. (Noon-1:00)
Feb 24 | Apr 27 | Jun 29 | Aug 24 | Oct 26 | Dec 21

Wahoo. National Guard Armory, 338 W. 15th St. (Noon-1:00)
Feb 20 | Apr 23 | June 25 | Aug 20 | Oct 22 | Dec 10

This schedule is subject to change.

Contact your local Catholic Church or community action agency for details.

Or call Catholic Social Services **(402-474-1600)** in Lincoln for the most current information.

Information supplied by the Food Bank of Lincoln
(402-466-8170) www.lincolnfoodbank.org

Rural Food Pantries (Surrounding Lincoln Only)

Ashland	Ashland Food Pantry	VFW Hall, 2202 Dawes	Marie Lutz	944-3489
Ashland	CSS Mobile Pantry	St Mary Parish Hall, 1642 Silver St	Curt Krueger	540-0462
Auburn	CSS Mobile Pantry	St Joseph Catholic Church, 2221 N St	Curt Krueger	540-0462
Auburn	SENCA Nemaha Co	SENCA office, 905 Central Ave	Sasha Rightsel	274-4666
Beatrice	Salvation Army Beatrice	Salvation Army, 120 S. 7th Street	Joshua Stansbury	223-3341
Beatrice	Community Pantry & Emergency	St John Lutheran Church, 701 N 6th St	Lois Kammerlohr	223-5306 x 4
Beatrice	BVCA Gage Co	BVCA office at SECC, 5109 W Scott Rd #402	Donna Leikam	223-6034
Bennet	Mom's Pantry	By appointment only	Lily Chambers	440-2871
Burr	UMCM Burr Pantry	United Methodist Church	Rev Lyn Seiser	788-2847
Cook	Osage St Paul Pantry	St Paul United Church of Christ, 3296 R Road	Emiliee Neeman	335-7332
Crete	BVCA Saline Co	BVCA office, 245 E 9th Street #1	Crystal Alarcon	826-2376
Crete	CSS Mobile Pantry	Wanek Center, 14th St & Main Ave	Curt Krueger	540-0462
Crete	Crete Foodnet	Wanek Center, 14th St & Main Ave	Foodnet help line	416-6197
David City	BVCA Butler Co	BVCA office, 416 E Street	Stephanie Cradick	367-4347
David City	CSS Mobile Pantry	Knights of Columbus Hall, 517 N. 4th	Curt Krueger	540-0462
Denton	Denton Foodnet	Community Center, 7115 Lancaster Ave	Foodnet help line	416-6197
Douglas	UMCM Douglas Pantry	Methodist Church, 245 W 3rd	Rev Lyn Seiser	788-2847
Elmwood	UMCM Elmwood Pantry	Hammonds Funeral Home, 132 N. 4th St.	Linda Blunt	994-3255
Fairbury	BVCA Jefferson Co	BVCA office, 624 5th Street	Ryan Bailey	729-5568
Fairbury	CSS Mobile Pantry	4-H Building, Jefferson County Fairgrounds	Curt Krueger	540-0462
Falls City	SENCA So Richardson Co	SENCA office, Richardson Co Courthouse #103	Jenny Strecker	245-5284
Falls City	CSS Mobile Pantry	Pritchard Auditorium, 312 W 17th St	Curt Krueger	540-0462
Geneva	BVCA Fillmore Co	BVCA office, 130 S. 8th Street	Lisa Epp	759-3564
Geneva	CSS Mobile Pantry	St Joseph Parish Hall, 831 E Street	Curt Krueger	540-0462
Hebron	BVCA Thayer Co	BVCA office, 135 N. 4th Street	Ryan Bailey	768-6704
Hebron	CSS Mobile Pantry	Sacred Heart Catholic Church, 436 N. 3rd	Curt Krueger	474-1600

Rural Food Pantries (Surrounding Lincoln Only)

Hickman	Norris Area Pantry	Lutheran Church, 6901 Panama Rd.	Joann Stofero	792-2901
Humboldt	SENCA No Richardson Co	SENCA Office, 802 4th St	Jenny Strecker	862-2411 x106
Milford	Milford Foodnet	Linden Village Community Bldg	Foodnet help line	416-6197
Nebraska City	Nebraska City Food Pantry	First United Methodist Church, 1023 1st Ave	Keitha Thompson	873-7889
Nebraska City	SENCA Otoe Co	SENCA office, 917 Wildwood Lane	Mary Bennett	873-6459
Osceola	BVCA Polk Co	BVCA office, 440 Nebraska	Cyndi Schultz	747-2102
Panama	UMCM Panama Pantry	Old elementary school	Barb Waline	420-1945
Pawnee City	SENCA Pawnee Co	SENCA office, 549 "F" Street	Terri Brethouwer	852-2208
Plattsmouth	SENCA Cass Co	Methodist Church, 702 Main Street	Jen West	296-4477
Seward	BVCA Seward Co	BVCA office, 105 S. 6th St	Stephanie Cradick	643-6425
Seward	CSS Mobile Pantry	St Vincent de Paul Parish Hall, 152 Pinewood Ave	Curt Krueger	540-0462
Seward	Seward Foodnet	United Methodist Church, 1400 N. 5th	Foodnet help line	416-6197
Stella	Grace Bible Fellowship	Grace Church, 63488 718 Road	Rev Jim Runnels	712-269-9520
Sterling	SENCA Sterling	SENCA office, 455 Lincoln St, Apt 11	Julie Daire	862-5739
Sterling	UMCM Sterling Pantry	Sterling United Methodist Church	Rev Mark Crist	335-7974
Syracuse	Syracuse Area Churches Pantry	Community Center, 303 Railroad Ave	Luther Memorial Church	269-2360
Tecumseh	CSS Mobile Pantry	St Andrews Catholic Church, 179 N 6th	Curt Krueger	540-0462
Tecumseh	SENCA Johnson Co	SENCA office, 172 S 4th St	Terri Brethouwer	335-2134
Wahoo	CSS Mobile Pantry	National Guard Armory, 338 W 15th	Curt Krueger	540-0462
Wahoo	CAP Saunders County	2056 N. Hackberry	Jean Tesinsky	443-4250 x1007
Wahoo	Saunders Co Food Pantry	Wahoo Community Center, 310 N. Linden	Rev Kent Freedman	443-4745
Waverly	Waverly Area Food Pantry	Methodist Church, 14410 Folkestone St	Cherie Crist	786-2625
Wilber	Saline Elder Care	Office, 109 West 3rd	Amy Hansen	821-3330
Wymore	Wymore Food Pantry	101 S. 7th St	Ruby Hardin	645-3818
York	BVCA York Co	BVCA office, 3401 N. Lincoln	Cyndi Schultz	362-3516

Low Income Bus Pass Purchase Locations

Bus Passes are now \$ 8.00 | Handi Van Passes \$16.00 | Summer Youth Passes \$20.00

**CALL TO MAKE SURE PASSES ARE AVAILABLE TO BUY
AT THE FOLLOWING LOCATIONS, DAYS AND TIMES:**

Center For People In Need

3901 N. 27th St. | 402-476-4357

M-F 9:00 a.m.-12:00 p.m., 1:00 - 4:00 p.m.

El Centro de las Americas

2032 U St. | 402-474-3950

M-TH 9:00 a.m.-5:00 p.m.

HUB

835 S. 12th St | 402-471-8515

Wed 1:00-3:00p.m.

Indian Center

1100 Military Rd | 402-438-5231

M-F 10:00 a.m.-5:00 p.m

Northeast YMCA

2601 N. 70th St. | 402-434-9268

M-F 8:00 a.m.-5:00 p.m.

People's City Mission

110 Q St | 402-475-1303

M-F 9:00 a.m.-4:30 p.m.

People's City Mission Homeless Prevention Center

26th and O St | 402-475-6898

M, W, F 9:00-11:30 a.m. & 1:30-4:30 p.m., W 4:00-6:00 p.m. Closed Tues and Thurs.

Carol Yoakum Family Resource Cntr

4621 NW 48th St. | 402-434-2621

M-F 8:00 a.m.-noon & 1:00-5:00 p.m.

Summer Hours: M-F 8:30 a.m.-4:30 p.m.

Community Action Partnership

210 O St. | 402-471-4515

M-T-W-TH 2:00-5:00 p.m.

Community Mental Health Center

2201 S. 17th St. | 402-441-6600

M-F 8:30 a.m.-4:30 p.m.

F Street Community Center

1225 F St. | 402-441-7951

M-F 8 a.m.-8:45 p.m.,

Sat. 9:00 a.m.-4:45 p.m., Sun. 1:00-5:45 p.m.

Good Neighbor Community Center

2617 Y St. | 402-477-4173

M-TH 10:00 a.m.-4:00 p.m.,

F 10:00 a.m.-2:00 p.m.

StarTran

710 J St. | 402-476-1234

M-F 8 a.m. to 4:00 p.m.

Southeast Community College

8800 O St. | 402-437-2564

M-F 8:00 a.m.-5:00 p.m.

Handi-Van passes and Summer Youth Passes (June through August) are also available.

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.

Low income bus passes are for those whose income is under 200% of poverty guidelines.

Emergency Shelters

Friendship Home

PO Box 85358 Lincoln, NE 68501 | 402-437-9302
Shelter for battered women and their children.

People's City Mission

110 Q Street | 402-475-1303

Overnight shelter, three meals a day. Men's shelter serves single men. Family and Women's Shelter serves single women or men with children.

CEDARS Emergency Shelter

6601 Pioneers Blvd., Ste. 1 | 402-436-5437

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; runaway; or short-term respite care.

Non-Emergency Housing

Community Action Partnership | 210 O St. | 402-471-4515

www.communityactionatwork.org

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.

Jonna Court

1240 – 1253 Jonna Court

(Near SW 8th & West A Streets)

Eden Management | **402-489-2333**

Chestnut North Town Homes

1992, 2024, & 2025 North Maple Street, Wahoo, NE
Perry Reid Properties | **402-443-1871**

Homeless Voucher Program

Provides intensive case management services and works in with the Lincoln Housing Authority to secure safe, decent, affordable housing for the homeless. **For more information:** Lee Heflebower, Supportive Housing Administrator

402- 471-4515 ext. 132 |

lheflebower@communityactionatwork.org

Non-Emergency Housing

People's City Mission

110 Q Street | 402-475-1303

Curtis Center Transitional Housing for Homeless

The HIS Center

Esther's Ladder

Family Shelter

Safe Place

City of Lincoln Housing Authority

5700 R St. | 402-434-5500

Federally subsidized housing for low-income families and elderly. Non-subsidized housing also available. Apply at office, no appointment necessary.

Fresh Start

6433 Havelock Avenue | 402-475-7777

Drug and alcohol free transitional living for women 19 and older without custody of their children. Call for more information.

Housing and Urban Development and VA Supportive Housing Program

(HUD-VASH) | 402-489-3802

Program provides Section 8 vouchers for eligible homeless veterans.

National Call Center for Homeless Veterans

Free, 24/7 access to trained counselors. For homeless veterans or veterans at risk of homelessness. The hotline assists homeless Veterans and their families. Call **1-877-4AID VET (877-424-3838)**

Aging Partners | 1005 O St. | 402-441-7070

Listings of subsidized and retirement housing.

CEDARS Bridges Transitional Living Program

6601 Pioneers Blvd., Ste. 1 | 402-890-1263

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.

Assistive Technology Partnership

3901 N 27th St # 5 | 1-877-428-8844

www.housing.ne.gov

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.

Rent and Utilities Assistance

Catholic Social Services

2241 O St | 402-474-1600

Emergency Services Program will provide help with utility bills and rent. It is recommended to contact them early in the week and as soon as possible before the shut off or eviction notice is received because their process takes time. They will call the utility company for the family. They may only help families with children.

Community Action Partnership

210 O St. | 402-471-4515

Community Action Program's Housing and Resource Counseling Program assists families with crisis needs such as rental deposit, past-due rent or utilities. To apply contact LAP to complete an application over the phone or 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

The tenant Support Services program focuses on eviction prevention, landlord & tenant mediation, and information regarding tenant rights and obligations.

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

Department of Health and Human Services

1050 N St. Rm. 250 | 402-471-7000

The Housing Opportunities for Persons with AIDS Program provides different types of rental assistance and supportive services for people living with HIV/AIDS.

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 **800-782-2437 or 402-552-9260**.

St. Vincent de Paul--HELP LINE | 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.

HUD-VASH | 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.

Black Hills Energy (Gas) | 1-800-303-0752

A family receiving a shut-off notice must call Black Hills Energy at once to work out a payment plan. Customer Service is open 24 hours a day, 7 days a week

Lincoln Electric System (LES) | 402-475-4211

LES will send a disconnect notice when a bill is two months past due. The customer has twelve days before the disconnect occurs. If the customer calls LES as soon as they get the notice and makes reasonable arrangements, the service will not be disconnected.

Lincoln Water System | 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.

Department of Health and Human Services

1050 N St. Rm. 250 | 402-471-7000

If a family is on assistance (AFDC/Food Stamps, etc), contact your caseworker who will help them apply for the Low Income Energy Assistance Program. If the family is not on assistance, they should call **402-471-7000** and apply for energy assistance. If energy will soon be shut off, or has been disconnected, HHS will advocate with the energy company immediately and tell them a plan for payment is in progress.

Salvation Army

2625 Potter St. | 402-474-6263

Utility assistance only. Must apply with Health and Human Services' Energy Assistance Program first. Call us for an appointment. Applicant must bring to their appointment: completed application, photo ID, Social Security numbers, and birth dates for each household member, a copy of the utility bill and proof of income. Utility assistance is limited to once a year.

Churches

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

Home Buying, Mortgage Assistance Home Weatherization, and Repair

Community Action Partnership

210 O St. | 402-471-4515

Assists low to moderate income families in securing safe and affordable housing.

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.

NeighborWorks® Lincoln

2121 N. 27th St. | 402-477-7181

Homebuyer education classes, mortgage counseling and assistance, and foreclosure prevention. Call for more information.

Urban Development

808 P St. Ste. 400 | 402-441-7864

Housing rehab assistance in Lincoln for low and moderate income homeowners and investor owners 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 Neighborhoods Inc. 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 | 402-484-7200

Education and counseling for home buying and mortgage delinquency, assistance with avoiding foreclosure. HUD approved counseling service.

Community Action Partnership

210 O St. | 402-471-4515

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 the federal poverty guidelines and the home cannot have been previously weatherized after Oct. 1, 1994.

USDA Rural Development - Lincoln

100 Centennial Mall North | 402-437-5551

Located in the Federal Bldg. Provides loans and grants for home ownership in rural areas.

1-800-670-6553

Aging Partners Home Handyman Program

1005 O St. | 402-441-7070

Exists to help older adults live independently in an adequate and safe environment. 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, re-decorating or complete exterior painting. Office hours are from 8:00 a.m.— Noon and 1:00-3:30 p.m. Monday through Friday.

Voice mail is available after 3:30 p.m. and on holidays.

Home Doctor | Jay Vanis | 402-419-6953

May be able to assist with light repairs, call for details and pricing.

Financial Assistance

Consumer Credit Counseling Center

1001 S. 70th St. Ste. 200 | 402-484-7200

Provides financial counseling and budget planning. No fee for budget service, minimal fee for other services.

Community Action Partnership

210 O St. | 402-471-4515

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 \$ saved.

Participants must be income-eligible and must save for at least 6 months.

Money Management Education

The financial literacy program seeks to help clients develop financial skills including budgeting, saving, and credit management.

Veterans Assistance

Lincoln Regional VA Office

3800 Village Dr. | 1-800-827-1000

People's City Mission

110 Q Street | 402-475-1303

The Mission has set aside a minimum of 30 beds in the Curtis Center transitional housing program for veterans, provides access to mental health counseling, a range of classes and addiction groups, VA advocates, and transportation to and from the VA for services provided there.

Housing and Urban Development and VA Supportive Housing Program

(HUD-VASH) | 402-489-3802

HUD and VA's Supported Housing program provides Section 8 vouchers for eligible homeless veterans.

National Call Center for Homeless Veterans

Homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community. To be connected with trained VA staff member call

1-877-4AID VET (877-424-3838)

Social Security

Social Security Office

100 Centennial Mall North Ste. 240 | 866-593-2880

Provides assistance in starting the SSI process.

Online services: www.socialsecurity.gov

Apply for retirement benefits; apply for disability benefits; change address, phone number if you receive benefits; replace Medicare card; apply for Medicare extra help; apply for direct deposit.

Automated telephone services: 1-800-772-1213

Change of address, phone number; replace Medicare card; direct deposit; proof of your benefit amount.

Community Action Partnership

210 O St. | 402-471-4515

Payee Program

Provides financial case management for individuals receiving Social Security Income, Social Security Disability Income, or other Social Security payments. The Payee program is open to all Social Security recipients who are required to have a payee.

General Assistance

Lancaster County General Assistance Fund

2202 S. 11th Suite 150 | 402-441-3095

Services for qualified residents of Lancaster County.

Applicants must have been denied services from state Department of Health and Human Services.

Center for People in Need

3901 N. 27th St | 402-476-4357

Health Hub Direct Line | 402-817-0808

The Health Hub can assist clients in starting the GA process.

Nebraska Dept. of Health and Human Services

Emergency Cash Assistance Program to Needy Families with Children | Department of Health and Human Services | 402-471-7000

This program provides a means to deal with financial situations that are threatening the health or well being of an eligible child and family. This fund is for the very low income facing an emergency situation.

Clothing

The Barnabas Project | 931 Saunders Ave.
No cost clothing. Open Saturday 9:00 a.m.-3:00 p.m.

**Capitol City Christian Church
Clothing Exchange and Distribution
7800 Holdrege | 402-467-4458**
Free clothing third Saturday of each month 9:00 a.m.-12:00 p.m.

**Catholic Social Services
2201 O St. | 402-474-1600**
Half price clothing available during the first week of the month at the St. Louise Thrift Shop.

**The Daisy
6433 Havelock Ave. | 402-475-7777**
Features quality women's clothing priced between \$1-\$5. Items sold in the Daisy include women's clothing, accessories and small household items.
Open Friday and Saturday 10 a.m.-4 p.m.

**Esther's Closet
Havelock United Methodist Church
4140 N. 60th Street | 402-466-6736**
Gives away 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.

**Good Neighbor Community Center
MENA HOPE Project
2617 Y Street | 402-477-4173**
Appointments needed, call first. Begin taking calls at 9:00 a.m. May pick up once every two months. First time must complete application, proof of income, and a utility bill if you have one. Every household can apply for a client card.

**Lincoln Berean Church
70th & Hwy 2 | 402-483-6512**
Clothing Exchange is the second Tuesday of every month from 1:00-7:00 p.m.

**Salvation Army Canteen | The Gathering Place
1448 E St. | 402-474-6263**
Provides winter outerwear and blankets October through April, Saturdays 5pm.

**Once Upon a Child
2711 S. 48th | 402-464-4443**
Low cost name brand children's clothing

**Macie's Place
2601 N. 47th St. | 402-601-1773 www.maciesplace.org**
Family Resource Center and Thrift Shop. All clothing and shoes \$1 each.

**Matt Talbot Kitchen and Outreach
2121 N. 27th St. | 402-477-4116**

**Northwest Lincoln Church of Christ
3110 N. 1st St. | 402-475-3313**
Free clothing, shoes and totes given out on the first Saturday of the month from 9:00 a.m.-noon. Emergency clothing as needed.

**People's City Mission
Homeless Prevention Center
26th and O St | 402-475-6888**
Hours| 9:00-11:30 a.m. general public. Wednesday 4:00 - 6:00 p.m. Students and employed.
Requires proof of income and ID for each member of the household. May shop the clothing and furniture **once a week on Wednesday only**
Closed Tuesdays and Thursdays

**Salvation Army Thrift Store
4690 Leighton Ave. | 402- 474-4747**
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 | Helpline 402-435-7968
2215 O St. | Outreach Line 402-438-3135**
Emergency needs only.

**YWCA Job Outfitters
1432 N Street | 402-434-3494 ext. 135**
Free business clothing. Call for appointment.

**Newman Warren Parish United Methodist Church
The Purple Peacock Community Clothing Closet
2640 R Street**
Free clothing, shoes , accessories and linens.
Mon - 1:00- 4:00 | Wed 9:30 - 12:00 | Thur 6:00 - 8:00 | Fri 11:00 - 4:00 |
3rd Sat of every month 9:00 - 11:00

Other

Furniture

People's City Mission Homeless Prevention Center **26th and O St. | 402-475-6888**

Hours | 9:00-11:30 a.m. | 1:30-4:00 p.m. M-W-F |
Wednesdays 4:00 to 6:00 p.m. for current college students or the employed. {must bring current paystub or school schedule}

Requires proof of income and ID for each member of the household. Clients may shop on Wednesday only.

Salvation Army **2625 Potter St. | 402-474-6263**

Vouchers are given only in emergencies: flood, fire, tornado, etc. Low cost furniture, clothing and household goods are available at the thrift stores, **4690 Leighton Ave., 466-5052, and 1126 N. 27th St., 474-5913**. Low cost furniture, clothing, household goods.

St. Vincent de Paul | 2215 O St. **Helpline | 402-435-7968** **Outreach Line 402-438-3135**

Open Tuesdays and Thursdays from 9:00 a.m.-noon;
Thursdays from 5:00-7:00 p.m.; and Saturdays from 9:00-noon. Emergency needs only.

Pet Information

Coalition for Pet Protection | 402-434-7922

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 | 402-817-1168

Pet Food Bank-pet food available one time per month. You may apply for more than one pet at that time. Must complete a required application and agreement, and present a driver's license or ID when accepting pet food.
Call or go to www.lincolnanimalambassadors.org for more information.

Capital Humane Society | 402-441-4488

Diapers

Diaper Heaven | 733 S 13th St

Free diapers available in all sizes. Open Mondays 11:00 a.m.-5:00 p.m.

Good Neighbor Community Center **2617 Y St. | 402-477-4173**

Diaper Club: Mothers with children 2 years old and younger can receive 12 diapers (or more depending on availability) every month.

NOTE: No appointment is needed for diapers.

Salvation Army | 2625 Potter St. | 402-474-6263

Diaper Depot - Families with children ages 2 and under are eligible to receive diapers, once every two months (60 days) . Diapers are not usually available on a same-day basis. Diapers may be picked up within one to two business days.

Auto Repair

Charity Auto | 6141 N 14th | 402-477-3550

Charity Auto will do light repairs for a suggested donation of \$20. Bring in the parts for simple repair work. 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.

Thomas Auto Repair & Services

2100 Cornhusker Hwy | 402-770-1037

May be able to assist with low cost repairs, towing, and lock services. Call to check on pricing and services.

Telephone Assistance

Nebraska Telephone Assistance Program **402-471-3101**

If you are receiving any state assistance you may be eligible to apply for the Nebraska Telephone Assistance Program. www.psc.nebraska.gov

Matt Talbot Kitchen and Outreach

2121 N. 27th St. | 402-477-4116

Offers telephone and a mailing address for those who are homeless.

Other

Immigration & Refugee Services

**The following agencies serve the
Immigrant and Refugee community in Lincoln.**

Center for People in Need

3901 N 27th | 402-476-4357

Citizenship classes, ESL Classes, GED, and food assistance.
Job training for qualifying individuals.

Lincoln Literacy Council | 745 S. 9th St. | 402-476-7323

Provides ESL programs, citizenship preparation classes.

Asian Community Center | 2635 O St. | 402-477-3446

Citizenship classes, ESL classes, and translation services.

Good Neighbors Community Center

2617 Y St. | 402-477-4173

Citizenship, ESL, GED, computer classes, food, and
clothing programs.

Refugee Action Network

1701 S. 17th Suite 1G | 402-477-0476

Translation services, youth mentoring, and Legal Aid referral programs.

Lutheran Family Services of Nebraska Inc.

2032 U St. | 402-474-3950

Provides assistance with refugee resettlement.

Migrant Education Program

1-800-234-8848

Darlene Rodriguez | 402-942-3188

Migrant workers, farm workers, or any worker in the agricultural business can call to see if they qualify for assistance.

Community Crops | 402-474-9802

www.communitycrops.org

Manages community garden initiatives in the city of Lincoln. They provide tools (rakes, hoes, shovels, seeds), resources, education and the garden space to grow your own healthy food.

Southeast Community College | 8800 O Street

402-437-2700

Citizenship classes, ESL and Vocational ESL classes, GED preparation classes and interpreter training classes.

Immigration & Refugee Services

Lincoln Public Schools | 402-436-1994

If you are or are the parent of a child that is: homeless, a refugee, an immigrant, a migrant worker, Native American, African American, a teen parent, a system involved youth, living at or below the poverty line, in search of a mentor and/or in search of quality after school services please call **Joshua Cramer, supervisor of Federal Programs at Lincoln Public Schools** to inquire about the availability of services.

Prisoner Re-entry

Bridges to Hope | 3107 S 6th St | 402-420-5696

Free clothing and household goods for former offenders for up to 18 months after release. Community information and referral focused on re-entry after incarceration.

House for New Life

4504 Holdrege St. | 402-466-6080

A therapeutic Christian based transitional living facility for ex-offenders, focusing on sex offenders.

Released and Restored

P O Box 94633 | 402-806-0565

Assists ex-offenders in their efforts to leave a life of crime behind. Offers life skills classes, support groups, mentor programs, and employment resources.

Nebraska Aftercare In Action | 308-381-8231

PO Box 5122 | Grand Island, NE | 68802

www.aftercareinaction.com.

Applicants are matched with a team volunteers for up to a year.

Community Justice Center

1010 N St. | 402-429-1050

Offers offenders crime victim impact classes, job search classes for ex-offenders

Legal Aid of Nebraska Virtual Self Help Center

The Virtual Self Help Center is designed to assist clients in matters of divorce, Motions to Set Aside a Conviction, Motion for a Protection or Harassment Order, and Durable Power of Attorney. It provides access to forms needed and instructions.

<http://www.legalaidofnebraska.com/VirtualSHCL>

Vital Records

1033 O St., Suite 130 | 402-471-2871

Birth, marriage, death and divorce certificates for events occurring in Nebraska.

Other

Prisoner Re-entry

Nebraska Board of Pardons

Folsom Street and West Prospector, Build # 1
402-471-2156 | 402-479-5726

Remits fines and forfeitures. Grant respites, reprieves, pardons and commutations in all cases of conviction for offenses against the laws of the State of Nebraska, except for treason and impeachment.

Fans

The Center for People in Need | 402-476-4357 Provides fans during the Neighborhood Food Distribution. Summer months only.

The Salvation Army | 402-474-6263 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. | 402-438-5231
Summer Fan Distribution Program

Child Care

Community Action Partnership | 210 O St. | 402-471-4515
Head Start & Early Head Start

Head Start/ Early Head Start are child development programs that serve low-income families.

Head Start Child Development Center

Serves 75 Head Start and Early Head Start children with educational child care at no cost to eligible families.

Department of Health and Human Services
1050 N St. Rm. 250 | 402-471-7000

DHHS can provide a listing of registered child development centers.

Out of School Program

Malone Community Center | 2032 U St. | 402-474-1110
Call for information.

YWCA Lincoln | 1432 N Street | 402-434-3494
www.ywcalincoln.org

Take a Break (TAB) offers a break to any parent or guardian of children 6 weeks to 10 years. Generous sliding scale fee.

CEDARS Northbridge Early Childhood Development Center
1533 N 27th | 402-437-8999

CEDARS Carol Yoakum Early Childhood Development Center
4621 NW 48th St | 402-437-8923

Provides early care for children ages six weeks to five years with an emphasis on individualized lesson plans and care to meet each child's specific needs. Title XX accepted.

Bicycle

Bike Kitchen | 1720 S 15th St | 402-937-1478 |
12-4 Sundays | 5-9 Mondays

Earn a free bike by volunteering at the Bike Kitchen. Accepts bike donations in all conditions. Do it yourself bike shop for repairs, used parts, tubes and tires are available in exchange for time or financial donation.

Laundry Vouchers

The Salvation Army | 402-474-6263 Can provide a voucher to a local Laundromat to qualified individuals.

Matt Talbots Kitchen and Outreach | 402-477-4116
Provides showers and laundry services for the homeless, M-F only.

Smoke Alarms

Fire Station Main Office | 246 S 14th St | 402-471-2027

May be available at no charge at the Fire Station nearest to your home.

Volunteering Resources

www.volunteerpartners.org | 402-435-2100

Comprehensive site listing volunteering opportunities throughout the community.

Transportation Vouchers

Matt Talbot Kitchen & Outreach
2121 N. 27th St. | 402-477-4116

Gasoline vouchers are available the beginning of each month. Must have proof of insurance a valid driver's license, and current registration.

Homeless Identification Program

Matt Talbots Kitchen and Outreach
2121 N. 27th St. | 402-477-4116

May be able to assist homeless obtain birth certificates and NE state ID's. Call for more information.

GED

Southeast Community College
8800 O Street | 402-471-3333

Offers GED courses. Interested individuals must go to the college to register. Registration is \$20. Courses are offered at Energy Square in the Gold's Building, Saratoga Elementary School, Good Neighbor's Community Center, and the Center for People in Need.
Call 1-800-642-4075 for more information.

Bed Bugs

Facts About Bed Bugs

- Only feed on humans or pets.
- Are able to live one year without food.
- Have heat sensors and smell carbon dioxide. (when a person exhales) to find food.
- Do not fly or jump, rather they relocate by clinging to a person then falling off.
- Mature in 37 days.
- Females lay 5 eggs or more a day.
- Population doubles every 16 days.
- Can live in / on a mattress, box springs, furniture, baseboards, and flooring.
- Die at 114 degrees.
- Bedbugs are reddish brown, oval and flat, about the size of an apple seed.
- **The Center for People in Need** can supply information on bed bugs including instructional videos in 4 languages including Karen, Spanish, Arabic, and English.



Magnified image of an adult bed bug.

What are the symptoms and signs of bed bug bites?

Bed bugs bite and suck blood from humans. They are most active at night and bite any exposed areas of skin while an individual is sleeping. The face, neck, hands, and arms are common sites for bed bug bites. The bite itself is painless and is not noticed. Small, flat, or raised bumps on the skin are the most common sign. Redness, swelling, and itching commonly occur. If scratched, the bite areas can become infected. A peculiarity of bed bug bites is the tendency to find several bites lined up in a row. Infectious-disease specialists refer to this as the "breakfast, lunch, and dinner" sign, signifying the sequential feeding that occurs from site to site. They leave odors, and also may leave dark fecal spots on bed sheets and around their hiding places (in crevices or protected areas around the bed or anywhere in the room).

Treatment

1. It is not necessary to throw out a bed. Instead use bed bug mattress encasements. Vinyl mattress covers are NOT effective in protecting against bed bugs. If the bed needs to be thrown out, destroy it so no one else picks it up off the street.
2. Remember: bed bugs live where they find food easily. If someone sleeps on the couch the bed bugs will live in the couch. Also, if someone sleeps on the floor, bed bugs have full access to the person to feed on.
3. Use a bed frame to get the bed off of the floor, this decreases access to the person sleeping in the bed.
4. Place each leg of the bed frame into a container with a small amount of diatomaceous earth. Diatomaceous earth kills bed bugs and is non-toxic to humans and pets. It is a white powder and can be found at garden and pet centers and is affordable.
5. Wash bedding regularly.
6. Move bed away from walls.
7. Do not use a dust ruffle.
8. Vacuum bed, bed frame, furniture, and carpet daily, if not more. An infestation of bed bugs can be eliminated by vacuuming diligently.
9. If possible, remove everything from the bedroom but the bed, this will decrease areas where bed bugs can hide and reproduce.
10. Wash and dry all clothing. Soap and heat (114 degrees) kills bed bugs.

Bud bug mattress encasements are expensive but necessary. If only one can be purchased at a time, the box springs should be the first to be encased. The mattress can be vacuumed easily, whereas the box springs has many hiding places for bed bugs where they can easily access their food and hide.

Jason Anderson at Arrow Pest Control is able to provide encasements at a lower price than retail. He can be reached at **402-435-3747** or janderson@arrowpestneb.com
www.arrowpestneb.com



Legal Information

ACLU-American Civil Liberties Union

941 "O" Street, Suite 706 | 402-476-8091

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 Elderlaw Program

1005 O St. | 402-441-7070

Legal information and referral services to persons 60+.

Child Support Enforcement

233 S 10th St | 402-441-8715 | 1-877-631-9973

Information regarding establishing child support orders or paternity, locating parents, enforcing or modifying orders.

The Civil Clinical Law Program | 402-472-3271

University of Nebraska Law College

172 Welpton Court Room

42nd & Fair St

law.unl.edu/clinic.html

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 Assistance

3047 N. 70th St. | 402-471-1777

Provides assistance with filing request and appeals with the UL 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.

Lincoln Commission on Human Rights

440 S 8th St Ste 101 | 402-441-7624

Receive and investigates complaints of discrimination due to race, color, sex, national origin, disabilities, religion, age, family status, marital status in housing, employment and public accommodations.

Nebraska Appleseed Center for Law

941 O St # 920 | 402-438-8853

Provides information on the rights of welfare recipients.

Nebraska State Bar Association

Volunteer Lawyers Project

PO Box 81809 Lincoln, NE 68501 | 402-475-7091

Will help low-income people with family law cases if they meet criteria. **FREE** brochures on basic rights are available.

Victim-Witness Unit—LPD | 402-441-7181

Information, assistance and crisis intervention for victims of crime.

Voices of Hope | 2545 N Street | 402-476-2110

Will assist with protection orders, legal advocacy and lawyer referrals for victims of domestic violence, sexual assault and incest.

The Mediation Center

610 J St # 100 | 402-441-5740

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.

Legal Aid of Nebraska

941 O St # 825 | ACCESS LINE | 877-250-2016

Office: 402-435-2161

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 Tue. 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

The Virtual Self Help Center is designed to assist clients in matters of divorce, Motions to Set Aside a Conviction, Motion for a Protection or Harassment Order, and Durable Power of Attorney. It provides access to forms needed and instructions.

<http://www.legalaidofnebraska.com/VirtualSHCL>

Career and Education Assistance

Center for People in Need

3901 N. 27th St. | 402-476-4357

For information call Liz at ext 247

New Opportunities Child Care Project

This program that teaches Refugees, Immigrants and low income individuals to become licensed child care providers while, assisting them with the support services to reduce barriers to training and to improve their chances of success. Participants receive training on child care and nutrition standards, curriculum development, business planning, prevention and control of infectious diseases, CPR and first aid. Training is 8 weeks and offered in Arabic, Karen and English.

Job Training

Program provides training for low income individuals, immigrants and refugees. Programs include janitorial, receptionist, retail, food service, warehouse, and forklift training. The program currently accepts referrals from ResCare, Vocational Rehabilitation, Lutheran Family Services, and Catholic Social Services.

Citizenship Class

Class teaches and prepares students for their citizenship test.

Community Justice Center

1010 N St. | 402-429-1050

Offers offenders crime victim impact classes and job search classes for ex-offenders.

Vocational Rehabilitation

3901 N 27th St # 6 | 402-471-3231

Having problems preparing for, getting, or keeping a job because of a disability? Vocational Rehabilitation might be able to help with career assessment and counseling, job training, job placement assistance, and job site modifications and devices.

YWCA | 1432 N St. | 402-434-3494

Job Outfitters is a community resource for low-income women who are actively seeking employment or are working.

One Stop Career Center | Workforce Development

**1010 N. St. | Suite 150 | 402-441-7111
402-441-4924**

Internet access, job search assistance, skills assessments, 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 to layoffs or business closings.

ESL Classes (English as Second Language)

Center for People in Need

3901 N. 27th St. | 402-476-4357

Offers beginning to advanced ESL classes daily.

The registration for the classes is Mon-Fri 3:00 - 5:00 PM.

For information call **Ziyad at 402-476-4357 ext 200.**

Southeast Community College

8800 O Street | 402-471-3333

Basic, intermediate, advanced and Vocational ESL classes offered. Basic and Vocational ESL classes are free. Registration is \$20. Call **1-800-642-4075** for more information.

Good Neighbor Community Center

2617 Y Street | 402-477-4173

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

Community Action Partnership

210 O St. | 402-471-4515

Lincoln Literacy Council

745 S. 9th St. | 402-476-7323

Volunteer teachers help people to understand, speak, read, and write English.

Computer Classes

Center For People in Need

3901 N. 27th St. | 402-476-4357 x 140

The Center's computer lab is open to the public M, W, TH, F 8-5 pm., and Tuesday 8-8 pm.

Computer classes are Tuesday at 6:30 p.m.

Good Neighbor Community Center

2617 Y Street | 402-477-4173

Has a computer lab, and offers an introduction to computer classes. Clients can use computers to do job searches and work on computer skills.

Please call for available times

Community Action Partnership

210 O St. | 402-471-4515

Computer Learning Lab

Offers classes including Keyboarding, Microsoft Windows and Office applications, and resume building.

El Centro De Las Americas

2615 O St. | 402-474-3950

Offers computer classes so clients can more easily search for jobs and network in the community.

Senior Resources

Aging Partners | 1005 O St. | 402-441-7158

Senior Centers

Asian Senior Center

2615 O St.

402-441-7849

Thursdays

9:00 a.m.-1:00 p.m.

Downtown Senior Center

1005 O St.

402-441-7990

Monday-Friday

9:00 a.m.-4:00 p.m.

Lake Street Senior Center

2400 S. 11th St.

402-441-7157

Monday-Friday

8:00 a.m.-3:00 p.m.

Maxey Senior Center

2032 U St.

402-441-7849

Wed. & Fri.

9:00 a.m.-1:00 p.m.

Belmont Senior Center

1234 Judson St.

402-441-7990

Mon., Tues., Thurs.

9 a.m.-1 p.m.

Saturday

9:00 a.m.-1:00 p.m.

Northeast Senior Center

6310 Platte Ave.

402-441-7151

Monday-Friday

8:00 a.m.-3:00

Health and Fitness

233 S. 10th St. Suite 101 | 402-441-7575

Weekdays 8:00 a.m.-4:00 p.m.

\$10 monthly suggested donation for ages 60 and older, \$15 monthly suggested donation for 60 and under. Certified personal trainers are available on Tuesdays and Thursdays 9:30-11:00 a.m. and 12:30-2:00 p.m. or by appointment. Free and low-cost classes on health issues are held on a regular basis. Call for more information.

Senior Farmers Market Coupon Program

**Main Office | 1001 O St. Ste. 101 | 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.

Senior Centers are community meeting places for activities and information about healthy, 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.

Transportation | 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 proceeding week which days you will need transportation.

Food Program

Nutritious lunches are served at the Senior Centers. Call the senior center of your choice 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 events 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.

INCOME GUIDELINES:

1 person household annual gross income cannot exceed \$20,035.

2 person household annual gross income cannot exceed \$26,954.1

Bus Passes | Star Tran | 402-476-1234

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.

Bus Passes for those whose income is under 200% of poverty guidelines.

Legal Aid of Nebraska

Office: **402-435-2161**

ACCESS LINE | **877-250-2016**

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

Health Hub

Health Hub

Center for People in Need

3901 N. 27th St., Unit 1

402-476-4357

402-817-0808

Lincoln, NE 68521



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 (CHE) and the Catholic Health Initiative (CHI). Community partners include the Lancaster County Medical Society, People's Health Center, the Lincoln-Lancaster County Health Department, Clinic with a Heart, People's City Mission, ED Connection and Matt Talbot Kitchen and Outreach.



Center
for
People
in
Need

Free Medical Care

Clinic With a Heart

1701 S. 17th St., Lower Level

402-421-2924

There will be no clinic on major holidays.

All clinics are free, walk-in (no appointments). Patients are seen on a first-come, first-served basis. Patients under the age of 19 must be accompanied by a parent or legal guardian. Clinics run from **5:30-7:00 p.m.**

See schedule of services below.

- **1st Tuesday of each month, services:** Medical, Dental | OMALiNK will providing free rides home on this night starting at 6:30 (Lincoln Only)
- **1st Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments.
- **2nd Tuesday of each month, services:** Medical, Dental.
- **2nd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **3rd Tuesday of each month, services:** Medical, Dental, Vision.
- **3rd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Hearing Screenings
- **4th Tuesday of each month, services:** Medical, Dental, Cardio-Vascular Screenings OMALiNK will provide free rides starting at 6:30 pm (Lincoln Only)
- **4th Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **5th Tuesday of each month, services:** Medical, Dental.
- **5th Thursday of each month, services:** Medical, Physical Therapy.

People's City Mission Medical Clinic

402-817-0980 | 110 Q St.

Behind the PCM shelter.

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 to noon and 1:00-5:00 p.m. Fridays 1:00 p.m. to 4 p.m.

*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.

2012 Income Guidelines				
200% of Federal Poverty Level				
Family Size	Annual Income	Monthly	Weekly	Hourly (40 hrs/ wk)
1	22,340	1,862	430	10.75
2	30,260	2,522	582	14.55
3	38,180	3,182	734	18.35
4	46,100	3,842	887	22.18
5	54,020	4,502	1,039	25.98
6	61,940	5,162	1,191	29.78
7	69,860	5,822	1,343	33.58
8	77,780	6,482	1,496	37.40
Each person	7,640	637	147	3.68

Eye Exams // Screenings

Clinic with a Heart

1701 S. 17th St., Lower Level | 402-421-2924

Third Tuesday of the month, 5:30 -7:00 p.m.

People's City Mission Medical Clinic

110 Q St. | 402-817-0980

Behind the PCM shelter.

Call for vision appointments

Matt Talbot Kitchen & Outreach

2121 N. 27th St. | 402-477-4116

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. The only requirement is that you have no insurance and are low income.

Call Sara for more information and to sign up for a screening.

EyeCare America | 877-887-6327

www.eyecareamerica.org

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 (by age, race, and family history) 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.

Free Nursing Care

Aging Partners

Downtown Senior Center

1005 O St. | 402-441-7575

Nursing Clinic for those 60 and older, no appointments necessary. Please bring a list of your prescriptions and over-the-counter medications. Contributions appreciated. Call **402-441-6687** for transportation and **402-441-7154** for lunch (two days in advance).

Matt Talbot Kitchen & Outreach

2121 N. 27th St. | 402-477-4116

Third Wednesday of the month from 12:30pm - 2:00pm (staffed by Clinic with a Heart).

Gathering Place | 1448 E St. | 402-476-1398

Fourth Tuesday of the month from 3:00-5:00 p.m. Sept. to May only.

Glasses

Payless Optical Outlet | 6900 O St. Suite 121 | 402-466-3544

Mon, Wed, Fri, 10:00 a.m.-6:00 p.m.,

Sat, 10:00 a.m.-5:30 p.m.

Closed Sun and Thurs.

Basic single lens glasses are \$39.95 (includes lens and frames) for both children and adult glasses.

Lined bifocals are \$89.95 (includes lens and frames).

No line bifocals are \$109.95 (includes lens and frames).

Eye exams available for \$40.00, available on Mon. and Tues.

Payment is due at the time of service.

Heartland Optical | 650 N. 27th St. | 402-476-3311

Basic single lens glasses including frames are approximately \$110. Other prices are reasonable depending on your choices.

General Health Care

Community Health Services/Health Department
402-441-8065

Programs:

441-8065 | 3140 N St. | Area Served — Lancaster County

Presumptive Eligibility Medicaid for Pregnant Women

By appointment only

Monday - Wednesday, 8:00 a.m. - 3:30 p.m.

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.

WIC Program | 402-441-6200

Monday, Tuesday, Wednesday, and Friday, 8 a.m.-4:30 p.m.; Thursday, 8:00 a.m.-5:30 p.m.

Provides food, education, referrals, and breastfeeding support for women, infants, and children with a medical risk. Services are available for women who are pregnant, breastfeeding, or have just given birth, and for infants and children up to 5 years of age who meet the income guidelines.

Childhood Vaccines | 402-441-8065

Monday, Tuesday, Wednesday, and Friday 8:00 a.m.-3:30 p.m., Thursday 8:00-5:00. Available **by appointment only** with no proof of income required. Bring immunization record. If you can't pay you won't be turned away but you will be asked to make payments. \$13.50 for one shot, \$10.50 for each additional vaccine, and \$5 for each copy of vaccine record.

Sexually Transmitted Infection Testing

No appointment necessary

Tuesdays 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m. Fee is \$60, but they will work with you if you can't pay.

HIV Clinic

No appointment necessary

Thursday, 3:30 - 4:30 p.m.

General Assistance Medical Clinic

By appointment only

Medical Centers

People's Health Center

1021 N. 27th St. | 402-476-1455

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 the **Health Hub at 402-817-0808** for a referral.

Provides affordable, comprehensive primary health care especially for those with limited resources. Services include general physical exams, immunizations, dental, pharmacy, HIV/STD testing, translation, mental health on a referral basis, and a physician house call program for chronically ill homebound elderly.

Nebraska Urban Indian Health Coalition

2331 Fairfield St. | 402-434-7177

Provides primary health care clinics to serve the needs of Native Americans and others within the service area. Provided care is culturally and linguistically appropriate for the patients served. Services are available to both the insured and uninsured. Most insurance is accepted including Medicaid and Medicare. Uninsured patients are charged on a sliding scale at affordable prices. Services are provided to patients based on an established clinical schedule and emergency 24-hour on-call system.

Flu Immunization Clinics

Lincoln-Lancaster County Health Department

3140 N St. | 402-441-8065

By appointment only

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.

Matt Talbot Kitchen & Outreach

2121 N. 27th St. | 402-477-4116

Nurses provide flu and other immunizations during the winter months.

Aging Partners | Downtown Senior Center

1005 O St. (Lower Level) | 402-441-7575

Call for more information on immunizations clinics. Please bring your Medicare Part B Card or it will be \$25.

Foot Care Clinic

Matt Talbot Kitchen & Outreach

2121 N. 27th St. | 402-477-4116

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).

Cancer Assistance

Nebraska Colon Cancer Screening Program

301 Centennial Mall South | 1-800-532-2227

Screening tests help find pre-cancerous growths (called polyps) so they can be removed before they turn into cancer. 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

Colon cancer screening for women and men (Age 50+)

Every Woman Matters | 402-471-0929

301 Centennial Mall South, third floor

Breast Cancer Screening

People's Health Center

1021 N. 27th St. | 402-476-1455

Every third Tuesday of the month, 5:30 - 7:00 p.m.

Prostate Cancer Screening

People's Health Center

1021 N. 27th St. | 402-476-1455

Every third Tuesday of the month, 5:30 - 7:00 p.m.

American Cancer Society | 24 hour hotline

1-800-227-2345

www.cancer.org/index

Comprehensive resource for assistance in finding information in your area in regard to any and all types of cancer.

Prescriptions

Medication Assistance Program of Lincoln **4600 Valley Rd. Suite 250 | 402-483-4800**

Call for details and an appointment. 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 a year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program. An \$8 first-time fee is charged to cover postage and handling but can be waived depending on individual circumstances.

LancasterRx **Prescription Discount Card**

Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at **Center for People in Need office at 3901 N. 27th St.***

Drug Assistance Programs

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 or 1-800-762-4636

Answers 4 Families

www.answers4families.org

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 eldercare, then click on the AskRx icon.

Eli Lilly

www.lillytruassist.com or 1-855-559-8783

Eli Lilly one of the largest pharmaceutical companies in the world, has a variety of patient assistance programs. If you are uninsured or underinsured and would like more facts about Eli Lilly's patient assistance programs, visit the website or call toll-free at **1-855-559-8783**.

General eligibility guidelines are: U.S. citizen, Medicare enrolled seniors, and persons with disabilities, no other prescription drug coverage.

To qualify, your total yearly income cannot exceed \$33,000 for single person, \$45,000 for a household of two.

GlaxoSmithKline

us.gsk.com/index.html

If you search the site for "US patient assistance programs" the site will direct you to GlaxoSmithKline's medication assistance programs.

EyeCare America | 1-877-887-6327

www.eyecareamerica.org/eyecare/care/med-assist.cfm

Web site has a comprehensive list of prescriptions and where to obtain assistance.

Together Rx Access

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 individuals 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.

Reproductive Health

Family Health Services Inc.

630 North Cotner Boulevard | 402-466-1012
Lovesafely.com

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.

Community Health Services/Health Department **3140 N St. | 402-441-8065 |**

<http://www.lincoln.ne.gov/city/health/>
Sexually Transmitted Infection Testing

No appointment necessary

Tuesday 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m.

Fee is \$60, but they will work with you if you can't pay.

Women's Health

Every Woman Matters | 402-471-0929 **301 Centennial Mall South, third floor**

Every Woman Matters is a program that can help women get their annual health check-ups free. The program is for women 40 through 64 years of age who have no health insurance, Medicaid or Medicare, and have a low to medium income.

If you qualify, the follow services are free:

- Clinical breast exam
- Education regarding monthly breast self exam
- Pap test and pelvic exam
- Mammogram
- Blood pressure screening
- Blood glucose screening
- Cholesterol screening

If you are under 40 and need a breast biopsy, or if you have had an abnormal Pap test, please contact us at **1-800-532-2227**.

www.hhss.ne.gov/hew/owh/ewm

Women's Health

Birthright, Inc

5625 O St. Suite | 402-466-2609

24 hour toll free hotline | 1-800-550-4900

Free pregnancy tests, resources, and confidential.

Catholic Social Services

2241 O Street | 402-474-1600

Pregnancy services, counseling for those facing an unplanned pregnancy, parenting and adoption planning.

Healthy Mother, Healthy Babies

402-471-2907 | Helps pregnant women with no insurance who need medical care.

Lincoln Crisis Pregnancy Center

4247 O St. | 402-483-4247

Pregnancy tests, confidential counseling.

Lincoln/Lancaster County Health Dept

3140 N St. | 402-441-8065

Pregnancy testing by appointment, health and parenting information, referrals to health care providers.

Lutheran Family Services

2900 O St. Suite 200 | 402-435-2910

Unplanned pregnancy counseling, adoption program.

People's Health Center

1021 N. 27th St. | 402-476-1455

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 the

Health Hub at 402-817-0808 for a referral.

Planned Parenthood

5631 S. 48th Street, Suite 100 | 1-877-811-

7526 | Offers services to women on a sliding scale fee.

Women's Health

Stepping Stones for Families

4600 Valley Road, Room 228 | 402-488-6511

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.

Senior Health Services and Classes

LIFE (Lincoln Information for Elderly)

402-441-7070

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 | 402-420-2540

Resources, referrals and support.

Senior Companion Program

402-441-7070

Trained volunteers provide companionship for homebound elderly and respite for caregivers without charge to adults.

Harvest Project

402-441-7070

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.

Senior Health Services and Classes

Aging Partners

(Formerly Lincoln Area Agency on Aging)

402-441-7575

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

Yoga and Stress Management for Caregivers

This gentle class is designed for caregivers and others over age 60. Classes include stress management tips, sharing of ideas, and gentle yoga postures and breathing. **Free.** Donations accepted. Call for more information.

Living a Healthy Life with Chronic Conditions

This six-week series provides valuable tools that enable participants to live healthier lives. This is for anyone with a chronic conditions such as diabetes, arthritis, high blood pressure, COPD, depression or, heart disease. Each participant receives an easy-to-follow book that outlines day-to-day management techniques and a relaxation CD. Caregivers of people with chronic illnesses can benefit from taking the course as well. Suggested contribution: \$10. Call for more information.

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

Fit to Care

402-441-7575

Caregivers 60 and older in Lancaster County who take care of parents, spouses or grandchildren are welcome to receive support from Aging Partners. Caregivers may choose from a variety of free services.

Health & Fitness Center

233 S. 10th St. | 402-441-7575

Open Monday-Friday, 8 a.m.-4 p.m. Certified personal trainers available on Tuesday and Thursday by appointment. The suggested contribution is \$10 per month for those over 60, \$15 per month for those under 60.

Medicare Assistance

Medicare Rights Center (MRC)
1-800-333-4114

www.medicarerights.org

MRC is a not-for-profit organization dedicated to ensuring that older adults and people with disabilities get good, affordable health care. Medicare offers no prescription drug coverage. MRC has put together a resource list of discount drug programs that could help save on prescription costs.

Medicaid

Department of Health and Human Services
1050 N St. 2nd Floor | 402-471-7700

Medicaid provides health care services to eligible elderly and disabled individuals and eligible low-income pregnant women, children, and parents. Administers non-institutional home and community based services for individuals qualified for Medicaid waivers, the aged, adults and children with disabilities, and infants and toddlers with special needs.

The Nebraska Medicaid Program pays for covered medical services for those persons who are unable to afford to pay for medically necessary services and who meet certain eligibility requirements.

To apply for medical assistance, an application must be completed and given to the Nebraska Department of Health & Human Services, or you can fill out an application online at: **<http://dhhs.ne.gov>**.

The Center for People in Need can assist individuals needing to apply for Medicaid or Nebraska Kids Connection. Call **402-476-4358** for more information.

Comprehensive Health Insurance

The Nebraska Comprehensive Health Insurance Pool (NECHIP) provides health insurance to Nebraska residents who are unable to obtain it at an affordable price or without restrictions because of a medical condition. Blue Cross and Blue Shield of Nebraska administers the plan. **This is not free health care coverage.** The program is designed for those who have been turned down for regular insurance due to medical reasons, can only get limited health care coverage elsewhere, or have only been offered health insurance that has a premium higher than what is available through NECHIP. For more information call toll free **1-877-348-4304** or visit their website at **www.nechip.com**.

Kids Connection

Kids Connection

Dept. of Health and Human Services
1050 N St. 2nd Floor | 402-471-7715

Kids Connection is Nebraska's Medicaid Managed Care health insurance program for children. Provides all the medical services you need. You'll have one doctor, your Primary Care Physician (PCP), who will coordinate all your health care needs.

If you are covered under a mandated eligibility category (including Aid for Dependent Children, Medical Assistance for Children, Aid to the Aged, Blind and Disabled, or State Wards), by law, you must enroll in Nebraska Health Connection/Kids Connection. *If you choose not to select your doctor and health plan, they will be chosen for you.*

What's covered under Kids Connection? You'll receive the same basic benefits as regular Medicaid. Everything covered under regular Medicaid is covered under Nebraska Health Connection/Kids Connection. There is no premium or co-pay for Kids Connection. Families at or below 200% of poverty level are eligible.

How do I enroll my children in Kids Connection?

Call **402-471-7700** to speak to someone at the Department of Health and Human Services to find out if your children qualify and to get an application. You can fill out an application online at:

www.dhhs.ne.gov.

Disability Assistance

Lincoln-Lancaster County Health Department Early Development Services Coordination 3140 N St. | 402-441-6710

Call for appointment. Eligible families are those with infants or toddlers below age 3 who have a disability. The program is designed to help families coordinate services to meet the developmental, educational, financial, health care, child care, and respite care services needed by the child and the family.

Nebraska Childfind | 3901 N. 27th St. Suite 5 | 402-471-0734 *childfind.ne.gov/*

Information regarding special education and referrals for children and young adults with disabilities from ages birth to 21.

League of Human Dignity | 1701 P St. | 402-441-7871 *www.leagueofhumandignity.com*

Independent living services for those with disabilities. Includes information and referral; counseling; training; assistance with finding accessible housing; financial benefits counseling; home modification; equipment sales, repair, loan, and rental.

Nebraska Assistive Technology Partnership 3901 N. 27th St., Suite 5 | 402-471-0734 *www.atp.ne.gov*

Information on obtaining assistive devices, such as wheelchairs, scooters, bathing aids, communication devices, stair and bath lifts. Will assist those who qualify with finding funding assistance to pay for home modifications that have become necessary due to disability. Such home modification include ramps, lifts, grab bars, voice activated phones and many others. Will also help find affordable housing for those who need to move into an accessible home.

Nebraska Commission for the Deaf and Hard of Hearing 4600 Valley Road, Suite 420 | 402-471-3593 *www.ncdhh.ne.gov*

Call for appointment. For people with hearing loss or deafness.

1. Referral for hearing loss issues and programs.
2. Equipment loan programs (decoders for TV, TTY phone equipment, amplified headsets and two hearing aid banks).
3. Maintain an inventory of services available to meet the needs of the hearing impaired and assist them in securing these services.
4. Provide reconditioned hearing aids to persons who need them and meet age and financial guidelines. Income guidelines are 185% of poverty level.
5. Sign language interpreter referral service and advocacy for deaf and hard of hearing individuals.

Talking Book and Braille Service 1200 N St. Suite 120 | 402-471-4038 *nlc.nebraska.gov/tbbs*

Provides free books and magazines on tape and in Braille to individuals with visual, physical, or reading disability which limits the use of regular print.

Christian Record Services for the Blind 4444 S. 52nd St. | 402-488-0981 *www.christianrecord.org*

Free Braille, cassettes, large print books and magazines. Free blind camps.

Commission for the Blind and Visually Impaired 4600 Valley Road Suite 100 | 402-471-2891

Vocational rehabilitation and counseling. Vocational training includes counseling, job matching, custom training to your skills, assistive technology, independent living, and job placement. All services are free.

Nebraska Dept. of Health and Human Services Developmental Disabilities | 402-471-4400 Information, referral, and services.

Medical Transportation

Nebraska AIDS project

1921 South 17th Street | 402-476-7000

www.nap.org

Provides transport for ambulatory patients to medical appointments. Available: 8:30 a.m.-5:00 p.m., Monday-Friday. No cost for any HIV or AIDS positive patient.

Veterans Administration

402-486-7842

Provides transportation to the Veterans Administration Medical Center only. Wheelchair accessible. Available: 8:00 a.m.-1:00 p.m. Monday-Friday. No cost to veterans.

Nebraska Urban Indian Health Coalition

2331 Fairfield St # 1 | 402-440-7040

www.nuihc.com

For Native Americans with no other transportation to medical/dental appointments in service area. Call 24 hours in advance.

Prince of the Road Transportation

**4138 South 89th Street, Omaha, NE 68127
(888) 452-3194**

Provides non-emergency transportation services 24 hours a day, 7 days a week with adequate notice. Passenger transportation services for individuals, groups, school children, and wheelchairs, for Nebraska and surrounding states. Cost is \$19.69 for a one way trip. Distance transport is \$1.50 per mile.

***Please note that Prince of the road is unable to provide point to point within Lancaster county. They are also unable to provide Lincoln to Omaha city limits. They are able to pick up individuals in Lancaster and deliver to all other surrounding areas including outside Omaha city limits, and within the state.

Madonna Community Transportation

402-483-9456

Transport Plus 402-730-7303

Community Medical Transportation provides accessible and affordable transportation to medical services for the elderly and disabled. Because of financial support from Lincoln, Lancaster County, United Way, and others routine trips in Lincoln are \$15 each way. Ongoing trips to medical services in Lincoln are \$8 each way. Ongoing trips are defined as trips for dialysis, chemotherapy, physical therapy, etc. when the medical service is scheduled for six weeks or more and at least two times per week.

StarTran

402-441-7109

StarTran riders must meet ADA requirements determined by registration with League of Human Dignity. Provides transportation within the city limits. Wheelchair accessible. Available 6:00 a.m.- 6:30 p.m. Monday-Friday, 6:30 a.m.- 6:00 p.m. Saturday, closed on Sunday. Cost: \$3.00 each way. Must call one week in advance.

American Cancer Society

402-423-4888

American Cancer Society provides transportation for ambulatory cancer patients to medical appointments within city limits. A three day notice is preferred. Available 8:30 a.m.-4:30 p.m. Monday-Friday. No cost.

Lancaster County Rural Transit

402-441-7031

People are picked up in rural Lancaster County and brought into Lincoln. Return time is set. Wheelchair accessible. Available 8:00 a.m.-3:30 p.m. Monday-Thursday. Cost: \$2.00 each way.

Medical Supplies

AT4ALL

3901 N. 27th St., Suite 5 | 402-471-1301

A division of Nebraska Assistive Technology Partnership, AT4ALL is a website in which assistive technology equipment is listed for demonstration, short term loan, or for free in a recycling program for disabled individuals. Equipment available through AT4ALL includes walkers, wheelchairs and scooters; personal care items; items for vision and hearing impairments; hospital beds; adapted vehicles; adaptive computer devices and software; ergonomic tables and keyboards; and more. The website is www.at4all.com.

Mobility Options

1720 O St. | 402-441-7871

A division of the League of Human Dignity, Mobility Options sells and services wheelchairs, scooters, lift chairs, lifts, vans, ramps, home and building modifications, bath and shower modifications (including grab bars and benches). Wheelchair and other equipment rental available for low cost. There is a \$5 one time fee for loaned items such as crutches, walkers etc. Wheelchairs can be rented for \$25 a month. Medicare and Medicaid is accepted and other financing is available for low-income individuals to pay for disability modifications.

Jencyn Medical

5521 Shady Creek Ct. | 402-476-5222

A full-service healthcare provider focusing on diabetic patient needs and pain relief offering a variety of specialized products including back braces and aqua therapy for pain relief, and TENS and EMS electrotherapy for pain relief or rehab, supplies and testing materials. Diabetic patients will benefit from a foot care program which includes the best selection of therapeutic footwear in the area, specialty socks designed to keep diabetic feet dry and comfortable, as well as the only FDA-approved foot treatment cream proven to heal dry, cracked skin and relieve the pain, burning and itching of neuropathy. Shoes and custom inserts. Also assistance for men living with incontinence. Medicare, Medicaid and payment plans available. Call or visit online at www.JencynMedical.com to find out more.

Abuse / Neglect Assistance

Child and Adult/Elder Abuse Reporting Hotline

Toll Free 1-800-652-1999

TDD 402-471-9570

Child Advocacy Center

5025 Garland St. | 402-476-3200

www.smvoices.org

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 | 402-437-9302

www.friendshiphome.org

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 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.

Non-emergency | 402-476-2110

Crisis Line | 402-475-7273

www.voicesofhopelincn.org

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-Friday and until 7:00 p.m. Wednesdays. Support groups help adult victims of relationship violence, sexual assault, and incest. Assistance filling out protection order applications.

YWCA Lincoln | 1432 N Street | 402-434-3494

www.ywcalincn.org

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.

Mental Health/Counseling

Affinity Community Counseling

2610 W. M Ct. | 402-325-8555

www.affinitycommunitycounseling.com/Home.html

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.

Catholic Social Services

2241 O St. | 402-474-1600

Individual, child, family, and grief counseling on sliding scale fee.

Associates in Counseling and Treatment

2110 S. 38th St. | 402-261-6667

www.actnebraska.com

Individual mental health counseling for adults and adolescents, marriage, family counseling, anger management, domestic violence, and co-occurring substance abuse. All services are on a sliding scale fee available for those who qualify. Call for appointment. Medicaid not accepted, insurance accepted.

BryanLGH Medical Center West

2300 S. 16th St. | 402-481-5991

Outpatient, inpatient, partial hospitalization, and therapy groups. Emergency mental health care available. Medicaid accepted.

Cedars Youth Services

6601 Pioneers Blvd. | 402-434-5437

www.cedars-kids.org

Outpatient and in home. Residential treatment for girls ages 12-18. Emergency shelter and residential care for ages birth to 18. Sliding scale fee and Medicaid accepted.

Matt Talbot Kitchen & Outreach

2121 N. 27th St | 402-477-4116

Representatives from Centerpointe are on site to screen for the S.O.A.R program on the first Thursday of the month from 11-12:30 p.m.

Community Mental Health Center

2201 S. 17th St. | 402-441-7940

Sliding scale fees

Call for more information as needed.

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 provide 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.

Midtown Center: 402-441-8150. Day rehabilitation program for people challenged by the symptoms of a severe mental illness.

Crisis Center: | 402-441-8276 | 24/7 |

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.

Families Inspiring Families

1645 N St., Suite A | 402-441-4369 or

402-441-4374

Families Inspiring Families holds monthly family support education group meetings for families raising youth 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. All meetings are 6:00-8:00 p.m. Supervised child activities. Call for meeting times and location.

Veteran's Outreach Center

3119 O St. | 402-476-9736

Referral and counseling for Vietnam era veterans and families. Free services.

Mental Health/Counseling

Family and Youth Investment (FYI)

1645 N St. | 402-441-4343

www.region5systems.net/fyi

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 behavioral 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 and Support

2202 S. 11th St., second floor | 402-441-3805

www.healthyfamiliesproject.info/index.htm

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. | 402-441-7929

www.familyservicelincn.org/index.php

Offers an array of prevention and intervention programs designed to support and strengthen the healthy development of all family members.

Child Guidance Center

2444 O St. | 402-475-7666

www.child-guidance.org

Outpatient mental health clinic for children, adolescents, and families. Groups available for incest/sexual abuse.

Residential adolescent program for qualified 12-18 year olds. Sliding scale fee, Medicaid, and insurance accepted.

Call for appointment.

Behaven Kids | 1145 High Street | 402-423-6464

www.behavenkids.com

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 behaviors 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.

Lutheran Family Services

2900 O St. | 402-435-2909

Provides Behavioral Health Services that focus on the needs of those who have experienced trauma, including outpatient mental health treatment, substance abuse/addictions treatment, 24/7 urgent care and emergency and community support services; also treatment and therapeutic support for active military, veterans and their families.

Lancaster County Community

Mental Health Center

Midtown Center | 2966 O St. | 402-441-8150

Midtown Center is a day rehabilitation program for people with severe mental illness. Structured work related rehabilitative services are provided to those who are motivated to improve their level of functioning. Transportation to doctor's appointments available.

Omni Behavioral Health

2300 S. 13th St. | 402-474-3322

www.omnibehavioralhealth.com

Outpatient treatment for children and adults, specializing in home based therapy. Community treatment aide services. Sliding scale fee and Medicaid accepted.

UNL Psychological Consultation Center

325 Burnett Hall, UNL | 402-472-2351

www.psychology.unl.edu/pcc/home

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 evaluation, consultation, and referral services.

Hours: Monday through Thursday from 9 am to 9 pm and Friday from 9 am to 5 pm. The office is closed between 12 pm and 1 pm each day.

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 that are accepted include cash and check. Credit and debit cards are not accepted.

Substance Abuse

Al-Anon and Alateen | 402-477-9662

www.nebr-al-anon-alateen.org/default.aspx

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 | 402-438-5214

Nebraska Area 41 Hotline: 1-877-226-3632

www.lincaa.org

24 hour hotline. Call to talk to a volunteer or to find out meeting times.

Antlers Substance Program

402-434-3965

This program offers inpatient, outpatient, and intensive substance counseling. An alcohol and drug evaluation is required before acceptance into the program.

Associates in Counseling and Treatment

2110 S. 38th St. | 402-261-6667

www.actnebraska.com

Substance abuse evaluation and treatment for adolescents, adults, and their families. Dual diagnosis counseling available. All services are on a sliding scale fee for those who qualify.

Centerpointe

1000 S 13th St | 402-475-8717

www.centerpointe.org

Specializes in treatment for people who have co-occurring substance use and mental health problems. Residential and outpatient for adults. Sliding scale and Medicaid accepted.

Touchstone | 2633 P St. | 402-474-4343

Short term residential drug and alcohol treatment for adults. Sliding scale fees. Medicaid, and insurance accepted.

Vet Center | 3119 O St. Suite A | 402-476-9736

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.

Cornhusker Place | 721 K St. | 402-477-3951

www.cornhuskerplace.org

Short term and intermediate residential treatment for men only. Intensive outpatient, detoxification, and respite is available for the entire community.

First Step Recovery and Wellness Center

210 Gateway, Suite 342 | 402-434-2730

www.firststeprecovery.com

Substance abuse evaluations and outpatient treatment on a sliding scale fee. Call for initial evaluation. Special programs for women's needs.

Independence Center (BryanLGH Medical Center)

1650 Lake St. | 402-481-5268

www.bryanlgh.com/IndependenceCenter

Hospital based substance abuse facility. Substance abuse evaluation and treatment for adults, youth, and their families. Offers detoxification, inpatient, residential, and partial care services, 24-hour information, and crisis assistance. Medicaid for youth under 20.

Stepping Stones for Families

4600 Valley Road, Room 228 | 402-488-6511

Alcohol and drug evaluations, referrals for treatment, services for persons on waiting lists for other agencies. Outpatient counseling and treatment, relapse prevention. Also, services for dual diagnoses (mental health and alcohol and / or drug addiction).

Gambling Addiction Assistance

Choices Inc. | 127 S. 37th St. Suite B
24 hour hotline: 402-476-2300

www.choicestreatmentcenter.com

Free gambling addiction evaluations. Treatment for individuals and family members. Individual and group counseling on sliding fee scale. Offers a women's specific program, anger management, and couples counseling.

First Step Recovery and Wellness Center
210 Gateway, Suite 342 | 402-434-2730

www.firststeprecovery.com

Free evaluation. Treatment for individuals and family members on a sliding scale fee.

Lincoln Gamblers Anonymous
24 hour hotline | 402-473-7933

www.gamblersanonymous.org

Lincoln meeting schedule:

Monday and Tuesday at 7:30 p.m.,

Saturday at 10:00 a.m.

BryanLGH Medical Center East Plaza, 1500 S. 48th St.
Classrooms 1-A and 1-B

Lutheran Family Services
2900 O St. | 402-435-2909

www.lfsneb.org

Uses a combination of different types of therapy to effectively help with gambling addiction.

Halfway Houses & Transition Houses

Fresh Start Home

6433 Havelock Ave. | 402-475-7777

www.freshstarhome.org

Provides transitional housing, case management, and living skills for women without children.

House for New Life

4505 Holdrege St. | 402-466-6080

A therapeutic Christian-based transitional living facility for ex-offenders, focusing on sex offenders.

House of Hope

1124 N. Cotner Blvd. | 402-435-3165

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.

The Rainier House

1700 S. 24th St. | 402-435-2273

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 Dr. | 402-441-3768

Residential/outpatient rehabilitation for women 19 years or older. Must be referred after primary treatment. Sliding scale fee.

New Way Home

402-540-5001

Provides a sober living environment for both men and women who are recovering alcoholics and drug addicts. There must be a three month commitment, attend AA / NA at least three times per week, and must be employed within two weeks.

Community Centers & Services

Catholic Social Services

2041 O St. | 402-474-1600

Offering services for the homeless, food pantry, clothing at thrift store.

Community Action Partnership

210 O St. | 402-471-4515

Emergency Services

The Emergency Services Program provides emergency assistance with past due rent, utility bills, and deposits. Households must complete an application over the phone or in person to be eligible.

Department of Health and Human Services

1050 N St. Rm. 250 | 402-471-7000

Provides food stamps, ADC, energy assistance, rent assistance, and protective services.

Family Service | 510 S. 7th St. | 402-441-7949

Provides food supplement program and childcare food supplement program, WIC services, before and after school program. Offers counseling services for children within Lincoln Public Schools.

Good Neighbor Community Center

2617 Y Street | 402-477-4173

Provides emergency food and clothing.

Malone Community Center

2032 U St. | 402-474-1110

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.

The Salvation Army | 2625 Potter St. | 474-6263

Vouchers are given only in emergencies: flood, fire, tornado, etc.

CEDARS Northbridge Community Center

1533 N 27th | 402-437-8999

Offers room rental for the community.

CEDARS Street Outreach Services 6601 Pioneers Blvd., Ste. 1 | 402-436-5437

CEDARS Street Outreach Services (SOS) provides street-based assistance to runaway, homeless and at-risk youth in Lincoln, offers support homeless youth as they work to leave the streets for safe shelter. SOS offers crisis intervention, access to CEDARS 24-hour emergency shelter, food, transportation, and personal hygiene items.

Indian Center | 1100 Military Rd. | 402-438-5231

Provides youth and family service programs. Workforce Investment Act programs for Natives in need of job placement, counseling, 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 persons of all ethnic groups. AA Meetings are held Monday-Friday from 5pm-6pm

Northeast Family Center

6220 Logan St. | 402-471-3700

Provides summer day camp and after school program for school age children

Veterans Hospital Mental Health Center

600 S. 70th St. | 402-489-3802

Evaluations, outpatient and after care substance abuse programs for veterans, medical detox, men's anger group, also assistance for post-traumatic stress.

YWCA (Parent Center) | 1432 N St. | 402-434-3494

Helping empower women and girls and create community. Programs include: SMART Girls Club, Job Outfitters, Take a Break, En Pointe Dance Academy, Fostering Dreams.

El Centro de las Americas | 2615 O St. | 402-474-3950

Provides food pantry, English and Spanish classes, interpreters and citizenship classes. For AA meetings call **402-475-2694**.

Matt Talbot Kitchen and Outreach

2121 N. 27th St. | 402-477-4116

Serves the homeless and near homeless men, women, and children. Provides meals twice daily. Services also include education, outreach, substance abuse classes, and evaluations, and client advocacy

Lincoln Parks and Recreation Centers:

Ager Indoor Play Center

1300 S. 27th St. | 402-441-6788 (info)

Air Park West Recreation Center

3720 N.W. 46th St. | 402-441-7876

Belmont Recreation Center

1234 Judson St. | 402-441-6789

Calvert Recreation Center

4500 Stockwell St. | 402-441-8480

Easterday Recreation Center

6130 Adams St. | 402-441-7901

F Street Community Center

1225 F St. | 402-441-7951

Irving Recreation Center

2010 Van Dorn St. | 402-441-7954

Emergency Numbers

In Case of Emergency Dial 911

Fire | Ambulance | Police

NON- Emergency (24 hours/day) 402-441-6000

Poison Center

Children's Memorial Hospital

(toll free)1-800-222-1222

24-Hour Personal Crisis Numbers

Rape / Spouse Abuse402-475-7273

24 Hour1-800-523-3666

Child & Adult / Elder Abuse

Reporting Hotline1-800-652-1999

State Patrol

Emergency Highway Help Line

(Toll free)1-800-525-5555

Road Conditions 511

Non-Emergency Calls - Lincoln402-471-4545

Lancaster Co. / City of Lincoln

Information/Switchboard402-441-7171

Crisis Lines / Suicide / Mental Health

Lancaster Co. Mental Health Center402-441-7940

Animal Abuse

Break the Link402-441-0212

Animal Control402-441-8626

HIV/AIDS

NE Hotline1-800-782-2437

Youth/Family Crisis

Cedars Youth Services V/TDD402-437-8888

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ABOUT

The Homeless Prevention Center is located at 26th and O Street Lincoln, Nebraska. The Prevention Center makes items such as food, clothing, personal care needs, furniture and household goods available at no charge to the poor and near homeless.

Homeless Prevention Center Hours:

For Shopping

Monday | 9:00 am to 11:30 and 1:30 to 4:00 pm

Tuesday | Closed

Wednesday | 9:00 to 11:30

| Open to the Public

Wednesday | 4:00 to 6:00

| For employed persons and college students.

Must bring a **current** paycheck stub/ college class schedule

Shopping | Bread | Meat | Wednesday mornings

Produce | Monday and Friday | from 1:30 to 3:00 (one time a week per client)

Thursday | Closed

Friday | 9:00 am to 11:30 and 1:30 to 4:00

Emergency services are allowed every 2 months per household | Diapers, Personal Care Packages

Food boxes only in the mornings | No food boxes in the pm due to high volume of clients

For Receiving Donations | Monday-Saturday | 8:00am- 5:30pm | Sunday | Noon-5:30pm

Furniture Pick Up Line | 402.475.6892

The Prevention Center also makes clothing and shoes available to homeless guests staying at the Mission.

In 2011, the Mission distributed 1,080,000 pounds of food (bread, produce, fresh meat and canned goods); 436,107 articles of clothing; 10,609 pieces of furniture; and 460,233 household items. These efforts helped over 20,000 unduplicated Lancaster County residents. That's 10% of the Lincoln population!

Many of the people coming to the Prevention Center are living at or below the poverty line. They include people who are unemployed or under-employed, physically and mentally handicapped, refugees, struggling with affordable housing, and/or unable to earn a living wage. We estimate that 12 to 15% of our city's population is living in poverty.

Blessed Mother Teresa Sandwich Program | 2215 O St

Free Sandwiches are served daily at the St. Vincent de Paul building (next to the St. Louise Gift & Thrift store)

Sandwiches are served Monday - Friday from 11:00 am to 1:00 pm

One Sandwich per person per day.

The Access to Justice Self Help Center (A2J) is a **walk-in self-help center** that provides legal guidance and resources to people who are representing themselves in court.

All services are free of charge.

- Services are for Nebraskans living at 125% or below the federal poverty guidelines.
- Clients must be U.S. citizens.
- Legal Aid attorneys do not provide court representation to A2J Center clients. However, attorneys and paralegals will help with legal advice and brief service.
- Staff will provide one-on-one assistance, information on what to expect during court proceedings, and will review completed court forms to ensure accuracy before entering court.

The A2J Center also provides guidance through self-help clinics on a variety of legal subjects. Check legalaiddofnebraska.com to see if a clinic will be held soon related to a specific legal problem. Additionally, the center provides a variety of informational handbooks to the general public.

LOCATION:

941 "O" Street, Ste. 802

Lincoln, NE 68508

HOURS OF OPERATION:

Monday (1 p.m. to 4 p.m.)

Wednesday (1 p.m. to 4 p.m.)

Friday (9 a.m. to Noon)





The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

*3901 North 27th Street Unit 1
Lincoln, NE 68521
www.centerforpeopleinneed.org
402-476-4357
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*Beatty Brasch
Executive Director*

*Deb Daily
Director of Operations*

This handbook was prepared by the Center for People in Need. Please call the number above to add, update or remove information.

The Center for People in Need is a 501 (c)(3) organization and all contributions are tax deductible.

Updated January 2013