

CENTER FOR PEOPLE IN NEED

2017

RESOURCE HANDBOOK

Updated March 2017 | visit us online: cfpin.org

Center for People in Need

The Center for People in Need's Information and Referral can help you find resources for a variety of needs.
Call: 402-476-4357

Need help? Don't know where to start?

Call 2-1-1: 2-1-1 is a telephone number that makes a critical connection between individuals and families in need and community based organizations or public agencies. If in need of assistance meeting basic human needs, physical and mental health resources, employment support, support for elderly care or disability care, support for children, youth and families or volunteer opportunities and donation services, 2-1-1 can help you get connected with the right people.

Emergency numbers

Lincoln Police Department: 575 S. 10th Street \ Emergency: dial 9-1-1 \ Non-emergency: 402-411-6000

Nebraska State Patrol \ 402-471-5680

American Association of Poison Control Centers \ 1-800-222-1222

NE Regional Poison Center \ 402-955-5555

National Child Abuse Hotline \ 1-800-422-4453

DHHS Child Abuse Hotline \ 1-800-652-1999

Adult Protective Services \ 1-800-652-1999

Centerpointe Crisis Response (suicide\substance abuse\mental health) \ 402-475-6695

Nebraska Suicide Hotline \ 1-800-448-3000

TTY- National Hotline \ 1-800-448-1833

National Crisis Hotline (child crisis) \ 1-800-448-3000

Voices of Hope Crisis Hotline \ 402-475-7273

National AIDS project Hotline \ 800-232-4636

TTY \ 1-800-232-6348

Nebraska Human Society Animal Cruelty \ 402-444-7800

Lincoln Animal Control Center \ 402-441-7900

Lancaster County Switchboard \ 402-441-7171

Transportation

Charity Auto with the Northern Lighthouse Church 402-477-3550

Charity Auto will do light repairs for a suggested donation of \$20, if you supply the parts. Bring parts in for simple repairs such as oil changes, tune-ups and brake replacement. Call to leave a message with your name, callback number and a basic description of the work that needs to be done. Calls are returned once per week. Light repairs are done on Saturdays by appointment only.

Lincoln Bike Kitchen

402-915-2453 \ 1635 S 1st Street

Earn-a-Bike: after 10 hours of volunteering, you'll pick a bicycle and refurbish it to fit your commuting needs with the help of experienced volunteer mechanics. You'll finish the program with a dependable bike and the knowledge, skills and resources to maintain it.

Open Shop: if you want to work on your own bicycle, just come in, talk with us and get to work. We have

complete sets of bike specific tools to help you with your repair. Sunday 12:00-4:00pm and Monday 5:00-9:00pm. Additionally, the first Tuesday of every month from 6:30-9:00pm is Women and Transgender open shop.

Free Wheels for Kids: Parents feel free to come and speak with us, and we look forward to working with you to get your kid on a bike.

Mobile Kitchen: We come to you! The LBK sets up mobile shops in different locations of the city. We bring along complete sets of tools to help you with your repair needs.

Safety Equipment: Thanks to a grant through the Viking Foundation we have been able to start providing these items in exchange for volunteer hours or a small donation.

Low Income Bus Pass

If you are low income, you can purchase a StarTran 31-day bus pass for only \$8, or \$16 for Handi-Van eligible patrons.

Childcare and Other Programs

Department of Health and Human Services

402-471-7000

DHHS may be able to help with the cost of child care through the Child Care Subsidy Program. To determine eligibility for the program, the Department will review your gross income, both earned income (wages), and unearned income (child support, Social Security payments and Unemployment Insurance).

The Center for People in Need can assist in applying for child care online.

Malone Community Center 402-474-1110\ 2032 U St.

-Early Education: this new Early Childhood Education center will use a Montessori inspired curriculum weekdays from 7:30am until 5:30pm for children ages 3 to 5 years old. Prior to starting the program, Malone Community Center staff must meet you and your child (ren) and must approve your child (ren)'s enrollment.

-Out of School Program: targets school aged children between the ages of 5 and 13. Monday through Friday program participants will be picked up from school and brought to the center for snacks. They provide academic support, structured recreation, arts and crafts, computer and fun time, health and nutrition education and cultural awareness. On out-of-school days, all day programming is provided, with breakfast, lunch and snacks included. Besides regular components, there are also daily fieldtrips. Applications and verifications required.

-Talented Tenth: provides African American males between the ages 13 and 18 with cultural awareness, social support and academic enrichment. The program's goal is to help the participants develop leadership skills and graduate from high school.

Community Action Partnership

402-471-4515\ 210 O st.

-Head Start and Early Head Start: Pregnant women and children infant to 5 years. Services are free to eligible families. Provides early childhood education, health, dental, nutritional and family engagement services to low income families, including children with special needs.

-Home Based Program: Pregnant women and children up to age 3. A family educator meets with children and parents weekly to educate and support families with goal setting and resource locating.

-Center-based program: Children age 6 weeks to 5

years. Children attend a full day classroom program and parents receive support through family engagement specialists assist with setting goals and locating needed resources.

Clothing

People's City Mission Homeless Prevention Center

402-475-6888\ 2101 N. Street

Provides items such as food, clothing, personal care needs, furniture and household goods for free to poor and near homeless citizens of Lincoln. Shopping hours: Monday & Friday 9:00-11:30am and 1:30-4:00pm. Wednesday 9:00am- 11:30 am and 4:00-6:00pm for employed and college students.

Esther's Closet \ Havelock Methodist Church

402-466-6736\ 4140 N 60th St.

Gives away men's, women's and children's clothing free on the third and last Tuesday of each month from 4:00- 5:30pm.

Clothing Evchange and Distribution

402-467-4458\ 7800 Holdrege St.

Free clothing on the third Saturday of every month 9:00am- 12:00pm. No clothing evchange in the month of December.

The Barnabas Community Free Store

402-421-8859\ 931 Saunders Ave.

Offers free clothing, books, toys and household goods. Store merchandise and activities in the community center are free of charge, but first-time shoppers must complete minimal paperwork to be eligible to shop. Hours: Saturdays: 9:00am-3:00pm, Thursdays: 10:00-11:30am & 6:00-8:00pm, First and Third Sundays of the month: 2:00-4:00pm.

Lincoln Berean Church

402-483-6512\ 6400 S 70th St. (70th and Hwy 2)

Second Thursday of every month 12:30-7:00pm.

Northwest Lincoln Church of Christ

402-475-3313\ 3110 N 1st St.

Free clothing on the First Saturday of the month 9:00am-12:00pm

The Closet at New Hope

402-466-5238\ 1205 N. 45th St.

Provides gently used clothing for children and adults, shoes, accessories and linens at no cost. Hours: Wednesday and Friday 9:30am-12:30pm every week and on the fourth Saturday of the month from 9:00-11:00am.

St. Vincent de Paul

402-435-7968\ 2215 O st.

Emergency needs only. No voicemails. Taking calls

Mondays, Tuesdays, Thursdays, Fridays 10:00am-12:00pm and Wednesdays 5:30- 7:00pm.

Salvation Army Thrift Store

402-466-5052

Low cost clothing is available from the stores, vouchers provided on case-by-case basis.

St. Louis Gift and Thrift Store

402-474-1600 \ 2201 O st.

Low cost clothing/ Hours: Tuesday-Friday 10:00am-6:00pm and Saturdays 9:00am-1:00pm

Macie's Place

402-601-1773 \ 2601 N. 47th St.

Low cost clothing, shoes and misc. items. Hours: Tuesday-Friday 10:00am- 5:00pm and Saturdays 10:00am-4:00pm.

The Daisy

402-475-7777 \ 6433 Havelock Ave

Low cost women's clothing, shoes and misc. items. Hours: Friday and Saturday 10:00am- 4:00pm and every third Thursday of the month 4:00-7:00pm.

Diapers

Diaper Heaven

733 S 13th St. (between G & H Streets)

Pull in the alley and park on the north side of the house. We provide diaper bags with 15 diapers every two week period. Hours: Mondays from 11:00am-5:00pm.

Good Neighbor Community Center

402-477-4173 \ 2617 Y St.

Diapers available once every 30 days for children under the age of three. Diaper size depends on availability.

Salvation Army

402-474-6263 \ 2625 Potter St.

Diapers available once every 30 days for children under the age of three. Diaper size depends on availability.

Diaper Depot \ The Closet at New Hope

402-466-5238 \ 1205 N. 45th St.

(Same hours as The Closet at New Hope. Wednesday and Friday 9:30am- 12:30pm every week and on the fourth Saturday of the month 9:30am- 12:00pm.

Bring Identification, limit is one box per month.

Education

Malone Community Center

402-474-1110 \ 2032 U St.

- **Moving Forward to End Domestic Violence:** The

Malone Center is working to financially empower women by enabling survivors of interpersonal violence to achieve financial empowerment and job readiness through culturally appropriate services.

Center for People in Need

402-476-4357 \ 3902 N 27th St. Unit 1

- **POP Program:** Offers 45 credit hours of paid tuition through Southeast Community College (SCC) only.

An application is required. Applications are available with receptionist. If approved, you will receive a call back on the number provided on the application.

- **English as a Second Language (ESL):** Offers class for pre-beginners, beginners and intermediate. A simple test will be needed prior to starting to check level placement. Test can be done Monday-Friday 2:00-4:00pm, no appointment necessary. Note: must already have Center for People in Need (CFPIN) card.

- **GED:** Only available to ResCare participants.

- **Social Adjustment Classes:** Monday- Friday for two hours, schedule changes every two weeks. Contact Sadiq, ext. 232.

- **Power of Advancement:** every other Thursday 11:00am- 1:00pm or 10:00am- 12:00pm. Contact Sadiq ext. 232 for more information.

- **Budgeting Class:** Tuesdays 11:15am or 2:15pm. Contact Angela ext. 109 for information.

Lincoln Literacy Council

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

Volunteer teachers help people to understand, speak, read and write English. Programs include: Adult Basic Literacy, Workforce Readiness, classes for Refugees, ESL programs, Family Literacy Activities for immigrants and refugees (FLAIR) and Citizenship Preparation Classes.

Matt Talbot Kitchen and Outreach

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

- **New Beginnings Classes:** for adults who want to improve their reading and writing skills. Classes are free and taught by Lincoln Literacy staff. Classes are once a week, call for days and times.

- **Life Skills Classes:** Six- week series of classes held on Wednesday evenings six times a year. Topics covered are: Employment, Nutrition, Parenting, How to be a Good Tenant, Budgeting and Self-Esteem. Client needs a referral from their case worker and to have previously been, or currently be homeless. Child care and transportation offered.

Community Action Partnership

402-471-4515 \ 210 O St.

Lincoln Literacy Council:

- **Money Management Education:** Using a curriculum developed by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving and credit management.

- **Opportunity Passport:** an asset-building program that includes financial education, asset-specific training and a matched savings account (IDA). Young people between the age of 14-26 who have been or currently are in foster care are eligible to enroll in the program.

Employment Opportunities

Refugee Resettlement Program- Catholic Social Services

402-474-1600 \ 2241 O St.

Provide employment services for “secondary migrant” refugees who move to Lincoln after being initially resettled in a different area.

Vocational Rehabilitation

402-471- 3231 \ 3901 N. 27th St. Ste 6

Program that helps people with physical, mental, intellectual, emotional and learning disabilities identify their strengths and abilities in order to find success in the world of work.

Adecco Staffing

402-975-6111 \ 6940 O St. #306

Advance Services Inc.

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

Advantage Personnel & Employment

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

Express Employment of Professionals

402-420-5800 \ 4955 O St.

Allied Staffing

402-441-4070 \ 5625 O St. #103

Kelly Services

402-483-4095 \ 2900 S. 70th St. #130

LaborMax Staffing

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

Lincoln Labor & Staffing

402-465-5227 \ 122 S. 29th St.

LSI Staffing

402-261-6904 \ 3814 Normal Blvd.

Oasis Staffing

402-420-1980 \ 3031 O St. #107

Staffing Services Inc.

402-465-9060 \ 1840 N. 48th St.

Work USA, Inc.

402-474-9675 \ 140 S. 27th St. #C

Center for People in Need events

Must have a Center for People in Need Card for the events.

Giving Thanksgiving

Saturday Nov. 19 \ 9:00am-3:00pm (doors open at 8:30am)

Sunday Nov. 20 \ 1:00pm-4:00pm (doors open at 12:30pm)

Monday, Nov. 21 \ 3:00pm- 6:00pm (doors open at 2:30pm)

Toyland

Saturday, Dec. 10 \ 9:00am-3:00pm (doors open at 8:30am)

Sunday, Dec. 11 \ 1:00-4:00pm (doors open at 12:30pm)

Monday, Dec. 12 \ 2:00- 6:00pm (doors open at 1:30pm)

Food Distribution

Food Bank of Lincoln

402-466-8170 \ 4840 Doris, Blair Circle

Information: hours are Monday- Friday 8:00am- 4:30 pm, email: info@lincolnfoodbank.org

Center for People in Need

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

Information: hours are Monday- Friday 8:00am- 5:00pm, email: info@cfpin.org

Center for People in Need

Food Distribution every TUESDAY 4:00-6:00pm, and every FRIDAY 2:30-3:30pm.

Fourth Presbyterian Church

5200 Francis St.

Food distribution every 2nd and 4th THURSDAY of the month from 10:00- 11:00am.

Malone Community Center

2032 U St.

Food distribution every 1st and 3rd THURSDAY of the month from 12:00-1:00pm

Oak Lake Evangelical Church

3300 North 1st St.

Food distribution every 1st and 3rd THURSDAY from 3:00-4:00pm

F Street Community Center

1225 F St.

Food distribution every 1st and 3rd TUESDAY 12:00-1:00pm.

Foodnet

402-416-6197 \ www.foodnetlincoln.org

Foodnet provides mostly perishable foods such as fruits, vegetables, dairy products, bread, etc. to all needy families.

Distribution sites:

Sunday:

3:00pm Barnabas Community Center \ 931 Saunders*

3:00pm Allon Chapel @ Good Neighbor \ 26th & Y
**

2:00pm Capital View SDA \ 17th & A **

Monday:

12:00pm Korean Church in Airpark \ 4915 W. Adams
*

5:00pm Denton Community Center \ Denton, NE *

Tuesday:

5:00pm Church of Christ \ 3110 N. 1st St.

5:00pm Havelock United Methodist \ 414 N. 60th *

Wednesday:

1:30pm North Central Distribution \ 3901 N. 27th St, Door #2 (Children allowed, but must be in grocery cart/supervised) Sign in 12:45-2:15pm. *

5:30pm Cristo Rey Catholic \ 4221 J St. *

Thursday:

11:00am Calvert Rec. Center \ 4500 Stockwell St. * **

2:00pm Candlewood Church \ 27th & R *

5:30pm Seward United Methodist \ 1400 N. 5th St, Seward NE *

6:30pm Neighborhood Church \ 1302 F St. *

Friday:

11:30am City Light Church \ 29th and O St.

12:15pm Grace Chapel PCA \ 40th and Sheridan

5:30pm Milford Hall \ 612 1st St., Milford NE *

Saturday:

10:30am Zion Church \ First Street Bible \ 1st and F St.

1:00pm St. Mary's Catholic \ 14th and K St.

1:00pm Wanek's Community Center \ 14th & Main, Crete NE *

Bring your own bags to carry food home.

Locations denoted with *are handicap accessible.

Locations denoted with ** do not allow children to attend.

Local Food Programs daily

Aging Parters Senior Center

402-441-7070

Most centers offer a hot noon meal or a sack lunch and activities. Reservations for lunch must be made.

Call the center you will attend two days in advance.

See "Senior Resources on pg. () in this resource book for locations.

Tabitha- Meals on Wheels

402-486-8520 \ 4720 Randolph St.

Provides hot noon meal 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

402-475-1303 \ 110 Q St.

Three free meals daily. Usually women and children are served first, then the Curtis Center (men's shelter) times are approx. Breakfast 5:45am, Lunch 11:15am-1:00pm, dinner 4:45-6:30pm.

Matt Talbot Kitchen & Outreach

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

Meal times served daily: lunch 11:30am-12:30pm, dinner 5:30pm- 6:30pm. No ID required, other services available.

The Gathering Place

402-476-7398 \ 1448 E St.

Monday- Friday 5:00-6:00pm. Free meal, bread, coffee, etc. No ID required.

Local food programs- weekly

Indian Center

402-438-5231 \ 1100 Military Rd.

Thursdays at 10:00am, mostly perishable foods such as fruits, vegetables, dairy products, bread, etc. to all needy families.

Northwestern Family Center at Havelock United Methodist Church.

402-471-3700 \ 4140 N. 60th St.

Tuesdays from 4:30-6:30pm, provides perishables and non-perishables. Must show up before 5:00pm to receive food.

People's City Mission

402-475-6888 \ 26th & O St.

Food boxes are available until they run out. Clients are allowed once per day, twice per week. Monday & Friday 9:00-11:30am and 1:00-4:00pm. Wednesday 9:00-11:30am (4:00-6:00pm for employed and students only-- must provide check stub or class schedule).

Good Neighbor's Community Center

402-477-4173 \ 2617 Y St.

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

Salvation Army

402-474-6263 \ 2625 Potter St.

Food pantry is open Monday, Tuesday, Thursday, Friday 12:00-4:00pm and Wednesday 1:00-6:00pm. Documentation required, call for info.

Lincoln Public Schools (LPS) Emergency Pantry
Bryan Community 300 S. 48th St.
Monday, Wednesday and Friday 3:00-5:30pm when schools are in session. Any LPS family or Catholic School family can come to the pantry to receive food assistance. Amount of food distributed to families depends on family size.

Local food programs- monthly Commodity Supplemental Food Program

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

WIC (Women, Infants and Children)

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

Good Neighbor's Community Center

402-477-4173 \ 2617 Y St.
Emergency food box is once every 30 days. Call office at 9:00am to set up appointment for the following business day

Nebraska AIDS Project

402-476-7000
Only for those with AIDS and HIV.
Family Resource Center- Friends with Food
402-434-2621 \ 4621 NW. 48th St.
5:00-6:00pm on the fourth Monday of the month.

Jacob's Well- First Presbyterian Church

18th and F St.
First and third Saturday of the month at 10:00am

Food Stamps- SNAP (Supplemental Nutrition Assistance Program)

402-323-3900 \ www.dhhs.ne.gov
Helps low-income people buy food for free. Must apply and be found eligible. A household can be one person or a group of people who purchase and prepare meals for one another. Application assistance available at Center for People in Need.

Local food program- seasonal Food Bank Backpack Program

Provides backpacks filled with food to students in need of food over the weekend. Primarily targets students who qualify for their school's Free Lunch Program. Contact your child's school for information.

Summer Food Service Program

402-441-8045 \ Locations Vary
For children ages 2- 18 years. No meals are served to

adults. Meals must be eaten on site, and are served on a first-come, first-served basis. Program: June to mid-August.

Senior Farmer's Market Program

Nebraska's low-income senior citizens can enjoy locally grown, farm fresh fruits and vegetables during market season. To participate in the program, you must meet the financial requirements and sign up for the coupon program at your locally participating senior center. Check under "Senior Resources" on page () in this resource book for locations.

Community Crops

402-474-9802 \ 1551 S. 2nd St.\communitycrops.org
Community Crops coordinate many community gardens in Lincoln, NE. They provide tools, resources, education and a garden space to grow your own healthy food.

Furniture

People's City Mission Homeless Prevention Center

402-475-6888 \ 2101 N St.
Furniture and household goods available to the poor and near homeless of Lincoln, NE. Shopping hours: Monday & Friday 9:00-11:30am and 1:30-4:00pm, Wednesday 9:00-11:30am, 4:00-6:00pm for employed and college students.

Salvation Army

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

Housing

Emergency Shelters

Friendship Home

402-437-9302 \ PO Box 85358 Lincoln, NE 68501
Supports, shelters and advocates for victims of domestic violence and their children. Call office for more information. Open 24 hours a day, seven days a week.

People's City Mission

402-475-1303 \ 110 Q St.
Safe Place: gives youth in crisis access to immediate help and safety. Sites who display the Safe Place sign are: Lincoln Fire and Rescue Stations, Hy-Vees, U-Stops, Nebraska State Capitol Rm. 1212, Lincoln Journal Star, Campus Life, Whitehead Oil Company office building, Scooter's Coffeehouses, The Bay (Lincoln's only indoor skatepark), The Gameroom, JPK Investment Motors, YWCA and News Link.

Family Shelter: has community and single family rooms, with dormitory beds and can accommodate single women, single parent families, intact families and families that include teen-age boys.

The HIS Center: provides overnight housing for men seven days a week. We have 101 beds plus space for mattresses on the floor.

Pioneers Center

402-436-5437 \ 6601 Pioneers Blvd.

Provides short-term care to youth 12-18, who do not have immediate access to a safe or more appropriate living arrangement.

Non-emergency housing

Lincoln Housing Authority

402-434-5500 \ 5700 R St.

Provides affordable, safe, sanitary and decent housing to qualifying families currently undergoing financial stress. Application required. Single, non-disabled applicants will not be selected until all families, elderly and disabled are served from the waiting list first.

Ageing Partners

402-441-7070 \ 1005 O St.

Provides listings only of subsidized and retirement housing, nursing homes and assisted living facilities.

CEDARS Bridges Transitional Living Program

402-436-5437 \ 6601 Pioneers Blvd.

Offers community based safe housing and support services to homeless youth ages 16-21 and state wards 16-19 for whom independent living has been identified as a goal. Application required.

Fresh Start

402-475-7777 \ 6433 Havelock Ave.

Transitional program for homeless women who do not have children in their custody. Women are asked to give at least a three month commitment and may stay for up to one year.

People's City Mission- Curtis Center for Men

402-475-1303 \ 110 Q St.

A supportive, transitional housing center for 60 men (30 of them veterans). Can stay for up to 24 months. Application required.

Refugee Resettlement Program- Catholic Social Services

402-474-1600 \ 2241 O St.

Assist new arrivals with housing, education, employment and cultural orientation so they can become self-sufficient as soon as possible.

National Call Center for Homeless Veterans

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

Hotline to ensure that homeless veterans or veterans at

risk of 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.

Legal

Legal Aid of Nebraska

402-435-2161 \ 941 O St. #825

Non-profit law firm that provides free legal representation to underprivileged citizens. (Times noted are CST).

-AccessLine: Toll Free 877-250-2016 \ Local 402-348-1060 (Douglas County)

Hours: Monday-Thursday 9:00-12:00pm and 1:00-3:00pm, Friday 9:00am-12:00pm.

-Native American AccessLine: For applicants who are Native American and/or have cases in Tribal Court. Toll free 800-729-9908

Hours: Monday- Friday 9:00am- 12:00pm

-Farm Ranch Hotline: For farmers and ranchers

Toll Free:800-464-0258 \ Local: 402-648-3457

(Cuming County).

Hours: Monday- Friday 8:00am-5:00pm

-Disaster Relief Response Hotline: for victims of a recent disaster, such as a tornado, flood or train derailment. Toll free 844-268-5627

Hours: Monday-Thursday 9:00am-12:00pm and 1:00-3:00pm and Friday 9:00am-12:00pm.

-Breast Cancer Legal Hotline: for applicants who have been diagnosed with breast cancer. Toll free 855-916-4540 \ Local 402-916-4540 (Douglas County)

Hours: Monday-Thursday 9:00am-12:00pm and 1:00-3:00pm and Friday 9:00am-12:00pm.

Nebraska State Bar Association Volunteer Lawyers Project

Direct Case Placement: The core of the VLP has been matching volunteer attorneys with individuals who need assistance on a pro bono or reduced fee basis. VLP offers direct case placement through its network of pro bono attorneys, but the intake process and referral source has changed. VLP no longer has the staff to operate a separate intake hotline/process. Referrals and intakes will now be received in the following ways:

Referrals from Self Help Centers: Clients who visit the Self-Help Centers have legal issues/situations where staff would advise them to seek legal counsel rather than proceeding as a pro se litigant. VLP staff will conduct a client intake, check conflicts and work

to place the case through VLP's volunteer network.

Referrals from Domestic Violence Shelters: VLP serves victims of domestic violence. Domestic violence shelters will contact VLP directly to complete the intake process. VLP staff will check for conflicts and work to place the case through VLP's volunteer network.

Referrals from Legal Aid of Nebraska (LAN): VLP will accept 40 referrals a month from LAN. To be accepted by VLP, the referrals must be sent with a completed LAN intake and fall within the VLP priorities.

*Referrals from private attorneys where there is not a self-help desk located in their community.

**The Self Help Center is located inside the courthouse: Lancaster County, open Monday 10:00am-2:00pm and Thursday 9:00am-1:00pm.

Voices of Hope

402-476-2110 \ 2545 N St.

For victims of: relationship violence, sexual assault and related forms of abuse. Legal Advocacy and Referral to attorneys in the Lincoln area and can accompany clients to court hearings to provide support and information. Walk-ins: Monday-Friday 9:00am-4:00pm, Wednesdays 9:00am-7:00pm. 24/hour service line: 402-475-7273.

Child Support Enforcement

402-441-8715 \ 233 S. 10th St. \ www.dhhs.gov
Information regarding establishing child support orders, paternity locating parents, enforcing child support cases.

The Civil Law Program

University of Nebraska College of Law \ 402-472-3271

Only assists with miscellaneous cases and divorce cases in which no children are involved and there are no disputes.

Center for Legal Immigration

402-471-1777

Call for an appointment. First consultation needed to see if case qualifies for assistance.

Lincoln Commission on Human Rights

402-441-7624

Offers assistance if discriminated due to race, color, sex, national origin, disabilities, religion, family status and marital status in housing, employment and public accommodations.

American Civil Liberties Union (ACLU)

402-476-8091

Becomes involved in cases where the government is

involved. They do not handle individual cases such as divorce, custody or domestic violence.

Community Action Partnership

402-471-4515 \ 210 O St.

Tenant Support Services Program: This program does not offer money. Program focuses on eviction prevention, landlord and tenant mediation and information regarding tenant rights and obligations.

Lincoln City Libraries

Anderson Branch Library

402-441-8540 \ 3635 Touzalin Avenue (Fremont & Touzalin Ave)

Monday- Thursday 10:00am-8:00pm, Friday-Saturday 10:00am-6:00pm, Sunday 12:00pm-8:00pm.

Bennett Martin Public Library

402-441-8500 \ 136 South 14th St. (S. 14th St. & N St.)

Monday-Saturday 10:00am-6:00pm, Sunday 12:00-6:00pm.

Bethany Branch Library

402-441-8550 \ 1810 N. Cotner Blvd.

Monday-Saturday 10:00am-6:00pm.

Eiseley Branch Library

402-441-4250 \ 1530 Superior St.(N. 15th St. & Superior St.)

Monday-Thursday 10:00am-8:00pm, Friday-Saturday 10:00am-6:00pm, Sunday 12:00-8:00pm.

Gere Branch Library

402-441-8560 \ 2400 S. 56th St. (S. 56th & Normal Blvd)

Monday-Thursday 10:00am-8:00pm, Friday-Saturday 10:00am-6:00pm, Sunday 12:00-8:00pm.

South Branch Library

402-441-8570 \ 2675 South St. (S. 27th & South St.)

Monday-Thursday 10:00am-8:00pm, Friday-Saturday 10:00am-6:00pm, Sunday 12:00-8:00pm.

Walt Branch Library

402-441-8570 \ 6701 S. 14th St. (South of Old Cheney Road on S. 14th, near Cooper YMCA)

Monday-Thursday 10:00am-8:00pm, Friday-Saturday 10:00-6:00pm, Sunday 12:00-8:00pm.

Williams Branch Library

402-441-8580 \ 5000 Mike Scholl St. (NW 48th & W. Cuming St.)

Monday-Thursday 4:00-8:00pm, Friday 4:00-6:00pm, Saturday-Sunday 1:00-6:00pm.

Medical

People's City Mission

402-817-0980 \ 401 N. 2nd St. \ peoplescitiymission.org

Free Medical Clinic: Arrive BEFORE 8:00am and BEFORE 1:00pm for walk-in medical clinic. Clinic is closed on Saturdays and Sundays.

Hours: Monday, 1:00-7:00pm, Tuesdays and Fridays, 8:00-11:00am and 1:00-4:00pm, Wednesday and Thursday, 8:00-11:00am and 1:00-5:00pm.

Clinic With a Heart

402-421-2924 \ 1701 S. 17th St. \

ClinicWithWHeart.org

Free, walk-in (no appointment) healthcare clinic.

Patients are seen first-come, first-served. Patients under 19 years must be accompanied by a parent or legal guardian. Early sign in at 2:00pm, doors open at 4:00pm. Patients are seen 5:30-7:00pm. Closed on major holidays.

Week one:

Mondays- Medical

Tuesdays- Medical and Dental

Thursdays- Medical and Mental Health

Week two:

Tuesdays- Medical and Dental

Thursdays- Medical, Mental Health and Chiropractic

Week three:

Tuesdays- Medical, Dental and Vision

Thursdays- Medical, Mental Health and Chiropractic

Week four:

Mondays- Physical Therapy

Tuesdays- Medical and Dental

Thursdays- Medical, Mental Health and Chiropractic

Week five:

Tuesdays- Medical and Dental

Thursdays- Medical and Mental Health

DHHS Medicaid

402--473-7000 \ 301 Centennial Mall South
DHHS administers the Medicaid program which provides health care services to eligible elderly and disabled individuals and eligible low-income pregnant women, children and parents.

The Center for People in Need can assist with applying for Medicaid online.

Lancaster County General Assistance

402-441-3095 \ 3140 N St. Suite 2106

An original application required first. Verifications may be requested. May assist with: food, shelter (including deposit, rent, utilities), medical care provided through

a primary care health clinic or authorized by a clinic physician, behavioral health services provided through Region 5 contracted provider, transportation, non-food necessities (household supplies, personal care items), clothing, cremation/burial expenses, COBRA or other health insurance payments.

The Center for People in Need can assist with applying for General Assistance.

Lancaster County Medical Society

402-483-4800 \ 233 S. 13th St. Ste. 1200

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

Lincoln E.D. Connections

402-481-4165 \ 402-481-4006

If you have been seen in a local emergency department (ED) and need assistance with obtaining medications or finding a medical provider to follow up with contact at ED case worker.

Matt Talbot Kitchen & Outreach

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

-Foot Clinic: Nursing and Physician Assistant students from Union College provide food care, including soaking feet and trimming toenails, to adults. Free socks monthly and free shoes twice a year. For more information contact an outreach specialist, Monday-Friday 11:00am-1:00pm and 5:00-6:30pm.

-Clinic with a Heart medical screening: A nurse comes the 3rd Wednesday of every month during lunch to provide screenings such as blood pressure and blood sugar. Referrals are made to help individuals obtain a medical home.

Every Woman Matters

1-800-532-2227

Can help women get health check-ups. EWM may pay for exams based on health history and program guidelines.

-Breast and Cervical Cancer screening: Pelvic exam, Pap test, Clinical breast exam, Teaching of self-breast exam, mammogram.

-Heart disease and Diabetes screening: Blood pressure check, cholesterol check, blood sugar (glucose) check, health and wellness information for living a healthier life.

Nebraska Colon Cancer Screening Program

1-800-532-2227

NCP offers preventative colon cancer screening and education to Nebraska men and women between ages 50-74. Tests and services include:

- Fecal occult blood test (FOBT) kit for at-home testing or colonoscopy. Screenings based upon family and personal history and must be pre-approved by NCP staff.
- Colonoscopy following a positive Fecal Occult Blood Test
- Review of health history and education about colon and rectal cancer screening.
- Colonoscopy as initial screening if determined to be the best screening test based on your health history.

People's Health Center

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

PHC serves people of the Lincoln and Lancaster County, especially those individuals/families with limited resources or with other barriers to health care to improve their overall health status. All types of insurance accepted including Medicaid and Medicare. If no insurance, services offered on a sliding scale.

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

-Dental Care: comprehensive, periodic and limited oral exams, full mouth series of radiographs, fillings, regular cleanings, deep cleanings, sealants for children, extractions (simple and surgical), stainless steel crowns and space maintainers for children, root canals, first molar root canal, emergency visits, fluoride varnish, re-cementing of crowns and bridges, oral pathology consultants, simple biopsies, periodontal consult for gum disease or problems, endodontic consult for root canal problems and crowns.

-Health 360: partnership between Lutheran Family Services of Nebraska and People's Health Center. Services: behavioral services, primary health care and an on-site pharmacy-- offered at the Lutheran Family Services office.

-People's Quick Care: walk-in treatment for every day illnesses and injuries. No appointment necessary.

-Medication Assistance: PHC's status as a federally qualified health center enables us to provide (340B) discount prescription pricing. In addition, many drug companies offer discount medication programs to income-eligible patients. PHC offers assistance with enrollment in these programs.

Lincoln Lancaster County Health Department

402-441-8065 \ 3140 N St., First Floor

By appointment only. Please call for questions or appointments.

-Adult health services: includes the provision of needed vaccines, laboratory tests and nursing services to assist adults in college, trade school or job entry. When necessary, staff will help find appropriate medical resources. Requirements: Patients must be at least 19 years of age and younger than 65 years of age, must be uninsured or under-insured, bring records of previous vaccines, bring the required physical form for your school or job.

-Vaccine Clinic

Suggested Fees:

\$19.80 for a single vaccine (administration fee)

\$10.50 for each additional vaccine (administration fee)

\$5.00 for each additional copy of a vaccine record

\$25.00 for an adult flu shot

-Requirements for flu vaccines: low income, uninsured adults. No adult will be denied service due to the inability to pay.

-Requirements for childhood vaccines: Must be accompanied by a parent or legal guardian. Bring records of previous vaccines.

Children through age 18 years and one of the following:

- 1.) Uninsured, under-insured, Medicaid covered
- 2.) American Indian or Alaskan Native

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

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

-Sexually Transmitted Disease (STD) Clinic:

Everyone is examined by a medical provider. Same day

results available. Complete laboratory testing. Free or reduced cost & treatment are available.

Planned Parenthood

1-877-811-7526 \ 5631 S. 48th St. Suite 100

Services offered: Abortion services, Birth Control, General Health Care (anemia testing, cholesterol screening, diabetes screening, physical exams, pregnancy planning services, smoking cessation, thyroid screening), HIV testing, LGBT services, Men's Health Care, Morning-After Pill (emergency contraception), Pregnancy Testing and Services, STD Testing/Treatment/Vaccines and women's health care.

Family Health Services, Inc.

402-466-1012 \ 630 N. Cotner Blvd., Suite 204

If no insurance, they offer a sliding scale.

Services offered for women: Birth Control, Annual Examinations, Pregnancy prevention and testing, HIV and STI testing, Q&A for the Ladies, Resources, Dating Safely.

Services offered for men: STD and HIV testing, Q&A for the Guys, Resources, Dating Safely.

Birthright

402-466-2609 \ 5625 O St.

Offers non-judgmental confidential help, free pregnancy tests, maternity and baby clothes, referrals to community resources. Provides information on: pregnancy and childbirth, prenatal development and care, parenting skills, child care, and child safety, career development and/or continuing education, community programs and/or social assistance, adoption.

The Pregnancy Center

402-483-4247 \ 111 Piazza Terrace

Services offered: free pregnancy test, ultrasounds, options counseling, post-abortion support and community resources.

Social Security Disability

Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or end in death. The application process takes anywhere between 2-4 hours. Information will need to be gathered before the application. A disability case can take anywhere from 6 months to 2 years or more. This benefit is not approved instantly.

Other

Matt Talbot Kitchen & Outreach

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

-**Gas Vouchers:** Available on the first business day of the month. Must have proof of insurance, valid driver's license and current automobile registration. Can only receive one every 6 months.

-**Haircuts:** free haircuts are given once a month.

-**Homeless Identification Program:** assists people who are homeless obtain birth certificates and Nebraska state IDs. Due to limited funds, a letter on agency letterhead, from a case worker stating that the homeless individual is working on life goals, is required. Must be homeless without income, 5:00-6:30pm or call to schedule.

-**Mailing address/Message service:** for those who are homeless. Mail pick up times are only Monday-Friday 11:00am-1:00pm and 5:00-6:30pm.

-**Nutrition Consultation:** Available to individuals by appointment. Registered dietitian, Janet, is in Mondays, Wednesdays and Fridays. Cooking classes offered for both children and adults.

-**Veterans affairs:** A Veterans Office outreach worker is available for information regarding benefits.

-**Showers and laundry services:** for people who are homeless. Monday-Friday only. Call for eligibility guidelines. Must meet with an outreach staff person before using the services for the first time. Hours, Monday-Friday: 11:00-1:00pm and 5:00-6:30pm, or by appointment.

Nebraska Telephone Assistance Program (NTAP)

1-800-526-0017 \ 402-471-3101

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

Community Action Partnership

402-471-4515 \ 210 O St. \ communityactionnetwork.org

-**Individual Savings Account (IDA):** Participants save

for a specific asset (home or small business), or cost of education. Savings are matched \$4 for every \$1 saved. Participants must be income eligible and must demonstrate the ability to save for at least 6 months.

-Tax Prep Program: Offers free tax preparation services to low-to moderate income individuals and families in our community. Current sites and schedules are available on their website.

Pets

Lincoln Animal Ambassadors

402-817-1168

Assists pets and their people through a voucher-based low cost spay/neuter program, a temporary assistance pet food bank, a low-cost vaccination clinic and teaching people about being responsible pet care.

Capital Humane Society

402-441-4488 \ 2320 Park Boulevard \ Adoption: 6500 S. 70th.

Capital Humane Society shelters unwanted pets, advocates for animal welfare and strives to educate the public about responsible pet care. Has a low-income spay and neuter program for low-income families.

Coalition for Pet Protection

402-434-7922

Provides emergency animal food pantry and emergency medical care for felines only. Must leave a voicemail and a volunteer will return the call within 24 hours.

Sadie Dog Fund

Only accepts veterinary referrals for assistance. You will be required to pay the veterinarian at least 10% of treatment cost. You will be required to complete a Sadie Dog Fund application (from veterinarian) and submit a photo of your pet.

Domestic-PUPS

402-465-4201

Provides therapy dogs, service dogs for persons with disabilities and trained rescue dogs through our adoptables program.

Prison Re-Entry

Center for People in Need

402-476-4357 \ 3901 N.27th St. Door #1

Trade Re-entry program: open to individuals previously incarcerated in a Nebraska Correctional Facility within 18 months of release. Provides the following FREE services:

- OSHA approved 10 hour card: big incentive for your

potential employer!

-Job preparation, career planning and job placement with quarterly job fairs

- Upgrade your communication skills for an effective transition into the work place

- Assistance in building a family and community support system.

- Practical budgeting lessons that will teach you how to manage your income

- Hands-on instruction while learning basic computer skills

- Food Handler's Permit: Free training and testing

- Assistance in finding transportation, health care services, daycare, housing, educational needs and utilizing the Center's general services

Vocational Modules:

- Construction training

- Food services and event planning

- Building maintenance and Janitorial

-Forklift and Warehouse Operation

Class are held Monday through Friday, two separate sessions: 8:30am-12:30pm or 1:00-5:00pm.

***All participants will receive 250 bonus points after completing the 2 week CORE class with potential to earn 750 more. Each bonus point is redeemable for \$1 worth of merchandise from the Truckloads of Help program that provides clothing, personal care items, small household goods, furniture, diapers and more.

House of Hope

402-435-3165 \ 4505 Holdrege St.

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

Released and Restored

402-806-0565

Provides inmates and ex-offenders in Nebraska with the tools and support systems for learning how to live productive, moral, ethical and legal lives in our communities. Our goal is to prepare individuals for their release, restore family relationships that were harmed or broken by incarceration and renew lives.

We offer programming inside prison as well as on the outside. These programs include:

-Life Skills/Re-Entry Prep: In two weeks, we teach individuals how to obtain and maintain gainful employment and how to manage the money they earn. Resume building, mock interviewing, money management and overall job professionalism are just a

few things offered in this course.

-Planning with Purpose: 20 week course of the book, "The Purpose Driven Life," giving new ways to think and act in positive and constructive manners while creating a plan for a moral, ethical and legal life in the community after release.

-Job Readiness/Life Skills: This course prepares individuals to obtain and maintain gainful employment post release, teach basic money management skills and address landlord/tenant rights and responsibilities.

Re-Entry Support: Once men and women have left the prison system (hopefully with some education resources from Released and Restored), they often need additional assistance to find their way back to the moral, ethical and legal lives they strive for.

We work closely with businesses in Nebraska willing to hire men and women released from prison.

Inmates who have gone through our job training program successfully get a certificate stating they have completed the class. In this program we teach skills such as: work ethics, living on a budget, personal appearance, workplace behavior and non-violent conflict resolution.

Bridges to Hope

402-420-5696

A service to men and women released from prison in the previous 12 months and are making the transition to a productive life outside of prison. Provides basic household furnishings at no cost to our partners.

Another requirement is to find employment. Donated clothing assists our partners by providing appropriate clothing to seek and maintain jobs. Hygiene items are also available. Applicants must provide their prison ID number, along with a picture ID so their status can be verified. If the applicant has been in county jail they need to provide some form of discharge papers or it must be possible to verify through county corrections. Partners may visit the warehouse to shop for clothing, personal hygiene items, furniture and household items twice. The first visit is considered visit 1. They may revisit (visit 2) to shop anytime within 18-months following visit 1.

Rent and Utilities Assistance

Black Hills Energy (Gas)

1-888-890-5554

Once the family receives a shut-off notice they must call Black Hills Energy to work out a payment plan.

Lincoln Electric System (LES)

402-475-4211

LES will send a disconnect notice when a bill is two months past due. If the customer calls LES as soon as they get the notice and makes a reasonable payment plan, the service will not be disconnected. Once disconnected the customer will have to pay the past due amount before service is reactivated.

Lincoln Water Systems

402-441-7571

They bill every 60 days. Once 120 days is past due, they send out a notice of past due account. 13 days after, you get a courtesy notice one day prior to shutting off service. Depending on whether you rent or own and payment history, a payment plan may be arranged.

DHHS LIHEAP (Low Income Home Energy Assistance Program)

402-323-3900 \ dhhs.ne.gov

If qualified, program will help with a one time payment to the utility company. Apply online or paper application. If assistance is needed in applying, the Center for People In Need can help apply online.

Community Action Partnership

402-471-4515

Assists with crisis needs such as rental deposit and past-due rent or utilities. To be eligible for deposit assistance, applicant must be homeless and have income. For past-due rent, applicant must have three day or eviction notice. For utilities, applicant must have a disconnect or off notice. To apply, contact the office to complete an application over the phone.

Salvation Army

402-474-6263 \ 2625 Potter St.

Assistance with Black Hills Energy (gas)

Senior Resources

Aging Partners Senior Centers provide information, activities and opportunities related to aging.

Enroll in fitness and health classes, enjoy recreational activities at your local center.

In Lincoln, we have 6 senior centers.

Asian Center \ 402-441-6121 \ 2635 O St.

Belmont Center \ 402-441-7990 or 402-441-6789 \ 1234 Judson St.

Downtown Center \ 402-441-7154 \ 1005 O St.

Lake Street Center \ 402-441-7157 \ 2400 S. 11th St.

JoAnn Maxey Center \ 402-441-7849 \ 2032 U St.

Northeast Center \ 402-441-7151 \ 6310 Platte Ave.

Meals: Most centers offer a hot noon meal or sack lunch as well as a variety of activities. Reservations for

lunch must be made two days in advance to ensure that an adequate number of meals are prepared.

Transportation: Provides transportation to each Senior Center within a specified boundary inside the city limits. Call the Aging Partners Center near you for details. Shopping assistance is provided on a bi-monthly basis to area grocery stores. Call the Senior Center nearest to you two days in advance to schedule your ride.

Income Tax Assistance: Free at the Downtown Center, Monday-Thursday, 10:00am- 3:00pm, February through April each year by appointment. AARP tax consultants will be available to assist you with your income tax needs. Please bring your photo ID, Social Security card, wage and earnings statements (W-2s), interest and dividend statements (Form 1099), a copy of last year's return and any other information about your income and expenses. Call 402-441-7158 to make your appointment. Ask about a lunch reservation on the same day! Check the status of your refund.

Substance Abuse, Behavioral Health and Mental Health

Centerpointe

402-475-8717 \ 2633 P St. \ lreiff@centerpointe.org
Makes treatment available for people suffering from mental and substance use disorders. Provide a wide variety of treatment, rehabilitation and housing services for homeless and low-income people living with these disorders.

-Crisis Response \ 402-475-6695: Crisis can affect everyone. Can help you or a loved one through a suicide, substance use or mental health crisis. The helpline is available 24/7. It is a free and confidential resource for women, men and teens in Lincoln/Lancaster County. The helpline is staffed by trained therapists. Walk-in crisis services are also available during business hours at our 1000 S. 13th St. location.

-Veteran services: we serve veterans who are experiencing homelessness and problems with mental illness, substance abuse or co-occurring disorders.

-Housing & Basic Needs: Housing services are designed for individuals and families experiencing problems with mental illness, substance abuse or co-occurring disorders. Some programs require homelessness for eligibility.

-SOAR program: Assistance with disability application for those with mental health and/or substance abuse concerns, through CenterPointe

agency. First Thursday of every month 11:00am-12:30pm.

House of Hope

402-435-3165 \ 4505 Holdrege St.

Provides residence/aftercare treatment (groups and individuals) for adult men who have completed chemical dependency treatment within the last year. Residents must be able to obtain employment and be ambulatory. Sliding Scale fee.

St. Monica's

402-441-3768 \ 120 Wedgewood Dr.

Behavioral health treatment organization dedicated to serving women diagnosed with substance abuse and/or co-existing mental health issues and meet admissions criteria. An 8-week intensive primary substance abuse treatment plan.

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N. 27th St. \ mtkserves.org

Individual drug and alcohol services, drug/alcohol evaluations, alcohol education class for people that are homeless. An 8 hour and 15 hour alcohol education class occurs on the fourth weekend of each month. A fee is required to register for class. Participants can register by fax or preferable online.

-SOAR program: the first Thursday of each month 11:00am-12:30pm.

-Weekly AA meeting: Every Tuesday from 5:00-6:00pm.

Lutheran Family Services of Nebraska

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

Provides human care services that build and strengthen individual, family and community life. LFS' programs and services are available to everyone regardless of age, race or income.

-Behavioral Health: including mental health counseling, sexual abuse/incest treatment, substance abuse treatment and specialized counseling for children, adolescents, adults and families.

-Children Services: providing infant, international and foster care adoption services and searches, foster care, pregnancy counseling, maternal healthcare and family support services.

-Community Services: offering services to immigrants, refugee services and preventative education.

Alcoholics Anonymous

24 hour line 402-438-5214 \ Lincoln AA Central Office- 2748 S St.

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and

help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions.

Voices of Hope

402-476-2110 \ 2545 N Street

Provides services to those who have experienced relationship violence, sexual assault and related forms of abuse. Our services are free and confidential to victims of these crimes as well as their families.

-24 Hour Crisis Line \ 402-475-7273: answered every hour, every day of the year by one of our staff members or a trained volunteer.

-Crisis Intervention Services: for victims of domestic violence, sexual assault and related forms of abuse.

-24 hour a day advocacy: Our advocates respond to calls from hospitals and law enforcement for assistance with victims.

-Daily walk-in services: from 9:00am-4:00pm Monday -Friday, and until 7:00pm on Wednesday evenings. These services include: safety planning, assistance filling out and filing for protection orders, crisis counseling, financial assistance (limited) and basic needs provision referral to other community resources.

-Parent/child advocate: we employ a full-time parent/child/teen advocate who works with victims and their children on the impact on children who witness violence.

-Legal advocacy and referral: referral to attorneys in the Lincoln area and can accompany clients to court hearings to provide support and information.

-Support and education groups: weekly drop-in support groups: 1.) for victims of domestic violence. 2.) for victims of sexual assault. 3.) for Spanish-speaking women who are or have been victims of domestic violence.

- Educational groups: DV101 and Parenting 101 for women who are or have been victims of domestic violence. **Voices of Hope has advocates on the University of Nebraska Lincoln and Nebraska Wesleyan University campuses.

Bryan Medical Center

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

The area's only 24/7 mental health emergency department. Services include: 24/7 mental health emergency department for crisis and intervention, online depression and mental health screenings,

counseling, youth psychiatric inpatient care, adult psychiatric inpatient care, senior psychiatric inpatient care, partial hospitalization for all ages, support groups- Wellness and Recovery Action Program (WRAP).

CEDARS

402-434-5437 \ 6601 Pioneers Blvd.

Services help families maintain personal and community connections while advocating for the child and youth's safety, stability and well-being. Juvenile offenders, homeless youth and any other at-risk children, youth and their families may take advantage of these services.

Associates in Counseling and Treatment, PC

402-261-6667 \ 600 N. Putner Ste. 119

Offers assistance on: drug, alcohol and substance abuse, DUI classes, family counseling, marriage counseling, domestic violence intervention (Duluth Model approved by the Domestic Violence Coalition), Post Traumatic Stress disorder (PTSD), anger management counseling, outpatient and intensive outpatient treatments and interventions, single and group sessions, parent and child conflict, depression, divorce and illness. ACT provides an application for sliding scale fee except Alcohol Education/ DUI classes, Domestic Violence classes and Anger Management classes.

The Bridge Behavioral Health

402-477-3951 (call anytime, day or night) \ 721 K St. Specializing in treating alcoholism and drug addiction, particularly for those with limited financial resources.

-Withdrawal services: A safe, medically supervised environment during a difficult transition. Registered nurses and counselors provide medical care and support as men and women withdraw from alcohol and/or other drugs.

-Evaluations: our dually-accredited counselors provide evaluations of a person's substance use and a recommendation for treatment. An evaluation is needed to be entered into a treatment program.

-Treatment: Both residential and outpatient treatment options are offered. Treatment plans address a range of substance abuse and mental health issues. Residential treatment is for men only. Outpatient treatment serves men and women.

-Recovery Support: Variety of special programs and events including meetings held in the building each day. AA, NA and Al-Anon meet regularly and the public is invited to attend.

