

a
service
of

Center for People in Need

3901 N. 27th Street
Lincoln, NE 68521
402.476.4357
cfpin.org



COMMUNITY Resources & Services HANDBOOK

Center for People in Need

3901 N 27th St., Unit 1

Lincoln, NE 68521

Phone: 402-476-4357

Fax: 402-476-4358

Email: info@cfpin.org

Online at

cfpin.org

Front Desk: 402-476-4357

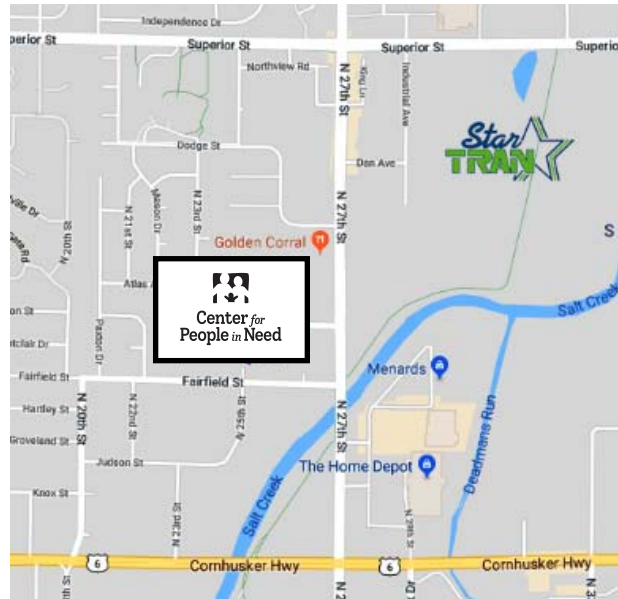
Get a CFPIN ID Card

A Center for People in Need ID card is required for all services received at CFPIN, including food. You can register for a card at CFPIN, 3901 N 27th St, or at any CFPIN food distribution, if your household income is below 180% of the federal poverty level. You will need to show a picture ID and proof of income such as a pay stub or tax return. You will be asked for verification of names, addresses and date of birth for all members of your household.

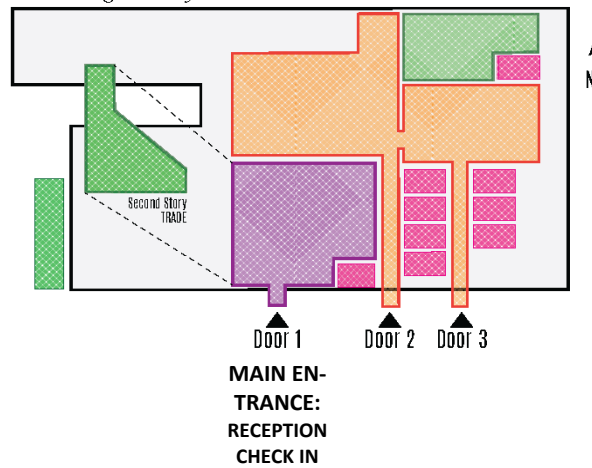
For more information, call CFPIN at 402-476-4357.

The mission of Center for People in Need is to provide services to low-income people that address their basic needs and help them achieve economic independence.

Center for People in Need, 3901 N 27th St.



Where to go when you arrive:



EMERGENCIES

911

Call 911 from any location for police, fire department or ambulance responses to threats to life, safety or property, such as assaults, injuries, missing children, robberies, fire, explosions, toxic gases, dangerous driving, or medical problems. If possible, get to a safe place before calling.

HELP (not an emergency)

Lincoln Police \ Lincoln Fire and Rescue

402-441-6000 \ lincoln.ne.gov/city/uplink \ download UPLNK app
dangerous sidewalks, noisy parties, suspicious activities, broken streetlights, potholes

Nebraska State Patrol

402-471-4545

Lincoln Animal Control Center

402-441-7900

strays, wildlife, aggressive animals, dead animals, licenses, lost pets

EMERGENCY SHELTERS

Friendship Home

402-437-9302 \ PO Box 85358 Lincoln, NE 68501

safe shelter and support for victims of domestic violence and their children; call 24 hours a day, 7 days a week.

People's City Mission

402-475-1303 \ 110 Q \ pcmlincoln.org/help-center

● *Family Shelter: community rooms, single family rooms, and dormitory beds that accommodate single women, and one and two parent families (may include teen-age boys); overnight housing for men seven days a week.*

● *Safe Place: immediate health and safety for youth in crisis*

Lincoln Safe Places

Lincoln Fire and Rescue Stations, Hy-Vee, U-Stops, Nebraska State Capitol Rm 1212, Lincoln Journal Star, Campus Life, Whitehead Oil Company office building, Scooter's Coffeehouses, The Bay Skate Park, The Gameroom, JPK Investment Motors, YWCA, News Link.

Pioneers Center

402-436-5437 \ 6601 Pioneers

Provides short-term care to youth 12-19, who do not have immediate access to a safe or more appropriate living arrangement.

SUICIDE HOTLINES _____

CenterPointe Crisis Response Helpline

402-475-6695

suicide, substance abuse, mental health

Boys Town Nebraska/National Suicide Hotline

1-800-448-3000; \ TTY: 1-800-448-1833 \ Text: START to 741741

ABUSE HOTLINES _____

Childhelp National Child Abuse Hotline

1-800-422-4453

DHHS Adult and Child Abuse and Neglect Hotline

1-800-652-1999

Voices of Hope Crisis Hotline

402-475-7273

domestic violence, sexual assault, abuse

VETERANS HOTLINES _____

National Call Center for Homeless Veterans

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

24/7 expert counseling for homeless veterans, veterans at risk, and friends and families

POISON INFORMATION _____

American Association of Poison Control Centers/ Nebraska Regional Poison Center

1-800-222-1222

AIDS INFORMATION _____

CDC (Center for Disease Control) AIDS Project Hotline

1-800-232-4636 (TTY: 1-888-232-6348)

Nebraska AIDS Project

(402) 476-7000 \ 1120 K St

CITY & COUNTY INFORMATION ---

City of Lincoln Website: lincoln.ne.gov

Lancaster County Website: lancaster.ne.gov

Lancaster County Switchboard: 402-441-7171

SERVICES

TIPS

1. Ask the Center for People in Need staff for help finding resources, contacting the right people, and filling in forms.
2. Enroll first for major services offered by Nebraska Department of Health and Human Services (DHHS) through Access Nebraska:
Nebraska Dept of Health and Human Services (DHHS)
402-471-3121 \ 800-383-4278 \ www.dhhs.ne.gov You may see detailed information and begin your application on the **ACCESS Nebraska website** [dhhs.ne.gov/ childrenfamily services/AccessNebraska](http://dhhs.ne.gov/childrenfamily/services/AccessNebraska) You must fill out an online form and provide proof of identity, income, assets, expenses, and resources. The Center for People in Need staff can help you with the application.
 - Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamps
 - Medicaid
 - Assistance to the Aged, Blind and Disabled
 - Aid to Dependent Children
 - Refugee Resettlement Program
 - Low Energy Home Energy Assistance
 - Child Care Expenses, Services for the Developmentally Disabled
 - Social Services for Aged and Disabled Adults
 - Social Services for Families, Children and Youth.
3. Apply early for the many services available through the county:
Lancaster County General Assistance
402-441-3095 \ 3131 O
Assistance with food, shelter (including deposit, rent and utilities), assisted living, medical care, behavioral health services, transportation, non-food needs, clothing, cremation/burial expenses, COBRA or other health insurance payments; application is required and verification may be

requested; Center for People in Need staff can assist with your application

4. Apply early for Social Security Disability if you are an adult with a long-term disability:

U.S. Social Security Administration

800-772-1213 /100 Centennial Mall N, Room 240 \

www.ssa.gov/

The Center for People in Need staff can help you apply for disability on a referral basis.

●*Long-Term Disability: financial assistance to adults who are unable to work because of a long-term disability; application process takes 2-4 hours; approval can take from 6 months to 2 or more years*

5. Use the documents for your DHHS services as proof of eligibility for other services that require proof of finances, household size or residency. Check ahead to see if you need other documents on your first visit.

6. If you need an address or proof of identity:

Nebraska Department of Motor Vehicles

402-471-2823 \ 500 West O

402-471-3008 \ 625 N 46

dmv.nebraska.gov

Nebraska Department of Motor Vehicles

State Identification Card or Driver's License: proof of citizenship, address, Social Security Number or foreign passport required

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

●*Homeless Identification Program: help for people who are homeless and without income to obtain birth certificates and Nebraska State IDs; case worker letter on agency letterhead required, stating that the homeless individual is working on life goals. Must be homeless without income; call to schedule.*

●*Mailing address/Message Service: mail and messages for homeless people; pick up times are Mon-Fri 11 am-1 pm and 5-6:30 pm*

7. Remember that services, dates, times, and eligibility requirements change. Appointments and forms are sometimes necessary. Call to doublecheck before making your first trip.

CHILD CARE & CHILD PROGRAMS ---

Community Action Partnership

402-471-4515 \ 210 O \ communityactionatwork.org

● *Head Start and Early Head Start: free early childhood education, health, dental, nutrition, and family engagement services to low-income **pregnant women and children to five years**, including children with special needs.*

Malone Community Center

402- 474-1110 \ 2032 U St

- *Early Achievers Program: for **children ages 3 to 5** with approval*
- *Out of School Program: for **children ages 5-13**, Mon-Fri with transportation from school to Center*
- *Leadership Academy: for **high school students***

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

- *After-School Program: activities and meals for kindergarten-first grade; Mon-Fri 3-7; Teen Night Fri 8-11*
- *Character Building Program: Sunbeams and Ranger kindergarten-fifth grade; GirlGuards and Explorers 6th-12th grades; Mon 6-7*
- *Shield Fine Arts Academy: music lessons kindergarten-adult; see website for schedule*
- *Camps: low-cost summer, overnight, and themed camps; 1st-12th grades;*

CLOTHING & HOUSEHOLD GOODS ---

Barnabas Community Free Store

402-742-0035 \ 931 Saunders Ave \ barnabascommunity.org

free clothing, books, toys, household goods; Sat 9 am-3 pm, Thurs 9:30-12:30 & 6-8 pm; minimal paperwork first visit

Clothing Exchange & Distribution, Capitol City Christian Church

402-467-4458 \ 7800 Holdrege

free clothing; 3rd Sat each month 9-12

The Daisy Thrift Store at Fresh Start

402-475-7777 \ 6433 Havelock Ave.

Brock's Boutique

66th & Colfax Ave. \ Havelock Christian Church

Free clothing every 1st Saturday of the month 9am-12pm

Esther's Closet, Havelock Methodist Church
402-466-6736 \ 4140 N 60th free men's, women's, and children's clothing; 3rd and last Tues of month, 4-5:30

Good Neighbor Community Center
402-477-4173 \ 2617 Y \ gncclincoln.org
clothing and household distribution Mon-Fri, 10-2; appointment only; call at 9 am; verification of eligibility may be requested.

Macie's Place Family Thrift Shop
402-601-1773 \ 2601 N 47th
\$1.00 per item or \$10 for 25 items; Tues-Fri 10-5 and Sat 10-4

Northwest Lincoln Church of Christ
402-475-3313 \ 3110 N 1st
free clothing; 9 am-12 pm, 1st Sat

People's City Mission Help Center
402-475-6888 \ 6800 P St \ pcmlincoln.org/help-center
food, clothing, personal care items, furniture, household goods available to poor, near homeless; call for hours and eligibility

Closet at New Hope, New Hope United Methodist Church
402-466-5238 \ 1205 N 45th St
free used clothing for children and adults. Shoes, accessories, linens; Wed & Fri 9:30-12 pm, 4th Sat 9-11 am

St. Louise Gift & Thrift Store
402-474-1600 \ 2201 O St.
low-cost clothing. Tue-Fri. 10-6, Sat 9-1

YWCA Job Outfitters
402-434-3494
free Goodwill career clothing vouchers; apply in person Mon-Wed, 1-2 at Goodwill Job Connection 1731 O; Thurs-Fri at American Job Center 1111 O; no appointment necessary

COMMUNICATIONS

Matt Talbot Kitchen & Outreach
402-477-4116 \ 2121 N 27th \ mtko.org
● Mailing address/Message Service: mail and messages for **homeless** people; pick up times are Mon-Fri 11 am-1 pm and 5-6:30 pm.

Nebraska Public Service Commission

402-471-3101 \ 800-526-0017 \ 1200 N suite 300
psc.nebraska.gov • *Nebraska Telephone Assistance/Lifeline: lower monthly rates for qualified people; applies a credit to one landline or wireless bill per household or provides free minutes to eligible cell phone providers; call or print online form*

DIAPERS

Diaper Depot, New Hope United Methodist Church

402-466-5238 \ 1205 N 45th St
free diapers, wipes and creams; Wed and Fri 9:30 am-12pm, 4th Sat 9-11 am, once a month

Diaper Heaven

733 S 13th (between G & H)
diaper bags with 15 diapers every 2-week period; Mon 11 am-5 pm; pull in the alley and park on the north side of the house.

Good Neighbor Community Center

402-477-4173 \ 2617 Y \ gncclincoln.org
free diapers; Mon-Thurs 10-4, Fri 10-12; GNCC card required

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln
free diapers once a month; call for details.

DOMESTIC VIOLENCE & ABUSE

Friendship Home

402-437-9302 \ PO Box 85358 Lincoln, NE 68501
safe shelter and support for victims of domestic violence and their children; call 24 hours a day/ 7 days a week.

Voices of Hope

402-476-2110 \ 2545 N \ voicesofhopelincoln.org
services to those who have experienced relationship violence, sexual assault, and related abuse. Free, confidential to victims and families.
• *24 Hour Crisis Line: 402-475-7273*
• *Daily Walk-in Crisis Services: safety planning, protection-order assistance, crisis counseling, financial assistance*

(limited), and basic needs provision, referral to other community resources. Mon-Thurs & Fri 9 am-4 pm, Wed 9 am-7 pm

● *Parent/child Advocate: Parent/child/teen advocate available for victims and their children on the impact on children who witness violence.*

● *Legal Advocacy and Referral: referral to attorneys and accompaniment to court hearings to provide support and information.*

● *Support and Education Groups: weekly drop-in support groups for victims of domestic violence and sexual assault; English and Spanish*

● *On-Campus Advocates: advocates for **students** on the University of Nebraska Lincoln and Nebraska Wesleyan University campuses; call 402-465-2533*

EDUCATION ---

Center for People in Need

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

● *POP Program: tuition-free attendance at Southeast Community College (SCC); in-person application required; Mon-Fri 8-5*

● *English Language Learning: free classes; includes introduction to American culture*

● *TRADE: skills development for ex-offenders in first 18 months after release from state correctional facilities; other Center resources available to participants*

Lincoln Literacy

402-476-7323 \ 745 S 9th \ lincolnliteracy.org

free classes and tutoring to help people to understand, speak, read, and write English; registration is Mon 2:30-4:30 at Lincoln Literacy and Sat 1-3 at Bennet Martin Public Library 136 S 14th

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

● *Life Skills Classes: four-week classes on parenting, money management, housing and employment skills; Wed evenings; case worker referral required; child care and transportation available*

EMPLOYMENT ---

Catholic Social Services

402-474-1600 \ 2241 O \ cssisus.org

●*Refugee Resettlement Program: employment services for “secondary migrant” refugees who move to Lincoln after initially being resettled elsewhere*

Nebraska VR Vocational Rehabilitation

402-471-3231 \ 3901 N 27th Ste 6 \ vr.nebraska.gov \ TDD 402-471-6329 *Employment help for people with disabilities*

Employment Agencies

Adecco Staffing 402-975-6111 233 S 3rd St Ste 1100	Advance Services Inc. 402-328-0142 2949 N 27th #202	Advantage Personnel 402-466-4994 630 N Cotner # 100
Celebrity Staff 402-464-0600 300 N 44th #204	Excel Personnel 402-441-4070 5625 O #2	Express Employment 402-420-5800 4955 O St #C
Kelly Services 402-483-4094 6940 O St #308	Labor Ready 402-438-7955 3243 Cornhusker	Labor Max Staffing 402-805-4720 3939 N 48th St
LSI Staffing 402-261-6904 3814 Normal	Oasis Staffing 402-420-1980 3031 O St #107	Randstad 402-464-2700 5540 South #103
Staffing Services Inc. 402-465-9060 1840 N 48th	Work USA, Inc. 402-474-9675 140 S 27th Ste C	

FINANCES

Aging Partners

402-441-7070\ 1005 O St #300\ lincoln.ne.gov/city/mayor/aging

●*Financial Counseling: budgeting, credit, Social Security, Homestead Tax Exemptions, Medicare, Medicaid and long-term care; call for eligibility*

Community Action Partnership

402-471-4515 \ 210 O \ communityactionatwork.org

●*Financial coaching: six month program of individual and group sessions*

- *Opportunity Passport: financial training leading to matched savings account (IDA); for **people 14-26**, currently or formerly in foster care*
- *Individual Development Accounts: matched savings for home purchase, small business or post-secondary education; CAP matches \$1 with \$4; for low-income individuals and families; call to apply*
- *Free to Save: matched savings for home purchase, small business, vehicle or post-secondary education; CAP matches \$1 with \$4; call to apply; for low-income individuals and families; for low to moderate income families; call to apply*

FOOD

Aging Partners Senior Centers

402-441-7158

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

Downtown Center \ 402-441-7154 \ 1005 O

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

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

Northeast Center \ 402-441-7151 \ 6310 Platte

Asian Center \ 402-477-3446 \ 144 N 44th St Ste A

daily hot meal and sack lunch provided at most centers; voluntary contribution; call the center two days in advance; transportation and home delivery available

Center for People in Need

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

● *Commodity Supplemental Food Program: non-perishable foods and cheese for seniors; federal / state program with eligibility requirements; call for information*

● *NeighborhoodFOOD Program: weekly food distribution at five sites; CFPIN ID card required (see p. 2); check website for updated times and locations*

Center for People in Need

3901 North 27th

Tues 10:00am-1:00pm, 4pm-6pm

Fri 10:00am-1:00pm

The Bay

2005 Y

1st & 3rd Thurs 10am – 11am

Fourth Presbyterian Church

5200 Francis

2nd & 4th Thurs 10am-11am

F Street Community Center

1225 F

1st & 3rd Tues Noon – 1pm

Oak Lake Evangelical Church

3300 N 1st

1st & 3rd Thurs 3 pm – 4pm

The Gathering Place

402-476-7398 \ 1448 E \ communityactionatwork.org

•free meals, bread, coffee; Mon-Fri 5-6 pm

Winter Night Watch: Salvation Army mobile kitchen hot meals, beverages, The Gathering Place 1448 E; Sat-Sun Oct-April

Community Crops

402-474-9802 \ 1301 S 11th \ communitycrops.org

tools, resources, education, and space for community gardens

Feed The People

1610 S 11th St

Free food, hygiene, and clothing second Saturday of every month 10am-1pm.

Food Bank Back Pack Program

402-466-8170 \ lincolnfoodbank.org

food-filled backpacks on Friday afternoons for **students** and their families in need of food over the weekend; contact your child's school for information.

Foodnet

402-416-6197 \ foodnetlincoln.org

Sunday	Monday	Tuesday	Wednesday
3 pm Barnabas Commu- nity Ctr 931 Saunders	12 pm Korean Church 4915 W Adams	5 pm Church of Christ 3110 N 1	1 pm CFPIN 3901 N 27 Door 2
3 pm Allon Chapel 26 & Y	5 pm Denton Com. Ctr. Denton, NE	4:30 pm Havelock United Methodist 4140 N 60	5:30 pm Cristo Rey Catholic 4221 J
2 pm Capital View SDA 17 & A			

Thursday	Friday	Saturday
11 am Calvert Rec Cntr. 4500 Stockwell	11:30 am Citylight Lincoln 29 & O	10:30 am Zion Church 1 & F
1:00pm Candlewood 2640 R	12:15 pm Grace Chapel 40 & Sheridan	1pm St. Mary's 14 & K
5:30pm United Methodist 1400 N 5 Seward, NE	5:30pm Milford Fire Hall 612 1st Milford NE	1 pm Wanek Com. Ctr. 14 & Main Crete NE
6:30pm Neighborhood Church 1302 F St		

perishable foods such as fruits, vegetables, dairy products, bread, etc. to all families; check website for updated times and locations

Good Neighbor Community Center

402-477-4173 \ 2617 Y \ gncclincoln.org

- *Perishable Food: fruits, vegetables, dairy products and bread; Mon & Wed, 10 am until supplies run out; GNCC client card required; no appointment needed*
- *Non-Perishable Food: canned and packaged food Tues, Thurs-Fri 10-2; appointment and GNCC card required*

Jacob's Well

402-413-8508 \ jacobswell-lincoln.com

Food Bank food distribution at First Presbyterian 18th and F on 1st Sat at 10 am; Food Bank food distribution at First Plymouth 20th & D on 3rd Sat at 10 am

Lincoln (City)

- *Summer Meals Food Service Program (SFSP): free, meals and snacks for low-income **children 2-18** during summer months; a Food Bank program. www.education.ne.gov/ns/sfsp/ or call 800-731-2233*

Lincoln Public Schools Emergency Pantry, Bryan Community Center

402-466-8170 \ 300 S 48th \ www.lincolnfoodbank.org/services/youth-family/ Food Bank pantry Mon, Wed, Fri 3-5:30 pm when elementary schools are in session; any LPS or Catholic School family can receive food; amount based on family size.

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

free meals seven days a week for everyone who comes in, 11:30 am-12:30 pm & 5:30 pm-6:30 pm

Nebraska Dept of Agriculture

- *Senior Farmers' Market Nutrition Program: coupons for **seniors** for fresh fruits and vegetables at farmers' markets, roadside stands and community supported agriculture programs; federal / state program with eligibility requirements; coupons available at Aging Partners Senior Centers; for map of vendors call 402-471-2341*

Nebraska Department of Education Nutrition Services

- *Free and Reduced Price Public School Lunches: contact*

www.education.ne.gov or your child's school.

Nebraska Dept of Health and Human Services

402-441-6200 \ 3140 N

*Women, Infants, and Children (WIC): "checks" for free healthy food from grocery stores; for **pregnant, breast-feeding, postpartum women, infants and children up to age 5**; nutrition education and breastfeeding support.*

Northeast Family Center, Havelock United Methodist Church

402-471-3700 \ 4140 N 60th

free meal 4th Wed of month; see Facebook for time and menu

People's City Mission

402-475-1303 \ 110 Q St \ pcmlincoln.org

three free meals daily; women and children are served first; breakfast 5:45 am, lunch 11:15 am-1 pm, dinner 4:45 pm-6:30 pm

People's City Mission Help Center

402-475-6888 \ 68th, 1 blk N of O \ pcmlincoln.org/help-center

- *Shopping: once per day, twice per week: Mon & Fri 9-11:30 am & 1-4 pm, Wed 9-11 am (proof of income required); Wed 4-6 pm for employed and students only (pay stub or class schedule required)*
- *Food Baskets: one food basket every other month per family and at Thanksgiving and Christmas; sign up at Help Center*

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

- *Food Pantry: produce and bread; Mon-Fri noon-4*
- *Kids Cruisin' Kitchen: free lunches during summer; Mon-Fri; multiple locations; call for information*
- *Winter Night Watch: hot meals and beverages at The Gathering Place 1448 E; Sat-Sun Oct-April*

Tabitha Meals on Wheels

402-486-8520 \ 4720 Randolph \ tabitha.org

*hot noon meal delivery to **elderly or disabled** 365 days a year; fee based on ability to pay*

HOUSING & UTILITIES

Aging Partners

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

- *Listings Only: subsidized and retirement housing, nursing homes, and special needs facilities*
- *Home Handyman: low-cost assistance with minor home repairs & yard work; for **people age 60 and above**; call to sign up*

Catholic Social Services

402-474-1600 \ 2241 O \ cssisus.org

- *help with rent and utilities (no help with deposit, 1st month's rent, or back rent); apply in person at the main office or Call Monday morning*
- *Immigrant Resettlement Program: help with housing, education, employment, cultural orientation for new **immigrants***

Cedars Home for Children

402-434-5437

cedars-kids.org

range of services for children, youth, and families

- *Emergency Shelter: short term care for youth 12-18; call or go to Youth Opportunity Center during open hours*
- *Bridges Transitional Living Program: community-based safe housing and support services for probation and/or state ward youth age 17-19; call or apply online*
- *Youth Opportunity Center, 402-437-8850; 318 S 13th: drop-in for runaway, homeless and at-risk youth for hot meal, laundry room personal hygiene items, emergency shelter requests, help with housing & job applications for **runaway, homeless and at-risk youth**; drop in or call; Mon 12-4, Tue 2-6, Wed 3-7, Thur-Fri 11-2*
- *Basics Center: in-home resources and services to help families through difficult times; call to request help*
- *Early Childhood Development Center: pre-school program for children 6 weeks to 6 years; call or apply online*
- *Community Learning Centers: before-school, after-school, and summer care and activities at Clinton Elementary School and Hartley Elementary School; call or apply online*

Centerpointe

402-261-6924 (transitional housing) 402-475-5161 (perm housing)

Veterans housing

Community Action Partnership

402-471-4515 \ 210 O \ communityactionatwork.org

- *Emergency Services Program: one-time rent, deposit and utility assistance; call CAP to apply*

- *Supportive Housing Program: rapid rehousing transitional living program for homeless families; call 402-875-9341 to apply*
- *Tenant Support Services: information and resources on tenant rights and obligations, eviction prevention, and mediation; no legal representation; call 402-875-9353*

Fresh Start

402-475-7777 \ 6433 Havelock \ freshstarhome.org
*transitional residence and services for homeless **women ages 19 and older***

Friendship Home

402-437-9302 \ P0 Box 85358 Lincoln, NE 68501
safe shelter and support for victims of domestic violence and their children; call 24 hours a day/ 7 days a week.

Lincoln Housing Authority

402-434-5500 \ 5700 R
affordable, safe, sanitary and decent housing and rental assistance for qualified individuals and families

Lincoln Commission on Human Rights

402-441-7624 / humanrights.lincoln.ne.gov
 call if you suspect discrimination in housing based on race, gender, marital status, disability, family, national origin, religion.

Nebraska Energy Office & Community Action Partnership
neo.ne.gov

- *Low Income Weatherization Assistance: free improvements to lower bills; includes insulation, efficiency inspections, broken glass replacement, and weather stripping; automatic eligibility if you receive Supplemental Security Income or ADC; contact Community Action Partner*

People's City Mission

- 402-475-1303 \ pcmlincoln.org
- *Family Shelter: community rooms, single family rooms, dormitory beds accommodating **single women, and one and two parent families** (may include teen-age boys); overnight housing for men seven days a week.*
 - *Safe Place: immediate health and safety for **youth** in crisis*
 - *Curtis Center: secure, supportive, transitional housing center and structured program for **men***

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln
utility and rent assistance; funds for home repairs

INSURANCE

Aging Partners

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging
● *Insurance Counseling: explanation and review of insurance concerns and products; for **people 60 and above**; call for eligibility information*

Nebraska Dept of Health and Human Services (DHHS)

402-473-7000

● *Children's Health Insurance Program (CHIP): health care coverage for qualified **children** who are without other health insurance and who do not qualify for Medicaid*

LEGAL HELP

Aging Partners

*Legal: free legal counseling and representation to **people age 60 and above** with limited income and resources; civil elder law, wills, powers of attorney, and debt issues*

American Civil Liberties Union (ACLU) Nebraska

402-476-8091 \ 134 S 13th #1010 \ aclunebbraska.org
complaints of violation of First Amendment rights (speech, association and assembly, press, and religion), equal protection, due process, and right to privacy; may provide representation; complaints received by phone, online form, or mail only

Legal Aid of Nebraska

402-435-2161 \ 941 O St Ste 325 \ legalaidofnebraska.org
free legal representation, counseling and information on civil matters to low income citizens; call or apply online
● *Statewide AccessLine®: 1-877-250-2016; Mon & Wed, 8:30-11:30 am, Tue & Thurs, 1-4 pm*
● *Elder AccessLine® : age 60 or older. 1-800-527-7249; Mon-Thurs 9 am-12 pm & 1-3 pm, Friday 9 am-12 pm*

- *Native American AccessLine®: Native American and others with cases in Tribal court. Toll Free: 1-800-729-9908. Mon-Fri 9 am-12 pm*
- *Nebraska Immigration Legal Assistance Hotline: 1-855-307-6730; Mon & Wed 9 am-11 am and 1:30-3:30 pm, Tues & Thurs 9 am-12 pm and 1:30-3:30 pm, Fri 9 am-12 pm*
- *Beginning Farmer & Rancher Development Program Hotline: 1-855-660-1391; Mon-Fri 8 am-5 pm*
- *Rural Response Hotline: farmers and ranchers; 1-800-464-0258; Mon-Fri 8:00 am-5 pm*
- *Disaster Relief Hotline: 1-844-268-5627; Mon-Thurs 9 am-12 pm & 1-3 pm, Friday 9 am-12 pm*
- *Legal Assistance for People with Developmental Disabilities: 1-844-535-3533; Mon-Thurs 9 am-12 pm & 1-3 pm, Fri 9 am-12 pm*

Lincoln Commission on Human Rights

402-441-7624 \ 555 S 10th suite 304 \ lincoln.ne.gov/city/attorn/human
complaints of discrimination in housing, employment, and public facilities, based on race, color, sex, religion, national origin, age, disability, marital status or retaliation; Mon-Fri 8-4:30

Lutheran Family Services of Nebraska, Lincoln

402-441-7940 \ 2301 O St \ lfsneb.org
 ● *Immigration Legal Services: legal assistance to **refugees, immigrants and asylees**; minimal fees on a sliding scale*

Nebraska Dept of Health and Human Services

402-441-8715 \ 220 South 17th St PO Box 94728 \ dhhs.ne.gov
Child Support Enforcement Services: information and enforcement for locating parents, establishing paternity, and handling child, spouse or medical support orders; call 1-877-631-9973 or complete application at <https://dhhs-rmnpa.ne.gov/RMNPAApp>

Nebraska Judicial Branch

supremecourt.nebraska.gov/self-help/welcome

- *Nebraska Online Legal Self-Help Center: information, resources, forms*

Nebraska State Bar Association Volunteer Lawyers Project

402-475-7091 \ 635 S 14 suite 200 \

- *Self Help Center: basic legal and legal process information; Lancaster County Courthouse 575 S 10th; Thurs 1 am-12 pm; no appointment required*
- *Referral to Volunteer Lawyer: information, assistance and representation for non-criminal legal problems; apply*

● *NEFree Legal Answers: online legal advice clinic; www.NE.FreeLegalAnswers.org*

● *VLP Automated Information Line: 402-742-8136*

University of Nebraska Law School

402-472-3271

● *Civil Law Clinic: representation for low-income residents in variety of civil cases*

● *Immigration Law Clinic: representation for certain types of cases*

Voices of Hope

402-476-2110 \ 2545 N \ voicesofhopelincoln.org

information, support and advocacy for victims of: relationship violence, sexual assault and related forms of abuse.

● *Legal Advocacy & Referral: referral to attorneys in the Lincoln area and accompaniment to court hearings to provide support and information.*

Center for Legal Immigration Assistance

(402) 471-1777 \ 3047 N 70th St

community-based nonprofit organization which provides quality, affordable legal immigration-related services to immigrants and refugees making Lincoln, NE their home.

LIBRARIES & INFORMATION

Lincoln City Libraries

lincolnlibraries.org free use of books, DVDs, magazines, music CDs, computers with internet access and software; research assistance

Anderson Branch 402-441-8540 3635 Touzalin M-Th 10 a-8 p F-Sa 10 a-6 p Su 12-8 p	Bennett Martin 402-441-8500 136 South 14th M-Th 10a-8p F-Sa 10a-6p Su 12-6 p	Bethany Branch 402-441-8550 1810 N Cotner M-Sa 10 a-6 p
Eiseley Branch 402-441-4250 1530 Superior M-Th 10a-8p F-Sa 10a- 6 p Su 12 -8 p	Gere Branch 402-441-8560 2400 South 56th M-Th 10 a-8 p F-Sa 10 a-6 p Su 12-8 p	South Branch 402-441-8570 2675 South M-Th 10 a-8 p F-Sa 10 a-6 p Su 12-8 p
Walt Branch 402-441-4460 6701 South 14th M-Th 10 a-8 p F-Sa10 a-6 p Su 12-8 p	Williams Branch 402-441-8580 5000 Mike Scholl M-Th 4p-8 p F4-6 p Sa-Su 1 p-6 p	

University Libraries at University of Nebraska

402-472-9568 \ main: Love Library 13th & R \ libraries.unl.edu
free use of materials within the building; free card for computer use; fee for check-out privileges

MEDICAL & DENTAL SERVICES _____

Aging Partners

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging
● *Durable Medical Equipment: canes, crutches, bath chairs, toilet risers and more for **people age 60 and over**; long and short term use; call to schedule pickup*

Birthright Inc.

402-466-2609 \ 5625 O #4 \ birthright.org
free pregnancy tests, maternity and baby clothes, referrals to community resources; information on pregnancy and childbirth, prenatal development and care, parenting skills, child care; referrals for medical support, financial resources, housing, social assistance and counseling
● *24/7 Helpline: 1-800-550-4900*

Bluestem Health Medical and Dental Clinic

bluestemlincoln.com

medical, dental and behavioral health care for individuals/families with limited resources or other barriers; Medicaid and Medicare accepted; sliding fee scale to those without insurance

- *Main Medical Clinic \ 402-476-1455 \ 1021 N 27th family medicine, behavioral health, addiction and substance abuse, lab testing, x-ray; Mon-Thurs 8-7 and Fri 8-5*
- *Main Dental Clinic \ 402-476-1640 \ 1021 N 27th*
- *Thompson Clinic \ Bryan West 2222 S 16th suite 435 \ 402-474-7445 family medicine and lab testing; Mon-Thurs 7-5*
- *Health 360 \ 402-441-6642 \ 2301 O family medicine, behavioral health; addiction and substance abuse, pharmacy, lab testing, dental; partnership with Lutheran Family Services; Mon-Fri 8-5*
- *Kreshel Clinic \ 3100 N 14th suite 201 \ 402-477-6600 family medicine, obstetric care, immunizations, contraceptive services, lab testing; x-ray; Mon-Fri 8:30-5; opening April 2019*
- *340B Pharmacy Program: discounted medications for qualified patients*

Clinic with a Heart

402-421-2924 \ 1701 S 17th Suite 4G \ clinicwithaheart.org

free, walk-in medical and dental clinic; no ID or proof of income required; patients under age 19 must be accompanied by parent or legal guardian; Mon-Thurs first come-first served; waiting room open at 2 pm, clinic open at 4 pm, patient seen 5:30-7 pm; see online schedule for services provided each night

Family Health Services, Inc.

402-466-1012 \ 630 N. Cotner suite 204 \ fhsi.org
reproductive health care, birth control, STD and HIV testing, pregnancy testing; fees on sliding scale; for men and women; focus on teenage patients

Lincoln E.D. Connections

402-481-4165 (Bryan) or 402-219-5205 (St Elizabeth's)
help for uninsured or underinsured people to find alternatives to emergency room care and manage long-term health problems

Lincoln Lancaster County Health Department

402-441-8065 or 402-441-8000 \ 3131 O \ lincoln.ne.gov/city/health/nurse

- *Telephone Service: information and referrals; Mon-Fri 8-4:30*
- *Adult Health Services: free vaccines, laboratory tests, and nursing services for adults in college, trade school, or job entry; 19-64 years old, uninsured or under-insured, and able to present records of previous vaccinations; appointment and job or school forms required*
- *Vaccine Clinic: **childhood and adult** vaccines for low-income, uninsured or under-assured; suggested fee but no one is denied service due to inability to pay; appointment required; forms available online*
- *Refugee Health Clinic: health exams, laboratory screening, and immunizations to **refugees** of all ages who have resettled in Lincoln and who entered US in previous 13 months; appointment, I-94 form and records of previous vaccines required*
- *Presumptive Eligibility Medicaid for Pregnant Women: free coverage for pre-natal care for low-income pregnant women while eligibility for full Medicaid benefits is determined; call for guidelines and appointment*
- *Sexual Health Clinic: complete lab testing; express testing and HIV Clinic; call or check online for more information*
- *Healthy Families America Home Visitation Services with CEDARS Youth Services: free home visitations to enhance parent-child relationships in qualified families*

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

● *Clinic with a Heart Medical Screening Service: blood pressure and blood sugar screening by nurse; 3rd Wed each month during lunch; to provide screenings; referrals are made to help individuals obtain a medical home*

Nebraska Dept of Health and Human Services (DHHS)

402-471-0929 \ 800-532-2227 \ dhhs.ne.gov

● *Nebraska Colon Cancer Screening Program: colon cancer screening & education to Nebraska **men and women ages 50-74** who meet income guidelines and without health insurance that covers screening; call for information*

● *Every Woman Matters (EWM): breast and cervical cancer screening, heart disease and diabetes screening for **women 40-74** who meet income guidelines and without health insurance that covers screening; may pay for exams based on health history and program guidelines; call for information*

People's City Mission

402-817-0980 \ 401 N 2nd / peoplescitymission.org

Free Clinic: dental, chiropractic and mental wellness; no insurance or payment needed; just north of the Mission; Mon 1-5 dental only; Wed 8-12; Wed 1-5 dental only; Thurs 8-12 dental only; Fri 8-12; Fri 1-4 dental only; appointment required

Planned Parenthood

1-877-811-7526 \ 5631 S. 48th Suite 100\ plannedparenthood.org/health-center/nebaska/lincoln

abortion, birth control, general health care, HIV testing, LGBT services, men's health care, emergency contraception (morning-after pill), pregnancy testing & services, STD testing, treatment and vaccines, and women's health care; most services walk-in; appointments available; Mon, Wed, Fri 9-5, Tues 8-4, Thurs 11-7

The Pregnancy Center

402-483-4247 \ 111 Piazza Terrace \ pregnancycenterlincoln.org

free pregnancy tests, ultrasounds, options counseling, and referrals to community resources; appointment required

● *Pregnancy Center UNL: for UNL students; 402-540-6517*

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

funds for medical care and prescription medications

PERSONAL CARE _____

Aging Partners Senior Centers

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

Asian Center \ 402-477-3446 \ 144 N 44th St Suite A

fitness and health classes, recreational activities, people 60+

Good Neighbor Community Center

402-477-4173 \ 2617 Y \ gncclincoln.org

MENA: exercise classes for women who wear hijabs; GNCC card required

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

● *Haircuts: free haircuts are given once a month*

● *Showers and Laundry Services: services for **homeless**; Mon-Fri only; call for eligibility guidelines and meet with outreach staff before first use. Mon-Fri 11 am-1 pm, 5-6:30 pm, or by appointment.*

● *Nutrition Consultation: advice from registered dietitian; Mon, Wed, & Fri; cooking classes for both **children** and adults*

● *Foot Clinic: foot care, including soaking feet and trimming toenails, to adults; free socks monthly and free shoes every 6 months; contact an outreach specialist, Mon-Fri 11 am-1 pm and 5-6:30 pm.*

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln

Laundromat vouchers

PETS

Capital Humane Society

402-441-4488 \ capitalhumanesociety.org

animal cruelty, spay/neuter assistance, lost pets, pet surrender and adoption

● *Admissions & Assessment Center: 2320 Park: Mon-Fri 10:30-6, Sat-Sun 12-4; animal surrenders*

● *Pieloch Pet Adoption Center: 6500 South 70th; Mon 3-7:30, Tues-Fri 11:30-7:30, Sat-Sun 11-5:30; fee for adoption*

Cat House

402-441-9593 \ 3633 O St. \

cat adoption Tues and Thurs 6-8 pm and Sun 1:30-4; cat surrender by appointment only

Coalition for Pet Protection

402-434-7922 \ petcoalition.org

pet food pantry and emergency vet assistance for low-income owners

Lincoln Animal Ambassadors

402-817-1168 \ lincolnanimalambassadors.org

low cost spay/neuter program, temporary assistance pet food bank, low-cost vaccination clinic.

PRISONER RE-ENTRY _____

Bridges to Hope

402-420-5696 \ 3107 S 6th suite 107 \ bridgestohopene.org

*free basic household furnishings, clothing and personal hygiene products for **ex-offenders**, men and women released from incarceration in the previous 12 months; verification of status through prison ID number or discharge papers; service twice only in 18-month period; Mon 1-4; Wed-Sat 9-12*

Center for People in Need

402-476-4357 \ 3901 N 27th Unit 1 \ centerforpeopleinneed.org

● *TRADE (Tackling Recidivism and Developing Employability): work skills development for ex-offenders in first 18 months after release from state correctional facilities; other Center resources available to participants*

Released and Restored

402-806-0565 \ releasedandrestored.org

*tools and support for **inmates and ex-offenders***

● *Life Skills/Re-entry Prep: two week course in how to obtain and maintain gainful employment, manage money, and build resumes*

● *Planning with Purpose: 20 week course on thinking and acting positively and constructively while creating a plan for living a moral, ethical, and legal life*

● *Job Readiness/Life Skills: basic money management skills, landlord/tenant rights and responsibilities.*

● *Re-Entry Support: help finding jobs, work ethics, living on a budget, personal appearance, workplace behavior, non-violent conflict resolution*

SUBSTANCE ABUSE & MENTAL HEALTH _____

Alcoholics Anonymous Lincoln

402-438-5214 (24/7) \ 2748 S Ste AA \ lincaa.org
*fellowship of men and women who share their experience,
strength and hope that they may solve their common problems
and help others to recover from alcoholism; no dues or fees; call
or go online for meeting list*

Associates in Counseling & Treatment

402-261-6667 \ 600 N Cotner suite 119 \ actnebraska.org
*discounted mental health and substance abuse assessment for
low income people*

The Bridge Behavioral Health

402-477-3951 (24 hr) \ 721 K
*Treatment for alcoholism and drug addiction, particularly for those
with limited financial resources.*

- *Withdrawal Services; safe, medically supervised environment during a difficult transition. Registered nurses and counselors provide medical care and support during withdrawal.*
- *Evaluations: evaluations of substance use and a recommendation for treatment; entering a treatment program is required.*
- *Treatment: Residential and outpatient treatment options. 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 daily meetings. AA, NA and Al-Anon meet regularly and the public is invited to attend*

Bryan Medical Center West

402-481-5991 \ 2300 S. 16th #201
*Crisis Help: 24/7 mental health emergency department
Mental Health Screenings: free anonymous, online at
www.bryanhealth.org/online-screenings*

CEDARS

402-434-5437 \ 6601 Pioneers \ cedars-kids.org
*help families maintain personal and community connections while
advocating for the **children and youth** safety, stability and well-
being. Serves juvenile offenders, homeless youth and any other at-
-risk children and their families.*

CenterPointe

402-475-8717 \ 1000 S 13th \ centerpointe.org

crisis response, treatment, rehabilitation, housing and peer support for people with mental health and substance abuse concerns; numerous programs

- *Crisis Helpline: 402-475-6695; available 24/7*
- *Walk-in Crisis Help: 1000 S 13th St location; Mon-Fri 8-4*
- *SOAR Program: help with disability applications for those with mental health or substance abuse concerns; eligibility screening required*

House of Hope of Nebraska Inc

402-435-3165 \ 1124 N Cotner \
residential facilities with aftercare treatment for individuals in recovery from substance abuse and related mental health issues

Lutheran Family Services of Nebraska, Lincoln

402-441-7940 \ 2301 O st \ lfsneb.org
mental health and substance abuse treatments on sliding scale

- *Behavioral Health: **veterans** services, trauma survivors, substance abuse, medication management*
- *Children Services: **children and youth** mental health*
- *Refugee Support Services: mental health support for **refugees***

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org
C.A.R.E Program: alcohol and drug education, substance abuse evaluations and counseling; registration and required for classes; appointment for evaluations

St. Monica's

402-441-3768 \ 120 Wedgewood \ stmonicas.com
*residential treatment, outpatient therapy, early childhood development, community support and training for **women** with substance abuse and/or related health issues; sliding fee scale with no one turned away*

TAXES _____

Aging Partners

402-441-7070 \ 1005 O St #300 \ lincoln.ne.gov/city/mayor/aging

- *Free Income Tax Assistance for **people age 60 and above**; by appointment, Downtown Center; 402-441-7154 \ 1005 O; Mon-Thurs, 10 am-3 pm, Feb.- Apr. AARP tax consultants will assist; bring photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return, any other information about income and expenses*

Community Action Partnership

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

Tax Assistance

TRANSPORTATION

Aging Partners Senior Centers

Asian Center \ 402-477-3446 \ 144 N 44th St Suite A

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

*for **people age 60 and above**; transportation to any Senior Center within a specified boundary within City limits; call the nearest Center for details; bi-monthly shopping assistance provided to area grocery stores*

Lincoln Bike Kitchen

402-915-2453 \ 1635 S. 1st St \ lincolnbikekitchen.org

●*Earn-a-Bike: a dependable bike and the knowledge, skills, and resources to maintain it in exchange for 10 hours of volunteer time and refurbishing of the donated bike*

●*Open Shop: free self-service bike shop with volunteer experts and bike-specific tools. Sun 12-3 pm; Mon 5-8 pm; Thurs by appointment*

●*Free Wheels for Kids: a bike for your **child** by working with us on a case-by-case basis*

●*Safety Equipment: free helmets, lights and locks for **children***

Matt Talbot Kitchen & Outreach

402-477-4116 \ 2121 N 27th \ mtko.org

\$20 gas vouchers available at 8:30 am, first business day of the month; one every six months per driver; requires proof of insurance valid driver's license, and current automobile registration.

Salvation Army

402-474-6263 \ 2625 Potter \ centralusa.salvationarmy.org/lincoln
funds for car repairs

StarTran Bus Service

402-441-7185 \ lincoln.ne.gov/city/itu/startran/passes-fares.htm

low income discounts for 31-day StarTran Passes; see website for purchase locations and qualifications.

Charity Auto

(402) 477-3550 \ 6131 N 14th St

Provides light auto repair for suggested donation of \$20, (you may need to buy the parts.) Call and leave a voicemail and someone will call you back to schedule an appointment.

INDEX

- abortion, 24
- abuse, 5, 10-11, 21
- ABUSE HOTLINES, 5
- AccessNebraska, 6
- Adult Health Services, 23
- Aging Partners, 12, 13, 16, 19, 22, 28, 29
- Aid to Dependent Children, 6
- AIDS, 5
- Alcoholics Anonymous, 27
- alcoholism, 27
- ambulance, 4
- American Civil Liberties Union (ACLU), 19
- Animal Control, 4
- animal cruelty, 25, 26
- assaults, 4
- assisted living, 6
- Associates in Counseling & Treatment, 27
- Barnabas Community Free Store, 8
- behavioral health, 6, 22, 27, 28
- birth certificates, 7
- birth control/contraception, 23, 24
- Birthright Inc., 22
- Blind, 6
- Bluestem Health Medical and Dental Clinic, 22
- books, 8, 21
- breast and cervical cancer, 24
- Bridge Behavioral Health, The, 27
- Bridges to Hope, 26
- Brock's Boutique, 8
- Bryan Medical Center West, 27
- C.A.R.E Program, 28
- car repairs, 29
- Cat House, 25-26
- Catholic Social Services, 12, 17
- CEDARS, 27
- Cedars Home for Children, 17
- Center for Legal Immigration Assistance, 21
- Center for People in Need, 2, 6, 7, 11, 13, 26
- CenterPointe, 5, 17, 27-28
- CFPIN ID, 2, 13
- Charity Auto, 29
- Child Abuse, 5
- Child Abuse Hotline, 5
- Child Care, 6, 8
- Child Support, 20
- children with special needs, 8
- Children's Health Insurance Program (CHIP), 19
- chiropractic, 24
- citizenship, 7, 21
- City of Lincoln, 6
- classes, 11, 25, 28
- Clinic with a Heart, 22, 23, 24
- Closet at New Hope, New Hope United Methodist Church, 9
- clothing, 6, 8, 9, 22, 25
- Clothing Exchange & Distribution at Capitol City Christian Church, 8
- Coalition for Pet Protection, 25
- COBRA, 6
- colon cancer screening, 24
- Community Action, 8, 12, 13, 17, 18, 28
- Community Crops, 14
- cremation/burial expenses, 6
- Daisy Thrift Store at Fresh Start, The, 8
- dental, 8, 22, 23
- DHHS, 6, 7, 19, 24
- diapers, 10
- disability, 6, 7, 12, 16, 18, 20, 27
- discrimination, 19, 20
- domestic violence, 4, 5, 10, 11, 18
- driver's license, 7
- drug addiction, 27
- Early Head Start, 8
- education, 8, 13, 15, 16, 24, 28
- elderly, 16
- emergencies, 4
- emergency veterinary assistance, 26
- employment agencies, 12
- energy assistance, 6
- English language learning, 11
- Esther's Closet at Havelock Methodist Church, 9
- ex-offenders, 11, 26
- Family Health Services, Inc., 23

family medicine, 22
 Feed the People, 14
 financial, 7, 11, 12, 13, 22
 fire department, 4
 food, 6, 9, 13, 14, 15, 16, 25
 Food Bank, 14, 15
 Food Bank BackPack Program, 14
 Food Stamps, see SNAP
 Foodnet, 14
 foot care, 25
 Free Lunch Program, 14
 Fresh Start, 17
 Friendship Home, 4, 10, 18
 furniture, 9
 gardens, 14
 gas vouchers, 29
 General Assistance, 6
 Good Neighbor Community Center, 9, 10, 15, 25
 Goodwill Job Connection, 9
 haircuts, 25
 Head Start, 8
 health, 4, 6, 8, 15, 18, 22, 23, 24, 28
 health insurance, 6, 19
 Help Center, 9, 16
 HIV, 23, 24
 homeless, 5, 7, 10, 17, 25
 House of Hope of Nebraska Inc, 28
 household goods, 8, 9, 26
 housing, 4, 11, 16, 17, 18, 19, 22, 27
 identity, proof of, 6, 7
 immigrants, 17, 20
 Insurance, 18
 Jacob's Well, 15
 Lancaster County, 6, 23
 laundry, 25
 legal Advocacy/advice, 11, 19, 20, 21
 Legal Aid of Nebraska, 19
 LGBT, services for, 24
 libraries 21
 Lincoln Animal Ambassadors, 26
 Lincoln Bike Kitchen, 29
 Lincoln City Libraries, 21
 Lincoln Commission on Human Rights, 18, 20
 Lincoln E.D. Connections, 223
 Lincoln Lancaster County Health Dept, 23
 Lincoln Literacy, 11
 Lincoln Public Schools Emergency Pantry, 15
 Lincoln Safe Places, 4
 linens, 9
 Lutheran Family Services of Nebraska, Lincoln, 20, 28
 Macie's Place Family Thrift Shop, 9
 mailing address/message Service, 7, 9
 Malone Community Center, 8
 Matt Talbot Kitchen & Outreach, 7, 9, 11, 15, 23, 25, 28, 29
 meals, 8, 13, 15, 16
 Medicaid, 6, 12, 19, 22, 23
 medical care, 4, 6, 20, 22, 23, 24
 Medicare, 12, 22
 mental health, 5, 26, 27, 28
 missing children, 4
 National Suicide Hotline, 5
 Nebraska Dept of Education Nutrition Services, 15
 Nebraska Dept of Health and Human Services, 6, 16, 19, 20, 24
 Nebraska Dept of Motor Vehicles, 7
 Nebraska Dept of Agriculture, 15
 Nebraska Energy Office, 18
 Nebraska Judicial Branch, 20
 Nebraska Public Service Commission, 10
 Nebraska State Bar Assoc. Volunteer Lawyers Project, 20
 Nebraska VR Vocational Rehabilitation, 12
 Northeast Family Center at Havenlock United Methodist Church, 16
 Northwest Lincoln Church of Christ, 9
 nutrition, 8, 15, 24
 People's City Mission, 4, 9, 16, 18, 24
 personal care, 9
 pet food bank, 26

pets, 4, 25, 26
 Pioneers Center, 5
 Planned Parenthood, 24
 poison, 5
 police, 4
 POP Program, 11
 pregnancy, 8, 22, 23, 24
 Pregnancy Center, The, 24
 pre-natal care, 23
 prisoner re-entry, 26
 refugees, 6, 12, 20, 23, 28
 Released and Restored, 26
 rent/rent assistance, 6, 17, 18
 rooms, 4, 18
 Salvation Army, 8, 10, 16, 19, 24,
 25, 29
 Senior Farmers' Market, 15
 seniors, 13, 15, 24
 sexual assault, 5, 10, 11, 21
 shelter/shelters, 4, 6, 10, 17, 18
 shoes, 9
 showers, 24
 SNAP (Supplemental Nutrition As-
 sistance Program, formerly food
 stamps), 6
 SOAR Program, 27
 Social Security, 6, 7, 12
 Southeast Community College
 (SCC), 11
 spay/neuter assistance, 25
 St. Louise Gift & Thrift Store, 9
 St. Monica's, 28
 state identification card, 7
 State Patrol, 4
 STD, 23, 24
 students, 8, 11, 14, 16, 23
 substance abuse, 5, 22, 26, 27, 28
 suicide/National Suicide Hotline, 5
 Tabitha Meals on Wheels, 16
 tax assistance, 28
 telephone assistance, 10
 tenant rights, 17, 26
 toys, 8
 TRADE, 26
 transportation, 6, 8, 11, 13, 28, 29
 ultrasounds, 24
 University Libraries at University of
 Nebraska, 21
 University of Nebraska Law
 School, 20
 utilities, 6, 17
 vaccinations, 23
 veterans, 5, 27, 28
 violence, 10, 21
 Voices of Hope, 5, 10, 21
 weatherization assistance, 18
 WIC (Women, Infants, and Chil-
 dren), 16

The listings in this handbook, plus additional resources from the Nebraska Department of Health and Human Services are also available through

MyLnk

A free, easy-to use, regularly updated mobile app available from the Apple App store and Google Play.

version 11/2019



Center for
People in Need 3901 N 27th St, Unit 1 • Lincoln, NE 68521
 402-476-4357 • info@cfpin.org • www.cfpin.org