
Center for People in Need's
RESOURCE HANDBOOK

For Lincoln Nebraska
Lancaster County



3901 North 27th Street Unit 1
Lincoln, NE 68521

www.centerforpeopleinneed.org
402-476-4357

Updated September 2015

Need help? Don't know where to start?

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

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

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

Call: 402-476-4357



Table of Contents

Food Programs

Neighborhood Food Program.....	1
Food Net's.....	2

Local Food Programs

Daily.....	3 4
Weekly	5
Monthly.....	6 7
Seasonal.....	8 9
Emergency Food.....	10
Federal Food.....	11
Food Banks.....	12 13

Emergency Shelters.....	16
Non Emergency Housing.....	16 17
Rent & Utilities Assistance.....	18
Utility Information & Assistance.....	19
Financial Assistance.....	20
Social Security.....	20
Halfway Housing / Transition Houses.....	21
Community Centers & Emergency Houses.....	22 23
Health Hub.....	24
Free Medical Care.....	24 25
Foot Care Clinic.....	25
Children's Therapy Services.....	26
Prescriptions.....	27
Cancer Assistance.....	28
Free Nursing Care / Public Health.....	28
Flu Immunization Clinics.....	29
Eye Exams/Screenings.....	29 30

Table of Contents

Women's Health Information	33 34
Glasses.....	30
Sexual Reproductive Health.....	31
Abuse/Neglect Assistance.....	33
Mental Health / Counseling.....	34 35
Furniture.....	36
Emergency information.....	36
Prisoner Re-Entry.....	36
Senior Resources.....	37 38
Legal Information.....	39 40
Clothing.....	41 42 43
Diapers.....	43
Auto Repair.....	43
Career & Education Assistance.....	44
GED & ESL Classes.....	44
Bus Pass Purchase Locations.....	45
Laundry Vouchers/Fans/Smoke Alarms.....	46
Child Care.....	46
Transportation Vouchers.....	47
Homeless Identification Program.....	47
Computer Classes.....	47
Lincoln City Library Locations.....	48 49
Other.....	50
Emergency Phone Numbers.....	51

Neighborhood Food Program



Center For People In Need Neighborhood FOOD Program

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

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

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

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

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

For more information please call:
402-476-4357

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



2015 Income Guidelines	
Size of Household	Current monthly income
1	\$1,765.50
2	\$2,389.50
3	\$3,013.50
4	\$3,637.50
5	\$4,261.50
6	\$4,885.50

Local Food Programs ~ Daily

Foodnet Sites

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

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

Anyone that is in need of food is welcome.

NO SITES ON CHRISTMAS DAY

Sunday

3:00 p.m. | **Barnabas Community Center** | 931 Saunders St .

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

2:00 p.m. | **Capital View SDA Church** | 17th and A
(Steps, enter from the alley on the north) NO CHILDREN ALLOWED

Monday

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

5:00 p.m. | **South view Christian Church** | 22nd and South St.

5:00 p.m. | **Denton Community Center** | Denton, NE

Tuesday

5:00 p.m. | **Havelock United Methodist Church** | 4140 N. 60th St. |
(No steps, NO CHILDREN ALLOWED)

5:00 p.m. | **Church of Christ** | 3110 N. 1st St. |(No steps)

Wednesday

Food Net:

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

(Door #2, children allowed in grocery carts only, 1:30-2:30 Starting
September 16th 2015

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

Bring your own bags or box to carry food home

Local Food Programs ~ Daily

Thursday

11:00 a.m. | Calvert Rec. Center | 4500 Stockwel
Pick up at Calvert Rec. Center, September– May
Pick up at 2611 S 56th St, June–July–August



3:00 p.m.. | New Hope | 27th and R St.
(No children) (Closed Thanksgiving)



5:30 p.m. | Seward United Methodist
1400 N 5th St. | Seward (Thanksgiving held on Friday)



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



Friday

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



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



5:00 p.m. | Foursquare Church
1170 Manatt (First street North of Belmont Elem.
School on North 14th)



Saturday

5:30 p.m. | Milford Fire Hall | 612 1 St



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



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



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



Local Food Programs-Daily

**ActiveAge Centers—Lincoln Area Agency | (Aging Senior Center) Main Office
1001 O St. Ste. 101 | 402-441-7158**

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

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

Free meals served Monday-Friday, 5:00-6:00 p.m. Free meal, bread, coffee, etc. No ID needed.

**Salvation Army Canteen
1448 E St. | 402-474-6263**

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

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

Lunch served M- F, From 11: Am— 12:00Pm

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

Free meals served seven days a week from 11:30 a.m.-12:30 p.m. and 5:30-6:30 p.m. No ID required. Other services available.

**Meals on Wheels-Tabitha
4720 Randolph St. | 402-486-8520**

Provides hot noon 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
110 Q St. | 402-475-1303**

Emergency Shelter provides overnight shelter, three free meals daily.

Meal times for MEN are: Breakfast 5:45 a.m., lunch 12:30 p.m., dinner 6:00 p.m.

Meal times for FAMILIES and SINGLE WOMEN are: Breakfast 6:45 a.m., lunch 11:30 a.m., dinner 5:00 p.m.

Local Food Programs – Weekly

Indian Center | 1100 Military Road | 402-438-5231

Perishables available Tuesdays at 1:00 p.m. and Thursdays at 10:00 a.m.

**Northeast Family Center at Havelock United Methodist Church
4140 N. 60th St. | 402-471-3700**

Tuesdays 4:30-6:00 p.m., perishables and non-perishables. USDA Commodities are the **Fourth Tuesday** of each month.

Homeless Prevention Center

26th and O St. | 402-475-6888

Open Monday 9:00-11:30 a.m. and 1:30-4:30 p.m.

Tuesday | Closed

Wednesday 9:00-11:30 p.m. | 1:30-4:00 p.m. for the employed / student (must provide current check stub/class schedule).

Shopping | Bread | Meat | Wednesday Mornings

Produce | Monday and Friday (Once a week per client)

Thursday | Closed

Friday | 9:00 a.m.-11:30 and 1:30-4:00

Food boxes only in the mornings | No food boxes in the p.m. due to high volume of clients.

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

Food boxes are available Monday through Thursday from 10:00 a.m. to 1:45 p.m. Limited to one per family every 30 days. Please bring photo identification, latest income (SSI proof or pay stub), and current utility bill.

Salvation Army | 2625 Potter Street | 402-474-6263

Food Pantry is open M, T, Th, Fri from noon till 4:00pm Wednesdays from noon till 6pm

Perishables give away on Tuesday and Friday mornings; 9:30 am to 11:00 am or until gone.

Other times by appointment. 9:30am - 11:00am or until gone.

Local Food Programs—Monthly

Northeast SHARE

Contact: Sharon Doll | 402-464-3068 | 2909 N. 56th St. | Lincoln, NE

Lois Cook, 402-802-2424 | 737 N. 22nd St., Apt 317 | Lincoln NE, 68503

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

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

Lincoln Share

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

1. Pick one of the locations listed to pick up your food.
2. Call the person to register and pay for your order.
3. Do two hours of volunteer work before you pick up your food.
4. Pick your food up on the date, time, and location listed.

Volunteering is any activity you do for free for anyone besides someone who lives with you.

Packages range from \$25.00 to \$13.50. Package menus change monthly .

Please call one of the Lincoln contacts or check

www.shareiowa.org for package information.

Order Deadlines:		2015 Pick up Dates:	
January 8th	July 9th	January 25th	July 26
February 5th	August 6	February 22nd	August 23rd
March 12th	Sep 10th	March 29th	Sep 27th
April 9th	October 8th	April 26th	October 25th
May 14th	December 3rd	May 31st	Nov. 22nd
June 11th		June 28th	December 20th

Food Program—Monthly

Indian Center | 1100 Military Road | 402-438-523

Commodity Program available once a month.

Nebraska Aids Project | 402-476-7000 | Only for those with AIDS and HIV.

Family Resource Center | 4621 NW 48th St. | 402-434-2621

Friends With Food, 5:00-6:00 p.m. fourth Monday of the month.

VA Nebraska-Western Iowa Health Care System | 600 S. 70 St.

First Monday of every month. Must show valid ID, or current piece of mail. Building 40, Room 105 (Entry from hallway under Auditorium exterior stairway on North side of building)

Jacob's Well | First Presbyterian Church | 17th and F Street

First and third Saturday of the month from **10:00-11:30 a.m** sign in only.

The Bay Skate Park | 2005 Y St, (20th and Y) | 12:00 - 1:00 pm

2nd Saturday of each month.

Salvation Army | 2625 Potter Street | 402-474-6263

Food Pantry is open M, T, Th, Fri from noon till 4:00pm Wednesdays from noon till 6pm. Food Pantry is available once a month, must have valid photo ID or Center pointe card.

Good Neighbor Community Center | 26th and Y St | 402-477-4173

We take appointments Monday-Friday at 9:00am, the appointments will be for the following business day.

Monday-Thursdays appointment times are every fifteen minutes from 10:00am to 11:30am and from 1:00pm to 1:30pm. On Fridays appointments are from 10:00-11:30am.

Clients are eligible for a food box every 30days.

Emergency food boxes are available for those that has been in a fire, flood or similar circumstance, must provide a letter from Red Cross.

Perishable Food Program is every Monday and Wednesday food is available on a walk in basis starting at 10:00am.

Food Net Site Allon Chapel Seventh-day Adventist Church partners with GNCC to distribute perishables each Sunday at 3:00-5:00pmpm (no children allowed)

Local Food Programs—Seasonal

Food Bank Backpack Program

The Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, five Lincoln Catholic schools and several communities in Southeast Nebraska. Each school determines who gets the backpacks, with an emphasis on children enrolled in the free and reduced lunch program.

Contact your child's school principal if interested in receiving a backpack.

Participating Lincoln elementary schools: Arnold, Belmont, Brownell, Calvert, Campbell, Clinton, Elliott, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Meadow Lane, Norwood Park, Pershing, Prescott, Randolph, Riley, Roper, Saratoga, West Lincoln.

Participating middle schools: Culler.

Participating high schools: Bryan Community, Lincoln High (teen parents program participants only), Northeast (teen parents program participants only), North Star (limited number available).

Participating Catholic schools: St. Mary's, Sacred Heart, Blessed Sacrament, St. Patrick's, St. Teresa.

Participating rural schools: Beatrice, Bennet, Crete, Elmwood-Murdock, Exeter, Fairbury, Falls City, Milford, Norris, Raymond, Seward, Stromsburg, Syracuse, Utica, Waverly, York.

Local Food Programs—Seasonal

**Summer Food Program | Lincoln Lancaster County Health Dept.
3140 N St. | 402-441-3889**

Call 402-441-8000 for site information.

Free meals for children age 2-18 at income eligible community sites.

The program runs from June to mid August.

**Senior Farmers Market Coupon Program | 1001 O St. Ste. 101
402-441-7158**

Must be a senior citizen (age 60+) and meet income guidelines. Limited funds. Available on a first come first serve basis.

Coupons will be available in June through participating senior centers, Area Agencies on Aging offices, and Commodity Supplemental Food Programs' local distribution sites.

INCOME GUIDELINES:

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

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

Community Crops | 402-474-9802

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

Website: www.communitycrops.org

E-mail: amy@communitycrops.org

Local Food Programs - Emergency

Emergency Food Pantry System /Food Bank of Lincoln

Provides seven-day food supply for individuals or families in crisis through twelve emergency food pantries. Call the following agencies for assistance:

Catholic Social Service | 2241 O St | 402-474-1600 Call one day in advance for a seven-day Emergency Food Box.

First six applications are accepted. You must have a Social Security number for all family members, date of birth, and complete a one-time application. You may receive a food box once every three months. Clothing vouchers for the Thrift Store are also available. Call **Monday through Friday from 9:00 a.m.-12:00 p.m.** No delivery is available.

Indian Center | 1100 Military Road | 402-438-5231

Call **8:00 a.m.-5:00 p.m. Monday and Wednesday, or Friday**

1:00-3:00 p.m. for an appointment to receive a seven-day Food Box.

If eligible you may pick up food every three months. Must bring Social Security numbers for all members of household every time you pick up, and proof of residence. There is an application.

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

Appointments needed. Call first. Begin taking calls at **9:00 a.m. Monday and Wednesday 10 to 2 p.m.**, one, will be issued.

Shopper's Choice (pantry food) is **Monday through Thursday from 10 am – 2 pm and 10 am to 12 pm on Fridays.**

Perishable food distribution is every **Monday and Wednesday 10 am – 12 pm.**

Federal Supplemental Food Programs

LPS Emergency Pantry | Food Bank of Lincoln | 402-466-8170

This pantry is located at Bryan Community (300 S 48th St).

The pantry is open **Monday, Wednesday, and Friday from 2:00-6pm.**, when elementary schools are in session. Any LPS family or Catholic School family can come to the pantry to receive food assistance. The amount of food families can have is based on family size.

Food Stamps | 1050 N St. | 402-471-7000

www.fns.usda.gov

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

Applications may be submitted online at: **www.accessne.gov**.

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

Senior Commodity Supplemental Food Program

Indian Center | 1100 Military Road | 402-438-5231

Serves Income eligible elderly people 60 years and older, and families with children under 6 and not enrolled in the WIC program. Consists of a monthly food package.

Call Monday-Friday 8:00 a.m.-5:00 p.m.

WIC-Women, Infants and Children

Lincoln-Lancaster County Health Dept.

3140 N St. | 402-441-6200

Family Service | 501 S. 7th St | 402-441-8655

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

Food Bank of Lincoln
2012 Rural Mobile Pantry Schedule



Each site includes some USDA product, so participants must sign the standard income self-verification sheet, but no other documentation is required. Participants are encouraged to bring their own bags and carts if possible. Dates and locations may be subject to change, so check with your local agency prior to the actual distribution date.

Catholic Social Services monthly mobile pantries:

***Ashland.** St Mary Parish Hall, 1642 Silver St. (4:00-5:00) **Feb 24, Mar 24, Apr 28, May 19, Jun 16, July 21, Aug 18, Sept 15, Oct 20, Nov 17, Dec 22.**

***Crete.** Wanek Community Center, 1400 Main St. (3:00-4:00) **Jan 21, Feb 18 Mar 18, April 22, May 20, June 17, July 15, Aug 19, Sept 16, Nov 18, Dec 16th.**

***David City.** Knights of Columbus Hall, 517 N. 4th St. (Noon-1:00) **Jan 29, Feb 26, Mar 18, Apr 22, May 20, Jun 17, July 15, Aug 19, Sept 16, Oct 21, Nov 18, Dec 18.**

***Fairbury.** 4-H Building, Jefferson County Fairgrounds. (Noon-1:00) Jan 25, Mar 22, May 24, July 27, Sept 27, Nov 16

***Falls City.** Pritchard Auditorium, 312 W 17th St. (Noon-1:00) **Jan 21, Feb 18, Mar 18, Apr 22, May 20, Jun 17, Jul 15, Aug 19, Oct 21, Nov 18, Dec 16.**

***Geneva** St Joseph Parish Hall, 831 E St. (2:30 -3:30) **Jan 14, Feb 11, Mar 11, Apr 15, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov 11, Dec 9.**

***Hebron Sacred Heart Catholic Church,** 436 N. 3rd St. (Noon1:00) **-Jan 14, Feb 11, Mar 11, Apr 15, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14,Nov 11, Dec 9**

***Pawnee City** American Legion, Pawnee City, 6th & E (3:00-4:00) **Jan 31, Feb 28, Mar 28, Apr 25, May 30, Jun 27, Jul 25,Aug 29, Sep 26, Oct 31, Nov 21, Dec 19.**

Food Bank of Lincoln
2012 Rural Mobile Pantry Schedule



***Peru** AWAC Center at Peru College (noon to 1) **Jan 10, Feb 14, Mar 14, Apr 11, May 9, Jun 13, Jul 11, Aug 8, Sep 12, Oct 10, Nov 14, Dec 12.**

***Seward** St Vincent de Paul, 152 Pinewood Ave. (5:00-6:00) **Jan 29, Feb 26, Mar 26, Apr 30, May 28, Jun 25, Jul 30, Aug 27, Sep 24, Oct 29, Nov 26, Dec 18.**

***Shelby** Sacred Heart, 200 S Walnut Street (3:00-4:00) **Jan 29, Feb 26, Mar 26, Apr 30, May 28, Jun 25, Jul 30, Aug 27, Sep 24, Oct 29, Nov 26, Dec 18.**

***Stromsburg** Salem Lutheran Church, 610 Commercial Street (2:30-3:30) **Jan 29, Feb 26, Mar 26, Apr 30, May 28, Jun 25, Jul 30, Aug 27, Sep 24, Oct 29, Nov 26, Dec 18.**

***Tecumseh** St Andrews Catholic Church, 179 N. 6th St. (3:30 - 4:30) **Jan 7, Feb 4, Mar 4, Apr 8, May 6, Jun 3, Jul 1, Aug 5, Sep 2, Oct 7, Nov 4, Dec 2.**

***Wahoo** National Guard Armory, 338 W. 15th St. (Noon-1:00) **Jan 27, Feb 24, Mar 24, Apr 28, May 27, Jun 23, Jul 28, Aug 25, Sep 22, Oct 27, Nov 24, Dec 22.**

***Beatrice Monthly Mobile Pantry.** The Beatrice mobile pantry is held on Monday's once a month. Distributions are regularly **11:30 am to 1:00 pm at the Beatrice Salvation Army.**

Summer distributions may be earlier to beat the heat.

Call the **Salvation Army (402-223-3341)** for details.

Beatrice Salvation Army, 120 S 7th St. Monday's
Jan 13, Feb 10, Mar 17, Apr 21, May 19; June 16, July 21, Aug 18, Sept 15, Oct 20, Nov 17, Dec 15.

This schedule is subject to change.

Contact your local Catholic Church or community action agency for details. Or call Catholic Social Services **(402-474-1600)** in Lincoln for the most current information.

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

Rural Food Pantries (Surrounding Lincoln Only)

Ashland	Ashland Food Pantry	VFW Hall, 2202 Dawes	Marie Lutz 944-3489
Ashland	CSS Mobile Pantry,	St. Mary Parish, 1642 Silver St,	Curt Krueger 540-0462
Auburn	CSS Mobile Pantry,	St. Joseph Church, 2221 N St.	Curt Krueger 540-0462
Auburn	SENCA Nemaha Co	SENCA office, 905 Central Ave.	Sasha Rightsel 274-4666
Beatrice	Salvation Army Beatrice	120 S. 7th Street,	Joshua Stansbury 223-3341
Beatrice	Community Pantry	St. John Lutheran Church, 701 N 6th	Lois Kammerlohr 223-5306 x4
Beatrice		5109 W Scott Rd #402,	Donna Leikam 223-6034
Bennett	BVCA Gage Co.	By appointment only	Lily Chambers 440-2871
Burr	Mom's Pantry	United Methodist Church	Rev. Lyn Seiser 778-2847
Cook	UMCM Burr Pantry	St. Paul United Church of Christ, 3296 R. Road	Gloria Guenther 864-2062
Crete	Osage St. Paul Pantry	BVCA office, 245 E. 9th St., #1	Crystal Alarcon 826-2376
Crete	BVCA Saline Co.	Wanek Center, 14th St & Main Ave.	Curt Krueger 540-0462
Crete	CSS Mobile Pantry	Wanek Center, 14th & Main Ave.	Foodnet Help Line 416-6197
David City	Crete FoodNet	BVCA office, 416 E Street	Stephanie Cradick 367-4347
David City	BVCA Butler Co.	Knights of Columbus Hall, 517 N. 4th	Curt Krueger 540-0462
Denton	CSS Mobile Pantry	Community Center, 7115 Lancaster Ave.	Foodnet help line 416-6197
Douglas	Denton FoodNet	Methodist Church, 245 W. 3rd St.	Rev. Lyn Seiser 788-2847
Elmwood	UMCM Douglas Pantry	Hammonds Funeral Home, 132 N. 4th St.	Linda Blunt 472-8160
Fairbury	UMCM Elmwood Pantry	BVCA office, 624 5th St.	Ryan Bailey 729-5568
Fairbury	BVCA Jefferson Co.	4-H Building, Jefferson Co. Fairgrounds	Curt Krueger 540-0462
Falls City	CSS Mobile Pantry	SENCA office, Richardson Co Courthouse #103	Jenny Strecker 245-5284
Falls City	SENCA So Richardson Co	St. Peter & Paul Catholic Church, 1820 Fulton	Curt Krueger 540-0462
Geneva	CSS Mobile Pantry	BVCA office, 130 S. 8th Street	Lisa Epp 759-3564
Geneva	BVCA Fillmore Co	St Joseph Parish Hall, 831 E Street	Curt Krueger 540-0462
	CSS Mobile Pantry		

Hebron			BVCA office, 135 N. 4th Street	Ryan Bailey 768-6704
Hebron	BVCA Thayer Co		Sacred Heart Catholic Church, 436 N. 3rd	Curt Krueger 540-0462
Hickman	CSS Mobile Pantry		Lutheran Church, 6901 Panama Rd	Joann Stofer 792-2901
Humboldt	Norris Area Pantry		SENCA Office, 802 4th St	Jenny Strecker 862-2411 x106
Milford	SENCA No Richardson Co		Linden Village Community Building	Foodnet Help Line 416-6197
Nebraska City	Milford Foodnet		First United Methodist Church, 1023 1st Ave	Keitha Thompson 873-7889
Nebraska City	Nebraska City Food Pantry		SENCA office, 917 Wildwood Lane	Rena Pugh 873-6459
Osceola	SENCA Otoe Co		BVCA office, 440 Nebraska	Cyndi Schultz 747-2102
Panama	BVCA Polk Co		Old elementary school	Barb Waline 420-1945
Pawnee City	UMCM Panama Pantry		SENCA office, 549 "F" Street	Terri Brethouwer 852-2208
Plattsmouth	SENCA Pawnee Co		Methodist Church, 702 Main Street	Jen West 296-4477
Seward	SENCA Cass Co		BVCA office, 105 S. 6th St	Stephanie Cradick 643-6425
Seward	BVCA Seward Co		St Vincent de Paul Parish Hall, 152 Pinewood	Curt Krueger 540-0462
Seward	CSS Mobile Pantry		United Methodist Church, 1400 N. 5th	Foodnet Help Line 416-6197
Stella	Seward Foodnet		Grace Church, 63488 718 Road	Rev Jim Runnels 712-269-9520
Sterling	Grace Bible Fellowship		SENCA office, 455 Lincoln St, Apt 11	Julie Daire 862-5739
Sterling	SENCA Sterling		Sterling United Methodist Church	Rev Mark Crist 402-335-7974
Syracuse	UMCM Sterling Pantry		Community Center, 303 Railroad Ave	Luther Mem. Church 269-2360
Tecumseh	Syracuse Area Churches Pantry		St Andrews Catholic Church, 179 N 6th	Curt Krueger 540-0462
Tecumseh	CSS Mobile Pantry		SENCA office, 172 S 4th St	Terri Brethouwer 335-2134
Wahoo	SENCA Johnson Co.		National Guard Armory, 338 W 15th	Curt Krueger 540-0462
Wahoo	CSS Mobile Pantry		2056 N. Hackberry	Jean Tesinsky 443-4250 x1007
Wahoo	CAP Saunders County		Wahoo Community Center, 310 N. Linden	Rev. Kent Freedman 443-4745
Waverly	Saunders Co Food Pantry		Methodist Church, 14410 Folkestone St	Cherie Crist 786-2625
Wilber	Waverly Area Food Pantry		109 West 3rd	Amy Hansen 821-3330
Wymore	Wilbur Emergency Pantry office,		101 S. 7th St.	Ruby Hardin 645-3818
York	Wymore Food Pantry		BVCA office, 3401 N. Lincoln	Cyndi Schultz 362-3516

Emergency Shelters

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

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

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

Non-Emergency Housing

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

Through subsidiary non-profit, Lincoln Action Program Housing Development Corporation, CAP provides safe, decent, affordable housing through low-income housing tax-credit financed rental developments in Lincoln and Wahoo.

Homeless Voucher Program

Provides intensive case management services and works with the Lincoln Housing Authority to secure safe, decent, and affordable housing for the homeless.

For more information: Lee Hellebower | Supportive Housing Administrator
402-471-4515 ext. 132 | lhellebower@communityactionatwork.org

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

Listings of subsidized and retirement housing. List of retirement , Special Needs, Subsidized and also Nursing Care facilities.

Assistive Technology Partnership | 3901 N 27th St # 5
1-877-428-8844 | www.housing.ne.gov

A free online service to list and find rental housing and housing services in Nebraska. Can also be accessed by phone toll free at **1-877-428-8844**. Callers provide the desired location and how much they can spend. ATP will try to match the caller with housing they can afford.

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

Housing Program – Based in the City of Lincoln. This program has long been a model of housing consistency in the Native American Community since the mid-1980s.

CEDARS Bridges Transitional Living Program – 6601 Pioneers Blvd.,
402-890-1263

Offers supervised community-based apartment living for youth ages 16-21 who may be homeless or coming out of the child welfare system. Independent living skills are highly emphasized.

Non-Emergency Housing

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

Curtis Center Transitional Housing for Homeless Men.

A supportive, transitional housing center for 60 men. A secure building with private sleeping rooms.

The HIS Center

The HIS Center provides overnight housing for men seven days a week.

Esther's Ladder

People's City Mission's transitional program for single women.

Family Shelter

Community and single family rooms with dormitory beds. Can accommodate single women, single parent families, intact families, and families with children.

Safe Place

Young people can now get help and safety at Safe Place sites across Lincoln. Designated sites are Lincoln Fire and Rescue Stations, the Lincoln Journal Star, every Hy-Vee, Bay198, The Game room, Scooter's Coffeehouses, and U-Stop locations, including the Whitehead Oil Company office building. All locations display the Safe Place sign.

Trained staff will provide the youth with safety at the site, get a general idea of what is wrong, and call People's City Mission, the Safe Place agency, to pick up the troubled youth. They will be brought to the mission shelter and offered supportive services.

City of Lincoln Housing Authority | 5700 R St. | 402-434-5500

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

Fresh Start | 6433 Havelock Avenue | 402-475-7777

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

Housing and Urban Development and VA Supportive Housing Program (HUD-VASH) | 402-489-3802

Program provides Section 8 vouchers for eligible homeless veterans.

National Call Center for Homeless Veterans

Free, 24/7 access to trained counselors for homeless veterans or veterans at risk of homelessness. The hotline assists homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.

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

Rent and Utilities Assistance

Catholic Social Services | 2241 O St | 402-474-1600

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

Churches

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

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

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

Supportive Housing Program

The Supportive Housing Program provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed.

Tenant Support Services Program

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

Housing Opportunities for Persons With HIV/AIDS (HOPWA) Program Through the Department of Health and Human Services

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

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

To be eligible for services, household income must be at or below 80% of the area median income. The Nebraska AIDS Project, (NAP) can be contacted at

1-800-782-2437 or 402-552-9260.

HUD-VASH | 402-489-3802

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

Utilities Information & Assistance

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

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

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

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

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

Lincoln Water System | 402-441-7533

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

Department of Health and Human Services

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

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

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

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

Good Neighbor Center | 2617 Y St | 402-477-4173

Helps With individuals with eviction Notices and those in need of assistance with utility shut off notices. Assistance is very Limited Please try other agency's first.

Financial Assistance

Consumer Credit Counseling Center

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

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

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

Matched Savings Accounts

Free to Save program is an Individual Savings Account (ISA) program in which participants save for a specific asset (home or small business), or the cost of education. Savings are matched \$ for every \$1 saved. Participants must be income eligible and must save for at least 6 months.

Money Management Education

Using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management.

Social Security

Social Security Office

100 Centennial Mall North Ste. 240 (Federal Building) | 866-593-2880

Provides assistance in starting the SSI process.

Online services: www.socialsecurity.gov

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

Automated telephone services: | 1-800-772-1213

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

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

Payee Program

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

Halfway Houses / Transition

Exodus House | 1301 N. 26th St. | 402-601-4148

A halfway house for recovering alcoholics and drug addicts. Offenders at correctional facilities must send a letter requesting an application, and include a letter that indicates why they have selected the Exodus House for their recovery process.

Fresh Start Home | 6433 Havelock Ave. | 402-475-7777

www.freshstarthome.org

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

House for New Life | 4505 Holdrege St. | 402-466-6080

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

House of Hope | 1124 N. Cotner Blvd. | 402-435-3165

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

The Rainier House | 1700 S. 24th St. | 402-435-2273

Provides transitional living for men who have successfully completed an alcohol/ drug treatment program and/or for men who have chosen to live a clean and sober lifestyle and are actively pursuing recovery.

St. Monica's Home | 120 Wedgewood Dr. | 402-441-3768

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

New Way Home | 402-540-5001

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

Veteran's Transitional Housing

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

Community Centers & Emergency Services

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

Provides youth and family service programs for Native Americans who need mentors, who have problems with juvenile delinquency, etc. Workforce Investment Act programs for Natives in need of job placement, counseling, training or GED. Family First Program for Families with emotionally disturbed children of all ethnic groups. Food commodities, housing, health care, and family support referrals to people of all ethnic groups. AA Meetings are held Monday-Friday from 5pm-6pm.

**Alcoholics Anonymous | Lincoln Central Office | 2748 S St., Suite AA
402-438-5214 | Nebraska Area 41 Hotline: | 1-877-226-3632**

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

The mission of the Clyde Malone Community Center is to strengthen the Lincoln community by serving as a cornerstone for educational, cultural, and advocacy programs.

Northeast Family Center | 6220 Logan St. | 402-471-3700

Provides summer day camp and after school programs for school age children.

Veteran's Hospital Mental Health Center | 600 S. 70th St. | 402-489-3802

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

YWCA | 2620 O St. St. | 402-434-3494

Has dance classes, clubs for women and girls, provides respite

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

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

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

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

**People's City Mission Homeless Prevention Center | 2101 N Street
402-475-6888**

Emergency services are allowed every 2 months per household.

Stepping Stones for Families | 4600 Valley Rd | 402-488-6511

Connects families with resources, offers parenting education, helps meet basic food needs, and offers support for persons struggling with substance use.

Community Centers & Emergency Services

Center for People in Need | 3901 N. 27th Street | 402-476-4357

Provides food distribution, special events, ESL, GED, training for the Employment First program, and immigrants. Provides OSHA certification training courses, day care training courses, and citizenship classes.

Catholic Social Services | 2041 O St. | 402-474-1600

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

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

Emergency Services

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

Community Justice Center | 1010 N St. | 402-429-1050

Offering employment classes to help ex-felons transition back into the community. Also conducts victim/impact classes.

Department of Health and Human Services

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

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

F Street Community Center | 1225 F St. | 402-441-7951

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

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

The Gathering Place | 1446 E St. | 402-476-7398

Offers a free meal Monday through Friday from 5:00-6:00 p.m.

Good Neighbor's Community Center | 2617 Y Street | 402-477-4173

Provides emergency food and clothing.

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

CEDARS Northbridge Community Center | 1533 N 27th | 402-437-8999

Offers room rental for the community.

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

CEDARS Street Outreach Services (SOS) provides street-based assistance to runaway, homeless and at-risk youth in Lincoln. Without pressure or judgment, Street Outreach staff members support homeless youth as they work to leave the streets for safe shelter. SOS offers crisis intervention, access to CEDARS 24-hour emergency shelter, food, transportation, and personal hygiene items.

Health Hub

medical society
Health Hub
402-817-0808
402-483-4800



Health Hub Advocates are available to help you find community resources to help meet your healthcare needs.

We can also help you complete various program applications. If you have no insurance, we are here to help you:

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

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

Free Medical Care

Clinic with a Heart | 1701 S. 17th St., Lower Level | 402-421-2924

There will be no clinics on major holidays.

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

5:30-7:00 p.m. (See schedule of services below)

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

Free Medical Care

People's City Mission Medical Clinic

402-817-0980 | 110 Q St.

Located behind the PCM shelter.

The PCM Medical Clinic offers medical, dental, optical and behavioral health services for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider if possible. If you have been unable to find a provider, contact a PCM Medical Clinic Patient Guide for assistance.

Hours:

Monday, 1:00-7:00 p.m.; Tuesday, Wednesday, Thursday, 8:00-11:00 and 1:00-5:00 p.m.; Fridays 8:00 a.m. to 11 a.m. and 1:00pm– 4:00pm

*Must call for dental, vision and mental health appointments.

To be eligible for PCM Medical Clinic Services your income must be at or below 200% the poverty level.

2015 Income Guidelines				
200% of Federal Poverty Level				
Family Size	Annual Income	Monthly	Weekly	Hourly (40 hrs./wk.)
1	\$22,980	\$1,915	\$479	\$12
2	31,020	2,585	646	16
3	39,060	3,255	814	20
4	47,100	3,925	981	25
5	55,140	4,595	1,148	28
6	63,180	5,265	1,316	33
7	71,220	5,935	1,483	37
8	79,260	6,605	1,651	41

Foot Care Clinic

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

In collaboration with Union College, foot care to adults (soak feet, trim toenails).

Individuals receive free socks, (each month) and free shoes (every 6 months).

Prescriptions

Medication Assistance Program of Lincoln

4600 Valley Rd. Suite 250 | 402-483-4800

Call for details and an appointment. To meet the requirements of the program you must **NOT** be covered by any medical prescription plan and your income needs to be \$19,000 or lower for a single individual and no more than \$25,000 for a couple

Your medications must be for a chronic or ongoing illness, since once accepted you are enrolled for 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. An \$8 first-time fee is charged to cover postage and handling but can be waived depending on individual circumstances.

Drug Assistance Programs

Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines.

Below is a list of websites that can help consumers find assistance, requirements, and how to apply.

www.needymeds.com

www.rxassist.org

www.prescriptionassistance360.org

www.phrma.org or 800-762-4636

LancasterRx

Prescription Discount Card

Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at*

Center for People in Need office at 3901 N. 27th St

Prescriptions

Drug Assistance Programs

Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines.

Below is a list of websites that can help consumers find assistance, requirements, and how to apply.

www.needymeds.com

www.rxassist.org

www.prescriptionassistance360.org

www.phrma.org or 800-762-4636

Answers 4 Families

www.answers4families.org

Answers 4 Families is Nebraska's support and information connection for families and professionals seeking assistance.

AskRx is a service of the Nebraska Pharmacist Association. You may ask questions about drugs or drug interactions and receive a personal email reply from a

pharmacist. Click on AskRX under the Features section on the left side of the page.

Eye Care America | 877-887-6327

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

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

assistance.

Cancer Assistance

Nebraska Colon Cancer Screening Program

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

Screening tests help find pre-cancerous growths (called polyps) so they can be removed before they turn into cancer. Any man or woman over 50 years of age who meets income guidelines is eligible to fill out the Nebraska Colon Cancer Screening

Enrollment Form. More information and the form is available at

www.dhhs.ne.gov/crc

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

Every Woman Matters • 402-471-0929

301 Centennial Mall South, third floor

Breast Cancer Screening

People's Health Center • 1021 N. 27th St. • 402-476-1455

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

Prostate Cancer Screening

People's Health Center • 1021 N. 27th St. • 402-476-1455

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

American Cancer Society • 24 hour hotline: 1 800-227-2345

www.cancer.org/index

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

Free Nursing Care - Public Health

Aging Partners

Downtown Senior Center • 1005 O St. |

402-441-7575

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

Matt Talbot Kitchen & Outreach • 2121 N. 27th St. •

402-477-4116

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

Free Nursing Care – Public Health

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

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

Flu Immunization Clinics

Lincoln-Lancaster County Health

Department 3140 N St. • 402-441-8065

By appointment only

Mon, Tues, Wed, & Fri, 8:00 a.m. - 3:30 p.m.

Thurs, 8:00 a.m. - 5:00 p.m.

REQUIREMENTS FOR FLU VACCINES

Children 6 months through 18 years of age, low income,
uninsured adults - no Medicaid

\$20.00 for an adult flu shot or for an insured child's
flu shot

Center For People In Need 3901 N 27th

402-476-4357

Provides flu immunizations during winter months.

Call for more information.

Matt Talbot Kitchen & Outreach

2121 N. 27th St. • 402-477-4116

Nurses provide flu and other immunizations during

Eye Exams // Screenings

Clinic with a HEART

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

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

People's City Mission Medical Clinic •

402-817-0980 • 110 Q St.

Located behind the PCM shelter. Call for vision appointments.

Eye Exams // Screenings

Matt Talbot Kitchen & Outreach

2121 N. 27th St. • 402-477-4116

Eye Exam Screenings are available on a quarterly basis (January, April, July and October). If the screening indicates you need a complete exam, you are referred for the exam and treatment at no charge.

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

Eye Care America • 877-887-6327

www.eyecareamerica.org

Those who are age 65 or older, and who have not seen an EyeMD in three or more years may be eligible to receive a comprehensive, medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam.

Those who are determined to be at increased risk for glaucoma and have not had an eye exam in 12 months or more may be eligible to receive a free glaucoma eye exam if they are uninsured.

Glasses

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

Mon, Wed, Fri, 10:00 a.m.-6:00 p.m., Sat, 10:00 a.m.-5:30 p.m.

Closed Sun and Thurs. Basic single lens glasses are \$39.95 (includes lens and frames) for both children and adult glasses. Eye exams available for \$40.00, available on Mon. and Tues. Payment is due at the time of service.

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

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

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

Sexual Reproductive Health

Family Health Services Inc.

630 North Cotner Boulevard • 402-466-1012

Lovesafely.com

Primary purpose is to ensure the reproductive health of men and women by offering confidential and caring exams, treatment, and prevention at a low cost.

Community Health Services/Health Department

441-8065 • 3140 N St.

Sexually Transmitted Infection Testing

No appointment necessary

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

Planned Parenthood of the Heartland.

Lincoln **5631 S. 48th Street, Suite 100 • 877-811-7526** — Omaha 3105 n 93th

Women's Health Information

Every Woman Matters • 402-471-0929

301 Centennial Mall South, third floor

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

If you qualify, the follow services are free:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self exam
- Mammogram
- Blood pressure check for new clients only

- Cholesterol check for new clients only
- Blood sugar (glucose) check for new clients only
- Colon cancer screening (age 50+) for women and men

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

1-800-532-2227

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

Women's Health Information

Birthright, Inc. • 5625 O St. Suite • 402-466-2609

24 hour toll free hotline: 1-800-550-4900
Free pregnancy tests, confidential and resources.

**Catholic Social Services • 2241 O Street •
402-474-1600**

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

Healthy Mother, Healthy Babies • 402-471-2907

Helps pregnant women with no insurance who need medical care.

**Pregnancy Center • 111 Pizza Terrace Near 53rd and O St. •
402-483-4247**

All free services health insurance or Medicaid is required ... Pregnancy tests, confidential counseling. We do have a 5-days a week ultrasound medical clinic, with two RNs and one sonographer working in the clinic and an OBGYN who does not work in the office but overviews and signs off on all the ultrasound files.

**Lincoln/Lancaster County Health Dept. • 3140 N St. •
402-441-8065**

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

**Lutheran Family Services • 2900 O St. Suite 200 •
402-435-2910**

Unplanned pregnancy counseling, adoption program.

People's Health Center • 1021 N. 27th St.

Unless you are already an established patient with PHC, you must call the People's Health Center to see if you meet eligibility requirements or contact **Health Hub at 402-817-0808** for a referral.

Planned Parenthood of the Heartland.

Lincoln **5631 S. 48th Street, Suite 100 • 877-811-7526** — Omaha 3105 n 93th

**Stepping Stones for Families
4600 Valley Road, Room 228 | 402-488-6511**

Stepping Stones offers a family advocate to assist pregnant and / or parenting families by connecting them with appropriate services in the community.

The family advocate can help families meet basic needs for housing or applying for state

Offers men, women and teens affordable, confidential reproductive health care, including STI tests, treatments and vaccines; cancer screenings; contraception; adoption and abortion services.

benefits, finding childcare or secure transportation to work or appointments.

Abuse / Neglect Assistance

Child and Adult/Elder Abuse Reporting Hotline

Toll Free 1-800-652-1999

TDD 402-471-9570

Child Advocacy Center

5025 Garland St. • 402-476-3200

www.smvoices.org

Safe, neutral site for child victims of abuse. Services include medical evaluations for victims, support groups, and Court School.

Friendship Home

P.O. Box 85358 • 402-437-9302

www.friendshiphome.org

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

Voices of Hope • 2545 N. St.

Non-emergency: 402-476-2110

Crisis: 402-475-7273

www.voicesofhopelincn.org

Provides counseling, support groups, and advocacy for victims of sexual assault and domestic violence. Staff accompany victims from the hospital emergency room through the criminal justice process. Crisis and short-term counseling is available 9:00 a.m.-4:00 p.m. Monday-Friday and until 7:00 p.m. Wednesdays.

Stepping Stones for Families

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

Stepping Stones offers a family advocate to assist pregnant and / or parenting families by connecting them with appropriate services in the community.

The family advocate can help families meet basic needs for housing or applying for state benefits, finding childcare or secure transportation to work or appointments.

Alcoholism

Al-Anon Meetings— For Teens

Strength and hope for families and friends of problem drinkers.

Al-Ann/Alateen meetings are for persons who feel their lives have been affected by a problem of alcoholism in a relative or friend.

Helps with:

Alcoholism Affects the **Entire Family.**

Parents Learn To **Cope.**

Growing up in an **Alcoholic home**

Al-Anon Works Well **With Counseling.**

**For more information please call 1-888-4AL-ALNON
(1-888-425-2666)**

Or Visit

www.al-anon.alateen.org

24 Hour hot line in Lincoln (402)-477-9662

Tuesdays @ 7:30pm 4530 A St Room 104

Thursdays @ 7:30pm 2040 S 22nd St East Entrance

If someone else's Drinking bothers you Please join US!

Alcoholics Anonymous Meetings

There are two types of alcoholics anonymous meetings – the open meeting and the closed meeting. The open meetings will have speakers who will talk about how they drank, how AA helped them and people will share experiences. Family members and people interested in AA are welcome to attend open meetings.

(402) 475-8718

- **Center Point**
2633 P St
Lincoln Ne
- **House Of Hope of Nebraska Inc.**
2015 S. 16th St—402-435-3165 EXT 110
- **Lincoln Treatment Center**
4305 O. St Lincoln Ne
402-488-2122
- **Bryan LGH Medical Center West**
1650 Lake Street. Lincoln Ne
402-481-5268

Alcoholism

Alcoholics Anonymous Meetings

There are two types of alcoholics anonymous meetings – the open meeting and the closed meeting. The open meetings will have speakers who will talk about how they drank, how AA helped them and people will share experiences. Family members and people interested in AA are welcome to attend open meetings.
(402) 475-8718

- **Lutheran Family Services**
2900 O. Street Lincoln Ne
402-435-2910
- **Antlers Inc.**
2501 South Street Lincoln
402-434-3965
- **Good Neighbor Community Center, Lower Level**
2617 Y . Street Lincoln Ne
Sunday 10:15 AM

Open meetings are for anyone who is interested in AA or Al-Anon. If a meeting is "open" it will be so designated on the published schedule. Open meetings can be attended by students, professionals, and other non-members interested in learning more about the recovery programs. The designation of a meeting as "open" does not change the meetings primary purpose of the group. The Primary Purpose from Tradition 5 of the individual fellowships are:

Generally speaking, when attending one 12 step meeting, members do not mention their membership in other 12 step groups during the meeting, to keep the meeting focused on its primary purpose. If a meeting is not designated either open or closed on a published schedule, it should be considered closed.

Mental Health/Counseling

Affinity Community Counseling

2610 W. M Ct. • 402-325-8555

www.affinitycommunitycounseling.com/Home.html

Mental health consultation, provision of support services, individual, family, and group therapy. Family concerns; anxiety; anger; depression; school related issues; behavioral concerns; self-esteem; parenting skills; relationship issues; drug and alcohol dependence, and developmental disabilities.

Catholic Social Services

2241 O St. • 402-474-1600

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

Associates in Counseling and Treatment

2110 S. 38th St. • 402-261-6667

www.actnebraska.com

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

BryanLGH Medical Center West

2300 S. 16th St. • 402-481-5991

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

Cedars Youth Services

6601 Pioneers Blvd. • 402-434-5437

www.cedars-kids.org

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

Mental Health/Counseling

Community Support: Serves adults age 18 or older with severe mental illness who reside in Lincoln or Lancaster County.

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

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

Families Inspiring Families

1645 N St., Suite A • 402-441-4369 402-441-4374

Families Inspiring Families holds monthly family support education group meetings for families raising youths with behavioral, emotional, or mental health issues. The youth group consists of activities centered on life skills, socialization, community service, and leadership. Dinner and drinks are served. Meetings are 6:00-8:00 p.m. Supervised child activities. Call for meeting times and location.

Matt Talbot Kitchen & Outreach

2121 N. 27th St • 402-477-4116

Representatives from Center pointe are on site to screen for the SOAR program on the first Thursday of the month from 11-12:30 p.m.

SOAR PROGRAM | 1000 S 13th St | 402-475-8717

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

Furniture

People's City Mission Homeless Prevention Center

2101 N St | 402-475-6888

Hours are 9:00-11:30 a.m. and 1:30-4:00 p.m. Mon, Wed, Fri.

Wednesdays 1:30-4 p.m. for the employed/students.

Tues and Thurs closed.

Requires proof of income and ID for each member of the household. Free clothing and furniture. Personal care items is limited to once every two months. Furniture

Pick-up Line : **402-475-6892**

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

Vouchers are given only in emergencies: flood, fire, tornado, etc. Low cost furniture, clothing and household goods are available at the thrift stores,

4690 Leighton Ave. | 466-5052 | and | 1126 N. 27th St. | 474-5913

Emergency Information for Pets

Coalition for Pet Protection | 402-434-7922

May be able to help with emergency assistance for pets, as well as affordable neuter/spay programs for all dogs and cats.

Capital Humane Society | 402-441-4488

Lincoln Animal Ambassadors | 402-817-1168

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

www.lincolnanimalambassadors.org for more information.

The Mighty and the Tiny: A spay And Neuter Project targeting Lincoln most 'at-risk' breeds **Pit Bulls & Chihuahuas . \$25 PER DOG Use special Code: 'Best Friend'**

Prisoner Re-Entry

Released and Restored | 402-806-0565

Assists ex-offenders in their efforts to leave a life of crime behind.

Offers life skills classes, support groups, mentor programs, and employment resources.

Bridges to Hope | 402-420-5696

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

Trade Re-Entry Program | Center for People In Need 3901 N 27th 402-476-4357 *

The TRADE (Tackling Recidivism And Developing Employability) Program will provide vocational and life skills training and case management services to those transitioning out of the [Nebraska Criminal Justice System](#).

[These](#) individuals [must](#) have been discharged from Nebraska State facility within the last 18 months [or](#) currently in a Nebraska work release/detail facility. TRADE will address [any potential obstacle](#) and develop strong support networks which increases the likelihood of employment retention and reduces the likelihood of repeat criminal activity for newly released offenders.

Senior Resources

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

Senior Centers

Asian Senior Center

2615 O St.
402-326-0371
Thursdays 9:00 a.m.
-1:00 p.m.

Maxey Senior Center

2032 U St.
402-441-7849
Wed. & Fri. 9:00 a.m.-1:00 p.m.

Downtown Senior Center

1005 O St.
402-441-7154
Monday-Friday 9:00 a.m.-4:00 p.m.
p.m.
Saturday 9:00 a.m.-1:00 p.m.

Belmont Senior Center

1234 Judson St.
402-441-7990
Mon., Tues., Thurs. 9 a.m.-1

Lake Street Senior Center

2400 S. 11th St.
402-441-7157
Monday-Friday 9:00 a.m.-1:00 p.m.

Northeast Senior Center

6310 Platte Ave.
402-441-7151
Monday-Friday 8:00 a.m.-3:00 p.m.

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

Food Program

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

Transportation | 402-441-7863

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

Senior Farmers Market Coupon Program

Main Office | 1001 O St. Ste. 101 | 402-441-7158 | Or (800) 942-7830

Coupons for low income seniors to purchase fresh produce.

Must be a senior citizen (age 60+) and meet income guidelines. Limited funds. Available on a first come first serve basis.

Coupons will be available in June through participating senior centers, Area Agencies on Aging offices, and Commodity Supplemental Food Programs' local distribution sites.

Senior Resources

Bus Passes | Star Tran |Handi-Van | 402-476-1234

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

Legal Aid of Nebraska | Office: 402-435-2161

ACCESS LINE | 877-250-2016 | Elder AccessLine + 60 | 800-527-7249

Non-profit firm which provides free quality civil legal aid to low-income individuals. Legal Aid does not handle criminal cases.

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

**Every 3rd Tuesday of the month Legal Aid Attorneys comes to the Indian Center.

(Contact Person: **Jacinda Welsch 402-438-5231 x105**)

Senior Health Services

Aging Partners (Formerly Lincoln Area Agency on Aging)

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

Harvest Project | 402-441-7070

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

Aging Partners

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

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

LIFE (Lincoln Information for Elderly) | 402-441-7070

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

Alzheimer's Association | 1500 S. 70th St. Suite 201 | 402-420-2540

Resources, referrals and support.

Legal Information

Nebraska State Bar Association Volunteer Lawyers Project

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

Will help low income with family law cases if they meet criteria.

FREE brochures on basic rights are available.

Nebraska Appleseed Center for Law | 941 O St # 920 | 402-438-8853

Provides information on the rights of welfare recipients.

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

Information, assistance and crisis intervention for victims of crime.

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

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

The Mediation Center | 610 J St # 100 | 402-441-5740

Professional and impartial mediation services to assist in dispute resolution related to all areas of family, employment, consumer and community issues on a sliding scale fee.

Legal Aid of Nebraska | 941 O St # 825

Office: | 402-435-2161

ACCESS LINE | 877-250-2016

Non-profit firm which provides free quality civil legal aid to low-income individuals. Legal Aid does not handle criminal cases.

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

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

Legal Aid of Nebraska Virtual Self Help Center

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

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

Legal Information

ACLU-American Civil Liberties Union

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

Private, non-profit organization that seeks to preserve constitutional rights and civil liberties. The ACLU generally becomes involved in cases where the government is involved, rather than private individuals or companies. The ACLU does not ordinarily handle criminal cases, divorce/custody cases, or discrimination cases involving private individuals or companies.

Aging Service's Elder law Program | 1005 O St. | 402-441-7070

Legal information and referral services to people 60+.

Child Support Enforcement 233 S 10th St |

402-441-8715 | 1-877-631-9973

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

The Civil Clinical Law Program

University of Nebraska Law College

172 Welpton Court Room

42nd & Fair St | 402-472-3271 | law.unl.edu/clinic.html

Senior law students at the University of Nebraska College of Law provide free legal services in certain types of civil legal cases to low-income persons. Clinic students work under close faculty supervision.

Center For Legal Immigration

4825 Saint Paul Avenue | 402- 471-1777

Provides assistance with filing requests and appeals with the US Immigration Service including protected status for victims of domestic violence, asylum, family reunification, updating status, or appealing rulings. Low-income clients receive services at minimal cost. Call for appointment. Also assists with permanent residence, citizenship, humanitarian, and temporary stay in the US. www.clianeb.org

Lincoln Commission on Human Rights

50055 S 10th St. Suit Kharkov

q304 | 402-441-7624

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

Clothing

The Barnabas Project | Belmont Plaza | 11th & Cornhusker Hwy
931 Saunders Ave. near the SW corner of 11th & Cornhusker
Sat. 9am-noon
First and third Tuesdays: 6pm-8pm
Second and fourth Thursdays: 6pm-8pm.

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

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

Esther's Closet | Havelock United Methodist Church
4140 N. 60th Street | 402-466-6736
Gives away men's, women's, and children's clothing **FREE** on the third and last Tuesdays of each month from 5:00-6:00 p.m.

Good Neighbor's Community Center | 2617 Y Street | 402-477-4173
Appointments needed, call first. Begin taking calls at 9:00 a.m. May pick up once every two months. The first time you must complete an application, have SS# for all members of the household. You must have proof of income each time. Everyone must have a client card.

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

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

clothing

Once Upon a Child | 2711 S. 48th | 402-464-4443

Low cost name brand children's clothing.

Macie's Place | 2601 N. 47th St. | 402-601-1773

www.maciesplace.org

Family Resource Center and Thrift Shop. All clothing and shoes \$1 each.

The Purple Peacock | 1333 North 33rd Street |
gently used clothing, shoes, accessories and linens at no cost. Open
Wednesday and Friday 9:30 am. to 12:30 pm. each week and on the Third Sat-
urday 9:00 am. to 11:00 am.

Northwest Lincoln Church of Christ | 3110 N. 1st St. | 402-475-3313

Free clothing, shoes and totes given out on the first Saturday of the month from
9:00 a.m.-noon. Emergency clothing as needed.

**People's City Mission Homeless Prevention Center | 2101 N Street
402-475-6888**

Hours are 9:00-11:30 a.m. and 1:30-4:00 p.m. Mon and Fri.

Wednesday 9:00- 11:30

4:00 p.m.- 6 p.m. for the unemployed / students. Must bring Current
paystub/schedule.

Tues and Thurs Closed.

Requires proof of income and ID for each member of the household. Clothing
and furniture room is limited to once per day.

Salvation Army Thrift Store | 4690 Leighton Ave. | 402- 474-4747

Vouchers are available on a case-by-case basis. Low cost clothing is available
from the stores at **4690 Leighton Ave** and **1126 N. 27th St.**

St. Vincent de Paul | 2215 O St.

Outreach Line | 402-438-3135 | Helpline | 402-435-7968

Emergency needs only.

YWCA Job Outfitters | 2620 O St. Street | 402-434-3494

To utilize this program, participants meet with a volunteer at the Workforce/
One Stop Career Center in Gold's Galleria at 1010 N Street in downtown
Lincoln. Eligible participants will be issued a voucher that can be used at any
Goodwill Lincoln location for clothing, accessories, and shoes. Job Outfitters is
open Monday through Friday from 1:00 to 2:00 pm. No appointment is nec-
essary. You can also call the YWCA offices at 402-434-3494

Clothing

The Daisy Thrift Shop
6433 Havelock Ave.
402-475-7777

High Quality women's Clothing Low Prices
Special "Themes" Change every month
January And July "Dollar Day's"

When all clothing is Priced \$1.00 Plus we always have a "Dollar Rack"
Open Fridays And Saturdays 10:00am—4:00pm
An the THIRD Thursday 4:00pm—7:00pm
All Proceeds Benefit Fresh Start Home

Diapers

Diaper Heaven | 733 S 13th St. | Between G and H Streets
You must pull in the alley and park on the north side of the house
Free diapers available in all sizes. Open Mondays 11:00 a.m.-5:00 p.m.

Good Neighbor's Community Center | 2617 Y St. | 402-477-4173
Diaper Club: Mothers with children 2 years old and younger can receive 12 diapers (or less depending on donations) every month.
NOTE: No appointment is needed for diapers.

Salvation Army | 2625 Potter St. | 402-474-6263
Diaper Depot - Families with children ages 2 and under are eligible to receive diapers, wipes, and Desitin ointment once every two months (60 days) . Please be aware that diapers are not usually available on a same-day basis. Typically diapers may be picked up within one to two business days. At the time the request for diapers is made, clients will be notified of the time of pick-up .

Auto Repair

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

Career and Education Assistance

YESS - Youth Education and Support Services

1111 O St., Suite 205
Lincoln, NE 68508
402-441-7111

YESS (Youth Education and Support Services) a program for low income youth ages 14-24 years old with barriers to employment. Assistance provided with education and employment for residents of Lancaster and Saunders County

Community Justice Center | 1010 N St. | 402-429-1050

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

One Step Employment Solutions | 1111 o street. | 402-441-7121

Job training for adults and dislocated workers who are unemployed due to layoffs or business closing and displaced homemakers.

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

Vocational Rehabilitation might be able to help with career assessment and counseling, job training, job placement assistance, and job site modifications and devices.
through Friday from 1:00 to 2:00 pm. No appointment is necessary. You can also call the.

GED

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

Offers GED courses. Interested individuals must go to the college to register.

Registration is \$20. Courses are offered at Energy Square in the Gold's Building, Saratoga Elementary School, Good Neighbor's Community Center, and the Center for People in Need. Call **1-800-642-4075** for more information.

El Centro De Las Americas | 2615 O St. | 402-474-3950

El Centro provides assistance in completing GED in Spanish.

English as Second Language

Center for People in Need | 3901 N. 27th St. | 402-467-4357

Has beginning ESL through advanced classes. The registration for the classes is Monday through Friday 3:00 - 5:00 PM.

Good Neighbor's Community Center | 2617 Y Street | 402-477-4173

A teacher from Southeast Community College is on site three times a week to work with level 2 students.

NOTE: Call Southeast Community College for more details at 1-800-642-4075

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

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

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

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

Offers basic, intermediate, advanced and vocational ESL classes. Interested individuals must go to the college to register. Basic and Vocational ESL classes are free, there is a fee for the intermediate and advanced classes. All new students must register and pay a \$20 fee for the ESL orientation prior to registering for an ESL class.

Call **1-800-642-4075** for more information.

Career and Education Assistance

YWCA | 2620 O St. St. | 402-434-3494

To utilize this program, participants meet with a volunteer at the *American Job Center at 1111 O St., Suite 205* in downtown Lincoln. Eligible participants will be issued a voucher that can be used at any Goodwill Lincoln location for clothing, accessories and shoes. Job Outfitters is open Monday

Basic computer classes are held every Wednesday from 3:00 – 4:00 pm. Sign-up prior to class by calling 402-441-1660 or visit the American Job Center, Suite 205.

Bus Pass Purchase Locations

Bus Passes are now \$ 8.00 and \$16.00 For Hand van.

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

Carol Yoakum Family Resource Center

4621 NW 48th St. | 402-434-2621
M-F 8:00 a.m.-noon & 1:00-5:00 p.m.
Summer Hours: M-F 8:30 a.m.-4:30p.m.

Center For People In Need
3901 N. 27th St. | 402-476-4357
M-F 8:00 a.m.-5:00 p.m.,

Community Action Partnership
210 O St. | 402-471-4515
M-T-W-TH 2:00-5:00 p.m.

Community Mental Health Center
2201 S. 17th St. | 402-441-6600
M-F 8:30 a.m.-4:30 p.m.

F Street Community Center
1225 F St. | 402-441-7951
M-F 8 a.m.-8:45 p.m., Sat. 9:00 a.m.-4:45 p.m.,
Sun. 1:00-5:45 p.m.

Good Neighbor's Community Center
2617 Y St. | 402-477-4173
M-TH 10:00 a.m.-4:00 p.m.,
F 10:00 a.m.-2:00 p.m.

El Centro de las Americas
2032 U St. | 402-474-3950
M-TH 9:00 a.m.-5:00 p.m.

Satran
710 J St. | 402-476-1234
M-F 8 a.m. to 4:00 p.m.

Indian Center

1100 Military Rd | 402-438-5231
M-F 10:00 a.m.-5:00 p.m.

Northeast YMCA

2601 N. 70th St. | 402-434-9268
M-F 8:00 a.m.-5:00 p.m.

Indian Center

1100 Military Rd | 402-438-5231
M-F 10:00 a.m.-5:00 p.m.

People's City Mission Homeless Prevention Center | 26th and O St
402-475-6898

M, Thurs, Wed, Fri 9:00-11:30 a.m. & 1:30-4:00 p.m.

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

Other

Laundry Vouchers

The Salvation Army | 402-474-6263

Can provide a voucher to a local Laundromat to qualified individuals.

Matt Talbots Kitchen and Outreach | 402-477-4116

Provides showers and laundry services for the homeless, M-F only.

Fans

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

The Salvation Army | 474-6263 | Can provide a 20 inch box fan to those who need one. One per household per year. June 1 to August 31.

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

Summer Fan Distribution Program.

Smoke Alarms

Fire Station |

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

Contact the Fire Station and they will follow up with you about receiving a free Smoke Detector for the home you are living in.

Child Care

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

Head Start & Early Head Start

Head Start/ Early Head Start are child development programs that serve low-income families, including those with special needs, and their families.

Head Start Child Development Center

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

Department of Health and Human Services

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

DHHS can provide a listing of registered child development centers.

Out of School Program

Malone Community Center

2032 U St. | 402-474-1110

Monday through Friday the program picks participants up from school and brings them to the Center, where we have a snack after arrival.

Other

Transportation Vouchers

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

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

Homeless Identification Program

Good Neighbor's Community Center | 2617 Y Street | 402-477-4173

Offers an introduction to computer classes, and they have a computer lab where clients can use computers to do job searches and work on computer skills. Days for these classes are Tuesdays and Thursdays 11am-12pm.

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

CAP also offers classes including Keyboarding, Microsoft Windows, Office applications, and resume building.

El Centro De Las Americas | 2615 O St. | 402-474-3950

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

Matt Talbots Kitchen and Outreach | 402-477-4116

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

Computer Classes

The Center For People In |Need 3901 N 27th |402-476-4357

The Center's computer lab is open to the Public on
M,T,W,Th,F 1p.m.—5 P.m.

Please call for information about computer classes.

Lincoln City Library Locations

Gere Branch

2400 So. 56th Street - 402-441-8560

Monday - Thursday 10 a.m. - 8 p.m.

Friday - Saturday 10 a.m. - 6 p.m.

Sunday 12 p.m. - 8 p.m.

South Branch

2675 South Street - 402-441-8570

Monday - Thursday 10 a.m. - 8 p.m.

Friday - Saturday 10 a.m. - 6 p.m.

Sunday 12 p.m. - 8 p.m.

Walt Branch

6701 So. 14th Street - 402-441-4460

Monday - Thursday 10 a.m. - 8 p.m.

Friday - Saturday 10 a.m. - 6 p.m.

Sunday 12 p.m. - 8 p.m.

Williams Branch

5000 Mike Scholl Street, Suite 309

402-441-8580

(located in Arnold Elementary School - north side, use West Cuming Street entrance)

Monday - Thursday 4 p.m. - 8 p.m.

Friday 4 p.m. - 6 p.m.

Saturday - Sunday 1 p.m. - 6 p.m.

Web Site www.lincolnlibraries.org

Available 24 hour a day

Lincoln City Library Locations

Lincoln City Libraries

136 S. 14th Street - 402-441-8500

With a library card from Lincoln City Libraries you have access to resources that educate and entertain. Don't have a library card? Stop by any library location and get your card - it's free.

Bennett Martin Public Library (Main)

136 So. 14th Street - 402-441-8500

Monday - Saturday 10 a.m. - 6 p.m.
Sunday 12 p.m. - 6 p.m.

Anderson Branch

3635 Touzalin Avenue - 402-441-8540

Monday - Thursday 10 a.m. - 8 p.m.
Friday - Saturday 10 a.m. - 6 p.m.
Sunday 12 p.m. - 8 p.m.

Bethany Branch

1810 No. Cotner Blvd. - 402-441-8550

Monday - Saturday 10 a.m. - 6 p.m.
Sunday Closed

Bookmobile - 402-441-8545

Call for service locations and schedule.

Eiseley Branch

1530 Superior Street - 402-441-4250

Monday - Thursday 10 a.m. - 8 p.m.
Friday - Saturday 10 a.m. - 6 p.m.
Sunday 12 p.m. - 8 p.m.

Other

Blessed Mother Teresa Sandwich Program | 2215 O St

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

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



One Sandwich per person per day.

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

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

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

LOCATION:

941 "O" Street, Ste. 802

Lincoln, NE 68508

HOURS OF OPERATION:

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

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

Friday (9 a.m. to Noon)

Emergency Numbers

In case of Emergency Dial 911
Fire | Ambulance | Police

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

Poison Center
Nebraska Regional Poison Center.
(Toll free)1-800-222-1222

24-Hour Personal Crisis Numbers
Rape / Spouse Abuse402-475-7273
24 Hour1-800-523-3666

Child & Adult / Elder Abuse
Reporting Hotline1-800-652-1999

State Patrol
Emergency Highway Help Line
(Toll free)1-800-525-5555
Road Conditions 511
Non-Emergency Calls - Lincoln402-471-4545

Lancaster Co. / City of Lincoln
Information/Switchboard402-441-7171

Crisis Lines/Suicide/Mental Health
Lancaster Co. Mental Health Center402-441-7940

Animal Abuse
Break the Link.....402-441-0212
Animal Control.....402-441-8626

HIV/AIDS
NE Hotline1-800-782-2437

Youth/Family Crisis
Cedars Youth Services V/TDD402-437-8888



Center
for
People
in
Need

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

*3901 North 27th Street Unit 1
Lincoln, NE 68521*

www.centerforpeopleinneed.org

402-476-4357

Fax: 402-476-4358

*Beatty Brasch
Executive Director*

*Deb Daily
Director of Operations*

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

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

Updated September 2015
