
2009

Community
Connections

A guide to resources for residents of Lincoln
and Lancaster County

Prepared and distributed as a cooperative effort by:
United Way of Lincoln and Lancaster County and
Lincoln - Lancaster County Human Services Federation



Community Connections

Dedicated to the children, youth, and families of Lincoln and Lancaster County.

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The Human Services Federation

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Website.....<http://www.hsfed.org>

For over 25 years, the Human Services Federation has been supporting nonprofit organizations that help make Lincoln a great community.

Our Mission:

The Federation supports its members through education, networking, and the power of collective action.

Our Vision:

Lincoln's nonprofits accomplish their missions for a healthy, just, and cooperative community.

Sources of Additional Information

2-1-1 is simply, but powerfully, a telephone number that makes a critical connection between individuals and families in need and appropriate community based organizations or government agencies. As of April 2009, 2-1-1 serves over 240 million Americans - more than 80% of the entire population; covering all or part of 46 states (including 33 states with 90%+ coverage) plus Washington, DC and Puerto Rico. The remaining states are all in various stages of planning and implementation. Every few weeks, these coverage numbers increase.



Online Resources

- Nebraska Information and Referral Database - <http://www.ne211.org>
- Child Care Providers Search - <http://www.lincoln.ne.gov> keyword: Child Care
- Ready America - <http://www.ready.gov>

Disclaimer/Corrections

The information contained within this directory is provided as a public service, and does not imply any implicit endorsement by any of the sponsoring agencies of this document.

For additions, deletions, corrections, or changes please write to the Human Services Federation, 1645 N Street, Lincoln, Nebraska 68508 or e-mail director@hsfed.org.

If a separate phone number is not listed as a TDD or a Telecommunications System for the Deaf, consider using Nebraska Relay services.

Nebraska Relay 711 or TDD 800-833-7352
Consumer Service TDD/Voice 800-322-5299

Nebraska Relay will facilitate calls between standard telephone users and those who use a TDD (i.e., Deaf, Hard of Hearing, or Speech Impaired.)

CRISIS LINES (24 hours)

Adult Abuse – Nebraska Health and Human Services	800-652-1999
Local	471-9272
TDD	471-9570
Child Abuse and Adult/Elder Abuse Reporting Hotline	800-652-1999
Fire/Medical Emergency	911
HIV/AIDS – Center for Disease Control	800-232-4636
Poison Center: Children’s Hospital	800-222-1222
Police/Emergency	911
Police Non-Emergency/Info	441-7204
TDD/TTY	441-7802
Rape/Spouse Abuse: Voices of Hope	475-7273
Suicide/Mental Health: Lancaster County Mental Health Center	441-7940
Youth/Family Emergency Shelter: Cedars Youth Services, V/TDD	437-8888
Boys Town National Hotline	800-448-3000

INFORMATION AND REFERRAL

Aging Services (LIFE Office)	441-7070
Alcohol and Other Drugs (Lincoln Council on Alcoholism and Drugs)	475-2694
Animal Control	441-7900
TDD	441-7825
Basic Needs	
American Red Cross	441-7997
Lincoln Action Program	471-4515
People’s City Mission	475-1303
Child Care Connection: Lincoln-Lancaster County Health Dept.....	441-8026
Children and Family Support: Lincoln-Lancaster County Health Dept.....	441-8000
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Community Mental Health Center of Lancaster County	441-7940
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Dental Services: Lincoln-Lancaster County Health Dept.....	441-8015
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Hotline for Disability Services (V/TDD)	471-0801
V/TDD	800-742-7594
League of Human Dignity (V/TDD)	441-7871
Nebraska Advocacy Services	474-3183
or	800-422-6691
Employment: Workforce Development Center Employment Services	471-2275
TDD	471-2786
Health and Medical: Lincoln-Lancaster County Health Department.....	441-8000
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Language Assistance: Lincoln Action Program - Language Linc.....	730-9054
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Alzheimer's Association - Great Plains Chapter

Alzheimer's Association - Great Plains Chapter (402) 420-2540 1

Ambassador Nebraska City, The

Ambassador Lincoln..... (402) 488-2355 1

American Cancer Society - High Plains Division

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American Civil Liberties Union - Nebraska (ACLU)

American Civil Liberties Union - Nebraska (ACLU) (402) 476-8091 2

American Heart Association Midwest Affiliate

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American Red Cross - Cornhusker Chapter

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Answers4Families/UNL Center for Children, Families and the Law
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Asian Community and Cultural Center

Asian Community and Cultural Center..... (402) 477-3446 3

Autism Family Network

Autism Family Network (402) 617-2093 4

Autism Society of Nebraska

Autism Society of Nebraska (877) 375-0120 4

Behaven Day Center, Inc.

Behaven Day Center, Inc - Lincoln (402) 423-6464 4

Belmont Community Center, Inc.

Belmont Community Center, Inc. (402) 477-8854 4

Birthright International

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Bright Lights - Summer Learning Adventures

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Nebraska Commission on Law Enforcement and Criminal Justice

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Alcoholics Anonymous World Services

Alcoholics Anonymous Central Office - Lincoln

Phone(s): (877) 226-3632, (402) 438-5214
2748 S Street, Suite AA
Lincoln, NE 68503-3133

LIASON for AA, Al-Anon and Alateen 12 steps to recovery meetings throughout Lincoln and surrounding counties

INFORMATION AND REFERRAL for alcoholics

AA BOOKSTORE and gift shop including AA books in many languages

SPEAKES available for schools, churches, civic groups etc.

Alcoholics Anonymous Meeting Finder

Phone(s): (877) 226-3632
Area 41
2431 Fairfield, Suite C
Lincoln, NE 68508

INFORMATION on Alcoholics Anonymous meetings in Nebraska, available by telephone or online

Alzheimer's Association - Great Plains Chapter

Phone(s): (800) 272-3900, (402) 420-2540,
5601 South 27th Street, Suite 201
Lincoln, NE 68512

OFFERS SUPPORT and guidance to family and friends of persons afflicted with Alzheimer's disease or a related disorder, provide educational resources and information, support research, and advocate for the needs of individuals and their families

LOCAL MONTHLY SUPPORT group meetings

QUARTERLY NEWSLETTER

TOLL-FREE HELPLINE

FINANCIAL ASSISTANCE for caregivers to receive stipend for respite care

SAFE RETURN PROGRAM which helps to safely locate wandering persons with dementia

VOLUNTEER OPPORTUNITIES are available in the areas of administration, civic and political, communication, counseling, education, and special events

Ambassador Nebraska City, The Ambassador Lincoln

Phone(s): (402) 488-2355
4405 Normal Boulevard
Lincoln, NE 68506

SKILLED NURSING FACILITY that provides post-injury or post-surgical rehabilitation and a 14-bed ventilator unit that specializes in rehabilitation services. Also provides scheduled activities, transportation for residents, individualized exercise program, resident lounge, cable, beauty shop, library and private suites. Telephone available at an extra charge.

American Cancer Society - High Plains Division

American Cancer Society - Lincoln

Phone(s): (800) 227-2345, (402) 423-4888,
(877) 232-4787, (800) 642-8116
5733 South 34th Street, Suite 500
Lincoln, NE 68516

NATIONAL COMMUNITY-BASED VOLUNTEER HEALTH ORGANIZATION dedicated to eliminating cancer as a major health problem through prevention, treatment, research, education, advocacy and service. Areas of special emphasis include breast cancer awareness, tobacco, nutrition, prostate cancer awareness and patient services.

CANCER EDUCATION sessions include signs and methods for prevention and detection, and cover topics such as breast cancer, colon cancer, prostate cancer, lung cancer and smoking

FUNDRAISING through the Income Development program which includes special gifts, and events such as Daffodil Days, Relay For Life, gala and golf tournaments

LOOK GOOD/FEEL BETTER assists persons who have had cancer to look their best by providing information about hair care, make-up and grooming

NUTRITIONAL SUPPLEMENT PROGRAM provides free pharmaceutical, oral nutritional supplements to eligible cancer patients on a first-come, first-served basis as available; patient eligibility criteria - must meet all criteria: patient must be a resident of the High Plains Division (Nebraska, Kansas, Missouri, Oklahoma); patient must be receiving active treatment (support or maintenance therapy such as tamoxifen and lupron is not considered active treatment); patient

must be experiencing nutritional deficiencies related to cancer, cancer treatment side effects; dietician or physician must verify need and usefulness of nutritional supplement for patient; patient could not buy nutritional supplements without creating a financial hardship on himself and/or family

PATIENT AND FAMILY EDUCATION offers a group education program, I Can Cope, for adult cancer patients. The program is conducted as a consecutive series, and offers topics relevant to the cancer experience

REACH TO RECOVERY is a volunteer visitor program for women who have breast cancer; the program is designed to help women meet the physical, emotional and cosmetic needs related to their disease and its treatment

ROAD TO RECOVERY offers transportation to and from doctor's offices and hospitals for patients undergoing treatment in Lincoln

SELF HELP AND SUPPORT GROUPS:

Candlelighters - for parents of children, patients and siblings, who have been affected by cancer or other chronic or life threatening illness

Laryngectomy Support Group - provides emotional support and information regarding new methods of speaking

Ostomy Support Group - meets monthly to assist patients to adjust to post-surgery changes in body function.

TRANSPORTATION ASSISTANCE - patient must reside in the High Plains Division (Kansas, Missouri, Nebraska, Oklahoma); travel must be at least 100 miles round trip for active cancer-related treatment (chemotherapy, radiation, surgery, biotherapy); patient may receive only one \$50 gas card every 12 months. Patient may reapply for a new gas card 12 months after receipt of previous card if other eligibility requirements are still met. The American Cancer Society, High Plains Division, has an established budget allocated for transportation assistance and, upon depletion of funds, no additional dollars can be made available until the next fiscal year. Therefore, this program may be suspended without prior notice at any time due to exhausted funds. Program funds are provided to cancer patients on a first-come, first-serve basis.

WIG BANK, BREAST PROSTHETICS AND BRAS; Wigs are provided free for those who have lost their hair due to cancer treatments. Breast

prosthetics and bras are offered free to women who need prosthesis or bras after mastectomy surgery. Call for locations of other wig banks throughout Nebraska.

American Civil Liberties Union - Nebraska (ACLU)

Phone(s): (402) 476-8091
941 O Street, Suite 706
Lincoln, NE 68508

PROTECTS CIVIL LIBERTIES of all citizens including freedom of expression, religious liberty, right to privacy and equal protection under the law

REVIEWS CLAIMS of violations of constitutional freedoms

American Heart Association Midwest Affiliate

American Heart Association - Lincoln

Phone(s): (402) 489-5115
1540 South 70th Street, Suite 100
Lincoln, NE 68506-1576

HEART HEALTHY LIFESTYLE EDUCATION to the community, schools, and work sites

EDUCATION of healthcare professionals about the prevention and treatment of heart disease and stroke

FUNDING OF heart disease and stroke research

ANNUAL GO RED FOR WOMEN LUNCHEON - call for information

ANNUAL HEART WALK IN MAY

HEARTS OF GOLD GALA each November

American Red Cross - Cornhusker Chapter

Phone(s): (402) 441-7997, (402) 441-7038
220 Oakcreek Drive
Lincoln, NE 68528

RELIEF to victims of disaster and help people prevent, prepare for and respond to emergencies; maintains a system of local, national, and international disaster preparedness and relief.

ARMED FORCES EMERGENCY SERVICES provides emergency communications to members of the military and their families, as well as financial assistance, information and referral, and foreign location services for civilians

DISASTER SERVICES to help individual families, as well as entire communities following disasters. Services include the provision of food, clothing, and shelter. All disaster assistance is considered a grant and no repayment is required or expected.

HEALTH AND SAFETY SERVICES offers courses related to First Aid, CPR (Cardiopulmonary Resuscitation), AED, baby-sitting, and all levels of swimming

LABOR CO-OP assists low income, elderly, and disabled individuals with moving assistance; proof of income is required

Angel Food Ministries

Angel Food Ministries - Lincoln

5001 South 1st Street
Lincoln, NE 68512

COMMUNITY SERVICE AND FOOD PROGRAM that supplies consumers with food at lower than retail prices

FOOD IS DISTRIBUTED toward the end of each month; call your host site for specific dates

OTHER LINCOLN SITES:

Quinn Chapel AME Church

402-261-5614

402-261-5602

Crossbridge Christian Church

402-438-6443

402-770-2210

Answers4Families/UNL Center-Children, Families, and Law

Phone(s): (800) 746-8420, (402) 472-0844
206 South 13th Street, Suite 1000
Lincoln, NE 68588

INFORMATION AND SUPPORT for families of children with special needs, families of children with mental health needs, foster and adoptive families, caregivers of the elderly, caregivers of Alzheimer's patients, assisted living service coordinators, and school nurses via Internet information and e-mail support groups

LOCAL RESOURCES through the Nebraska Resource and Referral System, a database of support groups, health, day/respite care, and counseling services and many other providers

WEB LINKS provide information about diseases and disabilities; local, state, and federal programs; and a tutorial to help parents and professionals create better Individual Family Service Plans (IFSPs)

ASK AN EXPERT SERVICE provides access to experts in a variety of fields

ASK Rx provides access to the Nebraska Pharmacy Association to ask a variety of questions in regard to medications

Asian Community and Cultural Center

Phone(s): (402) 477-3446
2615 O Street
Lincoln, NE 68510

FAMILY RESOURCE PROGRAM offers various programs such as language skills, Citizenship classes, translation and other assistance regarding INS documents, birth certificates, marriage certificates, high school and college diploma, educational transcripts, health care services; tax return filings to the community, provide employment assistance to job seekers, employment Bulletin Board information and referral services through bilingual radio program as and when the need arises

PARENTING KINDLY education to Asian parents

SOCIAL ACTIVITIES include Chinese women's club and Chinese seniors program

YOUTH LEADERSHIP PROGRAM where youth meet every week to learn leadership skills, community and cultural involvement, and career development skills; offer Asian Student scholarships - currently provides four (4) \$500 scholarships to Asian graduating seniors from any Lincoln Public School System

SUMMER PROGRAM provides an Asian enrichment education in both Asian culture and Asian languages; this program runs through the first eight weeks of summer and offers the summer program youths with language classes, field trips, swimming opportunities and learning Lion Dance;

SUBSTANCE ABUSE education and outreach program provides resource information, technical assistance and support to the youth and community; a Vietnamese prevention educator provides bilingual literature regarding tobacco, alcohol/drugs, organizing workshops and orientations to youth and community members

SENIOR'S PROGRAM provides weekly group education programs at the center providing health and behavioral health services to Asian elders

CULTURAL EDUCATION PROGRAM offered, as the Asian Center is a prominent leader in sharing and presenting the Asian cultural information and activities in Lincoln/Lancaster County; the Asian Center's Lion Dance Troupe, Taiji classes, and Lotus Dance/Vietnamese traditional dance make a number of presentations through which Asian cultural aspects are shared in various public events and private cultural events; other cultural activities such as lectures, Tet festival, talks and a number of multi-cultural training sessions, Vietnamese and Chinese language classes, and cooking classes are organized at the Center for a wide variety of groups throughout the year; cultural and resource orientation classes are offered to New Americans and refugees to educate and share cultural aspects that will help to the refugee community to understand and adjust to have a harmonious life

VOLUNTEER OPPORTUNITIES throughout the year

FUSION / Ethnic Self Help Project works with four refugee communities - African, Asian, Eastern European, and Middle Eastern. Fusion's team of Community Resource Liaisons (CRL) work to educate and empower each of their communities to make their acculturation process easier in their new home

Autism Family Network

Phone(s): (402) 617-2093
PO Box 67053
Lincoln, NE 68506

FAMILY SUPPORT for parents and children with autism; monthly gatherings

Autism Society of Nebraska

Phone(s): (877) 375-0120
1672 Van Dorn Street
Lincoln, NE 68502

SUPPORT GROUPS in cities throughout Nebraska offer support and guidance for parents, caregivers, teachers, therapists, grandparents, or anyone that is affected by autism; seed money is available for initial start up of groups

SCHOLARSHIPS available to member families for a range of needs

Behaven Day Center, Inc

Behaven Day Center, Inc - Lincoln

Phone(s): (402) 423-6464
1145 High Street
Lincoln, NE 68502

DAY TREATMENT center for children ages 2-7 with severe and chronic behaviors, providing a structured day program for difficult or at-risk children; teaches children social skills and helps them learn to reduce aggression and increase attentiveness

FAMILY THERAPY and Community Treatment Aide services in the community

TRAINING OPPORTUNITIES for daycare staff, agencies, parents

Belmont Community Center, Inc.

Phone(s): (402) 477-8854
3335 North 12th Street
Lincoln, NE 68521

BEFORE AND AFTER SCHOOL program provides arts, crafts, games and an after school snack for elementary age children. Childcare is provided for days when there is no school. Children bring their own brown bag lunch.

PRESCHOOL for children 3-5 years old

GYM and meeting room rental

KINDERGARTEN program

NO SCHOOL FUN DAYS

SUMMER PROGRAM provides licensed childcare for elementary age children. Includes: arts, crafts, games, playground at the park and swimming two times per week. Children bring a brown bag lunch and snacks are provided. Fees - \$325 per month full time care; part time varies on your need and number of days. It is a seasonal program (June 1st through August 31)

AA SUPPORT GROUP meets on Tuesdays and Fridays @ 7:00 pm

Birtright International

Birtright - Lincoln

Phone(s): (800) 550-4900, (402) 466-2609
5625 O Street, Suite 4
Lincoln, NE 68510

PREGNANCY SERVICES including pregnancy testing, counseling, and medical referrals; if available, maternity and baby clothes may be provided

Bright Lights - Summer Learning Adventures

Phone(s): (402) 420-1115, (888) 547-1076
5561 South 48th Street, Suite 220
Lincoln, NE 68516

HANDS ON classes and day camps create unique learning experiences for six sessions each summer, providing academic, hobby and career experiences for students from Kindergarten through ninth grade

BryanLGH Medical Center East

BryanLGH College of Health Sciences - BryanLGH Medical Center

Phone(s): (402) 481-3801
5035 Everett Street
Lincoln, NE 68506

OFFERS THE FOLLOWING PROGRAMS: Four-year baccalaureate nursing program; RN to BSN Completion Program; associate degree in cardiovascular technology program, with clinical specialties in Adult Cardiac Sonography, Adult Vascular Sonography, and Invasive Cardiovascular Technology; associate degree in General Sonography; certificate program in medical transcription (independent study); masters degree in nurse anesthesia; continuing education; research in professional practice; General Education Courses

BryanLGH Medical Center East

Phone(s): (402) 489-0200, (800) 742-7845
1600 South 48th Street
Lincoln, NE 68506

HOSPITAL and emergency department.

55 PLUS PROGRAM health related services, discounts, education and social activities for people over age 55. Telephone: (402) 481-3355

CARDIAC AND VASCULAR SERVICES include servicing cardiac patients through a comprehensive program of diagnostic, therapeutic invasive and non-invasive procedures, surgical and rehabilitation programs. Telephone: (402) 481-3105

COMMUNITY EDUCATION including a complete listing of BryanLGH Medical Center educational programs for the community, and special

education events. Telephone: (402) 481-8886. Ongoing programs include Baby Cares, a three-week series of classes which teaches the basics of baby care to expectant parents or parents with a newborn; Breastfeeding Basics, a one-week class for expectant couples planning to breastfeed their baby; Childbirth Education, a Lamaze, Accelerated Lamaze, and refresher Lamaze class; Infant Massage, a three-week series which teaches parents techniques to help a baby relax, sleep better and relieve gas and symptoms of colic; SIBS (Special Ideas for Brothers and Sisters), a class for brothers/sisters preparing them for a new baby in the family; and Baby Signs, a class teaching parents how to talk to your baby before the baby is able to talk.

CONFERENCE CENTER is for use by community groups meeting specific criteria based on limited availability. Catering is available, and fees are charged according to the room and services requested. Telephone: (402) 481-8300

PASTORAL CARE and educational programs to patients and their families. (402) 481-3162

REGIONAL INFANT APNEA CENTER is a regional referral program which provides diagnostic evaluation of high risk infants and instruction to parents in CPR and use of apnea monitors. Telephone: (402) 481-8933

SEXUAL ASSAULT NURSE EXAMINER (SANE) which assists victims of assault by gathering evidence and coordinating services so that victims interact with fewer persons. Telephone: (402) 481-5142

CARE MANAGEMENT counsel and help with arranging post-hospital care for patients and their family members. Telephone: (402) 481-8941

DEPRESSIVE AND BIPOLAR SUPPORT ALLIANCES (DBSA) is an informational and support group meeting on depression and manic depression on the first Tuesday of every month at BryanLGH Medical Center East. Telephone: (402) 481-5991, (402) 481-5320

VOLUNTEER RESOURCE PROGRAM where volunteers may begin service at the age of 14 and continue as long as they desire. Over 90 medical center areas are served. Telephone: 402-481-3032

BryanLGH Home Center

Phone(s): (402) 481-9999
2222 South 16th, Suite 400
Lincoln, NE 68506

HOME HEALTH SERVICES including care by registered nurses, therapists and nursing aides.

LifePointe by BryanLGH

Phone(s): (402) 481-6300

7501 South 27th Street
Lincoln, NE 68512

MEDICALLY BASED HEALTH, WELLNESS, AND FITNESS CENTER offers a range of services.

WELLNESS ACTIVITIES (Hours: Mon-Thu 5 am-10 pm, Fri 5 am-9 pm, Sat 7 am-7 pm, Sun 12:30 pm-7 pm). Fitness classes including exercise, aerobics, relaxation, yoga, aquatic, cycling; specialty classes include FitMom (pre/post pregnancy exercise), Dia-Fit (for people with diabetes), cancer recovery and exercise, warm water arthritis therapy, Zumba, Tai Chi; personal trainers and health coaches; lifestyle programs (INTERxVENT) to help people with stress management, physical activity, nutrition, smoking cessation and more; personal mentors provide professional expertise and motivational strategies

WEIGHT MANAGEMENT and nutrition programs including LifeTracks medically supervised program for people who need to lose 50 pounds or more; Choose to Lose group program; LifePointe University helps children and their families with weight issues; nutrition consultations

LIFESPRING cancer recovery program for people newly diagnosed with cancer

REHABILITATION/MEDICAL SERVICES, offered with physician referral (hours vary), include physical therapy, warm water therapy, anticoagulation clinic, cardiac rehabilitation, chest pain/angina and heart failure therapy, pulmonary rehabilitation, diabetes education that includes medical nutrition therapy, assistance with insulin management and/or insulin pump instruction and gestational diabetes, foot care clinic

SPA SERVICES - massage therapy, facial and skin treatment, body treatments, pedicures

URGENT CARE at LifePointe treats minor illness and injury. Hours: Mon-Fri 8 am-8 pm, Sat-Sun 9 am-5 pm

BryanLGH Medical Center West

BryanLGH Medical Center West

Phone(s): (402) 475-1011, (800) 742-7845

2300 South 16th Street
Lincoln, NE 68502

HOSPITAL and emergency department.

CANCER CARE offering complete diagnostic and treatment methods, including surgery, chemotherapy, radiation therapy and biotherapy, screenings, hereditary risk assessments, cancer survivor events and support groups. Telephone: (402) 481-5400

CARE MANAGEMENT SERVICES counsel and help with arranging post-hospital care for patients and their family members. Telephone: (402) 481-5771

CENTER FOR SLEEP MEDICINE where registered polysomnographic technologists conduct sleep evaluations for the diagnosis and treatment of problems such as sleep apnea and excessive snoring, narcolepsy, insomnia, night terrors, sleepwalking, and shift work adaptation. Telephone: (402) 481-5338

CONFERENCE CENTER for use by community groups meeting specific criteria based on limited availability. Catering is available, and fees are charged according to the room and services requested. Telephone: (402) 481-5638

PASTORAL CARE and educational programs to patients and their families. Telephone: (402) 481-5130

URINARY INCONTINENCE SERVICE is a confidential, individualized program which assists women with urinary stress incontinence to regain muscle control. Clients are given instruction in how to perform the Kegel technique, as well as the use of biofeedback-assisted muscle training to control stress or urgency incontinence. Other options include collagen injection, done by a urologist, to increase resistance for urinary leakage. Telephone: (402) 481-5629

VOLUNTEERS may begin service at the age of 14 and remain active for as long as they desire. Opportunities exist in over 90 areas at the medical center. For more information, call 402-481-3032.

Independence Center - BryanLGH Medical Center West

Phone(s): (402) 481-5268

1650 Lake Street
Lincoln, NE 68502

SUBSTANCE ABUSE AND CHEMICAL DEPENDENCY services to persons with those problems as well as their families, other agencies and the community

EVALUATIONS

INPATIENT AND RESIDENTIAL substance abuse treatment

INTENSIVE OUTPATIENT substance abuse treatment

OUTPATIENT CARE

SERVICES FOR FAMILIES include family care, family intervention, and education.

SEPARATE programs for adults and adolescents

CONFIDENTIAL, ONLINE screening available at www.bryanlgh.org, click on visit BryanLGH Medical Center, go to quick links, click on screenings

Mental Health Services - BryanLGH Medical Center West

Phone(s): (402) 481-5991, (800) 742-7845
2300 South 16th Street
Lincoln, NE 68502

ASSISTANCE in crisis and noncrisis situations; when patients are in a psychiatric emergency/crisis please refer to the BryanLGH West emergency department; the patient will be seen by the 24 hour Mental Health Emergency Department staff; this service is available 24 hours a day to determine if hospitalization is necessary. In a noncrisis situation please call the Counseling Center at 402-481-5991 for an outpatient appointment if needed.

AFFECTIVE DISORDER UNIT provides treatment and support for persons experiencing mood disorders such as depression. Treatment options include outpatient services, partial hospitalization and inpatient hospitalization.

PSYCHIATRIC SERVICES/CHILDREN AND ADOLESCENTS provides treatment and support for children (3-12 years) and adolescents (13-18 years), experiencing emotional and/or behavioral difficulties such as depression, mood swings, conduct disorders, relationship issues, attention deficit, hyperactivity and difficulty adjusting to change. Treatment is based on an interdisciplinary approach emphasizing family involvement.

PSYCHIATRIC SERVICES (ADULTS) provides assessment/evaluation, treatment and support for adults experiencing emotional and/or psychiatric difficulties such as bipolar disorder, dementia, depression, dual diagnosis, organic personality disorders, personality disorders and schizophrenia. Treatment options include outpatient services, partial hospitalization and

inpatient hospitalization. Services are provided by a team led by the attending psychiatrist.

PSYCHIATRIC SERVICES (SENIOR) provides crisis stabilization; individual, group and family therapy; recreational, occupational, and physical therapy; and medication management for persons age 55 and over and includes treatment of depression, dementia, memory problems, anxiety, grief and loss, loneliness, substance and medication dependence and misuse and other mental health issues. In emergency situations go to the emergency department at BryanLGH West.

BIOFEEDBACK SERVICE program consists of stress management techniques, cognitive restructuring techniques, and relaxation exercises.

Telephone: (402) 481-5629

CANCER COUNSELING and support to cancer patients and their families. Telephone: (402) 481-5771

COUNSELING CENTER provides experienced, compassionate counselors with special training to work with children, teens, adults and families provide therapy for a variety of emotional or psychiatric conditions such as depression, attention deficit hyperactivity disorder, relationship issues, and chronic mental illnesses. Outpatient services offered includes psychological evaluation; individual, family and group therapy; transitional services from inpatient and partial hospitalization; adult cognitive therapy group; and cognitive behavioral therapy for insomnia.

MEMORY DISORDERS CLINIC provides outpatient assessment and diagnosis of persons suspected of having a dementing illness, as well as treatment, client intervention, recommendations for follow-up care, counseling, and referral to community resources. Telephone: (402) 481-5104.

PARTIAL HOSPITALIZATION SERVICES provides mental health services to adults and children through individualized care and flexible treatment for individuals who need more help than seeing a mental health professional weekly, but do not need around-the-clock inpatient treatment. Treatment includes, but is not limited to individual, group, and family education and therapy. Telephone: (402) 481-5987

MEN'S DOMESTIC ABUSE GROUPS is a 24-week outpatient group for adult males with a history of domestic abuse which utilizes the

Duluth treatment model. Telephone: (402) 481-5991

Capital Humane Society of Nebraska

Phone(s): (402) 441-4488, (402) 441-6500
2320 Park Boulevard
Lincoln, NE 68502

ANIMAL WELFARE SERVICES, including animal shelter, adoption program for homeless animals, advocacy for enforcement of county ordinances through the Lancaster County Sheriff's Department, pet therapy programs, development of legislation and ordinances, cremation, euthanasia, presentations to community groups, volunteer and education programs

CEDARS Youth Services

Before-and-After School Programs - CEDARS

Phone(s): (402) 437-8835, (402) 580-3256, (402) 434-5437
620 North 48th Street, Suite 100
Lincoln, NE 68504-3406

CEDARS Community Learning Centers (CLC) provide safe, supervised, and cost-effective before-and-after school and full-day summer and non-school day enrichment opportunities for students at three Lincoln elementary schools; nationally accredited by the Council on Accreditation (COA)

CLINTON ELEMENTARY Community Learning Center: 1520 North 29th Street, Lincoln, NE, 68503; Hours Mon-Fri 7 am-6 pm; Kristi Chambers, CLC Site Supervisor, (402) 437-8835

HARTLEY ELEMENTARY Community Learning Center: 730 North 33rd Street, Lincoln, NE, 68503; Hours Mon-Fri 7 am-6 pm; Kristi Chambers, CLC Site Supervisor, (402) 437-8835

ARNOLD ELEMENTARY Community Learning Center: 5300 West Knight Drive, Lincoln, NE, 68524; Hours Mon-Fri 6:30 am-6 pm; Chris Bryngelson, CLC Site Supervisor, (402) 580-3256

Boys Home - CEDARS

Phone(s): (402) 437-8910, (402) 437-8824, (402) 437-8984, (402) 434-5437
1911 South 20th Street
Lincoln, NE 68502

RESIDENTIAL SERVICES for male state wards; nationally accredited through the Council on Accreditation (COA)

Carol Yoakum Early Childhood Development Center - CEDARS

Phone(s): (402) 437-8923, (402) 434-5437
4621 Northwest 48th Street
Lincoln, NE 68524

EARLY CARE AND EDUCATION for children ages six weeks to six years including a comprehensive preschool program and behavior management consultation; nationally accredited by the Council on Accreditation (COA)

CEDARS Youth Services

Phone(s): (402) 434-5437
620 North 48th Street, Suite 100
Lincoln, NE 68504-3406

CEDARS FOSTER CARE AND RESIDENTIAL SAFETY: Ruthi Thompson, Service Area Director, (402) 437-8867

- CEDARS Emergency Shelter and Foster Care Services (includes emergency and agency-supported foster and respite care): For state ward and private youth ages birth-18, 6601 Pioneers Boulevard, Lincoln, NE 68506, (402) 437-8906

CEDARS RESIDENTIAL AND TRANSITIONAL CARE: Merry Wills, Service Area Director, (402) 437-8807

- CEDARS Boys Home: For state ward males ages 13-18, 1911 South 20th Street, Lincoln, NE 68502, (402) 437-8910 or (402) 437-8933

- CEDARS TLC for Pregnant and Parenting Teens: For homeless and state ward females ages 13-18, 4141 South 56th Street, Lincoln, NE 68506, (402) 437-8850 or (402) 437-8933

- CEDARS Transitional Living Program (TLP): For homeless, state ward, and juvenile offender youth ages 16-21, 1430 South Street, Suite 101, Lincoln, NE 68502, (402) 437-8920 or (402) 437-8933

CEDARS SAFETY AND IN-HOME SERVICES: Petra Smith, Service Area Director, (402) 437-8988

- CEDARS Family Support Services: For state ward children, youth, and their families, 6601 Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8895

- CEDARS Healthy Families Project: For at risk families who pregnant or parenting young children, 6601 Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8988

- CEDARS In-Home Safety Services: For state ward children, youth, and their families, 6601

Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8895

- CEDARS Intensive Family Preservation: For state ward children, youth, and their families, 6601 Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8841

- CEDARS Visitation: For state ward children, youth, and their families, 6601 Pioneers Boulevard, Lincoln, NE 68506, (402) 570-8594

CEDARS EARLY CHILDHOOD DEVELOPMENT AND SCHOOL AGE PROGRAMS: Amy Pair, Service Area Director, (402) 437-8823

- CEDARS Carol Yoakum Early Childhood Development Center: For children 6 weeks to 6 years, 4621 Northwest 48th Street, Lincoln, NE, 68524, (402) 437-8923

- CEDARS Downtown Early Childhood Development Center: For children 6 weeks to 6 years, 1100 N Street, Lincoln, NE, 68508, (402) 437-8950

- CEDARS Northbridge Early Childhood Development Center: For children 6 weeks to 6 years, 1533 North 27th Street, Lincoln, NE, 68503, (402) 437-8999 or (402) 437-8994

- Arnold Elementary Community Learning Center: For children grades K-5, 5300 West Knight Drive, Lincoln, NE, 68524, (402) 580-2440 or (402) 580-3256

- Clinton Elementary Community Learning Center: For children grades K-5, 1520 North 29th Street, Lincoln, NE, 68503, (402) 437-8835 or (402) 437-8835

- Hartley Elementary Community Learning Center: For children grades K-5, 730 North 33rd Street, Lincoln, NE, 68503, (402) 437-8835 or (402) 437-8835

CEDARS RESIDENTIAL TREATMENT SERVICES: Gianene Prentice, Service Area Director, (402) 437-8975

- CEDARS Turning Point Residential Treatment Center: For state ward and private females, ages 9-19, 1430 South Street, Suite 103, Lincoln, NE, 68502, (402) 437-8930 or (402) 323-7566

CEDARS CLINICAL SERVICES: Cheri Miller, Service Area Director, (402) 437-8892

- CEDARS Child and Family Counseling Center: For children, youth, and families, 6601 Pioneers Boulevard, Lincoln, NE 68506, (402) 437-8892

CEDARS JUVENILE JUSTICE SERVICES: Becky Steiner, Service Area Director, (402) 437-8852

- CEDARS Street Outreach Services (SOS): For runaway, homeless, and at-risk teens, 1533 North 27th Street, Lincoln, NE 68503, (402) 560-9354 or (402) 560-9356

- CEDARS Juvenile Diversion Services: For first-time offenders involved in the Lancaster County Juvenile Court System, 1533 North 27th Street, Lincoln, NE 68503, (402) 434-5437

- CEDARS Life Skills Center (includes educational tutoring): For state wards or Lancaster County juvenile offenders, ages 13-18, 6601 Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8868

- CEDARS Tracker Services (includes electronic monitoring/GPS and drug testing): For state wards or Lancaster County juvenile offenders, ages 13-18, 6601 Pioneers Boulevard, Lincoln, NE, 68506, (402) 437-8924

CEDARS CENTRAL NEBRASKA RURAL SERVICES: Suellen Koepke, Service Area Director, (308) 872-5455, ext. 201

- CEDARS Bright Beginnings Preschool: For children ages 3-5, 1000 South 3rd Avenue, Broken Bow, NE, 68822, (308) 872-5455

- CEDARS Family Violence Services: For victims of domestic violence and sexual assault, 944 South G Street, Broken Bow, NE, 68822, (308) 872-2420 or (308) 872-5455 ext 203

- CEDARS Richardson House Group Home and Emergency Shelter: For state ward and private youth ages birth-18, 242 North 7th, Broken Bow, NE, 68822, (308) 872-6435 or (308) 872-5455 ext 202

- CEDARS Super Kids Club: For North Park Elementary students, 1135 North H Street, Broken Bow, NE 68822, (308) 872-5455

CEDARS VOLUNTEER SERVICES provides opportunities for working with children and families, including internships and practicums. Contact Shanna Letcher, Volunteer Services Manager, (402) 437-8845 or (402) 434-5437

CEDARS FOSTER CARE RECRUITMENT for foster parents to provide emergency and agency-supported foster and respite care services for children ages birth to 19. Contact Trudy Hamor, (402) 323-7527 or (402) 434-5437

Child and Family Counseling Center - CEDARS

Phone(s): (402) 437-8892, (402) 434-5437
6601 Pioneers Boulevard
Lincoln, NE 68506

OUTPATIENT COUNSELING for children, youth, and families; nationally accredited by the Council on Accreditation (COA)

Downtown Early Childhood Development Center - CEDARS

Phone(s): (402) 437-8950, (402) 434-5437
1100 N Street
Lincoln, NE 68508

EARLY CARE AND EDUCATION for children ages six weeks to six years, including a comprehensive preschool program and behavior management consultation; nationally accredited by the National Association for the Education of Young Children (NAEYC) and the Council on Accreditation (COA)

Foster Care and Emergency Shelter - CEDARS

Phone(s): (402) 437-8906, (402) 437-8867, (402) 323-7517, (402) 437-8936
6601 Pioneers Boulevard
Lincoln, NE 68506

EMERGENCY SHELTER SERVICES for state ward and private children and youth, ages birth-18; able to accommodate sibling groups, as well as teen mothers and their children

EMERGENCY AND AGENCY-SUPPORTED FOSTER CARE including respite care, for state wards, ages birth-18

FOSTER PARENT RECRUITMENT for families interested in becoming foster parents, contact Trudy Hamor, (402) 323-7527

Nationally accredited by the Council on Accreditation (COA)

Juvenile Diversion Services - CEDARS

Phone(s): (402) 434-5437, (402) 323-7522
1533 North 27th Street
Lincoln, NE 68503

JUVENILE DIVERSION SERVICES offer youth who have committed law violations the opportunity to avoid further involvement in the criminal justice system by successfully completing this program; services include Teen Court, Victim Services, Minority Outreach,

Truancy Intervention, Education and Skill-Building Groups

Life Skills Center and Tracker Services - CEDARS

Phone(s): (402) 437-8924, (402) 437-8868, (402) 434-5437
6601 Pioneers Boulevard
Lincoln, NE 68506

LIFE SKILLS CENTER, (402) 437-8926, is an alternative to incarceration for youth ages 13-18 years who are state wards or are involved in the Lancaster County Juvenile Court System; services includes day and evening reporting centers for juveniles; Crystal Damewood, Program Manager, (402) 437-8868.

EDUCATIONAL CENTER, (402) 437-8843, 8 am-2 pm, provides tutorial services for youth involved in CEDARS programs; Crystal Damewood, Program Manager, (402) 437-8868.

TRACKER SERVICES, (402) 437-8924, provides one-on-one supervision and advocacy for youth, ages 13-18 years, who are state wards or involved in the Lancaster County Juvenile Court System; services also include electronic monitoring/GPS and drug testing as required; includes 24-hour staff availability; Lori Keller, Program Manager, (402) 437-8924.

Both programs are nationally accredited by the Council on Accreditation (COA)

Northbridge Early Childhood Development Center - CEDARS

Phone(s): (402) 437-8999, (402) 437-8994, (402) 323-7531, (402) 434-5437
1533 North 27th Street
Lincoln, NE 68503

EARLY CARE AND EDUCATION for children ages six weeks to six years, including a comprehensive preschool program and behavior management consultation; nationally accredited by the National Association for the Education of Young Children (NAEYC) and the Council of Accreditation (COA)

Street Outreach Services - CEDARS

Phone(s): (402) 560-9354, (402) 560-9356, (402) 323-7522, (402) 434-5437
1533 North 27th Street
Lincoln, NE 68503

STREET-BASED ASSISTANCE to runaway, homeless, and at-risk teens; nationally accredited by the Council on Accreditation (COA)

TLC Home for Pregnant and Parenting Teens - CEDARS

Phone(s): (402) 437-8850, (402) 437-8890, (402) 437-8855, (402) 437-8862, (402) 437-8847
4141 South 56th Street
Lincoln, NE 68506

GROUP HOME for pregnant and parenting teen mothers and their children or those at risk of teenage pregnancy, including on-site early childhood development services

RESIDENTIAL SERVICES FOR HOMELESS TEEN MOTHERS who are pregnant and parenting available through New Futures Programs, with transitional living services through CEDARS Transitional Living Program

Transitional Living Program - CEDARS

Phone(s): (402) 437-8920, (402) 437-8879, (402) 437-8933, (402) 434-5437
1430 South Street, Suite 101
Lincoln, NE 68502

SCATTERED SITE HOUSING for homeless teens, state wards, and juvenile offenders; 24-hour support, case management, and employment assistance; nationally accredited by the Council of Accreditation (COA)

Turning Point Residential Treatment Center - CEDARS

Phone(s): (402) 437-8930, (402) 437-8975, (402) 323-7566, (402) 437-8929, (402) 323-7556
1430 South Street, Suite 103
Lincoln, NE 68502

RESIDENTIAL MENTAL HEALTH TREATMENT services for females with severe behavioral and emotional problems and secondary substance abuse problems; on-site educational services provided through Lincoln Public Schools; nationally accredited by the Council on Accreditation (COA)

Center for Legal Immigration Assistance

Equity-In-Nebraska

Phone(s): (402) 471-1777
4825 St. Paul Ave
Lincoln, NE 68504

ASSISTS WITH THE LEGAL, non-criminal needs of refugees and immigrants in Nebraska that includes visas, information about benefits under immigration laws, proper documentation and domestic violence issues. Headquarters are in

Lincoln with clinics in Lexington, Hastings, and North Platte.

IMMIGRATION COURT SERVICES

Center for People in Need

Phone(s): (402) 476-4357
3901 North 27th Street, Unit 1
Lincoln, NE 68521

FOOD, including canned, frozen boxed or packaged and perishable food such as fruits and vegetables, meat, juice and bakery items when available at sites listed below

FOOD COMMODITIES are distributed the fourth week of the month

Tuesday

1 pm-2 pm F Street Community Center, 1225 'F' Street

3 pm-4 pm Matt Talbot Kitchen & Outreach, 1911 'R' Street

5 pm-6 pm Center for People in Need 3901 N 27th St

Thursday

1 pm-2 pm Malone Community Center, 2032 'U' Street

3 pm-4 pm Oak Lake Evangelical Free Church, 3300 North 1st Street

THANKSGIVING FOOD and a gift certificate for food to low-income, high need families; to receive a certificate you must bring identification and a piece of mail with your name and address on it; Dates TBA; must have identification and a piece of mail with name and current address

FOR NON-PROFIT HUMAN SERVICES AGENCIES, provides resources such as personal care products, clothing, household items and office supplies; agencies must work closely with low-income families, youth, and individuals

LEGISLATIVE DATABASE and Coalition of Agencies advocates for systemic changes for low-income and under-represented populations by monitoring legislative issues, helping agencies, organizations and churches interested in advocacy, and providing links to local, state and national web sites which provide information on low-income issues, mental health, substance abuse and other relevant topics

TOYLAND FOR KIDS provides a toy for youth birth to age 18 during the December holiday

season; must bring identification, a current piece of mail and fill out an application; please call for an application, and times and dates of the distribution

JOB SKILL TRAINING PROGRAM provides hands on job skills training for low-income participants in the area of receptionist, forklift, warehouse work, cleaning, computers stocking and others. Participants must be low-income and willing to work in a real work setting.

TOOLS FOR EDUCATION provides school supplies, clothing and resources to school age children grades K-12 and their parents. To qualify you must fill out an application, bring identification, a piece of mail with your current name and mailing address on it and proof of the children's ages. Dates to be announced.

GED and ESL classes are available for qualifying individuals. Please call for dates and times.

VOLUNTEER OPPORTUNITIES for individuals and group interested in helping with one time events or on a regular basis. Call for more information.

CenterPointe, Inc.

Phone(s): (402) 475-8717, (402) 475-5161, (402) 475-8748, (402) 475-7315, (402) 474-4343
2633 P Street
Lincoln, NE 68503

OUTPATIENT SERVICES:

ADULT & YOUTH TREATMENT offers outpatient treatment services for youth 13-18 and adults 19 and over with substance use disorders or co-occurring substance use and mental health disorders; services are provided based on client need and many include individual, group, and family counseling and psychiatric services; expected stay depends on client need, but generally 6-8 months

ADULT DAY REHABILITATION SERVICES provides long term, structured day services for adults 19 and over with a severe and persistent mental illness and substance use disorders; services develop daily living skills designed to reduce admissions to more intensive services; expected stay up to 5 years

COMMUNITY SUPPORT PROGRAM offers individual support and advocacy to develop skills needed to live in the community as independently as possible; services assist with basic needs such as housing, food, medical needs and

linkages with needed services in the community; expected stay varies depending on client needs, but generally, 12-18 months

HARVEST PROJECT provides case management services specifically designed for adults 55 and older with substance use or co-occurring substance use and mental health disorders; this program is provided in collaboration with the Lincoln Information for the Elderly (LIFE) and the Community Mental Health Center

RESIDENTIAL SERVICES:

ADULT DUAL DISORDER RESIDENTIAL PROGRAM offers transitional housing and residential treatment for adults 19 and over with severe and persistent mental illness and substance dependence; services include individual, group and family counseling; recreational therapy; case management and psychiatric services; expected stay 6-8 months

GLIDE transitional housing in scattered site apartments in addition to case management services is provided for single, homeless adults over 19 years of age who have substance use and mental health disorders; contact the Community Support program for more information

PERMANENT HOUSING is a housing and case management service for single, homeless adults over 19 years of age who have substance use and mental health disorders; contact Community Support for more information

TOUCHSTONE provides short-term residential treatment services for adults 19 and over with substance dependence disorders. Psychiatric services available. This program is provided in collaboration with Houses of Hope; expected stay is 30-45 days

YOUTH RESIDENTIAL TREATMENT PROGRAM offers transitional housing and residential treatment for youth 13-18 years with substance dependence or co-occurring substance dependence and mental health disorders; services include individual, group and family counseling; recreational therapy; case management and psychiatric services; not a locked facility; expected stay 4-6 months

VOLUNTEER INTERN PROGRAM provides volunteer opportunities working with youth and adults including tutors, intern and practicum students.

Charlie Brown's Kids-Good Grief

Phone(s): (402) 483-1845
 Sheridan Lutheran Church
 6955 Old Cheney Road
 Lincoln, NE 68516

GRIEF SUPPORT GROUP for children and teens ages 3-18, who have experienced the death of a parent; surviving parent group meets concurrently

Child Advocacy Center

Phone(s): (402) 476-3200
 3200 Sumner Street
 Lincoln, NE 68502

SERVICES ACCESSED AFTER HOURS via on-call coverage for law enforcement, child protective services and area hospitals

PROVIDES A SAFE ENVIRONMENT for forensic interviews and medical evaluations of a child victim, 18 years or under, who is alleged to have been a victim of child sexual abuse, physical abuse with bodily injury, or is a witness to a serious crime. Child interviews and medical exams are scheduled through the law enforcement or protective services agencies which are responsible for investigating the report of abuse and neglect

VICTIM ADVOCACY and support for the child victim and non-offending caregivers

CASE COORDINATION of the multi-disciplinary investigation and treatment teams

UNL PROJECT SAFE SUPPORT GROUPS and one-on-one counseling for child victims and non-offending caregivers on-site

COURT SCHOOL for child victims who will be called to testify in criminal or juvenile court

TRAINING FOR COMMUNITY PROFESSIONALS on identification and reporting, minimum facts interviewing and advanced skill building in child interviewing

COMMUNITY EDUCATION focused on prevention, and identification and reporting of abuse

Child Guidance Center

Phone(s): (402) 475-7666
 2444 O Street
 Lincoln, NE 68510

YOUTH, FAMILY, and ADULT COUNSELING to assist in family conflict, school behavior, emotional disturbance, law violation, substance abuse, trauma, abuse, mental illness, domestic violence, and/or attachment issues.

SPECIALIZED OUTPATIENT PROGRAM for adolescents who have been sexually offended, which includes risk assessment for youth, individual, family, and sex offender specific group therapy

EXTENDED DAY TREATMENT program for children 6-12; hours are daytime during the summer and after school when school is in session

Children's Rights Council of Nebraska and Iowa

Phone(s): (402) 328-2652
 2311 Bretigne Drive
 Lincoln, NE 68512

INFORMATION FOR CHILDREN of divorce and separation, their parents and extended families

FAVORS FAMILY FORMATION and preservation, strengthening families through education and advocacy

WORKS TO DEMILITARIZE DIVORCE between parents, substituting conciliation and mediation for adversarial process

COMMUNICATION SKILLS, anger management, and parenting education for custodial, noncustodial, or absent parent, who has not been able to be in contact with the child(ren) for a period of time

ACCESS/VISITATION PROGRAM assists parents who want the other parent to provide emotional support when there is denial or interference with the emotional support and parenting time a parent wishes to provide

VOLUNTEERS direct clients to assistance in parenting time including sample parenting plans

Choices Treatment Center, Inc.

Phone(s): (402) 476-2300, (402) 432-0105, (402) 432-0482
 2737 North 49th Street
 Lincoln, NE 68504

FREE EVALUATIONS, assessments and interventions for problem gamblers

FREE FIVE-WEEK FAMILY education program for anyone who wants to learn more about the affects of addiction

INDIVIDUAL AND GROUP counseling (sliding-scale, debt-ratio fee--where applicable)

COUNSELOR PRESENTATIONS to schools, community groups, churches, lawyers, probation, judges and businesses

HELP LINE service available 24 hours

WOMEN'S PROGRAM includes a ten-week women's only group, budget & financial help, domestic violence help and information, exercise and health eating and eating disorders

ALCOHOL/SUBSTANCE ABUSE evaluations and individual counseling

MENTAL HEALTH ASSESSMENTS & COUNSELING -individual, marriage, couples, family

OVERSPENDING ASSESSMENTS and COUNSELING

FINANCIAL BUDGETING

Christian Heritage Administrative Offices

Christian Heritage - Walton

Phone(s): (402) 421-5437, (866) 381-5437
14880 Old Cheney Road
Walton, NE 68461

RESIDENTIAL GROUP homes for youth 12 - 18

AGENCY-BASED FOSTER Care for youth 0 - 18

EMERGENCY Foster Care for youth 0 - 18

TRANSITIONAL Living Services for youth 16 - 20

PARENT TRAINING and education

Christian Record Services, Inc.

Christian Record Services For the Blind

Phone(s): (402) 488-0981
4444 South 52nd Street
Lincoln, NE 68516-1302

LENDING LIBRARY of cassette tapes, books in Braille

FULL-VISION BOOKS in Braille which contain ink print and pictures for blind parents to read to sighted children

PUBLISHES monthly, bimonthly and quarterly magazines in Braille and large print, and on cassette

BIBLE CORRESPONDENCE COURSES in Braille, cassette and large print

SPONSORS CAMPS for blind and legally blind ages 9-65

LIMITED EDUCATIONAL SCHOLARSHIP for college only

CIMRO of Nebraska

Phone(s): (402) 476-1399, (800) 458-4262, (800) 633-4227
1230 O Street, Suite 120
Lincoln, NE 68508

ASSISTS HEALTH CARE PROVIDERS in improving the quality of health care delivered to Medicare beneficiaries

IDENTIFIES and addresses opportunities for health care outcomes and collaborate with physicians and health care providers

EDUCATION and outreach to inform Medicare consumers about Medicare rights and preventive care; services include presentations, educational materials, and a Medicare consumer help line

Citizen Information Center

Phone(s): (402) 441-7375
555 South 10th Street, Suite 208
Lincoln, NE 68508

INFORMATION to the public regarding city and county services

PUBLIC COMMUNICATIONS OFFICE for the City of Lincoln and provides writing, editing, communication planning and television/video services to county-city agencies

PROGRAMS ON CABLE CHANNEL 5 and educational access Channel 21

MANAGES TELEVISION bulletin boards on Channels 5, 10, and 21

City Impact

Gifts of Love Community Christmas Store

Phone(s): (402) 477-8080
400 North 27th Street
Lincoln, NE 68503

LOW INCOME PARENTS or legal guardians may purchase Christmas gifts at 70% off retail prices – may spend \$15 per child (plus tax) of their own money on up to five items per child

PARENTS MUST REGISTER in person and bring the following: photo ID, Social Security Card for each child (must have actual card), and proof of income eligibility (current paystub, letter from school free lunch program or daycare, letter from caseworker, etc.)

SHOPPING TIMES will be randomly drawn at registration

Clerk of the Legislature

Phone(s): (402) 471-2271
2018 State Capitol
Lincoln, NE 68509

MAINTAINS OFFICIAL RECORDS of all legislative business that include the Legislative Journal, bill indexes, committee hearing schedules, rosters, bill status information, and legislative histories and handles other official papers and communications of the Legislature

OVERSEES the printing and distribution of bills, resolutions and amendments; produces the web site, informational brochures, a weekly newsletter and the Nebraska Blue Book; handles lobbyist registration and quarterly reports; oversees the use of legislative space

Clinic With A Heart

Phone(s): (402) 421-2924
PO Box 22851
Lincoln, NE 68542-2851

CLINIC offers a physician, dentist, and physical therapist and vision screenings

CHIROPRACTIC care available the second Tuesday of each month

PEDIATRIC clinics are also available twice a month

Clyde Malone Community Center

Phone(s): (402) 474-1110
2032 U Street
Lincoln, NE 68503

YOUTH DEVELOPMENT and Enrichment programs

YOUTH DELINQUENCY prevention services

INFORMATION AND REFERRAL for emergency services

SERVICES FOR ELDERLY include congregate meals and education

SPECIAL EVENTS to celebrate African American Culture and Heritage

Comfort Keepers

Comfort Keepers - Lincoln

Phone(s): (402) 484-5177
145 South 56th Street, Suite A
Lincoln, NE 68510

NON-MEDICAL IN-HOME CARE to those in need of assistance

IN-HOME COMPANIONSHIP, meal preparation, light housekeeping, errand services, grocery shopping, transportation services, 24 hour care available, laundry washing and recreation activities

PERSONAL CARE SERVICES: bathing, mobility, transferring, incontinence care, oral hygiene, feeding, toileting, and medication reminders

Commission on Human Rights

Commission on Human Rights

Phone(s): (402) 441-7624, (402) 441-8398
440 South 8th Street, Suite 101
Lincoln, NE 68508-2294

RECEIVES AND INVESTIGATES COMPLAINTS of discrimination due to race, color, sex, national origin, disabilities, religion, age, familial or marital status, and ancestry

INVESTIGATES EQUAL EMPLOYMENT, fair housing, and public accommodations complaints, and if the evidence supports a cause finding, addresses remedies for the situation

OUTREACH AND TRAINING available in civil rights laws for employers, employees, and other interested groups

Women and Minority Business Directory - Commission on Human Rights

Phone(s): (402) 441-7624, (402) 441-8398
440 South 8th Street, Suite 101
Lincoln, NE 68508-2294

BUSINESS DIRECTORY Woman and/or Minority Owned Business Directory (HUB - Historically Underutilized Businesses) is published as a service to private industries, governmental agencies, and the public to assist in identifying suppliers of products and services.

Community CROPS

Phone(s): (402) 474-9802
1551 South 2nd Street
Lincoln, NE 68502

COMMUNITY GARDEN PROJECT provides free seeds, plants, tool and land for families to grow their own food

URBAN FARMERS PROJECT provides land and technical assistance to grow food for market

COMMUNITY CROPS FARMERS MARKET is held Thursdays 4:30-7:30pm, June to September at Penzter Park, N 27th and Holdrege. Fresh produce and other food available, can be purchased with food stamps.

Community Friends

Phone(s): (402) 477-0857
Madonna Rehabilitation Hospital
5401 South Street
Lincoln, NE 68506

SUPPORT AND NETWORKING to promote healthy grieving and recovery for those who have experienced the death of a child

ANNUAL CANDLE LIGHTING time of remembrance is held the second Sunday of December, 7 pm at Wyuka, 3600 'O' Street

Community Justice Center

Phone(s): (402) 429-1050
5645 O Street, Suite C
Lincoln, NE 68510

CRIME VICTIM SUPPORT Message Boards provide crime victims a safe, web-based support service that allows them to share their feelings; these messages are also used during the Offenders Accountability/Victims Impact Classes

CRIME PREVENTION INFORMATION

OASIS (Crime Victims Impact and Accountability Classes) provides educational classes to incarcerated persons and those on probation

Community Mental Health Center of Lancaster County

Community Mental Health Center of Lancaster County

Phone(s): (402) 441-7940, (402) 441-6611, (402) 441-8276, (402) 441-9102

2201 South 17th Street
Lincoln, NE 68502

CASE MANAGEMENT services to adults with long-term mental health problems; services include planning, on-going support and follow-up, medication monitoring, and assistance in building a community support system

EMERGENCY SERVICES staff are available 24 hours daily, seven days a week, to assist with emergency mental health concerns; during normal business hours (Monday-Friday), intake staff handle all new incoming calls that result from telephone inquiries or walk-ins; during evening and weekend hours, staff handle calls from the public regarding a variety of needs from general information to crisis counseling; the emergency services staff work with other agencies to determine appropriate interventions and/or placement for persons who may be suicidal or otherwise pose a danger to themselves or others

HARVEST PROJECT is a three-agency cooperative program targeting elderly persons with severe mental health and/or substance use problems; provides community support, intensive on-site interventions, referral to other treatment providers, advocacy, coordination of services and independent skill building; all services are designed to maximize independent functioning and to assist in decreasing the symptoms of mental illnesses and substance use; eligibility: Lancaster County residents, age 55 and older, who have limitations from a complex mental health or substance use problems

HOMELESS SERVICES provides consultation and outreach to homeless individuals (especially homeless mentally ill individuals), as well as referral to agencies which provide services for homeless persons; services include assessment, short-term case management, and the procurement of services; participates in the Lincoln/Lancaster County homeless initiatives such as the Homeless Coalition and HUD

LANCASTER COUNTY CRISIS CENTER provides short-term stabilization and residential care (average length of stay 4-5 days) to acutely mentally ill persons in crisis who require emergency protective custody and psychiatric supervision; priority is given to persons in the Region V service area; the Crisis Center physician also provides consultation to the County Jail

MEDICAL SERVICES offers outpatient evaluation, medication management, therapy,

crisis intervention, and inpatient care in community hospital setting for CMHC adult clients; physicians provide clinical supervision of CMHC staff and consult with other agencies in the county

BEHAVIORAL HEALTH JAIL DIVERSION PROGRAM seeks to divert persons with a serious mental illness or co-occurring substance use disorder, who are in the Lancaster County Jail for non-violent charges; engages and maintains those persons in treatment services and wellness programs in an effort to reduce or eliminate contacts with the criminal justice system

OUTPATIENT SERVICES provides comprehensive services to meet the psychological needs of adults in Lancaster County; services include addressing needs ranging from personal adjustment problems to major psychiatric disorders; comprehensive evaluation; individual, family and group therapy; marital counseling; medication monitoring; sex offender treatment; crisis intervention; consultation and education; and intensive group therapy options

PARTIAL HOSPITALIZATION provides daytime treatment for persons who require more intensive services than is available through traditional outpatient services, but who do not require the structure and supervision of an inpatient setting; the average length of stay is 2-3 weeks; the program operates as a therapeutic community, which means that the clients are expected to be active and responsible in setting their own treatment goals; this program also provides intensive group therapy options for persons requiring less than full-time partial care

PSYCHIATRIC RESIDENTIAL REHABILITATION provides an intensive, psychiatric residential rehabilitation program as a step-down from the Lincoln Regional Center programming; the program focuses on acquiring and maintaining community living skills and movement to the highest possible level of functioning

RESIDENTIAL CARE consists of:

TRANSITIONAL LIVING FACILITY (TLF) offers comprehensive 24-hour care to residents with the goal of reducing the need for services, continuing treatment, and rehabilitation efforts; contact Ken Kotas, 441-8344, for more information

INDEPENDENT LIVING PROGRAM (ILP) operates without 24-hour supervision and provides individual and group therapy designed to

promote independence; training is provided in basic living skills, interpersonal relationships and knowledge of community resources; contact ILP Coordinator, Sam Ridge, 441-7940, for more information

SUPPORT GROUP:

FAMILY SUPPORT GROUP is a peer support group for parents, family and friends coping with a mentally ill adult; the group, facilitated by CMHC staff members, meets on Wednesdays, 7 pm-9 pm, first floor, 2201 South 17th Street

Midtown Center - Community Mental Health Center

Phone(s): (402) 441-8150, (402) 441-7940
2966 O Street
Lincoln, NE 68510

PRE-VOCATIONAL, day rehabilitation opportunities to its members in food service, janitorial, clerical, van drivers and other areas, as well as social opportunities through evening and weekend activities

WORK ADJUSTMENT training opportunities are available through the AWARE program. The program provides vocational support activities in conjunction with Vocational Rehabilitation

PEER SUPPORT workers are trained, supported and employed by CMHC

PIER - Community Mental Health Center of Lancaster County

Phone(s): (402) 435-4044
2000 P Street
Lincoln, NE 68503

SERVICES are provided to individuals with severe functional impairments who have not responded well to traditional outpatient care. Many have co-occurring problems with substance abuse, homelessness, or involvement with the judicial system. Services are provided to the client in their home and the community.

VOCATIONAL rehabilitation

SUBSTANCE ABUSE education and treatment

COUNSELING

ASSISTANCE with health care needs

ASSISTANCE with daily living skills

Concerned Nebraskans for Cystic Fibrosis

Phone(s): (402) 435-5180, (402) 474-6557, (402) 440-8240
1992 Lake Street
Lincoln, NE 68502

SUPPORT GROUP for those with Cystic Fibrosis and family members or friends; meeting dates are scheduled month by month, so call for information on our next meeting date and time

INFORMATION, advice, and opportunities to talk with those in similar situations

FUNDRAISING for research

SCHOLARSHIPS for college

Congressman Jeff Fortenberry's Office

Phone(s): (402) 438-1598, (202) 225-4806
301 South 13th Street, Suite 100
Lincoln, NE 68508

INFORMATION and help for constituency callers

WASHINGTON, D.C. OFFICE: 1517 Longworth House Office Building, Washington, DC 20515

Consumer Credit Counseling of Nebraska, Inc.

Consumer Credit Counseling Service - Lincoln

Phone(s): (402) 484-7200, (877) 494-2227
1001 South 70th Street, Suite 200
Lincoln, NE 68510

FREE BUDGET counseling

HOUSING counseling

PRE-FILING BANKRUPTCY counseling

REVERSE MORTGAGE counseling

EDUCATIONAL PROGRAMS on money management

FIRST TIME HOME BUYER education

DEBT REPAYMENT PROGRAM in cooperation with client's creditors

CREDIT REPORTS

Consumer Protection Division

Phone(s): (800) 727-6432, (402) 471-2682, (888) 850-7555, (402) 471-3891, (888) 287-0778
Nebraska Department of Justice

2115 State Capitol
Lincoln, NE 68509-8920

INFORMATION useful to consumers dealing with companies utilizing deceptive business practices such as fraud, identity theft and senior fraud

COMPLAINTS can be registered against particular sellers of goods and services

CONSUMER MEDIATION

PRESENTATIONS to the community on fraud, identity theft, senior citizen fraud and internet safety.

SENIOR CITIZEN outreach program

LATINO outreach program

Cornhusker Council Boy Scouts of America

Phone(s): (402) 488-6020
600 South 120th Street
Walton, NE 68461

PROMOTES CHARACTER BUILDING, physical fitness, and provides citizenship training

ACTIVITIES INCLUDE year-round camping at resident camps; youth and adult training; advancement program in coordination with the national purpose; and a co-ed high adventure program

VIDEOS are available

Cornhusker Place, Inc.

Phone(s): (402) 477-3951
721 K Street
Lincoln, NE 68508

LICENSED SUBSTANCE ABUSE TREATMENT and detoxification center supported by 24-hour nursing coverage and medical support.

CIVIL PROTECTIVE CUSTODY provides an involuntary emergency alcohol and drug detoxification program where clients are admitted by law enforcement officers. This is a secure unit where clients age 14 and older are placed until they are sober or a maximum of 24 hours has elapsed or they are released to a responsible person. A responsible person must be 19 years or older, have a breath alcohol content of .00, have photo identification, a means of transportation, sign a form indicating they will take total responsibility for the person until sober or no longer under the influence of drugs.

VOLUNTARY DETOXIFICATION PROGRAM offers a non-secure voluntary detoxification program for male and female clients age 18 and older who are under the influence of alcohol or drugs, or in a stage of withdrawal. A 24-hour nursing staff is available. Clients may stay for three to five days and have the opportunity to visit with a counselor/case manager. Capacity for minors is limited and requires parental consent.

SHORT TERM RESIDENTIAL CARE offers a 30-45 day residential substance abuse treatment program for men, 19 years and older, who have an evaluation recommending a residential level of treatment. Capacity is 6 beds.

INTERMEDIATE RESIDENTIAL CARE offers a long-term (6-9 month average) residential substance abuse treatment program for men, 19 years and older, who have a history of chronic substance abuse and have failed other treatment programs. The goal is to return the client to a life without substance abuse and to be able to re-enter our community. Capacity is 14 beds.

RESPITE offers 1-7 day stay for adult males or females, 18 years and older, who are in crisis but not a danger to themselves or others and are in need of stabilization. Capacity is 6 beds.

Crohn's and Colitis Foundation of America, Inc

Crohn's and Colitis Foundation Support Group - Lincoln

Phone(s): (402) 505-9901, (800) 932-2423
Madonna Rehabilitation Hospital
5401 South Street - Nemaha Room
Lincoln, NE 68506

SUPPORT GROUP for those who have Crohn's Disease and or Ulcerative Colitis

Dimensions Educational Research Foundation

Phone(s): (402) 476-8304, (402) 476-8087
2045 East Street
Lincoln, NE 68510

CHILDCARE, 6 weeks through age 5 (and through 5th grade in the summer) at First Plymouth Congregational Church

PROVIDES PRODUCTS that promote activities in building, nature and movement for families and educators to encourage visual-spatial skills

Diocese of Lincoln

Catholic Social Services - Diocese of Lincoln

Phone(s): (402) 474-1600
1313 Eldon Drive
Lincoln, NE 68510

FOOD BASKETS

CLOTHING VOUCHERS redeemable at St. Louise Thrift Store, 2201 'O' Street

DIAPERS

TRANSITIONAL AND PERMANENT HOUSING, CASE MANAGEMENT

REFUGEE RESETTLEMENT

ENGLISH AS A SECOND LANGUAGE CLASS

TOY ROOM open Monday, December 22, 2008, 9 am-noon and 1 pm-5 pm, first come first served; no registration necessary; must bring names of children, proof of residence, and proof of children (i.e. Social Security cards); parents may shop for one toy per child

Clinical Services - Diocese of Lincoln

Phone(s): (402) 489-1834, (800) 961-6277, (800) 964-3787
3700 Sheridan Boulevard
Lincoln, NE 68506

SERVICES ARE DESIGNED to strengthen families and develop human potential, and include individual, marital and family therapy; individual counseling for divorce/separation; pregnancy counseling; and Project Rachel (post abortion counseling).

Family Life - Diocese of Lincoln

Phone(s): (402) 488-2040
3700 Sheridan Boulevard
Lincoln, NE 68506

CHASTITY EDUCATION provides a time set aside for mothers and daughters or fathers and sons to explore human fertility and the wonder of growing up; call for upcoming program dates and locations

FERTILITY CARE CENTER provides the Creighton Model-Ovulation Method of natural family planning; the course consists of one group introductory session and eight individual follow-up sessions during the first year of learning and application

HEALING HEARTS support group to help adults who grieve a recent death in the family; individual

grief outreach extends to families who have lost an infant through miscarriage, stillbirth, or SIDS

MARRIAGE ENCOUNTER weekend retreat to strengthen the marriage relationship

RETROUVAILLE a weekend experience with follow-up sessions for troubled marriages

Saint Louise Gift and Thrift Store - Diocese of Lincoln

Phone(s): (402) 474-1600
2201 O Street
Lincoln, NE 68508

PANTRY provides clothing, shoes and accessories, toys and games, furniture, household goods, home decorations, antiques, religious and devotional items at a reduced cost

Doane College - Lincoln Campus

Phone(s): (402) 466-4774
303 North 52nd Street
Lincoln, NE 68504

COLLEGE

Dystonia Support Group

Phone(s): (402) 423-7704
Madonna Rehabilitation Hospital
5401 South Street
Lincoln, NE 68506

SUPPORT GROUP for those with dystonia (disorder that is characterized by distorted twisting or movement of all or a part of the body which may be caused by toxic or infectious diseases of the nervous system or be of unknown etiology).

MEETING TOPICS includes coping with pain, medications, relaxation, physical therapy, neurology and general speakers.

Easter Seals Nebraska

Nebraska AgrAbility - Easter Seals Nebraska

Phone(s): (402) 483-0240, (888) 858-5069
8055 O Street
Lincoln, NE 68510

VOCATIONAL assessment and counseling

SITUATIONAL assessment

ASSISTIVE technology services

EducationQuest Foundation

Phone(s): (402) 475-5222, (800) 303-3745
1300 O Street
Lincoln, NE 68508

HELPS students and families plan for college

FILING ASSISTANCE for federal student aid applications

COMPUTERIZED DATABASE on the availability of scholarships, comprehensive information on colleges and universities throughout the United States

PHONE LINE to call prospective colleges free of charge

INFORMATIONAL brochures and handbooks

El Centro de las Americas

El Centro de las Americas - Hispanic Community Center

Phone(s): (402) 474-3950
2032 U Street
Lincoln, NE 68503

FOOD PANTRY

INFORMATION AND REFERRAL

TRANSLATION AND INTERPRETATION

SPANISH CLASSES

SUBSTANCE ABUSE PREVENTION

SPANISH-SPEAKING LPD officers program

MENTAL HEALTH case manager from Lutheran Family Services

ENGLISH AS A SECOND LANGUAGE CLASSES

ADELANTE AFTER SCHOOL PROGRAM provides tutoring, mentoring, enrichment and cultural affirmation for elementary age children and helps parents assist their children to succeed in school

Epilepsy Foundation - Illinois, Iowa, Nebraska

Epilepsy Council of Lincoln/Epilepsy Association of Nebraska

Phone(s): (402) 488-4449, (402) 471-9831
4421 Sherman Street
Lincoln, NE 68506

EPILEPSY EDUCATION through films, slide presentations and literature, and referrals to agencies.

SUPPORT GROUP meets second Wednesday of the month at Gere Library 56th and Normal, beginning at 7 pm Contact Person: Michele Johannes 402-484-5066

Experience Works, Inc.

Experience Works, Inc. - Lincoln

Phone(s): (402) 742-3770
1010 N Street
Lincoln, NE 68508

EMPLOYMENT and training opportunities for individuals, 55 years or older, with limited income

Families with Multiples

Phone(s): (402) 434-6533
PO Box 5911
Lincoln, NE 68505

FAMILY ORIENTED SUPPORT organization which assists parents of multiple-birth children to cope with daily life and to gain access to helpful information; provides an outlet to share concerns and experiences with others facing similar situations and support during potentially stressful situations such as birth and early childhood of multiples

MONTHLY ACTIVITIES as well as social time for families of multiples. One does not have to be a member to attend meetings

PURCHASE OR SWAP inexpensive but good quality clothing for multiples and their siblings

MEMBERSHIP includes a newsletter which tells of future happenings, tips and pertinent information

Family Service Association of Lincoln

Early Childhood Education and Family Center

Phone(s): (402) 441-7949, (402) 441-7001
Family Service Association Lincoln
4525 F Street
Lincoln, NE 68510

EARLY CHILDHOOD PROGRAM provides an active learning approach that is developmentally appropriate, while stimulating the child's growth; encompasses all aspects of each child's development and involves both the teachers and

parents in supporting the child's emerging intellectual, physical, social and emotional skills

Family Service Association of Lincoln
Phone(s): (402) 441-7949, (800) 642-6481
501 South 7th Street
Lincoln, NE 68508-2920

BUILDING TOMORROW provides professional resources for child care providers and parents; offers in-services and workshops on a weekly basis on topics such as child development, discipline, nutrition, CPR/First aid, and activities for children; and a toll-free Warm Line answers questions, discusses childcare issues, and assists in locating additional resources.

CHILD CARE FOOD PROGRAM, a federal program administered by the U.S. Department of Agriculture through the Nebraska Department of Education, reimburses child care providers for serving nutritious meals/snacks to children in their home child care through age 12.

FAMILY EDUCATION AND SUPPORT SERVICES provides intensive, short-term services that are focused on skill building activities between parents and children. The service can be offered in the family's home and typically focuses on parent-child relationship, parent education, home-management skills and linkages with other community resources. Families voluntarily participate in the services. Services are provided to clients at a reduced fee or free of charge.

INDIVIDUAL AND FAMILY THERAPY services are provided within the school setting to assist individuals and families in dealing with stress that impacts their behaviors and relationships at school or home. Services are currently provided in six (6) Lincoln Public Elementary Schools and two (2) Lincoln Public Middle Schools. Therapy services are provided through collaboration with Lincoln Public Schools, Community Learning Centers and Early Childhood and Youth Development Programs. Services are free of charge to families at these designated schools. Families voluntarily participate in the services.

PARENTING CLASS - Family Support Specialists facilitate quarterly Parenting Classes. The 'Successful Parenting Class' is an eight-week series including basic parenting skills -- parenting styles, ages and stages of development, preventative discipline, family communication and safety within the home. Information on Parenting Teens is also offered in conjunction with Parenting Classes and addresses the challenges

parents encounter during the teenage years of their children.

TRANSPARENTING CLASS focuses on teaching parents how to manage and understand the emotional and behavioral needs of their children during a divorce or separation and strives to teach parents ways they can help their children adjust and handle the effects of divorce. The four-hour class emphasizes each parent's responsibility in the development of a post-divorce relationship that provides a nurturing and non-threatening environment for children.

WELCOME BABY supports new parents during the pre-natal and early infancy years. The program's aim is to prevent issues of child abuse and neglect by enhancing parenting skills and providing support, information and education to parents through one-on-one direct contact and Activity Fairs. The Welcome Baby Specialist provides in-home support to mothers. Families voluntarily participate in resources, learn new ways to care for infants, and meet other people. The Activity Fairs are a collaborative effort between Family Service and at least seven (7) different agencies within the community.

WOMEN, INFANTS, CHILDREN (WIC) provides supplemental food, health and nutrition education, referrals, and breastfeeding support to low-income pregnant, postpartum and breastfeeding women, infants (0-12 months), and children (up to 5 years) at six (6) locations throughout Lincoln: Mill Towne, 501 S. 7th St. (7th and J Streets), First United Methodist Church in northeast Lincoln (52nd & St. Paul Ave.), Carol Yoakum Family Resource Center (Air Park), Saratoga Elementary School (13th & South Streets), Belmont Elementary School (14th & Judson Streets), and Head Start Early Child Development Center (13th and High Streets).

YOUTH DEVELOPMENT PROGRAMS offer a unique combination of exciting enrichment activities, field trips and academic support. Activities include literacy, math, science, creative and cultural arts and recreation and leisure. Programs are open during the school year, LPS non-school days, and during the summer. Located at the following elementary schools: Adams, Beattie, Campbell, Cavett, Eastridge, Fredstrom, Hill, Holmes, Huntington, Humann, Maxey, Meadowlane, Morley, Prescott, Riley, Randolph, Rousseau, Saratoga, Sheridan and West Lincoln. Located at the following Middle Schools: Dawes and Goodrich; also offers Before and After School Programs, Full-Day

Summer Youth Programs and Middle School Enrichment Clubs.

Family Thrift Center

Phone(s): (402) 476-2857
1745 O Street
Lincoln, NE 68508

THRIFT STORE provides clothing, small appliances, and household goods at a reduced cost to the public

Family Violence Council

Phone(s): (402) 489-9292
4600 Valley Road, Suite 324
Lincoln, NE 68510

PLANNING entity for stopping abuse activities

COLLECTS and disseminates data related to domestic violence, child abuse, and sexual assault

PROVIDES TRAINING on abuse, particularly on behavior dynamics of abusers

First Step Recovery and Wellness Center

Phone(s): (402) 434-2730, (402) 441-9280
210 Gateway, Suite 342
Greentree Court
Lincoln, NE 68505

SUBSTANCE ABUSE assessment and evaluation

ADULT AND ADOLESCENT substance abuse outpatient treatment

WOMEN'S CO-OCCURRING TREATMENT

COMPULSIVE GAMBLING TREATMENT, free gambling evaluations

EATING disorder treatment

INDIVIDUAL and family counseling

SENIOR mental health counseling and substance abuse evaluations

NEUROFEEDBACK and biofeedback

PSYCHOLOGICAL assessments

PSYCHIATRIC services

ANGER management groups

Food Bank of Lincoln, Inc.

Phone(s): (402) 466-8170
4840 Doris Bair Circle, Suite A
Lincoln, NE 68504

FOOD COLLECTION and distribution program serving other non-profit organizations and low-income individuals; food, personal care items, and household products are collected from food companies, food drives, other Food Banks, or the government; the Food Bank warehouses and distributes these products to 60 non-profit agency members; an inventory list is made available weekly to member organizations for shopping purposes; frozen, refrigerated and dry products may be obtained at the Food Bank by member organizations

MOBILE food pantry system that delivers food at no charge to individuals and families at 5 different sites per week

BACKPACK program that sends home food-filled backpacks with over 1,500 children on Friday afternoons during the school year

Foodnet, Inc.

Phone(s): (402) 416-6197
5516 Sea Mountain Road
Lincoln, NE 68521

NON-PROFIT, volunteer corporation which collects and distributes prepared and perishable food at 30 designated distribution sites in Lincoln and the surrounding area

TAX-deductible contributions are accepted

Fresh Start Home

Phone(s): (402) 475-7777
6433 Havelock Avenue
Lincoln, NE 68507

TRANSITIONAL HOUSING, basic and emergency needs, and supportive services for homeless women without children in their custody, 19 years or older, for 24 women at a time, for up to one year

OTHER SERVICES PROVIDED TO CLIENTS include follow up home visits and access to basic and emergency needs for women with successful departures, in-house educational workshops, assistance with obtaining medical care and transportation, information and referral, computer learning lab, case management and advocacy,

financial support, and in house Alcoholics Anonymous meetings

THRIFT STORE, The Daisy, open to the public every Friday from 10 am-2 pm and every Saturday from 10 am-4 pm

Friends and Family of Inmates

Phone(s): (402) 477-8568, (402) 601-0895
Lincoln, NE 68502

SUPPORT and assistance for those whose loved ones are incarcerated

ADVOCACY for a humane, rational and restorative correctional system

CALL FOR meeting locations

Friendship Home, Inc.

Phone(s): (402) 434-6353, (402) 437-9302
Not Disclosed
Lincoln, NE 68523

SHELTER and support services for women who are victims and/or survivors of domestic violence or sexual assault and their children

REFERRALS to community agencies

CRISIS counseling

SUPPORT GROUPS

MATCH PROGRAM, where volunteers are matched with children in shelter, 5 years or older, to spend one-on-one time together once a week for at least 2 hours; volunteers must be at least 17 years old and attend training

Girl Scouts Spirit of Nebraska**Girl Scouts Spirit of Nebraska - Lincoln**

Phone(s): (402) 476-7539, (800) 487-2578
1701 South 17th Street
Lincoln, NE 68502-2688

GIRL SCOUTS works to assist girls to develop their potential by learning to make decisions, being accountable for their own actions, and becoming responsible, contributing members of society. Girls Scouts participate through the Daisy (Kindergarten), Brownie (grades 1-3), Junior (grades 4-6), Studio 2B (11 - 17 year olds) levels, emphasizing career exploration and leadership development.

ADULT VOLUNTEERS work directly with girls in troops, as well as advisory and/or planning functions

CATRON CAMP AND RETREAT CENTER for Girls Scouts from Nebraska and surrounding states, youth groups, businesses and families. Includes three camping areas, a lodge for year-around camping, a physical challenge course with high and low elements, accessible pool and sports area

Good Neighbor Community Center, Inc.

Phone(s): (402) 477-4173
2617 Y Street
Lincoln, NE 68503

CLOTHING - clients may shop once every two months for clothes and household items

BEDDING

KITCHENWARE and various household items

DIAPERS are available through the Diaper Club once a month

PERISHABLES - bread and produce are distributed on Monday and Wednesday mornings from 10:00 to noon

EMERGENCY FOOD PANTRIES at no cost to low-income, homeless and refugee families; clients may shop at the food pantry once a month.

BABY food/formula as available

COMPUTER CLASSES and online assistance for food stamps

VITA SITE for income tax assistance

RIDE FOR FIVE SITE

ENGLISH AS A SECOND LANGUAGE program

ESL tutors are available through Lincoln Literacy Council to instruct clients on site

MOMS (Mom's Offering Mom's Support) support group first and third Thursday of each month during the school year

GRANDPARENT CHRISTMAS ROOM - during the month of December low income grandparents can shop for Christmas gifts for their grandchildren

MENA Hope Project provides assistance to Middles East and North African immigrants and refugees. ESL, computer, citizenship and

parenting classes available. Free child care available while clients are attending classes

VOLUNTEER OPPORTUNITIES - orientation Tuesdays and Thursdays at 1:30

PROGRAM receives merchandise through donations, so availability may be limited; donations are accepted at the loading dock on the backside of building Mon-Thu 8 am-4 pm, Fri 8 am-2 pm

Goodwill Industries Serving Southeast Nebraska, Inc.

Goodwill Industries Serving Southeast Nebraska, Inc.

Phone(s): (402) 438-2022
2100 Judson Street
Lincoln, NE 68521

EMPLOYMENT AND TRAINING opportunities to individuals with disabilities, special needs, immigrants and refugees

NEW AMERICAN'S EMPLOYMENT SERVICES assists immigrants and refugees to find employment through job searches, situation assessments, volunteer and work experience and work services; provides support to employers and potential employers who hire or consider hiring immigrants or refugees through candidate screening, translation and interpretation, job skills training programs, and immigration paperwork assistance; no cost to job seeker or employer

ONE-STOP COMPUTER LAB is a self-help employment resource center for individuals who are underemployed or unemployed; provides a message-taking service, self service computer and word processing, and group seminars; partner in the Workforce Development One Stop Career Center in Lincoln

RETAIL ORGANIZATIONAL EMPLOYMENT offer paid work opportunities for individuals who meet basic admission requirements and have sufficient skills to operate independently in their chosen area of employment, after an orientation period; Individual Program Plans are developed to help participants gain the skills necessary to obtain future competitive employment; participants are provided service coordination and case management services.

Goodwill's One-Stop Computer Lab
Phone(s): (402) 475-9075, (402) 441-4924
1010 N Street
Lincoln, NE 68508

SELF-HELP EMPLOYMENT RESOURCE CENTER for individuals who are underemployed or unemployed

HELLOline is a message taking service for those who may not have a phone

COMPUTER LAB provides assistance with resumes, cover letters and online applications; classes or tutorials in basic computer use including typing, order processing, data entry and job search skills; open labs to practice skills or individual assistance

Grief Recovery Program Lincoln Memorial

Phone(s): (402) 423-1515
6800 South 14th Street
Lincoln, NE 68512

GRIEF SUPPORT for teens and adults who have lost a loved one or are dealing with health issues, retirement, financial problems, divorce or the loss of a pet
GRIEF SUPPORT, information, books and brochures are available at any time

THE JOHN JAMES Grief Recovery Outreach Program is a 12 week session that is held twice a year in the evening. Please call for more information on the program times and dates

Habitat For Humanity International

Habitat for Humanity - Lincoln-Lancaster County

Phone(s): (402) 477-9184
144 North 19th Street
Lincoln, NE 68503

BUILDS safe, decent, affordable homes with the help of homeowner/partner and then sells the home to partner at no profit and financed with affordable no interest loan, assuming no down payment

VOLUNTEER OPPORTUNITIES

Haven Manor Assisted Living... Plus+

Haven Manor Assisted Living... Plus+ - College View North

Phone(s): (402) 434-2680, (402) 484-7472, (402) 890-9805
4800 South 48th Street
Lincoln, NE 68516

ASSISTED LIVING in a small homelike setting. Individual attention paid to each resident for

meals, personal care, activities and life; can provide a heavy level of care without home health.

ADULT DAY CARE for a limited number of adults

HOSPICE CARE for those in the facility

SHORT TERM CARE, two days minimum

Haven Manor Assisted Living... Plus+ - College View South

Phone(s): (402) 434-2680, (402) 484-8134, (402) 890-9805
4900 South 48th Street
Lincoln, NE 68516

ASSISTED LIVING in a small homelike setting. Individual attention paid to each resident for meals, personal care, activities and life; can provide a heavy level of care without home health.

ADULT DAY CARE for a limited number of adults

HOSPICE CARE for those in the facility

SHORT TERM CARE, two days minimum

Haven Manor Assisted Living... Plus+ - Havelock

Phone(s): (402) 434-2680, (402) 464-4017, (402) 890-9805
6330 Platte Avenue
Lincoln, NE 68507

ASSISTED LIVING in a small homelike setting. Individual attention paid to each resident for meals, personal care, activities and life; can provide a heavy level of care without home health.

ADULT DAY CARE for a limited number of adults

HOSPICE CARE for those in the facility

SHORT TERM CARE, two days minimum

Haven Manor Assisted Living... Plus+ - Hickman

Phone(s): (402) 434-2680, (402) 484-8134, (402) 890-9805
730 Larkspur Street
Hickman, NE 68372

ASSISTED LIVING in a small homelike setting. Individual attention paid to each resident for meals, personal care, activities and life; can provide a heavy level of care without home health.

ADULT DAY CARE for a limited number of adults

HOSPICE CARE for those in the facility
SHORT TERM CARE, two days minimum

Healing Circle Recovery Community

Phone(s): (402) 261-4534
630 C Street
Lincoln, NE 68502

RESIDENTIAL drug and alcohol treatment
INTENSIVE OUTPATIENT treatment
OUTPATIENT treatment
ASSESSMENT of alcohol and drug use

Heartland Big Brothers Big Sisters

Phone(s): (402) 464-2227
6201 Havelock Avenue
Lincoln, NE 68507

VOLUNTEER BIG BROTHERS AND BIG SISTERS provide school aged youth one-to-one time and attention through either a community or site-based match; volunteer Bigs in the community-based program spend 2-4 hours a week with their Little Brother or Little Sister in the community; in the site-based program, the volunteer Big meets with their Little for 1 hour a week at a specific location, usually at the child's school; specific programs also available for pregnant and parenting teens, and children with an incarcerated parent

COMMUNITY LEARNING CENTERS at Dawes Middle School and Norwood Park Elementary provides enriching before and after school clubs aligned with school curriculum and inspired by student interest. The CLC also hosts a variety of family and community programs for Northeast Lincoln families and residents. Carey Collingham, ccolling@lps.org, (402) 525-3367

HOPE (Helping Other Parents Endure)

Phone(s): (402) 477-0857
Remembering Our Children
PO Box 83433
Lincoln, NE 68501

SUPPORT GROUP for parents who have lost their baby due to miscarriage, stillbirth, or death of a newborn. Open to any parent who has lost an infant. There is no charge and free parking is available.

House for New Life

Phone(s): (402) 466-6080, (402) 466-5795
4505 Holdrege Street
Lincoln, NE 68503

THERAPEUTIC, Christian-based transitional living facility for ex-offenders, especially sex offenders

Houses of Hope of Nebraska, Inc.

Phone(s): (402) 435-3165
1124 North Cotner Boulevard
Lincoln, NE 68505

SUBSTANCE ABUSE Treatment includes a transitional, residential halfway house for adult males who have a primary diagnosis of chemical dependency and have completed a primary chemical dependency treatment program within 12 months prior to placement and are in need of additional treatment services. Treatment planning is individualized according to client need, and services are provided in a chemically-free environment.

INDIVIDUAL and group counseling, and vocational and educational counseling.

Indian Center, Inc.

Phone(s): (402) 438-5231
1100 Military Road
Lincoln, NE 68508-1089

PROMOTES and strengthens cultural awareness by teaching cultural traditions among Native Americans

FAMILY SUPPORT SERVICES offers emergency services, referrals and case management of basic necessities to low income families and individuals of all racial and ethnic groups. Diapers, low income Star Tran monthly passes, Volunteer Income Tax Assistance, and holiday gift giving programs are offered. Emergency rental or utility bill payment assistance to American Indian persons with eviction or disconnect notices may be provided, funds permitting.

FOOD PROGRAMS include commodity food to elderly, and pregnant women, or mothers with young children to age 6 on a monthly basis. Perishable food distribution is held twice weekly on Tuesdays at 1pm and Thursdays at 10am. Emergency food pantry applications accepted Monday, Wednesday, and Friday 1-3pm. Senior

Diner's lunch served daily from 11:30am-12:30pm, free of charge.

HOMEOWNERSHIP PROGRAM provides pre-purchasing counseling. This program is designed to offer homeownership and housing rehabilitation opportunities to eligible Native American individuals, families, tribes and Tribally Designated Housing Entities on their native lands and within an approved Indian area as defined by HUD.

HOUSING PROGRAM based in the city of Lincoln this program has over 142 units of rental housing for low-income families, elderly and handicapped residents. The housing properties include three complexes for the elderly and two for low-income. These units are managed by a private management company and Indian Center, Inc.

INFORMATION AND REFERRAL to local human service agencies and tribally-operated programs for specialized services, legal services to Nebraska Commission on Indian Affairs, tribal legal services, or pro bono legal services and area senior citizens.

NEBRASKA INDIAN HEALTHY MARRIAGE PROJECT is designed to increase the number of Native American children raised by two parents in a healthy relationship through the use of culturally appropriate training materials. This project will help couples and individuals develop the skills and knowledge needed to form and sustain a healthy relationship.

NEBRASKA URBAN INDIAN CIRCLE OF CARE PROJECT will provide the urban Indian communities of Lincoln and Omaha with tools and resources to plan and design a holistic, community-based system of care to support mental health and wellness for their children, youth and families. Families and youth will work in partnership with public and private organizations to design mental health services and supports that are effective, that build on the strengths of individuals and address each person's cultural needs.

SMALL BUSINESS RESOURCE CENTER provides basic business development services for low-income persons, minorities, women and all racial/ethnic groups, new or existing businesses and refers clients to Nebraska Business Development Center for specialized services.

WORKFORCE INVESTMENT ACT PROGRAM provides GED instruction, job training placement

assistance and help with educational goals, job search and placement for Native Americans.

YOUTH PROGRAM offers after school enrichment activities, homework help, and other special events

ALCOHOLIC ANONYMOUS MEETING – daily 5:15 pm.

Internal Revenue Service

Internal Revenue Service - Lincoln

Phone(s): (402) 437-5060, (800) 829-1040, (877) 777-4778, (800) 829-4059
100 Centennial Mall North
Lincoln, NE 68508

INFORMATION about tax accounts

TAX PREPARATION ASSISTANCE for basic individual income tax return if income is \$38,000 or less

TAXPAYER ADVOCACY SERVICES provide free, independent, and confidential tax assistance to taxpayers unable to resolve their tax problems through normal channels or individuals experiencing a hardship

HELPS individual and business taxpayers resolve problems with the IRS

APPLICATION for Federal Tax Identification Numbers

International Dyslexia Association

Nebraska Branch International Dyslexia Association

Phone(s): (402) 434-6434, (402) 488-7920
5921 Sunrise Road
Lincoln, NE 68510

WORKSHOPS are offered throughout the year.

PARENT Support group called Smart Kids -- School problems meets periodically in Lincoln.

TEACHER training courses are held during the summer in connection with the University of Nebraska, Lincoln, in the structured language, Orton-Gillingham approach to teaching reading and spelling.

TUTORING referral service provides parents and individuals with a listing of teachers trained in the Orton-Gillingham method.

Job Corps Nebraska

Job Corps - Lincoln

Phone(s): (402) 438-5774, (800) 733-5627

Terminal Building
941 O Street, Suite 723
Lincoln, NE 68508

HIGH SCHOOL DIPLOMA program and GED

JOB TRAINING in numerous career fields

FREE BASIC medical and dental care

BI-WEEKLY STIPEND for spending money

SOCIAL SKILLS TRAINING and employability skills education

CASH BONUS for completing education and trade

JOB PLACEMENT assistance during the first year

OPPORTUNITIES for advanced career training and college credits.

ROOM and board provided

CLOTHING allowance

Junior Achievement of Lincoln

Phone(s): (402) 467-1010

285 South 68th Street Place, Suite 309
Lincoln, NE 68510

ECONOMIC EDUCATION for young people using a hands-on approach with a focus on the free enterprise system, as well as human and material resources for educators and students, grades K-12, about economics and free enterprise.

Junior League Thrift Shop - Junior League of Lincoln

Phone(s): (402) 421-6099

2600 North 48th Street
Lincoln, NE 68504

CLOTHING and household merchandise at a reduced cost to the public

Juvenile Diabetes Research Foundation

Phone(s): (402) 484-8300

Lincoln Chapter
2120 South 56th Street, Suite 206
Lincoln, NE 68506

TO FIND A CURE for diabetes and its complications through the support of research and research related education

OUTREACH PROGRAM includes the delivery of a Bag of Hope for the family, support groups, mentor family provided to newly diagnosed family

EDUCATIONAL BROCHURES and videos, newsletter with information both locally and nationally on fundraising events, research and products

Kaplan University

Phone(s): (402) 474-5315, (800) 742-7738

1821 K Street
Lincoln, NE 68508

BUSINESS-ORIENTED COLLEGE

ASSOCIATE DEGREE PROGRAMS in accounting, business administration, computer information systems, criminal justice, medical assisting, paralegal, and travel and tourism

BACHELOR OF SCIENCE in Management degrees available in accounting, business administration, criminal justice administration and management of information systems

DIPLOMA PROGRAMS available in office technology, practical nursing, and travel professional

KFOR Operation Santa Claus

Phone(s): (402) 466-1234

3800 Cornhusker Highway
Lincoln, NE 68504

SOLICITS monetary donations to purchase specifically requested toys for less fortunate children in Lincoln, Nebraska, ages 1-13 for Christmas

WORKS with social service agencies in Lincoln, Nebraska to qualify families

THE NATIONAL GUARD provides volunteers to help sort applications and distribute toys

La Leche League International

La Leche League of Lincoln

Phone(s): (402) 441-9509, (402) 488-7741,
(402) 791-5217, (402) 488-8269, (402) 540-8568
c/o Sara Dodder Furr
3178 Puritan Avenue
Lincoln, NE 68502-4230

INFORMATION, support and encouragement to women who breastfeed or are considering breastfeeding

WEEKLY AND MONTHLY meetings consisting of a four-part educational series

PHONE ASSISTANCE

BIENNIAL CONFERENCE which provides breastfeeding and parenting information.

SPEAKERS for women's groups, schools, colleges, or medical classes

LEADERS ARE AVAILABLE in several Nebraska communities including Adams, Aurora, Beatrice, Bellevue, Brownville, Clarkson, Elgin, Fontanelle, Fremont, Grand Island, Greeley, Gretna, Hartington, Hickman, Johnstown, Kearney, Lincoln, Murray, Omaha, O'Neill, Papillion, Wilcox and Yutan. Call 402-488-8269 or see www.llusa.org/web/Nebraska.html.

LA LECHE LEAGUE INTERNATIONAL has a 24-hour toll free helpline number 1-877-4-LALECHE (1-877-452-5324), which has now added four Spanish-speaking LLL Leader Breastfeeding Information Specialists to its services. These specialists answer questions in English and Spanish.

Lancaster County Adult Probation

Phone(s): (402) 441-7777, (402) 441-8470
605 South 10th Street, Room 1163
Trabert Hall, 2202 South 11th Street
Lincoln, NE 68508-2861

DISTRICT component of the Nebraska Statewide Probation System providing services for felons and misdemeanors in Lancaster County and the District Court, as well as cases from districts within Nebraska and inter-state. Investigates prior to sentencing and supervises probationers for Lancaster County and the District Court.

Lancaster County Medical Society

Community Blood Bank of the Lancaster County Medical Society

Phone(s): (402) 486-9414, (877) 486-9414
100 North 84th, 131 South 13th
2917 Pine Lake Road, 2700 Fletcher
Lincoln, NE 68505

SUPPLIES all the blood and blood products used by Lancaster, Seward, Jefferson, Polk, York, and Saline County hospitals

900 volunteer blood donors each week are needed to provide the necessary blood; donors may go to any of the sites or any of the blood mobile drives held weekly; appointments are encouraged; blood donations can also be made for a patient's own surgery (autologous donation) or for a specific patient (directed donation)

DONATION SITES

100 N. 84th St., Appointments

131 S. 13th St., Appointments

2917 Pine Lake Rd., Appointments

2700 Fletcher, Appointments

Lancaster County Medical Society

Phone(s): (402) 483-4800
5645 O Street, Suite 3
Lincoln, NE 68510

MEMBERSHIP SOCIETY organized to bring together Lancaster County physicians to promote and improve public health and welfare

REFERRALS to physicians who are accepting new patients

Medication Assistance Program of Lincoln

Phone(s): (402) 483-4800
5645 O Street, Suite 3
Lincoln, NE 68510

ENROLLMENT ASSISTANCE for national drug assistance programs so clients can obtain free or reduced price medications

Lancaster County Offices

Lancaster County Assessor/Register of Deeds

Phone(s): (402) 441-7463
555 South 10th Street, 1st Floor
Lincoln, NE 68508

ASSESSMENT of all taxable property (real and personal property). All depreciable income-producing personal property must be reported to the Assessor prior to May 1st of each year. Forms are available from the Assessor's office.

HOMESTEAD EXEMPTION PROGRAM - relieves eligible property owners of a portion or all of the taxes on their home (including mobile homes). Homestead Exemption applications must be filed in the Assessor's office prior to June 30th of each year. These taxes are reimbursed to all subdivisions from state sales and income taxes.

Lancaster County Attorney

Phone(s): (402) 441-7321, (402) 441-8208
Justice and Law Enforcement Center
575 South 10th Street
Lincoln, NE 68508

ELECTED PUBLIC PROSECUTOR for Lancaster County prosecutes those who are accused by the police of violating the state criminal code; In order to file a criminal case the prosecutor must believe there is sufficient evidence of the accused's guilt to convince a jury beyond a reasonable doubt

ADVISES county elected officials on legal matters, conducts the county's civil litigation, enforces child support orders and files petitions relating to mentally ill persons; no legal advice or representation is provided to individual citizens in private legal matters

BAD CHECK prosecution of individuals for writing or passing insufficient funds, no account or forged checks; aids businesses in reducing the number of bad checks received through education; businesses or individuals can submit checks to Diversion Services, 4435 "O" Street, Suite 96, Lincoln, NE 68510, (402) 483-4444, for criminal prosecution of the offender

DOMESTIC VIOLENCE prosecutions of offenders of domestic abuse, and assists victims of such violence in prosecuting their cases in court; appropriate referrals are made to social service agencies

JUVENILE DIVISION prosecutes law violations committed by juveniles, including truancy cases; also brings abuse and neglect cases against parents before the separate Juvenile Court, and files termination of parental rights cases in appropriate situations

MENTAL HEALTH COMMITMENTS initiated through the County Attorney; mental health proceedings to involuntary commit persons alleged to be mentally ill and dangerous to themselves or others, and who have refused voluntary treatment for their mental illness

COLLECTS delinquent child support payments under existing divorce decrees, including contempt proceedings, garnishments, tax intercept, wage assignments, and reciprocal enforcement actions for other jurisdictions

ESTABLISHES PATERNITY, including blood testing, settlements and trials, if necessary

OBTAINS child support orders and modifications in appropriate situations

Lancaster County Department of Corrections

Phone(s): (402) 441-7530, (402) 441-7133, (402) 441-6353
605 South 10th Street
Lincoln, NE 68508

CORRECTIONS DEPARTMENT Serves the Lancaster County law enforcement community, as well as county and district courts of the 3rd Judicial District of Nebraska. Persons are lodged with the Department of Corrections until a sentence is served, a bond is satisfied to release them from custody, or a court hearing has determined guilt or innocence.

Additional Fax Numbers:

(402) 441-8399 (Booking)

(402) 441-8946 (Administration)

(402) 441-8930 (Court Transport)

(402) 441-6035 (Medical Unit)

(402) 441-8929 (Records)

Lancaster County Emergency Management

Phone(s): (402) 441-7441, (402) 441-6000, (402) 450-7650
575 South 10th
Lincoln, NE 68508

DISASTER PLANNING for efficient operations during disasters

LIAISON between emergency operations agencies and city-county executives

MAINTAINS the EOC for use at any time

DEVELOPS and maintains the city-county warning systems

TRAINS severe storm spotters and coordinates storm watch operations

COORDINATES four-wheel-drive medical personnel transport blizzard operations

PLANS and conducts various types of training exercises

INSTRUCTS and assists the general public in disaster procedure

ADMINISTERS the federal Population Protection Program

ASSISTS schools, hospitals, nursing homes, business and industry in developing and implementing disaster plans

MANAGES and directs Homeland Security funds

Lancaster County General Assistance

Phone(s): (402) 441-3095
 2202 South 11th Street, Suite 150
 Lincoln, NE 68502

MEDICAL AND FINANCIAL ASSISTANCE
 including:

Rent and rental deposit assistance

Assisted living financial assistance with a written statement from physician indicating client is in need of that level of care

Medical care provided through the Primary Health Care Clinic or authorized by Clinic physician

Bus passes at a reduced rate

Personal hygiene vouchers

Burial (cremation) expenses

Lancaster County Information Desk

Phone(s): (402) 441-7626, (402) 441-7355
 County-City Building
 555 South 10th Street
 Lincoln, NE 68508

INFORMATION about city and county offices, and their locations within the building

COUNTY GOVERNMENT OFFICES:

Board of Commissioners 402-441-7447

Budget and Fiscal 402-441-7447

Clerk of the District Court 402-441-7069

Community Mental Health Center 402-441-7940
 (see separate listing)

Cooperative Extension 402-441-7180 (see separate listing)

Corrections 402-441-7530 (see separate listing)

County Assessor 402-441-7463

County Attorney 402-441-7321 (see separate listing)

County Clerk 402-441-7481

County Engineer 402-441-7681

County Sheriff 402-441-6500 (see separate listing)

County Treasurer 402-441-7425

Election Commissioner 402-441-7311

Emergency Management 402-441-7441 (see separate listing)

Human Services 402-441-7447 (see separate listing)

Juvenile Detention Center 402-441-7090 (see separate listing)

Lancaster Manor 402-441-7101 (see separate listing)

Property Management 402-441-7386

Public Defender 402-441-7631

Records and Info Management 402-441-6065

Register of Deeds 402-441-7577 (see separate listing)

Safety & Training 402-441-6510

Veterans Service Center 402-441-7361 (see separate listing)

Weed Control Authority 402-441-7817

Lancaster County Sheriff's Office

Phone(s): (402) 441-6500, (402) 447-6000
 Justice and Law Enforcement Center
 575 South 10th Street
 Lincoln, NE 68508

LAW ENFORCEMENT SERVICES including traffic enforcement, criminal investigation, civil process, warrants, extradition, title inspections, and the collection of delinquent taxes

Lancaster County Veteran Service Office

Phone(s): (402) 441-7361, (402) 441-7380, (402) 441-7360, (402) 441-7362
 2202 South 11th Street, Suite 150
 Lincoln, NE 68502

COUNTY LEVEL SERVICES provide direct emergency economic aid for vital necessities to veterans, their widow, and dependents, according to their needs; personal visits for assistance and claims to housebound veterans or dependents; must have an honorable or under honorable conditions discharge from active duty or wartime service; must be a resident in Nebraska for the past one year and 6 months of that year in Lancaster County

STATE LEVEL SERVICES (do not require wartime service) assist in completing applications for the Nebraska Veterans Aid Fund; fee exempt fishing and hunting permits; applications to the Nebraska Veterans Homes; waivers of tuition

FEDERAL LEVEL SERVICES provide and/or complete Veteran Administration forms for claims relating but not limited to service connected compensation, disability pension, widow's pension, burial allowance, grave markers/headstones, educational benefits, home

loans, insurance, indebtedness, and character of service upgrades

Lancaster County Youth Services Center

Phone(s): (402) 441-7090

1200 Radcliff Street
Lincoln, NE 68512-2506

DRUG AND ALCOHOL EDUCATION for all youth admitted, as well as year round educational programs through the Lincoln Public Schools

YOUTH ASSESSMENT CENTER, with families and the community, supports activities that contribute to the safety and well-being of youth involved with the juvenile justice system or at risk of becoming involved in the system; goal is to divert youth from the juvenile detention center where possible and when appropriate; youth receive comprehensive pre-treatment assessments and drug and alcohol assessments to aid the juvenile court in determining the need for detention

STAFF SECURE FACILITIES house youth who are under Juvenile Court jurisdiction only and who do not require a locked facility for supervision and control; the facility is unlocked and the supervision is provided by staff

JUVENILE DETENTION CENTER is a secure facility that houses youth who require a locked environment; the facility has a central control room which houses a state of the art computerized security system to monitor and manage security 24-hours a day

Lancaster Manor

Phone(s): (402) 441-7101

1001 South Street
Lincoln, NE 68502

NURSING HOME facility owned and operated by Lancaster County, which offers skilled care services.

League of Human Dignity

Phone(s): (402) 441-7871

1701 P Street
Lincoln, NE 68508

SERVICES which enable persons with disabilities to acquire the skills necessary for independent living. Engages in specific advocacy and systems change to remove physical and attitudinal barriers which prevent people with disabilities from living independently.

BARRIER REMOVAL AND INFORMATION CENTER offers consultations to consumers, builders, businesses and organizations to increase accessibility within the home and community. Modifications to homes include redesigning living areas, and installing outside ramps and grab bars. In addition, grant assistance is offered to income- and geographically-eligible persons with disabilities.

CENTER FOR INDEPENDENT LIVING services include information and referral, independent living skills training, financial benefits counseling, and awareness training for the general public and organizations regarding disability issues. In addition, the Center assists clients in the development and implementation of independent living plans in the following areas: home and financial management; social skills; sexuality; consumer and legal rights; peer counseling; equipment loan, repair and rental; and individual and systems advocacy.

MOBILITY EQUIPMENT Sales and Service provides sales and servicing of assistive equipment such as wheelchairs, scooters, batteries and TDD equipment.

MEDICAID WAIVER SERVICES COORDINATION FOR ADULTS WITH DISABILITIES determines eligibility for recruiters, service providers, case management, and Medicaid Waiver services; assists consumers to develop a plan for in-home services to help eligible consumers to remain in their home; and coordinates needed services. Persons must be Medicaid eligible and meet nursing facility level of care and have care needs which could be met through waiver services at a cost that does not exceed the cap. In addition, persons must have received an explanation of nursing facility services and waiver services, and elect to receive the waiver services.

MOBILITY OPTIONS specializes in selling, customizing and servicing accessible vehicles and equipment for people with disabilities.

TRANSPORTATION COORDINATION SERVICES determines client eligibility for the City of Lincoln's special transportation services including Senior Saver, a discount for persons, 62 years or older, on regular bus routes; Go For Less, a discount for persons with disabilities on regular bus routes; the Handi-Van, which offers door-to-door transportation for persons unable to handle a fixed-route bus due to their disability; and the Taxi Coupon Program, which offers a reduced taxi fare for persons eligible for use of

the Handi-Van. In addition, mediation is provided for StarTran and their customers regarding services.

NURSING HOME TRANSITION SERVICES assists people with disabilities to transition from living in nursing homes and other institutions to community based living.

League of Women Voters

League of Women Voters - Lincoln/Lancaster County

Phone(s): (402) 475-1411

The Apothecary
140 North 8th Street, Suite 215
Lincoln, NE 68508

NON-PARTISAN promotion of political responsibility and community participation

VOTER information/registration

GENERAL CITIZEN information

SPEAKER'S BUREAU

League of Women Voters of Nebraska

Phone(s): (402) 475-1411

The Apothecary
140 North 8th Street, Suite 215
Lincoln, NE 68508

NON-PARTISAN promotion of political responsibility and community participation

VOTER information/registration

GENERAL CITIZEN information

SPEAKER'S BUREAU

COMMUNITY participation

WELCOME new U.S. citizens at naturalization ceremonies

Legal Aid of Nebraska

Legal Aid of Nebraska - Lincoln

Phone(s): (877) 250-2016, (800) 464-0258, (800) 729-9908, (800) 527-7249, (800) 742-7555
941 O Street, Suite 825
Lincoln, NE 68508

CONTACT ACCESS LINE for legal advice, brief services or representation as well as referrals to other community resources

FREE LEGAL ADVICE and selective representation of civil law cases where no other private or agency lawyer is available; emphasis

on domestic violence, public benefits appeals, family law/custody, and landlord/tenant disputes

Lighthouse

Phone(s): (402) 475-3220

2601 N Street
Lincoln, NE 68510

COMMUNITY BASED, drop-in after-school program for middle and high school-aged youth. Provides a safe, supervised and nurturing environment for youth to participate in academic support, enrichment and recreational activities and an evening meal. Youth cannot be under the influence of drugs or alcohol and must demonstrate respect for others. All services are provided without cost to youth.

Lincoln Action Program

Gathering Place, The

Phone(s): (402) 476-7398

1448 E Street
Lincoln, NE 68508

FREE EVENING MEALS Mon-Fri 5 pm-6 pm

FREE HEALTH SCREENINGS the fourth Tuesday of every month 3 pm-5 pm

AA MEETINGS are held on Fridays from 7:30 pm-8:30 pm

PAYEE PROGRAM assists individuals who need help managing their own money; the individual is assigned a worker who ensures their basic needs are being met each month (such as rent, utilities, food, etc.); this assistance helps individuals so they don't mismanage their funds and/or get taken advantage of; hours are Mon-Fri 8 am-1 pm

Head Start - Early Head Start Lancaster County

Phone(s): (402) 471-4515

210 O Street
Lincoln, NE 68508

EARLY CHILDHOOD EDUCATION offers health, nutrition, and support services support for the entire family; services for children with disabilities; full-day, full-year classrooms are available for families who are working, in school full-time, or in job training

LanguageLinc Interpretation - Lincoln Action Program

Phone(s): (402) 730-9054, (402) 473-2940, (888) 469-6555, (402) 471-4515

210 O Street
Lincoln, NE 68508

INTERPRETATION by phone and on-site

TRANSLATION of written material

Lincoln Action Program

Phone(s): (402) 471-4515

210 O Street
Lincoln, NE 68508

CENTER FOR REFUGEE AND IMMIGRANTS provides assistance with immigration paperwork; career advancement training, employment assistance services.

COMPUTER LEARNING LAB; upon completion of 30 credits of prescribed coursework clients receive a free, refurbished computer; participants must meet income guidelines; open lab times are available

COMPUTER RECYCLING, accepts donations of used computers. Usable parts are refurbished, all other components are recycled. Clients can also take a computer repair training class where they help refurbish computers. The computer recycling program gives recycled computers to individuals successfully completing 30 hours of computer classes and organizations needing computers to increase their ability to serve their clients.

MICROENTERPRISE DEVELOPMENT aims to create job opportunities for low-income individuals who want to start their own business or expand the small business they currently own; offers technical and soft-skills training related to small business development administered in the Core Four Business Planning Course curriculum; provides training in the lawn care industry through LAP Lawn Service internship program

HOMELESS VOUCHER PROGRAM serves homeless individuals or families in Lancaster County by providing intensive case management; applicants must be eligible for a Section 8 voucher through Lincoln Housing Authority

HOUSING AND RESOURCES COUNSELING provides emergency assistance with deposit, rent, gas/electric, and water; households must complete an application over the phone or in person to be eligible (must have amount past due); through the LES Energy Voucher Program, clients may receive vouchers that help pay their energy bills

INDIVIDUAL DEVELOPMENT ACCOUNTS (IDA) serve income-eligible Lincoln families by

matching their earned income savings to purchase a home, start a business, or pay for post-secondary education tuition fees; interested families must complete financial literacy classes as a prerequisite to participation in the IDA program

CAREER ADVANCEMENT TRAINING (CAT) offers intensive career training to ensure success in any type of employment, including coverage of such topics as problem solving, coping with stress, and communicating appropriately in the workplace; on-the-job training, career guidance, assistance applying for employment, and follow-up support to promote long-term job retention

SUPPORTIVE HOUSING PROGRAM provides housing subsidies, case management, and supportive services to homeless families in Lincoln; participants are assigned a case manager and work to overcome the barriers that led to homelessness

VITA TAX PREPARATION PROGRAM provides information on Earned Income Tax Credit (EITC) and eligibility guidelines for the credit; free basic tax preparation is provided to low-income families and individuals who are eligible for EITC

WEATHERIZATION serves renters, owners, multi-units, mobile homes, and standard constructed homes in Lancaster and Saunders counties; households must meet 150% of federal poverty guidelines. Homes are eligible if it has been weatherized before October 1, 1993; services include heating inspection and cleaning, furnace replacement, water heater replacement, insulation of attics and sidewalls, insulation in floors and ceilings of mobile homes, caulking and sealing, and window and door replacement

LANDLORD/TENANT SERVICES aims to increase stability in housing among low income individuals and families; services available to anyone requesting information about landlord and tenant relations; however, the program specifically targets low income populations at risk of losing their housing due to eviction

FINANCIAL LITERACY aims to educate individuals and families in important financial skills for life, such as money management, budgeting, credit, banking, and more; program utilizes MoneySmart curriculum - administered in multiple languages

OTHER SERVICES LISTED SEPARATELY:

HEAD START / EARLY HEAD START comprehensive child development programs

serve low income children from birth to age five, pregnant women, and their families; primary focus is school preparedness for low income children; programs take a holistic approach to issues of child development

LANGUAGELINC offers for-fee interpretation and translation services in the Lincoln community with an emphasis on the medical field

REPRESENTATIVE PAYEE PROGRAM provides intensive comprehensive case management services designed to ensure the client's rent, utilities, and other basic needs are met; also provides one on one case support services, information and referrals, budgeting, and goal planning

Lincoln Area Agency on Aging

Asian ActivAge Center

Phone(s): (402) 326-0371, (402) 441-7158
2615 O Street
Lincoln, NE 68510

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Belmont ActivAge Center

Phone(s): (402) 441-7990, (402) 447-1758
1234 Judson Street
Lincoln, NE 68521

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Bennet ActivAge Center

Phone(s): (402) 782-2188, (402) 441-0423, (402) 782-6585, (402) 441-7158
American Legion Hall

PO Box 313
Bennet, NE 68317

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Caregiver Support & Education Groups

Phone(s): (402) 441-7070, (402) 486-8432, (402) 477-6951
1005 O Street
Lincoln, NE 68508-3628

TWO one hour educational component support groups followed by a discussion between caregivers to share ideas about caregiving

One meeting is held at Madonna Rehabilitation Hospital, (5401 South Street, Lincoln, NE 68506), January through November, every 2nd Thursday of the month, 7 pm-9 pm. The second is held at Saint Paul United Methodist Church (11th & M Streets, Lincoln, NE, 68508), January through November every 4th Tuesday, 1:30pm-3:30 pm.

Downtown ActivAge Center

Phone(s): (402) 441-7154, (402) 441-7158
1005 O Street
Lincoln, NE 68508-3628

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Firth ActivAge Center

Phone(s): (402) 791-5544, (402) 441-0423, (402) 791-5718, (402) 441-7158
311 Nemaha Street

Firth, NE 68358

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Foster Grandparent Program

Phone(s): (402) 441-6105, (402) 441-7086
1005 O Street
Lincoln, NE 68508-3628

OPPORTUNITIES for adults, 60 years or older, to provide supportive services for children and youth with special needs.

TO QUALIFY for the Foster Grandparent Program, persons must provide 20 hours of service per week, and their monthly income cannot exceed 125% of the poverty guidelines

GRANDPARENTS will receive a tax-free stipend of \$2.65 per hour, reimbursement for transportation, meals during service, an annual health assessment, and accident and liability insurance while on duty

Handyman Service for the Elderly

Phone(s): (402) 441-8815, (402) 441-7030
2202 South 11th Street, Room 219
Lincoln, NE 68502-3550

MINOR home repairs and maintenance for elderly homeowners includes:

Basic lawn care

Window washing (first floor only)

Gutter cleaning

Painting

Plumbing, electrical, and carpentry

Minor safety modifications,

Installation of Lifelines emergency response equipment

Hickman ActivAge Center

Phone(s): (402) 792-2800, (402) 441-0423, (402) 792-2006, (402) 441-7158
Presbyterian Church

300 East 3rd Street
Hickman, NE 68372

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

JoAnn Maxey ActivAge Center

Phone(s): (402) 441-7849, (402) 441-7158
2032 U Street
Lincoln, NE 68503

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Lake Street ActivAge Center

Phone(s): (402) 441-7157, (402) 441-7158
2400 South 11th Street
Lincoln, NE 68502

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Lancaster County Rural Transit

Phone(s): (402) 441-8815, (402) 441-7031
2202 South 11th Street, Room 219
Lincoln, NE 68502-3550

PROVIDES TRANSPORTATION to Lincoln for persons of any age (children must have escorts), who live in rural Lancaster County

RESERVATIONS MUST BE MADE at least one day in advance

TRANSPORTATION IS wheel chair accessible

THE SCHEDULE IS AS FOLLOWS:

Monday and Wednesday: (North) Davey, Agnew, Raymond, Malcolm, Emerald, Denton, Ceresco, Waverly, Prairie Home, Walton, Greenwood

Tuesday and Thursday: (South) Princeton, Hallam, Kramer, Sprague, Martell, Cortland, Rokeby, Bennet, Panama, Holland, Firth, Hickman, Roca, Cheney, Adams

Lifeline Emergency Response - Saint Elizabeth

Phone(s): (402) 441-7070, (402) 441-7081, (800) 247-0938
1005 O Street
Lincoln, NE 68508-3628

HOME-BASED emergency response system offered by Lincoln Area Agency on Aging and Saint Elizabeth Regional Medical Center

SUMMONS assistance in cases of falls, heart attacks, strokes or other health problems through pushing a button, which clients carry with them; when an alert is received, Saint Elizabeth Regional Medical Center staff dispatches a designated responder to check on clients in their home

Lifetime Health

Phone(s): (402) 441-7575
1005 O Street
Lincoln, NE 68508-3628

A HEALTH PROMOTION PROGRAM for adults, 50 years or older

PROGRAMS ARE preventive in nature and include health education, community health nursing, physical activity programs, and support activities designed to enrich the health and well-being of participants

PRIORITY PROGRAM AREAS INCLUDE nutrition, illness and injury prevention, mental health and physical activity

NEW SERVICES ARE AVAILABLE for family caregivers and for outreach to diverse populations.

SENIOR HEALTH PROMOTION University of Nebraska Medical Center nursing students, faculty, and Lincoln Area Agency on Aging staff provide a variety of preventative services for

adults, 60 years or older, including: foot care, ear wax removal, blood glucose, cholesterol, blood pressure and osteoporosis screenings, medication information, oral health screenings and dental education on most Thursdays, 9:30am - 2:30pm. Transportation available on request.

Lincoln Area Agency on Aging - Administration

Phone(s): (402) 441-6157, (402) 441-7022, (800) 247-0938, (402) 441-6156
1005 O Street
Lincoln, NE 68508-3628

PLANS, coordinates, and advocates for development and improvement of program, services and benefits for older persons

TECHNICAL support to publicly-funded local aging programs in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

LIVING WELL MAGAZINE is a quarterly magazine published to educate and inform persons on topics, programs, issues and activities that are a concern to the mature population, their families and community organizations. This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska. However, all readers of all ages are welcome. To subscribe, call or email: 402-441-6146 or dbaines@lincoln.ne.gov.

Lincoln Area Agency on Aging - RSVP Program

Phone(s): (402) 441-7026, (402) 441-7158
1005 O Street
Lincoln, NE 68508-3628

RECRUITS and places senior volunteers, 55 years or older, in human services agencies, non-profit organizations, hospitals, libraries, schools and senior centers; accident and liability insurance is provided for volunteers

SENIOR COMPANION utilizes older, low-income seniors to provide companionship and respite to frail, disabled, homebound, lonely, or isolated elders to enable them to live independently

Lincoln Area Agency on Aging / Life (Personal & Family Services)

Phone(s): (402) 441-7070, (402) 441-7081, (800) 247-0938
1005 O Street

Lincoln, NE 68508-3628

CARE MANAGEMENT assists vulnerable elderly persons to remain in their homes, and advocates for them to get services they need; develops a care plan to meet the person's choices, and arranges for services.

FIRST SERVICE provides information and referral to services, benefits, and activities available to older persons in the eight county area; includes personal assistance and advocacy in obtaining needed services.

HOME AND COMMUNITY SERVICES for persons age 65 or older who qualify for Medicaid to pay for their care; waiver services are for individuals with care needs that would otherwise require them to be in a nursing home, but they choose to have this care provided in their home or in an Assisted Living Facility.

LIFE'S ELDERLAW PROGRAM provides legal information, representation and referral services by an Elderlaw attorney to Lancaster County residents who are age 60+ with limited cash resources and are within 150% of poverty income guidelines.

NEBRASKA SMP's primary focus is on education and community awareness; helps individuals identify and report Medicare and Medicaid fraud, error and waste; local SMP can take information from beneficiaries to file a formal complaint; this confidential information is sent to the State, both fraud and waste complaints are appropriate for submitting a report.

OMBUDSMAN ADVOCATE PROGRAM promotes, protects and provides education on the rights of residents in long-term care facilities and assisted living communities; advocates investigate any concern or issue and may mediate and negotiate on the behalf of residents.

SENIOR CARE OPTIONS evaluates the long-term care needs of persons, 65 years or older, who are seeking Medicaid coverage of nursing facility care, to assure such services are needed and are covered by Medicaid; eligibility includes persons, 65 years or older, Medicaid recipients or applicants, nursing facility residents applying for Medicaid funded care, or private pay persons considering admission to a nursing home with Medicaid coverage.

SUPPORTIVE SERVICES offers limited assistance to subsidize the cost of in-home and adult day care services authorized by the Lincoln Area Agency on Aging for persons 60 years or

older whose income is 300% of the poverty guideline or less and who need assistance to remain in their homes independently; fees are determined on sliding fee scale.

FINANCIAL/INSURANCE COUNSELING

PUBLICATIONS in the areas of interest to older adults such as Subsidized Housing Guide, In Home Service Guide etc.

RESIDENT SERVICES program at Burke Plaza, Mahoney Manor, and Crossroads House.

Northeast ActivAge Center

Phone(s): (402) 441-7151, (402) 441-7158
6310 Platte Avenue
Lincoln, NE 68507

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Operation ABLE For Age 50+ Job Seekers

Phone(s): (402) 441-7064, (402) 441-7070
1010 N Street
Lincoln, NE 68508

COUNSELING AND JOB SEARCH assistance to persons 50 and older in an 8 county service area; works with clients seeking jobs and employers who have job listings

Panama ActivAge Center

Phone(s): (402) 788-2236, (402) 441-0423, (402) 441-7158
310 Locust Street
Panama, NE 68419

CONGREGATE MEALS ON TUESDAY, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Waverly ActivAge Center

Phone(s): (402) 786-2625, (402) 441-0424,
(402) 441-7158

First United Methodist Church
14410 Folkstone Street
Waverly, NE 68462

CONGREGATE MEALS, suggested contribution for meals is \$3.00

TRANSPORTATION for a nominal fee is requested for transportation

EDUCATION and health promotion activities

RECREATIONAL and arts and humanities activities

OUTINGS through senior centers located throughout Lancaster County

Widowed Persons Service

Phone(s): (402) 441-7026

1005 O Street
Lincoln, NE 68508-3628

OUTREACH program for newly widowed people sponsored by AARP and locally by Lincoln Area Agency on Aging RSVP. Trained volunteers who have lost a spouse contact the newly widowed offering support, helpful information, encouragement, and socialization. WPS also sponsors several groups which include: WPS Friendship Group; Just Pals; Widow's Breakfast, Widow's Luncheon, and Widower's Breakfast. If you would like to be a WPS volunteer, call 441-6101.

Lincoln Arts Council

Phone(s): (402) 434-2787

Historic Old City Hall
920 O Street
Lincoln, NE 68508

CENTRAL information, advocacy and service agency for the arts in the City of Lincoln

MAINTAINS a database of local, regional and national arts information

PUBLISHES ARTSCENE, an electronic and print compilation of arts events

PROGRAMS focus on placing public art, awarding arts projects, providing arts roundtables and forums, increasing access to the arts for underserved audiences, and presenting the Mayor's Arts Awards

SUPPORTERS receive ARTSCENE and other benefits

Lincoln Chamber of Commerce

Phone(s): (402) 436-2350

1135 M Street, Suite 200
Lincoln, NE 68508

FOSTER local and regional economic growth that results in employment opportunities for the greater Lincoln community. Serves the community through a constructive interaction among businesses, government and education, acting as the principal advocate and catalyst in promoting retention and expansion of existing businesses, development of new ventures and attraction of additional businesses

LOBBIES local, state and federal governing bodies on business issues. Works with legislators on legislation affecting business, establishing or expanding local business, helping businesses of all sizes grow through networking opportunities and value-added programs and services

ASSISTS with market and statistical research

RELOCATION INFORMATION for new residents

LINCOLN CONVENTION AND VISITORS BUREAU is the marketing department for the community of Lincoln with a mission to develop conferences, convention, and events that fill hotel rooms and increase Lincoln's economic base. Our five areas of promotion are: convention, sporting events, general tourism, group motor-coach, and corporate

LINCOLN PARTNERSHIP FOR ECONOMIC DEVELOPMENT is a community-based, public-private collaboration that provides focused direction for Lincoln's economic development activities. The Partnership recognizes that the public and private sectors work best when they work together. Its goals are to attract high-impact industries, to nurture the environment for existing businesses, and to cultivate local entrepreneurial development.

LINCOLN'S SPECIALTY CARE promotes and encourages referrals to Lincoln hospitals and specialists from areas in Nebraska and Kansas that do not have specialized medical services available to their community. Services include: medical education for physicians and healthcare providers in outreach communities, Lincoln physician's directory; newsletters focusing on

Lincoln's facilities, specialists, facilities and new technology/procedures; website featuring facility and physician information; information, which includes a special list of reduced-rate hotels/motels, for patients and families traveling to Lincoln for medical care. Website: www.lincolndocs.com - includes searchable database of all Lincoln physicians with contact information and mapping capability.

Lincoln City Offices

Lincoln City Libraries

Phone(s): (402) 441-8500, (402) 441-8589, (402) 441-8506

Bennett Martin Public Library
136 South 14th Street
Lincoln, NE 68508

LIBRARY SERVICES available to the community through the Bennett Martin Public Library (headquarters) including assisting library users in locating and utilizing library resources; extends library services in the community through a network of 7 branches and one bookmobile

BOOKMOBILE and specialized services

LIBRARY COLLECTION includes books, magazines, music, movies, Internet access, online information databases and downloadable audio books and e-books

ADDITIONAL services include inter-branch loans, inter-library loan service, Youth and Adult Summer Reading Programs, Preschool and Toddler Story time, assistive technology, meeting room use, literacy and language services

HOME OUTREACH BY MAIL provides home delivery of library books to the elderly and individuals who are unable to travel to the library due to a temporary or long-term disability.

REFERENCE/INFORMATION SERVICE includes an online catalog of holdings; research material for public use within the library; information services providing answers to specific questions; assistance for library users with information searches and locating and utilizing library resources. Additional services include an index of local newspapers; extensive online databases for use in library or from home; an inter-library loan service to acquire borrowed material which is not owned by Lincoln City Libraries; and free public access to the Internet

Locations and hours of library branches as follows:

Victor E. Anderson Branch
3635 Touzalin Ave
402-441-8540
Hours:
Mon-Thu 10 am-8 pm
Fri-Sat 10 am-6 pm
Sun 12 noon-8 pm

Arnold Heights Branch
3815 NW 54th St
402-441-8580
Hours:
Mon and Thu 2 pm-8 pm
Tue-Wed, Fri-Sat 2 pm-6 pm
Closed Sunday

Bethany Branch
1810 N. Cotner Blvd.
402-441-8550
Hours:
Mon-Sat 10 am-6 pm
Closed Sunday

Loren Corey Eiseley Branch
1530 Superior St.
402-441-8590
Hours:
Mon-Thu 10 am-8 pm
Fri-Sat 10 am-6 pm
Sun 12 noon-8 pm

Charles H. Gere Branch
2400 S. 56th St.
402-441-8560
Hours:
Mon-Thu 10 am-8 pm
Fri-Sat 10 am-6 pm
Sun 12 noon-8 pm

South Branch
2675 South St.
402-441-8570
Hours:
Mon-Thu 10 am-8 pm
Fri-Sat 10 am-6 pm
Sun 12 noon-8 pm

Bess Dodson Walt Branch
6701 S. 14th St.
402-441-4460
Hours:
Mon-Thu 10 am-8 pm

Fri-Sat 10 am-6 pm
Sun 12 noon-8 pm

Lincoln City Offices

Phone(s): (402) 441-7515, (402) 441-7511,
(402) 441-7120
555 South 10th Street
Lincoln, NE 68508

CITY GOVERNMENT OFFICES:

City Council 402-441-7515
Mayor's Department 402-441-7511
Building and Safety 402-441-7521
City Attorney 402-441-7281
Finance Department 402-441-7411
Fire Department 402-441-7363 (see separate listing)
Health Department 402-441-8000 (see separate listing)
Lincoln City Libraries 402-441-8500 (see separate listing)
Parks and Recreation Department 402-441-7847 (see separate listing)
Personnel Department 402-441-7597
Planning Department 402-441-7491
Police Department 402-441-7204 (see separate listing)
Public Works/Utilities Department 402-441-7548
Urban Development Department 402-441-7606

Lincoln Fire and Rescue Department

Phone(s): (402) 441-7363, (402) 441-8350
1801 Q Street
Lincoln, NE 68508

CONTROLS and extinguishes fires, delivers Advanced Life Support emergency medical services, conducts business inspections and provides public safety education

TRAINING DIVISION provides programs on structural firefighting, vehicle accident extrication, hazardous materials, scuba team, emergency medical services, and a hazardous incident vehicle

EMS DIVISION offers C.P.R., E.M.T., and First Aid instruction

PUBLIC EDUCATION through public speaking, fire education, smoke detectors, and audio visual programs

LINCOLN CHAPLAINCY CORPS CLERGY from the community volunteer at least one 24-hour duty day to the city to respond to calls for assistance from the Police and Fire Departments; chaplains are provided monthly in-service training, a radio, city car, pager and proper identification; specific services include counseling and referral, follow-up to Police and Fire Department calls, counseling to Police/Fire employees, community-based response, and death notification calls. Telephone (402) 441-6000 for Police and Fire to request a chaplain, or (402) 441-7238 for the Corps Secretary

Lincoln Police Department

Phone(s): (402) 441-6000, 911, (402) 475-3600, (402) 441-7204, (402) 441-7802
Justice and Law Enforcement Center
575 South 10th Street
Lincoln, NE 68508

POLICE services which promote a safe and secure community.

CRIME STOPPERS is a confidential program that will pay up to \$1000.00 for information leading to an arrest and/or conviction for a crime. If you have information about a crime please call 475-3600. You do not give your name. You will be given an identification number and if the information you give results in an arrest or conviction for a crime you may be eligible for a reward.

FAMILY CRIMES UNIT is a diversion program for first-time youth offenders, 7-11 years, who have admitted to an offense. If eligible, the juvenile and parents may proceed with a lecture and contract process. Telephone (402) 441-7220

LINCOLN CRIME FREE MULTI-HOUSING PROGRAM is a three-phase program which addresses the needs of multi-housing units in areas of security and crime prevention. Phase 1 is an 8-hour training project for apartment owner and managers, Phase 2 is an on-site security audit, and Phase 3 organizes a Neighborhood Watch meeting. Telephone (402) 441-7261

MCGRUFF HOUSES program allows children a place to go in the event of an emergency while they walk to and from school, as well as allowing adults a venue to become involved in their neighborhood. Geographic districts are associated with school areas. Telephone (402) 441-7261

NEIGHBORHOOD WATCH PROGRAM provides a formal network for concerned citizens to

communicate with neighbors and the Police Department regarding crime related problems. Services include education to reduce crime which affects families and property; home security and personal awareness information provided through meetings, films and displays; and an Operation Identification System of marking property to aid in owner identification of stolen property. Telephone (402) 441-7261

VICTIM WITNESS UNIT offers support and counseling to victims and witnesses of homicide, sexual assault, felony assault (including domestic), burglary, and misdemeanors involving the elderly. Services include education about victim rights to address the emotional needs of the victim; information on the Criminal Justice System; assistance in filing protection orders and victim compensation forms; and referrals to agencies. Offers a support group for victims of violent crime. Telephone (402) 441-7181

LINCOLN CHAPLAINCY CORPS CLERGY from the community volunteer at least one 24-hour duty day to the city to respond to calls for assistance from the Police and Fire Departments; chaplains are provided monthly in-service training, a radio, city car, pager and proper identification; specific services include counseling and referral, follow-up to Police and Fire Department calls, counseling to Police/Fire employees, community-based response, and death notification calls. Telephone (402) 441-6000 for Police and Fire to request a chaplain, or (402) 441-7238 for the Corps Secretary

Ombudsman - City of Lincoln

Phone(s): (402) 441-7511, (402) 441-6300
555 South 10th Street, Suite 208
Lincoln, NE 68508

ASSISTANCE FOR PEOPLE who want to register complaints or have other concerns with departments of city government.

TITLE VI COMPLIANCE OFFICIAL investigating, documenting all constituent reports of discrimination by StarTran, Lincoln's public transit services and other divisions that have contact with the public.

ADMINISTER'S THE CITY'S ONLINE service request reporting system, Acting with Citizens To Improve Our Neighborhoods(ACTION) Center, providing in-depth responses to concerns that become complex. Go to www.lincoln.ne.gov and click on 'Service Requests' . People can find out about the laws that deal with their concern and

report to the appropriate department any violations or problems they see in the community

CALL TO REPORT graffiti

PROBLEM RESOLUTION TEAM, comprised of all City enforcement and codes compliance agencies and departments, to bring problem properties back into compliance with local law

Lincoln Council on Alcoholism and Drugs, Inc.

Phone(s): (402) 475-2694
914 L Street, Suite A
Lincoln, NE 68508-2228

INFORMATION AND REFERRAL to individuals, agencies, schools, and businesses regarding alcohol and other drug-related topics

EDUCATION through presentations, trainings, workshops and information on alcohol, tobacco and other drug abuse

COMMUNITY GROUPS and a county-wide youth group have been organized to utilize local data to solve local problems and to address the issue of substance use and abuse at the neighborhood level throughout Lincoln and Lancaster County

ASSISTS with environmental policy to aid decision-makers, both public and private, in understanding the impact of decisions on the alcohol and drug environment in the community

ADULT AND ADOLESCENT SUBSTANCE ABUSE EVALUATION PROGRAM - provides a confidential substance use evaluation for adults (19 years and older) and adolescents (16-18 year's old with parent's signature) in identifying and treating persons with alcohol and other drug problems; the program is not affiliated with a treatment agency and provides referrals to community resources; fees: \$35-150, sliding scale fee

COMMUNITY SUBSTANCE ABUSE PREVENTION PROGRAM provides comprehensive, skill-based prevention programs to any audience; information and referral; and an extensive video library free for check out to the community; prevention presentation topics include addiction, history and overview of prevention, children of addiction, fetal alcohol syndrome, talking to your kids about drugs, alcohol and the elderly, tobacco, media literacy, drug-free workplace, drug presentations (targeting specific drugs), strength-based

programming, matrixx colors system, and parenting

YOUTH PROGRAM provides youth in grades 1-12 the opportunity to belong to drug-free youth groups within their social and/or community area; organizes a county-wide Drug-Free Youth Board which plans and coordinates drug-free youth activities within Lincoln and Lancaster County

Lincoln Crisis Pregnancy Center

Phone(s): (402) 483-4247
4247 O Street
Lincoln, NE 68510

COUNSELING and support to women with unplanned pregnancies

ADDITIONAL services (available to general public) include pregnancy tests, parental classes, baby incentive program (mommy monies), maternity clothing, baby clothes, diapers, furniture and referrals to other community services

Lincoln District Dietetic Association

Phone(s): (402) 483-9475
Lincoln, NE 68501

REGISTERED DIETICIANS will respond to questions and provide information on food and nutrition to members of the community

SPEAKERS on topics pertaining to food and nutrition

Lincoln Emergency Department Connections

Phone(s): (402) 481-4165, (402) 219-5205
Bryan LGH Medical Center and
Saint Elizabeth's Regional Medical Center
Lincoln, NE 68502

ASSISTS in locating a medical home for patients who have visited any of the three emergency departments in Lincoln; includes medical and mental health services

COORDINATION of medical services, such as medication programs or attending medical appointments as needed

REFERRALS and coordination of other needed community services, such as transportation, food, housing, clothing, etc.

Lincoln Housing Authority

Arnold Heights - Lincoln Housing Authority
Phone(s): (402) 434-2623, (402) 434-5500,
(800) 545-1833
5700 R Street
Lincoln, NE 68505

RENTAL HOUSING that offers two, three and four bedroom duplexes in the Northwest 48th Street neighborhood; reasonable rents; Section 8 vouchers are accepted; deposit of one month's rent; and some pets are allowed with additional deposit of \$300

SUBSIDIZED PUBLIC HOUSING located in this area

Burke Plaza - Lincoln Housing Authority
Phone(s): (402) 434-2618, (402) 434-5500,
(800) 545-1833
6721 L Street
Lincoln, NE 68510

PUBLIC HOUSING 91-unit apartment complex for low income elderly persons, 62 years and older and persons with disabilities, and is located next to Saint Elizabeth's Regional Medical Center

APARTMENTS are one bedroom and 531 to 603 square feet; include all appliances and emergency call switches monitored 24 hours a day

AMMENITIES include coin-operated laundry machines; exercise and recreation equipment; common areas which include dining room, kitchen, recreation rooms, billiards and shuffleboard room and computer learning center; staff assistance with planning social, recreational and educational activities

MEALS and other supportive services are provided at an additional cost

SMALL PET is permitted with a \$300 deposit payment

Carol M. Yoakum Family Resource Center - Lincoln Housing Auth.

Phone(s): (402) 434-2621, (402) 434-5500
4621 Northwest 48th Street
Lincoln, NE 68524

CHILD CARE

FOOD AND CLOTHING distribution

FAMILY NIGHTS and neighborhood events

LEAD AGENCY for Arnold Elementary
Community Learning Center

WIC

GED CLASSES

INFORMATION AND REFERRAL

SUMMER YOUTH enrichment classes

GIRLS AND BOYS CLUBS

SUMMER FOOD PROGRAM

LOW-INCOME BUS PASSES

COMPUTER CENTER

MEETING SPACE

VOLUNTEER OPPORTUNITIES

Crossroads House - Lincoln Housing Authority

Phone(s): (402) 436-3466, (402) 434-5500,
(800) 545-1833
1000 O Street
Lincoln, NE 68508

APARTMENT COMPLEX for persons, 55 years and over located in downtown Lincoln across the street from the Downtown Senior Center; the one-bedroom apartments include paid utilities, all appliances, and emergency call switches monitored 24 hours a day; the complex provides coin-operated laundry machines, staff assistance with planning social, recreational and educational activities, common areas that include kitchen, recreation room and computer learning center; parking and other supportive services are available at an additional cost; a cat is permitted with a \$300 deposit payment

Lincoln Housing Authority

Phone(s): (402) 434-5500, (800) 545-1833
5700 R Street
Lincoln, NE 68505

SUPPLIES RENTAL HOUSING, both subsidized and non-subsidized, to persons who qualify for services and a variety of local and federal housing programs. Housing programs, units and services are only available for people who wish to reside within the city of Lincoln.

RENTAL UNITS - LHA owns over 1,400 rental units to serve families, individuals who are elderly and/or disabled. Programs include market rate rents, affordable (tax credit) rents, and subsidized rents. Locations throughout the city of Lincoln. Specific eligibility determined by housing projects.

SECTION 8 VOUCHER PROGRAM - provides rental assistance to qualified households. Clients rent from landlords with a portion of rent paid by LHA to the landlord. Eligibility preference includes homeless, victims of domestic violence, and participants in the state Employment First program. Fees: 27% of gross income paid by participant for rent and utilities with subsidy for the balance, subject to other limitations. Eligibility: 50% of median income adjusted to household size.

Lynn Creek Apartments - Lincoln Housing Authority

Phone(s): (402) 434-5552, (800) 545-1833
5700 R Street
Lincoln, NE 68505

RENTAL HOUSING that offers two-bedroom, reasonably-priced apartments near 9th and Garber Avenue. Apartments have all appliances, microwave, dishwasher, washer and dryer hookups, ceiling fan and walk-in closet.

NO PETS are allowed

DEPOSIT is one month's rent

Mahoney Manor - Lincoln Housing Authority

Phone(s): (402) 434-5570, (402) 434-5500,
(800) 545-1833
4241 North 61st Street
Lincoln, NE 68507

PUBLIC HOUSING that offers a 120-unit apartment complex for persons who are elderly (62+) or near elderly (50-62), located two blocks from the Havelock commercial area

FLOOR PLANS include studio, one bedroom and two bedrooms that range from 430 to 744 square feet

APARTMENTS include all appliances and emergency call switches monitored 24 hours a day

AMMENITIES include coin-operated laundry machines; exercise and recreation equipment; common areas which include dining room, kitchen, recreation rooms, billiards and shuffleboard room and computer learning center; staff assistance with planning social, recreational and educational activities

MEALS and other supportive services are provided at an additional cost

SMALL PET is permitted with a deposit payment

Northwood Terrace and Heritage Square Apartments

Phone(s): (402) 434-5552, (800) 545-1833
Lincoln Housing Authority
5700 R Street
Lincoln, NE 68505

RENTAL HOUSING that offers studio, one, two and three bedroom apartments near 23rd and Y and 23rd and W streets, near University of Nebraska

NO PETS allowed

DEPOSIT is one month's rent

SECTION 8 vouchers are accepted

Prairie Crossing Apartments and Townhomes - Lincoln Housing Authority

Phone(s): (402) 434-2624, (402) 434-5500
8300 South 33rd Street
Lincoln, NE 68516

PUBLIC RENTAL HOUSING

Summer Hill Townhomes and Apartments - Lincoln Housing Authority

Phone(s): (402) 434-5865, (402) 434-5500, (800) 545-1833
5550 Union Hill Road
Lincoln, NE 68516

RENTAL HOUSING that offers two and three bedroom apartments and townhouses in southeast Lincoln; reasonable rent, Section 8 vouchers are accepted; deposit of one month's rent required; no pets allowed

Wood Bridge Apartments and Townhomes - Lincoln Housing Authority

Phone(s): (402) 434-2624, (402) 434-5500, (800) 545-1833
7011 South 22nd
Lincoln, NE 68512

RENTAL HOUSING that offers two bedroom apartments and three bedroom townhomes near 22nd and Pine Lake Road. One half of the units are available at a reduced rent to income eligible families through the tax credit program, and the other half of the units are available at market rents

ACCESSIBLE TWO BEDROOM APARTMENTS are available

NO PETS are allowed

DEPOSIT is one month's rent

SECTION 8 VOUCHERS are accepted in the tax credit units

Lincoln Lancaster County Health Department**Air Quality Program - Health Department**

Phone(s): (402) 441-8040
3140 N Street
Lincoln, NE 68510-1514

AMBIENT AIR QUALITY provides continuous monitoring of Carbon Monoxide (CO), seasonal monitoring of Ozone, and periodical testing for particulate matter (PM2.5) levels in Lincoln and Lancaster County, as required by federal law to assure that air pollution levels do not exceed health-based standards.

INDOOR AIR QUALITY AND OCCUPATIONAL HEALTH assesses the air quality in businesses, institutions and homes, and recommends methods to improve the indoor air quality and reduce occupational health risks. Staff provide technical assistance and on-site review of mold problems and screening measurements for common indoor air contaminants, such as carbon monoxide and toxic chemicals.

Animal Control Division - Health Department

Phone(s): (402) 441-7900, (402) 441-7904, (402) 441-7825
3140 N Street
Lincoln, NE 68510-1514

LICENSING OF ANIMALS

LOST AND FOUND REPORTING

INVESTIGATES bites and attacks caused by aggressive animals, rabies, cruelty and neglect reports

PICKS UP stray, injured, dead and unlicensed animals, as well as wildlife removal and assistance

TRAP RENTAL to Lincoln residents; information is provided outside of Lancaster County

SPAYING/NEUTERING grant is limited to City of Lincoln residents with an income of 185% below poverty

EDUCATIONAL PROGRAMS

Child Care Connection - Health Department

Phone(s): (402) 441-8026
3140 N Street
Lincoln, NE 68510-1514

CHILD CARE resource and referral service which provides current information on licensed child care homes, centers and preschools in Lancaster County

PROVIDE parents with lists of providers who best meet family needs, and educates parents about quality child care, questions to ask of providers, and things to look for in a home or center

TECHNICAL ASSISTANCE offered to providers through consultation, resource materials and inspections

Children's Environmental Health - Health Department

Phone(s): (402) 441-8026
3140 N Street
Lincoln, NE 68510-1514

HEALTH AND SAFETY INSPECTIONS of small family child care homes (caring for two or three children) and child care centers, including a review of police records for all providers and household members of small family and state licensed child care home providers

INVESTIGATE complaints regarding health or sanitation issues in child care facilities

HEALTH AND SAFETY TRAINING to child care staff and provides child care health consultation services to local child care facilities

Community Health Services - Health Department

Phone(s): (402) 441-8065, (402) 441-6257, (402) 441-6284
3140 N Street
Lincoln, NE 68510-1514

COMMUNITY HEALTH SERVICES assures access to health care, prevention and treatment of communicable disease, and provide nurse case management for General Assistance clients and high-risk pregnant women and children.

ACCESS TO HEALTH CARE includes a public health nurse-staffed Information & Referral Call Center (441-8065) available Mon–Fri 8 am–4:30 pm. This service links individuals and families to appropriate community health care agencies and provides health information and case management.

COMMUNICABLE DISEASE includes the Sexually Transmitted Infections (STI) Clinic, HIV/AIDS Counseling and Testing, and Immunizations.

STI CLINIC provides diagnosis, treatment, follow-up, and education for persons with known or suspected sexually transmitted infections within Lancaster County. Services include screening for sexually transmitted infections including HIV, treatment for persons diagnosed with sexually transmitted infections and their contacts, follow-up on diagnosed patients and their contacts, referral to private physicians as necessary, and sexually transmitted infection information and education. Days & Hours: Tue 1 pm–3 pm and Thu 5 pm–7 pm

HIV/AIDS COUNSELING AND TESTING is a highly confidential program which provides education and screening for any person who is concerned about possible exposure to the HIV Virus. Counseling and testing services are provided for walk-ins or by appointment, which are made on a first name basis only, and are available in the daytime and some evening hours. Services can be provided confidentially or anonymously. Same day results are given. Trained counselors provide both pre- and post-test counseling, and referrals are made as appropriate.

IMMUNIZATIONS administration and immunization education are provided Mon-Fri 8 am-4 pm

NURSE CASE MANAGEMENT includes General Assistance and Maternal-Child Health Services.

GENERAL ASSISTANCE MEDICAL CLINIC is a cooperative project with local physicians and other health care agencies in which public health nurses provide counseling, teaching, monitoring and disease management to low-income adults with medical need.

MATERNAL-CHILD HEALTH SERVICES is a cooperative project with local physicians and other health care agencies in which public health nurses provide in-home health assessment, teaching, breastfeeding information, and support for optimal parent-child interaction from early pregnancy through early childhood for low-income, at-risk women and children. Staff members connect participants to a medical home and address barriers to obtaining health care.

Dental Health and Nutrition Services Division

Phone(s): (402) 441-8015
3140 N Street
Lincoln, NE 68510-1514

DENTAL CARE - emergency, routine and preventive - for low-income children and adults

without dental insurance and for children and adults covered through Medicaid

SCHOOL AND COMMUNITY based screening and referral services and dental health presentations

**Early Development Network Services
Coordination**

Phone(s): (402) 441-6710, (402) 441-7904
3140 N Street
Lincoln, NE 68510-1514

DISABILITY AND SPECIAL NEEDS assistance for families with children, birth to three years

DEVELOPMENTAL evaluations through the schools, Nebraska Health and Human Services programs

INFORMATION on health resources, parent-to-parent support, and other supports and services as identified by the families' priorities.

Environmental Public Health Division - Health Department

Phone(s): (402) 441-8634, (402) 441-8000
3140 N Street
Lincoln, NE 68510-1514

ASSIST Lancaster County citizens to minimize health risks posed by the environment. Provides public information, technical assistance to businesses, pollution prevention, toxicity reduction, inspection and response to health-related complaints regarding food establishments, grocery stores, private water supplies, on-site wastewater treatment systems, schools, solid wastes, swimming pools, vector control, child care, children's environmental health, salvage yards, refuse hauling, special waste, household hazardous waste, hazardous materials, and indoor and outdoor air quality. Programs include:

EMERGENCY RESPONSE provide 24-hour, 7 days a week response to chemical spills or releases both indoors and in the environment. Makes decisions regarding public health and environmental protection, evacuation, protective gear, public information releases and environmental clean-up based on the risk posed by chemicals that have been released. Assistance is provided to other agencies (primarily the Lincoln Fire Department, Lincoln Police Department, Lancaster County Sheriff's Office, and State Patrol) to stabilize the incident and assure proper clean-up.

LAND USE PLAN AND SUBDIVISION REVIEW provides the following assurances: newly proposed land uses do not pose health or environmental risks, adequate water or acceptable quality will be available for the proposed use of the property, and that adequate on-site wastewater sewage disposal is planned. Reviews all new plats, subdivisions, change of zones, special permits, and community unit plans with regard to groundwater quality and quantity, soil types and implications for on-site wastewater treatment systems. Other environmental health concerns including proximity of residential uses or schools, childcare or assisted living facilities to industrially zoned areas and hazardous materials risks are addressed. Community wastewater treatment systems are also reviewed in conjunction with the Nebraska Department of Environmental Quality (NDEQ), and specific recommendations are made for approval or disapproval.

Food Safety Program - Health Department

Phone(s): (402) 441-6280
3140 N Street
Lincoln, NE 68510-1514

INSPECTIONS of all restaurants, food stores, processors and warehouses regarding sanitation, hygiene and food protection. Technical assistance is provided, including the review of plans for new establishments to insure proper equipment and construction, and the Hazard Analysis Critical Control Point (HACCP) review of food preparation. Complaints are investigated, including those involving potential foodborne illnesses. The Program is advised by the Food Advisory Committee, which is composed of industry representatives and other citizens.

FOOD HANDLER TRAINING provides training necessary for food establishment employees to obtain a food handler permit as required by the Lincoln Food Code. Individualized food handler training is available for persons with special needs, including language interpretation, who may need assistance in completing the course. English and Spanish classes are regularly scheduled. Several classes are scheduled every week.

Health Promotion and Outreach Division - Health Department

Phone(s): (402) 441-8045, (402) 441-8043, (402) 441-6225
3140 N Street
Lincoln, NE 68510-1514

ASSISTS individuals of all cultures to assume responsibility for their own health through education and outreach services. The Division responds to public information needs or issues related to health and safety, and works collaboratively with other community entities to formulate responses to issues which impact public health. Major program areas include:

ADOLESCENT AND FAMILY HEALTH advocates for the health of children and their families through public education and working with community coalitions. Youth and family health issues addressed include: teenage pregnancy prevention, fatherhood resources, developmental asset building, family violence prevention referral and school health information.

CHRONIC DISEASE REDUCTION/LINCOLN ON THE MOVE provides educational and screening programs for adults and children regarding cardiovascular health, diabetes, and cancer prevention, including cholesterol, hypertension, nutrition, exercise and tobacco use.

INJURY PREVENTION SAFETY EDUCATION offers safety programs directed at reducing unintentional injuries and death. Priorities are established by the Injury Surveillance System and Safe Kids Lincoln-Lancaster County. Print material, videos and presentations are available on bike and home safety, fall prevention, child passenger safety/occupant restraints, and pedestrian safety. Monthly community-wide car seat check events are offered at no charge. Call 441-8045 for a schedule of events and to make an appointment.

MINORITY HEALTH OUTREACH provides preventive health programs directed at reducing the high incidence of chronic diseases among racial and ethnic minorities. Primary areas of emphasis include heart disease, cancer, diabetes, and stroke. Program outreach is directed to churches, businesses, and community organizations and centers.

TOBACCO PREVENTION AND CONTROL provides tobacco prevention information/education to schools, businesses and the community, and cessation referrals.

Healthy Homes - Health Department

Phone(s): (402) 441-6207
3140 N Street
Lincoln, NE 68510-1514

OUTREACH services directed at improving pregnancy outcomes for women identified as at risk by health care providers

COMMUNITY OUTREACH through home visitation, health education, and referrals to other services as needed in the community

HEALTH EDUCATION on topics include pregnancy, nutrition, newborn care, immunizations, child development, safety, birth control, and parenting

ENCOURAGES healthy behaviors such as maintaining a smoke free environment for baby, breastfeeding, and prevention of alcohol, tobacco and other drug use

TEDDY BEAR COTTAGE is an incentive program available to Healthy Homes clients in which women can earn points for attaining healthy objectives and exchange the points for baby items

Lincoln Lancaster County Health Department

Phone(s): (402) 441-8000, (402) 441-6284,
(402) 447-8081
3140 N Street
Lincoln, NE 68510-1514

PROMOTES environmental and personal health through health promotion, disease detection, disease prevention, education and regulation. In cooperation with community resources, assists the community and the citizens to assume responsibility for their individual health and the health of the community. This is accomplished through assessment of the health status of the community, policy development and leadership, and assurance that high-quality services are available and accessible to all persons. LLCHD works with city, county, and state government to encourage policies and regulations which promote and protect public health. Divisions include Director's Office, Animal Control, Dental Health and Nutrition Services, Environmental Public Health, Health Promotion and Outreach, Community Health Services, and Health Data and Evaluation.

EPIDEMIOLOGICAL SERVICES provides leadership in public health assessment; collects, analyzes and disseminates information about community health status; facilitates community health planning and policy development; coordinates epidemiologic response; and provides public health programs and related community initiatives with epidemiologic support for program evaluation, planning and

communication needs. The GIS component provides maps to analyze relationships in spatial data to identify high-risk areas.

RESOURCE INFORMATION Management serves as a supportive, collaborative partner in a number of community activities such as the annual update of the Human Services Directory of the Blue Pages portion of the telephone book; "Community Connections," a free, annually updated family guide to resources in Lincoln and Lancaster County; and community development activities related to collaborative information collection and sharing.

Summer Food Program - Health Department

Phone(s): (402) 441-3889

3140 N Street
Lincoln, NE 68510-1514

FREE BREAKFAST AND/OR LUNCH for school-age children under 18 years of age, at sites located throughout Lincoln; the program runs from the beginning of June to mid-August, and was established to ensure children could continue to receive nutritious meals, comparable to those served under the National School Lunch Program, during the summer months when school is not in session

ADMINISTERED by the U.S.D.A.'s Food and Consumer Service Division and the Nebraska Department of Education; the Lincoln-Lancaster County Health Department acts as the local sponsor, organizing and operating the Summer Food Program for Lincoln area sites determined eligible by federal guidelines

Waste Management Program - Health Dept.

Phone(s): (402) 441-8021, (402) 441-8022, (402) 441-8035

3140 N Street
Lincoln, NE 68510-1514

HOUSEHOLD HAZARDOUS WASTE - provides education on alternatives to hazardous chemicals; encourages people to use up products they now have; promotes pollution prevention and the proper use, handling, storage and disposal of hazardous materials. Household Hazardous Waste Collections are held throughout the summer, which offers residents a place to bring their hazardous materials for proper disposal; call for information on what can and cannot be accepted.

KEEP LINCOLN-LANCASTER COUNTY BEAUTIFUL - provides environmental awareness

and education to reduce dependence on landfills, K-12 educational programs, business programs, beautification projects, litter reduction programs, community and special interest group programs, and ordinance education. Offers small grants for clean-up projects on public property, lakes and streams, and coordinates neighborhood clean-ups in the City of Lincoln. Volunteer opportunities are available. Web Site:

<http://www.lincoln.ne.gov/city/health/envIRON/kllcb/>

NUISANCE COMPLAINTS - responds to complaints from citizens to enforce City and County health codes concerning risks posed by garbage, safety hazards, and disease vectors (rodents and insects). Inspections include public education on the elimination of conditions which pose a risk to public health.

Water Quality - Health Department

Phone(s): (402) 441-8022

3140 N Street
Lincoln, NE 68510-1514

BIENNIAL WELL INSPECTION - inspects and samples domestic wells biennially for bacterial and nitrate contamination in accordance with Lincoln Municipal Code requirements, and provides guidance if construction deficiencies or contamination is found.

LOAN APPROVAL PROGRAM - inspects well and on-site wastewater treatment systems as a part of the loan approval process for bacterial and nitrate contamination. If the well or on-site wastewater treatment system is not in compliance with current regulations, the system is not approved, which frequently results in a disapproval of the loan until the well or sewage system is repaired, removed, abandoned, or replaced.

ON-SITE WASTEWATER TREATMENT SYSTEM PERMITS AND INSPECTIONS - assures compliance with state and local regulations regarding well location, well abandonment and construction, and on-site wastewater treatment system location and operation. In addition, assures that drinking water is free of disease-causing bacteria and has acceptable levels of nitrate, failed on-site wastewater treatment systems are brought into compliance, nuisance conditions are abated, and sewage is disposed of in a manner which protects public health and the environment.

SWIMMING POOLS AND SPA/HOT TUB INSPECTIONS - provides assurance of safe, sanitary swimming and spa/bathing environments

to prevent waterborne diseases. Inspects all facilities for physical safety to prevent injuries, water quality to prevent waterborne illnesses and to insure that there are no conditions posing immediate public health risks.

WATER/ON-SITE WASTEWATER - provides groundwater and public health education focused on the prevention of groundwater pollution. In accordance with the Lincoln Municipal Code requirements, private drinking water wells are inspected and sampled for bacterial and nitrate contamination. Services include delineating wellhead protection areas, and educating landowners about the protection of groundwater from contamination.

WIC - Health Department

Phone(s): (402) 441-6200
3140 N Street
Lincoln, NE 68510-1514

PROVIDES VOUCHERS to purchase nutritious foods; nutrition, breastfeeding, health education and referrals for women, infants and children with a medical need. Services are available for women who are pregnant, breastfeeding or have just given birth, and infants and children up to 5 years of age who meet the program requirements.

WorkWell/The Capital Worksite Wellness Council, Inc. - Health Dep

Phone(s): (402) 441-8049
3140 N Street
Lincoln, NE 68510-1514

ENCOURAGES health promotion programs at worksites to provide employees and their families the opportunity to learn about and live healthier lifestyles

PROVIDES business community members with appropriate worksite health information and resources including a free on-line health risk appraisal

CLEARINGHOUSE facilitate the exchange of health promotion information among employers

ENCOURAGES the development of low cost, worksite health programs

OFFERS educational delegate meetings and seminars to encourage healthier conditions and behaviors in the worksite

EVALUATES health education programs and their impact within the worksite

OFFERS businesses the opportunity to participate in Well Workplace Program

Lincoln Lancaster County Human Services Federation

Phone(s): (402) 441-4399
1645 N Street
Lincoln, NE 68508

ASSOCIATION of more than 100 non-profit agencies dedicated to providing quality health and human services in Lincoln and Lancaster County. Human services are broadly defined by the Human Services Federation as to include all of those community services that provide support and protection for individuals and families ranging from basic needs such as food and shelter to protective and supportive services to recreation, the environment, arts, lifelong learning, caring and spiritual needs.

The Federation supports its members through education, networking and the power of collective action.

COORDINATES the Community Services Initiative, a local human services planning program to address and impact targeted issues in our community.

CASH (Creating Assets Savings and Hope) Campaign which provides free tax assistance and financial literacy/asset building opportunities to low and moderate income working families.

TRAINS community organizations and board members on effective governance.

PRODUCES the "Blue Pages" listing of human services in the telephone directory.

COMMUNITY CONNECTIONS, a guide to services for families in Lincoln and Lancaster County.

TECHNOLOGY assistance to member agencies

PROFESSIONAL DEVELOPMENT opportunities for member agencies and staff.

MONTHLY newsletter and networking opportunities for member agencies.

VIDEO diversity series and policies on diversity.

Lincoln Literacy Council

Phone(s): (402) 476-7323
745 South 9th Street
Lincoln, NE 68508

PROVIDES VOLUNTEER TUTORS FOR ADULTS - tutoring is available to native speakers of English seeking to improve skills in reading and writing (Basic Literacy Students), and to those learning English as a new language (English Language Learners). An intake fee of \$20.00 may be charged for an initial assessment. Scholarships are available to some students.

ONE-TO-ONE instruction is available for both adult basic literacy students and English language learners desiring to work at their own pace and/or on a specific skill area.

SMALL GROUP TUTORING is offered through programs organized around students of particular cultures, needs, or goals (Citizenship, Family Literacy, Workforce Readiness for Refugees, Hispanic and Asian center-based classes, and Arts and Entrepreneurship); and in programs to develop vocabulary and skills in a specific subject area (Health Literacy, Computer Literacy); additionally, family literacy programs are available for adult English language learners and their preschool and early elementary age children.

FREE CONVERSATION GROUPS provide a forum for students to practice their skills in listening and speaking English. Lincoln Literacy Council tutors facilitate the groups by giving students discussion topics, vocabulary and dialogue practice.

VOLUNTEER TUTORS ARE TRAINED AND CERTIFIED through a 13-hour program covering learning styles, adult language acquisition and lesson development. Persons 18 years or older are invited to become tutors and LLC members. Membership is \$25.00 annually. A minimum commitment of one year is requested for volunteer tutors.

Lincoln Medical Education Partnership

Cancer Resource Center

Phone(s): (402) 483-2827, (800) 487-8786
4600 Valley Road
Lincoln, NE 68510-4891

CLINICAL TRIALS program for the community

INFORMATION about community resources, support groups and the patient's diagnosis

REFERS patients to counseling resources as needed

FREE WIGS AND PROSTHESES for cancer patients

Lincoln Family Medicine Center

Phone(s): (402) 483-4571
4600 Valley Road, Suite 200
Lincoln, NE 68510

PRIMARY CARE to the public including general medical care, OB/GYN, well child, pediatrics, office surgery, geriatric, smoking cessation, psychological and diet counseling

LINCOLN BEHAVIORAL HEALTH CENTER services include comprehensive outpatient services for child, adolescent, adult, and geriatric needs; individual, couples, family and group therapy; psychological assessment; short and intermediate term treatment for parenting, child behavior, school, work, relationship and personal psychological concerns; emotional problems; traumatic stress; developmental transitions; stress management; and chronic pain and health issues. In addition, this program provides in-service training, staff support, and consultation for physicians, other helping professionals and organizations.

Young Family's Program

Phone(s): (402) 483-4581
4600 Valley Road, Suite 225
Lincoln, NE 68510

ASSISTANCE to pregnant and parenting women and their families through the assessment of needs, coordination of services and referral to community agencies

PROGRAMS include prenatal and parenting classes; childbirth education (Lamaze) designed for single or teenage mothers; prevention, education and intervention for tobacco, alcohol and other drug use during pregnancy; counseling and family support and advocacy

Lincoln Parks and Recreation Department

Air Park Recreation Center - Lincoln Parks and Recreation Dept

Phone(s): (402) 441-7876
3720 North West 46th Street
Lincoln, NE 68524

BEFORE and after school recreational programs during the school year for youth

SUMMER Day Camp for grades K-6

Belmont Recreational Center - Lincoln Parks and Recreation Dept.

Phone(s): (402) 441-6789
1234 Judson Street
Lincoln, NE 68521

BEFORE SCHOOL and After School recreational programs during the school year for youth

SUMMER DAY CAMPS, K-3rd and Upper-level - 4-7th Grades

Calvert Recreation Center - Lincoln Parks and Recreation Dept.

Phone(s): (402) 441-8480
4500 Stockwell Street
Lincoln, NE 68506

BEFORE and after school recreational programs during the school year for youth

SUMMER DAY CAMPS, K-4th and Mid-level - 5-7th Grades.

Easterday Recreation Center Lincoln Parks and Recreation Department

Phone(s): (402) 441-7901, (402) 441-7877, (402) 441-7902, (402) 441-7948
6130 Adams Street
Lincoln, NE 68507

RECREATION for people with special needs

PROGRAMS include Day Structure I (Adults with Mental Health support needs), Day Structure II (Adults with physical/medical support needs), Recreation Clubs for people with special needs (Monday - Jr. High/High School age; Tuesday - Grade School; Wednesday - 35+ years adults; Thursday - 21-35 years adults); Special Olympics Programs (basketball, bocce, bowling, flag football, golf, roller skating, swimming, track, and volleyball); Special Olympics Young Athletes Program (youth age 2-7); League Bowling for adults with special needs; ceramics for adults with special needs; SumFun Day Camp (4 weeks during the summer) for youth ages 5-21 with special needs; Creativity Camps (art and theatre) for teens/young adults with special needs

F Street Recreation Center - Lincoln Parks and Recreation Dept.

Phone(s): (402) 441-7951, (402) 441-7952
1225 F Street
Lincoln, NE 68508

BEFORE AND AFTER SCHOOL recreation programs for youth, kindergarten through fifth

grade, during the school year at six Lincoln Public Schools elementary sites

CRIPPLE CREEK SUMMER PLAYGROUND PROGRAM provides morning recreation programs at four sites June, July and early Aug

SENIOR CITIZEN PROGRAM for adults (55) offers Card Club/billiards, Lincoln Senior Choirs and Walking track

"REACH FOR THE STARS" provides homework assistance, recreation, literacy support and outreach via AmeriCorps members for schools, community learning centers and ethnic centers

Lincoln Parks and Recreation Department

Phone(s): (402) 441-7847, (402) 441-7035, (402) 441-7094, (402) 441-8262, (402) 441-7895
2740 A Street
Lincoln, NE 68502

FORESTRY plans the establishment and care of public tree resources in Lincoln

IMPROVES and maintains the physical appearance and quality of park grounds, facilities, golf courses and pools

OUTDOOR EDUCATION acquaints urban residents with the natural areas in Lincoln, including the Wilderness Park riparian forest, and the Pioneers Park Nature Center which includes 6 miles of trails and 360 acres of wetlands, virgin prairie, and live animal exhibits

YEAR ROUND recreational programs and activities at the community recreation centers

SPECIALIZED programs for individuals with disabilities and for older adults

ATHLETIC LEAGUE PROGRAMS

COMMUNITY LEARNING CENTERS at Everett and McPhee Elementary Schools; before and after school programs, weekend and summer enrichment opportunities, and other supportive services for families and adults
Everett CLC - 1123 C Street, Lincoln
McPhee CLC - 820 Goodhue Boulevard

RENTALS of parks and recreation facilities, and pools

Youth and Adult Sports - Lincoln Parks and Recreation Department

Phone(s): (402) 441-7892
Athletics Office
3761 Normal Street
Lincoln, NE 68506

YOUTH - basketball (girls and boys), flag football
ADULT- basketball, volleyball, softball

Lincoln Public Schools District Offices

Lincoln Public Schools District Offices

Phone(s): (402) 436-1000, (402) 436-1650,
(402) 436-1905, (402) 436-1746, (402) 436-1988
School District No. 1 City/Lincoln
5901 O Street
Lincoln, NE 68510

ARTS AND HUMANITIES SCHOOL creates an educational environment that uses the arts and humanities as the basis for learning

COUNSELING AND SCHOOL SOCIAL WORKER PROGRAM works with the education teams in each school to assist students in learning to the best of their ability; services include consultation; individual, group and family counseling; support; classroom activities; and referral to community resources

CURRICULUM AND INSTRUCTION offers gifted Education, K-12 Curriculum, Work Experience Programs, Mentoring Programs, and Summer Youth Employment Opportunities

EARLY CHILDHOOD SPECIAL EDUCATION provides screening and assessment services for children under age 5 in hearing, coordination, social/emotional, thinking skills, vision, and speech/language, to determine eligibility for appropriate therapies

EARLY INTERVENTION PLANNING REGION TEAM provides family-focused services to enhance development of developmentally-delayed infants and toddlers, 0-3 years

EVEN START PROGRAM is an individualized family literacy program providing adult education, family literacy, an early childhood program and home visits

INTRAMURAL/EXTRAMURAL ATHLETIC AND ACTIVITIES

LUNCH AND BREAKFAST PROGRAM provides a free or reduced price breakfast and lunch to financially-eligible students; applications are available at a child's school or the district office

MONTESSORI EDUCATION/EVERETT ELEMENTARY SCHOOL is the designated Montessori site for Lincoln Public Schools; available to students, 6-9 years

SPECIAL EDUCATION provides education for students with disabilities from birth to graduation

and/or age 21 including special classes; resource programs; speech, physical and occupational therapy; audiologist services; work study counselors; and liaison personnel; services are provided for students with hearing impairments, behavior disorders, mental handicaps (mild, moderate and severe/profound), home-bound, learning disabilities, orthopedic impairments, speech/language impairments, visual handicaps, and other health impairments

STUDENT PARENT PROGRAM assists high school age students who are parents or prospective parents to stay in school and graduate; establish good health practices for themselves and their children; learn and use quality parenting skills; learn to balance responsibilities of school, children, and personal development; and develop career and life plans; the program is available in every Lincoln high school and middle school; student/parent teams usually involve a school nurse, counselor and teacher; day care for infants is provided at Lincoln Northeast, and for infants and toddlers at Lincoln High School through learning centers that work with young children while the parents are in school

STUDENT SERVICES include Student Rights and Responsibilities, Guidance and Counseling Services, Crisis Response, Admissions and Enrollment, Transfers, Student Records and Transcripts; Health Services provides financial assistance for vision screening and eye glasses through the Lincoln Lions Club

SUMMER SCHOOL is an educational program offering credit toward high school graduation for students in grades 9-12

ZOO SCHOOL, the Science Focus Program, operated at the Folsom Children's Zoo, uses science as the basis for learning

Volunteers in Schools - Lincoln Public Schools District Offices

Phone(s): (402) 436-1949
6800 Monterey Drive
Lincoln, NE 68506

VOLUNTEER OPPORTUNITIES include

Tutor a student

Read with a small group

Listen to students read

Help in media center

Play educational games

Talk to a class about your job or experiences

Demonstrate a craft or hobby

Sponsor an after school club

Assist with school events

Help staff with playground or lunchroom supervision

Lutheran Family Services of Nebraska, Inc.

Bilingual/Bicultural Service Coordination - Hispanic Comm. Center

Phone(s): (402) 474-3950

Lutheran Family Services
2032 U Street
Lincoln, NE 68503

ASSISTANCE in navigating through the behavioral health system

ADVOCACY

INFORMATION AND REFERRAL

EDUCATES behavioral health providers in providing services to the Hispanic/Latino population

Lutheran Family Services - Lincoln

Phone(s): (402) 435-2910

Southeast Regional Office
2900 O Street, Suite 200
Lincoln, NE 68510

LUTHERN FAMILY SERVICES is a social ministry organization of the Nebraska Synod of the Evangelical Lutheran Church in America and the Nebraska District of the Lutheran Church-Missouri Synod.

ADOPTION infant placement services, identified placements, home studies & post-placement services, international adoption. Post Adoption includes family therapy & support services to families who have adopted children. Informational searches available for those wishing to learn more about their medical & biological history & including reunion counseling.

AMERICORPS members across the state serve communities by providing various human services.

BILINGUAL/BICULTURAL OUTREACH helps limited-English speakers in southeast Nebraska access treatment services for mental health & substance abuse.

BRIDGE assists men leaving the state penitentiary with housing, job placement & life skills as they transition to life outside prison.

COUNSELING provides counseling and offers opportunities for persons to find solutions to problems that interfere with daily life, relationships and quality of life; better understand themselves and their relationships; and adjust to major life changes, such as death, divorce and retirement. Individual, couple, family and child counseling is provided by Master's level counselors. Sliding fee scale is available; accepts Medicaid and insurance.

DISASTER RESPONSE provides a coordinated Lutheran response to disasters in Nebraska.

EMERGENCY COMMUNITY SUPPORT provides short-term assistance to adults who are in crisis to achieve goals of stabilization, increased independence and community re-integration. Services include monitoring the delivery of identified services and the individual's progress and satisfaction. Eligibility: individuals who have been placed into emergency placement facilities.

FAMILY AND COMMUNITY EDUCATION counselors conduct enrichment opportunities and education to prevent personal and family crisis. Services are available to congregations, communities, schools and civic groups by request. Fees: \$100 for a one-hour presentation.

PARTNERS IN CARING through partnerships with Nebraska's Christian churches, Lutheran Family Services develops retreats, workshops, seminars and counseling services to provide education and support to address the special needs of professional church staff, their families and congregations.

PREGNANCY COUNSELING SERVICES offers counseling and support to women, teens, fathers and extended family members experiencing an unplanned pregnancy. Assistance may be provided for adoption arrangements through the Lutheran Family Services office in Omaha. No fees for pregnancy counseling; other services may fee attached. Eligibility: women and family members experiencing a unplanned pregnancy.

REFUGEE RESETTLEMENT churches, volunteers & case workers assist refugees with housing, cultural orientation, job seeking skills & other basic needs.

SUBSTANCE ABUSE:

INTENSIVE OUPATIENT ALCOHOLISM TREATMENT provides intensive outpatient and early intervention counseling and group work to men and women who have legal or personal problems in which alcohol/drugs are involved. Day Program: 9am - 12:00pm, Monday, Tuesday and Thursday; Evening Program: 6:00pm - 9:00pm, Monday and Thursday. Eligibility: open to anyone who has a problem involving alcohol/drugs; a completed evaluation recommending this level of care

SUBSTANCE ABUSE SERVICES include mental health, substance abuse, youth and adult outpatient and aftercare program for individuals, couples, families and groups; and community education on mental health and substance abuse issues.

M.I.N.D Storm (Mental Illness Needs Discussion)

Phone(s): (402) 438-4943
BryanLGH Medical Center West
2300 South 16th Street
Lincoln, NE 68502

SUPPORT GROUP peer-based, mutual support group for individuals facing challenges of recovering from any mental-illness

MADD (Mothers Against Drunk Driving)

Phone(s): (402) 434-5330, (800) 444-6233, (877) 623-3435
145 North 46th Street
Lincoln, NE 68503

ADVOCATES for victims' rights, provide emotional support for victims and their families and assists victims through the criminal court process

PUBLIC EDUCATION & Awareness (school speakers, health fairs, country fairs, town hall meetings)

VOLUNTEERS monitor court cases

PARTNERS with law enforcement agencies to ensure life-saving laws can be enforced at the local level

VOLUNTEER OPPORTUNITIES

Madonna Rehabilitation Hospital

Community Medical Transportation Service - Madonna

Phone(s): (402) 483-9456
5401 South Street
Lincoln, NE 68506-2134

TRANSPORTATION for non-emergency medical reasons to qualified elderly and disabled persons, for medically related appointments.

Madonna Assisted Living

Phone(s): (402) 483-9400
5401 South Street
Lincoln, NE 68506-2134

WOOD HOUSE ASSISTED LIVING serves eight adults, ages 19 to 59 years, who have severe disabilities, but can direct their own care. The program accepts persons who use a ventilator.

Madonna Rehabilitation Hospital

Phone(s): (402) 489-7102, (402) 483-9416
5401 South Street
Lincoln, NE 68506-2134

MEDICAL REHABILITATION FACILITY for children and adults who have suffered a traumatic brain injury, stroke, spinal cord injury or other injury or illness

Rehabilitation services and programs include:

ACUTE REHABILITATION HOSPITAL provides comprehensive inpatient rehabilitation services for children and adults who are recovering from traumatic brain injury, spinal cord injury, stroke, orthopedic injury, burns, neuromuscular disorders, and other disabling conditions

AQUATIC PHYSICAL THERAPY AND EXERCISE provides a warm water, fully-accessible pool which allows individuals to begin rehabilitation sooner and with less pain. Additional classes are also held regularly at Madonna ProActive Health & Fitness. Telephone (402) 420-0000.

AUGMENTATIVE (ASSISTED) COMMUNICATION provides evaluation and treatment of communication disorders to assist persons who have difficulty speaking or using muscle groups to develop alternative means of communication. Telephone (402) 483-9459

BRAIN INJURY REHABILITATION provides intensive inpatient and outpatient rehabilitation for persons with traumatic brain injury. Telephone:

Inpatient (402) 489-9442, Outpatient (402) 483-9534

BURN REHABILITATION provides intensive inpatient rehabilitation for persons with thermal injuries, including both burns and frost bite. Telephone (402) 486-8467

DRIVER REHABILITATION provides evaluation and retraining for drivers after an injury or illness, and assessments for vehicle modification. Telephone (402) 483-9534

LONG TERM ACUTE CARE HOSPITAL is a 25-bed intensive inpatient rehabilitation unit for patients who are medically complex due to catastrophic injuries or illnesses, or multiple systems complications; specific programs include pulmonary, cardiac and wound care

LONG TERM CARE provides an intermediate nursing unit for persons with moderate or higher levels of medical needs; the program focuses on activities for daily living and recreation; registered nurses are on duty 24 hours daily. Telephone (402) 483-9616

ORTHOPEDIC REHABILITATION offers interdisciplinary inpatient and outpatient rehabilitation for persons who have had an amputation, joint replacement or multiple fractures. Telephone: Inpatient (402) 483-9485 , Outpatient (402) 483-9534

PEDATRIC REHABILITATION provides intense inpatient and outpatient rehabilitation for children, ages 1 month-18 years, experiencing impairment or disability due to illness or injury. Telephone: Inpatient (402) 486-8288, Outpatient (402) 483-9534

SPINAL CORD INJURY PROGRAM provides intense, inpatient and outpatient rehabilitation services to children and adults suffering from spinal cord injuries to maximize independence. Telephone: Inpatient (402) 483-9647, Outpatient (402) 483-9534

STROKE REHABILITATION provides intense, inpatient and outpatient rehabilitation services to those who have had a cerebrovascular accidents (stroke). Telephone: Inpatient (402) 483-9568, Outpatient (402) 483-9534

SUBACUTE REHABILITATION is a 40-bed unit for children and adults who require one or two types of therapy for a specific condition, or who have a diagnosis for recovery Telephone (402) 483-9409

VISION REHABILITATION, the only rehabilitation facility in the region to offer vision rehabilitation to

those that have vision and balance problems due to stroke, brain injury or other neurological illness or injury Telephone (402) 483-9534.

THERAPY PLUS provides outpatient physical, occupational and speech therapies, psychology, and therapeutic recreational services for children and adults; a variety of specialty services and clinics are also available Telephone (402) 483-9534

VENTILATOR ASSISTED UNIT is a 38-bed unit which offers an alternative for ventilator-dependent patients Telephone (402) 483-9049

St. Jane de Chantal Long Term Care Services
Phone(s): (402) 483-9465
 2200 South 52nd Street
 Lincoln, NE 68506

ACTIVITIES areas on a daytime or residential basis to enable persons with Alzheimer's disease to enhance their quality of life.

Make A Wish Foundation of Nebraska

Make-A-Wish Foundation of Nebraska - Lincoln

Phone(s): (402) 475-9474, (800) 760-9474
 201 North 8th Street, Suite 210
 Lincoln, NE 68508

GRANTS WISHES of children with life threatening medical conditions

CHILDREN between the ages of 2 1/2 and 18, who has been determined by a physician to have a life-threatening medical condition, is eligible for a wish. In granting this wish they emphasize the entire family in the hope that they can provide them with some special memories.

ALL EXPENSES are paid, including airline tickets, rental cars, meals, spending money, passes for attractions, film, etc. Referrals can be made by a parent, legal guardian, the child, or a medical professional

Matt Talbot Kitchen and Outreach

Phone(s): (402) 477-4116
 1911 R Street
 Lincoln, NE 68503

SOUP KITCHEN providing lunch and dinner
FOOD PANTRY

HEALTH CLINIC the second Wednesday of each month 12:30 pm-2:30 pm

STREET OUTREACH and advocacy

INFORMATION AND REFERRAL

NUTRITION COUNSELING for the homeless and low income

VISION CARE for homeless or near homeless adults and children

THANKSGIVING DAY dinner served 5:30 pm-6:30 pm; open as usual Christmas Eve and Christmas Day

HOMELESS IDENTIFICATION PROJECT assists homeless or near homeless people with obtaining birth certificates or other identification necessary for employment, cashing paychecks, housing and community services

LIFE SKILLS ENHANCEMENT PROGRAM offers a basic life skills class, once a week for six weeks, to help alleviate homelessness. Classes cover parenting, budgeting, landlord/tenant issues, nutrition, employment skills, self-esteem and self-advocacy

TRANSITIONAL HOUSING for Chronically Homeless Men

CASE MANAGEMENT for individuals and families on Housing Voucher List

Menopause and Beyond Support Group

Phone(s): (402) 788-2293
Christ United Methodist Church
4530 A Street, Room 307
Lincoln, NE 68510

INFORMATION and support for women experiencing peri-menopausal, menopausal, and/or post-menopausal symptoms

Mercy Western Manor

Phone(s): (402) 477-3512, (402) 435-4403
2200 West Q Street, Unit 8
Lincoln, NE 68528

GOVERNMENT subsidized private rental housing to low and moderate income individuals or families

SECTION 8 and in house Section 236 housing

NETWORK CENTER for residents which includes a computer lab with internet access,

group classes, community resources, and holiday parties

MilkWorks

Phone(s): (402) 423-6402
5930 South 58th Street, Suite W
Lincoln, NE 68516

BREASTFEEDING SUPPORT center offering individual consultations for mothers and babies having difficulty with breastfeeding; consultations provided by a pediatrician/breastfeeding medicine specialist and board certified lactation consultants by appointment 6 days a week

PRENATAL breastfeeding classes offered monthly

BREASTFEEDING supplies, including nursing bras and breast pumps available for purchase

HOSPITAL grade breast pump and baby scale rentals (Medicaid accepted for pump rentals)

FREE DROP-IN weight checks during open hours

MOM'S GROUPS available Monday at 7 pm, Wednesday and Friday at 10 am (dads welcome on Wednesdays); no fee or registration required

FOOD INTOLERANCE/Food Allergy Parent Support Group on the 2nd and 4th Sundays of the month from 5 pm-7 pm

BEYOND BREAST introducing solids presentation offered monthly; \$10 fee (waived for consultation clients)

ADDITIONAL workshops and classes offered periodically on parenting topics including soothing techniques, nutrition, returning to work, and fitness; contact office information

OUTREACH CLINICS: Lincoln Family Practice in collaboration with WIC two afternoons a week, and People's Health Center one afternoon a week (Spanish interpreter available)

Mosaic

Mosaic - Lincoln

Phone(s): (402) 420-5622
3109 South 6th Street
Lincoln, NE 68502-4342

SUPPORT AND ADVOCACY for people with disabilities and their families

RESIDENTIAL group homes

VOCATIONAL training and employment

HOST HOMES

RESPIRE CARE for children and adults, in home or out of home

RECREATIONAL activities

TRANSPORTATION

Mourning Hope Grief Center

Phone(s): (402) 488-8989
4919 Baldwin Avenue
Lincoln, NE 68504

SUPPORT GROUP for children, teens, young adults and their families who have experienced a serious illness or death of someone significant in their lives

GRIEF NETWORK for children, teens, and their families; minors must be accompanied to sessions by a caregiver

INFORMATION and library resources (books, videos)

GRIEF support training workshops

COMMUNITY EDUCATION presentations on death and grief are provided to businesses and organizations

Multi-Systemic Therapy

Phone(s): (402) 471-3773, (402) 440-2029
210 Gateway, Suite 326
Lincoln, NE 68505

TREATMENT PROGRAM serving high-risk youth, and their families through a goal-oriented program designed to serve multi-problem youth in their community; serves youth in the school, community, and home; available for crisis intervention and 24/7 services

FUNCTIONAL assessment of youth in the context of their families seeks to understand the "fit" between the child's problems and the factors, which contribute to them; focuses on helping parents build supportive social networks; empowers parents to address the needs of the youth more effectively; emphasizes long-term change that families can maintain after the program ends

NAF Multicultural Human Development Corporation

NAF Multicultural Human Development Corporation - Lincoln

Phone(s): (402) 434-2821, (800) 662-2904
300 North 27th Street, Suite A
Lincoln, NE 68508

ASSISTS agricultural workers with employment and training programs for a change in career and steady employment, assisting migrant and seasonal farm workers with supportive services, referrals and education.

ON-THE-JOB TRAINING provides work experience and skill development, as well as a wage reimbursement and tax credit incentives for employers during the training period; Classroom Training, such as Adult Basic Education (ABE) and General Equivalency Diploma (GED) preparation; Vocational Skill Instruction which offers financial assistance for participants to attend college at a vocational campus; Career Assessment/Job Search classes; and Employment Placement which provides assistance in locating employment along with monthly follow-ups for up to six months. Emergency Services include relocation assistance, child care, transportation, nutrition, temporary shelter

NAMI Nebraska

NAMI - Lincoln

Phone(s): (402) 474-0470, (402) 432-2425
Gere Library Branch
2400 South 56th Street
Lincoln, NE 68506

SUPPORT GROUP provides information, advocacy and support for the mentally ill, their family and friends

National Alopecia Areata Foundation

Alopecia Areata Support

Phone(s): (402) 420-2422
3830 Cape Charles Court
Lincoln, NE 68516

SUPPORT GROUP for people experiencing traumatic hair loss

National Coalition Against Domestic Violence

Nebraska Coalition Against Domestic Violence

Phone(s): (402) 476-6256, (800) 799-7233, (877) 215-0167

1000 O Street, Suite 102
Lincoln, NE 68508

TRAINING AND TECHNICAL ASSISTANCE to local domestic violence/sexual assault programs on the issues of domestic violence, sexual assault, and stalking

COLLABORATION with allied organizations on behalf of victims of domestic violence, sexual assault, and stalking

National Hemophilia Foundation-Nebraska Chapter

Phone(s): (402) 742-5663
215 Centennial Mall South, Suite 512
Lincoln, NE 68508

EDUCATION, SUPPORT, AND REFERRALS for persons with hemophilia, von Willebrand disease and other bleeding disorders, their families and the public

NEWSLETTER sent quarterly

SUPPORT GROUP

CAMPING program for children with bleeding disorders and their siblings

ANNUAL statewide educational conference

FINANCIAL ASSISTANCE as scholarships for students attending college or trade schools

CAMP scholarships

PROMOTION of legislative programs for persons impacted by hemophilia and other bleeding disorders

SPEAKERS bureau

LIST of treatment centers in the U.S.

Natural Family Planning of Nebraska, Inc.

Phone(s): (402) 326-0681
3200 West Pleasant Hill Road
Lincoln, NE 68523-9243

INSTRUCTION in the Creighton Fertility Care System and Natural Family Planning utilizing NaProTechnology for understanding hormonal/reproductive disorders in women; the

group introductory session, which is free of charge, is held at the BryanLGH Medical Plaza or Saint Elizabeth Regional Medical Center; private, confidential follow-up sessions are provided for evaluation and management of the fertility cycle and reproductive health

ABSTINENCE/chastity education

PARENT/CHILD programs on sexuality, relationships and healthy choices

EDUCATIONAL PRESENTATIONS to groups as well as educational resources, such as a lending library, newsletter, pamphlets, books, cassette and video tapes

ASSISTANCE TO WOMEN coping with premenstrual syndrome symptoms, infertile couples, and Sympto-Thermal users

Nebraska Advocacy Services, Inc.

Phone(s): (402) 474-3183, (800) 422-6691
The Center for Disability Rights
134 South 13th Street, Suite 600
Lincoln, NE 68508

REPRESENTS the rights and interests of persons with mental and physical disabilities, including investigation, negotiation, and legal representation

INFORMATION AND REFERRAL

Nebraska AIDS Project

Nebraska AIDS Project - Lincoln

Phone(s): (402) 476-7000
1921 South 17th Street
Lincoln, NE 68502

HIV TESTING Wed 4 pm-7 pm for persons in Southeast Nebraska

INFORMATION AND REFERRAL, support, and case management

SPEAKERS BUREAU for persons with HIV infection

Nebraska Appleseed Center for Law in the Public Interest

Phone(s): (402) 438-8853, (800) 845-3746
941 O Street, Suite 920
Lincoln, NE 68508

NONPARTISAN public interest law firm that works for equal justice and full opportunity for all

Nebraskans; uses litigation, public policy reform, and community education to positively impact low-income families, immigrants, children in foster care, and access to health care

WORKS TO DEVELOP and implement solutions to the problem of poverty, and the consequent difficulty that indigent individuals have in obtaining access to food, housing, clothing and the other basic necessities of life

PUBLIC POLICY ADVOCACY

WELFARE DUE PROCESS PROJECT provides information and legal advice on Medicaid, food and child care programs; and the rights of welfare recipients, especially under the Employment First program. Seeks to identify and correct systemic problems in the implementation of welfare programs in Nebraska, through litigation, administrative advocacy, and public policy work.

HEALTH ACCESS PROGRAMS seek laws and policies that ensure all Nebraskans have access to quality affordable health care.

Nebraska Association for the Education of Young Children

Phone(s): (402) 476-2092
650 J Street, Suite 23
Lincoln, NE 68508

SUPPORTS high quality early care and education for young children in Nebraska; offers a statewide website, quarterly newsletter, advocacy and public awareness, Week of the Young Child activities, program/staff support, chapter development and support and a connection to the National Association for the Education of Young Children – www.naeyc.org

Programs offered include:

T.E.A.C.H. Early Childhood ® Nebraska – T.E.A.C.H. (Teacher Education and Compensation Helps) is designed to provide educational scholarship funds for those working with young children. The scholarships address three key issues facing those in the early care and education field: the educational level of the staff, high turnover rates, and low wages.

THE QUALITY ENHANCEMENT PROJECT AND THE INFANT/TODDLER INITIATIVE work with a select group of participants who are interested in improving the quality of their early childhood programs. A mentor, in partnership with the child care provider, utilizes the results of the Environment Rating Scales as a foundation for

program improvement. The child care provider and the mentor create a plan, based on the rating scales, to acquire materials and/or training to improve the quality of their program.

NAEYC ACCREDITATION supports early care and education programs pursuing voluntary NAEYC Accreditation. Support activities include conference calls, training events, small grants for materials and staff support.

NATURE EXPLORE PROJECT provides mentoring, support and training to programs which are in the process of creating Nature Explore Outdoor Classrooms in a variety of settings across Nebraska.

Nebraska Board of Pardons

Phone(s): (402) 471-2156, (402) 479-5726
Folsom Street and West Prospecter
Building #1
Lincoln, NE 68509-4754

REMITTS FINES and forfeitures

GRANT RESPITES, reprieves, pardons and commutations in all cases of conviction for offenses against the laws of the State of Nebraska, except for treason and cases of impeachment.

BOARD IS COMPRISED of the Governor, Secretary of State and Attorney General

Nebraska Board of Parole

Phone(s): (402) 471-2156
PO Box 94754
Lincoln, NE 68509-4754

REVIEWS the status of committed offenders; determines when committed offenders are released on parole; fixes parole condition; may revoke parole and issue warrants to arrest parole violators; discharges an offender upon expiration of the parole term

VISITS AND INSPECTS state and local prisons or jails

RECOMMENDS parole legislation to the Governor

Nebraska Business Development Center

Phone(s): (402) 472-5222
1320 Q Street
Lincoln, NE 68588-0467

ASSISTS ENTREPRENEURS in all stages of business start-up and development including business plan writing, financial projections, financial analysis, opportunity assessment, market research, loan applications, government contracting, and marketing strategies

COOPERATIVE PROGRAM of the U.S. Small Business Administration and the University of Nebraska

Nebraska CASA Association

CASA of Lancaster County

Phone(s): (402) 474-5161
210 North 14th Street, Suite 3
Lincoln, NE 68508

TRAIN and support community volunteers who advocate on behalf of abused and/or neglected children in the juvenile court system

Nebraska Children's Home Society

Nebraska Children's Home Society - Lincoln

Phone(s): (402) 483-7879, (800) 390-6754
4700 Valley Road
Lincoln, NE 68510

ADOPTIONS for Nebraska residents

ADOPTION EDUCATION and parenting education for unplanned pregnancies

SINGLE PARENT Support

SUPPORT GROUP for birth parents and adoptive parents

TEMPORARY FOSTER HOME program

UNPLANNED PREGNANCY education and support

OTHER LOCATIONS

Fremont - 402-727-0767

Kearney - 308-237-2304

Gothenburg - 308-537-7296

North Platte - 308-534-3250

Omaha - 402-451-0787

Grand Island - 308-381-0568

Norfolk - 402-379-3378

Scottsbluff - 308-632-8377

Nebraska Commission for the Blind and Visually Impaired

Nebraska Commission for the Blind and Visually Impaired - Lincoln

Phone(s): (402) 471-2891, (402) 471-8100,
(402) 595-2041, (877) 809-2419
4600 Valley Road, Suite 100
Lincoln, NE 68510-4844

VOCATIONAL REHABILITATION services include vocational guidance and counseling; training, tuition, and equipment; occupational equipment and supplies; assistance for establishing small businesses (NBE); job placement and follow-up services; and medical services.

ORIENTATION and adjustment center

CONSULTANTS for people who have blind infants and children

TRAINING in cane travel & independent living skills for school age children

HOME TRAINING

SUPPORTIVE SERVICES and transitional services for youth who are proceeding from high school to college

OFFICE LOCATIONS are in Lincoln, Omaha, Norfolk, Kearney, North Platte and Scottsbluff

Nebraska Commission for the Deaf and Hard of Hearing

Nebraska Commission for the Deaf and Hard of Hearing - Lincoln

Phone(s): (402) 471-3593, (800) 545-6244,
(402) 595-3991, (888) 713-3118
4600 Valley Road, Suite 420
Lincoln, NE 68510-4844

REFERRAL for hearing loss issues and programs available

SIGN LANGUAGE interpreter referral service

ADVOCACY for deaf and hard of hearing individuals and assist in Americans with Disabilities Act (ADA) issues to secure such services

EQUIPMENT LOAN programs (amplified phones, TTY phone equipment, amplified headsets, and two hearing aid banks)

TELEPHONE EQUIPMENT demonstrations

MAINTAIN AN INVENTORY of services available to meet the needs of the deaf and hard of hearing and assist them in securing these services

MAINTAIN A STATEWIDE LIST of interpreters and promote the training of interpreters

CONDUCT A VOLUNTARY CENSUS of deaf and hard of hearing persons in Nebraska and compile a registry

PROMOTE AWARENESS and understanding of the rights of persons with a hearing loss

PROVIDE RECONDITIONED HEARING AIDS to persons who need these instruments and meet the age and financial guidelines

EXPAND PROGRAMS AND SERVICES available to deaf and hard of hearing persons throughout the state

IMPLEMENT NEW PROGRAMS through collaboration with consumer groups, the governor, legislature, organizations, institutions, and agencies

BROADEN THE COLLECTION and dissemination of information on hearing loss and deafness

OFFICE LOCATIONS in Lincoln, Omaha, North Platte, and Scottsbluff

Nebraska Commission on Law Enforcement and Criminal Justice

Phone(s): (402) 471-2194, (402) 471-3710
301 Centennial Mall South
Lincoln, NE 68509-4946

PROVIDES EXPERTISE, technical assistance, training, financial aid, enforcement of mandatory standards and regulations, research, evaluation, statistical services and informational resources to criminal and juvenile justice programs statewide

CRIME VICTIMS reparations

JUVENILE PREVENTION services

INSPECTION of county-city jails

LAW ENFORCEMENT TRAINING Center for the certification of law enforcement officers

FEDERAL GRANT administration

Nebraska Democratic Party

Phone(s): (800) 677-7068
1327 H Street # 200
Lincoln, NE 68508

NEBRASKA DEMOCRATIC PARTY is an organization for Democrats in the state of Nebraska. Fundraising activities and promotion of Democratic candidates.

Nebraska Dental Association

Phone(s): (402) 476-1704
3120 O Street
Lincoln, NE 68510

PEER REVIEW, a process by which the dental profession reviews and resolves problems or misunderstandings regarding dental treatment; the appropriate form will be sent to the patient; once the complaint is received, it will be forwarded to the appropriate district for review; the peer review process is a membership benefit - we handle only member complaints - contact David O'Doherty

SENIOR DENT provides a 10-15% discount to persons, age 65 or older, who have an annual income of \$9300 or less for a single person, or \$12,500 or less for a couple

EDUCATION through speaker's bureau or video tapes

Nebraska Department of Agriculture

Nebraska Farm Mediation Service

Phone(s): (402) 471-6890, (800) 446-4071, (800) 464-0258
Nebraska Department of Agriculture
301 Centennial Mall South
Lincoln, NE 68509-4947

OFFERS FARMERS AND RANCHERS the opportunity to resolve disputes with their lenders or the USDA programs. An impartial mediator facilitates the discussion towards an agreeable solution for both parties. An effective and low cost alternative to a potential foreclosure or USDA program appeal process

FREE CLINICS provide farmers and ranchers with expert, one-on-one, information on financial matters, legal issues and available services

Nebraska Department of Correctional Services

Community Corrections Center - NE Correctional Services

Phone(s): (402) 471-0740
2720 West Van Dorn Street
Lincoln, NE 68522-9284

400 BED, COED COMMUNITY custody level facility housing inmates nearing release from prison on parole or discharge from their court-imposed sentences

Lincoln Correctional Center - NE Correctional Services

Phone(s): (402) 471-2861
3216 West Van Dorn Street
Lincoln, NE 68522

A MEDIUM-MAXIMUM CUSTODY level correctional institution housing adult male offenders.

Nebraska Department of Correctional Services

Phone(s): (402) 471-2654, (402) 479-5895
Building #1
Folsom Street and West Prospector
Lincoln, NE 68522

PROVIDES FOR THE CUSTODY, study, care, discipline, training and treatment of persons in correctional institutions

SUPERVISES PERSONS committed to the Department on parole

DEVELOPS POLICIES and programs for correctional treatment and rehabilitation

Nebraska State Penitentiary - NE Correctional Services

Phone(s): (402) 471-3161
PO Box 2500
Lincoln, NE 68542-2500

A MAXIMUM, MEDIUM, AND MINIMUM custody level institution housing adult male inmates

Nebraska Department of Economic Development

Phone(s): (800) 426-6505, (402) 471-3782, (402) 471-3111
301 Centennial Mall South
Lincoln, NE 68508-2529

INFORMATION FOR START UP and small businesses in Nebraska

CUSTOMIZED CHECKLISTS of registration requirements to start a business

REDUCE THE RESPONSE TIME of government to business-related questions

BUSINESS, marketing research assistance and information about the the network of business assistance and economic development programs

Nebraska Department of Education

Client Assistance Program - Nebraska Department of Education

Phone(s): (800) 742-7594, (402) 471-3656
301 Centennial Mall South
Lincoln, NE 68508-2529

ANSWERS QUESTIONS about the Rehabilitation Act

CLARIFY AGENCY RULES regulations and procedures

ADVISE on clients' rights

HELP WITH PROBLEMS with client's Individualized Plan for Employment (IPE)

ASSIST IN IDENTIFYING PROBLEMS and seeing solutions

ADVISE AND ASSIST with the appeal process

DEAL WITH RELATIONSHIP PROBLEMS with counselors

Hotline for Disability Services

Phone(s): (800) 742-7594, (402) 471-0801
Nebraska Department of Education
301 Centennial Mall South, 6th Fl
Lincoln, NE 68509

PROVIDES INFORMATION AND REFERRAL services regarding disabilities to persons across the state of Nebraska.

REFERRALS to Assistive Technology Project to help find assistive devices and to help find ways to pay for devices and services

INFORMATION ON FINANCIAL ASSISTANCE, counseling services, rehabilitation services, emergency relief, housing, transportation, special parking permits, and legal rights/advocacy

Nebraska ChildFind

Phone(s): (888) 806-6287, (402) 471-2447
5143 South 48th Street, Suite C
Lincoln, NE 68516-2204

HOTLINE to answer education related questions for infants and children with disabilities

CONNECTS FAMILIES of infants and children with disabilities with local contacts to provide information and referrals to hearing and

developmental screenings as well as services coordination.

Nebraska Department of Education

Phone(s): (402) 471-2295

301 Centennial Mall South 6th Floor
Lincoln, NE 68508

ALL EDUCATION SERVICES for the state of Nebraska, including disability determination, early childhood education, adult education, and vocational rehabilitation

Summer Food Service Program

Phone(s): (800) 731-2233, (402) 471-2746

Nebraska Department of Education
301 Centennial Mall South, 6th Fl
Lincoln, NE 68508

PROVIDES HEALTHY MEALS to children, age 18 and younger, free of charge during the summer months

SITES OFFERED across the state; see website for a directory

Nebraska Department of Health and Human Services

Abuse/Neglect Reporting Hotline - Adult/Child Protective Services

Phone(s): (800) 652-1999

State Office

301 Centennial Mall South
Lincoln, NE 68509

ADULT PROTECTIVE SERVICES - Call to report suspected cases of adult abuse or exploitation. Investigates and provides services to elderly and mentally or physically disabled persons age 18 or older who require protection from abuse or neglect.

CHILD PROTECTIVE SERVICE - Call to report suspected cases of child abuse or exploitation of children. Services may be offered during and following an initial assessment to protect the child and improve the conditions that contributed to the risk of abuse and neglect. Services that may be offered include in-home family therapy, family support services, day care, transportation, case management, and temporary foster care.

Child Support Enforcement - Lincoln

Phone(s): (877) 631-9973, (402) 441-8715

PO Box 94728

Lincoln, NE 68509-4728

ASSISTANCE to establish paternity, establish child support orders, and to collect child support payments

VOICE RESPONSE UNIT provides information regarding:

Payment Information

Questions Regarding Child Support Case

Receipt/Disbursement/Employer Information

Information on Child Support Enforcement offices, hours of operation and locations

Information provided to other State Child Support Enforcement agencies

Every Woman Matters/WiseWoman Program

Phone(s): (800) 532-2227, (402) 471-0929, (800) 833-7352

Nebraska Health and Human Services
301 Centennial Mall South
Lincoln, NE 68508

HEALTH CARE includes pelvic exam with a Pap test, mammograms, teaching of breast self exam, blood pressure check, cholesterol check, blood sugar check.

EVERY WOMAN MATTERS also pays for other follow up tests and colon and rectal screening for men and women ages 40-64. Some services for women under 40 years of age.

Healthy Mothers, Healthy Babies Helpline and Website

Phone(s): (800) 862-1889

Nebraska Health and Human Services
301 Centennial Mall South
Lincoln, NE 68509

HELPLINE provides referrals for medical, financial, emotional and other health related assistance

HELPLINE for women with pregnancy-related depression

Kids Connection

Phone(s): (877) 632-5437

301 Centennial Mall South
Lincoln, NE 68509

HEALTH CARE COVERAGE for Nebraska children and pregnant women provides routine, preventive health care and emergency and illness coverage for children

REGULAR CHECK-UPS include:

Baby check-ups and immunizations

Yearly check-ups for school-age children, including school/sports physicals

Immunizations for school-age children

Dental check-ups and dental sealants

Vision and hearing testing

TREATMENTS includes, doctor's visits, medications, hospital care, dental treatment, eyeglasses, lab tests and x-rays, counseling, and specialty services for children with disabilities or chronic health conditions

Lincoln Regional Center

Phone(s): (402) 491-5207, (402) 479-5440

PO Box 94949

Lincoln, NE 68509

GENERAL PSYCHIATRIC SERVICES:

ADMISSIONS PROGRAM conducts assessments, identify treatment needs, identify the least restrictive treatment environment, and transfer individuals to that setting in the least amount of time. The program is designed to conduct thorough psychological evaluations and physical exams, and to begin a medication and treatment regime.

INTENSIVE RESIDENTIAL TREATMENT PROGRAM seeks to elevate individuals' behavioral and social functioning to a level adequate for a stable adjustment in an outpatient community setting. People come to the rehabilitation program because they cannot be discharged from the hospital directly to the community.

FORENSIC MENTAL HEALTH SERVICES (FMHS) provides a 128-bed male treatment facility which serves the State of Nebraska for individuals mainly involved in the legal system. It is comprised of two distinct programs, listed below:

SEXUAL OFFENDERS COMMUNITY RESIDENTIAL PROGRAM provides comprehensive treatment to individuals who demonstrate a pattern of sexually deviant behavior. The 85-bed male patient population includes convicted sex offenders who are offered treatment and patients committed by a mental health board. In addition, five of the beds are for female sex offenders. Aftercare services are also provided for individuals who have successfully completed the treatment program and are reintegrating into the community.

THE WHITEHALL PROGRAM FOR ADOLESCENTS WHO HAVE SEXUALLY OFFENDED provides residential and treatment group levels of care. Referrals are accepted for males ages 12-18. The program is family-centered and community-based. The program is located near the Wesleyan University campus and in the community. Contact the program by calling 402-471-6969.

FORENSIC PSYCHIATRIC SERVICES PROGRAM provides a 43 beds, evaluation and assessments for individuals as ordered by the Nebraska legal court systems.

Medically Handicapped Children's Program - Lincoln

Phone(s): (402) 471-5308, (402) 471-5379, (877) 213-4754

1050 N Street

Lincoln, NE 68508

LOCATES and provides medical services to children with major medical problems.

DIAGNOSTIC services can be provided without considering family income

SERVICES includes payment for medical care, hospitalization, specific equipment, transportation, lodging, respite care, and other services

Nebraska Department of Health and Human Services - Lancaster County

Phone(s): (402) 471-7000, (800) 652-1999

1050 N Street

Lincoln, NE 68508

SYSTEM of services that help people live better lives through effective health and human services. Services include providing birth and death certificates and the following programs:

ADOPTION PROGRAM - enables some children who are wards of the state or private adoption agencies to be placed in adoptive homes. Adopted children may be eligible for financial assistance for food, clothing and transportation; medical and dental care; legal services; or counseling. Children available for adoption may have an emotional, mental or physical disorder, be school age, or be brothers or sisters who want to stay together.

ADULT FAMILY HOME - provides a homelike living arrangement to meet the needs of adults who are unable to live independently, but can

function adequately with minimum supervision and protection.

ADULT PROTECTIVE SERVICES - investigates and provides services to elderly and mentally or physically disabled persons age 18 or older who require protection from abuse or neglect. Hotline 1-800-652-1999

AID TO AGED, BLIND & DISABLED - provides services to low-income recipients to enable them to be as self-sufficient as possible. Such services include chore services, home delivered meals, homemaker services, adult day care, congregate meals, respite, and transportation.

AID TO DEPENDENT CHILDREN (ADC) - provides cash payments to economically vulnerable families with children 18 years or younger. For families with individuals who are employable, the assistance is time limited. For families with individuals who are not employable, there are no time limits.

CHILD CARE, SUBSIDIZED - families with incomes of up to 185% of the federal poverty guidelines may be eligible for financial assistance with the costs of child care for children 12 years and younger or with special needs. To be eligible, parents must be employed, incapacitated, or participating in education and training programs.

CHILD PROTECTIVE SERVICE - services may be offered during and following an initial assessment to protect the child and improve the conditions that contributed to the risk of abuse and neglect. Services that may be offered include in-home family therapy, family support services, day care, transportation, case management, and temporary foster care. Hotline 1-800-652-1999

CHILD SUPPORT ENFORCEMENT - provides legal services for ADC recipients to establish paternity and to help anyone enforce court orders for child support. Monitors child support collections and provides services to locate absent parents.

DISABLED PERSONS AND FAMILY SUPPORT - coordinates and purchases services to assist employed, disabled adults or helps families keep a disabled family member in their home.

EMERGENCY ASSISTANCE - provides assistance to needy families with minor children in situations where other sources are not available. Examples of situations for which assistance is available are imminent evictions, loss of utility service, or exhaustion of food supplies.

EMERGENCY SHELTER CARE - provides short-term care to children 24 hours a day, statewide.

EMPLOYMENT FIRST - provides temporary support for a maximum of two years for families where the employable adults are transitioning to economic self-support, through components such as training, education, job preparation activities, or job search.

FOOD STAMPS - provides food stamp benefits, through an Electronic Benefits Transfer card, to raise the level of nutrition among low-income households. Eligibility is based on household size, resources and income, which are compared to federal poverty guidelines. Call (877) 247-6328 for Electronic Benefits Transfer card balance, or to report a lost, stolen or damaged card.

FOSTER CARE - provides a safe, temporary home for children who have been removed from their homes because of abuse, neglect, or delinquency.

KID'S CONNECTION - a state children's health insurance program that provides access to health care for low-income uninsured children statewide. 1-877-632-5437

LOW-INCOME ENERGY ASSISTANCE - a federally funded program to assist low-income households in meeting energy costs. Benefits are based on family size, fuel type, and geographic residency in the state.

MEDICAID - provides payment for the medical care of low-income Nebraskans. Types of medical services are hospital, nursing home, physicians, dental, clinic, home health, family planning, lab and radiology, and prescribed drugs. Medicaid may also cover home and community based services for high risk individuals who are aged, disabled, or mentally disabled.

MEDICALLY HANDICAPPED CHILDREN - provides diagnosis and referral services to low-income children and purchases necessary treatment for them. Children who have a crippling or potentially crippling condition are given an evaluation upon request. Children determined eligible for the program are given additional treatment or services by medical providers under contract with the Department.

REFUGEE RESETTLEMENT - provides financial assistance to refugees who have been resettled in the United States and do not qualify for other

programs. Assistance is limited to the first eight months as a refugee.

RESOURCE DEVELOPMENT - assists the public in the recruitment and approval of services for children and families. Services include: referrals, recruit and license those interested in adopting or fostering children in Nebraska's child welfare system; work with individuals who are seeking appropriate day care for their own children; facilitate the process for individuals who want to provide licensed child care; and recruit, certify and approve individuals who provide housekeeping, personal care and respite for the aged and disabled.

STATE SUPPLEMENT - adds to the benefits of the federal Supplemental Security Income (SSI) Program to bring the income of aged and disabled individuals up to the need of standards of Nebraska. Additionally, some persons are not eligible for SSI payments, but qualify for a State Supplement payment because of different standards and regulations.

STATE DISABILITY - provides aid to needy persons who have a disability expected to last for at least six months, but less than the 12 months required to be eligible for the federal Supplemental Security Income Program.

Nebraska Department of Health and Human Services Regulation and Licensure

Phone(s): (402) 471-2115
301 Centennial Mall South, Fl 3
Lincoln, NE 68509

LICENSES health and health related professions and occupations as well as health care facilities and services and child care programs

INVESTIGATES complaints about facilities and services along with child care programs

Office of the System Advocate

Phone(s): (402) 471-6035, (800) 254-4202
PO Box 95026
Lincoln, NE 68509-5026

RESPONDS to questions, concerns and complaints related to services, programs and operations within the Health and Human Services System

INFORMATION and referral to appropriate DHHS staff for information and resolution of complaints

State Long-Term Care Ombudsman Office

Phone(s): (402) 471-2307, (800) 942-7830,
(800) 658-4320, (888) 554-2711, (800) 247-0938
DHHS - State Unit on Aging
PO Box 95026
Lincoln, NE 68509-5026

RESOLVES problems and complaints from, and on behalf of, residents of nursing homes or assisted living facilities

INFORMATION and assistance on questions and concerns related to long-term care and residents' rights to residents, family members and others

EDUCATION on long-term care and residents' rights to facility staff and community groups

ADVOCATES for the rights and interests of residents on a systemic basis

Tobacco Free Nebraska

Phone(s): (402) 471-2101, (800) 784-8669
PO Box 95026
Lincoln, NE 68509-5044

TOBACCO education materials, youth tobacco prevention materials, tobacco cessation information

INFORMATION on clean indoor air and environmental tobacco smoke (ETS)

Vital Records

Phone(s): (402) 471-2871
1033 O Street, Suite 130
Lincoln, NE 68509

BIRTH CERTIFICATES for those born in Nebraska

DEATH, MARRIAGE, AND DIVORCE certificates for events occurring in Nebraska

Nebraska Department of Insurance

Nebraska Department of Insurance

Phone(s): (402) 471-2201
941 O Street, Suite 400
Lincoln, NE 68508-3639

GENERAL SUPERVISION, control and regulation of insurance companies, associations and societies conducting business in Nebraska

INVESTIGATION OF COMPLAINTS and inquiries

INVESTIGATION OF SUSPECTED insurance fraud

FINANCIAL EXAMINATION of insurance companies

FILING AND APPROVAL of insurance rates and policies

ENFORCEMENT of insurance laws

LICENSING of insurance agents, agencies and of insurance companies

MAINTAINS INSURANCE REPORTS on file for public record and review

SHIP-Nebraska Senior Health Insurance Information Program

Phone(s): (800) 234-7119, (402) 471-2201
Nebraska Department of Insurance
941 O Street, Suite 400
Lincoln, NE 68508-3639

VOLUNTEER program

FREE, CONFIDENTIAL COUNSELING to older Nebraskans and persons with disabilities regarding Medicare, Medicaid and health insurance

OUTREACH AND EDUCATION to Medicare beneficiaries and others regarding health insurance options, benefits, and choices

PRESENT AND COUNSEL on the local, regional, and statewide level

Nebraska Department of Motor Vehicles

Phone(s): (402) 471-3918, (402) 471-3861
301 Centennial Mall South
Lincoln, NE 68508

ADMINISTERS State Statutes pursuant to motor vehicle laws, and provides the following services:

DISABLED PERSONS PERMIT - issues handicapped parking permits to persons with a severe visual or physical impairment which limits personal mobility and results in an inability to travel unassisted more than 200 feet without the use of a wheelchair, crutch, walker, or prosthetic, orthotic, or other assistive device; persons whose personal mobility is limited as a result of respiratory problems; persons who have a cardiac condition to the extent that his or her functional limitations are classified in severity as being Class III or Class IV according to standards set by the American Heart Association; and persons who have substantially or permanently lost all of the use of one or more limbs.

Application is made to the City, Village, County Clerk or a designated county official. Medical

certification on the application must be completed and signed by a physician, physician assistant or nurse practitioner. Applicant must show proof of identification at the time of application.

Permanent permits are issued for a three-year period and expire on the last day of the month of the applicant's birthday in the third year following issuance. Temporary permits are issued for a maximum of six months and may be renewed once.

HANDICAPPED LICENSE PLATE PROGRAM - approves Handicapped License Plate applications for persons with a severe visual or physical impairment which limits personal mobility and results in an inability to travel unassisted more than 200 feet without the use of a wheelchair, crutch, walker, or prosthetic, orthotic, or other assistive device; persons whose personal mobility is limited as a result of respiratory problems; persons who have a cardiac condition to the extent that his or her functional limitations are classified in severity as being Class III or Class IV according to standards set by the American Heart Association; and persons who have substantially or permanently lost all of the use of one or more limbs. Vehicle should be titled in the name of the disabled person. Provides specially marked plates, which are issued by the offices of the county treasurer, so that designated vehicles can use handicapped parking areas. The holders of such plates must recertify his or her disability each year that a new design of license plates is issued (6 years).

NEBRASKA IDENTIFICATION CARD - issues State of Nebraska Identification (ID) cards to residents of Nebraska. Application can be made in any county. The ID card can also be issued from any county. The applicant must present two legal documents that show name and date of birth; the primary document must be U.S. based. The fee for the ID card is \$23.75 and is valid for 5 years; the card expires on the applicant's birthday in the 5th year after issuance. An ID Card issued to persons 21 years or older or 0-16 years of age is valid for 5 years and costs \$23.75. An ID Card issued to persons 17-21 years, costs \$4.75 to \$19.00 and expires on his or her 21st birthday.

Nebraska Department of Roads

5-1-1

Phone(s): (402) 471-4567, (402) 479-3834, 511
Nebraska Department of Roads
1500 Highway 2
Lincoln, NE 68502

ROAD CONDITIONS information

Nebraska Department of Veterans' Affairs

Nebraska Department of Veterans' Affairs

Phone(s): (402) 471-2458
301 Centennial Mall South, 6th Floor
Lincoln, NE 68509

NEBRASKA VETERANS' AID FUND is a temporary emergency aid fund to assist veterans, their eligible widows, widowers, spouses, and dependent children if an unforeseen emergency occurs and are legal residents of this state on the date of application. Aid can only be used for food, fuel, shelter, wearing apparel, medical or surgical aid and funerals expenses. Eligibility includes veterans who served on active duty of the Armed Forces of the United States, other than active duty for training, who were discharged or otherwise separated with a characterization of honorable or general (under honorable conditions) or died while in service or as a direct result of such service. Applications must be made through the County Service Officer or Post Service Officer of any recognized veterans' organization near the applicant's residence for submission to the Director of Veterans' Affairs.

NEBRASKA VETERANS' HOMES has four veterans homes located at Grand Island, Norfolk, Omaha and Scottsbluff. The homes provide domiciliary and nursing home care and subsistence to persons who served in the armed forces of the United States during a period of was as defined in Nebraska Revised Statute 80-401.01 and discharged or otherwise separated with a characterization of honorable or general (under honorable conditions); was a bona fide resident of the State of Nebraska for at least two years and has become disabled due to service, old age, or otherwise to the extent that it would prevent earning a livelihood. Admission may include the spouse, surviving spouse or parent as defined in Nebraska Revised Statute 80-316. Applications must be made through the County Service Officer for submission to the Director of Veterans' Affairs for approval of statutory eligibility

requirements and referral to the Veterans' Home for medical eligibility and further processing. The Veterans' Homes are managed by the Department of Health and Human Services.

WAIVER OF TUITION/VETERAN'S AFFAIR through the The University of Nebraska, state colleges, and community colleges shall waive all tuition on behalf of an eligible dependent of a veteran. To be eligible the dependent must meet the following requirements: Is a resident of this state and meets the institution's requirements for establishing residency for purposes of paying instate tuition. Has a parent, stepparent or spouse who served in the armed forces of the U.S. and died of a service-connected disability; or died subsequent to discharge as a result of injury or illness sustained while a member of the armed forces; or is permanently and totally disabled as a result of military service; or while a member of the armed forces of the US is classified MIA or as a POW during armed hostilities. Application must be made through the County Service Officer for submission to the Director of Veterans' Affairs.

DISCHARGE records of veterans who entered from and returned to Nebraska upon separation from military service, and who had requested that Nebraska receive a copy. Written requests must be notarized.

Nebraska Department of Veterans' Affairs - State Service Office

Phone(s): (402) 420-4021
5631 South 48th Street
Lincoln, NE 68516

INTERVIEWING MILITARY VETERANS, their spouses, and dependents to establish tentative eligibility for veterans' benefits provided by federal and state laws

ADVISING APPLICANTS of benefits available

REPRESENTING CLAIMANTS before the U.S. Department of Veterans' Affairs (VA) and assisting them in the completion of application forms and transmitting the applications with the supporting data to the proper federal or state agency for processing

STATE SERVICE OFFICERS are recognized representatives for the American Legion, Veterans of Foreign Wars, Nebraska Department of Veterans' Affairs, Military Order of the Purple Heart, Ex-POWs, The Retired Enlisted Association (TREA), Vietnam Veterans of America, the National Association of County Veterans Service Officers, and Am-Vets, and are

authorized to accept Power of Attorneys from claimants on behalf of the organizations

Nebraska Domestic Violence Sexual Assault Coalition

Phone(s): (402) 476-6256, (800) 876-6238, (877) 215-0167
1000 O Street, Suite 102
Lincoln, NE 68508

PREVENTION SERVICES in the area of dating abuse, child abuse, elder abuse, spouse/partner abuse, adult sexual assault, child sexual assault, and sexual harassment

RESOURCE LENDING LIBRARY of films, videos and literature

HISPANIC DOMESTIC VIOLENCE HOTLINE

Nebraska Emergency Management Agency

Phone(s): (402) 471-7421, (877) 297-2368
1300 Military Road
Lincoln, NE 68508-1090

DISASTER preparedness, response, recovery and mitigation

Nebraska Energy Office

Phone(s): (402) 471-2867
1111 O Street, Suite 223
Lincoln, NE 68508

DOLLAR AND ENERGY SAVING LOANS offer 5% or less financing with no money down to purchase a new furnace, air conditioner, windows, doors, insulation, high efficiency water heaters, appliance replacement such as refrigerator, freezer, dishwasher, clothes washer and other efficiency improvements; loan amounts vary by building or business type.

FREE HOME WEATHERIZATION helps with caulking, weather stripping, insulation, furnace replacement if needed and provides a safety inspection on combustion appliances

Nebraska Equal Opportunity Commission

Nebraska Equal Opportunity Commission - Lincoln

Phone(s): (402) 471-2024
5th Floor
301 Centennial Mall South
Lincoln, NE 68508

SAFEGUARDS THE RIGHTS of all employed persons in the State to obtain and hold employment without discrimination resulting from one or more of the protected basis of race, color, national origin, religion, sex (including pregnancy), disability, marital status, age, or retaliation

ELIMINATES UNLAWFUL DISCRIMINATION in the acquisition, ownership, possession, or enjoyment of housing in Nebraska

ENSURES the full and equal enjoyment of any place of public accommodation without subjection to unlawful discrimination

RECEIVES AND INVESTIGATES charges of unlawful discrimination practices in Nebraska relating to employment, housing and public accommodations

EDUCATION, mediation, and conciliation, attempting to eliminate unlawful discrimination

HOLDS PUBLIC HEARINGS and makes case referrals for litigation through the Attorney General's office to carry out the purposes of the statutes administered by NEOC

SERVES persons who are victims of alleged unlawful discrimination by employer, union, provider of housing, housing financier, or public proprietor due to membership in designated protected classes

TRAINING is provided in these areas

Nebraska Foster and Adoptive Parent Association

Phone(s): (402) 476-2273, (877) 257-0176, (402) 768-6803
315 South 9th Street, Suite 10
Lincoln, NE 68508

INFORMATION AND SUPPORT to current and prospective foster and adoptive families, including mentoring, support groups, educational conferences and training, and community referrals

Nebraska Future Business Leaders of America

Phone(s): (402) 471-4865
Nebraska Department of Education
301 Centennial Mall South
Lincoln, NE 68509-4987

CAREER education student organization that provides leadership training and helps prepare students for careers in business and business-related occupations

COORDINATES fall leadership and state leadership conferences

CONDUCTS state officer training

DEVELOPS resources

PROVIDES membership information

Nebraska Game and Parks Commission

Phone(s): (402) 471-0641
2200 North 33rd Street
Lincoln, NE 68503

MAINTAINS and provides information of the state and federal camping areas, state and historical parks, outdoor recreational areas, trails, and wildlife

INFORMATION about hunting, fur harvesting, fishing sites and population status, wildlife management areas, and boating safety

PERMITS and license for fishing, hunting licenses and boating

ENFORCES fish and wildlife laws and regulations

LOCATIONS:

Alliance: 299 Husker Road, 69301 (308) 763-2940

Basset: 524 Panzer Street, 68714 (402) 684-2921

Kearney: 1617 1st Avenue, 68847 (308) 865-5310

Lincoln: 2200 North 33rd Street, 68503 (402) 471-0641

Norfolk: 2201 North 13th Street, 68701 (402) 370-3374

N Platte: 301 East State Farm Road, 69101 (308) 535-8025

Omaha: 1212 Bob Gibson Boulevard, 68108 (402) 595-2144

21502 Highway 31, Gretna, 68028 (402) 332-3901

Nebraska Health Care Association, Inc.

Nebraska Assisted Living Association

Phone(s): (402) 435-3551
3900 Northwest 12th Street, Suite 100
Lincoln, NE 68512

EDUCATIONAL PROGRAMS and information about assisted living facilities in Nebraska

Nebraska Health Care Association, Inc.

Phone(s): (402) 435-3551
3900 Northwest 12th Street, Suite 100
Lincoln, NE 68512

EDUCATIONAL PROGRAMS and public information about long term care facilities through publications, periodicals, pamphlets and long term health care references

NEBRASKA LONG TERM CARE LEARNING CENTER focuses on education for the long term care environment and are available to the public

Nebraska Hospice and Palliative Care Partnership

Phone(s): (402) 477-0204
3900 NW 12th Street
Lincoln, NE 68521

INFORMATION ABOUT HOSPICE

INFORMATION ABOUT Nebraska's hospice programs, including services provided, sources of payment, contact information, and geographic coverage information

Nebraska Investment Finance Authority (NIFA)

Affordable First-Time Homebuyer Loans - NIFA

Phone(s): (402) 434-3900, (800) 204-6432
200 Commerce Court
1230 O Street
Lincoln, NE 68508

LOW-INTEREST rate loans for first-time homebuyers through local lenders

SEARCHABLE DATABASE online includes affordable rental apartments located throughout Nebraska

FINANCIAL RESOURCES for agricultural, manufacturing, medical, and community development

Nebraska Library Commission

Talking Book and Braille - Nebraska Library Commission

Phone(s): (402) 471-4038, (800) 742-7691

The Atrium
1200 N Street, Suite 120
Lincoln, NE 68508-2023

FREE LIBRARY SERVICE offering materials in special formats, such as Braille and books and magazines recorded on cassette

BOOKS AND MAGAZINES circulation primarily through the mail (postage-free)

SPECIAL PLAYBACK EQUIPMENT to eligible borrowers

INFORMATION AND REFERRAL SERVICES for specialized materials and services

Nebraska Office of the Corporation for National and Community Service

Phone(s): (402) 437-5493, (402) 437-5474

100 Centennial Mall North, Suite 274A
Lincoln, NE 68508

AMERICORPS AND VISTA member funding and approval

GRANTS for the National Senior Service Corp

FUNDING for the Foster Grandparent, Senior Companion, and Retired and Senior Volunteer programs

VOLUNTEERS AND VOLUNTARISM PROMOTION in collaboration with the Nebraska Volunteer Service Commission

Nebraska Ombudsman

Phone(s): (402) 471-2035, (800) 742-7690, (402) 471-5087

State Capitol, 8th Floor
Lincoln, NE 68509

INVESTIGATES and, when appropriate, recommends resolution of citizen complaints relating to administrative agencies of state government

REFERRALS and government information to citizens

PUBLIC COUNSEL for Nebraska

Nebraska Parental Information and Resource Center

Phone(s): (402) 677-2684, (877) 843-6651

215 Centennial Mall South, Suite 200
Lincoln, NE 68508

INFORMATION AND RESOURCES for parents of children ranging from birth through 12th grade; technical assistance to schools to strengthen parent involvement

Nebraska Prevention Center for Alcohol and Drug Abuse

Phone(s): (402) 472-6046

233 Teachers College Hall-UNL
Lincoln, NE 68588-0345

CONSULTING/EXPERT technical assistance for prevention program development, needs assessment, data collection and analysis, and all types of evaluation for programs dealing with alcohol, tobacco and other drug abuse in Nebraska

TRAINING FOR Nebraska agencies and groups working in the prevention and assessment of the alcohol and drug abuse problem in Nebraska, especially among Nebraska's youth

UNIVERSITY courses for individuals working in disease prevention and control, health promotion, and public health

Nebraska Public Service Commission

Phone(s): (402) 471-3101, (800) 526-0017, (402) 471-0225, (402) 471-0217, (402) 471-0237

300 The Atrium
1200 N Street
Lincoln, NE 68509-4927

STATE AGENCY which monitors and enforces standards and regulatory policies for telecommunications; passenger motor transportation and moving companies; manufactured homes, modular homes and recreational vehicles; grain warehouses; and natural gas.

NEBRASKA EQUIPMENT DISTRIBUTION PROGRAM provides monetary assistance for purchasing specialized telecommunications equipment which may include computer conversion packages, amplified phones, TTY/TT, telephone amplifier, telephone ring signals, CapTel ('Captioned Telephone') and voice carry-over (VCO)-TT; must meet the professional

certification of impairment guidelines to be eligible for assistance; there are no income guidelines. Upon approval of the application, a voucher is issued and the applicant can purchase compliant equipment at any location.

NEBRASKA TELEPHONE ASSISTANCE PROGRAM (NTAP) serves persons receiving benefits through Supplemental Security Income, Food Stamps, Medicaid (including children's programs), Federal Public Housing Assistance or Low Income Energy Assistance Plan. The program provides half of the telephone service connection charge (up to \$30.00) for eligible persons. The program also provides a monthly discount of up to \$13.50 for basic local telephone service. The application is available in English and Spanish at Nebraska Health and Human Services, and the Nebraska Public Service Commission or can be downloaded from the website

Nebraska Republican Party

Phone(s): (402) 475-2122
1610 N Street
Lincoln, NE 68508

NEBRASKA REPUBLICAN PARTY is an organization for Republicans in the state of Nebraska. Fundraising activities and promotion of Republican candidates.

Nebraska Safety Council, Inc.

Phone(s): (402) 483-2581, (402) 483-2511
3243 Cornhusker Highway, Suite 10
Lincoln, NE 68504

PROMOTES safety and health education through training, products and services; focuses on safety on our roads, in our workplaces and in our homes/communities; a chapter of the National Safety Council

ADULT BEHIND-THE-WHEEL DRIVING provides training to adults who want to learn how to drive a motor vehicle

ADULT DRIVER MANUAL PREP COURSE provides classroom training to assist adults in preparing to take the written exam at the Nebraska Department of Motor Vehicles

DRIVING SERVICES - ADD (Attitudinal Dynamics of Driving) focuses on changing the behavior of problem drivers by offering education about the consequences of offensive driving, collisions and moving violations

DEFENSIVE DRIVING provides education about traffic death and injury prevention, as well as safe driving issues including airbags, antilock braking systems, safety belts, child restraints, and substance abuse

STOP (Safety Training Option Program) traffic Diversion program for minor traffic citations; students complete an 8-hour defensive driving course and the minor traffic citation is dismissed; can only take STOP once every three years

TEEN DRIVER EDUCATION PROGRAM, certified by the Nebraska Department of Motor Vehicles, for youth who want to learn how to drive a motor vehicle and obtain the POP (Provisional Operators License); the program provides 22 hours of classroom instruction and 5 1/2 hours hands-on behind the wheel training

WORKPLACE SERVICES:

FIRST AID/CPR/AED offered monthly; on-site classes are also available for organizations; first aid certificates good for three years, and CPR/AED certificates are good for two years

WORKPLACE SAFETY TRAINING offers safety and health training for safety professionals, managers, supervisors and employees; types of programs include compliance courses for OSHA, EPA and D.O.T., safety committees, accident/incident investigation, safety inspections, first aid/CPR/AED training, blood borne pathogens training and many more; provides consulting services for organizations such as industrial hygiene services, walk-through inspections, and development of written safety programs

Nebraska State Bar Association

Nebraska State Bar Association

Phone(s): (402) 475-7091
635 South 14th Street
Lincoln, NE 68508

LEGAL INFORMATION for free or at a reduced fee for those who meet the income guidelines

LAWYER REFERRAL service

SPEAKERS BUREAU, form provided on the web site

Volunteer Lawyers Project - Nebraska State Bar Association

Phone(s): (402) 475-7091, (800) 742-3005
635 South 14th Street
Lincoln, NE 68508

VOLUNTEER legal assistance program for civil legal matters

REFERRALS to Nebraska attorneys for assistance in a civil matter; the Volunteer Lawyers Project will not provide legal advice, but will refer callers to a private attorney panel member

Nebraska State Patrol

Nebraska State Patrol – Lincoln

Phone(s): (402) 471-4545
PO Box 94907
Lincoln, NE 68509-4907

STATE LAW ENFORCEMENT

ROAD CONDITIONS call 5-1-1

TRAVELERS AID may help with a voucher from the Salvation Army (when funds are available) for a tank of gas if person is on the highway outside Omaha city limits

SEX OFFENDER REGISTRY list is on the website

HIGHWAY HELPLINE *55 on cellphone, or 1-800-525-5555

Nebraska State Stroke Association

Phone(s): (888) 808-5678, (402) 484-8131
6900 L Street, Suite B
Lincoln, NE 68510

PREVENTION EDUCATION, including newsletters, library, and resources

PEER VISITATION program is offered for stroke patients and their caregivers in the Omaha and Lincoln areas

SUPPORT GROUPS:

Stroke support group in Lincoln for stroke survivors and their families/caregivers

Nebraska Urban Indian Medical Center

Nebraska Urban Indian Medical Center

Phone(s): (402) 434-7177
2331 Fairfield Street
Lincoln, NE 68521

GENERAL HEALTH CARE to persons who are insured or uninsured, regardless of a person's race, religion, income status or age

HIV/AIDS education, counseling and testing

DIABETES testing and education

CONTRACEPTION

CHILD BIRTH and parent education

CANCER INFORMATION for breast and cervical cancer

PHYSICAL examinations

PODIATRY

PEDIATRIC CARE

MENTAL HEALTH counseling

PRESUMPTIVE Medicaid

TUBERCULOSIS testing

TRANSPORTATION may be scheduled at least 24 hours in advance of an appointment for a sliding fee scale

DRUG and alcohol evaluations

Support Groups - Nebraska Urban Indian Health Coalition, Inc.

Phone(s): (402) 434-7177
2331 Fairfield Street
Lincoln, NE 68521

MALE BATTERERS - a men's support group.

TALKING CIRCLE - a domestic violence women's support group where women can discuss abusive relationships.

Nebraska Volunteer Service Commission

Phone(s): (402) 471-6225, (800) 291-8911
State Capitol, 6th Floor
Lincoln, NE 68508

PROVIDES THE GRANTING AND OVERSEEING FOR THE AMERICORPS (the 'domestic Peace Corps') Program in Nebraska. The Commission promotes, supports, and provides training and technical assistance for AmeriCorps State members and community-based Learn and Serve programs.

PROVIDES THE GRANTING AND OVERSEEING OF THE NEBRASKA CITIZEN CORPS Program, part of the USA Freedom Corps network. Provides support through training and technical assistance for Citizen Corps Councils in Nebraska.

PROMOTES VOLUNTEERING throughout Nebraska through the Governor's Points of Light Awards and the First Lady Outstanding Community Service Awards.

PROMOTES NATIONAL DAYS OF SERVICE, like Martin Luther King Jr. Day, Youth Service Days, Make a Difference Day, and Join Hands Day.

PLANS AND COORDINATES the annual Governor's Conference on Community Service.

LEAD AGENCY in Nebraska for Disability Disaster Preparedness.

Nebraska Wesleyan University

Cochrane Woods Library - Nebraska Wesleyan University

Phone(s): (402) 466-2371, (402) 465-2400
5000 St Paul Avenue
Lincoln, NE 68504

PROVIDES ACADEMIC LIBRARY services to Nebraska Wesleyan University students, faculty, staff and the public.

Nebraska Wesleyan University

Phone(s): (402) 466-2371, (402) 465-2110
5000 St Paul Avenue
Lincoln, NE 68504

OFFERS FORTY-SEVEN MAJORS in the following eighteen departments: art, biology, business administration and economics, chemistry, communication and theatre arts, education, English, health and human performance, health sciences, history, math and computer science, modern languages, music, nursing, physics, political science, psychology, religion and philosophy, and sociology/anthropology/social work

STUDENTS MAY ALSO PURSUE interdisciplinary/interdepartmental majors, including biochemistry and molecular biology, biopsychology, business-psychology, business-sociology, political communication, communication studies, global studies, information systems, international business-language, paralegal studies, sport management and women's studies

University College - Nebraska Wesleyan University

Phone(s): (402) 466-2371, (402) 465-2329
5000 St Paul Avenue
Lincoln, NE 68504

BACHELOR'S DEGREES are available in business administration, social work, and sociology, as well as a completion program for a Bachelor of Science in Nursing (B.S.N.), through

accelerated, evening, and other alternatively scheduled classes to nontraditional students

GRADUATE DEGREES of Master of Forensic Science, Master of Historical Studies and Master of Science in Nursing are available

OTHER CREDIT COURSE offerings are available - contact the office for details

Nebraska Workforce Development

Nebraska Workforce Development - Lincoln

Phone(s): (402) 471-2275, (402) 471-2786, (402) 441-4924, (402) 471-2276
1010 N Street
Lincoln, NE 68508

JOB BANK provides a computer listing of job openings including America's Job Bank, a national database.

CAREER COUNSELING assists job seekers in career choices, job changes and adjustments. Offers career counseling which includes job seeking skills workshops providing information about applications, resumes, cover letters, networking and tapping the hidden job market. Clients can access "Quest" and "Skills," computer programs which offer self-directed career guidance.

JOB PLACEMENT assists job seekers to acquire jobs and employers to fill job positions. Offers a Job Resource Library which allows job seekers to browse through Nebraska Joblink and America's Job Bank database for statewide and national listings. Job openings may be accessed 24 hours daily through a personal computer and modem; call for address. Additional services include proficiency tests (typing and data entry); aptitude testing; and placement services for youth, older workers, and migrant/seasonal farm workers.

ONE STOP COOPERATIVE COMPUTER LAB provides assistance with resumes, cover letters, and on-line applications; classes or tutorials in basic computer and job search skills; and an open lab to practice skills or for individual assistance.

SUPPORT GROUP

EXPERIENCE UNLIMITED provides an opportunity for networking and speakers to assist unemployed professionals with the changes and challenges of being unemployed. The group meets on Thursdays, 12:00pm-1:00pm at the Bennett Martin Public Library, 14th and M Street.

VETERANS PLACEMENT SERVICES offers a Job Resource Library which allows job seekers to browse for statewide jobs and national listings through America's Job Bank database. Job openings may be accessed 24 hours daily through a personal computer and modem; call for address. Additional services include career counseling; job seeking skills workshops; and access to "Quest" and "Skills," computer programs which offer self-directed career guidance. Eligibility includes veterans who have served 180 days active duty and were discharged with other than a dishonorable discharge; discharged because of a service connected disability; or member of a reserve, called to active duty and discharged with other than a dishonorable discharge.

Nebraskans for Peace

Phone(s): (402) 475-4620
941 O Street, Suite 1026
Lincoln, NE 68508

STATEWIDE CITIZEN'S ADVOCACY organization promoting peace with justice through community building, education and non-violent political action

EDUCATIONAL MATERIALS, speakers, and forums on issues relating to peace and justice

NEWSLETTER PUBLISHED nine times per year

ANNUAL MEETING each fall

NeighborWorks

Phone(s): (402) 477-7181
2121 North 27th Street
Lincoln, NE 68503

AFFORDABLE HOUSING assistance for low to moderate income families who are first-time buyers

HOME BUYER training

FORECLOSURE prevention assistance

HOME REHABILITATION

PROBLEM PROPERTY program rehabilitates or replaces dilapidated homes in Lincoln's older neighborhoods

HIGH SCHOOL construction houses - Lincoln High School construction trades students build a new house, under supervision of their instructor; the house is then sold to a qualified first-time homebuyer

Norris Area Food Pantry - Shepherd of the Hills Church

Phone(s): (402) 792-2901
6901 Panama
Hickman, NE 68372

FOOD for emergencies

HOLIDAY BASKET for Thanksgiving, Christmas, and Easter

DONATIONS accepted from area churches, groups, and schools

Northeast Family Center

Phone(s): (402) 471-3700, (402) 471-9023, (402) 471-1047, (402) 471-9026
6220 Logan Avenue
Lincoln, NE 68507

EARLY CHILDHOOD EDUCATION:

EARLY LEARNING CENTER, a state licensed, full-time childcare program with academic and enrichment approach for ages 6wk-12yr. Title XX accepted and scholarship assistance available. Monthly family nights and no charge monthly Parents as Teachers visits are included. Renee, 471-9030, Renee@NFCLincoln.org

PRESCHOOL offers a state licensed, part-time academic based preschool program for children 3-5. Title XX accepted and scholarship assistance available. Morning and afternoon classes in 2, 3, and 5 day options. Nancy, 471-3708, Nancy@NFCLincoln.org

YOUTH DEVELOPMENT:

ADHD TUTORING & FAMILY SUPPORT, one-on-one tutoring offered weekly for elementary students with ADHD; once monthly family support group offered as part of program with family meal. Kodi, (402) 471-1047, Kodi@NFCLincoln.org

BROWNELL COMMUNITY LEARNING CENTER offers before and after school care and enrichment clubs as well as family nights and family support programs for families at Brownell Elementary School; full-time summer programs open to all students in Lincoln and surrounding communities; Title XX accepted and scholarship assistance available. Kodi, (402) 471-1047, Kodi@NFCLincoln.org

ACADEMY OF ROCK music enrichment program for youth in grades K-12 focusing on music appreciation and application, playing in a band

and more; beginner to advanced classes, evenings/weekends and full-time summer programs; scholarship assistance available. Jason, 471-1828, Jason@NFCLincoln.org

FAMILY SUPPORT:

FOOD DISTRIBUTION offers weekly distribution of perishable and non-perishable food to low-income families on Tuesdays from 4 pm-6 pm at the Havelock United Methodist Church; offered at the same time/location as Food Net and families are encouraged to participate in both programs. Northeast Family Center, 471-3700

STRENGTHENING FAMILIES PROGRAM is a nationally and internationally recognized parenting and family strengthening program; SFP aims to significantly reduce problem behaviors, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance; class meets weekly with trained facilitators offering parent, child and family group times; family meal provided. Tonya, (402) 471-3700, Tonya@NFCLincoln.org

PARENTS AS TEACHERS parent education program provides in-home visits with a certified Parent Educator once per month; ensures that parents gain the knowledge about child development necessary to help their children grow optimally during these critical early years, and that children gain the early childhood education necessary for school-readiness. Ramona, 471-9026, Ramona@NFCLincoln.org

Open Harvest

Phone(s): (402) 475-9069
1618 South Street
Lincoln, NE 68502

GROCERY COOPERATIVE for natural foods; contains a bakery, deli, organic produce, and vitamins/supplements, and is wheelchair accessible

FREE HOME BOUND delivery services on Thursdays for senior citizens and persons with disabilities residing within the Lincoln city limits

NUTRITIONAL information

COOKING CLASSES each spring

Ostomy Association - Lincoln (Support & Visiting Program)

Phone(s): (402) 421-7468, (402) 466-2886
Lincoln, NE 68506

PROVIDES SUPPORT by helping patients gain an active life after surgery

OSTOMIES are a surgically formed artificial opening which serves as the exit site for connections which the surgeon has made from the bowel or intestine to the outside of the body

People's City Mission

PCM Medical Clinic
401 North 2nd Street
Lincoln, NE 68508

FREE CLINIC staffed by volunteer physicians, dentists, optometrists, counselors and other medical professionals. Provides medical treatment and non-narcotic prescription medications for Shelter guests and walk-in patients with no insurance or other financial resources. Services include treatment for acute, non life-threatening problems which do not require X-ray or extensive laboratory facilities.

DENTAL CLINIC provides exams, screenings and some basic care. Call or check website for specific days.

EYE CLINIC provides eye exams, prescriptions for glasses, and free eye glasses. Call or check website for specific days.

VOLUNTEER OPPORTUNITIES for medical professionals at all levels, and individuals who can offer support services in the clinic. Opportunities include (but are not limited to) physicians, nurses at all levels, dentists, dental assistants, eye care professionals, counselors, receptionists, translators, pastors, clerical, computer support.

People's City Mission

Phone(s): (402) 475-1303, (402) 475-6888
110 Q Street
Lincoln, NE 68508

CHRISTIAN MINISTRY which provides shelter, food, clothing, counseling, and other emergency services to low-income families and individuals.

EMERGENCY SHELTER provides overnight shelter, three meals daily, shower and laundry facilities, case management, and referrals. The Family and Women's Shelter serves single

women with or without children, married couples with children, and single fathers with children. The Men's Shelter serves single men. Guests staying longer than thirty days must be actively participating in a self-sufficiency program. Youth programs are offered for children ages 6 weeks and older staying in the shelter with their families.

MEALS to anyone staying at the emergency shelters or day shelter, or anyone who just walks in

AGAPE CAFE provides free day shelter for men. Services include showers, laundry facilities, lockers, lunch, a place to receive mail, and case management.

CURTIS CENTER – transitional single-room-occupancy rental units with supportive services for homeless men.

WOMEN'S TRANSITIONAL HOUSING – transitional single-room-occupancy rental units with supportive services for homeless women.

VOLUNTEER OPPORTUNITIES – accepts groups, individuals, and people needing to complete required hours for school, court or other purposes. Opportunities include (but are not limited to) serving/preparing meals, class instruction, counseling, homework help, childcare, transportation, etc.

People's City Mission Distribution Center

Phone(s): (402) 475-6888
2101 N Street
Lincoln, NE 68508

FOOD PANTRY provides bread, produce, meat, and perishable food distributed daily (available to a household once a week). Provides seven-day food baskets (available on an emergency basis).

DISTRIBUTION CENTER provides walk-in services for low-income families and individuals including clothing, bedding, kitchenware, household items, furniture, personal care items, and baby items.

VOLUNTEER OPPORTUNITIES – accepts groups, individuals, and people needing to complete required hours for school, court or other purposes. Opportunities include (but are not limited to) clothing sorting and distribution, food distribution, furniture distribution, class instruction, counseling, etc.

HOLIDAY FOOD BASKETS provides food at Thanksgiving and Christmas; advance sign-up required.

People's Health Center

Phone(s): (402) 476-1455, (402) 476-1640
1021 North 27th Street
Lincoln, NE 68503

AFFORDABLE, COMPREHENSIVE primary health care especially for those with limited resources

GENERAL PHYSICAL exams

IMMUNIZATIONS

DENTAL

PHARMACY

WIC

HIV/STD testing

TRANSPORTATION

MENTAL HEALTH on a referral basis

PRENATAL care

RADIOLOGY (X-ray)

PFLAG (Parents/Families/Friends of Lesbians and Gays)

Phone(s): (402) 434-9880
PO Box 30128
Lincoln, NE 68503-0128

OPEN CONFIDENTIAL SUPPORT GROUPS for adults, teens, families and friends, including gay, lesbians, bi-sexual, transgender and straight spouses

EDUCATION and literature

ADVOCACY

NEWSLETTER

LIBRARY

SPEAKERS

MONTHLY programs

Planned Parenthood of Nebraska & Council Bluffs

Planned Parenthood of Nebraska & Council Bluffs - Lincoln

Phone(s): (402) 441-3332, (402) 441-3300,
(866) 631-7526
2246 O Street
Lincoln, NE 68510

PREGNANCY TESTING and information; abortion services; referrals for adoption and prenatal care

CONTRACEPTIVE information and services, including emergency contraception

SEXUALLY TRANSMITTED DISEASE information, testing, and treatment

HIV TESTING, confidential

SCREENING for breast and cervical cancer, diabetes, urinary tract infections, anemia, and high blood pressure

LIMITED FAMILY PRACTICE

EDUCATION and training center offers community education sessions for different age groups on topics including growth and development, sexual decision making, self-esteem, contraceptive options, sexual myths, menopause, talking to kids about sex, male issues in sexuality and sexual decision making, and parents as the primary sexuality educators of their children

SPEAKERS BUREAU

FULL GYNECOLOGICAL SERVICES by appointment

Planning Department, Lincoln City-Lancaster County

Phone(s): (402) 441-7491
County-City Building
555 South 10th Street, 2nd Floor
Lincoln, NE 68508

PLANNING SERVICES for Lincoln and Lancaster County to preserve, protect and enhance the community's quality of life, and further the efficient use and management of natural resources and compatibility of land uses and activities

PROCESSES zoning, subdivision, use permits and special permits; long range (20+years) comprehensive planning; capital improvements programming, Geographic information system (GIS); historic preservation; urban design; zoning appeals

Preservation Association of Lincoln

Phone(s): (402) 475-6006
Rogers House
2145 B Street
Lincoln, NE 68502

MEMBERSHIP organization interested in the preservation, research, and promotion of the "built environment" of Lincoln and Lancaster County including historic buildings, neighborhoods, towns, farms and landscapes

EDUCATIONAL "brown bag" slide talk on the 2nd Tuesday of each month at the Museum of Nebraska History, 15th and P Street; the program is rebroadcast on Channel 5

Ray of Hope

Phone(s): (402) 477-8610, (402) 484-5929, (402) 441-7940, (402) 483-4126
Our Savior's Lutheran Church
1200 South 40th Street
Lincoln, NE 68510

SUPPORT GROUP for people who have lost someone to suicide

Rebuilding Together

Rebuilding Together Lincoln

Phone(s): (402) 434-6313
3725 Pace Blvd
Lincoln, NE 68502

REPAIR WORK that the elderly or disabled homeowners cannot afford to hire done or cannot do themselves such as minor plumbing repairs, electrical work, step and porch repairs, and installation of hand rails; program has some limitations based on size of project and complexity of work needed; volunteers and/or trade professionals complete the work at no cost to the homeowner

Recovery, Inc.

Recovery, Inc. - Lincoln

Phone(s): (402) 476-9668, (402) 475-6702, (402) 447-4937
Westminister Presbyterian Church
2110 Sheridan Boulevard, Room 210
Lincoln, NE 68502

SUPPORT GROUP for persons with anxiety disorders, depression and/or other emotional problems (bipolar, obsessive compulsive, schizophrenia, anger problems, stress, etc)

Region V Services (Central Office)

Region V Services (Central Office)

Phone(s): (402) 471-6400
1430 South Street, Suite 203
Lincoln, NE 68502

VOCATIONAL, residential, and day services support and training to persons with developmental disabilities and/or related conditions

ADMINISTRATIVE OFFICE for all Region V Services county offices in southeast Nebraska

Region V Services - Lincoln

Phone(s): (402) 471-7037, (402) 471-0926, (402) 471-9222, (402) 471-6989
1430 South Street, Suite 201
936 North 70th Street
Lincoln, NE 68502

VOCATIONAL SERVICES

RESIDENTIAL SERVICES

DAY SERVICES

TRAINING

ServiceLinc - Region V Services

Phone(s): (402) 483-2929
145 South 56th Street, Suite B
Lincoln, NE 68510

EMPLOYMENT AGENCY for job seekers with developmental disabilities

CAREER planning

JOB placement

ONGOING support and consultation to employee and employee

Region V Systems

Region V Systems

Phone(s): (402) 441-4343
1645 N Street, Suite A
Lincoln, NE 68508

FORMERLY REGION V MENTAL HEALTH, Alcoholism, and Drug Abuse Program. Provides administrative supervision and administers state and federal funding for the operation of mental health, alcohol and drug services within a 16-county area of southeast Nebraska.

FAMILY AND YOUTH INVESTMENT provides intensive team facilitation and service coordination for youth with serious emotional

disturbances and their families. Eligibility for traditional program: Youth, ages 0-21, with behavioral concerns, diagnosed with a serious emotional disorder, at risk for out-of-home placement. Eligibility for transition age program: Young adults, ages 17-25, diagnosed with a serious and persistent mental illness, at risk of entering, or have entered, the adult emergency system. There is no charge to families for this program.

REGIONAL PREVENTION CENTER provides alcohol, drug and mental health prevention information, referral resources, technical assistance and advocacy for the public and providers. Facilitates community development and leadership in prevention planning on the local and regional level. The center's purpose is to help direct any interested person, group or organization to prevention services and providers in their area.

Safe Kids of Lincoln Lancaster County

Phone(s): (402) 441-4500
2900 O Street
Lincoln, NE 68510

MONTHLY COMMUNITY-WIDE car seat check events are offered at no charge; call for a schedule of events and to make appointments

Saint Elizabeth Regional Medical Center

Company Care - Saint Elizabeth

Phone(s): (402) 475-6656
5000 North 26th Street
Lincoln, NE 68528

SPECIALIZES IN the prevention, treatment, and management of work related injuries and illnesses

COMPREHENSIVE PHYSICAL and occupational therapy services

POST OFFER physicals

DRUG TESTING

INDEPENDENT MEDICAL evaluations

SECOND OPINIONS

CONSULTATIONS WITH A board certified Occupational Medicine physician

WORKERS COMPENSATION injuries

ERGONOMIC JOB-SITE evaluations and customized programs in proper lifting and preventative stretching

Home Care Services - Saint Elizabeth

Phone(s): (402) 219-7043
555 South 70th Street
Lincoln, NE 68510

HOME HEALTH nursing and aides

SKILLED NURSING

HOSPICE CARE provides in-home hospice services to help people stay in their homes as long as possible. Staff includes representatives from nursing, social service, pastoral care, and other home health disciplines under the supervision of a physician. Services are based on need, not ability to pay

PRIVATE DUTY home health aides and nursing services

THERAPIES, including physical, speech, and occupational

MATERNITY and children's care

MEDICAL social work

PALLIATIVE care

HOME MEDICAL equipment

Saint Elizabeth Regional Medical Center

Phone(s): (402) 219-8000, (800) 877-2876, (402) 219-7389, (402) 219-7142, (402) 219-7420
555 South 70th Street
Lincoln, NE 68510

HOSPITAL providing inpatient and outpatient health services to the residents of Lincoln and nearby communities

BURN AND WOUND CARE CENTER - provides comprehensive care for the most serious burn injuries and difficult to treat wound care by a team of physicians, nurses, physical and respiratory therapists, psychological and dietetic support. Treatments are available for difficult to heal wounds. Telephone (402) 219-7680 Toll Free (800) 877-2876

CHEST PAIN CENTER - offering care for those with possible heart attack symptoms; determination begins in the emergency department; an observation unit helps rule-in or rule-out heart attack.

CHILDREN'S AND PEDIATRIC SERVICES - a full care unit for pediatric patients, from infants to 18 years.

DIABETES PROGRAM - offers education and support to successfully manage diabetes and promote a healthy lifestyle through classes, support groups, and individual counseling; also offering free seminars in learning about your risk for Pre-diabetes. Telephone (402) 219-8777

FAMILY BIRTH CENTER - offers numerous birth options; operating suites on the same floor; certified lactation consultants and registered nurses are available to answer questions and offer assistance to mothers and babies. Telephone (402) 219-7070

HEART CENTER - offers rapid cardiac and vascular services including diagnostic studies, such as echocardiography, exercise treadmills, radionuclide studies and invasive treatments such as cardiac catheterization, pacemakers, and open heart surgery. Telephone (402) 219-7389

HOSPITALISTS - Inpatient Medicine Services, offers physicians board-certified in internal medicine and a nurse practitioner who specialize in the unique care of hospitalized patients; coordinates care with a patient's personal physician.

IMAGING CENTER - offers a 100% digital imaging, including digital mammography, and 3Tesla MRI for state-of-the-art sharpness of

images and detail for diagnostic and treatments.
Telephone: (402) 219-7323.

INTENSIVISTS - in-house physicians who specialize in caring for critically ill; they are based in the Critical Care Unit and coordinate care with a patient's personal physician.

NEONATAL INTENSIVE CARE UNIT - in-house neonatologists, highly specialized nurses including neonatal nurse practitioners, and clinical personnel provide treatments for newborns with special needs. Telephone: (402) 219-7420

ORTHOPAEDICS/JOINT CENTER/SPINE CENTER/NEUROSURGERY - provides a full range of orthopaedic and neurosurgery services; involve patient's family in education and the ongoing care of people undergoing total or partial hip or knee replacement or with spine surgeries. Telephone: (402) 219-7650

PARISH NURSE PROGRAM - provides educational training for persons interested in community health ministry. Telephone (402) 219-7314

RADIATION THERAPY CENTER - provides radiation therapy for cancer patients. Offers the linear accelerator with both On-Board Imager (IMRT) and IGRT to offer accurate tumor tracking and beam radiation control to spare healthy tissue surrounding tumors; a 120-leaf collimator for "shaping" radiation for accurate targeting of tumors and respiratory gating for real-time management of radiation delivery. Telephone 402-219-7930

SOCIAL SERVICES and CASE MANAGEMENT - provides support to hospitalized patients and their families who have social, economic or personal concerns that may aggravate medical problems. Services include assessment, discharge planning, crisis intervention, information and referral, and supportive counseling. Telephone (402) 219-7303

Scleroderma Support Group

Phone(s): (308) 227-1738

Saint Elizabeth Regional Medical Center
555 South 70th Street
Lincoln, NE 68510

SUPPORT GROUP that often features speakers specializing in scleroderma or related topics

Southeast Nebraska Mobile Diagnostic Services - Saint Elizabeth

Phone(s): (402) 219-7320

245 South 84th Street, Suite 110
Lincoln, NE 68510

DIAGNOSTIC SERVICES provided for rural hospitals include mammography and ultrasound diagnostic services

Telephone Line To Care - Saint Elizabeth

Phone(s): (402) 219-7000

555 South 70th Street
Lincoln, NE 68510

INFORMATION on various health topics, physician referral services, pediatric pre-admission tour, and registration for upcoming classes and events.

CAR SEAT FITTING STATION provides individualized instruction and fitting for children and expectant parents. Appointments available every Monday, Tuesday, Thursday, and Friday. \$20.00 fee per inspection/educational session.

PERINATAL EDUCATION provides education related to birthing, parenting, and breastfeeding. Classes include Prepared Childbirth with a Christian emphasis, Preparation for Breastfeeding, Infant Care and CPR, First Aid, Another Baby's Coming sibling class, individualized prenatal exercise, classes for parents expecting multiples, infant massage, sign language for babies, special classes for post partum preparation, and prenatal tours. Saint Elizabeth patients receive a free pregnancy newsletter. Internet classes also available.

WELLNESS CENTER provides health education/support services to the community and businesses, with an emphasis on the promotion and management of a healthy lifestyle. Classes include topics such as family wellness, smoking cessation, weight control, cholesterol reduction, conflict management and self-esteem. The following groups are sponsored by Wellness Center.

SUPPORT GROUPS:

1. Women's Health
2. Heart health
3. Menopause

Saint Marks United Methodist Church

Support Groups - Saint Marks United Methodist Church

Phone(s): (402) 489-8885
8550 Pioneers Boulevard
Lincoln, NE 68520

PROVIDES the following support groups. If child care is desired during any of the following meetings, please contact one week in advance.

DEPRESSION GROUP - provides information regarding depression with group interaction and licensed mental health practitioners. Meets Tuesdays, 7:00pm-8:30pm. No cost.

DIVORCE/RELATIONSHIP RECOVERY WORKSHOP - designed to help people through the process of a failed marriage or a broken relationship and gain a new start toward health and wholeness. Three 6-week sessions annually. Call for meeting schedules. Fee, \$20.

GRIEF SUPPORT GROUP - a 6-week support and informational program for those who have lost a loved one to death. Call for meeting schedule and fees.

MOVING AHEAD - a 6-week follow-up program to Divorce Relationship Recovery Workshop, focusing on the individual's determining future desires and setting goals toward healthier living. Three 6-week sessions annually following Divorce Recovery. Call for meeting schedules. Fee, \$20.

Saint Vincent DePaul Warehouse Store

Phone(s): (402) 438-3135, (402) 435-7968
St Vincent de Paul Society
1911 R Street
Lincoln, NE 68503

CLOTHING

FOOD

HOUSEHOLD items

UTILITY AND RENT assistance (limited) thru Helpline

Salvation Army - Lincoln

Community Center - Salvation Army
Phone(s): (402) 435-3035
1645 North 27th Street
Lincoln, NE 68503-1043

AFTER SCHOOL PROGRAMS

SUMMER DAYCARE

SMALL FRY BASKETBALL

COMPETITIVE YOUTH BASKETBALL LEAGUE with teams being sponsored by local business and tryouts held seasonally.

Salvation Army - Lincoln

Phone(s): (402) 474-6263, (402) 477-9276, (402) 435-3035
2625 Potter Street
Lincoln, NE 68503-1043

DISASTER SERVICES - includes an on-call emergency mobile home with food and water to assist disaster victims as coordinated through the American Red Cross.

FAMILY SERVICES - provides food, clothing, job listings, bread distribution and Christmas assistance to qualified persons. For Christmas food boxes, sign up November 26 to 30 and December 1st from 9 a.m. to 1 p.m. I.D. and social security numbers for all members of household as well as proof of residence are required.

FAN LOAN PROGRAM - loans fans, June through September. Qualifications include being a Lincoln-Lancaster County resident, low-income, 55 years of age or older or has documented medical problems.

HEAT SHARE - assists persons once a year who have received a shut off notice for utilities. Eligibility includes income, member in the household who is 6 months or younger, persons 55 years or older, disabled, or has documented medical problems.

PRISON TOY LIFT - provides men in prison a way to get presents to their children at Christmas time.

VOLUNTEER OPPORTUNITIES - available in the area of administration and education

WINTER NIGHT PROGRAM - provides free food, water, hats, gloves, coats and blankets at 14th and E. Street every Saturday night from 5:00pm to 8:00pm December through April.

Samaritan Counseling Center

Phone(s): (402) 483-5117
8650 Pioneers Boulevard
Lincoln, NE 68520-1308

PROFESSIONAL OUTPATIENT COUNSELING for individuals, couples, families (children, adolescents, and adults); including pre-marital and blended family counseling

CONSULTATION FOR CLERGY, congregations, business professionals, and organizations

WORKSHOPS AND RETREATS tailored to the needs of congregations, businesses, general public, etc. on topics such as stress management, anger control, assertiveness, trauma, positive communication, leadership development, ethics, boundaries, marriage, blended families and others

Self-Help Information Service of Nebraska

Phone(s): (402) 476-9668
1601 Euclid Avenue
Lincoln, NE 68502

COLLECTS and disseminates information about support groups to individuals, agencies, and publications

ASSISTANCE to individuals interested in starting self-help/support groups

Sesostris Shriners

Phone(s): (402) 474-6890
1050 Saltillo Road
Roca, NE 68430

FINANCIAL ASSISTANCE for children, infants through 17 years, needing orthopedic and burn related medical care; children in the system may continue with services through age 18; with special permission from the Imperial Shrine, children may continue in the system through age 21 years

Sewing for Babies, Inc.

Phone(s): (402) 305-5335
1402 North Cotner Boulevard Suite 404
Lincoln, NE 68505

CLOTHING AND BEDDING for premature and needy babies; preemie clothing available from 8 oz to 6 pounds

NEWBORN LAYETTES available for needy families - all at no charge

BURIAL LAYETTES for premature babies that do not survive

ALL ITEMS ARE GIVEN to individuals and agencies at no charge

SEWING FOR BABIES, INC has groups in Lincoln, Beatrice, Minden, Kearney, Columbus, and Omaha.

SHARE Iowa

SHARE - Lincoln

Phone(s): (402) 601-8956, (402) 464-3068, (402) 488-2923
Fourth Presbyterian Church
5200 Francis
Lincoln, NE 68512

FOOD COOPERATIVE, where, for two hours of volunteer service at a place of their choice, participants can purchase a \$35.00-\$40.00 supplemental food package of frozen meats, fresh fruits and vegetables at a reduced cost of \$18.00 in cash or food stamps to be paid the first and last week of the month

ORDERS for the following month can be placed when the food is picked up; a variety of other specialty packages available each month

VOLUNTEER resource referral, matching those who need help with those willing to serve

LINCOLN CENTER SHARE includes the following locations:
Coordinator: Glenna Showalter, 423-0962

Lincoln Action Program - Sign-up only
210 O St.
Lincoln, NE 68508
(402) 471-4515

CenterPointe - Sign-up only
1000 S. 13th St.
Lincoln, NE 68508
(402) 423-0962

F Street Community Center - Sign up only
13th and F Streets
Lincoln, NE 68508
(402) 441-7951

First Christian Church - Sign up on pick up day only; Distribution Site
430 S. 16th St.
Lincoln, NE 68508
(402) 475-4286

LINCOLN NORTHEAST SHARE includes the following locations:
Coordinator: Sharon Doll, 464-3068

Fourth Presbyterian Church - Sign up on pick up day only, Distribution Site
5200 Francis St.
Lincoln, NE 68504
(402) 466-9201

Faith United Methodist Church - Sign-up only
1333 N. 33rd St.
Lincoln, NE 68503
(402) 466-2797

First United Methodist Church - Sign-up only
2723 N. 50th St.
Lincoln, NE 68504
(402) 466-1906 Ext 1

Northeast Family Center - Sign-up only
5903 Walker Ave.
Lincoln, NE 68507
(402) 471-3700

Salvation Army - Sign-up only
2625 Potter St.
Lincoln, NE 68503
(402) 477-9276

St. Mark's United Methodist Church - Sign-up only
8550 Pioneers Blvd.
Lincoln, NE 68520
(402) 475-2244, John Braisted

LINCOLN MEDICAL EDUCATION
PARTNERSHIP (LMEP) SHARE
Coordinator: Vi Johnson

Stephen Carveth Family Education Center
4600 Valley Road, Room 331
Lincoln, NE 68510
(402) 540-6395

Social Security Administration

Social Security Administration - Lincoln

Phone(s): (866) 593-2880, (800) 772-1213, (866) 592-1755
100 Centennial Mall North, Room 191
Lincoln, NE 68508

SOCIAL SECURITY retirement, disability and survivor's benefits

SUPPLEMENTAL SECURITY INCOME for the aged, blind and disabled

MEDICARE ENTITLEMENT

APPLICATION FOR social security cards

INQUIRIES and maintenance regarding any of the above programs

PAYMENTS can be made to individuals using direct deposit (www.godirect.org) or a prepaid debit card (www.usdirectexpress.com)

South East Nebraska Area of Narcotics Anonymous

Phone(s): (402) 474-0405
Lincoln, NE 68501

SUPPORT GROUP for persons with drug addiction

Southeast Community College

Southeast Community College – Lincoln

Phone(s): (402) 471-3333, (800) 642-4075
8800 O Street
Lincoln, NE 68520

COMMUNITY COLLEGE provides education and training for careers in vocational technical areas; Most programs can be completed in one to two years, although prerequisites may be required in some career programs

ACADEMIC TRANSFER PROGRAM offered as well as career/technical programs including: Associate Degree Nursing; Automotive Technology; Business Administration; Business Information Technology; Computer Aided Design Drafting; Criminal Justice; Dental Assisting; Early Childhood Education; Electronic Systems Technology; Emergency Medical Services/Paramedic; Laboratory Science Technology; Fire Protection Technology; Food Service/Hospitality; Health Information Management Systems; Human Services; Machine Tool Technology; Medical Assisting; Medical Laboratory Technology; Microcomputer Technology; Motorcycle, ATV, & Personal Watercraft Technology; Practical Nursing; Professional Truck Driver Training; Radiologic Technology; Renewable Energy Technology; Respiratory Care; Surgical Technology; Visual Publications; and Welding Technology.

ONLINE PROGRAMS also offered: Business Administration, Business Information Technology,

Dental Assisting, Food Service Certifications, Microcomputer Technology, Practical Nursing, Radiologic Technology, Respiratory Care, Surgical Technology, and a full complement of Academic Transfer and general education courses

St. Monica's

Phone(s): (402) 441-3768
120 Wedgewood Drive
Lincoln, NE 68510-4894

PROVIDES treatment for women and adolescent girls with substance abuse and/or mental health issues

INDIVIDUAL and group counseling

SUBSTANCE abuse assessment and evaluations

LIFE skills training

TOPICAL groups on parenting

RELAPSE prevention

WOMEN and the 12 steps

SPIRITUALITY

RELATIONSHIPS

HEALTH and nutrition

CHILD care and transportation assistance is available

PROGRAMS include: Primary Treatment: Short-Term Residential; Secondary treatment - Therapeutic Communities: Project Mother and Child (PMC), New Beginnings (NB) for women and their children, Project Strong Families (PSF) for pregnant and postpartum women and their children (both primary and secondary levels of care); Outpatient (Relapse Prevention).

StarTran

Phone(s): (402) 441-7185, (402) 476-1234, (402) 441-8619
710 J Street
Lincoln, NE 68508

BUS SERVICE within the City of Lincoln

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

State Probation Office - District 20 Juvenile Probation

Phone(s): (402) 441-7364
575 South 10th Street
Lincoln, NE 68508

PREPARES court reports for the Juvenile Court of Lancaster County

SUPERVISES youth placed on probation or temporary orders of supervision by the Juvenile Court of Lancaster County

Tabitha Health Care Services

Tabitha Health Care Services

Phone(s): (402) 483-7671, (402) 486-8520, (800) 418-9335
4720 Randolph Street
Lincoln, NE 68510

ADULT DAY SERVICES a day program for adults provided in Tabitha Intergenerational Center

CASE MANAGEMENT ongoing case management services, including care management and needs identification through Tabitha Health Care Services, post-hospitalization discharge needs assistance with reimbursement options, assisting clients through the complex maze of Medicare regulations and private insurance.

GREEN HOUSE PROJECT® 9-bedroom residence in Lincoln licensed, staffed and equipped to provide long-term care in a private residence.

HOME CARE SPECIALTIES nurses, home health aides and personal care attendants provide in-home services for persons of all ages who are not covered by Medicare or Medicaid, or who seek more care than Medicare covers. Serves all or part of Adams, Buffalo, Butler, Cass, Clay, Douglas, Fillmore, Gage, Hall, Hamilton, Howard, Johnson, Lancaster, Merrick, Nance, Nemaha, Nuckolls, Otoe, Pawnee, Platte, Polk, Richardson, Saline, Sarpy, Saunders, Seward, Thayer and York counties. Services include assistance with activities of daily living including bathing, dressing, ambulation assistance, meal preparation, providing of safety supervision, grocery shopping errands. Skilled nursing services defined by the physician.

HOME HEALTH CARE Medicare certified intermittent skilled home health nursing and health aide services to individuals of all ages.

Serves persons in all or part of Adams, Butler, Cass, Clay, Fillmore, Gage, Hall, Hamilton, Johnson, Lancaster, Merrick, Nemaha, Otoe, Polk, Saline, Sarpy, Saunders, Seward and York counties.

HOSPICE Medicare certified in-home or facility care to persons with a terminal illness. The 11-bed Maseman Hospice Unit is also available at Tabitha Nursing & Rehabilitation Center in Lincoln. Hospice serves all or part of Adams, Buffalo, Butler, Cass, Clay, Douglas, Fillmore, Gage, Hall, Hamilton, Howard, Johnson, Lancaster, Merrick, Nance, Nemaha, Nuckolls, Otoe, Pawnee, Platte, Polk, Richardson, Saline, Sarpy, Saunders, Seward, Thayer and York counties.

INDEPENDENT LIVING Located in central Lincoln at 47th and Randolph Streets, Tabitha Village Apartments for ages 50+ is an independent living community of 112 one-bedroom apartments, as well as 16 two-bedroom cottages. The Walter Apartments at Tabitha is a 62+ independent living community in northwest Lincoln.

INTERGENERATIONAL CENTER a licensed child care center and day program center for adults.

LIFEQUEST REHABILITATION CENTER Provides a comprehensive rehabilitation center for older adults with private rooms. Services include physical, occupational and speech therapies and aquatic programs. Care is available on an inpatient or outpatient basis with transportation services.

MEALS ON WHEELS a hot noon meal to homebound and/or disabled individuals in Lincoln 365 days a year. Therapeutic meals are available.

NURSING & REHABILITATION CENTER sub-acute, transitional inpatient care; Hospice Care Unit; Alzheimer's/Dementia Care Unit; skilled and nursing facility services; long term care; physical, occupational and speech rehabilitation; and social activity services and pastoral care.

REHABILITATION coordinates rehabilitation services for inpatient, outpatient and home health care including physical, occupational and speech therapies. Home care rehabilitation serves persons in all or part of Adams, Butler, Cass, Clay, Fillmore, Gage, Hall, Hamilton, Johnson, Lancaster, Merrick, Nemaha, Otoe, Polk, Saline, Sarpy, Saunders, Seward and York counties.

Tabitha Village/The Walter at Tabitha
Phone(s): (402) 486-8595, (402) 435-3632
 841 South 47th Street
 Lincoln, NE 68510

SUBSIDIZED private rental independent living in protected apartment arrangement for people aged 62 and up.

AMENITIES include transportation, small pets allowed, emergency call service

ONSITE Health Clinic

TeamMates Mentoring Program

TeamMates Mentoring Program - Lincoln Public Schools

Phone(s): (402) 436-1990
 5901 O Street
 Lincoln, NE 68510

MENTORING PROGRAM a one-to-one, school-based mentoring program for 4th-12th grade LPS students.

VOLUNTEERS are matched with selected students to serve as a positive role model, meeting at least one hour a week during school hours for a variety of activities. Minimum two year commitment

TEAMS Educational Center (TEC)

Phone(s): (402) 483-5395
 4702 Prescott Avenue, Suite B
 Lincoln, NE 68506

TUTORING for deaf and heard-of-hearing students, as well as students with dyslexia and attention deficit

STUDY SKILLS

EDUCATIONAL SEMINARS

SIGN LANGUAGE CLASSES

INTERPRETING for the deaf

WORK SHOPS

TUTORING for the GED

HOME SCHOOL assistance

TUTORING for the military exam

The Arc of Lincoln/Lancaster County

Phone(s): (402) 421-8866
5609 South 49th Street, Suite 5
Lincoln, NE 68516

EDUCATION, information, advocacy, family networking, and support programs to individuals with developmental disabilities and their families ; Free video rentals on developmental disabilities through Russ's Markets

COORDINATES VACATIONS for individuals with developmental disabilities to various locations such as San Antonio Texas, Chicago Illinois, and Alaska by rail; vacationers pay for the trip of their choice, with trained caregivers providing assistance at a 1:3 ratio

SUPPORT GROUPS:

PEOPLE FIRST self-advocacy group for people over the age of 18 who have a developmental disability

PEOPLE FIRST JUNIOR self-advocacy group for youth ages 14-18

DAD'S EVENTS for fathers of children with disabilities

W.I.N (Women Investing in Now) for women who have a person with developmental disabilities in their lives

SIBSHOP FOR CHILDREN ages 8-13 who have a brother or sister with a disability

FAMILY CONNECTIONS monthly informal gathering that offers a menu of speakers on pertinent topics along with free dinner and free respite for family members with or without disabilities during the educational sessions

The Children's Tumor Foundation

The Children's Tumor Foundation - Nebraska Affiliate

Phone(s): (800) 323-7938, (402) 420-9460
4821 Sirhollow Lane
Lincoln, NE 68516

SUPPORT for those with neurofibromatosis

The HUB - Central Point for Young Adults

Phone(s): (402) 471-8526
835 South 12th Street
Lincoln, NE 68508

FOOD PANTRY

MARRIAGE COUNSELING

SUPPORT GROUPS

H.I.R.E help improve readiness for employment

Project H2O for is designed to serve female juvenile offenders as well as young women with various risk factors

COS is dedicated to serving youth who are homeless, have dropped out of school, are unemployed, are pregnant or parenting, and/or who are disconnected from family and community

LEAP is a comprehensive youth development program for young people who have experienced various barriers to academic and social success, and who have not had the opportunity to tap their leadership potential in positive ways,

YACT is an intervention for male juvenile offenders as well as young men that possess various risk factors that are hindering their personal growth and success

GED CLASSES are offered on Monday & Wednesday mornings from 10-Noon. Participants are instructed by a certified SCC GED Prep teacher. Assistance may be available to assist students in paying for GED exams

The Mediation Center

Phone(s): (402) 441-5740
610 J Street, Suite 100
Lincoln, NE 68508

DISPUTE RESOLUTION experts assist individuals and families in reaching mutually acceptable agreements to resolve conflict through the use of mediation. Cases most often mediated include parenting plans, divorce settlements, neighbor-to-neighbor disputes, landlord/tenant disputes, business and consumer matters, educational concerns, work-place disputes, Small Claims Court, etc. Also provide group/meeting facilitation and conflict resolution skills training.

The Victorian Retirement Center

Phone(s): (402) 474-4955
2501 Q Street
Lincoln, NE 68503

ASSISTED LIVING FACILITY

MEDICAL TRANSPORTATION

The Waterford at Williamsburg Assisted Living

Phone(s): (402) 423-0000
3940 Pine Lake Road
Lincoln, NE 68516

INDEPENDENT AND ASSISTED LIVING
RESPITE CARE
HOSPICE CARE

Union Bank

Union Bank - Magic Moments Holiday Program

HOLIDAY PROGRAM designed to grant special requests to individuals in the Lincoln community who are less fortunate than others; submit nominations on behalf of friends and family who are in need and deserving a special favor; wishes will be granted each business day for two weeks, 2009 dates to be announced

Union College

Phone(s): (402) 486-2600, (402) 486-2504, (800) 228-4600, (402) 486-2514, (402) 486-2508
3800 South 48th Street
Lincoln, NE 68506-4386

FOUR-YEAR COMPREHENSIVE COLLEGE with major programs in art, business, computer information systems, education, psychology, humanities, English, communications, history, international studies, music, nursing, physical education, science, mathematics, religion, social work, international rescue and relief, and a Master of Physician Assistant Studies

SPECIAL PROGRAMS, clubs, and activities for minorities, youth and elderly persons

ACADEMIC LIBRARY with online reference, inter-library loan and document delivery. Hours 8:30am-10:30pm, Monday-Thursday; 8:30am-1:00pm, Friday; closed Saturday; 1:00pm - 10:30pm, Sunday. Services are available to Union College students, faculty and staff members, patrons of reciprocal libraries, as well as any adult Lincoln resident

COLLEGE STUDENTS VOLUNTEER their services for a variety of projects at no cost

United Way of Lincoln and Lancaster County

Phone(s): (402) 441-7700
206 South 13th Street, Suite 100
Lincoln, NE 68508

COORDINATES an annual community-wide charitable fund raising campaign for local human services delivered through affiliated agency programs

FUNDS raised in the community are distributed to programs based on United Way focus areas Investing in Children and Youth and Assisting those in Crisis

COMMUNITY PARTNERSHIP, coalitions and planning are supported through participation in Community Services Initiative, affiliation with City/County Joint Budget Committee, and Funders' Group

INFORMATION AND REFERRAL is supported through participation in 2-1-1

BORN LEARNING WEB INFORMATION and education for parents and caregivers on how to turn everyday moments into fun learning opportunities

BORN LEARNING PARENTING MATERIALS available from several Lincoln agencies; call for list

SCHOOL READINESS information and materials for parents and caregivers

University of Nebraska - Lincoln

Barkley Speech and Hearing Clinic - UNL

Phone(s): (402) 472-2071
42nd and Holdrege Street
Lincoln, NE 68583-0732

EDUCATIONAL program for University students in the Speech-Language Pathology and Audiology program

RESEARCH in the areas of communicative disorders

DIAGNOSTIC and treatment services for individuals displaying speech, language and/or hearing problems

CLINICAL audiological and communication disorder services

Bright Ideas Traumatic Brain Injury Support Group**Phone(s):** (402) 472-5462UNL - 253 Berkley Memorial Center
Lincoln, NE 68588

SUPPORT GROUP for those who have experienced traumatic brain injury and their loved ones

Civil Clinical Law Program - UNL**Phone(s):** (402) 472-3271University of Nebraska, Lincoln
172 Welpton Courtroom
Lincoln, NE 68583-0902

CERTIFIED senior law students, working through the Civil Clinical Law Program at the University of Nebraska, College of Law, provide free legal services in certain types of civil legal cases to low-income persons.

Counseling and School Psychology Clinic - UNL**Phone(s):** (402) 472-1152Teachers College 14th and Vine Street
Lincoln, NE 68588

ADULT family, and couples counseling

INDIVIDUAL child and adolescent therapy

ACADEMIC and school consultation

PEDIATRIC behavior therapy

PSYCHOLOGICAL and education evaluations

CAREER counseling

Educational Talent Search - UNL**Phone(s):** (402) 472-8989, (402) 472-8994220 Administration Bldg.
Lincoln, NE 68588-0494

IDENTIFIES disadvantaged youth and young adults, 11-27 years, who have potential for post-secondary education, and encourages them to graduate from secondary schools and enroll in post-secondary education

STAFF encourages high school dropouts to return to school

Family Resource Center - UNL**Phone(s):** (402) 472-5035, (402) 472-292335th and East Campus Loop
Lincoln, NE 68583-0801

GRADUATE STUDENTS in-training offer counseling for individuals, couples and families.

Students are supervised by faculty from the Department of Family and Consumer Sciences. Clients may call for an appointment, and an initial interview is usually made within 24 hours.

Common issues addressed:

RELATIONSHIP CONFLICTS

PARENT-CHILD CONFLICTS

DEPRESSION

ANXIETY

DOMESTIC ABUSE

CHILD ABUSE

SELF-ESTEEM ISSUES

CULTURAL ISSUES

ANGER MANAGEMENT

DIVORCE ADJUSTMENT

SCHOOL PROBLEMS

BEHAVIOR PROBLEMS with children and adolescents

TRAUMATIC EXPERIENCE ISSUES

Independent Study High School Program - UNL**Phone(s):** (402) 472-4422900 North 22nd Street
Lincoln, NE 68588-8101

FULLY accredited high school diploma program conducted through on line and correspondence courses. Students may take individual courses to supplement their local program or earn a diploma.

Nebraska Human Resource Institute - UNL**Phone(s):** (402) 472-3477245 Mable Lee Hall
Lincoln, NE 68508-0237

UNIVERSITY of Nebraska students serve as positive role models for children, grades 1-12 in Lincoln Public Schools, to enhance children's self-esteem and potential for leadership through interpersonal relationships

OFFERS workshops and seminars to organizations and groups of people about leadership development and human potential

Psychological Consultation Center - UNL**Phone(s):** (402) 472-2351325 Burnett Hall
Lincoln, NE 68588-0311

CLINICAL psychology doctoral students provide assessment and therapy for psychological problems to individuals, families or couples and are supervised by a staff of licensed psychologists

TREATMENT is available for problems such as depression, anxiety, eating disorders, marital conflict, social phobia, child/parent conflict, mood disorders, adjustment problems, family violence, and relationship problems

SUBSTANCE abuse counseling

ANXIETY Disorders Clinic provides comprehensive assessments and short-term psychosocial treatments of anxiety disorders

FAMILY Interaction Skills Clinic which helps clients address problems of parent-child conflict and the consequences of child abuse and neglect

Ruth Staples Child Development Lab - UNL

Phone(s): (402) 472-1675

35th and Fair Street

Lincoln, NE 68583-0830

TEACHING/RESEARCH laboratory which provides a preschool open to the public, and child care services for children of University students and/or personnel.

University of Nebraska – Lincoln

Phone(s): (402) 472-7211, (402) 472-2023, (402) 472-2030, (402) 472-5500, (402) 472-7488
14th and R Streets
Lincoln, NE 68588

DEGREE PROGRAMS at the undergraduate, graduate and professional level

UNIVERSITY HEALTH CENTER provides basic health maintenance and comprehensive health care to University of Nebraska students. Offers outpatient services and acute care or emergency services. Services include an allergy clinic, birth control information and counseling, dental office, dermatology clinic, diet and nutrition information and counseling, drug education program, East Campus Health Clinic, health aide program, immunization clinic, laboratory, medical records, counseling and psychological services, outpatient clinic, pharmacy, physical therapy, pregnancy information and counseling, radiology, peer alcohol and peer sexuality educators/sexuality education program, sexually transmitted disease including HIV/AIDS information and counseling, health promotion programs, smoking cessation classes, weight control classes, and referral to

specialty clinics. Travel immunization clinic available to public. Location - 15th and U Streets.

University of Nebraska - Lincoln Extension

Parents Forever - UNL Extension Lancaster County

Phone(s): (402) 219-7000

444 Cherrycreek Road

Lincoln, NE 68528-1507

PROVIDES guidance to parents (and their children) who are going through divorce or back to court for modification of custody. Teaches parents how to guide their children through the divorce with as little negative impact as possible. Meets the requirement for court ordered classes for divorcing parents.

KIDS Talk About Divorce class is also offered for children in grades Kindergarten through 6th grade and is free for elementary school children whose parent is attending Parents Forever.

CLASSES are offered at the Lancaster County Extension Office on the third Thursday of each month, 5:30pm - 9:30pm.

University of Nebraska - Lincoln Extension Lancaster County

Phone(s): (402) 441-7180

444 Cherrycreek Road., Suite A

Lincoln, NE 68528-1507

PROVIDES education on personal development, homeowner concerns, nutrition and foods, clothing, gardening assistance, household finance, family life, parenting, environmental awareness and agriculture

PROVIDES leadership and support for 4-H Youth Development program and adult volunteer programs. Information is provided through seminars, one-on-one discussions, formal/informal workshops and presentations, printed brochures, publications and the media

University of Nebraska Medical Center

College of Dentistry - UNMC

Phone(s): (402) 472-1333

40th & Holdrege Street

Lincoln, NE 68583-0740

EDUCATIONAL programs for students of dental hygiene and dentistry, and graduate courses in the areas of endodontics, pediatric dentistry, periodontics and orthodontics

DENTAL treatment for persons of all ages by students under the direct supervision of licensed faculty members. Patients are examined and a treatment plan which includes an explanation of the costs to be incurred is developed

Urban Development

One Stop Employment Solutions - Urban Development

Phone(s): (402) 441-7111, (402) 441-4920
1010 N Street, Suite 150
Lincoln, NE 68508

SKILL training and employment opportunities to adult, youth and dislocated workers. Training is provided in a formal classroom setting at a non-profit work-site or in the private sector through on-the-job training.

WIA Program

Urban Development

Phone(s): (402) 441-7606, (402) 441-7615, (402) 441-7864
808 P Street, Suite 400
Lincoln, NE 68508

DIRECT/DEFERRED PAYMENT LOAN - provides assistance for low and moderate-income home owners who do not qualify for the Home Improvement Loan Program and who are located in low/moderate income areas. Provides direct loans at 3% interest over a maximum of 20 years; if unable to get a direct loan, deferred payment loans are available at 0% interest with evaluations every 3 years to determine repayment ability.

EMERGENCY REPAIR LOAN - a 0% interest deferred payment loan, with no payments as long as the owner lives on the property, for emergency repairs (replacement of furnaces, water heaters, dangerous wiring, etc.) to very low income home-owners citywide. Income cannot exceed 50% of Lincoln median income.

FIRST HOME PROGRAM - provides assistance for low and moderate income first-time home buyers citywide who have not owned a home in 3 years. Must complete Home buyer Training offered by NeighborWorks@Lincoln. Deferred loan assistance is available for gap financing and housing rehabilitation. Annual income cannot exceed 80% of Lincoln median income.

HOME IMPROVEMENT LOAN - a 0% interest loan to low and moderate-income home owners wanting to make home improvements to older

homes citywide. Priority is given to low/moderate income areas. Annual income must be at or below 80% of Lincoln median income.

US Department of Agriculture

Lancaster County Farm Service Agency

Phone(s): (402) 423-9683
8000 South 15th Street, Suite C
Lincoln, NE 68512

DISASTER Assistance

FARM loans

CONSERVATION and environmental services through Natural Resource Conservation Service and Conservation District

PRICE supports

COMMODITIES

FINANCIAL Inquiries

COMMODITY Credit corporation

OUTREACH

YOUTH loans for 4H projects

Nebraska State Farm Service Agency

Phone(s): (402) 437-5581
7131 A Street
Lincoln, NE 68510-4202

AGENCY of the United States Department of Agriculture (USDA); programs are administered locally through County FSA offices

DISASTER assistance helps farmers recover farm operations from the effects of disaster

FARMS LOANS to disadvantaged farmers or ranchers

CONSERVATION programs

COMMODITY operations

COMPLIANCE for environmental and cultural resources

COMMODITY CREDIT CORPROATION includes information related to U.S. and foreign financial institutions, current commodity loans interest rates, and export credit guarantee programs

YOUTH LOANS for 4H projects

OUTREACH PROGRAMS for agricultural mediation, African American, Asian, Pacific Islander, women, Hispanic American and Native American populations

US Department of Veterans Affairs Regional Office

Phone(s): (402) 420-4298
5631 South 48th Street
Lincoln, NE 68516-4198

PROVIDES information and assistance for veterans and eligible dependents in filing applications for benefits through the U.S. Department of Veterans Affairs.

FEDERAL level services provides and/or completes Veteran Administration forms for claims relating but not limited to:

- Service connected compensation
- Disability pension
- Widow's pension
- Burial allowance
- Grave markers/headstones
- Educational benefits
- Home loans
- Insurance

USDA Rural Development

USDA Rural Development
Phone(s): (402) 437-5551
Room 308 Federal Building
100 Centennial Mall North
Lincoln, NE 68508-3888

LOAN provider in rural areas

BUSINESS AND INDUSTRY LOAN GUARANTEES are available for business and industrial development in rural areas to create and maintain employment, expand and to improve economic climate

COMMUNITY FACILITIES DIRECT AND GUARANTEED LOANS AND GRANTS are available for community service facilities in rural areas such as libraries, clinics, fire & rescue buildings and equipment, etc.

COOPERATIVE SERVICES helps rural residents form new cooperatives and multiple owner businesses and improve operations of existing cooperatives in rural areas

DIRECT AND GUARANTEED HOME OWNERSHIP provides loans to purchase or construct single family homes in rural areas for very low/low/moderate income households

DIRECT FARM LABOR HOUSING LOANS AND GRANTS provide housing and related facilities in rural areas for domestic farm laborers

DISTANCE LEARNING AND TELEMEDICINE LOANS AND GRANTS provide for technology equipment & facilities for linking rural schools within regions, linking schools to other educational institutions, utilizing rural libraries as distance learning centers, linking rural hospitals and medical clinics to major medical centers, interactive video, and distance rural health training

ENERGY EFFICIENCY IMPROVEMENTS AND RENEWABLE ENERGY SYSTEMS provide grant assistance in development of renewable energy and energy efficiency improvement projects. Renewable systems include wind, solar, biomass, and geothermal. Energy efficiency improvements include energy improvements to business facility including insulation, windows, doors, HVAC, refrigeration, lighting, pumping/air/motor systems, etc.

HOUSING PRESERVATION GRANTS offers funding to selected recipient organization to develop program to help repair individual housing, rental properties or coops in rural areas owned and/or occupied by very low and low-income households

INTERMEDIARY RELENDING PROGRAM provides loans to ultimate recipients for community development projects, establishment and expansion of businesses and creating and/or saving jobs in rural areas

RURAL COOPERATIVE DEVELOPMENT GRANTS establish and operate cooperative development centers in rural areas primarily to improve economic conditions of rural areas via development of new cooperatives and multiple owner businesses & improving existing coops' operations

RURAL BUSINESS ENTERPRISE GRANTS facilitate and finance development of small and emerging private business enterprises in rural areas

RURAL BUSINESS OPPORTUNITY GRANTS provide technical assistance for business development and conduct economic planning in rural areas

RURAL ECONOMIC DEVELOPMENT LOANS AND GRANTS provide for a wide range of rural economic development projects in rural areas

such as business expansion and start-up, community development, etc.

RURAL HOME REPAIR LOANS & GRANTS assist homeowners, occupying dwellings in rural areas, to complete necessary repairs to their homes

RURAL HOUSING SITE LOANS provide loans in rural areas to purchase land and develop sites for very low/low/moderate-income housing

SOLID WASTE MANAGEMENT GRANTS - Used to reduce or eliminate pollution of water resources in rural areas and improve planning and management of solid waste sites in rural areas.

TECHNICAL ASSISTANCE AND TRAINING GRANTS are used to identify and evaluate solutions to water and wastewater problems of associations in rural areas relating to water source, storage, treatment and distribution; and waste collection, treatment and disposal

VALUE-ADDED PRODUCER GRANTS help eligible producers of agricultural commodities in rural areas to develop business plans for viable marketing opportunities and develop strategies to create marketing opportunities in emerging markets

WATER AND WASTE DISPOSAL LOANS AND GRANTS available for water and sewer systems, solid waste and storm drainage in rural areas

USDA Rural Development - Lincoln

Phone(s): (402) 423-9683
8000 South 15th, Suite E
Lincoln, NE 68512-9436

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DISTANCE LEARNING AND TELEMEDICINE LOANS AND GRANTS provide for technology equipment & facilities for linking rural schools within regions, linking schools to other educational institutions, utilizing rural libraries as distance learning centers, linking rural hospitals and medical clinics to major medical centers, interactive video, and distance rural health training

ENERGY EFFICIENCY IMPROVEMENTS AND RENEWABLE ENERGY SYSTEMS provide grant assistance in development of renewable energy and energy efficiency improvement projects. Renewable systems include wind, solar, biomass, and geothermal. Energy efficiency improvements include energy improvements to business facility including insulation, windows, doors, HVAC, refrigeration, lighting, pumping/air/motor systems, etc.

HOUSING PRESERVATION GRANTS offers funding to selected recipient organization to develop program to help repair individual housing, rental properties or coops in rural areas owned and/or occupied by very low and low-income households

INTERMEDIARY RELENDING PROGRAM provides loans to ultimate recipients for community development projects, establishment and expansion of businesses and creating and/or saving jobs in rural areas

RURAL COOPERATIVE DEVELOPMENT GRANTS establish and operate cooperative development centers in rural areas primarily to improve economic conditions of rural areas via development of new cooperatives and multiple owner businesses & improving existing coops' operations

RURAL BUSINESS ENTERPRISE GRANTS facilitate and finance development of small and emerging private business enterprises in rural areas

RURAL BUSINESS OPPORTUNITY GRANTS provide technical assistance for business development and conduct economic planning in rural areas

RURAL ECONOMIC DEVELOPMENT LOANS AND GRANTS provide for a wide range of rural economic development projects in rural areas such as business expansion and start-up, community development, etc.

RURAL HOME REPAIR LOANS & GRANTS assist homeowners, occupying dwellings in rural areas, to complete necessary repairs to their homes

RURAL HOUSING SITE LOANS provide loans in rural areas to purchase land and develop sites for very low/low/moderate-income housing

SOLID WASTE MANAGEMENT GRANTS - Used to reduce or eliminate pollution of water resources in rural areas and improve planning and management of solid waste sites in rural areas.

TECHNICAL ASSISTANCE AND TRAINING GRANTS are used to identify and evaluate solutions to water and wastewater problems of associations in rural areas relating to water source, storage, treatment and distribution; and waste collection, treatment and disposal

VALUE-ADDED PRODUCER GRANTS help eligible producers of agricultural commodities in rural areas to develop business plans for viable marketing opportunities and develop strategies to create marketing opportunities in emerging markets

WATER AND WASTE DISPOSAL LOANS AND GRANTS available for water and sewer systems, solid waste and storm drainage in rural areas

VA Midwest Health Care Network

Phone(s): (402) 489-3802, (402) 486-7857
600 South 70th Street
Lincoln, NE 68510

AMBULATORY CARE SERVICES, acute inpatient care is provided to veterans enrolled with VA under a contractual agreement between the Department of Veterans Affairs and Bryan/LGH Medical Center in Lincoln.

OUTPATIENT medical, surgical and psychiatric services that include internal medicine,

SUBSTANCE ABUSE Treatment Program

POST TRAUMATIC STRESS DISORDER (PTSD) Program

DOMESTIC VIOLENCE PROGRAM

MENTAL HEALTH SERVICE

WOMEN'S CLINIC

DENTAL program

REHABILITATIVE programs

Valley Hope Association

Valley Hope - Lincoln

Phone(s): (402) 464-0033, (800) 544-5101
600 North Cotner Boulevard, Suite 119
Lincoln, NE 68505-2343

ALL LEVELS of outpatient alcohol/drug counseling; individual, group, aftercare and co-dependency counseling

ALCOHOL/drug evaluations, Day Treatment assessment

EDUCATION and referral for youth and adults

FAMILY intervention services

REFERRAL for inpatient services

RELAPSE prevention

Vet Center Outreach-Readjustment Counseling Services

Phone(s): (402) 476-9736, (800) 228-6838
3119 O Street, Suite A
Lincoln, NE 68510

PROVIDES counseling, information, and referral for veterans and their families regarding war trauma (PTSD), substance abuse, employment, education, discharge upgrading, utilizing VA benefits, financial crisis, post-incarceration, sexual trauma in the military, bereavement counseling, and homelessness.

Visinet, Inc.

Visinet, Inc. - Lincoln

Phone(s): (402) 464-8866
3940 Cornhusker Hwy, Suite 600
Lincoln, NE 68504

FOSTER CARE (Treatment, Agency-Based, and Emergency)

FAMILY SUPPORT

SUPERVISED VISITATION

INTENSIVE FAMILY preservation

OUTPATIENT/In-home therapy (Individual and Family Therapy)

OUTPATIENT Psychiatric Services
 OUTPATIENT Psychological Services
 COMMUNITY Treatment Aide Services
 24-hour Crisis Response Services
 MENTAL Health Escort/Transportation Services
 DRUG/Alcohol Screening Program
 BEHAVIORAL Learning Center
 CHEMICAL Dependency Evaluation and Treatment
 COMPREHENSIVE Child and Adolescent Assessments

Vocational Rehabilitation

Nebraska Assistive Technology Partnership
Phone(s): (402) 471-0734, (888) 806-6287
 5143 South 48th Street, Suite C
 Lincoln, NE 68516-2261

DEDICATED TO HELPING Nebraskans with disabilities, their families, and professionals obtain assistive technology devices and services.

INFORMATION

Technology solutions, costs, availability, and vendors

Specialized or adapted vehicles and mobility devices

Accessible and affordable homes and rentals

TECHNICAL ASSISTANCE

Individualized assessments for home and worksite modifications

Early childhood and school solutions

Web site assessments for accessibility

TRAINING

On a wide range of assistive devices

On early childhood/school age development and technology services

For accessible web site design

EQUIPMENT

Demonstrations of assistive technology

Short term equipment loans

Locating used equipment

FUNDING

Locating available funding sources

Discount purchasing for schools

Assistance with home purchase and remodeling for accessibility

Vocational Rehabilitation Services - Lincoln

Phone(s): (402) 471-3231, (402) 471-6341, (402) 471-6349, (402) 471-3644
 5143 South 48th Street, Suite B
 Lincoln, NE 68516-2299

WORKS to develop, improve, or restore the working usefulness of individuals with a disability so they may become satisfactorily employed. The Federal Rehabilitation Act and regulations require that services are provided to persons with significant and most significant disabilities before serving other eligible persons with disabilities.

ASSESSMENT

VOCATIONAL counseling and guidance

MEDICAL and psychiatric treatment

PROSTHETIC appliances for physical aids

VOCATIONAL training

PERSONAL and work adjustment counseling

LIFE exploration and skill training

PLACEMENT and post employment

SUPPORTED employment

ASSISTIVE technology

Voices of Hope

Phone(s): (402) 475-7273, (402) 476-2110, (402) 476-2168
 2545 N Street
 Lincoln, NE 68510

24-HOUR CRISIS LINE staffed by staff and trained volunteers who provide immediate access to crisis counseling and information and referral services

ADVOCACY SERVICES which provide 24-hour support and advocacy for victims who are helped by medical, police, legal and social service systems

INDIVIDUAL BRIEF COUNSELING up to 8 sessions

PROTECTION ORDER forms assistance and attend hearings

EDUCATIONAL PROGRAMS designed to increase citizen awareness of sexual trauma and domestic violence, and to suggest possible preventative measures and ways to respond to the assault

IN-SERVICE TRAINING for community professionals and agency volunteers

INFORMATION AND REFERRAL regarding chemical dependency and domestic violence

SEXUAL TRAUMA SUPPORT GROUP meets Wed 5:30 pm-7 pm, Sat 11 am-12:30 pm; (child care is provided)

Volunteer Partners

Phone(s): (402) 435-2100
215 Centennial Mall South, Suite 340
Lincoln, NE 68508-1813

VOLUNTEER CENTER that connects individuals and groups who wish to contribute their time and expertise to the community with non-profit organizations and government agencies which need that assistance.

VOLUNTEERS may review opportunities and agencies may list their volunteer needs on our volunteer-to-agency matching website.

EMERGENCY VOLUNTEER PROGRAM to engage 'citizen volunteers' in community preparedness. Carried out by way of three main programs: Emergency Volunteer Centers, Community Emergency Response Teams, Medical Reserve Corps; and preparedness presentations.

YOUTH VOLUNTEER PROGRAM to appropriately expose youth to volunteerism, and work with court referred youth to find agencies at which they complete their community service requirements. Facilitate LYV (Lincoln Youth Volunteers) meetings and activities.

CORPORATE VOLUNTEER COUNCIL to provide a networking structure for local employers to promote and support employee volunteerism by way of informative monthly meetings addressing various aspects of workplace volunteerism.

VOLUNTEER MANAGEMENT TRAINING curriculum, developed by the Points of Light Foundation. Brownbaggers on Volunteerism held quarterly covering volunteer management topics.

Annual Volunteer Recognition event in conjunction with National Volunteer Week.

Wildlife Rescue Team, Inc.

Phone(s): (402) 473-1951
PO Box 80127
Lincoln, NE 68501-0127

CARES for injured and orphaned wildlife

EDUCATIONAL PROGRAMS in public schools

Willard Community Center

Phone(s): (402) 475-0805
1245 Folsom Street
Lincoln, NE 68522

NEIGHBORHOOD BASED SERVICES that include family focused educational and recreational services for all ages, infants through senior citizens

LICENSED PRESCHOOL Monday through Friday 6:30 a.m.-5:30 p.m.

BEFORE AND AFTER SCHOOL licensed childcare at Roper and Lakeview Elementary Schools and on site at the Willard Community Center

FULL TIME AND PART TIME summer childcare for grade school and middle school age children

BEFORE AND AFTER SCHOOL PROGRAM for Teens from Park Middle School. Transportation provided.

SUPERVISED TEEN EVENING PROGRAM AND VOLUNTEER OPPORTUNITIES and educational and recreational programming Monday through Friday evenings for teens

LICENSED Bingo

ADULT PROGRAMMING

LOW IMPACT aerobics

VOLUNTEER opportunities

Women in Community Service, Inc.

Phone(s): (402) 477-5256
1935 D Street
Lincoln, NE 68502

GROUP HOME for "at risk" women, 12-16 1/2 years, and a residence program which teaches social and living skills, recreation and social

activities, tutoring, group therapy and preparation for independent living

HALFWAY HOUSE program is offered for girls who have completed drug and alcohol treatment

YMCA of Lincoln, Nebraska

Phone(s): (402) 434-9205
570 Fallbrook Boulevard, Suite 210
Lincoln, NE 68521-9026

FAMILY AND YOUTH health enhancement programs

FACILITIES which contain pools, gyms, tracks, weight rooms, handball/racquetball courts, sport parks, resident and day camps for youth, and conference facilities

YOUTH SERVICES include aquatics, school-age child care, weight training, teen programs, skill classes, softball, basketball, volleyball, soccer, flag football, and sports camps and clinics

ADULT SERVICES include fitness, aquatics, classes for seniors, skill classes, aerobics, weight training, racquetball, and leagues

LINCOLN YMCA LOCATIONS:

Camp Kitaki Branch, 570 Fallbrook Blvd., Suite 210, Lincoln, NE 68521-9026 (402) 434-9222

Northeast Branch, 2601 N. 70th St., Lincoln, NE 68507, (402) 434-9262

Cooper YMCA, 6767 S. 14th St., Lincoln, NE 68512, (402) 323-6400

Downtown Branch, 1039 P St., Lincoln, NE 68508, (402) 434-9230

Youth Sports Branch, 570 Fallbrook Blvd., Suite 210, Lincoln, NE 68521-9026 (402) 434-9217

YWCA - Lincoln

Respite Network - YWCA

Phone(s): (402) 434-3494, (866) 737-7483
1432 N Street
Lincoln, NE 68508

ASSISTANCE IN OBTAINING LIFESPAN respite services and funding in Southeast Nebraska and Lincoln/Lancaster County

OUT OF HOME RESPITE program for children 6 weeks-12 years of age in Lincoln

RECRUITS AND SCREENS persons to provide volunteer and paid respite services in Southeast Nebraska and Lincoln/Lancaster County

YWCA – Lincoln

Phone(s): (402) 434-3494
1432 N Street
Lincoln, NE 68508

DANCE ACADEMY jazz, ballet, tap and various other dance classes from ages 2 - adults.

HEALTH AND WELLNESS aerobics, yoga, and a gym. Aerobics is offered over the lunch hour and yoga classes are six days a week, with a class for individuals with Multiple Sclerosis and similar conditions. The gym is available for rent.

JOB OUTFITTERS clothing and other resources for low-income women who are seeking employment, or who have a job but need additional professional clothing.

SMART an informal math and science educational program for girls in grades 4-6, which emphasizes exploration, equity, empowerment and fun.

SURVIVAL SKILLS a comprehensive program for males and females in grades 7-12, which focuses on self-esteem, career exploration, family life and sexuality education, drama, art, fitness, community services, life skills and academic preparation. Provides transportation, counseling, and monthly activities for parents and guardians.

Families Inspiring Families

Phone(s): (402) 441-4374, (888) 441-4369,
(402) 441-4369
1645 N Street, Suite A
Lincoln, NE 68508

FAMILY ADVOCACY or “peer-to-peer mentoring” which is one-on-one mentoring working with families on their needs, supports, and finding services

RESOURCE CENTER open to families, providers, and community members

EDUCATIONAL/SUPPORT GROUPOS held monthly for families with supervised child activities

YOUTH GROUP for youth ages 12-18 who have emotional, behavioral, and/or mental health issues

Lincoln Children’s Museum

Phone(s): (402) 477-0128
1420 P Street
Lincoln, NE 68508

MUSEUM for children and families

Lincoln Children’s Zoo

Phone(s): (402) 475-6741
1222 South 27th Street
Lincoln, NE 68502

OPEN from 10 a.m.-5 p.m. daily between April 15-October 15 each year

EXPLORE the Zoo at night during Wild Wednesdays (June-August) while the Zoo is open until 8 p.m.

ADMISSION:

Adults: \$6.50

Seniors - 62+ and Children ages 2-12: \$5.50

Under 2 are free

FREE admission for low income and at-risk children are available through various human services agencies throughout Lincoln

NUMEROUS hands-on learning exhibits such as Firsthand Farm and Critter Encounter— encourage children to touch the animals and ask questions of the staff

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