

**VOICES OF HOPE**  
24-Hour Crisis Line and Advocacy

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***CONTACT INFORMATION***

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<b>Address:</b> 2545 N Street, Lincoln, Nebraska 68510	<b>Office Line:</b> 402.476.2110
<b>Website:</b> <a href="http://www.voicesofhopelincn.org">www.voicesofhopelincn.org</a>	<b>Crisis Line:</b> 402.475.7273
<b>Office Hours:</b> Monday-Friday: 9:00a – 4:00p (Wednesday: 9:00a – 6:00p)	<b>TDD:</b> 402.476.2168
<b>Fax Number:</b> 402.476.3592	<b>UNL Victim's Advocate:</b> 402.472.0203
	<b>Bilingual/Spanish Advocate:</b> 402.434.6649
	<b>Enhanced Advocate:</b> 402.472.2516

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***INDIVIDUAL SERVICES***

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***Face-To-Face Counseling***

- Individual Counseling
  - Short Term
- Drop-In Services
  - Counseling
  - Advocacy
  - Client Services/Resources
    - 911 cell phones
    - basic needs
    - referrals
- UNL Campus Advocate
- Support Groups
  - Domestic Violence
    - Tuesdays: 5:30p – 7:00p; Saturdays: 9:00a – 10:30a
  - Sexual Trauma
    - Tuesdays: 5:30p – 7:00p; Saturdays: 11:00a – 12:30p
  - Mujeres Unidas
    - Mondays: 12:30p – 2:00p
  - Mujeres Confianza
    - Thursdays: 12:30p – 2:00p
  - Phenomenal Women Healing Group: A Support Group for African American Women
    - Tuesdays: 5:30p – 7:00p
  - Workshops/Educational

***Crisis Line***

- Crisis Intervention (24 hours/7 days a week)
- Support
- Referrals
- Shelter Referrals

*Advocacy*

- Criminal Justice
    - County Attorney Liaison
    - 24 hr Response to Law Enforcement
    - Monitoring DV/SA Cases
    - Police
      - incident reports
      - outreach letters
  - Hospital (24 hours/7 days a week)
    - Domestic Violence
    - Sexual Assault
  - Court Advocacy & Protection Orders
    - Petition Assistance
    - Filing
    - Hearings
    - Probation Specialist
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*COMMUNITY EDUCATION**Training*

- Volunteer
- Advocacy
- Group
- Professional
  - police
  - medical
  - interns
  - legal
  - educators
  - clergy
  - employers

*Public Awareness/Education*

- Churches
- Schools
- Businesses
- Civic Groups
- HHS Agencies
- SS Agencies
- Speakers Bureau Training
- Reaching & Teaching Teens
- Community Actions Teams

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*OTHER COMMUNITY RESOURCES*

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*TABLE OF CONTENTS*

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<i>ALCOHOL &amp; DRUGS</i>	<i>4</i>
<i>ANIMAL SERVICES</i>	<i>5</i>
<i>BASIC NEEDS</i>	<i>6</i>
<i>CHILD CARE</i>	<i>10</i>
<i>COMMUNITY &amp; FAMILY RESOURCE CENTERS</i>	<i>11</i>
<i>COUNSELING</i>	<i>12</i>
<i>HEALTH &amp; MEDICAL</i>	<i>16</i>
<i>HOUSING – NON-EMERGENCY</i>	<i>20</i>
<i>LEGAL ASSISTANCE</i>	<i>20</i>
<i>REFUGEE, IMMIGRANT AND MINORITY SERVICES</i>	<i>22</i>
<i>RESPIRE CARE FOR CHILDREN</i>	<i>24</i>
<i>SHELTER</i>	<i>25</i>

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**ALCOHOL & DRUGS**

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**BryanLGH Independence Center – Adult and Youth Treatment**

1650 Lake Street

402.481.5268

<http://www.bryanlgh.org/go/medical-services/substance-abuse>

800.742.7845 ext. 15268

The Independence Center provides education, treatment and support to individuals and families who have been affected by alcohol and drug abuse. Services provided: 24-hour information and crisis assistance; comprehensive substance abuse treatment (adult program: 19+ years old, and youth program: 13-18 years old); family and parent services; assessment, evaluation, detoxification, and intervention nurse consultation; inpatient and outpatient treatment services; short-term residential; partial care/day; individual, group and educational therapy; medical inpatient and residential care; school program for youth; and public education.

**CenterPointe, Inc.**1000 South 13<sup>th</sup> Street

402.475.5161

CenterPointe Administration Building: 2633 P Street

402.475.8717

<http://centerpointe.org/>

info@centerpointe.org

CenterPointe, Inc. specializes in helping people with substance use and mental health disorders.

Services provided: adult and youth residential treatment/housing, adult day rehabilitation, adult and youth outpatient care, and community support (individual support and advocacy to develop living skills). All services include: individual, group and family counseling; recreational therapy; case management; and psychiatric assistance. Services provided on a sliding fee scale.

**Cornhusker Place**

721 K Street

402.477.3951

<http://www.cornhuskerplace.org/>

info@cornhuskerplace.com

Cornhusker Place is a non-profit substance abuse treatment center. Services provided: involuntary and voluntary detoxification, DWI testing, case management, substance abuse evaluations, drug screening, referrals, short term residential (program for men), short term respite (2-7 day stay for stable individuals who are experiencing crisis), and intermediate residential care (program for chronic substance abusers). Services provided on a sliding fee scale ranging from \$5 - \$122 per day.

**Drug Crisis Line**

402.475.5683

Drug Crisis Line is a 24-hour crisis line. Services provided: information, referral, and crisis assistance.

**First Step Wellness Services**

210 Gateway, Suite 342, Greentree Court

402.434.2730

1919 South 40 Street, Suite 212

402.441.9280

<http://www.firststeprecovery.com/>

First Step Wellness Services provides treatment for individuals with substance abuse and gambling addictions, and their families. Services provided: professional psychological evaluations; adult and adolescent outpatient alcohol and drug treatment; compulsive gambling treatment; eating disorder

(services for "First Step Wellness Services" continue on the following page)

and self esteem assessment and treatment; counseling for depression, anxiety, parenting, and personal relationships; and evaluation and therapy for improving neuro- and biofeedback. All services include: individual, family, and group treatment. Services provided on a sliding fee scale.

**Partners in Empowerment and Recovery (PIER)**

402.435.4044

2000 P Street

cfletcher@pierlincoln.org

PIER is an intensive community based program working with severe and persistent mentally ill consumers. □ □ Services provided: medication management, vocational support, social skills training, assistance with daily living skills, substance use education and treatment, family support, relapse prevention, therapy, wellness education, and crisis intervention.

**St. Monica's Behavioral Health Services for Women**

120 Wedgewood Drive

402.441.3768

<http://www.stmonicas.com/>

info@stmonicas.com

St. Monica's is a behavioral health treatment organization assisting women who are diagnosed with substance abuse and/or co-existing mental health issues. Services provided: substance and mental health treatment; primary treatment; residential and outpatient programs for women, and women with children under 10; and group programs. All services include: individualized treatment plans, individual and group counseling, psycho-educational groups, psychological assessments and evaluations, parenting education for women with children, spiritual assessments and counseling, and 24-hour staff coverage. Services provided on a sliding fee scale.

**Touchstone Short Term Residential**

1100 Military Road

402.474.4343 ext. 15

Touchstone Short Term Residential focuses on substance abuse treatment. Services provided: short-term and long-term residential substance abuse treatment for adults experiencing mental illnesses and substance abuse. Accepts Medicare.

**Valley Hope Association**

600 North Cotner Boulevard, Suite 119

Admissions for Lincoln, Nebraska:

402.464.0033

Midwest Area Number:

800.544.5101

<http://www.valleyhope.com/>

recovery@valleyhope.com

Valley Hope Association is a treatment center providing alcohol, drug and related treatment services. Services provided: detoxification, inpatient and outpatient treatment, day or partial care, continuing care sessions, family programs, DWI classes, education/awareness, alcohol/drug evaluations, and referral for chemically dependency.

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***ANIMAL SERVICES***

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**Animal Control Center**

3140 N Street

402.441.7900

<http://www.lincoln.ne.gov/city/health/animal/>

jweverka@lincoln.ne.gov

Animal Control Center is a city agency providing the following services: regulate uncontrolled

(services for "Animal Control Center" continue on the following page)

animals, bite and attack investigations caused by aggressive animals, rabies control, cruelty and neglect investigation, stray and unlicensed animals, injured animal rescue, dead animal pickup, lost and found records, licensing service, enforcement of city ordinances, educational programs, wildlife removal and assistance, and animal information and referral.

**Break The Link**

P.O. Box 5024

402.441.0212

Break the link is an organization dedicated to educate the public about the link between animal abuse and domestic violence as well as assist victims of domestic violence/abuse and their pets.

**Capital Humane Society**

2320 Park Boulevard

402.441.4488

<http://www.capitalhumanesociety.org/>

Capital Humane Society shelters animals, protects animals and teaches compassion and respect. Services provided: adoptions/veterinary care, population control by sterilization, cremations, lost and found animals, prevention of animal cruelty, neglect, and abuse, community education and group tours, volunteer programs, advocate for enforcement of city and county ordinances, foster care animals program, animal assisted activities/pet therapy programs, humane education, and puppy kindergarten. Hours: M 12p -6p; T & F 8:30a-6p; W & Th 9: 30a-7p; S 8:30a-3p; Sa 1p-4p.

**Coalition For Pet Protection**

1609 South 23rd Street

402.434.7922

P.O. Box 23165

Hotline:

402.475.0321

<http://petcoalition.tripod.com/>

jschach@inebraska.com

Coalition For Pet Protection is an animal organization that works to reduce pet overpopulations and animal abuse in Nebraska. Services provided: affordable neuter/spay programs for all dogs and cats, basic human care and homes and/or foster placement for cats and dogs of the homeless, responsible pet ownership and breeding, human animal welfare legislation, efforts to prevent cruelty and neglect of dogs and cats, and public education. Homeless persons may seek limited assistance for basic care of cats and dogs.

**Hearts United for Animals**

P.O. Box 286

402.274.3679

Auburn, Nebraska 68305

<http://www.hua.org/Contact-us.html>

hua@hua.org

National no-kill shelter, sanctuary and animal welfare organization dedicated to the relief of animal suffering.

**PALS (People & Animals & Sharing)**

P.O. Box 80861

402.467.9127

Services provided: Spay/Neutering financial assistance, and advice and education on pet ownership.

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***BASIC NEEDS***

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(resources for "BASIC NEEDS" continue on the following page)

**American Red Cross**

220 Oakcreek Drive

402.441.7997

P.O. Box 83267

<http://www.redcrosslincolne.org/>

American Red Cross meets home, fire, and disaster related emergency needs as well as provides assistance to military families. Hours: M-F 8:30a-5p.

**Catholic Social Services**

Social Services/Administration 1313 Eldon Drive

402.474.1600

<http://www.cssisus.org/>

800.981.8242

Catholic Social Services' department of social services provides: emergency services, food, housing/shelter, clothing, material and financial assistance, refugee assistance and resettlement, community information, referral services, homeless service, and special holiday programs (programs to assist with finances during holiday sessions).

**Commodities Supplemental Food Program (CSFP)**

402.471.2781

P.O. Box 95026

800.942.1171

<http://www.hhs.state.ne.us/nut/csfp.htm>

barb.packett@dhhs.ne.gov

CSFP is a United States Department of Agriculture (USDA) program, which provides food for low-income children (birth to age 6), pregnant, post-partum women (within the past year) and older adults (60+ years old).

**Food Bank of Lincoln, Inc.**

4840 Doris Bair Circle, Suite A

402.466.8170

<http://www.lincolnfoodbank.org/>

nevans1@lincolnfoodbank.org

Food Bank of Lincoln gathers, stores and redistributes surplus food to non-profit organizations.

**Good Neighbor Community Center**

2617 Y Street

402.477.4173

<http://www.lincolngncc.org/>

staff@lincolngncc.org

Services provided: emergency food, clothing and household items; SHARE food program; health assistance and station; WIC services; ESL classes and language assistance; minority support and resources; tutoring/mentoring for youth; summer camp for children ages 5-10 (with nominal fee); parent support group; and Arabic women support group: M-Th – 8a-4p and F – 10a-2p.

**JoAnn Maxey Center**

2032 U Street

402.441.7849

<http://www.lincoln.ne.gov/city/mayor/aging/maxey.htm>

JoAnn Maxey Center is a center providing opportunities, activities and information relating to aging. Services provided: free health station (third W of the month 10a), commodities for those that qualify (second M of the month), shopping assistance at B&R – 17<sup>th</sup> & Washington (alternating T), and exercise activities (9:30a). Center hours: W & F 9a-1p.

**Job Outfitters: YWCA of Lincoln**

1432 N Street

402.434.3494 ext. 125

<http://www.ywcalincoln.org/joboutfitters.html>

Job Outfitters offers work-appropriate clothing for women job searching and those who are actively employed but unable to afford professional clothing.

**Lincoln Action Program**

210 O Street

402.471.4515

<http://www.lincoln-action.org/>

lincoln-action@lincoln-action.org

Lincoln Action Program is a member of Community Action Partnership, a national organization representing interests of community action agencies across the country that fights poverty on the local level. Services provided: pantry system for emergency assistance; clothing; head start services; family services and outreach; homeless outreach; housing resources, information, and outreach; and career development and financial assistance.

**Lincoln Action Program: The Gathering Place**

402.476.7398

1448 E Street

mryan@lincoln-action.org

<http://www.lincoln-action.org/about-us/programs-and-services/the-gathering-place>

The Gathering Place provides a free hot meal Monday through Friday between 5p-6p. No ID needed.

**Lincoln Literacy Counsel**745 South 9<sup>th</sup> Street

402.476.7323

<http://www.lincolnliteracy.org/>

info@lincolnliteracy.org

Lincoln Literacy Counsel assists people of all cultures and strengthens the community by teaching English language and literacy skills. Programs provided: Adult Basic Literacy, ESL, English Conversation Groups, Health Literacy, Refugee Women's Group, and Sudanese Women's Group.

**Matt Talbot Kitchen**

1911 R Street

402.477.4116

P.O. Box 80935

<http://www.mtkserves.org/>

Matt Talbot Kitchen provides meals and outreach to the Lincoln community. Meals are served daily from 11:30a-12:30p and 5:30-6:30p. Additional services provided: assistance in homeless or near homeless, housing assistance, health care, advocacy and referrals (Monday-Friday, 8:00a-4:00p), free monthly health clinic (second Wednesday of the month, 9:00a-11:00a), emergency food baskets, Personal Identification Program, and educational and support groups.

**Nebraska Department of Health and Human Services**

Walk in Center: 301 Centennial Mall South

402.471.3121

P.O. Box 95026

<http://www.hhs.state.ne.us/>

Multiple services provided: financial aid and social services to families and individuals – including food stamps, Medicaid, protection services, and ADC.

**People's City Mission**

110 Q Street

402.475.1303

<http://www.peoplescitymission.org/>

Religious oriented residential program that provides emergency shelter for the homeless (male/female) and women and children experiencing personal crisis, food, clothing, personal care needs, furniture, household goods and appliances, counseling services, emotional and spiritual aid, legal advice, skills training, education and employee assistance, medical clinic (Tuesday evenings), eye examinations (once a month), mobile dental clinic, transportation assistance, and alcohol and drug treatment.



**People's City Mission Distribution Service Center**

2101 N Street

402.475.6888

Provides used clothing, household goods, bread, produce, and personal care items. Also provides emergency food orders by request.

**St. Vincent DePaul Store & Warehouse**

1911 R Street

402.438.3135

Help Line:

402.435.7968

<http://www.dioceseoflincoln.org/red/vincent.htm>

St. Vincent DePaul Store & Warehouse provides used household goods and assistance to low-income individuals and families. Hours: Sat 10a-4p.

**Tabitha Meals on Wheels**

402.486.8592

4720 Randolph Street

800.267.2986

Case manager (to begin services):

402.483.7671 ext 314

Office:

402.486.8589

[http://www.tabitha.org/services/home\\_based/meals\\_on\\_wheels.html](http://www.tabitha.org/services/home_based/meals_on_wheels.html) clientservices@tabitha.org

Tabitha Meals on Wheels delivers hot and nutritious noon meals, Monday through Sunday between 11:00a – 12:30p, to persons who are elderly, disabled, or recovering from an illness or injury.

**The Salvation Army Social Services**

2625 Potter Street

402.474.6263

Community Center: 1645 North 27<sup>th</sup> Street

402.435.3035

P.O. Box 30232

reception@salvationarmylincoln.org

<http://www.salvationarmylincoln.org/>

The Salvation Army provides multiple services to local low-income individuals and those experiencing disaster and emergency related situations. Services provided: immediate emergency assistance, long-term recovery help, food, clothing, utility assistance, furniture and household goods, diapers, laundry vouchers, eye exam/eyeglass vouchers, transportation, spiritual and emotional care, Christmas assistance (food vouchers and toy distribution), computer lab, after-school programs for children K – 5<sup>th</sup> grade, and summer camps for children K – 12<sup>th</sup> grade. Hours: 8:30a-5p.

**The Salvation Army – HeatShare Program**

2625 Potter Street

402.477.9276

The HeatShare program provides assistance to individuals and families of Lancaster and Saline Counties. Services provided: monetary assistance to avoid disconnection of utility service, mediation between clients and utility companies, referral services, financial counseling, and assistance in accessing additional social services.

**The Salvation Army – Winter NightWatch Program**15<sup>th</sup> and E Streets (in front of The Gathering Place)

402.474.6263

The Winter NightWatch program serves hot meals from a mobile canteen vehicle every Saturday night from 5:00p – 7:00p from November 10<sup>th</sup> – April 12th. Coats, hats, gloves and blankets are also distributed.

**Women, Infants and Children (WIC) Nutrition Program: Family Service**501 South 7<sup>th</sup> Street

402.441.8655

<http://www.family servicelincn.org/>

The Nebraska Women, Infants and Children Nutrition Program provide free food, nutrition, and breastfeeding education/information to help keep pregnant women, infants, and children (under five) healthy and strong. Services provided: food and health counseling, checks to buy foods and formula, parent skills training, immunization screening and referrals, and referrals to doctors, health centers and clinics, and dentists. Eligibility requirements for services.

**CHILD CARE****Belmont Community Center**3335 North 12<sup>th</sup> Street

402.477.8854

[www.belmontcommunitycenter.com](http://www.belmontcommunitycenter.com)

belmontcc@alltel.net

Services provided: Preschool, Before/After-School programs, No School Fun Days, and full summer care for grade school kids (K-6<sup>th</sup>).

**CEDARS Youth Services**

620 North 48th Street

402.434.5437

6601 Pioneers Boulevard (Emergency Shelter)

24-hours:

402.437.8888

[www.cedars-kids.org/](http://www.cedars-kids.org/)

info@cedars-kids.org

CEDARS Youth Services helps children who have been abused, neglected, or homeless achieve safety, stability, and enduring family relationships. Services provided: emergency shelters and residential care for children and youth in crisis situations; residential mental health treatment for girls age 9-19; agency based and emergency foster care services; family preservation, counseling, and juvenile justice assistance; and early childhood development, childcare, and school age programs.

**Child Care Connection**

Lincoln-Lancaster County Health Department

402.441.8000

3140 N Street

health@lincoln.ne.gov

<http://www.lincoln.ne.gov/city/health/envirom/cehpi/index.htm>

Child Care Connection is a search engine for licensed childcare facilities in Lancaster County.

**Family Services**501 South 7<sup>th</sup> Street

402.441.7949

[www.family servicelincn.org/](http://www.family servicelincn.org/)

lbrown@familyservicelincn.org

Family services provide assistance for families and children in need. Services provided: WIC program (description on page 10) parenting and welcome baby classes, childcare and early childhood programs, and counseling for families and individuals. Hours: M-F 8a-5p; Sa-S by appt. only.

**YWCA of Lincoln Respite Network Program**

402.434.3494 ext. 141

1432 N Street

866.737.7483 ext. 141

<http://www.ywcalincn.org/respite.html>

janelle@ywcalincn.org

(services for "YWCA of Lincoln Respite Network Program" continue on the following page)

Respite services provide temporary, short-term care for families in crisis, foster parents, caregivers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.

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### **COMMUNITY & FAMILY RESOURCE CENTERS**

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#### **Asian Community and Cultural Center**

2615 O Street

402.477.3446

<http://www.lincolnasiancenter.org/>

asiancenter2004@yahoo.com

Asian Community and Cultural Center is a community center devoted to supporting and empowering Asian people. Services provided: Youth Leadership (promotes leadership, community involvement, and career and scholarship – meetings T at 3:15p), Summer Enrichment Program, Citizen Classes (classes W at 6p and M at 11a), English Language Classes (classes T & Th 6p-7:30p and T & F during the day), Translation Services, Parent Kindly Class, Senior's Program (meetings Th.

#### **Carol Yoakum Family Resource Center**

4621 NW 48<sup>th</sup> Street

402.434.2621

[www.frccn.org/Yoakum/index.htm](http://www.frccn.org/Yoakum/index.htm)

Services provided: early childhood services (childcare and playgroup); community service (building stronger neighborhoods – support service for families); family programs (senior day and youth activities); education and instruction (family resource library and computer training center); health and nutrition (health station – immunizations, blood pressure checks, health assessment, day care physicals, and blood sugar levels screening, health department outreach, WIC, and Bread Day. Center Hours: M-F 8a-5p; specific program hours vary.

#### **Good Neighbor Community Center**

2617 Y Street

402.477.4173

<http://www.lincolngncc.org/>

staff@lincolngncc.org

Services provided: emergency food, clothing and household items; SHARE food program; health assistance and station; WIC services; ESL classes and language assistance; minority support and resources; tutoring/mentoring for youth; summer camp for children ages 5-10 (with nominal fee); parent support group; and Arabic women support group: M-Th – 8a-4p and F – 10a-2p.

#### **Centro de las Americas**

2032 U Street

402.474.3950

<http://www.lfsneb.org/aboutlfs/locations/elcentrodelasamericas.asp>

elcentrolincoln@yahoo.com

Services Provided: emergency food, education/health programs, children's activities, after school and mentoring programs, Spanish translations, language assistance, job referrals, cultural programs, and English language learner classes.

#### **Indian Center, Inc.**

1100 Military Road

402.438.5231

(services for "Indian Center, Inc." continue on the following page)

<http://indiancenterinc.org/>

Indian Center is a community center providing services to eligible Nebraskans of all cultures. Services provided: Native American employment services, and case management and commodities.

### **Lighthouse**

2601 N Street

402.475.3320

<http://www.lincolnlighthouse.org/>

Lighthouse is a community-based drop-in after school program. Lighthouse provides, at no cost, a safe, nurturing and supervised environment for youth ages 13-18 to participate in academic support and recreational activities, field trips, evening meals, educational workshops, and cultural events.

Lighthouse is open M-F – 2p-10p, 12 months a year.

### **The Fusion Project**

2615 O Street

402.477.3446

The Fusion Project helps new refugees become self-sufficient as well as integrate into their new home in Lincoln

## *COUNSELING*

### **Bryan LGH Medical Center West Mental Health Services**

2300 South 16<sup>th</sup> Street

402.481.5991

Mental Health Emergency:

402.481.5151

Mental Health Assessment Nurse:

402.481.4400

Child Psychiatric Services:

402.481.5376

Adolescent Psychiatric Services:

402.481.5854

Adult Psychiatric Services:

402.481.5952

Senior Psychiatric Services:

402.481.5915

<http://medcenter.bryanlgh.org/go/medical-services/mental-health>

Services provided: Youth Psychiatric Services, (outpatient and in-patient services, partial hospitalization – 2 units age 3-11 and 12-18, assessment, psychological and neuropsychological testing, family involvement and support, community treatment aid, school community intervention program, educational testing and school program, continuing education and support, activity and recreational therapy, stress management, medication, drug and alcohol evaluations, and social skills development), Adult Psychiatric Services, (psychological evaluation, biofeedback services, transitional services, partial and inpatient hospitalizations – affective disorders unit, senior mental health unit, adult psychiatric unit) and Counseling Center (education program, partial and inpatient care, crisis assistance, psychological evaluations, biofeedback services, and transitional services). All services include individual, marital, family, in-home and group counseling and/or psychotherapy. Hours: M-F 9a-5p. Accepts most major health insurance.

### **Child Guidance Center**

2444 O Street

402.475.7666

Residential Referral Line:

402.434.2670

Adolescent Sex Offender Referral Line:

402.475.7666

(services for "Child Guidance Center" continue on the following page)

<http://www.child-guidance.org/>

[info@child-guidance.org](mailto:info@child-guidance.org)

Child Guidance Center is a child-centered, family-focused, counseling services for children and adolescents, and their families. Emphasis is on sexual abuse. Services provided: extended day treatment program (ages 6-12) for children experiencing serious emotional/behavioral problems – program provides parent support groups, anger management skills, peer relationship/social skills, cooperative activities, and therapy services (transportation provided to and from program); residential treatment program (ages 13-18) for boys who have a history of sexual misconduct – program provides social skills development, daily behavioral management, anger control, day treatment, case management, community transition, independent living skills development, and therapy services; adolescent sex offender program (ages of 10-19) for youth who have engaged in sexual misconduct with children and/or peers – program provides assessment and therapy services; substance abuse program for secondary school students – program provides therapy services and high school credit hours (program is at no cost to youth or their families); community treatment aids; and consulting psychiatrists. Therapy services include: outpatient mental health services to children, adolescents, and their families in the forms of individual, play, group, and family therapy. Accepts Medicaid, private insurance, and fee-for-service. Services never denied due to an inability to pay. Hours differ according to programs.

### **Community Mental Health Center**

2200 South 17<sup>th</sup> Street

402.441.7940

<http://www.lincoln.ne.gov/cnty/mental/index.htm>

Community Mental Health Center is dedicated to providing quality mental health care and rehabilitation services for adults who experience acute psychological distress or serious mental illness. Services provided: therapy for adults – outpatient and partial care; 24-hour emergency services; consultation; community living services; family and community support programs; transitional, independent, and residential rehabilitation living programs; homeless and special needs care; crisis center; jail diversion project; medical services; and education services. Hours are: M, T, F – 8a-5p, W 8a-8p, and Th 8a-7:30p. Accepts Medicaid, Medicare, and private insurance. Sliding fee scale available to those who meet requirements.

### **Continuum – Lincoln Employee Assistance Program (EAP)**

402.476.0186

1135 M Street, Suite 400

800.755.7636

<http://www.4continuum.com/assistance.htm>

[especialist@4continuum.com](mailto:especialist@4continuum.com)

Continuum Employee Assistance is a company-sponsored program intended to assist employees and family members find solutions for personal or work problems. Services provide: short-term individual counseling and problem solving, resources, self-help information, or a referral for ongoing counseling in the community. Services are free, however employers belonging to the program must refer you.

### **Counseling & School Psychology Clinic**

402.472.1152

43 Teachers College Hall, UNL

[msullivan4@unl.edu](mailto:msullivan4@unl.edu)

<http://cehs.unl.edu/edpsych/graduate/copsychclinic.shtml>

Counseling & School Psychology Clinic's mission is improve educational, social, emotional, and behavioral functioning and interactions of individuals (children, adolescents, and adults), families, and groups through counseling/therapy, consultation, and education. Services provided: counseling and assessment, consultation, family therapy, group counseling, psychological and educational

(services for "Counseling & School Psychology Clinic" continue on the following page)

evaluation and testing, stress management, and performance enhancement. Specialty clinics also offered: Academic Skills, ADHD and Related Behaviors, School Psychology Assessment, Summer Writing, and Adolescent Therapy. Services are provided by supervised graduate students in counseling and school psychology. Services provided on a sliding fee scale. Contact hours: M-F 9a-12p & 1p-4p.

### **Family Services**

501 South 7<sup>th</sup> Street

402.441.7949

[www.family servicelincn.org/](http://www.family servicelincn.org/)

[lbrown@family servicelincn.org](mailto:lbrown@family servicelincn.org)

Family services provide assistance for families and children in need. Services provided: WIC program (description on page 9) parenting and welcome baby classes, child-care and early childhood programs, and counseling for families and individuals. Hours: M-F 8a-5p; Sa-S by appt. only.

### **Lincoln Area Agency on Aging**

402.441.7070

1005 O Street

800.247.0938

<http://www.lincoln.ne.gov/city/mayor/aging/>

[Life@lincoln.ne.gov](mailto:Life@lincoln.ne.gov)

Lincoln area agency on aging assists older persons avoid or resolve the questions, concerns, and difficulties which occur after age 60 through advocacy, care management, counseling, consultation, education, information and referral, and collaboration with human service resources. Programs provided: ActivAge Centers; Anserwers4Families.org; Assisted Living, Nursing Facilities, and Choices; Care at Home; Caregiver Support Groups, Financial Assistance, and Health Assistance; ElderCare Connection; Harvest Project; LifeTime Health; Lincoln and Lancaster County LIFE Information and Referral; Senior Housing Resources; Respite Care; TRIAD/Elder Abuse education; and Widowed Persons Program. Services provided within the programs: activities, health, and fitness programs; financial, employment, and income tax assistance; health services; housing, home repair, and handyman; meals; nutrition assessment and consultation; support groups; transportation; and personal assistance, advice, referrals, and advocacy with any aging-related problems and concerns. Service costs and hours vary.

### **Lincoln Education Medical Partnership**

4600 Valley Road, Suite 200

402.483.4581 ext. 211

<http://www.lmep.com/>

[BGfeller@LMEF.org](mailto:BGfeller@LMEF.org)

Lincoln Education Medical Partnership is a multi-dimensional organization offering a variety of healthcare programs and services devoted to improving healthcare, the quality of life for individuals, and fulfilling patient needs through responsive, compassionate service. Services provided: full range of healthcare education, physician services, counseling and behavioral medicine to people of all ages and backgrounds. Set fees; Medicaid, Medicare, and private health insurance accepted. Hours: M-F 8:30a-4:30p.

### **Lincoln Regional Center**

West Prospector Place & Folsom

402.479.5207

P.O. Box 94949

[Tracy.skala@dhhs.ne.gov](mailto:Tracy.skala@dhhs.ne.gov)

<http://www.hhs.state.ne.us/beh/rc/lrcserv.htm>

Services provided: General Psychiatric Services, Intensive Residential Treatment Program, Forensic Mental Health Services (2 distinct programs: Sex Offenders Community Residential Program, and

(services for "Lincoln Regional Center" continue on the following page)

Secure Intermediate and Transitional Residential Mental Health), Forensic Psychiatric Services Program, Cognitive Behavior Change Program, Life Skills Program, and Aftercare Services. All programs include thorough evaluation, assessment and an individualized treatment plan leading to community referral, placement and discharge.

**Lutheran Family Services**

2900 O Street, Suite 200

402.435.2910

<http://www.lfsneb.org/>

Lutheran Family Services of Nebraska is a faith-based, not-for-profit, multi-service human care agency dedicated to provided quality human care services that build and strengthen individual, family, and community life. Services provided: behavioral health (mental health counseling for minor areas to severe and persistent mental illness, sexual abuse/incest treatment, sex offender treatment for adults, sexual behavior problem treatment for children, substance abuse treatment, gambling addiction treatment, anger management, and specialized counseling for children, adolescents, adults and families), adoption and services for children (infant, international and foster care adoption services and searches, post-adoption issues, foster care, pregnancy counseling, pregnancy and parenting-related issues, respite care, maternal health care and family support services) and outreach within communities (servicing immigrants, asset-based neighborhood/community development, refugee services, preventative education, support to professional church workers, youth mentoring programs, prison after-care, and disaster relief and emergency community support). All services range from prevention to intensive treatment and are provided to everyone regardless of age, race, religion or income. Sliding fee based on income. Hours: M-Th: 8:30a-6:30p; F 8:30a-3:30p.

**PFLAG (Parents and Friends of Lesbian and Gays)**

P.O. Box 30128

HelpLine:

402.434.9880

<http://www.pflag-cornhusker.org/>

PFLAG is an international organization that is dedicated to promoting the health and well-being of gay, lesbian, bisexual and transgendered persons, their families, and friends through support, education, and advocacy. General meetings are held on the fourth Tuesday of every month at the Lincoln Unitarian Church on 6300 "A" Street at 7p.

**Psychological Consultation Center**

325 Burnett Hall, UNL

402.472.2351

<http://psycweb.unl.edu/psypage/dynamic.asp?dir=dept&page=pcc.htm>

Psychological Consultation Center is part of the Clinical Psychology Training Program at UNL. The PCC provides affordable mental health services including assessment, outpatient psychotherapy, and psychological evaluations for children, adolescents, adults, couples, and families by supervised doctoral students in clinical psychology. Specialty clinics also offered: Anxiety Disorder, Family Interaction Skills, and Project Safe. Services provided on a sliding fee scale, accepts some insurance and third-party payments, and is free to UNL students. Hours: M-Th 9a-9p; F 9a-5p.

**University Counseling and Psychological Services**

University Health Care Center

402.472.7450

1500 U Street

(services for "University Counseling and Psychological Services" continue on the following page)

<http://www.unl.edu/health/students/caps/>

Services provided: individual, group, support and relational counseling – mostly short-term; psychiatric services; and workshops. Walk-in and after hours assistance is available for students with urgent concerns. Available only to UNL Students at reduced rates (dependent on enrollment status). Insurance accepted.

### **Voices of Hope**

2545 N Street

Office Line:

402.476.2110

24-hour Crisis Line:

402.475.7273

UNL Victims Advocate

402.472.0203

<http://www.voicesofhopelincoln.org/>

Voices of Hope is a non-profit organization that focuses on the provision of crisis intervention, advocacy and prevention services for domestic violence, sexual assault and incest. Services provided: 24-Hour crisis line; short-term individual, group, crisis, and drop-in counseling (drop-in available 9a-4p M-F with extended hours on W until 7p); hospital and legal advocacy available 24 hrs; UNL victims advocacy (drop-in available 2p-6p T only), basic needs resources; and community education and training.

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## ***HEALTH & MEDICAL***

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### **BryanLGH Medical Center East**

1600 South 48<sup>th</sup> Street

402.489.0200

<http://www.bryanlgh.org/go/locations/bryanlgh-east>

BryanLGH Medical Center East offers a range of clinical services and a team of experienced nurses, doctors and other medical staff. At East location, the following specialty services are provided: Diagnostic and Interventional Cardiac Care, Cardiac and Thoracic Surgery, Vascular Diagnosis and Treatment, and Women's and Children's Health.

### **Bryan LGH Medical Center West**

2300 South 16<sup>th</sup> Street

402.475.1011

<http://www.bryanlgh.org/go/locations/bryanlgh-west>

BryanLGH Medical Center West offers a range of clinical services and a team of experienced nurses, doctors and other medical staff. At West location, the following specialty services are provided: Neuroscience, Cancer, Sleep Disorders, Mental Health, Alcohol and Substance Abuse, Trauma, Acute Inpatient Rehabilitation, and Home Health Care.

### **Child Advocacy Center**

3200 Sumner Street (Antelope Park)

402.476.3200

<http://www.smvoices.org/flash.htm>

info@smvoices.org

Child Advocacy Center is an organization committed to providing the community with a coordinated, multi-disciplinary approach to child abuse. Services provided: forensic interviews; forensic medical exams for child victims; advocacy and support for child victims and non-offending family members both on-site; at area hospitals and at all court hearings; mental health support services; and court school. Hours: M-F 8a-5p. After hours available.



**College of Dentistry**

40<sup>th</sup> and Holdrege Streets  
P.O. Box 830740

General Information:	402.472.1333
Dental Hygiene Clinic:	402.472.1365
Pediatric Dentistry Clinic:	402.472.1305
Emergency Care (Clinic hours):	402.472.1301
Emergency Care (After hours):	402.472.7211

<http://www.unmc.edu/dentistry/>

College of Dentistry offers quality dental care to children and adults. Services provide: Adult Clinics and Pediatric Clinics. Fees are lower than compared to private dental offices, but appointments are longer due to student training. Hours: M-F 8a-11:45a & 12:45p-5p.

**Lancaster County Medical Society (LCMS)**

5645 O Street, Suite 3

402.483.4800

<http://www.countymedicalsociety.org/>

marilyn@lcmsne.org

Lancaster County Medical Society works in collaboration with other community health organizations to provide programs and services to enhance patient care and improve public health and safety. Services provided: Access Medicaid (program providing enrollment and education services for Nebraska Health Connection/Kids Connection and the Medicaid Managed Care Program); physician referrals; health information; LCMS membership directory; and multiple community projects.

**Lincoln Crisis Pregnancy Center**

4247 O Street

402.483.4247 (24-hours)

<http://www.lincolncrisispregnancycenter.org/>

lcpc@alltel.net

Lincoln Crisis Pregnancy Center is a non-profit organization providing a variety of free services and programs to meet client needs. Services and programs provided: free pregnancy tests with immediate results and verifications, accurate information on pregnancy options, ultrasound imaging, maternity and baby clothes, prenatal and infant care education, referrals to community resources and agencies, and post-abortion counseling and support groups. All services are free and confidential. Hours: M & W 10a-5p, T 11a-8p, Th & F 10a-4p.

**Lincoln Education Medical Partnership**

4600 Valley Road, Suite 200

402.483.4581 ext. 211

<http://www.lmep.com/>

Lincoln Education Medical Partnership is a multi-dimensional organization offering a variety of healthcare programs and services devoted to improving healthcare, the quality of life for individuals, and fulfilling patient needs through responsive, compassionate service. Services provided: full range of healthcare education, physician services, counseling and behavioral medicine to people of all ages and backgrounds. Set fees; Medicaid and Medicare accepted.

**Lincoln-Lancaster County Health Department**

3140 N Street

402.441.8000

<http://www.lincoln.ne.gov/city/health/>

health@lincoln.ne.gov

Lincoln-Lancaster County Health Department provides leadership in promoting environmental and

(services for "Lincoln-Lancaster County Health Department" continue on the following page)

personal health through health promotion, disease detection, disease prevention, education, and regulation. In cooperation with community resources, the department as the official agency is responsible for assisting the community and the citizens to assume responsibility for their health and the health of the community. Additional services provided: health clinics, screenings, and immunizations.

### **Lincoln-Lancaster County Health Department-Dental Services**

3140 N Street

402.441.8014

<http://www.lincoln.ne.gov/City/health/dental/service.htm>

LLCHD-Dental Services emphasizes dental health education and treatment of children living in Lancaster County. Services are provided for families with children between the ages of 3 and 18 (available for free or reduced fees based on income) and for adults without children (eligible for free dental screenings). Services provided: routine and emergency dental treatment; complete medical and dental history; x-ray exam, diagnosis and treatment planning, and home-care instructions; restorative dentistry; surgical treatment; cleaning to remove plaque and tarter; topical fluoride application; root canal therapy; orthodontic evaluation; and clinic screening and referral services. Payment is based on a sliding fee scale ranging from 0-100%.

### **Lincoln-Lancaster County Health Department-Grapevine Project**

3140 N Street

402.441.8000

Grapevine Project is a service providing needy persons a three-month medical supply of medicines prescribed by a physician/doctor. Must meet eligibility guidelines and needs to have a subscription from a physician/doctor.

### **Lincoln-Lancaster County Health Department-Community Health Services: HIV/AIDS/STD Clinic**

3140 N Street

402.441.8065

<http://www.lincoln.ne.gov/city/health/nurse/clinic/hiv.htm>

Services provided: confidential STD testing, and confidential and anonymous HIV testing. STD Clinic hours: T 1p-3p, & Th 5p-7p (no appointment needed and includes HIV testing). HIV Clinic hours: M-F 8a-4p (by appointment) & Th 4p-5:30p (walk-in/no appointment needed).

### **Nebraska Health Connection/Kids Connection**

Nebraska Children's Health Insurance Program

2662 Cornhusker Hwy, Suite 7 – Enrollment Office

402.471.7910

P.O. Box 94926 – State Agency

877.632.5437

<http://www.hhs.state.ne.us/med/kidsconxapp.htm>

Nebraska Health Connection/Kids Connection is health care coverage for qualified children; it includes both the Children's Health Insurance Program and Nebraska Medical Assistance Program. The mission of NHC/KC is to provide regular check-ups and care for children in helping to prevent diseases, find and treat problems early, and assistance in maintaining good health and development. Services provided: free health insurance for children (if qualified); baby and school-age children check-ups, doctor visits, immunization, medications, hospital care, and lab tests/x-rays; dental check-ups, treatments, and dental sealants; vision and hearing testing; eye glasses; emergency medical care for injuries and illnesses; specialty services for children with disabilities or chronic health conditions; and counseling, mental health, substance abuse assessment, and treatment services. Eligibility based primary on family income and if children are under age 19 and live in Nebraska. Hours: M-F 7a-7p; S 8a-12p.

**People's City Mission-Medical Clinic**

110 Q Street

402.475.1303

Public Health Line:

402.441.8065

<http://www.peoplescitymission.org/>

People's City Mission-Medical Clinic is scheduled through Lincoln Lancaster County Health Department. Services provided: physician-staffed clinic for individuals and families with acute ailments and no means of medical care. Call public health for appointment. Hours: Tuesday evenings for the medical clinic, and one day a month for the eye clinic and dental clinic (contact the mission for specific day).

**Peoples' Health Center**1021 North 27<sup>th</sup> Street

Administration/Dental:

402.476.1640

Medical:

402.476.1455

<http://www.phclincoln.org/>

PHC provides comprehensive medical services to its patients. Services provided: medical, dental, and pharmacy services; radiology (x-ray); mental health services WIC program; translation services; HIV/STD testing; and transportation for special conditions. Medicaid and Medicare accepted as well as private insurance. Additional programs: Health Disparities Collaboration, Minority Health Program; Prenatal Care Program; and Medication Assistance Program. Sliding fee program for patients' uninsured/underinsured. Hours: M-F 8a-5p except Th, which is 10a-7p.

**Planned Parenthood of Lincoln**

2246 O Street

402.441.3300

3705 South Street

402.441.3333

24-hour information line:

402.441.0907 or 800.230.7526

<http://www.plannedparenthood.org/ppncb/>

Planned Parenthood is a fully licensed health care center offering services for women, men and teens. Services provided: abnormal pap follow-up; gynecological annual exam; birth control with or without family planning; blood tests; breast exam; cancer screening/pap test; colposcopy and cryotherapy; counseling and pregnancy options; emergency contraception; HIV/AIDS testing and counseling; male health services; menopause/midlife services; post-abortion exam; pregnancy testing, information, and resources; sexually transmitted infection testing and treatment; urinary tract infection diagnosis and treatment; vaginal infection testing and treatment. Specific services offered only at South Street: abortion services – surgical and medical; abortion counseling; hepatitis A & B vaccine; and ultrasound. Services provided on a sliding fee scale of 0-100%. Hours: O Street – M 8a-5:30p, T 10a-3:30p, W 1p-6p, Th 8a-4p, F 8a-3:30p, Sa 10a-2p (1<sup>st</sup> and 3<sup>rd</sup> Sat only); South Street – M, T, F 8a-5p and W 1p-6p.

**St. Elizabeth Regional Medical Center**555 South 70<sup>th</sup> Street

402.219.7123

General Information Line:

402.219.8000

<http://www.saintelizabethonline.com/>

Saint Elizabeth Regional Medical Center is focused on improving the quality of life in the community as well as providing excellent patient care; offers a full range of services to treat patients physically, emotionally and spiritually.

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**HOUSING – NON-EMERGENCY**

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**Housing Authority of the City of Lincoln (LHA)**

5700 R Street

402.434.5500

<http://www.l-housing.com/>

info@l-housing.com

The Housing Authority of the City of Lincoln is a governmental entity established under state law, by the city of Lincoln, with a mission of providing affordable housing to the residents of Lincoln, Nebraska. Services provided: federally subsidized housing for low-income families and elderly persons, non-subsidized affordable rental housing units, home ownership programs, tenant supportive services, and community partnerships with area housing and social services.

**Mercy Services Corporation/Mercy Neighborhood Network Center**

402.477.3512

2200 West Q Street #8

[http://www.mercyhousing.org/serv\\_corporation.aspx](http://www.mercyhousing.org/serv_corporation.aspx)

info@mercyhousing.com

Mercy Services Corporation is a not-for-profit company providing property management and property-based resident services. Services provided: affordable housing for individuals and families of low to moderate income.

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**LEGAL ASSISTANCE**

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**American Civil Liberties Union of Nebraska (ACLU)**

941 O Street, Suite 706

402.476.8091

<http://www.aclunebraska.org/>

info@aclunebrask.org

ACLU Nebraska is a nonprofit/partisan, organization devoted to the defense and promotion of the individual rights secured by the U.S. and Nebraska constitutions. Services provided: assistance regarding discrimination and violations of constitutional rights.

**County Attorney**575 South 10<sup>th</sup> Street

402.441.7321

<http://www.co.lincoln.ne.us/attorney.html>

The county attorney's duty is to prosecute or defend all civil or criminal suits in which the state or county is a party or interested, on behalf of the state or county. Multiple services provided and are located on the county attorney website.

**Juvenile Court of Lancaster County**

Justice and Law Enforcement Center

402.441.6928

575 South 10<sup>th</sup> Street, 4<sup>th</sup> Floor, County-City Building Mailroom Box #78<http://www.lincoln.ne.gov/cnty/discret/staffjuv.htm>**Lancaster County Public Defenders Office**633 South 9<sup>th</sup> Street

402.441.7631

(services for "Lancaster County Public Defenders Office" continue on the following page)

<http://www.lincoln.ne.gov/Cnty/pdefen/index.htm>

Lancaster County Public Defenders Office provides clients with high quality legal representation when clients are unable to provide/afford private representation.

### **Legal Aid of Nebraska**

941 O Street Suite, 825

402.435.2161

Intake Number:

877.250.2016

<http://www.nebls.com/>

Legal Aid of Nebraska is an organization promoting civil legal aid for those in need. Services provided: free civil legal representation, resource referral, community development and education to low-income Nebraskans. Additional specialized programs include: domestic violence, AccessLine and Elder AccessLine, Migrant Farm Worker, Private Attorney Involvement, Pro-Se Clinics, Juvenile Court, Farm and Ranch, Rural Response Hotline, Low-Income Taxpayer Clinics, Native American, Elder Law, and Access to Justice for the Homeless.

### **Lincoln Commission on Human Rights**

440 South 8th Street, Suite 101

402.441.7624

<http://www.lincoln.ne.gov/city/Mayor/human/index.htm>

[lchr@lincoln.ne.gov](mailto:lchr@lincoln.ne.gov)

Lincoln Commission on Human Rights provides enforcement of all provisions of Title 11 of the Lincoln Municipal Code and works to eliminate and prevent all forms of illegal discrimination, to assure and foster equal opportunity for all Lincoln citizens. Services provide: receive, settle, conciliate, investigate, issue findings, hold public hearings on complaints alleging discrimination based on race, color, religion, sex, disability, national origin, familial status, age ancestry, marital status, and retaliation.

### **Nebraska Bar Association - Lawyer Referral**

635 South 14<sup>th</sup> Street

402.475.7091

P.O. Box 81809

800.927.0117

<http://www.nebar.com/>

Nebraska Bar Association - Lawyer Referral is an agency that works to match and appropriately refer volunteer lawyers with individuals who are unable to afford attorneys. Eligibility requirements of individuals are to meet regulations of low-income status (income falls below the 125% federal poverty guidelines). Areas of service primarily include family law and housing issues.

### **Nebraska Equal Opportunity Commission**

Nebraska State Office Building

402.471.2024

301 Centennial Mall South, 5<sup>th</sup> Floor

800.642.6112

P.O. Box 94934

<http://www.neoc.ne.gov/>

Nebraska Equal Opportunity Commission is an administrative agency enforcing the public policy of the state against discrimination. Services provided: receive, investigate and pass upon charges of unlawful discrimination occurring anywhere within the State of Nebraska in the areas of employment, housing, and public accommodations.

### **Nebraska Ombudsman**

Room 807, State Capitol

402.471.2035

(services for "Nebraska Ombudsman" continue on the following page)

P.O. Box 94604

800.742.7690

<http://nebraskalegislature.gov/web/public/ombudsman>

ombud@leg.ne.gov

Nebraska Ombudsman Office is an independent complaint-handling office for the use of citizens who have complaints about the actions of administrative agencies of state government, that is, the bureaucracy of state government. Services provided: investigation into and assistance in resolution of citizens' grievances relating to the actions of state administrative agencies, general information about state government to the public, and referral services to direct citizens to entities that can provide assistance.

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### *REFUGEE, IMMIGRANT AND MINORITY SERVICES*

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#### **African Multicultural Community Center**

1225 F Street

#### **Asian Community and Cultural Center**

2615 O Street

402.477.3446

<http://www.lincolnasiancenter.org/>

asiancenter2004@yahoo.com

Asian Community and Cultural Center is a community center devoted to supporting and empowering Asian people. Services provided: Youth Leadership (promotes leadership, community involvement, and career and scholarship – meetings T at 3:15p), Summer Enrichment Program, Citizen Classes (classes W at 6p and M at 11a), English Language Classes (classes T & Th 6p-7:30p and T & F during the day), Translation Services, Parent Kindly Class, Senior's Program (meetings Th).

#### **Catholic Social Services**

Social Services/Administration 1313 Eldon Drive

402.474.1600

<http://www.cssisus.org/>

800.981.8242

Catholic Social Services' department of social services provides: emergency services, food, housing/shelter, clothing, material and financial assistance, refugee assistance and resettlement, community information, referral services, homeless service, and special holiday programs (programs to assist with finances during holiday sessions).

#### **Cedars Northbridge Community Center**

402.437.8999

1533 North 27<sup>th</sup> Street

#### **F.I.R.S.T. Project, Inc**

1919 South 40<sup>th</sup> Street, Suite 111

402.488.6760

<http://firstproject.org/>

F.I.R.S.T Project offers a comprehensive array of mental health and psychological services to immigrants, refugees, and torture survivors with the goal to help individuals and families overcome adversity and counteract the pain, inhumanity and degradation of the torture and trauma experienced at the hands of governments. Services provided: assessment; individual, family, and group therapy; and collaboration with medical professionals and school professionals and human service agencies.

**Good Neighbor Community Center**

2617 Y Street

<http://www.lincolngncc.org/>

402.477.4173

staff@lincolngncc.org

(services for "Good Neighbor Community Center" continues on the following page)

Services provided: emergency food, clothing and household items; SHARE food program; health assistance and station; WIC services; ESL classes and language assistance; minority support and resources; tutoring/mentoring for youth; summer camp for children ages 5-10 (with nominal fee); parent support group; and Arabic women support group: M-Th – 8a-4p and F – 10a-2p.

**Centro de las Americas**

2032 U Street

<http://www.lfsneb.org/aboutlfs/locations/elcentrodelasamericas.asp> elcentrolincoln@yahoo.com

402.474.3950

Services Provided: emergency food, education/health programs, children's activities, after school and mentoring programs, Spanish translations, language assistance, job referrals, cultural programs, and English language learner classes.

**Indian Center, Inc.**

1100 Military Road

<http://indiancenterinc.org/>

402.438.5231

Indian Center is a community center providing services to eligible Nebraskans of all cultures.

Services provided: Native American employment services, and case management and commodities.

**Lincoln Action Program**

210 O Street

<http://www.lincoln-action.org/>

402.471.4515

lincoln-action@lincoln-action.org

Lincoln Action Program is a member of Community Action Partnership, a national organization representing interests of community action agencies across the country that fight poverty on the local level. Services provided: pantry system for emergency assistance; clothing; head start services; family services and outreach; homeless outreach; housing resources, information, and outreach; and career development and financial assistance.

**Lincoln Literacy Counsel**745 South 9<sup>th</sup> Street<http://www.lincolnliteracy.org/>

402.476.7323

info@lincolnliteracy.org

Lincoln Literacy Counsel assists people of all cultures and strengthens the community by teaching English language and literacy skills. Programs provided: Adult Basic Literacy, ESL, English Conversation Groups, Health Literacy, Refugee Women's Group, and Sudanese Women's Group.

**Peoples' Health Center**1021 North 27<sup>th</sup> Street

Administration/Dental:

Medical:

<http://www.phclincoln.org/>

402.476.1640

402.476.1455

PHC provides comprehensive medical services to its patients. Services provided: medical, dental, and pharmacy services; radiology (x-ray); mental health services WIC program; translation services;

(services for "Peoples' Health Center" continue on the following page)

HIV/STD testing; and transportation for special conditions. Medicaid and Medicare accepted as well as private insurance. Additional programs: Health Disparities Collaboration, Minority Health Program; Prenatal Care Program; and Medication Assistance Program. Sliding fee program for patients' uninsured/underinsured. Hours: M-F 8a-5p except Th, which is 10a-7p.

### **Planned Parenthood of Lincoln**

2246 O Street

402.441.3300

3705 South Street

402.441.3333

24-hour information Line:

402.441.0907 or 800.230.7526

<http://www.plannedparenthood.org/ppncb/>

Planned Parenthood is a fully licensed health care center offering services for women, men and teens. Services provided: abnormal pap follow-up; gynecological annual exam; birth control with or without family planning; blood tests; breast exam; cancer screening/pap test; colposcopy and cryotherapy; counseling and pregnancy options; emergency contraception; HIV/AIDS testing and counseling; male health services; menopause/midlife services; post-abortion exam; pregnancy testing, information, and resources; sexually transmitted infection testing and treatment; urinary tract infection diagnosis and treatment; vaginal infection testing and treatment. Specific services offered only at South Street: abortion services – surgical and medical; abortion counseling; hepatitis A & B vaccine; and ultrasound. Services provided on a sliding fee scale of 0-100%. Hours: O Street – M 8a-5:30p, T 10a-3:30p, W 1p-6p, Th 8a-4p, F 8a-3:30p, Sa 10a-2p (1<sup>st</sup> and 3<sup>rd</sup> Sat only); South Street – M, T, F 8a-5p and W 1p-6p.

### **Office of Refugee Resettlement Partners**

301 Centennial Mall South, 4<sup>th</sup> floor

402.471.9200

P.O. Box 95044

402.471.9346

### **Southern Sudan Community Association**

402.554.0759

### **The Fusion Project**

2615 O Street

402.477.3446

The Fusion Project is a program to help new refugees become self-sufficient as well as integrate into their new home in Lincoln.

## ***RESPIRE CARE FOR CHILDREN***

### **CEDARS Youth Services**

620 North 48th Street

402.434.5437

6601 Pioneers Boulevard (Emergency Shelter)

24-hours:

402.437.8888

[www.cedars-kids.org/](http://www.cedars-kids.org/)

[info@cedars-kids.org](mailto:info@cedars-kids.org)

CEDARS Youth Services helps children who have been abused, neglected, or homeless achieve safety, stability, and enduring family relationships. Services provided: emergency shelters and residential care for children and youth in crisis situations; residential mental health treatment for girls age 9-19; agency based and emergency foster care services; family preservation, counseling, and juvenile justice assistance; and early childhood development, childcare, and school age programs.



**YWCA of Lincoln Respite Care**

1432 N Street

<http://www.ywcalincoln.org/respite.html>

Respite services provide temporary, short-term care for families in crisis, foster parents, caregivers of adults and children with disabilities or special needs person with Alzheimer's, frail elderly, or families simply needing a break.

402.434.3494 ext. 141

866.737.7483 ext. 141

janelle@ywcalincoln.org

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**SHELTER**

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**CEDARS Youth Services – Home and Shelters**

620 North 48th Street

402.434.5437

6601 Pioneers Boulevard - Emergency Center

1911 South 20<sup>th</sup> Street - Boys Home4141 South 56<sup>th</sup> Street - TLC Home for Pregnant and Parenting Teens

1430 South Street - Transitional Living Program

[www.cedars-kids.org/](http://www.cedars-kids.org/)

info@cedars-kids.org

CEDARS Youth Services helps children who have been abused, neglected, or homeless achieve safety, stability, and enduring family relationships. Services provided: 24-hour on call crisis line; short-term emergency shelters and residential care for children and youth in crisis situations; day care facilities (18 months-5 years); residential mental health treatment for girls age 9-19; in home family support; planned respite care; agency based and emergency foster care services; family preservation, parent support groups, counseling, and juvenile justice assistance; and early childhood development, childcare, and school age programs. Main office hours: 8a-5p. Initial intake appointment required. No criteria required. Sliding fee based on income.

**Fresh Start Home**

6433 Havelock Avenue

402.475.7777

<http://www.freshstarthome.org/>

Services provided: transitional housing and living skills programs for homeless single women without dependents; and basic, emergency services (food, clothing, shelter, hygiene items).

**Friendship Home****Hello Number**

402.437.9302

**Toll Free Number**

877.474.4820

**24-hour Crisis Line**

402.437.9302

**Business Line**

402.437.9300

P.O. Box 85358

<http://www.friendshiphome.org/html/home.htm>

Friendship Home offers programs to help open the door to safety and lives free from fear for women and children fleeing domestic violence. Services provided: 24-hour crisis line, emergency shelter for victims of domestic violence and their children, transitional shelter, case management and children's advocates, referrals for legal services and housing, financial support, need-based services, community and client education, advocacy, counseling, support, and support groups. All services provided based on an individual family's situation and needs.

**People's City Mission**

110 Q Street

402.475.1303

<http://www.peoplescitymission.org/>

Religious oriented residential program that provides emergency shelter for the homeless (male/female) and women and children experiencing personal crisis, food, clothing, personal care needs, furniture, household goods and appliances, counseling services, emotional and spiritual aid, legal advice, skills training, education and employee assistance, medical clinic (Tuesday evenings), eye examinations (once a month), mobile dental clinic, transportation assistance, and alcohol and drug treatment.

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