

Community Resources for CAPS (Alphabetical)

MYLNK App Full listing of community resources!

<https://lincolne.mylnk.app/categories>

211 Nebraska – Community Resource Referrals! Anyone can call 211 for assistance:

<https://ne211.org/>

Adoption and Foster Care:

- CEDARS- <https://www.Cedarskids.org>
- Hope Chest- (402) 314-2022
- Project Everlast- (402) 476- 9401
- The HUB Lincoln Education Program- <http://hublincoln.org>
- Nebraska Children’s Home Society- <https://nchs.org>
- Nebraska Foster and Adoptive Parents Association- 402-476-2273 or Toll Free 877- 257-0176

Animal Services:

- Big Red Rescue- <http://www.bigredrescue.com>
- Capital Humane Society- <https://www.capitalhumanesociety.org>
- Coalition for Pet Protection- <http://www.petcoalition.org>
- Domesti-PUPS- <https://www.domesti-pups.org>
- Lincoln Animal Ambassadors- <https://www.lincolnanimalambassadors.org>
- Sadie Dog Fund- <https://sadiedogfund.org>

Back to School Resources:

- Central Plains- <http://www.central-plains.org>
- Clinic With a Heart (Back to school clinic days August) (402) 421- 2924:
https://www.clinicwithaheart.org/get-help/school_physicals.html
- Malone Community Center (School supplies distribution August) (402) 474- 1110

Children and Family Services:

- Behaven Kids Service- <http://www.behavenkids.com>
- Kid’s Corner Counseling- <https://adultspancounseling.com/kids-corner-counseling/>
- CEDARS- <https://www.cedars-kids.org>
- Nebraska Resource Project for Vulnerable Young Children (NRPVYC)-
<http://www.nebraskababies.com/content/cpp-provider-list>
- Make-A-Wish Nebraska- <https://nebraska.wish.org/>
- Child Care Food Program- <https://familyservicelincoln.org>
- Big Brothers Big Sisters- <https://bbbslincoln.org/>
- Boy Scouts of America- <https://www.scouting.org>
- Indigo Bridge Books: Children’s Story time- <https://www.indigobridge.org>
- Lincoln Literacy: Family Literacy for Immigrants and Refugees (FLAIR)-
<https://www.lincolnliteracy.org>

Childcare Financial Resources:

- Lincoln Littles- <https://lincolnlittles.org>
- Nebraska Child Care Referral Network- <https://www.nechildcarereferral.org>

Childcare: Before/After School Programs:

- Boys and Girls Club - (402) 474- 4133
- City of Lincoln - <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/PRPrograms/Before-and-After-School-Programs>
- YMCA of Lincoln - <https://www.ymcalincoln.org/programs/education/after-school-programs>
- YMCA of Lincoln: Preschool- <https://www.ymcalincoln.org/programs/education/preschool>
- Family Service Lincoln: <https://familyservicelincoln.org/youth-development-program/>
- Early Head Start & Head Start (Center-Based)- <https://www.communityactionatwork.org>
- Lighthouse: Meals and After School Care- <https://lincolnlighthouse.org>
- DHHS Child Care Information - <http://dhhs.ne.gov/publichealth/Documents/ChildCareRoster.pdf>
- DHHS Child Care Subsidy Program (Title XX)- (402) 323- 3900 EDUCARE- <https://www.educareschools.org/schools/lincoln-ne/>
- LPS Elementary District Office- (402) 436- 1000 <https://home.lps.org/federal/community-learning-centers/>
- LPS Middle School- Contact your local school for information
- Malone Community Center: After School and Non- School Day Care <https://malonecenter.org/out-of-school/>
- Malone Community Center: Early Education & Youth Services- <https://malonecenter.org/early-achievers-academy/>
- The Salvation Army After school and summer day camp- <https://centralusa.salvationarmy.org/lincoln/empower-youth/>

Community, Recreation and Cultural Centers:

- Air Park West Recreation Center (402) 441- 7876
- Asian Community and Cultural Center (402) 477- 3446
- Belmont Recreation Center (402) 441- 6789
- Calvert Community Center (402) 441-8480
- Carol M. Yoakum Family Resource Center (402) 434- 2621
- Easterday Recreation Center (402) 441- 7901
- El Centro De Las Américas (402) 474- 3950
- F. Street Community Center (402) 441- 7951 Family Resource Center (402) 441-4374
- Irving Recreation Center (402) 441-7954
- Willard Community Center (402) 475-0805
- West Lincoln Community Center (402) 436-1987
- The Bay (402) 937-1229
- Malone Community Center (402) 474-1110
- Mena Hope/Good Neighbor Community Center (402) 477-5545
- Lincoln Parks and Recreation (402) 441-7847
- Northeast Family Center <https://nfclincoln.org>
- Good Neighbor Community Center <http://www.gncclincoln.org>
- Connection Point: <https://www.connectionpointnk.org>
- Meadowlark Music Festival <https://meadowlarkmusicfestival.org>

Disability Services:

- Answers for Families: Online Support- [webhttp://www.answers4families.org/](http://www.answers4families.org/)
- Nebraska VR (Help people with disabilities find jobs)- <http://www.vr.nebraska.gov>
- DHHS Online Community Resource Guides - <https://dhhs.ne.gov/Pages/DD-Resources.aspx>
 - [Adolescents and Young Adults](#)
 - [Adults](#)
 - [Parents of Infants, Toddlers, and Children](#)
- Nebraska Hotline for Disability Services- (402) 471- 0801 or toll free 1(800) 742- 7594
- Nebraska Commission for the Blind and Visually Impaired - <https://ncbvi.nebraska.gov/>
- Nebraska Commission for the Deaf and Hard of Hearing - <https://ncdhh.nebraska.gov/>
- Assistive Technology Partnership- <http://www.housing.ne.gov/>
- Autism Society of Nebraska- <http://autismnebraska.org/>

Divorce and Separation:

- Legal Aid of Nebraska - <https://www.legalaidofnebraska.org/how-we-help/resources/family-law-and-domestic-violence/frequently-asked-divorce-legal-separation-questions/>
- Support Groups in Nebraska - <https://www.divorcehq.com/divorce-support-groups/nebraska-support-groups.shtml>
- Resources from Nebraska Extension - https://child.unl.edu/2017CPFSKResources_WebBook.pdf?utm_source=NE+Brochure&utm_medium=Brochure+NE&utm_term=books%2C+brochure%2C+divorce%2C+parenting%2C+conflict+&utm_content=B&utm_campaign=Books+for+Divorce

Domestic Violence:

- National Domestic Abuse Violence Hotline – 1-800-799-7233
- National Sexual Assault Hotline – 1-800-656-4673
- Voices of Hope (Lincoln) – 402-475-7273 <https://www.voicesofhopelincoln.org/>
- Hope Crisis Center (Milford & Beatrice) – 1-877-388-4673 <https://hopecrisiscenter.org/>
- Friendship home- <https://friendshiphome.org>
- Catholic Social Services- (St. Gianna's Home) - <https://www.cssisus.org>
- DHHS Abuse & Neglect Hotline – 1-800-652-1999
- Cedars- <https://cedarskids.org>
- Child Advocacy Center- <https://www.smallvoices.org>
- Bikers Against Child Abuse- (B.A.C.A.)- <https://bacaworld.org>
- Spanish Resources- <https://www.childwelfare.gov/spanish/#tab=general> and <https://www.childwelfare.gov/catalog/spanishindex/>

Education:

- SCC Gap Assistance <https://www.southeast.edu/gap/>
- Education Quest Foundation: Free College Planning Services (402) 475-5222
- Foundation for Lincoln Public Schools (402) 436-1612
- Leadership Lincoln <https://www.leadershiplincoln.org>
- Lincoln Literacy <https://www.lincolnliteracy.org>

Employment (Job Search & Resume Help):

- SCC Career Services – <https://www.southeast.edu/careerservices/>

Employment (Disability):

- Nebraska Voc Rehab - http://www.vr.nebraska.gov/job_seekers/
- Goodwill- <https://lincolngoodwill.org>
- Lincoln Commission on Human Rights <https://app.lincoln.ne.gov/city/attorn/human/>
- U.S. Department of Labor - <https://www.dol.gov/general/topic/disability>

Employment (Job Training):

- American Job Center <https://www.lincoln.ne.gov/City/Departments/Urban-Development>
- YWCA Job Outfitters (402) 434-3494
- The Hub <http://hublincoln.org>
- SCC Adult Basic Skills, Citizenship, ESL and GED (402) 437-2127
- Job Corps <https://www.jobcorps.gov>
- Goodwill TANF Employment Program <https://www.jobcorps.gov>
- El Centro De Los Americas GED in Spanish (402) 474-3950
- Department of Labor Lincoln Career Center <https://dol.nebraska.gov/home/index>
- Community Justice Center: Job Search for Ex- Offenders <https://communityjusticecenter.org>
- American Red Cross: Training & Certification (402) 441-7997

Employment (Refugee Services):

- Catholic Social Services: Employment Services <https://www.cssisus.org>
- Lincoln Commission on Human Rights <https://app.lincoln.ne.gov/city/attorn/human/>

Employment (Temporary Staffing):

- Work USA Inc. <http://www.workusainc.com>
- Staffing Services Inc. (402) 465-9060
- Oasis Staffing <https://www.oasisstaffing.com>
- Kelly Services <https://www.kellyservices.us>
- LaborMax Staffing <https://www.labormax.net>
- Express Employment Professionals <https://www.expresspros.com/lincolnne/>
- Allied Staffing <https://www.alliedstaffing.com>
- Advantage Personnel & Employment <https://advantagestaffing.com>
- Advance Services Inc. <https://www.advanceservices.com>

Additional Employment Resources

- Region V Services <https://www.regionvservices.com>
- Wellbeing Initiatives: Nebraska Coalition for Peer Delivered Services <https://necoalitionforpeers.org>

Extended counseling/outpatient services:

- Associates in Counseling & Treatment, PC- (402) 261-6667
- B.E.S.T. Intensive Outpatient Services- <http://www.berniklaueducationsolutionsteam.com>
- Behavioral Health Resources- <https://bhr-llc.com>
- Better Living Counseling Services, Inc.- <https://www.betterlivingcounselinginc.com>
- Blue Valley Behavioral Health- <https://bvbh.net>
- Bryan Medical Center- (402) 481-5991
- Bryan Mental Health (24/7 emergency available)- <https://www.bryanhealth.com/services/counseling-mental-health/>
- CEDARS- <https://cedarskids.org>
- Catholic Social Services- <https://www.cssisus.org>
- Centerpointe- <https://www.centerpointe.org>
- Couple and Family Clinic (UNL)- <https://cehs.unl.edu/cfc/>
- Family and Youth Investment (FYI)- <http://region5systems.net/how-we-help/family-youth-investment-program/>
- Kid's Corner Counseling- <https://adultspancounseling.com>
- Lutheran Family Services of Nebraska: Adult Behavioral Health- <https://www.lfsneb.org>
- Mental Health Association of Nebraska: 24/7- <https://mha-ne.org>
- Mental Health Counselors of Lincoln and Lancaster County- <https://www.psychologytoday.com/us/therapists/ne/lancaster-county>
- Monroe Myers Institute: Jennifer Schrage LMHP 402-476-4357, Ext. 210
- NAMI-Lincoln (National Alliance on Mental Illness - Lincoln)- <https://naminebraska.org>
- Nebraska Family Support Network- <https://nefamilysupportnetwork.org>
- Self-Help Information Service of Nebraska- 402-476-9668
- St. Monica's: Behavioral health treatment organization- <https://www.stmonicas.com>
- [The Bridge Behavioral Health](https://thebridgenebraska.org)- <https://thebridgenebraska.org>
- UNL Psychological Consultation Center- <https://psychology.unl.edu/pcc/home>
- Voices of Hope- <https://www.voicesofhopelincoln.org>

Financial Education and Credit Union:

- Community Action Partnership of Lancaster and Saunders Counties: Financial Coaching- <https://www.communityactionatwork.org/programs/financial-and-family-well-being/financial-education.html>
- Community Development Resources- 402-436-2387
- Consumer Credit Counseling Center: Financial counseling and budget planning- 402- 484-7200
- GreenPath Financial Wellness: Debt counseling in person and by telephone- <https://www.greenpath.com/locations/lincoln/>
- Matt Talbot Kitchen & Outreach: Life Skills Classes- <https://www.mtko.org>
- Cobalt Credit Union- <https://www.cobaltcu.com>
- First Lincoln Federal Credit Union- <https://www.firstlincoln.org>

Food Services:

- SCC Food Pantry <https://www.southeast.edu/scc-food-pantry/>
- Food Bank of Lincoln <https://www.lincolnfoodbank.org/>
- Matt Talbott - https://www.mtko.org/hunger_relief/
- Catholic Social Services of Southern Nebraska <https://www.cssisus.org/>
- Center for People in Need <https://www.cfpin.org/>
- First Presbyterian Church Mobile Food Pantry <https://fpclincoln.org/>
- Foodnet Church of Christ- <http://foodnetlincoln.org/>
- Foodnet Cristo Rey Catholic Church- <http://foodnetlincoln.org/>
- Carol Yoakum Family Center (402) 434-2621
- Calvert Recreation Center (402) 416-6197

Free Tax Preparation:

- Lincoln VITA Coalition- <https://vita.unl.edu> (Closed until January 2022)

Grief and Loss:

- Mourning Hope- <http://www.mourninghope.org>
- Grief Share: (3 locations)
 - First Evangelical Free Church <http://www.firstfreelincoln.org/>
 - Lincoln Berean Church <http://www.lincolnberean.org/>
 - Christ's Place <http://www.cplace.org/>
- Kendra Hubbard Grief Counselor 402-937-3565
- Roper & Sons Grief Support programs- 402-476-1225
- Ray of Hope - Survivors of Suicide- 402 477-8610
- Growing Through Grief- 402-486-8506
- Community Friends - (Support group- death of a child)- 402 477-0857
- Grief Resolution Program- 402-474-3600
- Hidden Victims- 402 476-9668
- Hope: (Support group for loss of baby, miscarriage, stillbirth or death)- (402) 473-2822
- Nebraska Connection for Loss in Multiple Birth (NCLIMB)- 402-421-1148
- Nebraska SIDS Foundation- 402-935-1911
- P.A.T.H.S: Post abortion, trauma, healing, and support- 402-483-4247
- Saint Elizabeth Helping Hearts: Bereavement support group- 402 219-7043
- Vet Center: Counseling for family members of anyone dying on active duty while in the military- 402-476-9736
- Tabitha Hospice: Military and Veterans- <https://www.tabitha.org/senior-care-services/hospice.html>
- Younger Widow/Widower Grief Support Group- 402-488-1363

Health:

- **Cancer Assistance-**
 - American Cancer Society- <https://www.cancer.org> Breast Cancer Support- (402) 219-7258
 - Bryan Prostate Cancer Support Group- (402) 481-5400 Nebraska Cancer Research Center- 402-483-2827
 - Nebraska Colon Cancer Screening Program- 1-800-532-2227
 - The Leukemia & Lymphoma Society- 402-344-2242 Toll Free 888-847-4974
- **Home Care Providers-**
 - SYNERGY HomeCare of Lincoln- <https://www.synergyhomecare.com>
 - Tabitha Home Health Care- <https://www.tabitha.org/senior-care-services/home-health.html>
- **Mental Health Emergency-**
 - Bryan Mental Health Services- <https://www.bryanhealth.com/services/counseling-mental-health/> (402) 481-5991
 - CenterPointe: Crisis Response- <https://www.centerpointe.org/crisistalk/crisistalk.html> 402-475-6695
- **Mental Health Respite-**
 - The Keya House- <https://mha-ne.org>
- **Prescription Assistance-**
 - Answers4Families: Prescription Assistance- 402-472-0844
 - CenterPointe: Medication Management- 402-475-8717
 - Drug Assistance Programs- 800-762-4636
 - Medication Assistance Program of Lincoln- 402-483-4800
- **Skilled Nursing, long term care, and memory care-**
 - GracePointe by Tabitha, Assisted Living & Memory Care Suites- <https://www.tabitha.org/living-communities/our-communities.html>
 - Tabitha Nursing and Rehabilitation Center- <https://www.tabitha.org>

Healthcare:

- Access Nebraska- <http://accessnebraska.ne.gov>
- Clinic With a Heart- <https://www.clinicwithaheart.org>
- Lincoln medical doctor directory- <https://www.lincolndocs.com>

Housing Resources:

- Rental and Utility Assistance - <https://www.lincoln.ne.gov/City/Mayor/Housing-Utility-Assistance>
- Lincoln Housing Support - <https://www.lincoln.ne.gov/City/Departments/Urban-Development/Housing>
- Housing Authority - <https://www.l-housing.com/>
- Community Action - <https://www.communityactionnetwork.org/programs/homelessness-prevention/overview.html>
- Matt Talbott - https://www.mtko.org/you_can_help/housing/housing-first.html
- Family Service - <https://familyservicelincoln.org/housing-and-support-services/>

Human Trafficking:

- National Human Trafficking Hotline – 1-888-373-7888
- DHHS <https://dhhs.ne.gov/Pages/Human-Trafficking-Resources.aspx>
- I've Got A Name- <https://ivegotaname.org>

Language Assistance:

- Southeast Community College (SCC) ESL Classes (402) 471-3333
- Northeast Family Center- Family, Adult Literacy and Education <https://nfclincoln.org>
- MENA GNCC (Ariabic and Middle Eastern Programs) <http://www.gncclincoln.org>
- Lincoln Literacy <https://www.lincolnliteracy.org>
- Good Neighbor Community Center: English ESL Classes <http://www.gncclincoln.org>
- 402-477-4173
- LanguageLink Interpretation Services (402) 730-9054
- El Centro De Las Américas (402) 474-3950
- Connection Point: English Conversation Partners (402) 413-0017
- Asian Community and Cultural Center: Language Help <https://www.lincolnasiancenter.org>

LGBTQ+:

- Out Nebraska- <https://outnebraska.org/about-us/>
- PFLAG- <https://pflaglincoln.org>
- ACLU: LGBTQ civil rights- <https://www.aclunebraska.org/en/issues/lgbt-rights>
- Lincoln Commission on Human Rights- <https://www.lincoln.ne.gov/City/Departments/City-Attorneys-Office>
- Queer Nebraska Youth Network- <https://www.facebook.com/theqnyn/>
- Proud Horizons Omaha- <https://proudhorizons.wordpress.com>
- Imperial Court of Nebraska (resources and scholarships) <https://www.imperialcourtofnebraska.org>
- Open Arms Trans Social Group (OATS) Omaha- <http://www.openarmsomaha.com>
- TRANS Lifeline- 1-877-565-8860
- Trevor Lifeline 1 (866) 488-7386
- The Trevor Project- <https://www.thetrevorproject.org>
- Trans Student Educational Resources (TSER)- <https://transstudent.org>
- GSLEN- <https://www.glsen.org>
- Local Counseling Resources
 - Kindred Psychology - <https://kindredpsych.com> 402.483.7900
 - AdultSpan Counseling - J. Kipp Lanning - <https://adultspancounseling.com/lgbt-counseling/> 402.325.0117
 - Origins Health & Wellness, LLC - Tricia Monzón - 402.489.9990
 - Monarch Counseling - <https://monarchcounseling-lincoln.com> 402.489.6196
 - SAIGE- <https://saigecounseling.org>
 - Serenity Therapy & Wellness - <https://www.serenitytherapyandwellness.com> (402) 413- 9583

Lincoln City Libraries:

- Location Information- <https://lincolnlibraries.org/locations/>
- Lied Bookmobile Delivery- <https://lincolnlibraries.org/locations/lie-d-bookmobile/>

Legal Assistance:

- Aging Services Elder Law Program- (402) 441-7070
- ACLU- <https://www.aclunebraska.org>
- CASA (Court Appointed Special Advocates)- <https://www.casa4lanaster.org>
- Child Advocacy Center- <https://www.smallvoices.org>
- Child Support Enforcement: Information- <https://dhhs.ne.gov/Pages/Child-Support.aspx>
- Disability Rights Nebraska- <https://www.disabilityrightsnebraska.org>
- Legal Aid of Nebraska- <https://www.legalaidofnebraska.org>
- Lincoln Commission on Human Rights- <https://app.lincoln.ne.gov/city/attorn/human/tap.htm>
- Nebraska Appleseed Center For Law-<https://neappleseed.org>
- Nebraska State Bar Association- <https://www.nebar.com/404.aspx>
- The Civil Clinical Law Program- <https://law.unl.edu/civil-clinic/>
- The Mediation Center- <http://www.themediationcenter.org>
- University of Nebraska College of Law: Civil Law Program- <https://law.unl.edu>
- Victim Witness Unit LPD- <https://www.lincoln.ne.gov/City/Departments/Police>
- Voices of Hope (Domestic Violence)- <https://www.voicesofhopelincoln.org>
- Students and families facing eviction- <https://app.lincoln.ne.gov/city/attorn/human/tap.htm>

Low Cost or Free Clothing:

- A Warmer Day: Coats/Winter apparel- <https://www.awarmerday.org>
- Barnabas Community- <https://barnabascommunity.org>
- Clothesline- (402) 464-2050
- Capitol City Christian Church: Clothing Exchange and Distribution- <https://www.capitolcity.org>
- Connection Point: Career Closet- <https://www.connectionpointlnk.org/career-closet>
- Esther's Closet (Free Clothes)- (402) 466-6736
- From the Sky Down (Free Clothes) From Middle Cross Church- <https://www.middlecrosschurch.org>
- Macie's Place: Thrift Store - All \$1- (402)440-9928
- Northwest Lincoln Church of Christ - <https://nwlincolncoc.us/home> (402) 475-3313
- Once Upon a Child - Low cost clothes- 402-464-4443
- People's City Mission: Clothes and Household Items- <https://pcmlincoln.org>
- Prom Closet - Formal attire available 402-464-2050
- St Louise Gift & Thrift Store: Clothes and Household Items- (402) 474-1600
- The Purple Peacock- 402-466-5238
- The Closet at New Hope- (402) 466-5238
- The Salvation Army- (402) 466-5052
- YWCA Job Outfitters- <https://www.ywcalincoln.org>

Military and Veterans Services:

- Warrior & Family Support- 1 (800) 432- 6778
- Veteran's Outreach Center- 402-476-9736
- VA - https://www.benefits.va.gov/ROLINCOLN/docs/VBA_Outreach1.pdf
- Vet Center- 402-476-9736
- Nebraska Western Iowa VA: Health Care for Homeless Veterans - (402) 669-0364
- Military OneSource- <https://www.militaryonesource.mil>
- Lutheran Family Services of Nebraska: Veterans Services- <https://www.lfsneb.org/service/veterans-services/>
- Lincoln Career Center- <https://dol.nebraska.gov/home/index>
- Behavioral Health Resources: Drug/Mental Health Outpatient Treatment- <https://bhr-llc.com>

Parenting and Family Support:

- Prenatal- <https://www.lincolnfamilymedicine.com> 402-327-6957
- Circle of Security Parenting <http://www.necosp.org>
 - Service Coordinator Hailey Sloup- 402 436 5437
- Cedars Parenting Training Series- (402) 436- 5437 <https://cedarskids.org>
- Women Infants and Children (WIC)- <http://www.familyserVICelincoln.org>
- Diapers @CFPIN- <https://www.cfpin.org/>
- Diaper Depot- (402) 466-5238
- Diaper Heaven- (402) 435-1532
- Good Neighbor Community Center (Free Diapers)- <http://www.gncclincoln.org>
- Lincoln Family Medicine Center Kangaroo Klub- <https://www.lincolnfamilymedicine.com>
- The Salvation Army (Free Diapers)- (402) 474-6263
- Lincoln Family medicine Center: Stork Club- <http://www.lincolnfamilymedicine.com/stork-club/>
- Milkworks- <http://milkworks.org>
- La Leche League: Breastfeeding Support- <http://www.llofne.org/>
- Fatherhood initiative- <https://www.lfsneb.org/service/the-fatherhood-initiative-project/>
- Destination Dad™- http://www.chne.org/family_outreach/destination_dad.html
- Families Together (402)413-1974
- Families Inspiring Families- <http://familiesinspiringfamilies.org>
- Northeast Family Center: Parents as Partners- <https://nfclincoln.org>
- Family Service Lincoln- <https://familyserVICelincoln.org>
- Lincoln Community Response- <http://www.communityactionatwork.org/programs/financial-and-family-well-being/lincoln-community-response.html>
- Blue Valley Behavioral Health- <http://bvbh.net/>
- Stepping Stones- <https://steppingstoneslincoln.com>
- AdultSpan counseling- <http://adultspancounseling.com/>
- KVC- <https://nebraska.kvc.org>
- HopeSpoke- <https://www.hopespoke.org>
- Matt Talbot Kitchen & Outreach: Life Skills Classes- <http://www.mtko.org>
- Nebraska Resource and Referral System (NRRS)- <https://nrrs.ne.gov>
- Children's Rights Council- <http://www.crckids.org>
- Couple and Family Clinic-<https://cehs.unl.edu/cfc/>
- Blakely Strategic Solutions (Therapy)- (402) 469- 2023
- The Mediation Center- <http://www.themediationcenter.org>
- St. Elizabeth Medical Center- (402) 219- 7000
- Family and Youth Investment (FYI)- <http://region5systems.net/how-we-help/family-youth-investment-program/>
- Pathfinder Support Services- <http://www.pathfinderserv.com>
- Lutheran Family Services counseling- <https://www.lfsneb.org/>

Personal Needs:

- **Auto Repair-** Charity Auto- 402-477-3550
- **Beds-** <https://40winksfoundation.org>
- **Bicycles-**
 - Lincoln Bike Kitchen- <https://www.lincolnbikekitchen.org>
- **Furniture-**
 - People's City Mission Help Center- <https://pcmlincoln.org/help-center/> (402) 475-6888
 - The Salvation Army (Furniture)- (402) 474-6263
- **Haircuts-** Matt Talbot Kitchen and Outreach (Haircuts)- <https://www.mtko.org>
- **Laundry Services-** The Salvation Army (Laundry Vouchers)- <https://centralusa.salvationarmy.org/lincoln/>
- **Mobile Phone Plans-**
 - Lifeline Support: Discounted Internet Cost- <https://www.lifelinesupport.org>
 - Nebraska Telephone Assistance Program (NTAP)- (402) 477-4116
 - TruConnect- <https://www.truconnect.com>
- **Personal Development-** <https://www.atlaslincoln.org>
- **Showers-** Matt Talbot Kitchen & Outreach: Shower & laundry services- 402-477-4116
- **Thrift Store-** The Daisy- <https://freshstarhome.org/the-daisy.html>

Prison Reentry:

- Released and Restored- <https://releasedandrestored.org>
- Mental Health Association: Hope Supported Employment- <https://mha-ne.org>
- Jolt Nebraska: <https://joltnebraska.org>
- Houses of Hope- <https://www.housesofhope.com>
- T.R.A.D.E. Reentry Vocational and Life Skills Program- <https://www.cfpin.org/trade-community-reentry>
- Bridges to Hope- <https://www.bridgestohopene.org>

Refugees and Immigrant Services:

- Asian Community and Cultural Center: Family Resource Program- <https://www.lincolnasiancenter.org/what-we-do/programs/family-resource-programs-2/about-family-resource-program.html>
- Catholic Social Services: Refugee Services- https://csshope.org/what_we_do/programs/refugeeresettlement.html
- Center for Legal Immigration Assistance (CLIA): Immigration Legal Services- <https://cliane.org>
- El Centro De Las Américas: Citizenship Program- (402) 474- 3950
- Immigration Legal Services: Immigration Legal Services- <https://www.immigrantlc.org>
- International American Relief Society IARS: International American Relief Society IARS- <https://iarsociety.org>
- Lutheran Family Services of Nebraska: Community Services- <https://www.onelfs.org/new-americans/>
- **The Karen Society of Nebraska-** <http://www.karenksn.org/newsphoto/0020-karencommunityoffice/index.html>
- Yazidi Cultural Center- <https://www.yazda.org>

Rent and Utility Assistance:

- City of Lincoln rent and utility assistance- <https://www.lincoln.ne.gov/rent> (402) 413- 2085
- Community Action Partnership - <https://www.communityactionatwork.org/programs/homelessness-prevention/rent-utility-deposit-assistance.html>

Senior Services:

- Gracepointe by Tabitha: Assisted Living and memory care suites- <https://www.tabitha.org/living-communities/our-communities.html>
- Home instead Senior Care- <http://www.homeinstead.com/101>
- Tabitha Meals on Wheels- <https://www.tabitha.org/senior-care-services/meals-on-wheels.html>
- Tabitha Home Health Care- <https://www.tabitha.org/senior-care-services/home-health.html>
- TEAMS Education Bus Passes for Seniors- (402) 476-1234
- Aging Partners Programs and Services- [webhttp://Aging.lincoln.ne.gov](http://Aging.lincoln.ne.gov)
- Alzheimer's Association - Great Plains Chapter- (402) 420-2540
- Legal Aid Elder Access Line- (800) 527- 7249
- Asian Community and Cultural Center: Senior Program - (402) 477- 3446 <https://www.lincolnasiancenter.org/what-we-do/programs/senior-programs.html>
- Community Action Partnership: Foster grandparent program- <https://www.communityactionatwork.org/programs/early-childhood-education/foster-grandparent-program.html>

Transportation:

- 211 Ride United – call 211 to schedule a ride
- Star Tran (low income 31- day bus pass) - <https://www.lincoln.ne.gov/City/Departments/LTU/StarTran/Low-Income>
- Van LNK- 402- 441-7185
- Ponca Tribe of Nebraska- www.poncatribene.org
- Heartland bike share: BikeLNK- <https://bikelnk.bcycle.com>

Youth Programs:

- 4-H ---Nebraska Extension in Lancaster County- <https://4h.unl.edu>
- Asian Community and Cultural Center: Youth Program- <https://www.lincolnasiancenter.org/what-we-do/programs/youth-programs.html>
- YMCA Teen Night <https://www.ymcalincoln.org/events/northeast-ymca-teen-night>
- YESS program (Ages 17-24)- (402) 413- 9236
- Nebraska VR Pre-Employment Transition Services (Ages 14-21)- <http://www.vr.nebraska.gov>
- TeamMates Mentoring Program- <https://lincolnteammates.org>
- Lincoln Recreation Center- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation>
- Lincoln Public Pools- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation>
- Lincoln Children's Zoo- Themed Camps (Ages 3-12)- <https://www.lincolnzoo.org>
- Kit & Dick Schmoker Reading Center (UNL)- <https://cehs.unl.edu/readingcenter/>
- Campus Recreation UNL- (402) 472- 3467 <https://crec.unl.edu/youth>