

Community Resources for CAPS (Alphabetical)

MYLNK App (Covers a wide range of resources in Nebraska)

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

211 (Anyone can call 211 to receive referral information for services)-

<https://www.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://sadiesdogfund.org>

Back to School Resources:

Central Plains- <http://www.central-plains.org>

Clinic With a Heart (Back to school clinic days August) (Call about ages) (402) 421-2924

Malone Community Center (School supplies distribution August) (call about ages) (402) 474- 1110

Children and Family Services:

Behaven Kids Service- <http://www.behavenkids.com>

Royal Family Kids- <http://royalfamilykids.org/nebraska/>

Kid's Corner Counseling- <http://adultspancounseling.com/>

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:

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

Bright Lights: Summer Learning Adventures (402) 420-1115 ext. 48

YMCA of Lincoln: (Before/After School programs) -

<https://www.ymcalincoln.org/programs/education/after-school-programs>

YMCA of Lincoln: Preschool-

<https://www.ymcalincoln.org/programs/education/preschool>

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

LPS Middle School- Contact your local school for information

Stepping Stones: Child Care Center- (402) 858- 6323

Malone Community Center:After School and Non- School Day Care (402) 474- 1110

Malone Community Center: Early Education & Youth Services- <https://malonecenter.org>

Campus Life: Faith Based Program for Teens (402) 420-7475

The Salvation Army After school and summer day camp-

<https://centralusa.salvationarmy.org/lincoln/>

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.connectionpointlnk.org>
Meadowlark Music Festival <https://meadowlarkmusicfestival.org>

COVID19 Resources: (These may be time- sensitive due to the length of the pandemic)

Tenant Assistance Project: Eviction Prevention (402) 441-7624
LPS Food Distribution Updates 402-436-1000
Allo Communications: Free Internet for 60 Days (866) 481-2556
Charter Communications/Spectrum Free Internet for 60 Days 1-844-488-8395
Legal Aid of Nebraska <https://www.legalaidofnebraska.org>
Nebraska Children: Lincoln & Statewide COVID19 Resources
<https://www.nebraskachildren.org/covid-19-information-and-resources.html> 402-476-9401

Disability Services:

Nebraska VR (Help people with disabilities find jobs)- <http://www.vr.nebraska.gov>
Nebraska Hotline for Disability Services- (402) 471- 0801 or toll free 1(800) 742- 7594
American Council of the Blind of Nebraska- <https://www.acbnebraska.org/>
Assistive Technology Partnership- <http://www.housing.ne.gov/>
Autism Society of Nebraska- <http://autismnebraska.org/>
Answers for Families: Online Support- <webhttp://www.answers4families.org/>
AGER developmental play group (402) 416- 7607

Divorce and Separation:

Children's Rights Council: Custodial & Non-custodial Advocacy- (402) 328- 2652
First Plymouth Singles Ministry: (402) 476- 7550
Lutheran Single Adults Ministry- (402) 434- 6444

Domestic Violence:

Voices of hope- <https://www.voicesofhopelincoln.org/>
Catholic social services- (St. Gianna's Home) - <https://www.cssisus.org>
Friendship home- <https://friendshiphome.org>
Cedars- <https://cedarskids.org>
Child advocacy center- <https://www.smallvoices.org>
Bikers Against Child Abuse- (B.A.C.A.)- <https://bacaworld.org>
Child, adult, elder abuse hotline- 1-800-652-1999
Rape/spouse abuse crisis lines- 402-475-7273 V/TDD 402-476-2168 office 402-476-2110
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/>

SCC Project Help <https://www.projecthelpcareers.com>

American Job Center: Youth Job Training (402) 413-9236

EducationQuest Foundation: Free College Planning Services (402) 475-5222

Foundation for Lincoln Public Schools (402) 436-1612

Girls on the Run in Nebraska <https://www.gotrnebraska.org>

Groundwater Foundation <https://www.groundwater.org>

Leadership Lincoln <https://www.leadershiplincoln.org>

Lincoln Literacy <https://www.lincolnliteracy.org>

Lincoln Music Teachers Association Music Outreach Program <https://www.lmta.info>

LPS Girl Up <https://www.girluplps.org>

Nebraska Association for the Education of Young Children <http://www.nebraskaeyc.org>

Employment (Disability):

Goodwill- <https://lincolngoodwill.org>

Lincoln Commission on Human Rights <https://app.lincoln.ne.gov/city/attorn/human/>

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>

Lincoln Labor Staffing <http://www.lincolnlabor.com>

LSI Staffing <https://www.lsistaffingbrands.com>

Kelly Services <https://www.kellyservices.us>

LaborMax Staffing <https://www.labormax.net>
Express Employment Professionals <https://www.expresspros.com/lincolne/>
Allied Staffing <https://www.alliedstaffing.com>
Advantage Personnel & Employment <https://advantagestaffing.com>
Advance Services Inc. <https://www.advanceservices.com>
Adecco Staffing <https://pcmlincoln.org>

Additional Employment Resources

Region V Services <https://www.regionvservices.com>
Wellbeing Initiatives: Nebraska Coalition for Peer Delivered Services
<https://necoalitionforpeers.org>
OneStop Career Center - Workforce Development 402-441-7111 or 402-441-4924

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>
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:

Food Bank of Lincoln <https://www.lincolnfoodbank.org/>

Catholic Social Services of Southern Nebraska <https://www.csssus.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)

(1) First Evangelical Free Church <http://www.firstfreelincoln.org/>

(2) Lincoln Berean Church <http://www.lincolnberean.org/>

(3) 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>
Tabitha Residence- <https://www.tabitha.org/living-communities/our-communities.html>

Healthcare:

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

Houselessness (homelessness) + Housing Resources:

Application site for rental and utility assistance-
<https://www.lincoln.ne.gov/City/Mayor/Housing-Utility-Assistance>
Students and families facing eviction-
<https://app.lincoln.ne.gov/city/attorn/human/tap.htm>

Hotlines and Emergency Numbers:

911- Call for emergencies

American Red Cross: Assistance after emergency & residential fires- 402-441-7038
CEDARS: Emergency Intake- 402-434-5437
Centerpointe Crisis Line- 402-475-6695
City of Lincoln Health Department: Coronavirus (COVID-19) Hotline- (402) 441-8006
National Suicide Prevention Line- 1 (800) 273- 8255
National Crisis Hotline (Youth Crisis)-800-448-3000
National Child Abuse Hotline: 24/7 Child abuse hotline offers crisis intervention- 1-800-422-4453
Child and Adult/Elder Abuse Reporting Hotline- 800-652-1999
Department of Health and Human Services: DHHS Child Abuse Hotline-1-800-652-1999
En Espanol: Rape/Spouse Abuse Crisis Line- 877-215-0167
Child Support Enforcement- 402-441-8715
NE Regional Poison Center: Free, 24-hour emergency telephone service- 402-955-5555
Rape/Spouse Abuse Crisis Lines: Rape/Spouse Abuse Crisis Lines- 1-800-656-4673
Poison Control Center- 800-222-1222
Nebraska State Patrol- 402-471-4545
Lincoln Fire & Rescue: Free smoke Alarms- 402-441-7363 (Non-Emergency)
Nebraska Family Helpline: Help for Families- 888-866-8660
Nebraska Humane Society: Animal Cruelty: Animal Cruelty hotline- 402-444-7800
Nebraska Hotline for HIV and AIDS- 800-782-2437
Crime Stoppers-402-475-3600
Al-Anon & Alateen-402-477-9662
Animal Control- 402-441-7900
Break the Link: Animal abuse- 402-441-0212
Child Advocacy Center- 402-476-3200
Nebraska Client Assistance Program: Hotline for Disability Services-1-800-742-7594
Access Nebraska Economic Assistance: DHHS Benefit Enrollment-800-383-4278
Access Nebraska Medical Eligibility: Medicaid Eligibility and Application- 855-632-7633
Lancaster County Switchboard: Lancaster County phone extensions- 402-441-7171
Lancaster County Sheriff- 402-441-6500
Voices of Hope: Lancaster Domestic Violence/Sexual Assault Resource- 402-475-7273
Unemployment Claims Center: Claims and Resources- 402-458-2500
Right Turn: Guardianship/Adoptive Families Assistance- 888-667-2399

Human Trafficking:

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>
Psychology Today (Filtered for LGBTQ+ criteria in Nebraska-
<https://www.psychologytoday.com/us/therapists/gay/nebraska?sid=600753c8b6e8c&spec=185&spec=186>
Serenity Therapy & Wellness - <https://www.serenitytherapyandwellness.com> (402) 413-9583
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
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>
SAIGE- <https://saigecounseling.org>

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.casa4lancaster.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- <https://www.voicesofhopelincoln.org>

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-(Free Clothing)- <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
Veterans Affairs- Lincoln Regional Benefit Office-
https://www.benefits.va.gov/ROLINCOLN/docs/VBA_Outreach1.pdf

Vet Center- 402-476-9736

Nebraska Western Iowa VA Health Care System: Health Care for Homeless Veterans (HCHV)- (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:

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.family servicelincoln.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://family servicelincoln.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- [webhttp://www.mtko.org](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>

MAD DADS Bicycles- <http://www.maddads-lincoln-2.appspot.com>

Furniture-

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>

Prenatals- <https://www.lincolnfamilymedicine.com> 402-327-6957

Showers- Matt Talbot Kitchen & Outreach: Shower & laundry services- 402-477-4116

Thrift Store- The Daisy- <https://freshstarhome.org>

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-program.html>

Catholic Social Services: Refugee Services- <https://www.cssisus.org>
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.lfsneb.org>
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

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>
Tabitha Hospice-<https://www.tabitha.org/senior-care-services/hospice.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
Lutheran Family Services: Senior Services <https://www.lfsneb.org/>
Asian Community and Cultural Center: Senior Program-
<https://www.lincolnasiancenter.org/what-we-do/programs/senior-programs.html> (402) 477- 3446
Community Action Partnership: Foster grandparent program-
<https://www.communityactionatwork.org/programs/early-childhood-education/foster-grandparent-program.html>

Transportation:

Star Tran (low income 21- day bus pass \$8 or \$16 for hand-van eligible patrons)-
<https://www.lincoln.ne.gov/City/Departments/LTU/StarTran>
Van LNK- 402- 441-7185
Ponca Tribe of Nebraska- www.poncatribene.org
Heartland bike share: BikeLNK- <https://bikelnk.bicycle.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>
YMCA Teen Night at Downtown- <https://www.ymcalincoln.org>
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>
YMCA Smart Girls Club-
https://www.ywcalincoln.org/programs_services/smart_girls_club/why_is_smart_impt.html
Operation Tipping Point- 402-441- 6857
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/>
Adelante Program- increasing academic achievement of Latino youth- (402) 474- 3950
Campus Recreation UNL- (402) 472- 3467 <https://crec.unl.edu/youth>