

# Centro Para Personas Necesitadas **MANUAL DE RECURSOS** De Servicios Para Niños Gratis oa Bajo Costo

*Actualizado Julio 2011*



## **Centro Para Personas Necesitadas**

3901 North 27th Street Unit 1- Lincoln, NE 68521  
[www.centerforpeopleinneed.org](http://www.centerforpeopleinneed.org)  
**402-476-4357**

### **Necesita Ayuda? No Sabe Donde Empezar?**

Hay dos recursos de ayuda:

El Programa de Información y Referencia en el Centro Para Personas Necesitadas puede ayudarle buscar recursos para comida, atención médica, e una variedad de otras necesidades **Llame: 402-476-4357**



Para encontrar ayuda con vivienda, cuidado de la salud, despensas de alimento, cuidado de los niños , consejería de abuso de droga o alcohol , problemas de salud mental , preocupaciones de envejecimiento, y otros servicios humanos. Marcar 2-1-1 o vaya a [www.ne211.org](http://www.ne211.org).

personal capacitado responderá a su llamada

# Neighborhood FOOD Program



## Centro Para Personas Necesitadas Programa de Alimentos en Vecindarios

3901 North 27th St., Unit 1

Lincoln, NE 68521

**402-476-4357**

El Centro Para Personas Necesitadas - Programa de Alimentos en Vecindarios reparte alimento y productos en los siguientes sitios cada semana a través de la colaboración con el Banco de Alimentos de Lincoln.

**LA CUARTA SEMANA DE CADA MES SON  
USDA PRODUCTOS SOLAMENTE EN TODAS LAS  
LOCALIDADES .**

### **Martes**

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

4:00-6:00 p.m. **Center For People In Need**, 3901 North 27th St., Unit 1

### **Jueves**

1:00-2:00 pm **Malone Community Center** 2032 U St.

3:00-4:00 pm **Oak Lake Evangelical Free Church** 3300 N 1st St.

**Solo puede recibir USDA Productos  
una vez al mes. Solo puede recibir alimentos  
del Programa de Alimentos en Vecindarios  
una vez a la semana.**



**Para mayor información,  
por favor llame al : 476-4357**

\*\*Ser el primero en linea no significa que recibira mejor alimentos. Alimentos limitados seran repartidos en toda la hora.

### **2011 Income Guidelines**

<b>Tamaño Del Hogar</b>	<b>Ingreso Mensual Actual</b>
1	\$1361
2	\$1839
3	\$2316
4	\$2794
5	\$3271
6	\$3749

## Alimentos

### **Programa De Alimentos En El Verano** **402-441-8000**

Dept De Salud de el Condado de Lincoln Lancaster, 3140 N St.

Comidas gratis para niños edades 2-18 con ingresos elegibles en los sitios de la comunidad. Ofrecidos durante el verano cuando los almuerzos escolares reducidos con tarifa reducida no están disponibles. Llamar para información de localidades.

### **WIC-(Mujeres, Bebés y Niños)**

**Dept De Salud de el Condado de Lincoln Lancaster** **402- 441-6200**

3140 N St.

### **Servicios para la Familia**

**402-441-8655**

501 S. 7th St.

WIC es un programa de nutrición suplementaria sirviendo embarazadas, mujeres que amamantan, mujeres en postparto, bebés y niños de hasta 5 años.

Elegibilidad incluye ingresos de hasta el 185% de la línea de pobreza (\$37,000 para una familia de 4). Los cupones de WIC van desde \$33 - \$ 122 por mes.

### **Banco de Alimentos del Programa Mochila**

El Banco de Alimentos de Lincoln proporciona mochilas de alimentos a los estudiantes en 27 Escuelas Públicas en Lincoln, 5 Escuelas Católicas en Lincoln y en varias comunidades en el sureste de Nebraska. Cada escuela determina quién recibe las mochilas, con un énfasis en los niños inscritos en el programa de almuerzo gratis o reducido. Comuníquese con el director escolar de su hijo si está interesado en recibir una mochila. **Escuelas Primarias en Lincoln Que Participan:** Arnold, Belmont, Brownell, Calvert, Campbell, Clinton, Elliott, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Meadow Lane, Norwood Park, Pershing, Prescott, Randolph, Riley, Roper, Saratoga, West Lincoln.

**Escuelas Entremedias Que Participan:** Culler. **Escuelas Secundarias Que Participan:** Bryan Community, Lincoln High, Northeast, North Star. **Escuelas Católicas Que Participan:** St. Mary's, Sacred Heart, Blessed Sacrament, St. Patrick's, St. Teresa.

### **LPS despensa de emergencia**

Lefler Middle School portable, 1100 S. 48th St.

Patrocinado por El Banco de Alimentos de Lincoln y Las Escuelas Públicas de Lincoln, la despensa de emergencia LPS es un recurso para familias que tienen una crisis de alimentos, ayuda hasta 5 veces al año. Las familias en necesidad en Lincoln deberían contactar al director escolar o trabajador social en la escuela que el estudiante atiende para obtener una carta de referencia. Despensa esta abierta de 3:30-5:00 p.m. Lunes, Miércoles, y Viernes solamente cuando la escuela esta en sesión.

## Medical Resources

*Clinic with a HEART*

402-421-2924

**1701 S. 17th St., Lower Level**

Clinic with a Heart is held the first four Tuesdays and Thursdays at the Clinic's new location at 1701 S. 17th St. There will be no clinic on major holidays.

All clinics are free, walk-in (no appointments). Patients are seen on a first-come, first-served basis. Patients under the age of 19 must be accompanied by a parent or legal guardian. Clinics run from 5:30-7:00 p.m. Services provided include medical, dental, physical therapy, mental health assessments, chiropractic and vision screenings and exams (see schedule of services below).

**The Clinic is a Walk-in Clinic. No appointments are made in advance.**

- **1st Tuesday of each month, services:** Medical, Dental.
- **1st Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments.
- **2nd Tuesday of each month, services:** Medical, Dental.
- **2nd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **3rd Tuesday of each month, services:** Medical, Dental, Vision.
- **3rd Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments.
- **4th Tuesday of each month, services:** Medical, Dental.
- **4th Thursday of each month, services:** Medical, Physical Therapy, Mental Health Assessments, Chiropractic.
- **5th Tuesday of each month, services:** Medical, Dental.
- **5th Thursday of each month, services:** Medical, Physical Therapy.

## Vaccines (Shots) for Children

### **Vaccines (shots) are required for children to enter school**

The Lincoln/Lancaster County Health Department provides free vaccines to eligible children. There is a \$15 administrative fee per child; however, the health department will not deny anyone services. Children must meet one of the following criteria to be eligible for vaccines:

- Be enrolled in the [Medicaid](#) or [Kids Connections](#) program
- Have no health insurance coverage
- American Indian or Alaskan Native
- Underinsured: the child may have some health insurance but the benefit plan does not include immunizations.
- **Children are NOT required to have documentation**
- **NO PROOF OF INCOME is required**

The vaccines available through the Lincoln/Lancaster Health Department currently include twelve vaccines: diphtheria, tetanus, [pertussis](#), [Haemophilus influenza type b](#), poliomyelitis, measles, mumps, rubella, [hepatitis B](#), pneumococcal, flu and varicella.

### **For more information, please contact:**

Lincoln/Lancaster County Health Department  
3140 N St.

**402-441-8065**

Please arrive at least a half an hour before closing to allow time to fill out the paperwork and bring all vaccine records.

**NO APPOINTMENT NECESSARY.**

**Hours: Monday, Tuesday, Wednesday and Friday, 8:00 a.m.–4:00 p.m., Thursday, 8:00 a.m.-5:00 p.m.; First Saturday of each month: 10:00 a.m.-1:00 p.m.**

# Lincoln Public Schools Enrollment Policies

## School Health Screening

Nebraska statute **requires school-age health screening**. Children in preschool and kindergarten through third grade, sixth and ninth grade are screened for vision, hearing, dental defects, height and weight. The screening program also incorporates blood pressure and scoliosis (spinal curvature) screening at the sixth and ninth grades. Students entering the Student Assistance Process at any grade level, and those about whom health concerns are identified to the school nurse, may also be screened. Parents are notified of any health concerns as they are identified. Parents who do not wish their child to participate in the school health screening program must provide screening results from a medical provider, dated no earlier than May 1 of the current calendar year, by December 1.

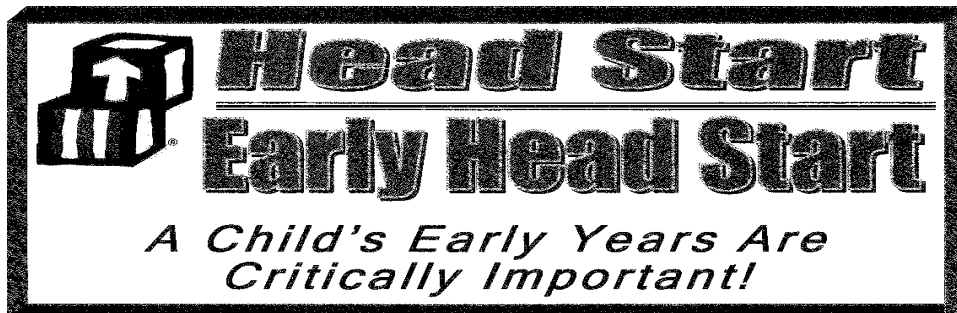
**Evidence of a physical examination by a qualified physician is required within six months prior to the entrance** of the child into Early Childhood classes, kindergarten and the seventh grade or in the case of transfer from out of state to any other grade. A parent or guardian who objects must submit a written statement of refusal for his or her child. The statement will be kept in the student's file. Waiver forms are available in the school health office. Additional physical exam requirements may apply for athletic participation.

**Evidence of a visual evaluation by a physician, a physician's assistant, or an advanced practice registered nurse within 6 months** prior to the entrance of the child into the beginner grade or, in the case of a transfer from out of state, to any other grade.

## Immunization Requirements

**Students must show proof of immunization upon enrollment in Lincoln's public schools.** Any student who does not comply with the immunization requirements will not be permitted to continue in school. Students with medical conditions or sincerely held religious beliefs which do not allow immunizations must complete a waiver statement which is available in school health offices. Unimmunized students may be excluded from school in the event of a disease outbreak.

## Head Start Program



### **Apply for Head Start today.**

Services to low-income pregnant women and families with children ages birth to five years old.

#### ***We Offer:***

Opportunities to socialize and experience success Home visits focusing on child development A variety of learning experiences

Child health and developmental screenings

Help for special needs of children with disabilities

Assistance in using community resources

Opportunities to increase self-sufficiency,

Health, nutrition, and social services for the family

*Applications are available at the following locations. For more information, stop by or call:*

#### **Lincoln Public Schools**

5901 O St.

Lincoln, NE 68510

**402-436-1995**



Lincoln Public  
Schools

#### **Community Action Partnership of Lancaster and Saunders Counties (formerly Lincoln Action Program)**

210 O St.

Lincoln, NE 68508

**402-471-4515**

## Parent and Child Programs

### NORTHEAST FAMILY CENTER



6220 Logan St.

402-471-3700

**Web site:** [www.nfclincoln.org](http://www.nfclincoln.org), **e-mail:** [info@nfclincoln.org](mailto:info@nfclincoln.org)

The Northeast Family Center is committed to building strong families and vital neighborhoods by educating, supporting and advocating for the diverse children and families of our community. We offer programs in the areas of early childhood education, youth development and family support. Scholarships may be available to those who qualify. Title XX is accepted.

#### **Early Learning Center**

Full-time state licensed early childhood education program utilizing The Creative Curriculum for ages 6 weeks to 5 years. Center is secure with keypad entry and boasts a large fenced-in playground. Developmental assessments and monthly family nights included. Title XX accepted.

#### **Parents as Teachers**

Nationally affiliated home visitation program for parents and children birth-5. Includes a monthly home visit from a Certified Parent Educator. ([www.ParentsAsTeachers.org](http://www.ParentsAsTeachers.org)) With the support of United Way this program is now offered at no charge to all families enrolled in the Early Learning Center.

#### **Preschool Program**

An academic preschool program serving children 3-5 with morning and afternoon classes in 2, 3 and 5-day options. Classes will be centered around weekly themes and emphasizes social and cognitive development. Summer camps also available.

#### **Academy of Rock**

Music program offering classes to elementary, middle and high school youth as well as adults. Focus on engaging students in a creative atmosphere while empowering them to explore their interests. Students will play live shows, produce CD's and more! [www.academyofrock.org](http://www.academyofrock.org)

#### **Brownell & Norwood Park Community Learning Centers**

State licensed before and after school program for children grades K-5 who attend Brownell & Norwood Park Elementary Schools with academic and enrichment club offerings as well as family support and outreach program. Title XX accepted.

#### **Summer Camps**

Part-time and Full-time summer camps for preschool, elementary, middle and high school youth.

## Behavioral Intervention

# Behave'n

**Behave'n, Inc.** is committed to providing early intervention services to children with severe or chronic behavior problems. The goal of the founders Janie and Roger Peterson is to assist and support the success of children at home, at school and in the community. Behave'n Day Center, Inc. is dedicated to work together with each child's family and community to enhance the child's success.

- Behave'n Day Center
- Behave'n Community Services
- Behave'n Kids Press
- B'yond Learning Center
- Behave'n Training
- Behave'n Parent Coaching

Behave'n Corporate Office  
8922 Cuming St.  
Omaha, NE 68114  
Phone: 402.926.4373  
Fax: 402.926.3898

Hours of Operation: 6 a.m. to 6 p.m. Monday - Friday (except holidays)

Lincoln  
1145 High St.  
Lincoln, NE. 68502  
Phone: 402.423.6464  
Fax: 402.423.6465

Hours of Operation: 6 a.m. to 6 p.m. Monday - Friday (except holidays)

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

# Lincoln Children's Museum

**Lincoln Children's Museum**

**402-477-4000**

1420 P St.

[www.lincolnchildrensmuseum.org](http://www.lincolnchildrensmuseum.org)

The Have a Heart program is for parents and their children  
(up to 18 years old) living in the same household.

**\*Pay \$5 for your entire family for unlimited visits  
throughout the WHOLE year!**

## **How do I apply for Have a Heart?**

Complete the Have a Heart Enrollment form. Show proof of income to a museum representative. Pay \$5 annual processing fee.

## **Proof of Income**

Verification of enrollment:

- Medicaid card
- Lincoln Action Program
- Head Start
- Completed IRS Form 1040

## **Income Guidelines:**

Income equal to or less than amount shown for a family of:

2	\$25,326
3	\$31,764
4	\$38,202
5	\$44,640
6	\$51,078
7	\$57,516
8 or more	\$63,954

## **Terms of Have a Heart admission:**

- For immediate family members listed on the card only. Non-transferable and non-refundable.
- Free admission may not apply to special events.
- Have a Heart is an admission program only. No other discounts or benefits apply. Terms and longevity of the Have a Heart program are subject to change.

## Lincoln City Libraries

Lincoln City Libraries has a variety of materials for both youth and adults in English and other languages. Materials range from learning English, to recreational reading, to world music on CD. Many children's picture books are bilingual. Materials are in a variety of formats ranging from books to DVDs, CDs, books on tape, etc. Lincoln City Libraries offers programs for Spanish and Arabic speaking families.

Anderson Branch Library  
3635 Touzalin Ave.  
402-441-8540

Williams Branch Library  
5000 Mike Scholl St.  
402-441-8580

Bennett Martin Library  
136 S. 14th St.  
402-441-8500

Bethany Branch Library  
1810 North Cotner Blvd.  
402-441-8550

Eiseley Branch Library  
1530 Superior St.  
402-441-4250

Gere Branch Library  
2400 S. 56th St.  
402-441-8560

South Branch Library  
2675 South St.  
402-441-8570

Walt Branch Library  
6701 S. 14th St.  
402-441-4460

**Call for information about services — library cards are FREE to all family members, as is access to the internet.**

## Resources for Teens

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

**402-474-3950**

Golden Warriors is a free program for boys ages 12-18 for support and to prevent them from getting into trouble. The 12-week curriculum is based on the Inca, Mayan and Aztec cultures and there is a graduation ceremony at the end of successful completion of the program. Graduates may return as mentors.

## Resources for Teens

### **Youth Education & Support Services**

**402-441-4920**

1010 N St.

Youth services for 16-21 year olds to help them prepare for participation in the workforce by supporting eligible youth with the opportunities and resources they need to achieve their education and employment goals.

Some of the services include a comprehensive assessment to identify abilities and areas of interest, case management to assist youth in reaching their goals and financial assistance for support services and training.

### **Cedars Street Outreach Services**

**402-560-9354 or 402-560-9356**

Help for teens facing tough times, access to safety/shelters, healthcare connections, emergency supplies and no-pressure confidential assistance. 24-hour crisis line: 1-800-448-3000.

### **Planned Parenthood-Education & Resource Center**

**402-441-3300**

2246 O St.

Educational programs for teens, community outreach, professional trainings for professionals and resource library.

### **The HUB**

**402-471-8514**

835 S. 12th St.

<http://www.hublincoln.org>; [hubinfo@hublincoln.com](mailto:hubinfo@hublincoln.com)

The HUB is a safe, understanding place providing support to young adults ages 16-24 in Lincoln, NE facing barriers in their lives such as: teen pregnancy, incarceration, homelessness, substance abuse, and lack of education. The young adults involved in The HUB's programs share the mutual goal of becoming productive, active members of the community. The Hub helps along the way by providing services in five focus areas: employment, education, housing, mental health/substance abuse, and community involvement.

### **Cedars-Teaching and Learning with Children (TLC)**

**402-436-5437**

6601 Pioneers Blvd. Ste. 1

Group home services designed to meet the special needs of youth women ages 13-18 who are pregnant, parenting, at high risk of pregnancy or exhibit other high risk behaviors. TLC offers: 24-hour awake supervision; a thorough assessment of child and family needs; individualized family-centered service planning; development of age-appropriate emotional, and other services. Call for more info or to initiate the referral process.

## Other Information

### **Salvation Army**

**402-474-6263**

2625 Potter St.

May be able to access **diapers, wipes and ointment** if needed every two months. Income and other guidelines apply.

### **Heartland Big Brothers Big Sisters**

**402-464-2227**

6201 Havelock Ave.

A free mentoring program for children.

### **Lincoln Public Schools**

**402-436-1994**

If you are or are the parent of a child that is: homeless, a refugee, an immigrant, a migrant worker, Native American, African American, a teen parent, a system involved youth, living at or below the poverty line, in search of a mentor and/or in search of quality after school services please call Joshua Cramer, supervisor of Federal Programs at Lincoln Public Schools to enquire about the availability of services.

### **Nebraska ChildFind**

**402-471-2447**

3901 N. 27th St. Ste. 5

Nebraska ChildFind provides information to parents, school personnel, and service providers on child development and special education for children from birth (or date of diagnosis) to age 21. ChildFind also helps parents access information on rights and resources to help them advocate for an appropriate education for their child.

## Grieving

### **Mourning Hope**

**402-488-8989**

4919 Baldwin Ave.

A free grief support network for children, teens, young adults and their families who have experienced the serious illness or death of someone special to them including a parent, grandparent, sibling, aunt or uncle or close friend. Support groups serve youth in kindergarten through college age and their families.

### **Charlie Brown's Kids**

**402-483-1845**

A free, non-profit support group for children ages 3-18 who have experienced the death of a parent. The program is led by experienced, qualified volunteers. Meetings are the first and third Thursday of each month from 6:00-8:00 p.m. at Sheridan Lutheran Church, 6955 Old Cheney Rd.

## **Emergency Information**

<b>Adult Abuse-Nebraska Health and Human Services TDD</b>	<b>800-652-1999 402-471-9570</b>
<b>Animal Abuse-Break the Link</b>	<b>402-441-0212</b>
<b>Child Abuse and Adult/Elder Abuse Reporting Hotline</b>	<b>800-652-1999</b>
<b>Drug/Alcohol Drug Crisis Line</b>	<b>402-475-5683</b>
<b>Fire/Medical Emergency</b>	<b>911</b>
<b>HIV/AIDS NE Hotline</b>	<b>800-782-2437</b>
<b>Planned Parenthood Facts of Lifeline</b>	<b>1-866-631-7526</b>
<b>Poison Center-Children's Hospital</b>	<b>800-222-1222</b>
<b>Police/Emergency</b>	<b>911</b>
<b>Police-Non-Emergency TDD/TTY</b>	<b>402-441-7204 402-441-7802</b>
<b>Voices of Hope-Crisis Center</b>	<b>402-475-7273</b>
<b>Suicide/Mental Health-Lancaster County Mental Health</b>	<b>402-441-7940</b>
<b>Youth/Family Crisis-Cedars Youth Services V/TDD</b>	<b>402-437-8888</b>

## CFPIN Resources



### **Don't know where to go for free and low-cost resources?**

Call CFPIN's Information and Referral Program at  
402-476-4357

### **Resource Handbooks available:**

- Yellow Book-Medical Services-Free or low cost
- Gold Book-Food-Free or low cost
- Orange Book-Services for the near homeless and homeless
- Green Book-Rides for \$7.50
- Purple Book-Healthy Living
- Pink Book-Miscellaneous Services-Free or low cost
- Blue Book-Children's Services-Free or low cost

### **Computer Lab**

The Center for People in Need's computer lab is open to the public on Tuesdays from 4 p.m.-8 p.m. and Saturdays from 9 a.m.-2 p.m.

By using the computer lab, you can use the internet, fill out Health and Human Services applications, and work on job skills such as typing practice, Microsoft Office programs, English as a Second Language learning and GED preparation courses through Class.com.



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

*3901 North 27th Street Unit 1  
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402-476-4357  
Fax: 402-476-4358*

*Beatty Brasch  
Executive Director*

*Deb Daily  
Director of Operations*

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

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

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