

Center for People in Need

**RESOURCE
HANDBOOK**

Services for the near
Homeless and Homeless
Updated October 2011



Center for People in Need

3901 N. 27th St. Unit 1, Lincoln, NE 68521
www.centerforpeopleinneed.org
402-476-4357

Need help? Don't know where to start?

There are two resources for help:
The Center for People in Need's Referral and Information Program can help you find resources for food, medical care and a variety of other needs. **Call: 402-476-4357**



To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to www.ne211.org.

Trained personnel will answer your call

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1

Lincoln, NE 68521

402-476-4357

Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

**THE FOURTH WEEK OF EVERY MONTH IS
USDA COMMODITIES ONLY AT ALL LOCATIONS.**

Tuesday

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 N. 27th St., Unit 1

Thursday

1:00-2:00 p.m. **Malone Community Center**, 2032 U St.

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

You may only receive USDA Commodities once a month. Neighborhood FOOD may be received once a week.

For more information please call: (402) 476-4357



****Being first in line does not mean you will receive better food. Foods with limited supply will be spread out throughout the hour.**

2011 Income Guidelines

Size of Household	Current monthly income
1	\$1361
2	\$1839
3	\$2316
4	\$2794
5	\$3271
6	\$3749

Local Food Programs – Weekly

Family Resource Center

402-434-2621

4621 NW 48th St.

Friends With Food, 5:00-6:00 p.m. Monday. No application but you do sign in. First three Mondays of each month regular distribution. Fourth Monday is USDA Commodities. No distribution on fifth Mondays.

Good Neighbor Community Center

402-477-4173

2617 Y St.

Perishables available on Mondays and Wednesdays from 10:00 a.m. until the food is gone. Food boxes are available at 10:00 every Monday-Friday, limited to 12 appointments, limited to one per family every 30 days. Required to obtain a Blue Card: photo identification, latest income (SSI proof or pay stub) and utility bill.

Indian Center

402-438-5231

1100 Military Road

Perishables available Tuesdays at 1:00 p.m. and Thursdays at 10:00 a.m.

Jacob's Well

17th and F streets

Food hand out held on the first and third Saturday of the month from 10:00-11:30 a.m. at First Presbyterian Church, 17th and F streets. No identification necessary, sign in only.

Northeast Family Center

at Havelock United Methodist Church

402-471-3700

4140 N. 60th St.

Tuesdays 4:30-6:00 p.m., perishables and non-perishables. USDA Commodities are the **Fourth Tuesday** of each month.

People's City Mission Distribution Center

402-475-6888

2101 N St.

Tuesday, Thursday and Friday 9:00-11:30 a.m. and 1:30-4:00 p.m., Wednesday 4:00-6:00 p.m. Pick up food twice a week. Meat and produce available once a week.

Federal Supplemental Food Programs

Food Stamps

402-471-7000

1050 N St.

Food Stamp eligibility is based on income, family size, household resources and other factors. Households in Nebraska must have incomes below 130% of the poverty guidelines to be eligible (\$2,389 gross monthly income for 2010). Application assistance and free computer use for online applications are available at the Center for People in Need, 3901 N. 27th St., Unit 1. www.fns.usda.gov

WIC-Women, Infants and Children

Lincoln-Lancaster County Health Dept.

402-441-6200

3140 N St.

Family Service

402-441-8655

501 S. 7th St.

WIC is a supplemental nutrition program serving pregnant, breast-feeding, postpartum women, infants and children up to age 5. Eligibility includes incomes up to 185% of the Poverty line (\$37,000 for a family of 4). Monthly WIC vouchers range from \$33-\$122 per month.

Senior Commodity Supplemental Food Program

402-438-5231

Indian Center

1100 Military Road

Serves Income-eligible elderly 60 years and older or families with children under 6 and not enrolled in the WIC program. Consists of a monthly food package.

Call Monday-Friday 8:00 a.m.-5:00 p.m.

Summer Food Program

402-441-8000

Lincoln Lancaster County Health Dept.

3140 N St.

Free meals for children age 2-18 at income-eligible community sites. Offered during the summer when reduced fee school lunches are not available.

Call **441-8000** for site information.

Local Food Programs—Daily Meals

Lincoln Area Agency on Aging (Senior Centers)

Main Office, 1001 O St. Ste. 101

402-441-7158

Noon meals offered at all ActiveAge Centers (nine in Lincoln and five in Lancaster County outside of Lincoln) on a donation basis for people age 60 and older. Reservations must be made two working days in advance. Call the main office for locations, times and menus. Other services available.

The Gathering Place

402-476-7398

1448 E St.

Free meals served Monday-Friday, 5:00-6:00 p.m. Free meal, bread, coffee, etc. No ID needed.

Indian Center

402-438-5231

1100 Military Rd.

Lunch served Monday-Friday at 11:30 a.m.

Matt Talbot Kitchen and Outreach

402-477-4116

2121 N. 27th St.

Free meals served seven days a week from 11:30 a.m.-12:30 p.m. and 5:30-6:30 p.m. No ID required. Other services available.

Meals on Wheels-Tabitha

402-486-8520

4720 Randolph St.

Provides hot noon meal to individuals who are elderly or disabled.

Meals are provided regardless of ability to pay on a case-by-case basis.

People's City Mission

402-475-1303

110 Q St.

Emergency Shelter provides overnight shelter, three free meals daily, shower and laundry facilities, case management and referrals.

Meal times for **MEN** are:

Breakfast 6:00 a.m., lunch 12:30-1:00 p.m., dinner 6:00-6:30 p.m.

Meal times for **FAMILIES** are:

Breakfast 6:45-7:15 a.m., lunch 11:30 p.m.-noon, dinner 5:00-5:30 p.m.

Salvation Army Canteen

402-474-6263

1448 E St.


Dinner served Saturday at 5:00 p.m., October through April only.

Local Food Programs –Daily




Foodnet Sites

Foodnet provides mostly perishable foods such as fruits and vegetables, dairy products, and bread to needy families. Foodnet has more than 400 volunteers and more than 70 businesses that donate food. All food, labor, distribution sites and vehicles for hauling are donated. Anyone that is in need of food is welcome to pick up from any site.
www.foodnetlincoln.org, cell phone: 416-6197. **NO SITES ON CHRISTMAS DAY.**

Sunday

- 11:00 a.m. Countryside Trailer Court, 327 Dawes Circle**
(NO CHILDREN ALLOWED)
- 3:00 p.m. Good Neighbor Center, 26th and Y**
(Steps, NO CHILDREN ALLOWED)
Enter from the alley on the north
- 3:30 p.m. Capital View SDA Church, 17th and A** 
(steps, enter from the alley on the north)

Monday

- 11:00 a.m. Calvert Rec Center, 4500 Stockwell St.** 
NO CHILDREN ALLOWED
- 12:00 p.m. Lincoln Christian Fellowship** 
4111 NW 44th (Airpark)
- 5:00 p.m. Southview Christian Church, 22nd and South streets**
- 5:00 p.m. Denton Community Center, Denton, NE** 

Tuesday


- 5:00 p.m. Havelock United Methodist Church, 4140 N. 60th St.**
(No steps, NO CHILDREN ALLOWED)
- 5:00 p.m. Church of Christ, 3110 N. 1st St.**
(No steps)

**Bring
your
own
bags
or box
to
carry
food**


Local Food Programs –Daily

Wednesday

2:30 p.m. Center for People in Need

3901 N 27th St., Door #2, no steps, no children in the line; sign in at 2:00 p.m. 


6:00 p.m. Cristo Rey Catholic Church

4221 J St. 

Thursday

ALL THURSDAY LOCATIONS ARE WHEELCHAIR ACCESSIBLE


11:00 a.m. Heartland Bible Church


2611 S. 56th (in parking lot) — Thanksgiving, cancelled. 

3:30 p.m. Grace United Methodist Church, 27th and R streets


(no steps, NO CHILDREN ALLOWED) — Thanksgiving, held on Friday 

5:00 p.m. Lakeview United Methodist Church

230 Capitol Beach Blvd — Thanksgiving, held on Friday 

5:30 p.m. Seward United Methodist, 1400 N 5th St., Seward — Thanksgiving, cancelled. 

6:30 p.m. Calvary United Methodist, 1610 S. 11th (11th and Garfield)

(steps, elevator) — Thanksgiving, held on Friday 

Friday

11:30 p.m. One 80 Church, 29th and O St.

(few steps, enter alley off of 29th St.)

12:15 p.m. Grace Chapel PCA Church, 40th and Sheridan Blvd

5:30 p.m. Fire Hall, Milford

Saturday

10:30 a.m. First Street Church, 1st and F streets

11:25 a.m. 7921 Sandalwood Dr. (alt. Saturdays, 5/7, 5/21)

(private home in garage, NO CHILDREN)

1:00 p.m. St. Mary's Catholic Church, 14th and K streets 

1:00 p.m. Wanek's Community Center, 14th and Main streets, Crete 

Local Food Programs–Monthly

SHARE Lincoln is a network of non-profit organizations dedicated to providing affordable, quality food packages on a monthly basis. See monthly food packages at www.shareiowa.org

1. Pick one of the locations listed to pick up your food.
2. Call the person to register and pay for your order.
3. Do two hours of volunteer work before you pick up your food.
4. Pick your food up on the date, time and location listed.

Volunteering is any activity you do for free for anyone besides someone who lives with you. So if you call to check on an elderly parent or babysit for grandkids at your house or their house – that counts as volun-

teering. Baking for a neighbor or folding laundry for a neighbor would also count. Taking someone to the grocery store or to Neighborhood F.O.O.D. would count as a volunteer activity. Volunteer two hours per month to qualify, and order as many packages as wanted.

<u>2010 Pickup Dates</u> <u>All Locations</u>	<u>Order Deadlines</u> <u>Northeast SHARE</u>	<u>Order Deadlines</u> <u>Lincoln Center/</u> <u>LMEP SHARE</u>
January 30	January 13	January 15
February 27	February 10	February 12
March 27	March 10	March 12
April 24	April 7	April 9
May 22	May 5	May 7
June 26	June 9	June 11
July 31	July 14	July 16
August 28	August 11	August 13
September 25	September 8	September 10
October 23	October 6	October 8
November 20	November 3	November 5
December 18	December 1	December 3

Northeast SHARE

Contact: Sharon Doll 402-464-3068; 2909 N. 56th St., Lincoln, NE 68504

Leave a message and Sharon will call you back. You can mail your order in or take it to Clarice Mackey at the Salvation Army located at 27th and Potter streets. Call first and make sure Clarice is there, 474-6263.

Pickup is at: 7:45-8:30 a.m., Fourth Presbyterian Church, 5200 Francis St.

Local Food Programs—Monthly

Lincoln Center SHARE

Contacts: Kay Roberts, 430-8204, 1815 N. 62nd St., Lincoln, NE 68505; or Glenna Showalter, 402-805-3656

You may mail a check, made payable to Lincoln Center SHARE, to Kay Roberts, 1815 N. 62nd St Lincoln, NE 68505 before the sign-up deadline or call with your EBT card orders.

Pickup is at: 9:00-10:00 a.m., First Christian Church, 430 S. 16th St., Alley Door. Deliveries are possible if disabled.

LMEP SHARE

Contact: Vi Johnson, cell: 402-540-6395

Payment may be mailed to Vi Johnson, 8220 Elizabeth Drive, Lincoln, NE 68505 before the order deadline.

Pickup is at: 8:30-9:00 a.m., 4600 Valley Road.

Angel Food Ministries

402-421-9500

Lincoln City Church
5001 S. 1st St.

Once a month, you can purchase boxes of fresh meats, fresh or frozen fruits and vegetables and non-perishable items. Menu varies from month to month. The food is always fresh, name brand products. No application required. Everyone qualifies. To order a food box go to the church 10:00 a.m.-4:00 p.m. Tuesday. Cost is \$30 for a “Regular box.” Value of the food is approximately \$65-75 each month. Special boxes also offered each month.

FOOD STAMPS OR CASH ACCEPTED.

PAYMENT IN FULL REQUIRED WHEN ORDER IS PLACED.

Call Lincoln City Church or go to www.lincolncitychurch.org for more information.

Local Food Programs–Seasonal

Community Crops

402-474-9802

Community Crops is a group that manages community garden initiatives in the city of Lincoln. We provide tools (rakes, hoes, shovels, seeds, resources, education and the garden space to grow your own healthy food. For more information, website: www.communitycrops.org or e-mail: amy@communitycrops.org

Local Food Programs –Emergency

Food Bank Backpack Program

The Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, five Lincoln Catholic schools and several communities in Southeast Nebraska. Each school determines who gets the backpacks, with an emphasis on children enrolled in the free and reduced lunch program. Contact your child's school principal if interested in receiving a backpack.

Participating Lincoln elementary schools: 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. **Participating middle schools:** Culler. **Participating high schools:** Bryan Community, Lincoln High and Northeast (teen parents program participants only), North Star (limited number available). **Participating Catholic schools:** St. Mary's, Sacred Heart, Blessed Sacrament, St. Patrick's, St. Teresa. **Participating rural schools:** Beatrice, Bennet, Crete, Elmwood-Murdock, Exeter, Fairbury, Falls City, Milford, Norris, Raymond Central, Seward, Stromsburg, Syracuse, Utica, Waverly, York.

Indian Center

402-438-5231

1100 Military Road

Commodity Program for ages 60 and over, age 6 and under, pregnant women to 12 months after birth. Forty pounds of food available once a month.

Lincoln Information for the Elderly

402-441-7070

Local Food Programs –Emergency

Emergency Food Pantry System/Food Bank of Lincoln

Provides seven-day food supply for individuals or families in crisis through twelve emergency food pantries. Call the following agencies for assistance:

Catholic Social Services **402-474-1600**

2241 O St.

Call in one day in advance for a seven-day Emergency Food Box. First six applications are accepted. You must have a Social Security number for all family members, date of birth and complete a one-time application. You may receive a food box once every three months. Clothing vouchers for Thrift Store are also available. Call Monday through Friday 9:00 a.m.-12:00 p.m. No delivery is available.

Indian Center **402-438-5231**

1100 Military Road

Call 8:00 a.m.-5:00 p.m. Monday-Friday for an appointment to receive a seven-day Food Box. Eligible to pick up every three months. Must bring Social Security numbers for all members of household every time you pick up.

Good Neighbor Community Center **402-477-4173**

2617 Y St.

Appointments needed, call first. Begin taking calls at 9:00 a.m. Hours for food boxes are 10:00 a.m.-2:00 p.m. Monday-Friday. May pick up once a month. First time must complete application, must have Social Security numbers for all members of household and proof of income each time. Special needs boxes available. Everyone must have a client card.

LPS Emergency Pantry

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

Sponsored by the Food Bank of Lincoln and Lincoln Public Schools, the LPS Emergency Pantry is a resource for families to use who are experiencing a food crisis, up to five times a year. Any LPS family in need should contact the principal or social worker at the school their student attends to obtain a referral card. Pantry is open from 3:30-5:00 p.m. Monday, Wednesday, Friday only when school is in session.

Local Food Programs—Emergency

Nebraska Aids Project

402-476-7000

Help available only for those with AIDS and HIV

Nebraska Health & Human Services

402-471-5185

People's City Mission Distribution Center

402-475-6888

2101 N St.

Hours are 9:00 a.m.-11:30 a.m. Monday, Tuesday, Thursday and Friday (only bread) and Thursday and Friday (only meat). FoodNet 1:30-3:00 p.m. Tuesday, Thursday and Friday. **Emergency Food Boxes** are available every two months, 9:00-11:00 a.m. Monday, Tuesday, Wednesday and Thursday, 4:00-6:00 p.m. Wednesday. Requires proof of income and ID for each member of the household. Need pay stub or class schedule if college student or employed.

Salvation Army

402-474-6263

2625 Potter St.

Clients choice shopping Monday, 1:00-4:00 p.m. and 5:00-8:00 p.m.; Tuesday-Friday, 1:00-4:00 p.m. Photo identification and Social Security number required. Clients are eligible to receive food one time a month.

Veteran's Center

402-476-9736

Services for veterans only.

Health Hub

Health Hub
Center for People in Need
3901 N. 27th St., Unit 1
Lincoln, NE 68521
402-817-0808



Health Hub Advocates are available to help you find community resources to help meet your healthcare needs.

We can also help you complete various program applications. If you have no insurance, we are here to help you:

- Find a doctor/medical home
- Access free or discounted medications
- See a medical specialist
- Apply for programs such as food stamps, General Assistance or Medicaid

Translation services are also available.

Health Hub is funded by grants from the Community Health Endowment and Catholic Health Initiatives.

Free Medical Care

Clinic with a HEART
1701 S. 17th St., Lower Level

402-421-2924

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.

Free Medical Care

**People's City Mission
Medical Clinic**

402-817-0980

110 Q St.
Lincoln, NE 68508

The PCM Medical Clinic offers medical, dental, optical and behavioral health services for low-income, uninsured residents of Lincoln and Lancaster County. Patients with any type of insurance or medical assistance should continue with their current provider if possible. If you have been unable to find a provider, contact a PCM Medical Clinic Patient Guide for assistance.

Hours:

Monday, 1:00-7:00 p.m.; Tuesday, Wednesday, Thursday and Friday, 8:00-noon and 1:00-4:00 p.m.

*Must call for dental, vision and mental health appointments.

Eligible clients/patients must meet income guidelines of 200% of Federal Poverty Level. Refer to the table below for eligibility.

2011 Income Guidelines				
200% of Federal Poverty Level				
Family Size	Annual Income	Monthly	Weekly	Hourly (40 hrs/wk)
1	21,780	1,815	419	10.47
2	29,420	2,452	566	14.14
3	37,060	3,088	713	17.82
4	44,700	3,725	860	21.49
5	52,340	4,362	1,007	25.66
6	59,980	4,998	1,153	28.84
7	67,620	5,635	1,300	32.51
8	75,260	6,272	1,447	36.18
Each person	7,640	637	147	3.67

General Health Care

Community Health Services/Health Department 441-8065

3140 N St.

Area Served — Lancaster County

Programs:

Early Access to Prenatal Care/Health Department 402-441-8065

Offers a one-stop service for pregnancy testing, health assessment, assistance for completing a Medicaid application, a referral to a physician for prenatal care, WIC and public health nurse home visitations and consultations. Will help you apply for Medicaid and get you on temporary status the same day so you can receive services. Please call **402-441-8065** for an appointment.

WIC Program 402-441-6200

Monday, Tuesday, Wednesday and Friday, 8 a.m.-5:30 p.m.; Thursday, 8:00 a.m.-4:30 p.m.

Provides food, education, referrals, and breastfeeding support for women, infants and children with a medical risk. Services are available for women who are pregnant, breastfeeding or have just given birth, and infants and children up to 5 years of age who meet the income guidelines.

Immunizations 402-441-8065

Monday, Tuesday, Wednesday and Friday 8:00 a.m.-3:30 p.m., Thursday 8:00-5:00. Available **by appointment only** with no proof of income required. Bring immunization record. If you can't pay you won't be turned away but you will be asked to make payments. \$13 for one shot, \$15 for multiple shots, \$5 for duplicate records.

Sexually Transmitted Disease testing 402-441-8065

Tuesdays 1:00-3:00 p.m. and Thursday 5:00-7:00 p.m. Fee is \$35, but will work with you if you can't pay.

General Assistance Medical Clinic 402-441-8065

The Primary Care Clinic only serves people on general assistance. Its purpose is to provide preventive medical care for those individuals without a medical home. Primary Care Clinic is operated by **appointment only**. Appointments may be scheduled through the nurses in the Walk-In Clinic located at 3140 N St. or by calling 441-8065.

General Health Care

People's Health Center

402-476-1455

1021 N. 27th St.

Hours: Monday	7:00 a.m.-7:00 p.m.
Tuesday	7:00 a.m.-7:00 p.m.
Wednesday	7:00 a.m.-7:00 p.m.
Thursday	7:00 a.m.-7:00 p.m.
Friday	8:00 a.m.-5:00 p.m.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance.

Intake: Call for information —you need an appointment to become a patient of the clinic before you can be seen for an urgent need.

Provides affordable, comprehensive primary health care especially for those with limited resources. Services include general physical exams, immunizations, dental, pharmacy, HIV/STD testing, translation, mental health on a referral basis and a physician house call program for chronically ill homebound elderly. Co-Pay is \$20 minimum.

If you cannot pay the co-pay you must tell them and explain your situation. They will bill you for the **minimum medical co-payment of \$20**.

Nebraska Urban Indian Health Coalition 402-434-7177

2331 Fairfield St.

NUIHC provides a professional primary health care clinic to serve the needs of Native Americans and others within the service area. Provided care is culturally and linguistically appropriate for the patients served. Services are available to both the insured and uninsured. Most insurance is accepted including Medicaid, Medicare and Kids Connection. Uninsured patients are charged on a sliding scale at affordable prices.

Clinic services include: medical, prescription assistance, limited laboratory, dental referrals, community outreach/referral, transportation, diabetes education program, translation/interpretation, school physicals and case management. Services are provided to patients based on an established clinical schedule and emergency 24-hour on-call system.

Free Nursing Care–Public Health Nurse

Aging Partners

402-441-7575

Downtown Senior Center
1005 O St.

Nursing Clinic for those 60 and older, no appointments necessary. The Nursing Clinic will help with foot care, ear wax removal, health promotion education and screenings for blood glucose, blood pressure, cholesterol and osteoporosis. Please bring a list of your prescription and over-the-counter medications. Hours: 9:30 a.m.-2 p.m. Contributions appreciated. Call 441-6687 for transportation and 441-7154 for lunch (two days in advance).

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

Third Wednesday of the month from 11:30 a.m.-1:00 p.m. (staffed by Clinic with a Heart).

Gathering Place

402-476-1398

1448 E St.

Fourth Tuesday of the month from 3:00-5:00 p.m. Sept. to May only.

Foot Care Clinic

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

In collaboration with Union College, podiatric care is provided every three weeks at no charge. Call Sara for more information.

Flu Immunization Clinics

Lincoln-Lancaster County Health Department

402-441-8065

3140 N St.

Flu shots available for children ages 6 months through 18 years old, and low-income uninsured adults (185% or below federal poverty level). Appointments are available 8:00 a.m.-3:30 p.m. Monday-Friday by calling number above.

Aging Partners

402-441-7575

Downtown Senior Center
1005 O St. (Lower Level)

Call for more information on immunizations clinics. Please bring your Medicare Park B Card or it will be \$25. Scholarships are available.

Sexual Health for Men and Women

Family Health Services Inc.

402-466-1012

630 N. Cotner Blvd. Ste. 204

Provides contraceptives, emergency contraceptives and sexually transmitted disease testing. Emergency contraceptives can be taken within five days after unprotected sex and can significantly reduce the chances of becoming pregnant. Men and women's STD testing is done through a urine sample. No one is refused because of inability to pay. Cost is based on income guidelines. Payment plans available. Medicaid, insurance and Every Woman Matters are accepted.

Planned Parenthood

402-441-3333

3705 South St. and 2246 O St.

Planned Parenthood provides testing and treatment of sexually transmitted diseases and HIV for men and women, the HPV vaccine, as well as birth control supplies and information and emergency contraception. Also provides male services including testicular cancer screening.

Nebraska AIDS Project

402-476-7000

2147 S. 15th St.

Nebraska Department of Health and Human Services Ryan White Part B Program provides essential services for qualified clients to facilitate access to healthcare and support services including case management, the AIDS Drug Assistance Program, housing rental assistance, transportation and utility assistance, insurance premium payment assistance and food/non-food items. To qualify you need to provide proof of HIV status, live in Nebraska, have an income of less than 200 percent of the federal poverty level. Funding is payer of last resort after other sources.

Women's Health Information

Family Health Services Inc.

402-466-1012

630 N. Cotner Blvd. Ste. 204

Services offered include physical exams, cervical and breast cancer screening, sexually transmitted disease testing and treatment, pregnancy testing, dispensing of contraceptives and emergency contraceptives and confidential HIV testing. Education/counseling for reproductive and preventative health, self breast/testicular examination, STD/HIV risks, postponing sexual involvement/abstinence, and counseling on all contraceptive methods. Cost is based on income guidelines. Payment plans available. Medicaid, insurance and Every Woman Matters are accepted.

Women's Health Information

Planned Parenthood

3705 South St.

402-441-3333

2246 O St.

402-441-3300

Planned Parenthood offers the following services to women on a sliding fee scale:

- Annual Exams
- Birth control options
- Emergency contraception (morning after pill)
- Cancer Screening: Pap test & Breast Exam
- Sexually transmitted infection testing & treatment
- HIV confidential testing
- Urinary tract infection testing & treatment
- Pregnancy testing on a walk-in basis, all-options information
- Referrals for parenting, adoption & abortion services
- Reproductive health counseling

Every Woman Matters

402-471-0929

301 Centennial Mall South, third floor

Every Woman Matters is a program that can help women get their annual health check-ups free. The program is for women 40 through 64 years of age, who have no health insurance, Medicaid or Medicare, and have a low to medium income.

If you qualify, the follow services are free:

- Pelvic exam with a Pap test
- Clinical breast exam
- Teaching of breast self exam
- Mammogram
- Blood pressure check for new clients only
- Cholesterol check for new clients only
- Blood sugar (glucose) check for new clients only
- Colon cancer screening (age 50+) for women and men

If you are under 40 and need a breast biopsy, or if you have had an abnormal Pap test, please contact us at 1-800-532-2227.

Women's Health Information Pregnancy and Childbirth

Birthright, Inc **402-466-2609**
24 hour toll free hotline **1-800-550-4900**
5625 O St. Suite 4
Free pregnancy tests, confidential and resources.

Catholic Social Services **402-474-1600**
3700 Sheridan Blvd.
Pregnancy services, counseling for those facing an unplanned pregnancy, parenting and adoption planning.

Healthy Mother, Healthy Babies **402-471-2907**
Helps pregnant women with no insurance who need medical care.

Lincoln Crisis Pregnancy Center **402-483-4247**
4247 O St.
Pregnancy tests, confidential counseling.

Lincoln/Lancaster County Health Dept **402-441-8065**
3140 N St.
Pregnancy testing by appointment, health and parenting information, referrals to health care providers.

Lutheran Family Services **402-435-2910**
2900 O St. Suite 200
Unplanned pregnancy counseling, adoption program.

People's Health Center **402-476-1455**
1021 N. 27th St.
Priority status is given to women seeking to know their pregnancy status or those who know they are pregnant. They will receive an immediate appointment for a pregnancy test and prenatal labs. They will receive an appointment with a nurse-midwife. Interpreters are available and the clinic strives for culturally sensitive care. Sliding fee or Medicaid, minimum \$20 co-pay.

Colon Screening

Nebraska Colon Cancer Screening Program

301 Centennial Mall South

1-800-532-2227

Screening tests help find precancerous growths (called polyps) so they can be removed before they turn into cancer. If you're over the age of 50, you are at increased risk for colon cancer. Any man or woman, over 50 years of age and older and who meet income guidelines, is eligible to fill out the Nebraska Colon Cancer Screening Enrollment Form. More information and the form is available at www.dhhs.ne.gov/crc

Prescriptions

Medication Assistance Program of Lincoln

402-483-4800

4600 Valley Rd. Suite 250

Call for details and an appointment. To meet the requirements of the program you need to be NOT covered by any medical prescription plan and your income needs to be \$19,000 or lower for a single individual and no more than \$25,000 for a couple.

Your medications need to be for a chronic or ongoing illness since once accepted you are enrolled for a year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program. An \$8 first-time fee is charged to cover postage and handling but can be waived depending on individual circumstances.

LancasteRx

Prescription Discount Card

Available courtesy of the Lancaster County Board of Commissioners offers up to 20% off of most prescriptions at most pharmacies. *Ask for a card at the Neighborhood Food or pick one up at Center for People in Need office at 3901 N. 27th St.*

Dental Health

People's Health Center

402-476-1455

1021 N. 27th St.

Fees: Sliding fee scale, accepts Medicaid, Medicare and private insurance.

Minimum Dental co-pay \$20. You can be billed for the \$20 co-pay.

Dental Health

Clinic With a Heart

402-421-2924

1701 S. 17th St.

Walk-in clinics are held the first four Tuesdays of every month. If a month contains a fifth Tuesday, no clinic will be held that day.

Dentists available on the first, second, and third Tuesday of each month from 5:30-7:00 p.m. Walk-ins, no appointments. No cleanings or routine maintenance. Will provide free services to anyone without insurance.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Hours:

Appointment only.

Eligible clients/patients must meet income guidelines of 200% of Federal Poverty Level.

Community Health Services/Health Department

402-441-8015

3140 N St.

Provides screening and direct dental care for low-income children and adults. A minimum payment of \$20 is requested at time of service. If you can't pay \$20 you can pay less and make payments on the rest.

You will not be denied services if you can't pay. You need to take proof of income and it takes approximately one month to get an appointment scheduled. Call for an appointment. If extensive services are required (a root canal, for example) you may be sent to the UNL Dental College.

University of Nebraska Medical Center

402-472-1301

College of Dentistry

Dental care provided by College of Dentistry students. Fees are lower than in a private dental office, but appointments are longer and more often to complete treatment. Adult and pediatric clinics are available. Call for an appointment.

Eye Exams

Matt Talbot Kitchen & Outreach

402-477-4116

2121 N. 27th St.

Eye Exam Screenings are available on a quarterly basis (January, April, July and October) at MTK usually on the first or second Wednesday. If the screening indicates you need a complete exam, you are referred for the exam and treatment at no charge. The only requirement is that you have no insurance and are low income.

Call Sara for more information and to sign up for a screening.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Appointment only.

Glasses

Payless Optical Outlet

402-466-3544

6900 O St. Suite 121

Monday-Friday, 10:00 a.m.-6:00 p.m., Saturday, 10:00 a.m.-5:30 p.m., closed Sunday.

Basic single lens glasses are \$39.95 (includes lens and frames) for both children and adult glasses.

Lined bifocals are \$89.95 (includes lens and frames)

No line bifocals are \$109.95 (includes lens and frames)

Eye Exams need to be done someplace else and then take your prescription to Payless Optical Outlet.

Heartland Optical

402-476-3311

650 N. 27th St.

Basic single lens glasses including frames are approximately \$110. Other prices are reasonable depending on your choices.

Comprehensive Health Insurance Pool

The Nebraska Comprehensive Health Insurance Pool (NECHIP) provides health insurance to Nebraska residents who are unable to obtain it at an affordable price or without restrictions because of a medical condition. Blue Cross and Blue Shield of Nebraska administers the plan. **This is not free health care coverage.** The program is designed for those who have been turned down for regular insurance due to medical reasons, can only get limited health care coverage elsewhere, or have only been offered health insurance that has a premium higher than what is available through NECHIP. For more information call toll free 1-877-348-4304 or visit their website at www.nechip.com.

KIDS CONNECTION

Kids Connection

402-471-7715

Kids Connection is Nebraska's Medicaid Managed Care health insurance program for children. Nebraska Health Connection/Kids Connection will provide all the medical services you need. You'll have one doctor, your Primary Care Physician (PCP), who will coordinate all your health care needs.

If you are covered under a mandated eligibility category (including Aid for Dependent Children, Medical Assistance for Children, Aid to the Aged, Blind and Disabled, or State Wards), by law, you must enroll in Nebraska Health Connection/Kids Connection. *If you choose not to select your doctor and health plan, they will be chosen for you.*

What's covered under Kids Connection? You'll receive the same basic benefits as regular Medicaid. Everything covered under regular Medicaid is covered under Nebraska Health Connection/Kids Connection. There is no premium or co-pay for Kids Connection. Families at or below 200% of poverty level are eligible.

How do I enroll my children in Kids Connection?

Call 471-7700 to speak to someone at the Department of Human Services to find out if your children qualify and to get an application.

Abuse/Neglect Assistance

Child and Adult/Elder Abuse Reporting Hotline
Toll Free 1-800-652-1999 TDD 471-9570

Friendship Home **402-437-9302**

Provides a safe, confidential, home-like shelter, as well as access to food, clothing and other basic needs to women and children who are victims of domestic abuse. Transitional shelter is provided to residents of Friendship Home who are working to obtain their own homes. Also provides some financial support for families in transition. Staff provides crisis counseling and immediate access to other safe shelter options if Friendship Home's shelter is full. Advocates and case managers provide counseling, referrals and information services. A 24-hour, 365 day hotline providing support safety planning and advocacy for women who want access to safe shelter.

Voices of Hope **Non-emergency: 402-476-2110**
2545 N. St. **Crisis: 402-475-7273**

Provides counseling, support groups and advocacy for victims of sexual assault and domestic violence. Staff accompany victims from the hospital emergency room through the criminal justice process. Crisis and short-term counseling is available 9:00 a.m.-4:00 p.m. Monday-Friday and until 7:00 p.m. Wednesdays. Support groups help adult victims of relationship violence, sexual assault and incest. Assistance filling out protection order applications.

Child Advocacy Center **402-476-3200**
5025 Garland St.

Safe, neutral site for child victims of abuse. Services include medical evaluations for victims, support groups and Court School.

Auto Repair

Charity Auto

402-477-3550

6141 N 14th

Charity Auto will do light repairs for a suggested donation of \$20. Bring in the parts for simple repair work such as oil changes, tune-ups and brake replacement. Call to leave a message, callbacks are Wednesday and Thursday evenings. Repairs are done on Saturdays by appointment only. This is not a needs based service.

Other

Lincoln Literacy Council

402-476-7323

745 S. 9th St.

Volunteer teachers help people to understand, speak, read and write English.

Laundry Vouchers

The Salvation Army, 474-6263, can provide a voucher to a local Laundromat to qualified individuals.

Fans

The Salvation Army, 474-6263, can provide a 20 inch box fan to those who need one. One per household per year. June 1 to August 31.

Smoke Alarms

May be available at no charge at the Fire Station nearest to your home. Contact the Fire Station and they will follow up with you about receiving a free Smoke Detector for the home you are living in.

Prisoner Re-entry

Bridges to Hope

402-420-5696

Free clothing and household goods for former offenders for up to 18 months after release. Community information and referral focused on re-entry after incarceration.

Released and Restored

402-806-0565

Assists ex-offenders in their efforts to leave a life of crime behind. Offers life skills classes, support groups, mentor programs, and employment resources.

Emergency Housing

Friendship Home **402-437-9302**

Emergency shelter for battered women and their children.

People's City Mission **402-475-1303**

Overnight shelter, three meals a day. Men's shelter serves single men. Family and Women's Shelter serves single women or men with children. Showers and laundry facilities also available.

Non - Emergency Housing

Aging Partners **402-441-7070**

Listings of subsidized and retirement housing.

People's City Mission **402-475-1303**

Curtis Center Transitional Housing

Transitional housing for homeless men.

City of Lincoln Housing Authority **402-434-5500**

How to apply for housing:

Apply at office at 5700 R St. No appointment necessary.

You will be required to have birth certificates for all household members born in the United States or I-94 or Permanent Resident cards for household members who are not US citizens, Naturalization documents, Social Security cards for all members of the household, income and asset information, residency information for the last five years, including names addresses and telephone numbers of all landlords, and if disabled must have Social Security disability award letter.

Assistive Technology Partnership **1-877-428-8844**

www.housing.ne.gov

A free online service to list and find rental housing and housing services in Nebraska. Can also be accessed by phone by calling toll free **1-877-428-8844**. When you call you will give them the location you are looking for housing in and how much you can afford to spend and they will try to match you up with housing you can afford.

Fresh Start**402-475-7777**

Drug and alcohol free transitional living for women 19 and older without custody of their children. Call for more information.

Rent and Utilities Assistance**Community Action Partnership****402-471-4515**

Lincoln Action Program's Housing and Resource Counseling Program assists families with crisis needs such as rental deposit, past-due rent or utilities. To apply contact LAP to complete an application over the phone or set an appointment to complete the application in the office.

Catholic Social Services**402-474-1600**

Emergency Services Program will provide help with utility bills and rent. It is recommended to contact them early in the week and as soon as possible before the shut off or eviction notice is received because their process takes time. They will call the utility company for the family. They may only help families with children.

St. Vincent de Paul--HELP LINE**402-435-7968**

Leave a message and a volunteer will return your call. They may be able to assist with either partial or complete payment of a utility bill or rent.

Churches

Families that are connected to, or are members of a church, should ask their church for assistance. Many churches have funds available to their members. Some of the larger churches will assist families that are not currently members of the congregation.

HUD-VASH**402-489-3802**

HUD and VA's Supported Housing program provides Section 8 vouchers for eligible homeless veterans.

HOPWA**402-476-7000**

The Housing Opportunities for Persons with AIDS Program provides different types of rental assistance and supportive services for people living with HIV/AIDS. Must be at or below 80% of what is called the median income for their area.

Utilities Information & Assistance

The utility companies should be contacted at the earliest possible time- ideally with the first past due bill. The company will work out a realistic payment plan, and once there is a payment plan in effect, the company most likely will not interrupt service.

Black Hills Energy (gas) 1-800-303-0752

Once the family receives a shut-off notice they must call Aquila at once. Customer Service is available 24 hours a day, 7 days a week to work out a payment plan.

Lincoln Electric System (LES) 402-475-4211

LES will send a disconnect notice when a bill is two months past due, and then the customer will have twelve days before the disconnect occurs. If the customer calls LES as soon as they get the notice and makes reasonable arrangements, the service will not be disconnected.

Lincoln Water System 402-441-7533

They send a 15 day notice that bill is past due. If the bill is not paid they leave a 1 day shut off notice at the door. You can call the number listed above to work out a payment plan to avoid shut off.

Department of Health and Human Services 402-471-7000

If a family is on assistance (AFDC/Food Stamps, etc), contact your caseworker which will help them apply for the Low Income Energy Assistance Program. If the family is not on assistance, they should call 471-7000 and apply for energy assistance. If energy will soon be shut off, or has been disconnected, HHS will advocate with the energy company immediately and let them know a plan for payment is in progress.

Salvation Army 402-474-6263

Utility assistance only. Must apply with Health and Human Services' Energy Assistance Program first. Call us for an appointment. Applicant must bring to their appointment: completed application, photo ID, Social Security numbers and birth dates for each household member, a copy of the utility bill and proof of income. Utility assistance is limited to once a year.

General Assistance

**Nebraska Department of Health and Human Services
Emergency Cash Assistance Program to Needy Families with
Children 402-471-7000**

This program provides a means to deal with financial situations that are threatening the health or well being of an eligible child and family. Payments may be made for rent/mortgage payments, home furnishings, emergency food and non-food items, clothing and other needs. This fund is for the very low income facing an emergency situation.

Lancaster County General Assistance Fund 402-441-3095
2202 S. 11th Suite 150

Services for qualified residents of Lancaster County. Applicants must have been denied services from state Department of Health and Human Services. Assistance may be available for medical and drug costs, rent, burial and bus passes.

Multicultural Human Development Corporation 402-434-2821

Assists migrant and seasonal farm workers to obtain year round employment in a high growth career. Based on financial need NAF may provide assistance for college tuition, on the job training, job seeking skills, classroom training with the final goal being job placement in a long term career. Emergency assistance may also be provided. Must be a U.S. citizen or legally authorized to work in the United States. Please call to see if you qualify.

Social Security

Social Security

Online services: www.socialsecurity.gov

Apply for retirement benefits; apply for disability benefits; change address, phone number if you receive benefits; replace Medicare card; apply for Medicare extra help; apply for direct deposit.

Automated telephone services: 1-800-772-1213

Change of address, phone number; replace Medicare card; direct deposit; proof of your benefit amount.

Furniture

People's City Mission Service Center **402-475-6888**

2101 N St.

Hours are 9:00-11:30 a.m. and 1:30-4:30 p.m. M-T-Th-F.

Closed Wednesday afternoons.

Requires proof of income and ID for each member of the household.

month. Free clothing and furniture; personal care items is limited to once every two months.

St. Vincent de Paul **Helpline 402-435-7968**

2215 O St.

Outreach Line 402-438-3135

Open Tuesdays and Thursdays from 9:00 a.m.-noon; Thursdays from

5:00-7:00 p.m.; and Saturdays from 9:00-noon. Emergency needs only.

Salvation Army **402-477-9276**

2625 Potter St.

Vouchers are given only in emergencies: flood, fire, tornado, etc. Low cost furniture, clothing and household goods are available at the thrift stores, 4690 Leighton Ave., 466-5052, and 1126 N. 27th St., 474-5913.

Low cost furniture, clothing, household goods.

Diapers

Salvation Army **402-474-6263**

2625 Potter St.

May be able to access diapers, wipes and formula if requested. Eligibility is once every two months. Income and other guidelines apply.

Good Neighbor Community Center **402-477-4173**

2617 Y St.

Birthright of Nebraska **402-466-2609**

5625 O Street #4

Primarily for newborn babies. Baby necessities including clothes and furniture and assistance with many other needs for new babies.

Diaper Heaven

2126 S. 37th St.

Free diapers available in all sizes. Open Mondays 11:00 a.m.-5:00 p.m.

Clothing

The Barnabas Project

Belmont Plaza, 11th & Cornhusker Hwy

No cost clothing. Open Saturday 9:00 a.m.-3:00 p.m.

Capitol City Christian Church

402-467-4458

Clothing Exchange and Distribution

7800 Holdrege

Free clothing third Saturday of each month 9:00 a.m.-1:00 p.m.

Catholic Social Services

402-474-1600

2201 O St.

Half price clothing available during the first week of the month at the thrift shop.

The Daisy

6433 Havelock Ave.

A thrift shop operated by women for women. Features quality women's clothing priced between \$1-\$5. Women's accessories including shoes, purses, jewelry and home décor items are also available. Open Friday and Saturday 10 a.m.-4 p.m.

Esther's Closet

402-466-6736

Havelock United Methodist Church

4140 N. 60th Street

Gives away men's, women's and children's clothing **FREE** on the third and last Tuesdays of each month from 5:00-6:00 p.m.

Good Neighbor Community Center

402-477-4173

2617 Y Street 68503

Appointments needed, call first. Begin taking calls at 9:00 a.m. May pick up once every two months. First time must complete application, must have SS# for all members of household, and proof of income each time. Everyone must have a client card.

Lincoln Berean Church

402-483-6512

70th & Hwy 2

Clothing Exchange is the second Monday of every month from noon-8:00 p.m. Dates in 2011: 10/10, 11/14, 12/12.

Clothing

- Macie's Place** 402-601-1773
2601 N. 47th St.; www.maciesplace.org
Family Resource Center and Thrift Shop. All clothing and shoes \$1 each.
- Matt Talbot Kitchen and Outreach** 402-477-4116
2121 N. 27th St.
- Mommy and Me** 402-486-4158
2711 S. 48th St.
Low cost maternity and children's clothing.
- Northwest Lincoln Church of Christ** 402-475-3313
3110 N. 1st St.
Free clothing, shoes and totes given out on the first Saturday of the month from 9:00 a.m.-noon. Emergency clothing as needed.
- Once Upon a Child** 402-464-4443
2711 S. 48th
Low cost name brand children's clothing.
- People's City Mission Service Center** 402-475-6888
2101 N Street
Hours are 9:00-11:30 a.m. and 1:30-4:30 p.m. M-T-Th-F.
Closed Wednesday afternoons. Requires proof of income and ID for each member of the household. month. Clothing and furniture room is limited to once per day.
- Salvation Army Thrift Store** 402- 474-4747
4690 Leighton Ave.
Vouchers are available on a case-by-case basis. Low cost clothing is available from the stores at 4690 Leighton Ave and 1126 N. 27th St.
- St. Vincent de Paul** Helpline 402-435-7968
2215 O St. Outreach Line 402-438-3135
Open Tuesdays and Thursdays from 9:00 a.m.-noon; Thursdays from 5:00-7:00 p.m.; and Saturdays from 9:00-noon. Emergency needs only.
- YWCA Job Outfitters** 402-434-3494 ext. 135
Free business clothing. Call for appointment.

Telephone Assistance

Nebraska Telephone Assistance Program **402-471-3101**

If you are participating in one of the following programs: Medicaid, SNAP, Supplemental Security Income (SSI), federal public housing assistance, low-income Home Energy Assistance or Kids Connection you are eligible to apply for the Nebraska Telephone Assistance Program. Lifeline reduces the cost of local telephone service by \$10 to \$13.50 per month. Link-up provides a one time connection fee credit of 50%, up to \$30.00. www.psc.nebraska.gov

Career Assistance

Community Action Partnership **402-471-4515**

210 O St.

CAP's Center for Refugees and Immigrants offers job search assistance, career counseling, completing employment applications, resume development and review, interview practice, career advancement training, translation and interpretation services, vocational ESL training and community referrals. www.lincoln-action.org.

Vocational Rehabilitation **402-471-3231**

Having problems preparing for, getting or keeping a job because of a disability? Vocational Rehabilitation might be able to help with career assessment and counseling, job training, job placement assistance and job site modifications and devices.

YWCA **402-434-3494**

1432 N St.

Job Outfitters is a community resource for low-income women who are actively seeking employment and working. Women can get work-appropriate clothing free of charge. Clients receive help selecting clothing and tips on interview etiquette. Twice a year there is a clothing giveaway and community resource event featuring information from other non-profits, furthering education, interview skills, etc.

Legal Information

Legal Aid of Nebraska **ACCESS LINE** **877-250-2016**
Office: 402-435-2161

Non-profit firm which provides free quality civil legal aid to low-income individuals. Legal Aid does not handle criminal cases.

ACLU-American Civil Liberties Union **402-476-8091**

Private, non-profit organization that seeks to preserve constitutional rights and civil liberties. The ACLU generally becomes involved in cases where the government is involved, rather than private individuals or companies. The ACLU does not ordinarily handle criminal cases, divorce/custody cases or discrimination cases involving private individuals or companies.

Nebraska State Bar Association Volunteer Lawyers Project
402-475-7091

Will help low-income with family law cases if they meet criteria.
FREE brochures on basic rights are available.

Ageing Service's Elderlaw Program **402-441-7070**

Legal information and referral services to persons 60+.

Lincoln Commission on Human Rights **402-441-7624**

Receive and investigates complaints of discrimination due to race, color, sex, national origin, disabilities, religion, age, family status, marital status in housing, employment and public accommodations.

Nebraska Appleseed Center for Law **402-438-8853**

Provides information on the rights of welfare recipients.

Voices of Hope **402-476-2110**

Will assist with protection orders, legal advocacy and lawyer referrals for victims of domestic violence, sexual assault and incest.

Victim-Witness Unit—LPD **402-441-7181**

Information, assistance and crisis intervention to victims of crime.

Legal Information

Child Support Enforcement **402-441-8715**

Information regarding establishing child support orders or paternity, locating parents, enforcing or modifying orders.

Equity in Nebraska/United Methodist Ministries

402-471-1777

Provides assistance with filing request and appeals with the UL Immigration Service including protected status for victims of domestic violence, asylum, family reunification, updating status, or appealing rulings. Low-income clients receive services at minimal cost. Call for appointment.

The Mediation Center **402-441-5740**

Professional and impartial mediation services to assist in dispute resolution related to all areas of family, employment, consumer and community issues on a sliding fee scale.

The Civil Clinical Law Program **402-472-3271**

Senior law students at the University of Nebraska College of Law provide free legal services in certain types of civil legal cases to low-income persons. Clinic students work under close faculty supervision.

Emergency Information for Pets

Coalition for Pet Protection **402-434-7922**

May be able to help with emergency assistance for pets.

PALS **402-467-9121**

Spay/neuter financial assistance, advice and education about pet ownership.

Capital Humane Society **402-441-4488**

Lincoln Animal Ambassadors **402-817-1168**

Pet Food Bank-pet food available one time per month. You may apply for more than one pet at that time. Must complete a required application and agreement, and present a driver's license or ID when accepting pet food. Call or go to www.lincolnanimalambassadors.org for more infor-

Transportation

Bus Pass Purchase Locations

**CALL TO MAKE SURE PASSES ARE AVAILABLE TO BUY
AT THE FOLLOWING LOCATIONS, DAYS AND TIMES:**

C. Yoakum Family Resource Ctr, 4621 NW 48th St, **434-2621**, M-F 8:00 a.m.
-noon & 1:00-5:00 p.m.-School Year; Summer M-F 8:30 a.m.-4:30 p.m.

Center For People In Need 3901 N. 27th St., **476-4357**,
M-F 9:00 a.m.-12:00 p.m., 1:00 – 4:00 p.m.

Community Action Partnership, 210 O St, **471-4515**, M-T-W-TH 2:00-5:00
p.m.

Community Mental Health Center, 2201 S. 17th St., **441-6600**, M-F 8:30
a.m.-4:30 p.m.

F Street Community Center, 1225 F St., 441-7951, M-F 8 a.m.-8:45 p.m.,
Sat. 9:00 a.m.-4:45 p.m., Sun. 1:00-5:45 p.m.

Good Neighbor Center, 2617 Y St., **477-4173**, M-TH 10:00 a.m.-4:00 p.m.,
F 10:00 a.m.-2:00 p.m.

El Centro de las Americas, 2032 U St., **474-3950**, M-F 9:00 a.m.-5:00 p.m.

HUB, 835 S. 12th St, **471-8515**, Wed 1:00-3:00 p.m.

Indian Center, 1100 Military Rd, **438-5231**, M-F 9:00 a.m.-5:00 p.m.

Kaplan University, 1821 K St., 8:00 a.m.-4:00 p.m.

Northeast YMCA, 2601 N. 70th St., **434-9268**, M-F 8:00 a.m.-5:00 p.m.

People's City Mission, 110 Q St, **475-1303**, M-F 9:00 a.m.-4:30 p.m.

People's City Mission Distribution Center 2101 N St., **475-6898**, M,T, TH, F
9:00-11:30 a.m. & 1:30-4:30 p.m., W 9:00-11:30 a.m.

Southeast Community College, 8800 O St., **437-2564**, M-F 8:00 a.m.-5:00
p.m.

StarTran, 710 J St., **476-1234**, M-F 8:00 a.m.-4:30 p.m.

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
Lincoln, NE 68521
www.centerforpeopleinneed.org
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.

Updated October 2011