

Center for People in Need

**RESOURCE
HANDBOOK**

Services for the near
Homeless and Homeless
July 2010



Center for People in Need

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



Need help? Don't know where to start?

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.
Dial 2-1-1. Trained personnel will answer your call
(all languages)

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1
Lincoln, NE 68521

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.

3:00-6:00 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.**



Income Guidelines

Size of Household	Current monthly income
1	\$1949
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260

Updated 4/1/2010

NEIGHBORHOOD FOOD-SAMPLE CALENDAR

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		1	2	3	4	5
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
6	7	8	9	10	11	12
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
13	14	15	16	17	18	19
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
20	21	22	23	24	25	26
		<u>USDA All Locations</u> 1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		<u>USDA All Locations</u> 1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
27	28	29	30			

NEIGHBORHOOD FOOD-SAMPLE CALENDAR

Sun	Mo n	Tuesday	Wed	Thursday	Fri	Sat
				1	2	3
				1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
4	5	6	7	8	9	10
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
11	12	13	14	15	16	17
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
18	19	20	21	22	23	24
		1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		
25	26	27	28	29	30	31
		<u>USDA All Locations</u> 1:00 p.m.-2:00 p.m. F Street Comm. Center, 1225 F St. 3:00 p.m.-6:00 p.m. Center For People In Need, 3901 N. 27th St.		<u>USDA All Locations</u> 1:00 p.m.-2:00 p.m. Malone Community Center 2032 U St. 3:00 p.m.-4:00 p.m. Oak Lake Evangelical Free Church, 3300 N. 1st St.		

Local Food Programs – Weekly

Family Resource Center

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

477-4173

2617 Y St.

Food available Monday and Wednesday, 10:00 a.m.-4:00 p.m., Friday, 10:00 a.m.-2:00 p.m.; perishables available Monday & Wednesday 10:00 a.m.-noon.

Indian Center

438-5231

1100 Military Road

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

Northeast Family Center

at Havelock United Methodist Church

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

475-6888

2101 N St.

Open Monday-Friday, 9:00-11:30 a.m. and 1:30-4:30 p.m. **Chicken and bread** available every day. **Canned goods and produce** on Tuesday, Thursday and Friday afternoons. You may pick up food once per week.

Federal Supplemental Food Programs

Food Stamps

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 133% of the poverty guidelines to be eligible (\$26,600 annually for a family of 4 in 2006). www.fns.usda.gov

WIC-Women, Infants and Children

Lincoln-Lancaster County Health Dept.

441-6200

3140 N St.

Family Service

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

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. **438-5231**.

Summer Food Program

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

The Gathering Place

476-7398

1448 E St.

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

Matt Talbot Kitchen and Outreach

477-4116

1911 R 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.

People's City Mission

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 11:00 a.m., dinner 5:45 p.m.

Meal times for **FAMILIES** are:

Breakfast 6:45 a.m., lunch 11:00 a.m., dinner 6:45 p.m.

ActiveAge Centers –Lincoln Area Agency on Aging (Senior Centers)

441-7158

Main Office, 1001 O St. Ste. 101, 68508

Noon meals offered at all ActiveAge Centers (nine in Lincoln and five in Lancaster County) 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.

Meals on Wheels-Tabitha

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.

Indian Center

438-5231

1100 Military Rd.

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

Salvation Army Canteen

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.members.cox.net/foodnet/sites

Sunday

- 10:45 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

- 11:45 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. Penecostal Church, 2441 N. 8th St., south door**
- 5:00 p.m. Church of Christ, 3110 N. 1st St.**
(No steps)

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

Local Food Programs –Daily

Wednesday

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

3901 N 27th St., no steps, no children in the line



6:00 p.m. Cristo Rey Catholic Church

42nd and J Streets



Thursday

ALL THURSDAY LOCATIONS ARE WHEELCHAIR ACCESSIBLE

11:00 a.m. Heartland Bible Church

2611 S. 56th
(in parking lot)



5:00 p.m. Grace United Methodist Church, 27th and R streets

(no steps, NO CHILDREN ALLOWED)

5:00 p.m. Lakeview United Methodist Church

230 Capitol Beach Blvd

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

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

(steps, elevator)

Friday

11:00 a.m. Heartland Bible Church, 2611 S. 56th

(in parking lot)



11:30 p.m. Middle Cross Church, 29th and O St.

(few steps)

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

5:30 p.m. Linden Village Community Building, Milford

Saturday

10:30 a.m. Zion Educational Building, 8th and D streets

(if warm weather, Foodnet at Cooper Park Shelter)



11:30 a.m. 7921 Sandalwood Dr.

(private home in garage, NO CHILDREN)

1:00 p.m. St. John of Kronstadt Orthodox Church, 28th and Holdrege 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 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, 477-9276.

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
Glenna Showalter, 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: 9:30-10:00 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; home: 488-2923

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

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

Local Food Programs—Seasonal

Community Crops
Contact: Amy Brt

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 check out our web site:

<http://www.communitycrops.org>

E-mail: amy@communitycrops.org

Food Program—Monthly

Angel Food Ministries
Lincoln City Church
5001 S. 1st St.

421-9500

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.

Cost is \$31 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 for more information.

To order a food box go to the church at 5001 S. 1st St. 9:00 a.m.-4:00 p.m. Tuesday, Thursday and Friday, and 10:00 a.m.-4:00 p.m. Wednesday.

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

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

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

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.

Local Food Programs–Emergency

Lincoln Information for the Elderly 441-7070

Nebraska Aids Project 476-7000
Help available only for those with AIDS and HIV

Nebraska Health & Human Services 471-5185

People’s City Mission Distribution Center 475-6888
2101 N St.
Hours are 9:00 a.m.-noon and 1:00-4:00 p.m. Monday-Friday, closed on Wednesday afternoons. **Emergency Food Boxes** are available as well as other services. Requires proof of income and ID for each member of the household. Food boxes are available every three months, other services once a month. **Provides bread, produce and perishable food distributed daily (you are allowed to pick up once per week-one per household).**

Salvation Army 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 476-9736
Services for veterans only.

Emergency Housing

Friendship Home 437-9302
Emergency shelter for women victims of domestic violence and their children.

People’s City Mission 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

441-7070

Listings of subsidized and retirement housing.

People's City Mission

475-1303

Curtis Center--Transitional housing for homeless men.

City of Lincoln Housing Authority

434-5500

Apply for housing at 5700 R St. No appointment necessary.

To be eligible for Public Housing, Housing Choice vouchers and various LHA properties you must be at least 19 years old or married, must have no drug related or violent criminal convictions within the last three years and meet certain income criteria, which depends on household size and composition.

You are required to have birth certificates for all household members born in the U.S., I-94 or Permanent Resident cards for household members who are not U.S. 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.

Community Action Partnership (Lincoln Action Program)

210 O St.

471-4515

Homeless Voucher Program helps individuals and families attain the life skills necessary to maintain permanent housing and prevent a return to homelessness. Services available include working with a case manager, goal planning for self-sufficiency, rent subsidies, linkage with longer-term housing subsidies and information and referral to available community resources.

Homelessness Prevention and Rapid Re-Housing Program

Contacts: Community Action Partnership, 471-4515; Good Neighbor Center, 477-4173; Catholic Social Services, 474-1600; Salvation Army, 477-9276; Indian Center, 438-5231; People's City Mission, 475-6888; Friendship Home, 434-6353; Region V Systems, 441-4343.

HPRP provides housing stability through temporary assistance to households that would otherwise become homeless. HPRP can provide rental assistance, security and utility deposits, utility payments, moving cost assistance, housing search and placement, legal services to help people stay in their homes and credit repair.

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)

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

441-7533

They send a 15 day notice that bill is past due. If the bill is not paid they leave a one 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

471-7000

If a family is on assistance (AFDC/Food Stamps, etc), they should contact their caseworker. The caseworker 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.

Auto Repair

Charity Auto

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.

Utilities Information & Assistance

Community Action Partnership

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

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.

Salvation Army

477-9276

Must sign up with Health and Human Services' Energy Assistance Program first, then call us for an application and/or an appointment. Applicant must bring to their appointment: application, photo ID, birth certificates and/or Social Security numbers for each household member, proof of income and written reference/denial from HHS caseworker.

St. Vincent de Paul--HELP LINE

438-7761

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

General Health Care

People's Health Center

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.-5:00 p.m.
	Thursday	7:00 a.m.-7:00 p.m.
	Friday	7:00 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 emergency.

Provides affordable, comprehensive primary health care especially for those with limited resources. Services include general physical exams, immunizations, dental, pharmacy, WIC, HIV/STD testing, translation, mental health on a referral basis and a physician house call program for chronically ill homebound elderly. Co-Pay is \$15.

Dental Health

Clinic With a Heart

421-2924

3901 N. 27th 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 and the fourth Thursday of each month from 5:30-7:00 p.m. Walk-ins, no appointments. Will provide free services to anyone without insurance.

People's City Mission Medical Clinic

402-817-0980

110 Q St.

Hours:

Monday, Wednesday, Friday, 8:00-11:00 a.m., 1:00-5:00 p.m.

Second Monday of each month, 8:00-11:00 a.m., 1:00-7:00 p.m.

Thursday, 1:00-7:00 p.m.

Second Thursday of each month, 1:00-5:00 p.m.

CLOSED TUESDAYS

Eligible clients/patients must meet income guidelines of 150% of Federal Poverty Level.

Free Medical Care

Clinic with a HEART

421-2924

Center For People In Need

3901 N. 27th St., Unit 1

Clinic with a Heart provides **FREE** medical care to people in Lincoln and Lancaster County who **do not** have insurance, money to pay for healthcare, or don't have access to healthcare for other reasons. Interpreters may be available for people who do not speak English. The Primary, Physical Therapy and Dental Clinic will be open from 5:30 p.m. to 7:30 p.m. the **FIRST, SECOND, THIRD AND FOURTH TUESDAY**. Chiropractic care is also provided on the **SECOND TUESDAY** of each month. Chiropractors help people who have headaches, hip pain, dizziness, and other symptoms that may be caused by musculoskeletal problems.

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

- ♥ **1st Tuesday of each month sponsored by St. Mark's United Methodist Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments.
- ♥ **1st Thursday of each month sponsored by First-Plymouth Congregational & First Presbyterian Churches.** **Location:** McPhee Elementary School, Community Learning Center, 820 Goodhue Blvd. (15th Street between G and F). **Services:** Medical, Pediatric Dental Assessments.
- ♥ **2nd Tuesday of each month sponsored by Sheridan Lutheran Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments & Chiropractic.
- ♥ **2nd Thursday of each month sponsored by Lincoln Berean Church**
Location: F Street Community Center, 1225 F St. **Services:** Medical, Pediatric Dental Assessments.
- ♥ **3rd Tuesday of each month sponsored by Southwood Lutheran Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments & Vision Screenings.
- ♥ **3rd Thursday of each month sponsored by Southwood Lutheran Church**
Location: Saratoga Elementary School, Community Learning Center, 2215 S. 13th St
Services: Medical, Pediatric Dental Assessments.
- ♥ **4th Tuesday of each month sponsored by Saint Paul United Methodist Church**
Location: Center for People in Need, 3901 N. 27th St. **Services:** Medical, Dental, Physical Therapy, Mental Health Assessments.

Free Nursing Care– Public Health Nurse

- Matt Talbot Kitchen and Outreach** **477-4116**
1911 R. St.
Third Wednesday of every month, 12:30-2:00 p.m.
- People’s City Mission** **475-1303**
110 Q St.
Second Monday of every month 2:00 p.m.-4:00 p.m.
- Gathering Place** **476-7398**
1448 E St.
Fourth Tuesday of every month 3:00-5:00 p.m.

Eye Exam Screenings

- Matt Talbot Kitchen & Outreach** **477-4116**
1911 R St.
Eye Exam Screenings are available on a quarterly basis (October, 2007 ,
January 2008, April, 2008, July, 2008) 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.
- Salvation Army** **474-6263**
2625 Potter St.
Working with Shopko’s Project Eye Care, a limited number of vouchers per
year (starting each January) are available for exams and eyeglasses. Must
come in to sign up. The vouchers are available in January until they are gone.
- People’s City Mission Medical Clinic** **402-817-0980**
110 Q St.
Hours: Monday, Wednesday and Friday, 8:00-11:00 a.m., 1:00-5:00 p.m.
Second Monday of each month, 8:00-11:00 a.m., 1:00-7:00 p.m.
Thursday, 1:00-7:00 p.m.
Second Thursday of each month, 1:00-5:00 p.m.
CLOSED TUESDAYS

Substance Abuse

Alcoholics Anonymous 438-5214

24 hour hotline. Call to talk to a volunteer or to find out meeting times.

Drug Crisis Center 475-5683

24 hour hotline. Call for information, referral and crisis assistance.

First Steps 434-2730

Substance Abuse evaluations and out-patient treatment on a sliding scale fee. Call for initial evaluation. Special programs for women's needs.

Touchstone 474-4343

1100 Military Road
Residential treatment for adults.

Cornhusker Place 477-3951

721 K St.
Detoxification, short and long term treatment programs. Men only.

Vet Center 476-9736

920 L St.
Free counseling for veterans and their families.

Narcotics Anonymous 474-0405

24 hour hotline. Call for meeting times.

Community Mental Health 441-7940

Emergency services and family support groups.

Free Support Groups

Amputees Support Group 466-0268

Family Support Group 441-7940

Ray of Hope 477-8610

(for survivors of someone who committed suicide)

Nicotine Anonymous 476-9668

Al-Anon and Alateen 477-9662

Bright Ideas Support Group 472-5462

(for brain injury survivors)

Gambling Addiction Assistance

Choices, Inc **476-2300**
934 Charleston St.
24 hr hotline. Free gambling addiction evaluations. Treatment for individuals and family members, individual and group counseling on sliding fee scale. Also offers a women's specific program.

Lincoln Gamblers Anonymous **473-7933**
24 hotline.
Lincoln meeting schedule:
Monday 7:30 p.m. Christ Lutheran Church 44th and Sumner streets.
Wednesday 6:00 p.m. Bennet Martin Library 14th and N (4th floor)
Friday 6:00 p.m. Houses of Hope 2015 S. 16th St.
Saturday 10:00 a.m. Bryan LGH East 1600 S. 48th St.

First Step Recovery and Wellness Center **434-2730**
Free evaluation. Treatment for individuals and family members on sliding fee scale.

General Assistance

Nebraska Department of Health and Human Services
Emergency Cash Assistance Program to Needy Families with Children
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 **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.

Clothing

People's City Mission Service Center

475-6888

2101 N St.

Hours are 9:00-11:30 a.m. and 1:30-4:00 p.m. Monday, Tuesday, Thursday and Friday. Closed Wednesday afternoons. Requires proof of income and ID for each member of the household.

The Barnabas Project

Belmont Plaza, 11th & Cornhusker Hwy

No cost clothing for children & adults. Open Saturday 9:00 a.m.-3:00 p.m.

Catholic Social Services

474-1600

2241 O St.

Will provide vouchers for their thrift shop on a case-by-case basis. Call one day in advance. You must have Social Security numbers and dates of birth for all family members and complete an application.

Esther's Closet

466-6736

Havelock United Methodist Church, 4140 N. 60th St.

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

477-4173

2617 Y St.

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 Social Security number for all members of household, and proof of income each time. Everyone must have a client card.

Lincoln Berean Church

483-6512

70th & Hwy 2

Free Clothing on the first Wednesday of every month noon-8:00 p.m.

Capitol City Christian Church

467-4458

Clothing Exchange and Distribution

7800 Holdrege

Free Clothing third Saturday of each month 10:00 a.m.- 2:00 p.m.

YWCA Job Outfitters

434-3494 ext. 135

Free business clothing for women. Call for appointment.

Diapers

People's City Mission Service Center 2101 N St.	475-6888
Matt Talbot Kitchen and Outreach 1911 R St.	477-4116
Salvation Army 2625 Potter St. Eligibility is once every two months. May be able to access diapers and wipes, if requested. Income and other guidelines apply.	474-6263
Good Neighbor Community Center 2617 Y St.	477-4173
Birthright of Nebraska 5940 R St.	466-2609

Prisoner Re-entry

Released and Restored Assists ex-offenders in their efforts to leave a life of crime behind. Offers life skills classes, support groups, mentor programs, and employment resources.	806-0565
Lutheran Family Services Assists men leaving the state penitentiary with housing, job placement & life skills as they transition to life outside prison.	435-2910
Our Savior Lutheran Church	483-4126

Emergency Information for Pets

Coalition for Pet Protection May be able to help with emergency assistance for pets.	434-7922
PALS Spay/neuter financial assistance, advice and education about pet Ownership.	467-9121

Miscellaneous Services

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

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

Nebraska State Bar Association Volunteer Lawyers Project **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 **441-7070**

Legal information and referral services to persons 60+.

Lincoln Commission on Human Rights **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 **438-8853**

Provides information on the rights of welfare recipients.

Voices of Hope **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 **441-7181**

Information, assistance and crisis intervention to victims of crime

Child Support Enforcement **479-5555**

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

The Civil Clinical Law Program **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.

Ride for \$7.50

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

Big Brother/Sisters, 6201 Havelock Ave, **464-2227**, M-Th 8:30 a.m.-5:00 p.m., F
8:30 a.m.-noon

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 8:00 a.m.-5:00 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.

Lighthouse, 2601 N St., **475-3220**, M-F 2:00-10:00 p.m.

Lincoln Medical Educational Partnership, 4600 Valley Rd., **483-4581**, M-W-TH
8:00 a.m.-noon, 1:00-4:30 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



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

Also available in Russian, Spanish and Arabic.

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
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*Beatty Brasch
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*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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