

Community Resources for CAPS (Alphabetical)

MYLNK App Full listing of community resources!

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

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

<https://ne211.org/>

Childcare: Before/After School Programs:

Boys and Girls Club - (402) 474- 4133

City of Lincoln - <https://www.lincoln.ne.gov/City/Departments/Parks->

Extended counseling/outpatient services:

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

Financial Education and Credit Union:

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

Food Services:

SCC Food Pantry <https://www.southeast.edu/scc-food-pantry/>

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

Matt Talbott - https://www.mtko.org/hunger_relief/

Catholic Social Services of Southern Nebraska <https://www.cssisus.org/>

Center for People in Need <https://www.cfpin.org/>

First Presbyterian Church Mobile Food Pantry <https://fpclincoln.org/>

Foodnet Church of Christ- <http://foodnetlincoln.org/>

Foodnet Cristo Rey Catholic Church- <http://foodnetlincoln.org/>

Carol Yoakum Family Center (402) 434-2621

Calvert Recreation Center (402) 416-6197

Free Tax Preparation:

Lincoln VITA Coalition- [https://vita.unl.e0000913667_0.329_0.8_rg0.0667_0.329_0.8_RG\[h\]6\(tt\)-3\(p\)-3](https://vita.unl.e0000913667_0.329_0.8_rg0.0667_0.329_0.8_RG[h]6(tt)-3(p)-3)

Health:

Cancer Assistance-

- American Cancer Society- <https://www.cancer.org> Breast Cancer Support- (402)

Human Trafficking:

Legal Assistance:

Aging Services Elder Law Program- (402) 441-7070

ACLU-

Parenting and Family Support:

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

Circle of Security Parenting <http://www.necosp.org>

- Service Coordinator Hailey Sloup- 402 436 5437

Cedars Parenting Training Series- (402) 436- 5437 <https://cedarskids.org>

Women Infants and Children (WIC)- <http://www.familyserVICELincoln.org>

Diapers @CFPIN- <https://www.cfpin.org/>

Diaper Depot- (402) 466-5238

Diaper Heaven- (402) 435-1532

Good Neighbor Community Center (Free Diapers)- <http://www.gncclincoln.org>

Lincoln Family Medicine Center Kangaroo Klub- <https://www.lin>

Personal Needs:

Auto Repair- Charity Auto- 402-477-3550

Beds- <https://40winksfoundation.org>

Bicycles-

- Lincoln Bike Kitchen- <https://www.lincolnbikekitchen.org>

Furniture-

- People s City Mission Help Center- <https://pcmlincoln.org/help-center/> (402) 475-6888
- The Salvation Army (Furniture)- (402) 474-6263

Haircuts- Matt Talbot Kitchen and Outreach (Haircuts)- <https://www.mtko.org>

Laundry Services- The Salvation Army (Laundry Vouchers)- <https://centralusa.salvationarmy.org/lincoln/>

Mobile Phone Plans-

- Lifeline Support: Discounted Internet Cost- <https://www.lifelinesupport.org>
- Nebraska Telephone Assistance Program (NTAP)- (402) 477-4116
- TruConnect- <https://www.truconnect.com>

Personal Development- <https://www.atlaslincoln.org>

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

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

Prison Reentry:

Released and Restored- <https://releasedandrestored.org>

Mental Health Association: Hope Supported Employment- <https://mha-ne.org>

Jolt Nebraska: <https://joltnebraska.org>

Houses of Hope- <https://www.housesofhope.com>

T.R.A.D.E. Reentry Vocational and Life Skills Program- <https://www.cfpin.org/trade-community-reentry>

Bridges to Hope- <https://www.bridgestohopene.org>

Refugees and Immigrant Services:

Asian Community and Cultural Center: Family Resource Program-

<https://www.lincolnasiancenter.org/what-we-do/programs/family-resource-programs-2/about-family-resource-program.html>

Catholic Social Services: Refugee Services-

https://csshope.org/what_we_do/programs/refugeeresettlement.html

Center for Legal Immigration Assistance (CLIA): Immigration Legal Services-

<https://cliane.org>

El Centro De Las Américas: Citizenship Program- (402) 474- 3950

Immigration Legal Services: Immigration Legal Services- <https://www.immigrantlc.org>

International American Relief Society IARS: International American Relief Society IARS-

<https://iarsociety.org>

Lutheran Family Services of Nebraska: Community Services- <https://www.onelfs.org/new-americans/>

[The Karen Society of Nebraska- http://www.karenksn.org/newsphoto/0020-karencommunityoffice/index.html](http://www.karenksn.org/newsphoto/0020-karencommunityoffice/index.html)

Yazidi Cultural Center- <https://www.yazda.org>

