

COUNSELING SERVICES

Acuity Counseling Professionals
701 Olsen Drive
402-319-3717

Associated Counseling
2255 S 132nd #200
402-334-1122

Counseling Connections
11414 W Center Rd
402-932-2296

Collaborative Psych \Kim Camp APRN
17670 Welch Plz STE 102
402-403-5222

Focus C3
10748 Virginia Plaza Ste 107
402-933-4411

Woodhaven counseling
12001Q St
402-592-0328

Great Oaks Counseling
13906 Gold Circle #202
402-932-6500

Omaha Integrative Care
1812 N 169th Plaza
402-934-1617

Therapy Resource Assoc
10824 Old Mill Rd
402-334-1122

Spence Counseling Center
10235 Q St
402-991-0611

CHI Psych Lasting Hope/Bergan/Immanuel
402-717-7681
402-717-5550
402-572-2916

CHI Papillion / Lakeside
402-827-4300
402-758-5850
Spence Counseling Center
12035 Q Street
402-991-0611

UNMC Psych 510 S 42 nd
402-552-6007
Geriatric Psych
730 s 98th
402-552-6007

Psychiatric Services
9239 W Center Rd #211
402-399-9305

Lutheran Family Services
402-595-1338

Catholic Charities
402-554-0520

Heartland Family Services
402-292-5888

Pediatric Counseling Services

Children Behavioral

1000 N 90th
402-955-3900

Boystown Behavioral Health

13460 Walsh Drive
402-498-3358

CHI Psych. Bergan

402-398-5550

Woodhaven

10220 Q Street
402-592-0328

Counseling Connections

402-932-2296

Capstone Behavioral Health

1941 South 42nd St Ste. 328
402-614-8444

Psychological & Counseling Services

12728 Augusta Ave
402-1537

Lutheran Family Services

Children Service Center

Douglas County

124 S 24th St

402-661-7100

Sarpy County

11515 S 39th St

402-292-9105

Mental Health Services

Region 6 Behavioral Healthcare

4715 S 132nd St
Omaha NE 68137
Phone: (402) 444-6573
(800) 311-8717
www.regionsix.com

Behaven

8922 Cuming Street
Omaha, NE 68114
Phone: 926-4373
www.behavenkids.com

Boys Town Behavioral Health

13460 Walsh Dr.
Boys Town, NE 68010
Phone: (531) 355-3358

Catholic Charities

3300 North 60th Street
Omaha, NE 68104
Phone: (402) 554-0520
www.ccomaha.org

Charles Drew Health Center

2915 Grant Street
Omaha, NE 68111
Phone: (402) 451-3553
www.cdhcmedical.com

One World Community Health Center

4920 South 30th St
Live Stock Exchange Building
Omaha, NE 68107
Phone: (402) 619-5314

Child Saving Institute

4545 Dodge St.
Omaha, NE 68132
Phone: (402) 553-6000
www.childsaving.org

Community Alliance

4001 Leavenworth Street
Omaha, NE 68105
Phone: (402) 341-5128
www.community-alliance.org

Community Counseling Program

(Methodist Hospital)
Phone: (402) 354-6891
www.bestcare.org/ccp

Community Counseling Clinic

University of Nebraska at Omaha
6001 Dodge Street
Omaha, NE 68182
Phone: (402) 554-4882

Creighton Psychiatry

3528 Dodge Street
Omaha, NE 68131
Phone: (402) 717-4623

Douglas County Community Mental Health Center

4102 Woolworth Avenue
Omaha, NE 68105
Phone: (402) 444-7449

Heart Ministry Center Medical & Dental Clinic

NO cost, including undocumented
2222 Binney Street
Omaha, NE 68110
By appointment M-F
(402) 932-4887

Heartland Family Service

2101 South 42nd Street
Omaha, NE 68105
Phone: (402) 553-3000
Email: info@heartlandfamilyservice.org

Jewish Family Services

333 South 132nd Street
Omaha, NE 68154
Phone: (402) 330-2024

Lutheran Family Services

120 South 24th Street, Suite 100
Omaha, NE 68102
Phone: (402) 342-7007

Nebraska 2-1-1

Hosted by United Way of the Midlands keeps an accurate and comprehensive database that you can use to find health and human services to meet your needs. Our database allows you to browse hundreds of health and human services online, learn about specific programs, intake requirements, eligibility, operation hours and more.

You can also call Nebraska 2-1-1 to speak with a trained call specialist who can help you identify services. Just dial 2-1-1 on your home or cell phone, no area code is needed. Certain cell phones may need to dial (402) 444-6666.

CAR SEATS

<https://www.startgrants.com/a-guide-to-get-free-car-seats-for-low-income-families.php>

Baby2Baby

<https://baby2baby.org/>

United Way

<https://www.unitedway.org/our-impact/featured-programs/2-1-1>

WIC

<https://www.fns.usda.gov/wic/about-wic-wic-glance>

Everyday Miracles (Medicaid)

<https://www.everyday-miracles.org/carseat-education/>

Boys Town National Hotline

1-800-448-3000 is a toll-free call for kids and parents. Spanish speaking counselors and translation services for more than 100 languages are available 24 hours a day. If you face problems such as physical, sexual or emotional abuse, chemical dependency, thoughts of suicide, parenting worries or out-of-control children call now.

Some religious charities, such as **Catholic Charities USA** also help families in need.

Ask your Insurance Provider

Ask your Doctor's Office/ Police/ Fire Department

Mental Health Services

Munroe Meyer Institute

600 S. 42nd Street
Omaha, NE 68198
Phone: (402) 559-6418
www.unmc.edu/mmi

NAMI

1941 South 42nd Street, Suite 517
Omaha, NE 68105
Phone: (402) 345-8101
(877) 463-6264
www.nami.org

Nebraska Family Support Network

3568 Dodge Street
Omaha, NE 68131
Phone: (402) 345-0791

Grief's Journey

7811 Farnam Street
Omaha, NE 68114
Phone: (402) 502-2773
Griefsjourney.com

Psychology Today Website Search for Therapists

<https://www.psychologytoday.com/us/therapists/nebraska>

Capstone

Region 6 funded Free/Reduced costs
Evaluations & Therapy
1941 S 42nd St. #328
Omaha, NE 68105
(402) 614-8444

230 E 22nd St #4
Fremont, NE 68025
(402) 727-1592

Golden Steps – Autism Resource

(646) 873-6600
Goldenstepsaba.com
info@goldenstepsaba.com

FREMONT, NE

Lutheran Family Services

1420 E. Military Ave. Ste 100
Fremont, NE 68025
Phone: (402) 721-1774
www.lfsneb.org

Capstone

Region 6 funded Free/Reduced costs
Evaluations & Therapy
230 E 22nd St #4
Fremont, NE 68025
(402) 727-1592

ADHD Books for Adults

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder

Thriving with Adult ADHD: Skills to Strengthen Executive Functioning

Managing a Person with ADHD

Substance Abuse Services

Addiction & Behavioral Health

8610 Brentwood Drive
La Vista, NE 68128
Phone: (402) 331-3232

Alcoholics Anonymous- Statewide

Hotline Phone: (877) 226-3632
24-hour hotline: (402) 556-1879

Catholic Charities Campus for Hope

1490 North 16th Street
Omaha, NE 68102
Phone: (402) 827-0570
www.alcoholism.about.com

Charles Drew Health Center

2915 Grant Street
Omaha, NE 68111
Phone: (402) 451-3553
www.cdhcmedical.com

OneWorld Community Health Center

4920 South 30th St Suite 103
Live Stock Exchange Building
Omaha, NE 68107
Phone: (402) 734-4110

Heartland Family Service Family Works Program

4847 Sahler St
Omaha, NE 68104
Phone: (402) 342-9555
www.heartlandfamilyservice.org

Heartland Family Service Substance Abuse Extended Outpatient Program

2101 South 42nd Street
Omaha, NE 68105
Phone: (402) 553-3000
(877) 553-3001
www.heartlandfamilyservice.org

Journeys

1111 M Street
Omaha, NE 68137
Phone: (402) 504-4099

10806 Prairie Hills Drive
Omaha, NE 68144
Phone: (402) 504-4099
www.journeysomaha.org

Lutheran Family Services

120 South 24th Street Ste 100
Omaha NE 68102
Phone: (402) 342-7007
www.lfsneb.org

Narcotics Anonymous

24-hour Phone: (402) 660-3662

Nebraska Urban Indian Health Coalition

Intertribal Treatment Center
2240 Landon Court
Omaha, NE 68102
Phone: (402) 346-0902
www.nuihc.com/intertribal.html

NOVA Treatment Community

8502 Morman Bridge Road
Omaha, NE 68152
Phone: (402) 455-8303
www.novatc.org

Salvation Army Adult Rehabilitation

Center 2551 Dodge Street
Omaha, NE 68131
Phone: (402) 342-4135

Santa Monica House

401 S 39th St.
Omaha, NE 68131
Phone: (402) 558-7088

Substance Abuse Services

Siena-Francis House

1702 Nicholas Street
Omaha NE 68102
Phone: (402) 341-1821
www.sienafrancis.org

Capstone

Region 6 funded Free/Reduced costs
Evaluations & Therapy
1941 S 42nd St. #328
Omaha, NE 68105
(402) 614-8444

230 E 22nd St #4
Fremont, NE 68025
(402) 727-1592

Stephen Center HERO Program

2723 Q Street
Omaha, NE 68107
Phone: (402) 715-5442
www.stephencenter.org

Valley Hope

7703 Serum Avenue
Omaha, NE 68127
Phone: (402) 991-8824

RECOVERY PROGRAM

Fresh Start

Heart Ministry Center
2222 Binney Street
Omaha, NE 68110
402-451-2321
Fresh Start Director
cassandra@heartministrycenter.org

Housing Assistance and Shelters

Carole's House of Hope

For young mothers
7815 Harney St.
Omaha, NE 68114
(402)991-HOPE
<https://www.carolshouseofhope.org/>

Douglas County Housing Authority

5404 North 107th Plaza
Omaha, NE 68134
Phone: (402) 444-6203
www.douglascountyhousing.com

Family Housing Advisory Services

2401 Lake Street
Omaha, NE 68111
Phone: (402) 934-7921
www.fhasinc.org

Family Self Sufficiency Program

4401 North 21st Street
Omaha, NE 68110
Phone: (402) 444-7100 x267

Habitat for Humanity (Omaha)

1701 N 24th St
Omaha, NE 68110
Phone: (402) 457-5657
Email: habitat@habitatomaha.org

Holy Name Housing Corporation

3014 North 45th Street
Omaha, NE 68104
Phone: (402) 453-6100
www.holynamemaha.org

Heartland Family Service Housing Solutions

6720 North 30th Street
Omaha, NE 68112
Phone: (402) 457-7777
www.heartlandfamilyservice.org

New Creations

4468 Redman Ave, Apt 1
Omaha, NE 68111
Phone: (402) 451-6241
www.newcreationsinc.org

Omaha Housing Authority

1823 Harney Street
Omaha, NE 68102
Phone: (402) 444-6900
www.co.douglas.ne.us/dept/oha

Open Door Mission Permanent Supportive Apartments

2-3 bedroom apartments
Phone: (402) 829-1545
Email: rnelson@opendoormission.org

Open Door Mission Single Room Rentals

For men & male Veterans
Call Ronda (402) 829-1545
Email: rnelson@opendoormission.org

Rebuild Together

PO Box 540436
Omaha, NE 68154
Phone: (402) 965-9201
www.rebuildtogetheromaha.com

Restored Hope

2316 Howard Street
Omaha, NE 68102
Phone: (402) 345-7306
www.restoredhopeomaha.com

Salvation Army

3612 Cuming Street
Omaha, NE 68131
Phone: (402) 898-5900
www.salvationarmyusa.org

Siena Francis House

Permanent Supportive Housing
1131 North 18th St.
Omaha, NE 68102
Phone: (402) 359-1916
Email: bjohnsen@sienafancis.org

Stephen Center Transitional Living

2723 "Q" Street, Omaha, NE 68107
Phone: (402) 731-0238
www.stephencenter.org

HOUSING BELLEVUE, NE

Bellevue Housing Authority

8214 Armstrong Circle
Bellevue, NE 68147
Phone: (402) 734-5448

Habitat for Humanity (Sarpy)

119 West Mission Avenue
Bellevue, NE 68005
Phone: (402) 292-6560
www.hfhsarpy.org

SHELTERS

Heartland Family Service

2101 South 42nd Street
Omaha, NE 68105
Phone: (402) 553-3000
www.heartlandfamilyservice.org

Lydia House (Women & Families)

2809 N 20th St E.
Omaha, NE 68110
Phone: (402) 829-1531
www.thelydiahouse.com

Open Door Mission

Garland Thompson Men's Center

2828 North 23rd Street East
Omaha, NE 68110
Phone: (402) 829-1500 ext.2100
www.opendoormission.org

Siena-Francis House

1702 Nicholas Street
Omaha NE 68102
Phone: (402) 341-1821
www.sienafrancis.org

Stephen Center

2723 "Q" Street
Omaha NE 68107
Phone: (402) 731-0238
www.stephencenter.org

YOUTH SHELTERS

Youth Emergency Services (YES)

2922 IZARD Street (Co-Ed Shelter)
Omaha, NE 68131
Phone: (402) 342-8002
www.yesomaha.org

FREMONT, NE

Care Corps Life House

723 North Broad Street
Fremont, NE 68025
Phone: (402) 721-3125
<http://lifehousene.org>

Jefferson House

437 North Jefferson Rd
Fremont, NE 68025
Phone: (402) 721-5099

INDEPENDENT LIVING

Jacob's Place Transitional Living

919 N 48th St
Omaha, NE 68132
Phone: (402) 457-7053

Safety and Health Council of Greater Omaha

11620 M Circle
Omaha NE 68137
Phone: (402) 896-6332
www.safenebraska.org

VODEC

Phone: (712) 328-2638
www.vodec.org

Y.E.S. Transitional Living Program

(Youth Emergency Services)
2679 Farnam St. Ste. 205
Omaha, NE 68131
Phone: (402) 345-5187

LINCOLN, NE

Bridges to Independence (DHHS)

301 Centennial Mall South
Lincoln, NE 68509
Phone: (402) 314-8294
Email: DHHS.b2i@nebraska.gov

BEDS

Apply for a free bed + mattress for a child
<https://shpbeds.ca/apply/>

Violence/Gang Prevention

Dusk to Dawn

UNMC

Email: D2D@nebraskamed.com

<https://www.nebraskamed.com/about-us/dusk-to-dawn>

You Turn

4344 N 34th Ave

Omaha, NE 68111

Phone: (402) 933-7850

Youturnomaha.org

OPD Gang Specialists

Contact Sgt. Jonathan Waller

Jonathan.waller@cityofomaha.org

Police Athletics for Community Engagement (PACE)

www.paceomaha.org

HUMAN TRAFFICKING

WCA (Women's Center for Advancement)

3801 Harney St, Omaha, NE 68131

(402) 345-6555

24/7 Crisis Hotline: (402) 345-7273

<https://wcaomaha.org/>

Nebraska State Patrol

Hotline: 1-833-757-5665

Legal Assistance

Abraham's Legal Clinic

(Creighton) 2120 Cass Street
Omaha, NE 68178
Phone: (402) 280-3068
www.law.creighton.edu/clinics/abrahams-legal-clinic/

Adult Protective Services

1313 Farnam Street
Omaha, NE 68102
Phone: (402) 595-3474 (office)
Hotline: (800) 652-1999

Child Protective Services

1313 Farnam Street
Omaha, NE 68102
Phone: (402) 595-2850 (office)
Hotline: (800) 652-1999

Concord Mediation Center

4225 N 90th Street
Omaha, NE 68134
Phone: (402) 345-1131

Family Housing Advisory Services

2401 Lake Street
Omaha, NE 68111
Phone: (402) 934-7921
www.fhasinc.org

Nebraska Volunteer Lawyers Project

Phone: (402) 986-6501
www.nevlp.org

Omaha Bar Association

Phone: (402) 280-3607
PO Box 11195
Omaha, NE 68111
www.omahabarassociation.com

Immigration Legal Clinics

4223 Center Street
Omaha, NE 68105
Phone: (402) 898-1349

Juan Diego Center

5211 South 31st Street
Omaha, NE 68107
Phone: (402) 939-4615
www.ccomaha.org

Legal Aid of Nebraska

209 S 19th St, Ste. 200
Omaha, NE 68102
Phone: (402) 348-1069
www.legalaidofnebraska.org

Mexican Consulate

3552 Dodge Street
Omaha, NE 68131
Phone: (402) 595-1841
Email: conomaha@sre.gob.mx
Consulmex.sre.gob.mx/Omaha

Sarpy County Victim Assistance Unit

1210 Golden Gate Dr
Papillion, NE 68046
Phone: (402) 593-2100

Voices for Children

7521 Main Street, Suite 103
Omaha, NE 68127
Phone: (402) 597-3100
www.voicesforchildren.com

Heart Ministry Center

2222 Binney Street
Omaha, NE 68110
Various dates – Free Legal
Advice/ Counseling
<https://heartministrycenter.org/communitycalendar/>

LINCOLN, NE

Nebraska Advocacy Services

134 South 13th Street, Suite 600

Lincoln, NE 68508

Phone: (402) 474-3183

Nebraska Bar Association

635 South 14th Street, Ste. 200

Lincoln, NE 68508

Phone: (402) 475-7091

(800) 927-0117

www.nebar.com

Nebraska Appleseed Center for Law in the Public Interest

PO Box 83613

Lincoln, NE 68501

Phone: (402) 438-8853

(800) 845-3746

info@neappleseed.org

www.neappleseed.org

COUNCIL BLUFFS, IA

**Pottawattamie County Victim
Assistance**

227 S 6th Street

Council Bluffs, IA 51501

Unit Phone: (402) 328-5649

Medication Assistance

Charles Drew Health

Center 2915 Grant Street
Omaha NE 68111
Phone: (402) 451-3553
www.cdhcmedical.com

Douglas County Prescription Discount Program

1819 Farnam Street
Omaha, NE 68138
Phone: (877) 321-2652
www.douglascounty-ne.gov/prescription-discount-card

Gendler Emergency Medication Services (GEMS)

1941 S 42nd Street, Ste. 375
Omaha, NE 68112
Phone: (402) 457-7760

Holy Family Door Ministry

1715 IZARD STREET
Omaha, NE 68102
Phone: (402) 779-8499

Hope Medical Outreach Coalition

Phone: (402) 502-8887
www.hopemed.us

NeedyMeds

www.needymeds.org

Salvation Army

3612 Cuming Street
Omaha, NE 68131
Phone: (402) 898-5860
www.salvationarmyusa.org

Heart Ministry Center Medical & Dental Clinic

NO cost, including undocumented
2222 Binney Street
Omaha, NE 68110
(402) 932-4887

FREMONT, NE

Salvation Army (Fremont) 707 North "T"
Street Fremont, NE 68025
Phone: (402) 721-0930

PLATTSMOUTH, NE

One World Community Health Center

409 Main Street
Plattsmouth, NE 68048
Phone: (402) 296-2345
www.oneworldomaha.org

Medical Care

Boys Town Medical Clinic

7205 W Center Rd.
Omaha NE 68154
Phone: (531) 355-7676
www.boystownpediatrics.org

Charles Drew Health Center

2915 Grant Street
Omaha, NE 68111
Phone: (402) 451-3553
www.cdhcmedical.com

Creighton Community Health Center

5420 NW Radial Hwy
Omaha, NE 68104
Phone: (402) 558-9242

Douglas County Health Department

5050 Ames Ave (Walk-Ins)
Omaha, NE 68111

Douglas County Community Mental Health Center

4102 Woolworth Avenue
Omaha, NE 68105
General: (402) 444-7000
www.douglascountyhealth.com

Essential Pregnancy Services (EPS)

6220 Maple Street
Omaha, NE 68104
Phone: (402) 554-0121
www.essentialps.org

Fred Leroy Health and Wellness Clinic - Native American Clinic

2602 J Street
Omaha, NE 68107
Phone: (402) 733-1325

OneWorld Community Health Center

4920 South 30th St Suite 103
Live Stock Exchange Building
Omaha, NE 68107
Many other sites around Omaha
Phone: (402) 734-4110

NOAH Free Clinic

North Omaha Area Health
5620 Ames Ave
Omaha, NE 68104
Phone: (402) 933-0737

CHIP – Children’s Health Insurance Program

Phone: (855) 632-7633
<https://dhhs.ne.gov/Pages/Medicaid-Eligibility.aspx>
Apply at: ACCESSNebraska.ne.gov

Nebraska Medicaid

Phone: (402) 595-2850
www.dhhs.ne.gov
Apply at: ACCESSNebraska.ne.gov

Nebraska AIDS Project

250 S 77th St. Suite A
Omaha, NE 68114
Phone: (402) 552-9260
www.nap.org

Renaissance Health Clinic

Inside the Salvation Army
3612 Cuming Street
Omaha, NE 68131
Phone: (402) 354-3198

Sharing Clinic UNMC Specialty Care Center

804 S 52nd St
Omaha, NE 68106
Phone: (402) 559-2966

VA Medical Center

4101 Woolworth Avenue
Omaha, NE 68105
General: (402) 346-8800

Heart Ministry Center Medical, Vision, Dental Clinic

NO cost, including undocumented
2222 Binney Street, Omaha, NE 68110
Medical Walk-in Clinic Friday 9am-1pm
Vision Clinic walk-in 1st Wed of month
(402) 932-4887

Medical Care

BELLEVUE, NE

Bellevue Medical Center
2500 Bellevue Medical Center
Dr.
Bellevue, NE 68123
General: (402) 763-3000

**Ehrling-Bergquist
Hospital (Military Only)**
2501 Capehart Road
Bellevue, NE 68005
Emergency: (402) 294-7312

BLAIR, NE

Aid to Dependent Children
1555 Colfax Street, Courthouse Bldg.
Blair, NE 68008
Phone: (402) 426-2329

FREMONT, NE

**Nebraska Health and Human
Services (Dodge County)**
124 East 5th Street
Fremont, NE 68026
Phone: (402) 727-3200
www.dhhs.ne.gov

LINCOLN, NE

**Temporary Aid to Needy
Families**
301 Centennial Mall
Lincoln, NE 68509
Phone: (402) 471-3121

PLATTSMOUTH, NE

One World Community Health
409 Main Street
Plattsmouth, NE 68048
Phone: (402) 296-2345
www.oneworldomaha.org

**Nebraska Health and Human
Services (Cass County)**
546 Avenue A
Plattsmouth, NE 68048
Phone: (402) 286-0000
(800) 776-1188
www.dhhs.ne.gov

Children's Health Insurance Program (CHIP)

Kids Connection is an expansion of Medicaid as health care coverage for qualified children who are without other health insurance and who do not qualify for Medicaid. Federally called the Children's Health Insurance Program (CHIP), it provides the same services covered under Medicaid. Kids Connection also provides medical care for injuries and includes: doctor's visits, medical care, hospital care, lab tests/x-rays/dental treatment, eyeglasses, counseling, mental health and substance abuse assessment and treatment services.

Dental Care

DENTAL

UNMC Pediatric Dental Clinic

(Mondays)

8200 Dodge St

Omaha, NE 68114

Phone: (402) 559-6100

UNMC Adult General Dentistry

4400 Emile Street

Omaha, NE 68105

Phone: (402) 559-6000

Creighton University School of

Dentistry (Mondays & Tuesdays)

2802 Webster

Omaha, NE 68178

Phone: (402) 280-5990

Charles Drew Dental Mobile Unit

2915 Grant St

Omaha, NE 68111

Phone: (402) 453-1433

Charlesdrew.com

Heart Ministry Center Dental & Medical Clinic

**NO cost, including undocumented
status**

2222 Binney Street

Omaha, NE 68110

By appointment only M-F

(402) 932-4887

Domestic Violence

Catholic Charities: The Shelter

Undisclosed Address
Phone: (402) 558-5700
Non-Emergency Crisis Hotline
(402) 554-0520
www.ccomaha.org

Catholic Charities: Family Passages

Undisclosed Address
Phone: (402) 827-3688
www.ccomaha.org

Douglas County Offices, Clerk of the District Court, Protection Orders

300 Hall of Justice
Omaha, NE 68102
Phone: (402) 444-4350
<https://supremecourt.nebraska.gov>
<https://clerk.dc4dc.com/domestic-violence-protection-orders>

Heartland Family Service

2101 S 42nd St
Omaha, NE
Phone: (402) 553-3000
AND
302 American Pkwy
Papillion, NE 68046
Phone: (402) 339-2544
www.heartlandfamilyservice.org

Safe Haven Domestic Violence

Shelter: (800) 523-3666
24-hour Crisis Line: (800) 523-3666

Juan Diego Center

5211 South 31st Street
Omaha, NE 68107
Phone: (402) 731-5413

Nebraska Coalition to End Sexual & Domestic Violence

Phone: (402) 476-6256
<https://www.nebraskacoalition.org>

Lydia House/ Open Door Mission

2706 North 21st Street
Omaha, NE 68110
Phone: (402) 829-1531
www.opendoormission.org/lydia_house.html

Sarpy County Victim/Witness Unit

Courthouse Annex East
1257 Golden Gate Drive, Suite 4W
Papillion, NE 68046-2857
Phone: (402) 593-2201

Women's Center for Advancement Domestic Violence/ Sexual Assault Program

Phone: (402) 345-6655
Hotline: (402) 345-7273

COUNCIL BLUFFS, IA

Catholic Charities: Phoenix House

411 East Broadway
Council Bluffs IA 51503
Phone: (712) 256-2059
(888) 612-0266
www.ccomaha.org

LINCOLN, NE

Friendship Home

P.O. Box 30268
Lincoln, NE 68503
Phone: (402) 437-9302
www.friendshiphome.org

FREMONT, NE

Crisis Center for Domestic Violence/Sexual Assault

Dodge & Washington Counties
321 East Military Ave (Main Office)
Fremont, NE 68025
Phone: (402) 721-4340
Crisis Hotline: (402) 727-7777 or
(800) 876-6238

Parenting Education & Classes

Boys Town Common Sense Parenting

4612 s 25th St

Omaha, NE 68107

Phone: (402) 734-0155

<https://www.boystown.org/parenting/Pages/common-sense-parenting.aspx>

Circle of Security Parenting

6663 Sorenson Parkway

Omaha, NE 68152

Phone: (402) 502-9788

www.chdomaha.org

Child Saving Institute

4545 Dodge St.

Omaha, NE 68132

Phone: (402) 553-6000

www.childsaving.org

Children's Respite Care Centers

2010 North 88th Street

Omaha, NE 68134

Phone: (402) 496-1000

www.crccomaha.org

Heartland Family Service

2101 South 42nd Street

Omaha, NE 68105

Phone: (402) 552-7400

www.heartlandfamilyservice.org

Lutheran Family Services

124 South 24th Street, Suite 230

Omaha, NE 68102

Phone: (402) 342-7007

www.lfsneb.org

Nebraska Children's Home Society

3549 Fontanelle Blvd

Omaha, NE

Phone: (402) 451-0787

Parenting U

Children's Hospital & Medical Center

8200 Dodge Street

Omaha, NE 68114

Phone: (402) 955-5400

www.chsomaha.org

Visiting Nurse Association (VNA)

<https://www.vnatoday.org/services/>

[community-care/parenting-support/](https://www.vnatoday.org/services/community-care/parenting-support/)

Digital Safety 402-505-3993

www.Smartgensociety.org

What to do if digital exploitation occurs:

1. Don't delete the account or tip off predator
2. Place the device in Airplane Mode & keep in a safe place
3. Contact Smart Gen Society or FBI
4. If you believe abuse/ neglect has already occurred, contact NE CPS Hotline at 1-800-652-1999

After School Programs/ Childcare

Boys and Girls Clubs of Omaha

14 Locations listed below
www.bgcomaha.org

2610 Hamilton St (North)
Omaha, NE 68131
Phone: (402) 342-2300

5051 South 22nd Street (South)
Omaha, NE 68107
Phone: (402) 733-8333

Druid Hill Elementary Club
4020 N 30th St
Omaha, NE 68111
Phone: (531) 301-4096

Hawkins Family Westside Club
1312 Robertson Dr
Omaha, NE 68114
Phone: (402) 932-6477

Henry Davis Bryan Middle Club
8210 S 42nd St
Bellevue, NE 68147
Phone: (402) 853-5125

Henry Ogram Carter Lake Club
4101 N 17th St
Carter Lake, IA 51510
Phone (712) 347-5687

HH Red & Ruth Nelson Council
Bluffs Club
815 N 16th St
Council Bluffs, IA 51501
Phone: (712) 256-5603

Howard L Hawks Florence Club
7920 N 36th St
Omaha, NE 68112
Phone (402) 881-3787

King Science & Technology Club
3720 Florence Blvd
Omaha, NE 68110
Phone: (402) 557-3720

Millard Central Club
12801 L St
Omaha, NE 68137
Phone: (402) 470-8321

Mt View Club
5322 N 52nd St #002
Omaha, NE 68104
Phone: (402) 208-3833

Morton Club
4606 Terrace Dr.
Omaha, NE 68134
Phone: (402) 557-3720

Skinner Club
4304 N 33rd St
Omaha, NE 68111
Phone: (402) 453-6857

Spring Lake Club
4215 S 20th St
Omaha, Ne 68107

Children's Respite Care Centers

(physical/ mental/ behavioral
challenged children age 0-21)

2010 North 88th St

Omaha, NE 68134

AND

5321 S 138th Street

Omaha NE 68137

Phone: (402) 496-1000

www.crccomaha.org

Girls Inc.

2811 North 45th Street

Omaha, NE 68104

Phone: (402) 457-4676

AND

5407 South 30th Street

Omaha, NE 68107

Phone: (402) 731-2108

www.girlsincomaha.org

**Heartland Family Service -
Solomon Girls Center**

(Girls age 5-18)

6720 North 30th Street

Omaha, NE 68112

Phone: (402) 451-6244

www.heartlandfamilyservice.org

Kids Can Community Center

(Kids 18mo-13yrs)

4860 "Q" Street

Omaha, NE 68117

Phone: (402) 731-6988

www.kidscan.org

After School programming at the
following schools: Wakonda, Gilder,
Miller Park, Minne Lusa, Nelson
Mandela, and Conestoga Magnet
Elementary Schools

All Kids Play

Individual application for grant \$\$ for
kids' sports

<https://allkidsplay.org/youth-sports-grants/>

Financial Assistance

Consumer Credit Counseling Service

809 N 96th St. #100
Omaha, NE 68114
Phone: (402) 391-2479

Consumer Credit Counseling Service

11330 "Q" Street, Suite 219
Omaha, NE 68124
Phone: (402) 333-2227
www.cccsn.org

Nebraska Department of Health and Human Services

1313 Farnam-on-the-Mall, 3rd Floor
Omaha, NE 68102
Phone: (402) 595-2850
www.dhhs.ne.gov

ACCESS Nebraska

Nebraska is the quick, easy way to find and apply online for Nebraska public assistance benefits. You can apply online or many Nebraska public assistance benefit programs.

Phone: 800-383-4278
Kiosk locations in Omaha: 1215 S. 42nd Street and 3737 Lake Street

Immigration

Immigration Legal Center

4223 Center Street
Omaha, NE 68105
Phone: (402) 898-1349
www.immigrantic.org/LC

Lutheran Family Services

545 South 31st Avenue
Omaha, NE 68105
Phone: (402) 346-6100
www.lfsneb.org

Mexican Consulate

7444 Farnam St
Omaha, NE 68114
Phone: (402) 595-1841
www.mexonline.com/consulate.htm

Refugee Empowerment Center

3610 Dodge St. Ste 100
Omaha, NE 68131
Phone: (402) 554-0759

Southern Sudan Community Association

3610 Dodge Street, Ste 100
Omaha, NE 68131
Phone: (402) 554-0759
www.sscainternational.org

US Citizenship and Immigration Services

1717 Avenue "H" East
Omaha, NE 68110
Phone: (402) 633-4000 English
(402) 633-4060 Spanish
www.uscis.gov/portal/site/uscis

Identification Information

**Douglas County Health
Department Bureau of Vital
Statistics**

1819 Farnam Street #H01
Omaha, NE 68183
Phone: (402) 444-7205

Douglas County Treasurer

1819 Farnam St, Ste 102
Omaha NE 68183
Phone: (402) 444-7801

For ID/ License

4606 N 56th St. Ste #100
Omaha, NE 68104
Phone: (402) 595-2040

17007 Burt St.

Omaha, NE 68118

Phone: (531) 600-7537

Together Omaha

(402) 763-7531

www.Togetheromaha.org

Mexican Consulate

3552 Dodge Street
Omaha, NE 68131
Phone: (402) 595-1841
www.consuladoomaha.org

Social Security Administration

604 N. 109th Court
Omaha, NE 68154
Phone: (402) 496-3520
(800) 772-1213

**US Citizenship and
Immigration Services**

1717 Avenue "H" East
Omaha, NE 68110
Phone: (402) 633-4000 English
(402) 633-4060 Spanish
www.uscis.gov/portal/site/uscis

LINCOLN, NE

Nebraska Driver License Exam

301 Centennial Mall South
Lincoln, NE 68509-4789
Phone: (402) 471- 3861

Clothing Assistance

Catholic Charities of Omaha

3300 N 60th St
Omaha, NE 68104
Phone: (402) 554-0520

Clair Memorial United Methodist

5544 Ames Ave.
Omaha, NE 68104
Phone: (402) 451-8322

Heartland Hope Mission

2021 U St.
Omaha, NE 68107
Phone: (402) 733-1904

Holy Family Door Ministry

1715 IZARD Street
Omaha, NE 68102
Phone: (402) 779-8499
<https://www.holyfamilyomaha.org/homeless-service.html>

Kings Kloset (Open Door Mission)

2828 North 23rd St East
Omaha, NE 68110
Phone: (402) 422-1111
www.opendoormission.org/get-help

Marshall Drive Pantry

4845 Marshall Drive
Omaha, NE 68137
Phone: (402) 895-4227

Operation School Bell

3569 Leavenworth St
Omaha, NE 68105
Phone: (402) 342-4288
www.operationschoolbell.org

Open Door Mission Timberlake Outreach Center

2107 E Locust St
Omaha, NE 68110
Phone: (402) 422-1111

Project Hope

6201 N 60th St
Omaha, NE 68104
Phone: (402) 453-7649

Restored Hope

2316 Howard Street
Omaha, NE 68102
Phone: (402) 345-7306
www.restoredhopeomaha.com

Salvation Army Material and Seasonal Assistance

3612 Cuming Street
Omaha, NE 68131
AND
6101 NW Radial Hwy
Omaha, NE 68104
Phone: (402) 898-5860
www.salvationarmyusa.org

St. Vincent de Paul

2101 Leavenworth Street
Omaha, NE 68102
Phone: (402) 346-5445
www.svdpomaha.org

Together Inc.

812 S 24th St
Omaha, NE 68108
Phone: (402) 345-8047, ext 204
www.togetheromaha.org

WCA

3801 Harney St
Omaha NE 68131
Phone: (402) 345-6555
<https://wcaomaha.org>

Fresh Start LAUNDROMAT

Heart Ministry Center
2222 Binney St, Omaha, NE 68110
Open every day 7am – 7pm
FREE Drying 12p-2p Mon-Fri
<https://heartministrycenter.org/fresh-start-laundromat/>

BELLEVUE, NE

Bellevue Church of Christ

2311 Madison St.
Bellevue, NE 68005

COUNCIL BLUFFS, IA

**Open Door Mission Family
Outreach/ Donation Center**

1612 Avenue D
Council Bluffs, IA 51501

ELKHORN, NE

**Open Door Mission Family
Outreach/ Donation Center**

1620 N 203rd St
Elkhorn, NE 68022

**CHRISTIAN OUTREACH
PROGRAM (COPE)**

1620 N 203rd St
PO Box 177
Elkhorn, NE 68022
<https://copeinfo.org>

FREMONT, NE

Life House Thrift Store

549 North "H" Street
Fremont, NE 68026-0598
Phone: (402) 727-6884
(402) 727-1595
www.Lifehousene.org/thrift-store

PLATTSMOUTH, NE

**My Neighbors Closet
Thrift Shop**

520 South 18th St
Plattsmouth, NE 68048
Phone: (402) 296-3139

**SENCA- Southeast Nebraska
Community Action Council**

427 Main Street
Plattsmouth, NE 68048
Phone: (402) 296-4477
www.senca.org

Food Pantries

Benson Baptist Church

6319 Maple Street
Omaha NE 68104
Phone: (402) 551-1512

Eastern Nebraska Community Action Partners

1908 Hancock St
Bellevue, NE 68005
Phone: (402) 292-2961

First Lutheran Church Pantry 542

South 31st Street
Omaha, NE 68105
Phone: (402) 345-7506

Food Bank for the Heartland

Various locations
Phone: (402) 331-1213
www.omahafoodbank.org

Good Neighbor Ministries

1555 South 27th Street
Omaha, NE 68105
Phone: (402) 699-5364

Heart Ministry Center

2221 Binney Street
Omaha, NE 68110
Phone: (402) 451-2321
Tues – Sat. 10am – 12/1p

Heartland Family Service - Neighborhood Emergency Services

302 American Parkway
Papillion, NE 68046
Phone: (402) 339-2544
www.heartlandfamilyservice.org

Holy Family Door Ministry

1715 IZARD Street
Omaha, NE 68102
Phone: (402) 779-8499

Holy Name

2901 Fontenelle Blvd
Omaha, NE 68104
Phone: (402) 451-6622

Iglesia del Pueblo, Inc.

5407 South 21st Street
Omaha, NE 68107
Phone: (402) 706-1771

Juan Diego Center

5211 South 31st Street
Omaha, NE 68107
Phone: (402) 731-5413
www.ccomaha.org

Kountze Memorial Lutheran Church

2650 Farnam Street
Omaha, NE 68131
Phone: (402) 341-7761

Marshall Drive Pantry

4845 Marshall Drive
Omaha, NE 68137
Phone: (402) 895-4227

Missions of All Nations

5218 South 21st Street
Omaha, NE 68107
Phone: (402) 733-2077

One World

4920 S 30th St. Ste #103
Omaha, NE 68107
Phone: (402) 734-0110

Pearl United Methodist Church

2319 Ogden Street
Omaha, NE 68110
Phone: (402) 453-7440

Project Hope

4205 Boyd Street
Omaha, NE 68111
Phone: (402) 453-7649
www.lutheransonline.com

Salem Food Pantry

3120 Lake St
Omaha, NE 68110
Phone: (402) 505-9973

**Salvation Army Material and
Seasonal Assistance**

6101 NW Radial Hwy
Omaha NE 68104
Phone: (402) 898-5860
www.salvationarmyusa.org

Share Iowa

Phone: (641) 673-4000
Pick up sites in Omaha, Plattsmouth,
Fremont, Bellevue, and Blair.
www.shareiowa.com

St. Benedict the Moor

2423 Grant Street
Omaha, NE 68111
Phone: (402) 348-0631

St. Cecelia's Cathedral

701 North 40th Street
Omaha, NE 68131
Phone: (402) 551-2313

St. Martin de Porres

2111 Emmet St
Omaha, NE 68110
Phone: (402) 453-6363

St. Stephen the Martyr

16701 "S" Street
Omaha, NE 68135
Phone: (402) 896-9675

St. Vincent de Paul

2101 Leavenworth Street
Omaha, NE 68102
Phone: (402) 346-5445

Together Inc.

812 S 24th St
Omaha, NE 68108
Phone: (402) 345-8047, ext 204
www.togetheromaha.org

Westside Church Food Pantry

15050 West Dodge Road
Omaha, NE 68154
Phone: (402) 496-7833

WIC**Women, Infants, Children**

<https://dhhs.ne.gov/Pages/WIC-About.aspx>

735 North 120th Street
Omaha NE 68154
Phone: (402) 444-6800

1941 S. 42nd Street, Ste 412
Omaha, NE 68105
Phone: (402) 595-2284

601 N. 30th Street Omaha, NE
68131
Phone: (402) 449-5494

Food Pantries

BELLEVUE, NE

**Eastern Nebraska
Community Action Partners**
1908 Hancock Street
Bellevue, NE 68005
Phone: (402) 293-3138

BLAIR, NE

Joseph's Coat
1737 Washington Street
Blair, NE 68008
Phone: (402) 426-0440

ELKHORN, NE

**Open Door Mission Family
Outreach/ Donation Center**
1620 N 203rd St
Elkhorn, NE 68022

CHRISTIAN OUTREACH PROGRAM (COPE)

1620 N 203rd St
PO Box 177
Elkhorn, NE 68022
<https://copeinfo.org>

FREMONT, NE

Low Income Ministry
549 North
"H" Street
Fremont, NE
68025
Phone: (402) 727-6884

Salvation Army- Fremont

707 North "I" Street
Fremont, NE 68025
Phone: (402) 721-0930
www.salvationarmyusa.org

PLATTSMOUTH, NE

**SENCA- Southeast Nebraska
Community Action Council**
1215 S 15th St Ste #13
Plattsmouth, NE 68048
Phone: (402) 296-7418
www.senca.org

Holiday Assistance

Adopt a Family (Salvation Army)
3612 Cuming Street
Omaha, NE 68131
Phone: (402) 898-5900
www.salvationarmyusa.org

**Eastern Nebraska Community
Action Partnership**
2406 Fowler Ave (North)
Omaha, NE 68111
Phone: (402) 453-5656

Heartland Family Service 2101
South 42nd Street
Omaha, NE 68105
Phone: (402) 553-3000
www.heartlandfamilyservice.org

Juan Diego Center 5211
South 31st Street
Omaha, NE 68107
Phone: (402) 731-5413

Missions of All Nations
5218 South 21st Street
Omaha, NE 68107
Phone: (402) 733-2077

Salvation Army (multiple sites)
6101 NW Radial Hwy
Omaha, NE 68104
Phone: (402) 898-6090

3738 Cuming St.
Omaha, NE 68131
Phone: (402) 553-5694

2424 Pratt St
Omaha, NE 68111
Phone: (402) 451-4048

2825 Y St
Omaha, NE 68107
Phone: (402) 905-3500

Open Door Mission
2828 N 23rd St East
Omaha, NE 68110
Phone: (402) 422-1111

BELLEVUE, NE

**Eastern Nebraska Community
Action Partnership**
1908 Hancock Street (Sarpy)
Bellevue, NE 68005
Phone: (402) 213-7131
www.gocaomaha.org

FREMONT, NE

Low Income Ministry
549 North "H" Street
Fremont, NE 68025
Phone: (402) 727-6884

COUNCIL BLUFFS, IA

Salvation Army
715 N 16TH St.
Council Bluffs, IA 51502

Rent Assistance

Douglas County General Assistance

4102 Woolworth Avenue
Omaha, NE 68105
Phone: (402) 444-6215

Eastern Nebraska Community Action Partnership

2406 Fowler Ave
Omaha, NE 68111
Phone: (402) 453-5656

Holy Family Door Ministry

1715 IZard St
1715 IZard Street
Omaha, NE 68102
Phone: (402) 779-8499

Regional Rental Assistance Program

4001 Leavenworth Street
Omaha, NE 68105
Phone: (402) 341-5128

Southern Sudan Community Association

3610 Dodge Street
Omaha, NE 68131
Phone: (402) 554-0759
www.sscainternational.org

St. Vincent de Paul

2101 Leavenworth Street
Omaha, NE 68102
Phone: (402) 346-5445

Together

1616 Cass Street
Omaha, NE 68102
Phone: (402) 463-7531
www.togetheromaha.org

Heartland Family Service - Neighborhood Emergency Services

1941 s 42nd St. Ste #375
Omaha, NE 68105
Phone: (402) 451-6244

Sarpy County General Assistance

1308 Gold Coast Rd, Suite 500
Papillion, NE 68046
Phone: (402) 593-4400

BELLEVUE, NE

Bellevue Human Services

1915 Hancock Street
Bellevue, NE 68005
Phone: (402) 293-3138

Eastern Nebraska Community Action Partnership

1908 Hancock Street
Bellevue, NE 68005
Phone: (402) 292-2961
www.gocaomaha.org

BLAIR, NE

Blair Housing Authority

758 South 16th Street
Blair NE 68008
Phone: (402) 426-4552

Rent Assistance

FREMONT, NE

Nebraska Health and Human Services

1959 E. Military Ave.
Fremont, NE 68025
Phone: (402) 727-3200
(800) 467-9922

Salvation Army

707 North "I" Street
Fremont, NE 68025
Phone: (402) 721-0930
www.salvationarmyusa.org

PAPILLION, NE

Heartland Family Service - Neighborhood Emergency Services

302 American Parkway
Papillion, NE 68046
Phone: (402) 339-2544
www.heartlandfamilyservice.org

Employment

Aureus Group

13609 California Street
Omaha, NE 68154
Phone: 402-891-6900

Aurstaff

13609 California St
Omaha NE 68154
Phone: (402) 895-4422

Boys and Girls Clubs of Omaha

2610 Hamilton Street (North) Omaha,
NE 68131
Phone: (402) 342-1600
AND
5051 South 22nd Street (South)
Omaha, NE 68107
Phone: (402) 733-8333
www.bgcomaha.org

Career Solution Inc.

Ollie Webb Center
1941 South 42nd St, Suite 122
Omaha, NE 68105
Phone: (402) 342-4418

Celebrity Staff

13609 California Street
Omaha, NE 68154
Phone: (402) 938-2000

Goodwill Industries - Partnership for Youth Development

2421 North 24th Street
Omaha, NE 68110
Phone: (402) 342-2203
www.goodwillomaha.com

Goodwill Industries - Youthbuild

3223 North 45th Street
Omaha, NE 68104
Phone: (402) 457-7840
www.goodwillomaha.com

Greater Omaha Workforce Development - Job Service

2421 North 24th Street
Omaha, NE 68110
Phone: (402) 996-8090

Heartland Temporaries

4232 "L" Street
Omaha, NE 68107
Phone: (402) 733-8663

Job Corps (GED/career training)

4521 Leavenworth St
Omaha, NE 68106
Phone: (402) 926-2810
jobcorps.dol.gov/centers/ne.htm

Latino Center of the Midlands

4821 South 24th Street
Omaha, NE 68107
Phone: (402) 733-2720
www.latinocenterofthemidlands.org

Nebraska Workforce Development Center

5717 F St.
Omaha, NE 68117
Phone: (402) 595-3000

5742 Ames Ave
Omaha, NE 68110-2282
Phone: (402) 444-4700
(402) 444-3755
www.workforce.state.ne.us

Opportunities Industrialization Center, Inc. – Adult Care Program

2724 North 24th Street
Omaha, NE 68110
Phone: (402) 457-4222

Employment

Senior Employment Program

4780 S 131st St
Omaha, NE 68137
Phone: (402) 444-6684
www.enoa.org

Southern Sudan Community Association

3610 Dodge Street
Omaha, NE 68131
Phone: (402) 554-0759
www.sscainternational.org

Urban League of Nebraska

3040 Lake Street
Omaha, NE 68111
Phone: (402) 453-9730
www.urbanleagueneb.org

VODEC

(For people with disabilities age 16+)
Phone: (712) 328-2638
www.vodec.org

Veteran Employment

(Washington, Douglas, and Sarpy Counties)
5404 Cedar Street
Omaha, NE 68106
Phone: (402) 595-3000

Vocational Rehabilitation – Nebraska Department of Education

(Douglas, Dodge, Cass, Sarpy, Washington Counties)
1313 Farnam on the Mall Omaha, NE 68102
Phone: (402) 595-2100
TDD: (402) 595-2107
Toll-free: (800) 554-3382
www.vocrehab.state.ne.us

WCA Transitions Career Services Program

(Cass, Douglas, Sarpy Counties)
222 South 29th Street
Omaha, NE 68131
Phone: (402) 345-6555
www.ywcaomaha.org

FREMONT, NE

Nebraska Workforce Development Center

435 N Park Ave.
Fremont, NE 68025
Phone: (402) 458-2500

Vocational Rehabilitation – Nebraska Department of Education (Dodge County)

Phone: (402) 595-2100
TDD: (402) 595-2107
Toll-free: (800) 54-3382
www.vocrehab.state.ne.us

Educational Services/ Schools

Creighton University Educational Talent Search Program

2500 California Plaza
Omaha, NE 68178
Phone: (402) 280-2314
www.creighton.edu

D2 Center

The Center – Suite 503
1941 South 42nd St
Omaha, NE 68105
Phone: (402) 502-8534
www.d2center.org

Downtown YMCA

430 South 20th Street
Omaha, NE 68102
Phone: (402) 341-1600
www.metroymca.org

Eastern Nebraska Community Action Partnership (ENCAP)

2406 Fowler Avenue
Omaha NE 68111
Phone: (402) 453-5656
www.encapnebrasks.org

Edmundson Outreach (YMCA)

4400 1/2 Fontenelle Blvd
Omaha, NE 68104
Phone: (402) 455-1285
www.metroymca.org

Educare

2123 Paul Street
Omaha, NE 68102
Phone: (402) 898-1783
www.educareomaha.com

Educational Service Unit #3

6949 South 110th Street
LaVista, NE 68128
Phone: (402) 597-4800
www.esu3.org

Education Quest Foundation

11031 11031 Elm Street
Omaha, NE 68144
Phone: (402) 391-4033
www.educationquest.org

Hope Center for Kids

2200 North 20th Street
Omaha, NE 68110
Phone: (402) 341-4673
www.hopec.cfwebtools.com

Kids Can (Social Settlement)

4860 "Q" Street
Omaha, NE 68117
Phone: (402) 731-6988
www.socialsettlement.org

LaFern Williams Center

3010 "R" Street
Omaha, NE 68107
Phone: (402) 731-3999

Learning Disabilities Association

6655 Sorenson Pkwy
Omaha, NE 68152
Phone: (402) 431-2574
www.ldaamerica.org

Learning RX

14217 Dayton Circle
Omaha, NE 68137
Phone: (402) 991-5335
www.learningrx.com

Maple Street YMCA

7502 Maple Street
Omaha, NE 68134
Phone: (402) 393-3700
www.metroymca.org

Omaha Public Schools Adult Basic Education

12200 Burke Blvd.
Omaha NE 68154
Phone: (402) 557-3200
www.ops.org

Educational Services/ Schools

Parent Training and Information Center (PTI)

****Helps navigate IEPs*****

1941 S 42nd St., Ste #205
Omaha, NE 68105
Phone: (402) 346-0525
www.pti-nebraska.org

Sarpy County YMCA

1111 East 1st Street
Papillion, NE 68046
Phone: (402) 339-9861
www.metroymca.org

South Omaha Boys and Girls Club

5054 South 22nd Street
Omaha, NE 68107
Phone: (402) 733-8333
www.bgcomaha.org

YMCA Teen Center

4344 North 34th Avenue
Omaha, NE 68111
Phone: (402) 451-1050
www.metroymca.org

D2 Center

The Center – Suite 503
1941 South 42nd Street
Omaha, NE 68105
Phone: (402) 502-8534
www.d2center.org

GED

Metropolitan Community College

Adult Education 531-622-4060
FREE GED/ ESP/ IET Programs

Omaha Public Schools

402-557-2620

Eastern NE Community Action Partnership

402-453-5656

SCHOOLS FOR BEHAVIORS

Alpha School

1615 So. 6th St.
Omaha, NE 68108
info@ebdkids.org
Phone: (402) 444-6557

Behaven

Specialized Day Program
8922 Cuming St
Omaha, NE 68114
Phone: (402) 926-4373

1145 High Street
Lincoln, NE 68502
Phone: (402) 423-6464

2320 S 48th St
Lincoln, NE 68506
Phone: (402) 218-4667

Boys Town Day School

14124 Norton Drive
Boys Town, NE 68010
Phone: (402) 498-1903

Daybreak

9239 West Center Rd
Suite #101
Omaha, NE 68124
Phone: (402) 614-2242
<https://Daybreakbehavior.com>

Heartland School of Omaha

5731 S 108th St
Omaha, NE 68137
Phone: (402) 393-0345
Heartland3@heartland3.org
www.heartland3.org

One Oak: Heartland Family Service

4318 Fort St.
Omaha, NE 68111
Phone: (402) 552-7400

OTHER SCHOOL OPTIONS

Omaha Street School

3223 N 45th St
Omaha, NE 68104
Phone: (402) 451-5234
www.Omahastreetschool.org

Ombudsman Educational Services/ Ombudsman Plus (includes therapist)

5034 S 153rd St
Omaha, NE 68137
www.ombudsman.com

OPS Middle College Program

UNO Main Campus
Kayser Hall Rm. 330
Phone: (402) 554-3992
<https://multiplepathways.ops.org/Middle-College-Program>

OPS Accelere

2606 Hamilton St.
Omaha, NE 68131
Phone: (531) 299-2830
<https://multiplepathways.ops.org/Accelere>

OPS Gateway to College

Metro Community College
North Campus Building 7
Phone: (531) 622-2380
<https://multiplepathways.ops.org/Gateway-to-College>

Quest Forward Academy Highschool

On Bellevue University Campus
1000 Galvin Rd South
Bellevue, NE 68005
402-403-1267
omaha@questforward.academy

Utility Assistance

American Red Cross

2912 South 80th Avenue
Omaha, NE 68124
Phone: (403) 343-7755
www.redcrossomaha.org

Douglas County General Assistance

4102 Woolworth Avenue
Omaha, NE 68105
Phone: (402) 595-3400

Eastern Nebraska Community Action Partnership

2406 Fowler Ave (North)
Omaha, NE 68111
Phone: (402) 453-5656

5155 South 36th St (South)
Omaha, NE 68107
Phone: (402) 595-1122

Energy Assistance

(Douglas & Sarpy Counties)
Health and Human Services
1215 South 42nd Street
Omaha, NE 68105
Phone: (402) 595-3400

Heartland Family Service

2101 South 42nd Street
Omaha, NE 68105
Phone: (402) 553-3000
www.heartlandfamilyservice.org

Heartland Family Service

1246 Golden Gate Drive,
Suite 2
Papillion, NE 68046
Phone: (402) 339-2544
www.heartlandfamilyservice.org

Holy Family Door Ministry

1715 IZARD Street
Omaha, NE 68102
Phone: (402) 779-8499

Juan Diego Center

5211 South 31st Street
Omaha, NE 68107
Phone: (402) 731-5413
www.ccomaha.org

Lutheran Metro Ministries

4205 Boyd Street
Omaha, NE 68111
Phone: (402) 453-3774

Metropolitan Utilities District Energy Intervention (MUD)

1723 Harney Street
Omaha, NE 68102
Phone: (402) 595-3770
www.mudomaha.com

St. Vincent de Paul

2101 Leavenworth Street
Omaha, NE 68102
Phone: (402) 346-5445

Sarpy County General Assistance

1308 Gold Coast Rd, Suite 500
Papillion, NE 68046
Phone: (402) 593-4400

Utility Assistance

BELLEVUE, NE

Eastern Nebraska Community Action Partnership

1908 Hancock Street (Sarpy)
Bellevue, NE 68005
Phone: (402) 213-7131
www.gocaomaha.org

Bellevue Human Services

1908 Hancock Street
Bellevue, NE 68005
Phone: (402) 293-3138

Heartland Family Service

116 East Mission Avenue
Bellevue, NE 68005
Phone: (402) 291-6065
www.heartlandfamilyservice.org

FREMONT, NE

Nebraska Health and Human Services (Dodge County)

124 East 5th Street
Fremont, NE 68025
Phone: (402) 727-3200
(800) 467-9922

Salvation Army

707 North "I" Street
Fremont, NE 68025
Phone: (402) 721-0930
www.salvationarmyusa.org

Low Income Ministry

549 North "H" Street
Fremont, NE 68026-0598
Phone: (402) 727-6884
(402) 727-1595
www.connectfemont.org

Salvation Army Material and Seasonal Assistance

3612 Cuming Street
Omaha NE 68131
Phone: (402) 898-5860
www.salvationarmyusa.org

PLATTSMOUTH, NE

SENCA- Southeast Nebraska Community Action Council

427 Main Street
Plattsmouth, NE 68048
Phone: (402) 296-4477
www.senca.org

Nebraska Health and Human Services (Cass County)

546 Avenue A
Plattsmouth, NE 68048
Phone: (402) 286-0000
(800) 776-1188

Mentoring

Big Brothers/Big Sisters

10831 Old Mill Rd #400
Omaha, NE 68154
Phone: (402) 330-2449
www.bigomaha.org www.bbbs.org

Center for Holistic Development Inc.

6663 Sorenson Parkway
Omaha, NE 68152
Phone: (402) 502-9788
www.chdomaha.org

Girls Inc. Pathfinders Mentoring Program

2811 North 45th Street
Omaha, NE 68104
Phone: (402) 457-4676
www.girlsincomaha.org

Ollie Webb Center Just Friends Program

1941 South 42nd Street, Suite 122
Omaha, NE 68105
Phone: (402) 346-5220
www.olliewebbinc.org

Release Ministries

3223 North 45th Street
Omaha, NE 68104
Phone: (402) 455-0808
www.releaseministries.org

TeamMates

222 Kiewit Plaza
Omaha, NE 68131
Phone: (402) 390-8326
www.teammates.org

FREMONT, NE

Big Brothers/Big Sisters

605 N Broad St.
Fremont, NE 68025
Phone: (402) 594-4861
www.bigomaha.org www.bbbs.org

Transportation

Metro Area Transit (MAT)

2222 Cuming Street
Omaha, NE 68102
Phone: (402) 341-0800
www.metroareatransit.com

American Medical Response/Access2Care

Provides non-emergency transportation for Medicaid eligible clients needing transportation service.

Please call the toll-free # to schedule a ride.

1-855-230-5353

TTY: 1-855-230-5354

Monday – Friday 9:00am – 7:00pm (CST)

Chariots4Hope

Faith-based, not-for-profit organization that supports low-income families and individuals to maintain self-sufficiency through reliable transportation and ride programs.

2101 Woolworth Ave

Omaha, NE 68108

(402) 516-8301

Also located in Lincoln & Grand Island

<https://chariots4hope.org/>

Emergency, Police, Fire & Rescue

CASS COUNTY

Cass County Sheriff
336 Main Street
Plattsmouth, NE 68048
Phone: (402) 296-9370
www.cassne.org/sheriff.html

Avoca Fire Department
Phone: (402) 296-5300

Elmwood Volunteer Fire & Rescue
Phone: (402) 994-2015

Greenwood Fire and Rescue
Phone: (402) 789-3360

Murdock Volunteer Fire
Department
Phone: (402) 867-3401

Murray Fire and Rescue
Phone: (402) 235-2881

Plattsmouth Volunteer Fire
Department
Phone: (402) 296-4477

DODGE COUNTY

Fremont Police Department
725 North Park
Fremont, NE 68025
Phone: (402) 727-2685
[www.fremontne.org/
lawenforcement.htm](http://www.fremontne.org/lawenforcement.htm)

Dodge Volunteer Fire
Department
Phone: (402) 693-2491

Fremont Fire Department
Phone: (402) 727-2688

Hooper Volunteer Fire
Department
Phone: (402) 720-5949

DOUGLAS COUNTY

Bennington Volunteer Fire and Rescue
Phone: (402) 238-2727

Elkhorn Suburban Fire Department
Phone: (402) 444-3560

Omaha Fire and Rescue
Phone: (402) 444-3560

Ralston Volunteer Fire and Rescue
Phone (402) 331-5369

SARPY COUNTY

Sarpy County Sheriff
1208 Golden Gate Drive
Papillion, NE 68048
Phone: (402) 593-4111

La Vista Volunteer Fire and Rescue
Phone: (402) 331-4748

Papillion Fire and Rescue Department
Phone: (402) 339-8617

Bellevue Police Department
2207 Washington Street
Bellevue, NE 68005
Phone: (402) 293-3100
www.bellevuepd.com

Bellevue Volunteer Fire Department
Phone: (402) 293-3153

Gretna Volunteer Fire and Rescue
Phone: (402) 332-3336, ext 8

WASHINGTON COUNTY

Washington County Sheriff
1535 Colfax
Blair Nebraska 68008
402-426-6866
www.co.washington.ne.us/sheriff.html

Emergency, Police, Fire & Rescue

Arlington Volunteer Fire and Rescue
Phone: (402) 478-4576

Blair Police Department
Phone: (402) 426-4747

Fort Calhoun Fire and Rescue
Phone: (402) 468-5861

Boys Town National Hotline 1-
800-448-3000

Child Protective Services (CPS) Hotline
800-652-1999

Suicide Prevention Hotline
1-877-885-4673

National Suicide Crisis Hotline
1-800-SUICIDE

Support Groups

Divorce Support

DivorceCare: Weekly Seminar & Support Group.

Sessions are held on Tuesday nights from 7 - 9 p.m. in the library at Southwest Church of Christ, 2600 S. 124th Street (124th & W. Center Rd.), Omaha.

Call 333-6536 or visit Southwest Church of Christ.

Parents Without Partners.

The organization provides several social opportunities each month. "Single parent" is anyone who is either the natural or adoptive parent of a child and is single as a result of divorce, death, or having never been married. Custody is not an issue. New member orientation is held the first Saturday of the month at 6:30 p.m., and the third Thursday of the month at 7 p.m.

Underwood Hills Presbyterian Church, 851 N. 74th Street, Omaha.

Substance Abuse Support

12 Step House

7306 Grant

12 Step Recovery Meetings for alcohol, gambling, co-dependancy, sex addiction, cocaine. The current meeting schedule can be found at 12 Step House

402-393-0706

Lasting Hope Recovery Center

415 South 25th Street

Omaha, NE

Enter through the main door 402-717-5300

Domestic Violence & Sexual Assault Support

Nebraska Domestic Violence Sexual Assault Coalition.

NDVSAC, 825 "M" Street #404, Lincoln, NE 68508,

(402) 476-6256, info@ndvsac.org.

Voices for Victims of Problem Gamblers.

A victim advocacy organization that provides education, a wellness program, and counseling by recovered victims and qualified volunteers.

800-522-4700

Catholic Charities Domestic Violence and Sexual Assault Program

Services include: confidential shelter, crisis counseling, legal and medical advocacy, rape crisis counseling, child advocacy, community presentations, professional training, education, and support groups. For immediate assistance, call the 24-Hour Crisis Line at 328-0266 or 1-888-612-0266. To contact the Phoenix House, call (712) 256-2059 or email phoenixhouse@dmdiocese.org.

Child Sexual Abuse Support

Daughters & Sons United

Support group for children/adolescents (ages 8-18) affected by childhood sexual abuse (survivors and their siblings). Must currently be in therapy to attend

Meets every Wednesday from 5:45-7:15pm

Lutheran Family Services' downtown office

There is no charge to attend this group

To enroll, must contact Lisa Pohl, M.A., PLMHP at (402) 978-5635

Parents United of the Midlands Support Group.

The mission of this organization is to "reduce the incidence, trauma, and secrecy of child sexual abuse by providing professionally guided, self-help groups for children who have been sexually abused, adults who were sexually abused as children, and their families." A program of Lutheran Family Services of Nebraska, Inc. www.parentsunited.org

Parents United – Lutheran Family Services

Support group for adults affected by childhood sexual abuse (survivors, protective parents, offenders, supporters)

Must currently be in therapy to attend

Meets every Tuesday from 7-9pm at an undisclosed location in Omaha Cost is \$1 per week (scholarships are available)

To enroll, must contact Lisa Pohl, M.A., PLMHP at (402) 978-5635

Veterans Support

Vet Centers Provide Counseling for Veterans & Families.

Support for war veterans, National Guard personnel, military reservists, and their families. www.vetcenter.va.gov

DAV: Disabled American Veterans.

For information, contact DAV: National Headquarters, P.O. Box 14301, Cincinnati, Ohio, 45250-0301, (859) 441-7300, Fax (859) 441-1416, Toll Free (877) 426-2838, www.dav.org.

Great Plains Paralyzed Veterans of America.

The Great Plains PVA helps members and their families, and people with disabilities across Nebraska. This organization strives to provide educational, vocational, social, and recreational activities. Please contact the PVA for more information.

Call 398-1422 or 1-800-454-7782.

Or Email pva@greatplainspva.org. <http://greatplainspva.org>.

Adult Caregiver Support

Senior Caregiver Support Group.

Free and open to the public. Meetings are held at Jennie Edmundson Hospital, Family Resource Center, Ground Floor, 933 E. Pierce, Council Bluffs, IA. Call 396-4200 for information about the support group.

Disability Support

League of Human Dignity.

The League of Human Dignity actively promotes the full integration of individuals with disabilities into society, by advocating their needs and rights, and by providing quality services to involve these persons in becoming and remaining independent citizens.

Center for Independent Living and Mobility Options
5513 Center Street, Omaha, NE, 68106
(402) 595-1256

In Lincoln: Center for Independent Living and Mobility Options
1701 "P" Street, Lincoln, NE, 68508
(402) 441-7871

Easter Seals Nebraska provides exceptional services to help ensure all people with disabilities have an equal opportunity to live, learn, work and play. Easter Seals offers children and adults with disabilities and special needs find quality services designed to meet their individual needs that include: financial services, camps, recreation, transportation, and employment.

Easter Seals Nebraska Corporate Office
638 North 109th Plaza
Omaha, NE 68154-1722
(402) 345-2200 phone

Answers4Families Connecting Nebraska's Families

When there is someone in your family with special needs, you may find yourself looking for answers. Answers4Families.org is Nebraska's support and information connection for families and professionals seeking assistance. This web site is a collection of articles, resources and referrals organized by target groups and needs.

PTI Nebraska is a statewide resource for families of children with disabilities and special health care needs. PTI Nebraska's staff are parent/ professionals and are available to talk to parents and professionals about special education, other services and disability specific information.

6805 Grover Street
Omaha NE 68106
(402) 346-0525 (800) 284-8520

Gambling Addiction Support

Gamblers Anonymous

Meets various days and times

Visit www.nebraskacouncil.com and click on "Gamblers Anonymous" for times and locations

Omaha, Nebraska Contact:

(402) 978-7557

Mental Health Support

Bellevue Moms Chapter of the Depression and Bipolar Support Alliance

(402) 980-5221

The Bellevue Moms Chapter of the Depression and Bipolar Support

Alliance is a support group for mothers and women who want to become or are pregnant who are dealing with depression and/or bipolar disorder. The group meets

the first and third Monday of every month from 7:00 p.m. to 9:00 p.m. at The Church of the Holy Spirit located at 1305 Thomas Drive in Bellevue.

Depression and Bipolar Support Alliance (DBSA) Omaha New Hope

www.omahanewhope.com

Contact: Randy Hughell, (402) 990-8012 or Tom Gollobit, (402) 502-4673
newhope.dbsa@gmail.com

Family Advocacy Movement

Meets every Thursday • 5:30 p.m. – 8 p.m.

Café Annie's

78th & Cass Omaha, NE

Contact: Melanie@familyadvocacymovement.com

Fresh Hope

a Christian support group for those with mood disorders Meets

Mondays at 7:00pm. 888-815-4673

www.freshhope.us

Ollie Webb Center

The Ollie Webb Center seeks to improve the lives of people with mental retardation and other developmental disabilities. Additionally, the Center provides information, education, and support to their families. (402) 346-5220. www.olliewebb.org

NAMI Connection Support Group

Meets Mondays • 6:30 p.m. – 8 p.m. Community Alliance

7117 Jones Circle

Omaha, Nebraska

Contact: Roni Dworak-Wilder, (866) 403-0077

NAMI Connection Support Group

Meets Mondays • 3:00 p.m. – 4:30 p.m. Community Alliance
4001 Leavenworth Street
Omaha, Nebraska
Contact: Roni Dworak-Wilder, (866) 403-0077

NAMI Connection Support Group

Meets Monday • 6 p.m. - 7:30 p.m.
Immanuel Three Professional Ctr.
7101 Newport Avenue
Woodman Conference Room - (First Floor)
Contact: Theresa Sullivan (402) 708-4980

NAMI Connection Support Group

Meets Tuesdays • 6:00 p.m. – 7:30 p.m. AND Fridays • 7:00 p.m. – 8:30 p.m.
Lasting Hope Recovery Center
415 South 25th Avenue, North
Entrance Omaha, Nebraska
Contact: Roni Dworak-Wilder, (866) 403-0077

NAMI Connection Support Group

Meets Wednesdays • 3 p.m. - 4:30 p.m.
Douglas County Health Center
4102 Woolworth Avenue
(Enter on Lobby Level – Take Elevator to First Floor – Meeting Is In Town Hall 3&4)
Contact: Theresa Sullivan (402) 708-4980

NAMI Connection Support Group

Meets Wednesdays • 6:30 p.m. – 8 p.m.
Immanuel Three Professional Ctr.
7101 Newport Avenue
Woodman Conference Room - (First Floor)
Contact: Theresa Sullivan (402) 708-4980

NAMI Connection Support Group

Meets Wednesdays • 7:00 p.m. – 8:30 p.m.
Salvation Army (Dora Bingel Center)
923 North 38th Street, Enter on North side of building
Omaha, Nebraska
Contact: Roni Dworak-Wilder, (866) 403-0077

NAMI Connection Support Group

Meets Thursday • 7 p.m. - 8:30 p.m.
Lakeside Hospital
16901 Lakeside Hills Court
Swanson Education Conference Center - Conference
Room C. Contact: Theresa Sullivan (402) 708-4980

NAMI Connection Support Group

Meets Fridays • 7 p.m. - 8:30 p.m.
Messiah Lutheran Church
5015 South 80th Street
Contact: Theresa Sullivan (402) 708-4980

Omaha and Council Bluffs Grief Support

After Care Grief Support

Group Crown Point

Retirement Center 2820 S
80th Street

Sponsored by Heafey- Heafey- Hoffman- Dworak- Cutler Funeral
Chapel Call Sharon Zehnder at (402) 391-3900
2nd Sunday of each month at 6:00 p.m.

Gentle Support

John A Gentleman

Mortuary 1010 N 72nd
St. (Western)

Call Rich Hopkins at (402) 691-8000
Wednesdays at 2:00 - 3:15 p.m.
6-week sessions

Partners on the Journey

John A Gentleman Mortuary
14151 Pacific Street

Call Rich Hopkins at (402) 691-8000
Thursdays at 7:00 - 8:15 p.m.
6-week sessions

GriefShare

12 week video series in various locations in Omaha
www.griefshare.org or Kay Jatou 402-598-6251
Celebration Covenant Church
16868 Giles Road
894.9191 -or- 891.7106

Walking through the Valley Grief Support Group

Crown Point Retirement Center
2080 S 80th Street (off W Center Frontage Rd)
Call Sharon Zehnder at (402) 391-3900 • 2nd and 4th Tuesdays, 10:00 - 11:30 a.m.

The Compassionate Friends, Greater Omaha Chapter

A safe place to share feelings due to the loss of a child. TCF is a group of men and women who encourage one another to “go on” when facing another day seems impossible. No one is required to talk at meetings. You are asked to listen as other share their stories. TCF has no religious affiliation. 1st Thursday of month 7-9pm
(402) 571-4011 or email tcfomaha@hotmail.com.
900 N 90th St., Omaha, NE

After Care Grief Support Group

Lunch meeting at Venice Inn

6920 Pacific Street

Sponsored by Heafey- Heafey- Hoffman- Dworak- Cutler Funeral Chapel

Call Sharon Zehnder at (402) 391-3900 • Wednesdays at 11:30 a.m.

Children Grieving Support

Grief's Journey: A Center for Grieving Children (ages 4-19 years) and their families

PO Box 4823

Omaha, Ne 68104

Call Sarah Atchison at (402) 502-2773

Monthly support groups for children and families 9:30 - 11:00 a.m.

(2nd Saturday each month)

8 wk. support series offered throughout the year

Grief's Journey

Call for location

Call Sarah Atchison at (402) 502-2773

1-day camp held in the Fall and Spring to help

grieving children, teens and their parents

Just for Kids and Teen Connection (Children of parents with Cancer)

Bergan Mercy

Call Linda Reese at (402) 731-3033 or Cindy Bang at (402) 332-4420

Parents Who Have Lost a Child

Living with Loss

Children's Hospital

8200 Dodge St

Sponsored by Children's Hospital

Call Sheila Mee-Pastoral Care at (402) 955-5661

8-week series, Spring and Fall

Pregnancy and Newborn Loss Support Group

16120 W Dodge Road

Sponsored by Methodist

Hospital Call Ken Rood at

(402) 354-4016

3rd Thursday of each month at 7:00 - 8:30 p.m.

Compassionate Friends

Go to www.tcfomaha.org

Call (402) 571-4011 or mail@tcfomaha.org for more information

English Meeting 1st Thursday of each month, 7:00 p.m.

Spanish Meeting 3rd Wednesday of each month, 7:00 p.m.

Lunch Meeting, 3rd Tuesday of each month, 12 Noon

Moms Supporting Moms

Mother-to-Mother Support Network of Omaha

The purpose of this program is to provide support to women during the transition to motherhood, allowing them a forum to speak openly with others experiencing similar feelings as well as information resources to aid in coping with postpartum mood disorders. www.mops.org

Brookside MOPS

Meetings are held at Brookside Church, 11607 M Circle in Omaha. Whether you are a first-time mom, or your child is heading to preschool, MOPS (Mothers of Preschoolers) is a place for moms to connect, be encouraged, and know you aren't alone on the journey of motherhood.

Busy Plattsmouth Moms and Kids Meetup (No website)

Email: plattsmouthmoms@hotmail.com

Busy Plattsmouth Moms & Kids Meetup offers meetings, playdates, activities, and field trips to Plattsmouth area moms who are interested in meeting and spending time with other moms and their children. The group meets in and around Plattsmouth twice monthly in the evenings and on Saturdays. Meetups take place at members' houses, parks, and educational or fun venues. All ages of children are welcome to attend activities. There are no membership dues.

ABBA Homeschool Academy

ABBA Homeschool Academy is a non-profit Christian organization providing educational support, resources, and guidance to homeschooling families.

La Leche League

La Leche provides education, information, support and encouragement to women who want to breastfeed.

Parents of Multiples Club

(402) 978-4800 (VoiceMail)

E-mail: omahaparentsofmultiples@yahoo.com

This group provides support and encouragement in the challenging but rewarding experience of raising twins or other multiples.

Emergency Hotlines

Nebraska Family Helpline 1-888-866-8660

Boys Town National Hotline 1-800-448-3000

Child Protective Services (CPS)

Hotline 800-652-1999

Suicide Prevention Hotline 1-877-885-4673

National Suicide Crisis Hotline 1-800-SUICIDE

911---Emergency—Police, Fire & Rescue

211----United Way

Poison Control Center 402-354-5555

Omaha Police Dept. 402-444-5636

HELPLINES

National Suicide Prevention & Crisis Lifeline | 24/7 Call 988 or 1-800-273-8255

For more information visit the [Nebraska Department of Health & Human Services](#)

[SAMHSA's National Helpline](#) - Treatment Referral Routing Service. Confidential in English and Spanish

24/7/365 (800) 662-HELP (4357) | TTY (800) 487-4889

[Online Treatment Locator](#)

Text Message Service: 435748 (HEAL4U)

Sex Trafficking Prevention | 24/7 Shelter Lines: (402) 597-1009 | (402) 672-8608

Domestic Violence/Sexual Assault | 24/7 Crisis Line | (800) 523-3666

24/7 Problem Gambling Crisis Line | Call (800) Bets-Off | Text (855) 895-8398 |

[YourLifelowa.org](#)

[Narcotics Anonymous Eastern Nebraska \(NA\)](#) | (402) 660-3662

[Narcotics Anonymous Southwest Iowa \(NA\)](#) | (800) 897-6242

Alcoholic Anonymous (AA) | NE: 1-800-226-3632 | [Nebraska](#) | [Iowa](#)

If you are in an emergency situation and in need of immediate assistance, please call 911.

Crisis Help

Dial 911 if emergency 24/7

Dial 988 for immediate mental help 24/7

CHI Crisis Hotline 402-717-4673 24/7

Psychiatrists- can prescribe medications if needed, counselors do not prescribe medications.

The phone numbers with asterisks * may offer income-based fee. (Reduced based on income).

Please check websites for listing of all services and other locations offered by the following:

Woodhaven Counseling Associates	402-592-0328	psychiatrist, counseling
Therapy Resource Associates	402-330-6060	psychiatrist, counseling
Associated Counseling Professionals	402-334-1122	psychiatrist, counseling
Collaborative Psychiatry	402-403-5222	psychiatrist, counseling
Focus C3	402-933-4411	psychiatrist, counseling
Great Plains Mental Health Associates (meditation, yoga)	402-614-0010	psychiatrist, counseling
Omaha Integrative Care (yoga, massage, acupuncture, herbal)	402-934-1617	psychiatrist, counseling
Boystown Behavioral Health	402-498-3358	psychiatrist, counseling
Psychiatric Services	402-399-9305	psychiatrist, counseling
CHI		psychiatrist, counseling
• Lasting Hope	402-717-7681	
• Bergan-Substance abuse	402-717-5550	
• Lakeside	402-758-5850	
• Immanuel	402-572-2916	
Counseling Connections	402-932-2296	psychiatrist, counseling
One World West Behavioral Health	402-505-3907	* psychiatrist, counseling
Lutheran Family Services	402-595-1338	* psychiatrist, counseling
Catholic Charities	402-554-0520	* counseling
Heartland Family Services (specializing in trauma, domestic violence)	402-292-5888	* counseling
Karen Sigler Psychologist	402-650-0584	counseling
Justina Kolbe	402-403-9301	counseling