Thank you for your participation in the Nebraska Families Study! Below you will find a listing of organizations and resources that families have found to be helpful within Douglas and Sarpy Counties. Each has a brief description of what their primary purpose(s) are as well as the web addresses and phone number at which you can find each of them.


- After School Programs
- Clothing Assistance
- Employment
- Financial Assistance
- Food Pantries
- Gangs/Gang Violence
- Hospitals/Clincs
- Housing Assistance
- Medical Care
- Medication Assistance
- Mental Health Services
- Mentoring
- Parenting Classes
- Rent Assistance
- Substance Abuse
- Support Groups
- Transportation
- Utility Assistance

2. **State of Nebraska Benefits** ([https://dhhs-access-neb-apply.ne.gov/AccessNebraskaApplication/?tl=en](https://dhhs-access-neb-apply.ne.gov/AccessNebraskaApplication/?tl=en))

Visit the State of Nebraska Benefits website above to see if you qualify for state assistance.

3. **Eastern Nebraska Community Action Partnership (ENCAP)** ([http://www.encapomaha.org](http://www.encapomaha.org)) mission is to eliminate causes of poverty by strengthening individuals, families, and communities through self-sufficient initiative. ENCAP resource information includes:

- Behavioral Health Services
- Youth Programs
- Emergency Financial Assistance
- Commodity Supplemental Food Program
- Community Learning Center

4. **Together, Inc.** ([http://togetheromaha.org](http://togetheromaha.org)) mission is “to bring Together our community to assist people in need with Hope, Dignity, and Compassion. Their website provides information regarding assistance with:

- Rent, Utilities, & Deposits
- ID & Birth Certificates
- Prescriptions
- Eye Glasses
- Transportation
- Food Pantry
- Clothes
- Housewares
- Furniture

5. **Hill Therapy** (402.614.9947; [http://hillcounselingandconsulting.com/](http://hillcounselingandconsulting.com/)) is dedicated to connecting individuals and families to services that they need in order to improve their functioning via services such as:

- Outpatient Therapy
- Therapeutic Visitation
- Community Treatment Aide
- Family Support Workers
- Supervised Visitation
- Intense Family Preservation

6. **Open Door Mission** (402.422.1111; [http://opendoormission.org](http://opendoormission.org)) provides basic needs and life changing programs for the homeless and needy, including:

- The Lydia House
- The Garland Thompson Men’s Home
- Permanent Supportive Housing
- Timberlake Outreach Center
7. **Catholic Charities of Omaha** ([402.554.0520; http://ccomaha.org](http://ccomaha.org)) seeks to serve, empower, and advocate for families in need regarding:
   - Recovery & Mental Health Services
   - Affordable Housing
   - Children’s Programs
   - Family Enrichment & Support
   - Food Assistance

8. **Child Saving Institute** ([http://childsaving.org](http://childsaving.org)) believes in the right of each child to have a **childhood**—a safe, happy time to learn and grow. Search their website for information regarding:
   - Emergency Shelters
   - Childcare
   - Therapy & Support Services
   - Parenting Education

9. **One World Community Health Center** ([http://oneworldomaha.org](http://oneworldomaha.org)) operates with the goal of providing culturally respectful, quality healthcare with special attention paid to the underserved populations via the following services:
   - Medical Services
   - Dental Services
   - Ronald McDonald mobile care
   - Behavioral Health & Social Services
   - Pharmacy
   - Women, Infants, & Children (WIC)
   - Other Partnerships

10. **Salvation Army’s** ([http://www.givesalvationarmy.org](http://www.givesalvationarmy.org)) mission is to meet human needs without discrimination by providing services, such as:
    - Homeless Prevention
    - Families & Children
    - Disaster Relief
    - Adult Rehabilitation

11. **Lutheran Family Services** ([402.342.7038; http://www.lfsneb.org](http://www.lfsneb.org)) provides quality human care services that build and strengthen individual, family, and community life via services such as:
    - Behavioral Health
    - Children’s Services
    - Community Services

12. **Heartland Family Services** ([402.553.3000; http://heartlandfamilyservice.org](http://heartlandfamilyservice.org)) seeks to strengthen individuals and families in the community through education, counseling, and support. Find information on their website regarding:
    - Addictions
    - Child Abuse
    - Domestic Violence
    - Early Childhood Development
    - Juvenile Delinquency
    - Mental Health
    - Neighborhood Enrichment Centers
    - Poverty and Homelessness

    - Educational Programs
    - Family Violence
    - Sexual Assault and Abuse
    - Counseling
    - Legal Services
    - Nonviolence Intervention Programs
    - Careers and Economic Achievement

14. **http://www.parenting.org/** provides valuable resources, articles and tips offering parenting help in today’s world. Browse their website by age or topic, ask an expert a parenting question, or review parenting guides on topics, such as:
    - Media and Parenting
    - Youth Sports
    - Sleep Issues
    - Counseling with Teens
    - Bullying
    - Relationships/Dating
    - Potty Training
    - Harmful Behaviors