**Family Resources**

**Community Resources in the Norfolk Area**

**Advanced Services**

1509 Riverside Blvd Norfolk, NE 402-379-9823

Advance Services, Inc. will strive to create a working partnership by providing a source of innovative benefits and services for our customer, will endeavor to supply the most qualified employees and services that meet or exceed customer expectations, will deliver these services at a profitable and reasonable cost while identifying needs and providing risk management, and will maintain a mutually beneficial partnership through effective communication and quality services.

**Adult Basic Education**

801 E. Benjamin (NECC) Maclay Building Room 180 Norfolk, NE 402- 844-7255

This agency offers adult education classes (daytime, evening, or Saturday) in order to prepare you for taking the GED exams. Examples of the classes offered include: reading, communications skills, math, writing skills, completing forms, understanding maps, using a calculator, and computer skills. The GED tests can also be done here and a diploma will be presented at the completion of the series of tests.

**Alcoholics Anonymous**

402-371-9859

All members of AA are recovering alcoholics. They provide support to other alcoholics who want to stop drinking. They use a support group setting and tell each other their experience. They have team leaders who set up the meeting and group discussion. There are no fees or dues for AA membership, just the desire to stop drinking. Alanon/Alateen provides counseling to family and teens that have a family member who is an alcoholic. It is also a support group setting.

**Big Brothers/Big Sisters**

103 S. 8th Street Norfolk, NE 402-371-1612

Big Brothers Big Sisters exists to fill the void in lives of children from primarily one-parent homes.  Through professional direction, mature and responsible men and women volunteers provide guidance and friendship to children on a 1-1 basis.  The Big Brother or Big Sister does not replace the parent or other family relationships.  They help family life by providing friendship.

**Birthright of Norfolk**

109 N. 15th Street, Ste 11, Norfolk, NE, 402-379-1004

Birthright provides free pregnancy tests.  While you wait for test results, the volunteer will visit with you about the options you have concerning either a positive or negative result.   We will discuss all your options.  We can help you with baby clothes, diapers, and other basic baby care items (no furniture).  We will refer you to different agencies that will be able to assist you.    We can provide references to local adoption agencies.  Our office hours are M-W-F from 2:00 – 4:30 and T & TH from 11:00 – 1:00.

**Bright Horizons**

305 N. 4th Street Norfolk, NE 402- 379-2026 website: www.brighthorizonsne.org

Bright Horizons provides services to survivors of domestic violence and sexual assault.  Services include emergency shelter, 24 hour crisis line, advocacy, criminal justice advocacy, support groups for women and children (English and Spanish), education, and assistance with protection orders.  All of the services listed above are free of charge to the survivor and his/her children.  This agency can also assist with referrals to other community agencies. The 24 hour crisis line is 877-379-3798.

**Building Blocks for Community Enrichment**

118 North 5th Street, O’Neill 68763 402-336-4841

Building Blocks offers foster care in 24 counties in Northeast and North Central Nebraska. Building Blocks also provides emergency foster care, home studies, and respite care. Ongoing support is available 24 hours a day/7 days a week from experienced staff. Through collaboration with Nebraska Respite Network, respite care is provided to families in need of respite due to health or other related needs of their children.

**Career Development and Vocational Rehabilitation Services**

1212 Benjamin Ave Norfolk, NE (402) 370-3200 or (800) 442-3382

Vocational Rehabilitation is an employment program for people who experience a disability. There are a number of services and supports available and are provided to help individuals with disabilities prepare for, get, and keep a job.

**CASA of Northeast Nebraska**

2501 Lakeridge Dr., Ste. 104A Norfolk, NE 402- 371-9599

CASAs (Court Appointed Special Advocate) are trained volunteers representing abused and/or neglected children in the court system. There is no cost to the courts for their service.

**City of Norfolk-Recreation Department**

127 N. 1st Street Norfolk, NE 402-844-2014

The City of Norfolk offers multiple summer programs for the youth of Norfolk. These include swimming lessons, kreative kids, dance classes, morning tot-lot, baseball, and softball. There are also programs for adults including volleyball, baseball, and flag football. For dates, locations, and more details on these family fun activities visit their website at http://www.ci.norfolk.ne.us/parks/recreation\_programs.htm.

**City of Norfolk Sanitation and Health**

701 Koenigstein Ave.  Norfolk, NE 402- 844-2046

This is a city service department to assist property owner or officers in the clean up of unsightly and unsanitary conditions.    Enforcement of property codes such as accumulation of garbage, overgrown yards, property damage that endangers a person’s safety, storage of garbage containers and trimming trees and bushes of visual obstruction.  These situations are placed on a 7-10 day follow up appointment.  Permits may be issued to property owners allowing them to discharge fireworks or similar devices to scare birds from their property.

**Diabetes and Wellness Clinic**

809 ½ S. 13th Street Norfolk, NE 402-379-9600 diabetesandwellness@cableone.net
Michelle Brtek-Zwiener, APRN-NP, Diabetes Nurse Practitioner
Diabetes and Wellness Clinic LLC is a nurse ran medical clinic specializing in the treatment of diabetes and pre-diabetes. Patients are encouraged to take control of their chronic disease to live a healthier life.

**Elkhorn Valley Museum & Research Center**
515 Queen City Blvd Norfolk, NE 402- 371-3886

The Elkhorn Valley Museum and Research Center houses many artifacts from the 22 counties of the Elkhorn River Valley. We have 1887 Squareturn Tractor that was built here in Norfolk. We have the Johnny Carson exhibit. We have the first house built in Norfolk and the first country school from west of Norfolk. We have a park that is behind our museum that is open to the public during the day. There is also a children zone for family fun and learning. There are many displays of the first people and things from Norfolk.

**Goldenrod Hills Community Action**

1405 Riverside Blvd.  Norfolk, NE 402- 371-0377 www.goldenrodhillscommunityaction.org

This organization provides a variety of services.  These services are listed below.

1. WIC (women, infants, and children) this program provides nutrition, education and special foods to women who are pregnant, breast feeding or recently had a baby or infant through 12 months and children from 1-5 years.  The number for WIC is 844-4422

2. Commodity Supplemental Food Program.  This program is funded by the USDA to provide nutrition education and high iron foods to pregnant women or post partum women, infants, and children of 6-60 years of age or older who meet income/residency guidelines.

3. Weatherization. This program is to help lower heating and cooling costs for low income families and elderly by applying weatherization material to their home.

4. Immunization Clinic.  This service is co-sponsored by NE Dept of Health and serves area families in the inoculation of children for DTP, OP, MMR, and HBPV.

 5. Food Pantry.  This is an emergency service offered to those in need of an immediate source of nourishment.  This service can be utilized once every 30 days and up to 3 times a year.

6. Tax counseling for the elderly and low income.  This program is provided by volunteers who have been trained to help prepare tax forms and answer tax questions.

7. Car Seat.  This program provides federally approved safety car seats to parents who meet the income guidelines for infants up to 20lbs or 1 year of age and toddlers up to 40lbs or 4 years of  age. Must contact 1-800-445-2505 for assistance.

8. Homeless/Prevent Homeless.  This program assists individuals of families in crisis situations through temporary assistance that serves as a bridge to long term stability.  They will not accept transients just passing through.  IF HOMELESS, must contact the Rescue Mission first – if not room then we may assist in short term Motel assistance.   May also assist in paying past due rent and utilities ONLY in an emergency.

9. EDN provides services for children birth to 3 who have any type of developmental delay or disability.

10. Operation Building Blocks provides home visitation to high risk families who are prenatal through age 5 to improve parent skills, awareness of social-emotional/cognitive development and the benefits of good physical and mental health.

11. Operation Great Start provides home visitation to families who are prenatal through age 3, a teen parent program and information on pre-conception and interconception care.

**Goldenrod Hills Headstart**

301 E Omaha Ave. P.O. Box 2087 Norfolk, NE 402-271-8030

Must be income eligible and have a child 3-5 years of age.  A comprehensive preschool program which gives children a chance to grow up happy, healthy and confident by providing the children and their families with educational, social, medical, and nutritional services.

**Good Neighbors**

406 W. Phillip Ave Norfolk, NE 402-644-8155

This community organization assists with rent and utilities. Good Neighbors takes referrals. All services are on a limited basis and the person needs to show they are applying for other available services. Good Neighbors will be expanding in the near future and will be adding more services. Give them a call for more information.

**Improved Living, Inc.**

P. O. Box 116     Norfolk, NE 68702       Phone:  (402)371-5631    Fax:  (402)371-3645

Improved Living, Inc. provides housing for persons with mental illness in both Assisted Living and independent apartments.  Persons may be referred by Social Workers, Community Support Workers, family members and others, or may apply themselves.

**League of Human Dignity**

400 Elm Ave. Norfolk, NE 402-371-4475

Center for Independent Living provides services to individuals in a 22 county area who experience a disability.  Services include but not limited to Information and Referral, Advocacy, Independent Living Skills Training, Assisting individuals in transitioning from Nursing Home to Community Based Services, Peer Support, Awareness Training, and Equipment Loan and Rental. Some rental units available

**Legal Aid of Nebraska**

214 N. 7th Suite 10   Norfolk, NE   1-877-250-2016 AccessLine®

This agency can provide legal services and legal representation to those who qualify.  They can provide legal advice concerning divorce, separation, custody, bankruptcy, landlord/tenant, social security, applications for state benefits, and many other legal questions.  Clientele is based on need, qualifications, and available agency resources.  There are no fees for legal representation.  Prospective clients must call the AccessLine® to be accepted.

**Liberty Centre Services, Inc**

900 E. Norfolk Ave. Norfolk, NE 402-370-3503 www.libertycentre.org

Liberty Centre Services is a pro-active, non-profit mental health organization that serves individuals 19 years of age and older recovering from serious mental illness. The program is designed to help individuals as they reclaim their lives and re-establish themselves in their community. The Liberty Centre Clubhouse is the organization’s foundation. However, over the years, additional services have been developed in response to needs that arose or were foreseen. These services include Park Place Transitional Residential Rehabilitation, Crisis Prevention Program (community support and nursing), and Willow Park I and II apartments and Chestnut Park I and II apartments. Although each of these is a separate program, together they comprise Liberty Centre Services, Inc.

**The Link Halfway House**

1001 W. Norfolk Ave Norfolk, NE 402-371-5310

This organization is an extended treatment center for men with chemical dependency. Most of the men are referred by a treatment center. They will only take individuals that have gone through treatment centers in the last year and they have to have been sober for 72 hours. The Link assists in financial budgeting, job readiness, family counseling and employment.

**Low Income Housing**

Housing is solely based on income guidelines. They operate on a first come first serve basis. Examples of low income housing in the Norfolk Area are:

Woodwinds Apartments- 123 N 25th Street Tel: 402- 371-0684

Syracuse Street Apartments**-** 916, 918, 922 Syracuse Tel: 402-748-3886 or 402-649-2168

Lakewood Apartments**-** Riverside Blvd Tel: 402-371-5795

Greenland Village Apartments**-** 905 & 907 Syracuse Tel: 1-800-762-7209

North Park Apartments**-** 922 Wood Hurst Ave Tel: 402-371-2770

For additional information contact the Norfolk Housing Agency at 402-844-2080

**Madison County Attorney’s Victim Witness Unit**

POB 269 Madison, NE (inside the Madison County Courthouse) 402-454-3311 Ext 217

Provides services to all victims of crime: crisis intervention, referrals for financial help and counseling services in the area, supporting victims and family members of victims, providing emotional support, information about the criminal justice system, case status, transportation and accompaniment to court, probation, parole, and other information, property release, compensation of many types, information about protection orders and the local safe shelters/houses in the area.

**Nebraska Aids Project**

123 N. 4th Street Suite 8 Norfolk, NE 402-649-3584 www.nap.org

.If a person is AIDS/HIV positive; this agency offers case management services to those persons. Case management may include assistance with grocery, gas, rent, and utilities. An individual may also qualify for assistance with medication costs and medical needs. Will do presentations about HIV.

**Nebraska Commission for the Blind and Visually Impaired** (Norfolk Office)

214 N. 7th Street Suite 11 Norfolk, NE 402-370-3436

The Nebraska Commission for the Blind and Visually Impaired offers services and programs focusing on social and vocational independence. Services are offered free of charge and regardless of age. Individuals receive training in alternative skills needed to pursue personal and vocational goals. Instruction typically happens in the home but more intensive training is available at the Training Center in Lincoln. Career counseling, interest testing, and job placement services are available. Assistance with tuition, books, adaptive technology, and readers is available to those pursuing a college education. Transition services are available so students can make a smooth transition from high school to adult life. Services to older individuals feature training in the home to promote greater independence. To make a referral, call the number shown above.

**Nebraska Children’s Home Society (also see Right Turn)**

2501 Lakeridge Drive, Suite 104B Norfolk, NE 68701 402-379-3378

Nebraska Children's Home offers extensive services to women experiencing unintended pregnancy, including parenting instruction, resources & education, support, and adoption services. We offer a full range of adoption services and charge no fees for any of our services. We offer adoptive parent training and support groups, parenting classes, extended family adoption education, birth parent support and retreats, post-adoption search services and foster care. We have a 24-hour pregnancy hotline - 1-800-390-6754. Positive Alternatives 24-hour number is 1-877-420-4747.

**Nebraska Department of Health and Human Services**

209 N. 5th Street Norfolk, NE 402-370-3120 website: www.dhhs.ne.gov

The Department of Health and Human Services provides important and oftentimes, life-sustaining services to Nebraskans.   Nebraska public assistance programs include:

* Medicaid
* SNAP-Food stamp program
* Employment First (EF)
* Aid to Aged, Blind and Disabled
* Energy Assistance
* Kids Connection
* Child Care Subsidy

ACCESS Nebraska is a new online process to apply for these programs.  For more information or to apply online, visit our website at accessnebraska.ne.gov.

 The Department of Health and Human Services Division of Children and Family Services includes the areas of:

* Child Abuse/Neglect
* Elder Abuse/Neglect
* Foster Care
* Adoption
* Refugee Resettlement
* Child Support Enforcement
* Office of Juvenile Services (Juvenile Parole)

To report abuse/neglect contact the Nebraska Child Abuse Hotline at: 1-800-652-1999

**Nebraska Dept. of Labor**

105 E Norfolk Ave Suite 100 Norfolk, NE 402-370-3430

This agency can assist a person in finding a job & provide assistance in filing an Unemployment Insurance claim.  They help make the connection between the job seeker and the employer.  They may also be able to assist if you are interested in going to school.  Persons need to register to begin receiving services.  Website https://neworks.nebraska.gov

**Nebraska Foster and Adoptive Parent Association**

2431 Fairfield Street, Suite C Lincoln, NE 68521 Toll free 877-257-0176 nfapaevents@windstream.net

The Nebraska Foster and Adoptive Parent Association is a state-wide organization providing support, advocacy and training for foster and adoptive parents. Visit there website at www.nfapa.org for additional information.

**Nebraska Public Power District**

132 S. 4th Street Norfolk, NE Toll-free 877-275-6773

Provides electricity to residents in parts of 91 counties in Nebraska.

**Neighborworks Northeast Nebraska**

213 S. 1st Street Norfolk, NE 402-379-3311 www/nwnen.org

This organization assists low income individuals in purchasing their own home. Financial assistance is available through this organization.

**New Beginnings**

801 E. Benjamin Ave  Rm 1202 College Welcome Center  Norfolk, NE   Tel: 402-844-7275

New Beginnings provides financial assistance and other support services to assist single parents, single pregnant students and displaced homemakers in attaining training to gain employment and economic self sufficiency. The program offers any combination of the following: individual career counseling, classes and workshops, personal support, self esteem and confidence building, career exploration, and job seeking skills.

**Norfolk Area Habitat for Humanity**

PO Box 1251 Norfolk, NE 402-750-9791

The Habitat for Humanity builds homes for low income families to purchase if they qualify and are willing to partner with the Habitat for Humanity. Homeowner applications are accepted twice a year.  Homes for applicants to purchase will be built 2-5 years after approval.

**Norfolk Community Health Care Clinic**

110 North 16th Street, Suite 16 Norfolk, NE 402-644-7314 www.norfolkchcc.org

Norfolk Community Health Care Clinic is committed to providing the highest quality of health care possible to the residents of Norfolk, Madison and the surrounding area. We are committed to serving the insured and uninsured. A sliding fee scale is available to make treatment affordable to those without insurance.  Fees are calculated based on household size and documented annual income level.

**Norfolk Family Planning**

1302 Riverside Blvd Norfolk, NE 402-379-3123

They provide services such as women’s health care provider, Sexually Transmitted Disease checks on women and men, HIV testing, pap smears, birth control and the morning after pill.

**Norfolk Housing Agency**

110 N. 4th Street   Norfolk, NE     402-844-2080

The Norfolk Housing Agency offers a government subsidized Section 8 Voucher rental program which is based on income guidelines and family size.  There is usually a waiting list for this program.  This program works on a first come first served basis so it is very important to pick up and complete an application as soon as possible.  Completing the application will get your name added to the list and get the process started.  The Agency also has a rent-to-own Tax Credit program for families wanting to become homeowners.  This program also has a waiting list.

**Norfolk Public Library**

308 Prospect Ave Norfolk, NE 402-844-2100

The Norfolk Public Library serves the area as a center for education, information, recreation, and public issues. The library also provides information in printed materials, multi-media, and computer aided information. Visit our website at ci.norfolk.ne.us/library/

**Norfolk Public Schools**

512 Phillip Ave   Norfolk, NE 402-644-2500

Assist with Spanish translation, school registration, or immunization requirements.

**Norfolk Public Transportation**

307 Prospect Norfolk, NE 402-379-4595 Email: handi\_bus@yahoo.com

NPT provides rides to anyone needing transportation. The cost of the ride is $2.50 for adults and children. If a child is required by state law to be restrained in a car seat, you must provide your own car seat. All passengers must wear their seatbelts. If you would like a ride, you must prearrange your ride in advance. If you call at the last minute, there may be a chance that transportation will not be available. This transportation is available Mon-Fri 7:00am-5:30pm and Sat/Sun 7:30am-4:30pm (closed from 12:15pm-12:45pm)

**Norfolk Rescue Mission**

111 N. 9th Street Norfolk, NE 402-371-6484 Email: pastor@norfolkrescue.org

The Norfolk Rescue Mission is a non-denominational Christian mission that is committed to helping the hurting and the homeless in the name of Jesus Christ. Services provided include: free temporary housing, the New Life Discipleship Program, Samaritan Program, Overnight Guest Program, Jail Ministry Services, chapel services, clothing ministry, free meals, biblical counseling, food boxes, and also have limited furniture and house wares available. You can visit their website at www.norfolkrescue.org

**Northeast Nebraska Area Agency on Aging**

119 Norfolk Ave Tel: 402-370-3454

The Northeast Nebraska Area Agency on Aging assists older adults to remain as independent as possible.  This is done through a variety of programs and services such as care management, nutrition counseling, health clinic, Medicaid Waiver, congregate and home-delivered meals, legal assistance and in-home services such as housekeeping, emergency response system, respite and chore.  For a detailed listing of the programs, contact www.nenaaa.com.  Eligibility for services is based on age, a person must be 60 years or older to qualify but other consideration may be given.

**Northeast Nebraska Chapter of the American Red Cross**

1509 Riverside Blvd Norfolk, NE 402-371-0393 or 106 West 3rd Street Wayne, NE 375-5209

The American Red Cross provides blood services, disaster relief services, and welfare services assisting to locate disaster victims and military personnel. The Norfolk Red Cross accepts blood donations every Tuesday. (Call to set up an appointment)

**Northeast Nebraska Child Advocacy Center**

1500 Koenigstein Ave. Norfolk, NE 402-644-7402

NENCAC provides multidisciplinary (involving law enforcement, Department of Health and Human Services, etc.) approach to medical and psychological evaluations for children and adults suspected of having been victims of: sexual assault/abuse, physical assault/abuse, emotional abuse, and/or neglect. A majority of the clients are seen during usual business hours. Emergency situations can be seen after hours with law enforcement referral.

**Parent to Parent Network**

201 Miller Ave   Norfolk, NE    402-379-2268,   TOLL FREE:  1-877-379-9926

Parent to Parent Network is a family advocacy organization that provides peer-to-peer support and education to families of children with behavioral health challenges. We provide monthly evening support groups to strengthen and encourage families, as well as parent education classes.  Direct services, usually provided in the family’s home, help to encourage healthy family behaviors, and assure that the family voice is being heard.  Services are confidential, and free of charge.  All Nebraskans are eligible for services.  Emphasis is placed on family skill development. Challenges at school, community, courts, and financial situations are routinely addressed through direct support to the family, and by assuring that the family voice is heard and understood.

**Ponca Tribe of Nebraska**

1800 Syracuse Ave   Norfolk, NE 402-371-8834

They provide financial assistance including food, utility bill assistance, or rental assistance to Native Americans when funding allows. Services provided to Ponca Tribe members include Case Management and Outreach, Parenting classes, Child Care Assistance, Indian Child Welfare Act support, money management, information and referral services, and contract health services.  Services that they offer to any Native American include information and referral services, domestic violence intervention, tribal youth program, Circle of Youth cultural activities, Independent Living services, Ponca Express transportation services (by appointment), behavioral health and substance abuse services, diabetes program, nutrition program, community health program & transportation to medical appointments, and youth substance abuse prevention services.

**Professional Partners**

206 Monroe Ave Norfolk, NE 402-370-3100

The purpose of the Professional Partner Program is to assist families who have a child with a serious emotional or behavioral disturbance in accessing services for the family without having to either give up their child as a ward of the state or incur undue debt to cover such services. The wraparound philosophy is needs driven and based on the strengths of the family. The program works with youth ages 0-21 and is a voluntary, free service.

**Right Turn (also see Nebraska Children’s Home Society)**

2501 Lake ridge Drive Suite 104B Norfolk, NE 68701 402-379-3378

Right Turn is a collaboration of Nebraska Children's Home and Lutheran Family Services, with funding provided by Nebraska Department of Health and Human Services. It is a program that offers help to families who have adopted state wards. Toll free number is 1-888-667-2399.

**The Salvation Army**

112 North 7th Street   Norfolk, NE 402-379-4663 Website:  www.SANorfolk.org
The Salvation Army helps the needy people of Norfolk in many different ways.  The Salvation Army soup kitchen is open Monday through Friday and Sundays for lunch and serves nutritious meals in order to prevent hunger.  Food baskets are given out once a month to those that cannot afford groceries.  People who have experienced a recent financial crisis can come and apply for rental and utility assistance.  Seasonally, there are special distributions for the less fortunate to help at critical times such as going Back-to-School with supplies and receiving food boxes at Thanksgiving and Christmas.  Families with children can also receive toys and pajamas during the Christmas season.  During the school year character building programs for children are held every Wednesday.  The golden agers clubs (55+) meet every second Tuesday of the month for activities and educational programs.  A Teen Night every Friday is held for at risk teens. The Salvation Army of Norfolk is also a church trying to meet the spiritual needs of the community.  Our service flows from our love of God and compassion for humanity.  We feel that a healthy Spiritual life will also have a positive effect in other parts of a person’s life and in turn have a positive effect on the community.  Morning Worship Service and Sunday School classes in English and Spanish are held every Sunday followed by a free community meal.  Pastoral Counseling is available by appointment.

**Social Security Administration**

605 Iron Horse Drive Suite 1 Norfolk, NE 402-371-1595 socialsecurity.gov

Insured status for social security benefits/income and resource limits for supplemental security income benefits. This office takes applications for social security cards, both initial and replacement requests. This office also takes applications for Social Security disability, retirement, survivor, Medicare, and supplemental security income benefits. They provide benefit verification to those receiving their benefits.

**TeamMates of Norfolk**

801 Riverside Blvd Norfolk, NE Tel: 402-841-0326 or 402-841-0596

TeamMates serve youth who would benefit from the support and friendship of an adult volunteer mentor to help them discover confidence and achieve goals. Our mission is to positively impact the world by inspiring youth to reach their full potential through mentoring. Visit the TeamMates website at www.teammates.org

**Wesley Center Inc. Child Care and Preschool**

500 West Phillip Ave Norfolk, NE 402-371-7434

The Wesley Center is a childcare center and preschool. They serve children ages 6 weeks through 12 years old. They are open Monday thru Friday, 5:30am to 6:30pm. The Wesley Center is licensed with the State of Nebraska and is on the USDA Child/Adult Care Food Program.

**Employee Assistance Program(EAP)-** An Employee Assistance Program can be provided by employers to offer support to their employers for various reasons including; substance abuse, safe working environment, emotional distress, major life events, including births, accidents and deaths, health care concerns, financial or legal concerns, family/personal relationship issues, work relationship issues, concerns about aging parents, etc. If your employer has created an EAP they may be able to offer you additional resources to assist you in a number of ways. Check to see if your employer has an EAP and what resources they may be able to offer you.

**Medical Services and Physicians**

**Comprehensive Women’s Health Center**

1410 N 13th St. Norfolk, NE 402-379-2322

**Convenient Clinic & Family Medicine of Midwest Health Partners**

1410 N 13th St. Norfolk, NE 402-371-0797

**Family Medicine Services**

2600 W. Norfolk Avenue Norfolk, NE 402-844-8205

**Midlands OB/GYN**

301 N 31 St. Norfolk, NE 402-644-4600 www.midlandsobgyn.com

**Norfolk Community Health Care Clinic**

110 N. 16 St. Suite 16 402-644-3645 www.norfolkchcc.org

**Norfolk Family Medicine**

900 W. Norfolk Ave. Suite 100 Norfolk, NE norfolkfamilymedicine.com

**Norfolk Medical Group –Pediatrics Dept.**

301 N. 27th Suite 7 Norfolk, NE 402-844-8021 www.norfolkmedicalgroup.com

**Urgent Care**

2024 W. Pasewalk Ave. Norfolk, NE 402-844-3830

**Dental Services**

**Dental Wellness Center**

1105 S. 13th St. Suite 200 Holiday Plaza Norfolk, NE 402-371-3745 dwc@conpoint.com

**Bradley J. Krivohlavek**

2501 Lakeridge Dr. Suite 102 Norfolk, NE 402-371-1170 www.drkrivohlavek.com

**Family 1st Dental**

513 S. 13th St. or 2104 Taylor Ave. Norfolk, NE 402-379-2775 or 402-371-6566 www.familyfirstdental.com

**Langan Dental Health Center**

1010 Riverside Blvd Norfolk, NE 402-371-3991

**Norfolk Children’s Dental Clinic**

110 North 37th St. Suite 401 Norfolk, NE 402-371-0852

**Norfolk Community Health Care-Dental Clinic**

110 N. 16 St. Suite 401 Norfolk, NE 402-644-7355

**Norfolk Dental Group**

1502 N. 13th Street Norfolk, NE 402-371-1360

**Regency Family Dental Care**

110 Benjamin Ave. Norfolk, NE 402-379-0468

**Optical Services**

**A C E Optometry**

328 W. Norfolk Ave. Norfolk, NE 402-379-3937

**Authier Miller Pape Eyecare**

3610 W. Norfolk Ave. Norfolk, NE 402-371-8230

**Clyde Eyecare & Assocociates**

2400 Pasewalk Ave. (Inside Walmart Vision Center) 402-371-5715

**Exact Eye Care**

1700 Market Lane Sunset Plaza Norfolk, NE 402-371-8900

**Eye Physicians**

2501 Lakeridge Dr. Suite 106 Norfolk, NE 402-371-3158

**Feidler Eye Clinic & Optical Co.**

2800 West Norfolk Ave. Norfolk, NE 402-371-8535 Toll Free Number: 800-582-0889

**Shopko Eyecare Center**

2f005 Krenzien Dr. Norfolk, NE 402-379-1434

**Counseling and Therapist Agencies**

**Addiction and Mental Health Counseling Robert Walton, LADC, LMHP**

125 South 4th Street Suite 212 McMill Bldg Norfolk, NE 402- 841-3791

Robert Walton provides counseling for individuals, couples, adolescents and children. He specializes in depression, anxiety, marital conflict, anger and stress management, addiction evaluations, and offers free gambling assessment and treatment. Evening and weekend appointments are available.

**Apex Therapy Services**

1306 Andrews Drive Suite 100 Norfolk, NE 402-851-4026

Apex Therapy Services is a Full-Service Outpatient Mental Health Practice serving individuals of all ages. We provide a range of services including Individual, Couples, Child, and Family Therapeutic Services. Parent Training, Drug/Alcohol Treatment, and Specialized Anxiety Disorders Treatment are available as well. Apex Therapy Services also provides Psychological Evaluations, Neuropsychological Evaluations, Alcohol/Drug Evaluations, ADHD Evaluations, Learning Disability Evaluations, etc... Appointments can be made with individual providers or by calling 402-851-4026.

**Associated Psychologists and Counselors, LLC**

1306 North 13th Street Norfolk, NE 402-371-8218

Associated Psychologists and Counselors, LLC provides individual, couple, child, adolescent, and family therapy services. They provide treatment for depression, women’s issues, behavior problems, sexual abuse, anger management, parenting, anxiety and stress management, psychological, court, autism, and child and ADHD evaluations. Evening appointments are available.

**Behavioral Health Specialists**

900 W. Norfolk Ave   Norfolk, NE   402-370-3140

BHS provides mental health services including psychiatric and psychological assessment, outpatient therapy (individual and family therapy), medication management, and an EAP WORKS program.

Our outpatient substance abuse services provide comprehensive, affordable, and accessible evaluations and treatment services to the residents of Northeast Nebraska. Our Intensive Outpatient Program (IOP) dual disorders program, also called “TEAM”, focuses on aiding individuals in making lifestyle changes in order to maintain a life free from substance abuse and addiction. The TEAM program serves both youth (ages 13-18) and adults (age 19 & above) and involves a minimum of 10 hours of service each week with lengths of stay that range from six to eleven weeks or more, dependent on the needs and presenting issues of the individual served. Aftercare substance abuse services provide a supportive therapeutic setting for individuals and their families who have completed an inpatient or intensive outpatient alcohol/drug treatment or co-dependency program.

Our Community Support Program (CSP) strives to help maintain stabilization of at-risk clients so as to help that individual live successfully within the community. CSP provides support to individuals at high risk of relapse in their mental illness and/or substance abuse/addiction.

The CARE Line is an extension of our Crisis Response Team and provides access to specialists trained to provide crisis intervention and connection with community services. The CARE Line is open to individuals, families, law enforcement personnel, hospitals and health care professionals 24 hours per day, 7 days per week through our toll free number: **1-888-370-7003**. Clients connected with the CARE Line who are in need of on-going care will be referred to appropriate levels of care within the community. BHS offers youth and family services including therapeutic foster care, respite care, emergency foster care and home studies.  Our residential facilities, Sunrise Place (Norfolk) and Seekers of Serenity (Columbus) offer social detoxification and short term residential care to adults suffering from addictions.   Family participation is a strong component of all levels of care within Behavioral Health Specialists, Inc.  Behavioral Health Specialists, Inc., is partially funded by the State of Nebraska Department of Health & Human Services and Regions 3 and 4 Behavioral Health Systems, which allow for a sliding fee scale if individuals income qualify. Many payment options are available and BHS is an approved Medicaid/Medicare provider and is also enrolled as a preferred provider in most private health insurance panels including BCBS, Midlands Choice, UBS, and RCI.

**Clausen Counseling Services Debra Clausen, LMHP**

123 North 4th Street Suite 8 Norfolk, NE 402-844-3644

Clausen Counseling Services provides counseling for anxiety, depression, abuse and trauma, adolescent/child behavior problems, and EMDR therapy. Day and evening appointments are available. Medicaid and most insurance plans are accepted.

**Counseling and Enrichment Center**

101 E. Wilson Norfolk, NE 800-689-0945 www.counselingandenrichment.com

The Counseling & Enrichment Center is guided by its commitment to children, families, individuals, and community. We strive to strengthen each by offering the education, counseling and supportive services needed to better meet the challenges of everyday life. The specific services that they provide include: Outpatient Individual Therapy, Eye movement Desensitization and Reprocessing (EMDR), Trauma & Attachment Therapy, Play therapy, In-home family therapy, and home studies / family assessments. Bi-lingual therapy is available in the Norfolk office.

**Good Life Counseling and Support, LLC**

200 North 34th Street    402-371-3044

They provide individual, child, teen, and marriage and family counseling, solution focused brief therapy, EMDR, psychiatric services, parenting classes, and substance abuse classes.    EAP, Medicaid and Insurance are accepted.

**Myers Counseling Services, LLC Deb Myers**

(no office) 402-371-3302 or 750-9882

Provides in-home, in-school, and in-community services to people of all ages. She provides services in her clients home for diagnosis including Oppositional Defiant, Conduct Disorder, Bi Polar, Depression, SchizoAffective, Grief and Loss, Attachment issues, Anger issues, hyperactivity issues, attention issues etc. She does not have an endorsement in drug and alcohol counseling but has served clients who struggle with these issues. She services Medicaid, Magellan Managed Care, Blue Cross Blue Shield, and Midlands Choice coverage individuals.

**Oasis Counseling International**

333 West Norfolk Ave   Suite 201   Norfolk, NE     402-379-2030

Professional Christian counseling.  Therapy is available in English and Spanish.  Services provide include; adolescent therapy, play therapy, marriage and family counseling, drug and alcohol services, supervised visitations, home studies, psychological evaluations, befriend mentoring program, and counseling for grief and loss, stress, anxiety, depression, and anger management.  Oasis has funding sources available to low income families to help pay for therapy.  Website   www.ocinternational.org

**Odyssey III Counseling Services**

401 S 17th Street   Norfolk, NE    402-371-7215

Alfredo Ramirez (counselor, owner)    Karen Marra (counselor)

Counseling available for Addictions, adult/child sexual abuse, alcohol and drug evaluations, anger control/domestic violence, Child/Adolescent behavioral issues, Depression, anxiety, stress, suicide, crisis intervention, Individual, Marital and family counseling.   Most insurance accepted including Medicaid approved. Website is www.odyssey3.org

Office hours Mon, Tues, Wed, and Friday 8:30 to 5:30; Thursdays 8:30 am to 9:00 pm.  Closed from noon to 1:00 daily.

**Play Therapy & Counseling Services (Centrum Counseling Center)**

 **Vonnie Henry LMHP/CPC**

123 North 4th Street Suite 8 Norfolk, NE 402-379-4632 vonnieplay@hotmail.com

Provides counseling for children traumatized by physical & sexual abuse, domestic violence, divorce, death, accidents, natural disasters, invasive medical procedures, bonding and attachment assessment and treatment, etc. Trained in Critical Incident Stress Management, Eye Movement Desensitization and Reprocessing, and Trauma Focused Cognitive Behavior Therapy.

**Private Counselors and Therapists**

**Bode, Liane, LMHP, CPC**

1309 North 9th Street Norfolk, NE 402-844-3073

Liane Bode provides counseling services for adults, adolescents, and children. She offers family and individual therapy, group therapy for adolescents, and play therapy. She provides treatment in the areas of anxiety, depression, eating disorders, obsessive compulsive disorder, adjustment issues, abuse and trauma, parenting and child behavior problems, and school adjustment issues. Day and evening appointments are available.

**Lacrosse, Michael B. PhD FAPA**

1309 North 9th Street Norfolk, NE 402- 371-5306

Provides counseling for individuals, couples, and families in the areas of lifestyle and weight loss, chronic illness, smoking cessation, clinical hypnosis and pain control, stress management. He specializes in the treatment of depression, anxiety and pain problems, grief and loss, and marital counseling.

**Stoltz, Laura**

123 North 4th Street Suite 8 Norfolk, NE 402-371-9606

**Sullivan, Michael (Michael Sullivan Counseling)**

125 South 4th Street Suite 217 McMill Bldg Norfolk, NE 402-750-7923

This agency provides individual, couple, and family therapy. They also specialize in treatment for problem gambling and compulsive sexual behavior.

**Wagner, Marysa CPC LMHP**

125 South 4th Street #217 Norfolk, NE 402-371-5632 marysa\_wagner@yahoo.com

Marysa Wagner provides counseling services for individuals, families, marriage counseling, adults, children, adolescents. Focuses on the areas of anxiety, stress, depression, anger management, behavior problems, parenting, abuse, trauma, grief and loss, crisis intervention, and adjustment issues. Most insurance is accepted. Day and evening appointments are available.

**Parks and Pools**

**Berry Hill Park** 2711 Clearfield Drive Norfolk, NE

 The amenities at this location include: playground, sand volleyball court, multi-purpose asphalted area with 2 basketball courts that is converted to an ice skating pond for a portion of the winter and a baseball/softball area with a backstop.

**Liberty Bell Park/ Pool** 700 Georgia Ave Norfolk, NE

 There is a lighted regulation youth softball field, girls fastpitch indoor training facility, 3 flag football fields, bathrooms, picnic areas, and a small playground area located in this park.

**TaHaZouka Park** 2201 South 13th Street Norfolk, NE

 This park offers 4 [rental cabins](http://www.ci.norfolk.ne.us/parks/rental_cabins.htm), 2 large [picnic shelters](http://www.ci.norfolk.ne.us/parks/picnic_shelters.htm), 2 small picnic shelters, 1 sand volleyball court, 1 lighted official softball field (field #5), bathrooms at two locations, picnic tables, barbeque grills, canoe access to the Elkhorn River, fishing opportunities at the river and the lagoon (there is a handicapped fishing platform along the lagoon) and a public [campground](http://www.ci.norfolk.ne.us/parks/campground.htm) located between the river and the lagoon. A new [Off-Leash Dog Recreation Area](http://www.ci.norfolk.ne.us/parks/off_leash_dog_recreation_area.htm) and the rail head to the [Cowboy Trail,](http://www.ci.norfolk.ne.us/parks/cowboy_trail.htm) are available for the public to use. Newer additions to the park include: a Horseshoe Court Complex, four-court sand volleyball area, a softball complex, a youth ball field complex, and a River Run disc-golf course.

**Central Park** 705 South 6th Street Norfolk, NE

 This park has the following amenities: World War II Memorial, 2 lighted tennis courts, [2 youth wading pools](http://www.ci.norfolk.ne.us/parks/central_park_wading_pools.htm), a lighted basketball court, large playground area, bathrooms, picnic tables, barbeque grills and a raised bandstand that occasionally hosts some small musical events.

**Memorial Park/ Memorial Pool** 700 Blaine Street Norfolk, NE

 This park is comprised of 21 acres and is home to  Memorial Baseball Field, Memorial Football Field, [Miracle Skatepark](http://www.ci.norfolk.ne.us/parks/miracle_skatepark.htm) and [Memorial Swimming Pool](http://www.ci.norfolk.ne.us/parks/memorial_pool.htm). Other amenities include a basketball court, 3 baseball/softball backstops in the large parking lot used for practice and a small playground by swimming pool.

**Warren Cook Park** 300 Elm Ave. Norfolk, NE

 This park was dedicated to previous City of Norfolk mayor Warren Cook in 2001 and consists of 1 youth softball field with the rest of the green space being used for youth soccer.

**Nord Park** 1007 Nord Street Norfolk, NE

 This small park is comprised of approximately 1/5 of an acre and is located east of Victory Road. Amenities include: small playground, basketball court, picnic table and a barbeque grill.

**Westside Park** 2406 Westside Ave Norfolk, NE

 Amenities include: playground area with a new play structure installed in 2008, 1 on 1 basketball court and one picnic table.

**Johnson Park** 101 East Nebraska Ave Norfolk, NE

 Amenities include: different playground areas, 1 basketball court and a smaller 1 on 1 basketball court, picnic tables, barbeque grills, bathrooms, picnic shelter, large flower beds and a small recreational soccer field.

**North 4th Street Park** 600 North 4th Street Norfolk, NE

 Amenities include: 3 lighted tennis courts, a small playground and 2 lighted basketball courts that can be flooded for ice skating in the winter.

**Winter Park** 601 North 3rd Street Norfolk, NE

 Amenities include: newly renovated and improved playground area (below), picnic tables, barbeque grills, 1 small recreational soccer field and a baseball/softball backstop.

**Skyview Park** 1900 West Maple Ave Norfolk, NE

 Many park amenities surround the lake and include the following: Bathrooms on north and south sides of the lake, 4 large and 2 small picnic shelters, picnic tables, barbeque grills, large playground area, cross country course, [arboretum](http://www.ci.norfolk.ne.us/parks/arboretum.htm), a concrete hiking/biking concrete trail over 2 1/2 miles long that surrounds the lake (the main loop that circles the lake is 1.82 miles long) and two fitness stations along the hiking/biking trail. New to Skyview Park in the fall of 2002 is a [Disc Golf Course](http://www.ci.norfolk.ne.us/parks/disc_golf_courses.htm).

**Norfolk Churches**

**Christ is King Community Church** 203 S 8th, Norfolk, NE

**[Christ Lutheran Church, Mo. Synod](http://www.blogger.com/)** [605 S. 5th, Norfolk, NE](http://maps.google.com/?q=605+S.+5th%2C+Norfolk%2C+NE)

**[Christ the Servant Lutheran Church, ELCA](http://www.blogger.com/)** [1100 Benjamin Ave E, Norfolk, NE](http://maps.google.com/?q=1100+Benjamin+Ave+E%2C+Norfolk%2C+NE)

**[Church of Christ Glen Park](http://www.blogger.com/)**

[1501 N 13th, Norfolk, NE](http://maps.google.com/?q=1501+N+13th%2C+Norfolk%2C+NE)

**[Church of God New Life](http://www.blogger.com/)**

[407 Pasewalk Ave, Norfolk, NE](http://maps.google.com/?q=407+Pasewalk+Ave%2C+Norfolk%2C+NE)

[**Church of Jesus Christ of Latter Day Saints**](http://www.blogger.com/) [100 El Camino Dr, Norfolk, NE](http://maps.google.com/?q=100+El+Camino+Dr%2C+Norfolk%2C+NE)

**[First Baptist Church](http://www.blogger.com/)**

[404 Benjamin Ave, Norfolk, NE](http://maps.google.com/?q=404+Benjamin+Ave%2C+Norfolk%2C+NE)

**[First Christian Church](http://www.blogger.com/)**

[1200 N 13th, Norfolk, NE](http://maps.google.com/?q=1200+N+13th%2C+Norfolk%2C+NE)

**[First Congregational United Church of Christ](http://www.blogger.com/)** [1102 W Norfolk Ave, Norfolk, NE](http://maps.google.com/?q=1102+W+Norfolk+Ave%2C+Norfolk%2C+NE)

**[First Presbyterian Church of Norfolk](http://www.blogger.com/)** [104 S. 10th, Norfolk, NE](http://maps.google.com/?q=104+S.+10th%2C+Norfolk%2C+NE)

**[First United Methodist Church](http://www.blogger.com/)** [406 Phillip Ave, Norfolk, NE](http://maps.google.com/?q=406+Phillip+Ave%2C+Norfolk%2C+NE)

**[Grace Community](http://www.blogger.com/)**

[321 Norfolk Ave, Norfolk, NE](http://maps.google.com/?q=321+Norfolk+Ave%2C+Norfolk%2C+NE)

**[Grace Lutheran Church, Mo. Synod](http://www.blogger.com/)** [416 Park Ave, Norfolk, NE](http://maps.google.com/?q=416+Park+Ave%2C+Norfolk%2C+NE)

**[Harvest Church](http://www.blogger.com/)**

[1810 Channel Rd, Norfolk, NE](http://maps.google.com/?q=1810+Channel+Rd%2C+Norfolk%2C+NE)

**[Heartland Baptist Church](http://www.blogger.com/)**

[310 S 3rd, Norfolk, NE](http://maps.google.com/?q=310+S+3rd%2C+Norfolk%2C+NE)

**[Immaculata Monastery](http://www.blogger.com/)**

[300 N 18th, Norfolk, NE](http://maps.google.com/?q=300+N+18th%2C+Norfolk%2C+NE)

**[Jehovah's Witnesses Kingdom Hall](http://www.blogger.com/)** [606 Channel Rd, Norfolk, NE](http://maps.google.com/?q=606+Channel+Rd%2C+Norfolk%2C+NE)

**[Kansas-Nebraska Conv. of So. Baptist](http://www.blogger.com/)** [401 Forest Dr, Norfolk, NE](http://maps.google.com/?q=401+Forest+Dr%2C+Norfolk%2C+NE)

**[Macedonian Missionary Baptist](http://www.blogger.com/)**

[300 S 2nd, Norfolk, NE](http://maps.google.com/?q=300+S+2nd%2C+Norfolk%2C+NE)

**[Mount Olive Lutheran, Mo. Synod](http://www.blogger.com/)** [1212 S 2nd, Norfolk, NE](http://maps.google.com/?q=1212+S+2nd%2C+Norfolk%2C+NE)

**[Norfolk Baptist Church](http://www.blogger.com/)**

[1001 State Hwy 35, Norfolk, NE](http://maps.google.com/?q=1001+State+Hwy+35%2C+Norfolk%2C+NE)

**[Northern Heights Baptist Church, SBC](http://www.blogger.com/)** [708 Georgia, Norfolk, NE](http://maps.google.com/?q=+708+Georgia%2C+Norfolk%2C+NE)

**[Our Savior Luth Church, Mo. Synod](http://www.blogger.com/)** [2500 W. Norfolk Ave, Norfolk, NE](http://maps.google.com/?q=2500+W.+Norfolk+Ave%2C+Norfolk%2C+NE)

**[Sacred Heart Parish](http://www.blogger.com/)**

[200 S 5th, Norfolk, NE](http://maps.google.com/?q=200+S+5th%2C+Norfolk%2C+NE)

**[Seventh Day Adventist Church](http://www.blogger.com/)**

[204 N 8th, Norfolk, NE](http://maps.google.com/?q=204+N+8th%2C+Norfolk%2C+NE)

**[Shepherd of Peace Lutheran Church, Wis. Synod](http://www.blogger.com/)** [500 N 37th, Norfolk, NE](http://maps.google.com/?q=500+N+37th%2C+Norfolk%2C+NE)

**[St. John's Lutheran Church](http://www.blogger.com/)**

[1312 Benjamin Ave, Norfolk, NE](http://maps.google.com/?q=1312+Benjamin+Ave%2C+Norfolk%2C+NE)

**[St. Mary's Catholic Church](http://www.blogger.com/)**

[2300 Madison, Norfolk, NE](http://maps.google.com/?q=2300+Madison%2C+Norfolk%2C+NE)

**[St. Paul's Lutheran Church, Wis. Synod](http://www.blogger.com/)** [1100 Georgia Ave, Norfolk, NE](http://maps.google.com/?q=1100+Georgia+Ave%2C+Norfolk%2C+NE)

**The Salvation Army Church**

112 N. 7th Street, Norfolk, NE

**[Trinity Episcopal Church](http://www.blogger.com/)**

[111 S 9th, Norfolk, NE](http://maps.google.com/?q=111+S+9th%2C+Norfolk%2C+NE)

**[Victory Road Assembly of God](http://www.blogger.com/)**

[200 N Victory Road, Norfolk, NE](http://maps.google.com/?q=200+N+Victory+Road%2C+Norfolk%2C+NE)

**[Victory Road Evangelical Free Church](http://www.blogger.com/)**

 [1201 N Victory Road, Norfolk, NE](http://maps.google.com/?q=1201+N+Victory+Road%2C+Norfolk%2C+NE)

**\*\*Norfolk Council for Family Empowerment provides education on child abuse and neglect prevention. For more information contact 402-644-7319 or** **ncfe@care2.com****.**