

Hastings

Church Directory: (See insert)

Clothing/Furniture Assistance:

- **Catholic Social Services (Clothes and Furniture- See insert)**
St. Joseph gift and Thrift Store (See insert for store hours)
Address: 325 West 2nd Street
Hastings, NE 68901
Phone: (402) 463-2151
Website: http://www.cssisus.org/what_we_do/programs_services/social_services/gift_thrift_stores.html
- **Catholic Social Services (Clothes and Furniture- See insert)**
Rolling Thrift Store (See insert-Need to call ahead for services)
Address: 333 West 2nd Street
Hastings, NE 68901
Phone: (402) 463-2112 or (888) 826-9629
Website: <http://www.cssisus.org/services/social/rollingthrift.html>
- **Community Action Partnership of Mid-Nebraska (Clothing only- See insert)**
Address: 604 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 463-7679
Fax: (402) 463-7890
Web Site: www.mnca.net
- **Crossroads (Clothes and Furniture- See insert)**
9am - 5pm every Monday through Friday
9am - 1pm on Saturdays
Address: 702 West 14th Street (basement of the facility)
Hastings, NE 68901
Phone: (402) 462-6460
Website: <https://www.crossroadsmission.com/thrift-store>
- **Free Clothing**
Every Wednesday at 201 East 9th Street from 2:00 to 4:00 p.m.
Contact Number: (402) 751-2400
- **Nebraska Foster and Adoptive Parents Association (NFAPA)-See insert**
Main office: 2431 Fairfield, Suite C
Lincoln, NE 68521
Phone: (402) 476-2273 or 1(877) 257-0176
Website: <http://www.nfapa.org>
Executive Director: Pamela Allen
Phone: (308) 631-5847

- **Salvation Army (Clothing only- See insert)**

Address: 400 South Burlington Avenue
Hastings, NE 68901

Phone: (402) 463-0529

Website: <http://www.tsahastings.com/>

- **YWCA**

Career Closet (Clothing only- See insert)

Address: 604 North St. Joseph Avenue
Hastings, NE 68901

Phone: (402) 462-8821

Website: <http://www.kintera.org/site/c.6nJDJRPuEfKUE/b.8191449/k.BF3D/Home.htm>

Community Service/Volunteer Locations:

- **SEE INSERT**

Mental Health/Substance Abuse:

Counselors:

- **Listing of Mental Health Providers who are trained in Trauma Focused CBT Training (See insert)**

- **Almquist & Bumgardner Counseling Services (See insert)**

Mental Health Therapy Only

Address: 103 North Minnesota Avenue
Hastings, NE 68901

Phone: (308) 380-0697

- **Be-Do-Live-Well Counseling (See insert)**

Mental Health and Substance Abuse Therapy

Groups-

Anger Management: A Cognitive –Behavioral Therapeutic Group

Grief Recovery: A Therapeutic Group

Address: 422 North Hastings Avenue, Suite 105
Hastings, NE 68901

Phone: (402) 460-5955

Fax: (402) 460-5955

Website: <http://www.bedolivewellcounseling.com>

- **Catholic Social Services**
Mental Health Therapy Only
-They have a psychologist and LMHP on staff.
Address: 333 West 2nd Street
Hastings, NE 68901
Phone: (402) 463-2112 or (800) 961-6277
Fax: (402) 489-2046

- **Center for Healing and Change**
Mental Health Therapy Only
Address: 223 East 14th Street, Suite 3
Hastings, NE 68901
Phone: (402) 463-3640
Fax: (402) 463-3677
Website: <http://centerforhealingandchange.net>

- **Children and Adolescent Clinic, PC (See insert)**
The primary clinician is Jody Lieske. Dr. Lieske earned her Ph.D. in School Psychology from the University of Nebraska - Lincoln and is now a licensed psychologist.
Address: 2115 North Kansas Avenue
Hastings, NE 68901
Phone: (402)463-6828
Fax: (402) 463-4767
Website: <http://www.unmc.edu/mmi/hastingsclinic.htm>

- **Compass Point**
Mental Health and Substance Abuse Therapy
Address: 225 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 463-5075
Fax: (402) 463-5073

- **Eye Movement Desensitization and Reprocessing (EMDR) Therapist in Region 3**
SEE INSERT

- **General Counseling LLC of Hastings-Offer Sliding Scale Fee (for those without insurance) (See Insert)**
Mental Health and Substance Abuse Therapy
Address: 215 South Burlington Avenue
Hastings, NE 68901
Phone: (402) 463-6811
Fax: ((402) 463-6847
Website: <http://www.generalcounseling.com>

- **Horizon Recovery & Counseling Center (See insert)**
 Mental Health and Substance Abuse Therapy
 Address: 835 South Burlington Avenue, Suite 115
 Hastings, NE 68901
 Phone: (402)462-2066
 Fax: (402)462-2045
 Website: <http://www.horizonrecoverycenter.com>
- **Howard Psychiatric Services (See insert)**
 Mental Health/Substance Abuse Therapy and Medication Management (Adults and Children)
 Address: 420 West 5th Street, Suite 201
 Hastings, NE 68901
 Phone: (402) 462-9400
 Fax: (402) 462-9466
 Website: <http://www.howard-psychiatric-services.com>
- **Lanning Center for Behavioral Services (See insert)**
 Mental Health Therapy Only and Medication Management (Adults and Children)
 Address: 835 South Burlington Avenue, Suite 108
 Hastings, NE 68901
 Phone: (402) 463-7711
 Website: <http://www.marylanning.org/medical-clinics/lanning-center>
- **Lighthouse Counseling Center-Beth Spencer**
 Mental Health and Substance Abuse Therapy
 Address: 432 North Minnesota Avenue
 Hastings, NE 68901
 Phone: (402) 463-1400
- **Mid Plains Center for Behavioral Healthcare Services Inc. (See insert)**
Multisystemic Therapy (MST)-Referral Attached-
Parent-Child Interactive Therapy-SEE INSERT
 Mental Health and Substance Abuse Therapy (Family and Community Based Therapy for Juveniles and Adults)
 Address: 615 North Elm Street
 Grand Island, NE 68801
 Phone: (308) 395-1025
 Fax: (308) 395-1060
 Website: <http://www.midplainscenter.org/>

- **New Dimensions Counseling, LLC- Offer Sliding Scale Fee-(See insert)**
 Mental Health and Substance Abuse Therapy
 Address: 223 East 14th Street, Suite 220
 Hastings, NE 68901
 Phone: (402) 463-9169
 Dr. Beverly Patitz (Cell Phone): (402) 519-0159
 Theresa Arnett Nickolaus (Cell Phone): (402) 631-7267
 Fax: (402) 463-9169 or (402) 631-7267
 Areas Served: Aurora, Central City, Grand Island, Hastings, York & Surrounding Counties
Home Based Services Available.
- **Prairie Winds Therapy Group, LLC (Primary office location is in Grand Island, office also in Hastings-See insert)**
 Mental Health and Substance Abuse Therapy
 Address: 2121 North Webb Road, Suite 205
 Grand Island, NE 68803
 Phone: (308) 210-9431
 Fax: (308) 398-6051
 Website: <http://www.pwtherapy.com>
- **Region 3 Behavioral Health Services-Network Directory (See insert)**
- **South Central Behavioral Services and Admin.-Offer Sliding Scale Fee (See insert)**
 Mental Health and Substance Abuse Therapy
 Address: 616 West 5th Street
 Hastings NE 68901
 Phone: (402) 463-5684
 Website: <http://www.scsbsne.com>
 -Fee Reduction Form included.
 -Outpatient Admission Paperwork included.
 -South Central Behavioral Services Medication Form Included.
Therapy Services:
 - Outpatient Therapy for children and adults
 - Adult Intensive Outpatient (IOP)
 - Adolescent Substance Abuse Services
 - Relapse Prevention/Aftercare
 - Approved provider for Criminal Justice Referrals
 - Drug Court Provider
 - Dialectical Behavior Therapy (DBT)-A skills-based Psychotherapy Group for individuals with affect regulation, including Borderline Personality Disorder.
 - Seeking Safety Group-intended to address only the first stage of recovery for both substance abuse and PTSD (Post Traumatic Stress Disorder).**Therapy services also available in Kearney and Holdrege.**

- **Stephanie Kinney (See insert)**

Mental Health Therapy Only

Address: 604 North St. Joseph Avenue

Hastings, Nebraska 68901

Phone: (402) 469-3885

Fax: (402) 469-3885

Website: <http://www.stephaniecobbkinney-limhp.com>

Mental Health/Substance Abuse Evaluations: (See insert)

- **Be-Do-Live-Well Counseling (See insert)**

Address: 422 North Hastings Avenue, Suite 105

Hastings, NE 68901

Phone: (402) 460-5955

Fax: (402) 460-5955

Website: <http://www.bedolivewellcounseling.com>

Substance Abuse Evaluations

- **Compass Point**

Address: 225 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 463-5075

Fax: (402) 463-5073

Substance Abuse Evaluations

- **Howard Psychiatric Services (See insert)**

Address: 420 West 5th Street, Suite 201

Hastings, NE 68901

Phone: (402) 462-9400

Psychological Evaluations/Assessments

- **Lanning Center for Behavioral Services (See insert)**

Address: 835 South Burlington Avenue, Suite 108

Hastings, NE 68901

Phone: (402) 463-7711

Website: <http://www.marylanning.org/medical-clinics/lanning-center>

Psychological Evaluations/Assessments:

Psychological and behavioral assessments are available for children through geriatric populations in the areas of:

- Mental health
- Intellectual abilities
- Academic achievement
- Cognitive functioning
- Behavioral issues
- Neuropsychological evaluation

- **Region 3 Behavioral Health Services-Network Providers (SEE INSERT)**

- **South Central Behavioral Services**

Address: 616 West 5th Street

Hastings, NE 68901

Phone: (402)463-5684

Website: <http://www.scbsne.com>

Substance Abuse Evaluations (ASIs and CASIs)

Other Mental Health/Substance Abuse Services:

- **The Bridge (See insert)**

Address: 922 North Denver Street

Hastings, NE 68901

Phone: (402) 462-4677

Website: <http://www.thehastingsbridge.com>

- **Horizon Recovery & Counseling Center (See insert)**

Christ Centered Intensive Outpatient Program-six week program that meets three times a week for three hours.

Traditional Intensive Outpatient (IOP)- eight-week IOP meets three times a week for three hours

Aftercare Program- This six month program is designed for individuals who have completed IOP recently.

The Aftercare client's meet in a group setting either Tuesday, Wednesday, or Thursday evenings at 6:30 PM -8:00 PM.

Juvenile Intensive Outpatient Program (IOP)-Six week program for juveniles who have experienced problems with their alcohol or other drug use.

Address: 835 South Burlington Avenue, Suite 115

Hastings, NE 68901

Phone: (402)462-2066

Fax: (402)462-2045

Website: <http://www.horizonrecoverycenter.com>

- **Horizon Recovery and Counseling Center-Unity House (See insert)**

-Provides a safe and affordable living environment for adult men recovering from drug and alcohol addiction.

Address: 835 South Burlington Avenue, Suite 115

Hastings, NE 68901

Phone: (402)462-2066

Fax: (402)462-2045

Website: <http://www.unityhouses.com/>

- **Mary Lanning Healthcare (See insert)**

Inpatient Psychiatric Services (Behavioral Services Unit)

Partial Hospitalization Program- Service for individuals with mental health needs.

Address: 715 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 463-4521

Referral/Crisis Line: (402) 463-7711

Website: <http://www.marylanning.org/our-services/behavioral/inpatient-care>

- **Region 3 Behavioral Health Services (See insert)**

Emergency Community Support Services

-The consumer has been admitted to an acute psychiatric care or at risk of being admitted.

-The consumer resides within the 22 counties of the Region 3 Behavioral Health Service area.

-The individual is struggling with mental health and/or substance concerns.

Address: 4009 6th Avenue, Suite #65

Kearney, NE 68848

Phone: (308) 237-5113 or 1-800-321-4981

Fax: (308) 236-7669

- **South Central Behavioral Services (See insert)**

Opportunity House-Community Support, Day Rehabilitation, and Day Support

Address: 724 South Burlington

Hastings, NE 68901

Phone: (402) 463-7435

Website: <http://www.scbsne.com>

- **South Central Behavioral Services (See insert)**

Assertive Community Treatment (ACT)

Address: 835 South Burlington

Hastings, NE 68901

Phone: (402) 462-4200

Website: <http://www.scbsne.com>

Education Programs/Assistance:

- **American Red Cross (See insert)**

Babysitter Training Class

- This class is for ages 11-15 year olds.

Contact American Red Cross at-

Phone: (800) REDCROSS

Website: www.redcross.org/takeaclass

- Catholic Social Services (See insert)**
School Supplies-Backpacks with school supplies distributed before school starts in August usually have left over items.
 Address: 333 West 2nd Street
 Hastings, NE 68901
 Phone: (402) 463-2112
- Central Community College (See insert)**
Project HELP
 - This project engages low income individuals in the education and training process.
 Hastings Project HELP Community Liaison: Melissa Pedroza
 Address: 550 South Technical Boulevard
 P.O. Box 1024
 Hastings, NE 68902-0780
 Phone: (402) 460-2195
 Website: <http://www.cccneb.edu/projecthelp>
- Community Action Partnership of Mid-Nebraska**
Head Start/Early Head Start
(Reading Library Also Available-See attached list)
 Address: 123 North Marian Road
 Hastings, NE 68901
 Phone: (402) 463-7323
 Website: <http://www.hshn.org>
- Community Action Partnership of Mid-Nebraska (See insert)**
(Scholarships and Awards offered)
 Website: http://www.hshn.org/index.php?option=com_content&view=article&id=75:scholarships-and-awards&catid=36:scholarships&Itemid=54
- Community Action Partnership of Mid-Nebraska (See insert)**
Happy Bear Presentations- for early elementary aged children. Happy Bear teaches kids about bullying, good touch/bad touch, drug and alcohol prevention and stranger danger.
 Contact Person: Jessica Osterbuhr
 Phone Number: (308) 865-5675
 E-mail: josterbuhr@mnca.net
- Education Quest Foundation (Office locations in Kearney, Omaha, Lincoln)-See insert**
 -College planning for students with disabilities.
 Address: 2706 2nd Street
 Kearney, NE 68847
 Phone: (308) 234-6310 or (800) 666-3721
 Website: <http://www.educationquest.org>
 Materials and Web site available in Spanish at
 Website: <http://www.educationquest.org/spanish-resources/>

- **Hastings Literacy Program-(See insert)**

-GED Program

-ESL classes, Reading, Math, EL/Civics, Citizenship and Computer Literacy programs for registered GED or ESL students.

Address: 123 North Marian Road

Hastings, NE 68901

Phone: (402) 463-7323

Website: <http://hastingsliteracy.com/GED.html>

- **Hastings Museum (See insert)**

-Pre-school Playday and Summer Fun Classes for kids

-See calendar for activities

Mailing Address: P.O. Box 1286

Hastings, NE 68902

Physical Address: 1330 North Burlington Avenue

Hastings, NE 68901

Phone: (402) 461-4629

Website: <http://hastingsmuseum.org>

- **Nebraska Department of Education (See insert)**

(How to request GED Records and Duplicate Diplomas—Application request form included.)

Address: Adult Education

Nebraska Department of Education

301 Centennial Mall South

P.O. Box 94987

Lincoln, NE 68509

Phone: (402) 471-2295

Fax: (402) 471-8127

Websites: **(For GED Transcript Request info.)**

http://www.education.ne.gov/ADED/pdfs/Nebraska_GED_Transcript_Request_Form.pdf

(For Duplicate Diploma Request information and forms)

http://www.education.ne.gov/ADED/pdfs/Duplicate_GED_Request_Form.pdf

- **Nebraska Safety Council**

Driver's Education Courses (See insert for classes)

Address: 3243 Cornhusker Highway, Suite A10

Lincoln, NE 68504-1592

Phone: (402) 483-2511

Fax: (402) 483-2513

Website: <http://www.nesafetycouncil.org/teen-driver-education/hastings>

- **Proteus-Office is in Grand Island, NE (See insert)**

Mission: To provide farmworkers, immigrants, and others with a variety of services that improve their health, education, and economic opportunities.

-Vocational education assistance

-Education assistance

-Job-readiness assistance

-On-the-job Training (OJT)

-Emergency assistance

Address: 915 Baumann Drive, Suite 200

Grand Island, NE 68801

Phone: (308) 382-0414

Fax: (308) 382-0415

Website: <http://www.proteusinc.net/wp-content/uploads/2012/05/Newsletter-May-20121.pdf>

Jody Stutzman- Tri-Cities Area Case Manager

E-mail: JodyS@proteusinc.net

- **Salvation Army (See insert)**

School Supplies

-Backpack program for kindergarten through 8th grade to assist with school supplies.

After School Program

-For children in kindergarten through 12th grade from 2:30 pm-4:00 pm Mon., Tues., Wed., and Fri. On Thurs. ONLY from 3:30 pm-7:00 pm (meals included). Tutoring is also provided.

Address: 400 South Burlington Avenue

Hastings, NE 68901

Phone: (402) 463-0529

Website: <http://www.tsahastings.com/>

- **YWCA**

Youth Summer Classes:

-K-8th grade girls and boys. June-August. Classes change yearly.

-Calendar to be distributed at a later date.

Address: 604 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website: <http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8191449/k.BF3D/Home.htm>

Emergency Numbers: (See Insert for List of Numbers)

- **Personal Safety Plan (See insert)**
-A Checklist for living free from intimate partner violence.
- **SASA (Sexual Abuse/Sexual Assault)-See insert
Crisis Center**
Address: 220 South Burlington Avenue
Hastings, NE 68901
Phone: (402) 463-5810 or Hotline: (402) 463-4677
Website: <http://www.sasacenter.org/>
- Confidential 24-hr. Crisis line, crisis support, emergency shelter, emergency transportation, emergency childcare, legal and medical referral, resources, support group, limited financial assistance.
- **South Heartland District Health Department (See insert)
Suicide Prevention Coalition**
Phone: Suicide Prevention Hotline 1-800-273-TALK (8255)
- **Other Contact Numbers for Assistance (SEE INSERT)**
- **Quick Reference Guide to Resources in the Grand Island, NE Community (SEE INSERT)**

Employment Assistance:

- **Goodwill Industries of Greater Nebraska, Inc. (See insert)-Corporate Office in Grand Island, NE**
Address: 1804 South Eddy St
Grand Island, NE 68801
Phone: (308) 384-7896
Website: <http://www.goodwillne.org>
- **Nebraska Department of Education (See insert)
Vocational Rehabilitation**
Address: 2727 West 2nd Street
Hastings, NE 68901
Phone: (402) 462-1902
Website: <http://www.vocrehab.state.ne.us>
- **Nebraska Workforce Development (See insert)**
Address: 2727 West 2nd Street, Suite 338
Hastings, NE 68901
Phone: (402) 462-1867
Website: www.Nebraskaworkforce.com
- Registration and referral to employment opportunities
- Resume assistance
- Job Search and interviewing techniques

- Job Training information
- Youth program for ages 14-21 whose family receives cash assistance or food stamps, is homeless, falls within poverty guidelines, is at risk for dropping out of school, has dropped out of school, or has barriers to employment
- Dislocated worker program
- Adult program for training services

- **Nebraska Workforce Development (See insert)**
 - Firefighter Recruitment Information**
 - Police Officer Recruitment Information**
 - Address: 2727 West 2nd Street, Suite 338
Hastings, NE 68901
 - Phone: (402) 462-1867
 - Website: <http://www.cityofhastings.org/employment/firefighters.htm>

- **Proteus-Office is in Grand Island, NE (See insert)**
 - Mission: To provide farmworkers, immigrants, and others with a variety of services that improve their health, education, and economic opportunities.
 - Vocational education assistance
 - Education assistance
 - Job-readiness assistance
 - On-the-job Training (OJT)
 - Emergency assistance
 - Address: 915 Baumann Drive, Suite 200
Grand Island, NE 68801
 - Phone: (308) 382-0414
 - Fax: (308) 382-0415
 - Website: <http://www.proteusinc.net/wp-content/uploads/2012/05/Newsletter-May-20121.pdf>
 - Jody Stutzman- Tri-Cities Area Case Manager
 - E-mail: JodyS@proteusinc.net

- **Goodwill Services/Vocational Rehabilitation**
 - Address: 835 South Burlington Avenue, Suite 112
Hastings, NE 68901
 - Phone: (402) 463-1462

- **YWCA (See insert)**
 - Power for Employment:** equipping women with the skills to search and interview for employment
 - Address: 604 North St. Joseph Avenue
 - Career Closet:** For economically disadvantaged women who want to advance their careers.
 - Hastings, NE 68901
 - Phone: (402) 462-8821
 - Fax: (402) 463-2590
 - Website: <http://www.kintera.org/site/c.6nJDJRPuEfKUE/b.8191449/k.BF3D/Home.htm>

Family Planning/Pregnancy Resources:

- **AAA Pregnancy Resource Center**
Address: Crosier Professional Center
223 East 14th Street, Suite 202
Hastings, NE 68901
Phone: (402) 463-7785 or (800) 560-0717
Website: <http://pregnancyhelpnow.org>
 - Pregnancy testing free of charge
 - Peer Counseling
 - Assistance in obtaining pre-natal care
 - Free ultrasounds (by appointment only)

- **Community Action Partnership of Mid-Nebraska**
Address: 604 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 463-7679
Fax: (402) 463-7830
Website: <http://www.mnca.net>
 - Family development program is a voluntary family centered program emphasizing self- sufficiency and family strengths. The family and coordinator complete assessments in the areas of housing, transportation, employment, income/budget, career and adult education, children's education and activities, parenting, family relations, drug/ alcohol use, nutrition, and physical and mental health. This home based program works with the family on a weekly or bi-weekly basis to build on family strengths, overcome barriers and meet life goals. Program is determined by the family and their goals.
 - The program is open to any family or individual regardless of composition or income who desires to make positive changes in their life. Home or office visitation takes place at the convenience of the family.

- **Healthy Beginnings (See insert)**
Address: 715 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 461-5263
Website: <http://www.unitedwayscne.org/agency-listing/healthy-beginnings> or <http://www.marylanning.org/our-services/home-care/healthy-beginnings>
 - Prenatal and Parenting Education

- **Mary Lanning Healthcare**
Prenatal Education: Contact the Family Care Center for specifics on childbirth and family classes.
Address: 715 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 461-5226

- **Mary Lanning Healthcare (See insert)**

Birth & Beyond: Call ahead to make your individual appointment.

Address: 715 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 460-5737

Website: <http://www.marylanning.org/community-education/birth-and-beyond>

- **Mary Lanning Healthcare (See insert)**

Baby Weighs (Breastfeeding Support)

Address: Home Away From Home-Lower Level

736 North Kansas Avenue

Hastings, NE 68901

Phone: (402) 460-5858

Website: <http://www.marylanning.org/community-education/breastfeeding-class>

- **Mary Lanning Healthcare-Safe Kids (See insert)**

Car Seat Check-Up

-Certified Child Passenger Safety Technicians inspect and adjust car seats for maximum safety.

-First Tuesday of every month by appointment only. Call: (402) 460-5884 and then Choose Option 1 or call (402) 460-5810.

Address: Lincoln Park Fire Station

1145 South Hastings Avenue

Hastings, NE 68901

Phone: (402) 461-2353--(Fire station)

- **Nebraska Children's Home (See insert)**

Pregnancy and Parenting Services

Locations in our area:

-Grand Island Area

Address: 908 N. Howard, Suite 107

Grand Island, NE 68803

Phone: (308) 381-0568

-Kearney Area

Address: 2222 2nd Avenue, Suite 802

P.O. Box 1896

Kearney, NE 68847

Phone: (308) 237-2304

Website: <http://www.nchs.org/>

- **Nebraska Pregnancy Help Centers (See insert)**

These centers provide or facilitate housing, instructional programs, provision of maternity and baby clothes, furniture and other necessities, adoption through licensed agencies, parenting classes, job training, medical care including pregnancy testing, prenatal and obstetrical care, social services, including counseling, arrangement for transportation, child health care, assistance in applying for financial help before and after the birth, including the WIC (Women, Infants, Children) program, Medicaid, and child support.

Website: <http://nebcathcon.org/Pregnancy%20Help%20Centers%202012.pdf>

- **Women, Infants, and Children (WIC)-- (See insert)**

Address: Foote Building

422 North Hastings, Suite 104

Hastings, NE 68901

Phone: (402) 462-9242

Website: <http://www.mnca.net/wic.html>

MANY ADDITIONAL LOCATIONS (SEE INSERT)

-For appointments in Webster, Clay, and Nuckolls counties contact the Hastings office

- WIC is a supplemental nutrition education program which provides health referrals, breast feeding promotions, and nutritious free foods to income eligible people. This includes: pregnant, breast feeding or post-partum women, infants and children up to age five.

- Must meet income guidelines

Food Assistance/Programs:

- **Catholic Social Services (See insert)**

Food Assistance:

St. Andrew Rolling Food Pantry

(Available in the following communities: Ashland, Auburn, Crete, David City, Falls City, Geneva, Fairbury, Hebron, Pawnee City, Tecumseh, Wahoo, Seward, Superior, Sutton, Harvard, Holdrege, Orleans and Imperial.)

Website: <http://www.cssisus.org/services/social/foodpantry.html>

- **Catholic Social Services (See insert)**

St. Anthony Food Pantry-Hastings

Daily Sack Lunches

- Served Monday thru Friday when open

-Only one lunch per person per day

- Everyone is eligible, must be present to receive meal

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website: <http://www.cssisus.org/services/social/foodpantry.html>

- **Community Action Partnership of Mid-Nebraska**

- Commodity Supplemental Food Program (See insert for schedule)**

- Customers cannot participate in CSFP and the WIC program at the same time for the same child.

- Phone: Katie Shaw- (402) 463-7679

- Website: <http://www.mnca.net/suppfood.html>

- For more information, please contact

- Community Action Partnership of Mid-Nebraska

- Commodity Foods

- Address: 604 North St. Joseph Avenue

- Hastings, NE 68901

- Phone: (402) 463-7679

- Fax: (402_ 463-7890

- The Commodity Supplemental Food Program (CSFP) provides nutritious supplemental food to pregnant women, post-partum women and children under the age of six years. CSFP is also available to seniors 60 years of age and older. CSFP does not provide all the food a person needs, just supplemental food with good sources of nutrients which may be lacking in the diets of the participants.

- **Crossroads**

- Address: 702 West 14th Street

- Hastings, NE 68901

- Phone: (402) 462-6460

- Open Table

- On Sunday night at 5:00 pm.

- Anyone in the community can come eat free of charge

- Website: <https://www.crossroadsmission.com/>

- **Hastings Food Pantry (See insert)**

- Address: 212 West 3rd Street Suite C

- Hastings, NE 68901-5056

- Phone: (402) 463-2911

- **Supplemental Nutrition Assistance Program (SNAP)- See insert**

- Web Site: <http://www.hhs.state.ne.us/fia/fstamps.htm>

- The Federal Program helps low-income people buy food.

- Must apply and be found eligible.

- Benefits are given free of charge to households that meet the program guidelines for income and resources.

- Guidelines enclosed.

- Got to www.accessnebraska.ne.gov to apply for program

- **Salvation Army (See insert)**

Address: 400 South Burlington Avenue
Hastings, NE 68901

Phone: (402) 463-0529

Website: <http://www.tsahastings.com/>

- Food, meals, groceries

- **University of Nebraska Lincoln Extension Office
Nutrition Program**

Contact Person: Kayte Tranel-Extension Educator

Mailing Address: P.O. Box 30

Hastings, NE 68902-0030

Office Address: 300 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 461-7209

Fax: (402) 461-7210

Website: <http://www.extension.unl.edu>

- **YWCA**

Freezer Meal: providing inexpensive freezer meals weekly

Summer Food Program: providing a nutritional meal once a day for three weeks following the closing of our Public School Summer lunch program.

Address: 604 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website: <http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8191449/k.BF3D/Home.htm>

Friends and Family of Foster Care: (See insert-Application Provided)

Holiday Programs: (See inserts)

Housing:

Energy Assistance Programs:

- **Catholic Social Services (See insert)**

(Cash assistance for utilities, rent and deposits, medicines, and other needed items.)

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website: http://www.cssisus.org/what_we_do/programs_services/social_services/

- **Community Action Partnership of Mid-Nebraska (See insert)**
Weatherization Assistance Program (WAP)-The WAP makes it possible for low-income families to permanently reduce their energy bills. Contractors or crews install energy efficiency measures in homes occupied by qualifying low-income families free of charge.
 Address: 604 North St. Joseph Avenue
 Hastings, NE 68901
 Phone: (402) 463-7679
 Fax: (402) 463-7890
 Website: <http://www.mnca.net>
- **Hastings Fire Department (Smoke Alarms)-LIMITED**
Highlands Park Station
 Address: 1313 North Hastings Avenue
 Hastings, NE 68901
 Phone: (402) 461-2350
- **Hastings Utilities (See insert)**
Hastings Utilities Energy Incentives
 Address: 1228 North Denver Avenue
 P.O. Box 289
 Hastings, NE 68902
 Phone: (402) 463-1371
 Website: http://www.hastingsutilities.com/Energy_Incentives.htm
 Business hours: Monday thru Friday 8:00 AM - 5:00 PM
- **Salvation Army (See insert)**
 Energy Assistance
 Address: 400 South Burlington
 Hastings, NE 68901
 Phone: (402) 463-0529
 Fax: (402) 463-0580
 Website: <http://www.usc.salvationarmy.org>
- **South Heartland District Health Department**
Radon Level Testing (See insert)
 -Test kits for \$5.00
 Address: 606 North Minnesota, Suite 2
 Hastings, NE 68901
 Phone: (402) 462-6211 or (877) 238-7595
 Fax: (402) 462-6219
 Website: www.southheartlandhealth.org

Housing Assistance Programs:

- **Catholic Social Services (See insert)**

(Cash assistance for utilities, rent and deposits, medicines, and other needed items.)

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website: [http://www.cssisus.org/what we do/programs services/social services/](http://www.cssisus.org/what_we_do/programs_services/social_services/)

- **Community Action Partnership of Mid-Nebraska (See insert)**

Housing Rehab-Promote an adequate supply of quality, affordable, appropriate housing for low-and-moderate income individuals, families, and homeowners, including persons with special housing needs.
Individual Development Account (IDA) Program-provides matches savings for purchasing a new home, education, and starting your own business.

Address: 604 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 463-7679

Fax: (402) 463-7890

Website: <http://www.mnca.net>

- **Habitat for Humanity**

Address: 621 North Lincoln Avenue

Hastings, NE 68901

Phone: (402) 462-5141

Website: <http://www.habitat.org>

- **Hastings Housing Authority (See insert)**

Address: 2727 West 2nd Street Suite 326

Hastings, NE 68901

Phone: (402) 463-1061

Website: <http://hastingshousingauthority.com>

- **League of Human Dignity (See insert)**

Office is in Kearney, NE

Address: 3811 West 29th Avenue, Suite 2

Kearney, NE 68845

Phone: (308) 224-3665

Fax: (308) 224-3633

Website: <http://www.leagueofhumandignity.com/>

- Region 3 Behavioral Health Services (See insert)**
Housing Assistance Program-Application included
 Contact Information:
 Regional Housing Program Coordinator
 Region 3 Behavioral Health Services
 Address: 4009 6th Avenue, Suite #65
 P.O. Box 2555
 Kearney, NE 68845
 Phone: (308) 237-5113 ext.243 or 1-800-321-4981
 Fax: (308) 236-7669
 Website: <http://www.region3.net/index.php/programs/housing>
- Salvation Army (See insert)**
 Rent Assistance
 Address: 400 South Burlington
 Hastings, NE 68901
 Phone: (402) 463-0529
 Fax: (402) 463-0580
 Website: <http://www.usc.salvationarmy.org>

Low Income Housing:

- Autumn Park (See insert)**
 -Low income housing for elderly or disabled.
 Address: 411 South Elm Street
 Hastings, NE 68901
 Phone: (402) 463-5651
- Catholic Social Services (See insert)**
 St. Agatha Supported Housing Program-Hastings
 (Housing and support services to homeless woman and children of domestic violence. Support Services include education, counseling, food, clothing, furniture and vehicles if needed. Families work on gaining the skills to live independently upon graduation from the program.)
 Address: 333 West 2nd Street
 Hastings, NE 68901
 Phone: (402) 463-2112 or (888) 826-9629
 Website: http://www.cssisus.org/what_we_do/programs_services/social_services/housing_services.html
- Heritage Manor**
 -Low income housing for elderly or disabled
 Address: 1343 West E Street
 Hastings, NE 68901
 Phone: (402) 463-7688

- **League of Human Dignity (See insert)**

Office is in Kearney, NE

Address: 3811 West 29th Avenue, Suite 2

Kearney, NE 68845

Phone: (308) 224-3665

Fax: (308) 224-3633

Website: <http://www.leagueofhumandignity.com/>

- **Lee/Lincoln Townhouses (See insert)**

-2 or 3 bedroom apartments for women who are pregnant, single parents, and couples who are not married with children. One parent can be attending college but not both parents. A Social Security Card and Birth Certificate are needed for all adults and children residing in the apartment.

Address: 945 West H Street

Hastings, NE 68901

Phone: (402) 463-5953

Website: <https://www.facebook.com/LeeLincolnTownhouses?ref=stream>

- **Pathways (See insert)**

-Applicants must meet the low income guidelines as published annually by NIFA (Nebraska Investment Finance Authority).

Address: 901 South Franklin Avenue

Hastings, NE 68901

Phone: (402) 463-5684

Fax: (402) 463-5686

Website: <http://csdlc.org/properties/pathway-plaza-apartments/>

- **Regency Heights Apartments (See insert)**

-Low income apartments for families (HUD assistance)

Address: 1040 South Wabash Avenue

Hastings, NE 68901

Phone: (402) 462-5205

Fax: (402) 462-6197

Website: <http://www.perryreid.com/regencyheights/hastings-ne-apartments.asp>

- **Smoke Free Housing: (See insert)**

- **South Central Behavioral Services (See insert)**

New Beginnings and New Horizons- HUD supported housing project designated for those low-income persons disabled by mental illness.

Housing Coordinator: Phone number- (402) 463-5684

Website: <http://www.scbsne.com/new-beginnings.htm> or
<http://www.scbsne.com/new-horizons.htm>

- **South Central Behavioral Services (See insert)**

Able House- A 9-bed, 24-hour rehabilitation residence dedicated to providing a safe, supportive and therapeutic living environment for individuals recovering from major mental illness.

Address: 616 West 5th Street

Hastings, NE 68901

Phone: (402)463-5684:

Website: <http://www.scsne.com/able-house.htm>

Rentwise/Cleaning Supplies:

- **Cleaning Supplies-Make Your Own Non-Toxic Cleaning Supplies (See insert)**

- **Rent Wise Tenant Training (See insert)**

A program to help renters obtain and keep rental housing and be successful renters through education.

Contact information: Phone Number: (402) 461-8407

E-mail: lahds@hastingschamber.com

Shelters:

- **Catholic Social Services (See insert)**

The Saint Nicholas Housing Program- A collaborative effort between Catholic Social Services, Hastings Human Service Agencies and Linden wood Apartments, this program offers affordable rent and utilities to struggling families for a period of time. In addition to housing, Catholic Social Services provides childcare education, employment and counseling services for families left homeless because of domestic violence.

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

- **Crossroads Center Rescue Mission-Hastings and Kearney (See insert)**

Homeless Shelter (Four Phase Program)

Hastings- Address: 702 West 14th Street

Hastings, Nebraska 68901

Phone: (402) 462-6460

Kearney- Address: 1404 East 39th Street

Kearney, NE 68847

Phone: (308) 236-5688

Website: <https://www.crossroadsmission.com/>

Serving: Adams County, Clay County, Hall County, Buffalo County, Kearney County, Franklin County, Nuckolls County, Webster County

- **Hope Harbor Transitional Stepping Stones Program-Grand Island (See insert)**
 Homeless Shelter
Application/ Referral Required-Attached
 Address: 610 West Division Street
 Grand Island, NE 68801
 Phone: (308) 385-5190
 Website: <http://www.hopeharborgi.org/>
 Serving: Hall County, Hamilton County, Howard County, Merrick County

- **R.A.F.T., Inc.-Kearney**
 Homeless Shelter- **Applicants must be family unit, no individuals.**
 Address: 16 West 11th Street
 Kearney, NE 68847
 Phone: (308) 865 – 1355-Main Phone ext. 133 or 140
 (308) 865 – 5675 – Alternative Number
 Website: <http://www.mnca.net/raft.html>
Eligibility: Living and or working within the southwest continuum of care
 Intake Procedure: Call for information; referrals to RAFT must be made by another service agency
 Serving: Buffalo County, Kearney County, Franklin County, Phelps County, Lincoln County, Dawson
 County, Harlan County, Furnas County, Gosper County, Frontier County
SHORT TERM RESIDENCE (6 months – 2 years) and program support to homeless families trying to
 get back on their feet; family service plans are developed, offering counseling, support groups, and
 budgeting classes.

- **Salvation Army-Hastings, Grand Island, and Kearney**
 Homeless Shelter
Hastings—Address: 400 South Burlington
 Hastings, NE 68901
 Phone: (402) 463-0529
 Serving: Adams County, Clay County, Nuckolls County, Webster County
Grand Island—Address: 818 West 3rd Street
 Grand Island, NE 68801
 Phone: (308) 382-4855
 Serving: Hall County
Kearney—Address: 719 Central Avenue
 Kearney, NE 68847
 Phone: (308) 234-9998
 Serving: Buffalo County, Kearney County

- **Other Homeless Shelter**

Immigration Services:

- **Catholic Social Services (See insert)**

- Refugee resettlement program works with the U.S. Conference of Catholic Bishops and the U. S. Department of State to assist new arrivals with housing, education, employment and cultural orientation so they can become self-sufficient as soon as possible. We also provide employment services for “secondary migrant” refugees who move to Lincoln after initially being resettled in a different area.

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website:

http://www.cssisus.org/what_we_do/programs_services/social_services/immigration_services.html

- **Head Start Child and Family Development Program Inc. (See insert)**

Address: 123 Marian Road

Hastings, NE 68901

Phone: (402) 462-4187

Title One Migrant Education- provides supplemental education and supportive services to more than one million eligible children nationally. These services help children of migrant workers overcome the disadvantages they face, including disruption to their education.

Website: http://www.hshn.org/index.php?option=com_content&view=article&id=56:title-one-migrant-education&catid=34:head-start&Itemid=53

Bi-national Migrant Education Program- facilitates sustained educational services for bi-national (U.S. and Mexico) migrant students.

Website: http://www.hshn.org/index.php?option=com_content&view=article&id=65:bi-national-migrant-education-program&catid=34:head-start&Itemid=53

- **Lutheran Family Services (Grand Island only)**

- Immigration Services (See insert)**

- Form preparation, translation, and immigration legal services to refugees, immigrants and asylees.

- Services in English, Spanish and Arabic.

Address: Great Western Bank Building

1811 West 2nd Street, Suite 365

Grand Island, NE 68803

Phone: (308) 382-4255

Fax: (308) 382-8149

Website: <http://www.lfsneb.org/aboutlfs/locations/grandisland.asp>

- **Multicultural Coalition (Grand Island only-See insert)**

Address: 221 West 2nd Street

Grand Island, NE 68801

Phone: (308) 385-5242

Website: <http://www.mcofgi.org/>

Independent Living:

- **Central Plains Center for Services (See insert)**

Address: 908 South E Street

Broken Bow, NE 68822

Phone: (308) 872-6176

Fax: (308) 872-6596

Website: <http://www.central-plains.org>

-**Preparation for Adult Living Services (PALS)**: a transitional and independent living program designed to provide support and guidance to youth 17-21 who are currently in the state's custody or who were dismissed from custody after their 18th birthday and are struggling with all the challenges of becoming independent.

-**Education Training Voucher (ETV) Program**: Foster care youth can receive up to \$1,500 per year (an individual shall not exceed the lesser of \$1,500 per year or the total cost of attendance.) ETV funds can cover the following school related expenses: tuition and fees, books, application fees, and supplies.--

Rehabilitation Programs for Youth and Adults: The classes are offered in North Platte, Kearney, Lexington and Broken Bow.

- **Families CARE Young Adult in Transition and Transition Aged Youth Care Coordination-For youth who are wards of the state.**

(See insert for applications.)

- **Former Ward Benefits and Transitional Living Programs (See insert)**

Purpose: To assist former wards of the State in continuing their education through room and board assistance.

Website for Independent Living Services Guidebook:

http://dhhs.ne.gov/children_family_services/Guidebooks/Independent%20Living%20Services%20Guidebook.pdf

- **Maryland Living Center (See insert)**

- Maryland Living Center(MLC) is a permanent housing facility that aims to successfully transition homeless and aged-out foster youth ages 16-24 into independent living within 12-18 months.

Phone: (402) 463-1030

Website: <http://www.marylandlivingcenter.org/>

- **Nebraska Friends of Foster Care (See insert)**

-Provides funds for those items not covered by other funding sources and directed to support the youth's preparation for independent living, transition to independent living, and independence. Funds are available to youth age 16 to 21. Applications are available from Friends of Foster Care.

Contact person for applications:

Mickey Dodson

4908 Cass

Omaha, NE 68132

Phone: (402) 556-5419

Website: <http://www.ne-friends.org/>

- **Nebraska Safety Council (See insert)**

- Driver's Education Courses (See insert for classes)**

- Address: 3243 Cornhusker Highway, Suite A10

- Lincoln, NE 68504-1592

- Phone: (402) 483-2511

- Fax: (402) 483-2513

- Website: <http://www.nesafetycouncil.org/teen-driver-education/hastings>

- **Region 3 Behavioral Health Services (See insert)**

- Professional Partner Program: (See insert for referral form and more information.)

- Traditional: assist families who have a child with a serious emotional disorder in accessing services for the family.

- Transitional: assist young adults with a serious and persistent mental illness in accessing community based services to meet their needs.

- Families Care Young Adult in Transition Program (See insert for referral form)

- Address: 4009 6th Avenue, Suite #65

- Kearney, NE 68848

- Phone: (308) 237-5113 or 1(800) 321-4981

- Fax: (308) 236-7669

- Website: <http://www.region3.net/>

Legal Aid: No Services Available in Hastings. Information Listed is for areas in Nebraska.

Nebraska Website: <http://www.legalaidofnebraska.com>

Grand Island, NE

- **Legal Aid of Nebraska-Grand Island, NE**

- Lori L. Wilson-Managing Attorney

- Address: General Legal Aid

- 207 West 3rd Street

- Grand Island, NE 68801

- Phone: (877) 250-2018 or (308) 381-0517

- Fax: (308) 381-0521

- Serving Adams County, Buffalo County, Clay County, Fillmore County, Franklin County, Greeley County, Hall County, Hamilton County, Harlan County, Howard County, Kearney County, Merrick County, Nance County, Nuckolls County, Phelps County, Polk County, Sherman County, Thayer County, Valley County, Webster County, York County

Lincoln, NE

- **Legal Aid of Nebraska-Lincoln, NE**

Address: 941 "O" Street

Suite 825

Lincoln, NE 68508

Phone: (402) 435-2161 or (800) 742-7555

Fax: (402) 435-2171

Omaha, NE

- **Legal Aid of Nebraska-Omaha, NE**

Address: 1904 Farnam Street

5th Floor

Omaha, NE 68102

Phone: (402) 348-1069 or (888) 991-9921

Fax: (402) 348-1068

Legal Aid may assist in cases in the following areas:

- Family: Divorce, Custody, Child Support, Protection Order, Guardianship
- Consumer: Bankruptcy, Collections/Garnishments
- Housing: Landlord/Tenant, Foreclosure, Homeownership
- Disability Benefits: Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI)
- Public Benefits: Food stamps/SNAP, Temporary Aid for Needy Families/TANF, Kids Connect, General Assistance
- Employment: Unemployment benefits
- Health: Medicaid, Medicare
- Wills
- Legal Aid may assist in other types of cases not included in this list.

Hours: AccessLine®: Mon 9 am-11 am, Tues 1:30 pm-3:30 pm, Wed 9 am-11 am, Thu 1:30 pm-3:30 pm ;

ElderAccessLine®: Mon-Thu 9 am-12 noon and 1 pm-3pm, Fri 9 am-12 noon; Native American

AccessLine®: Mon-Fri 9 am-12 noon; Rural Response Hotline: Mon-Fri 8 am-5 pm

Website: <http://www.legalaidofnebraska.com> (Can apply on line)

Eligibility: Low income; but, some exceptions do apply (See attached form for more details.)

Services are also available in Norfolk, North Platte, and Scottsbluff. You can go to www.legalaidofnebraska.com/contactus for more information on these locations.

Medical/Medication Assistance Programs:

Children's Medical Needs:

Dental:

- **Affordable Dentures—See Lincoln, NE services listing**
- **Central Community College Dental Hygiene Clinic**
 - Students of the dental hygiene program can provide preventative dental care including cleanings, x-rays, fluoride treatments and sealant at a minimal cost. (Required fee is \$50.00-\$100.00)
 - Medicaid and Kids Connection accepted.
 - Call to schedule an appointment.

Address: Central Community College
East Highway 6, Gausman Bldg.,
Hastings, NE 68901
Phone: (402) 461-2471 or (877) 222-0780 Ext. 2471
Contact Person: Charles Drew Health
- **Nebraska Public Dental Clinics—Low cost dental care.**
(SEE INSERT for available clinics in your area.)
- **Salvation Army (See insert)**
Emergency Dental Program
 - Extractions only
 - \$10.00 co-pay required
 - No dental insurance or Medicaid accepted
 - Income guidelines of 185% or less

Address: 400 South Burlington Avenue
Hastings, NE 68901
Phone: (402) 463-0529
Website: <http://www.usc.salvationarmy.org>
- **South Heartland District Health Department (See insert)**
Dental Care

Address: 606 N. Minnesota, Suite 2
Hastings, NE 68901
Phone: (402) 462-6211

 - Dental Referrals
 - **Sonrisa—Dental care to children in the SHDHD district.** The children must be less than 18 years of age, have no regular dentist, not be covered by Medicare/Medicaid/Kids connection, and live in the SHDHD coverage area (Adams, Nuckolls, Clay, and Webster counties)

Immunizations:

- **Recommended Immunization Schedule for persons aged 0-6 years of age. (See insert)**
- **South Heartland District Health Department Immunization Clinic (See insert)**
 - The Hastings/Adams County Immunization Clinic is held the first Thursday of each month from 1:00 – 5:00 PM at the South Heartland District Health Department. Vaccinations are provided for children who meet eligibility requirements.
 - Address: 606 North Minnesota Avenue, Suite 2
Hastings, NE 68901
 - Phone: (402) 462-6211 or (877) 238-7595
 - Website: <http://southheartlandhealth.org>

Kids Connection and Children's Medical Programs:

- **Kids Connection-Medicaid (See insert)**
- **United Way of South Central Nebraska (See insert) Special Children's Fund**
 - Strives to decrease financial stress and promote health care in families with children ages newborn to 18 living in Adams, Nuckolls, clay and Webster counties, or who are seeking medical care in those counties are eligible.
 - Address: 715 North St. Joseph Avenue
Hastings, NE 68901
 - Phone: (402) 462-4620

Men and Women's Health Programs:

- **Community Health Care-(Offer Sliding Scale Fee)**
 - NEED TO SHOW PROOF OF INCOME.
 - Address: 715 North Kansas Avenue, Suite 205
Hastings, NE 68901
 - Phone: (402) 461-5261
- **Every Woman Matters and Men's Health Programs (See insert)**
 - Phone: 1-800-532-2227
 - Email: every.woman.matters@dhhs.ne.gov
 - Helps women ages 40-74 years of age get their annual health check up, who have limited or no health insurance, and have a low or medium income
 - Pays for pelvic exam with a Pap test, clinical breast exam, teaching of breast self exam, mammogram, blood pressure check, cholesterol check, blood sugar (glucose check), and colon cancer screening
 - To qualify, you must be a woman ages 40-74, do not belong to a Health Maintenance Organization, Medicaid, or Medicare, and must meet income guidelines.
 - Website: http://dhhs.ne.gov/publichealth/Pages/womenshealth_ewm.aspx

- **Hastings Family Planning (See insert for Patient Paperwork in English and Spanish, clinic schedule, and lending library of books and videos.)**

Address: 422 North Hastings Avenue

Hastings, NE 68901

Phone: (402) 463-5687

Website: www.hastingsfamilyplanning.com

- Pap smear, breast exams, pregnancy testing, birth control, HIV and STD testing, and family planning.

Website: <http://familywize.org/familywize-Rx-card/united-way-prescription-discount-card>

Prescription Assistance Programs:

- **Catholic Social Services (See insert)**

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website: http://www.cssisus.org/what_we_do/programs_services/social_services/

- **Mary Lanning Healthcare (See insert)**

Medication Assistance Program

Address: 715 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 460-5714

Fax: (402) 461-5371

Contact Person: Shanna Schmidt

E-mail: sschmidt@marylanning.org

- **Needy Meds Website: <http://www.needy meds.org/> -- (See insert)**

- **Partnership for Prescription Assistance (See insert)**

Phone: (888) 4PPA-NOW or (888) 477-2669

Website: www.pparx.org

- **Salvation Army (See insert)**

Address: 400 South Burlington Avenue

Hastings, NE 68901

Phone: (402) 463-0529

Website: <http://www.usc.salvationarmy.org>

- **United Way of South Central Nebraska (See insert)**

Family Wize Prescription Drug Savings Program

Address: 421 North Kansas Avenue

Hastings, NE 68901

Phone: (402) 462-6600

Website: <http://familywize.org/familywize-Rx-card/united-way-prescription-discount-card>

Vision:

- **Group Listing of Resources for Low-Income Families Who May Qualify for Free or Reduced-Cost Vision Evaluations. (See insert)**
- **Lens Crafters and the Lions Club-One Sight Program (See insert)**
Website: www.lionsclub.org
- **See To Learn (See insert)**
Phone: 1-800-960-EYES (call for local providers)
Website: www.seetolearn.com
 - Free vision screening for children ages 3 to 4
 - When scheduling, need to schedule “see to learn” exam
- **Sight for Students (See insert)**
 - A VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eye care services.
 - Qualifications:
 1. Family income is no more than 200% of federal poverty level
 2. Child is not enrolled in Medicaid or other vision insurance.
 3. Child is 18 years old or younger and has not graduated from high school.
 4. Child or parent is a U.S. citizen or legal immigrant with a social security number.
 5. Child has not used the Sight for Students program during the past 12 months.Website: <http://www.sightforstudents.org>

Money Management Classes:

- **Community Action Partnership of Mid-Nebraska (See insert)**
 - Financial Peace University (FPU) is a life-changing program that teaches you to achieve your financial goals by eliminating debt, saving for the future, and giving like never before.-12 week course.Address: 604 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 463-7679
Fax: (402) 463-7890
Website: <http://www.mnca.net/communityservices.html>
Community Service Coordinators' (CSC's) offices are located in Franklin, Kearney, Lexington, McCook, Minden, North Platte and Superior.

- **Consumer Credit Counseling Service of Nebraska, Inc. (See insert)**

- Non-profit community service organization, dedicated to delivering professional consumer credit education, confidential counseling and debt management to all segments of society regardless of their ability to pay.
- Bankruptcy counseling, credit counseling, housing counseling, foreclosure counseling, and debt management.

Closest location in Grand Island

Address: 2121 North Webb Road, Suite 307

P.O. Box 1703

Grand Island, NE 68802

Phone: (308) 381-4551

Website: <http://www.cccsn.org>

- **Rent Wise Tenant Training (See insert)**

A program to help renters obtain and keep rental housing and be successful renters through education.

Contact information: Phone Number: (402) 461-8407

E-mail: lahds@hastingschamber.com

Parenting Classes:

- **Community Action Partnership of Mid-Nebraska (See insert)**

Love and Logic Parenting Classes-Consists of six training sessions that will be held once a week for approximately one hour and thirty minutes. Participation fees are \$35 per couple and \$25 per individual.

Contact Person: Jessica Osterbuhr

Phone Number: (308) 865-5675

E-mail: josterbuhr@mnca.net

- **Faith Lutheran Church (See insert)—Classes offered ongoing. Call to find out when the next classes are available.**

Love and Logic Parenting Classes

-This course in parent training offers an effective, low-stress way to communicate with your children, ages 6-20.

-Four week class

-Cost is \$20

-Childcare provided free of charge to those who pre-pay for the class

Address: Faith Lutheran Church-9th and Chestnut in Hastings, NE

Phone: (402) 462-5044

- **University of Nebraska Lincoln-Extension Office (See insert)**
Co-parenting for Successful Kids-On Line and In-Person Classes Available (Spanish interpreters are available upon advance request in Columbus, Fremont, Grand Island, and Hastings.)
Three modules:
 1) How Children are Affected by Divorce.
 2) Issues of Developmental Ages & Stages.
 3) What Affects a Child's Adjustment to Separation or Divorce?
 Contact information-
 Phone: (402) 762-3644
 In-Person Classes--Website: www.extension.unl.edu/divorce
 Online Classes-----Website: <http://go.unl.edu/coparenting>

Support Groups/Self-Help MeetingsYouth Programs:

- **AA/NA/Al-Anon Meetings (See insert)**
- **ASAAP—Area Substance and Alcohol Abuse Prevention**
 Address: 835 South Burlington Avenue, Suite 114
 Hastings, NE 68901
 Phone: (402) 463-0524
 Website: www.asaap-ne.org
- **Celebrate Recovery- 12-step biblical program (See insert)**
 Website: <http://www.celebraterecovery.com/>
 Saturday Nights:
 6:30 pm – Doors Open
 7:00 pm – Worship and teaching or testimony
 8:00 pm – Men's and women's groups meet
 9:00 pm – The Cove Cafe
 Childcare for children ages 2–11 available from 6:45 pm to 9:00 pm. (\$2/child/night)
 Contact Person for Hastings: **Larry Mohlman** (Ministry Leader)
 Address: 2015 North St. Joseph Avenue
 Hastings, NE 68901
 Phone: (402) 469-7353
Pastor Matt Sass (Pastor of Adult Ministries)
 Address: 2015 North St. Joseph Avenue
 Hastings, NE 68901
 Phone: (402) 463-1441
 Location: Hastings Evangelical Free Church
 2015 North St. Joseph Avenue
 Hastings, NE 68901

- **Compassionate Friends (See insert)**

- Support Group for parents who have lost a child of any age for any cause and siblings
- Fourth Tuesday of each month 7:30 pm

Address: First St. Paul Youth Center

918 West 4th Street

Hastings, NE 68901

Phone: (402) 726-2207

Website: <http://www.firststpauls.org/?calendars=compassionate-friends>

- **Families Care, Inc. (See insert)-Covers Region 3 area.**

- Provides advocacy, resources, education, and support to families who have kids with emotional, behavioral, or mental health concerns.

- Youth and parent support group meets once a month.

Address: 4009 6th Avenue, Suite 55

Kearney, NE 68845

Phone: (308) 237-1102 or (877) 225-0500

- **League of Human Dignity (See insert)**

- Main office located in Lincoln, NE and Medicaid Waiver in Kearney, NE

- An organization of people concerned about the rights and quality of life for people with disabilities.

League members collaborate to ensure social, economic, and political equality for persons with disabilities.

Website: <http://www.leagueofhumandignity.com>

- **Mary Lanning Healthcare (See insert)**

Address: 715 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 463-4521

Website: <http://www.marylanning.org/community-education/support-groups>

- Alzheimer's Support Group- Family and caregivers can receive support and helpful information about Alzheimer's Disease/Dementia.
- Cancer Support-Those involved in cancer treatment, recovery and survivors along with their families.
- Diabetes Education & Support Group
- Gambler's Anonymous Support Group- Support group for those who have a gambling addiction.
- Multiple Sclerosis (MS) Support Group- Support group for those who are affected by MS.
- NAMI-Family to Family- Free education & support for families & friends of individuals with brain disorders called mental illness.
- NAMI-Forse- This organization provides support & education regarding brain diseases.
- SASA (DVIC) Men's Education Group- DVIC = Domestic Violence Intervention Coalition.
- Stroke of Luck & Traumatic Brain Injury (T.B.I.) Support Group- This support organization is for individuals who have experienced a stroke or a traumatic brain injury. Family members, friends, and caregivers are encouraged to attend for support and to share experiences.
- 55 Plus- This program offers educational sessions and social events for individuals 55 and older.

- **Mothers of Preschoolers (MOPS)-(See insert)**
 - Support group for mothers with young children
 - Meet on the first and third Thursday of the month from 9:00 a.m. until 11:00 a.m.
 - Address: First St. Paul Lutheran Church
501 North Burlington Avenue
Hastings, NE 68901
 - Phone: (402) 463-1329
 - Contact Person: Ashley Pavelka
E-mail: ashleypavelka@gmail.com

- **Teen Mothers of Preschoolers (MOPS) Group-(See insert)**
 - Support group for teenage mothers with young children.
 - Meet 1st and 3rd Tuesday of each month from 4:30 pm- 6:30 pm
 - Address: Youth and Family Center
918 West 4th Street
Hastings, NE 68901
 - Phone: (402) 705-0158
 - Contact Person: Stephanie Psota

- **Nebraska Aids Project (NAP)-SEE INSERT**
 - Contact Person: Judy Sandeen
Cell Phone: (402)469-2905
 - Website: www.nap.org

- **PFLAG - Parents, Families and Friends of Lesbians and Gays (See insert)**
 - Support, Education, and Advocacy Group for parents, families, friends of gays, lesbians, bisexuals and transgender people, and GLBT persons themselves
 - Third Monday of each month at 7:00 pm
 - Address: 721 N Hastings Avenue
Hastings, NE 68901
 - Phone: (402) 462-2961
 - Contact Person: Judy Sandeen
Cell Phone: (402) 469-2905

- **Right Turn (See insert)**
 - A collaborative program to provide help to families who have adopted or entered into a guardianship.
 - Address: 2222 2nd Avenue, Suite 802
Kearney, NE 68847
 - Phone: (888) 667-2399 (Your single point of access, 24 hours a day, 7 days a week.)
 - Website: <http://www.rightturnne.org/>

- **SASA (Sexual Abuse/Sexual Assault)-See insert
Crisis Center**
Address: 220 South Burlington Avenue
Hastings, NE 68901
Phone: (402) 463-5810 or Hotline: (402) 463-4677
Website: <http://www.sasacenter.org/>
- Confidential 24-hr. Crisis line, crisis support, emergency shelter, emergency transportation, emergency childcare, legal and medical referral, resources, support group, limited financial assistance.
- **South Heartland District Health Department (See insert)
Suicide Prevention:**
Phone: (402) 462-6211
National Suicide Prevention Lifeline
Phone: (800) 273-TALK (8255)
Website: <http://southheartlandhealth.org/suicide-prevention-coalition/screen-shot-2012-06-28-at-7-03-53-pm/>
- **Other Self-Help Meetings in Grand Island and Surrounding Areas
SEE INSERT**

Tax Assistance:

- **Community Action Partnership of Mid-Nebraska (See insert)- Hastings and Kearney County Area**
Contact Katie Shaw
(CALL AHEAD TO SCHEDULE AN APPOINTMENT)
Address: 604 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 463-7679
Fax: (402) 463-7890
Also in Kearney County
Address: P.O. Box 322
246 N. Colorado Avenue, Minden
Phone: (308) 832-1829
- **Central Nebraska Community Services (All taxes done on-line.)-Grand Island Area**
Address: 2525 West Lincoln Highway
Grand Island, NE 68803
Phone: (308) 385-5500
(CALL AHEAD TO SCHEDULE AN APPOINTMENT)
- **Grand Island Public Library**
-The Grand Island Public Library is having someone from AARP come in to help file taxes.
-They will be starting February 12th through April 11th.
-Every Tuesday from 10-2 and every Thursday from 4-8
Address: 211 North Washington
Grand Island, NE 68801
Phone: (308) 385-5333

Transportation:

- **Catholic Social Services (See insert)**
The St. Christopher Vehicle Donation Program
Address: 333 West 2nd Street
Hastings, NE 68901
Phone: (402) 463-2112 or (888) 826-9629
Website: http://www.cssisus.org/what_you_can_do/vehicle_donation.html
- **Community Action Partnership of Mid-Nebraska (See insert)**
R.Y.D.E. (Reach Your Destination Easily) Transit
Address: 509 South Bellevue
Hastings, NE 68901
Phone: (402) 463-5681
Fax: (402) 463-6971
Website: www.mnca.net
Email: rydeach@mnca.net
 - is dispatched through the Senior Center for trips in Adams County
 - Call the day before to make reservations
 - Exception for medical appointments, if need occurs after 5pm the day before
 - Lift equipped buses available
- **Action Cab & Courier**
Address: 1523 W. 7th St.
Hastings, NE 68901
Phone: (402) 831-8294
 - Taxi Service
 - 6:30 a.m. to 11:00 p.m., 7 days a week, No service on holidays

Programs/Activities for Adults/Youth:

Adult Programs/Activities:

- **The Listening Room (See insert)**
Contact Person: Robin Harrell
Phone: (402) 984-4073
E-mail: robin@thelisteningroom.org
- **YWCA (See insert)-Programs/Activities for Women**
Address: 604 North St. Joseph Avenue
Hastings, NE 68901
Phone: (402) 462-8821
Fax: (402) 463-2590
Website: <http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8191449/k.BF3D/Home.htm>

Camps:

- **Camp Catch Up (See insert-Application included)**
-Kids 8-19 years old, at this fun one-of-a-kind camp that reconnects siblings who have been separated by foster care or adoption.
Contact Person: Alana Pearson
E-mail: apearson@nebraskachildren.org
Phone: (402) 380-4552
- **Camp Floyd Rogers**
-Summer camp experience for young Nebraskans who have diabetes. For one week each June, over one hundred youths - aged 8 to 18.
Office: Address: P.O. Box 31536
Omaha, NE 68131
Phone: (402) 341-0866
Camp Location: 21520 West Highway 31
Gretna, NE 68028
Website: <http://www.campfloydrogers.com/index.html>
- **Children's Museum of Central Nebraska-Day Camps**
Address: Imperial Mall
12th & Marian Road
Hastings, NE 68901
Phone: (402) 463-3300
Website: <http://cmocn.org/>
- **Lions Club International (See insert)**
Camps for: blind/visually impaired
deaf/hard of hearing
children (ages 8-18)
Camp Name: Kamp Kaleo
E-mail address: kamp@microd.com
Website: www.kampkaleo.org
- **Nebraska 4-H Camps (See insert)**
Website: <http://4h.unl.edu/web/4hcamps/4hcamphome>
- **Royal Family Kids Camp (See insert)**
Address: 17225 Pine Street
Omaha, NE 68130
Website:
http://omaha.royalfamilykids.org/site/c.8pLGLPPuEgLYH/b.8068773/k.617F/Royal_Family_Kids_Camps_.htm

- **TRAC (Teen Reach Adventure Camp) Camp (See insert-Application also attached.)**

-Camps are located in Hastings, Kearney, and Omaha

Family Programs/Activities:

- **Geocaching (See insert)**

- An outdoor treasure-hunting game in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world.

Website: <http://www.visithastingsnebraska.com/content/view/39/43/>

- **Hastings Aquacourt Waterpark (See insert)**

Address: 2200 West 3rd Street

Hastings, NE 68901

Phone: (402) 461-2324

Website: <http://cityofhastings.org/parks/Aquacourt/aquacourt.htm>

- **Hastings Public Library (See insert)**

Itty Bitty Story Time: Mondays 9:15 am, For ages 0-24 months.

Preschool Story Hour: Wednesdays, choice of 10 am or 1 pm, For children ages 3–6.

Toddler Time: Thursdays, 10:30 am, A special story time for children younger than 3.

Family Story Time: Saturdays, 10 am except 2nd Saturday of the month, Thursdays, 6:30 pm starting September 6, all ages welcome.

Tails for Tales: 10 am, 2nd Saturday of the month.

Imagination Playground: Wednesdays 3:30 - 5 pm, Children 5th grade and under.

Hastings Public Library Pub Quiz: Test your brain power on subjects ranging from Algebra to Zoology. Teams of 4 people compete for prizes. (For ages 21 and over.)

FOR ADULTS:

Morning Book Club: Once a month, third Thursday, 10 am.

Evening Book Club: Meets the last Wednesday of the month, 8:30 pm

Address: 517 West 4th Street

Hastings, NE 68901

Phone: (402) 461-2346

Website: <http://www.hastings.lib.ne.us>

Address: 517 West 4th Street

Hastings, NE 68901

Phone: (402) 461-2346

Website: <http://www.hastings.lib.ne.us>

- **Parks (See insert for local parks)**

- **Hastings Dog Park**

Highway 6 & "D" Street (just off of Spencer Avenue)

-This park has 55 acres of fenced in freedom for your dog to run freely. Open daily between 6 am and 11 pm.

- **Hastings Running Events (See insert)**

- **Pastime Lanes (See insert)**

- Family Bowling On Sundays Noon until close 3-2-1 special Only \$3.00 for your first game, \$2.00 for your second game and \$1.00 for your third game. \$1.00 for each game after the third game. (No free game passes during these rates.)

Address: 1400 West 18th Street

Hastings, NE 68901

Phone: (402) 462-BOWL (2695)

Website: <http://www.pastimelanes.com/index.php>

- **Prairie Loft (See insert)**

-Free and Low Cost Activities for Children and Families

- The Prairie Loft Family Outdoor Club-happens the third Saturday of every month, year round, from 10:00 to 11:30 am.

Address: 4705 DLD Road

Hastings, NE 68901

Mailing Address: P.O. Box 1731

Hastings, NE 68902

Phone: (402) 463-0565

Website: <http://www.prairieloft.org>

- **YMCA**

Scholarship Application (See insert)

Address: 1220 West 18th Street

Hastings, NE 68901

OR

1430 West 16th Street

Hastings, NE 68901

Phone: (402) 463-3139

Website: <http://hastingsymca.net/home>

School Activities/Programs:

- **Hastings Public Schools Listing (See insert)**

- **Catholic Social Services (See insert)**

Address: 333 West 2nd Street

Hastings, NE 68901

Phone: (402) 463-2112 or (888) 826-9629

Website: http://www.cssisus.org/what_you_can_do/vehicle_donation.html

- **Hastings Museum (See insert)**

-Pre-school Playday and Summer Fun Classes for kids

-See calendar for activities

Mailing Address: P.O. Box 1286

Hastings, NE 68902

Physical Address: 1330 North Burlington Avenue

Hastings, NE 68901

Phone: (402) 461-4629

Website: <http://hastingsmuseum.org>

- **Salvation Army (See insert)**

School Supplies

Backpack Program: for kindergarten through 8th grade to assist with school supplies.

After School Program: -For children in kindergarten through 12th grade from 2:30 pm-4:00 pm Mon., Tues., Wed., and Fri. On Thurs. ONLY from 3:30 pm-7:00 pm (meals included). Tutoring is also provided.

Address: 400 South Burlington Avenue

Hastings, NE 68901

Phone: (402) 463-0529

Website: <http://www.tsahastings.com/>

- **Team Mates Mentoring Program (See insert)**

-A one hour a week school-based mentoring program for youth in grades 3-12.

Contact: Jessica Soucie

E-mail: hastings.teammates@esu9.org

Address: 1924 West A Street

Hastings, NE 68901

Phone: (402) 984-8951

Fax: (402) 461-7650

Website: <http://chapters.teammates.org/chapters/hastings>

- **YWCA (See insert)**

Girls In Action: after school program designed for middle school girls to assist in homework, enrich and empower through mentors and offers 12 weeks of multiple activities including special guest speakers on, various topics that affect young girls of today.

- GIFT (Girls Investigating Fun Times) and BOWS (Becoming Outstanding Women Someday): K-5th grade girls. Fun "hands-on" once a month educational opportunities.

Address: 604 North St. Joseph Avenue

Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website: <http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8191449/k.BF3D/Home.htm>

- **YWCA (See insert)**

The Zone

-After school program for youth 6th-8th grade—Monday through Friday (Mon., Tues., Thurs., and Fri. from 3:30 pm to 5:45 pm and Wed. from 2:40 pm to 5:45 pm). For youth 9th-12th grades open it is offered on Tues. and Thurs. from 6:30 pm-9:30 pm. It is held at the old National Guard Armory building.

-Zone Youth's Community Garden: a new opportunity where teens can get their hands dirty while gardening.

Address: 2015 West 3rd Street
Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website: http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8193691/k.D5D9/The_Zone.htm

- **YWCA**

Youth Summer Classes:

-K-8th grade girls and boys. June-August. Classes change yearly.

-Calendar to be distributed at a later date.

Address: 604 North St. Joseph Avenue
Hastings, NE 68901

Phone: (402) 462-8821

Fax: (402) 463-2590

Website: <http://www.kintera.org/site/c.6nJDJPuEfKUE/b.8191449/k.BF3D/Home.htm>

Youth and Children Programs/Activities:

- **Big Brothers Big Sisters of Hastings (See insert)**

-Provides two mentoring programs-Community Based and School Based

-Programs include volunteer screening, volunteer orientation/training, match relationship support/supervision, youth development, safety/awareness training and character development.

-School based programs are based out of public elementary schools in Hastings, Blue Hill, and Harvard.

Address: 312 N. Lincoln Ave
Hastings, NE 68901

Phone: (402) 463-5652

Hastings Website: <http://www.unitedwayscne.org/agency-listing/big-brothers-big-sisters>

National Website: <http://www.bbbs.org/site/c.9iILI3NGKhK6F/b.5962335/k.BE16/Home.htm>

Director: Darci Meyer

Service Area: Adams, Clay, and Webster counties

To enroll a child online: <https://aim.bbbs.org/einquiry/einquiryzip.aspx?t=1>

- **Boy Scouts, Overland Trail Council (See insert)**

Website: http://www.scouter.com/Net_Roster/Boy_Scouts_of_America/Councils/council.asp?cid=195

Knights of Columbus

Address: 114 East 3rd Street
Hastings, NE 68901

Phone: (402) 462-8387

First United Methodist Church

Address: 614 North Hastings Ave

Hastings, NE 68901

Phone: (402) 463-6733

First Presbyterian Church

Address: 621 N. Lincoln Ave.

Hastings, Ne 68901

Phone: (402) 462-5147

First St. Paul Lutheran Church

- Develops character, citizenship, and personal fitness qualities among youth by focusing on a vigorous program of outdoor activities for boys ages 11-17

Address: 501 N. Burlington Ave.

Hastings, NE 68901

Phone: (402) 463-1329

- **Drug Abuse Resistance Education (D.A.R.E) (See insert)**

Website: <http://www.hastingspolice.org/dare.html>

- **Girl Scouts Spirit of Nebraska (See insert)**

Girl Scouts Hastings Service Center

Address: 223 East 14th Street-Suite 85

Hastings, NE 68901

Phone: (402) 463-6445

- Inspires girls with the highest ideals of character conduct, patriotism and service;
targets girls 5-18 in grades K-12

Website for Nebraska: <http://girlscoutsnebraska.org/about-us/>

Website for membership: <https://gsusa.ebiz.uapps.net/VP/Default.aspx?pid=17>

National Website: http://www.ask.com/wiki/Girl_Scouts_of_the_USA

- **Platte Valley Youth For Christ- (See insert)**

Address: P.O. Box 386

Hastings, NE 68901

Website: <http://www.plattevalleyyfc.com/>

Staff Contact information: See insert

Community Service Coordinators' (CSC's) offices are located in Franklin, Kearney, Lexington, McCook, Minden, North Platte and Superior.

- **Project Everlast (See insert)-** promotes using community resources to improve a youth's opportunities and networks for housing, transportation, health care.

Program Officer-Rosey Higgs

Address: 7101 Mercy Road, Suite 106

Omaha, NE 68106

Website: <http://projecteverlastomaha.org/index.html>

- **4-H Youth Programs (See insert)**

Address: 300 North St. Joseph Avenue, Room 103

P.O. Box 30

Hastings, NE 68902-0030

Phone: (402) 461-7209

Website: Adams-County@unl.edu

- **YMCA**

Middle School Dances (See insert)

Address: 1220 West 18th Street

Hastings, NE 68901

OR

1430 West 16th Street

Hastings, NE 68901

Phone: (402) 463-3139

Website: <http://hastingsymca.net/home>