

Fremont Family Coalition Community Resource Manual

A Collection of Community Resources for Providers and
Families in Dodge County, NE

*****Please note*****

This resource is not meant to advertise or promote any specific organization or business. Its purpose is to act as a helpful tool for providers and families in the community that are seeking free, reduced or Medicaid/Medicare approved services.



Updated
October 2019

The Fremont Family Coalition Mission:

To create community partnerships that empower individuals and families to improve their quality of life.

Belief Statements:

- Families need supportive communities to help them be strong.
- Empowerment is the key to growth and sustainability.
- There is no substitute for strong families to ensure that children and youth grow up to be capable adults.
- Children can be best kept safe and acquire skills when families, friends, residents, and Organizations work together as partners.
- Maximizing existing resources through increased collaboration decreases duplication of services.
- Every family deserves access to resources that will enable them to build a better future.
- Investment in prevention far outweighs the cost of intervention.
- Children and families who experience socio-economic challenges are more likely to experience difficulties due to limited language skills, health concerns, social and emotional problems that impede development and success.

Please join us for our monthly collaborative meetings! The 2nd Friday of every month 9-11am
Methodist Fremont Health 3rd Floor of the Health Park Plaza 450 E. 23rd St, Fremont NE 68025

For more information about the collaborative or to make suggestions or revisions to resources in this manual, contact:

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Fremont Family Coalition
Strong Families. Strong Community.

This resource manual was developed with the intent to increase family protective factors.

Protective Factors are conditions that when present in a community and in families, will increase health and family wellbeing.

- Concrete Supports
- Parental Resilience
- Nurturing and Attachment
- Social Connections
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children

Table of Contents

Food	Page
Local Food Pantries.....	6
Community Meals.....	7
Nutrition Assistance.....	8
Housing	
Emergency Shelter.....	9
Non-Emergency Housing.....	10
Other Supportive Housing Programs.....	12
Repairs-Low Cost/Free.....	13
Furniture.....	13
Financial Assistance	
Rent/Utility Assistance.....	14
Benefits Assistance.....	14
Prescription Assistance.....	14
Early Childhood Financial Assistance.....	15
Transportation.....	15
Physical Health	
Medical Care-Emergency.....	15
Physical Health- Nonemergency.....	16
Medical Care Preventative Reduced Price.....	17
Adult and Children Services	
Important Mental Health Terms Defined.....	17
Therapy/Counseling.....	20
Substance Abuse Assistance.....	24
Children’s Behaviors.....	24
Parent Child Groups.....	25
In-Home Services.....	25
Parenting Services.....	26

Child Abuse/Neglect Services	27
Baby Supplies	27
After School/Summer Programming	28
Clothing	29
Child Care/Preschool	29
Support Groups	30
Job Readiness/Career Assistance	32
Education Assistance	33
Clothing-Career	33
Life Skills Development	33
Youth Services	
Early Childhood	34
Youth Programs	35
Veteran Services	
Veteran Programs	36
Other Services	
Legal	36
Language Services	36
Hotlines	37-38
Community Response	38

FOOD

Food Pantries

Concrete Supports

LifeHouse

549 N H St. Fremont, NE 68025

402-721-3125

Hours: Tuesday 10-2pm

Thursday 5-7pm

Services: Food Pantry, can receive one food box per month.

Requirement: Homeless and near homeless individuals and families.

Website/ Facebook: www.lifehousene.org @LifeHouseNE

Living Word Church

1110 N. Lincoln Ave, Fremont NE 68025

402-721-2068

Food Pantry Hours:

Every 3rd Thursday: 4-7pm

Salvation Army

707 N. I St, Fremont NE 68025

402-721-0930

Hours: M-F 8:30- 12pm & 1:30- 4:30pm

Services: Food Pantry- 1:30- 3:45pm, Summer Lunch Programs, back to school assistance, Holiday assistance, case management, active youth and adult programs, rent utility request. Bilingual available by appointment.

Requirements: Residents of Dodge and Burt Countries

Website/ Facebook: <https://centralusa.salvationarmy.org/fremont>

<https://facebook.com/fremontne/>

St. Patrick's Catholic Church

422 E. 4th St, Fremont NE 68025

402-721-6611

Hours:

Mon-Fri: 8-5pm

No income requirements and can ask for one food box per month

Faith Food Pantry

27052 County Road 12
 Hooper, Nebraska 68031
 Immanuel Lutheran Gym
 402-654-2287
 402-567-2232

2nd Saturday of the month at 8 a.m. Must be present to sign and give name and address. No ID required. Must be from the Northeast quadrant of Nebraska. Suggested arrival time between 8-9am, Food distribution begins at 9am.

Community Meals**Concrete Supports****First Lutheran Church**

3200 E. Military Ave, Fremont NE 68025
 402-721-2959

Hours:

Every Thursday: 5:30-6:30pm

Free community banquet open to all families regardless of income or church affiliation

Presbyterian Church of Fremont

520 W. Linden Ave, Fremont NE 68025
 402-721-7904

***From May-Aug*

Summer Lunch Program

Free lunch to any child 1-18 years old. Also included as any parents of those children. In conjunction with the Salvation Army, Fremont Public Schools, and the Hope Center. Includes summer learning activities and the backpack program.

Hours:

Mon-Fri 1130-4:00pm

Closed on the 4th of Jul

Salem Lutheran Church

401 E Military Ave, Fremont
 NE 68025

402- 721- 6158

Wednesdays 5-6:00PM (Community Meal)

Saturdays: 9-9:30am

Free bread and bakery
 distribution

Saturdays are at Common Grounds Building

406 E 6th St

Nutrition Assistance**Concrete Supports**

Supplementary Nutrition Assistance Program (SNAP) Benefits: Concrete Supports

- Households that meet the program guidelines for income and resources receive SNAP benefits for free.
- A household can be one person or a group of people who purchase and prepare meals together

GO TO [ACCESSNebraska](#) to:

- Select a self-screening to determine the programs for which you may want to apply;
- Complete an online application that you can complete and submit electronically;
- Print a paper application that you can complete and mail

Or contact: Department of Health and Human Services (DHHS): **402-727-3245**

University of Nebraska- Lincoln Extension

SNAP Ed Assistant

1206 W 23rd Street Fremont, NE 68025

402-727-2775

FAX 402-727-2777

Hours: 8:30- 4:30 pm

Evening Hours by appointment available

Services: Meal Planning, Budgeting, Weight Loss and Disease Prevention, Shopping on a Budget, Healthy Cooking, Physical Activity Education, Health Promotion.

Qualifications: We serve all ages. To qualify for services an adult would need to qualify for SNAP benefits. Youth qualify either by living in a home with caregivers who qualify for SNAP or attend a school with a 50% or greater free/ reduced percentage.

Website/ Facebook: <https://extension.unl.edu/statewide/dodge/>
<https://www.facebook.com/unldodgecounty/>

HOUSING

Emergency Shelter

Concrete Supports

LifeHouse

723 N Broad St Fremont, NE 68025

402-721-3125

Hours: 8- 5pm M-F. Open 24/7 days with on call case management 24/7

Services: A place of shelter, support, and stability for homeless individuals and homeless families by empowering them to achieve independence and lifelong enrichment. To accomplish that, LifeHouse is the only agency within the neighboring six-county area offering 24-hour shelter to homeless men, women, and children.

One on one support through your transition

Your family can stay together in one room.

Meals, laundry and other supportive services provided

LifeHouse provides the following supports and programming:

- +Emergency Shelter (24-hour access) +Transitional Housing Project
- +Permanent Supportive Housing Project +Community Response Program,
- +Behavioral Health Services +Healthcare Assistance
- +Life Skills Education Classes +Prevention and Aftercare Services
- +Case Management Services Qualifications: Homeless and near homeless individuals and families.

Website: www.lifehouse.org @LifeHouseNE

Heartland Family Services

Jefferson House

437 Jefferson Rd,
Fremont NE 68025
402-721-5099

The Jefferson house is an emergency shelter and group home for youth ages birth to 18 years old. The shelter provides a 30-day temporary placement for children and their siblings that were removed from the home due to safety concerns. Also provided is a group home program that is 6-9 months in duration, working on socially appropriate behavior and following instructions.

The newest program is in-home supportive services. Family support and supervised visitation services are available.

Eligibility: Services provided primarily in Burt, Cuming, Dodge, and Washington Counties in NE

Non-Emergency Housing-Income Based Housing**Concrete Supports****Fremont Housing Agency**

2510 N Clarkson Fremont, NE 68025

402-727-4848

Hours: 9- 3pm (Window Hours)

Services: Housing through Section 8 Choice Voucher Program, Public Housing (Gifford & Stanton Tower), Public Housing (Hooper Housing Authority), Tax Credit Affordable Housing (Somers Point I, Somers Point II, & Fountain Springs Estates). Bilingual staff available.

Other Information: We currently have 3 staff members who are Rent Wise Trainers. Classes are held at least two times each year and are free to current residents/participants. Just \$5 for those not participating in our programs (includes lunch).

We have a Resident Support Services Coordinator who assists FHA Public Housing residents with finding resources that will improve their lives – education, support services, meals, medical, DHHS, and program information to name a few. Speakers & activities are scheduled that provide opportunities for the residents to learn and socialize.

Since 2007, we have offered a noon meal and/or deli weekend meal to our residents. Currently we have an agreement with DHHS SSAD for providing free meals to eligible residents who are 62+ and/or disabled. Those residents who are not eligible can purchase the meals at a reasonable cost. Meals are served in the Dining Room at Stanton Tower or delivered.

Qualifications: Low and very low income, Disabled, Elderly (62+), and families with children.

Website/ Facebook: www.fremonthousing.org & Fremont Housing Agency on Facebook

Empire Apartments
459 Jefferson Rd
402-727-4825

Fremont Housing Authority
2510 N. Clarkson St
402-727-4848

Yorkshire Manor Apartments
2600 N. Laverna St
402-721-8161

Housing Voucher Program

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments.

Two waiting lists that are open indefinitely for this program.

Fremont Housing Authority
2510 N. Clarkson St
402-727-4848

Other Supportive Housing Programs**Concrete Supports****LifeHouse**

Supportive Housing Programs
 Transitional and Permanent Supportive Housing
 723 N Broad St Fremont NE
 68025
 402-721-3125

- Intensive, home-based case management, supportive housing for up to 24 months, professional mental health/substance
- abuse counseling, employment skill development training, budgeting and home management classes, healthy parenting and family, relationships education classes

Who is eligible?

- those that meet HUD's homeless criteria
- living in a shelter (homeless or domestic violence)
- must be 19 years or older
- individuals and families
- those who have a qualifying disabling condition (i.e. mental health, substance abuse, chronic mental health)

Habitat for Humanity

701 E. Dodge St Fremont, NE 68025
 402-721-8771

The **Habitat office** is open Monday through Friday from 8 am - 5 pm

The **Home Store** is open Fridays from 8-4 and Saturdays from 8-2. Donations are also accepted during these hours only.

Families are selected through an application process

Providing interest free mortgages and no cost supplies for a new home.

- Partner families work "sweat equity" hours on building homes and other approved projects.
- Habitat also requires partner families to take classes on budgeting, home maintenance and life management skills.
- Family sponsors are assigned to each family to mentor them through the process of building and first-time home ownership.

Families are selected once or twice a year through an application process. Family Selection Committee members review applications, interview families and make home visits to determine need and qualifications, and then recommend families to the Habitat Board of Directors for approval. Selection is based on the number of homes available, the level of need for improved housing, the ability to make a monthly mortgage payment and the willingness to partner.

Website/ Facebook: www.fremonthabitat.org

North East Nebraska Community Action Partnership**Nebraska Homeless Assistance Program**

212 E. 8th St. Fremont NE 68025

402- 721-0619

Provides financial assistance to qualifying individuals and families with payment of a security deposit, utility deposit, past due rent, past due mortgage or past due utility through NHAP (Nebraska Homeless Assistance Program). Along with the financial assistance, Northeast Nebraska Community Action Partnership provides a one on one support to the customer. Assistance includes intervention which is used during a crisis to solve problems that contribute to homelessness. The goal of this program is to assist individuals and families in moving toward self-sufficiency.

**Oxford Housing – Adult – Sober living Call
for more information**

Women's (402) 816-4520

Men's (402) 620- 4703/ (402) 980-4011

Repairs-Low Cost/Free

Concrete Supports

Rebuilding Together

445 E. 1st St Fremont NE 68025

402-727-7047

Rebuilding Together transforms the lives of low-income homeowner by providing home rehabilitation and modification services to low-income homeowners. Call for more information!

Furniture

Concrete Supports

Goodwill Industries

3175 E. Elk Lane, Fremont NE 68025

402-727-5007

Gently used clothing, clothing accessories, books, videos and home décor

Retail store hours:

Monday –Saturday 9:00 AM - 9:00 PM

Sunday 10:00 AM - 6:00 PM

Habitat for Humanity- HOME STORE

701 E. Dodge St Fremont NE 68025

402-298-5272

Store Hours:

Every Friday: 8am – 4pm

Every Saturday: 8am – 2pm

Open to the public!

- The Fremont Area Habitat Home Store is a home improvement outlet that sells new and gently-used donated merchandise
- All items are sold at a significant discount with proceeds benefiting Habitat for Humanity Generous selection of furniture, appliances, dinnerware, and home décor. (NO Clothing.)

FINANCIAL ASSISTANCE

Rent/Utility Assistance

Concrete Supports

Need help with rent or utilities? You can go to any of the agencies below to receive assistance:

LifeHouse	402-721-3125
North East Nebraska Community Action Partnership	402-727-0608
Lutheran Family Services- Bilingual	402-721-1774
Uniquely Yours Stability Support	402-727-8977
Salvation Army	402-721-0930

- There are no income guidelines; however, clients must have income or pending income
- Client must be able to show that they can afford this expense in the near future
- Open to Dodge and Washington county residents

Some of these agencies have additional support programs. Please see descriptions below. Please call ahead for an appointment.

Dodge County General Welfare Assistance

Located in the Court House on the 1st floor Room 104
435 N. Park Ave, Fremont NE 68025
402-727-2731

Provides services for rent, utilities...etc. Emergency use only.

Nebraska Department of Health and Human Services-Economic Assistance Customer Service

Contact:

Call (800) 383-4278
In Omaha (402) 595-1258
8:00 am - 5:00 pm Monday thru Friday

Benefits Assistance

Concrete Supports

Good Neighbor Community Health Center- Fremont Clinic

2740 N Clarkson St, Fremont NE, 68025
402-721-0951

Certified Application counselor who assists clients with applying for different options for healthcare insurance and other types of Nebraska state programs. This service is Free of charge. Some of the Assistance in Nebraska that the counselor assists with is The Health Insurance Marketplace, Nebraska Medicaid, Children's Health Insurance Program (CHIP), Aid to Dependent Children (ADC), and Supplemental Nutritional Assistance Program (SNAP).

Prescription Assistance

Concrete Supports

Methodist Fremont Health

450 E. 23rd St, Fremont NE 68025
Please call 402-941-7220, to schedule an appointment

Medication Assistance Program (MAP)

- Helping those qualifying individuals who meet certain financial guidelines, uninsured or underinsured
- Applies to maintenance medications only. These are meds that are taken for long term conditions or on an on-going basis
- Certain medication are not covered under this plan
- Individuals covered under Medicare do not qualify

Early Childhood Financial Assistance**Concrete Supports****WIC**

212 E 8th St, Fremont, NE 68025

402-727-0608

Mon-Thurs 8-5pm

Fri 8-4:30pm

Services: Provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low- income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to five who are found to be at nutritional risk.

Qualifications: Low income pregnant and postpartum women.

Website/ Facebook: Morgan WIC- mhegge@nencap.org

Transportation Assistance-General**Concrete Supports****City Cab, Co**

304 E. 22nd St

Fremont NE 68025

402-721-2121

Transportation Assistance-Medical**Concrete Supports****IntelliRide**

402-401-6999

Beginning May 1, 2014, IntelliRide will preauthorize and arrange all non-emergency medical transportation for Medicaid eligible clients. Additional information is available by contacting the IntelliRide provider line at **402-401-6990** or visiting www.iridenow.com/nebraska

Physical Health**Medical Care- Emergency****Concrete Supports****Methodist Fremont Health, ER**

450 E. 23rd St, Fremont NE 68025

402-721-1610

Urgent Care Center at Methodist Fremont Health

450 East 23rd Street

Fremont, NE 68025

402-727-3500

Monday - Friday: 5 - 10 p.m.

Weekends & Holidays: Noon - 10 pm

MedExpress Urgent Care

1240 E 23rd St. Fremont Ne 68025

402-721-8668

Hours:

Mon-Sun 8am-8pm

With no appointment necessary and most major insurance accepted, you can take comfort in knowing great care is there when you need it.

Physical Health- Nonemergency

Concrete Supports

Fremont Family YMCA

810 N. Lincoln Ave Fremont, NE 68025

402-721-6952

Hours: 5:30am- 10pm M-TH; 5:30am- 9pm FR; 8am- 6pm Sat, 12:30pm- 8pm SUN

Services: Scholarships for memberships and programming summer fun club, Before and After Childcare, accepts childcare subsidy (Title XX)

Qualifications: Income Based

Website/ Facebook: www.fremontfamilyymca.org

Medical Care-Preventative-Reduced Price

Concrete Supports

Good Neighbor Community Health Center- Fremont Clinic

2740 N Clarkson St, Fremont NE, 68025

402-721-0951

Primary Medical Care hours:

Monday and Wednesday: 8:00am-6:00pm Tuesdays and Thursdays: 8:00am-7:00pm Fridays: 8:00am-5:00pm

Dental Care hours:

Mondays: 8:30am-4:30pm, (walk-ins) 8:30am-10:30am Tuesdays: 10:00am-7:00pm Wednesday-Thursday

8:30am-4:30 every other Friday: 8:00am-12:00pm

Sliding fee scale

Three Rivers Health District Health Department

2400 N Lincoln Ave, Fremont NE 68025

402-727-5396

Health Department hours:

Monday-Thursday 8:00am-4:30pm Fridays 8:00am-4:00pm

Clinic hours:

Monday and Thursday: 8:00am-4:30pm Tuesday 7:00am-7:00pm Wednesday: 7:00am-4:30pm

Friday: 7:00am-4:00pm

Income based medical visits for women and men's reproductive health, wellness checks, immunizations.

Adult and Children's Services

Important Mental Health Terms Defined

Knowledge of Child Development and Behaviors.

Nurturing and Attachment
Social and Emotional
Competence of Children,
Parental Resilience

BEHAVIORAL HEALTH DEFINITIONS, HIERARCHY AND FREMONT AREA DIRECTORY

BEHAVIORAL HEALTH DEFINITIONS FOR MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT

Nebraska's Licensed Mental Health Providers

Therapy: A general term that refers to non-medical treatment for psychological issues. In psychotherapy, the patient and therapist discuss the patient's symptoms, thoughts, behaviors, wishes, and emotions with the goal of clarifying and reducing psychological problems. A **Counselor** or **Therapist** is a general term referring to a person who provides therapy. Anyone can call himself or herself a counselor or therapist, so be sure to ask about training, experience and licensure if a potential therapist is using this title.

When you are searching for a Mental Health Provider, it can be easy to get confused by the many types of Therapists. Here are some of the most common types of Therapists and Mental Health Providers, and a brief description of their training.

Psychiatrist (MD)

A psychiatrist is a medical doctor (MD) with specialty training in the treatment of psychiatric disorders. A psychiatrist has a state license to practice medicine, and can conduct assessments and provide treatment (both medications and psychotherapy) for psychological disorders. Due to a high demand for their services, many psychiatrists now focus on medication management, and provide referrals for therapy or other mental health services (although this is not always the case, so you should ask your psychiatrist how his/her practice works).

Advanced Practice Nurse (APRN) and Physician Assistant (PA)

APRN's and PA's may be found associated with Psychiatrists. They each assist the Psychiatrist in diagnosing, treating and prescribing for mental health disorders.

- An Advanced Practice Registered Nurse (APRN) is a nurse who has a master's, post- masters, or doctoral degree in a nursing specialty and can generally practice medicine without the supervision of a physician. APRNs help meet the demand for primary and specialty healthcare practitioners, especially in rural and other areas underserved by physicians. They may prescribe medications.
- A Physician's Assistant is a healthcare professional who is licensed to practice medicine as part of a team with physicians and other providers. PAs are concerned with preventing and treating human illness and injury by providing a broad range of health care services *under the supervision of physician or surgeon*. They conduct physical exams, diagnose and treat illnesses, order and interpret tests, develop treatment plans, perform procedures, prescribe medications, and counsel on preventive health care.

Psychologist (Ph.D., Psy.D)

A psychologist is any person with a doctoral degree (PhD. or PsyD.) in psychology. Not all psychologists, however, have been trained or licensed to provide mental health treatment.

- **Clinical and Counseling Psychologists (PhD., PsyD)** have special training in mental health treatment. Psychologists in these specialties have extensive training conducting

psychological assessments and providing psychotherapy. A psychologist must have a Nebraska license to provide treatment. *Psychologists cannot prescribe medications in the state of NE.*

- **School Psychologist**

School psychologists actually have somewhat different training backgrounds than other psychologists. School psychologists do not need to have a doctoral degree, are required to have a master's degree, and must be licensed or certified to provide services by the state. School psychologists provide a range of services, including consulting with parents, teachers, and the school system about mental health and behavioral issues, providing psychological counseling, developing school-wide programs related to mental health and behavioral issues, and assessing academic skills.

Licensed Mental Health Counselor (PLMHP, LMHP, LIMHP)

Licensed Counselors and Therapists in Nebraska are required to complete a master's degree education, post degree supervised clinical experience, and passage of the National Counselor Examination or an equivalent exam recognized by the State of Nebraska. All licensed Mental Health Counselors and Therapists may conduct assessments and provide therapy.

- A Provisional Licensed Mental Health Professional (PLMHP) is a recent graduate who is licensed to practice under the direct supervision of a Psychiatrist, Psychologist or Licensed Independent Mental Health Practitioner (LIMHP) for their first 3000 practice hours.
- A Licensed Mental Health Professional has completed 3000 supervised hours and is required to practice under the supervision of a Psychiatrist, Psychologist or LIMHP.
- Licensed Independent Mental Health Professionals (LIMHP) have acquired over 6000 hours of supervised experience and may practice without supervision.

All LMHP/LIMHP's can accept insurance for treatment services, including Medicaid.
LMHP/LIMHP's cannot prescribe medicine.

Following are the most common credentials you will see in our area.

*Provisionally licensed practitioners (PLMHP) have completed educational requirements and must meet supervisory hours as required by the state licensing board.

- **Licensed Professional Counselors (LPC)** can provide a range of services, including assessment, psychotherapy, and case management, but cannot prescribe medications.
- **Licensed Clinical Social Workers (LCSW, LICSW)** Licensed Clinical Social Workers can provide a range of services, including assessment, psychotherapy, and case management. *In the state of NE Licensed Clinical Social Workers can accept payment through Medicare.*

- **Marriage and Family Therapist (LMFT, LIMFT)**

A Marriage and Family Therapist is an individual with a master's (MA) or doctoral degree (PhD) in Marriage and Family Therapy. Marriage and Family Therapists must also complete at least two years of supervised clinical experience

- **Licensed Alcohol and Drug Counselor (LADC)**

A Licensed Alcohol and Drug Counselor (LADC) is an individual who holds a NE license issued by the Department of Health and Human Services. A LADC has specialty training in the assessment, theory, and treatment of addictions. A LADC may have various degrees, from the associate level through a doctoral degree.

** LADCs are not licensed to provide mental health therapy.*

*Individuals diagnosed or suffering from *both* addiction and other mental health issues should seek

therapy from a therapist licensed with *both* LADC *and* LCSW or LMHP

Other Providers

- **Pastoral Counselor (M.Div., D.Min.)**

Pastoral counselors have training in both theology (religion) and psychology, and use an integration of the two in their approach to treating mental health problems. Pastoral counselors may have a bachelor's degree from a 4-year college or university, a professional degree from a seminary, or a master's degree (MA) or doctoral degree (D.Min., Ph.D.). Pastoral counselors are certified by the American Association of Pastoral Counselors and can provide psychotherapy.

- **School Counselors**

Professional School Counselors are certified educators with a minimum of a master's degree in school counseling, making them uniquely qualified to address all students' academic, career and personal / social development needs that promote and enhance student success. Professional school counselors are employed in elementary, middle/junior high and high schools.

Source: Mandersheid, RW, & Henderson, MJ, (Eds.) *Mental Health, United States*. DHHS Pub. (SMA) 3938. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. NE DHH

Therapy/ Counseling**Knowledge of Child Development
and Behaviors,
Nurturing and Attachment
Social and Emotional
Competence of Children,
Parental Resilience**

—
As a service only and without endorsement, the following is a partial list of persons and agencies in Dodge County, NE who are providers of behavioral health services.

A (**) symbol appearing next to an agency indicates a sliding-fee is available.

Associated Counseling Group **

748 N. Main Street, Fremont NE, 68025
(402) 941-7016
Fax: (402)-941-7018
Mark J. Renner, MS, LIMHP, CPC
Melissa Sharp, MS, LMHP

Awareness Counseling (interpreter available)

2170 N Platte Ave, Fremont, Nebraska 68025
402-720-3992
402-753-6440
Hours: Monday - Friday: 9am - 9pm

Services: Substance Evaluations (Spanish available), Co- occurring Evaluations (Spanish available), Mental Health Individual Therapy, Grief Counseling, Chemical Dependency Individual Counseling and Relapse Prevention Group, Co- occurring Individual Therapy, Couple and Family Therapy, Basic Outpatient Co-occurring Groups 91x per week), Intensive Outpatient Program (Women Strong Through Awareness), Appropriate Decision Making and Anger Management, Alcohol and Drug Education

Qualifications: Ages 5 to 95. Most insurance accepted, Medicaid, Self-Pay, Limited Sliding Fee upon request. Gender specific Women Strong Through Awareness Adult Intensive Outpatient Program

Website/ Facebook: <https://awarenessfremont.com/>

Carlson Counseling

230 E22nd St #3 Fremont NE, 68025
402-721-8805
Stan Carlson, LIMHP, LADC

Community Counseling

515 North D Street, Fremont, NE 68025
Phone: Nan Cunningham: 402-720-3498
Karen Russell: 402-459-1977
Hours: Open weekdays and evenings by appointment

Services: Counseling and mental health therapy

Qualifications: Individuals, Couples and Families Served. Payments received through most insurance companies. Employee Assistance Programs. Private pay.

Website/ Facebook: nancunninghamlmhp.com; Karen Russell Counseling (Facebook)

Cramer Professional Counseling Services

415 E 23rd St. Suite # 204

(402) 721-1417

Jay Cramer, LIMHP

Most insurance plans accepted, Medicaid, and sliding scale

Capstone Behavioral Health Services, Inc.**

230 E. 22nd St

(402) 727-1592

Adults who live in Cass, Dodge, Douglas, Sarpy and Washington Counties may qualify for Free or Highly Discounted services. These Services included Outpatient Mental Health Treatment and Substance Abuse Evaluations. To see if you qualify for these services, please complete the online referral form and someone will contact you within 24 hours to get additional information

Website: info@capstonebehavioralhealth.com

Community Alliance: Community Support

1900 E. Military Ave. STE 278, Fremont Ne, 68025

Fremont office phone: 402-721-8225

www.community-alliance.org/

Methodist Fremont Health

Outpatient Behavioral Medicine

2560 N. Health Way, Fremont, Ne 68025

402-941-7245

Serving pediatric, adolescent, and adult clients starting at age 2 and up (individual, family, regular outpatient substance abuse, groups, PCIT, psychiatric medication management starting at age 5 including diagnosis intake assessments). Accept all major insurance plans including Medicaid and Medicare.

Good Neighbor Health Clinic

Behavioral Health Services

2740 N. Clarkson St.

Fremont, NE 68025

Phone: (402)721-0951

Mental health services – Outpatient and Medication Management, we accept most insurance plans, Medicaid, and Sliding Scale.

Hand in Hand Therapy, LLC

1835 E. Military Ave. Suite 115 Fremont, NE 68025

402-512-1884

Mon-Thurs 7-6pm

Fri 8-4pm

Services: PCIT, Mental Health Therapy for children thru elderly

Other Information: Christopher J. Wegener, LIMHP; Erin K. Wegener, PLMHP; Medication Management (IHOPE); Angie Conaway 402-807-5255

Website/ Facebook: www.handinhandtherapyllc.com

Northeast Nebraska Psychological Services, PC

1835 E. Military Ave. St 105, Fremont Ne 68025

Phone: 402-816-4063

Fax: 402-685-4163

Lutheran Family Services, Rupert Dunklau Center for Healthy Families**

1420 E Military St. Fremont, NE 68025

402- 941-0075

Hours: 8:30- 5pm

Services: Lutheran Family Services offer an array of services for individuals and families. LFS is a safe environment that is welcoming to all people. We meet people where they are in their journey to empower, support, advocate, and assist to remove barriers as participants work through their self-created plan.

- Behavioral Health Services for children and adults- siblings free scale
- Medications Management- sliding fee scale
- IOP groups and substance abuse individual therapy

Website/ Facebook: www.Lfs.org

Nebraska Mental Health Centers

2951 N. Clarkson St Fremont, NE 68025

402-483-6990

Hours: M-T 9- 8pm by appointment. We are not staffed administratively at this office, so cannot accept walk ins

Services: For persons of all ages, we provide individual and family therapy, as well as psychological assessment. NMHC highly values collaborating with other professionals in the community for the benefit of the families we all serve, including schools, physicians, care facilities, probation/ courts, DHHS, and other mental health providers. Bilingual available.

Therapy

- Individuals
- Family
- Several different therapeutic orientations, and utilize a client- centered approach to treatment

Evaluations

- Psychological evaluation (includes but is not limited to evaluating for ADHD, autism, behavioral and/ or emotional disorders, dementia, IQ. Etc.)
- Trauma assessment
- Risk assessment

- Parenting assessment
- Probation (Mental Health, Co- occurring, substance Use, Juvenile who sexually harm)

Website/ Facebook: www.Nmhc-clinics.com

Park Professional Group

1627 E. Military Ave. Suite 200
402-727-4886

Website: parkprofessionalgroup.com

Michele Missel, LICSW
Julie Ross, LCSW
Lindsay Kramer, LICSW

Serving individuals, couples and families. Expertise in the areas of the treatment of depression, anxiety, trauma resolution, substance abuse, stress management and child and adolescent counseling. Park Professional Group accepts all major insurance plans including Medicaid and Medicare. Payment plans are also available.

Gail Plasek, LICSW

224 N Main St. STE 5
402-721-1107
224 N. Main St. Ste. #5

Region 6 Behavioral Healthcare

4715 South 132nd St., Omaha, NE 68137
(402)-444-6573 or (800)-311-8717

Mental Health Services – Case Management

Region 6 Professional Partners Program
(402)-996-8377

(Community based wrap-around program for families with children who have behavior issues. This program is voluntary and there is **no fee** for this service.) www.regionsix.com

Parent Child Interaction Therapy (PCIT)

PCIT is a specific therapy approach designed to address disruptive behaviors in young children ages 2 to 7. PCIT has been found effective in treating oppositional behavior, inattention, and aggression. The child's parent(s) is actively involved in PCIT. PCIT teaches parent(s) specific strategies to increase the child's compliance and decrease aggression.

Medicaid approved!

Local Providers:

Chris Wegener PLMHP
1835 E. Military Ave. Suite 115 Fremont, NE 68025
402-512-1884
Mon-Thurs 7-6pm

Fri 8-4pm
 Medicaid accepted and Blue Cross/ Blue Shield

Julie Ross, LCSW
 1627 E. Military Ave. Suite 200
 402-727-4886
 Website: parkprofessionalgroup.com

Substance Use Assistance

Nurturing and Attachment

Lutheran Family Services

1420 E. Military Ave Fremont,
 NE 68025
 402- 721- 1774
 Intensive Outpatient Substance Use program

The IOP program is for clients who are age 19 or older who have had a substance use evaluation in the past 6 months that recommends intensive outpatient treatment. Clients are engaged in 10 hours of therapeutic treatment each week consisting of 3 groups (Monday, Wednesday and Thursday) from 2-5 pm and one individual session; family therapy may also be included as necessary.

If you have clients that would benefit from this service and who have an evaluation completed please fax their evaluation to LFS at FAX: 402-721-9689 or E-mail the evaluation to LBRUNDEGE@LFSNEB.ORG

Children 's Behavior

Knowledge of Child Development and Behaviors, Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resiliency

Boys Town

14100 Crawford St Boys Town, NE 68010
 402-498-1141
 Now providing in-home supportive services to families in Dodge County!

Parent to Parent Network

328 W. Norfolk Av. Norfolk, Ne 68701
 Phone: 402-379-2268
 Toll Free: 1-877-226-8819
 Fax: 402-371-7631
 Website: Parent-parent.org

Available to families in Northeast Nebraska and who are raising, or are primary caregivers for, children with behavioral/ emotional challenges, including social, emotional mental, substance abuse and gambling. All services are free.

Parent/Child Groups

Knowledge of Child Development and Behaviors,
Nurturing and Attachment, Social and Emotional Competence of Children, Social Connections

Parents Interacting with Infants (PIWI)

PIWI promotes parenting through facilitation of parent child interactions that are competent, confident, and mutually enjoyable. PIWI focuses on promoting the social emotional development and school readiness of young children birth to age 5.

Organizations that offer PIWI: Call for PIWI schedule
 Dodge County Head Start- 402.721.9022
 Lutheran Family Services- 402-941-0075
 Sixpence- 402-727-0496

Mothers of Preschoolers (MOPS)

We are a local mother's group that meets twice a month on Friday's from 9a-11a at the Grace Church in downtown Fremont (across from Schwesers). We have breakfast at every meeting, speakers, and crafts!
 Grace Church of Fremont
 109 E 6th Fremont NE 68025
 (402) 720-9432

Fremont Alliance MOPS meets the first and third Monday of the month from 6:30-8 p.m.
 1615 N Lincoln Ave
 Fremont, Nebraska

In-Home Services

Knowledge of Child Development and Behaviors,
Nurturing and Attachment, Social and Emotional Competence of Children, Parental Resiliency

Boys Town

14100 Crawford St Boys
 Town, NE 68010
 402- 498- 1141

Educational Service Unit #2 Early Development Network

402-721-7710

Provides services and supports that are designed based on the needs of children birth to age 3 and their families with the belief that parents know what is best for their families. Helps families to understand their child's disability and provides assistance in dealing with situations that interfere with the child's development.

Healthy Families – Northeast Nebraska Community Action Partnership

603 Earl Street
Pender NE 68047
402-385-6300

Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.

- Healthy Families is a free program available to residents of Northeast Nebraska that provides in-home parenting support designed to build on family strengths. Ideal candidates are prenatal women and/or families with infants less than three months old. However, please inquire if your child is slightly older.

Parenting Services

Knowledge of Child Development and Behaviors,
Nurturing and Attachment,
Social and Emotional
Competence of Children,
Parental Resiliency, Social
Connections

Nurturing Parenting Program-Group Setting

Nurturing and Attachment Model

Lutheran Family Services
1420 E Military Ave #200, Fremont NE 68025
402-941-0075

The Nurturing Parenting Program® classes emphasize the importance of raising children in a warm, trusting and caring household. The philosophy is founded on 7 principles:

- Feelings of attachment
- Empathy
- Nurturing oneself
- Gentle touch
- Discipline
- Expressing feelings
- Expectations & self-worth

Structured childcare is provided for all sessions.

Clients must already be working with LFS to obtain service. The service is then provided at no cost

Members of the class prepare dinner weekly and have dinner with their children.

Classes are offered at various times.

Contact agency for more info!

Sixpence

445 E 1st St Fremont, NE 68025

402-727-0496

Hours: 7- 4pm

Services: We are an in-home visiting program that serves at risk families in the Fremont community. We serve prenatal moms and children birth to age three. Once that child turns three, we work on a transition plan for them to go to preschool. We are a support to families that helps the parent on parenting skills, connecting them to resources and providing developmentally appropriate activities for the parent to work on with the child that will focus and prepare them for preschool. We do visits three times a month for an hour and offer a monthly social.

Additional Info: We offer incentives such as diapers, wipes, formula, and early childhood toys.

Qualifications/ Population: Families in the Fremont community with a Fremont address. Low income, family receives WIC or Medicaid, mental health, substance abuse, English second language, premature, lack of education completion and teen parents.

Website/ Facebook: Private Facebook for members.

Child Abuse/ Neglect Services

Knowledge of Child Development and Behaviors,
Nurturing and Attachment,
Social and Emotional Competence of Children,
Parental Resiliency

State Department of Health and Human Services

Adult & Child Abuse & Neglect Hotline 1-800-652-1999

Local Office: 1959 E. Military Ave, Fremont NE 68025

The Bridge

Crisis Center for Domestic Abuse/Sexual Assault

141 South Union Street Fremont,

NE 68025

402-721-4340

402-727-7777 24 hour crisis line

888-721-4340 24 hour crisis line (toll-free)

www.bridgefromviolence.com

www.facebook.com/crisiscenterfremontne

www.knowanddowhatsright.com

24 hour crisis intervention and support services for victims of domestic violence and sexual assault.

Baby Supplies

Concrete Supports, Social Connections

Life Choices Pregnancy Resource Center

230 E. 22nd St. STE 2

Fremont, NE 68026

402-721-5551

Office Hours:

Friday- Monday: Closed

Tuesday- Thursday: 10:00am-5:00pm

Three Rivers District Health Department

2400 N Lincoln Ave

Fremont NE 68025

402-727-5396

Three Rivers District Health Department has certified technicians available for child safety seat inspections. Periodic safety inspection stations are also available at our local health centers and during community events.

Three Rivers District Health Department provides convertible child safety seats and booster seats to parents and guardians that have legal residence inside the counties we serve.

Northeast Nebraska Community Action Partnership

212 E. 8th St

Fremont NE 68025

402-721-0619

Child Care Seat Program

Infant seats, toddler seats and booster seats are provided to income eligible clients for a nominal fee. Car seats are installed and child safety seat education is provided to clients by trained technicians. The Agency has Child Passenger Safety Technicians and one Senior Technician trained by the National Highway Traffic Safety Administration.

After School/Summer Programming**Social Connections****Fremont Public School After- School Programming K -4th Grade**

Contact your school for eligibility and more information!

The Hope Center for Kids

555 W. 23rd St

Fremont NE 68025

402-341-4673 Ext1100

After school programming, free of charge to families. Transportation provided. Supports youth 5th through 12th grade.

The Summer Lunch Program Presbyterian Church of Fremont 520 W. Linden Ave

Fremont NE 68025

402-721-7904

From May-Aug

Summer Lunch Program

Free lunch to any child 1-18 years old. Also included as any parents of those children

Hours: Mon-Fri 11:30-4:00pm, closed July 4th

YMCA Before/After School and Summer Program

810 North Lincoln Ave
Fremont, Ne 68025
402-721-6952

Clothing

Concrete Supports

Goodwill

3175 Elk Ln, Fremont, NE 68025
(402) 727-5007

Thriftology

549 N. H St
Fremont NE 68025
402-721-3125
Shopping Days & Hours
M/W/F 10am-4pm
TH 10am-7pm
SA 10am-2pm

Donation Days & Hours
Tuesday & Thursday 10am-5pm
Saturday 10am-2pm

Voucher Days & Hours
Monday, Wednesday, Friday 10am-6pm

Uniquely Yours Stability Support (UYSS) 240

N. Main St
Fremont NE 68025
402-727-8977
Hours:
Mon-Fri 9am-4pm
Sat 1pm-4pm

Child Care/Preschool

***Concrete Supports, Knowledge of
Child Development and
Behaviors, Nurturing and
Attachment, Social and
Emotional Competence of
Children***

Find a State licensed child care provider at:

<http://dhhs.ne.gov/publichealth/Documents/ChildCareRoster.pdf>

Dodge County Head Start

1024 W. 23rd St

Fremont NE 68025
402-721-9022

Dodge County Head Start promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and parent involvement services to enrolled children and families.

Please contact our local office for information regarding eligibility.

Fremont Public Schools-Preschool

Contact any K-4 (elementary school) for more information on eligibility and enrollment!

Support Groups

Parental Resilience, Social Connections

Fremont Area Support Groups – Peer led – Free will Donation – No Fee

ALCOHOLICS ANONYMOUS

AA and AI-Anon

Chapter 5 – 136 N Main St (402) 721-0272

Connected Youth Initiative

1835 E. Military Ave Suite 129 Fremont, NE 68025

402-415-8512

Hours: Flexible

Services: Youth: Basic Peer to Peer Support, Self-Advocacy and Advocacy Opportunities. Older Patients: Financial Coaching, Savings Matching, Life Skill Classes

Qualifications: 14-24 system involved youth, unconnected.

Website/ Facebook: hopecenterforkids.com/ylop

Text Reminder: Text @yvfremont to #81010

Celebrate Recovery

Church of the Nazarene

960 North Johnson Rd Fremont NE 68025

402-727-6445

Hours: Mondays 6pm- 8:30pm

Services: Christ Centered. Healing from Life's Hurts, Habits and Hang ups

Information: Childcare provided for kids 10 and under, from 6:15 until 8:30pm. 6pm Fellowship with light snacks. 6:30pm Large Group- teaching time based on biblical 12 steps. 7:30- 8:30pm gender specific small groups.

Website/ Facebook: celebraterecoveryfremont@gmail.com @crfremontnebraska

CMA Crystal Meth Anonymous

First Congressional Church

Tuesdays 5:15pm 1550 N Broad (16th st entry)

Thursdays – 5:15pm
Contact (402) 983-5585

NARCOTICS ANONYMOUS

Fremont Area Service Committee
F.A.S.C. Narcotics Anonymous
P.O. Box 1452
Fremont, NE 68026

N.A. Hotline (402) 459-9511

Oxford Housing – Adult – Sober living Call

for more information:

Women's (402) 816-4520

Men's (402) 721-6259

Fremont Health Support Group Schedule

Fresh Hope Support Group – A faith-based support group for those suffering from mental health illness or family members and/or caregivers Meets every Thursday at 7:00 p.m.. Location: Fremont Health - Dunklau Conference Room

Leukemia & Lymphoma Patient/Family Support Group

Health Park Plaza, 3rd Fl, Rm 5
Starting March 8, 2018 11:30 am - 12:30 pm
Offered every Thursday

Nebraska Regional Meeting List Narcotics Anonymous

NRSCNA
P.O box 80091
Lincoln, NE 68501-0091

1440 E Military Ave; Shepard Church, Ed. Bldg, West of Church, rear door: Monday, Tuesday, Thursday: 7pm, Friday: 8pm

723 N Broad St; Life House: Tuesday: 1pm, Wednesday 7pm, Saturday 8pm, Sunday 10:30am

Website/ Facebook: nebraskana.org, meetinglist@nebraskana.org

The Bridge Crisis Center for Domestic Abuse/Sexual Assault

141 South Union Street
Fremont, NE 68025
402-721-4340
402-727-7777 24 hour crisis line
888-721-4340 24 hour crisis line
www.bridgefromviolence.com
www.facebook.com/crisiscenterfremontne
www.knowanddowhatsright.com

24 hour confidential crisis intervention and support services for victims of domestic violence and sexual assault and their families. Individual and group support are available in both English and Spanish for adults

and children. Emergency shelter and safe housing assistance, criminal justice support, assist with protection orders, life skills and parenting support. Call for support group information

Job Readiness/Career Assistance

Concrete Supports

Vocational Rehabilitation

827 North D Street Fremont NE,
68025
402-727-2900

Hours Monday –Friday 8-5

Qualifying individuals include those that have a disability and need a job.

Works with individuals with disabilities obtain and/or maintain employment Disabilities can include physical, mental, alcohol or drug related

Programs offered-

- Career exploration
- Vocational Planning
- Independent Living
- Assessments
- Job Placements
- Retention

ResCare Workforce Services

210 E 8th St Suite C Fremont, NE 68025
402-753-7399
402-753- 2464

Hours: M-F 8-5pm

Services: Work Experience, Community Service, On the Job Training, Job Search/ Job Readiness, Employment, Education

Qualifications: Receiving ADC from state of Nebraska, must have children

Website/ Facebook: www.rescare.com

Essential Personnel

(Walk-in) 413 N Main
Street 8am-5pm (M-F)
402-727-8336
402-727-7224 (fax)

Premier Staffing (Walk-in) 415 E 6th

Street, Suite C 8am-5pm (M-F)
402-721-1476
402-721-6766 (fax)

Advance Services (ASI) (Walk-in)

1900 E Military, STE 268, Fremont, NE 68025
8am-5pm (M-F) 402-
721-6135

Essential Personnel, Premier Staffing, and ASI are all staffing agencies that will pay the individual

Education Assistance

Concrete Supports

Metropolitan Community College

835 N Broad St, Fremont, NE 68025 (402)
721-2507

Our Programs and Descriptions:

- GED
Adult Education/General Education Development offers non-credit instruction in basic skills and GED preparation. In addition, the department offers GED testing services.
- Non-credit English as a Second Language
Adult Education/non-credit ESL is intended for literacy level non-English speaking students. The classes focus on survival and basic English skills.

Adult Education Office: 402-457-2312 or adultedu@mccneb.edu

Clothing-Career

Concrete Supports

Uniquely Yours Stability Support

240 N. Main St Fremont NE
68025
402-727-8977

Interview Clothing Shop Hours: Mon-
Fri 9am-4pm
Sat 1m-4pm

Participants are able to receive one free outfit. You can then bring back verification of employment and received four additional outfits!

Life Skills Development

Concrete Supports, Parental resilience

LifeHouse

723 N. Broad St
Fremont NE 68025
402-721-3125

Services: Offering Life Skills classes, free of charge. Call for current schedule!

Uniquely Yours Stability Support

240 N. Main St Fremont NE
68025
402-727-8977

Offering life Skills classes, free of charge. Call for current schedule!

- Budgeting, Employability
- Alternatives to Anger, Mental health Support groups
- Smart Start (hygiene), Nutrition Education
- Parenting and Youth workshops, Dream workshop

Lutheran Family Services- Youth Life Skills Class

1420 E Military St. Fremont, NE 68025
402- 941-0075
Hours: 8:30- 5pm

Call for life skills calendar

Youth Services

Early Childhood Programs

Concrete Supports

Dodge County Head Start

1024 W. 23rd St Fremont, NE 68025
402- 721-9022
Hours: M-F 8- 3:30pm. Please inquire about current preschool class times.

Services: Dodge County Head Start promotes school readiness by enhancing the social and cognitive development of children birth-5 years old through the provision of educational, health, nutritional, social and parent involvement services to enrolled children and their families. Services for prenatal-3 years old are delivered through a home visitation model. Services for 3-5 years old are delivered through participation in full day preschool. Please contact our local office for information regarding eligibility. Bilingual staff available. Other Information: PIWI is offered twice each school year (September-December and January-May). COS-P is offered each school year beginning in January.

Qualifications/ Population: Target population is families with income below 100% of the federal poverty guidelines (limited number of spots for families with income between 100-130% of the FPG), families who are homeless, children who are in foster care, or families who receive ADC or SSI. DCHS is inclusive of children with special needs. Please contact our local office to set up an application to determine eligibility.

Website/ Facebook: www.dodgecountyheadstart.org

Early Development Network

2320 N. Colorado Ave. Fremont, NE 68025
402-727-4130
Hours: 8- 4:30pm

Services: Early development network provides special education services to children from birth to 3 years old. All services are free.

Qualifications: Birth to 3 years old.

County: Dodge, Burt, Saunders, and Cuming.

Website/ Facebook: Early Development Network ESU #2

Lutheran Family Services- Center for Healthy Families

1420 E Military St. Fremont, NE 68025
 402- 941-0075
 Hours: 8:30- 5pm

Services: Lutheran Family Services offer an array of services for individuals and families. LFS is a safe environment that is welcoming to all people. We meet people where they are in their journey to empower, support, advocate, and assist to remove barriers as participants work through their self-created plan.

- Family Incentive Program- Earn points for completing strategies towards family goal plan. Utilizing point to “purchase” items in our Boutique for the family such as diapers, wipes, hygiene items, laundry soap, clothing, etc.
- Family Life Educators- assist in creating family/ individual goal plan, assist individuals/ families obtain life skills, assist to remove barriers for family’s success, support and advocate individual/ family through their journey of change.
- In home support- our in-home staff work with individuals/ families to remove barriers and practice life skills in family’s environment.
- Nurturing parenting program- 16-week parenting program provided free of cost to participants. Also available in Spanish.

Website/ Facebook: www.Lfs.org

Youth Programs**Concrete Supports****Hope Center for Kids**

555 W. 23rd St. Fremont, NE 68025
 402-342-4673 ext. 1100

Hours: 11- 7pm building hours. 3:30- 6:30pm Program Hours.

Services: Afterschool program, homework help- tutoring, employment training (5th & 12th), monitoring. Have bilingual volunteers available.

Qualifications: Fill out membership forms.

Website/ Facebook: www.hopecenterforkids.com

Youth Voice

Contact Cindy: 402.341.4673 x1100 or 402.415.8512 cell

creed@hopecenterforkids.com

Check out Project Everlast Fremont Facebook page!

Supporting youth ages 14-24 with foster care experience. Youth Voice helps to create opportunities and build social connections for youth. Our local youth council meets monthly. Call for more information on how to get involved!

Fremont Family YMCA

810 N. Lincoln Ave Fremont, NE 68025
 402-721-6952

Hours: 5:30am- 10pm M-TH; 5:30am- 9pm FR; 8am- 6pm Sat, 12:30pm- 8pm SUN

Services: Scholarships for memberships and programming summer fun club, before and after school childcare, accepts childcare subsidy (Title XX)

Qualifications: Income Based

Website/ Facebook: www.fremontfamilyymca.org

Teammates Mentoring Program (Youth)

Youth meet one hour per week with a caring adult who serves as a mentor. Mentors are volunteers from the community who have dedicated themselves to making a difference in the life of a young person. Mentors give youth a sense of hope, purpose and vision.

Contact:

Fremont Public Schools- 402-433-2999

Veteran Services

Veteran Programs

Concrete Supports

Dodge County Veteran Service Office

435 N. Park St. Room 203-B

402-727-2719

Hours: 8:30- 4pm

Services: Survivors Pension, War Pension.

Qualifications: Must be a veteran.

*Oxford House John C is a self-run, self-supported recovery house for recovering alcoholics and drug addicts. Oxford House John C is an all men's recovery house. Oxford Houses are a concept in recovery from drug and alcohol addiction. A representative of every House in the area meets with the others on a monthly basis, to share information, to seek resolution of problems in a particular House, and to express that Chapter's vote on larger issues.

Call to learn more about the cost and expenses of living at the house. This house accommodates 8 residents. This sober house is part of a larger non-profit network.

Website/ Facebook/ Email: www.dodgecovso@hotmail.com

Other Services

Legal

Concrete Supports

Legal Aid

209 S. 19th Street, 2nd Floor, Omaha, NE, 68102 Phone:

402-348-1069

Fax: 402-348-1068

Language Services

Concrete Supports

Good Shepherd Lutheran Church

1440 E. Military Ave

Fremont NE 68025

402-721-8412
 Contact: Lois Svoboda

Know someone who desires to learn English? We use the English Oxford illustrated dictionary as the curriculum. Classes are free of charge!

Hotlines

Parental Reliance

AL-ANON MEETINGS - nebr-al-anon-alateen.org/ PH: Alcoholics Anonymous - www.aa.org	402-721-0272
Nebraska AA Toll Free - www.area41.org -	877-226-3632
AIDS Hotline	800-252- 4636
Adult Protective Services	800-652-1999
Alcohol & Drug Abuse Hotline	800-662-4357
Baby Hotline	402-572-2229
Boys Town Hotline	800-448-3000
Child Abuse/Neglect Hotline	800-652-1999
Gambling Hotline	800-522- 4700
Lasting Hope Recovery Center 24/7 Hotline	402-717-5300
Local DV/SA crisis line; serving 5 counties	800-727-7777
National Runaways	800-786-2929
Nebraska Children's Home 24 Hr Pregnancy	800-390-6754
Nebraska Family Helpline	888-866-8660
Nebraska Family Support Network	402-345-0791
Poison Control Center	800- 222-1222
Drug/Alcohol Prevention Resource Hotline	888-870-1812

Safe Harbor-Peer support services for mental well-being	402-715-4226
Veterans 24 hour crisis line, talk or text veteranscrisisline.net Victim Services-Dodge County Suicide Prevention	800- 273- 8255 800- 273- 8255
	402-727- 2795

Other Local Numbers (non-emergency)

Dodge County Sheriff's Office	402-727-2700
Fremont Police Department	402-727-2677
Fremont Fire Department	402-727-2688
The City of Fremont	402-727-2630
Fremont Dept. of Utilities	402-727-2600

Need more assistance in connecting to community resources?

Community Response

Contact the Fremont Family Coalition for additional information
402-721-4157

The Community Response is a system that connects families to community resources that will increase family protective factors and help them reach their goals.

The family will be connected with a family advocate who will work with them one on one for up to 3 months...all free of charge to the family.

This a family centered approach to improve the lives of families in the community.

To qualify, families must live in Dodge or Washington County, have a child in the home 0-18 years old.

