

Resources for Divorcing Parents

Lincoln, Nebraska



**Compiled by Children of Parents Experiencing Divorce
(COPEd) Coalition of Lancaster County**

<http://lancaster.unl.edu/family/divorce.shtml>

Nebraska Supreme Court Resources:

www.supremecourt.ne.gov/mediation/parenting-divorce.shtml

Parenting Plan, Sample Parent Created:

www.supremecourt.ne.gov/forms/district/DC-6-5-6.pdf

Nebraska Family Help Line – (trained counselors 24/7/365) 1-888-866-8660

Member Agencies:

Family Service • www.familyservicelincoln.org • 402-441-7949

Lincoln Medical Education Partnership • www.lmep.com • 402-488-6511

Lutheran Family Services • www.lfsneb.org • 402-435-2910

Psychotherapy Associates • www.psychotherapyassoc.com • 402-475-5069

Southeast Community College • www.southeast.edu • 402-437-2712

Southwood Psychotherapy/Lincoln Therapy • www.southwoodpsychotherapy.com • 402-420-2112

The Mediation Center • www.themediationcenter.org • 402-441-5740

UNL Extension-Lincoln in Lancaster County • <http://lancaster.unl.edu> • 402-441-7180

For additional information about Nebraska resources: Call 211 (not available in all areas of NE) or go to www.answers4families.org

Print additional copies at: <http://lancaster.unl.edu/family/ResourceList.pdf>

12-7-2011-- Updated annually. Please contact Maureen Burson, UNL Extension in Lancaster County, mburson1@unl.edu, 402-441-7180; 444 Cherrycreek Road, Lincoln, NE 68528.

BASIC NEEDS – Public Assistance		
Access Nebraska	www.accessnebraska.ne.gov	1-800-383-4278

CHILD CARE INFORMATION / REFERRALS		
Nebraska Resource and Referral System (NRRS)	www.nrrs.ne.gov/usersearch	1-800-746-8420

DIVORCE SUPPORT GROUPS – contact the faith-based group of your choice for additional options		
Capitol City Christian Church <i>Divorce Care for Adults and Divorce Care for Children</i>	7800 Holdrege www.capitolcitychristianchurch.com	402-467-4458
Christ's Place Church	1111 Old Cheney Road www.cplace.org	402-421-1111
First Plymouth Congregational Church <i>Rebuilding After Divorce (adults)</i>	2000 D Street www.firstplymouth.org	402-476-7565
Lincoln Berean Church <i>Divorce Care for Adults and Divorce Care for Kids</i>	6400 South 70 Street www.lincolnberean.org	402-483-6512
Saint Mark's United Methodist Church <i>Adults concurrent sessions: Kids Experiencing Divorce Support</i>	8550 Pioneers Blvd. www.stmarks.org	402-489-8885

EMPLOYMENT ASSISTANCE		
One Stop Employment Solutions <i>(job training)</i>	1010 N Street www.lincoln.ne.gov/main/employ.htm	402-441-7111
Nebraska Workforce Development <i>(seeking employment)</i>	1010 N Street, Suite 150 www.dol.nebraska.gov	402-471-2275

FINANCIAL / BASIC BUDGETING		
Consumer Credit Counseling Service of Nebraska, Inc.	1001 South 70 Street, Suite 200 www.cccsn.org	402-484-7200
Community Action Partners of Lancaster and Saunders Counties	210 O Street www.canhelp.org/capls.htm	402-471-4515

HOUSING INFORMATION / ASSISTANCE		
Lincoln Housing Authority	5700 R Street, Box 5327 www.l-housing.com	402-434-5500
Neighbor Works - Lincoln	2240 Q Street www.nwlincoln.org	402-477-7181

LEGAL NEEDS		
Nebraska Judicial Branch – Parenting and Divorce Information	www.supremecourt.ne.gov/mediation/parenting-divorce.shtml	
Legal Aid of Nebraska - Lincoln	941 O Street #825 www.legalaidofnebraska.com	402-435-2161 1-877-250-2016
The Mediation Center	610 J Street www.themediationcenter.org	402-441-5740
Nebraska Advocacy Services <i>(Center for Disability Rights, Law, and Advocacy)</i>	134 South 13 th , Suite 600 www.nebraskaadvocacyservices.org	402-474-3183 1-800-422-6691
Nebraska Health and Human Services Child Support Enforcement	1050 N Street www.nebraskachildsupport.com	402-441-8715 1-877-631-9973
University of Nebraska Civil Clinic	172 Welpton Courtroom Building http://law.unl.edu	402-472-3271
Nebraska Bar Association Volunteer Lawyer's Project	635 South 14 Street Suite 200 www.nebar.com	402-475-7091 1-800-742-3005

MEDICAL NEEDS (see Blue Pages for extensive listings)		
Clinic with a Heart	1701 S. 17 th , Lower Level www.clinicwithaheart.org	402-421-2924
College of Dentistry <i>(accepts Medicaid)</i>	40th & Holdrege Streets www.unmc.edu/dentistry	402-472-1301
Lincoln/Lancaster County Health Department	3140 N Street www.lincoln.ne.gov/city/health	402-441-8000
Lincoln Family Medicine Center	4600 Valley Road, Suite 200 www.lfmp.com	402-483-4571
Lincoln Public Schools Health Services	5901 O Street www.lps.org/stuserv/health	402-436-1655
People's Health Center	1021 North 27 Street www.phclincoln.org	402-476-1455
Nebraska Urban Indian Medical Center	2331 Fairfield Street www.nuihc.com	402-434-7177

MENTAL HEALTH /ANGER MANAGEMENT SERVICES (see Blue Pages for extensive listings)		
Men's Domestic Violence Group - Bryan LGH West	2300 South 16 th Street	402-481-4119

MENTAL HEALTH / CRISIS SERVICES (see Blue Pages for extensive listings)		
Cedars Youth Services 24-hour Crisis Line 1-800-448-3000	6601 Pioneers Blvd. www.cedars-kids.org	402-434-5437
Child Advocacy Center	3200 Sumner www.smvoices.org	402-476-3200
Friendship Home – Crisis Line 402-437-9302	www.friendshiphome.org	402-434-6353
Lincoln Police Department - Emergency	www.lincoln.ne.gov/city/police	911
Voices of Hope (Domestic Violence/Sexual Assault) (<i>groups, individual & walk-in counseling</i>) 24-hour Crisis Line 402-475-7273	2545 N Street www.voicesofhopelincn.org	402-476-2110

MENTAL HEALTH SERVICES (see Blue Pages for extensive listings)		
Catholic Social Services	3700 Sheridan Blvd., Suite 1 www.cssisus.org	402-489-1834
Child Guidance Center	2444 O Street www.child-guidance.org	402-475-7666
Community Mental Health Center of Lancaster County	2201 South 17 Street www.lincoln.ne.gov/cnty/mental	402-441-7940
Family Service	501 South 7 Street www.familyservicelincn.org	402-441-7949
Lincoln Medical Education Partnership Young Families Program	4600 Valley Road, Suite 225 http://www.lmep.com/TheYoungFamiliesProgram.aspx	402-488-6511
Lincoln Public Schools Social Workers	http://www.lps.org/stuserv/socialworkers	402-436-1658
Lutheran Family Services	2900 O Street, Suite 200 www.lfsneb.org	402-435-2910
Psychotherapy Associates	1919 South 40 Street, Suite 312 www.psychotherapyassoc.com	402-475-5069
Southwood Psychotherapy/Lincoln Therapy	7121 A Street, Suite 101 www.southwoodpsychotherapy.com	402-420-2112
University of Nebraska-Lincoln Counseling & School Psychology Clinic	Teacher's College Hall, #49, 14 th & R Streets http://cehs.unl.edu/edpsych/graduate/copsychclinic.shtml	402-472-1152
University of Nebraska-Lincoln Family Resource Center	35 th Street & East Campus Loop http://cehs.unl.edu/cyaf/outreach/frc.shtml	402-472-5035
University of Nebraska-Lincoln Psychological Consultation Center	325 Burnett, UNL www.unl.edu/psypage	402-472-2351

MENTORING PROGRAMS (see Blue Pages for extensive listings)		
Heartland Big Brothers Big Sisters (<i>ages 7-17</i>)	6201 Havelock Avenue www.hbbbs.org	402-464-2227
Lighthouse (<i>middle and high school students</i>)	2601 N Street www.lincolnlighthouse.org	402-475-3220
TeamMates Mentoring Program (<i>grades 3-12</i>)	www.lincolnteammates.org	402-436-1990