



Resource Guide

BUILDING RESILIENT FAMILIES

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Budgeting Tools

Applications

- Goodbudget (basic version is free)
- EveryDollar (basic version is free)
- Empower Personal Dashboard
- PocketGuard (basic version is free)
- Honeydue (specifically designed to be used with a partner)

Websites

- Albert.com
- Moneyhelper.org
- Mint.intuit.com

Cultural Centers

The Malone Center

- Education, health and wellness programming, athletics, investment in youth leadership, and more
- 2032 U Street (Currently under construction, programming is taking place all around Lincoln)

Good Neighbor Community Center

- Food distributions, clothes and houseware, tax assistance, refugee and immigrant support services and more
- 2617 Y Street

Ponca Tribe of Nebraska

- Health services, DV resources, education, environmental programs
- Service area covering 15 counties including Lancaster; headquarters in Niobrara NE

Asian Community and Cultural Center

- Supporting refugees and immigrants through education, resource programs, women's, elders', youth programming and more
- 144 N 44th Street, Suite A

El Centro de las Americas

- Promoting self-sufficiency in Latino family by providing social, education, economic, health, and advocacy services
- 210 O Street

Domestic Violence Resources

Friendship Home

- Organization dedicated to supporting, sheltering, and advocating for domestic violence survivors and their children
- Services include a crisis line and safety planning, emergency shelter, and transitional housing
- Website: <https://friendshiphome.org/>

Voices of Hope

- Organization providing confidential 24/7 crisis intervention services to all genders who are victims of domestic violence, sexual assault, and related forms of abuse
- Services include support and education groups, crisis interventions services, education and training, and walk-in services like safety planning, basic needs provision, and more
- Website: <https://www.voicesofhopelincn.org/>

Educational Resources (for parents and children)

Alison.com

- Alison.com is a free website with courses on a variety of topics including parenting
- The courses themselves are free, only printing a certificate of completion has a cost
- Course topics include childcare, modern day parenting, first aid, positive parenting skills, etc.
- <https://alison.com/tag/parenting>

Building Better Babysitters

- 4H curriculum for 12–18-year-olds that shares basic safety, knowledge, and appropriate play for babysitting all age groups
- Website: <https://4h.unl.edu/programs-priorities-healthy-living>

Emma Hubbard

- Pediatric Occupational Therapist that runs an evidence-based YouTube channel with parenting tips and tricks and child development information
- YouTube Channel: <https://www.youtube.com/c/EmmaHubbard>
- Website: <https://brightestbeginning.com/>

Jaimie Glowacki

- Internationally recognized potty training and parenting expert
- Offers books, podcasts, and trainings to help you get your child potty trained!
- She can be found online <https://www.jamieglowacki.com/> and also has an Instagram account.

Lantern

- Free texting service providing information for parents from pregnancy through the preteen years
- Parents can receive texts about a variety of topics including health, bonding, brain development, parenting support, and more
- Website: <https://mylantern.org/>

Nebraska Growing Readers

- Provides free books to families and promotes the adoption of shared reading as a means of increasing literacy for all children in the state
- Books are provided to childcare providers or to families if you have a child who is entering kindergarten
- Website: <https://nebraskagrowingreaders.org/>

Online Parenting Center

- Self-paced and set-paced course
- Courses include parenting skills classes, child endangerment courses, child abuse classes, and court mandated parenting programs
- These courses should not be considered parent education and family stabilization, divorce or co-parenting courses, or high conflict parenting programs
- These are PAID courses
- Website: <https://onlineparentingcenter.com/>

Parents Helping Parents

- Organization using the Parents Helping Parents prevention philosophy which is based on the belief that parents are capable of developing their own solutions when given the space, encouragement, and community resources they need
- Services: free 24/7 confidential Parent Stress Line, free virtual support groups, free resource directory
- Website: <https://parentshelpingparents.org/>

Parents Magazine

- Online magazine with articles about starting a family, pregnancy, parenting, life with kids, and more
- Have social media platforms on Instagram, Facebook, Pinterest, and TikTok
- Website: <https://www.parents.com/>

Parents Together

- Provides news and resources to help all families thrive.
- Scripts for parents when children ask difficult questions.
- Activities & Printables
- Blog articles
- <https://parents-together.org/>

Sesame Workshop

- Website that offers resources for families on topics such as healthy minds and bodies, having tough conversations, and getting children school ready. There are also some webinars offered on a variety of topics like social supports, bullying, and self-care
- Website: <https://sesameworkshop.org/>

Nurtured First

- Teaching parents how to nurture through:
 - Unconditional Love

- Safety & Trust
 - Responsibility
 - Curiosity
- Blog
- Toolkits
- Online Parenting Courses
- Podcast (Rainbow Unicorn)
- Email Newsletter
- Paid Membership
- <https://nurturedfirst.com/>

Events for Children

Macaroni KID

- National website that provides a list of events for children
- Users can search by city for events, both free and paid
- Website: <https://lincoln.macaronikid.com/>

Lnk Kids Events

Local Events around Lincoln ideal for families and kids.

- <https://www.lnkkids.com/events>
- Check out their magazine!
 - Printed copies found at Russ's Market, Super Saver, YMCA, The Creamery Building & Lincoln City Libraries
 - Fun activities for kids
 - Great resources for parents
 - Quick snack recipes!
 - <https://www.lnkkids.com/magazine>

Faith-Based Organizations

Catholic Social Services of Southern Nebraska

- Mission: perform the Works of Mercy in response to the call of God. Working together, we will grow, nourish, nurture, and sustain Hope in the Good Life
- Services include family support services, food market and meal services, gift and thrift stores, immigration legal services, refugee resettlement services, and more
- Website: https://csshope.org/what_we_do/whatwedo.html

City Impact Christian Community Center

- Works to empower and equip kids and families to rise above vulnerable circumstances through a Christ-center biblical worldview
- Services:

- CI Academy: faith-based education for youth
- CI Kingdom Living: comprehensive program that focuses on strengthening family bonds and promoting holistic development
- CI Sports: provide unique and enriching experiences for youth, promoting character development, teamwork, and spiritual growth through the world of sports
- Website: <https://cityimpact.org/>

People's City Mission

- Mission: to be a witness for Christ among the poor and homeless, serve their needs, and advocate their cause to the community at large
- Services include Women's Temporary Housing, Men's Temporary Housing, the Curtis Center, the Help Center, the Free Clinic, Safe Place, and Connections
- Help Center: dedicated to making much-needed items available at no charge to those who need it most
- Clothing is available at the Help Center at 6800 P Street
- Website: <https://pcmlincoln.org/>

Salvation Army

- Organization that serves Lincoln through various areas of services to strength Lincoln physically, emotionally, and spiritually
- Programs include Pathway to Hope (overcoming poverty), food programs, material and utility assistance, after-school program, character building programs, summer camps, and more
- Website: <https://centralusa.salvationarmy.org/lincoln/#howwehelp>

Financial Resources

Community Action Partnership Lancaster and Saunders County

- Financial Coaching Program
 - Offers individuals with low-to-moderate income the opportunity to learn financial literacy skills, build habits, and transform economic goals into reality
 - Website: <https://www.communityactionatwork.org/programs/financial-and-family-well-being/financial-education.html>
- Free to Save Matched Savings Program
 - Offers individuals with low-to-moderate income the opportunity to save, build habits, and transform economic goals into reality
 - Provides a 4:1 savings match for participants. Individuals will engage in financial and asset-specific education while saving overtime towards the purchase of an asset
 - Website: <https://www.communityactionatwork.org/programs/financial-and-family-well-being/free-to-save.html>

Getting Ahead in a Just Gettin'-By-World (hosted through the Food Bank of Lincoln)

- 10-week workshops that help participants build a new set of tools and perspectives for viewing their lives and building their future stories
- Participants have the opportunity to receive 300 dollars for completing the class and a 6-month assessment

- There are upcoming workshops in January
- Website: <https://www.lincolnfoodbank.org/getting-ahead-in-a-just-gettin-by-world/>

Union Bank and Trust

- The Five Principles of Financial Wellness
 - Free, online set of guides covering financial wellness
 - Website: <https://www.ubt.com/goals/five-principles-financial-wellness>

Fitness Resources

Lincoln Resources

Community Center Wellness Programs

- Indoor Walking
 - Air Park Community Center, Monday-Friday, 6:30-9 am, \$4.00
 - F Street Community Center, Daily, Free

Adult Fitness Classes

- F Street Community Center, 1225 F Street
 - Yoga, Tuesdays 12-12:45 pm, \$4/class
 - Zumba, Tuesdays 6-7 pm, Thursdays, 5:30-6:30 pm, \$4/class

Track and Fitness Facilities

- Most Lincoln Recreation Centers have fitness equipment
- At Belmont Recreation Center, it is \$4 a day or \$40 a month to use the fitness facilities

Lincoln Bike Kitchen

- Organization working to make cycling available to everyone to create a healthy, equitable, and sustainable community
- Provide bikes for children and adults
- Do free bike repairs Mondays from 5-7 pm
- 308 S. 21st Street

Parks and Recreation

Parks and Facilities:

- Over 6,000 acres of parks and natural land, 166 parks, 183 miles of trails, pools, and recreation centers
- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Parks-Facilities>

Parks and Recreation Youth Programs:

- Team sports, summer camps, nature center programming, early childhood programs, party in the parks
- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Programs>

Play in the Parks (Free activities)

- Summer water fitness classes, September yoga, FitLot group classes at Woods park
- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Programs/Play-in-the-Parks>

Online Resources

- Group Fitness Live
 - \$17 a month for unlimited access to live stream classes and past classes
- Daily Burn
 - \$20 a month, has a daily live streamed workout that you can join from anywhere in the country
- Peloton
 - \$13 a month, includes live classes, no equipment needed
- YouTube: 1000s of free fitness classes that can be done at home
- Fit & Healthy Kids – Early Childhood Education – On Facebook:
 - <https://www.facebook.com/fitandhealthykids101/>

Children & Nature Network

- News, research, and resources for connecting children and families with nature.
- Resources for families: <https://www.childrenandnature.org/resources/category/families/>
- Youth Outdoor Equity Leadership Fund – inviting young leaders between 16-30 to request grants to grow professionally or implement projects that create change in equitable access to nature, community health and well-being, and justice.
 - <https://www.childrenandnature.org/resources/youth-outdoor-equity-leadership-fund/>

Food Resources

Food and Drug Administration

- Website providing a variety of information about food, drugs, medical devices, etc.
- <https://www.fda.gov/>

Lincoln Fresh (through Food Bank of Lincoln)

- Produce truck that travels around Lincoln distributing fresh fruit and vegetables at each stop
- No documentation or ID necessary to visit the truck
- Website and Schedule: <https://www.lincolnfoodbank.org/services/lincoln-fresh-rural-mobile-produce/>

Supplemental Nutrition Assistance Program (SNAP)

What is it?	Who is eligible?	How to apply?
<ul style="list-style-type: none">• A federal food assistance program that provides individuals with low incomes with food benefits that can be used to purchase nutritious groceries	<ul style="list-style-type: none">• US citizens and certain non-citizens• A household's gross monthly income must be at or below 165% of the federal poverty level <p>AND</p>	<ul style="list-style-type: none">• Applications are by state• isherve.nebraska.gov

	<ul style="list-style-type: none"> A household's net monthly income must be at or below 100% of the federal poverty level 	
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Women, Infants, and Children (WIC)

What is it?	Who is eligible?	How to apply?
<ul style="list-style-type: none"> Program providing healthy food, breastfeeding support, nutrition information, health care referrals, and more 	<ul style="list-style-type: none"> Pregnant women Breastfeeding women New mothers Infants Children and foster children up to the age of 5 Income guidelines for Nebraska: https://dhhs.ne.gov/Pages/WIC-About.aspx 	<ul style="list-style-type: none"> https://signupwic.com/

Food Bank of Lincoln

What is it?	Who is eligible?	How to access?
<ul style="list-style-type: none"> Organization that provides a variety of services including food distributions, the Backpack program, SNAP outreach, educational workshops, and more Lincoln Fresh – Food Truck Produce truck distributions March through November 	<ul style="list-style-type: none"> No eligibility requirements Serve 16 counties in Southeast Nebraska No eligibility requirements Check their calendar to see when and where they will make their stops. 	<ul style="list-style-type: none"> Food distributions: https://www.lincolnfoodbank.org/get-food/food-distribution-schedule/ Other services: https://www.lincolnfoodbank.org/services/overview/ Truck stops at various locations around town. https://www.lincolnfoodbank.org/services/lincoln-fresh-rural-mobile-produce/

Center for People – People’s Pantry

What is it?	Who is eligible?	How to access?
<ul style="list-style-type: none">• Organization that focuses on providing services and programs to low-income communities to address basic needs• People's Pantry is a food pantry open Monday-Thursday	<ul style="list-style-type: none">• No eligibility requirements listed on the website, but you have to apply for a Clarity Card in-person to access the services	<ul style="list-style-type: none">• Food distributions: https://centerforpeople.org/basic-needs/food-security/food-distribution/• Home page: https://centerforpeople.org/

Health and Wellness

FEAST Wellness Program (Community Action Partnership)

- FEAST stands for Food, Education, Access, and Support, Together
- Each group includes 12 weeks of group meetings plus individual support
- Each meeting, participants learn how to make a new recipe and participate in a group discussion
- Benefits: learning new skills, making new friends, and discovering healthy, budget-friendly recipes
- Website: <https://www.communityactionatwork.org/programs/hunger-relief-healthy-food-access/feast.html>

Hotlines

- Boys Town National Hotline: 800-448-3000
- Friendship Home shelter crisis line: 402-437-9302
- National Domestic Violence Hotline: 800-799-7233
- National Sexual Assault Hotline: 800-656-4673
- National Suicide and Crisis Lifeline: 988 (call or text)
- Nebraska Child Abuse and Neglect Hotline: 800-652-1999
- Substance Abuse and Mental Health Services Administration National Helpline: 800-662-4357
- Voices of Hope Crisis Line: 402-475-7273

Libraries

Bennett Martin Public Library

- 136 South 14th Street

Anderson Branch Library

- 3635 Touzalin Avenue

Bethany Branch Library

- 1810 North Cotner Boulevard

Eiseley Branch Library

- 1530 Superior Street

Gere Branch Library

- 2400 South 56th Street

South Branch Library

- 2675 South Street

Walt Branch Library

- 6701 South 14th Street

Williams Branch Library (in the Air Park Community Center)

- 4900 Mike Scholl Street

Library Programs

- Book Groups: <https://www.lincolnlibraries.org/programs-and-events/book-groups/>
- Storytimes: <https://www.lincolnlibraries.org/programs-and-events/storytimes/>
- Events for Kids: <https://www.lincolnlibraries.org/programs-and-events/kids/>
- Events for Teens: <https://www.lincolnlibraries.org/programs-and-events/teens/>
- Libby app for accessing e-content. Books, podcasts, movies, oh-my! Sign up with your library account.

Literacy Resources

Linked2Literacy

- A program that inspires generations by providing inclusive books and literacy education through community-based programs
- Book Bridge Program—empowers families and caregivers by teaching reading strategies
- Dolly Parton Imagination Library—parents can sign children (ages 0-5) up to receive a new free book every month
- Website: <https://www.linked2literacy.org/>

Little Free Library

- Non-profit organization across the country dedicated to being a catalyst for building community, inspiring readers, and expanding book access
- On their website, you can find more information about the locations of the Little Free Libraries
- Website: <https://littlefreelibrary.org/>

Web-Based Literacy Resources

Readingrockets.org

- Reading 101: A Guide for Parents to help their children read (Pre-K to 2nd grade)
 - <https://www.readingrockets.org/literacy-home/reading-101-guide-parents>
 - <https://www.readingrockets.org/helping-all-readers/guidance-families>
 - Neuropsychology: (Brain Science) <https://www.readingrockets.org/reading-101/how-children-learn-read/reading-brain>

Audio and eBooks from our Public Library

- <https://nebraska.overdrive.com/library/youth>

LPS School District resources

- <https://home.lps.org/reading/reading-at-home/>

Essential Reading Skills and How They are Connected & Activities

- <https://readinguniverse.org/taxonomy>

Literacy Topics for Children Pre-K through 5th grade

- <https://fcrr.org/student-center-activities/pre-kindergarten>

Digital Resources for Literacy Topics

- <https://games.fcrr.org/>

Literature/Books

A Parent's Guide to Self-Regulation: A Practical Framework for Breaking the Cycle of Dysregulation and Mastering Emotions for Parents and Children

- By: Dr. Amber Thornton
- Discover tools and techniques for managing emotions, reactions, and behavior in this friendly, evidence-based book designed especially to help and support struggling, overstressed parents

How to Raise a Healthy Gamer: End Power Struggles, Break Bad Screen Habits, and Transform Your Relationship with Your Kids

- By: Ar. Alok Kanojia
- Whether your goal is to prepare your child for a healthy relationship to technology or to curb unhealthy amounts of time spent gaming, *How to Raise a Healthy Gamer* will help you better understand, communicate with, and—ultimately—empower your gaming enthusiast to live their best life.

Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids

- By: Hunter Clarke-Fields
- Provides powerful mindfulness skills for calming your own stress response when difficult emotions arise, strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. Additionally, parents learn to examine their own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by their parents, so they can break the cycle and respond to their children in more skillful ways.

Raising Mentally Strong Kids: How to Combine the Power of Neuroscience with Love and Logic to Grow Confident, Kind, Responsible, and Resilient Children and Young Adults

- By: Daniel Amen and Charles Fay
- Parents are given practical tools to help children of all ages go from behavioral problems like defiance and power struggles to being responsible, kind, confident, resilient and more.

The Anxiety Audit: Seven Sneaky Ways Anxiety Takes Hold and How to Escape Them

- By: Lynn Lyons LICSW
- *The Anxiety Audit* is a guide for us all: with no overly scientific or diagnostic language--just real talk and time-tested tactics from a respected therapist--it is a relatable and practical guide to untangling yourself from the grips of worry and fear.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

- By: Bessel van der Kolk
- Dr. van der Kolk uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity

- By: Nadine Burke Harris
- The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by adverse childhood experiences. Childhood adversity changes our *biological* systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.

The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired

- By: Daniel J. Siegel and Tina Payne Bryson
- Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we *don't* show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

Trauma Sensitive Parenting: Nurturing Safety, Resilience, And Healthy Bonds Within And Beyond The Home

- By: Jennifer Alushan
- Provides parents with ways to cultivate trauma sensitivity can make a difference in the way a child interacts with you and others.

What Happened to You?: Conversations on Trauma, Resilience, and Healing

- By: Oprah Winfrey and Bruce D. Perry
- Our earliest experiences shape our lives far down the road, and *What Happened to You?* provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand.

Siblings Without Rivalry

- By Adele Faber & Elaine Mazlish
- This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding - much gained from raising their own children - Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair.

Whole Brain Child

- By Dr. Daniel J. Siegel & Dr. Tina Payne Bryson
- Demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem-and feel-so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth.
- <https://drdansiegel.com/book/the-whole-brain-child/>

Raising Your Spirited Child

- By Mary Sheedy Kurcinka
- The spirited child—often called "difficult" or "strong-willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are wired to be "more"—by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child.

How To Talk So Kids Will Listen

- By Adele Faber & Elaine Mazlish
- This bestselling classic by internationally acclaimed experts on communication between parents and children includes fresh insights and suggestions, as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:
 - · Cope with your child's negative feelings, such as frustration, anger, and disappointment
 - Express your strong feelings without being hurtful
 - Engage your child's willing cooperation
 - Set firm limits and maintain goodwill
 - Use alternatives to punishment that promote self-discipline
 - Understand the difference between helpful and unhelpful praise
 - Resolve family conflicts peacefully

No Drama Discipline

- By Dr. Dan J. Siegel & Dr. Tina Payne Bryson
- Defining the true meaning of the "d" word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover

- strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart
- facts on brain development—and what kind of discipline is most appropriate and constructive at all ages and stages
- the way to calmly connect with and communicate love for a child—no matter how extreme the behavior—while still setting clear and consistent limits
- tips for navigating through the storm to achieve insight, empathy, and repair with your children
- twenty discipline mistakes even great parents make—and how to stay focused on the principles of whole-brain parenting and discipline techniques

Guide to Grief

- By Cole Imperi
- This book is the wise and compassionate friend you need when you experience grief and loss.
- Everyone faces loss, and everyone grieves. But grief is as unique as a thumbprint—not everyone grieves the same losses or in the same way. *A Guide to Grief* covers everything you need to know about death and loss that no one wants to talk about, including:
 - *What to expect in the days, months, and years after loss*
 - *The different kinds of loss*
 - *How to ask for help*
 - *How to help a grieving friend*

Grit: The Power of Passion and Perseverance (for anyone and some of the anecdotes can also apply to parenting)

- By Angela Duckworth
- The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance.

Podcasts

Good Inside

- Hosted by Dr. Becky Kennedy (Also a Parenting Coach) A clinical psychologist
- <https://www.goodinside.com/podcast/>

Robot Unicorn

- Parenting podcast. Found anywhere you listen to your podcasts.
- Parenting expert Jess VanderWier (registered psychotherapist) and her husband Scott bring you real topics and real answers to questions.

Maternal/Family Resources

Benefits for Kin and Relative Caring for Children and Youth (Department of Health and Human Services)

- Children and youth who are in the care of a kin or relative caregiver may be eligible to receive DHHS benefits
- The information on the website below is targeted to kin and relative caregivers that are NOT involved with the foster care system
- For more information: <https://dhhs.ne.gov/Pages/Benefits-for-Kin-and-Relatives-Caring-for-Children-and-Youth.aspx>

Birthright of Lincoln

- Organization offering love, friendship, and support to women who are pregnant or think they may be pregnant
- Focus on loving the mother, reminding her that there is hope and ensuring she is not alone
- Services:
 - Information about pregnancy, childbirth, adoptions, parenting skills and more
 - Referrals for medical support, financial resources, housing, counseling, and more
 - Resources like pregnancy tests and maternity and baby items
- Website: <https://birthright.org/lincolnne>

Diaper Depot and Closet

- Families are allowed one package of diapers a month
- Families can shop for free clothing and some household items at any time when the Closet is open
- Location: New Hope United Methodist Church, 1205 N 45th Street
- Website: <https://newhopeumclincolnne.org/serve/outreach-ministries/>

Family Connects Home Visitation

- Universal newborn home visiting program in Lincoln-Lancaster County
- Provides a free home visit by a Registered Nurse three weeks after the birth of your child
- Website: <https://www.lincoln.ne.gov/City/Departments/Health-Department/CHS/Family-Connects-Home-Visitation>

Forward (formerly known as Diaper Heaven)

- Program that provides diapers and other baby items to families in need
- Open Mondays 10 am-2pm
- Located at Trinity Lutheran Church
- Website: <https://www.lincolnrighttolife.org/forward>

Healthy Families Home Visitation Services (Department of Health and Human Services)

- Home visitation model designed to work with overburdened families who are at risk for child abuse and neglect and other adverse childhood experiences
- Services are free and offered voluntarily, intensively, and until the child is 3 years of age
- Website: <https://www.lincoln.ne.gov/City/Departments/Health-Department/CHS/Healthy-Families-Home-Visitation-Services>

KidSit

- Website to find local childcare and pet sitting work
- Users can ask for providers or become a provider
- Website: <https://kidsit.com/>

Milkworks

- Organization working to reduce maternal infant health inequities and disparities by creating an environment where all Nebraskans have access to affordable lactation support
- Services include prenatal appointments for lactation services, breastfeeding consultations, assistance obtaining a breast pump, various classes and groups, a baby weight station, and more
- Website: <https://milkworks.org/>

Nebraska Home Society

- Organization committed to providing support for families, children, kinship caregivers, grandparents, and adoptive families with access to community resources, support groups, and ongoing educational opportunities
- Programs include pregnancy services, parent and caregiver support, kinship navigation, families forever, and early childhood education assistance
- Website: <https://nchs.org/>

Pregnancy Center of Lincoln

- Organization that provides free pregnancy tests, ultrasounds, options counseling, and community resources as well as relationship education
- Website: <https://pregnancycenterlincoln.org/>

Single Mothers Grants

- Financial assistance programs that help single mothers with rent, utility bills, child care, education, medication, housing, medical bills, and more
- Website: <https://singlemothersgrants.org/>
- Nebraska specific resources: <https://singlemothersgrants.org/single-mothers-assistance-in-nebraska/>

YMCA Parents Night Out

- Program that allows parents to have a free night while their children having fun-filled, supervised time at the YMCA
- For children 6 weeks to 12 years of age
- Held at the Cooper, Copple Family, and Fallbrook YMCAs
- Upcoming Dates (all Fridays): December 13, January 10, February 21, March 21, April 25, May 16 from 5:30 pm – 8 pm
- Cost:
 - YMCA Members: \$19/child
 - Community Members: \$28/child

Medical Offices

Pine Lake Dental

- Located at 3200 Pine Lake Road, STE C
- May provide 0 interest coverage payments .

Bluestem Health

Mental Health Resources

Jenda Family Services Outpatient Clinic

- Offers adult, adolescent, and child services for mental health, substance abuse recovery, parent-child interaction, and more
- Multiple insurances and Medicaid accepted
- 4600 Valley Road, Suite 300
- Website: <https://www.jendafamilyservices.com/>

HopeSpoke

- Comprehensive services to meet the mental health needs of children ages 0-20
- Has a sliding fee scale; sessions range from \$4-\$90
- Has a school program that provides school-based therapy services for students who need therapy but cannot find services outside of the school setting
- 2444 O Street
- Website: <https://hopespoke.org/>

Couple and Family Clinic @ UNL's Family Resource Center

- 1615 N 35th Street
- Specialize in couples counseling, family therapy, and individual therapy
- Clinic is staffed by master's degree level student therapists
- Website: <https://couplefamilyclinic.unl.edu/>

The Counseling and School Psychology Clinic

- Teachers College Hall, 1400 Vine Street
- Specialize in mental health, behavioral health, and emotional health for children, adolescents, and adults
- Clinic is staffed by master's degree level student therapists
- Website: <https://cspc.unl.edu/>

CenterPointe

- 2202 S 11th Street
- Specialize in a variety of treatments for mental health care and substance abuse
- Website: <https://centerpointe.org/programs/access-services.html>
- <https://centerpointe.org/programs/access/sliding-scale-fee.html>

Planning and Scheduling

Cozi Family Organizer

- Free application
- Simple, easy to use application to keep track of your family's schedule and activities
- Features: family calendar, shopping lists, to-do lists, and recipes

Skylight

- A physical touch-screen calendar that synchronizes with online scheduling calendars.
- Keep the whole family organized with chore charts, dinner planning, and customizable lists.
- <https://myskylight.com/>

Schools and Childcare Centers

Belmont Community Center Preschool

- A developmental program reflecting the current early childhood education philosophy. It is designed to enhance and enrich the social, emotional, physical, and academic development of 3, 4, and 5-year-olds
- Provide an environment that stimulates the child's natural curiosity as they learn through play as well as peer and adult interaction
- Full and half day options available
- Website: <https://belmontcommunitycenter.org/programs/preschool-program/>

Educare

- Organization supporting children, families and community well-being through quality early learning and care, along with professional development for early childhood educators
- Provides early childhood education based on 4 pillars: data utilization, embedded professional development, high-quality teaching practices, and intensive family engagement
- Website: <https://www.educareschools.org/school/educare-lincoln/>

Lincoln Littles (not a center, but a great resource)

- Provide tuition assistance to certain early-childhood programs so they can assist families in need
- Peer Mentoring Program for childcare directors
- Step Up to Quality program to improve early childhood programs
- Website: <https://lincolnlittles.org/families/>

Kelly's Kids North East

- Childcare center dedicated to providing an enriching environment for children to learn through real-life, hands-on experiences in a safe and loving atmosphere
- One of Lincoln Little's qualified providers (may have tuition assistance)
- Serve children 0 months to 5 years
- Website: <https://www.kellyskidslc.com/>

KinderCare

- Group of childcare and preschool providers offering part-time and full-time daycare and before- and after-school programs
- 7 locations in Lincoln
 - Pioneers Boulevard KinderCare, 5601 Pioneers Blvd (Lincoln Littles qualified provider)

- 6 weeks to 6 years
- Northeast KinderCare, 6900 Huntington Ave
 - 6 weeks to 5 years
- Holdrege KinderCare, 8215 Northwoods Dr, Ste 100
 - 6 weeks to 12 years
- West A Street KinderCare, 1460 W A Street (Lincoln Littles qualified provider)
 - 6 weeks to 12 years
- Lincoln Knowledge Beginnings, 6700 S 32nd Street (Lincoln Littles qualified provider)
 - 6 weeks to 12 years
- Pine Lake KinderCare, 7301 S 15th Street
 - 6 weeks to 12 years
- Yankee Woods KinderCare, 8025 Yankee Woods Drive
 - 6 weeks to 6 years

Preschools offered through Lincoln Parks and Recreation

- Nature Center Preschool (Starting at age 3)
- Calvert Preschool
- <https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Programs/Early-Childhood-Preschool-Programs#section-1>

Shopping/Stores/Markets

Barnabas Community Free Store

- Provides free clothing, books, toys, and household goods
- 931 Saunders Avenue

Diaper Depot and Closet

- Families are allowed one package of diapers a month
- Families can shop for free clothing and some household items at any time when the Closet is open
- Location: New Hope United Methodist Church, 1205 N 45th Street
- Website: <https://newhopeumclincolnne.org/serve/outreach-ministries/>

F Street Community Market

- A maker's market with the goal of uplifting creative neighbors
- Hosted at the F Street Community Center, 1225 F Street
- Recurring monthly on the 2nd Friday of the month from 5:30 pm – 7:30 pm

St. Theresa Thrift Store

- Entirely run by volunteers
- 366 North 48th Street Suite 400 Lower Level, Lincoln, NE, United States, Nebraska
- Fridays 4-8 and Saturdays 9-3

Cause for Paws

- Non-profit boutique whose proceeds help support local and Nebraska animal charities and rescue organizations, help with low-income persons and families with vet bills and have an Emergency Pet Food Bank for people and families in need.
- 2445 South 48th Street, Lincoln, NE 68506
- Monday – Saturday 10-5 and Sunday 1-4
- <https://www.causeforpawslincoln.org/>

Bud's Thrift Shoppe

- 2226 O St. Lincoln, NE 68510
- M-F 10-5 and Saturday 10-3
- <https://www.bridgestohopene.org/bud-s-thrift-shoppe>
- Affiliated with Bridges to Hope - serving and encourage men and women transitioning back into the community after incarceration, helping them become successful contributors to society.

Community Free Market

- A community-building opportunity to trade or receive free items in good condition.
- Hosted once a month at a park in Lincoln.
- Follow on Facebook for event locations and details: Community Free Market

Sleep Resources

Bryan Sleep Center

- 1500 S. 48th Street, Suite 601
- Specialize in evaluating and provide treatment for insomnia, sleep apnea, REM sleep behavior disorder, narcolepsy, restless leg syndrome, parasomnias, and sleep terrors

Project Sleep

- National sleep helpline and non-profit that provides personalized support and resources for people facing sleep issues and sleep disorders
- Phone: 1-800-819-2043
- Website: <https://project-sleep.com/helpline/>

Support Groups

Disclaimer: Support groups often change. Some will come and go, and some will be more consistent. You will want to check back periodically.

12-Step Programs for Recovery

- There are a variety of 12-Step Programs available in Lincoln
- Google each of the groups to find out more information
- Some are also offered virtually

- Emotions Anonymous (EA)
- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- Sex Addicts Anonymous (SA)
- Co-Dependents Anonymous (CoDA)
- Al-Anon & Al-Ateen
- Gamblers Anonymous (GA)

CenterPointe

- A variety of groups are offered including Wellness Recovery Action Plan (WRAP), Color Connections, Peer Empowerment Connections, SMART Recovery, Artists on the Edge, Writer's Wordship, Addiction Education/Relapse Prevention Group, and Family & Friends Support Group
- Website: <https://centerpointe.org/programs/support-therapeutic-groups.html>

The Kim Foundation

- Organization that works to increase awareness around mental health in Nebraska
- They have lists of support groups in different cities across Nebraska
- Website: <https://thekimfoundation.org/find-help/support-groups/>

Mourning Hope – Grief Support Groups

- Groups for families, young adults, adults, and school-based groups to have participants find hope and connection after a loss
- Website: <https://www.mourninghope.org/>

Wellbeing Initiative, Inc

- Offer peer support, 12-step groups, and Wellness Recovery Action Plan (WRAP) groups
- Website: <https://wellbeinginitiatives.org>

The Oh Crap Café – Jamie Glow

- Online
- Parenting support group with access to the *Oh Crap Parenting* Podcast
- Live Group Calls (Bi-weekly) with Jamie Glowacki & Weekly discussion prompts on the community platform
- \$15 per month
- <https://www.jamieglowacki.com/offers/CjZjAyvf/checkout>

Good Inside Membership

- 24/7 Parenting Support
- Access to 20+ workshops
- Private community platform managed by Good Inside coaches
- <https://www.goodinside.com/>

Youth/Young Adult Serving Organizations

BraveBe Child Advocacy Center (The organization Building Resilient Families was offered through)

- Non-profit organization providing a safe, child-friendly location for conducting forensic interviews, medical evaluations, and therapy for abused children in Southeast Nebraska
- Provide advocacy services for children who have been abused or neglected
- BraveBe promotes specialized training for professionals, public education, and prevention efforts
- Located at 5025 Garland Street, Lincoln, NE

CEDARS

- Non-profit dedicated to helping children and youth achieve safety, stability, and enduring family relationships
- Provides support to children unable to live at home and families in need of resources, support, and education, as well as youth intervention and positive development programs
- Main office: 6601 Pioneers Boulevard, Suite 1
- Website: <https://www.cedarskids.org/>

Help Me Grow Nebraska

- A collective impact model where partner organizations come together to act as a connection point so young children can thrive
- Links families to healthcare providers, family and community supports, childcare providers, and parenting classes
- Website: <https://helpmegrownebraska.org/>

Project Everlast

- Initiative committed to providing resources, connections, and support to young adults without family support
- Helps ensure a smooth transition to adulthood
- Part of the BRIDGE Family Resource Connector Network
- Website: <https://bridgefamilynetwork.org/>

The Hub

- Organization providing unconditional support and programming for young people as they become productive, independent, and active members of the community
- Programs include education supports to assist students with staying in school and moving closer to graduation, employment supports to develop job skills and help with the job search, and general empowerment throughout the process
- Website: <https://www.hublincoln.org/>

Additional Lincoln/Nebraska Non-Profits

Center for People

- Organization that focuses on providing services and programs to low-income communities to address basic needs
- Programs include food distributions, diaper distributions, free English language learning (ELL) classes, life development education programs, and seasonal supports (gardening, fall food festival, and Toyland)
- Website: <https://centerforpeople.org/>

Chariots4Hope

- Program that helps people remove transportation barriers that prevent struggling families and individuals from reaching and maintaining self-sufficiency
- They have four programs including Road2Freedom, SAFEROUTE Program, Transportation Grants, and the Vehicle Ownership Program
- Located in Omaha at 2101 Woolworth Avenue

Community Action Partnership of Lancaster and Saunders County

- Organization working for anti-poverty solutions, so the whole community can live well
- Programs include early childhood, education, homelessness prevention, financial and family well-being, and hunger relief and healthy food access
- Website: <https://www.communityactionatwork.org/>

Nebraska Commission for the Deaf and Hard of Hearing

- Mission: As a proactive and reactive state agency, the Commission strives to enhance collaboration by creating support, cooperation, and understanding to achieve fairness and equality in all aspects of the mainstream for all Deaf, Deaf-Blind, and Hard of Hearing Nebraskans
- Programs include a Hearing Aid Bank, Trainings and Prevention, an Assistive Devices loan program, NSTEP and more
- Website: <https://ncdhh.nebraska.gov/>

1895 Project

- Celebrating History and Youth Excellence - To preserve and restore the values of the debutante balls & cotillions in the southern African American tradition. In the spirit of current times, the 1895 Project looks to foster the development of education, career, life, and social skills for Black, Brown, and Indigenous (BIPOC) persons.
- The 1895 Project believes in community engagement & Support. We commit to working/partnering with local nonprofits, community based organizations, and small businesses to deliver CORE aspects of our Debutante training. Once selected, each Debutante will participate in our six month skills building activities/workshops presented by our 2023 1895 Project Community Partners. These trainings will occur bi-monthly, concentrating alternatively on life & career mastery. Additionally, we will pair each Debutante with a mentor/coach as they prepare for our 1st 1895 Debutante Ball in 2023.
- <https://project1895.org/home/#>

Online Parenting Forums & Social Media Groups

- Husker Moms – Facebook

- Reddit:
 - r/daddit

Autism, Neurodivergence, Special Needs, etc.

Nebraska Child Find

- Questions or concerns about your child's development, request referrals and resources.
- <https://childfind.nebraska.gov/>

Autism Society Nebraska

- Information, resources, screening assistance.
- <https://autismnebraska.org/>

Nebraska Autism Spectrum Disorders Network

- Technical assistance partner funded by the Nebraska Department of Education. We support school districts and educational teams, including families, to ensure that all students, including those with autism and other special needs, have access to meaningful educational experiences that enhance their outcomes and quality of life.
- <https://asdnetwork.unl.edu/>

Child Mind Institute

- We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.
- <https://childmind.org/article/how-schools-can-support-neurodiverse-students/>