

# CAP

## Nebraska Client Assistance Program Hotline for Disability Services

### Contact the Nebraska Client Assistance Program

Hotline for Disability Services

PO Box 94987

Lincoln, NE 68509

**Toll Free Phone:** 1-800-742-7594

**Email:** shari.bahensky@nebraska.gov

### YWCA

#### Description:

EDUCATION & OUTREACH PROGRAMS INCLUDE: SURVIVAL SKILLS FOR TEENS: A PREVENTION PROGRAM FOR TEENS THAT FOCUSES ON BUILDING SELF-ESTEEM, COMMUNICATION SKILLS, ART, FITNESS, ACADEMIC SUCCESS, CAREER EXPLORATION, & CONFLICT MANAGEMENT SKILLS. SURVIVAL SKILLS ALSO PROVIDES OUTREACH & SUPPORT FOR PARENTS. EXT. 143 WOMEN IN TRADES/COMMUNITY SAFETY PROFESSIONALS: TARGETS LOW-INCOME WOMEN & WOMEN OF COLOR FOR TRAINING & PREPARATION FOR ENTERING THE FIELDS OF HIGHER WAGE/ NONTRADITIONAL EMPLOYMENT IN TRADES & THE FIELDS OF LAW ENFORCEMENT & FIRE FIGHTING. EXT 129 PARENT CENTER & CHILD LEARNING LAB: A PROGRAM FOR PREGNANT TEENS THAT ASSISTS PARTICIPANTS WITH PARENTING SKILLS, ART, FITNESS, ACADEMIC SUCCESS, CAREER EXPLORATION, & CONFLICT MANAGEMENT SKILLS. ALSO TRANSPORTATION FOR PARTICIPANTS & CHILDCARE IN THE CHILD LEARNING LAB. EXT. 123. JOB OUTFITTERS: PROVIDES LOW-INCOME WOMEN WHO ARE ACTIVELY SEEKING EMPLOYMENT OR RECENTLY EMPLOYED WITH INTERVIEW & WORKPLACE- APPROPRIATE CLOTHING AT NO CHARGE. VISITS BY APPOINTMENT ONLY. EXT. 135. SMART (SHAPING MINDS AND REBUILDING TOMORROWS GIRLS): A PROGRAM FOR GIRLS IN 4TH- 6TH GRADE THAT EXPOSES THEM TO SCIENCE, MATH, & RELATED TECHNOLOGY IN A FUN & PARTICIPATORY WAY. EXT. 117. RESPITE NETWORK: OFFERS INFORMATION & REFERRAL SERVICES REGARDING SHORT TERM CRISIS & SCHEDULED RESPITE CARE IN LINCOLN, LANCASTER COUNTY, & SOUTHERN NEBRASKA. EXT. 108, 128, OR 131. CHILD DEVELOPMENT:(EXT 119) SCHOOL AGE CARE- FOR CHILDREN AGES 5-12 YEARS WITH A SAFE & NURTURING ENVIRONMENT FOR BEFORE & AFTER SCHOOL HOURS, NON-SCHOOL DAYS, AND SUMMERS. PRESCHOOL PROGRAM- AGES 3- KINDERGARTEN, THE PRESCHOOL PROVIDES ACTIVE LEARNING, PLANNED ACTIVITIES, & LOTS OF FUN. AND; DROP-IN CARE- ACCOMMODATES CHILDREN IN EMERGENCY SITUATIONS FOR UP TO TWO WEEKS WITH 24-HOUR NOTICE. & TAKE A BREAK PROGRAM-RESPITE PROGRAM THE FIRST THREE FRIDAYS OF THE MONTH TO PROVIDE AN EVENING OFF FOR PARENTS. KIDS ARE SUPERVISED AND PARENTS CAN USE FACILITY. LAND AND WATER FITNESS PROGRAMS. & TRY ANOTHER WAY-INTERVENTION PROGRAM FOR 12-13 YEAR OLDS WITH LEGAL PROBLEMS. EMPLOY402-JOB READINESS PROGRAM PROVIDES RESOURCES AND COACHING, JOB PREPAREDNESS.

#### Eligibility:

ANYONE WANTING TO USE THE YWCA.

#### List of Provided Services:

**Advocacy and Support:** Support/Self Help

**Counseling and Guidance:** Family/Individual

**Emergency Relief:** Other Emergency Relief

**Family/Individual Resources:** Child Day Care Programs, Parenting Programs, Respite Locators

**Personal Services:** Personal Services

**Recreation:** Recreation

**Training:** Vocational Training

**Contact Information:****Address:**

1701 S 17th  
Lincoln NE 68502

**Hours of Operation:** 9-5 M-F**Website:** [www.ywcalincoln.org](http://www.ywcalincoln.org)**Main Phone:** 402-434-3494**Other Phone(s):****Fax:** 402-476-0519**Main Email:****Main Contact(s):**

STAFF

**Other Contact(s):****General Information****Agency ID:** 1067**Counties Served:**

Lancaster, Saline, Seward

**Ages Served:** All Ages**Disabilities Served:**

Alcohol/Drug, BIMI (Behavioral Impairment/Mental Illness), Brain Injury/Head Injury, DD (Developmental Disability including ID), Hearing Impairment, LD (Learning Disability), OHI - Other Health Impairment, Orthopedic, Speech Disability, Visual Disability

**Wheelchair Accessible:** Yes**Fees:** CALL**Sliding Fee Schedule:** Yes**Interpreters on Staff:****How to Appeal a Decision:**

EXECUTIVE DIRECTOR AND BOARD OF DIRECTORS