



Community Resources



Table of Contents

Contacts- This section will direct you to the contact information for Ralston Public Schools' counselors, school psychologists, and social workers. They can assist you with other resources available for our Ram families.

Basic Needs- This section will direct you to some of the available clothing, food, and utility assistance programs available in our Ralston community as well as Douglas and Sarpy Counties.

General Assistance- This section will direct you to agencies in Douglas and Sarpy Counties that can provide different forms of assistance.

Financial Help- This section will direct you to various metro agencies that can provide information on emergency rent and utility, transportation, and medication assistance.

Income/Work- This section will direct you to public assistance benefits and various employment training opportunities.

Support Groups- This section will direct you to various hotlines and support groups.

Contacts

Basic Needs

General Assistance

Financial Help

Income/Work

Support Groups

Counselors, School Psychologists & Social Worker

Ralston High School

Counselors:

402-331-7373

Michael Burling

Tara Vaughn

Melissa Sedlack

Katie Rupe

School Psych:

Ralston Middle School

402-331-4701

Counselor:

Justin Farr

School Psych:

Megan Norton

Ralston Elementary Schools

Blumfield

Counselor:

402-331-0891

Amber Karber

School Psych:

Whitley Hettenbaugh

Karen Western

402-331-6464

Counselor/School Psych:

Bri Jensen

Meadows

402-331-6655

Counselor:

Karly Johnson

School Psych:

Bri Jensen

Mockingbird

402-331-6954

Counselor:

Trevor O'Reilly

School Psych:

Megan Norton

Seymour

402-331-0540

Counselor/School Psych:

Jessica O'Garro

Wildewood

402-331-6475

Counselor:

Kat Turco

School Psych:

Jessica O'Garro

Ralston School District

Social Worker:

402-331-4700

Steve Snodgrass

Turn page here

Contacts

Basic Needs

General Assistance

Financial Help

Income/Work

Support Groups

Clothing, Food, and Utility Assistance

- **Trinity Ralston-Lost and Found Clothing:**
 - 8009 Q Street
 - 402-331-4054
 - Sundays 1-4
 - Free books and clothes.
- **Brookside Care Center**
 - 11607 M Circle Omaha, NE 68127
 - Saturdays 10am-12pm (No Appointment Needed)
 - School Counselor referral needed
- **OPPD Energy Assistance**
 - (402) 343-7755 English
 - (402) 343-7711 Espanol
- **DHHS Energy Assistance (LIHEAP)**
 - Heating and Cooling assistance
 - Emergency furnace repair/replacement
 - Contact ACCESSNebraska 800-383-4278
 - [i Serve Nebraska application](#)
- **ACCESS Nebraska:** The quick/easy way to find and apply for Nebraska public assistance benefits.
 - **Information Line:**
 - 8:00 a.m. - 8:00 p.m., Call (402) 552-6645,
 - **Economic Assistance :**
 - Toll Free: (800) 383-4278, Omaha: (402) 595-1258
 - **Medicaid :**
 - Toll Free: (855) 632-7633,
 - Omaha (402) 595-1178

Clothing, Food, and Utility Assistance

Food Pantries

- [Tri-City Food Pantry](#)
 - Referral needed from School Social Worker
 - Contact School Counselor to assist
- [SNAP Outreach](#)
 - 1-855-444-5556
 - M-F 8:00am-6:30pm
 - [Click here to apply](#)
- [Food Bank of The Heartland Mobile Pantries](#)
- [Heartland Hope Mission](#)
 - 402-733-1904 ext. 10
 - South O- 2021 U Street
Tuesdays | 6:30 PM – 7:30 PM
Thursdays | 1:30 PM – 4:00 PM
Saturdays | 9:30 AM – 12:00 PM
 - Millard - 15555 Industrial Rd.
Drive-Thru Pantry (*until further notice*)
Every Saturday | 10:30 AM – 11:30 AM
- [Omaha Food Pantries](#)

Turn page here

General Assistance

- [United Way and 2-1-1 NEBRASKA:](#)
(Available 24/7, 180 languages, completely confidential)
 - Call either 211 or (402) 444-6666
 - Provides assistance in finding resources for food, housing, utilities, healthcare, and various employment and education opportunities.
 - **App available:** 211 Nebraska/SW Iowa
- [ACCESS Nebraska iServe Nebraska:](#) The quick/easy way to find and apply for Nebraska public assistance benefits.
 - **Information Line:** 8:00 a.m. - 8:00 p.m.,
 - Call (402) 552-6645,
 - **Economic Assistance :**
 - Toll Free: (800) 383-4278, Omaha: (402) 595-1258
 - **Medicaid :**
 - Toll Free: (855) 632-7633, Omaha (402) 595-1178
- [The Salvation Army Burrows Center](#)
 - 6101 NW Radial Hwy, Omaha, NE 68104, (402) 898-7700
 - Prescription drug assistance, clothing, fire victim, utility assistance for MUD.
- [Omaha Bridges Out of Poverty](#)
 - 4343 N 52nd St. Herd Building,
 - Omaha Home for Boys Campus
 - (402) 884-9665
 - Empowering under-resourced families to change their lives by discovering and overcoming barriers to success.
- [Douglas County General Assistance](#)
- [Nebraska Department of Health and Human Services](#)

Financial Help

- **HeartlandFamilyService.org**
 - The Heartland Family Service Homeless Services programs provide housing assistance and support services to individuals and families experiencing homelessness. Our Homeless Services programs use a Housing First and Trauma Informed Care approach. Our programs focus on helping participants to quickly obtain permanent housing and provide support services to maintain housing.
- **[MACCH](#)**
 - Omaha metro area's only Collective Impact homeless services organization.
- **[OPPD Energy Assistance](#)**
 - (402) 343-7755 English
 - (402) 343-7711 Espanol
- **[Douglas County Utility Assistance](#)**
 - 1-888-650-9132
 - Up to \$500 per household to be applied directly to the M.U.D. bill and up to \$500 per household to be applied directly to the OPPD bill.
 - [Apply Online](#)
- **[Home](#)**
 - Financial assistance provided through this program may include rent, mortgage payments, board and room, utilities, clothing and non-food items. Assistance is limited to those persons in Douglas County between the ages of nineteen and sixty-four who are not eligible for other public assistance and/or do not have sufficient income or resources to meet all or part of their shelter needs.

Turn page here

Income/Work

- [Women's Center For Advancement](#)
 - 402-345-6555
 - Career coaching, including resume critiquing, mock interviews, work clothing, and seminars.
- [Goodwill Employment Solutions](#)
 - (402) 341-4609
 - A team of Employment Solutions specialists connects with companies across the Omaha metro to learn about their business and hiring needs.
 - Look Under Programs and Services
- [Nebraska Department of Health and Human Services](#)
 - 402-471-3121
 - Services include assisting the elderly, low income and those with disabilities; providing safety to abused and/or neglected children and vulnerable adults.

Turn page here

Support Groups

Hotlines

- [Boys Town National Hotline](#)
 - 800-448-3000
 - Text VOICE to 20121
- [Child/Adult Abuse Reporting](#)
 - 1-800-652-1999
- [Nebraska Family Helpline](#)
 - 888-866-8660
- [Department of Health and Human Services Hotlines](#)
- [Safe2Help](#)

Therapy Support

- [Arbor Family Counseling](#)
 - 402-330-0960
 - [Schedule an appointment here](#)
- [Boys Town](#)
- [The Collective for Hope](#)
 - Ted E. Bear Hollow (Children & Family programs)
 - Grief's Journey (Pre-teen, Teen, Adult programs)
 - Healing Embrace (pregnancy & infant loss)
- [One World Teen and Young Adult Clinics](#)