

**South Heartland District Health Department  
Community Resource Guide**

(Last updated April 2018)

**Family Education**

Community Action Partnership of Mid Nebraska

2525 W 2<sup>nd</sup> St. #110  
Hastings, NE 68901  
(402) 463-7679

Good Beginnings

520 East 10<sup>th</sup> St.  
Superior NE 68978  
(402) 879-4432

- Pre-natal to age 5 parenting education
  - Breast feeding education/support
- Servicios disponibles en Español

Head Start Child and Family Development Program

123 Marian Road  
Hastings, NE 68901  
(402) 462-4187

- Home visitation service providing:
  - Social and emotional support
  - Counseling therapy
  - Early childhood education
  - Health education
  - Parent education
  - Life skills management
  - Coordination of services
  - Information and referral

Healthy Beginnings

715 North St Joseph  
Hastings NE 68901  
(402) 461-5263

- Prenatal and Parenting Education

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Wellspring Pregnancy + Health Center

Formerly known as AAA Pregnancy Resource Center

223 East 14th Street, Suite 202

Hastings, NE 68901

Call us @ (402) 463-7785

Text us @ (402)984-8416

After hours number (800) 712-4357

Email us @ [answers@wellspringhastings.com](mailto:answers@wellspringhastings.com)

- Pregnancy testing free of charge
- Peer Counseling
- STD testing is available
- Assistance in obtaining pre-natal care
- Free ultrasounds (by appointment only)
- and much more