

## South Heartland District Health Department Community Resource Guide

(Last updated December 2012)

### Family Education

#### Community Action Partnership of Mid Nebraska

422 North Hastings, Suite 203

Hastings, NE 68901

(402) 463-7679 or 308-865-5687

- Family development program is a voluntary family centered program emphasizing self sufficiency and family strengths. The family and coordinator complete assessments in the areas of housing, transportation, employment, income/budget, career and adult education, children's education and activities, parenting, family relations, drug/ alcohol use, nutrition, and physical and mental health. This home based program works with the family on a weekly or bi-weekly basis to build on family strengths, overcome barriers and meet life goals. Program is determined by the family and their goals.

- The program is open to any family or individual regardless of composition or income who desires to make positive changes in their life. Home or office visitation takes place at the convenience of the family.

#### Good Beginnings

520 East 10th

Superior NE 68978

(402) 879-3281

- Pre-natal to age 5 parenting education
- Breast feeding education/support

#### 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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AAA Pregnancy Resources Center

223 East 14<sup>th</sup> St., Suite 202

Hastings, Ne. 68901

(402)463-7785/ (800) 560-0717

- Parenting classes