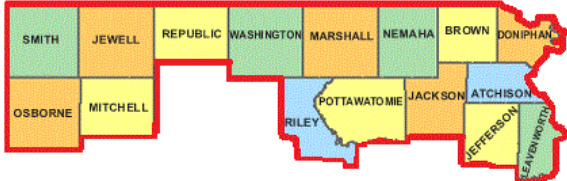


## HOW TO APPLY

Contact your local NEK-CAP, Inc. office for additional information. Each grant administered by NEK-CAP, Inc. has different standards for determining eligibility, including level of income and geographic location (*services may vary according to county*). Contact your local NEK-CAP, Inc. office or visit us at [www.nekcap.org](http://www.nekcap.org).



Serving Atchison (AT), Brown (BR), Doniphan (DP), Jackson (JA), Jefferson (JF), Jewell (JW), Leavenworth (LV), Marshall (MS), Mitchell (MC), Nemaha (NM), Osborne (OB), Pottawatomie (PT), Republic (RP), Riley (RL), Smith (SM), and Washington (WA) Counties.

## THE PROMISE OF COMMUNITY ACTION

*Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.*

## NEK-CAP, Inc.'s VISION

*One by one all families and communities become self-reliant.*

*NEK-CAP, Inc. administers government and private grants such as Administration for Children and Families/Department of Health & Human Services; Kansas Housing Resources Corporation (KHRC); the State Department of Education (KSDE); United States Department of Agriculture (USDA); and Housing & Urban Development (HUD).*



*NEK-CAP, Inc. is an equal opportunity provider and employer.*

## NEK-CAP, Inc. Offices:

### Administrative Office (Hiawatha)

785-742-2222 or 888-904-8159

[www.nekcap.org](http://www.nekcap.org)

### Atchison County (Atchison)

Early Head Start & Outreach Office: 913-367-7114

Head Start Center: 913-367-7848

### North Brown County (Hiawatha)

Early Head Start, Head Start Center & Outreach

Office: 785-742-2222 x 113 or 116

### South Brown County (Horton)

Early Head Start, Head Start Center & Outreach

Office: 785-486-2965

### Doniphan County (Troy)

Early Head Start & Outreach Office: 785-985-2619

### Jackson County (Holton)

Early Head Start & Head Start Center:

785-364-2109

Outreach Office: 785-364-4055

### Jefferson County (Meriden)

Head Start Center & Office: 785-484-3317

Early Head Start: 913-547-1362

### Leavenworth County (Leavenworth)

Head Start Center & Office: 913-651-5692

Early Head Start: 913-702-4787 or 913-702-2411

### Marshall County (Marysville)

Head Start Center: 785-562-2941

Early Head Start & Outreach Office: 785-562-1014

### Nemaha County

Early Head Start, Head Start Center & Office

(Sabetha): 785-300-0109

Early Head Start, Head Start Center

& Office (Seneca): 785-336-2927

### Pottawatomie County

Head Start Center & Office (Havensville):

785-948-2023

Early Head Start (Westmoreland): 785-457-0122

JW, MC, OB, RP, RL, SM & WA Counties (Beloit)

Outreach Office: 785-547-7136



Updated 12/30/2019

# NEK-CAP, Inc.

*We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting family development, empowerment, and economic security.*



## NEK-CAP, Inc. Services



NEK-CAP, Inc. Administrative Office  
Northeast Kansas Community Action Program

PO Box 380 - 1260 220<sup>th</sup> Street

Hiawatha, KS 66434

Phone: 785-742-2222 or 888-904-8159

TTD/TTY: 785-742-3087

Fax: 785-742-2164

[nekcap@nekcap.org](http://nekcap@nekcap.org) — [www.nekcap.org](http://www.nekcap.org)

## FAMILY & COMMUNITY RESOURCES



Family and Community Resources supports all families eligible for our programs in NEK-CAP, Inc.'s sixteen county service area. We believe all families deserve support and encouragement as their family grows and develops. NEK-CAP, Inc.'s approach gives everyone an opportunity to have their immediate needs met and continue to be supported as the family develops and moves toward self-sufficiency.

## EARLY HEAD START / HEAD START



Head Start programs promote school readiness of children ages birth to five from low-income families by supporting their development in a comprehensive way. NEK-CAP, Inc.'s Head Start is center based in eight counties serving children three to five years old - (available in AT, BR, JA, JF, LV, MS, NM, and PT Counties). The program serves children in a 3.5 hour and 6.5 hour day. NEK-CAP, Inc.'s Early Head Start is home based in nine counties (available in AT, BR, DP, JA, JF, LV, MS, NM & PT Counties) serving children from birth to three years old and pregnant moms. Head Start services are family-centered, encouraging the role of parents as the primary educators, nurturers of, and advocates for their children. Early Head Start/Head Start works in partnership with parents to encourage them in developing and using individual/family strengths, in order to successfully meet personal and family objectives. Parents are encouraged to become involved in all aspects of the program, from participation in children's activities to direct involvement in policy and program decisions.

## HOUSING



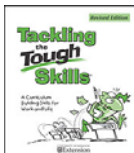
NEK-CAP, Inc. provides the following housing programs: Housing Choice Voucher Program (HCV) (Section 8); Tenant Based Rental Assistance (TBRA); Emergency Solutions Grant (ESG); and Housing with Opportunities CoC (Continuum of Care). Programs vary from county to county across the service area as do eligibility requirements. Utility deposit and/or rental assistance is paid directly to the utility provider and/or landlord. Units approved for the programs must pass decent and safe inspection requirements and be rent reasonable. Please visit our website for more information. (Please visit our website for homeless program availability) (HCV & TBRA available in AT-not city limits, BR, DP, JA, JF, MS & NM Counties)

## LOVE AND LOGIC®



Raise happy and well-behaved kids with positive, loving tools. The Love and Logic approach to parenting is built around the science of crafting caring and respectful relationships. An authentic, loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding.

## TACKLING THE TOUGH SKILLS™



*Tackling the Tough Skills™* is a fun, innovative and highly interactive life skills curriculum that helps hard-to-reach adults or teens prepare for success in work and life. It's also being used to teach soft skills to employees in the workplace. Soft skills aren't "fluff." They are life skills many take for granted, yet are critical when a person doesn't have them. Soft skills include attitude, responsibility,

communication, problem solving and preparing for the workplace.

## POVERTY SIMULATIONS



The Community Action Poverty Simulation (CAPS)\* is a unique tool that can be used to educate everyone, from policy makers to local community leaders, about daily strategies of a low-income family trying to survive, day to day, with a shortage of money and an abundance of stress. It is a *simulation*, not a game. The object is to inform participants of the hardships faced by real people. In post-experience surveys, over 85% of participants reported an above average or high level of increased knowledge about the financial pressures faced by low-income families in meeting basic needs. \*CAPS is a copyrighted tool made available by the Missouri Association for Community Action to organizations that want to promote a greater understanding of poverty.



## REALL SIMULATIONS



The Reality Enrichment And Life Lessons (REALL) project is a hands-on simulation designed to challenge youth (grades 7<sup>th</sup> - 12<sup>th</sup>) to think critically about how choices and decisions made in adolescence may have consequences in adulthood. \*Designed by OACAC (Ozark Area Community Action Corporation).

## FILLING THE GAP



NEK-CAP, Inc. and Kansas Food Bank collaborate to offer the Filling the Gap, a summer food program, for eligible youth (to age 18) In these six counties, approximately 100 youth are served through this program. (Available in JW, MC, OS, RP, SM & WA Counties)