

HOW TO APPLY

Apply online using our Customer Kiosk, scan the QR code below, or the link can be found on our website - www.nekcap.org. Each grant administered by NEK-CAP, Inc. has different standards for determining eligibility, including level of income and geographic location (*services vary according to county*). For more information contact your local NEK-CAP, Inc. office or visit us at 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 (WS) 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 VISON

One by one all individuals, 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; 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 ~ www.nekcap.org

Atchison County (Atchison)
Early Head Start & Outreach Office: 913-367-7114
Head Start Center: 913-367-7848

North Brown County (Hiawatha/Sabetha)
Early Head Start & Head Start Center: 785-300-0109

South Brown County (Horton)
Early Head Start & Head Start Center: 785-486-2965

Doniphan County (Troy)
Early Head Start: 785-985-2619

Jackson County (Holton)
Early Head Start & Head Start Center: 785-364-2109

Jefferson County (Meriden)
Early Head Start: 913-547-1362
Head Start Center: 785-484-3317

Leavenworth County (Lansing)
Early Head Start & Head Start Center: 913-651-5692

Marshall County (Marysville)
Early Head Start: 785-562-2941

Nemaha County (Seneca)
Early Head Start & Head Start Center: 785-336-2927

Pottawatomie County (Wamego)
Early Head Start & Head Start Center: 785-508-2120

AT, BR, DP, JF & LV Counties (Hiawatha)
Outreach Office: 785-742-2222 ext. 170 or 106

JA, MS, PT, NE, WA & RI Counties (Westmoreland)
Outreach Office: 785-851-0707

JW, MC, OB, RP, RL, SM & WS Counties (Beloit)
Outreach Office: 785-547-7136



Updated 10/03/2023

NEK-CAP, Inc.

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



NEK-CAP, Inc. Services – North Central Kansas



NEK-CAP, Inc. Administrative Office
Northeast Kansas Community Action Program
PO Box 380 ~ 1260 220th Street
Hiawatha, KS 66434
Phone: 785-742-2222 ~ Fax: 785-742-2164
nekcap@nekcap.org ~ www.nekcap.org

FAMILY & COMMUNITY RESOURCES

The Family and Community Resources program supports all families eligible for our programs in NEK-CAP, Inc.'s sixteen county service area. Every family deserves support and encouragement as they begin developing their family, no matter the stage of development. NEK-CAP, Inc.'s "integrated services" approach gives everyone an opportunity to have their immediate needs met and continue to be supported with NEK-CAP, Inc. programs and services as the family develops and moves to self-sufficiency.

FILLING THE GAP



NEK-CAP, Inc., and Kansas Food Bank collaborate to offer Filling the Gap, a youth summer food program, for eligible youth (to age 18) during the summer when school is out. With the help of local health departments and hunger advocates, we are able to Fill the Gap and provide missing summer meals to children at risk of going hungry. Approximately 100 youth are served through this program offered in the six Northcentral counties of Jewell, Mitchell, Osborne, Republic, Smith and Washington.

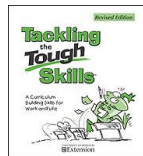
Filling the Gap provides free shelf-stable, pre-packaged meals to eligible youth each week that are participating in the program. This program was created to ensure that low-income youth continue to receive balanced and nutritious meals while school is not in session. Summer is a time when children who rely on free and reduced meals at school struggle the most. Meals that they depend upon daily are not available to them. Currently one in five children in our state faces hunger on a daily basis.

LOVE AND LOGIC



Love and Logic® provides simple solutions and easy to use techniques to help parents have more fun and less stress while raising responsible kids of all ages: raise responsible kids; have more fun in their role; and easily and immediately (first use) change their children's behavior.

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.

REALL SIMULATION



What is the REALL project? The Reality Enrichment And Life Lessons (REALL) project is a hands-on simulation designed to challenge youth (grades 7th - 12th) to think critically about how choices and decisions made in adolescence may have consequences in adulthood. The simulation is divided into interactive sessions (Reactive Life and Proactive Life) which educate youth on the consequences of their choices. During both reactive and proactive sessions,

participants must meet adult level responsibilities, such as going to work, budgeting, paying bills and caring for children.

POVERTY SIMULATION



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 the typical day to day 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 sensitize participants to 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.



For more information, please contact:

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