

HOW TO APPLY

Contact your local NEK-CAP 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 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 (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 VISON

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

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

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
Head Start Center & Office (Meriden): 785-484-3317
Early Head Start (Oskaloosa): 785-863-2372

Leavenworth County (Leavenworth)
Head Start Center & Office: 913-651-5692
Early Head Start: 913-547-1362, 913-702-2411 or
913-702-2412

Marshall County (Marysville)
Head Start Center: 785-562-2941
Early Head Start & Outreach Office: 785-562-1014

Nemaha County
Early Head Start (Sabetha): 785-284-3009
Early Head Start, Head Start Center
& Office (Seneca): 785-336-2927

Pottawatomie County
Head Start Center & Office (Havensville):
785-948-2023
Early Head Start (Emmett):
785-817-7223 or 785-844-5153

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

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 220th Street
Hiawatha, KS 66434
Phone: 785-742-2222 or 888-904-8159
TTD/TTY: 785-742-3087
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 ten 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.

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 and nurturers of, and advocates for, their children. Head Start works in close partnership with parents to assist them in developing and utilizing individual and 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



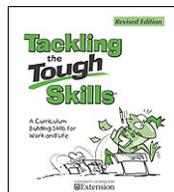
NEK-CAP, Inc. currently provides the following housing programs: Housing Choice Voucher Program (HCV) (Section 8); Tenant Based Rental Assistance (TBRA); Emergency Solutions Grant (ESG); and Housing with Opportunities CoC (Continuum of Care, formally known as SHP). Programs vary from county to county 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 contact your county NEK-CAP, Inc. Family Development Advocate 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



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. (Available in AT, BR, DP, JA, JF, LV, MS, NM & PT Counties)

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. (Available in AT, BR, DP, JA, JF, LV, MS, NM & PT Counties)

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. (Available in all counties)

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)

