

Central Nebraska Resources Directory

Local support for families in Kearney, Grand Island, Hastings & surrounding areas

This directory is provided as a starting point. Always verify current information, insurance acceptance, and availability. Updated: December 2025

Hospitals with Labor & Delivery

CHI Health Good Samaritan - Kearney

10 E 31st Street, Kearney, NE 68847
(308) 865-7100

CHI Health St. Francis - Grand Island

2620 W Faidley Ave, Grand Island, NE 68803
(308) 398-5400

Mary Lanning Healthcare - Hastings

715 N St Joseph Ave, Hastings, NE 68901
(402) 463-4521

Lactation Support

Hospital Lactation Consultants

All area hospitals have IBCLCs on staff. Ask your nurse for a referral during your stay.

WIC Breastfeeding Support

Free breastfeeding support for WIC participants
Buffalo County: (308) 865-5560
Hall County: (308) 385-5175

La Leche League

Free peer support for breastfeeding families
llnofne.org for local groups

Pediatricians

Note: It's wise to choose a pediatrician before baby arrives. Most accept visits from expectant parents. Verify insurance acceptance.

Kearney:

- Kearney Pediatrics: (308) 234-3250
- Mid-Nebraska Pediatrics: (308) 865-2400

Grand Island:

- Grand Island Pediatrics: (308) 384-7610
- CHI Health Pediatrics: (308) 398-5800

Hastings:

- South Heartland Pediatrics: (402) 462-2757

Mental Health & Postpartum Support

Crisis Support:

- National Suicide Prevention Lifeline: 988
- Postpartum Support International: 1-800-944-4773
- Crisis Text Line: Text HOME to 741741

Local Mental Health Resources:

- South Central Behavioral Services: (308) 237-5951
- Region 3 Behavioral Health: 1-800-658-4482
- CHI Health Behavioral Health: (308) 865-7100

Community Programs

Early Head Start

Free early childhood program for income-qualifying families
Central Nebraska Community Action: (308) 865-1645

Parents as Teachers

Free home visiting for families with children birth-5
ESU 10: (308) 237-5927

Car Seat Safety

Nurture Nest Birth

CPST certified car seat checks for clients and community
nurturenestbirth.com/contact

Local Fire Departments

Many fire departments offer car seat checks by appointment
Kearney Fire: (308) 237-4444
Grand Island Fire: (308) 385-5400

Safe Kids Nebraska

Find certified technicians:
safekids.org

Financial Assistance

Nebraska Medicaid (Pregnancy)

Coverage for pregnancy through 60 days postpartum
ACCESSNebraska:
1-855-632-7633

WIC (Women, Infants, Children)

Nutrition assistance for pregnant/postpartum women and children under 5
dhhs.ne.gov/WIC

SNAP (Food Stamps)

ACCESSNebraska:
1-855-632-7633

Parenting Support Groups

- MOPS (Mothers of Preschoolers): Check local churches
- Hospital parent support groups: Ask at your birth facility
- Public library story times: Great for connecting with other families

Remember: You don't have to do this alone. Reaching out for support is a sign of strength, not weakness. Your doula can help connect you with resources that fit your family's needs.

