



Great Rivers United Way

Help for Hard Times



This guide is for people who are in need of resources for addictions, financial difficulties, unemployment or retraining needs, free or low cost healthcare and dental care, affordable housing, and other areas of basic needs and live in Houston County in Minnesota and La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin

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ADDICTIONS HELP

Many health care providers and counseling agencies offer help for addictions. For more information about specific services contact:

Great Rivers 2-1-1.....2-1-1 or (800) 362-8255

Internet Web Site: www.greatrivers211.org

ALCOHOL AND OTHER DRUG ADDICTIONS

Alcoholics Anonymous - Houston County (Minnesota Delegate) (507) 452-2348

Alcoholics Anonymous - La Crosse County..... (608) 784-7560

Alcoholics Anonymous - Monroe, Vernon, Trempealeau Counties

National Hotline (212) 870-3400

Internet Web Site: www.aa.org

- *Twelve Step support groups for people with alcoholism*

Al-Anon Family Groups – Meeting Information Line..... (888) 425-2666

Internet Web Site: www.al-anon.alateen.org

- *Twelve Step support groups for families and friends of people with alcoholism*

AMS of Wisconsin – Addiction Treatment Services, LLC (608) 783-0506

Internet Web Site: www.amswisconsin.com

- *Provides treatment of opiate addiction; is a member of Addiction Medical Solutions, a provider of comprehensive addictive treatment services*

Bluff Country Family Resources (Houston County) (507) 894-2676

Internet Web Site: www.bluffcountry.org

- *Provides a weekly confidential support group for women who are affected by substance abuse or other addictions, either their own or someone's else's*

Coulee Council on Addictions (La Crosse)..... (608) 784-4177

Internet Web Site: www.couleecouncil.org

- *Provides confidential assistance, information and referral, education, and services to people of all ages dealing with substance abuse and other addictions*

County Substance Abuse Services

Houston County (507) 725-5811

La Crosse County (608) 784-4357

County Substance Abuse Services continued

Monroe County (608) 269-8600
Trempealeau County (715) 538-2311
Vernon County (608) 637-5210

Fetal Alcohol Spectrum Disorders Information Line..... (800) 462-5254

Internet Web Site: www.fasdeducation.org

- *Toll free information number for women and the providers who work with women of childbearing age who are looking for information about women and alcohol, alcohol and pregnancy, and related issues*

Narcotics Anonymous – Houston County (877) 767-7676

Internet Web Site: [www. www.naminnnesota.org](http://www.naminnnesota.org)

- *Twelve Step support group for people with addictions*

Narcotics Anonymous – La Crosse, Monroe, and Vernon County (866) 579-7534

Internet Web Site: www.bigriversna.org

- *Twelve Step support group for people with addictions*

Substance Abuse and Mental Health Services Administration (SAMHSA)..... (877) 726-4727

Internet Web Site: www.samhsa.gov

- *Helpline and searchable database of substance abuse treatment options*

GAMBLING

Gamblers Anonymous..... (608) 788-0428

Area Served includes: Houston, La Crosse, Monroe, Trempealeau, and Vernon Counties

- *Support groups for people with gambling addictions*

Gamblers Anonymous International Services Office..... (626) 960-3500

Internet Web Site: www.gamblersanonymous.org

Area Served includes: Houston, La Crosse, Monroe, Trempealeau, and Vernon Counties

- *Support groups for people with gambling addictions*

Gam - Anon International Service Office..... (718) 352-1671

Gam - Anon - La Crosse and Vernon Counties (608) 788-0428

Internet Web Site: www.gam-anon.org

- *Information and support for families and friends of people with gambling addictions*

Minnesota Problem Gambling Helpline..... (800) 333-4673

Internet Web Site: www.northstarproblemgambling.org/

National Council on Problem Gambling (800) 522-4700

Internet Web Site: www.ncpgambling.org

Wisconsin Council on Problem Gambling (800) 426-2535

Internet Web Site: www.wi-problemgamblers.org

SMOKING AND TOBACCO USE

American Lung Association of the Upper Midwest - Wisconsin..... (800) 586-4872

Internet Web Site: www.lungwi.org

- *Provides smoking cessation programs and information*

Minnesota Department of Health – Quit Tobacco (866) 901-8316

Internet Web Site: <http://www.health.state.mn.us/divs/hpcd/tpc/quit.html>

- *Provides free telephone counseling, tips, and other information about quit plans and medications*

Wisconsin Tobacco Quitline..... (800) 784-8669

Internet Web Site: www.WIQuitLine.org

- *Provides free telephone counseling, tips, and other information about quit plans and medications*

CHILD CARE ASSISTANCE

REFERRALS TO CHILD CARE

Child Care Partnership Resource and Referral Center - Western Dairyland EOC

Independence Office (800) 782-1063

Internet Web Site: www.westerndairyland.org

Area Served includes: Trempealeau County including the Ho-Chunk Nation

Child Care Resource and Referral, Inc. - Rochester, MN..... (800) 462-1660

Internet Web Site: www.c2r2.org

Area Served includes: Houston County

The Parenting Place (800) 873-1768

Internet Web Site: www.theparentingplace.net

Area Served includes: La Crosse, Monroe and Vernon Counties including the Ho-Chunk Nation

Houston County Department of Human Services - Child Care Provider List (507) 725-5811

Internet Web Site: www.co.houston.mn.us

Area Served includes: Houston County

WI Department of Children & Families Online Licensed Childcare Search (contact via Web site)

Internet Web Site: www.dcf.wisconsin.gov/childcare/licensed/search.HTM

Area Served includes: Wisconsin

FINANCIAL ASSISTANCE FOR CHILD CARE

Minnesota Child Care Assistance Program (CCAP) - Houston County (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

Wisconsin Shares - Western Region for Economic Assistance (888) 627-0430

Internet Web Site: <http://dcf.wisconsin.gov/childcare/wishares/>

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

EDUCATION

ADULT BASIC EDUCATION AND HIGH SCHOOL EQUIVALENCY/GED

Adult Basic Education (ABE) - Pathways to Success (507) 895-5153

Internet Web Site: <http://www.mnliteracy.org/home>

Area Served Includes: Houston County

- *Provide adult basic education services; GED testing preparation, basic reading skills, language arts, math, social studies*

Chippewa Valley Technical College - Eau Claire Campus (800) 547-2882

Internet Web Site: www.cvtc.edu

- *Adult basic skills improvement program; adult high school credit courses and GED preparation and testing*

Eligibility: General public

Coulee Region Literacy Council – Adult Literacy Programs (608) 789-4752

Internet Web Site: www.couleeregionliteracycouncil.com

- *Provides free one-on-one tutoring for persons who need assistance with reading*

Eligibility: Adults who need assistance with reading and writing skills

Hope Academy – Family and Children’s Center (608) 785-0001

Internet Web Site: www.fcconline.org

- *Provides alternative education for parenting mothers*

Eligibility: Parenting mothers

Southwest Wisconsin Technical College (800) 362-3322

Internet Web Site: www.swtc.edu

- *Adult basic education/GED classes*

Eligibility: Age 16 or older

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

- *Adult basic education/GED classes; campuses in Black River Falls, Independence, La Crosse, Mauston, Sparta, Tomah, and Viroqua*

Eligibility: General public

CONTINUING EDUCATION AND COLLEGES/UNIVERSITIES

Chippewa Valley Technical College..... (800) 547-2882

Internet Web Site: www.cvtc.edu

Globe University - MN School of Business

La Crosse(877) 303-6060

Eau Claire.....(877) 530-8080

Internet Web Site: www.globeuniversity.edu

Minnesota State College - Southeast Technical (877) 853-8324

Internet Web Site: www.southeastmn.edu

Saint Mary’s University (800) 635-5987

Internet Web Site: www.smumn.edu

Southwest Wisconsin Technical College (800) 362-3322

Internet Web Site: www.swtc.edu

University of Wisconsin - Eau Claire Campus (800) 949-8932

Internet Web Site: www.uwec.edu

University of Wisconsin - La Crosse Campus..... (608) 785-8000

Internet Web Site: www.uwlax.edu

University of Wisconsin - Platteville Campus (800) 342-5515

Internet Web Site: www.uwplatt.edu

University of Wisconsin - Richland Campus..... (608) 647-6186

Internet Web Site: www.richland.uwc.edu

Viterbo University - La Crosse (800) 848-3726

Internet Web Site: www.viterbo.edu

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

- Also has campuses in Black River Falls, Independence, Mauston, Sparta, Tomah, and Viroqua

Winona State University..... (800) 342-5978

Internet Web Site: www.winona.edu

EMPLOYMENT

MINNESOTA FAMILY INVESTMENT PROGRAM

The Minnesota Family Investment Program, or MFIP, is the state's welfare reform program for low-income families with children. MFIP focuses on helping families and moving people to work. It includes both cash and food assistance. When most families first apply for cash assistance, they will participate in the Diversionary Work Program. This is a four month program that helps parents go immediately to work rather than receive welfare. Some families may be referred to MFIP when they first apply for assistance or after they finish four months of DWP. MFIP helps families transition to economic stability. Parents are expected to work, and are supported in working. Most families can get cash assistance for only 60 months. For information or to apply contact:

Houston County Department of Human Services..... (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

WISCONSIN WORKS (W-2)

W-2 is based on work participation and personal responsibility. Under W-2 there is no entitlement to assistance, but there is a place for eligible people willing to work to their ability. There are five paid employment and training plans available. Participation is time limited, although there may be extensions. Employment support services are available to participants which may include child care subsidies, job access loans, transportation assistance, and health care (Medicaid/BadgerCare). For information or to apply contact:

Workforce Connections, Inc. (855) 418-9332

Internet Web Site: www.workforceconnections.org

Eligibility: Parents of minor children and pregnant women (ages 18 and older) with low assets and low income are eligible for W-2 employment and training positions and/or case management; minor parents are eligible for case management services

EMPLOYMENT TRAINING, PLACEMENT, AND SEARCH

Houston County Department of Human Services..... (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

- **Diversionary Work Program:** *an intensive short-term, work-focused program to help families with dependent children obtain work*
- **The Food Support Employment And Training Program:** *program to help Food Support recipients prepare for and become employed*

Area Served includes: Houston County

Job Corps National Call Center (800) 733-5627

Internet Web Site: www.jobcorps.gov

- *The National Call Center refers youth, age 16 to 24 years, meeting income requirements to their local Job Corp Center and an admissions counselor*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Workforce Development Center – Western Wisconsin..... (888) 258-9966

Internet Web Site: <http://www.westernwdb.org>

- *Job search assistance and counseling; also job listings through the Job Line and via the internet*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

- *Educational and career advisement for the general public and enrolled students; works to meet the needs of individuals, especially women and men entering or re-entering school and/or the workforce (displaced homemakers and dislocated workers)*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (Centers in La Crosse and Tomah)

Winona Workforce Center - Job Service (800) 899-1671

Internet Web Site: <http://mn.gov/deed/winona>

- *Provides comprehensive job search assistance services*
- *Workforce Innovation and Opportunities Act (WIOA); classroom training, work experience, and on-the-job training for youth and adults who are low-income, receiving public assistance, and are unemployed*

Area Served includes: Houston County

Wisconsin Department of Workforce Development/Wisconsin/Job Center (888) 258-9966

Internet Web Site: www.westernwdb.org/La_Crosse_County.html

- *Provides an internet-based employment site linking employers with individuals looking for employment; lists all job postings through Job Service in the state of Wisconsin and nearby states at www.JobCenterOfWisconsin.com*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Workforce Connections, Inc..... (800) 742-5627

Internet Web Site: www.workforceconnections.org

- *Employment Coordinators work one-on-one to provide direct employment services for workers who have been laid off, self-employed dislocated workers, dislocated farmers, and long-term dislocated workers; also provides services to low-income youth and adults who need additional training in order to become self-sufficient*
- *Workforce Innovation and Opportunities Act (WIOA); classroom training, work experience, and on-the-job training for youth and adults who are low-income, receiving public assistance, and are unemployed*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (several sites available including in La Crosse, Independence, Tomah, and Viroqua)

Workforce Development Inc. – Houston County..... (800) 647-4629

Internet Web Site: www.workforcedevelopmentinc.org

- *Comprehensive assistance with employment needs; serves youth and adults with a focus on those who are economically disadvantaged*

Area Served includes: Houston County

Wisconsin Department Of Agriculture, Trade and Consumer Protection (800) 422-7128

Internet Web Site: <http://datcp.wi.gov>

Wisconsin Farm Center

- *Offers a free Farmers' Assistance Hotline; (800) 942-2474*
- *Employment and training services including career change counseling, information about training programs, tuition assistance, and job hunting strategies*
- *Future Fields assists producers who are transitioning out of farming or looking to supplement farm income with career counseling and educational assistance*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Farmers and their families

STARTING A BUSINESS

Coulee Region Business Center (608) 782-8022

Internet Web Site: www.crbc.biz

Small Business Development

Provides below market-rate rental space on flexible terms; offers administrative services to the tenants that would otherwise be unavailable or unaffordable; and provides an environment where small businesses are not alone, managers share experiences and potentially buy from each other

Area Served includes: La Crosse County

Eligibility: New and expanding businesses

Farm Service Agency – Houston County..... (507) 765-3892

Internet Web Site: www.fsa.usda.gov/wmn

Youth Business Loans

- *Rural Youth loans for income-producing agricultural projects which provide practical business experience*

Area Served includes: Houston County

Eligibility: Farming youth

Farm Service Agency – Monroe County..... (608) 269-8136

Internet Web Site: www.fsa.usda.gov/wi

Youth Business Loans

- *Rural Youth loans for income-producing agricultural projects which provide practical business experience*

Area Served includes: La Crosse, Monroe, and Trempealeau Counties

Eligibility: Farming youth ages 10 through 20

Farm Service Agency – Vernon County (608) 637-2183

Internet Web Site: www.fsa.usda.gov/wi

Youth Business Loans

- *Rural Youth loans for income-producing agricultural projects which provide practical business experience*

Area Served includes: Vernon County

Eligibility: Farming youth

Minnesota Department of Employment and Economic Development (800) 657-3858

Internet Web Site: www.mn.gov

- *Counseling and assistance on business regulations, tax, structure, or other issues*

Area Served includes: Houston County

Eligibility: General public

Rural Development – Iowa County Office (608) 935-2791

Internet Web Site: www.rd.usda.gov/wi

- *Business, industry, and community development loans and grants to promote the rural economy and employment*

Area Served includes: Vernon County

Eligibility: Rural residents or potential rural residents with very low to low income; loans are available to persons with good credit ratings who are unable to secure a loan from a local lender

Rural Development – Dunn County Office (715) 232-2614

Internet Web Site: www.rd.usda.gov/wi

- *Business, industry, and community development loans and grants to promote the rural economy and employment*

Area Served includes: La Crosse, Monroe, and Trempealeau Counties

Eligibility: Rural residents or potential rural residents with very low to moderate income; loans are available to persons with good credit ratings who are unable to secure a loan from a local lender

Rural Development - Southern Minnesota (507) 437-8247

Internet Web Site: www.rd.usda.gov/mn

- *Community Development Loans; business, industry and community development loans to promote the rural economy and employment*

Area Served includes: Houston County

Eligibility: Loans may be made available to persons with solid credit ratings but unable to secure a loan from a commercial lender; guaranteed loan applicants work through their lender to obtain this assistance

University of Wisconsin - Extension (888) 893-9892

Internet Web Site: www.uwex.edu

- *Business development resources*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: General public

University Of Wisconsin - La Crosse (UW-L)..... (608) 785-9593

Internet Web Site: www.uwlax.edu

Small Business Development Center

- *Provides free one-on-one advising for businesses or for business start-ups*
- *Services are targeted toward businesses that plan to expand, improve efficiency, or resolve problems*
- *Matches businesses with advanced students under faculty guidance to complete case studies, business plans, financial and market analysis and marketing services*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

Eligibility: General public

Western Dairyland Economic Opportunity Council (800) 782-1063

Internet Web Site: www.westerndairyland.org

Business Development

- *Assists individuals in the development and expansion of micro and small businesses*
- *Business management training and resource identification*
- *One-on-one technical business plan assistance*
- *Business Loan fund*
- *Women's Business Center*

Area Served includes: Trempealeau County (sites in Eau Claire and Independence)

Eligibility: Low and moderate income people (above poverty level), refugees, and W-2 recipients

Wisconsin Department Of Agriculture, Trade and Consumer Protection (800) 422-7128

Internet Web Site: http://datcp.wi.gov/Farms/Wisconsin_Farm_Center

Wisconsin Farm Center

- *Offers a free Farmers' Assistance Hotline; (800) 942-2474*
- *Farm Link and Beginning Farmer Program assists retiring, relocating, and beginning farmers in maintaining and establishing successful farm businesses*
- *Employment and training services include information and support regarding small business development*
- *Information clearinghouse including links to resources and information on financing options, government programs including disaster response, marketing options, entrepreneurial possibilities, safety and health issues, changes in laws and regulations*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Farmers and their families

FINANCIAL COUNSELING/BUDGETING

AARP Services, Inc. Money Management Program (888) 687-2277

Internet Web Site: www.aarp.org

- *Provides a variety of booklets and downloadable documents with financial information (i.e. budgeting, credit, and debt)*

Area Served includes: Nationwide

Eligibility: General public

CareConnect USA..... (800) 291-1068

Internet Web Site: www.careconnectusa.org

- *Provides publications for individuals and families struggling with their finances; program is often an alternative to bankruptcy*
- *Free Bankruptcy Advice Helpline provides free telephone consultation for debtors who cannot get relief from other solutions; callers will speak with an attorney for advice and to assess whether bankruptcy is a viable option*

Area Served includes: Nationwide

Eligibility: General public

Catholic Charities - La Crosse (888) 212-4357

Internet Web Site: www.cclse.org

- *Provides financial counseling for individuals and families; credit and debt management; budgeting and money management*

Area Served includes: Houston, La Crosse, Monroe, and Trempealeau Counties

Eligibility: General public

Catholic Charities - Prairie du Chien..... (888) 212-4357

Internet Web Site: www.cclse.org

- *Provides financial counseling for individuals and families; credit and debt management; budgeting and money management*

Area Served includes: Vernon County

Eligibility: General public

Consumer Credit Counseling Service of La Crosse (CCCS)..... (866) 350-2227

Internet Web Site: www.cccsonline.org

- *Money management and budgeting education*
- *Credit counseling and debt management, including debt consolidation*
- *Bankruptcy counseling*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: General public

Minnesota Department of Commerce (651) 539-1500

Internet Web Site: www.mn.gov/commerce

- *Responds to complaints about collection agencies or debt collectors and provides information about debt management*

Area Served includes: Minnesota

Eligibility: General public

Southeast Minnesota Rural Education and Resource Center (507) 932-5203

Internet Web Site: <http://semnresourcecenter.webs.com/about-us>

- *Provides financial options counseling*

Area Served includes: Houston County

Eligibility: General public

University of Minnesota Extension Office - Houston County (507) 725-5807

University of Wisconsin Extension Office - La Crosse County..... (608) 785-6417

University of Wisconsin Extension Office - Monroe County (608) 269-8722

University of Wisconsin Extension Office - Trempealeau County..... (715) 538-2311

University of Wisconsin Extension Office - Vernon County (608) 637-5276

- *Provides family financial management information and counseling*

Area Served includes: Each county office serves its own residents

Eligibility: General public

Wisconsin Department of Financial Institutions. (800) 452-3328

Internet Web Site: www.wdfi.org

- Responds to complaints about collection agencies and provides information about debt management

Area Served includes: Wisconsin

Eligibility: General public

FOOD RESOURCES

FOOD STAMPS (FOODSHARE IN WISCONSIN, FOOD SUPPORT IN MINNESOTA)

Food Stamps is a federal program which helps low income people and families buy the food they need to have good health. People apply for benefits by completing a State application form. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores or food markets. For information or to apply contact:

Houston County Department of Human Services..... (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

Area Served Includes: Houston County

To apply: Call for information about applying

Wisconsin Department of Health Services Wisconsin Division of Health Access and Accountability Internet

Web Site: www.access.wi.gov

Western Region for Economic Assistance (888) 627-0430

Internet Web Site: <http://www.dhs.wisconsin.gov/forwardhealth/imagery/western.htm>

Area Served Includes: Monroe, La Crosse, Trempealeau, and Vernon Counties

To apply: Call for information or complete an application on the ACCESS Web site *

In Wisconsin people may check to see if they are eligible for FoodShare or other assistance programs and apply for any of these programs directly online by using the ACCESS Web site at www.access.wi.gov

WIC (WOMEN, INFANTS, AND CHILDREN)

WIC is a federal program which provides access to nutritious foods for women who are pregnant, breastfeeding, or who are new mothers. This program also provides nutritious food for infants and children (age birth through 4 years old). There are income eligibility requirements for this program and participants are also screened for a health or nutrition need. Participants receive an eWIC card which can be used in participating grocery stores or food markets to purchase specified nutritious foods. For more information or to apply contact:

Ho-Chunk Nation Health Care Center (715) 284-9851

Internet Web Site: www.ho-chunknation.com

Area Served Includes: La Crosse, Monroe, and Vernon Counties (This office serves members of the Ho-Chunk Nation, members of other Native American Nations, or employees of the Ho-Chunk Nation only.)

To apply: Call for information (able to provide interpreters who speak both Ho-Chunk and English)

Houston County Public Health Department..... (507) 725-5810

Internet Web Site: <http://co.houston.mn.us/PHN.aspx>

Area Served Includes: Houston County

To apply: Call for information or to apply

La Crosse County Health Department (608) 785-9865

Internet Web Site: <http://www.co.la-crosse.wi.us/health>

Area Served Includes: La Crosse County

To apply: Applications can be made by phone, mail, walk-in, or email (healthWeb@lacrossecounty.org)

Monroe County Health Department (608) 269-8671

Internet Web Site: www.co.monroe.wi.us

Area Served Includes: Monroe County

To apply: Call for an appointment

Trempealeau County Health Department (877) 538-2311

Internet Web Site: www.trempealeaucounty.com

Area Served Includes: Trempealeau County

To apply: Call for an appointment

Vernon County Health Department (608) 637-5260

Internet Web Site: www.vernoncounty.org/health

Area Served Includes: Vernon County

To apply: Call or walk in for appointment and registration

COMMUNITY MEALS

A Place of Grace Catholic Worker House (608) 782-6224

- Lunch is served at 11am Tuesday and Wednesday; dinner is offered at 5 pm Thursday; afternoon meal is served at 1:30 pm on the last Sunday of each month; Call or walk in
- 919 Hood Street, La Crosse

Area Served includes: La Crosse County

Eligibility: General public

Come For Supper (608) 782-3468

- *Free meals to those in need*
- *Meals held every Tuesday evening; doors open at 4:30 pm and supper is served at 5 pm*
- *Our Savior's Lutheran Church, 612 Division Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: General public

Come For Supper – Living Hope Lutheran Church – Ettrick..... (608) 582-2196

- *Free meals to those in need*
- *Meals held every third Sunday of the month; supper is served 5 pm – 6:30 pm*
- *Living Hope Lutheran Church, 15630 East 4th Street, Ettrick*

Area Served includes: Trempealeau County

Eligibility: General public

Community Dinner – United Methodist Church (608) 783-3380

- *Provides a free community dinner on the second Tuesday of each month from 5:30 pm – 6:30 pm*
- *Fellowship Hall of the United Methodist Church of Onalaska, 212 4th Avenue North, Onalaska*

Area Served includes: Onalaska and surrounding area

Eligibility: General public

Community Meal – New Beginnings Christian Fellowship (608) 782-8030

- *Provides a free community dinner on Wednesdays from 4:45 pm – 5:30 pm*
- *New Beginnings Christian Fellowship, 122 5th Avenue North, La Crosse*

Area Served includes: La Crosse County

Eligibility: General public

Holmen's Hope (608) 424-2568

- *Free meal served last Tuesday of the month, 5 pm - 7 pm*
- *Holmen American Legion, 419 1st Avenue West, Holmen*

Area Served includes: La Crosse County

Eligibility: General public

Monday's Meals (608) 738-3811

- *Free meal served every Monday, 5 pm - 6 pm, doors open at 4:30 pm*
- *Trinity Lutheran Church, 1010 Sill Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: General public

Soup Kitchen – Seventh Day Adventist Church (608) 374-4078

- *Free meal served every Thursday, 5 pm - 6 pm, doors open at 4:30 pm*
- *Seventh Day Adventist Church, 420 McLean Avenue, Tomah*

Area Served includes: Monroe County

Eligibility: General public

Second Saturday Community Meal..... (608) 784-4460

- *Free meal served the second Saturday of the month 2pm – 4 pm*
- *Riteway Club, 1500 Avon Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: General public

Strum Village Café – Village Hall (608) 863-3580

- *Provides a free community dinner 4:30 pm - 6:30 pm on the 4th Sunday of each month*
- *202 South 5th Avenue, Strum*

Area Served includes: Trempealeau County

Eligibility: General public

The Salvation Army - La Crosse (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

- *Two meals a day are furnished for individuals and families needing this service; this includes people with no cooking facilities; families between checks; or those whose public assistance has been lost or delayed*
- *Weekday lunch 11:30 am Monday – Friday; Weekend lunch 12:30 pm Saturday and Sunday; Daily supper 4:30 pm Sunday, Monday, Wednesday, Thursday, Friday, Saturday (Tuesday suppers are for shelter residents only)*
- *223 North 8th Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: General public

Viroqua Community Dinner – Good Shepherd Lutheran Church..... (608) 637-3978

- *Provides a free community dinner starting in October and ends in April from 5 pm - 6:15 pm on the 2nd and 4th Thursday of each month*
- *504 South Main Street, Viroqua*

Area Served includes: Vernon County

Eligibility: General public

FOOD PANTRIES/FOOD PURCHASE ASSISTANCE PROGRAMS

A Place of Grace (608) 782-6224

- *Provides food to people in need*
- *919 Hood Street, La Crosse*

Area Served includes: La Crosse County and surrounding communities

Eligibility: General public

Arcadia Food Pantry (608) 323-7460

- *Provides a food pantry*
- *464 St. Joseph Avenue, Arcadia*

Area Served includes: Arcadia

Eligibility: Low-income individuals, families, and the elderly who are residents of Arcadia

- *Commodities distribution every 3rd Wednesday at Mayo, 464 St. Joseph Avenue, Arcadia*

Bethel Butikk – Bethel Home and Services, Inc. (608) 634-3473

Internet Web Site: www.bethelhome.org

- *Food pantry*
- *341 Black River Avenue, Westby*

Area Served includes: Monroe and Vernon Counties

Eligibility: Federal guidelines do apply for those interested in food assistance

Blair Food Pantry (608) 989-2167

- *Provides food to people in need*
- *126 South Peterson Street, Blair*

Area Served includes: Trempealeau County and surrounding communities

Eligibility: General public

Cashton Cupboard and Closet (608) 654-5770

- *Food pantry*
- *199 Front Street, Cashton*

Area Served includes: Cashton and surrounding area in Monroe County

Eligibility: Individuals and families in need

Catholic Charities of the Diocese of La Crosse, Inc. (608) 782-0710

Internet Web Site: www.cclse.org

- *Provides a small food pantry with non-perishable food and personal grooming supplies*
- *413 South 3rd Street, La Crosse*

Area Served includes: La Crosse, Monroe, and Trempealeau Counties

Eligibility: Individuals and families

Couleecap – Food Pantry..... (608) 634-3104

Internet Web Site: www.couleecap.org

- *Provides a small food pantry with non-perishable food and personal grooming supplies*
- *201 Melby Street, Westby*

Area Served includes: Monroe County

Eligibility: Individuals and families with an emergency need and who qualify within income guidelines

Ecumenical Bread Basket Food Pantry (608) 269-5081

- *Provides a food pantry*
- *114 North Water Street, Sparta*

Area Served includes: Monroe County

Eligibility: Residents of Monroe County; no income criteria

Faith Evangelical Free Church Food Pantry (608) 269-5469

- *Provides a food pantry*
- *6644 State Highway 16, Sparta*

Area Served includes: City of Sparta and surrounding area

Eligibility: Anyone in need of food

From the Heart Food Pantry (608) 780-1283

- *Food pantry with non-perishable items and some personal hygiene products*
- *1010 Sill Street, Trinity Lutheran Church, La Crosse*

Area Served includes: Vernon County

Eligibility: General public

G-E-T Community Food Pantry (608) 582-2991

- *Food pantry; non-perishable items and personal hygiene products*
- *20237 West Ridge Avenue, Galesville*

Area Served includes: Galesville, Ettrick and Trempealeau area (G-E-T School District area)

Eligibility: Any person in need (no income guidelines); must meet G-E-T School District residency requirements

Hokah Area Foodshelf (507) 894-2665

- *Food pantry; baby food, formula and diapers sometimes available*
- *57 Main Street, Hokah*

Area Served includes: Hokah and Brownsville areas in Houston County

Eligibility: Low income individuals and families

Houston Community Food Basket..... (507) 896-3602

- *Provides a grocery bag filled with canned foods, boxed foods and paper products; each family receives a coupon for a gallon of milk*
- *118 South Lincoln, Houston Community Center, Houston*

Area Served includes: Houston and surrounding area

Eligibility: General public

Independence Food Pantry..... (715) 985-3055

- *Food pantry*
- *23688 Adams Street, Independence*

Area Served includes: Trempealeau County

Eligibility: Low-income individuals, families, and senior citizens

La Crescent Food Share Program (507) 895-4440

- *Food will be provided even though at times food will be limited*
- *21 North Hill Street, La Crescent*

Area Served includes: Houston County

Eligibility: Houston County residents

La Farge Free Methodist Food Pantry (608) 625-6242

- *Food will be provided even though at times food will be limited*
- *214 South Cherry Street, La Farge*

Area Served includes: Vernon County

Eligibility: Vernon County residents

Living Faith Food Pantry (608) 637-7410

- *Provides a food pantry*
- *Baby food, formula, and diapers may also be available*
- *209 Sand Road, Viroqua*

Area Served includes: Viroqua, Readstown, and Webster Township in Vernon County

Eligibility: Income eligible residents of Viroqua, Readstown, and Webster Township in Vernon County

Mondovi Food Pantry..... (715) 926-3115

- *Food pantry*

Area Served includes: Some areas of Trempealeau County

Eligibility: Low-income individuals, families, and the elderly

Neighbor for Neighbor, Inc..... (608) 372-6737

- *Food baskets provide a three-day supply of well balanced nutritionally sound food; assistance is based on need*
- *Commodities can be picked up once a month, food shelf is supplementing this program*
- *1118 West Veterans Street, Tomah*

Area Served includes: Eastern half of Monroe County

Eligibility: Residents with emergency needs; individuals need to meet federal income guidelines for commodities

New Hope Food Pantry (608) 734-3478

- *Provides free food for individuals and families in need*
- *E2290 State Highway 82, De Soto*

Area Served includes: Bergen, Genoa, Sterling, Wheaton, De Soto, Stoddard, and surrounding areas in Vernon County

Eligibility: Low income Vernon County residents

Onalaska Holmen Emergency Food Basket..... (608) 783-7722

- *Food baskets provide a 3 to 4 day supply and include canned goods and a voucher for milk, bread, and eggs; fresh produce and frozen meat also available*
- *735 Sand Lake Road, Onalaska*

Area Served includes: People living in Onalaska, Holmen, French Island, and Brice Prairie

Eligibility: People in need

Onalaska Schools' Food Pantry (608) 781-9701

- *For residents with school-aged children living within the Onalaska School District (including homeschooled children)*
- *A 3 to 4 day supply of food is provided each month; other items distributed approximately twice per year include cleaning supplies, and personal items such as shampoo, toothbrushes and deodorant*
- *Volunteers may be able to deliver food to families if needed*
- *524 Main Street, Irving Pertzsch School Onalaska*

Area Served includes: School District of Onalaska

Eligibility: Families with school aged children living within the Onalaska School District, including homeschooled children

Reaching Out Ministries Inc..... (715) 896-0604

Internet Web Site: www.reachingoutministries.org

- *Surplus food distribution*
- *Program encourages participants to volunteer either at site or in the community*
- *Limited home delivery may be available for persons who are homebound*
- *W15822 Simonson Road, Whitehall*

Area Served includes: Trempealeau County

Eligibility: General public; no restrictions

River of Life Food Pantry (608) 782-2780

- Non-perishable foods as well as meat, vegetables and bread as available
- 1214 County Road PH, Onalaska

Area Served includes: City of Onalaska

Eligibility: General public

Ruby's Pantry – Oasis Church (608) 567-9230

- Provides a food distribution service offering various surplus bulk items; \$20 cash donation per share
- 22547 State Highway 21, Oasis Church, Tomah

Area Served includes: Monroe County

Eligibility: General public

Ruby's Pantry – United Church of Christ..... (715) 597-3292

- Provides a food distribution service offering various surplus bulk items; \$20 cash donation per share
- 50712 Main Street, Osseo

Area Served includes: Trempealeau County

Eligibility: General public

Salvation Army - Houston County

Main Contact(507) 894-2676

Alternate(507) 725-3677

- *Limited funds are available for food or vouchers*

Area Served includes: Houston County

Eligibility: Persons with emergency financial needs

Salvation Army - Monroe County (contact through Families First)..... (608) 374-4141

- *One time assistance for people in need including emergency food vouchers*

Area Served includes: Monroe County

Eligibility: Anyone needing assistance especially needy persons and transients (homeless individuals)

Salvation Army - Trempealeau County (608) 989-9921

- *Emergency food*

Area Served includes: Trempealeau County

Eligibility: Anyone needing assistance especially needy persons and transients (homeless individuals)

Salvation Army - Vernon County (608) 475-9040

- *Emergency food*

Area Served includes: Vernon County

Eligibility: Anyone needing assistance especially needy persons and transients (homeless individuals)

Second Harvest Foodbank of Southern Wisconsin (608) 223-9121

Internet Web Site: www.seconddharvestmadison.org

- *Food from the Second Harvest warehouse is brought into neighborhood sites throughout the service area at prescheduled times for immediate distribution to residents*

Area Served includes: Monroe and Vernon Counties

Eligibility: General public

Semcac - Houston County Field Office (507) 725-3677

Internet Web Site: www.semcac.org

- *Provides assistance to help stretch food dollars and ensure good nutrition; individuals and families are assigned a certain number of points to exchange for food products which are also assigned specific points*
- *Food is distributed to people in emergency situations*

Area Served includes: Houston County

Eligibility: Must meet eligibility guidelines

Southeast Minnesota Rural Education and Resource Center (507) 932-5203

- *Provides food vouchers*

Area Served includes: Houston County

Eligibility: Mothers and children (birth to 5 years) and senior citizens who meet income guidelines

Strum Food Pantry..... (715) 695-3457

- *Food pantry; occasionally has infant formula and diapers available*
- *109 Elm Street, Strum*

Area Served includes: The towns of Chimney Rock, Eleva, Elk Creek, and Strum in Trempealeau County

Eligibility: Low-income individuals, families, and the elderly

The Good Samaritan Food Pantry and Thrift Store (608) 489-3627

- *Provides free food for individuals and families in need*
- *128 Mill Street, Hillsboro*

Area Served includes: Monroe and Vernon Counties

Eligibility: Low income individuals and families

The Salvation Army - La Crosse (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

- *Food pantry; baby food, formula, and diapers are available*
- *223 North 8th Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: Must meet income guidelines

The Stoddard Community Food Pantry (608) 689-2122

- *Provides food*
- *300 N West Street, Stoddard*

Area Served includes: Stoddard, Genoa, Chaseburg, and Coon Valley and DeSoto Area School District (Vernon County)

Eligibility: Individuals with low income

TLC Center (608) 781-9111

- *Provides free-of-charge a variety of basic need items, including food, to individuals in need*
- *1232 Clinton Street, La Crosse*

Area Served includes: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

Eligibility: People who are in need

Tri-County Food Pantry

Main.....(715) 597-2188

Alternate.....(715) 694-2265

- *Food pantry*
- *13706 7th Street, Osseo*

Area Served includes: People with an Osseo address only

Eligibility: Low-income individuals, families, and the elderly

Viola Food Pantry - United Methodist Church Office..... (608) 627-1910

- *Provides free food for individuals and families*
- *225 North Washington Street*

Area Served includes: Kickapoo School District (includes Viola, Readstown and portions of Clayton, Bloom, Forest, Franklin, Kickapoo, Liberty, Stark, Sylvan, Union and Webster)

Eligibility: Must be a low income resident of the Kickapoo School District

WAFER Food Pantry and Senior Share (608) 782-6003

Internet Web Site: www.waferlacrosse.org

- *Free food provided to anyone requesting it; infant formula and baby food sometimes available*
- *403 Causeway Boulevard, La Crosse*

Area Served includes: La Crosse County in Wisconsin; Houston County in Minnesota

Eligibility: Residents in need for food assistance

West Salem Area Community Care and Share Pantry (608) 786-1142

- *Food provided to persons in need*
- *359 North Leonard Street, West Salem*

Area Served includes: Bangor, Barre Mills, Melrose, Mindoro, Rockland and West Salem areas

Eligibility: Persons in need

Whitehall Area Emergency Food Pantry (715) 538-2397

- *Food pantry*
- *18620 Hobson Street, Whitehall*

Area Served includes: Trempealeau County

Eligibility: Low-income families and elderly

Wilton Food Pantry (608) 435-6406

- *Food pantry*
- *406 Main Street, Wilton*

Area Served includes: Monroe and Vernon Counties

Eligibility: Persons in need

HEALTH SERVICES

FREE OR LOW COST DENTAL CARE

CESA #11 Rural Health Dental Clinic..... (715) 235-1573

Internet Web Site: www.cesa11.k12.wi.us

Area Served includes: Primarily serves northwest Wisconsin; accepts other WI residents if no services are available in their area (located in Menomonie)

Eligibility: People with low/poverty level incomes, people covered by BadgerCare Plus, people with no dental insurance, elderly people, and people with disabilities

Chippewa Valley Technical College - CVTC..... (715) 833-6271

Internet Web Site: www.cvtc.edu

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Eau Claire)

Eligibility: Wisconsin residents meeting income guidelines or covered by Medical Assistance or BadgerCare

Crescent Community Health Center (563) 690-2852

Internet Web Site: www.crescentchc.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Dubuque, Iowa)

Eligibility: People who otherwise cannot afford health care and dental services; patients are screened for eligibility

Donated Dental Services (866) 812-9840

Internet Web Site: www.wda.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (services may be located at a distance)

Eligibility: People who are permanently disabled, chronically ill, or of advanced age and have a financial need; not for routine services such as check-ups and cleaning, must have extensive dental need

La Crosse Community Dental Clinic (608) 782-2840

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Medicaid or BadgerCare recipients only; cannot provide services for people on BadgerCare Plus Core Plan or Benchmark; call for eligibility information; no private pay services

Marquette University Dental Clinic (414) 288-6790

Internet Web Site: www.marquette.edu/dentistry

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Milwaukee)

Eligibility: General public, including people without insurance

Scenic Bluffs Community Health Center (608) 654-5100

Internet Web Site: www.scenicbluffs.org

Area Served includes: La Crosse, Monroe, and Vernon Counties (located in Cashton)

Eligibility: People with low/poverty level incomes or no health insurance; works with the local rural population especially the elder population, the local Amish community residents, and Latino workers

Trempealeau County Health Department (877) 538-2311

Internet Web Site: www.trempeleaucounty.com

- *American Legion Child Welfare Fund provides financial assistance to families with children who are having difficulty paying for dental, hearing, and/or vision care*

Area Served includes: Trempealeau County

Eligibility: Families with children who are having difficulty paying for health care costs

COMMUNITY (FREE OR LOW COST) CLINICS

Chippewa Valley Free Clinic (715) 839-8477

Internet Web Site: www.cvfreeclinic.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Eau Claire)

Eligibility: Low income individuals who have no medical insurance (or have a high deductible), and no money for medical care

Crescent Community Health Center (563) 690-2852

Internet Web Site: www.crescentchc.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Dubuque, Iowa)

Eligibility: People who otherwise cannot afford health care and dental services; patients are screened for eligibility

Decorah Community Free Clinic (563) 419-0962

Area Served includes: Houston County (located in Decorah, Iowa)

Eligibility: People who do not have access to or are unable to afford health care services

Essential Health Clinic (*formerly Options Clinic*)..... (800) 657-5177

Internet Web Site: www.essentialclinic.org

Area Served includes: La Crosse, Monroe, Trempealeau and Vernon Counties (sites in Black River Falls, La Crosse, Prairie du Chien, Richland Center, Sparta, Viroqua, and Whitehall)

Eligibility: Females and males, including adolescents, for reproductive health care services

Free Clinic of the Greater Menomoneie Area (715) 233-7655

Area Served includes: Trempealeau County (located in Menomoneie)

Eligibility: Must be low income

Ho-Chunk Healthcare Clinic

La Crosse Office.....(608) 783-6025

Tomah Office.....(608) 372-5202

Internet Web Site: www.ho-chunknation.com

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Members of the Ho-Chunk Nation

Neighborhood Family Clinics, Inc. (608) 781-9880

Internet Web Site: www.mynfclinics.com

Area Served includes: All areas

Eligibility: Serves all

Scenic Bluffs Community Health Center

Cashton Site.....(608) 654-5100

Sparta Site (Lugar de Reunion)(608) 269-2944

Norwalk Site(608) 823-7853

Internet Web Site: www.scenicbluffs.org

Area Served includes: La Crosse, Monroe, and Vernon Counties (locations in Cashton and Norwalk)

Eligibility: People with low/poverty level incomes or no health insurance; works with the local rural population especially the elder population, the local Amish community residents, and Latino workers

Semcac Family Planning Clinic..... (800) 657-5121

Internet Web Site: www.semcac.org

Area Served includes: Houston County (located in Winona)

Eligibility: Females and males, including adolescents, for reproductive health care services

St. Clare Health Mission – La Crosse..... (608) 392-9546

Internet Web Site: www.stclarehealthmission.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: People who otherwise cannot afford medical care

St. Clare Health Mission of Monroe County (608) 269-2132

Area Served includes: Monroe County (located in Sparta)

Eligibility: People who otherwise cannot afford medical care (Spanish interpreters are available)

The Salvation Army – La Crosse – Caring Clinic..... (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

Area Served includes: La Crosse County

Eligibility: General public, adults and children, who are uninsured, underinsured, or low-income

FINANCIAL ASSISTANCE FOR HEALTH CARE BILLS OR PRESCRIPTIONS

Catholic Charities of the Diocese of La Crosse, Inc (888) 212-4357

Internet Web Site: www.cclse.org

- *Assistance with applications to pharmaceutical patient assistant programs; emergency short term medications*

Area Served includes: La Crosse, Monroe, and Trempealeau Counties

Eligibility: People of all faiths with no prescription medicine coverage and who qualify by income

Catholic Charities of the Diocese of Winona (507) 454-2270

Internet Web Site: www.ccwinona.org

- *Assistance with applications to pharmaceutical patient assistant programs; emergency short term medications*

Area Served includes: Houston County

Eligibility: People of all faiths with no prescription medicine coverage and who qualify by income

Chippewa Valley Free Clinic (715) 839-8477

Internet Web Site: www.cvfreeclinic.org

- *Prescription assistance*

Area Served includes: Western Wisconsin

Eligibility: Low income individuals who have no medical insurance (or have a high deductible), and no money for medical care or prescriptions

Decorah Community Free Clinic (563) 419-0962

- *Prescription medications are free or low cost*

Area Served includes: Houston County

Eligibility: People who do not have access to or are unable to afford health care services

Families First (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

- *Limited funding for prescription medications*

Area Served includes: Monroe County

Eligibility: People who do not have access to or are unable to afford health care services

Free Clinic of the Greater Menomonie Area (715) 308-3808

- *Provides free prescriptions for some medications; does not provide controlled substances or birth control; assists patients with prescription program applications*

Area Served includes: Trempealeau County

Eligibility: Must be low income

Houston County Department of Human Services (507) 725-5811

- *Provides a program funded by the State of Minnesota that helps Medicare enrollee pay for prescription drugs*

Area Served includes: Houston County

Eligibility: Income eligible individuals and families

Partnership for Prescription Assistance - PPA (888) 477-2669

Internet Web Site: www.pparx.org

- *Helps qualifying patients without prescription coverage enroll in a patient assistance program (they have access to more than 475 patient assistance programs with access to more than 2,500 prescription medicines)*

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: Targeted toward people without prescription drug coverage

Salvation Army - Houston County (507) 894-2676

Internet Web Site: www.usc.salvationarmy.org

- *Limited funds are available for emergency financial needs including assistance in paying insurance premiums*

Area Served includes: Houston County

Eligibility: Persons with emergency financial needs

Salvation Army - Trempealeau County (800) 264-6412

Internet Web Site: www.usc.salvationarmy.org

- *Assistance in the form of vouchers for prescription medications*

Area Served includes: Trempealeau County

Eligibility: Anyone needing assistance; emphasis on needy and transients (homeless individuals)

Salvation Army - Vernon County (800) 264-6412

Internet Web Site: www.usc.salvationarmy.org

- *Assistance may be provided for health care needs*

Area Served includes: Vernon County

Eligibility: Anyone needing assistance; emphasis is on needy and transients (homeless individuals)

Scenic Bluffs Community Health Center (608) 654-5100

Internet Web Site: www.scenicbluffs.org

- *Staff will assist patients with applying for pharmaceutical companies' free and reduced cost prescription medication programs*

Area Served includes: La Crosse, Monroe, and Vernon Counties

Eligibility: People who otherwise cannot afford medical care and prescriptions; patients are screened for eligibility

Semcac – Houston County (507) 725-3677

Internet Web Site: www.semcac.org

Area Served includes: Houston County

Eligibility: Prescription assistance for individuals and families who are income

St. Clare Health Mission of Monroe County (608) 269-2132

- *Prescriptions can be filled (Spanish interpreters are available)*

Area Served includes: Monroe County

Eligibility: People who otherwise cannot afford medical care; patients are screened for eligibility

Trempealeau County Health Department (877) 538-2311

Internet Web Site: www.trempealeaucounty.com

- *American Legion Child Welfare Fund provides financial assistance to families with children who are having difficulty paying for dental, hearing, and/or vision care*

Area Served includes: Trempealeau County

Eligibility: Families with children who are having difficulty paying for health care costs

MEDICAL ASSISTANCE PROGRAMS

There are government programs which provide health care coverage for income-eligible people in Wisconsin and Minnesota.

MINNESOTA

Medical Assistance provides coverage for children and families, pregnant women, senior citizens, and people with disabilities meeting eligibility criteria. For more information or to apply contact:

Houston County Department of Human Services(507) 725-5811, or

Minnesota Department of Human Services(800) 657-3739, or

Minnesota Department of Human Services Web sitewww.mn.gov/dhs

MinnesotaCare provides coverage for children and families, pregnant women, and adults without children meeting eligibility criteria. For more information or to apply contact:

Minnesota Department of Human Services(800) 657-3739, or

Minnesota Department of Human Services Web sitewww.mn.gov/dhs

Contact Great Rivers 2-1-1 for more information about these or other resources available

Dial 2-1-1 or (800) 362-8255

In addition to the programs above there may be other resources to provide some limited medical care coverage assistance for certain populations such as Minnesota Family Planning Program or Medical Assistance for Breast/Cervical Cancer. There is also access to some medical care coverage for certain non-citizen populations in Minnesota. Information about these additional resources can be obtained by contacting:

Houston County Department of Human Services(507) 725-5811, or
Minnesota Department of Human Services(800) 657-3739, or
Minnesota Department of Human Services Web sitewww.mn.gov/dhs

MN Sure

MN Sure is Minnesota's health insurance Marketplace offering information, assistance, and enrollment services for people seeking to choose health insurance coverage. For more information or to apply contact:

Call Center(855) 366-7873
MN Sure Web Site:.....www.mnsure.org

WISCONSIN

BadgerCare Plus provides coverage for pregnant women, individuals, children and families meeting eligibility criteria. For information or to apply contact:

Western Region for Economic Assistance(888) 627-0430

Or

Visit the Web site at www.badgercareplus.org. This Web site provides information and also allows people to enter the ACCESS Web site where they can check to see if they are eligible for BadgerCare Plus or other assistance programs and apply for any of these programs directly online.

In addition to the programs listed here there may be other resources to provide some limited medical care coverage assistance for certain populations such as BadgerCare Plus Family Planning Waiver, Wisconsin Well Woman Medicaid which covers Well Woman Program members for treatment of breast or cervical cancer, or BadgerCare Plus Prenatal Program which provides healthcare coverage for certain pregnant women who would not typically be eligible for BadgerCare Plus because they are either an inmate of a public institution or not a citizen or qualifying alien. Information about these additional resources can be obtained by contacting:

The Maternal and Child Health Hotline(800) 722-2295

Health Insurance Marketplace

Provides access to online enrollment for a health insurance plan

Call Center(800) 318-2596
Web Site:.....www.healthcare.gov

Public Health Departments

Basic screenings, immunizations, and other health services may be available at through your county health department.

Ho-Chunk Nation Health Care Centers

La Crosse	(608) 783-6025
Tomah	(608) 372-5202
Houston County Health Department.....	(507) 725-5810
La Crosse County Health Department.....	(608) 785-9872
Monroe County Health Department.....	(608) 269-8666
Trempealeau County Health Department.....	(877) 538-2311
Vernon County Health Department.....	(608) 637-5251

HOUSING

RENT OR MORTGAGE FINANCIAL ASSISTANCE

There are several organizations which provide financial assistance for people having temporary difficulties in meeting their rent or mortgage payments. Typically these charitable organizations will assist as they are able (based on the funds they have available at the time) and they generally cannot cover the entire cost of the rental or mortgage bill. These programs have eligibility criteria. For information regarding available assistance contact the agencies below or Great Rivers 2-1-1.

Bethel Home and Services – Bethel Butikk (607) 634-3473

Internet Web Site: www.westbybethelbutikk.com

Area Served: Monroe and Vernon Counties

Catholic Charities of the Diocese of La Crosse, Inc. (888) 212-4357

Internet Web Site: www.cclse.org

Area Served Includes: La Crosse, Monroe, and Trempealeau Counties

Catholic Charities - Prairie Du Chien (866) 212-4357

Internet Web Site: www.cclse.org

Area Served Includes: Vernon County

Couleecap, Inc. - Community Action Program (866) 904-4507

Internet Web Site: www.couleecap.org

Area Served Includes: Monroe and Vernon Counties

Families First (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

Area Served includes: Monroe County

Houston County Department of Human Services..... (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

Area Served Includes: Houston County

Houston County Veterans Services (507) 725-5805

Internet Web Site: http://co.houston.mn.us/Veterans_Services.aspx

Area Served Includes: Houston County

La Crosse County Veterans Service Office (608) 785-9719

Internet Web Site: www.co.la-crosse.wi.us

Area Served Includes: La Crosse County

Rural Housing, Inc. (888) 400-5974

Internet Web Site: www.wisconsinruralhousing.org

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Semcac - Houston County Field Office (507) 725-3677

Internet Web Site: www.semcac.org

Area Served Includes: Houston County

The Salvation Army - La Crosse (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

Area Served Includes: La Crosse County

Veterans Assistance Foundation (866) 823-8387

Internet Web Site: www.vafvets.org

Area Served: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Veterans or families of a veteran; income guidelines apply

Workforce Connections, Inc..... (855) 418-9332

Internet Web Site: www.workforceconnections.org

Area Served: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Parents or legal guardians living with their minor children with an emergency need and meeting household income and other program requirements

YWCA Of the Coulee Region (608) 781-2783

Internet Web Site: www.ywcalax.org

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: Single parent homeless women

FORECLOSURE OR EVICTION PREVENTION

There are some agencies which can provide counseling and assistance for people who are experiencing financial difficulties and have concerns about foreclosure or eviction. Contact the following agencies for information and services.

Consumer Credit Counseling (800) 350-2227

Internet Web Site: www.cccsonline.org

- *Provides credit/budget counseling*

Area Served Includes: Houston, La Crosse, Monroe, Trempealeau, and Vernon Counties

Couleecap, Inc. - Community Action Program (866) 904-4507

Internet Web Site: www.couleecap.org

- *Provides eviction or foreclosure prevention assistance*

Area Served Includes: Monroe and Vernon Counties

HOME Line - Tenant Hotline (866) 866-3546

Internet Web Site: <http://www.homelinemn.org>

- *Provides information and advice for tenants regarding concerns including eviction, repairs, security deposits, and their rights*

Area Served includes: Houston County

Homeowner's HOPE Hotline (888) 995-4673

Internet Web Site: www.995hope.org

- *Can provide 24-hour connection to a counselor by phone or online to help homeowners avoid foreclosure; an independent nonprofit that provides counselors from HUD-approved agencies dedicated to helping homeowners*

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Legal Action of Wisconsin (800) 873-0927

Internet Web Site: www.legalaction.org

- *Advice and representation in civil cases including concerns regarding eviction or foreclosure*

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Semcac - Houston County Field Office (507) 725-3677

Internet Web Site: www.semcac.org

- *Provides one-time assistance with a rent or mortgage payment for households that need short-term help until their financial situation is expected to stabilize*

Area Served includes: Houston County

Eligibility: Must meet eligibility guidelines

Tenant Resource Center (information available through the Web site only)

Internet Web Site: www.tenantresourcecenter.org

- *Web site provides information regarding concerns from tenants and landlords (problems include eviction, repairs, security deposits, tenant rights regarding landlord foreclosure, and other consumer protections); no direct services*

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

The Salvation Army - La Crosse (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

- *Provides a program that works with qualified individuals and families to help prevent homelessness*

Area Served includes: La Crosse County

Eligibility: Individuals and families at risk of eviction; other criteria applies

Workforce Connections, Inc...... (855) 418-9332

Internet Web Site: www.workforceconnections.org

Area Served: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Parents or legal guardians living with their minor children with an emergency need and meeting household income and other program requirements

UTILITIES ASSISTANCE

There are several organizations which provide assistance for people having temporary difficulties in meeting utility payments. Typically charitable organizations which offer financial assistance will assist as they are able (based on the funds they have available at the time) and they generally cannot cover the entire cost of the utility bill. These programs have eligibility criteria based on income and sometimes other criteria. In addition there are resources, often through the utility companies which will assist in creating affordable payment programs or offer discounted services for low income households. For more specific information regarding available assistance contact the agencies below or Great Rivers 2-1-1.

Bethel Home and Services – Bethel Butikk (607) 634-3473

Internet Web Site: www.westbybethelbutikk.com

Area Served: Monroe and Vernon Counties

CA+ Program - Alliant Energy (800) 975-5785

Internet Web Site: www.alliantenergy.com

Area Served includes: Monroe and Vernon Counties

Catholic Charities of the Diocese of La Crosse, Inc. (888) 212-4357

Internet Web Site: www.cclse.org

Area Served Includes: La Crosse, Monroe, and Trempealeau Counties

Catholic Charities - Prairie Du Chien (866) 212-4357

Internet Web Site: www.cclse.org

Area Served Includes: Vernon County

Families First (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

Area Served Includes: Monroe County

Flocks Guardians – (WHEAP) (608) 487-9263

Area Served Includes: Monroe County

Harvest of Hope Fund for Farmers (608) 836-4633

Internet Web Site: <http://www.cclpmidwest.org/Harvest.html>

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Ho-Chunk Nation Department of Social Services (888) 343-8190

Internet Web Site: www.ho-chunknation.com

Area Served Includes: La Crosse, Monroe, and Vernon Counties

Houston County Department of Human Services (507) 725-5811

Internet Web Site: <http://co.houston.mn.us/DHS.aspx>

Area Served Includes: Houston County

La Crosse County Human Services Department (608) 784-4357

Internet Web Site: www.co.la-crosse.wi.us

Area Served Includes: La Crosse County

La Crosse County Veterans Service Office (608) 785-9719

Internet Web Site: www.co.la-crosse.wi.us

Area Served Includes: La Crosse County

Lifeline Program

Internet Web Site: www.lifelinesupport.org/lis

- Provides a federal program offering discounted telephone service to low income households

Area Served includes: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

Eligibility: Income eligible individuals and families

Minnesota Public Utilities Commission - Consumer Affairs Office - MPUC (800) 657-3782

Internet Web Site: www.puc.state.mn.us

Area Served Includes: Houston County

Monroe County Department of Human Services..... (608) 269-8600

Internet Web Site: www.co.monroe.wi.us

Area Served Includes: Monroe County

Rural Housing, Inc. (888) 400-5974

Internet Web Site: www.wisconsinruralhousing.org

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Salvation Army – Wisconsin Divisional Headquarters..... (800) 264-6412

Internet Web Site: www.usc.salvationarmy.org

Area Served Includes: Monroe, Trempealeau, and Vernon Counties

The Salvation Army - La Crosse (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

Area Served Includes: La Crosse County

Trempealeau County Department of Human Services (715) 538-2311

Internet Web Site: www.trempeleaucounty.com/socialservices

Area Served Includes: Trempealeau County

Vernon County Veterans Service Office..... (608) 637-5323

Internet Web Site: www.vernoncounty.org

- Provides funds for Veterans and their family experiencing immediate needs for utility bill assistance

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Veterans Assistance Foundation (866) 823-8387

- Provides funds for Veterans and their family experiencing immediate needs for utility bill assistance

Internet Web Site: www.vafvets.org

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Wisconsin Public Service Commission (608) 266-5481

Internet Web Site: www.psc.wi.gov

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Workforce Connections, Inc..... (855) 418-9332

Internet Web Site: www.workforceconnections.org

Area Served: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Parents or legal guardians living with their minor children with an emergency need and meeting household income and other program requirements

Xcel Energy Company (800) 895-4999

Internet Web Site: www.xcelenergy.com

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

MINNESOTA ENERGY ASSISTANCE PROGRAM

The Minnesota Energy Assistance Program can assist eligible households with their energy costs during the heating season (October 1 through June 1). Services that may be available through this program include: direct financial assistance for heating costs; education regarding home heating efficiency and safety; crisis assistance to prevent disconnections or ensure fuel deliveries; and emergency heating system repair or replacement.

Eligibility: Based on last 3 months gross income, number of people in the household, and last year's energy costs

For information and application assistance for the Minnesota Energy Assistance Program contact:

Minnesota Department of Commerce – Division of Energy Resources (800) 657-3710

Internet Web Site: www.mn.gov/commerce/energy/

Stay Warm Minnesota (contact through the Web site only)

Internet Web Site: <http://mn.gov/commerce/energy/topics/resources/Stay-Warm-Minnesota/>

Semcac..... (507) 725-3677

Internet Web Site: www.semcac.org

WISCONSIN HOME ENERGY ASSISTANCE PROGRAM (WHEAP)

The Wisconsin Home Energy Assistance Program can assist eligible households with their energy costs during the heating season (October 1 through May 15). Services that may be available through this program include: a one-time payment each heating season to help cover a portion of the household's heating costs; crisis assistance for households without heat, a disconnect notice or nearly out of heat with no way to pay for heating needs; assistance with paying for non-heating electric costs; assistance with cost of emergency furnace repair or replacement (must have approval prior to work being done); provision of a home energy audit and assistance with weatherization of the home (insulation, sealing air leaks, heating systems update, etc.); and budget counseling and assistance in creating a payment plan for people with high arrearages in their heating bills.

Eligibility: Individuals and families which meet income guidelines or categorical eligibility criteria

KEEP WISCONSIN WARM FUND

A statewide, non-profit, public/private partnership that raises money to provide financial assistance for heating/energy costs. Applications are considered on a case-by-case basis with the most vulnerable households being given the highest priority (households with elderly people, people who are disabled or have health conditions, or young children; also those with very high medical bills or heating/energy costs). This is a limited fund so assistance is available only while there is money in the fund.

Eligibility: Households meeting income requirements

For more information about WHEAP or the Keep Wisconsin Warm Fund contact:

Flocks Guardians – (WHEAP) (608) 487-9263

Area Served Includes: Monroe County

Keep Wisconsin Warm Fund State Office (800) 891-9276

Internet Web Site: www.kwwf.org

Home Energy Plus – Wisconsin Division of Energy Services (866) 432-8947

Internet Web Site: <http://www.homeenergyplus.wi.gov/>

La Crosse County Human Services Department..... (608) 784-4357

Internet Web Site: www.co.la-crosse.wi.us

Area Served Includes: La Crosse County

Trempealeau County Department of Human Services..... (877) 538-2311

Internet Web Site: www.trempeleaucounty.com

Area Served Includes: Trempealeau County

Vernon County Department of Human Services (608) 637-5210

Internet Web Site: www.vernoncounty.org

Area Served Includes: Vernon County

WEATHERIZATION

Weatherization programs assist renters and/or homeowners in making their homes more energy efficient thereby reducing their monthly utility bills. These programs often provide an energy audit as well as assistance with energy saving measures such as windows, insulation, sealing air leaks, heating systems updates. Assistance may be financial or through the provision of labor and materials. For more information contact:

Couleecap, Inc. - Community Action Program (866) 904-4507

Internet Web Site: www.couleecap.org

Area Served includes: La Crosse, Monroe, and Vernon Counties

Eligibility: Individuals and families who meet income guidelines (at or below 150% of the poverty level) or are categorically eligible

Habitat for Humanity (888) 823-9830

Internet Web Site: www.habitatlacrosse.org

Area Served includes: La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston County in Minnesota

Eligibility: Individuals and families who meet income guidelines or are categorically eligible

La Crosse County Human Services Department (608) 784-4357

Internet Web Site: www.co.la-crosse.wi.us

Area Served includes: La Crosse County

Eligibility: Individuals & families which meet income guidelines (at or below 150% of the poverty level) or be categorically eligible

Trempealeau County Department of Human Services (877) 538-2311

Internet Web Site: www.trempealeaucounty.com/socialservices

Area Served includes: Trempealeau County

Eligibility: Individuals and families who meet income guidelines (at or below 150% of the poverty level) or are categorically eligible

Vernon County Department of Human Services (608) 637-5210

Internet Web Site: www.vernoncounty.org

Area Served includes: Vernon County

Eligibility: Individuals and families who meet income guidelines or are categorically eligible

Weatherization Assistance Program - Minnesota (800) 657-3710

Internet Web Site: <http://mn.gov/commerce/energy/consumers/Weatherization-Assistance/>

Area Served includes: Houston County

Eligibility: Homeowners and renters who meet income guidelines

Western Dairyland Economic Opportunity Council (800) 782-1063

Internet Web Site: www.westerndairyland.org

Area Served includes: Trempealeau County

Eligibility: Low-income homeowners and renters

LOW INCOME HOUSING

There are a number of low income and qualifying Section 8 rental units in the La Crosse, Monroe, Trempealeau, Vernon, and Houston County areas. Some have other eligibility criteria (such as age or disability requirements). For more information about these units contact

*Great Rivers 2-1-1. You may speak to an Information and Referral Specialist 24 hours/day, 7 days/week by dialing 2-1-1 or 1-800-362-8255. You may also search for information on their Web site at www.greatrivers211.org.
Local Housing Authorities also provide access to low income housing through the use of Section 8 housing vouchers and in some cases by maintaining Section 8 housing units in their area. For information and applications contact:*

Allegiant Property Management (888) 393-3282

Area Served Includes: La Crosse, Monroe, Trempealeau and Vernon Counties, Houston County

Eligibility: Low-income individuals and families, older adults, and people with disabilities; must meet income guidelines

Hillsboro Housing Authority (608) 463-7696

Area Served Includes: Vernon County

Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines

Housing Authority of the City Of La Crosse..... (608) 782-2264

Internet Web Site: www.lacrossehousing.org

Area Served Includes: City of La Crosse

Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines

Houston Housing and Redevelopment Authority..... (507) 896-2431

Internet Web Site: www.houstonhousingauthority.org/

Area Served Includes: Houston County

Eligibility: Low-income families, elderly, people with disabilities, single persons (all eligible U.S. citizens)

La Crosse County Housing Authority (608) 781-5365

Internet Web Site: www.lcha.net

Area Served Includes: La Crosse County

Eligibility: Low-income families, elderly, people with disabilities, single persons (all eligible U.S. citizens)

Monroe County Housing Authority (800) 491-5017

Area Served Includes: Monroe County

Eligibility: Income eligible families, elderly, or people with disabilities

Southeastern Minnesota Multi-County Housing Authority..... (651) 565-2638

Internet Web Site: <http://www.semmchra.org>

Area Served Includes: Houston County

Eligibility: Low-income residents

Sparta Housing Authority (608) 269-2188

Area Served Includes: Monroe County

Eligibility: Low income older adults or people with disabilities

The Housing Authority - Village Of Norwalk (608) 823-7942

Internet Web Site: www.villageofnorwalk.com

Area Served Includes: Monroe County

Eligibility: Low income older adults or people with disabilities

Tomah Community Development & Housing Authority (608) 374-7455

Internet Web Site: www.tomahonline.com

Area Served Includes: City of Tomah, Monroe County

Eligibility: Applicant must be income eligible and a rental background check is also completed

Trempealeau County Housing Authority (715) 538-2274

Area Served Includes: Trempealeau County

Eligibility: Low-income individuals and families

Village Of La Farge Housing (608) 625-4422

Internet Web Site: www.lafarge-wisconsin.com

Area Served Includes: Vernon County

Eligibility: Persons 60 years and over whose income falls within certain limits set by HUD; people with disabilities of all ages

Viroqua Housing Authority (608) 637-2626

Area Served Includes: City of Viroqua, Vernon County

Eligibility: Low income people including families, older adults, and people with disabilities

Westby Housing Authority (608) 634-4810

Area Served Includes: The City of Westby, Vernon County

Eligibility: Low income people

TRANSITIONAL HOUSING

Transitional housing programs can provide time-limited affordable housing for people in need. Often other assistance such as credit counseling, employment search assistance, and case management services are available to assist individuals and families in returning to independent living situations. For more information contact:

Bluff Country Family Resources (507) 894-2676

Internet Web Site: www.bluffcountry.org

Area Served Includes: Houston County

Eligibility: Homeless, income eligible victims/survivors of domestic violence and their children; call for additional criteria

Couleecap, Inc. - Community Action Program (866) 904-4507

Internet Web Site: www.couleecap.org

Area Served Includes: La Crosse, Monroe, and Vernon Counties

Eligibility: Homeless individuals and households; must have a verifiable income (can be W-2, SSI, disability income, wages); special emphasis given to domestic abuse situations

Gerard Hall (608) 392-3985

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: Adult females (with or without their children) with pregnancy or parenting issues, AODA issues, mental health issues; homeless women who are pregnant, have children, or are single; women with or without children leaving an abusive relationship; can be voluntary or court order; no income, or residency restrictions; eligibility is determined on a case by case basis

Veterans Assistance Center - Chippewa Falls (Klein Hall)..... (715) 726-2541

Internet Web Site: www.dva.state.wi.us/Ben_homeless.asp

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Eligibility: Veterans with a discharge other than dishonorable; must not have been convicted of a violent crime; must be homeless or at risk of becoming homeless, includes veterans diagnosed with a mental illness or substance abuse issues

Veterans Assistance Foundation - Tomah (877) 823-8387

Internet Web Site: www.veteransassistance.org

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

Eligibility: All veterans with a discharge other than dishonorable (Form DD214 required), must be homeless or at risk of becoming homeless

YWCA of the Coulee Region – Transitional Housing (608) 781-2783

Internet Web Site: www.ywcalax.org

Area Served Includes: State of Wisconsin

Eligibility: Single women 18 and older with children under the age of 18 who are homeless; other criteria apply

EMERGENCY SHELTER

*There are agencies which can provide emergency shelter to people who have an immediate shelter need. The manner in which this service is provided, the length of time that people can stay, and the eligibility criteria varies depending on the agency. Great Rivers 2-1-1 can provide information about and referrals to emergency shelters. **Contact Information and Referral Specialists at Great Rivers 2-1-1 by calling 2-1-1 or (800) 362-8255. The Great Rivers 2-1-1 line is available 24 hours/day, 7 days/week including all holidays.***

MATERIAL RESOURCES

THRIFT SHOPS

2nd Chance Resale (608) 782-2107

2420 Rose Street (in Bridgeview Plaza), La Crosse

Acts 20:35 Clothes Closet..... (608) 783-0635

203 4th Avenue, First Lutheran Church, Onalaska

- *Provides free-of-charge clothing for teens*

Bethel Butikk Food Pantry and Thrift Shop (608) 634-3473

341 Black River Ave., Westby

Cashton Cupboard and Closet..... (608) 654-5770

199 Front Street, Cashton

Catholic Charities – Men’s Clothes Closet (608) 782-0710

413 South 3rd Street, La Crosse

- *Provides free-of-charge clothing for men*

Cents & Sensibility..... (715) 985-3301

23741 Washington Street, Independence

- *Provides clothing and housewares at little or no cost to those in need*

Children’s Clothes Closet (608) 386-5699

1010 Sill Street, La Crosse

- *Provides free-of-charge clothing and coats*

Clothes Closet – Good Shepherd Lutheran Church (608) 637-3978

604 South Main Street, Viroqua

- *Provides free-of-charge clothing and coats*

Good Steward Resale Shop (608) 779-9763

2552 Rose Street, La Crosse

- *Provides low cost items; no cost for people in need*

Goodwill Retail Store – La Crosse (608) 783-2710

3954 Mormon Coulee Road, La Crosse

Goodwill Retail Store – Onalaska..... (608) 783-1581

200 Theatre Road, Onalaska

Goodwill Retail Store - Tomah (608) 372-7464

1516 North Superior Avenue, Tomah

Habitat ReStore - La Crosse – Low cost building materials (608) 785-2375

3181 Berlin Drive, La Crosse

Mary Morrow’s Attic..... (608) 269-1047

114 – 116 South Water Street, Sparta

Southeast Minnesota Rural Education and Resource Center (507) 932-5203

106 East 11th Street, St. Charles, MN

The Good Samaritan Food Pantry and Thrift Store (608) 489-3627

128 Mill Street, Hillsboro

The New U Clothing Exchange. (608) 397-1877

1707 Hickory Street, Onalaska

The Salvation Army Thrift Shop (608) 784-1421

728 Copeland Avenue, La Crosse

Thrift Store – Our Lady of Perpetual Help Mission (608) 323-7116

411 South Washington Street, Arcadia

TLC Community Donation and Support Center (608) 781-9111

1232 Clinton Street, La Crosse

Twice is Nice Resale Shop..... (507) 725-2092

521 Old Hwy Drive, Caledonia

Women’s Clothes Closet..... (608) 784-5745

612 Division Street, La Crosse

- *Provides free-of-charge new and used work-appropriate clothing for women*

Consignment Stores also sell pre-owned items. They are listed in the Yellow Pages under

CONSIGNMENT & RESALE SHOPS or CONSIGNMENT SHOPS & SERVICES.

MENTAL HEALTH RESOURCES

COUNSELING AND RELATED RESOURCES

There are a number of resources for people who are seeking assistance with life concerns as well as for people who have ongoing mental health concerns. These include:

- Area counseling agencies providing individual or family counseling regarding a variety of concerns,
- Support groups,
- Agencies providing ongoing mental health and psychiatric management services, and
- Mental health drop-in centers offering recreational and social support for people with mental illness.

Some of these services are available for free and many agencies offer their services based on a sliding fee scale or can bill Medical Assistance or other insurances. Great Rivers 2-1-1 can provide information about and referrals to these and other supportive services. Contact Information and Referral Specialists at Great Rivers 2-1-1 by calling 2-1-1 or (800) 362-8255. The Great Rivers 2-1-1 line is available 24 hours/day, 7 days/week including all holidays.

MENTAL HEALTH CRISIS INTERVENTION RESOURCES

Center Point Counseling Services (608) 637-7007

Internet Web Site: www.centerpoint.coop

Area Served includes: La Crosse, Monroe, and Vernon Counties

Great Rivers 2-1-1

Internet Web Site: www.greatrivers211.org

24-hour 3-Digit Crisis Line2-1-1

24-hour Toll Free Crisis Line.....(800) 362-8255

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

La Crosse County Human Services Department (608) 784-4357

Internet Web Site: www.co.monroe.wi.us

Area Served includes: La Crosse County

Monroe County Human Services Department..... (608) 269-8600

Internet Web Site: www.co.la-crosse.wi.us

Area Served includes: Monroe County

Northwest Connections – Counseling and Guidance Clinic (888) 552-6642

Internet Web Site: www.nwcgc.com

Area Served Includes: Trempealeau County

DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND CRIME VICTIMS RESOURCES

Bluff Country Family Resources (*Domestic violence and sexual assault*) (866) 367-4297

Internet Web Site: www.bluffcountry.org

Area Served includes: Houston County

Brighter Tomorrows (*Domestic violence and/or sexual assault*)

Sparta (608) 269-7853

Tomah (608) 374-6975

Area Served includes: Monroe County

Catholic Charities Of The Diocese Of La Crosse, Inc. (*Domestic violence services*).. (888) 200-8426

Internet Web Site: www.cclse.org

Area Served includes: Vernon County

Center Point Counseling Services (*Domestic abuse intervention Program*)..... (608) 637-7007

Internet Web Site: www.centerpoint.coop

Area Served includes: La Crosse, Monroe, and Vernon Counties

Family and Children's Center (*Domestic Abuse Project*) (608) 637-7052

Internet Web Site: www.fcconline.org

Area Served Includes: Vernon County

Great Rivers 2-1-1 (*Crime victim, domestic violence and sexual assault*)

Internet Web Site: www.greatrivers211.org

24-hour 3-Digit Crisis Line 2-1-1

24-hour Toll Free Crisis Line (800) 362-8255

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Gundersen Crime Victim Services (800) 362-9567 Ext: 55557

Internet Web Site: www.gundersenhealth.org/behavioral-health/crime-victim-services

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Gundersen Domestic Abuse Services (800) 362-9567 Ext: 56803

Internet Web Site: www.gundersenhealth.org/behavioral-health/sexual-abuse

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Gundersen Sexual Assault Services (800) 362-9567 Ext: 55950

Internet Web Site: www.gundersenhealth.org/behavioral-health/sexual-abuse

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Ho-Chunk Nation Department of Social Services (877) 847-8689

- Provides a support group for Native American women who are victims of domestic violence
- Provides S.A.F.E. House - Intervention and prevention of domestic abuse and sexual assault within the Native American Community

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Mayo Clinic Health System - Safe Path (Domestic violence and sexual assault) (800) 362-5454 Ext: 7804

Internet Web Site: <http://mayoclinichealthsystem.org/>

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Mayo Clinic Health System – Sexual Assault Nurse Examiner (608) 392-7000

Internet Web Site: <http://mayoclinichealthsystem.org/>

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

New Horizons Shelter And Women's Center (Domestic violence and sexual assault)

Internet Web Site: www.nhagainstabuse.org

La Crosse Office (888) 231-0066

Trempealeau Office (800) 706-8586

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

Passages (Domestic violence and sexual assault) (800) 236-4325

Area Served includes: Vernon County

Sacred Heart Hospital – Sexual Assault Nurse Examiner (715) 717-4222

Internet Web Site: www.sacredhearthospital-ec.org

Area Served includes: Trempealeau County

PUBLIC TRANSPORTATION

La Crosse County Rural Transit (Running, Inc.) (866) 666-2561

Internet Web Site: www.runninginc.net

Area Served includes: Cities and rural areas of Bangor, Holland, and Rockland

La Crosse Municipal Transit Utility and Apple Express (608) 789-7350

Internet Web Site: www.cityofiacrosse.org

Area Served includes: City of La Crosse, French Island and part of Onalaska in Wisconsin; City of La Crescent in Minnesota

Onalaska, Holmen, West Salem Public Transit (Running, Inc.) (608) 784-0000

Internet Web Site: www.runninginc.net

Area Served includes: Onalaska, West Salem, French Island, and to Bridgeview Plaza in north La Crosse

Scenic Mississippi Regional Transit (SMRT) (877) 444-6543

- *Provides a three-county, fixed route, commuter bus system to connect Crawford, La Crosse, and Vernon Counties*

Internet Web Site: www.rideSMRT.com

Area Served Includes: La Crosse and Vernon Counties

SEMCAC (800) 528-7622

Internet Web Site: www.semCAC.org

Area Served includes: Houston County

For other transportation information (such as medical transportation or transportation for seniors, individuals with disabilities, domestic violence victims, or runaways) or to learn if there are resources for gas vouchers or bus tokens contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255 (or visit the Web site at www.greatrivers211.org)

SPECIAL POPULATIONS

FARMERS

Farmer Resource Network - Farm Aid (800) 327-6243

Internet Web Site: www.farmaid.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in greatest need*

Harvest of Hope Fund (608) 836-4633

Area Served Includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

- *Provides financial assistance for farm families who need assistance to purchase seed, fertilizer, fuel and other supplies needed for spring planting and to meet the emergency needs for food, home heating fuel, medical expenses, farm expenses, retraining or other immediate situations*

Houston County - UM Extension Office (507) 725-5807

Internet Web Site: www.extension.umn.edu/

Area Served includes: Vernon County

- *Information regarding crop production, dairy farm management, and farm management; work with groups and individuals involved with agriculture and agribusiness*

La Crosse County UW Extension Office (608) 785-9593

Internet Web Site: www.uwex.edu/ces

Area Served includes: La Crosse County

- *Assists in individualized farm business planning and financial analysis; provides information on dairy/livestock care and management, crop production, horticulture and resource development*
- *Soil sample testing*

Minnesota Department of Agriculture (800) 967-2474

Internet Web Site: www.mda.state.mn.us

Area Served includes: Houston County

- *Provides extensive information and assistance for farmers including business/farm management assistance; legal information regarding farm business; financial counseling and analysis; grants to promote new value-added products and technologies, research and market development, and feasibility studies; and start-up or expansion assistance*

Minnesota Farmer Assistance Network (877) 898-6326

Internet Web Site: www.mda.state.mn.us/mfan

Area Served includes: Houston County

- *Provides business and financial guidance at no cost to Minnesota farmers and farm families facing economic hardship (including financial statement preparation, debt restructuring, business reorganization, and farm transition)*

Monroe County UW Extension (608) 269-8722

Internet Web Site: www.uwex.edu/ces/cty/monroe

Area Served includes: Monroe County

- *Agricultural programs on farm business management, crop production, horticulture, dairy and livestock management*
- *Works with agricultural organizations and groups to solve agricultural, water quality and environmental issues*
- *Will assist with identifying insects/bugs that are on crops*

Trempealeau County UW Extension Office (715) 538-2311

Internet Web Site: <http://trempealeau.uwex.edu/>

Area Served includes: Trempealeau County and surrounding area

- *Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management*

United States Department of Agriculture (202) 720-2791

Internet Web Site: www.usda.gov

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- Oversees the Farm Service Agency which administers farm commodity loan and surplus purchase programs, crop insurance, resource conservation programs for farmers, emergency assistance for farmers in disaster areas, and loans through a network of State and County offices.

- ✓ Farm Service Agency – Houston County (507) 724-5261
- ✓ Farm Service Agency – La Crosse County (608) 782-0180
- ✓ Farm Service Agency – Monroe County (608) 269-8136
- ✓ Farm Service Agency – Trempealeau County (715) 538-4396
- ✓ Farm Service Agency – Vernon County (608) 637-2183

Vernon County UW Extension Office (608) 637-5276

Internet Web Site: www.uwex.edu/ces/cty/vernon

Area Served includes: Trempealeau County and surrounding area

- Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- Farmers Business And Production Management Courses

Wisconsin Farm Center

Farmers' Assistance Hotline (800) 942-2474

Internet Web Site: www.uwex.edu/ces/farmteam

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

- Provides extensive information and assistance for farmers including business/farm management assistance; legal information regarding farm business; financial counseling and analysis; grants to promote new value-added products and technologies, research and market development, and feasibility studies; and start-up or expansion assistance

VETERANS

Fort McCoy Army Community Service (608) 388-3505

Internet Web Site: www.mccoy.army.mil

Area Served includes: La Crosse, Monroe, and Vernon Counties

- Provides quality of life programs and information about services and resources in the Fort McCoy community to link people who need assistance with appropriate services and resources

HorseSense for Special Riders (608) 791-4868

Internet Web Site: www.hssr.org/

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Therapeutic riding program for veterans with mental, emotional, or physical disabilities*

La Crosse Area Veterans Mentor Program (608) 785-6420

Internet Web Site: www.lavmp.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Veterans work with fellow veterans by assisting and encouraging them to participate in Veterans Affairs, community-based treatment and intervention programs and navigate the court system, if necessary*

La Crosse Vet Center..... (608) 782-4403

Internet Web Site: www.va.gov

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Vet Center provides readjustment counseling and outreach services*

National Veterans Service Fund (800) 521-0198

Internet Web Site: www.nvsf.org

Area Served includes: Nationwide

- *Information and referral services to resources available to veterans and their families; limited emergency assistance available on a case-by-case basis*

River Valley Integrated Health Center (800) 827-8662

Internet Web Site: www.tomah.va.gov/

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Health screening, disease prevention, primary care, and mental health services*

US Department of Veteran Affairs Call Center for Homeless Veterans (877) 424-3838

Internet Web Site: www.va.gov/homeless

Area Served includes: Nationwide

- *Veterans who are homeless and in need of advocacy and information*

Veterans Benefits Administration Information..... (800) 827-1000

Internet Web Site: www.benefits.va.gov

Area Served includes: Nationwide

- *Veterans benefits advocacy and information*

Veterans Affairs Medical Center - Tomah (800) 872-8662

Internet Web Site: [www. www.tomah.va.gov](http://www.www.tomah.va.gov)

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Inpatient and outpatient services*
- *Medical care, mental health care, substance abuse treatment, dental care, and socialization and support programs*

Veterans Crisis Line..... (800) 273-8255 press 1

Internet Web Site: www.veteranscrisisline.org

Area Served includes: Nationwide

- *Provides a suicide prevention service available to veterans in emotional crisis who are seeking help*

Veterans Assistance Center - Chippewa Falls (Klein Hall)..... (800) 947-8387

Internet Web Site: www.dva.state.wi.us

Area Served includes: Wisconsin

- *Provides a transitional housing program for veterans*

Veterans Assistance Foundation - Tomah (608) 372-8387

Internet Web Site: www.veteransassistance.org

Area Served includes: Wisconsin

- *Provides a transitional housing program for homeless veterans*

Veterans' Employment and Training Service (VETS)..... (866) 487-2365

Internet Web Site: www.dol.gov/vets

Area Served includes: Houston, La Crosse, Monroe, Trempealeau, and Vernon Counties

Veterans Services Offices

Area Served includes: Each county serves its own residents

Ho-Chunk Nation.....(715) 284-4563

Houston County.....(507) 725-5805

La Crosse County.....(608) 785-9719

Monroe County.....(608) 269-8727

Trempealeau County.....(877) 538-2311

Vernon County(608) 637-5323

- *Coordinates county-wide veteran services and provides information on federal and state veteran benefits including disability, burial benefits, education benefits, home loans, life insurance, pension, and other programs*
- *Or apply for benefits online at www.va.gov/onlineapps.htm*

Wisconsin Department of Veterans Affairs (800) 947-8387

Internet Web Site: www.wisvets.com

Area Served Includes: Wisconsin

- *Public service group offering volunteer opportunities, resources for homeless veterans, and supportive listening*

MILITARY FAMILIES

American Red Cross - Scenic Bluffs Chapter..... (877) 618-6628

Internet Web Site: www.redcross.org

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

- *Provides emergency notifications and referrals for service members and their families*

Military Family Service/Support Center - Fort McCoy (608) 388-3505

Internet Web Site: www.mccoy.army.mil

Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties

- *Provides information about services and resources in the Fort McCoy community to link people who need assistance with readiness, relocation assistance, Army Emergency Relief Assistance, Family Advocacy Services, volunteer coordination, Army Family Team Building Program, financial information, and other family service programs including a support group*

Military OneSource (800) 342-9647

Internet Web Site: www.militaryonesource.mil

Area Served includes: Nationwide

- *Helps military personnel and deployed civilians and their families to find help with child care, elder care, finances, emotional support during deployments, relocation information, and other resources*

Operation Homefront - Wisconsin Chapter (800) 390-4643

Internet Web Site: www.operationhomefront.net/centralmidwest

Area Served includes: Wisconsin

- *Provides emergency assistance to families of deployed troops, including help with auto repair, disaster relief, home and appliance repairs, food assistance, vision care, financial assistance, furniture and household items, moving assistance*

Veterans Assistance Foundation - Tomah (608) 372-8387

Internet Web Site: www.veteransassistance.org

Area Served includes: Wisconsin

- *Provides supportive services for veteran families*

For information about resources for other special populations (individuals with disabilities, senior citizens, members of the Hmong Community, or other special populations) contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255 (or visit the

Web site at www.greatrivers211.org)

UNEMPLOYMENT COMPENSATION

Minnesota Department of Employment and Economic Development

Internet Web Site: www.uimn.org/uimn

Area Served: Minnesota

Unemployment Insurance Program(877) 898-9090

- *Provides temporary benefits to qualified persons out of work through no fault of their own*

Eligibility: Individuals who are unemployed or partially unemployed due to no fault of their own and available for work

Application:

The online and automated phone application systems are available 6 am - 6 pm Monday - Friday

Apply by phone.....(877) 898-9090

Apply by TTY.....(866) 814-1252

Apply online.....www.uimn.org

When applying people need:

- ✓ Their social security number
- ✓ Their Minnesota driver's license number or other state government ID number
- ✓ Their mailing address and telephone number
- ✓ Names and addresses of employers, the dates the person worked for them, the person's pay rate, and the reason the person no longer works for them (from the previous 18 months)

Wisconsin Department of Workforce Development

Internet Web Site: <http://dwd.wisconsin.gov/uiben>

Area Served: Wisconsin

Unemployment Insurance Division(800) 494-4944

- *Provides temporary economic assistance to Wisconsin's unemployed workers*

Eligibility: Individuals who are unemployed or partially unemployed due to no fault of their own and available for work

Application:

Claim Specialists are available by phone 7 am - 5:30 pm Monday - Friday

Apply by phone.....(800) 822-5246

Apply by phone (TTY).....(888) 393-8914

Apply online<http://dwd.wisconsin.gov>

When applying people need:

- ✓ Their social security number
- ✓ Their Wisconsin driver's license number (if they have one)
- ✓ Names and addresses of employers and the dates the person worked for them (from the previous 18 months or since the last time the person claimed)
- ✓ To select a 4 digit PIN number (people who have previously filed (including by phone) should already have a number)

We're here any time you don't know where to turn for help.



Dial 2-1-1 or (800) 362-8255

Free and Confidential

24 hours a day, 7 days a week

When you need information about community services, or are looking for help with a personal or family matter, Great Rivers 2-1-1 will answer questions about what is available, who to contact for the details you want, and how to take the next step toward solving your problems or meeting your needs.

Need help? Call us, or search online at

www.greatrivers211.org



Great Rivers United Way