



# 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 Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin**

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

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

or

Text your zip code to 898211

## **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](http://www.greatrivers211.org)

Text your zip code to 898211

### **ALCOHOL AND OTHER DRUG ADDICTIONS**

**Alcoholics Anonymous – Buffalo and Trempealeau Counties ..... (715) 835-5543**

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

**Alcoholics Anonymous - La Crosse and Monroe Counties ..... (608) 784-7560**

**Alcoholics Anonymous - Vernon County ..... (608) 632-3480**

**National Hotline ..... (212) 870-3400**

Internet Web Site: [www.aa.org](http://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.area61afg.org](http://www.area61afg.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](http://www.amswisconsin.com)

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

**Coulee Recovery Center – Coulee Council on Addictions (La Crosse) ..... (608) 784-4177**

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

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

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

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**County Substance Abuse Services**

**Buffalo County** ..... (608) 685-4412

**Houston County** ..... (507) 725-5811

**La Crosse County** ..... (608) 784-4357

**Monroe County** ..... (608) 269-8600

**Trempealeau County** ..... (877) 538-2311 ext. 290

**Vernon County** ..... (608) 637-5210

**Fetal Alcohol Spectrum Disorders Information Line**..... (608) 265-6392

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

- *Twelve Step support group for people with addictions*

**Narcotics Anonymous – La Crosse and Vernon Counties** ..... (866) 579-7534

Internet Web Site: [www.bigriversna.org](http://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](http://www.samhsa.gov)

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

**GAMBLING**

**Gamblers Anonymous**..... (608) 784-4177

Area Served includes: Houston County in Minnesota; 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/ga/](http://www.gamblersanonymous.org/ga/)

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

- *Support groups for people with gambling addictions*

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

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

**Gam - Anon..... (608) 784-4177**

Internet Web Site: [www.gam-anon.org](http://www.gam-anon.org)

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

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

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

Internet Web Site: <http://mn.gov/dhs/people-we-serve/adults/services/gambling-problems/>

**National Council on Problem Gambling ..... (800) 522-4700**

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

**Wisconsin Council on Problem Gambling ..... (800) 426-2535**

Internet Web Site: [www.wi-problemgamblers.org](http://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](http://www.lungwi.org)

- *Provides smoking cessation programs and information*

**ClearWay Minnesota..... (866) 243-2337**

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

- *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](http://www.WIQuitLine.org)

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

## CHILD CARE ASSISTANCE

### REFERRALS TO CHILD CARE

**Buffalo County Department of Health and Human Services – Child Care Referrals.. (608) 6854412**

Internet Web Site: <http://www.buffalocounty.com>

Area Served includes: Buffalo County

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

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or

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**Families First of Minnesota - Rochester, MN ..... (800) 291-9811**

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

Area Served includes: Houston County

**The Parenting Place ..... (800) 873-1768**

Internet Web Site: [www.theparentingplace.net](http://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) 725-5810**

Internet Web Site: [www.co.houston.mn.us](http://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: <http://childcarefinder.wisconsin.gov>

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: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties

## EDUCATION

### ADULT BASIC EDUCATION AND HIGH SCHOOL EQUIVALENCY/GED

**Chippewa Valley Technical College - Eau Claire Campus ..... (715) 743-3965 ext. 0**

Internet Web Site: [www.cvtc.edu](http://www.cvtc.edu)

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

Eligibility: General public

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

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

Internet Web Site: [www.couleeregionliteracycouncil.com](http://www.couleeregionliteracycouncil.com)

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

- 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](http://www.fcconline.org)

- Provides alternative education for parenting mothers

Eligibility: Parenting mothers

**Pathways to Success - Adult Basic Education (ABE) ..... (507) 895-5150**

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

**Southeast Minnesota Basic Education Consortium – Winona Area Public School .... (507) 494-0924**

Internet Web Site: [www.winona.k12.mn.us](http://www.winona.k12.mn.us)

Area Served Includes: Houston County

- Adult basic education/GED classes

**Southwest Wisconsin Technical College ..... (800) 362-3322**

Internet Web Site: [www.swtc.edu](http://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](http://www.westerntc.edu)

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

Eligibility: General public

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

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

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## CONTINUING EDUCATION AND COLLEGES/UNIVERSITIES

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

Internet Web Site: [www.cvtc.edu](http://www.cvtc.edu)

**Minnesota State College Southeast**..... (877) 853-8324

Internet Web Site: [www.southeastmn.edu](http://www.southeastmn.edu)

**Saint Mary's University of Minnesota**..... (800) 635-5987

Internet Web Site: [www.smumn.edu](http://www.smumn.edu)

**Southwest Wisconsin Technical College** ..... (800) 362-3322

Internet Web Site: [www.swtc.edu](http://www.swtc.edu)

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

Internet Web Site: [www.uwec.edu](http://www.uwec.edu)

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

Internet Web Site: [www.uwlax.edu](http://www.uwlax.edu)

**University of Wisconsin - Platteville Campus** ..... (877) 897-5288

Internet Web Site: [www.uwplatt.edu](http://www.uwplatt.edu)

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

Internet Web Site: [www.richland.uwc.edu](http://www.richland.uwc.edu)

**Viterbo University - La Crosse** ..... (800) 848-3726

Internet Web Site: [www.viterbo.edu](http://www.viterbo.edu)

**Western Technical College** ..... (800) 322-9982

Internet Web Site: [www.westerntc.edu](http://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](http://www.winona.edu)



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## **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. .... (800) 742-5627**

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

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

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

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Text your zip code to 898211

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**Job Corps National Call Center ..... (800) 733-5627**

Internet Web Site: [www.jobcorps.gov](http://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: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

**Western Wisconsin Workforce Development Board..... (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: Buffalo, La Crosse, Monroe, Trempealeau and Vernon Counties

**Western Technical College ..... (800) 322-9982**

Internet Web Site: [www.westerntc.edu](http://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: Buffalo, La Crosse, Monroe, Trempealeau and Vernon Counties (Centers in La Crosse and Tomah)

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

Internet Web Site: [www.workforceconnections.org](http://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: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties

**Workforce Development Inc. – Houston County..... (800) 657-4629**

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

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

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**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:** Buffalo, 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](http://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) 724-5261**

Internet Web Site: [www.fsa.usda.gov/wmn](http://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 ext. 2**

Internet Web Site: [www.fsa.usda.gov/wi](http://www.fsa.usda.gov/wi)

***Youth Business Loans***

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

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

**Eligibility:** Farming youth ages 10 through 20

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

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

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**Farm Service Agency – Vernon County ..... (608) 637-2183 ext. 4**

Internet Web Site: [www.fsa.usda.gov/wi](http://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](http://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](http://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](http://www.rd.usda.gov/wi)

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

Area Served includes: Buffalo, 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](http://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

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

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**University of Wisconsin - Extension ..... (608) 263-7794**

Internet Web Site: [www.uwex.edu](http://www.uwex.edu)

- *Business development resources*

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

Eligibility: General public

**University Of Wisconsin – Eau Claire (UW-EC)..... (715) 836-5509**

Internet Web Site: [www.uwec.edu/index.htm](http://www.uwec.edu/index.htm)

***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: Buffalo and Trempealeau Counties

Eligibility: General public

**University Of Wisconsin - La Crosse (UW-L)..... (608) 785-8782**

Internet Web Site: [www.uwlax.edu](http://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, 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](http://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 in determining business development feasibility/market*

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: Low and moderate income people, refugees, and W-2 recipients

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

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

Internet Web Site: [http://datcp.wi.gov/Farms/Wisconsin\\_Farm\\_Center](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:** Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties

**Eligibility:** Farmers and their families

## **FINANCIAL COUNSELING/BUDGETING**

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

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

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

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

**Eligibility:** General public

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

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

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Text your zip code to 898211

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**Consumer Credit Counseling Service of La Crosse (CCCS) ..... (844) 307-7220**

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

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

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

Eligibility: General public

**Familymeans – Consumer Credit Counseling Service (CCCS) ..... (800) 780-2890**

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

- *Credit counseling, debt repayment programs, and financial education*
- *Bankruptcy counseling and pre-discharge money management education classes*

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

Eligibility: General public

**Minnesota Department of Commerce ..... (651) 539-1500**

Internet Web Site: [www.mn.gov/commerce](http://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

**University of Wisconsin Extension Office - Buffalo County ..... (608) 685-6256**

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

**University of Wisconsin Extension Office - La Crosse County..... (608) 785-9593**

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

**University of Wisconsin Extension Office - Trempealeau County..... (715) 538-2311 ext. 208**

**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](http://www.wdfi.org)

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

Area Served includes: Wisconsin

Eligibility: General public

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

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

or

Text your zip code to 898211

## **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 or complete application at <http://applymn.dhs.mn.gov>

*In Minnesota people may check to see if they are eligible for FoodShare or other assistance programs by answering a few questions on the Bridge to Benefits website at [mn.bridgetobenefits.org/Home2](http://mn.bridgetobenefits.org/Home2)*

#### **Wisconsin Department of Health Services Wisconsin Division of Health Access and Accountability**

Internet Web Site: [www.access.wi.gov](http://www.access.wi.gov)

#### **Western Region for Economic Assistance ..... (888) 627-0430**

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

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

To apply: Call for information or complete an application on the ACCESS website

*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](http://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:*

#### **Buffalo County Public Health Department..... (715) 495-1556**

Internet Web Site: [www.buffalocountypublichealth.com](http://www.buffalocountypublichealth.com)

Area Served Includes: Buffalo County

To apply: Call for an appointment



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

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**Ho-Chunk Nation Health Care Center ..... (715) 284-9851 ext.5302**

Internet Web Site: [www.ho-chunknation.com](http://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) 725-5816**

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: Call for an appointment

**Monroe County Health Department ..... (608) 269-8671**

Internet Web Site: [www.co.monroe.wi.us](http://www.co.monroe.wi.us)

Area Served Includes: Monroe County

To apply: Call for an appointment

**Trempealeau County Health Department ..... (715) 538-2311 ext. 220**

Internet Web Site: [www.trempeleaucounty.com/healthdept](http://www.trempeleaucounty.com/healthdept)

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](http://www.vernoncounty.org/health)

Area Served Includes: Vernon County

To apply: Call or walk in for appointment and registration

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

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

or

Text your zip code to 898211

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## 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 - Etrick ..... (608) 582-2196**

- *Free meals to those in need*
- *Meals held on the third Sunday of each month from 5 pm – 6:30 pm*
- *Living Hope Lutheran Church, 15630 East 4<sup>th</sup> Street*

**Area Served includes:** The Etrick Area in Trempealeau County

**Eligibility:** General public

### **Come For Supper – La Crosse..... (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

### **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 5:30 pm – 6:30 pm*
- *New Beginnings Christian Fellowship, 122 5<sup>th</sup> Avenue North, La Crosse*

**Area Served includes:** La Crosse County

**Eligibility:** General public

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

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**Holmen's Hope ..... Walk-in only**

- *Free meal served on the last Tuesday of the month, 5 pm – 7 pm*
- *Holmen American Legion, 419 1<sup>st</sup> Avenue West, Holmen*

**Area Served includes:** Residents in the Village of Holmen and Holmen School District

**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) 721-8023**

- *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

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

**Internet Web Site:** [www.usc.salvationarmy.org](http://www.usc.salvationarmy.org)

- *Three 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*
- *Breakfast is served Monday-Friday at 7:30 am, lunch is served Monday-Friday at 11:30 am, and supper is served Sunday, Monday, Wednesday, Thursday, Friday, Saturday (Tuesday suppers are for shelter residents only) at 4:30 pm*
- *223 North 8<sup>th</sup> Street, La Crosse*

**Area Served includes:** La Crosse County

**Eligibility:** General public

**West Salem Community Dinner ..... (608) 786-0910**

- *Provides a free community dinner on the fourth Wednesday of each month from 5 pm – 6 pm*
- *Presbyterian Church, 625 West Franklin Street, West Salem*

**Area Served includes:** La Crosse County

**Eligibility:** General public

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

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## 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 Community Pantry ..... (608) 323-7116**

- *Provides a food to people in need*
- *N29280 Loesel Lane, Arcadia*

**Area Served includes:** Trempealeau County

**Eligibility:** General public

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

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

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

**Area Served includes:** Cashton in Monroe and Vernon Counties

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

### **Blair Food Pantry ..... (608) 989-2818**

- *Food pantry*
- *126 South Peterson Street, Blair*

**Area Served includes:** Trempealeau County and surrounding communities

**Eligibility:** Individuals and families in need

### **Buffalo County Food Pantry ..... (608) 685-4946**

- *Food pantry*
- *709 South 2<sup>nd</sup> Street, Alma*

**Area Served includes:** Buffalo County

**Eligibility:** Individuals and families in need who are income eligible

### **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

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

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

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

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

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

Eligibility: Individuals and families

**Couleecap – Food Pantry..... (608) 269-3012**

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

- Provides a small food pantry with non-perishable food and personal grooming supplies
- 217 North Black River Street, Sparta

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

**Fountain City Food Pantry – Mobile Food Pantry..... (608) 687-3496**

- Provides perishable and non-perishable food
- 1 North Wall Street, Fountain City

Area Served includes: Buffalo County

Eligibility: Individuals and families in need

**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: La Crosse County

Eligibility: General public

**G-E-T Community Food Pantry ..... (608) 582-2034**

- Food pantry with non-perishable items and some personal hygiene products
- In the basement of the First Presbyterian Church, 20237 West Ridge Avenue, Galesville

Area Served includes: Trempealeau County

Eligibility: Galesville, Ettrick, and Trempealeau (G-E-T) School District area families

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

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

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**Hokah Area Foodshelf ..... (507) 894-3602**

- *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

**Holmen's Hope ..... (507) 894-3602**

- *Mobile food pantry*
- *419 1<sup>st</sup> Avenue West, Holmen*
- *Walk-in only on the last Tuesday of each month from 5pm – 7pm*

**Area Served includes:** Holmen School District residents

**Eligibility:** Holmen School District residents

**Hometown Resource Center ..... (507) 932-5203**

- *Supplemental foods including: frozen foods, canned foods and formula*
- *1244 Whitewater Avenue, St. Charles*

**Area Served includes:** Houston County

**Eligibility:** Anyone in need in the Southeast Minnesota area

**Houston Community Food Shelf ..... (507) 799-1065**

- *Food pantry; baby food, formula and diapers sometimes available*
- *118 South Lincoln, Houston Community Center, Houston*

**Area Served includes:** Houston and surrounding area

**Eligibility:** General public

**Independence Food Pantry ..... (715) 985-3055 ext. 10**

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

**Area Served includes:** Trempealeau County

**Eligibility:** Individuals and families in need

**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

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

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

or

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

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

**Area Served includes:** La Farge School District residents

**Eligibility:** La Farge School District residents

**Living Faith Food Pantry ..... (608) 542-0651**

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

**Area Served includes:** Vernon County

**Eligibility:** Income eligible residents in Vernon County

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

- *Provides non-perishables, meat, vegetables, milk, and bread as available*
- *125 East Hudson Street, Mondovi*

**Area Served includes:** Buffalo and Trempealeau Counties

**Eligibility:** low-income individuals and families

**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

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

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**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

**Osseo Food Pantry ..... (608) 781-9701**

- *Food pantry; non-perishable items*
- *Walk in only on the third Saturday of each month from 10 am – 11 am*
- *13706 7<sup>th</sup> Street, Osseo (Fire Station)*

**Area Served includes:** Osseo Fairchild School District

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

**Pepin County Durand Area Food Pantry ..... (715) 672-3203**

- *Food pantry*
- *114 East Main Street, Durand*

**Area Served includes:** Durand School District in Buffalo County

**Eligibility:** Individuals and families in need

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

- *Food pantry*
- *W15822 Simonson Road, Whitehall*

**Area Served includes:** Buffalo and Trempealeau Counties

**Eligibility:** Individuals and families in need

**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



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

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

or

Text your zip code to 898211

**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 ..... (715) 538-3211**

- *Emergency food vouchers*

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 vouchers*

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.secondharvestmadison.org](http://www.secondharvestmadison.org)

- *Food from the Second Harvest warehouse is brought into neighborhood sites throughout the service area at prescheduled times for immediate distribution to residents*
- *Phone is for weather related questions only*
- *Walk-in only on the last Tuesday of each month from 11am – 12 Noon at 200 North Street, Norwalk*
- *Walk-in only on the third Monday of each month from 4pm – 5:30pm at 1800 Block of Milwaukee Street, Sparta*
- *Walk-in only on the first Tuesday of each month from 4pm – 6pm at 1615 Butts Avenue, Tomah*

Area Served includes: Monroe and Vernon Counties

Eligibility: General public

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

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

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

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

- *Food pantry offering nutritious food and personal care items*
- *138 East Main Street, Caledonia*

Area Served includes: Houston County

Eligibility: Must meet eligibility guidelines

**Sparta Area School District's Food Pantry ..... (608) 366-3497**

Internet Web Site: <http://www.spartan.org/parents-and-community/meadowview-food-pantry/>

- *Provides a small food pantry offering perishable and non-perishable food as well has personal care items when available*

Area Served includes: Sparta Area School District

Eligibility: Families with children enrolled in the Sparta Area School District

**St. Elizabeth's Holmen Area Food Pantry ..... (608) 526-4424**

- *Food pantry; non-perishable items and personal hygiene products*
- *515 North Main Street, Holmen*

Area Served includes: Holmen and surrounding area

Eligibility: Any person in need (no income guidelines)

**Strum Food Pantry ..... (715) 695-3511**

- *Food pantry*
- *109 Elm Street, Strum*

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

Eligibility: Individuals and families in need

**The Food Basket ..... (608) 783-7722**

- *Food baskets provide a 5 day supply and include canned and dry goods, dairy, fresh produce, bread and frozen meat*
- *735 Sand Lake Road, Onalaska*

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

Eligibility: People in need

**The Good Samaritan Food Pantry and Thrift Store ..... (608) 489-2492**

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

Area Served includes: Vernon County

Eligibility: Low income individuals and families

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

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

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Text your zip code to 898211

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

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

- *Food pantry; baby food, formula, and diapers are available*
- *223 North 8<sup>th</sup> 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

**Trempealeau County Food Pantry ..... (715) 695-3511 ext.1188**

- *Food pantry*
- *W20410 WI-121, Whitehall*

Area Served includes: Trempealeau County

Eligibility: Individuals and families in need

**United Church of Christ – Ruby’s Pantry ..... (715) 597-2485**

- *Food pantry*
- *50712 Main Street, Osseo*

Area Served includes: Trempealeau County

Eligibility: Individuals and families in need

**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 (located in parts of Crawford, Richland and Vernon Counties)

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](http://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; La Crescent in Minnesota

Eligibility: Residents in need for food assistance

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

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

or

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**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

**Wilton Food Pantry ..... (608) 435-6922**

- *Food pantry*
- *400 East Street, Wilton*

**Area Served includes:** Monroe and Vernon Counties

**Eligibility:** Persons in need

**Whitehall Food Pantry.....**

- *Walk in only on the last Wednesday of each month from 11:30 am – 1 pm*
- *Our Savior's Lutheran Church, 36197 Main Street, Whitehall*

**Area Served includes:** Pigeon Falls and Whitehall in Trempealeau County

**Eligibility:** Low-income families and elderly

**HEALTH SERVICES**

**FREE OR LOW COST DENTAL CARE**

**Chippewa Valley Free Clinic ..... (715) 839-8477**

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

**Area Served includes:** Buffalo and Trempealeau Counties

**Eligibility:** General public; individual must not have government insurance or affordable private insurance and meet income guidelines

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

**Internet Web Site:** [www.cvtc.edu](http://www.cvtc.edu)

**Area Served includes:** Buffalo, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston in Minnesota (located in Eau Claire)

**Eligibility:** General public; not able to accept private insurance or state programs from Minnesota

**Crescent Community Health Center ..... (563) 690-2850**

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

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

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

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

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

or

Text your zip code to 898211

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**Donated Dental Services ..... (866) 812-9840**

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

Area Served includes: Buffalo, La Crosse, Monroe, 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

**Family Health Center – Black River Falls Dental Center ..... (715) 670-0400**

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

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

Eligibility: General public

**Marquette University Dental Clinic ..... (414) 288-6790**

Internet Web Site: [www.marquette.edu/dentistry](http://www.marquette.edu/dentistry)

Area Served includes: Buffalo, 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 ext. 527**

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

**COMMUNITY (FREE OR LOW COST) CLINICS**

**Bridges Health Winona ..... (507) 4575129**

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

Area Served includes: Houston County (located in Winona)

Eligibility: General public

**Chippewa Valley Free Clinic ..... (715) 839-8477**

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

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: General public; individual must not have government insurance or affordable private insurance and meet income guidelines

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

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

or

Text your zip code to 898211

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**Crescent Community Health Center ..... (563) 690-2863**

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

Area Served includes: La Crosse, Monroe, 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](http://www.essentialclinic.org)

Area Served includes: Buffalo, La Crosse, Monroe, Trempealeau and Vernon Counties (sites in La Crosse, Sparta, Viroqua, and Whitehall) in Wisconsin; Houston County in Minnesota

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

**Free Clinic of the Greater Menomonie Area ..... (715) 233-7655**

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

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: Individuals and families who meet income guidelines

**Ho-Chunk Healthcare Clinic**

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

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

Internet Web Site: [www.ho-chunknation.com](http://www.ho-chunknation.com)

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

Eligibility: Members of the Ho-Chunk Nation

**Neighborhood Family Clinics**

La Crosse Site .....(608) 781-9880

Sparta Site .....(608) 351-2820

Viroqua Site.....(608) 637-8111

Internet Web Site: [www.mynfclinics.com](http://www.mynfclinics.com)

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

Eligibility: Serves all

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

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

or

Text your zip code to 898211

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**Scenic Bluffs Community Health Center ..... (608) 654-5100**

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

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

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 Clinic ..... (507) 452-4307**

Internet Web Site: [www.semcac.org](http://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) 392-9544**

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

Area Served includes: Buffalo, 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) 366-5343**

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](http://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**

**CareConnect USA ..... (800) 291-1206**

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

- *Prescription discount card*

Area Served includes: Wisconsin

Eligibility: General public

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

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

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

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

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

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

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

or

Text your zip code to 898211

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**Catholic Charities of Southern Minnesota ..... (507) 454-2270 ext. 245**

Internet Web Site: [www.ccsomn.org](http://www.ccsomn.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](http://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](http://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) 233-7655**

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

- Provides free prescriptions for some medications; does not provide controlled substances or birth control

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: People who are underinsured or uninsured and meeting income guidelines

**Great Rivers United Way – Familywise Prescription Drug Discount Card ..... (608) 796-1400**

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

- PDF discount card maybe downloaded and printed OR picked up a card at Great Rivers United Way's office

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

Eligibility: People who are underinsured or uninsured



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

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

or

Text your zip code to 898211

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**Health Well Foundation..... (800) 675-8416**

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

- *Provides financial assistance for prescription medications*

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

Eligibility: General public; must meet some guidelines

**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](http://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, and Vernon Counties in Wisconsin and Houston County in Minnesota

Eligibility: Targeted toward people without prescription drug coverage

**Salvation Army - Trempealeau County ..... (715) 538-2311**

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

- *Assistance in the form of vouchers for prescriptions for anti-biotics and possible assistance for one-time prescription for pain medication*

Area Served includes: Trempealeau County

Eligibility: Persons with emergency financial needs

**Scenic Bluffs Community Health Center ..... (608) 654-5100**

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

Area Served includes: Houston County

Eligibility: Prescription assistance for individuals and families who are income eligible

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

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

or

Text your zip code to 898211

**St. Clare Health Mission ..... (608) 392-9544**

- *Prescriptions can be filled, except for prescriptions written by physicians in private clinics*

Area Served includes: Monroe County

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

**St. Clare Health Mission of Monroe County ..... (608) 366-5343**

- *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 Department of Human Services ..... (715) 538-2311 ext. 220**

- *Financial assistance for psychotropic medications, treatment of mental illness, or chemical dependency*

Area Served includes: Trempealeau County

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

**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 site .....[www.mn.gov/dhs](http://www.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 site .....[www.mn.gov/dhs](http://www.mn.gov/dhs)

*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:*

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

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

or

Text your zip code to 898211

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 site .....[www.mn.gov/dhs](http://www.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](http://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](http://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) 642-7837

**Health Insurance Marketplace**

Provides access to online enrollment for a health insurance plan

Call Center .....(800) 318-2596

Web Site:.....[www.healthcare.gov](http://www.healthcare.gov)

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

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

or

Text your zip code to 898211

## 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

Buffalo County Health Department.....(608) 685-4412

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.....(715) 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 ..... (608) 634-3473**

Internet Web Site: [www.westbybethelbutikk.com](http://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](http://www.cclse.org)

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

**Catholic Charities - Prairie Du Chien ..... (888) 212-4357**

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

Area Served Includes: Vernon County

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

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

or

Text your zip code to 898211

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**Couleecap, Inc. - Community Action Program ..... (866) 904-4508**

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

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

**Families First ..... (608) 374-4141**

Internet Web Site: [www.familiesfirstofmonroecounty.org](http://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](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/departments/veterans](http://www.co.la-crosse.wi.us/departments/veterans)

Area Served Includes: La Crosse County

**Rural Housing, Inc. .... (888) 400-5974**

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

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

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

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

Area Served Includes: Houston County

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

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

Area Served Includes: La Crosse County

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

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

or

Text your zip code to 898211

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## 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 ..... (844) 307-7220**

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

- Provides credit/budget counseling

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

### **Couleecap, Inc. - Community Action Program ..... (866) 904-4508**

Internet Web Site: [www.couleecap.org](http://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](http://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: Buffalo, La Crosse, Monroe, and Vernon Counties in Wisconsin and Houston County in Minnesota

### **Legal Action of Wisconsin ..... (800) 873-0927**

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

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

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

### **Semcac - Houston County Field Office ..... (507) 725-3677**

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

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

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

or

Text your zip code to 898211

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

Internet Web Site: [www.tenantresourcecenter.org](http://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: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties

**The Salvation Army - La Crosse** ..... (608) 782-6126 ext. 232

Internet Web Site: [www.usc.salvationarmy.org](http://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

**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.*

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

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

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

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

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

Area Served Includes: Vernon County

**Families First** ..... (608) 374-4141

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

Area Served Includes: Monroe County

**Flocks Guardians – (WHEAP)** ..... (608) 487-9356

Area Served Includes: Monroe County

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

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

or

Text your zip code to 898211

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

Internet Web Site: [www.ho-chunknation.com](http://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 Veterans Service Office ..... (608) 785-9719**

Internet Web Site: [www.co.la-crosse.wi.us](http://www.co.la-crosse.wi.us)

Area Served Includes: La Crosse County

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

Internet Web Site: [www.mn.gov/puc/](http://www.mn.gov/puc/)

Area Served Includes: Houston County

**Rural Housing, Inc. .... (888) 400-5974**

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

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

**Salvation Army – Wisconsin Divisional Headquarters**

Buffalo County.....(608) 685-4412

Vernon County .....(608) 475-9040

Trempealeau County.....(715) 538-2311

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

Area Served includes: Buffalo, Trempealeau, and Vernon Counties

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

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

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

Area Served Includes: La Crosse County



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

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

or

Text your zip code to 898211

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

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

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

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

**Xcel Energy Company ..... (800) 895-4999**

Internet Web Site: [www.xcelenergy.com](http://www.xcelenergy.com)

Area Served Includes: Buffalo, 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/industries/energy/](http://www.mn.gov/commerce/industries/energy/)

**Semcac..... (800) 944-2181**

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

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

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

or

Text your zip code to 898211

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## 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:*

**Buffalo County Human Services Department..... (608) 685-4412**

Internet Web Site: [www.buffalocounty.com](http://www.buffalocounty.com)

Area Served Includes: Buffalo County

**Flocks Guardians – (WHEAP) ..... (608) 487-9356**

Area Served Includes: Monroe County

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

Internet Web Site: [www.kwwf.org](http://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](http://www.co.la-crosse.wi.us)

Area Served Includes: La Crosse County

**Trempealeau County Human Services Department..... (715) 538-2311 ext. 290**

Internet Web Site: [www.trempealeau.com/socialservices](http://www.trempealeau.com/socialservices)

Area Served Includes: Trempealeau County

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

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

Area Served Includes: Vernon County

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

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

or

Text your zip code to 898211

## 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:*

### **Buffalo County Department of Health and Human Services..... (608) 685-4412**

Internet Web Site: [www.buffalocounty.com](http://www.buffalocounty.com)

Area Served includes: Buffalo County

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

### **Couleecap, Inc. - Community Action Program ..... (866) 904-4508**

Internet Web Site: [www.couleecap.org](http://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 ..... (608) 785-2373 ext. 104**

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

Area Served includes: La Crosse, Monroe, Trempealeau, 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](http://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 ..... (715) 538-2311 ext. 290**

Internet Web Site: [www.trempealeaucounty.com/socialservices](http://www.trempealeaucounty.com/socialservices)

Area Served includes: Trempealeau County

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

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

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

Area Served includes: Vernon County

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

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

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

or

Text your zip code to 898211

**Weatherization Assistance Program - Minnesota ..... (800) 657-3710**

Internet Web Site: <http://mn.gov/commerce/consumers/consumer-assistance/weatherization/>

Area Served includes: Houston County

Eligibility: Homeowners and renters who meet income guidelines

**Western Dairyland Economic Opportunity Council ..... (715) 985-2391**

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

Area Served includes: Buffalo and Trempealeau Counties

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

**LOW INCOME HOUSING**

*There are a number of low income and qualifying Section 8 rental units in the Buffalo, Houston, La Crosse, Monroe, Trempealeau, and Vernon 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](http://www.greatrivers211.org) or text your zip code Monday – Friday in the afternoons and evenings to 898211.*

*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: Buffalo, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

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

**Bethel Home and Services..... (608) 637-2171**

Area Served Includes: Vernon County

Eligibility: General public

**Bluffview Apartments ..... (608) 483-2649**

Area Served Includes: La Crosse and Vernon Counties

Eligibility: Individuals and families, older adults, and adults with disabilities meeting income eligibility criteria

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

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

or

Text your zip code to 898211

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**Buffalo County Housing ..... (608) 685-3663**

**Area Served Includes:** Buffalo County

**Eligibility:** Individuals aged 62 and over or adults with disabilities

**CouleeCap – Community Action Program..... (608) 782-4877**

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

**Area Served Includes:** La Crosse County

**Eligibility:** General public including seniors, people with disabilities, and younger individuals

**Dak Management Co ..... (608) 822-7368**

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

**Area Served Includes:** Monroe County

**Eligibility:** Families, older adults, and people with disabilities; must meet income guidelines

**Dodge Hillside Apartments ..... (608) 989-2511**

**Area Served Includes:** Trempealeau County

**Eligibility:** General public 18 and older; older adults and people with disabilities; must meet low-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

**Homz Management Corporation**

**La Crosse .....(608) 783-6229**

**Monroe .....(608) 269-4070**

**Area Served Includes:** La Crosse and Monroe Counties

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

**Horizon Management Group..... (800) 944-4866**

**Area Served Includes:** Buffalo, La Crosse, Trempealeau and Vernon Counties

**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](http://www.lacrossehousing.org)

**Area Served Includes:** City of La Crosse

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

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

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

or

Text your zip code to 898211

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

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

Area Served Includes: Houston County

Eligibility: Individuals aged 62 and over or adults with disabilities (all eligible U.S. citizens)

**La Crosse County Housing Authority ..... (608) 781-5365**

Internet Web Site: [www.lcha.net](http://www.lcha.net)

Area Served Includes: La Crosse County

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

**Landmark Company Property Management ..... (715) 834-3411**

Internet Web Site: [www.landmark-company.com](http://www.landmark-company.com)

Area Served Includes: Buffalo and Trempealeau Counties

Eligibility: Individuals and families, older adults, and adults with disabilities meeting income eligibility criteria

**Life Style..... (507) 451-8524**

Internet Web Site: [www.lifestyleinc.net](http://www.lifestyleinc.net)

Area Served Includes: Buffalo and Houston Counties

Eligibility: Individuals and families who are income-eligible

**Loretto Heritage Haven..... (507) 725-5113**

Area Served Includes: Houston County

Eligibility: Individuals aged 62 and over or adults with disabilities who are income-eligible

**Monroe County Housing Authority ..... (608) 269-5017**

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

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

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

or

Text your zip code to 898211

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

Internet Web Site: [www.tomahonline.com](http://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: Income eligible families, elderly, or people with disabilities

**Village Of La Farge Housing ..... (608) 625-4422**

Internet Web Site: [www.lafarge-wisconsin.com](http://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](http://www.bluffcountry.org)

Area Served Includes: Houston County

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

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

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

or

Text your zip code to 898211

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**Couleecap, Inc. - Community Action Program ..... (866) 904-4508**

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

**Family Promise of the Chippewa Valley..... (715) 834-4357**

Internet Web Site: [www.beacon-house.org](http://www.beacon-house.org)

Area Served Includes: Buffalo and Trempealeau Counties

Eligibility: Homeless families with children

**Hope Gospel Mission – Men’s Shelter ..... (715) 552-5566 ext 1307**

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

Area Served Includes: Buffalo and Trempealeau Counties

Eligibility: Men eighteen and over who are homeless, have limited income and drug and alcohol-free at the time of intake

**Hope Gospel Mission – Women’s Shelter ..... (715) 834-4000**

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

Area Served Includes: Buffalo and Trempealeau Counties

Eligibility: Women eighteen and over who are homeless, have limited income and drug and alcohol-free at the time of intake; cannot to accommodate children

**Mayo Clinic Health System – Franciscan Healthcare – Gerard Hall..... (608) 392-3985**

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

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

Eligibility: Adult females with or without their children

**Veterans Housing and Recovery Program - Chippewa Falls (Klein Hall) ..... (715) 726-2541**

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

Area Served Includes: Buffalo, 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



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

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

or

Text your zip code to 898211

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

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

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

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. You can also text your zip code Monday – Friday in the afternoons and evenings to 898211.*

## MATERIAL RESOURCES

### THRIFT SHOPS

**ABC – Ability Building Center – Woodland industries..... (507) 725-2092**

521 Old Highway Drive, Caledonia

**Area Thrift Shop..... (715) 926-5268**

113 East Hudson Street, Mondovi

**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 3<sup>rd</sup> Street, La Crosse

- Provides free-of-charge clothing for men

**Children’s Clothes Closet ..... (608) 780-8443**

1010 Sill Street, La Crosse

- Provides free-of-charge clothing and coats

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

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

or

Text your zip code to 898211

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

504 South Main Street, Viroqua

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

**First Teen Clothes Closet..... (608) 783-2236**

203 4<sup>th</sup> Avenue, First Lutheran Church, Onalaska

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

**Grace Place ..... (507) 452-2283**

66 East 2<sup>nd</sup> Street, Winona

**G.I. Need That..... (608) 372-4506**

312 Superior Avenue, Tomah

**Good Steward Resale Shop ..... (608) 779-9763**

1930 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 for Humanity - Winona..... (507) 474-6075**

77 Laird Street, Winona

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

3181 Berlin Drive, La Crosse

**Harvest Lane Treasures Thrift Store ..... (608) 796-0977**

W 4910 Harvest Lane, La Crosse

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

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

or

Text your zip code to 898211

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**Hometown Resource Center..... (507) 932-5203**

1244 Whitewater Avenue, St. Charles, MN

**Hope Gospel Mission – Bargain Center ..... (715) 839-9498 ext 1100**

2511 Moholt Drive, Eau Claire

**Hope Gospel Mission – Bargain Center - Mondovi..... (715) 598-4778**

121 North Eau Claire Street, Mondovi

**Hope Gospel Mission – Building Materials Re-Use Center ..... (715) 838-2084 ext 1208**

2108 Western Avenue, Eau Claire

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

114 – 116 South Water Street, Sparta

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

128 Mill Street, Hillsboro

**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

**The Wee Repeat ..... (608) 785-7111**

1732 Market Street, La Crosse

**Western Dairyland Economic Opportunity Council – Cents and Sensibility ..... (715) 985-3301**

23741 Washington Street, Independence

**Women’s Clothes Closet..... (608) 784-5745 ext. 104**

612 Division Street, La Crosse

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

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

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

or

Text your zip code to 898211

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. You can also text your zip code Monday – Friday in the afternoons and evenings to 898211.*

### MENTAL HEALTH CRISIS INTERVENTION RESOURCES

**Buffalo County Department of Health and Human Services..... (888) 552-6642**

Internet Web Site: [www.buffalocounty.com](http://www.buffalocounty.com)

Area Served includes: Buffalo County

#### **Great Rivers 2-1-1**

Internet Web Site: [www.greatrivers211.org](http://www.greatrivers211.org)

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

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

Monday–Friday afternoons and evenings, text your zip code to .....898211

Area Served includes: Buffalo, 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.la-crosse.wi.us](http://www.co.la-crosse.wi.us)

Area Served includes: La Crosse County

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

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

or

Text your zip code to 898211

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

Internet Web Site: [www.co.monroe.wi.us](http://www.co.monroe.wi.us)

Area Served includes: Monroe County

**Trempealeau County Department of Human Services ..... (888) 552-6642**

Internet Web Site: [www.trempealeau.com/socialservices](http://www.trempealeau.com/socialservices)

Area Served includes: Trempealeau County

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

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

Area Served includes: Vernon County

**Zumbro Valley Health Center..... (844) 274-7472**

Internet Web Site: [www.crisis2southeastmn.com](http://www.crisis2southeastmn.com)

Area Served includes: Houston 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](http://www.bluffcountry.org)

Area Served includes: Houston County

**Bolton Refuge House (*Domestic violence and sexual assault*) ..... (855) 526-5866**

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

Area Served includes: Buffalo and Trempealeau Counties

**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](http://www.cclse.org)

Area Served includes: Vernon County

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

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

or

Text your zip code to 898211

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

Internet Web Site: [www.fcconline.org](http://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](http://www.greatrivers211.org)

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

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

Monday-Friday afternoons and evenings, text your zip code to .....898211

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

**Gundersen Crime Victim Services ..... (608) 775-5557**

Internet Web Site: [www.gundersenhealth.org/behavioral-health/crime-victim-services](http://www.gundersenhealth.org/behavioral-health/crime-victim-services)

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

**Gundersen Domestic Abuse Services/Sexual Assault Services..... (608) 775-5950**

Internet Web Site: [www.gundersenhealth.org/behavioral-health/sexual-abuse](http://www.gundersenhealth.org/behavioral-health/sexual-abuse)

Area Served includes: Buffalo, 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, and Vernon Counties in Wisconsin and Houston County in Minnesota

**Mayo Clinic Health System - Safe Path (*Domestic violence and sexual assault*).....(608) 392-7804**

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

Area Served includes: Buffalo, 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: Buffalo, 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](http://www.nhagainstabuse.org)

La Crosse Office.....(888) 231-0066

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

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

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

or

Text your zip code to 898211

**Passages (Domestic violence and sexual assault) ..... (608) 647-6317**

Area Served includes: Vernon County

**PUBLIC TRANSPORTATION**

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

Internet Web Site: [www.cityoflacrosse.org](http://www.cityoflacrosse.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](http://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](http://www.rideSMRT.com)

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

**SEMCAC ..... (800) 528-7622**

Internet Web Site: [www.semcac.org](http://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, visit the Web site at [www.greatrivers211.org](http://www.greatrivers211.org) or by texting your zip code to 898211

**SPECIAL POPULATIONS**

**FARMERS**

**Buffalo County UW Extension Office ..... (608) 685-6256**

Internet Web Site: [www.buffalo.uwex.edu](http://www.buffalo.uwex.edu)

Area Served includes: Buffalo County

- Provides research based information to groups and individuals on agricultural practices including dairy herd management, forage crop management, pest management, farm financial analysis, and record keeping

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

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

or

Text your zip code to 898211

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

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

Area Served includes: Buffalo, 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*

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

Internet Web Site: [www.extension.umn.edu/](http://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](http://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](http://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*

**Monroe County UW Extension ..... (608) 269-8722**

Internet Web Site: [www.uwex.edu/ces/cty/monroe](http://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*



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

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

or

Text your zip code to 898211

**Trempealeau County UW Extension Office ..... (715) 538-2311 ext. 208**

Internet Web Site: [www.trempealeau.uwex.edu](http://www.trempealeau.uwex.edu)

Area Served includes: Trempealeau County

- *Provides information to groups 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](http://www.usda.gov)

Area Served includes: La Crosse, Monroe, 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) 765-2123 ext. 2
- ✓ **Farm Service Agency – Buffalo, La Crosse, Monroe and Trempealeau Counties** (608) 269-8136
- ✓ **Farm Service Agency – Vernon County** (608) 637-2183 ext. 203

**Vernon County UW Extension Office ..... (608) 637-5276**

Internet Web Site: [www.uwex.edu/ces/cty/vernon](http://www.uwex.edu/ces/cty/vernon)

Area Served includes: Vernon County and surrounding area

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

**Wisconsin Farm Center**

**Farmers' Assistance Hotline ..... (800) 942-2474**

Internet Web Site: [www.uwex.edu/ces/farmteam](http://www.uwex.edu/ces/farmteam)

Area Served includes: Buffalo, 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](http://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*

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

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

or

Text your zip code to 898211

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**Honor Bound Foundation ..... (800) 521-0198**

Internet Web Site: [www.honorboundfoundation.org](http://www.honorboundfoundation.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*

**HorseSense for Special Riders ..... (608) 791-4868**

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

Area Served includes: La Crosse, Monroe, 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](http://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](http://www.va.gov)

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

- *Vet Center provides readjustment counseling and outreach services*

**River Valley Integrated Health Center ..... (800) 827-8662**

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

Area Served includes: Buffalo, 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](http://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](http://www.benefits.va.gov)

Area Served includes: Nationwide

- *Veterans benefits advocacy and information*

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

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

or

Text your zip code to 898211

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

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

Area Served includes: La Crosse, Monroe, 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](http://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](http://www.dva.state.wi.us)

Area Served includes: Wisconsin

- *Provides a transitional housing program for veterans*

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

Internet Web Site: [www.dol.gov/vets](http://www.dol.gov/vets)

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

**Veterans Services Offices**

Area Served includes: Each county serves its own residents

Buffalo County.....	(608) 685-6219
Ho-Chunk Nation.....	(715) 284-4563
Houston County.....	(507) 725-5805
La Crosse County.....	(608) 785-9719
Monroe County.....	(608) 269-8618
Trempealeau County.....	(715) 538-2311 ext. 218
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](http://www.va.gov/onlineapps.htm)*

**Wisconsin Department of Veterans Affairs ..... (800) 947-8387**

Internet Web Site: [www.wisvets.com](http://www.wisvets.com)

Area Served Includes: Wisconsin

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

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

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

or

Text your zip code to 898211

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## MILITARY FAMILIES

**American Red Cross – Southwest Chapter ..... (877) 618-6628**

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

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

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

**Army Community Service - Fort McCoy ..... (608) 388-3505**

Internet Web Site: [www.mccoy.army.mil](http://www.mccoy.army.mil)

Area Served includes: Wisconsin

- *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](http://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 Region 2 – Central Midwest..... (800) 390-4643**

Internet Web Site: [www.operationhomefront.net/centralmidwest](http://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*

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, visit the Web site at [www.greatrivers211.org](http://www.greatrivers211.org) or by texting your zip code to 898211

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

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

or

Text your zip code to 898211

## UNEMPLOYMENT COMPENSATION

### Minnesota Department of Employment and Economic Development

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

### Minnesota Department of Employment and Economic Development continued

**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](http://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** .....(414) 435-7069

- *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:**

Applicants must apply online

Create an account on [my.unemployment.wisconsin.gov](http://my.unemployment.wisconsin.gov)

Logon to access online benefits services and complete the application process

Claim Specialists are available by phone 7:45 am - 4:30 pm Monday – Friday to walk applicants through the online process

*Claim Specialist*.....(414) 435-7069

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

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

or

Text your zip code to 898211

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(Wisconsin Unemployment Compensation Continue)

TTY.....711

Directions on how to apply online.....<https://dwd.wisconsin.gov/uiben/online/>

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

Text your zip code to 898211

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, text, or search online at

[www.greatrivers211.org](http://www.greatrivers211.org)



**Great Rivers United Way**