



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, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin

*** Due to the Coronavirus Health Emergency, many agencies have altered their form of providing services. Please call the agency before going in person. ***

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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

Text your zip code to 898211

Wisconsin Addiction Recovery Helpline.....2-1-1 or (833) 944-4673

Internet Web Site: <https://211wisconsin.communityos.org/addiction-helpline>

Text your zip code to 898211

ALCOHOL AND OTHER DRUG ADDICTIONS

Addiction Medical Solutions (AMS) of Wisconsin..... (608) 783-0506

Internet Web Site: www.amswisconsin.com

- *Provides treatment of opiate addiction and a provider of comprehensive addictive treatment services*

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

Alcoholics Anonymous - Crawford County (608) 222-8989

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

Alcoholics Anonymous - La Crosse, Monroe, and Vernon Counties (608) 784-7560

National Hotline (212) 870-3400

Internet Web Site: www.aa.org

- *Twelve Step support groups for people with alcoholism*

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

Internet Web Site: www.area61afg.org

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

Celebrate Recovery

Internet Web Site: <https://locator.crgroups.info/>

- *A faith based, Bible-centered support group for individuals struggling with addiction. Group practices are based on a 12 Step system, with 8 Recovery Principles which are founded on Biblical quotations.*
- *Visit the website for meeting information*

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Coulee Recovery Center..... (608) 784-4177

Internet Web Site: www.couleecouncil.org

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

County Substance Abuse Services

Buffalo County	(608) 685-4412
Crawford County.....	(608) 326-0248
Houston County	(507) 725-5811
La Crosse County	(608) 784-4357
Monroe County	(608) 269-8600
Trempealeau County	(715) 538-2311
Vernon County.....	(608) 637-5210

Ho-Chunk Nation Department of Health.....

Internet Web Site: www.ho-chunknation.com

Black River Falls Office	(715) 284-9851
La Crosse Office.....	(608) 783-6025
Tomah Office.....	(608) 372-5202

- *AODA services for members of the Ho-Chunk Nation*

Minnesota Region of Narcotics Anonymous (877) 767-7676

Internet Web Site: www.naminnnesota.org

- *Twelve Step support group for people with addictions*

Self-Management and Recovery Training (SMART Recovery)

Internet Web Site: www.smartrecovery.org/

- *Helps people recover from all types of addictive or self-destructive behaviors. The group focuses on four program points: Enhancing and Maintaining Motivation to Abstain, Coping with Urges, Problem Solving, and Lifestyle Balance.*
- *Visit the website for meeting information*

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

Internet Web Site: www.samhsa.gov

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

Wisconsin Region of Narcotics Anonymous..... (920) 232-9615

Internet Web Site: <https://wisconsinna.org/members/area-services/>

- *Twelve Step support group for people with addictions*

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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..... (626) 960-3500

Internet Web Site: www.gamblersanonymous.org/ga/

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

- *Support groups for people with gambling addictions*

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

Gam – Anon – La Crosse Area (608) 784-4177

Internet Web Site: 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

Wisconsin Council on Problem Gambling (800) 426-2535

Internet Web Site: www.wi-problemgamblers.org

SMOKING AND TOBACCO USE

American Lung Association in Wisconsin (800) 566-4072

Internet Web Site: <https://www.lung.org/about-us/local-associations/wisconsin.html>

- *Provides smoking cessation programs and information*

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

Internet Web Site: www.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

- *Provides free telephone counseling, tips, and other information about quit plans and medications*
- *Text READY to 200400*

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

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CHILD CARE ASSISTANCE

REFERRALS TO CHILD CARE

Buffalo County Department of Health and Human Services – Child Care Referrals.. (608) 685-4412

Internet Web Site: www.buffalocounty.com

Area Served includes: Buffalo County

Families First of Minnesota - Rochester, MN (888) 291-9811

Internet Web Site: www.familiesfirstmn.org/

Area Served includes: Houston County

Houston County Department of Human Services - Child Care Provider List (507) 725-5810

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

Area Served includes: Houston County

The Parenting Place (800) 873-1768

Internet Web Site: www.theparentingplace.net

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

Western Dairyland Economic Opportunity Council (800) 782-1880

Internet Web Site: www.westerndairyland.org

Area Served includes: Buffalo and Trempealeau Counties

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: <https://dcf.wisconsin.gov/wishares>

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

Southern Consortium..... (888) 794-5780

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

Area Served Includes: Crawford County

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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

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

Eligibility: General public

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

Internet Web Site: www.couleeregionliteracycouncil.com

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

Literacy Minnesota – Adult Literacy Hotline (800) 225-7323

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*

Northwest Reading Clinic (715) 834-2724

Internet Web Site: www.northwestreadingclinicltd.com

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

- *Provides one-on-one diagnostic, remedial, educational, and learning therapy services for children, adolescents, and adults who experience educational needs*

Southwest Wisconsin Technical College (608) 822-3262

Internet Web Site: www.swtc.edu

- *Adult basic education/GED classes*

Eligibility: Age 16 or older

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

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

Eligibility: General public

Winona Area Public School District – Community Education (507) 494-0924

Internet Web Site: www.winona.k12.mn.us

Area Served Includes: Houston County

- *Adult basic education/GED classes*

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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CONTINUING EDUCATION AND COLLEGES/UNIVERSITIES

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

Internet Web Site: www.cvtc.edu

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

Internet Web Site: www.southeastmn.edu

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

Internet Web Site: www.smumn.edu

Southwest Wisconsin Technical College (800) 362-3322

Internet Web Site: www.swtc.edu

University of Wisconsin - Eau Claire Campus (715) 836-4636

Internet Web Site: www.uwec.edu

University of Wisconsin - La Crosse Campus..... (608) 785-8939

Internet Web Site: www.uwlax.edu

University of Wisconsin - Platteville Campus (608) 342-1491

Internet Web Site: www.uwplatt.edu

University of Wisconsin – Platteville (Richland Campus) (877) 897-5288

Internet Web Site: www.campus.uwplatt.edu/richland

Viterbo University - La Crosse (800) 848-3726

Internet Web Site: www.viterbo.edu

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

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

Winona State University..... (507) 457-5000

Internet Web Site: 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. (855) 418-9332

Internet Web Site: www.workforceconnections.org

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

EMPLOYMENT TRAINING, PLACEMENT, AND SEARCH

Houston County Department of Human Services..... (507) 725-5811 ext. 1211

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

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Job Corps National Call Center (800) 733-5627

Internet Web Site: www.jobcorps.gov

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

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

Western Technical College (800) 322-9982

Internet Web Site: www.westerntc.edu

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

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

Western Wisconsin Workforce Development Board..... (608) 789-5627

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, Crawford, La Crosse, Monroe, Trempealeau and Vernon Counties

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

Internet Web Site: www.workforceconnections.org

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

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

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

Internet Web Site: www.workforcedevelopmentinc.org

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

Area Served includes: Houston County

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

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

Wisconsin Farm Center

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

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

Eligibility: Farmers and their families

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

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STARTING A BUSINESS

CouleeCAP (Community Action Program) (608) 782-5525

Internet Web Site: www.couleecap.org/business-development.html

- *Provides technical assistance to business start-ups and entrepreneurs*

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

Eligibility: Low income individuals 18 and over

Coulee Region Business Center (608) 782-8022

Internet Web Site: www.crbc.biz

Small Business Development

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

Area Served includes: La Crosse County

Eligibility: New and expanding businesses

Farm Service Agency – Houston County..... (507) 765-2123 ext. 2

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

Youth Business Loans

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

Area Served includes: Houston County

Eligibility: Farming youth

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

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

- *Provides emergency loans to farmers suffering from crop disasters and physical losses due to storms*

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

Eligibility: Must be 18 years of age and unable to secure credit elsewhere

Farm Service Agency – Vernon County (608) 637-2183 ext. 203

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

- *Provides emergency loans to farmers suffering from crop disasters and physical losses due to storms*

Area Served includes: Crawford and Vernon Counties

Eligibility: Farmers and their families

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

Internet Web Site: <https://mn.gov/portal/business/>

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

Area Served includes: Houston County

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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Text your zip code to 898211

Institute for Business and Entrepreneurship..... (608) 263-7794

Internet Web Site: www.uwex.edu

- Formerly called University of Wisconsin – Extension
- *Offers business development resources*

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

Eligibility: General public

Rural Development – Dunn County Office (715) 232-2614 ext. 4

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

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

Area Served includes: 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 – Iowa County Office (608) 935-2791 ext. 4

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

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

Area Served includes: Crawford and Vernon Counties

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 - Southern Minnesota (507) 433-8429

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

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

Area Served includes: Houston County

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

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

Internet Web Site: www.uwlax.edu/sbdc

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 County

Eligibility: General public

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

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Western Dairyland Economic Opportunity Council (715) 836-7511 ext.1171

Internet Web Site: www.westerndairyland.org

Business Development

- *Assists individuals in the development and expansion of micro and small businesses*
- *Business management training and resource identification*
- *One-on-one technical business plan assistance in determining business development feasibility/market*

Area Served includes: Buffalo and Trempealeau Counties

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

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

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

Wisconsin Farm Center

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

Area Served includes: 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

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

Area Served includes: Nationwide

Eligibility: General public

Catholic Charities - La Crosse (888) 212-4357

Internet Web Site: www.cclse.org

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

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

Eligibility: General public

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

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Consumer Credit Counseling Service of La Crosse (CCCS) (608) 784-8380

Internet Web Site: www.cccsonline.org

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

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

Eligibility: General public

Extension Monroe County, UW-Madison (608) 269-8722

- *Provides family financial management information and counseling*

Area Served includes: Monroe County

Eligibility: General public

Extension Trempealeau County, UW-Madison..... (715) 538-2311 ext. 210

- *Provides family financial management information and counseling*

Area Served includes: Trempealeau County

Eligibility: General public

Extension Vernon County, UW-Madison (608) 637-5276

- *Provides family financial management information and counseling*

Area Served includes: Vernon County

Eligibility: General public

FamilyMeans – Financial Solutions..... (800) 327-3203

Internet Web Site: www.familymeans.org

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

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

Eligibility: General public

Minnesota Department of Commerce (651) 539-1500

Internet Web Site: www.mn.gov/commerce

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

Area Served includes: Minnesota

Eligibility: General public

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

Internet Web Site: www.wdfi.org

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

Area Served includes: Wisconsin

Eligibility: General public

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

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FOOD RESOURCES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (FOODSHARE IN WISCONSIN, SNAP IN MINNESOTA)

SNAP 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 ext.1211

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 SNAP or other assistance programs by answering a few questions on the Bridge to Benefits website at mn.bridgetobenefits.org/Home2

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

Internet Web Site: www.access.wi.gov

Southern Consortium..... (888) 794-5780

Internet Web Site: <https://www.dhs.wisconsin.gov/forwardhealth/imagency/southern.htm>

Area Served Includes: Crawford County

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

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

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

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Text your zip code to 898211

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.buffalocounty.com

Area Served Includes: Buffalo County

To apply: Call for an appointment

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

Internet Web Site: www.ho-chunknation.com

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

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

Houston County Public Health Department..... (507) 725-5810 ext.2298

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

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

Area Served Includes: Monroe County

To apply: Call for an appointment

Southwestern Wisconsin Community Action Program (608) 935-2326 ext. 216

Internet Web Site: <http://www.swcap.org/service-wic.html>

Area Served Includes: Crawford County

To apply: Call for an appointment

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

Internet Web Site: <https://co.trempealeau.wi.us/>

Area Served Includes: Trempealeau County

To apply: Call for an appointment

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 Health Department (608) 637-5260

Internet Web Site: www.vernoncounty.org

Area Served Includes: Vernon County

To apply: Call or walk in for appointment and registration

COMMUNITY MEALS

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

- *Offers home cooked meals to individuals and families in need; call for more information and mealtimes*

Area Served includes: La Crosse County

Eligibility: General public

Come For Supper - Ettrick (608) 582-2196

- *Provides a free meal once a month; call for more information and mealtimes*

Area Served includes: The Ettrick Area in Trempealeau County

Eligibility: General public

Come For Supper – La Crosse..... (608) 782-3468

- *Provides a free meal on Tuesdays; call for more information and mealtimes*

Area Served includes: La Crosse County

Eligibility: General public

Come For Supper – Prairie du Chien (608) 326-6411

- *Provides a free meal once a month; call for more information and mealtimes*

Area Served includes: Crawford County

Eligibility: General public

Come For Supper – Westby (608) 634-4871

- *Provides a free meal on Tuesdays; call for more information and mealtimes*

Area Served includes: Westby Area

Eligibility: General public

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

- *Provides a free community dinner once a month; call for more information and mealtimes*

Area Served includes: Onalaska and surrounding area

Eligibility: General public

Monday's Meals (608) 738-3811

- *Provides a free meal on Mondays; call for more information and mealtimes*

Area Served includes: La Crosse County

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

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

Internet Web Site: <https://centralusa.salvationarmy.org/lacrosse/>

- *Provides free daily meals to those in need; call for more information and mealtimes*

Area Served includes: La Crosse County

Eligibility: General public

Tomah Community Table (608) 343-7039

- *Provides a free meal; call for more information and mealtimes*

Area Served includes: Monroe County

Eligibility: General public

West Salem Community Dinner (608) 786-0910

- *Provides a free meal once a month; call for more information and mealtimes*

Area Served includes: La Crosse County

Eligibility: General public

FOOD PANTRIES/FOOD PURCHASE ASSISTANCE PROGRAMS

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

- *Provides a small food pantry with non-perishable food and personal grooming supplies; baby food, formula, and diapers maybe available*
- *919 Hood Street, La Crosse*

Area Served includes: La Crosse County and surrounding communities

Eligibility: General public

Arcadia Community Pantry (608) 323-7116

- *A mobile food pantry; bring sturdy boxes or bags to carry groceries home*
- *Bethel Lutheran Church, 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

- *Food pantry providing cereal, meat, eggs, and dry goods; pet food as available*
- *341 Black River Avenue, Westby*

Area Served includes: Crawford (Soldier's Grove, Rising Sun, and Towerville), Monroe (Cashton), and Vernon Counties

Eligibility: Must meet income guidelines

Blair Food Pantry (608) 989-2818

- *Provides a bag of groceries*
- *Blair Lutheran Church, 126 South Peterson Street, Blair*

Area Served includes: Blair and Ettrick Cities in Trempealeau County

Eligibility: General public with a Blair or Ettrick address meeting 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

Boys and Girls Club of Sparta..... (608) 269-2582

- *Provides a bag of food*
- *1000 East Montgomery Street, Sparta*

Area Served includes: City of Sparta

Eligibility: Club Kids and families (both former and current members)

Buffalo County Food Pantry (608) 685-4946

- *Food pantry with non-perishable food*
- *709 South 2nd Street, Alma*

Area Served includes: Buffalo County

Eligibility: Individuals, families, and the elderly who are income eligible

Buffalo County Salvation Army (608) 685-4412

- *One time emergency assistance for people in need including food vouchers*
- *Contact through the Buffalo County Department of Human Services*

Area Served includes: Buffalo County

Eligibility: Anyone with an emergency need including homeless, low-income, or transient populations and disaster victims

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

- *Food pantry providing perishable and non-perishable food items; pet food as available*
- *199 Front Street, Cashton*

Area Served includes: Monroe County

Eligibility: Individuals and families meeting income guidelines

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

Internet Web Site: www.cclse.org

- *Provides a small food pantry with non-perishable food and personal grooming supplies; baby food and formula maybe available*
- *Food vouchers maybe available*
- *413 South 3rd Street, La Crosse*

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

Eligibility: Individuals and families

Coulee Recovery Center (608) 784-4177

Internet Web Site: www.couleecap.org

- *Provides a small food pantry with non-perishable foods as well as meat, vegetables and bread when available*
- *933 Ferry Street, La Crosse*

Area Served includes: La Crosse County

Eligibility: People in recovery

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

Couleecap – Crawford County..... (608) 326-2463

Internet Web Site: www.couleecap.org

- *A food pantry with perishable and non-perishable food*
- *200 East Blackhawk Avenue, Prairie du Chien*

Area Served includes: Crawford County

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

Couleecap – Monroe County..... (608) 424-4187

Internet Web Site: www.couleecap.org

- *A food pantry with perishable and non-perishable food*
- *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) 269-0999

- *Provides a food pantry; baby formula and diapers as available*
- *116 North Water Street, Sparta*

Area Served includes: City of Sparta in Monroe County

Eligibility: Primarily serves residents of the City of Sparta but no one will be turned away; no income criteria

First Free Church Food Pantry..... (608) 782-6022

- *Food pantry with non-perishable food, personal grooming supplies, and sometimes diapers*
- *123 Mason Street, Onalaska*

Area Served includes: La Crosse County

Eligibility: General public

Food Basket, The (608) 783-7722

- *Provides a 5-day supply of canned and dry goods, dairy, produce, bread and frozen meat*
- *735 Sand Lake Road, Onalaska*

Area Served includes: People living in Brice Prairie, French Island, Galesville, Holmen, Onalaska, Trempealeau, and West Salem

Eligibility: People in need

Fountain City Food Pantry – Mobile Food Pantry..... (608) 687-8418

- *Provides perishable and non-perishable food as available*
- *Immaculate Conception Church, 2 North Hill Street, Fountain City*

Area Served includes: Buffalo County

Eligibility: People in need of food

From the Heart Food Pantry (608) 780-1283

- *Food pantry with non-perishable food, dairy, produce, diapers, pet food, grooming and hygiene supplies*
- *1010 Sill Street, Trinity Lutheran Church, 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

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

or

Text your zip code to 898211

Gays Mills Food Pantry (608) 606-1269

- *Food pantry with perishable and non-perishable food items*
- 120 Sunset Ridge Avenue, Gays Mills

Area Served includes: Crawford County

Eligibility: General public

G-E-T Community Food Pantry (608) 399-8440

- *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

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

- *Food pantry offering canned goods, dry goods, peanut butter, infant formula, and baby food*
- 128 Mill Street, Hillsboro

Area Served includes: Vernon County

Eligibility: Individuals and families meeting income guidelines

Hokah Area Food Shelf (608) 799-1065

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

Area Served includes: Hokah and Brownsville areas in Houston County

Eligibility: Individuals and families meeting income guidelines

Holmen's Hope (608) 799-1065

- *Mobile food pantry offering non-perishable and perishable items*
- *American Legion, 419 1st Avenue West, Holmen*
- *Walk-in only on the last Tuesday of each month from 5pm – 7pm*

Area Served includes: Holmen School District

Eligibility: Holmen School District residents

Houston Community Food Shelf (507) 896-3602

- *Food pantry; laundry detergent provided once a month*
- *Houston Community Center, 118 South Lincoln Street, Houston*

Area Served includes: Houston and surrounding area

Eligibility: General public

Houston County Salvation Army (608) 406-9190

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

Area Served includes: Houston County

Eligibility: Anyone with an emergency need including homeless, low-income, or transient populations and disaster victims

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

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

- *Food pantry offering non-perishable items*
- *Independence City Hall, 23688 Adams Street, Independence*

Area Served includes: City of *Independence* in Trempealeau County

Eligibility: Individuals and families meeting income guidelines

Kickapoo Area Food Pantry (608) 627-1910

- *Food pantry; laundry detergent provided once a month*
- *Viola Village Hall, 106 West Wisconsin Street, Viola*

Area Served includes: Kickapoo School District, located in parts of Crawford, Richland, and Vernon Counties

Eligibility: Low income residents of the Kickapoo School District

La Crescent Food Shelf (507) 895-8123

- *Food pantry*
- *436 6th Street South, La Crescent*

Area Served includes: Houston County

Eligibility: People in need

La Crosse County Salvation Army (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

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

Area Served includes: La Crosse County

Eligibility: Must meet income guidelines

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

- *A food pantry offering non-perishable food, meat, and personal items*
- *Kickapoo Haven/Senior Citizen Meal Site, 106 West Main Street, La Farge*

Area Served includes: La Farge School District and villages not served by a food pantry

Eligibility: Anyone in need

Living Faith Food Pantry (608) 542-0651

- *Food pantry offering perishable and non-perishable food items; baby food, formula, diapers, personal grooming supplies, and cleaning supplies may be available*
- *209 Sand Road, Viroqua*

Area Served includes: Vernon County

Eligibility: Income eligible residents in Vernon County

Mabel Food Pantry..... (507) 493-9243

- *Provides non-perishables foods as well as milk and eggs; diapers as available*
- *Mabel First Lutheran Church, 202 North Oak Street, Mabel*

Area Served includes: Houston County

Eligibility: People in need

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

Mondovi Area Food Pantry (715) 926-3115

- *Provides non-perishables, meat, vegetables, and bread as available; grocery store vouchers for milk and eggs*
- *125 East Hudson Street, Mondovi*

Area Served includes: 15 miles of Mondovi (Buffalo County)

Eligibility: General public; no income requirement

Monroe County Salvation Army (608) 374-4141

- *One time emergency assistance for people in need including food vouchers*
- *Contact through Families First Tomah*

Area Served includes: Monroe County

Eligibility: Anyone with an emergency need including homeless, low-income, or transient populations and disaster victims

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

- *Food baskets that provide five-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) 648-2644

- *Provides non-perishable food and vouchers to purchase perishable foods and household products*
- *E2290 State Highway 82, De Soto*

Area Served includes: Northwestern parts of Crawford County and Southwestern parts of Vernon County

Eligibility: Low income residents of Crawford and Vernon Counties

Onalaska Schools' Food Pantry (608) 781-9701

- *Offers a 3 to 4 day supply of perishable and non-perishable food each month; cleaning and personal hygiene supplies as available*
- *Volunteers may be able to deliver food to families if needed*
- *Irving Pertzsch Elementary School, Door I, 524 Main Street, Onalaska*

Area Served includes: School District of Onalaska

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

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

- *Food pantry offering canned goods, dry goods, frozen food, milk, bread, personal care items, and cleaning products*
- *114 East Main Street, Durand*

Area Served includes: Durand School District in Buffalo County

Eligibility: Individuals and families meeting income guidelines

Reaching Out Ministries Food Pantry (715) 896-0604

- *Food pantry offering perishable and non-perishable food items*
- *W15822 Simonson Road, Whitehall*

Area Served includes: Buffalo and Trempealeau 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

or

Text your zip code to 898211

River of Life Food Pantry (608) 782-2780

- Provides a food pantry with non-perishable foods as well as meat, vegetables and bread when available
- 1214 County Road PH, Onalaska

Area Served includes: City of Onalaska

Eligibility: General public

Riverdale Area Food Pantry (608) 739-4017

- Provides non-perishable food and vouchers to purchase perishable foods items
- 116 East Beech Street, Muscoda

Area Served includes: Crawford County

Eligibility: Residents of Riverdale School District

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

Internet Web Site: 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; bring sturdy boxes or bags to pack food in
- Phone is for weather related questions only
- NOTE: end times for mobile pantries are approximate, they may close earlier or later than listed
- Walk-in only on the 3rd Tuesday of each month from 10:30am – 12pm at 405 East LeGrand Street, Boscobel
- Walk-in only on the 4th Wednesday of each month from 2pm – 3pm at 212 Main Street, Gays Mills
- Walk-in only on the last Tuesday of each month from 11am – 12 Noon at 200 North Street, Norwalk
- Walk-in only on the 2nd Tuesday of each month from 12:30pm – 2pm at 231 North Wyalusing Street, Patch Grove
- Walk-in only on the 3rd Friday of each month from 9:30am – 10:30am at 345 North Court Street, Platteville
- Walk-in only on the third Thursday of each month from 4pm – 5:30pm at 26700 Fellowship Lane, Richland Center
- Walk-in only on the 3rd Monday of each month from 3:30pm – 4:30pm at 1121 East Montgomery Street, Sparta
- Walk-in only on the 1st Tuesday of each month from 4pm – 5pm at 1615 Butts Avenue, Tomah

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

Eligibility: General public

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

Internet Web Site: 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

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

- A food pantry with non-perishable foods as well as meat, vegetables and bread when available; personal hygiene may be available
- 515 North Main Street, Holmen

Area Served includes: Holmen and surrounding area

Eligibility: Any person in need (no 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

Stoddard Community Food Pantry, The (608) 689-2122

- *Food pantry offering non-perishable items*
- *303 North Main Street, Stoddard*

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

Eligibility: Individuals with low income

Strum Area Food Pantry (715) 695-3511 ext. 1

- *Food pantry offering perishable and non-perishable food items*
- *Immanuel Lutheran Church, 109 Elm Street, Strum*

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

Eligibility: Individuals, families, and elderly meeting income guidelines in the Eleva-Strum School District

Trempealeau County Food Pantry (715) 538-2397

- *Food pantry offering perishable and non-perishable food items; bring sturdy boxes and bags to carry groceries home*
- *W20410 WI-121, Whitehall*

Area Served includes: Trempealeau County

Eligibility: Individuals and families meeting income guidelines

Trempealeau County Salvation Army (715) 538-2311 ext. 306

- *One time emergency assistance for people in need including food vouchers*
- *Contact through Trempealeau County Economic Support*

Area Served includes: Trempealeau County

Eligibility: Anyone with an emergency need including homeless, low-income, or transient populations and disaster victims

Tri County Food Pantry - Osseo Food Pantry (715) 597-3213

- *Food pantry; non-perishable items*
- *50965 Industrial Road, Osseo (Fire Station)*

Area Served includes: City of Osseo

Eligibility: Low-income individuals, families and elderly

United Church of Christ Ruby's Pantry (715) 577-7372

- *Food pantry offering various surplus bulk food items*
- *50712 Main Street, Osseo*

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: Individuals and families in need

University of Wisconsin – La Crosse (608) 785-8888

Internet Web Site: <https://www.uwlax.edu/university-centers/services/campus-food-pantry/>

- *Food pantry*
- *COVE 2220 Student Union, 521 East Avenue, La Crosse*

Area Served includes: La Crosse County

Eligibility: UW-La Crosse students and faculty

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 Salvation Army (608) 637-5210

- *One time emergency assistance for people in need including food vouchers*
- *Contact through the Vernon County Department of Human Services*

Area Served includes: Vernon County

Eligibility: Anyone with an emergency need including homeless, low-income, or transient populations and disaster victims

Vivent Health (800) 947-3353

- *Provides a food pantry and food vouchers, call for more information*
- *811 Rose Street, La Crosse*

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

Eligibility: People with AIDS or HIV and their family

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

Internet Web Site: www.waferlacrosse.org

- *A food pantry; baby food, formula, and pet food sometimes available*
- *403 Causeway Boulevard, La Crosse*

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

Eligibility: Must meet income guidelines

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

Western Technical College – Cavalier Cupboard (608) 789-4798

Internet Web Site: www.westerntc.edu/food-pantry

- *A food pantry; also offers hygiene items, diapers, and wipes*
- *Student Success Center, 400 7th Street North, La Crosse*

Area Served includes: La Crosse County

Eligibility: Students at Western Technical College with a valid student ID

Whitehall Food Pantry..... (715) 538-2397

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

Area Served includes: Pigeon Falls and Whitehall in Trempealeau County

Eligibility: Families and elderly meeting income guidelines

Wilton Food Pantry (608) 435-6922

- *Food pantry providing non-perishable food items*
- *Community Center, 400 East Street, Wilton*

Area Served includes: Monroe and Vernon Counties

Eligibility: Persons in need

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

HEALTH SERVICES

FREE OR LOW COST DENTAL CARE

Chippewa Valley Free Clinic (715) 839-8477

Internet Web Site: 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

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

Eligibility: People with low incomes and Wisconsin Medicaid recipients, cannot accept Medicaid from Minnesota or Iowa

Donated Dental Services (888) 338-6852

Internet Web Site: www.wda.org

Area Served includes: Buffalo, Crawford, 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

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

Eligibility: General public

Marquette University Dental Clinic (414) 288-6790

Internet Web Site: www.marquette.edu/dentistry

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

Eligibility: General public, including people without insurance

Scenic Bluffs Community Health Center (608) 654-5100

Internet Web Site: www.scenicbluffs.org

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

Eligibility: General public regardless of income-level or insurance status

COMMUNITY (FREE OR LOW COST) CLINICS

Bridges Health Winona (507) 457-5129

Internet Web Site: www.bridgeshealthwinona.org/

Area Served includes: Houston County (located in Winona)

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

Chippewa Valley Free Clinic (715) 839-8477

Internet Web Site: www.cvfreeclinic.org

Area Served includes: Buffalo and Monroe Counties

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

Community Care Clinic (Onalaska)..... (608) 781-2225

Internet Web Site: <http://bronstonchiro.com/community-care-clinic/>

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

Eligibility: General public

Decorah Community Free Clinic (563) 419-0962

Internet Web Site: www.firstlutherandecorah.org/ministries/free-clinic/

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

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

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

Area Served includes: Buffalo and Trempealeau Counties

Eligibility: Individuals and families who meet income guidelines

Ho-Chunk Nation Department of Health

Black River Falls Office(715) 284-9851

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

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

Internet Web Site: www.ho-chunknation.com

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

Eligibility: Employees and members of the Ho-Chunk Nation and members of other Native American Nations

InHealth Community Wellness Free Clinic (608) 375-4324

Internet Web Site: <https://www.inhealthcwc.com/>

Area Served includes: Crawford County (located in Boscobel)

Eligibility: People who are uninsured and people with high deductibles and those who do not qualify for government health insurance

Neighborhood Family Clinics

La Crosse Site(608) 781-9880 ext. 2

Onalaska Site(608) 779-5323

Sparta Site(608) 351-2820

Viroqua Site.....(608) 518-3745

Internet Web Site: www.mynfclinics.com

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

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

Planned Parenthood of Wisconsin (800) 657-5177

Internet Web Site: www.plannedparenthood.org/

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

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

Scenic Bluffs Community Health Center (608) 654-5100

Internet Web Site: www.scenicbluffs.org

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

Eligibility: General public regardless of income-level or insurance status

Semcac Clinic (507) 452-4307

Internet Web Site: www.semcac.org/semcac-clinic/

Area Served includes: Houston County (located in Winona)

Eligibility: General public

St. Clare Health Mission – La Crosse..... (608) 519-4623

Internet Web Site: www.stclarehealthmission.org

Area Served includes: Buffalo, Crawford, 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: Adult residents of Monroe County without public or private medical insurance; must meet financial guidelines

FINANCIAL ASSISTANCE FOR HEALTH CARE BILLS OR PRESCRIPTIONS

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

Internet Web Site: www.buffalocounty.com

- *Financial assistance with prescriptions expense*

Area Served includes: Buffalo County

Eligibility: Income and disability restrictions vary according to program

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

Internet Web Site: <https://careconnectusa.org/>

- *Prescription discount card*

Area Served includes: Minnesota and 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

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

Internet Web Site: 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

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

Internet Web Site: www.cclse.org

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

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

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

Chippewa Valley Free Clinic (715) 839-8477

Internet Web Site: www.cvfreeclinic.org

- Prescription assistance

Area Served includes: Western Wisconsin

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

Crawford County Human Service Department (608) 326-0248

Internet Web Site: www.crawfordcountywi.org

- Offers financial assistance with medical, dental, and prescription expenses

Area Served includes: Crawford County

Eligibility: People with low or poverty level incomes

Families First of Monroe County (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

- Limited funding for prescription medications

Area Served includes: Monroe County

Eligibility: Adults meeting income guidelines; must show a clear need in the form of temporary decrease in income

Familywise Prescription Drug Discount Card (800) 222-2818

Internet Web Site: www.familywise.org/

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

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

Eligibility: General public

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

Internet Web Site: www.menomoneefreeclinic.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

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

HealthWell Foundation (800) 675-8416

Internet Web Site: www.healthwellfoundation.org

- *Provides financial assistance for prescription medications*

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

Eligibility: General public; must meet some guidelines

InHealth Community Wellness Free Clinic (608) 375-4324

Internet Web Site: <https://www.inhealthcwc.com/>

- *Provides financial assistance for prescription medications*

Area Served includes: Crawford County (located in Boscobel)

Eligibility: People who are uninsured and people with high deductibles and those who do not qualify for government health insurance

Partnership for Prescription Assistance - PPA (800) 368-6777

Internet Web Site: www.pparx.org

- *Helps people without prescription drug coverage get the medicines they need for free or at a low cost*
- *Visit the website to screen and identify programs individuals may be eligible for*

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

Eligibility: People without prescription drug coverage or who are having difficulty paying for their prescription medication

Patient Advocate Foundation (866) 512-3861

Internet Web Site: www.patientadvocate.org

- *Provides financial assistance for medical care expenses and prescription medications*

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

Eligibility: Qualified patients with co-payments, co-insurance, or cost sharing associated with prescription drugs residing and being treated in the United States

RX Outreach (888) 796-1234

Internet Web Site: www.rxoutreach.org

- *Offers discounted prescription medicines to uninsured and underinsured individuals and families, as well as those who have limited prescription drug coverage*

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

Eligibility: Individuals and families whose household income is at or below 300% of the Federal Poverty Level

Scenic Bluffs Community Health Center (608) 654-5100

Internet Web Site: www.scenicbluffs.org

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

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

Eligibility: People who otherwise cannot afford medical care and prescriptions; 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

St. Clare Health Mission (608) 519-4623

Internet Web Site: www.stclarehealthmission.org

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

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

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

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

- *An in-house pharmacy for prescribed medications (narcotics are not prescribed)*

Area Served includes: Monroe County

Eligibility: Adult, age 18 years of age and older with no public or private medical insurance

Trempealeau County Department of Human Services (877) 538-2311 ext. 290

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

Area Served includes: Trempealeau County

Eligibility: People with mental illness, chemical dependencies (alcohol/drug abuse), or developmental disabilities

Trempealeau County Salvation Army (715) 538-2311 ext. 306

Internet Web Site: www.usc.salvationarmy.org

- *Assistance may be available for prescriptions, providing vouchers for antibiotics and possible assistance for pain medications (one-time only) due to a medical procedure such as dental work or surgery*
- *For emergencies afterhours, contact the sheriff's office at (715)538-4509*

Area Served includes: Trempealeau County

Eligibility: People with an emergency need including homeless, low-income, or transient populations and disaster victims

MEDICAL ASSISTANCE PROGRAMS

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

MINNESOTA

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

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

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

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

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

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

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

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

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

or

Text your zip code to 898211

(Medical Assistance Program - Minnesota Continue)

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

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

MN Sure

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

Call Center(855) 366-7873

MN Sure Web Site:.....www.mnsure.org

WISCONSIN

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

Western Region for Economic Assistance(888) 627-0430

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

Southern Consortium(888) 794-5780

Area Served Includes: Crawford County

Or

Visit the Web site at access.wisconsin.gov. This Web site provides information and allows people to check and 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:

Well Badger Resource Center.....(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

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
Crawford County Health Department	(608) 326-0229
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 ext.220
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.bethelhomeservices.org

Area Served: Soldier's Grove, Rising Sun, and Towerville in Crawford County; Cashton in Monroe County; and Vernon County

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

Internet Web Site: www.cclse.org

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

Catholic Charities of Southern Minnesota – Mother and Child Assistance Fund (507) 287-2047

Internet Web Site: www.ccsomn.org

Area Served Includes: Houston County

Eligibility: Pregnant persons and families with children under 12 months old

Couleecap, Inc. - Community Action Program (608) 424-4187

Internet Web Site: www.couleecap.org

Area Served Includes: Crawford, Monroe, and Vernon Counties

Families First of Monroe County (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

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

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

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

Area Served Includes: Houston County

Houston County Veterans Services (507) 725-5805

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

Area Served Includes: Houston County

La Crosse County Salvation Army (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

Area Served Includes: La Crosse County

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

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

Area Served Includes: La Crosse County

Monroe County Salvation Army (608) 374-4141

Internet Web Site: www.usc.salvationarmy.org

Area Served Includes: Monroe County

Rural Housing, Inc. (888) 400-5974

Internet Web Site: 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

Area Served Includes: Houston County

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.

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

Internet Web Site: www.cclse.org

- Provides credit/budget counseling

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

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

Consumer Credit Counseling Service of La Crosse (608) 784-8380

Internet Web Site: www.cccsonline.org

- *Provides credit/budget counseling*

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

CouleeCAP – Community Action Program – Homeless Prevention Program (608) 784-3540

Internet Web Site: www.couleecap.org

- *Offers eviction prevention assistance*

Area Served Includes: Crawford and Vernon Counties

Eligibility: Income eligibility guidelines apply

GreenPath Financial Wellness of Madison (800) 550-1961

Internet Web Site: www.greenpath.com

- *Provides credit/budget counseling and full service debt management programs including mortgage delinquency and default resolution counseling and mortgage foreclosure information*

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

HOME Line - Tenant Hotline (866) 866-3546

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

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

Area Served includes: Houston County

Homeowner's HOPE Hotline (888) 995-4673

Internet Web Site: www.995hope.org

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

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

La Crosse County Bar Association – Free Legal Clinic (608) 784-3540

Internet Web Site: www.wisbar.org/Directories/LawRelatedOrgs/Pages/La-Crosse-County-Bar-Association.aspx

- *Offers a free 15 minute consultation; legal service advice offered include landlord-tenant issues and financial problems*
- *Meets on the 3rd Wednesday of each month from 6pm-7:30pm at the First Free Baptist Church, 1209 Main Street in La Crosse*

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

Eligibility: People in need of assistance and are a low income household

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

La Crosse County Salvation Army (608) 782-6126

Internet Web Site: www.usc.salvationarmy.org

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

Area Served Includes: La Crosse County

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

Legal Action of Wisconsin..... (855) 947-2529

Internet Web Site: www.legalaction.org/contact-us/la-crosse-area-office

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

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

Lutheran Social Services of Wisconsin & Upper Michigan..... (888) 607-6775 ext. 3

Internet Web Site: www.lsswis.org/lss.htm

- *Provides credit/budget counseling*

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

Southern Minnesota Regional Legal Services - SMRLS (888) 575-2954

Internet Web Site: www.smrls.org

- *Provides free legal assistance for housing problems including eviction, substandard housing, or landlord-tenant issues*

Area Served includes: Houston County

Eligibility: Low-income residents

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

Internet Web Site: www.tenantresourcecenter.org

- *Website 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, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

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

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

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

Families First of Monroe County (608) 374-4141

Internet Web Site: www.familiesfirstofmonroecounty.org

Area Served Includes: Monroe County

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

Internet Web Site: www.ho-chunknation.com

Area Served Includes: Crawford, 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

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

Internet Web Site: www.mn.gov/puc/

Area Served Includes: Houston County

Rural Housing, Inc. (888) 400-5974

Internet Web Site: www.wisconsinruralhousing.org

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

Salvation Army – Wisconsin Divisional Headquarters

- Buffalo County.....(608) 685-4412
- Crawford County(608) 475-9040
- La Crosse County(608) 782-6126
- Vernon County(608) 637-5210
- Trempealeau County.....(715) 538-2311 ext. 306

Internet Web Site: www.usc.salvationarmy.org

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

Eligibility: People with low/poverty level incomes; works with the local rural population especially the elder population, the local Amish community residents, and Latino workers

Xcel Energy Company (800) 895-4999

Internet Web Site: www.xcelenergy.com

Area Served Includes: Buffalo, Crawford 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

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

(Minnesota Energy Assistance Program Continue)

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: <https://mn.gov/commerce/industries/energy/>

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

Internet Web Site: www.semcac.org/community-development/energy-assistance/

WISCONSIN HOME ENERGY ASSISTANCE PROGRAM (WHEAP)

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

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

KEEP WISCONSIN WARM FUND

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

Eligibility: Households meeting income requirements

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

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

Internet Web Site: www.buffalocounty.com

Area Served Includes: Buffalo County

Crawford County Human Services Department (608) 326-0248

Internet Web Site: www.crawfordcountywi.org

Area Served Includes: Crawford 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

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

Internet Web Site: www.kwwf.org

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

Internet Web Site: www.homeenergyplus.wi.gov/

La Crosse County Human Services Department..... (608) 785-5582

Internet Web Site: 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

Area Served Includes: Trempealeau County

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

Internet Web Site: www.vernoncounty.org

Area Served Includes: Vernon County

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

Internet Web Site: www.westerndairyland.org

Area Served Includes: Trempealeau County

WEATHERIZATION

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

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

Internet Web Site: 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

Area Served includes: Crawford, 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

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

Crawford County Department of Human Services (608) 326-0248

Internet Web Site: www.buffalocounty.com

Area Served includes: Crawford County

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

Habitat for Humanity (608) 785-2373 ext. 104

Internet Web Site: 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) 785-5582

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

Area Served includes: La Crosse County

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

SEMCAC (800) 944-3207

Internet Web Site: <https://www.semCAC.org/community-development/weatherization/>

Area Served includes: Houston County

Eligibility: Homeowners and renters who meet income guidelines

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

Internet Web Site: www.vernoncounty.org

Area Served includes: Vernon County

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

Western Dairyland Economic Opportunity Council (715) 985-2391

Internet Web Site: 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 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:

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

(Low Income Housing Continue)

Allegiant Property Management (608) 784-1381

Internet Web Site: www.allegiantpropertymgmtllc.com

Area Served Includes: Buffalo, Crawford, 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

Blackhawk Apartments (608) 326-8323

Area Served Includes: City of Prairie du Chien, Crawford County

Eligibility: General public and people with disabilities; income based eligibility

Bluffview Apartments (608) 483-2649

Area Served Includes: Vernon County

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

Community Health Services – Labatisse Senior Apartments on Dousman (608) 326-3200

Internet Web Site: www.chscwi.org/independent-living/labatisse-on-dousman

Area Served Includes: Crawford County

Eligibility: Individuals, couples, and/or people with disabilities with moderate incomes who can live independently or with live-in assistance

CouleeCap – Community Action Program..... (608) 796-2915

Internet Web Site: www.couleecap.org

Area Served Includes: Crawford and La Crosse Counties

Eligibility: Individuals and families meeting income guidelines

Crawford County Housing Authority – Allegiant Property Management (608) 784-1381

Internet Web Site: www.allegiantpropertymgmtllc.com

Area Served Includes: Crawford County

Eligibility: Older adults, people with disabilities, and families meeting income eligibility

Dak Management Co (608) 822-7368

Internet Web Site: www.dakgroup.org

Area Served Includes: Crawford, Monroe and Vernon Counties

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

Hillsboro Housing Authority (608) 604-3563

Internet Web Site: www.hillsborowi.com

Area Served Includes: Vernon County

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

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

Area Served Includes: City of La Crosse

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

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

Internet Web Site: www.houstonhousingauthority.org/

Area Served Includes: Houston County

Eligibility: Older adults meeting income criteria

Impact Seven..... (715) 434-1717

Internet Web Site: www.impactseven.org

Area Served Includes: La Crosse County

Eligibility: Low-income families and adults with chronic mental illness meeting income guidelines

La Crosse County Housing Authority (608) 781-5365

Internet Web Site: www.lcha.net

Area Served Includes: La Crosse County

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

Landmark Company Property Management (715) 834-3411

Internet Web Site: 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

Lawler School Lofts (608) 306-0493

Internet Web Site: www.lawlerschoollofts.com

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

Eligibility: Income-eligible individuals and families; preference given to veterans and individuals at risk of homelessness

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

Internet Web Site: www.lifestyleinc.net

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

Eligibility: Individuals and families who are income-eligible

Loretto Heritage Haven..... (507) 458-7598

Area Served Includes: Houston County

Eligibility: Older adults and adults with disabilities

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

Meridian Group..... (608) 326-2854

Internet Web Site: www.meridiangroupinc.net

Area Served Includes: Crawford County

Eligibility: Low or moderate-income elderly, individuals, families, and people with disabilities

Monroe County Housing Authority (608) 269-5017

Internet Web Site: www.mocohousing.com

Area Served Includes: Monroe County

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

Pioneer Property Management (608) 326-1489

Internet Web Site: www.ppmrentals.com

Area Served Includes: Crawford County

Eligibility: Income eligible families and individuals

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

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

Area Served Includes: Houston County

Eligibility: Individuals meeting Section 8 income criteria

Spring Grove Manor (507) 498-5780

Internet Web Site: www.lloydmanagementinc.com

Area Served Includes: Houston County

Eligibility: Older adults and adults with disabilities; must meet HUD income guidelines

St Vallerie (608) 788-4306

Area Served Includes: La Crosse County

Eligibility: Senior citizens over 62 years of age and people with disabilities

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

Internet Web Site: www.tomahonline.com

Area Served Includes: City of Tomah, Monroe County

Eligibility: Individuals and families who meet income and other eligibility guidelines

Trempealeau County Housing Authority (715) 538-2274

Internet Web Site: www.tremphousing.com

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

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

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

Viroqua Housing Authority (608) 637-2626

Area Served Includes: City of Viroqua, Vernon County

Eligibility: Individuals and/or families who meet income guidelines

Westby Housing Authority (608) 634-4810

Area Served Includes: The City of Westby, Vernon County

Eligibility: Elderly over 62 years old; low-income families and individuals or people with disabilities

Whispering Pines (507) 725-2797

Internet Web Site: www.nationwidehousingcorporation.com

Area Served Includes: Houston County

Eligibility: Older adults and adults with disabilities; must meet HUD income guidelines

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 ext. 104

Internet Web Site: www.bluffcountry.org

Area Served Includes: Houston County

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

Hope Gospel Mission – Hope Renewal Center for Men (715) 552-5566 ext 1310

Internet Web Site: 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 – Ruth House (715) 834-4000

Internet Web Site: 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

Passages – Ada James Place (608) 647-8775

Internet Web Site: www.passagesrc.com

Area Served Includes: Crawford and Vernon Counties

Eligibility: Individuals and families with a Section 8 voucher

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

Rock Valley Community Program (608) 741-4500

Internet Web Site: www.housing4ourvets.org

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

Eligibility: Homeless or at risk of homelessness, single, male veterans with a discharge other than dishonorable

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

Internet Web Site: www.vafvets.org

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

Eligibility: Male veterans, National Guard, and Service Members; must not have been convicted of a violent crime; must be homeless or at risk of becoming homeless, including those diagnosed with a mental illness or substance abuse issues

YWCA of the Coulee Region – Transitional Housing (608) 781-2783 ext. 250

Internet Web Site: www.ywcalax.org

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

Eligibility: Parent(s) who are 18 years old or older with children under the age of 18 who are homeless as defined by HUD; 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

CLOTHES CLOSETS

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

413 South 3rd Street, La Crosse

- Provides free-of-charge clothing for men

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

1010 Sill Street, La Crosse

- Provides free-of-charge clothing for teens

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

Northside Kids Clothes Closet (608) 780-8443

1010 Sill Street, La Crosse

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

Women Clothes Closet. (608) 784-5745

612 Division Street, La Crosse

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

THRIFT SHOPS

ABC – Ability Building Center – Twice is Nice Resale Shop (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 Avenue, Westby

Bargain Boutique – CouleeCap – Community Action Program..... (608) 326-2463

200 East Blackhawk Avenue, Prairie du Chien

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

199 Front Street, Cashton

Chippewa Valley Habitat for Humanity – Habitat ReStore..... (715) 895-8177

145 North Clairemont Avenue, Eau Claire

Cup of Joe / G.I. Need That (608) 372-4506

312 Superior Avenue, Tomah

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

1930 Rose Street, La Crosse

Goodwill Industries – La Crosse (608) 783-2710

3954 Mormon Coulee Road, La Crosse

Goodwill Industries – Onalaska..... (608) 783-1581

200 Theatre Road, Onalaska

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

- Goodwill Industries – Platteville** (608) 348-5490
2001 Progressive Parkway, Platteville
- Goodwill Industries – Richland Center** (608) 649-2110
2496 Highway 14 East, Richland Center
- Goodwill Industries - Tomah** (608) 372-7464
1516 North Superior Avenue, Tomah
- Grace Place** (507) 452-2283
66 East 2nd Street, Winona
- Habitat for Humanity ReStore – La Crosse** (608) 785-2375 ext. 106
3181 Berlin Drive, La Crosse
- Harvest Lane Treasures Thrift Store** (608) 796-0977
W4910 Harvest Lane, La Crosse
- Hope Gospel Mission – Bargain Center** (715) 839-9498 ext 1100
2511 West Moholt Drive, Eau Claire
- Hope Gospel Mission – Bargain Center - Mondovi**..... (715) 598-4778
121 North Eau Claire Street, Mondovi
- Hope Gospel Mission – Building Hope** (715) 838-2084 ext. 1208
2108 Western Avenue, Eau Claire
- La Crosse County Salvation Army Thrift Shop** (608) 784-1421
728 Copeland Avenue, La Crosse
- Mary Morrow’s Attic**..... (608) 269-1047
116 South Water Street, Sparta
- The Good Samaritan Food Pantry and Thrift Store** (608) 489-3627
128 Mill Street, Hillsboro
- Thrift Store – Our Lady of Perpetual Help Mission** (608) 323-7116
411 South Washington Street, Arcadia
- Western Dairyland Economic Opportunity Council – Cents and Sensibility** (715) 985-3301
23741 Washington Street, Independence

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

Winona / Fillmore Habitat for Humanity (507) 474-6075

900 West 3rd Street, Winona

**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

Internet Web Site: www.buffalocounty.com

Buffalo County Department of Health and Human Services (Monday-Friday 8am-4:30pm)(608) 685-4412

Northwest Connections(888) 552-6642

- Buffalo County collaborates with Northwest Connections to provide 24-hour telephone crisis services

Area Served includes: Buffalo County

Crawford County Human Services Department

Internet Web Site: www.crawfordcountywi.org

Crawford County Human Services Department (Monday-Friday 8am-4:30pm).....(608) 326-0248

Northwest Connections(888) 552-6642

- Crawford County collaborates with Northwest Connections to provide afterhours telephone and mobile crisis services

Area Served includes: Crawford 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

Great Rivers 2-1-1

Internet Web Site: www.greatrivers211.org

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

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

Monday–Friday afternoons and evenings, text your zip code to898211

Area Served includes: Buffalo, Crawford, 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/humanservices/integrated.asp

Area Served includes: La Crosse County

Monroe County Department of Human Services

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

Monroe County Department of Human Services (Monday-Friday 8am-4:30pm)(608) 269-8600

Northwest Connections(888) 552-6642

- Monroe County collaborates with Northwest Connections to provide afterhours telephone and mobile crisis services

Area Served includes: Monroe County

Trempealeau County Department of Human Services

Internet Web Site: <https://co.trempealeau.wi.us/>

Trempealeau County Department of Human Services (Monday-Friday 8am-4:30pm)(715) 538-2311 ext. 290

Northwest Connections(888) 552-6642

- Trempealeau County collaborates with Northwest Connections to provide 24-hour telephone crisis services

Area Served includes: Trempealeau County

Vernon County Department of Human Services

Internet Web Site: www.vernoncounty.org

Vernon County Department of Human Services (Monday-Friday 8am-4:30pm).....(608) 637-7007

Vernon County Sheriff Department(608) 637-2123

- Vernon County Sheriff Department provides afterhours in-person crisis needs

Area Served includes: Vernon County

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

Internet Web Site: 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

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

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

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

Internet Web Site: www.boltonrefuge.org

Area Served includes: Buffalo and Trempealeau Counties

Boys Town National Hotline (*Domestic violence*)

24-hour Hotline.....(800) 448-3000

Text the word VOICE, daily 4pm-1am20121

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

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

Sparta.....(608) 269-7853

Tomah(608) 374-6975

Area Served includes: Monroe County

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

Internet Web Site: www.fcconline.org

Area Served Includes: Vernon County

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

Internet Web Site: www.greatrivers211.org

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

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

Monday–Friday afternoons and evenings, text your zip code to898211

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

Gundersen Crime Victim Services (608) 775-5557

Internet Web Site: www.gundersenhealth.org/for-clinicians-professionals/center-for-violence-prevention-and-intervention/

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

Gundersen Domestic Violence and Sexual Assault Program..... (608) 775-5950

Internet Web Site: www.gundersenhealth.org/patients-visitors/social-services/domestic-abuse-and-sexual-assault-program/

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

Hmong American Friendship Association (*Sexual assault*) (414) 322-9522

Internet Web Site: <http://hmongfriendship.org/services/>

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

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

Internet Web Site: <https://mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/domestic-abuse>

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

New Horizons Shelter and Outreach Centers (*Domestic violence and sexual assault*)

Internet Web Site: www.nhagainstabuse.org

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

Trempealeau Office.....(800) 706-8586

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

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

Area Served includes: Crawford and Vernon Counties

RAINN – Rape, Abuse, and Incest National Network.....(800) 656-4673

Internet Web Site: www.rainn.org

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

United Migrant Opportunity Services (UMOS) Latina Resource Center (*Domestic violence and sexual assault*)

Internet Web Site: www.umos.org

Latina Resource Center(414) 389-6500

24-hour Hotline(414) 389-6510

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

Women’s Shelter and Support Center (*Domestic Violence*)(507) 285-1010

Internet Web Site: www.womens-shelter.org/

Area Served includes: Houston County

PUBLIC TRANSPORTATION

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

Internet Web Site: www.cityoflacrosse.org/mtu

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

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

Internet Web Site: www.runninginc.net

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

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

- Provides a four-county, fixed route, commuter bus system to connect La Crosse, Prairie du Chien, Sparta, Tomah, Viroqua, and other communities along I-90

Internet Web Site: www.rideSMRT.com

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

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 Transportation Continue)

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 or by texting your zip code to 898211.

SPECIAL POPULATIONS

FARMERS

Extension Buffalo County, UW-Madison (608) 685-6256

Internet Web Site: <https://buffalo.extension.wisc.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*

Extension Crawford County, UW-Madison (608) 326-0223

Internet Web Site: <https://crawford.extension.wisc.edu>

Area Served includes: Buffalo County

- *Provides information on dairy industry, horticulture, livestock education and practices, land use planning and development, rural small business development, and energy conservation*

Extension La Crosse County, UW-Madison..... (608) 785-9593

Internet Web Site: <https://lacrosse.extension.wisc.edu>

Area Served includes: La Crosse County

- *Provides information on dairy/livestock care and management, crop production, horticulture and resource development*

Extension Monroe County, UW-Madison (608) 269-8722

Internet Web Site: <https://monroe.extension.wisc.edu>

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*

Extension Trempealeau County, UW-Madison..... (715) 538-1963

Internet Web Site: <https://trempealeau.extension.wisc.edu>

Area Served includes: Trempealeau County

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

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

Extension Vernon County, UW-Madison (608) 637-5276

Internet Web Site: <https://vernon.extension.wisc.edu>

Area Served includes: Vernon County

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

Farm Aid (800) 327-6243

Internet Web Site: www.farmaid.org

Area Served includes: Buffalo, Crawford, 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: <https://local.extension.umn.edu/local/houston>

Area Served includes: Houston County

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

Minnesota Department of Agriculture (800) 967-2474

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

Area Served includes: Houston County

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

United States Department of Agriculture (202) 720-2791

Internet Web Site: www.fsa.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 – Crawford and Vernon Counties(608) 637-2183 ext. 203

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

Wisconsin Farm Center

Farm Center(800) 942-2474

Farmer Wellness Hotline.....(888) 901-2558

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

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

- *Provides information and support to farmers and their families including farmer mental health resources, financial planning, mediation and arbitration, farmer outreach, veteran farmer assistance and outreach, and herb-based diagnostic program*

VETERANS

Fort McCoy Army Community Service (608) 388-3505

Internet Web Site: <https://mccoy.armymwr.com/programs/army-community-service>

Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, 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*

HonorBound Foundation (800) 521-0198

Internet Web Site: 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

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

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

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

Internet Web Site: www.lavmp.org

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

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

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

Internet Web Site: www.va.gov

Area Served includes: 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 (608) 784-3886

Internet Web Site: www.tomah.va.gov/locations/Lacrosse.asp

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

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

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

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

Internet Web Site: www.va.gov/homeless

Area Served includes: Nationwide

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

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

Internet Web Site: www.benefits.va.gov

Area Served includes: Nationwide

- *Veterans benefits advocacy and information*

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

Internet Web Site: www.tomah.va.gov

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

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

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

Internet Web Site: www.veteranscrisisline.org

Area Served includes: Nationwide

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

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

Internet Web Site: www.vafvets.org

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/agencies/vets

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

Veterans Services Offices

Area Served includes: Each county serves its own residents

Buffalo County.....	(608) 685-6219
Crawford County	(608) 326-0204
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

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

(Veterans Service Offices Continue)

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

Wisconsin Department of Veterans Affairs (800) 947-8387

Internet Web Site: <https://dva.wi.gov/Pages/home.aspx>

Area Served Includes: Wisconsin

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

MILITARY FAMILIES

American Red Cross (877) 272-7337

Internet Web Site: <https://www.redcross.org/get-help/military-families/emergency-communication.html>

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

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

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

Internet Web Site: <https://mccoy.armymwr.com/programs/army-community-service>

Area Served includes: Wisconsin

- *Provides information about services and resources in the Fort McCoy community to link people who need assistance with resources.*

Military OneSource (800) 342-9647

Internet Web Site: www.militaryonesource.mil

Area Served includes: Nationwide

- *Provides comprehensive information, resources, and assistance on every aspect of military life.*

Operation Homefront Region 2 – Central Midwest..... (877) 264-3968

Internet Web Site: www.operationhomefront.org

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 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/

Area Served: Minnesota

Unemployment Insurance Program(877) 898-9090

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

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

Application:

The online and automated phone application systems are available Sunday through Friday 6 am to 8 pm

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

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

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

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 at <http://dwd.wisconsin.gov/uiben>

Claim Specialists are available by phone Monday through Friday 6:15 am to 5:30 pm and Saturday 7 am to 1:30 pm to walk applicants through the online process

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

Toll Free(844) 910-3661

TTY 7-1-1

When applying people need:

- ✓ Their social security number
- ✓ Their Wisconsin driver's license or identification 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)
- ✓ Valid email or mobile number and current mailing address

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



Great Rivers United Way