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 restrictions, many agencies have altered their form of providing services. Please call the agency before going in person. *

October 2021
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ADDITIONS 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 - La Crosse, Monroe, and Vernon Counties ..............(608) 784-7560
Alcoholics Anonymous Minnesota (Houston County) ................................... (507) 200-0594
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
Contact Great Rivers 2-1-1 for more information about these or other resources available
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

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**Coulee Recovery Center** ................................................................. (608) 784-4177
Internet Web Site: [www.couleerecovery.org](http://www.couleerecovery.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

**Hiawatha Valley Mental Health Center** ........................................... (507) 725-2022
Internet Web Site: [www.hvmhc.org](http://www.hvmhc.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

**Ho-Chunk Nation Department of Health** ...........................................
Internet Web Site: [www.ho-chunknation.com](http://www.ho-chunknation.com)
- **Black River Falls Office** ................................................... (715) 284-8851
- **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.naminnesota.org](http://www.naminnesota.org)
  - Twelve Step support group for people with addictions

**Self-Management and Recovery Training (SMART Recovery)** ............
Internet Web Site: [www.smartrecovery.org](http://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)** (800) 662-4357
Internet Web Site: [www.samhsa.gov](http://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

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:  www.lung.org
- Provides smoking cessation programs and information

ClearWay Minnesota................................................................................................ (866) 243-2337
Internet Web Site:  www.cleanwaymn.org/
- Provides free telephone counseling, tips, and other information about quit plans and medications
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 Tobacco Quitline ................................................................. (800) 784-8669

Internet Web Site: https://quitline.wisc.edu/

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

• Text READY to 200400

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

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

Internet Web Site: www.crawfordcountywi.org

Area Served includes: Crawford County

Families First of Minnesota - Rochester, MN .............................................. (507) 287-2411

Internet Web Site: www.familiesfirstmn.org /

Area Served includes: Houston County

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

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/child_care_partnership.phtml

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:  www.co.houston.mn.us/departments/human-services/

Wisconsin Shares

Western Region for Economic Assistance ......................................................... (888) 627-0430
Internet Web Site:  https://dfc.wisconsin.gov/wishares
Area Served Includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties

Southern Consortium................................................................. (888) 794-5780
Internet Web Site:  https://dfc.wisconsin.gov/wishares
Area Served Includes: Crawford County

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/Volunteers – 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:  www.literacymn.org
Area Served Includes: Houston County
- Provide adult basic education services; GED testing preparation, basic reading skills, language arts, math, social studies

Northwest Reading Clinic ................................................................. (800) 225-7323
Internet Web Site:  www.northwestreadingclinic.com
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
- Provide 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) 362-3322
Internet Web Site:  www.westernctc.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

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 ........................................ (877) 897-5288
Internet Web Site:  www.uwplatt.edu
   • Also has campuses in Baraboo and Richland Center
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: https://www.co.houston.mn.us/departments/human-services/

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 childcare 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

Aurora Vocational Services ................................................................. (888) 301-1839
Internet Web Site: www.auroraservices.com/
- Provides vocational services to help people with disabilities prepare for and obtain employment
Area Served includes: La Crosse County

Careerforce in Winona................................................................. (507) 205-6060
Internet Web Site: www.careerforcemn.com/winona
- 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

Houston County Department of Human Services........................................ (507) 725-5811 ext. 1211
Internet Web Site: www.co.houston.mn.us/departments/human-services/
- Diversionary Work Program: an intensive short-term, work-focused program to help families with dependent children obtain work
- The Food Support Employment and Training Program: program to help Food Support recipients prepare for and become employed
Area Served includes: Houston County

Job Corps National Call Center ....................................................... (800) 733-5627
Internet Web Site: www.jobcorps.gov
- The National Call Center refers youth, age 16 to 24 years, meeting income requirements to their local Job Corp Center and an admissions counselor
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

Opportunity Center ............................................................... (608) 326-6486 ext. 1
Internet Web Site: www.pdcopportunitycenter.org/
- Provides work related services for adults with developmental or physical disabilities or mental illness and high school students preparing for transition seeking work experiences
Area Served includes: Crawford County

Western Technical College .......................................................... (800) 322-9982
Internet Web Site: www.westertc.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) 405-4545

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

**WISE (Wisconsin Senior Employment) Program** ................................................................. (608) 615-1845

Internet Web Site: https://ser-national.org/

- Senior Community Service Employment Program (SCSEP) provides unemployed, low-income adults 55 years and older with part-time jobs working in local nonprofit, government, and faith-based agencies providing services in the community. Participants earn income while they build their self-confidence and learn skills valued by local employers.

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
- Food Stamp Employment and Training Program (FSET): program to help Food Support recipients prepare for and become employed

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

**Workforce Development Houston County** ................................................................................... (507) 724-5231

Internet Web Site: https://workforcedevelopmentinc.org/employment-seekers/

- 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
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

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) 782-8020
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

Extension Trempealeau County, UW-Madison ........................................... (715) 538-2311 ext. 209
Internet Web Site: www.uwex.edu
• Formerly called University of Wisconsin Extension
Offers business development resources
Area Served includes: Trempealeau County
Eligibility: General public

Fillmore County Farm Service Agency ................................................................. (507) 765-2123 ext. 2
Internet Web Site: www.fsa.usda.gov/state-offices/Minnesota/index
Youth Business Loans
• Rural Youth loans for income-producing agricultural projects which provide practical business experience
Area Served includes: Houston County
Eligibility: Farming youth

Monroe County Farm Service Agency ................................................................. (608) 269-8136
Internet Web Site: www.fsa.usda.gov/state-offices/Wisconsin/index
• 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

Vernon County Farm Service Agency ................................................................. (608) 637-2183 ext. 204
Internet Web Site: www.fsa.usda.gov/state-offices/Wisconsin/index
• 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
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

Minneapolis 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

Institute for Business and Entrepreneurship ......................................................... (608) 263-7794
Internet Web Site: https://business.wisconsin.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

Small Business Administration ............................................................................. (414) 297-3941
Internet Web Site: www.sba.gov/wi
  • An independent agency of the federal government to aid, counsel, assist and protect the interests of small business concerns
  • Offers business development resources
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Eligibility: General public

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

Western Dairyland Economic Opportunity Council .............................................. (715) 836-7511 ext.1171
Internet Web Site: www.westerndairyland.org/business_dev.phtml
  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) 942-2474

Internet Web Site:  https://datcp.wi.gov/Pages/Growing_WI/FarmCenterOverview.aspx

Wisconsin Farm Center
- Offers a free Farmers’ Assistance Hotline
- 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

Wisconsin Housing and Economic Development Authority (WHEDA) ................. (800) 334-6873

Internet Web Site:  www.wheda.com/lending-partnerships/business-lending
- Provides guarantee of loans for purchase and expansion of small business

Area Served includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties
Eligibility: Small business owners or those wanting to start a small business

FINANCIAL COUNSELING/BUDGETING

CareConnect USA ................................................. (888) 790-1337

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 of the Diocese of La Crosse ........................................ (888) 212-4357

Internet Web Site:  www.ccls.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
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 Crawford County, UW-Madison ................................................................. (608) 326-0223
- Provides guidance regarding money management strategies and credit repair
Area Served includes: Crawford County
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) 538-3037
- Provides family financial management information and counseling
Area Served includes: Trempealeau County
Eligibility: General public

FamilyMeans Financial Solutions ................................................................................ (800) 780-2890
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

GreenPath Financial Wellness .................................................................................. (800) 550-1961
Internet Web Site: www.greenpath.com
- Budget and credit counseling, full debt management programs, credit dispute assistance, reverse mortgage counseling, and personal finances administration
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota
Minnesota Department of Commerce ................................................................. (800) 657-3602
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

**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:  www.co.houston.mn.us/departments/human-services/
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/HS

**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/imagery/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 Website at www.access.wi.gov

WIC (WOMEN, INFANTS, AND CHILDREN)

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

Ho-Chunk Nation Health Care Center .......................................................... (715) 284-9851 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:  www.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
Contact Great Rivers 2-1-1 for more information about these or other resources available
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

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Trempealeau County Health Department .......................................................... (715) 299-6472
Internet Web Site:  [https://co.trempealeau.wi.us/](https://co.trempealeau.wi.us/)
Area Served Includes: Buffalo and Trempealeau Counties
To apply: Call for an appointment

Vernon County Health Department ................................................................. (608) 637-5260
Internet Web Site:  [www.vernoncounty.org](http://www.vernoncounty.org)
Area Served Includes: Vernon County
To apply: Call or walk in for appointment and registration

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**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

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) 782-6200
  - Provides a free meal on Mondays; call for more information and mealtimes
Area Served includes: La Crosse County
Eligibility: General public
The Salvation Army - La Crosse ................................................................. (608) 782-6126
Internet Web Site: https://centralusa.salvationarmy.org/lacrosse/
  * Provides a free meal Monday through Saturday to those in need; call for more information
Area Served includes: La Crosse County
Eligibility: General public

Tomah Community Table ............................................................................. (608) 343-7039
  * Provides a free meal on Mondays; call for more information
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 Etrick Cities in Trempealeau County
Eligibility: General public with a Blair or Etrick 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

Buffalo County Food Pantry ................................................................. (608) 685-4946
- Food pantry with non-perishable food
- St. John’s Lutheran Church, 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 by appointment; 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

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

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Ecumenical Bread Basket Food Pantry.................................................................(608) 269-5081
  • 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

From the Heart Food Pantry .........................................................................................(608) 782-6200
  • 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

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
Hakah Area Food Shelf ................................................................. (608) 799-1065
- Food pantry, baby food, formula, and diapers as available
- 57 Main Street, Hakah
Area Served includes: Hakah and Brownsville areas in Houston County
Eligibility: Individuals and families meeting income guidelines

Hope Restores Corporation – Giving Cabinet ..................................... (608) 881-6418
- Provides non-perishable foods items, hygiene, cleaning supplies and other toiletries
- 231 Copeland Avenue, La Crosse
Area Served includes: La Crosse County
Eligibility: People in need

Houston Community Food Shelf .................................................... (507) 896-3602
- Food pantry
- Houston Community Center, 118 South Lincoln Street, Houston
Area Served includes: City of Houston
Eligibility: People in need

Houston County Salvation Army .................................................... (651) 746-3566
- One time emergency assistance for people in need including food vouchers
Area Served includes: Houston County
Eligibility: Anyone with an emergency need including homeless persons

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 Tremperaleau County
Eligibility: Individuals and families meeting income guidelines

Kickapoo Area Food Pantry ........................................................... (608) 627-1910
- Food pantry offering perishable and non-perishable food items; baby food, formula, diapers, personal grooming supplies, and cleaning supplies may be available
- 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) 895-1115
- Food pantry
- 436 6th Street South, La Crescent
Area Served includes: Houston County
Eligibility: People in need
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) 637-7410
  • 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) 493-5783
  • 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

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

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) 216-7247
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 10:30am – 11:30am at 200 North Street, Norwalk
- Walk-in only on the 2nd Tuesday of each month from 12:30pm – 1:30pm 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
Eligibility

Area Served

Eligibility:

Internet Web Site:

Area Served includes:

Eligibility:

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

Internet Web Site: www.semcac.org

Area Served includes: Houston County

Eligibility: Must meet eligibility guidelines

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

Area Served includes: Holmen and surrounding area

Eligibility: Any person in need (no income guidelines)

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

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

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

Area Served includes: Trempealeau County

Eligibility: Individuals and families 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

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 in the Osseo Fairchild School District

United Church of Christ Ruby’s Pantry ............................................................... (715) 577-7372
- Food pantry offering various surplus bulk food items
- 50965 Industrial Road, Osseo (Fire Station)
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

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

Viterbo University ....................................................................................................... (608) 796-3805
- Offers three food pantries
- Located in the Murphy Center (on the third floor), The Port (in Marion Hall), and in Campus Ministry (yellow house next to San Damiano Chapel)
Area Served includes: Buffalo, Crawford, Houston, La Crosse, Monroe, Trempealeau, and Vernon Counties
Eligibility: Viterbo University students

Vivent Health ............................................................................................................. (608) 785-9866
- 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 affected by AIDS/HIV

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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) 785-9594
Internet Web Site:  www.westerntc.edu/food-pantry
  •  A food pantry; also offers hygiene items, diapers, wipes, and school items
  •  Student Success Center, room 222, 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
  •  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:  Kendall, Norwalk, Ontario, and Wilton in Monroe and Vernon Counties
Eligibility:  Persons in need

HEALTH SERVICES

FREE OR LOW COST DENTAL CARE

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 (located in Black River Falls)
Eligibility:  General public — no age specifics
Eligibility: General public; individual must not have government insurance or affordable private insurance and meet income guidelines

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

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

Eligibility: General public, including people without insurance

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

Eligibility: General public with a focus on those who cannot access affordable health care
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.decorahfreeclinic.com/
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

Eau Claire City/County Health Department ............................................ (715) 839-6988
Internet Web Site: www.eauclairewi.gov/government/our-divisions/health-department
Area Served includes: Buffalo and Trempealeau Counties (located in Eau Claire)
Eligibility: Females and males, including adolescents, for reproductive health care services

Free Clinic of the Greater Menomonie Area ............................................ (715) 308-3808
Internet Web Site: www.menomoniefreeclinic.org/
Area Served includes: Buffalo and Trempealeau Counties
Eligibility: Individuals and families who meet income guidelines

Ho-Chunk Nation Department of Health .................................................. (715) 284-9851
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.inhealthwc.com/
Area Served includes: Crawford County (located in Boscobel)
Eligibility: People who are uninsured 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
West Salem Site ...................................................................................... (608) 518-3410
Internet Web Site: www.mynfclinics.com
Eligibility:

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

Eligibility: General public

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
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

CareConnect USA .................................................................................................................. (800) 291-1206
Internet Web Site: https://careconnectusa.org/
  • Prescription discount card
Area Served includes: Minnesota and Wisconsin
Eligibility: General public

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

Free Clinic of the Greater Menomonie Area ............................................................ (715) 308-3808
Internet Web Site: www.menomoniefreeclinic.org
  • Provides free prescriptions for some medications; does not provide controlled substances or birth control
Area Served includes: Buffalo and Trempealeau Counties
Eligibility: People who are underinsured or uninsured and meeting income guidelines
Harvest of Hope Fund .......................................................................................... (608) 836-1455 ext. 8
Internet Web Site:  www.madisonchristiancommunity.org/harvest_of_hope.aspx
  • Provides medical financial assistance
Area Served includes: Wisconsin
Eligibility: Wisconsin farm families

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

Houston County Department of Human Services ............................................. (800) 333-2433
Internet Web Site:  https://mn.gov/board-on-aging/
  • Provides financial assistance for prescription medications
Area Served includes: Houston County
Eligibility: General public

InHealth Community Wellness Free Clinic ...................................................... (608) 375-4324
Internet Web Site:  https://www.inhealth wc.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) ..................................................
Internet Web Site:  https://medicineassistance tool.org/
  • Helps people without prescription drug coverage get the medicines they need for free or at a low costs
  • 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 – Co-Pay Relief Program (CPR) ..................... (866) 512-3861
Internet Web Site:  https://www.patientadvocate.org/connect-with-services/copay-relief/
  • 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
Pfizer RXPathways ................................................................. (844) 989-7284
Internet Web Site: www.pfizerxpathways.com/
- Offers programs for people without prescription drug coverage
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin and Houston County in Minnesota
Eligibility: General public; prescriptions must be made by Pfizer (visit the web site for a list of medicines)

Regional Health Services of Howard County ........................................... (563) 547-2101
Internet Web Site: https://rhshc.com/
- Offers basic health care coverage at no cost for children of eligible families
Area Served includes: Houston County (located in Cresco, IA)
Eligibility: Children whose families are at or below the federal poverty level but who are not eligible for Medicaid or Medicare

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: Crawford, La Crosse, Monroe, and Vernon Counties
Eligibility: People who otherwise cannot afford medical care and prescriptions; patients are screened for eligibility

SingleCare ................................................................. (800) 222-2818
Internet Web Site: www.singlecare.com/
- PDF discount card maybe downloaded and printed
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota
Eligibility: General public

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

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 site .............................................. www.mn.gov/dhs

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

Minnesota Department of Human Services ............................................................... (800) 657-3739, or
Minnesota Department of Human Services Web site .............................................. www.mn.gov/dhs

In addition to the programs above there may be other resources to provide some limited medical care coverage assistance for certain populations such as Minnesota Family Planning Program or Medical Assistance for Breast/Cervical Cancer. There is also access to some medical care coverage for certain non-citizen populations in Minnesota. Information about these additional resources can be obtained by contacting:
Contact Great Rivers 2-1-1 for more information about these or other resources available
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

(Medical Assistance Program - Minnesota Continue)

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

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
  Crawford, Monroe, and Vernon Counties ...........................................................................(608) 424-4187
  La Crosse County ...............................................................................................................(608) 796-2725
Internet Web Site: www.couleecap.org
Eligibility: Homeless or at risk of homelessness by eviction for lack of rent payment, must meet income guidelines, show temporary decrease of household income, and ability to maintain payments beyond assistance

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:  www.co.houston.mn.us/departments/human-services/
Area Served Includes: Houston County

Houston County Veterans Services ................................................................. (507) 725-5805
Internet Web Site:  www.co.houston.mn.us/departments/veterans-services/
Area Served Includes: Houston County

La Crosse County Salvation Army ................................................................. (608) 782-6126
Internet Web Site:  https://centralusa.salvationarmy.org/lacrosse/
Area Served Includes: La Crosse County

La Crosse County Veterans Service Office .................................................. (608) 785-9719
Internet Web Site:  https://lacrossecounty.org/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, Crawford, 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.

CareConnect USA – Mortgage Relief Helpline ........................................... (888) 770-7312
Internet Web Site:  https://careconnectusa.org/
- A helpline that helps locate local agency that will work with homeowner’s mortgage company to arrange a modification to mortgage terms or comfortable pay plan. Agency does not make loans or buy property.
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota
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

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, Inc. - Community Action Program
Crawford, Monroe, and Vernon Counties .........................................................(608) 424-4187
La Crosse County ............................................................................................(608) 796-2725
Internet Web Site: www.coulee-cap.org
- Offers eviction prevention assistance
Eligibility: Income eligibility guidelines apply

FamilyMeans Financial Solutions ................................................................. (866) 866-3546
Internet Web Site: https://www.familymeans.org/
- Offers free budget and debt counseling to those who need help with debt repayment, relief from financial stress, and enhanced money management skills.
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

GreenPath Financial Wellness ...................................................................... (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: 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
- The hotline provides education and support that assist people in overcoming immediate financial issues. The line is answered by Credit Counselors who are provided by HUD-approved nonprofit organizations.
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

La Crosse County Salvation Army ..................................................... (608) 782-6126
Internet Web Site:  https://centralusa.salvationarmy.org/lacrosse/
- 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 apply

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

Money Management International ...................................................... (866) 889-9347
Internet Web Site:  https://www.moneymangement.org/housing
- A HUD-approved housing counseling agency offering: foreclosure/mortgage delinquency and loss mitigation counseling, home equity conversion counseling, reverse mortgage counseling, and home buyer education programs.
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

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 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

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

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: www.co.houston.mn.us/departments/human-services/
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
Contact Great Rivers 2-1-1 for more information about these or other resources available
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

(Salvation Army – Wisconsin Divisional Headquarters Continue)

Trempealeau County: .................................................................(715) 538-2311 ext. 306
Vernon County: .................................................................(608) 637-5210

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: Homeowners and renters meeting income and other eligibility requirements

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) 944-3281

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 arrears 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

Visit the website at https://energybenefit.wi.gov to apply for WHEAP or Keep Wisconsin Warm Fund. For more information and application assistance for 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

La Crosse County Human Services Department ......................................................... (608) 785-5582
Internet Web Site: www.co.la-crosse.wi.us
Area Served Includes: La Crosse 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) ............................. (800) 782-1063 ext. 0
Internet Web Site: www.westerndairyland.org/WHEAP.phtml
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 or are categorically eligible

Crawford County Department of Human Services ......................................................... (608) 326-0248
Internet Web Site: www.crawfordcountywi.org
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 who meet income guidelines 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 ................................................. (800) 782-1063 ext. 0
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
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:

Allegiant Property Management ................................................................. (608) 784-1381
Internet Web Site: www.allegiantpropertymgmtllc.com
Area Served Includes: 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 meeting income 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

Buffalo County Housing ................................................................. (608) 685-3663
Area Served Includes: Buffalo County
Eligibility: Individuals 62 years or age or older, or have a disability

Corners Apartments, The ................................................................. (651) 565-2638 ext. 205
Internet Web Site: www.semmchra.org/
Area Served Includes: Houston County
Eligibility: People in Southeast Minnesota meeting Section 8 income criteria

CouleeCap – Community Action Program ................................................................. (608) 632-6122
Internet Web Site: www.couleecap.org
Area Served Includes: Crawford and La Crosse Counties
Eligibility: Individuals and families meeting income guidelines

Courtyard at Willow Woods, The ................................................................. (608) 372-5890
Internet Web Site: www.nationalchurchresidences.org/
Area Served Includes: Monroe County
Eligibility: Individuals 62 years and older
Dak Management Company

Monroe County ............................................................... (800) 938-5645
Vernon County ............................................................... (877) 847-8924
Internet Web Site: www.dakgroup.org
Area Served Includes: Monroe and Vernon Counties
Eligibility: Families, older adults, and people with disabilities; must meet income guidelines

Fairview Estates Sparta Arms .............................................. (608) 269-4070
Area Served Includes: Monroe County
Eligibility: Income eligible families and individuals

Hillsboro Housing Authority ............................................ (608) 553-1717
Internet Web Site: www.hillsborowi.com/housing_authority
Area Served Includes: Vernon County
Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines

Horizon Management Group ........................................... (800) 944-4866
Internet Web Site: www.hmgapt.com/
Area Served Includes: La Crosse, Monroe, 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 ................................................................... (608) 799-1898
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 County
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: La Crosse, and Monroe Counties in Wisconsin; Houston County in Minnesota
Eligibility: Individuals and families who are income-eligible

Loretto Heritage Haven ............................................................. (507) 725-5113
Area Served Includes: Houston County
Eligibility: Older adults and adults with disabilities

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.ppmirentals.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: 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: People 50 years or older and children and adults with disabilities who meet HUD income requirements
St Vallerie ................................................................. (608) 788-4306  
Internet Web Site: https://paramark.us/property/st-vallerie-apartments/  
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

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:

Family Promise of the Chippewa Valley ......................................................... (715) 834-4357  
Internet Web Site: www.familypromisecv.org  
Area Served Includes: Mainly serves Eau Claire County but will consider families from Trempealeau County  
Eligibility: Homeless families with children

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 – Hope Renewal Center for Women ........................................ (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

Rock Valley Community Programs....................................................................................... (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

Sojourner’s Journey – Jean’s House .................................................................................. (608) 269-5558
Internet Web Site:  www.sojournersjourneyinc.org/
Area Served Includes: Monroe County
Eligibility: Women and their children who are homeless (including women with substance use concerns who have 48 hours of sobriety and those leaving incarceration)

Sojourner’s Journey – Jim’s House .................................................................................... (608) 269-5558
Internet Web Site:  www.sojournersjourneyinc.org/
Area Served Includes: Monroe County
Eligibility: Men who are homeless (including men with substance use concerns who have 48 hours of sobriety and those leaving incarceration)

Veterans Housing and Recovery Program (Chippewa Falls Klein Hall) ................... (715) 726-2541
Internet Web Site:  https://dva.wi.gov/Pages/benefitsClaims/VHRP.aspx
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 La Crosse ..................................................................................................................... (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

CLOTHING

Agape Pregnancy Resource Center – Learn and Earn Program ............................................. (608) 784-4966
  • A program established to help women earn points towards baby-related items including clothing
  Internet Web Site: https://lacrossepregnancy.com/
  Area Served Includes: Houston County in Minnesota and La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin
  Eligibility: Pregnant women and new mothers and their partners

Birthright of La Crosse ............................................................................................................. (608) 782-0373
  • Provides maternity and baby clothes
  Area Served Includes: Houston County in Minnesota and La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin
  Eligibility: Pregnant women and new mothers

Buffalo County Department of Health and Human Services – Voucher Program ...... (608) 685-6319
  • Provides a voucher to families in need to be used at Goodwill stores for clothing and other basic need materials
  Area Served Includes: Buffalo County
  Eligibility: Buffalo County families in need

Carol’s Closet .......................................................................................................................... (563) 608-9649
  • Provides newborn clothes to size 6 children’s clothes
  • Has two locations, one in Strawberry Point, IA and Waukon, IA
  Internet Web Site: https://www.carolscloset.net/
  Area Served Includes: Crawford County
  Eligibility: Pregnant women and new mothers

Catholic Charities – Men’s Clothes Closet ................................................................. (608) 782-0710
  • Provides free-of-charge clothing for men
  Internet Web Site: https://ccise.org/
  Area Served Includes: Buffalo, La Crosse, Monroe, and Trempealeau Counties
  Eligibility: Men in need of clothing
Contact Great Rivers 2-1-1 for more information about these or other resources available

Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

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Center: 7 Rivers LGBTQ Connection, The – Fresh Out of the Closet ......................... (608) 784-0452
- Provides free-of-charge clothing for adults and youth

Internet Web Site: https://7riverslgbtq.org/services/freshoutofthecloset/

Area Served Includes: La Crosse County

Eligibility: Adults and youth

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

504 South Main Street, Viroqua
- Provides free-of-charge clothing and shoes for women, men, children, and infants

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Families First of Monroe County ............................................................................. (608) 374-4141
- Provides free infant and children clothing when available and clothing vouchers

Internet Web Site: https://www.familiesfirstofmonroecounty.org/

Area Served Includes: Monroe County

Eligibility: Must be 18 years and older to apply; must meet income guidelines

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First Teen Clothes Closet ............................................................................................ (608) 783-2236
- Provides free-of-charge clothing

Internet Web Site: https://www.firstlutheranonalaska.org/clothescloset

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

Eligibility: Children ages 10 through 18

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Hope Gospel Mission – Clothing Vouchers .................................................................. (715) 839-9498 ext 1103
- Provides vouchers to individuals and families needing clothing and/or shoes

Internet Web Site: www.hopegospelmission.org/

Area Served Includes: Buffalo and Trempealeau Counties

Eligibility: Individuals and families in need

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Northside Kids Clothes Closet ...................................................................................... (608) 780-8443
- Provides free-of-charge clothing and coats

Area Served Includes: La Crosse County

Eligibility: Children toddlers through 5th grade

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La Crosse County Salvation Army ................................................................................... (608) 782-6126
- Provides clothing and other materials through the thrift store to low-income individuals and families facing crisis situations

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

Area Served Includes: La Crosse County

Eligibility: Persons in need of emergency assistance
Contact Great Rivers 2-1-1 for more information about these or other resources available

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

or

Text your zip code to 898211

New Life Resource Center ...........................................................................................................(608) 785-2377

- Provides newborn clothing to 5T

Internet Web Site: https://www.newlifelacrosse.org/

Area Served Includes: La Crosse County

Eligibility: Pregnant women and new mothers

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

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

Internet Web Site: https://www.oursaviorslutheranchurch.net/

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

Eligibility: Women

THRIFT SHOPS

ABC (Ability Building Community) – Twice is Nice Resale Shop .............................................(507) 725-2092

521 Old Highway Drive, Caledonia

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

1118 Superior Avenue, Tomah

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

128 Mill Street, Hillsboro

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

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 ext. 3
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

Our Lady of Perpetual Help Mission Thrift Store ................................. (608) 323-7116
411 South Washington Street, Arcadia

Rootin Crown Consignment Shop ......................................................... (608) 519-9500
47 Copeland Avenue, La Crosse
Contact Great Rivers 2-1-1 for more information about these or other resources available
Dial 2-1-1 or (800) 362-8255
or
Text your zip code to 898211

Western Dairyland Economic Opportunity Council – Cents and Sensibility ............. (715) 985-3301
23741 Washington Street, Independence

Winona / Fillmore County 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
Great Rivers 2-1-1

Internet Web Site: www.greatrivers211.org

24-hour 3-Digit Crisis Line .................................................................2-1-1
24-hour Toll Free Crisis Line .................................................................(800) 362-8255
Monday–Friday afternoons and evenings, text your zip code to ........................................898211

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

Hiawatha Valley Mental Health Winona Office ..............................................(844) 274-7472

Internet Web Site: www.hvmhc.org/

Area Served includes: Houston County

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

Internet Web Site: www.lacrossecounty.org/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) 538-4351
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

DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND CRIME VICTIMS RESOURCES

Black and Brown Womyn Power Coalition (BBWP) - (Domestic violence) ..............(877) 740-4292

Internet Web Site: www.bbwpcoalition.org/

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

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-1am .................................................................20121
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

Deaf Unity *(Domestic Violence)* ................................................................. (608) 466-2881
Internet Web Site: www.deafunitywi.org/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

Family and Children’s Center *(Domestic Abuse Project)* ........................................... (608) 637-7052
Internet Web Site: www.fcconline.org
Area Served Includes: Vernon County

Great Rivers 2-1-1 *(Crime victim, domestic violence and sexual assault)*
Internet Web Site: www.greatrivers211.org
24-hour 3-Digit Crisis Line .......................................................................................... 2-1-1
24-hour Toll Free Crisis Line ..................................................................................... (800) 362-8255
Monday–Friday afternoons and evenings, text your zip code to .....................898211
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
HAVEN (Household Abuse Victims Emergency Network) ............................................. (715) 536-1300
Internet Web Site: www.haveninc.org/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

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

Ho-Chunk Nation Department of Social Services (Domestic Abuse) ....................... (715) 284-2622 ext15135
Internet Web Site: https://ho-chunknation.com/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

Lac Du Flambeau Statewide Shelter Program (Domestic Abuse) ......................... (715) 588-7660
Internet Web Site: www.ldftribe.com/
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

New Horizons Shelter and Outreach Centers (Domestic Violence and sexual assault) ....... (888) 231-0066
Internet Web Site: www.nhagainstabuse.org
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
Internet Web Site: www.passagesrc.com/
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

Room to be Safe Anti-Violence Program (Domestic Violence) ............................. (414) 856-5428
Internet Web Site: www.roomtobesafe.org/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

StrongHearts Native Helpline .............................................................................. (844) 762-8483
Internet Web Site: https://strongheartshelpline.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](http://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/](http://www.womens-shelter.org/)

Area Served includes: Houston County

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**PUBLIC TRANSPORTATION**

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

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

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

- Provides a four-county, fixed route, commuter bus system

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

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

For other transportation information (such as medical transportation or transportation for seniors, individuals with disabilities, domestic violence victims, or runaways) or to learn if there are resources for gas vouchers or bus tokens contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255, visit the Web site at [www.greatrivers211.org](http://www.greatrivers211.org) or by texting your zip code to 898211.

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**SPECIAL POPULATIONS**

**FARMERS**

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

Internet Web Site: [https://buffalo.extension.wisc.edu](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](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) 538-5097
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

Extension Vernon County, UW-Madison ........................................................... (608) 637-5276
Internet Web Site: https://vemon.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

Harvest of Hope Fund ...................................................................................... (608) 836-1455 ext. 8
Internet Web Site: www.madisonchristiancommunity.org/harvest_of_hope.aspx
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
  • Provides financial assistance for farm families who need assistance to purchase seed, fertilizer fuel, and other supplies needed for spring planting and to meeting emergency needs for food, home heating fuel and electrical expenses, medical or veterinary expenses, farm expenses, retraining, or other immediate situations.
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. 204

Wisconsin Farm Center

Farm Center ............................................................................................................. (800) 942-2474
Farmer Wellness Hotline ....................................................................................... (888) 901-2558

Internet Web Site:  https://datcp.wi.gov/Pages/Growing_WI/FarmCenterOverview.aspx
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 / 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: Crawford, Buffalo, 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

Garske’s Veteran Services .................................................................................................. (715) 523-2304
Internet Web Site: www.garskesveteranservices.com/
Area Served includes: Crawford, Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties
  • Provides employment assistance, consultations, and training to veterans
  • Can also help pay for post-secondary certifications (training and exams) such as teaching, CDL training, forklift operator, software skills training, Microsoft Office Specialist Certificates

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 ......................................................................................................................... (608) 518-5356
Internet Web Site: https://horsesensewi.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 Veteran’s 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: https://www.vetcenter.va.gov/
Area Served includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin
  • Vet Center provides readjustment counseling and outreach services

La Crosse Veterans Affairs Clinic ...................................................................................... (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

Madison Vet Center .............................................................................................................. (608) 264-5342
Internet Web Site: www.va.gov/find-locations/facility/vc_0419V
Area Served includes: Crawford County
  • Vet Center provides readjustment counseling and outreach services
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 ......................................................................................... (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

Service Member, Veteran, and Family (SMVF) Warmline.............................................. (262) 336-9540
Internet Web Site: www.mhawisconsin.org/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
  • A warmline providing non-crisis peer support 24/7 to Wisconsin residents currently serving or previously served in the U.S. Armed Forces and their families

Tomah Veterans Affairs Medical Center ........................................................................... (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

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

Vets4Warriors ...................................................................................................................... (855) 838-8255
Internet Web Site: www.vets4warriors.com/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota
  • Offers a peer support hotline for active military, veterans, and families of military personnel
  • Calls and chats are answered by veterans and current service members trained to provide peer support

Veterans Benefits Administration Information............................................................... (800) 827-1000
Internet Web Site: www.benefits.va.gov
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota
  • Veterans benefits advocacy and information
Veterans Crisis Line..............................................................................................................(800) 273-8255

Internet Web Site:  www.veteranscrisisline.org
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

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

Veterans Housing and Recovery Program (VHRP) .........................................................(800) 947-8387

Internet Web Site:  https://dva.wi.gov/Pages/benefitsClaims/VHRP.aspx
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin

• Provides temporary housing (up to two years), training, and supportive services to military veterans who are homeless or at risk of becoming homeless

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

• 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

Wisconsin Department of Workforce Development – Veterans Employment Services.............(608) 733-3906

Internet Web Site:  http://wisconsinjobcenter.org/veterans/veterans.htm
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin

• Provides an online tool to assist veterans in finding a job or starting a new career
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
Contact Great Rivers 2-1-1 for more information about these or other resources available

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

or

Text your zip code to 898211

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(Unemployment Compensation - Wisconsin Continue)

When applying people need:

- ✓ Their social security numbers
- ✓ 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