



Great Rivers
UNITED WAY

Since 1949, Great Rivers United Way has united people and resources to find solutions to our community's most pressing challenges. We take a comprehensive approach, listening and responding to our region's top needs.

UNITED IS THE WAY

MENTAL WELLBEING IN THE COULEE REGION

Learn more at:
www.compassnow.org



Local residents
report fair or poor
mental health



Local residents
diagnosed with
depression



Local youth
report significant
anxiety

83%
of Coulee Region
Residents told us they
are very or moderately
concerned about
mental health

WHAT YOUR DOLLARS CAN DO

Your gift to Great Rivers United Way supports local resources that foster mental wellbeing so all members of our community can thrive.



THIS

\$1 /week

provides a child with 7 hours of homework help at an afterschool program.



IS

\$2 /week

provides 12 people with peer support when they need a listening ear.



MENTAL

\$5 /week

provides a family of five with food to make one week of nutritious meals.



WELLBEING

\$10 /week

provides a youth with social, emotional, and basic needs support for one year.

Support the
six strategies for
mental wellbeing
with your gift!



Connecting
with Others



Healthy
Diet



Quality
Sleep



Being
in Nature



Physical
Activity



Mindfulness

Great Rivers United Way
is mobilizing communities to action so all can thrive.

Great Rivers United Way | 1855 E. Main St. | Onalaska, WI 54650 | (608) 796-1400 | info@gruw.org | www.gruw.org
Serving Buffalo, Crawford, La Crosse, Monroe, Trempealeau, Vernon, and Houston counties, and the city of Black River Falls.

2026-27 PLEDGE FORM

You may also donate online at: www.gruw.org/give



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MY INFORMATION

First Name	(Preferred Name)	Last Name	Gender
Home Address	Apt. #	City	State Zip
Cell Phone	☐ Mobile marketing opt out	Work Phone	
Personal Email	☐ Email opt out	Work Email	☐ Email opt out
Employer	☐ I'm retired or plan to retire soon. _____ Date, if known (MM/DD/YY)		
Age: ☐ <20 ☐ 21-30 ☐ 31-40 ☐ 41-50 ☐ 51-64 ☐ 65-70 ☐ 71+		☐ I'm interested in volunteering.	
☐ I'd like more info about including Great Rivers United Way in my will.			

GIVE & WIN SWEEPSTAKES



Give and you could win one of two \$250 gift cards thanks to Kwik Trip. Give more, get additional entries! Every eligible campaign gift automatically earns one entry. Starting at \$52, you'll receive one additional entry for every \$52 donated (up to 20 total entries). See complete sweepstakes rules at www.gruw.org/sweepstakes.

MY DONATION

1 HOW WOULD YOU LIKE TO PAY FOR YOUR GIFT?

☐ PAYROLL DEDUCTION >>>

	x		= \$	
Amount per pay period		Pay periods per year		Total payroll deduction

☐ DIRECT GIFT >>>

\$	
	Direct gift amount

- ☐ Personal Check Made payable to: Great Rivers United Way
- ☐ Bill \$48 minimum ☐ Once on (MM/YY) ☐ Quarterly in Jan, Apr, Jul, Oct 2026
- ☐ Automatic Bank Withdrawal \$48 minimum; attach voided check ☐ Once on (MM/YY) ☐ Monthly
- ☐ Credit Card - Online I processed my gift on (MM/DD/YY) using the secure online form at www.gruw.org/give.
- ☐ Credit Card - Processed by GRUW Call (608) 796-1400 with your credit card details.
- ☐ Cash

2 IS THIS IS A COMBINED GIFT?

\$		Spouse/Partner Name	Spouse/Partner Employer
Total combined gift			

3 AUTHORIZE YOUR GIFT BY SIGNING AND DATING BELOW.

Signature

Date

Your tax deductible gift supports health and human service programs. As required by law, Great Rivers United Way acknowledges no commercial goods or services were exchanged for your contribution. Please contact us regarding designations. QUESTIONS? Call Great Rivers United Way at (608) 796-1400 or visit our website: www.gruw.org. If you would like to know more about our financial efficiency, please see our Annual Report: www.gruw.org/annualreport.