

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. *

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

or

Text your zip code to 898211

ADDICTIONS HELP

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

Great Rivers 2-1-1 or (800) 362-8255				
Internet Web Site: www.greatrivers211.org				
Text your zip code to 898211				
Wisconsin Addiction Recovery Helpline2-1-1 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				

Visit the website for meeting information

12 Step system, with 8 Recovery Principles which are founded on Biblical quotations.

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

or

Text your zip code to 898211

Coulee Recovery Center	(000) /04-41//
Internet Web Site: www.couleerecovery.org	
Provides confidential assistance, information and referral, education, and	d 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	, ,
•	(1117)
Hiawatha Valley Mental Health Center	(507) 725-2022
Internet Web Site: www.hvmhc.org	, ,
Helps people recover from all types of addictive or self-destructive beha	aviors. The group focuses on four program
points: Enhancing and Maintaining Motivation to Abstain, Coping with U	rges, Problem Solving, and Lifestyle Balance
Visit the website for meeting information	
Ho-Chunk Nation Department of Health	
Internet Web Site: www.ho-chunknation.com	
Black River Falls Office	(715) 284-9851
La Crosse Office	(608) 783-6025
Tomah Office	(608) 372-5202
AODA services for members of the Ho-Chunk Nation	
Minnesota Region of Narcotics Anonymous	(877) 767-7676
Internet Web Site: www.naminnesota.org	
Twelve Step support group for people with addictions	
Self-Management and Recovery Training (SMART Recovery)	
Internet Web Site: www.smartrecovery.org/	
Helps people recover from all types of addictive or self-destructive beha	aviors. The group focuses on four program
points: Enhancing and Maintaining Motivation to Abstain, Coping with Urges, Problem Solving, and Lifestyle Balanc	
Visit the website for meeting information	
Substance Abuse and Mental Health Services Administration (SAMHSA))(800) 662-4357
Internet Web Site: www.samhsa.gov	. ,
	

Helpline and searchable database of substance abuse treatment options

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

or

Text your zip code to 898211

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.clearwaymn.org/

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

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

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

or

Text your zip code to 898211

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://dcf.wisconsin.gov/wishares

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

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

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

Area Served Includes: Crawford County

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.northwestreadingclinicltd.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

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

or

Text your zip code to 898211

Southwest Wisconsin Technical College(608) 822-3262
Internet Web Site: www.swtc.edu
Adult basic education/GED classes
Eligibility: Age 16 or older
Western Technical College(800) 322-9982
Internet Web Site: www.westerntc.edu
Adult basic education/GED classes; campuses in Black River Falls, Independence, La Crosse, Mauston, Sparta,
Tomah, and Viroqua
Eligibility: General public
Winona Area Public School District - Community Education(507) 494-0924
Internet Web Site: www.winona.k12.mn.us
Area Served Includes: Houston County
Adult basic education/GED classes
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
,

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

or

Text your zip code to 898211

Internet Web Site: www.winona.edu

EMPLOYMENT

MINNESOTA FAMILY INVESTMENT PROGRAM

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

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

 $\underline{ \text{Internet Web Site:} } \underline{ \text{https://www.co.houston.mn.us/departments/human-services/} }$

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

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

or

Text your zip code to 898211

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 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 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.westerntc.edu

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

and dislocated workers)

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

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

or

Text your zip code to 898211

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

 $\begin{tabular}{ll} \textbf{Internet Web Site:} & \underline{ \textbf{https://workforcedevelopmentinc.org/employment-seekers/} \\ \end{tabular}$

• 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

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

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

or

Text your zip code to 898211

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

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

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

Area Served includes: Houston County

Eligibility: General public

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

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

or

Text your zip code to 898211

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.cclse.org

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

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

Eligibility: General public

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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/Home2

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

Internet Web Site: www.access.wi.gov

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

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

Area Served Includes: Crawford County

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

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

or

Text your zip code to 898211

Western Region for Economic Assistance(888) 627-0430

Internet Web Site: http://www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm
Area Served Includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties
To apply: Call for information or complete an application on the ACCESS website

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

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

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

or

Text your zip code to 898211

Trempealeau County Health Department(715) 299-6472
Internet Web Site: 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
Area Served Includes: Vernon County
To apply: Call or walk in for appointment and registration
COMMUNITY MEALS
A Place of Grace Catholic Worker House(608) 782-6224
Offers home cooked meals to individuals and families in need; call for more information and mealtimes
Area Served includes: La Crosse County
Eligibility: General public
Come For Supper – Ettrick(608) 582-2196
Provides a free meal once a month; call for more information and mealtimes
Area Served includes: The Ettrick Area in Trempealeau County
Eligibility: General public
Come For Supper – La Crosse(608) 782-3468
Provides a free meal on Tuesdays; call for more information and mealtimes
Area Served includes: La Crosse County
Eligibility: General public
Come For Supper – Prairie du Chien(608) 326-6411
Provides a free meal once a month; call for more information and mealtimes
Area Served includes: Crawford County
Eligibility: General public
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

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

or

Text your zip code to 898211

The Salvation Army - La Crosse(608) 782-6126 Internet Web Site: https://centralusa.salvationarmy.org/lacrosse/ Provides 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 Ettrick Cities in Trempealeau County

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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

(Second Harvest Foodbank of Southern Wisconsin Continue)

- Walk-in only on the 3rd Thursday of each month from 4pm 5:15pm at 26700 Fellowship Lane, Richland Center
- Walk-in only on the 3rd Monday of each month from 3:30pm 4:30pm at 1121 East Montgomery Street, Sparta
- Walk-in only on the 1st Tuesday of each month from 3:30pm 4:30pm at 1615 Butts Avenue, Tomah

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

Eligibility: General public

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

Internet Web Site: www.semcac.org

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

Area Served includes: Houston County

Eligibility: Must meet eligibility guidelines

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

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

Area Served includes: Holmen and surrounding area Eligibility: Any person in need (no income guidelines)

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

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

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

Eligibility: Individuals with low income

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

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

Area Served includes: Towns of Chimney Rock, Eleva, Elk Creek, and Strum in Trempealeau County Eligibility: Individuals, families, and elderly meeting income guidelines in the Eleva-Strum School District

Trempealeau County Food Pantry (715) 538-2397

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

Area Served includes: Trempealeau County

Eligibility: Individuals and families meeting income guidelines

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

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

or

Text your zip code to 898211

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

Eligibility: General public - no age specifics

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

or

Text your zip code to 898211

Chippewa Valley Free Clinic(715) 839-8477			
Internet Web Site: www.cvfreeclinic.org			
Area Served includes: Buffalo and Trempealeau Counties			
Eligibility: General public; individual must not have government insurance or affordable private insurance and meet income guidelines			
Ligibility. General public, individual finds not have government insurance of anordable private insurance and infect modifie guidelines			
Chippewa Valley Technical College - CVTC(715) 833-6271			
Internet Web Site: www.cvtc.edu			
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston in Minnesota			
(located in Eau Claire)			
Eligibility: People with low incomes and Wisconsin Medicaid recipients, cannot accept Medicaid from Minnesota or Iowa			
Donated Dental Services(888) 338-6852			
Internet Web Site: www.wda.org			
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, and Vernon Counties (services may be located at a distance)			
Eligibility: People who are permanently disabled, chronically ill, or of advanced age and have a financial need; not for routine services			
such as check-ups and cleaning, must have extensive dental need			
Family Health Center – Black River Falls Dental Center(715) 670-0400			
Internet Web Site: www.marshfielclinic.org			
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties			
Eligibility: General public			
Marquette University Dental Clinic(414) 288-6790			
Internet Web Site: www.marquette.edu/dentistry			
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Milwaukee)			
Eligibility: General public, including people without insurance			
Scenic Bluffs Community Health Center(608) 654-5100			
Internet Web Site: www.scenicbluffs.org			
Area Served includes: Crawford, La Crosse, Monroe, and Vernon Counties			
Eligibility: General public regardless of income-level or insurance status			
COMMUNITY (FREE OR LOW COST) CLINICS			
Bridges Health Winona(507) 457-2891			
Internet Web Site: www.bridgeshealthwinona.org/			
Area Served includes: Houston and Trempealeau Counties (locations in Arcadia and Winona)			

Eligibility: General public with a focus on those who cannot access affordable health care

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

or

Text your zip code to 898211

unternet v	/eb Site: www.cvfreeclinic.org
Area Serv	ed includes: Buffalo and Monroe Counties
Eligibility:	General public; individual must not have government insurance or affordable private insurance and meet income guidelines
Commu	nity Care Clinic (Onalaska)(608) 781-2225
nternet V	/eb Site: http://bronstonchiro.com/community-care-clinic/
	ed includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in
Eligibility:	General public
Decoral	n Community Free Clinic(563) 419-0962
nternet V	/eb Site: www.decorahfreeclinic.com/
Area Serv	ed includes: Houston County (located in Decorah, Iowa)
Eligibility:	People who do not have access to or are unable to afford health care services
Eau Cla	ire City/County Health Department(715) 839-6988
nternet V	/eb Site: www.eauclairewi.gov/government/our-divisions/health-department
Area Serv	ed includes: Buffalo and Trempealeau Counties (located in Eau Claire)
Eligibility:	Females and males, including adolescents, for reproductive health care services
Free Cli	nic of the Greater Menomonie Area(715) 308-3808
nternet V	/eb Site: www.menomoniefreeclinic.org/
Area Serv	ed includes: Buffalo and Trempealeau Counties
Eligibility:	Individuals and families who meet income guidelines
Ho-Chu	nk Nation Department of Health(715) 284-9851
nternet V	/eb Site: www.ho-chunknation.com
Area Serv	ed 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
nHealth	n Community Wellness Free Clinic(608) 375-4324
nternet V	/eb Site: https://www.inhealthcwc.com/
Area Serv	ed includes: Crawford County (located in Boscobel)
ligibility:	People who are uninsured and those who do not qualify for government health insurance
Neighbo	orhood Family Clinics
	La Crosse Site(608) 781-9880 ext. 2
	Onalaska Site(608) 779-5323
	(000) 770 0020
	Sparta Site
	• •

Internet Web Site: www.mynfclinics.com

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

or

Text your zip code to 898211

(Neighborhood Family Clinics Continue)

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

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 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

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

or

Text your zip code to 898211

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 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.inhealthcwc.com/ Provides financial assistance for prescription medications Area Served includes: Crawford County (located in Boscobel) Eligibility: People who are uninsured and people with high deductibles and those who do not qualify for government health insurance Partnership for Prescription Assistance (PPA) Internet Web Site: https://medicineassistancetool.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

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

or

Text your zip code to 898211

Pfizer RXPathways(844) 989-7284 Internet Web Site: www.pfizerrxpathways.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 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

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

or

Text your zip code to 898211

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:

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

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:

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 bv contactina: 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

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

or

Text your zip code to 898211

(Medical Assistance Program - Wisconsin Continue)

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

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

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

or

Text your zip code to 898211

Houston County Department of Human Services(507) 725-5	Ω11
Internet Web Site: www.co.houston.mn.us/departments/human-services/	511
Area Served Includes: Houston County	
Area derved includes. Flousion County	
Houston County Veterans Services(507) 725-5	805
Internet Web Site: www.co.houston.mn.us/departments/veterans-services/	
Area Served Includes: Houston County	
La Crosse County Salvation Army(608) 782-6	126
Internet Web Site: https://centralusa.salvationarmy.org/lacrosse/	
Area Served Includes: La Crosse County	
La Crosse County Veterans Service Office(608) 785-9	719
Internet Web Site: https://lacrossecounty.org/veterans/	
Area Served Includes: La Crosse County	
Monroe County Salvation Army (608) 374-4	141
Internet Web Site: www.usc.salvationarmy.org	
Area Served Includes: Monroe County	
Area derved mediales. Monitoe county	
Rural Housing, Inc(888) 400-5	974
Internet Web Site: www.wisconsinruralhousing.org	
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties	
Semcac - Houston County Field Office(507) 725-3	677
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

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

or

Text your zip code to 898211

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.couleecap.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 budge 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

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

or

Text your zip code to 898211

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.moneymanagement.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

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

or

Text your zip code to 898211

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	
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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	` ,
La Crosse County	• •
-	-

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

or

Text your zip code to 898211

(Salvation Army - Wisconsin Divisional Headquarters Continue)

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:

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 arrearages in their heating bills.

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

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

or

Text your zip code to 898211

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:

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

or

Text your zip code to 898211

(Weatherization Continue)

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

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

or

Text your zip code to 898211

LOW INCOME HOUSING

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

Great Rivers 2-1-1. You may speak to an Information and Referral Specialist 24 hours/day, 7 days/week by dialing 2-1-1 or 1-800-362-8255. You may also search for information on their Web site at www.greatrivers211.org or text your zip code Monday — Friday in the afternoons and evenings to 898211.

Local Housing Authorities also provide access to low income housing through the use of Section 8 housing vouchers and in some cases by maintaining Section 8 housing units in their area. For information and applications contact:

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

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

or

ak Management Company	
Monroe County	(800) 938-5645
Vernon County	(877) 847-8924
sternet Web Site: www.dakgroup.org	
rea Served Includes: Monroe and Vernon Counties	
ligibility: Families, older adults, and people with disabilities; must meet income guidelines	
airview Estates Sparta Arms	(608) 269-4070
rea Served Includes: Monroe County	
ligibility: Income eligible families and individuals	
lillsboro Housing Authority	(608) 553-1717
sternet Web Site: www.hillsborowi.com/housing_authority	-
rea Served Includes: Vernon County	
ligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
lorizon Management Group	(800) 944-4866
sternet Web Site: www.hmgapt.com/	
rea Served Includes: La Crosse, Monroe, Trempealeau and Vernon Counties	
ligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
lousing Authority of the City Of La Crosse	(608) 782-2264
sternet Web Site: www.lacrossehousing.org	
rea Served Includes: City of La Crosse	
ligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
louston Housing and Redevelopment Authority	(507) 896-2431
sternet Web Site: www.houstonhousingauthority.org/	
rea Served Includes: Houston County	
ligibility: Older adults meeting income criteria	
npact Seven	(608) 799-1898
sternet Web Site: www.impactseven.org	
rea Served Includes: La Crosse County	
ligibility: Low-income families and adults with chronic mental illness meeting income guidelines	
a Crosse County Housing Authority	(608) 781-5365
sternet Web Site: www.lcha.net	-
rea Served Includes: La Crosse County	
•	

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

or

Text your zip code to 898211

andmark Company Property Management	(715) 834-3411
nternet 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	y criteria
awler School Lofts	(608) 306-0493
nternet Web Site: www.lawlerschoollofts.com	
Area Served Includes: Crawford County	
Eligibility: Income-eligible individuals and families; preference given to veterans and individuals at r	isk of homelessness
ife Style	(507) 451-8524
nternet Web Site: www.lifestyleinc.net	
Area Served Includes: La Crosse, and Monroe Counties in Wisconsin; Houston County in Minneson	ta
Eligibility: Individuals and families who are income-eligible	
.oretto Heritage Haven	(507) 725-5113
Area Served Includes: Houston County	-
Eligibility: Older adults and adults with disabilities	
Meridian Group	(608) 326-2854
nternet 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
nternet 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
nternet 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
nternet Web Site: www.semmchra.org	
Area Served Includes: Houston County	
Eligibility: Individuals meeting Section 8 income criteria	
Spring Grove Manor	(507) 498-5780
spring Grove Marior	` '
nternet Web Site: www.lloydmanagementinc.com	,

Eligibility: People 50 years or older and children and adults with disabilities who meet HUD income requirements

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

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

• 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://cclse.org/

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

Eligibility: Men in need of clothing

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

or

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
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
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
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
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
Northside Kids Clothes Closet(608) 780-8443
Provides free-of-charge clothing and coats
Area Served Includes: La Crosse County
Eligibility: Children toddlers through 5 th grade
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

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

or

Now Life December Contact	(600) 705 0277
New Life Resource Center • Provides newborn clothing to 5T	(606) 765-2377
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	or women
Internet Web Site: https://www.oursaviorslutheranchurch.net/	
Area Served Includes: Houston County in Minnesota and La Crosse, Monroe, Trempealeau, and Vernor, Eligibility: Women	Counties in Wisconsin
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	(000) 004 0770
133 From Otteet, Outshion	
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	(609) 490 3627
•	(006) 469-3027
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	

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

or

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 2 nd Street, Winona
Habitat for Humanity ReStore – La Crosse(608) 785-2375 ext. 1
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 11
2511 West Moholt Drive, Eau Claire
Hope Gospel Mission – Bargain Center - Mondovi
121 Notth Lau Glaire Street, Mondovi
Hope Gospel Mission – Building Hope
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

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

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

or

Text your zip code to 898211

Great Rivers 2-1-1	
Internet Web Site: www.greatrivers211.org 24-hour 3-Digit Crisis Line2-1-1	
24-hour Toll Free Crisis Line(800)	262 9255
Monday-Friday afternoons and evenings, text your zip code to	
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin a	
Minnesota	and Houston County in
Willinesota	
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	I 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 RESOU	IRCES
Black and Brown Womyn Power Coalition (BBWP) - (Domestic violence)(877)) 740-4292

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

Internet Web Site: www.bbwpcoalition.org/

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

or

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 Wisco	onsin
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 Wisc	onsin 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	
For the set Oblite to October (Dec. 16, 44, 18, 5), in the	(000) 007 7050
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 Wisc	onsin 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	d-intervention/
Area Served includes: Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties	
Cunderson Demostic Violence and Council Account Ducament	(600) 775 5050
Gundersen Domestic Violence and Sexual Assault Program	
Internet Web Site:	

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

or

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)
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)
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

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

or

Text your zip code to 898211

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

Internet Web Site: www.umos.org

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

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

Internet Web Site: www.womens-shelter.org/
Area Served includes: Houston County

PUBLIC TRANSPORTATION

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

Internet Web Site: www.cityoflacrosse.org/mtu

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

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

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

Internet Web Site: 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 or by texting your zip code to 898211.

SPECIAL POPULATIONS

FARMERS

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

Internet Web Site: https://buffalo.extension.wisc.edu

Area Served includes: Buffalo County

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

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

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

Area Served includes: Buffalo County

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

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

or

Text your zip code to 898211

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 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://vernon.extension.wisc.edu Area Served includes: Vernon County Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management Farm Aid(800) 327-6243 Internet Web Site: www.farmaid.org Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in greatest need 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.

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

or

Text your zip code to 898211

Houston County UM Extension Office(507) 725-5807 Internet Web Site: https://extension.umn.edu/local/houston Area Served includes: Houston County Information regarding crop production, dairy farm management, and farm management; work with groups and individuals involved with agriculture and agribusiness Minnesota Department of Agriculture(800) 967-2474 Internet Web Site: www.mda.state.mn.us Area Served includes: Houston County Provides extensive information and assistance for farmers including business/farm management assistance; legal information regarding farm business; financial counseling and analysis; grants to promote new value-added products and technologies, research and market development, and feasibility studies; and start-up or expansion assistance United States Department of Agriculture(202) 720-2791 Internet Web Site: www.fsa.usda.gov Area Served includes: La Crosse, Monroe, and Vernon Counties in Wisconsin and Houston County in Minnesota Oversees the Farm Service Agency which administers farm commodity loan and surplus purchase programs, crop insurance, resource conservation programs for farmers, emergency assistance for farmers in disaster areas, and loans through a network of State and County offices. Farm Service Agency - Houston County......(507) 765-2123 ext. 2 Farm Service Agency - Buffalo, La Crosse, Monroe, and Trempealeau Counties(608) 269-8136 Farm Service Agency - Crawford and Vernon Counties(608) 637-2183 ext. 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

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

or

Text your zip code to 898211

	ty Service - Fort McCoy(608) 388-3505
Internet Web Site:	https://mccoy.armymwr.com/programs/army-community-service
Area Served includ	es: 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 Vetera	an Services(715) 523-2304
nternet Web Site:	www.garskesveteranservices.com/
Area Served includ	es: 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 Fo	oundation(800) 521-0198
nternet Web Site:	www.honorboundfoundation.org
Area Served includ	es: Nationwide
•	Information and referral services to resources available to veterans and their families; limited emergency assistance
	available on a case-by-case basis
lorseSense	(608) 518-5356
nternet Web Site:	https://horsesensewi.org/
Area Served includ	es: La Crosse and Vernon Counties in Wisconsin and Houston County in Minnesota
•	Therapeutic riding program for veterans with mental, emotional, or physical disabilities
_a Crosse Area	Veteran's Mentor Program(608) 785-6420
nternet Web Site:	www.lavmp.org
Area Served includ	es: 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
.a Crosse Vet (Center(608) 782-4403
nternet Web Site:	https://www.vetcenter.va.gov/
Area Served includ	es: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin
•	Vet Center provides readjustment counseling and outreach services
_a Crosse Vete	rans Affairs Clinic (608) 784-3886
nternet Web Site:	www.tomah.va.gov/locations/Lacrosse.asp
Area Served includ	es: Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minneson
•	Health screening, disease prevention, primary care, and mental health services
Madison Vet Ce	enter(608) 264-5342
	, , ,
nternet Web Site	www.va.gov/find-locations/facility/vc_0419V

Vet Center provides readjustment counseling and outreach services

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

or

Text your zip code to 898211

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.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

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

or

Text your zip code to 898211

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

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

or

Text your zip code to 898211

(Veterans/Military Families Continue)

For information about resources for other special populations (individuals with disabilities, senior citizens, members of the Hmong Community, or other special populations) contact Great Rivers 2-1-1 by dialing 2-1-1 or (800) 362-8255, visit the Web site at www.greatrivers211.org or by texting your zip code to 898211

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 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

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

or

Text your zip code to 898211

(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

