



## **Monroe County Resource Guide**

**Workforce Connections, Inc.**

120 E Milwaukee St.

Tomah, WI 54660

(608) 789-5620

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

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**Dial 9-1-1 immediately if you or someone else is in immediate, serious, or life-threatening danger.**

## ABUSE

|   |  |  |
|---|--|--|
| <b>Adult Protective Services<br/>Monroe County ADRC</b>                 | <b>Phone:</b><br>1-888-552-6642<br>or<br>608-269-8600  | <b>Website:</b><br><a href="#">Aging and Disability Resource Center   Monroe County, WI</a>  |
| <b>Brighter Tomorrows</b>   | <b>Phone:</b><br>Sparta:<br>608-269-7853<br><br>Tomah:<br>608-374-6975   | <b>Website:</b><br><a href="#">Brighter Tomorrows (mocabrightertomorrows.com)</a>  |
| <b>Child Protective Services<br/>Monroe County</b>                      | <b>Phone:</b><br>608-269-8600<br><br><b>Business Hours:</b><br>Monday thru Friday<br>8:00 AM – 4:30 PM<br>After Hours/Weekends<br>Call 911 | <b>Website:</b><br><a href="#">Report Abuse (wisconsin.gov)</a>  |
| <b>Gundersen Domestic<br/>Violence &amp; Sexual Assault<br/>Program</b> | <b>Phone:</b><br>608-775-3454<br>800-362-9567<br>ext. 53454<br><b>24 Hour Crisis Line:</b><br>608-775-5950<br>800-362-9567<br>ext. 55950   | <b>Website:</b><br><a href="http://www.gundersenhealth.org/services/emergency-urgent-care/sexual-assault-nurse-examiners/">http://www.gundersenhealth.org/services/emergency-urgent-care/sexual-assault-nurse-examiners/</a> |
| <b>Mayo Clinic Health System<br/>Safe Path</b>                          | <b>Phone:</b><br>608-392-7804<br>800-362-5454  | <b>Website:</b><br><a href="#">Domestic abuse services in La Crosse - Mayo Clinic Health System</a>  |
| <b>National Child Abuse<br/>Hotline</b>                                 | <b>Phone:</b><br>1-800-422-4453  | <b>Website:</b><br><a href="#">Childhelp National Child Abuse Hotline   (childhelphotline.org)</a>   |
| <b>National Coalition Against<br/>Domestic Violence Hotline</b>         | <b>Phone:</b><br>1-800-799-7233  | <b>Website:</b><br><a href="http://www.endabusewi.org">http://www.endabusewi.org</a>   |
| <b>New Horizons Shelter<br/>and Outreach Center</b>                     | <b>Phone:</b><br>608-791-2610<br><b>Crisis Line:</b><br>888-231-0066<br><b>Text Only Line:</b><br>608-667-9944                             | <b>Website:</b> <a href="http://www.nhagainstabuse.org">http://www.nhagainstabuse.org</a><br><b>Email:</b> <a href="mailto:business@nhagainstabuse.org">business@nhagainstabuse.org</a>                                      |

## ADDICTION SERVICES

**Alcohol & Drug Abuse Services**      **Phone:** 608-269-8600      **Website:** [Welcome to the Monroe County Department of Human Services | Monroe County, WI](#)

**AMS of Wisconsin (Addiction Medical Solutions)**      **Phone:** 608-783-0506      **Website:** <https://amswisconsin.com>

**Great Rivers 2-1-1**      **Phone:** 211 or 800-362-8255      **Website:** <http://www.greatrivers211.org/>

**Gundersen Behavioral Health**      **Phone:** Sparta: 608-269-1588  
Tomah: 608-374-3853      **Website:** <https://gundersenhealth.org/services/behavioral-health/>

**Ho-Chunk Nation Division of Health & Human Services**      **Phone:** 608-372-5202      **Website:** <http://www.ho-chunknation.com/>

**Mayo Clinic Health System Outpatient Behavioral Health Services - Sparta**      **Phone:** 608-392-9555      **Website:** [Behavioral Health - Mayo Clinic Health System](#)

**Peace of Mind Counseling**      **Phone:** 608-397-0192      **Website:** <https://www.pomcounselingllc.com/>

**RAVE (Recovery Avenue)**      **Phone:** 608-785-9615  
608-787-1111      **Website:** [RAVE | ILR \(ilresources.org\)](#)

**Vivent Health - Lifepoint Needle Exchange**      **Phone:** 608-785-9866      **Website:** [Vivent Health La Crosse : NASEN Directory](#)

**Wisconsin Council on Problem Gambling**      **Phone:** 800-426-2535      **Website:** <http://www.wi-problemgamblers.org>

## AGING

**Aging & Disability Resource Center (ADRC)**      **Phone:** 608-269-8690      **Website:** [Aging and Disability Resource Center | Monroe County, WI](#)

**Social Security Administration**      **Phone:** 1-866-770-2345      **Website:** <https://www.ssa.gov/>

## CHILD CARE

**Child Care Assistance Western Region for Economic Assistance (WREA)**      **Phone:** 1-888-627-0430      **Website:** <http://access.wisconsin.gov>

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| <b>Monroe County<br/>Child Care Centers</b>          | <b>Phone:</b><br>NA  | <b>Website:</b><br><a href="https://childcarecenter.us/">https://childcarecenter.us/</a>                                   |
| <b>The Parenting Place</b>                           | <b>Phone:</b><br>608-784-8125                                      | <b>Website:</b><br><a href="https://theparentingplace.net/">https://theparentingplace.net/</a>                             |
| <b>YoungStar<br/>Child Care Search</b>               | <b>Phone:</b><br>NA  | <b>Website:</b><br><a href="https://dcf.wisconsin.gov/youngstar">https://dcf.wisconsin.gov/youngstar</a>                   |
| <b>CLOTHING / HOUSEHOLD</b>                          |  |  |
| <b>Emma Ann's Boutique</b>                           | <b>Phone:</b><br>608-343-1100                                      | <b>Address:</b><br>1117 Superior Ave., Tomah   |
| <b>Families First of Monroe Co.</b>                  | <b>Phone:</b><br>608-374-4141                                      | <b>Website:</b><br><a href="https://www.familiesfirstofmonroecounty.org/">https://www.familiesfirstofmonroecounty.org/</a> |
| <b>Goodwill - Tomah</b>                              | <b>Phone:</b><br>608-372-7464                                      | <b>Website:</b><br><a href="http://www.goodwillncw.org">http://www.goodwillncw.org</a>                                     |
| <b>Second Season<br/>Consignment</b>                 | <b>Phone:</b><br>608-269-1049                                      | <b>Website:</b><br><a href="https://second-season.business.site/">https://second-season.business.site/</a>                 |
| <b>Tomah Resource Resale</b>                         | <b>Phone:</b><br>608-372-7007                                      | <b>Address:</b><br>1104 Superior Ave., Tomah   |
| <b>COUNSELING, MENTAL HEALTH &amp; OTHER SUPPORT</b> |  |  |
| <b>Arrow Behavioral Health<br/>Services</b>          | <b>Phone:</b><br>608-377-7487                                      | <b>Website:</b><br><a href="http://www.abhtomah.com/">http://www.abhtomah.com/</a>   |
| <b>Brave Spaces</b>                                  | <b>Phone:</b><br>608-615-1023                                      | <b>Website:</b><br><a href="https://bravespaces.org/">Home   Brave Spaces Counseling &amp; Wellness (bravespaces.org)</a>  |
| <b>Gundersen Behavioral<br/>Health</b>               | <b>Phone:</b><br>Sparta:<br>608-269-1588<br>Tomah:<br>608-374-3853 | <b>Website:</b><br><a href="#">Behavioral Health - Gundersen Health System</a>   |
| <b>Ho-Chunk Nation Behavioral<br/>Health - Tomah</b> | <b>Phone:</b><br>715-284-9851 ext. 5014                            | <b>Website:</b><br><a href="http://www.ho-chunknation.com/">http://www.ho-chunknation.com/</a>                             |
| <b>Mayo Behavioral Health</b>                        | <b>Phone:</b><br>Sparta:<br>608-269-4132<br>Tomah:<br>608-372-5999 | <b>Website:</b><br><a href="#">Behavioral Health - Mayo Clinic Health System</a>   |
| <b>Monroe County Dept. of<br/>Human Services</b>     | <b>Phone:</b><br>608-269-8600                                      | <b>Website:</b><br><a href="http://www.nhagainstabuse.org/">http://www.nhagainstabuse.org/</a>                             |

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| <b>New Horizons</b>                                    | <b>Phone:</b><br>608-791-2610  | <b>Website:</b><br><a href="http://www.nhagainstabuse.org/">http://www.nhagainstabuse.org/</a>  |
| <b>Peace of Mind Counseling</b>                        | <b>Phone:</b><br>608-397-0192  | <b>Website:</b><br><a href="https://www.pomcounselingllc.com/">https://www.pomcounselingllc.com/</a>  |
| <b>CRISIS SERVICES &amp; HOTLINES</b>                  |  |   |
| <b>988 Suicide &amp; Crisis Lifeline</b>               | <b>Phone:</b><br>Call or text<br>988   | <b>Website:</b><br><a href="http://Lifeline(988lifeline.org)">Lifeline (988lifeline.org)</a>  |
| <b>Catholic Charities</b>                              | <b>Phone:</b><br>608-782-0710  | <b>Website:</b><br><a href="http://St.LawrenceCommunityServices-CatholicCharities(cclse.org)">St. Lawrence Community Services – Catholic Charities (cclse.org)</a>                      |
| <b>Center for Missing &amp; Exploited Children</b>     | <b>Phone:</b><br>800-843-5678  | <b>Website:</b><br><a href="https://connect.missingkids.org/">https://connect.missingkids.org/</a>  |
| <b>Great Rivers 2-1-1</b>                              | <b>Phone:</b><br>211 or 800-362-8255<br>*text your zip code to<br>898211 for texting<br>services | <b>Website:</b><br><a href="http://www.greatrivers211.org/gr211/">http://www.greatrivers211.org/gr211/</a><br>*live chat available Monday-Friday, 8-4                                   |
| <b>Gundersen Health System</b>                         | <b>Phone:</b><br>608-782-7300  | <b>Website:</b><br><a href="https://www.gundersenhealth.org">https://www.gundersenhealth.org</a>  |
| <b>Mayo Clinic Health System</b>                       | <b>Phone:</b><br>608-785-0940  | <b>Website:</b><br><a href="https://www.mayoclinic.org">https://www.mayoclinic.org</a>  |
| <b>Monroe County<br/>Emergency Management</b>          | <b>Phone:</b><br>608-269-9711  | <b>Website:</b><br><a href="http://EmergencyManagement MonroeCounty,WI">Emergency Management   Monroe County, WI</a>  |
| <b>Monroe County<br/>Health Department</b>             | <b>Phone:</b><br>608-269-8666  | <b>Website:</b><br><a href="http://HealthDepartment MonroeCounty,WI">Health Department   Monroe County, WI</a>  |
| <b>Monroe County<br/>Human Services</b>                | <b>Phone:</b><br>608-269-8600  | <b>Website:</b><br><a href="http://WelcomeToTheMonroeCountyDepartmentOfHumanServices MonroeCounty,WI">Welcome to the Monroe County Department of Human Services   Monroe County, WI</a> |
| <b>Monroe County<br/>Sheriff's Department</b>          | <b>Phone:</b><br>608-269-2117  | <b>Website:</b><br><a href="http://MonroeCountySheriffsOffice MonroeCounty,WI">Monroe County Sheriff's Office   Monroe County, WI</a>   |
| <b>National Alliance on<br/>Mental Health Helpline</b> | <b>Phone:</b><br>800-950-6264  | <b>Website:</b><br><a href="https://namimonroejuneau.org/">https://namimonroejuneau.org/</a>  |
| <b>National Child Abuse<br/>Hotline</b>                | <b>Phone:</b><br>800-422-4453  | <b>Website:</b><br><a href="https://childhelphotline.org">https://childhelphotline.org</a>  |
| <b>National Domestic<br/>Violence Hotline</b>          | <b>Phone:</b><br>800-799-7233  | <b>Website:</b><br><a href="https://www.thehotline.org">https://www.thehotline.org</a>  |
| <b>National Drug Helpline</b>                          | <b>Phone:</b><br>844-289-0879  | <b>Website:</b><br><a href="http://DrugAbuseHotline Help.org">Drug Abuse Hotline   Help.org</a>   |

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| <b>National Runaway Safeline</b>                     | <b>Phone:</b><br>800-621-4000 | <b>Website:</b><br><a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a>                                   |
| <b>National Suicide Prevention Hotline</b>           | <b>Phone:</b><br>800-273-8255 | <b>Website:</b><br><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>                  |
| <b>New Horizons Shelter</b>                          | <b>Phone:</b><br>608-791-2610 | <b>Website:</b><br><a href="http://www.nhagainstabuse.org">www.nhagainstabuse.org</a>  |
| <b>Poison Control Hotline</b>                        | <b>Phone:</b><br>800-222-1222 | <b>Website:</b><br><a href="https://www.poison.org/">https://www.poison.org/</a>   |
| <b>Salvation Army</b>                                | <b>Phone:</b><br>608-782-6126 | <b>Website:</b><br><a href="https://centralusa.salvationarmy.org/lacrosse">https://centralusa.salvationarmy.org/lacrosse</a> |
| <b>Wisconsin Road Conditions</b>                     | <b>Phone:</b><br>511          | <b>Website:</b><br><a href="https://511wi.gov">https://511wi.gov</a>   |
| <b>DISABILITY SERVICES</b>                           |                               |  |
| <b>Aging &amp; Disability Resource Center (ADRC)</b> | <b>Phone:</b><br>608-269-8690 | <b>Website:</b><br><a href="#">Aging and Disability Resource Center   Monroe County, WI</a>                                  |
| <b>Aptiv</b>   | <b>Phone:</b><br>608-784-9450 | <b>Website:</b><br><a href="https://www.aptiv.org">https://www.aptiv.org</a>   |
| <b>Division of Vocational Rehab</b>                  | <b>Phone:</b><br>608-785-9500 | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</a>                                 |
| <b>HandiShop Industries</b>                          | <b>Phone:</b><br>608-372-0770 | <b>Website:</b><br><a href="#">Handishop Industries, Inc.</a>  |
| <b>Independent Living Resources</b>                  | <b>Phone:</b><br>608-787-1111 | <b>Website:</b><br><a href="https://www.ilresources.org">https://www.ilresources.org</a>                                     |
| <b>Social Security Administration</b>                | <b>Phone:</b><br>866-770-2345 | <b>Website:</b><br><a href="https://www.ssa.gov/">https://www.ssa.gov/</a>   |
| <b>VARC, Inc.</b>                                    | <b>Phone:</b><br>608-855-5008 | <b>Website:</b><br><a href="https://www.varcinc.com/">https://www.varcinc.com/</a>   |
| <b>Wisconsin Council on Children &amp; Families</b>  | <b>Phone:</b><br>888-400-8455 | <b>Website:</b><br><a href="https://dcf.wisconsin.gov/">https://dcf.wisconsin.gov/</a>                                       |
| <b>DISASTER SERVICES</b>                             |                               |  |
| <b>American Red Cross</b>                            | <b>Phone:</b><br>608-784-2102 | <b>Website:</b><br><a href="https://www.redcross.org">https://www.redcross.org</a>   |
| <b>Catholic Charities</b>                            | <b>Phone:</b><br>608-782-0710 | <b>Website:</b><br><a href="#">Disaster Recovery – Catholic Charities (cclse.org)</a>  |

## EDUCATION

|                                       |  |  |
|---------------------------------------|--|--|
| <b>Coulee Region Literacy Council</b> | <b>Phone:</b><br>608-789-4752                                      | <b>Website:</b><br>Not available   |
| <b>CESA #4</b>                        | <b>Phone:</b><br>608-786-4800                                      | <b>Website:</b><br><a href="https://cesa4.org/">https://cesa4.org/</a>   |
| <b>Division of Vocational Rehab</b>   | <b>Phone:</b><br>608-785-9500                                      | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</a>                                     |
| <b>GED Center</b>                     | <b>Phone:</b><br>Sparta:<br>608-269-3791<br>Tomah:<br>608-374-7700 | <b>Website:</b><br><a href="https://dpi.wi.gov/ged">https://dpi.wi.gov/ged</a>   |
| <b>Head Start</b>                     | <b>Phone:</b><br>Sparta:<br>608-269-8297<br>Tomah:<br>608-372-3781 | <b>Website:</b><br><a href="https://headstartcouleeregion.com/">https://headstartcouleeregion.com/</a>                           |
| <b>Project Proven</b>                 | <b>Phone:</b><br>608-785-9200                                      | <b>Website:</b><br><a href="https://www.westerntc.edu/re-entry-services">https://www.westerntc.edu/re-entry-services</a>         |
| <b>Self Sufficiency Program</b>       | <b>Phone:</b><br>608-785-8000                                      | <b>Website:</b><br><a href="https://www.uwlax.edu/self-sufficiency-program/">https://www.uwlax.edu/self-sufficiency-program/</a> |
| <b>Western Technical College</b>      | <b>Phone:</b><br>Tomah:<br>608-374-7700                            | <b>Website:</b><br><a href="https://www.westerntc.edu">https://www.westerntc.edu</a>   |

## EMPLOYMENT & TRAINING

|   |  |  |
|---|--|--|
| <b>ABR Employment Services (Temp Agency)</b>            | <b>Phone:</b><br>608-269-0542            | <b>Website:</b><br><a href="https://www.abrjobs.com/la-crosse-employment-agency/">https://www.abrjobs.com/la-crosse-employment-agency/</a> |
| <b>Aptiv</b>  | <b>Phone:</b><br>608-784-9450            | <b>Website:</b><br><a href="https://www.aptiv.org">https://www.aptiv.org</a>   |
| <b>Couleecap Job &amp; Business Development Program</b> | <b>Phone:</b><br>Sparta:<br>608-269-5021 | <b>Website:</b><br><a href="#">Couleecap Inc - Home</a>  |
| <b>Division of Vocational Rehab</b>                     | <b>Phone:</b><br>608-785-9500            | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</a>   |
| <b>Express Employment Professionals</b>                 | <b>Phone:</b><br>608-779-4252            | <b>Website:</b><br><a href="#">Jobs – Staffing Companies - Express Employment Professionals (expresspros.com)</a>                          |



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| <b>Job Corps</b>                                     | <b>Phone:</b><br>800-733-5627 | <b>Website:</b><br><a href="https://www.jobcorps.gov/">https://www.jobcorps.gov/</a>  |
| <b>Manpower<br/>(Temp Agency)</b>                    | <b>Phone:</b><br>608-374-2040 | <b>Website:</b><br><a href="http://Tomah   Manpower Staffing (manpowergroupusa.com">Tomah   Manpower Staffing (manpowergroupusa.com</a>   |
| <b>Project Proven</b>                                | <b>Phone:</b><br>608-785-9200 | <b>Website:</b><br><a href="https://www.westerntc.edu/re-entry-services">https://www.westerntc.edu/re-entry-services</a>  |
| <b>VARC, Inc.</b>                                    | <b>Phone:</b><br>608-855-5008 | <b>Website:</b><br><a href="https://www.varcinc.com/">https://www.varcinc.com/</a>  |
| <b>WI Unemployment Agency</b>                        | <b>Phone:</b><br>414-435-7069 | <b>Website:</b><br><a href="http://Unemployment Insurance Division (UI) - Wisconsin Department of Workforce Development">Unemployment Insurance Division (UI) - Wisconsin Department of Workforce Development</a> |
| <b>Worker's Compensation<br/>Wisconsin</b>           | <b>Phone:</b><br>608-266-1340 | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/wc/">https://dwd.wisconsin.gov/wc/</a>  |
| <b>Workforce Connections</b>                         | <b>Phone:</b><br>608-789-5620 | <b>Website:</b><br><a href="http://www.workforceconnections.org">www.workforceconnections.org</a>   |
| <b>Workforce Development<br/>Center (Job Center)</b> | <b>Phone:</b><br>608-405-4545 | <b>Website:</b><br><a href="https://www.westernwdb.org/jobcenterservices">https://www.westernwdb.org/jobcenterservices</a>  |
| <b>FAMILY SERVICES &amp; PROGRAMS</b>                |                               |   |
| <b>4H</b>  | <b>Phone:</b><br>608-269-8722 | <b>Website:</b><br><a href="http://4-H – Extension Monroe County (wisc.edu">4-H – Extension Monroe County (wisc.edu)</a>  |
| <b>Big Brothers Big Sisters</b>                      | <b>Phone:</b><br>608-782-2227 | <b>Website:</b><br><a href="http://BBBS7 Home (7riversbbbs.org">BBBS7 Home (7riversbbbs.org)</a>  |
| <b>Birth to Three</b>                                | <b>Phone:</b><br>608-269-8682 | <b>Address:</b><br>112 S. Court St., Room 3000, Sparta  |
| <b>Boys &amp; Girls Club</b>                         | <b>Phone:</b><br>608-372-0988 | <b>Website:</b><br><a href="https://www.bgcwcw.org/">https://www.bgcwcw.org/</a>  |
| <b>The Parenting Place</b>                           | <b>Phone:</b><br>608-784-8125 | <b>Website:</b><br><a href="https://www.theparentingplace.net">https://www.theparentingplace.net</a>  |
| <b>Tomah Public Library</b>                          | <b>Phone:</b><br>608-374-7470 | <b>Website:</b><br><a href="http://Tomah Public Library">Tomah Public Library</a>   |
| <b>UW Extension</b>                                  | <b>Phone:</b><br>608-269-8722 | <b>Website:</b><br><a href="https://monroe.extension.wisc.edu/">https://monroe.extension.wisc.edu/</a>  |
| <b>Women, Infants, Children<br/>(WIC)</b>            | <b>Phone:</b><br>608-269-8671 | <b>Website:</b><br><a href="http://WIC - (healthymonroecowi.org">WIC - (healthymonroecowi.org)</a>  |

## FINANCIAL SERVICES

|  |  |  |
|--|--|--|
| <b>Catholic Charities</b>                          | <b>Phone:</b><br>608-782-0710                                | <b>Website:</b><br><a href="http://www.cclse.org">St. Lawrence Community Services – Catholic Charities (cclse.org)</a>   |
| <b>Consumer Credit Counseling of La Crosse</b>     | <b>Phone:</b><br>608-784-9380                                | <b>Website:</b><br><a href="https://cclse.org/">https://cclse.org/</a>   |
| <b>Couleecap</b>                                   | <b>Phone:</b><br>608-782-4877                                | <b>Website:</b><br><a href="http://www.couleecap.com">Couleecap Inc - Home</a>   |
| <b>Families First of Monroe County</b>             | <b>Phone:</b><br>608-372-4141                                | <b>Website:</b><br><a href="https://www.familiesfirstmc.org/">https://www.familiesfirstmc.org/</a>   |
| <b>Foundation for Rural Housing</b>                | <b>Phone:</b><br>608-238-3448                                | <b>Website:</b><br><a href="http://wisconsinruralhousing.org/">http://wisconsinruralhousing.org/</a>   |
| <b>Western Region for Economic Assistance</b>      | <b>Phone:</b><br>888-627-0430<br><b>Fax:</b><br>855-293-1822 | <b>Website:</b><br><a href="http://www.access.wisconsin.gov">www.access.wisconsin.gov</a><br>Apply, renew, make changes, ask questions and schedule appointments regarding:<br>*Food Share<br>*BadgerCare Plus<br>*Medical Assistance<br>*Child Care Benefits<br>* Wisconsin Works (W2) Programs |
| <b>WI Home Energy Assistance Program (WHEAP)</b>   | <b>Phone:</b><br>608-785-5582                                | <b>Website:</b><br><a href="http://www.wisconsin.gov/wheap">Wisconsin Home Energy Assistance Program (WHEAP)   Benefits.gov</a>  |
| <b>WI Housing &amp; Economic Authority (WHEDA)</b> | <b>Phone:</b><br>800-755-7835                                | <b>Website:</b><br><a href="https://www.wheda.com/">https://www.wheda.com/</a>   |

## FOOD RESOURCES

### Financial Assistance for Food

|                                       |                               |   |
|---------------------------------------|-------------------------------|---|
| <b>FoodShare</b>                      | <b>Phone:</b><br>608-785-9872 | <b>Website:</b><br><a href="http://www.access.wisconsin.gov">www.access.wisconsin.gov</a>       |
| <b>Women, Infants, Children (WIC)</b> | <b>Phone:</b><br>608-269-8671 | <b>Website:</b><br><a href="http://www.healthymonroecowi.org">WIC - (healthymonroecowi.org)</a> |

### Food Pantries (call for info and availability)

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| <b>Cashton Cupboard &amp; Closet Food Pantry</b>   | <b>Phone:</b><br>608-654-5770 | <b>Address:</b><br>199 Front St., Cashton                        |
| <b>Couleecap Food Pantry</b><br>-serves Angelo, Leon, Melvina, Norwalk, Sparta & surrounding areas | <b>Phone:</b><br>608-269-5021 | <b>Address:</b><br>217 North Black River St.<br>Mon & Thurs 10-2 |

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|---|-------------------------------|---|
| <b>Ecumenical Food Pantry<br/>-Trinity Lutheran Church</b>  | <b>Phone:</b><br>608-269-5081 | <b>Address:</b><br>114 North Water St, Sparta<br>Mon-Thurs, 12:00<br>Tues, 5-7  |
| <b>Meadowview School<br/>Food Pantry</b>  | <b>Phone:</b><br>608-269-3151 | <b>Address:</b><br>1225 North Water St., Room A120, Sparta<br>Wednesdays, 4-6<br>-serves families with students enrolled in Sparta<br>School District   |
| <b>Neighbor to Neighbor</b><br>-serves Camp Douglas, Clifton,<br>Kendall, Norwalk, Oakdale,<br>Tomah, Tunnel City, Warrens,<br>Wilton, Wyeville | <b>Phone:</b><br>608-372-6737 | <b>Address:</b><br>1118 West Veterans St., Tomah<br>2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of each month, 3:30-6<br>Thurs, 10-12   |
| <b>Ontario Food Pantry<br/>-Grace Community Church</b><br>-Ontario & Norwalk area   | <b>Phone:</b><br>608-337-4656 | <b>*Call for an appointment</b>   |
| <b>Ruby's Pantry<br/>-Oasis Church</b>  | <b>Phone:</b><br>NA           | <b>Address:</b><br>22547 WI-21, Tomah<br><br>1 <sup>st</sup> Monday of month, registration begins @ 4:30<br>Food bundles available 5-6:30   |
| <b>Second Harvest</b>   | <b>Phone:</b><br>608-234-0863 | <b>Address:</b><br>208 Church St., Norwalk<br>Last Tuesday of month at 10:30<br><br>Sparta Youth Hockey Rink<br>1121 E. Montgomery, Sparta<br>3 <sup>rd</sup> Monday of month, registration at 3 PM<br><br>Monroe County Fairgrounds, Tomah<br>1 <sup>st</sup> Tuesday of month, registration at 3 PM<br><br><b>Website:</b><br><a href="http://secondharvestmadison.org">Mobile Food Pantry Calendar - Second Harvest Foodb<br/>of Southern Wisconsin (secondharvestmadison.org)</a> |
| <b>Wilton Food Pantry<br/>-Wilton Community Center</b>  | <b>Phone:</b><br>608-435-6922 | <b>Address:</b><br>400 East St., Wilton<br><br>Tues, 1-2 or call for appointment  |
| <b>Free Community Meals (times/dates subject to change)</b>   |                               |   |
| <b>Tomah Community Table<br/>-Tomah Masonic Temple</b>  | <b>Phone:</b><br>608-343-7039 | <b>Address:</b><br>520 E. Saratoga St., Tomah<br>Mondays, 4:30-5:30   |
| <b>United Methodist Church</b>  | <b>Phone:</b><br>608-269-6949 | <b>Address:</b><br>1225 North Court St., Room A120, Sparta<br>Tuesdays, 5-6   |

## GOVERNMENT OFFICES

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| <b>Dept. of Transportation</b>                       | <b>Phone:</b><br>608-264-7447                | <b>Address:</b><br>9477 Hwy 16 E, Onalaska<br><b>Website:</b><br><a href="http://www.dmv.wisconsin.gov">Tomah Driver's License of Tomah, Wisconsin   DMV.ORG</a>   |
| <b>Monroe County Health Dept.</b>                    | <b>Phone:</b><br>608-269-8666                | <b>Address:</b><br>315 West Oak St., Sparta<br><b>Website:</b><br><a href="http://www.monroecounty.gov/health">Health Department   Monroe County, WI</a>   |
| <b>Monroe County Human Services</b>                  | <b>Phone:</b><br>608-269-8600                | <b>Address:</b><br>112 S. Court St., Sparta<br><b>Website:</b><br><a href="http://www.monroecounty.gov/human-services">Welcome to the Monroe County Department of Human Services   Monroe County, WI</a> |
| <b>Social Security Administration</b>                | <b>Phone:</b><br>1-866-770-2345              | <b>Website:</b><br><a href="https://www.ssa.gov/">https://www.ssa.gov/</a>   |
| <b>Unemployment Compensation</b>                     | <b>Phone:</b><br>Help line<br>1-414-435-7069 | <b>Website:</b><br><a href="http://www.my.unemployment.wisconsin.gov">www.my.unemployment.wisconsin.gov</a>  |
| <b>Western Region for Economic Assistance (WREA)</b> | <b>Phone:</b><br>888-627-0430                | <b>Website:</b><br><a href="http://www.access.wisconsin.gov">www.access.wisconsin.gov</a>  |

## HEALTHCARE / DENTAL

**FREE assistance is available from Healthcare Navigators at Workforce Connections, Inc. Navigators provide unbiased assistance to individuals and families that need affordable health insurance coverage.**

### Clinics

|                                  |  |   |
|----------------------------------|--|---|
| <b>Gundersen Health System</b>   | <b>Phone:</b><br>La Crosse:<br>608-783-7200<br>Sparta:<br>608-269-6731<br>Tomah:<br>608-372-4111 | <b>Website:</b><br><a href="http://www.gundersenhealth.org">www.gundersenhealth.org</a> |
| <b>Mayo Clinic Health System</b> | <b>Phone:</b><br>La Crosse:<br>608-785-0940<br>Sparta:<br>608-269-1770<br>Tomah:<br>608-372-5951 | <b>Website:</b><br><a href="http://www.mayoclinic.org">www.mayoclinic.org</a>           |

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| <b>Scenic Bluffs Community Health Center</b>         | <b>Phone:</b><br>Norwalk:<br>608-823-7853                            | <b>Website:</b><br><a href="https://www.scenicbluffs.org/">https://www.scenicbluffs.org/</a>   |
| <b>Tomah VA Medical Center</b>                       | <b>Phone:</b><br>608-372-3971  | <b>Website:</b><br><a href="#">Tomah VA Medical Center   VA Tomah Health Care   Veterans Affairs</a>   |
| <b>Free / Reduced Cost Dental</b>                    |  |  |
| <b>Affordable Dentures</b>                           | <b>Phone:</b><br>Eau Claire: 715-855-1020<br>Rochester: 507-529-9442 | <b>Website:</b><br><a href="#">Dentures Dentists   Affordable Dentures &amp; Implants</a>  |
| <b>Black River Falls Dental Center</b>               | <b>Phone:</b><br>715-670-0400  | <b>Website:</b><br><a href="#">Black River Falls Dental Center (marshfieldclinic.org)</a>  |
| <b>Mauston Dental</b>                                | <b>Phone:</b><br>608-847-6700  | <b>Address:</b><br>880 Herriot Dr., Mauston  |
| <b>Scenic Bluffs Community Health Center</b>         | <b>Phone:</b><br>Cashton:<br>608-654-5100                            | <b>Website:</b><br><a href="https://www.scenicbluffs.org/">https://www.scenicbluffs.org/</a>   |
| <b>WI Dental Association Donated Dental Services</b> | <b>Phone:</b><br>1-866-912-9840                                      | <b>Website:</b><br><a href="https://www.dhs.wisconsin.gov/oral-health/programs/donated.htm">https://www.dhs.wisconsin.gov/oral-health/programs/donated.htm</a> |
| <b>Free / Reduced Cost Medical</b>                   |  |  |
| <b>Essential Health Clinic</b>                       | <b>Phone:</b><br>800-657-5177  | <b>Address:</b><br>1111 W Wisconsin St. S, Sparta  |
| <b>Monroe County Health Dept</b>                     | <b>Phone:</b><br>608-269-8666  | <b>Website:</b><br><a href="#">Community Health - (healthymonroecowi.org)</a>  |
| <b>Scenic Bluffs Community Health Center</b>         | <b>Phone:</b><br>Norwalk:<br>608-823-7853                            | <b>Website:</b><br><a href="https://www.scenicbluffs.org/">https://www.scenicbluffs.org/</a>   |
| <b>St. Clare Health Mission</b>                      | <b>Phone:</b><br>608-366-5343  | <b>Address:</b><br>301 W Main Street, Sparta   |
| <b>WI Well Woman Program</b>                         | <b>Phone:</b><br>608-785-5753  | <b>Website:</b><br><a href="https://www.dhs.wisconsin.gov/wwwp/index.htm">https://www.dhs.wisconsin.gov/wwwp/index.htm</a>                                     |
| <b>Hospitals</b>                                     |  |  |
| <b>Gundersen Health System</b>                       | <b>Phone:</b><br>608-782-7300  | <b>Website:</b><br><a href="http://www.gundersenhealth.org">www.gundersenhealth.org</a>  |
| <b>Mayo Clinic Health System</b>                     | <b>Phone:</b><br>608-785-0940  | <b>Website:</b><br><a href="http://www.mayoclinic.org">www.mayoclinic.org</a>  |

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| <b>Tomah Health</b>   | <b>Phone:</b><br>608-372-2181 | <b>Website:</b><br><a href="https://www.tomahhealth.org/">https://www.tomahhealth.org/</a>  |
| <b>Other Healthcare Resources</b>   |                               |   |
| <b>Birthright</b>   | <b>Phone:</b><br>608-782-0373 | <b>Website:</b><br><a href="https://birthright.org/lacrosse">https://birthright.org/lacrosse</a>  |
| <b>Vivent Health<br/>(AIDS Resource Center)</b>   | <b>Phone:</b><br>608-785-9866 | <b>Website:</b><br><a href="http://www.viventhealth.org">Serving all affected by HIV AIDS (viventhealth.org)</a>  |
| <b>Women, Infants &amp;<br/>Children Program (WIC)</b>                                      | <b>Phone:</b><br>608-785-9865 | <b>Website:</b><br><a href="https://www.fns.usda.gov/wic">https://www.fns.usda.gov/wic</a>  |
| <b>HOUSING</b>  |                               |   |
| <b>Emergency/Temporary</b>  |                               |   |
| <b>Coulecap<br/>Transitional Housing<br/>Program For Homeless</b>                           | <b>Phone:</b><br>608-782-4877 | <b>Website:</b><br><a href="http://www.coulecap.org">Homeless Assistance - Coulecap Inc</a>   |
| <b>Family Promise of<br/>Monroe County</b>  | <b>Phone:</b><br>608-487-2745 | <b>Website:</b><br><a href="https://www.familypromiseofmonroecounty.com/">https://www.familypromiseofmonroecounty.com/</a>  |
| <b>Salvation Army</b>   | <b>Phone:</b><br>608-782-6126 | <b>Address:</b><br>223 North 8 <sup>th</sup> St., La Crosse<br><b>Website:</b><br><a href="http://www.salvationarmy.org">Provide Housing - La Crosse Salvation Army</a> |
| <b>Sojourner's Journey</b>  | <b>Phone:</b><br>608-269-5558 | <b>Website:</b><br><a href="http://www.sojournersjourneyinc.org">Home (sojournersjourneyinc.org)</a>  |
| <b>Veteran's Homeless<br/>Hotline</b>   | <b>Phone:</b><br>877-424-3838 | <b>Website:</b><br><a href="http://www.va.gov">VA Homeless Programs</a>   |
| <b>Age, Ability or Income-Based Housing</b>   |                               |   |
| <b>Bayshore Townhomes<br/>-Section 42 Property</b>  | <b>Phone:</b><br>608-487-6768 | <b>Address:</b><br>623 Main St., Sparta   |
| <b>Brookside Apartments</b>   | <b>Phone:</b><br>608-269-2188 | <b>Address:</b><br>307 N Court St., Sparta  |
| <b>Courtyard at Willow Woods</b>  | <b>Phone:</b><br>608-372-5890 | <b>Address:</b><br>1500 Lincoln Ave, Tomah  |
| <b>Freedom Village<br/>-Section 8</b>   | <b>Phone:</b><br>608-374-2466 | <b>Address:</b><br>304 Murdock St., Tomah   |
| <b>Fairview Estates</b>   | <b>Phone:</b><br>608-269-4070 | <b>Address:</b><br>719 Angelo Rd, Sparta  |
| <b>Monroe County Housing<br/>Authority<br/>-Cashton, Sparta, Tomah,<br/>Warrens, Wilton</b> | <b>Phone:</b><br>608-269-5017 | <b>Address:</b><br>1108 W Wisconsin St., Sparta   |

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|---|---------------------------------|--|
| <b>Norcrest Apartments</b>  | <b>Phone:</b><br>608-784-1381   | <b>Address:</b><br>206 W Center St., Norwalk   |
| <b>Sparta Angelo Apartments</b>                                     | <b>Phone:</b><br>608-269-2188   | <b>Address:</b><br>1020 Angelo Rd, Sparta  |
| <b>Spartan Lofts</b>  | <b>Phone:</b><br>608-344-2006   | <b>Address:</b><br>201 E. Franklin, Sparta<br><b>Website:</b><br><a href="http://www.spartanloftswi.com/">http://www.spartanloftswi.com/</a>           |
| <b>Sunset Place</b>   | <b>Phone:</b><br>800-938-5645   | <b>Email:</b><br>dakmanagement@tds.net   |
| <b>Tomah Public Housing Authority</b>                               | <b>Phone:</b><br>608-374-7455   | <b>Email:</b><br>tomahpha@tomahonline.com  |
| <b>LEGAL SERVICES</b>   |                                 |  |
| <b>American Bar Association</b>                                     | <b>Phone:</b><br>800-873-0927   | <b>Website:</b><br><a href="#">American Bar Association</a>  |
| <b>Legal Action of WI -La Crosse</b>                                | <b>Phone:</b><br>800-873-0927   | <b>Address:</b><br>205 5 <sup>th</sup> Ave. S, Suite 300, La Crosse<br><b>Website:</b><br><a href="http://www.legalaction.org">www.legalaction.org</a> |
| <b>WI Equal Rights Division</b>                                     | <b>Phone:</b><br>608-266-6860   | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/er/">https://dwd.wisconsin.gov/er/</a>   |
| <b>TELEPHONE ASSISTANCE</b>   |                                 |  |
| <b>Federal Lifeline Assistance Program</b>                          | <b>Phone:</b><br>1-888-543-3620 | <b>Website:</b><br><a href="#">Free Government Cell Phone Lifeline Program - Life Wireless</a>   |
| <b>Safelink Wireless Cell Phone Program</b>                         | <b>Phone:</b><br>800-977-3768   | <b>Website:</b><br><a href="#">SafeLink Wireless</a>   |
| <b>Telecommunications Equipment Purchase &amp; Assistance Plans</b> | <b>Phone:</b><br>608-231-3305   | <b>Website:</b><br><a href="#">Funded Equipment Programs – Americans For Better Hearing (abhf.org)</a>   |
| <b>TRANSPORTATION</b>   |                                 |  |
| <b>Abby Vans (elderly &amp; disabled)</b>                           | <b>Phone:</b><br>800-236-8438   | <b>Website:</b><br><a href="#">Abby Vans Inc</a>   |
| <b>Couleecap (Work-n-Wheels Program)</b>                            | <b>Phone:</b><br>608-423-6624   | <b>Website:</b><br><a href="#">Work-N-Wheels Program Prescreen - Couleecap Inc</a>   |
| <b>Dept. of Motor Vehicles -La Crosse</b>                           | <b>Phone:</b><br>608-264-7447   | <b>Address:</b><br>9477 Hwy 16 East, Onalaska  |

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|---|-------------------------------|--|
| <b>Municipal Transit (MTU)</b>                    | <b>Phone:</b><br>608-789-7350 | <b>Website:</b> <a href="http://cityoflacrosse.org">Municipal Transit (MTU)   La Crosse, WI (cityoflacrosse.org)</a> |
| <b>Scenic Mississippi Regional Transit (SMRT)</b> | <b>Phone:</b><br>877-444-6543 | <b>Website:</b><br><a href="http://ridesmrt.com">Home Page (ridesmrt.com)</a>  |
| <b>Sparta Cab</b>                                 | <b>Phone:</b><br>608-269-2222 | -Serving City of Sparta  |
| <b>Tomah Transit</b>                              | <b>Phone:</b><br>608-374-3004 | <b>Address:</b><br>1100 E Mccoy Blvd., Tomah   |

## VETERANS SERVICES

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|--|-------------------------------|---|
| <b>Monroe County Veterans Service Office</b>           | <b>Phone:</b><br>608-269-8726 | <b>Website:</b><br><a href="http://veterans-services-monroe-county-wi">Veterans' Services   Monroe County, WI</a> |
| <b>Veterans Assistance Foundation</b>                  | <b>Phone:</b><br>608-372-1280 | <b>Website:</b><br><a href="http://www.vafvets.org/">http://www.vafvets.org/</a>                                  |
| <b>Veteran Crisis/Suicide Prevention Line</b>          | <b>Phone:</b><br>800-273-8255 | <b>Website:</b><br><a href="http://www.veteranscrisisline.net/chat">http://www.veteranscrisisline.net/chat</a>    |
| <b>Veterans Homeless Hotline</b>                       | <b>Phone:</b><br>877-424-3838 | <b>Website:</b><br>NA   |
| <b>Veterans Outreach &amp; Recovery Program (VORP)</b> | <b>Phone:</b><br>608-881-9116 | <b>Website:</b><br><a href="http://vowvillages.com">Home - Veterans Outreach Of Wisconsin (vowvillages.com)</a>   |