



## **Trempealeau County Resource Guide**

**Workforce Connections, Inc.**  
36084 Walnut Street  
Independence, WI 54747  
(608) 789-5620

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

## Table of Contents

| CATEGORY                                  | PAGE  |
|---|-------|
| Abuse                                     | 2     |
| Addiction Services                        | 2-3   |
| Aging                                     | 3     |
| Childcare                                 | 3     |
| Clothing/Household                        | 3-4   |
| Counseling, Mental Health & Other Support | 4     |
| Crisis Services & Hotlines                | 4-6   |
| Disability Services                       | 6     |
| Disaster Services                         | 6     |
| Education                                 | 6-7   |
| Employment & Training                     | 7     |
| Family Services & Programs                | 7     |
| Financial                                 | 7-8   |
| Food Resources                            | 8-10  |
| Government Offices                        | 10    |
| Healthcare/Dental                         | 10-12 |
| Housing                                   | 12-13 |
| Legal                                     | 13-14 |
| Telephone/Technology                      | 14    |
| Transportation                            | 14    |
| Veteran Services                          | 14    |

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

## ABUSE

|   |   |  |
|---|---|--|
| <b>The Bridge to Hope</b>                                       | <b>Phone:</b><br>608-608-4412<br><br><b>Emergency After Hours:</b><br>608-685-4433  | <b>Website:</b><br><a href="#">Health &amp; Human Services   Buffalo County, WI - Official Website (buffalocountywi.gov)</a>   |
| <b>Bolton Refuge House<br/>-Buffalo County Outreach</b>         | <b>Phone:</b><br>608-685-2424<br>715-834-9578<br><br>24 Hr. Hotline:<br>855-526-5866  | <b>Website:</b><br><a href="#">Buffalo County Outreach   home (boltonrefuge.org)</a>   |
| <b>Gundersen Domestic Violence &amp; Sexual Assault 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 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 Coalition Against Domestic Violence Hotline</b>     | <b>Phone:</b><br>1-800-799-7233   | <b>Website:</b> <a href="http://www.endabusewi.org">http://www.endabusewi.org</a>  |
| <b>New Horizons Shelter and Outreach Center</b>                 | <b>Crisis Line:</b><br>888-231-0066<br><br>La Crosse:<br>608-791-2610<br>Whitehall:<br>715-538-2810<br><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>                                      |
| <b>Trempealeau County Human Services</b>                        | <b>Phone:</b><br>715-538-2311 ext. 291  | <b>Website:</b><br><a href="#">Trempealeau County</a>  |

## ADDICTION SERVICES

|   |                               |  |
|---|-------------------------------|--|
| <b>AMS of Wisconsin (Addiction Medical Solutions)</b> | <b>Phone:</b><br>608-783-0506 | <b>Website:</b><br><a href="https://amswisconsin.com">https://amswisconsin.com</a>                 |
| <b>CleanSate Center</b>                               | <b>Phone:</b><br>608-406-2250 | <b>Website:</b><br><a href="https://www.cleansatecenters.com">https://www.cleansatecenters.com</a> |

|  |                                      |  |
|--|--------------------------------------|--|
| <b>Great Rivers 2-1-1</b>  | <b>Phone:</b><br>211 or 800-362-8255 | <b>Website:</b><br><a href="http://www.greatrivers211.org/">http://www.greatrivers211.org/</a>   |
| <b>Gundersen Behavioral Health</b>                                     | <b>Phone:</b><br>608-775-2287        | <b>Website:</b><br><a href="https://gundersenhealth.org/services/behavioral-health/">https://gundersenhealth.org/services/behavioral-health/</a> |
| <b>Mayo Clinic Health System Outpatient Behavioral Health Services</b> | <b>Phone:</b><br>800-362-5454        | <b>Website:</b><br><a href="#">Behavioral Health - Mayo Clinic Health System</a>   |
| <b>Vivent Health - Lifepoint Needle Exchange</b>                       | <b>Phone:</b><br>608-785-9866        | <b>Website:</b><br><a href="#">Vivent Health La Crosse : NASEN Directory</a>   |
| <b>Wisconsin Council on Problem Gambling</b>                           | <b>Phone:</b><br>800-426-2535        | <b>Website:</b><br><a href="http://www.wi-problemgamblers.org">http://www.wi-problemgamblers.org</a>   |

## AGING

|   |   |  |
|---|---|--|
| <b>Aging &amp; Disability Resource Center (ADRC) of Trempealeau Co.</b> | <b>Phone:</b><br>800-273-2001<br>715-538-2001 | <b>Website:</b><br><a href="#">Trempealeau County</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> |

## CHILD CARE

|  |                                 |  |
|--|---------------------------------|--|
| <b>Child Care Assistance Western Region for Economic Assistance (WREA)</b> | <b>Phone:</b><br>1-888-627-0430 | <b>Website:</b><br><a href="http://access.wisconsin.gov">http://access.wisconsin.gov</a>                     |
| <b>Childcare Partnership -Western Dairyland</b>                            | <b>Phone:</b><br>715-831-1700   | <b>Website:</b><br><a href="https://www.childcarepartnership.org/">https://www.childcarepartnership.org/</a> |
| <b>YoungStar 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>     |

## CLOTHING / HOUSEHOLD

|   |                               |  |
|---|-------------------------------|--|
| <b>Cents &amp; Sensibility Thrift Store</b> | <b>Phone:</b><br>715-985-3301 | <b>Address:</b><br>23741 Washington St., Independence  |
| <b>Hope Gospel Mission Bargain Center</b>   | <b>Phone:</b><br>715-598-4778 | <b>Address:</b><br>121 N. Eau Claire St, Mondovi<br><b>Website:</b><br><a href="https://www.hopegospelmission.org/">https://www.hopegospelmission.org/</a>                   |
| <b>OLPH Mission Thrift Store</b>            | <b>Phone:</b><br>608-323-7116 | <b>Address:</b><br>411 South Washington St., Arcadia<br><b>Website:</b><br><a href="https://www.holyfam.com/olph-mission.html">https://www.holyfam.com/olph-mission.html</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>The Exchange<br/>-furniture bank</b>              | <b>Phone:</b><br>608-301-5345  | <b>Address:</b><br>1009 4 <sup>th</sup> St. South, La Crosse<br><b>Website:</b><br><a href="https://www.theexchangelacrosse.org/">https://www.theexchangelacrosse.org/</a> |
| <b>COUNSELING, MENTAL HEALTH &amp; OTHER SUPPORT</b> |  |  |
| <b>Brave Spaces</b>                                  | <b>Phone:</b><br>608-615-1023  | <b>Website:</b><br><a href="#">Home   Brave Spaces Counseling &amp; Wellness (bravespaces.org)</a>   |
| <b>Catholic Charities</b>                            | <b>Phone:</b><br>608-782-0710  | <b>Website:</b><br><a href="#">St. Lawrence Community Services – Catholic Charities (cclse.org)</a>  |
| <b>Couleecap</b>                                     | <b>Phone:</b> 608-782-4877   | <b>Website:</b><br><a href="#">Couleecap Inc - Home</a>  |
| <b>Driftless Recovery Services</b>                   | <b>Phone:</b><br>608-519-5906  | <b>Website:</b><br><a href="#">Driftless Recovery Services</a>   |
| <b>Expanding Hope Counseling Services</b>            | <b>Phone:</b><br>608-519-5906  | <b>Website:</b><br><a href="https://www.expanding-hope.com/">https://www.expanding-hope.com/</a>   |
| <b>Gundersen Behavioral Health</b>                   | <b>Phone:</b><br>608-775-2287  | <b>Website:</b><br><a href="#">Behavioral Health - Gundersen Health System</a>   |
| <b>Mayo Behavioral Health</b>                        | <b>Phone:</b><br>608-392-9555  | <b>Website:</b><br><a href="#">Behavioral Health - Mayo Clinic Health System</a>   |
| <b>New Horizons</b>                                  | <b>La Crosse Phone:</b><br>608-791-2610<br><b>Whitehall Phone:</b><br>715-538-2810 | <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>608-797-5679  | <b>Website:</b><br><a href="https://pomcounselingllc.com/">https://pomcounselingllc.com/</a>   |
| <b>Stein Counseling</b>                              | <b>Phone:</b><br>608-785-7000  | <b>Website:</b><br><a href="https://effectivebehavior.com/">https://effectivebehavior.com/</a>   |
| <b>Trempealeau County Dept. of Human Services</b>    | <b>Phone:</b><br>715-538-1768  | <b>Website:</b><br><a href="#">Trempealeau County</a>  |
| <b>West Central Wisconsin Behavioral Health</b>      | <b>Phone:</b><br>715-538-9495  | <b>Website:</b><br><a href="https://www.tchcc.com/wcwbh-clinic/">https://www.tchcc.com/wcwbh-clinic/</a>   |
| <b>CRISIS SERVICES &amp; HOTLINES</b>                |  |  |
| <b>988 Suicide &amp; Crisis Lifeline</b>             | <b>Phone:</b><br>Call or text 988  | <b>Website:</b><br><a href="#">Lifeline (988lifeline.org)</a>  |

|  |  |   |
|--|--|---|
| <b>Catholic Charities</b>  | <b>Phone:</b><br>608-782-0710  | <b>Website:</b><br><a href="http://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>Couleecap</b>   | <b>Phone:</b><br>608-782-4877  | <b>Website:</b><br><a href="#">Couleecap Inc - Home</a>   |
| <b>Emergency Mental Health (In collaboration with Northwest Connections)</b> | <b>Phone:</b><br>888-552-6642  | <b>Website:</b><br>NA   |
| <b>Great Rivers 2-1-1</b>  | <b>Phone:</b><br>211 or 800-362-8255<br>*text your zip code to 898211 for texting 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>National Alliance on Mental Health Helpline</b>                           | <b>Phone:</b><br>800-950-6264  | <b>Website:</b><br><a href="https://www.nami.org">https://www.nami.org</a>  |
| <b>National Child Abuse Hotline</b>  | <b>Phone:</b><br>800-422-4453  | <b>Website:</b><br><a href="https://childhelpline.org">https://childhelpline.org</a>  |
| <b>National Domestic 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.org">Drug Abuse Hotline   Help.org</a>  |
| <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</b>  | <b>La Crosse Phone:</b><br>608-791-2610<br><b>Whitehall Phone:</b><br>715-538-2810         | <b>Website:</b><br><a href="http://www.nhagainstabuse.org/">http://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>                          |

|  |                                 |  |
|--|---------------------------------|--|
| Wisconsin Road Conditions                      | Phone:<br>511                   | Website:<br><a href="https://511wi.gov">https://511wi.gov</a>  |
| <b>DISABILITY SERVICES</b>                     |                                 |  |
| Aging & Disability Resource Center (ADRC)      | Phone:<br>866-578-2372          | Website:<br><a href="https://www.adrc-bcp.com/">https://www.adrc-bcp.com/</a>  |
| Aptiv  | Phone:<br>608-685-3350          | Website:<br><a href="https://www.aptiv.org">https://www.aptiv.org</a>  |
| Catholic Charities (La Crosse)                 | Phone:<br>608-782-0710          | Website:<br><a href="http://Disability%20Services%20-%20Catholic%20Charities%20(cclse.org)">Disability Services – Catholic Charities (cclse.org)</a> |
| Creative Community Living Services (La Crosse) | Phone:<br>608-779-4118          | Website:<br><a href="https://cclswi.org/">https://cclswi.org/</a>  |
| Division of Vocational Rehab (La Crosse)       | Phone:<br>608-785-9500          | Website:<br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</a>  |
| Independent Living Resources (La Crosse)       | Phone:<br>608-787-1111          | Website:<br><a href="https://www.ilresources.org">https://www.ilresources.org</a>  |
| ORC Industries                                 | Phone:<br>608-323-2101          | Website:<br><a href="http://ORC%20Industries">ORC Industries</a>   |
| REACH (Eau Claire)                             | Phone:<br>715-833-7755          | Website:<br><a href="https://www.reach-inc.org/">https://www.reach-inc.org/</a>  |
| Social Security Administration                 | Phone:<br>866-770-2345          | Website:<br><a href="https://www.ssa.gov/">https://www.ssa.gov/</a>  |
| Wisconsin Council on Children & Families       | Phone:<br>888-400-8455          | Website:<br><a href="https://dcf.wisconsin.gov/">https://dcf.wisconsin.gov/</a>  |
| VARC, Inc. (La Crosse)                         | Phone:<br>608-796-9190          | Website:<br><a href="https://www.varcinc.com/">https://www.varcinc.com/</a>  |
| <b>DISASTER SERVICES</b>                       |                                 |  |
| American Red Cross                             | Phone:<br>608-784-2102          | Website:<br><a href="https://www.redcross.org">https://www.redcross.org</a>  |
| Trempealeau County Emergency Management        | Phone:<br>715-538-2311 ext. 215 | Website:<br><a href="http://Trempealeau%20County">Trempealeau County</a>   |
| <b>EDUCATION</b>                               |                                 |  |
| Chippewa Valley Technical College              | Phone:<br>715-833-6200          | Website:<br><a href="https://www.cvtc.edu/">https://www.cvtc.edu/</a>  |

|   |   |   |
|---|---|---|
| <b>Division of Vocational Rehab</b>                             | <b>Phone:</b><br>800-523-2139           | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</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>Western Dairyland Head Start</b>                             | <b>Phone:</b><br>715-985-2391           | <b>Website:</b><br><a href="https://www.wdheadstart.org/">https://www.wdheadstart.org/</a>  |
| <b>Western Dairyland Skills Enhancement</b>                     | <b>Phone:</b><br>715-985-2391           | <b>Website:</b><br><a href="#">Western Dairyland</a>  |
| <b>Western Technical College</b>                                | <b>Phone:</b><br>608-785-9551           | <b>Website:</b><br><a href="https://www.westerntc.edu">https://www.westerntc.edu</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>EMPLOYMENT SERVICES</b>                                      |   |   |
| <b>Career Development Center -Vocational Rehab (Eau Claire)</b> | <b>Phone:</b><br>715-834-2771           | <b>Website:</b><br><a href="#">L.E. Phillips Career Development Center - CDC- Jobs Individuals with Disabilities (lecdc.org)</a>          |
| <b>Division of Vocational Rehab</b>                             | <b>Phone:</b><br>800-523-2139           | <b>Website:</b><br><a href="https://dwd.wisconsin.gov/dvr">https://dwd.wisconsin.gov/dvr</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>Worker's Compensation 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 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>715-538-3451           | <b>Website:</b><br><a href="#">4-H – Extension Trempealeau County (wisc.edu)</a>  |
| <b>Big Brothers Big Sisters</b>                                 | <b>Phone:</b><br>608-782-2227           | <b>Website:</b><br><a href="#">BBBS7 Home (7riversbbbs.org)</a>   |
| <b>Sleep in Heavenly Peace</b>                                  | <b>Phone:</b><br>844-432-2337 ext. 5522 | <b>Website:</b><br><a href="#">Home - Sleep in Heavenly Peace (shpbeds.org)</a><br><br>-provides beds and supplies for children ages 3-17 |
| <b>The Parenting Place -La Crosse</b>                           | <b>Phone:</b><br>608-784-8125           | <b>Website:</b><br><a href="https://www.theparentingplace.net">https://www.theparentingplace.net</a>                                      |



|  |  |  |
|--|--|--|
| <b>Trempealeau County<br/>Car Seat Program</b>           | <b>Phone:</b><br>715-538-2311 ext. 220                           | <b>Website:</b><br><a href="https://www.theparentingplace.net">https://www.theparentingplace.net</a>   |
| <b>UW Extension</b>                                      | <b>Phone:</b><br>715-538-2311                                    | <b>Website:</b><br><a href="https://trempealeau.extension.wisc.edu/">https://trempealeau.extension.wisc.edu/</a>   |
| <b>FINANCIAL SERVICES</b>                                |  |  |
| <b>Catholic Charities</b>                                | <b>Phone:</b><br>608-782-0710                                    | <b>Website:</b><br><a href="http://St.LawrenceCommunityServices-CatholicCharities.org">St. Lawrence Community Services – Catholic Charities (cclse.org)</a>  |
| <b>Consumer Credit<br/>Counseling of La Crosse</b>       | <b>Phone:</b><br>608-784-9380                                    | <b>Website:</b><br>not available   |
| <b>Couleecap</b>   | <b>Phone:</b><br>608-782-4877                                    | <b>Website:</b><br><a href="#">Couleecap Inc - Home</a>  |
| <b>Lutheran Social Services</b>                          | <b>Phone:</b><br>608-788-5090                                    | <b>Website:</b><br><a href="https://www.lsswis.org/">https://www.lsswis.org/</a>   |
| <b>UW Extension</b>                                      | <b>Phone:</b><br>715-538-2311                                    | <b>Website:</b><br><a href="https://trempealeau.extension.wisc.edu/">https://trempealeau.extension.wisc.edu/</a>   |
| <b>Western Region for<br/>Economic Assistance</b>        | <b>Phone:</b><br>888-627-0430<br><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><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<br/>Assistance Program<br/>(WHEAP)</b> | <b>Phone:</b><br>715-836-7511                                    | <b>Website:</b><br><a href="https://www.westerndairyland.org/WHEAP.phtml">https://www.westerndairyland.org/WHEAP.phtml</a>   |
| <b>WI Housing &amp; Economic<br/>Authority (WHEDA)</b>   | <b>Phone:</b><br>800-334-6873                                    | <b>Website:</b><br><a href="https://www.wheda.com/">https://www.wheda.com/</a>   |
| <b>FOOD RESOURCES</b>                                    |  |  |
| <b>Financial Assistance for Food</b>                     |  |  |
| <b>FoodShare</b>   | <b>Phone:</b><br>855-627-0430                                    | <b>Website:</b><br><a href="http://www.access.wisconsin.gov">www.access.wisconsin.gov</a>  |
| <b>WIC (Women, Infants &amp;<br/>Children) Program</b>   | <b>Phone:</b><br>715-299-6472                                    | <b>Address:</b><br>36245 Main St., Whitehall   |

## Food Pantries (call for info and availability)

|   |   |   |
|---|---|---|
| <b>Arcadia CommUNITY Pantry<br/>(Bethel Lutheran Church)</b>                                      | <b>Phone:</b><br>608-323-7116<br>Holy Family Office                             | <b>Address:</b><br>N29280 Loesel Ln, Arcadia<br>4 <sup>th</sup> Thursday, 3:30-4:30<br>3 <sup>rd</sup> Thursday in Nov. & Dec. due to holidays                          |
| <b>Blair Food Pantry<br/>(Blair Lutheran Church)</b>  | <b>Phone:</b><br>608-989-2818   | <b>Address:</b><br>126 S. Peterson Ave., Blair<br>2 <sup>nd</sup> Friday, 10-2<br>4 <sup>th</sup> Thursday, 4-6   |
| <b>The Food Basket</b>  | <b>Phone:</b><br>608-783-7722   | <b>Address:</b><br>735 Sand Lake Rd., Onalaska<br>(Galesville & Trempealeau Residents)<br>Monday 3:30-5<br>Tuesday 9-11<br>Wed 9-11 and 2-4<br>Thursday 9-11            |
| <b>Food Distribution between<br/>Pigeon Falls &amp; Whitehall<br/>(Reaching Out Ministry Ctr)</b> | <b>Phone:</b><br>715-896-0604   | <b>Address:</b><br>W15822 Simonson Rd, Whitehall<br>1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 9-11<br>2 <sup>nd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Thursday 3-5 |
| <b>G-E-T Community<br/>Food Pantry<br/>(First Presbyterian Church)</b>                            | <b>Phone:</b><br>608-699-8440   | <b>Address:</b><br>20237 West Ridge Ave., Galesville<br>Wednesdays 9:30-11:30   |
| <b>Independence<br/>Food Pantry<br/>(City Hall)</b>   | <b>Phone:</b><br>715-985-3055   | <b>Address:</b><br>23688 Adams St, Independence<br>-during city hall hours  |
| <b>OLPH Mission Food Pantry<br/>(Arcadia)</b>   | <b>Phone:</b><br>608-797-7169<br>608-797-3731<br>Church office:<br>608-323-7116 | <b>Address:</b><br>411 S Washington St, Arcadia<br>-by appointment  |
| <b>Ruby's Pantry<br/>(Osseo)</b>  | <b>Phone:</b><br>608-797-7169<br>608-797-3731<br>Church office:<br>608-323-7116 | <b>Address:</b><br>50965 Industrial Road, Osseo<br>2 <sup>nd</sup> Tuesday 4- 5:30  |
| <b>Strum Area Food Pantry<br/>(Immanuel Lutheran Church)</b>                                      | <b>Phone:</b><br>715-695-3511   | <b>Address:</b><br>109 Elm St, Strum<br>1 <sup>st</sup> Saturday, 9-11  |
| <b>Whitehall Food Pantry<br/>(Our Savior's Lutheran)</b>  | <b>Phone:</b><br>715-695-3511   | <b>Address:</b><br>36197 Main St, Whitehall<br>Last Wednesday of the month 11:30-1<br>Open to residents of Whitehall School District                                    |

|  |                               |  |
|--|-------------------------------|--|
| <b>Strum Area Food Pantry<br/>(Immanuel Lutheran Church)</b> | <b>Phone:</b><br>715-695-3511 | <b>Address:</b><br>109 Elm St, Strum<br>1 <sup>st</sup> Saturday, 9-11 |
|--|-------------------------------|--|

**Free Community Meals (times/dates subject to change)**

|   |                               |  |
|---|-------------------------------|--|
| <b>Come for Supper<br/>(Living Hope Lutheran)</b> | <b>Phone:</b><br>608-525-3454 | <b>Address:</b><br>15630 E 4 <sup>th</sup> St., Etrick<br>3 <sup>rd</sup> Sunday, 5-6:30 |
|---|-------------------------------|--|

**GOVERNMENT OFFICES**

|                         |                               |  |
|-------------------------|-------------------------------|--|
| <b>Economic Support</b> | <b>Phone:</b><br>888-627-0430 | <b>Website:</b><br><a href="#">ACCESS Wisconsin   Apply for and manage state of Wisconsin benefits</a> |
|-------------------------|-------------------------------|--|

|   |  |   |
|---|--|---|
| <b>Trempealeau County<br/>Health &amp; Human Services</b> | <b>Phone:</b><br>715-538-2311 ext. 290 | <b>Address:</b><br>26245 Main St., Room 117, Whitehall<br><br><b>Website:</b><br><a href="#">Trempealeau County</a> |
|---|--|---|

|   |                                 |  |
|---|---------------------------------|--|
| <b>Social Security<br/>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<br/>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> |
|--------------------------------------|--|---|

**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 Tri-County<br/>Health System</b> | <b>Phone:</b><br>Blair Clinic:<br>715-538-4355<br>Independence Clinic:<br>715-985-2351<br>Whitehall Clinic:<br>715-538-4355 | <b>Website:</b><br><a href="https://www.gundersenhealth.org/tri-county">https://www.gundersenhealth.org/tri-county</a> |
|---|---|--|

|                                |   |  |
|--------------------------------|---|--|
| <b>Gundersen Health System</b> | <b>Phone:</b><br>Ashley Wellness Clinic:<br>608-323-3210<br>Galesville Clinic:<br>608-582-2025<br>La Crosse Clinic:<br>608-782-7300 | <b>Website:</b><br><a href="https://www.gundersenhealth.org/">https://www.gundersenhealth.org/</a> |
|--------------------------------|---|--|

|  |   |  |
|--|---|--|
| <b>La Crosse Veterans Affairs Clinic</b>             | <b>Phone:</b><br>608-784-3886   | <b>Website:</b><br><a href="#">La Crosse VA Clinic   VA Tomah Health Care   Veterans Affairs</a>   |
| <b>Marshfield Clinic</b>                             | <b>Phone:</b><br>Eau Claire:<br>715-858-4500  | <b>Website:</b><br><a href="#">Marshfield Clinic</a>   |
| <b>Mayo Clinic Health System</b>                     | <b>Phone:</b><br>Arcadia Clinic:<br>608-323-3373<br>Eau Claire Clinic:<br>888-838-4777<br>La Crosse:<br>608-785-0940<br>Osseo Clinic:<br>715-597-3121 | <b>Website:</b><br><a href="http://www.mayoclinic.org">www.mayoclinic.org</a>  |
| <b>Free / Reduced Cost Dental</b>                    |   |  |
| <b>Affordable Dentures</b>                           | <b>Phone:</b><br>Eau Claire:<br>715-855-1020<br>Rochester:<br>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>CVTC-Dental Hygiene Clinic</b>                    | <b>Phone:</b><br>715-833-6271   | <b>Website:</b><br><a href="#">Dental Clinic   CVTC</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>Chippewa Valley Free Clinic</b>                   | <b>Phone:</b><br>715-839-8477   | <b>Website:</b><br><a href="http://cvfreeclinic.org/">http://cvfreeclinic.org/</a>   |
| <b>Family Health Center of Marshfield, Inc.</b>      | <b>Phone:</b><br>715-221-7500   | <b>Website:</b><br><a href="#">Family Health Center (marshfieldclinic.org)</a>   |
| <b>St. Claire Health Mission</b>                     | <b>Phone:</b><br>608-519-4620   | <b>Website:</b><br><a href="http://stclarehealthmission.org/">http://stclarehealthmission.org/</a>   |
| <b>Hospitals</b>                                     |   |  |
| <b>Black River Memorial</b>                          | <b>Phone:</b><br>715-284-5361   | <b>Website:</b><br><a href="https://www.brmh.net/">https://www.brmh.net/</a>   |
| <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>HSHS Sacred Heart</b>                                 | <b>Phone:</b><br>715-839-4121   | <b>Website:</b><br><a href="#">HSHS Sacred Heart Hospital, Eau Claire, Wisconsin</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>   |
| <b>Marshfield Medical Center</b>                         | <b>Phone:</b><br>715-858-8100   | <b>Website:</b><br><a href="#">Marshfield Clinic</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="#">Serving all affected by HIV AIDS (viventhealth.org)</a>  |
| <b>Western Dairyland<br/>Family Planning</b>             | <b>Phone:</b><br>715-538-2306   | <b>Website:</b><br>NA   |
| <b>WI Well Woman Program</b>                             | <b>Phone:</b><br>608-785-9723   | <b>Website:</b><br><a href="https://www.dhs.wisconsin.gov/wwwp/index.htm">https://www.dhs.wisconsin.gov/wwwp/index.htm</a>  |
| <b>Women, Infants &amp;<br/>Children Program (WIC)</b>   | <b>Phone:</b><br>715-299-6472   | <b>Website:</b><br><a href="#">Trempealeau County</a>   |
| <b>HOUSING</b>   |   |   |
| <b>Emergency/Temporary</b>                               |   |   |
| <b>Beacon House<br/>Family Shelter</b>                   | <b>Phone:</b><br>715-834-4357   | <b>Address:</b><br>309 E. Lake St., Eau Claire<br><b>Website:</b><br><a href="https://www.familypromisecv.org/">https://www.familypromisecv.org/</a>                                |
| <b>Bolton Refuge House<br/>Domestic Abuse Shelter</b>    | <b>Phone:</b><br>715-834-0628   | <b>Website:</b><br><a href="https://www.boltonrefuge.org/">https://www.boltonrefuge.org/</a>  |
| <b>Hope Gospel Mission</b>                               | <b>Phone:</b><br>715-552-5566   | <b>Address:</b><br>2650 Mercantile Dr., Eau Claire<br><b>Website:</b><br><a href="https://www.hopegospelmission.org/">https://www.hopegospelmission.org/</a>                        |
| <b>La Crosse Warming Center<br/>(Catholic Charities)</b> | <b>Phone:</b><br>608-782-0710<br>888-212-4357                                     | <b>Address:</b><br>413 3 <sup>rd</sup> St. S, La Crosse<br><b>Website:</b><br><a href="https://cclse.org/la-crosse-warming-center/">https://cclse.org/la-crosse-warming-center/</a> |
| <b>New Horizons<br/>Domestic Abuse Shelter</b>           | <b>Phone:</b><br>24 Hr. Crisis Line<br>800-231-0066<br>Whitehall:<br>715-538-2810 | <b>Website:</b><br><a href="http://nhagainstabuse.org">Home - New Horizons (nhagainstabuse.org)</a>   |

|   |  |  |
|---|--|--|
| <b>Ruth House</b>   | <b>Phone:</b><br>715-834-4000  | <b>Address:</b><br>2517 Moholt Dr., Eau Claire<br><b>Website:</b><br><a href="https://www.hopegospelmission.org/">https://www.hopegospelmission.org/</a> |
| <b>Salvation Army</b>   | <b>Phone:</b><br>Eau Claire:<br>715-834-1224<br>La Crosse:<br>608-782-6126 | <b>Address:</b><br>223 North 8 <sup>th</sup> St., La Crosse<br><b>Website:</b><br><a href="#">Provide Housing - La Crosse Salvation Army</a>             |
| <b>Sojourner House<br/>(Catholic Charities)</b>   | <b>Phone:</b><br>715-514-5556  | <b>Address:</b><br>618 S. Barstow St., Eau Claire<br><b>Website:</b><br><a href="#">The Sojourner House – Catholic Charities (cclse.org)</a>             |
| <b>Veteran’s Homeless<br/>Hotline</b>   | <b>Phone:</b><br>877-424-3838  | <b>Website:</b><br><a href="#">VA Homeless Programs</a>  |
| <b>Western Dairyland<br/>Homeless Shelters</b>  | <b>Phone:</b><br>715-985-2391<br>715-836-7511                              | <b>Website:</b><br><a href="#">Western Dairyland</a>   |
| <b>Age, Ability or Income-Based Housing</b>   |  |  |
| <b>Allegiant Property Mgmt.</b><br>-Arcadia, Blair, Independence<br>Trempealeau                 | <b>Phone:</b><br>608-784-1381<br>888-393-3282                              | <b>Website:</b><br><a href="https://allegiantpropertymgmtllc.com/">https://allegiantpropertymgmtllc.com/</a>   |
| <b>Horizon Mgmt. Group</b><br>-Arcadia, Ettrick, Galesville                                     | <b>Phone:</b><br>608-784-2935<br>800-944-4866                              | <b>Website:</b><br><a href="#">Home (hmgapt.com)</a>   |
| <b>Housing Authority of<br/>Trempealeau County</b><br>-Arcadia, Blair, Galesville,<br>Whitehall | <b>Phone:</b><br>715-538-2274  | <b>Website:</b><br><a href="https://tremphousing.com/">https://tremphousing.com/</a>   |
| <b>Landmark Co.</b><br>-Eleva, Strum  | <b>Phone:</b><br>715-834-3411  | <b>Website:</b><br><a href="https://www.landmark-company.com/">https://www.landmark-company.com/</a>   |
| <b>Osseo Housing, Inc.</b><br>-Osseo  | <b>Phone:</b><br>715-299-6603  | <b>Website:</b><br>NA  |
| <b>Section 8: Housing Choice<br/>Voucher Program</b>  | <b>Phone:</b><br>608-784-1381  | <b>Website:</b><br><a href="https://www.benefits.gov/benefit/710">https://www.benefits.gov/benefit/710</a>   |
| <b>WI Rural Housing</b>   | <b>Phone:</b><br>608-238-3448  | <b>Website:</b><br><a href="https://www.wisconsinruralhousing.org/">https://www.wisconsinruralhousing.org/</a>   |
| <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>Lawyer Referral &amp; Informati<br/>Services</b>   | <b>Phone:</b><br>800-362-9082  | <b>Website:</b><br><a href="#">I Need a Lawyer (wisbar.org)</a>  |

|   |  |   |
|---|--|---|
| <b>Legal Action of WI<br/>-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>Trempealeau County<br/>District Attorney</b>                             | <b>Phone:</b><br>715-538-2311 ext. 421<br>877-538-2311 | <b>Website:</b><br><a href="http://Trempealeau County">Trempealeau County</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<br/>Assistance Program</b>                              | <b>Phone:</b><br>1-888-543-3620                        | <b>Website:</b><br><a href="http://Free Government Cell Phone Lifeline Program - Life Wireless">Free Government Cell Phone Lifeline Program - Life Wireless</a>                 |
| <b>Safelink Wireless<br/>Cell Phone Program</b>                             | <b>Phone:</b><br>800-977-3768                          | <b>Website:</b><br><a href="http://SafeLink Wireless">SafeLink Wireless</a>   |
| <b>Telecommunications<br/>Equipment Purchase &amp;<br/>Assistance Plans</b> | <b>Phone:</b><br>608-231-3305                          | <b>Website:</b><br><a href="http://Funded Equipment Programs – Americans For Better Hearing (abhf.org)">Funded Equipment Programs – Americans For Better Hearing (abhf.org)</a> |
| <b>TRANSPORTATION</b>   |  |   |
| <b>ADRC of Trempealeau</b>  | <b>Phone:</b><br>800-273-2001<br>715-538-2001          | <b>Website:</b><br><a href="http://Trempealeau County">Trempealeau County</a>   |
| <b>Work-n-Wheels<br/>Western Dairyland</b>                                  | <b>Phone:</b><br>715-985-2391                          | <b>Website:</b><br><a href="http://Western Dairyland">Western Dairyland</a>   |
| <b>VETERANS SERVICES</b>  |  |   |
| <b>Veterans Assistance<br/>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<br/>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<br/>Hotline</b>  | <b>Phone:</b><br>877-424-3838                          | <b>Website:</b><br>NA   |
| <b>Veterans Outreach &amp;<br/>Recovery Program (VORP)</b>                  | <b>Phone:</b><br>608-881-9116                          | <b>Website:</b><br><a href="http://Home - Veterans Outreach Of Wisconsin (vovillages.com)">Home - Veterans Outreach Of Wisconsin (vovillages.com)</a>                           |
| <b>Veterans Service Office<br/>Trempealeau County</b>                       | <b>Phone:</b><br>715-538-2311 ext. 217                 | <b>Website:</b><br><a href="http://Trempealeau County (vovillages.com)">Trempealeau County (vovillages.com)</a>   |