

# **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

# ALCOHOL AND OTHER DRUG ADDICTIONS

• 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	) 425-266	6
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Internet Web Site: www.area61afg.org

Twelve Step support groups for families and friends of people with alcoholism

Celebrate Recovery .....

Internet Web Site: https://locator.crgroups.info/

- A faith based, Bible-centered support group for individuals struggling with addiction. Group practices are based on a 12 Step system, with 8 Recovery Principles which are founded on Biblical quotations.
- Visit the website for meeting information

or

### Text your zip code to 898211

Internet Web Site: www.couleerecovery.org

• Provides confidential assistance, information and referral, education, and services to people of all ages dealing with substance abuse and other addictions

### **County Substance Abuse Services**

Buffalo County	. (608) 685-4412
Crawford County	. (608) 326-0248
Houston County	. (507) 725-5811
La Crosse County	. (608) 784-4357
Monroe County	. (608) 269-8600
Trempealeau County	. (715) 538-2311
Vernon County	. (608) 637-5210

Hiawatha Valley Mental Health Center(507	') 725-2022
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Internet Web Site: www.hvmhc.org

- Helps people recover from all types of addictive or self-destructive behaviors. The group focuses on four program points: Enhancing and Maintaining Motivation to Abstain, Coping with Urges, Problem Solving, and Lifestyle Balance.
- Visit the website for meeting information

Ho-Chunk Nation Department of Healf	h
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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	)7	67-	·76	<b>57</b>	6
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Internet Web Site: www.naminnesota.org

• Twelve Step support group for people with addictions

# Self-Management and Recovery Training (SMART Recovery) .....

Internet Web Site: <u>www.smartrecovery.org/</u>

- Helps people recover from all types of addictive or self-destructive behaviors. The group focuses on four program
   points: Enhancing and Maintaining Motivation to Abstain, Coping with Urges, Problem Solving, and Lifestyle Balance.
- Visit the website for meeting information

# Substance Abuse and Mental Health Services Administration (SAMHSA)...... (800) 662-4357

Internet Web Site: www.samhsa.gov

• Helpline and searchable database of substance abuse treatment options

or

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 Verno	on 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, Trem Wisconsin	npealeau and Vernon Counties in
• 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 Verno	on Counties in Wisconsin
Information and support for families and friends of people with gambling addic	tions
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	
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 plan	ns and medications

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

or

Text your zip code to 898211

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
Internet Web Site: www.crawfordcountywi.org
Area Served includes: Crawford County
Families First of Minnesota - Rochester, MN
Internet Web Site: www.familiesfirstmn.org/
Area Served includes: Houston County
Houston County Department of Human Services
Internet Web Site:
www.co.houston.mn.us
Area Served includes: Houston County
The Parenting Place
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
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: <u>http://childcarefinder.wisconsin.gov</u> Area Served includes: Wisconsin

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

or

Text your zip code to 898211

# FINANCIAL ASSISTANCE FOR CHILD CARE

### **Wisconsin Shares**

# EDUCATION

# ADULT BASIC EDUCATION AND HIGH SCHOOL EQUIVALENCY/GED

Chippewa Valley Technical College - Eau Claire Campus
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
Internet Web Site: www.couleeregionliteracycouncil.com
Area Served Includes: La Crosse, Monroe, and Vernon Counties
<ul> <li>Provides free one-on-one tutoring for persons who need assistance with reading</li> </ul>
Eligibility: Adults who need assistance with reading and writing skills
Literacy Minnesota – Adult Literacy Hotline
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
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

### or

# Text your zip code to 898211

Southwest Wisconsin Technical College
Internet Web Site: www.swtc.edu
Adult basic education/GED classes
Eligibility: Age 16 or older
Western Technical College
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
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
Internet Web Site: www.cvtc.edu
Minnesota State College Southeast
Internet Web Site: www.southeastmn.edu
Saint Mary's University of Minnesota
Internet Web Site: www.smumn.edu
Southwest Wisconsin Technical College
University of Wisconsin - Eau Claire Campus
Internet Web Site: www.uwec.edu
University of Wisconsin - La Crosse Campus
University of Wisconsin - Platteville Campus
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

Viterbo University - La Crosse
Western Technical College       (800) 322-9982         Internet Web Site:       www.westerntc.edu         •       Also has campuses in Black River Falls, Independence, Mauston, Sparta, Tomah, and Viroqua
Winona State University

# **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:

### 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:

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 Vocatio	nal 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 includ	les: La Crosse County
Careerforce in	Winona (507) 205-6060
Internet Web Site:	www.careerforcemn.com/winona
•	The National Call Center refers youth, age 16 to 24 years, meeting income requirements to their local Job Corp
	Center and an admissions counselor
Area Served includ	les: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in
Minnesota	
Houston Count	y Department of Human Services 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 includ	les: Houston County
	onal Call Center (800) 733-5627
	onal Call Center (800) 733-5627
Job Corps Nati	onal Call Center (800) 733-5627
Job Corps Nati	onal Call Center
Job Corps Nation Internet Web Site: •	onal Call Center
Job Corps Nation Internet Web Site: •	onal Call Center
Job Corps Nation Internet Web Site: • Area Served includ Minnesota	onal Call Center       (800) 733-5627         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       Image: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         www.pdcopportunitycenter.org/
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         www.pdcopportunitycenter.org/       Provides work related services for adults with developmental or physical disabilities or mental illness and high school
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: •	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         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
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: •	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         www.pdcopportunitycenter.org/       Provides work related services for adults with developmental or physical disabilities or mental illness and high school
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: • Area Served includ	onal Call Center       (800) 733-5627         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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         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
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: • Area Served includ Western Techn	onal Call Center       (800) 733-5627         vww.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       Ites: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         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         Hes:       Crawford County
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: • Area Served includ Western Techn	onal Call Center       (800) 733-5627         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         les:       Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         nter       (608) 326-6486 ext. 1         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         les:       Crawford County         ical College       (800) 322-9982
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: • Area Served includ Western Techn	onal Call Center       (800) 733-5627         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       Res: Bulfalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         Inter       (608) 326-6486 ext. 1         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         Hes: Crawford County       (800) 322-9982
Job Corps Nati Internet Web Site: • Area Served includ Minnesota Opportunity Ce Internet Web Site: • Area Served includ Western Techn	onal Call Center       (800) 733-5627         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         les:       Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in         nter       (608) 326-6486 ext. 1         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         les:       Crawford County         ical College       (800) 322-9982         www.westerntc.edu       Educational and career advisement for the general public and enrolled students; works to meet the needs of

### or

Text your zip code to 898211

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

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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

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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

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

Comprehensive assistance with employment needs; serves youth and adults with a focus on those who are
 economically disadvantaged

Area Served includes: Houston County

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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)
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
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 2
Fillmore County Farm Service Agency
Internet Web Site: www.fsa.usda.gov/state-offices/Minnesota/index
Internet Web Site: www.fsa.usda.gov/state-offices/Minnesota/index Youth Business Loans
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
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
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
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
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
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
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
Internet Web Site: www.fsa.usda.gov/state-offices/Minnesota/index <i>Youth Business Loans</i>
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
Internet Web Site: www.fsa.usda.gov/state-offices/Minnesota/index <i>Youth Business Loans</i>
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

Eligibility: Farmers and their families

or

Minnesota Department of Employment and Economic Development
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
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
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)
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 Deindend Feenemie Oppertunity Ocupeil (715) 926 7511 out 1171
Western Dairyland Economic Opportunity Council
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

or

Text your zip code to 898211

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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

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

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	388) 212-4357
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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

or

Consumer Credit Counseling Service of La Crosse (CCCS)
Internet Web Site: www.cccsonline.org
Money management and budgeting education
<ul> <li>Credit counseling and debt management, including debt consolidation</li> </ul>
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
• Provides guidance regarding money management strategies and credit repair
Area Served includes: Crawford County
Eligibility: General public
Extension Monroe County, UW-Madison
• Provides family financial management information and counseling
Area Served includes: Monroe County
Eligibility: General public
Extension Trempealeau County, UW-Madison
Extension Trempealeau County, UW-Madison       (715) 538-3037         • Provides family financial management information and counseling
Provides family financial management information and counseling
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Provides family financial management information and counseling Area Served includes: Trempealeau County Eligibility: General public FamilyMeans Financial Solutions

or

Text your zip code to 898211

Minnesota Department of Commerce	0) 657-3602
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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

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 <a href="http://applymn.dhs.mn.gov">http://applymn.dhs.mn.gov</a>	

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: <a href="http://www.access.wi.gov">www.access.wi.gov</a>

or

Text your zip code to 898211

Internet Web Site: <a href="http://www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm">http://www.dhs.wisconsin.gov/forwardhealth/imagency/western.htm</a> 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
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
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
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
Internet Web Site: www.co.monroe.wi.us
Area Served Includes: Monroe County
To apply: Call for an appointment
Southwestern Wisconsin Community Action Program
Internet Web Site: http://www.swcap.org/service-wic.html
Area Served Includes: Crawford County
To apply: Call for an appointment

or

# Text your zip code to 898211

Trempealeau County Health Department
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
Vernon County Health Department
Internet Web Site: www.vernoncounty.org

# 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	ation 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 mea	altimes
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
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
Provides a free meal on Mondays; call for more information
Area Served includes: Monroe County
Eligibility: General public
West Salem Community Dinner
• 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
• 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
Eligibility: General public
Eligibility: General public Arcadia Community Pantry

• 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

- Provides a bag of groceries
- Blair Lutheran Church, 126 South Peterson Street, Blair

Area Served includes: Blair and Ettrick Cities in Trempealeau County

Eligibility: General public with a Blair or Ettrick address meeting income guidelines

or

Buffalo County Food Pantry
Food pantry with non-perishable food
<ul> <li>St. John's Lutheran Church, 709 South 2<sup>nd</sup> Street, Alma</li> </ul>
Area Served includes: Buffalo County
Eligibility: Individuals, families, and the elderly who are income eligible
J. J
Buffalo County Salvation Army
• 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
<ul> <li>Food pantry providing perishable and non-perishable food items; pet food as available</li> <li>199 Front Street, Cashton</li> </ul>
Area Served includes: Monroe County
Eligibility: Individuals and families meeting income guidelines
Catholic Charities of the Diocese of La Crosse, Inc
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 3 <sup>rd</sup> Street, La Crosse
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Eligibility: Individuals and families
Couleecap – Crawford County
Internet Web Site: www.couleecap.org
A food pantry with perishable and non-perishable food
<ul> <li>200 East Blackhawk Avenue, Prairie du Chien</li> </ul>
Area Served includes: Crawford County
Eligibility: Individuals and families with an emergency need and who qualify within income guidelines
Couleecap – Monroe County
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

or

# Text your zip code to 898211

Ecumenical Bread Basket Food Pantry
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
• 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
• 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 Pontmy (609) 792 6200
From the Heart Food Pantry
• 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
<ul> <li>Food pantry with perishable and non-perishable food items</li> <li>120 Sunset Ridge Avenue, Gays Mills</li> </ul>
120 Sunset Ridge Avenue, Gays Mills  Area Served includes: Crawford County
Eligibility: General public
G-E-T Community Food Pantry
<ul> <li>Food pantry with non-perishable items and some personal hygiene products</li> </ul>
<ul> <li>In the basement of the First Presbyterian Church, 20237 West Ridge Avenue, Galesville</li> </ul>
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
• Food pantry offering canned goods, dry goods, peanut butter, infant formula, and baby food
• 128 Mill Street, Hillsboro
Area Served includes: Versen County

Area Served includes: Vernon County

Eligibility: Individuals and families meeting income guidelines

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

### or

Hokah Area Food Shelf
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
• 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
Food pantry
Houston Community Center, 118 South Lincoln Street, Houston
Area Served includes: City of Houston
Eligibility: People in need
Houston County Salvation Army
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
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
• 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
Food pantry
• 436 6 <sup>th</sup> Street South, La Crescent
Area Served includes: Houston County
Eligibility: People in need

### or

La Farge Free Methodist Church Food Pantry
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
• 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
• 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
• 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
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
• 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

or

### Text your zip code to 898211

Onalaska Schools' Food Panti	y	(608)	) 781-9701
	y		,,,,,,,,,,

- 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

### 

- · 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

### 

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

### 

- 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

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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 3<sup>rd</sup> Tuesday of each month from 10:30am 12pm at 405 East LeGrand Street, Boscobel
- Walk-in only on the 4<sup>th</sup> 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 2<sup>nd</sup> Tuesday of each month from 12:30pm 1:30pm at 231 North Wyalusing Street, Patch Grove
- Walk-in only on the 3<sup>rd</sup> Friday of each month from 9:30am 10:30am at 345 North Court Street, Platteville

or

### Text your zip code to 898211

(Second Harvest Foodbank of Southern Wisconsin Continue)

- Walk-in only on the 3<sup>rd</sup> Thursday of each month from 4pm 5:15pm at 26700 Fellowship Lane, Richland Center
- Walk-in only on the 3<sup>rd</sup> Monday of each month from 3:30pm 4:30pm at 1121 East Montgomery Street, Sparta
- Walk-in only on the 1<sup>st</sup> 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
	1007	

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

### 

- 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)

### 

- 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

- 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

### or

# Text your zip code to 898211

Trempealeau County Salvation Army
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
<b>Lighting.</b> Autometer with an emergency need meddang nomeless, low meetine, or administrat populations and disaster vicams
Tri County Food Pantry - Osseo Food Pantry
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
• 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
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
Vorner County Soluction Army (609) 627 5210
Vernon County Salvation Army
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
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
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

### or

# Text your zip code to 898211

WAFER Food Pantry and Senior Share
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
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
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 7 <sup>th</sup> Street North, La Crosse
Area Served includes: La Crosse County
Eligibility: Students at Western Technical College with a valid student ID
Whitehall Food Pantry(715) 538-2397
Provides perishable and non-perishable food items
Our Savior's Lutheran Church, 36197 Main Street, Whitehall
Area Served includes: Pigeon Falls and Whitehall in Trempealeau County
Eligibility: Families and elderly meeting income guidelines
Wilton Food Pantry (608) 435-6922
Food pantry providing non-perishable food items
Community Center, 400 East Street, Wilton
Area Served includes: Kendall, Norwalk, Ontario, and Wilton in Monroe and Vernon Counties

Eligibility: Persons in need

# **HEALTH SERVICES**

# FREE OR LOW COST DENTAL CARE

 Black River Falls Dental Center
 (715) 670-0400

 Internet Web Site:
 www.marshfielclinic.org/

 Area Served includes:
 Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties (located in Black River Falls)

Eligibility: General public - no age specifics

### or

# Text your zip code to 898211

Chippewa Valley Free Clinic
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
Chippewa Valley Technical College - CVTC
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
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
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
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
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

### or

# Text your zip code to 898211

Chippewa Valley Free Clinic
Internet Web Site: www.cvfreeclinic.org
Area Served includes: Buffalo and Monroe Counties
Eligibility: General public; individual must not have government insurance or affordable private insurance and meet income guidelines
Community Care Clinic (Onalaska)
Internet Web Site: http://bronstonchiro.com/community-care-clinic/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in
Minnesota
Eligibility: General public
Decorah Community Free Clinic
Internet Web Site: www.decorahfreeclinic.com/
Area Served includes: Houston County (located in Decorah, Iowa)
Eligibility: People who do not have access to or are unable to afford health care services
Eau Claire City/County Health Department
Internet Web Site: www.eauclairewi.gov/government/our-divisions/health-department
Area Served includes: Buffalo and Trempealeau Counties (located in Eau Claire)
Eligibility: Females and males, including adolescents, for reproductive health care services
Free Clinic of the Greater Menomonie Area
Free Clinic of the Greater Menomonie Area
Internet Web Site: www.menomoniefreeclinic.org/
Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties Eligibility: Individuals and families who meet income guidelines
Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties
Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties Eligibility: Individuals and families who meet income guidelines
Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties Eligibility: Individuals and families who meet income guidelines Ho-Chunk Nation Department of Health
Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties Eligibility: Individuals and families who meet income guidelines Ho-Chunk Nation Department of Health
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Internet Web Site: www.menomoniefreeclinic.org/ Area Served includes: Buffalo and Trempealeau Counties Eligibility: Individuals and families who meet income guidelines Ho-Chunk Nation Department of Health

Internet Web Site: www.mynfclinics.com

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
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
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
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
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
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

Internet Web Site: www.buffalocounty.com

Financial assistance with prescriptions expense

Area Served includes: Buffalo County

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Eligibility: Income and disability restrictions vary according to program

or

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
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
Internet Web Site: www.cclse.org
• Assistance with applications to pharmaceutical patient assistant programs; emergency short term medications
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Eligibility: People of all faiths with no prescription medicine coverage and who qualify by income
Chippewa Valley Free Clinic
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
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
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
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

### or

# Text your zip code to 898211

Harvest of Hope Fund
Internet Web Site: www.madisonchristiancommunity.org/harvest_of_hope.aspx
Provides medical financial assistance
Area Served includes: Wisconsin
Eligibility: Wisconsin farm families
HealthWell Foundation
Internet Web Site: www.healthwellfoundation.org
Provides financial assistance for prescription medications
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in
Minnesota
Eligibility: General public; must meet some guidelines
Houston County Department of Human Services
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
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)
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 Chates

in the United States

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

or

Pfizer RXPathways
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
Minnesota
Eligibility: General public; prescriptions must be made by Pfizer (visit the web site for a list of medicines)
Regional Health Services of Howard County
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
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
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
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
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

or

### Text your zip code to 898211

St. Clare Health Mission of Monroe Coun	ty	(608) 366-5343
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An in-house pharmacy for prescribed medications (narcotics are not prescribed)

Area Served includes: Monroe County

Eligibility: Adult, age 18 years of age and older with no public or private medical insurance

• 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

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, se	nior citizens, and people with disabilities
meeting eligibility criteria. For more information or to apply contact:	
Houston County Department of Human Services	(507) 725-5811, or
Minnesota Department of Human Services	(800) 657-3739, or
Minnesota Department of Human Services Web site	www.mn.gov/dhs

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

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

In addition to the programs above there may be other resources to provide some limited medical care coverage assistance for certain populations such as Minnesota Family Planning Program or Medical Assistance for Breast/Cervical Cancer. There is also access to some medical care coverage for certain non-citizen populations in Minnesota. Information about these additional resources can be obtained by contacting:

Houston County Department of Human Services	.(507) 7	25-5811, or
Minnesota Department of Human Services	.(800) 6	657-3739, or
Minnesota Department of Human Services Web site	.www.m	n.gov/dhs

or

Text your zip code to 898211

(Medical Assistance Program - Minnesota Continue)

### **MN Sure**

MN Sure Web Site:	ww.mnsure.org
Call Center	55) 366-7873
seeking to choose health insurance coverage. For more information or to apply contact:	
MN Sure is Minnesota's health insurance Marketplace offering information, assistance, and enrollme	ent services for people

### 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	
Area Served Includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties	
Southern Consortium	
Area Served Includes: Crawford County	

### Or

Visit the Web site at <u>access.wisconsin.gov</u>. This Web site provides information and allows people to check and see if they are eligible for BadgerCare Plus or other assistance programs and apply for any of these programs directly online.

In addition to the programs listed here there may be other resources to provide some limited medical care coverage assistance for certain populations such as BadgerCare Plus Family Planning Waiver, Wisconsin Well Woman Medicaid which covers Well Woman Program members for treatment of breast or cervical cancer, or BadgerCare Plus Prenatal Program which provides healthcare coverage for certain pregnant women who would not typically be eligible for BadgerCare Plus because they are either an inmate of a public institution or not a citizen or qualifying alien. Information about these additional resources can be obtained by contacting:

Well Badger Resource Center	642-7837
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### 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)

Houston County Health Department	(507) 725-5810
La Crosse County Health Department	(608) 785-9872
Monroe County Health Department	(608) 269-8666
Trempealeau County Health Department	(715) 538-2311 ext.220
Vernon County Health Department	(608) 637-5251

# HOUSING

# RENT OR MORTGAGE FINANCIAL ASSISTANCE

There are several organizations which provide financial assistance for people having temporary difficulties in meeting their rent or mortgage payments. Typically these charitable organizations will assist as they are able (based on the funds they have available at the time) and they generally cannot cover the entire cost of the rental or mortgage bill. These programs have eligibility criteria. For information regarding available assistance contact the agencies below or Great Rivers 2-1-1.

Bethel Home and Services – Bethel Butikk	(608) 634-3473	
Internet Web Site: www.bethelhomeservices.org		
Area Served: Soldier's Grove, Rising Sun, and Towerville in Crawford County; Cashton in Monroe Count	ty; and Vernon County	
Catholic Charities of the Diocese of La Crosse, Inc.	(888) 212-4357	
Internet Web Site: www.cclse.org		
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties		
Catholic Charities of Southern Minnesota – Mother and Child Assistance Fund (507) 287-2047		
Internet Web Site: www.ccsomn.org		
Area Served Includes: Houston County		
Eligibility: Pregnant persons and families with children under 12 months old		
Couleecap, Inc Community Action Program		
Crawford, Monroe, and Vernon Counties	(608) 424-4187	
La Crosse County	(608) 796-2725	
Internet Web Site: www.couleecap.org		
Eligibility: Homeless or at risk of homelessness by eviction for lack of rent payment, must meet income guidelines, show temporary		
decrease of household income, and ability to maintain payments beyond assistance		

Families First of Monroe County	(608) 374-4141
Internet Web Site: www.familiesfirstofmonroecounty.org	
Area Served includes: Monroe County	
#### or

#### Text your zip code to 898211

Houston County Department of Human Services
Internet Web Site: www.co.houston.mn.us/departments/human-services/
Area Served Includes: Houston County
Houston County Veterans Services
Internet Web Site: www.co.houston.mn.us/departments/veterans-services/
Area Served Includes: Houston County
La Crosse County Salvation Army
Internet Web Site: https://centralusa.salvationarmy.org/lacrosse/
Area Served Includes: La Crosse County
La Crosse County Veterans Service Office
Internet Web Site: https://lacrossecounty.org/veterans/
Area Served Includes: La Crosse County
Monroe County Salvation Army
Internet Web Site: www.usc.salvationarmy.org
Area Served Includes: Monroe County
Rural Housing, Inc
Internet Web Site: www.wisconsinruralhousing.org
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Semcac - Houston County Field Office
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	88) 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

or

Catholic Charities of the Diocese of La Crosse, Inc.
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
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
La Crosse County
Internet Web Site: www.couleecap.org
Offers eviction prevention assistance
Eligibility: Income eligibility guidelines apply
FamilyMeans Financial Solutions
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
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
Internet Web Site: www.homelinemn.org
<ul> <li>Provides information and advice for tenants regarding concerns including eviction, repairs, security deposits, and their</li> </ul>
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
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
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
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
Provides credit/budget counseling
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Money Management International
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
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

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	
Families First of Monroe County	(608) 374-4141
Internet Web Site: www.familiesfirstofmonroecounty.org	
Area Served Includes: Monroe County	
Ho-Chunk Nation Department of Social Services	(888) 343-8190
Internet Web Site: www.ho-chunknation.com	
Area Served Includes: Crawford, La Crosse, Monroe, and Vernon Counties	
Houston County Department of Human Services	(507) 725-5811
Internet Web Site: www.co.houston.mn.us/departments/human-services/	
Area Served Includes: Houston County	
Minnesota Public Utilities Commission - Consumer Affairs Office - MPUC	(800) 657-3782
Internet Web Site: www.mn.gov/puc/	
Area Served Includes: Houston County	
Rural Housing, Inc	(888) 400-5974
Internet Web Site: www.wisconsinruralhousing.org	
Area Served Includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties	
Salvation Army – Wisconsin Divisional Headquarters	
Buffalo County	(608) 685-4412
Crawford County	(608) 475-9040

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

or

Text your zip code to 898211

(Salvation Army - Wisconsin Divisional Headquarters Continue)

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

Internet Web Site: www.usc.salvationarmy.org

Area Served includes: Buffalo, Crawford, La Crosse, Trempealeau, and Vernon Counties Eligibility: People with low/poverty level incomes; works with the local rural population especially the elder population, the local Amish community residents, and Latino workers

Xcel Energy Company	(800) 895-4999
Internet Web Site: www.xcelenergy.com	
Area Served Includes: Buffalo, Crawford La Crosse, Monroe, Trempealeau, and Vernon Counties	

# MINNESOTA ENERGY ASSISTANCE PROGRAM

The Minnesota Energy Assistance Program can assist eligible households with their energy costs during the heating season (October 1 through June 1). Services that may be available through this program include: direct financial assistance for heating costs; education regarding home heating efficiency and safety; crisis assistance to prevent disconnections or ensure fuel deliveries; and emergency heating system repair or replacement.

Eligibility: Homeowners and renters meeting income and other eligibility requirements

For information and application assistance for the Minnesota Energy Assistance Program contact:

#### 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

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 <u>https://energybenefit.wi.gov</u> 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
Internet Web Site: www.buffalocounty.com
Area Served Includes: Buffalo County
Crawford County Human Services Department
Internet Web Site: www.crawfordcountywi.org
Area Served Includes: Crawford County
Flocks Guardians – (WHEAP)
Area Served Includes: Monroe County
La Crosse County Human Services Department
Internet Web Site: www.co.la-crosse.wi.us
Area Served Includes: La Crosse County
Vernon County Department of Human Services
Internet Web Site: www.vernoncounty.org
Area Served Includes: Vernon County
Western Dairyland Economic Opportunity Council - (WHEAP)

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)

Buffalo County Department of Health and Human Services
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
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
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
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
La Crosse County Human Services Department
Internet Web Site: www.co.la-crosse.wi.us
Internet Web Site: www.co.la-crosse.wi.us Area Served includes: La Crosse County
Internet Web Site: www.co.la-crosse.wi.us Area Served includes: La Crosse County
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
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
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
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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 Dreparty Management (609) 794 1291
Allegiant Property Management
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
Area Served Includes: City of Prairie du Chien, Crawford County
Eligibility: General public and people with disabilities meeting income eligibility
Bluffview Apartments
Area Served Includes: Vernon County
Eligibility: Individuals and families, older adults, and adults with disabilities meeting income eligibility criteria
Buffalo County Housing
Area Served Includes: Buffalo County
Eligibility: Individuals 62 years or age or older, or have a disability
Corners Apartments, The
Corners Apartments, The
Internet Web Site: www.semmchra.org/
Internet Web Site: www.semmchra.org/ Area Served Includes: Houston County
Internet Web Site: www.semmchra.org/ Area Served Includes: Houston County
Internet Web Site: www.semmchra.org/ Area Served Includes: Houston County Eligibility: People in Southeast Minnesota meeting Section 8 income criteria
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
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Dial 2-1-1 or (800) 362-8255

or

Dak Management Company	
Monroe County	(800) 938-5645
Vernon County	(877) 847-8924
Internet Web Site: www.dakgroup.org	
Area Served Includes: Monroe and Vernon Counties	
Eligibility: Families, older adults, and people with disabilities; must meet income guidelines	
Fairview Estates Sparta Arms	. (608) 269-4070
Area Served Includes: Monroe County	
Eligibility: Income eligible families and individuals	
Hillsboro Housing Authority	. (608) 553-1717
Internet Web Site: www.hillsborowi.com/housing_authority	
Area Served Includes: Vernon County	
Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
Horizon Management Group	. (800) 944-4866
Internet Web Site: www.hmgapt.com/	
Area Served Includes: La Crosse, Monroe, Trempealeau and Vernon Counties	
Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
Housing Authority of the City Of La Crosse	. (608) 782-2264
Internet Web Site: www.lacrossehousing.org	
Area Served Includes: City of La Crosse	
Eligibility: Low-income families, older adults, and people with disabilities; must meet income guidelines	
the start the start of Barda start and Alline th	(503) 000 0404
Houston Housing and Redevelopment Authority	. (507) 896-2431
Internet Web Site: www.houstonhousingauthority.org/	
Area Served Includes: Houston County	
Eligibility: Older adults meeting income criteria	
Impact Seven	(608) 799-1898
Internet Web Site: www.impactseven.org	
Area Served Includes: La Crosse County	
Eligibility: Low-income families and adults with chronic mental illness meeting income guidelines	
La Crosse County Housing Authority	. (608) 781-5365
Internet Web Site: www.lcha.net	
Area Served Includes: La Crosse County	
Eligibility: Low-income families, elderly, people with disabilities, single persons (all eligible U.S. citizens)	

#### or

Landmark Company Dreports Management (715) 924 2411
Landmark Company Property Management
Internet Web Site: www.landmark-company.com
Area Served Includes: Buffalo and Trempealeau Counties
Eligibility: Individuals and families, older adults, and adults with disabilities meeting income eligibility criteria
Lawler School Lofts
Internet Web Site: www.lawlerschoollofts.com
Area Served Includes: Crawford County
Eligibility: Income-eligible individuals and families; preference given to veterans and individuals at risk of homelessness
Life Style
Internet Web Site: www.lifestyleinc.net
Area Served Includes: La Crosse, and Monroe Counties in Wisconsin; Houston County in Minnesota
Eligibility: Individuals and families who are income-eligible
Loretto Heritage Haven
Area Served Includes: Houston County
Eligibility: Older adults and adults with disabilities
Meridian Group
Internet Web Site: www.meridiangroupinc.net
Area Served Includes: Crawford County
Eligibility: Low or moderate-income elderly, individuals, families, and people with disabilities
Monroe County Housing Authority
Internet Web Site: www.mocohousing.com
Area Served Includes: Monroe County
Eligibility: Income eligible families, elderly, or people with disabilities
Pioneer Property Management
Internet Web Site: www.ppmirentals.com
Area Served Includes: Crawford County
Eligibility: Income eligible families and individuals
Southeastern Minnesota Multi-County Housing and Redevelopment Authority (651) 565-2638
Internet Web Site: www.semmchra.org
Area Served Includes: Houston County
Eligibility: Individuals meeting Section 8 income criteria
Spring Grove Manor
Internet Web Site: www.lloydmanagementinc.com
Area Served Includes: Houston County
Eligibility: People 50 years or older and children and adults with disabilities who meet HUD income requirements

#### or

#### Text your zip code to 898211

St Vallerie
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
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
Internet Web Site: www.tremphousing.com
Area Served Includes: Trempealeau County
Eligibility: Income eligible families, elderly, or people with disabilities
Viroqua Housing Authority
Area Served Includes: City of Viroqua, Vernon County
Eligibility: Individuals and/or families who meet income guidelines
Westby Housing Authority
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	у
Eligibility: Homeless families with children	

#### or

# Text your zip code to 898211

Hope Gospel Mission – Hope Renewal Center for Women	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 int	ake; cannot to
accommodate children	
Passages – Ada James Place	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	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	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 how	urs of sobriety and
those leaving incarceration)	
Sojourner's Journey – Jim's House	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)	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	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 HL	JD; other criteria
- make	

apply

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
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• 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
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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
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• 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

or

Center: 7 Rivers LGBTQ Connection, The – Fresh Out of the Closet
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
504 South Main Street, Viroqua
• Provides free-of-charge clothing and shoes for women, men, children, and infants
Families First of Monroe County
• 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
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
• 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
Provides free-of-charge clothing and coats
Area Served Includes: La Crosse County
Eligibility: Children toddlers through 5 <sup>th</sup> grade
La Crosse County Salvation Army
• 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

or

#### Text your zip code to 898211

Provides newborn clothing to 5T
Internet Web Site: <a href="https://www.newlifelacrosse.org/">https://www.newlifelacrosse.org/</a>
Area Served Includes: La Crosse County

Eligibility: Pregnant women and new mothers

•

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

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

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

## THRIFT SHOPS

ABC (Ability Building Community) – Twice is Nice Resale Shop 521 Old Highway Drive, Caledonia	(507)	725-2092
Bethel Butikk Food Pantry and Thrift Shop	(608)	634-3473
Bargain Boutique – CouleeCap – Community Action Program	(608)	326-2463
Cashton Cupboard and Closet	(608)	654-5770
Chippewa Valley Habitat for Humanity – Habitat ReStore 145 North Clairemont Avenue, Eau Claire	(715)	895-8177
Cup of Joe / G.I. Need That	(608)	372-4506
Good Samaritan Food Pantry and Thrift Store, The	(608)	489-3627
Good Steward Resale Shop	(608)	779-9763
Goodwill Industries – La Crosse	(608)	783-2710

or

Goodwill Industries – Onalaska		83-1581
200 Theatre Road, Onalaska		
Goodwill Industries – Platteville		48-5490
2001 Progressive Parkway, Platteville	(000) 0	
Goodwill Industries – Richland Center		49-2110
Goodwill Industries - Tomah		72-7464
1516 North Superior Avenue, Tomah		
Grace Place		52-2283 ext. 3
66 East 2 <sup>nd</sup> Street, Winona		
	(000) 7	
Habitat for Humanity ReStore – La Crosse		55-2375 ext. 106
Harvest Lane Treasures Thrift Store		96-0977
W4910 Harvest Lane, La Crosse		
Hope Gospel Mission – Bargain Center		39-9498 ext 1100
2511 West Moholt Drive, Eau Claire		
Hone Cosnel Mission - Pergein Conter - Mendevi	(715) 5(	0 4770
Hope Gospel Mission – Bargain Center - Mondovi 121 North Eau Claire Street, Mondovi	(715) 5	90-4770
Hope Gospel Mission – Building Hope	(715) 83	8-2084 ext. 1208
2108 Western Avenue, Eau Claire		
La Crosse County Salvation Army Thrift Shop		84-1421
728 Copeland Avenue, La Crosse		
Mary Morrow's Attic		69-1047
116 South Water Street, Sparta		
Our Lady of Pernetual Help Mission Thrift Store	(600) 24	23-7116
Our Lady of Perpetual Help Mission Thrift Store		23-7110
Rootin Crown Consignment Shop		19-9500
47 Copeland Avenue, La Crosse		

or

Text your zip code to 898211

23741 Washington Street, Independence

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	v.crawfordcountywi.org
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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

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
Monday-Friday afternoons and evenings, text your zip code to
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in
Minnesota
Hiawatha Valley Mental Health Winona Office
Internet Web Site: www.hvmhc.org/
Area Served includes: Houston County
La Crosse County Human Services Department
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)
Northwest Connections
Monroe County collaborates with Northwest Connections to provide afterhours telephone and mobile crisis services
Area Served includes: Monroe County
Trempealeau County Department of Human Services
Internet Web Site: https://co.trempealeau.wi.us/
Trempealeau County Department of Human Services (Monday-Friday 8am-4:30pm)(715) 538-4351
Northwest Connections

• Trempealeau County collaborates with Northwest Connections to provide 24-hour telephone crisis services Area Served includes: Trempealeau County

# Vernon County Department of Human Services

Internet Web Site:	www.vernoncounty.org	
Vernon	County Department of Human Services (Monday-Friday 8am-4:30pm)	(608) 637-7007
Vernon	County Sheriff Department	(608) 637-2123
•	Vernon County Sheriff Department provides afterhours in-person crisis needs	

Area Served includes: Vernon County

# DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND CRIME VICTIMS RESOURCES

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

or

Text your zip code to 898211

Bluff Country Family Resources (Domestic violence and sexual assault)
Internet Web Site: www.bluffcountry.org
Area Served includes: Houston County in Minnesota; Crawford, La Crosse, and Vernon Counties in Wisconsin
Area Serveu includes. Houston County in Minnesola, Crawiold, La Crosse, and Venion Counties in Wisconsin
Bolton Refuge House (Domestic violence and sexual assault)
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
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in
Minnesota
Brighter Tomorrows (Domestic violence and/or sexual assault)
Sparta(608) 269-7853
Tomah(608) 374-6975
Area Served includes: Monroe County
Deaf Unity (Domestic Violence)
Internet Web Site: <u>www.deafunitywi.org/</u>
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Family and Children's Center (Domestic Abuse Project)
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 Line2-1-1
24-hour Toll Free Crisis Line
Monday-Friday afternoons and evenings, text your zip code to
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in
Minnesota
Gundersen Crime Victim Services
Internet Web Site: www.gundersenhealth.org/for-clinicians-professionals/center-for-violence-prevention-and-intervention/
Area Served includes: Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
Gundersen Domestic Violence and Sexual Assault Program

Internet Web Site: www.gundersenhealth.org/patients-visitors/social-services/domestic-abuse-and-sexual-assault-program/ Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota

#### or

HAVEN (Household Abuse Victims Emergency Network)
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)
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)
Internet Web Site: <u>www.passagesrc.com/</u>
Area Served includes: Crawford and Vernon Counties
RAINN – Rape, Abuse, and Incest National Network
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: <a href="http://www.roomtobesafe.org/">www.roomtobesafe.org/</a>
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties
StrongHearts Native Helpline
Internet Web Site: https://strongheartshelpline.org/
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in

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
Latina Resource Center(414) 389-6500
24-hour Hotline(414) 389-6510
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties

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 Cre	escent in Minnesota
Seenie Mississinni Degional Transit (SMDT)	

Provides a four-county, fixed route, commuter bus system ٠

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
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
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

or

Internet Web Site: https://terosse.extension.wisc.edu Area Served includes: La Crosse County Provides information on dairy/livestock care and management, crop production, horticulture and resource development  Extension Monroe County, UW-Madison	Extension La Crosse County, UW-Madison
Area Served includes: La Crosse County <ul> <li>Provides information on deiry/livestock care and management, crop production, horticulture and resource development</li> </ul> Extension Monroe County, UW-Madison	Internet Web Site: https://lacrosse.extension.wisc.edu
development         Extension Monroe County, UW-Madison         Internet Web Site: https://monroe.extension.wisc.edu         Area Served includes:: Monroe County         • Agricultural programs on fam 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         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         Extension Vernon County, UW-Madison       (800) 327-6243	
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	
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.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.extension.wisc.edu         Area Served includes:       Vernon.extension.wisc.edu         Area Served includes:       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         Extension       (800) 327-6243         Internet Web Site:       www.farmaid.org         Farm Aid       (800) 327-6243         Internet Web Site:       www.farmaid.org         Fare Served includes:       Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Verno	Extension Monroe County, UW-Madison
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	Internet Web Site: https://monroe.extension.wisc.edu
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	Area Served includes: Monroe County
Will assist with identifying insects/bugs that are on crops  Extension Trempealeau County, UW-Madison	• Agricultural programs on farm business management, crop production, horticulture, dairy and livestock managemen
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         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management         • Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in greate	• Works with agricultural organizations and groups to solve agricultural, water quality and environmental issues
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	• Will assist with identifying insects/bugs that are on crops
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         • 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	Extension Trempealeau County, UW-Madison
Provides information to groups on agriculture practices, farm financial management, livestock care, and general farm production and management  Extension Vernon County, UW-Madison	Internet Web Site: https://trempealeau.extension.wisc.edu
production and management  Extension Vernon County, UW-Madison	Area Served includes: Trempealeau County
Extension Vernon County, UW-Madison	• Provides information to groups on agriculture practices, farm financial management, livestock care, and general far
Internet Web Site: https://verion.extension.wisc.edu Area Served includes: Verion County   Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management  Farm Aid	production and management
Area Served includes: Vernon County   Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management  Farm Aid	Extension Vernon County, UW-Madison
<ul> <li>Provides information on agriculture practices, farm financial management, livestock care, and general farm production and management</li> <li>Farm Aid</li></ul>	Internet Web Site: https://vernon.extension.wisc.edu
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	Area Served includes: Vernon County
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	• Provides information on agriculture practices, farm financial management, livestock care, and general farm production
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	and management
<ul> <li>Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota</li> <li>Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in greatest need</li> <li>Harvest of Hope Fund</li></ul>	Farm Aid
Minnesota <ul> <li>Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in greatest need</li> </ul> Harvest of Hope Fund	Internet Web Site: www.farmaid.org
greatest need Harvest of Hope Fund	
greatest need Harvest of Hope Fund	• Through the hotline, counseling, and emergency financial assistance Farm Aid reaches out to the farming families in
	Harvest of Hone 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	
<ul> <li>Provides financial assistance for farm families who need assistance to purchase seed, fertilizer fuel, and other supplies</li> </ul>	
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.	meaicai or veterinary expenses, tarm expenses, retraining, or other immediate situations.

or

# Text your zip code to 898211

Internet Web Site: https://extension.umn.edu/local/houston	
Area Served includes: Houston County	
• Information regarding crop production, dairy farm management, a	and farm management; work with groups and
individuals involved with agriculture and agribusiness	
Minnesota Department of Agriculture	
Internet Web Site: www.mda.state.mn.us	
Area Served includes: Houston County	
• Provides extensive information and assistance for farmers includin	g business/farm management assistance; legal
information regarding farm business; financial counseling and anal	lysis; grants to promote new value-added products
and technologies, research and market development, and feasibilit	ty studies; and start-up or expansion assistance
United States Department of Agriculture	
Internet Web Site: www.fsa.usda.gov	
Area Served includes: La Crosse, Monroe, and Vernon Counties in Wisconsin and Ho	ouston 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 farm	ners in disaster areas, and loans through a network o
State and County offices.	
Farm Service Agency – Houston County	(507) 765-2123 ext. 2
Farm Service Agency – Buffalo, La Crosse, Monroe, and Trempeale	eau Counties
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.a	aspx
Area Served includes: Buffalo, Crawford, La Crosse, Monroe, Trempealeau, and Ver	non Counties
• Provides information and support to farmers and their families inc	cluding farmer mental health resources, financial
planning, mediation and arbitration, farmer outreach, veteran farm	ner assistance and outreach, and herb-based
diagnostic program	

# **VETERANS / MILITARY FAMILIES**

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

#### or

Text your zip code to 898211

Army Community Service - Fort McCoy
Internet Web Site: https://mccoy.armymwr.com/programs/army-community-service
Area Served includes: Crawford, Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties
• Provides quality of life programs and information about services and resources in the Fort McCoy community to link
people who need assistance with appropriate services and resources
Garske's Veteran Services
Internet Web Site: www.garskesveteranservices.com/
Area Served includes: Crawford, Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties
• Provides employment assistance, consultations, and training to veterans
• Can also help pay for post-secondary certifications (training and exams) such as teaching, CDL training, forklift
operator, software skills training, Microsoft Office Specialist Certificates
HonorBound Foundation
Internet Web Site: www.honorboundfoundation.org
Area Served includes: Nationwide
• Information and referral services to resources available to veterans and their families; limited emergency assistance
available on a case-by-case basis
HorseSense
Internet Web Site: https://horsesensewi.org/
Area Served includes: La Crosse and Vernon Counties in Wisconsin and Houston County in Minnesota
• Therapeutic riding program for veterans with mental, emotional, or physical disabilities
La Crosse Area Veteran's Mentor Program
Internet Web Site: www.lavmp.org
Area Served includes: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota
• Veterans work with fellow veterans by assisting and encouraging them to participate in Veterans Affairs, community-
based treatment and intervention programs and navigate the court system, if necessary
La Crosse Vet Center
Internet Web Site: https://www.vetcenter.va.gov/
Area Served includes: Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin
• Vet Center provides readjustment counseling and outreach services
La Crosse Veterans Affairs Clinic
Internet Web Site: www.tomah.va.gov/locations/Lacrosse.asp
Area Served includes: Crawford, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minneso
• Health screening, disease prevention, primary care, and mental health services
Madison Vet Center
Internet Web Site: www.va.gov/find-locations/facility/vc_0419V
Area Served includes: Crawford County

• Vet Center provides readjustment counseling and outreach services

or

# Text your zip code to 898211

Military OneSource
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
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
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
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
Internet Web Site: www.va.gov/homeless
Area Served includes: Nationwide
• Veterans who are homeless and in need of advocacy and information
Vets4Warriors
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
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

#### or

#### Text your zip code to 898211

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

#### 

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

#### 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

• Provides an online tool to assist veterans in finding a job or starting a new career

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

• Provides temporary benefits to qualified persons out of work through no fault of their own

Eligibility: Individuals who are unemployed or partially unemployed due to no fault of their own and available for work Application:

The online and automated phone application systems are available Sunday through Friday 6 am to 8 pm

Apply by phone	(877) 898-9090
Apply by TTY	(866) 814-1252

арріу Б	/ / /	(0	00) 014-1252

Apply online......www.uimn.org/uimn/

When applying people need:

- ✓ Their social security number
- ✓ Their Minnesota driver's license number or other state government ID number
- ✓ Their mailing address and telephone number
- ✓ Names and addresses of employers, the dates the person worked for them, the person's pay rate, and the reason the person no longer works for them (from the previous 18 months)

#### Wisconsin Department of Workforce Development

Internet Web Site: http://dwd.wisconsin.gov/uiben

Area Served: Wisconsin

Unemployment Insurance Division ......(414) 435-7069

• Provides temporary economic assistance to Wisconsin's unemployed workers

Eligibility: Individuals who are unemployed or partially unemployed due to no fault of their own and available for work Application:

Applicants must apply online at http://dwd.wisconsin.gov/uiben

Claim Specialists are available by phone Monday through Friday 6:15 am to 5:30 pm and Saturday 7 am to 1:30 pm to walk applicants through the online process

Claim Specialist	.(414) 435-7069
Toll Free	.(844) 910-3661
<i>TTY</i>	. 7-1-1

or

# Text your zip code to 898211

(Unemployment Compensation - Wisconsin Continue)

When applying people need:

- ✓ Their social security numbers
- $\checkmark$  Their Wisconsin driver's license or identification number (if they have one)
- ✓ Names and addresses of employers and the dates the person worked for them (from the previous 18 months or since the last time the person claimed)
- ✓ Valid email or mobile number and current mailing address

We're here any time you don't know where to turn for help.



Dial 2-1-1 or (800) 362-8255 Free and Confidential 24 hours a day, 7 days a week Text your zip code to 898211

When you need information about community services or are looking for help with a personal or family matter, Great Rivers 2-1-1 will answer questions about what is available, who to contact for the details you want, and how to take the next step toward solving your problems or meeting your needs.

Need help? Call, text, or search online at

# www.greatrivers211.org



# **Great Rivers United Way**