



External

Resources



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*Resource: a readily available  
source of supply, support, or aid*

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## Behavioral Health / Counseling

### COUNSELING ASSOCIATES, LLC (Behavioral Health)

115 5th Avenue South, Suite 301 La Crosse, WI 54601

(608) 785-0827 Service Contact

[www.winonacounseling.com](http://www.winonacounseling.com)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public age 13 and older

SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, group, and individual counseling settings

- General psychiatry services; eating disorders treatment, home based mental health services, infant and early childhood mental health, and programs for offenders with mental disabilities

- Psychiatric disorders counseling:

ADD/ADHD	Conduct disorder	Post-traumatic stress disorder
Adjustment disorders	Depression	School phobia
Anxiety disorders	Identity disorder of childhood	Seasonal affective disorder
Bi-polar disorders	Impulse control disorders	Selective mutism
Child and Adolescent Psychiatry	Obsessive compulsive disorder	Self-injury
Children with Emotional Disturbance	Oppositional/defiant disorder	Separation anxiety disorder
Chronic/Severe Mental Illness	Panic disorder	

- In person crisis intervention (walk in services)

INTAKE PROCEDURE: Call for an appointment; walk in appointments and appointments within 24-business hours available

FEES: Call for fee information

METHOD OF PAYMENT: Installment payments, sliding fee scale, Medical Assistance, Medicare, private pay, County funding, VA Contract, and private insurance

HOURS: - Phone hours 9 am - 6 pm Monday - Friday

- Appointment hours 9 am - 6 pm Monday - Friday; evening and Saturday by appointment;

appointments

AREA SERVED: Houston and Winona Counties in Minnesota; La Crosse, Jackson, Monroe, Trempealeau and Vernon Counties in Wisconsin

**COUNSELING ASSOCIATES, LLC (Counseling)**

115 5th Avenue South, Suite 301 La Crosse, WI 54601

(608) 785-0827 Service Contact

[www.winonacounseling.com](http://www.winonacounseling.com)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public age 13 and older

SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, group, and individual counseling settings

- Mental health evaluation services include:

Anxiety disorders screening	Depression Screening	Early intervention for mental illness	Eating disorders screening
Forensic mental health evaluation	Gambling addiction screening	Psychological assessment for adults and children	Self-injury screening

- Counseling issues:

Adolescent/youth	Anger management	Bereavement/grief	Caregiver
Crime victim/witness	Divorce	Gambling	Internet addiction
Juvenile delinquency	Over-spender	Parent counseling	Parenting child with special needs
Postpartum depression	Runaway/homeless youth	Suicide	

- Health/disability problems counseling services include:

AIDS/HIV infections	Allergies	Asthma	Eating disorders
Miscarriage	Obesity	Pain management	Sleep disorders
Tourette's Syndrome			

- Family violence and sexual abuse/assault counseling issues:

Adult incest survivor	Child abuse	Child sexual abuse	Spouse/domestic partner abuse
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- Substance abuse services include: alcoholism counseling, court ordered DUI evaluations, drug abuse counseling, DUI offender programs, and general assessment for substance abuse

- Additional services include:

Assertiveness training      Communication training      Parenting skills classes      Relationship workshops  
Self-esteem workshops      Sensitivity training

INTAKE PROCEDURE: Call for an appointment; walk in appointments and appointments within 24-business hours available

FEES: Call for fee information

METHOD OF PAYMENT: Installment payments, sliding fee scale, Medical Assistance, Medicare, private pay, County funding, VA Contract, and private insurance

HOURS: - Phone hours 9 am - 6 pm Monday - Friday  
- Appointment hours 9 am - 6 pm Monday - Friday; evening and Saturday by appointment; appointments

AREA SERVED: Houston and Winona Counties in Minnesota; La Crosse, Jackson, Monroe, Trempealeau and Vernon Counties in Wisconsin

**FAMILY AND CHILDREN'S CENTER (Behavioral Health)**

1707 Main Street La Crosse, WI 54601

(608) 788-6322 Service Contact

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

[fccmain@fccnetwork.org](mailto:fccmain@fccnetwork.org)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public ages 4 and older

SERVICE DESCRIPTION: A family counseling agency offering conjoint, family, group, and individual counseling settings

- Psychiatric disorders counseling:

ADD/ADHD	General psychiatry	Post-traumatic stress disorder
Anxiety disorders	Impulse control	School phobia
Bi-polar disorders	Obsessive compulsive disorder	Seasonal affective disorder
Conduct disorder	Oppositional/defiant disorder	Self-injury
Depression	Panic disorder	Separation anxiety disorder

INTAKE PROCEDURE: Referrals and intake can be arranged by calling receptionist

FEES: Call for information

METHOD OF PAYMENT: County funds, Medicaid, Medicare, private pay, private insurance, installment payments, sliding fee scale

HOURS: Phone/appointment hours 8:30 am - 5 pm Monday, 8:30 am - 6 pm Tuesday, 9 am - 6 pm Wednesday, 8:30 am - 5:30 pm Thursday, Friday by appointment

AREA SERVED: Fillmore and Houston Counties in Minnesota; Crawford, Jackson, La Crosse, Monroe, Richland, Trempealeau, and Vernon Counties in Wisconsin

**FAMILY AND CHILDREN'S CENTER (Counseling)**

1707 Main Street La Crosse, WI 54601  
(608) 788-6322 Service Contact  
[www.fcconline.org](http://www.fcconline.org)

PROGRAM: OUTPATIENT COUNSELING CLINIC  
REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public ages 4 and older

SERVICE DESCRIPTION: A family counseling agency offering conjoint, family, group, and individual counseling settings

- Mental health evaluation services include:

Anxiety disorders screening	Depression screening	Mental health assessment for adults	Self-injury screening
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- Counseling issues:

Anger management	Bereavement/grief	Caregiver	Crime victim/witness
Criminal offender	Divorce	Juvenile delinquency	Over-spender
Parent counseling	Runaway/homeless youth	Sexual assault	Suicide

- Health/disability problems counseling services include:

Autism	Congenital diseases	Developmental disabilities
Epilepsy	Genetic disorders	Language delays
Learning disabilities	Multiple disabilities	Sleep disorders

- Family violence and sexual abuse/assault issues including spouse/domestic partner abuse counseling

- Substance abuse services include:

Alcoholism counseling	Drug abuse counseling	General assessment for substance abuse
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- Additional services include:

Assertiveness training	Communication training	Parenting skills classes
Relationship workshops	Self-esteem workshops	

INTAKE PROCEDURE: Referrals and intake can be arranged by calling receptionist

FEES: Call for information

METHOD OF PAYMENT: Sliding fee scale, Installment payments, Medical Assistance, Medicaid, private pay, private insurance

HOURS: Phone/appointment hours 8:30 am - 5 pm Monday, 8:30 am - 6 pm Tuesday, 9 am - 6 pm Wednesday, 8:30 am - 5:30 pm Thursday, Friday by appointment

AREA SERVED: La Crosse, Monroe, and Trempealeau Counties

**GARRISON COUNSELING, INC.**

319 Main Street, Suite 510 La Crosse, WI 54601  
(608) 796-1114 Service Contact: Debbie Garrison

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public

SERVICE DESCRIPTION: A private therapy practice offering conjoint, family, group and individual counseling settings

- Mental health evaluation services include:

Anxiety disorders screening	Depression screening	Early intervention for mental illness	Psychological assessments for adults
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- Counseling issues:

Adolescent/youth	Anger management	Bereavement/grief	Caregiver
Child guidance	Divorce	Juvenile delinquency	Parent counseling
Post-traumatic Stress Disorder	Runaway/homeless youth	Suicide	

- Additional services include:

Assertiveness training  
Communication training

INTAKE PROCEDURE: Call for information

FEES: Call for fees

METHOD OF PAYMENT: Sliding fee scale, Medicaid (MA, Medical Assistance), Medicare, private pay, private insurance, Indian Health Service Program, county funds

HOURS: 8 am - 6 pm Monday - Friday

AREA SERVED: La Crosse County in Wisconsin; Houston and Winona Counties in Minnesota; and all outlying communities

**GREAT RIVERS 211**

THE RUNAWAY BRIDGE – GUNDERSON LUTHERAN

Confidential Address

(800) 362-8255 or 211 Runaway Hotline

<http://www.greatrivers211.org/upload/docs/GR211/RunawayBridgeBrochure.pdf>

REQUESTED SERVICE: Individual and family counseling services

ELIGIBILITY: Youth ages 9-17 who have run away, or are thinking about running away.

SERVICE DESCRIPTION: A safe and confidential place to sleep, eat, and talk to a counselor about why you ran away or were forced to leave your home.

- Trained staff on 24hr hotline is able to discuss problems or concerns in areas such as:

Substance abuse

Family problems

Abusive relationships

School difficulties

Suicide

And refer youth to resources in community

INTAKE PROCEDURE: Call

FEES: none

HOURS: 24/7

AREA SERVED: La Crosse, Monroe, and Vernon Counties

**PEACE OF MIND COUNSELING, LLC (Behavioral Health)**

115 5th Avenue South, Suite 507 La Crosse, WI 54601

(608) 797-5679 Service Contact

[www.pomcounseling.net](http://www.pomcounseling.net)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public age 4 and older



SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, and individual counseling settings

- General psychiatry services
- Psychiatric disorders counseling:

ADD/ADHD	Conduct disorder	Post-traumatic stress disorder
Adjustment disorders	Depression	School phobia
Anxiety disorders	Impulse control disorders	Seasonal affective disorder
Bi-polar disorders	Obsessive compulsive disorder	Self-injury
Children with Emotional Disturbance	Oppositional/defiant disorder	Separation anxiety disorder
Chronic/Severe Mental Illness	Panic disorder	

INTAKE PROCEDURE: Call for appointment information

FEES: Call for fee information

METHOD OF PAYMENT: Sliding fee, installments, Medical Assistance, County funding, private pay, private insurance  
Buffalo and Trempealeau Counties

HOURS: Phone/Office hours 7:30 am - 6 pm Monday - Friday

AREA SERVED: Houston and Winona Counties, Minnesota; La Crosse, Trempealeau Counties, Wisconsin

**PEACE OF MIND COUNSELING, LLC (Counseling)**

115 5th Avenue South, Suite 507 La Crosse, WI 54601  
(608) 797-5679 Service Contact  
[www.pomcounseling.net](http://www.pomcounseling.net)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: General public ages 4 and older

SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, and individual counseling settings

- Mental health evaluation services include:

Anxiety disorders screening	Depression Screening	Early intervention for mental illness
Eating disorders screening	Psychological assessment for adults and children	Self-injury screening

Adolescent/youth

Adoption

Anger management

- |                      |                   |                           |
|----------------------|-------------------|---------------------------|
| Bereavement/grief    | Divorce           | Health/disability related |
| Juvenile delinquency | Parent counseling | Suicide                   |
- Counseling issues:
  - Health/disability problems counseling services include:
 

Autism spectrum disorders	Developmental disabilities	Eating disorders
Intellectual disabilities	Learning disabilities	
  - Family violence and sexual abuse/assault counseling issues:
    - Child abuse
    - Child sexual abuse
  - Additional services include:
 

Assertiveness training	Communication training	Parenting skills classes
Relationship workshops	Self-esteem workshops	

INTAKE PROCEDURE: Call for an appointment

FEES: Call for fee information

METHOD OF PAYMENT: Sliding fee, installments, Medical Assistance, County funding, private pay, private insurance

HOURS: Phone/office hours 7:30 am - 6 pm Monday - Friday; weekends by appointment

AREA SERVED: Houston and Winona Counties, Minnesota; La Crosse, Trempealeau Counties, Wisconsin

**WINONA COUNSELING CLINIC**

LA CROSSE OFFICE - WINONA COUNSELING CLINIC

115 5th Avenue South Suite 414 La Crosse, WI 54601

(608) 782-1117 Service Contact

[www.winonacounselingclinic.com](http://www.winonacounselingclinic.com)

REQUESTED SERVICE: Individual Counseling

ELIGIBILITY: Ages 4 and older

SERVICE DESCRIPTION: Private therapy/family counseling practice offering conjoint, family, group, individual and peer counseling settings

- Mental health evaluation services include:
 

Anxiety disorders screening	Depression Screening	Early intervention for mental illness
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Eating disorders screening	Psychological assessment for adults	Self-injury screening	
- Counseling issues:			
Adolescent/youth Caregiver	Adoption	Anger management	Bereavement
Internet addiction	Crime victim/witness	Divorce	Gambling
Parenting a child with special needs	Juvenile delinquency	Over-spender	Parent counseling
	Runaway/homeless youth	Sexual/love addiction	Suicide

- Health/disability problems counseling services include:

Allergies	Asthma	Autism Spectrum Disorders	brain injuries
celiac disease	cleft lip/palate	congenital diseases	developmental disabilities
dwarfism	eating disorders	epilepsy	genetic disorders
heart disease	language delays	learning disabilities	obesity
pain management	pediatric AIDS	physical disabilities	sleep disorders
spinal cord injuries	STD	stuttering	Tourette Syndrome

Family violence and sexual abuse/assault counseling issues

Adult incest survivor	Child abuse	Child sexual abuse
Elder abuse	Parent abuse	Spousal/domestic partner abuse

INTAKE PROCEDURE: Call for an appointment; walk in appointments available, appointments may be available within 24 business hours

FEES: Call for information

METHOD OF PAYMENT: Sliding fee scale, installment payments, Medicaid, Medicare, County funding, VA funding, private pay, private insurance

HOURS: Phone/appointment hours 12 Noon - 8 pm Monday - Friday by appointment only; Saturday appointments may be available

AREA SERVED: Houston and Winona Counties in Minnesota; Buffalo, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin



## Career Counseling

### **COULEECAP, INC. - COMMUNITY ACTION PROGRAM**

LA CROSSE COUNTY OFFICE - COULEECAP, INC. - COMMUNITY ACTION PROGRAM

2101 Victory Street Suite C La Crosse, WI 54601  
(608) 782-5520 Service Contact: Ashley Lacenski  
[www.couleecap.org](http://www.couleecap.org)

PROGRAM: SKILLS ENHANCEMENT PROGRAM  
REQUESTED SERVICE: Career Counseling

ELIGIBILITY: Adults 18 and over who are working at least 20 hours per week, who are either enrolled in school or are going to be enrolled, and are at or below 150% of the federal poverty income guidelines; participants could be seeking a short term certificate or two year training (four year degrees are not eligible)

SERVICE DESCRIPTION: Provides financial assistance for adults wanting to return to school

- Assistance with books, tuition, child care, and transportation expenses related to returning to school
- Also provides job search assistance and skills development in resume writing and interviewing and career planning

INTAKE PROCEDURE: Call for information or to schedule an interview; most programs are continuously changing, call the contact person listed to find out current information on each program

FEES: None

DOCUMENTS: Proof of employment, proof of household income

HOURS: Office hours 9 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

### **LA CROSSE AREA HMONG MUTUAL ASSISTANCE ASSOCIATION (HMAA)**

LA CROSSE AREA HMONG MUTUAL ASSISTANCE ASSOCIATION HMAA  
1815 Ward Avenue La Crosse, WI 54601-6737

(608) 781-5744 Service Contact

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

[xong79@gmail.com](mailto:xong79@gmail.com)

REQUESTED SERVICE: Career Counseling

ELIGIBILITY: Adults; focus is on Hmong, Cambodian, and Laotian

SERVICE DESCRIPTION: Provides job development, job counseling, workshops, job placement services, and follow up

INTAKE PROCEDURE: Call for information

FEES: None

HOURS: Phone hours 8 am - 5 pm Monday - Friday

AREA SERVED: Allamakee County in Iowa; Fillmore, Houston and Winona Counties in Minnesota; Jackson, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin

**UNIVERSITY OF WISCONSIN - LA CROSSE**

UPWARD BOUND PROGRAM - UNIVERSITY OF WISCONSIN - LA CROSSE

1725 State Street 176 Murphy Library Resource Center La Crosse, WI 54601

(608) 785-8539 Service Contact

[upwardbound@uwlax.edu](mailto:upwardbound@uwlax.edu)

PROGRAM: UPWARD BOUND

REQUESTED SERVICE: Career Counseling

ELIGIBILITY: Low-income high school students, or students grades 9 - 12 whose parents have not graduated from college and who may need special assistance in college preparation skills; special emphasis on recruiting eligible minority and male students

SERVICE DESCRIPTION: Provides college preparation for low-income and/or first generation college bound high school students in areas of academic tutoring, cultural enrichment, and career exploration

- Six week summer residential on-campus program focusing on academic and social development classes
- Visits to other colleges in the area
- Students receive a stipend to cover transportation and other costs

INTAKE PROCEDURE: Call for information

FEES: No fees

HOURS: Phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

**WESTERN TECHNICAL COLLEGE**

ACADEMIC RESOURCE CENTER - WESTERN TECHNICAL COLLEGE

Academic Resource Center 400 North 7th Street La Crosse, WI 54602

(608) 785-9956 Service Contact

REQUESTED SERVICE: Career Counseling

ELIGIBILITY: High school students

SERVICE DESCRIPTION: Ensures that all students have the knowledge, skills, and attitudes to make a successful transition into postsecondary education or work and to become contributing members of society

- Career mapping
- Earning technical college credit for high school courses
- Instruction through hands-on experiences
- Curriculum reform
- Articulation
- Youth options

INTAKE PROCEDURE: Contact high school guidance counselor or Educational Support Services office for information

FEES: None

HOURS: Phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County; outreach sites in Sparta, Viroqua, Tomah, Black River Falls, Mauston, Holmen, Independence, and Norwalk



## Clothing

### **CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601  
(608) 782-0710 Ext. 211 Service Contact: Shannon Parker  
[www.cclse.org](http://www.cclse.org)

PROGRAM: WINTER CLOTHING  
REQUESTED SERVICE: Winter Clothing

ELIGIBILITY: Those in need

SERVICE DESCRIPTION: Winter clothing for people of all ages available for pick-up, at Catholic Charities office, during regular business hours, through Thursday, December 19, 2013

INTAKE PROCEDURE: Walk-in

FEES: None

HOURS: Office/clothing pick up hours 8:30 am - 4 pm Monday - Thursday

AREA SERVED: La Crosse County

### **CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601  
(608) 782-0710 Service Contact  
(888) 212-4357 Toll Free  
[www.cclse.org](http://www.cclse.org)  
[info@cclse.org](mailto:info@cclse.org)

PROGRAM: MEN'S CLOTHES CLOSET  
REQUESTED SERVICE: General Clothing Donation Programs

ELIGIBILITY: Men in need of clothing

SERVICE DESCRIPTION: Gently used men's clothing

INTAKE PROCEDURE: Walk in during open hours

FEES: None

HOURS: - Phone hours 8:30 am - 4 pm Monday - Thursday  
- Men's Clothes Closet hours 9 am - 12 Noon Tuesdays and 1 pm - 3 pm Thursdays

AREA SERVED: Buffalo, Jackson, Juneau, La Crosse, Monroe, and Trempealeau Counties

**CHILDREN'S CLOTHES CLOSET**

1010 Sill Street Trinity Lutheran Church La Crosse, WI 54603  
(608) 386-5699 Service Contact: Mark Mitchell

PROGRAM: CHILDRENS CLOTHES CLOSET  
REQUESTED SERVICE: Winter Clothing

ELIGIBILITY: All children - primarily serves children Pre-K - 5th grade, but may also has some toddler clothes available

SERVICE DESCRIPTION: Distributes free clothing for children, including school clothes, coats and outdoor wear, etc. – all subject to availability of donations  
- Accepts donations of children's clothing

INTAKE PROCEDURE: Call before coming to receive or donate clothing

FEES: None

HOURS: - Phone hours 8:30 am - 4:30 pm Monday - Friday  
- Closet hours 4 pm - 7 pm Wednesday during the school year

AREA SERVED: La Crosse and surrounding areas, no restrictions

**COMPASSION CONNECTIONS**

130 5th Avenue North Cornerstone Community Church La Crosse, WI 54601  
(608) 784-0160 Ext. 1 [Service Contact: Church Office](#)

REQUESTED SERVICE: General Clothing Donation Programs

ELIGIBILITY: All people with a need will be assisted if able

SERVICE DESCRIPTION: Provides a compassion ministry for the La Crosse County area  
- Offers a food pantry; clothing for men, women, children, and infants; and household items (linens, dishes and cookware, small appliances, etc.)  
- Provides bus tokens or gasoline vouchers; these are provided quarterly only (people can only receive them every three months)



- Financial assistance with phone bills, energy bills, or rent (up to \$50); appointments are required for this service
- Accepts donated cash, food, and clothing (cannot accept furniture due to space restrictions); call ahead prior to bringing donations
- Provides a jail ministry that offers Bible studies in the county jail and keeps in touch with people in the state prison system
- Small study groups meet in private homes for spiritual journey exploration

**INTAKE PROCEDURE:** To schedule an appointment for financial assistance with utility bills or rent people must call or come to the church office on Tuesday mornings at 8 am only (will schedule appointments for the first four people only; appointments are scheduled to take place on Thursdays only); for clothing, prayer, bus tokens, or gas cards people can walk in on Thursdays; hospitality is also provided on Thursdays

**FEES:** None

**DOCUMENTS:** All necessary bills or debts, current utility bills, driver's license, eviction notice, ID, photo ID, prescription, rental/lease agreement, utility disconnect notice

**HOURS:** - Phone or walk-in hours 8 am - 8:30 am Tuesdays to schedule an appointment for financial assistance with utility bills or rent (appointments are scheduled to take place by appointment on Thursdays only)  
 - Walk in hours 8 am - 12 Noon Thursdays to sign up for food, clothing, prayer, bus tokens, or gas cards and for hospitality, coffee, and snacks

**AREA SERVED:** Primarily La Crosse County; may also help with the greater La Crescent and Winona areas, up to the Sparta area, and over to the Viroqua area if able

**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
 (608) 784-8125 Service Contact

[www.theparentingplace.net](http://www.theparentingplace.net)  
[info@theparentingplace.net](mailto:info@theparentingplace.net)

**REQUESTED SERVICE:** Baby Clothing/Diaper Donation Programs

**ELIGIBILITY:** Families in need

**SERVICE DESCRIPTION:** Limited quantity of diapers available to donate to families struggling to make ends meet

- Call for availability
- Seeking donations of disposable diapers for emergency distribution to local parents

**INTAKE PROCEDURE:** Call for availability

FEES: None

HOURS: Phone hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: La Crosse and Monroe Counties

**THE SALVATION ARMY - LA CROSSE**

728 Copeland Ave., La Crosse, WI 54601

(608) 784-1421 or (608) 782-6126

Service Contact: Julie Nelson

PROGRAM: THRIFT STORE

REQUESTED SERVICE: Winter Clothing

ELIGIBILITY: People in need, living in La Crosse County or in La Crescent, MN

SERVICE DESCRIPTION: Toys (children ages 12 and under) through the Jaycees Toys for Tots program

- Winter clothing available
- Cash donations are accepted and can be given online, or mailed to the Salvation Army

INTAKE PROCEDURE: Walk-in

FEES: None; pay for what you buy

DOCUMENTS: Proof of residency, income and verification of children is required

HOURS: Monday-Friday 9am-6pm; Saturday 10am-4pm

AREA SERVED: La Crosse County, and La Crescent, MN

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601

(608) 782-6126 Service Contact: Julie Nelson

REQUESTED SERVICE: General Clothing Donation Programs

ELIGIBILITY: General public; income restrictions may apply

SERVICE DESCRIPTION: Back To School Adopt-a-Child Program; matches donators with families with prekindergarten through high school age children who need school clothes and shoes

- Other seasonal programs include: Coats For Kids and Adults - collection and distribution of winter coats and outerwear for adults; and Feed The Kids - a summer sack lunch program for children in city parks

INTAKE PROCEDURE: Call to schedule an appointment

FEES: None

HOURS: Office/phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

**TLC COMMUNITY DONATION AND SUPPORT CENTER**

2615 George Street La Crosse, WI 54603

(608) 781-9111 Service Contact

PROGRAM: TLC TREASURES

REQUESTED SERVICE: Winter Clothing

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides a thrift store that sells quality donated items which may include adult and children's shoes and boots, clothing for people of all ages including babies; maternity clothing; seasonal clothing; accessories; toys; household goods and appliances, computers and furniture

- Truckload (box truck) of beginning household items for \$150
- Call for delivery and donation pick-up options

INTAKE PROCEDURE: Call or walk-in

FEES: Vary

HOURS: Phone and distribution hours 9 am - 5 pm Tuesday, Wednesday, Thursday, Friday, Saturday; 11 am - 4 pm Sunday; Closed Mondays

AREA SERVED: La Crosse County and surrounding area including Jackson, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota

**WOMEN'S CLOTHES CLOSET**

Our Savior's Lutheran Church 612 Division Street La Crosse, WI 54601

(608) 784-5745 Service Contact: Bonnie Newburg

PROGRAM: CLOTHES CLOSET FOR WOMEN

REQUESTED SERVICE: Work Clothing

ELIGIBILITY: Women residing in La Crosse and surrounding counties

SERVICE DESCRIPTION: Provides free new and used work-appropriate clothing including dresses, suits, blouses, coats, slacks, sweaters, skirts, and underwear; limits apply

- Also provides accessories including purses, jewelry, boots, heels and flats, hair accessories, scarves, gloves, unused cosmetics and pantyhose
- Women must try on clothes before leaving to make sure items fit
- Donations of work-appropriate clothing accepted by appointment or during store hours; cash donations are also accepted

INTAKE PROCEDURE: Call for store hours

FEES: None

HOURS: Clothes Closet hours 10 am - 3 pm Monday; 2 pm - 7 pm Tuesday; 11 am - 4 pm Saturday

AREA SERVED: La Crosse and surrounding counties, including Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston and Winona Counties in Minnesota

**YWCA OF THE COULEE REGION**

THE ORANGE DOOR - YWCA OF THE COULEE REGION

729 6th Street South La Crosse, WI 54601

(608) 782-4974 Service Contact: Carrie Bero

<http://www.ywca.org/site/pp.asp?c=jhLQK0PGLoF&b=7929659>  
[cbero@ywcax.org](mailto:cbero@ywcax.org)

PROGRAM: THE ORANGE DOOR TEEN RESALE SHOP

REQUESTED SERVICE: General Clothing Donation Programs

ELIGIBILITY: Teens and young adults

SERVICE DESCRIPTION: Provides a teen resale shop that has trendy clothing, shoes and accessories for teens and young adults

- Includes prom dresses and other formal wear, and seasonal apparel
- Accepts only gently used and new donations
- The Orange Door benefits the programs of the YWCA

INTAKE PROCEDURE: Walk in

FEES: Low-cost items

HOURS: 1 pm - 6pm Tuesday - Saturday

AREA SERVED: Jackson, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota



## Dental

### **AIDS RESOURCE CENTER OF WISCONSIN (ARCW)**

LA CROSSE REGIONAL OFFICE - AIDS RESOURCE CENTER OF WISCONSIN (ARCW)

2519 South Avenue La Crosse, WI 54601

(608) 785-9866 Service Contact

(800) 947-3353 Toll Free

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

REQUESTED SERVICE: General Dentistry

ELIGIBILITY: People with AIDS or HIV, their families, and friends

SERVICE DESCRIPTION: Case management

- Early medical care and cooperative therapies
- Legal assistance on HIV-related matters, such as, estate planning (wills, guardianships), confidentiality, discrimination (employment, health care, housing), consumer finances, and landlord/tenant issues
- Dental care
- Transportation assistance (to medical and social service appointments)
- Food assistance (food pantries and food vouchers)
- Financial assistance for medical or emergency needs
- Medication management
- Alcohol and drug treatment
- Health education

INTAKE PROCEDURE: Contact the local office for information and services

FEES: None

HOURS: Office hours 8:30 am - 4:30 pm Monday - Friday

LANGUAGES: English and Spanish

AREA SERVED: Jackson, La Crosse, Monroe, Trempealeau and Vernon Counties

### **SCENIC BLUFFS COMMUNITY HEALTH CENTER**

238 Front Street Cashton, WI 54619

(608) 654-5100 Service Contact

REQUESTED SERVICE: General Dentistry

ELIGIBILITY: Targets people with low/poverty level incomes, no health insurance; will work with local rural populations especially the elderly population, the local Amish community residents, and Latino workers

SERVICE DESCRIPTION: Dental care including dental hygiene, dental prosthodontics (i.e. dentures), dental restoration, oral/maxillofacial surgery, pediatric dentistry, and periodontics (prevention)

- Emergency dental care for current patients only

INTAKE PROCEDURE: Call for information; there is a waiting list of less than one year for services; expedited services for children (if a child is in need of dental services, regardless of their insurance status, Scenic Bluffs will get them in for care; parents should call (608) 654-5100, ext. 257 or 258; leave a message on voicemail with the name and age of the student, the address and phone number, and any relevant oral health concerns, and staff will call back); if the child is significantly disabled or is difficult to control, Scenic Bluffs may be unable to care for them due to the complex care needs of these patients

FEES: Call for information

METHOD OF PAYMENT: Healthy Neighbor Plan (sliding fee scale) for those who are income eligible

HOURS: Phone/Office hours 8 am - 5:30 pm Monday - Friday

AREA SERVED: La Crosse, Monroe and Vernon Counties only



## Education / Tutoring

### **CHILDREN'S DYSLEXIA CENTER OF UPPER WISCONSIN**

616 Graham Avenue Eau Claire, WI 54701  
(715) 598-4986 Service Contact: Tammy Tillotson  
[www.wicdc.org](http://www.wicdc.org)  
[childrensdyslexiacenter@clearwire.net](mailto:childrensdyslexiacenter@clearwire.net)

PROGRAM: CHILDRENS DYSLEXIA CENTER OF UPPER WISCONSIN

REQUESTED SERVICE: Subject Tutoring

ELIGIBILITY: Children age 6 to 18 with dyslexia

SERVICE DESCRIPTION: Provides free multi-sensory, direct instruction tutoring services to children who struggle with dyslexia

INTAKE PROCEDURE: Call for information or go to website

FEES: None

DOCUMENTS: Must have an assessment showing they have a challenge in reading, writing, and spelling; assessment can be from psychologist or from another source

HOURS: Phone hours 3 pm - 7 pm Monday - Thursday; or by appointment

AREA SERVED: Much of Wisconsin from La Crosse north to Superior and from Wausau west to the Minnesota border

### **LA CROSSE AREA FAMILY YMCA**

LA CROSSE AREA FAMILY YMCA - TEEN CENTER

137 South 11th Street La Crosse, WI 54601

(608) 789-7750 Ext. 133 Service Contact: Dempsey Miller During the school year

(608) 385-6109 Alternate: Dempsey Miller Program Coordinator/Family Liaison

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

PROGRAM: BOYZ II GENTLEMEN

REQUESTED SERVICE: Subject Tutoring



**ELIGIBILITY:** Males K-12 in the La Crosse area school district who need mild/moderate assistance in academic, social, behavioral, and cultural development

**SERVICE DESCRIPTION:** Meets 6 pm - 8 pm Monday and Wednesday evenings during the school year

- Provides a mentoring/tutoring program for students who attend the La Crosse area schools
- Program focuses on the overall development of youth K-12; topics include the importance of education, social-skill development, critical-life skill development, cultural ethnic awareness; and components of diversity, bullying, peer relationships, parental involvement, personal wellness, and self-esteem/confidence building
- Participants are responsible for their own transportation unless a field trip is scheduled

**INTAKE PROCEDURE:** Referrals come school administration/staff, parents, and county workers; call for information

**FEES:** None

**HOURS:** Mentoring/tutoring programs hours 6 pm - 8 pm Monday and Wednesday evenings during the school year

**AREA SERVED:** La Crosse School District

**UNIVERSITY OF WISCONSIN - LA CROSSE**

**UPWARD BOUND PROGRAM - UNIVERSITY OF WISCONSIN - LA CROSSE**

1725 State Street 176 Murphy Library Resource Center La Crosse, WI 54601

(608) 785-8539 Service Contact

[upwardbound@uwlax.edu](mailto:upwardbound@uwlax.edu)

**PROGRAM:** UPWARD BOUND

**REQUESTED SERVICE:** Subject Tutoring

**ELIGIBILITY:** Low-income high school students, or students grades 9 - 12 whose parents have not graduated from college and who may need special assistance in college preparation skills; special emphasis on recruiting eligible minority and male students

**SERVICE DESCRIPTION:** Provides college preparation for low-income and/or first generation college bound high school students in areas of academic tutoring, cultural enrichment, and career exploration

- Six week summer residential on-campus program focusing on academic and social development classes
- Visits to other colleges in the area
- Students receive a stipend to cover transportation and other costs

**INTAKE PROCEDURE:** Call for information

FEES: No fees

HOURS: Phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

**WESTERN TECHNICAL COLLEGE**

ACADEMIC RESOURCE CENTER - WESTERN TECHNICAL COLLEGE

Academic Resource Center 400 North 7th Street La Crosse, WI 54602

(608) 785-9561 Service Contact

REQUESTED SERVICE: Subject Tutoring

ELIGIBILITY: Programs offered for persons 16 years of age and up

SERVICE DESCRIPTION: Volunteer tutors are available to assist GED and other students in English, math, science, reading, and English for Speakers of Other Language

INTAKE PROCEDURE: Call for information

FEES: Most services offered at no charge

HOURS: Phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County; outreach sites in Sparta, Viroqua, Tomah, Black River Falls, Mauston, Holmen, Independence, and Norwalk



## *Financial Education*

### **CATHOLIC CHARITIES OF THE DIOCESE OF La Crosse, INC.**

3710 East Avenue South La Crosse, WI 54601

(608) 782-0710 Service Contact

(888) 212-4357 Toll Free

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

[info@cclse.org](mailto:info@cclse.org)

PROGRAM: ST. LAWRENCE COMMUNITY SERVICES - FINANCIAL COUNSELING

REQUESTED SERVICE: Credit Counseling

ELIGIBILITY: General public

SERVICE DESCRIPTION: Families and individuals will be able to receive an evaluation of their situation, develop a plan, and participate in financial education

- Financial and bankruptcy counseling for individuals and families including:

Credit and debt management

Budgeting and money management skills

Financial literacy curriculum

Home buyer education & counseling

Mortgage delinquency/foreclosure information assistance

Fair housing information and referral

INTAKE PROCEDURE: Call to schedule an appointment

HOURS: Phone hours 8:30 am - 4 pm Monday - Thursday

AREA SERVED: Buffalo, Jackson, La Crosse, Monroe, and Trempealeau Counties

### **CONSUMER CREDIT COUNSELING SERVICE OF LA CROSSE**

505 King Street, Suite 212 La Crosse, WI 54601

(608) 784-8380 Service Contact

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

REQUESTED SERVICE: Credit Counseling

ELIGIBILITY: General public

SERVICE DESCRIPTION: Credit/budget counseling—Individual will meet with a budget counselor who will conduct a thorough and confidential analysis of income and living expenses; assets and debts will be examined and evaluated; a spending plan and solutions to individual's problems will be discussed

INTAKE PROCEDURE: Call for an appointment

FEES: None

HOURS: Phone hours 8 am - 5 pm Monday - Friday

AREA SERVED: Buffalo, La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota

**CONSUMER CREDIT COUNSELING SERVICE OF LA CROSSE**

505 King Street, Suite 212 La Crosse, WI 54601

(608) 784-8380 Service Contact

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

REQUESTED SERVICE: Financial Management Workshops

ELIGIBILITY: General public

SERVICE DESCRIPTION: Debt management—Individual will meet with a budget counselor to make a plan for debt management; arrangements may be made with as many creditors as possible to accept lower payments; each month individual will pay a specified amount to CCCS of La Crosse which will be deposited into a trust account for dispersal to creditors  
- Education programs and seminars—Programs for the public; presentations are made to schools, clubs, and businesses about all aspects of money management and credit; presentations are adapted for people of all ages

INTAKE PROCEDURE: Call for an appointment

FEES: None

HOURS: Phone hours 8 am - 5 pm Monday - Friday

AREA SERVED: Buffalo, La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota

**CONSUMER CREDIT COUNSELING SERVICE OF LA CROSSE**

505 King Street, Suite 212 La Crosse, WI 54601

(608) 784-8380 Service Contact

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

PROGRAM: CHECKWISE

REQUESTED SERVICE: Credit Counseling

ELIGIBILITY: For individuals who currently do not have an account or would like to better manage their existing account with a financial institution

SERVICE DESCRIPTION: Provides a workshop to help people open a checking and/or savings account and gain better control of their finances

- Designed for people who currently do not have an account or would like to better manage their existing account with a financial institution
- Offers an opportunity to open an account with a participating financial institution even if there have been problems in the past
- Course can be taken online or through a book and is done as a self-study course

INTAKE PROCEDURE: Call for information

FEES: None

HOURS: Phone hours 8 am - 5 pm Monday - Friday

AREA SERVED: Buffalo, La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota



## Financial Support

### **CESA #4 (COOPERATIVE EDUCATIONAL SERVICE AGENCY)**

CESA #4 COOPERATIVE EDUCATIONAL SERVICE AGENCY

923 East Garland West Salem, WI 54669

(608) 786-4540 Service Contact: Lacie Ketelhut, Health Educator

PROGRAM: STRENGTHENING FAMILIES

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: Parents/caregivers and their youth ages 10 - 14

SERVICE DESCRIPTION: Seven week program offered periodically

- Program focuses on providing parents/caregivers and their youth, ages 10 -14, with opportunity to help parents build on their strengths in showing love and setting limits and help youth develop skills in handling peer pressure and building a positive future
- Each session begins with a complementary family meal
- Parents and youth spend the first part of each session meeting separately under the direction of parent and youth facilitators; the last hour the two groups join one another to participate in interactive skill building and bonding activities
- Child care for younger siblings is available

INTAKE PROCEDURE: Call for information about upcoming groups

FEES: No cost

HOURS: Phone hours 8 am - 4 pm Monday - Friday

AREA SERVED: CESA #4 District—Buffalo, Trempealeau, Jackson, La Crosse, Monroe and Vernon counties

### **WESTERN REGION FOR ECONOMIC ASSISTANCE**

300 North 4th Street La Crosse County Building La Crosse, WI 54601

(888) 627-0430 Service Contact

[www.access.wisconsin.gov](http://www.access.wisconsin.gov)

PROGRAM: WISCONSIN SHARES

REQUESTED SERVICE: Child Care Expense Assistance Applications

ELIGIBILITY: Parents of children ages 12 and under who meet income eligibility requirements

SERVICE DESCRIPTION: Child care financial assistance available to parents of children ages 12 and under who meet income eligibility requirements

- The goal is to provide financial help in paying for day care so parents can work, attend school, or seek other job training
- Provides financial help in paying for day care costs for parents to finish high school

INTAKE PROCEDURE: Contact Western Region for Economic Assistance to begin the application process and to make an appointment with the caller's local Wisconsin SHARES office for completion of the application, to report changes, or for other case management needs; people may also apply for benefits, report changes, or get information about benefits at the ACCESS Web site at [www.access.wisconsin.gov](http://www.access.wisconsin.gov)

FEES: None

DOCUMENTS: Contact Western Region for Economic Assistance for information

HOURS: Phone hours 8:30 am - 4 pm Monday, Tuesday, Thursday, Friday; 9:30 am - 4 pm Wednesday; Closed major holidays

AREA SERVED: Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, Trempealeau, and Vernon Counties



## Food - Community Meals

### **A PLACE OF GRACE CATHOLIC WORKER HOUSE**

919 Hood Street La Crosse, WI 54601

(608) 782-6224 Service Contact

[placeofgracecw@gmail.com](mailto:placeofgracecw@gmail.com)

REQUESTED SERVICE: Community Meals

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides an opportunity for people from the community to gather for a home-cooked meal

- Lunch is served from 10 am - 1 pm Tuesday and Wednesday; dinner is offered from 5 pm - 6:10 pm Thursday; afternoon meal from 2 pm - 3:15 pm on the last Sunday of each month

INTAKE PROCEDURE: Call or walk in for more information; there are no income guidelines and no appointments necessary

FEES: None

METHOD OF PAYMENT: None

HOURS: - Phone and hospitality hours 9:30 am - 2 pm Tuesday and Wednesday, 2 pm - 7 pm Thursday, 1 pm - 4 pm last Sunday of each month

- Meals served 11 am lunch Tuesday and Wednesday, 5 pm dinner Thursday, 2 pm dinner on the last Sunday of each month

AREA SERVED: La Crosse County

### **BOYS & GIRLS CLUBS OF GREATER LA CROSSE, INC.**

AMIE L MATHY CLUB - BOYS & GIRLS CLUBS OF GREATER LA CROSSE, INC

811 South 8th Street La Crosse, WI 54601

(608) 784-6065 Service Contact: Office Line

(608) 784-5656 Service Contact: Club Line

PROGRAM: FAMILY NIGHT



REQUESTED SERVICE: Community Meals

ELIGIBILITY: Primarily for the Powell-Hood-Hamilton neighborhood but everyone is welcome

SERVICE DESCRIPTION: Opportunities for families and neighbors to get together for social events and a free meal on Thursday nights  
- Meal is served 5 pm to 7 pm Thursday nights

INTAKE PROCEDURE: Call or walk in for information

FEES: None

HOURS: Phone/walk in hours 2:30 pm - 7 pm Monday - Friday during the school year; 11 am - 5 pm Monday, Tuesday, Wednesday and Friday, 11 am - 7 pm Thursday summer hours

AREA SERVED: Primarily for the Powell-Hood-Hamilton neighborhood but everyone is welcome

**COME FOR SUPPER**

Our Savior's Lutheran Church 612 Division Street La Crosse, WI 54601

(608) 782-3468 Service Contact

[www.oursaviorslutheranchurch.net](http://www.oursaviorslutheranchurch.net)

REQUESTED SERVICE: Community Meals

ELIGIBILITY: General public; targets those in need

SERVICE DESCRIPTION: Free meals to those in need  
- Meals held every Tuesday evening; doors open at 4:30 pm and supper is served at 5 pm at Our Savior's Lutheran Church, La Crosse

INTAKE PROCEDURE: Walk-in

FEES: None

HOURS: Phone hours 8:30 am - 3 pm Monday - Thursday, 8:30 am - 2:30 pm Friday

AREA SERVED: La Crosse County

**POTTER'S FOOD PANTRY - ST. LUKE'S METHODIST CHURCH**

1022 Caledonia Street La Crosse, WI 54603

(608) 782-2526 Service Contact: Asbury United Methodist Church

PROGRAM: MONDAY'S MEALS  
REQUESTED SERVICE: Community Meals

ELIGIBILITY: General public

SERVICE DESCRIPTION: Free meal served every Monday, 5 pm - 6 pm, St. Luke's United Methodist Church, 1022 Caledonia St.; Doors open at 4:30 pm

INTAKE PROCEDURE: Walk-in

FEES: None

HOURS: Meals served 5 pm - 6 pm Mondays; doors open at 4:30 pm

AREA SERVED: La Crosse County

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601  
(608) 782-6126 Service Contact: Doreen Kuschel or Doug Fortner

REQUESTED SERVICE: Community Meals

ELIGIBILITY: General public

SERVICE DESCRIPTION: Two meals a day (a midday meal and an evening meal) are provided for those in need  
- Breakfast and Tuesday evening meals are for shelter residents only

INTAKE PROCEDURE: Walk-in for free meals at the times listed

FEES: None

HOURS: Office hours 8 am - 4:30 pm Monday – Friday; Weekday lunch 11:30 am; Weekend lunch 12:30 pm; Daily supper 4:30 pm (Tuesday suppers are for shelter residents only)

AREA SERVED: La Crosse County

**UNITED METHODIST CHURCH - COMMUNITY DINNER**

212 4th Avenue North Onalaska, WI 54650  
(608) 783-3380 Service Contact: Sondra Critzman

REQUESTED SERVICE: Community Meals

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides a free community dinner at the Fellowship Hall of the United Methodist Church of Onalaska; 212 4th Avenue North  
- Free and open to the public

INTAKE PROCEDURE: Walk-in

FEES: None

DOCUMENTS: None

HOURS: Office hours 8:30 am - 2 pm Monday – Friday; Community meal 5:30 pm - 6:30 pm  
2nd Tuesday of each month

AREA SERVED: Onalaska and surrounding area

ACCESSIBILITY: Elevators Outside Ramps



## Food Pantries

### **A PLACE OF GRACE CATHOLIC WORKER HOUSE**

919 Hood Street La Crosse, WI 54601

(608) 782-6224 Service Contact

[placeofgracecw@gmail.com](mailto:placeofgracecw@gmail.com)

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: General public; there are no income guidelines

SERVICE DESCRIPTION: Provides a small food pantry with non-perishable food and personal grooming supplies

- Food is donated by the community; cash donations are accepted
- Baby formula and baby food when available
- Small supply of diapers may also be available

INTAKE PROCEDURE: Call or walk in; no appointments necessary

FEES: None

HOURS: Phone and distribution hours 9:30 am - 2 pm Tuesday and Wednesday; 2 pm - 7 pm Thursday; 12:30 pm - 3:30 pm last Sunday of each month

AREA SERVED: La Crosse County

### **AIDS RESOURCE CENTER OF WISCONSIN (ARCW)**

LA CROSSE REGIONAL OFFICE - AIDS RESOURCE CENTER OF WISCONSIN (ARCW)

2519 South Avenue La Crosse, WI 54601

(608) 785-9866 Service Contact

(800) 947-3353 Toll Free

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

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: People with AIDS or HIV, their families, and friends

SERVICE DESCRIPTION: Case management

- Mental health services

- Practical support (assistance with daily living chores)
- Housing assistance (financial assistance, help in finding a home, and HIV-specific housing facilities available)
- Transportation assistance (to medical and social service appointments)
- Food assistance (food pantries and food vouchers)
- Financial assistance for medical or emergency needs
- Medication management
- Alcohol and drug treatment
- Health education

INTAKE PROCEDURE: Contact the local office for information and services

FEES: None

HOURS: Office hours 8:30 am - 4:30 pm Monday - Friday

LANGUAGES: English and Spanish

AREA SERVED: Jackson, La Crosse, Monroe, Trempealeau and Vernon Counties

**CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601

(888) 212-4357 Toll Free

[sparker@cclse.org](mailto:sparker@cclse.org)

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: Individuals and families

SERVICE DESCRIPTION: Provides a small food pantry with non-perishable food and personal grooming supplies

- Individuals and families can receive food once every thirty days on an emergency basis
- Food is donated by the community; cash donations are accepted
- Baby formula and baby food when available

INTAKE PROCEDURE: Walk-in during the open Food Pantry hours

FEES: None

HOURS: Phone hours 8:30 am - 4 pm Monday – Thursday; Distribution hours 9 am - 3 pm Mondays

AREA SERVED: Buffalo, Jackson, Juneau, La Crosse, Monroe, and Trempealeau Counties

## **COMPASSION CONNECTIONS**

130 5th Avenue North Cornerstone Community Church La Crosse, WI 54601  
(608) 784-0160 Ext. 1 Service Contact: Church Office

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: All people with a need will be assisted if able

SERVICE DESCRIPTION: Provides a compassion ministry for the La Crosse County area

- Offers a food pantry; clothing for men, women, children, and infants; and household items (linens, dishes and cookware, small appliances, etc.)
- Provides bus tokens or gasoline vouchers; these are provided quarterly only (people can only receive them every three months)
- Financial assistance with phone bills, energy bills, or rent (up to \$50); appointments are required for this service
- Accepts donated cash, food, and clothing (cannot accept furniture due to space restrictions); call ahead prior to bringing donations
- Provides a jail ministry that offers Bible studies in the county jail and keeps in touch with people in the state prison system
- Small study groups meet in private homes for spiritual journey exploration

INTAKE PROCEDURE: To schedule an appointment for financial assistance with utility bills or rent people must call or come to the church office on Tuesday mornings at 8 am only (will schedule appointments for the first four people only; appointments are scheduled to take place on Thursdays only); for clothing, prayer, bus tokens, or gas cards people can walk in on Thursdays; hospitality is also provided on Thursdays

FEES: None

DOCUMENTS: All necessary bills or debts, current utility bills, driver's license, eviction notice, ID, photo ID, prescription, rental/lease agreement, utility disconnect notice

HOURS: Phone or walk-in hours 8 am - 8:30 am Tuesdays to schedule an appointment for financial assistance with utility bills or rent (appointments are scheduled to take place by appointment on Thursdays only)

- Walk in hours 8 am - 12 Noon Thursdays to sign up for food, clothing, prayer, bus tokens, or gas cards and for hospitality, coffee, and snacks

AREA SERVED: Primarily La Crosse County; may also help with the greater La Crescent and Winona areas, up to the Sparta area, and over to the Viroqua area if able

## **COULEECAP, INC. - COMMUNITY ACTION PROGRAM**

LA CROSSE COUNTY OFFICE - COULEECAP, INC., COMMUNITY ACTION PROGRAM  
2101 Victory Street Suite C La Crosse, WI 54601  
(608) 269-3012 Service Contact: Stephanie Rahr

[www.couleecap.org](http://www.couleecap.org)  
[contactus@couleecap.org](mailto:contactus@couleecap.org)

PROGRAM: THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP)  
REQUESTED SERVICE: Food Pantries

ELIGIBILITY: Low-income individuals and families

SERVICE DESCRIPTION: Provides USDA commodities food as a supplement to selected food pantries, meal sites, and shelters

- Food includes canned, dried, or frozen fruits, canned vegetables, pasta products, protein sources such as canned or frozen meat, peanut butter, canned tuna or salmon, and instant non-fat dry milk
- Receipt of commodities is restricted to once a month
- Cards will be signed as income and residency are verified each time commodities are received
- Food may be picked up by another person with a signed permission slip when necessary

DISTRIBUTION SITES:

**La Crosse County**

- La Crosse: WAFER, 403 Causeway Boulevard, (608) 782-6003; 10 am - 12:45 pm Monday - Friday; 4 pm - 7:45 pm Monday, Tuesday, and Thursday; serves La Crosse and surrounding area; contact Heidi Blanke or Susan Clements
- La Crosse: Salvation Army, 223 North 8th Street, (608) 782-6126; 1 pm - 3:45 pm Monday - Friday; serves La Crosse and surrounding area; contact Doug Fortner or Kelley Bundy

**Monroe County**

- Sparta: Couleecap Sparta Food Pantry, 217 North Black River Street, (608) 236-3012; 10 am - 2 pm Monday and Thursday; serves Monroe County; contact Stephanie Rahr
- Cashton: Cashton Cupboard and Closet, 9785 Ogden Avenue, (608) 654-5770; 10 am - 4 pm Monday, Wednesday, Thursday, Friday; 10 am - 6 pm Tuesday; 10 am - 2 pm Saturday; serves Village of Cashton, Cashton School District, Melvina, St. Mary's Ridge, Norwalk, and Ontario; contact LeAnne Mlsna
- Tomah: Neighbor for Neighbor, 1118 West Veterans Street, (608) 372-6737; 1 pm - 3:30 pm Monday and Friday; 3:30 pm - 6 pm the 2nd and 4th Wednesday each month; serves City of Tomah, Tunnel City, Warrens, Wyeville, Valley Junction, Oakdale, Kendall and surrounding area; contact Judy Deming

**Vernon County**

- DeSoto: New Hope United Methodist Church, E2290 State Hwy 82, (608) 648-2644; 9 am - 11 am Thursdays; serves townships of Bergen, Genoa, Sterling, Wheatland, Villages of DeSoto, Genoa, and Stoddard; contact Jeanne Kunert
- Hillsboro: The Good Samaritan Church, 128 Mill Street; (608) 489-2492; 1 pm - 4 pm Thursdays; serves townships of Greenwood, Forest, Hillsboro, Stark, Whitestown, and Union, Village of La Farge, Ontario, and City of Hillsboro; contact Pastor Don Ehler or Mike Nelson
- Viroqua: Living Faith Church, 852 North Main Street, (608) 637-7470, 10 am - 4 pm Wednesdays; serves townships of Webster, Viroqua, Franklin, Jefferson, Harmony, Kickapoo, Village of Readstown, Viola, and City of Viroqua; contact Ed Peterson
- Westby: Bethel Butikk, 341 Black River Avenue; (608) 634-3473; 10 am - 4 pm Monday,

Wednesday, Thursday and Friday; 10 am - 6 pm Tuesday; 9 am - 12 Noon the 1st Saturday each month; serves the townships of Coon, Clinton, Hamburg, Liberty, Village of Coon Valley, Chaseburg, and City of Westby; contact Rev. Gary Daines

INTAKE PROCEDURE: Contact a distribution site or CouleeCap for information; most programs are continuously changing, call the contact person listed to find out current information on each program

FEES: None

HOURS: Office hours 9 am - 3 pm Monday - Thursday  
- Distribution hours vary by site, see service description

AREA SERVED: La Crosse County

**POTTER'S FOOD PANTRY - ST. LUKE'S METHODIST CHURCH**

1022 Caledonia Street La Crosse, WI 54603  
(608) 782-2526 Service Contact: Asbury United Methodist Church

PROGRAM: POTTER'S FOOD PANTRY

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: General Public

SERVICE DESCRIPTION: Provides non-perishable foods; dairy and produce are also available

- Grooming and hygiene supplies and diapers may be available

INTAKE PROCEDURE: Walk in

DOCUMENTS: Picture ID with address

HOURS: Office hours vary; Distribution hours 10 am - 1 pm the last Saturday of each month; call if holiday conflicts with regular distribution day

AREA SERVED: City of La Crosse

**TLC COMMUNITY DONATION AND SUPPORT CENTER**

2615 George Street La Crosse, WI 54603  
(608) 781-9111 Service Contact: Lori Laxton

REQUESTED SERVICE: Food Pantries



ELIGIBILITY: People who are in need

SERVICE DESCRIPTION: Provides free-of-charge a variety of basic need items, including food, to individuals in need

- Food pantry items vary and may include infant cereal (no formula), diapers, and pet food
- Volunteer opportunities available
- Can pick up items that are being donated

INTAKE PROCEDURE: Call or walk in for information

FEES: Donations accepted

HOURS: Phone and Distribution hours 9 am - 5 pm Tuesday - Saturday; 11 am - 4 pm Sunday; closed Mondays

AREA SERVED: La Crosse County and surrounding area including Jackson, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601

(608) 782-6126 Service Contact: Doug Fortner

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: La Crosse County residents; must meet federal income guidelines of 150% of poverty level

SERVICE DESCRIPTION: Provides food for families and individuals

- Food is typically distributed once a month per household, however, in cases where there is an emergency food need after having received a monthly food package, clients may return for additional food assistance
- The following types of food are available: meat, fruit, vegetables, cereal, cookies, bread, and other miscellaneous items
- Baby food, formula, and diapers are available, as well as, some household items (trash bags, laundry detergent, personal hygiene items, etc.)

INTAKE PROCEDURE: Walk in during distribution hours

FEES: None

DOCUMENTS: Proof of La Crosse County residency

HOURS: Office/phone hours 8 am - 4:30 pm Monday – Friday; Distribution hours 1 pm - 3 pm Monday - Friday

AREA SERVED: La Crosse County

**WAFER FOOD PANTRY AND SENIOR SHARE**

403 Causeway Boulevard La Crosse, WI 54603

(608) 782-6003 Service Contact

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

REQUESTED SERVICE: Food Pantries

ELIGIBILITY: WAFER is a "no questions asked" food pantry; anyone needing food can walk-in during business hours

SERVICE DESCRIPTION: Community-based food program supported by area religious institutions, civic groups, grants, and individuals

- Three to four days worth of free food provided to anyone requesting it
- Infant formula and baby food sometimes available

INTAKE PROCEDURE: Walk-in during business hours; can receive food once per month

FEES: None

DOCUMENTS: Photo ID, piece of mail (dated within the last three months) showing current address; names and birthdates of household members

HOURS: Phone and distribution hours 10 am - 12:45 pm Monday - Friday; 4 pm - 7:45 pm Monday, Tuesday, and Thursday

AREA SERVED: La Crosse County



## Housing

### **COULEECAP, INC. - COMMUNITY ACTION PROGRAM**

LA CROSSE COUNTY OFFICE - COULEECAP, INC. COMMUNITY ACTION PROGRAM

2101 Victory Street Suite C La Crosse, WI 54601

(608) 782-5520 Service Contact: Ashley Lacenski

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

[contactus@couleecap.org](mailto:contactus@couleecap.org)

PROGRAM: ROCKLAND DUPLEXES

REQUESTED SERVICE: Low Income/Subsidized Private Rental Housing

ELIGIBILITY: Low-income individuals and families; must meet income guidelines

SERVICE DESCRIPTION: Three bedroom duplexes for low-income individuals and families

INTAKE PROCEDURE: Information and applications go through the Couleecap main office in Westby; most programs are continuously changing, call the contact person listed to find out current information on each program

FEES: Call for information

HOURS: Office hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

### **COULEECAP, INC. - COMMUNITY ACTION PROGRAM**

LA CROSSE COUNTY OFFICE - COULEECAP, INC. COMMUNITY ACTION PROGRAM

2101 Victory Street Suite C La Crosse, WI 54601

(608) 782-5520 Service Contact: Ashley Lacenski

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

[contactus@couleecap.org](mailto:contactus@couleecap.org)

PROGRAM: 8TH STREET APARTMENTS

REQUESTED SERVICE: Low Income/Subsidized Private Rental Housing

ELIGIBILITY: Low-income individuals and families; must meet income guidelines

**SERVICE DESCRIPTION:** Two bedroom apartments for low-income individuals and families

- Includes stove, refrigerator, dishwasher, blinds, air conditioning, and washer/dryer hook-ups
- Off street parking with garage
- Section 8 vouchers accepted
- Tenants pay utilities/security deposit

**INTAKE PROCEDURE:** Information and applications go through the Couleecap main office in Westby; most programs are continuously changing, call the contact person listed to find out current information on each program

**FEES:** \$490 - \$515 per month plus utilities/security deposit; Section 8 rental vouchers accepted

**HOURS:** Office hours 8 am - 4:30 pm Monday - Friday

**AREA SERVED:** La Crosse County

**HORIZON MANAGEMENT GROUP, INC.**

RIVER OAKS APARTMENTS - HORIZON MANAGEMENT GROUP

3604 East Avenue South La Crosse, WI 54601

(608) 787-0200 Service Contact

[www.hmgtapt.com](http://www.hmgtapt.com)

[info@hmgtapt.com](mailto:info@hmgtapt.com)

**REQUESTED SERVICE:** Low Income/Subsidized Private Rental Housing

**ELIGIBILITY:** Individuals and families meeting income eligibility requirements

**SERVICE DESCRIPTION:** Private, subsidized apartments

- One, two, or three bedroom apartments available depending on location

**INTAKE PROCEDURE:** Call each location for appointment and applications

**FEES:** No application fees, but a security deposit is required; in most cases rent is based on 30% of income, although some restrictions apply

**METHOD OF PAYMENT:** 30% of income

**HOURS:** Hours vary; leave message

**AREA SERVED:** La Crosse County

**HOUSING AUTHORITY OF THE CITY OF LA CROSSE**

GROVER ESTATES - HOUSING AUTHORITY OF THE CITY OF LA CROSSE

(608) 782-2264 Service Contact

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

[jalberts@lacrossehousing.org](mailto:jalberts@lacrossehousing.org)

REQUESTED SERVICE: Public Housing

ELIGIBILITY: Families and people with disabilities; must meet income guidelines

SERVICE DESCRIPTION: - Two, three, four, five bedroom subsidized public housing units available depending on site and family size; there are units available that are handicap accessible

- Maintenance staff available during the week for repairs and lockouts
- Maintenance person on-call weekends
- Active Resident Organization
- Bus stop nearby
- Mail delivery/pickup six days/week
- Newspaper delivery
- Weekly garbage/recycling pick-up

INTAKE PROCEDURE: Come to office and make application

FEES: Tenant pays approximately 30% of monthly adjusted income for rent

DOCUMENTS: Picture identification for adults and Social Security cards for all family members who will be living in the apartment

HOURS: Phone hours 9 am - 12 Noon; 1 pm - 4 pm Monday - Friday

AREA SERVED: City of La Crosse



## Job Search / Placement Techniques

### **COULEECAP, INC. - COMMUNITY ACTION PROGRAM**

LA CROSSE COUNTY OFFICE - COULEECAP, INC. - COMMUNITY ACTION PROGRAM

2101 Victory Street Suite C La Crosse, WI 54601  
(608) 782-5520 Service Contact: Ashley Lacenski  
[www.couleecap.org](http://www.couleecap.org)

PROGRAM: SKILLS ENHANCEMENT PROGRAM  
REQUESTED SERVICE: Job Search/Placement

ELIGIBILITY: Adults 18 and over who are working at least 20 hours per week, who are either enrolled in school or are going to be enrolled, and are at or below 150% of the federal poverty income guidelines; participants could be seeking a short term certificate or two year training (four year degrees are not eligible)

SERVICE DESCRIPTION: Provides financial assistance for adults wanting to return to school

- Assistance with books, tuition, child care, and transportation expenses related to returning to school
- Also provides job search assistance and skills development in resume writing and interviewing and career planning

INTAKE PROCEDURE: Call for information or to schedule an interview; most programs are continuously changing, call the contact person listed to find out current information on each program

FEES: None

DOCUMENTS: Proof of employment, proof of household income

HOURS: Office hours 9 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

### **JOB CENTER OF WISCONSIN**

402 N. 8th Street La Crosse, WI 54601  
(608) 789-5627 Service Contact

<http://www.wisconsinjobcenter.org/directory/WDA09/1610.htm>

REQUESTED SERVICE: Job Search/Placement

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides employment and training services  
- Provides computerized system to allow job seekers to view job openings throughout the state

INTAKE PROCEDURE: Call for information

FEES: None

HOURS: Phone/walk-in hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: Buffalo, Crawford, Jackson, Juneau, La Crosse, Monroe, Trempealeau, and Vernon Counties

**JOB CENTER OF WISCONSIN**

402 N. 8th Street La Crosse, WI 54601

(608) 789-5627 Service Contact

<http://www.wisconsinjobcenter.org/directory/WDA09/1610.htm>

REQUESTED SERVICE: Job Search Techniques

ELIGIBILITY: General public

SERVICE DESCRIPTION: Counseling and individual job seeking assistance  
- Resume writing workshops  
- Job seeking and interviewing workshops  
- Variety of employer and jobseeker services available through JobCenterofWisconsin.com

INTAKE PROCEDURE: Call for information

FEES: None

HOURS: Phone/walk-in hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: Buffalo, Crawford, Jackson, Juneau, La Crosse, Monroe, Trempealeau, and Vernon Counties

**WORKFORCE CONNECTIONS, INC.**

402 North 8th Street 3rd Floor La Crosse, WI 54601

(608) 789-5620 Service Contact: Wanda Palmer

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

REQUESTED SERVICE: Job Search/Placement

ELIGIBILITY: Provides services to low-income youth and adults who need additional training in order to become self-sufficient

SERVICE DESCRIPTION: Employment Coordinators will work with clients to provide direct services as well as refer to other organizations which can provide a variety of services (such as GED program, basic skills training, vocational rehabilitation, technical school, etc.)

- Services include assessment of current interests and skills, job search, placement assistance, development of a career plan, and assistance in reaching employment and training goals

INTAKE PROCEDURE: Call or walk-in for information

FEES: None to eligible selected applicants; fees may vary for employer services

HOURS: Phone/Walk-in hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: Buffalo, Columbia, Crawford, Douglas, Jackson, Juneau, La Crosse, Monroe, Pierce, St. Croix, Trempealeau, and Vernon Counties





## Legal Assistance

### **LA CROSSE COUNTY BAR ASSOCIATION - FREE LEGAL CLINIC**

First Baptist Church 1209 Main Street La Crosse, WI 54601

(608) 784-3540 Service Contact: David B. Russell, Hale, Skemp, Hanson, and Sleik Law Office

REQUESTED SERVICE: Legal Counseling

ELIGIBILITY: People who are in need of assistance and are a low income household; based on an honor system

SERVICE DESCRIPTION: Local attorneys provide free legal advice for people who are low-income

- Offers a walk-in clinic where attorneys offer services for no fee during 15 minute consultations
- Attorneys offer advice on family law (i.e. divorce), landlord-tenant issues, lawsuits and small claims, financial problems, consumer law, traffic and criminal violations, employment, public benefits, guardianships of children, restraining orders between adults and adults and children and other areas
- Referrals can be made if necessary

INTAKE PROCEDURE: Walk-in clinic

FEES: None

HOURS: Walk-in hours 6 pm - 7:30 pm the 3rd Wednesday of each month

AREA SERVED: Jackson, La Crosse, Monroe, Trempealeau and Vernon Counties

### **LEGAL ACTION OF WISCONSIN**

LA CROSSE OFFICE - LEGAL ACTION OF WISCONSIN

205 Fifth Avenue South Suite 300 La Crosse, WI 54601

(608) 785-2809 Service Contact

(800) 873-0927 Toll Free

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

REQUESTED SERVICE: Legal Counseling

**ELIGIBILITY:** Low-income individuals and families; must be U.S. citizens or legal resident aliens

**SERVICE DESCRIPTION:** Advice and representation in civil cases including housing, landlord/tenant, consumer problems, debt collection, W-2, Medical Assistance, Medicare, Food Stamps, SSI, Social Security, unemployment compensation, and family law when family violence and custody are issues

- Will accept family law referrals through the domestic violence shelter providers that serve the area; any person with spousal abuse or child abuse problems should contact the local shelter for possible referrals for legal help

- Community legal education materials and speakers on topics concerning low-income populations

**INTAKE PROCEDURE:** Call during phone intake hours; special arrangements are made for people who are hearing impaired; all applicants are screened by the intake worker for income eligibility and type of problem; if the applicant fits within the program guidelines and priorities the individual will then speak with an attorney or paralegal; in certain cases the applicant may also be referred to a private attorney who is part of the Legal Action Volunteer Lawyer Program

**FEES:** No legal fees for eligible individuals; clients may have to pay filing and/or court costs unless they are waived by the court

**HOURS:** Office hours 8 am - 5 pm Monday - Friday; Phone intake hours 8:30 am - 11:30 am Tuesday and Thursday

**LANGUAGES:** English, Hmong, and Spanish

**AREA SERVED:** Buffalo, Crawford, Grant, Jackson, Juneau, La Crosse, Monroe, Richland, Trempealeau, and Vernon Counties



## Medical

### **BIRTHRIGHT OF LA CROSSE**

115 5th Avenue South Suite 406 La Crosse, WI 54601

(608) 782-0373 Service Contact: Janice Prokes

<http://www.birthright.org/>

REQUESTED SERVICE: Pregnancy Testing

ELIGIBILITY: Pregnant women and women who think they may be pregnant

SERVICE DESCRIPTION: Telephone and one-on-one counseling, friendship and support during and after pregnancy

- Confidential pregnancy testing (no charge)
- Provides maternity and baby clothes, some material assistance
- Coordination of assistance with social services, legal services, adoption services, maternity homes, public health nurses, and medical doctors
- Services are provided by trained volunteers
- Referrals for assistance with other needs such as housing, education, etc.
- Clients of Birthright may receive help with disposable diapers and wipes in emergency situations

INTAKE PROCEDURE: Call or walk-in for information

FEES: None

METHOD OF PAYMENT: None

HOURS: Phone and walk-in hours in the morning hours; sign will be out in front on the sidewalk when open

AREA SERVED: Allamakee County in Iowa; Fillmore, Houston, and Winona Counties in Minnesota; Jackson, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin

### **LA CROSSE COUNTY HEALTH DEPARTMENT**

300 4th Street North La Crosse, WI 54601

(608) 785-9723 Alternate: Sarah Spah; Nursing

[dpanzer@lacrossecounty.org](mailto:dpanzer@lacrossecounty.org)

PROGRAM: LA CROSSE COUNTY HOME CARE  
REQUESTED SERVICE: Pregnancy Testing

ELIGIBILITY: General public

SERVICE DESCRIPTION: Public health nurses provide various screening clinics and tests including blood pressure screening

- Cholesterol/diabetes screening clinics - 4th Wednesday of each month (use the HgbA1C test for diabetes, no fasting is required)
- Fluoride varnish (6 months to 6 years old)
- Foot care clinics - various locations each month
- Head Lice exam
- Hearing screening
- In-home foot care for homebound clients
- Lead screening (children age 1 - 6)
- Pregnancy testing
- Tuberculosis screening (Mantoux Test)
- Vision screening

INTAKE PROCEDURE: Call for appointment

FEES: Some screenings are free; call or visit web site for fee information

METHOD OF PAYMENT: Medicaid, Medicare, cash or check

HOURS: Phone hours 7:30 am - 4:30 pm Monday - Friday; call or visit web site for information on specific clinics

AREA SERVED: La Crosse County

**NEIGHBORHOOD FAMILY CLINICS, INC.**

1526 Rose Street Bridenbach Chiropractic La Crosse, WI 54603

(608) 781-9880 Service Contact: Breidenbach Chiropractic & Neighborhood Family Clinic

[www.mynfclinics.com](http://www.mynfclinics.com)

REQUESTED SERVICE: Community Clinics

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides primary and urgent medical care at a reduced rate

- Procedures include complete blood count; ear wax removal; lesion removal; DOT exams, general, and school physical exams; simple wound repair; suture removal; pap tests; and more
- Flu shots
- Immunizations - tetanus booster, TB test

- Annual and school physical exams
- Call or visit web site for complete list of other diagnostic and laboratory procedures

INTAKE PROCEDURE: Call for information; will take walk-ins and will schedule appointments

FEES: \$39 Office visit; \$78 Extended visit; \$89 DOT physical; call or visit web site for complete fee information

METHOD OF PAYMENT: Payment is expected at the time of service; cash, check, debit card, or major charge cards accepted; insurance claims will not be submitted on patient's behalf

HOURS: Office hours 8 am - 7 pm Monday - Friday

AREA SERVED: Allamakee County in Iowa; Houston and Winona Counties in Minnesota; Buffalo, Jackson, La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin

**NEW LIFE RESOURCE CENTER**

1923 State Road La Crosse, WI 54601

(608) 785-2377 Service Contact: Heather Biedenbender

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

REQUESTED SERVICE: Pregnancy Testing

ELIGIBILITY: Any woman who is concerned about a family or life issue and needs guidance

SERVICE DESCRIPTION: Promotes Christian lifestyles to prevent pregnancies

- Provides education concerning prenatal care, sex education, and the promotion of the value of life-concerning abortion and euthanasia
- Free and confidential pregnancy testing
- Practical assistance
- Crisis pregnancy counseling
- Abortion alternatives counseling; education on the risks associated with abortions
- Post-abortion syndrome counseling
- Community referral service
- Fetal development education
- Information concerning life issues
- Adoption information provided
- Maternity clothing and some baby furniture available, direction to unwed mother assisted living
- Diapers (sizes newborn to size 5) and infant clothing for urgent need situations when available

INTAKE PROCEDURE: By appointment or walk-in

FEES: None

HOURS: Phone/walk-in hours 9 am - 3 pm Monday and Friday; 10 am - 2 pm Wednesday, 1 pm - 4 pm Thursday; 24 hour hotline services

AREA SERVED: La Crosse County

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601  
(608) 782-6126 Service Contact: Kathy Bolling

PROGRAM: CARING CLINIC

REQUESTED SERVICE: Community Clinics

ELIGIBILITY: General public, adults and children, who are uninsured, underinsured, or low-income

SERVICE DESCRIPTION: General health and wellness screenings including blood pressure, diabetes, cholesterol screening, vision and hearing screening, depression screening, nutritional assessments, foot care, and stress management

- Free HPV and meningitis vaccinations for young individuals
- Health education provided for individuals after screening is done
- Program is a partnership between Viterbo University, La Crosse County Health Department and the Salvation Army
- No treatment services are provided; referrals for treatment are mainly to St. Clare Health Mission and Options in Reproductive Care; referrals can be made to on-site psychiatrist, Dr. Trannel

INTAKE PROCEDURE: Walk-in

FEES: None

HOURS: Office/walk in hours 8 am - 4:30 pm Monday – Friday; Health screening days and times vary monthly; offered during Viterbo school sessions; no services during the summer or school breaks

AREA SERVED: La Crosse County

**SCENIC BLUFFS COMMUNITY HEALTH CENTER**

238 Front Street Cashton, WI 54619  
(608) 654-5100 Service Contact

REQUESTED SERVICE: Community Clinics

ELIGIBILITY: General public, including people with low/poverty level incomes, no health insurance; work with the local rural population especially the elder population, the local Amish

community residents, and Latino workers

SERVICE DESCRIPTION: Community clinic

INTAKE PROCEDURE: Call for information

FEES: Call for information

METHOD OF PAYMENT: Medicaid for patients in Wisconsin but not from IA or MN, if outside of the state the office will accept patients on a sliding fee scale

HOURS: Phone/Office hours 7:30 am - 5:30 pm Monday – Friday; Service hours vary by department

AREA SERVED: Primarily serves La Crosse, Monroe and Vernon Counties but will serve all areas in WI; will also serve Fillmore, Houston and Winona counties in MN and Allamakee, Clayton, Fayette, Howard and Winneshiek Counties in IA

**SCENIC BLUFFS COMMUNITY HEALTH CENTER**

238 Front Street Cashton, WI 54619

(608) 654-5100 Service Contact

REQUESTED SERVICE: Sexually Transmitted Disease Screening

ELIGIBILITY: Targets people with low/poverty level incomes, no health insurance; works with local rural populations especially the elder population, the local Amish community residents, and Latino workers

SERVICE DESCRIPTION: Blood pressure screening

- Blood tests
- Cholesterol/triglycerides tests
- Diagnostic radiology/imaging including x-rays
- Disease-specific screening and diagnosis including AIDS screening, cancer detection (biopsies, breast examinations/mammograms, pap smears), diabetes screening, lead poisoning screening, lyme disease testing, sexually transmitted disease screening, sickle cell screening, tay-sachs screening, tuberculosis screening
- Electrocardiogram
- Eye screening including cataracts screening, glaucoma screening, vision screening
- General physical examinations
- Geriatric assessment
- Nutrition assessment/prescription services
- Pediatric evaluations including child abuse medical examinations, well baby care
- Physical fitness assessment
- Pulmonary function screening
- Stool cultures

- Substance analysis
- Sweat testing
- Thyroid function tests
- Urinalysis

INTAKE PROCEDURE: Call to set up an appointment

FEES: Call for information

METHOD OF PAYMENT: Medicaid for patients in Wisconsin but not from IA or MN, if outside of the state the office will accept patients on a sliding fee scale

HOURS: Phone/Office hours 8 am - 6 pm Monday – Friday; Service hours vary by department

AREA SERVED: Primarily serves La Crosse, Monroe and Vernon Counties but will serve all areas in WI; will also serve Fillmore, Houston and Winona counties in MN and Allamakee, Clayton, Fayette, Howard and Winneshiek Counties in IA

**ST. CLARE HEALTH MISSION**

916 Ferry Street La Crosse, WI 54601

(608) 392-9546 Service Contact

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

REQUESTED SERVICE: Community Clinics

ELIGIBILITY: People who otherwise cannot afford medical care and who are not covered under Medical Assistance, Medicare, or any other form of government assistance or do not have health insurance; patients are screened for income eligibility (must be in the lower income category, within 150% of the Federal Poverty Guideline)

SERVICE DESCRIPTION: Services provided include treatment for minor medical problems; routine dental care and mental health care are not available; St. Clare Health Mission does refer and cover costs for emergency extractions

- Basic laboratory tests such as blood work and medicines (prescriptions) may be provided
- Flu shots are not available
- Referrals may be made for care on a rotating basis to Gundersen Health System and Mayo Clinic Health System - Franciscan Healthcare in La Crosse if conditions warrant
- Prescriptions written by physicians in private clinics will not be honored
- Medical staff include doctors, nurses, social workers, pharmacists, laboratory personnel, and support staff from local clinics, hospitals, and the community that have agreed to volunteer their time
- Donations of medical equipment and supplies (except prescription and non-prescription medications) including diabetic syringes and bandages if in unopened packages, and gently used wheelchairs, canes (4-prong and single point), Hemi Walkers, walkers, crutches, commodes, tub seats, shower chairs, bath benches, elevated toilet seats with/without handles, tray tables, bed



rails, grab bars (tub handle), shower bars, and sliding boards may be accepted (call before bringing items to determine if needed)

INTAKE PROCEDURE: Walk-in; patients are seen on a first-come basis (with a limit of 35 people per night)

FEES: None

DOCUMENTS: Picture ID, proof of income and proof of residency

HOURS: Registration begins at 4:30, clinic hours are 5 pm - 8 pm Tuesdays and Thursdays; confidential voicemail available; donations of medical supplies can be made during clinic hours or other times by arrangement

AREA SERVED: La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota



## *Parenting Resources / Daycare Providers*

### **CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601

(888) 212-4357 Toll Free

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

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: Pregnant women and expectant fathers

SERVICE DESCRIPTION: Birth parent services including parenting support and education, pregnancy counseling, and information and referral

INTAKE PROCEDURE: Call for information

FEES: No charge for crisis pregnancy counseling

METHOD OF PAYMENT: Sliding fee scale, installment payments, County funds, Medicaid, private insurance, private pay

HOURS: Phone hours 8:30 am - 4 pm Monday - Thursday

AREA SERVED: Buffalo, Jackson, La Crosse, Monroe, and Trempealeau Counties

### **CESA #4 (COOPERATIVE EDUCATIONAL SERVICE AGENCY)**

CESA #4 COOPERATIVE EDUCATIONAL SERVICE AGENCY

923 East Garland West Salem, WI 54669

(608) 786-4540 Service Contact: Lacie Ketelhut, Health Educator

PROGRAM: STRENGTHENING FAMILIES

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: Parents/caregivers and their youth ages 10 - 14

SERVICE DESCRIPTION: Seven week program offered periodically  
- Program focuses on providing parents/caregivers and their youth, ages 10 -14, with opportunity to help parents build on their strengths in showing love and setting limits and help

youth develop skills in handling peer pressure and building a positive future

- Each session begins with a complementary family meal
- Parents and youth spend the first part of each session meeting separately under the direction of parent and youth facilitators; the last hour the two groups join one another to participate in interactive skill building and bonding activities
- Child care for younger siblings is available

INTAKE PROCEDURE: Call for information about upcoming groups

FEES: No cost

HOURS: Phone hours 8 am - 4 pm Monday - Friday

AREA SERVED: Cesa #4 District—Buffalo, Trempealeau, Jackson, La Crosse, Monroe and Vernon counties

**COULEE PARENTING CONNECTION**

P.O. Box 2576 La Crosse, WI 54602

(608) 317-8748 Service Contact: Lissa Carlson

[www.cpclax.com](http://www.cpclax.com)

REQUESTED SERVICE: Parenting Materials

ELIGIBILITY: Parents or anyone who cares for children

SERVICE DESCRIPTION: Regional parenting publication published bi-monthly and distributed for free to La Crosse area families

- Topics include school success, money matters, family fun, family health, activities and events, travel, classes and much more

INTAKE PROCEDURE: Call for information

FEES: None

HOURS: Phone hours vary; messages will be returned

AREA SERVED: La Crosse County

**COUNSELING ASSOCIATES, LLC**

115 5th Avenue South, Suite 301 La Crosse, WI 54601

(608) 785-0827 Service Contact

[www.winonacounseling.com](http://www.winonacounseling.com)

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: General public age 13 and older

SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, group, and individual counseling settings

INTAKE PROCEDURE: Call for an appointment; walk in appointments and appointments within 24-business hours available

FEES: Call for fee information

METHOD OF PAYMENT: Installment payments, sliding fee scale, Medical Assistance, Medicare, private pay, County funding, VA Contract, and private insurance

HOURS: Phone hours 9 am - 6 pm Monday - Friday; Appointment hours 9 am - 6 pm Monday - Friday; evening and Saturday by appointment

AREA SERVED: Houston and Winona Counties in Minnesota; La Crosse, Jackson, Monroe, Trempealeau and Vernon Counties in Wisconsin

**FAMILY AND CHILDREN'S CENTER**

1707 Main Street La Crosse, WI 54601

(608) 788-6322 Service Contact

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

[fccmain@fccnetwork.org](mailto:fccmain@fccnetwork.org)

PROGRAM: OUTPATIENT COUNSELING CLINIC

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: General public ages 4 and older

SERVICE DESCRIPTION: A family counseling agency offering conjoint, family, group, and individual counseling settings

- Additional services include: assertiveness training, communication training, parenting skills classes, relationship workshops, self-esteem workshops

INTAKE PROCEDURE: Referrals and intake can be arranged by calling receptionist

FEES: Call for information

METHOD OF PAYMENT: Sliding fee scale, Installment payments, Medical Assistance, Medicaid, private pay, private insurance

HOURS: Phone/appointment hours 8:30 am - 5 pm Monday, 8:30 am - 6 pm Tuesday, 9 am - 6

pm Wednesday, 8:30 am - 5:30 pm Thursday, Friday by appointment

AREA SERVED: La Crosse, Monroe, and Trempealeau Counties

**PEACE OF MIND COUNSELING, LLC**

115 5th Avenue South, Suite 507 La Crosse, WI 54601

(608) 797-5679 Service Contact

[www.pomcounseling.net](http://www.pomcounseling.net)

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: General public ages 4 and older

SERVICE DESCRIPTION: A private therapy/family counseling practice offering conjoint, family, and individual counseling settings

- Additional services include: training, communication training, parenting skills classes, relationship workshops, self-esteem workshops

INTAKE PROCEDURE: Call for an appointment

FEES: Call for fee information

METHOD OF PAYMENT: Sliding fee, installments, Medical Assistance, County funding, private pay, private insurance

HOURS: Phone/office hours 7:30 am - 6 pm Monday - Friday; weekends by appointment

AREA SERVED: Houston and Winona Counties, Minnesota; La Crosse, Trempealeau Counties, Wisconsin

**SCHOOL DISTRICT OF LA CROSSE**

Hogan Administrative Center 807 East Avenue South La Crosse, WI 54601

(608) 789-8460 Service Contact

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

PROGRAM: LOVE AND LOGIC

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: The material covered is appropriate for parents, grandparents, and care providers of children age birth to 18 years

SERVICE DESCRIPTION: Provides a seven week course designed to help parents, grandparents, care providers, and their children establish a rewarding relationship built on love and trust; the course is offered twice a year

- Topics include responsibility, control, ownership, setting limits, empathy, consequences, and opportunity
- Child care is provided
- Classes are offered periodically

INTAKE PROCEDURE: Call for current course schedule and registration information

FEES: None

HOURS: 7:30 am - 3 pm Monday - Friday

AREA SERVED: Residents of the School District of La Crosse

**STEIN COUNSELING AND CONSULTING, LTD.**

571 Braund Street Onalaska, WI 54650  
(608) 785-7000 Ext. 225 Service Contact

[www.effectivebehavior.com](http://www.effectivebehavior.com)  
[info@effectivebehavior.com](mailto:info@effectivebehavior.com)

PROGRAM: 1-2-3 MAGIC

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides a one-time 3 hour seminar that address different stages of parenting and how to successfully discipline children

- Classes offer best parenting practices for child management that are child development friendly and evidenced based
- Various classes will be offered throughout the year
- Call for current offerings and class schedules

INTAKE PROCEDURE: Call or register on-line

FEES: Call for fee information

HOURS: Phone hours 8 am - 8 pm Monday and Tuesday, 8 am - 4 pm Wednesday and Thursday, 8 am - 2 pm Friday

AREA SERVED: La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston County in Minnesota

**STEIN COUNSELING AND CONSULTING, LTD.**

571 Braund Street Onalaska, WI 54650  
(608) 785-7000 Ext. 225 Service Contact

[www.effectivebehavior.com](http://www.effectivebehavior.com)  
[info@effectivebehavior.com](mailto:info@effectivebehavior.com)

PROGRAM: CIRCLE OF SECURITY PARENTING  
REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides various classes that address different stages of parenting

- Classes offer best parenting practices for child management that are child development friendly and evidenced based
- Visit web site for current offerings and class schedules

INTAKE PROCEDURE: Call or visit website for information

FEES: Call for fee information

HOURS: Phone hours 8 am - 8 pm Monday and Tuesday, 8 am - 4 pm Wednesday and Thursday, 8 am - 2 pm Friday

AREA SERVED: La Crosse, Monroe, and Vernon Counties in Wisconsin; Houston County in Minnesota

**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
(608) 784-8125 Service Contact  
[www.theparentingplace.net](http://www.theparentingplace.net)  
[info@theparentingplace.net](mailto:info@theparentingplace.net)

REQUESTED SERVICE: Baby Clothing/Diaper Donation Programs

ELIGIBILITY: Families in need

SERVICE DESCRIPTION: Limited quantity of diapers available to donate to families struggling to make ends meet

- Call for availability
- Seeking donations of disposable diapers for emergency distribution to local parents

INTAKE PROCEDURE: Call for availability

FEES: None

HOURS: Phone hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: La Crosse and Monroe Counties

**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
(608) 784-8125 Ext. 241 Service Contact: Heidi Thesing  
[www.theparentingplace.net](http://www.theparentingplace.net)  
[info@theparentingplace.net](mailto:info@theparentingplace.net)

REQUESTED SERVICE: Child Care Provider Referrals

ELIGIBILITY: Parents and child care providers

SERVICE DESCRIPTION: Provides a variety of services to persons seeking information on child care as well as services for child care providers

- Provides child care referrals to parents based on the specific child care needs of each family
- Recruits child care providers to meet the needs of families
- Provides training and technical assistance to child care providers
- Answers questions regarding choosing high quality child care
- Maintains a resource library providing brochures, books and videos on child care and parenting
- Works with County licensers and certifiers
- Publishes a quarterly newsletter providing information on training, current events, conferences, etc.
- Has the ability to produce reports regarding child care in areas regarding gaps in services, average fee, etc.
- Child care advocacy
- Local, state and national data on child care
- Written check lists on health and safety requirements for the home
- Will investigate complaints against La Crosse County Certified Providers

INTAKE PROCEDURE: Call or walk-in for information and services

FEES: Fee of \$20/year for parents seeking child care referrals with a household income of \$30,000 or more; no fee for parents with household income less than \$30,000; this fee provides families unlimited use of referral service for one year; no fees for other services to child care providers

METHOD OF PAYMENT: Sliding fee scale

HOURS: Phone hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: Crawford, Grant, Iowa, Juneau, La Crosse, Lafayette, Monroe, Richland, and Vernon Counties



**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
(608) 784-8125 Ext. 229 Service Contact: Fran Swift Parent Educator  
[www.theparentingplace.net](http://www.theparentingplace.net)

REQUESTED SERVICE: Parenting Skills Classes

ELIGIBILITY: Parents, child care providers, grandparents, teachers or anyone who wants to learn more

SERVICE DESCRIPTION: Provides on-going parenting classes, workshops, and support groups

- Participants attend for many reasons: personal growth, professional growth, family concerns or problems; they may have also been referred by another agency, their physician, or they are court ordered to attend a parenting class
- Child care may be available
- Call or visit web site for current listing of events
- Parenting classes on the Go - instruction can be provided at work sites; call 4 weeks ahead to schedule a presentation

INTAKE PROCEDURE: Call or visit web site

FEES: Most programs are free

METHOD OF PAYMENT: Sliding fee scale

HOURS: Phone hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: La Crosse and Monroe Counties

**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
(608) 784-8125 Ext. 231 Service Contact: Marilyn Huckenpoehler Assistant Director  
[www.theparentingplace.net](http://www.theparentingplace.net)

PROGRAM: LENDING LIBRARIES

REQUESTED SERVICE: Parenting Materials

ELIGIBILITY: Parents and other caregivers of children

SERVICE DESCRIPTION: Offers a lending library of over 500 books, pamphlets, and videos

on various aspects of parenting including potty training, discipline, bedtime routines, etc.)  
- Resources on child care provider operations including start-up information, best business practices, etc.

INTAKE PROCEDURE: Call or walk-in

FEES: None

HOURS: Phone/Walk-in hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: La Crosse and Monroe Counties

**THE PARENTING PLACE**

1500 Green Bay Street La Crosse, WI 54601-6455  
(608) 784-8125 Service Contact  
[www.theparentingplace.net](http://www.theparentingplace.net)

PROGRAM: PARENT WARMLINE

REQUESTED SERVICE: Parenting Help lines

ELIGIBILITY: Parents, child care providers, grandparents, teachers and anyone who cares for children

SERVICE DESCRIPTION: Confidential free telephone helpline

- Parents, grandparents, teachers, child care providers and other caregivers of children can call during normal office hours with questions about parenting issues

INTAKE PROCEDURE: Call during office hours; or leave a message and staff will return calls; parents can email staff after hours at [franswift@theparentingplace.net](mailto:franswift@theparentingplace.net); parent educator will call during regular business hours of the next working day or will respond by email

FEES: No charge

HOURS: Phone hours 10 am - 5 pm Monday, 9 am - 5 pm Tuesday, 10 am - 5 pm Wednesday and Thursday; 9 am - 3 pm Friday; All offices are closed during business hours on the first Thursday of every month

AREA SERVED: La Crosse and Monroe Counties

**WESTERN REGION FOR ECONOMIC ASSISTANCE**

300 North 4th Street La Crosse County Building La Crosse, WI 54601  
(888) 627-0430 Service Contact

[www.access.wisconsin.gov](http://www.access.wisconsin.gov)

PROGRAM: WISCONSIN SHARES

REQUESTED SERVICE: Child Care Expense Assistance Applications

ELIGIBILITY: Parents of children ages 12 and under who meet income eligibility requirements

SERVICE DESCRIPTION: Child care financial assistance available to parents of children ages 12 and under who meet income eligibility requirements

- The goal is to provide financial help in paying for day care so parents can work, attend school, or seek other job training

- Provides financial help in paying for day care costs for parents to finish high school

INTAKE PROCEDURE: Contact Western Region for Economic Assistance to begin the application process and to make an appointment with the caller's local Wisconsin SHARES office for completion of the application, to report changes, or for other case management needs; people may also apply for benefits, report changes, or get information about benefits at the ACCESS Web site at [www.access.wisconsin.gov](http://www.access.wisconsin.gov)

FEES: None

DOCUMENTS: Contact Western Region for Economic Assistance for information

HOURS: Phone hours 8:30 am - 4 pm Monday, Tuesday, Thursday, Friday; 9:30 am - 4 pm Wednesday; Closed major holidays

AREA SERVED: Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, Trempealeau, and Vernon Counties



## Shelter

### **GREAT RIVERS 211**

THE RUNAWAY BRIDGE – GUNDERSON LUTHERAN

Confidential Address

(800) 362-8255 or 211 Runaway Hotline

<http://www.greatrivers211.org/upload/docs/GR211/RunawayBridgeBrochure.pdf>

REQUESTED SERVICE: Shelter

ELIGIBILITY: Youth ages 9-17 who have run away, or are thinking about running away.

SERVICE DESCRIPTION: A confidential place to sleep, eat, and talk to a counselor about why you ran away or were forced to leave your home. A safe alternative to the streets, and a place to begin sorting out problems.

- Works to bring families back together while ensuring the physical and mental safety of the youth.

- Trained staff on 24hr hotline is able to discuss problems or concerns in areas such as:

Substance abuse

Family problems

Abusive relationships

School difficulties

Suicide

And refer youth to resources in community

INTAKE PROCEDURE: Call

FEES: none

HOURS: 24/7

AREA SERVED: La Crosse, Monroe, and Vernon Counties

### **MAYO CLINIC HEALTH SYSTEM - FRANCISCAN HEALTHCARE - BEHAVIORAL HEALTH RESIDENTIAL SERVICES**

GERARD HALL - MAYO CLINIC HEALTH SYSTEM - FRANCISCAN HEALTHCARE - BEHAVIORAL HEALTH RESIDENTIAL SERVICES

940 Division Street La Crosse, WI 54601

(608) 392-3985 Service Contact

<http://mayoclinichealthsystem.org/>

**PROGRAM: GERARD HALL**

**REQUESTED SERVICE: Transitional Housing/Shelter**

**ELIGIBILITY:** Adult females (with or without their children) with pregnancy or parenting issues, AODA, mental health; homeless women who are pregnant, have children, or are single; women with or without children leaving an abusive relationship; can be voluntary or court order if under 18; no age, income, or residency restrictions; eligibility is determined on a case by case basis

**SERVICE DESCRIPTION:** Licensed Community Based Residential Facility

- Services include counseling, connection with community resources, educational/vocational and job skills component, homebound school instruction, AODA education, independent living skills development (grocery shopping, cooking, cleaning, etc.) and prenatal/parenting education
- Medical and psychiatric care as well as individual, group, and recreational therapy are provided through Mayo Clinic Health Systems
- Volunteer and internship program utilizing local students and community members

**INTAKE PROCEDURE:** Call for information; pre-placement tour available

**FEES:** Call for information

**HOURS:** Phone hours 8 am - 5 pm Monday - Friday

**AREA SERVED:** La Crosse County

### **NEW HORIZONS**

1223 Main Street, La Crosse WI

P.O. Box 2031, La Crosse, WI 54602-2031

Office: (608) 791-2610

<http://www.nhagainstabuse.org/index.htm>

**REQUESTED SERVICE:** Shelter

**ELIGIBILITY:** Women and children currently experiencing domestic violence, sexual assault, stalking and/or harassment in their lives and experiencing an unsafe situation. Less than 18yrs old must be with an adult.

**SERVICE DESCRIPTION:** Our shelter is a temporary stop at the beginning of a journey to personal freedom and safety.

- Communal living environment designed to provide resources, education, and moral support.
- Provide empowerment to assist you in making your own decisions, and encourage you to develop your personal support plan which will allow you to become your own advocate.

INTAKE PROCEDURE: call to set an appointment, or stop in at: 1223 Main Street in La Crosse or 18519 Blair Street in Whitehall.

FEES: None

DOCUMENTS: None

HOURS: Office Phone Mon-Fri 9am-4pm

AREA SERVED: La Crosse and Trempealeau Counties

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601

(608) 782-6126 Ext. 230 Service Contact: Corinne Johnson

(608) 782-6126 Service Contact: Kelley Bundy

REQUESTED SERVICE: Community Shelters

ELIGIBILITY: General public; must be over 18 years for shelter services unless accompanied by parent or referred by police or sheriff's department; cannot be under influence of alcohol or other drugs; cannot be a registered sex offender; anyone with questions should call

SERVICE DESCRIPTION: Comprehensive services to those seeking shelter, serving homeless women and men and families with children

- Services offered include lodging, three meals a day, employment search support, clothing, and, occasionally, medication; child care while parents look for jobs, go shopping, or just need a break; counseling and support group services; educational classes; and recreational activities are also provided; 24 hour intake

INTAKE PROCEDURE: Walk-in or call (leave message or call back if answering machine picks up call); Admissions primarily done between 6 pm and 9 pm but no one will be turned away at other times

FEES: None

DOCUMENTS: Picture identification will be requested but client can be admitted without it; client will need to produce a picture ID as soon as possible (The Salvation Army will assist)

HOURS: Office/walk in hours 8 am - 4:30 pm Monday - Friday

- Shelter admission hours between 6 pm and 9 pm daily; no one will be turned away at other times; 24-hour awake staff

AREA SERVED: La Crosse County, will serve La Crescent, MN for emergency shelter only



## *Social Skills Training*

### **CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601

(888) 212-4357 Toll Free

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

PROGRAM: LA CROSSE AREA ASPERGER SUPPORT GROUP

REQUESTED SERVICE: Social Skills Training

ELIGIBILITY: Youth ages 10 to 15 with Asperger's syndrome

SERVICE DESCRIPTION: Provides education and support for youth with Asperger's syndrome

- Provides direct instruction in social interaction and pragmatic skills
- Provides planned and organized activities
- Provides an accommodating environment for individuals to experience successful social interaction and to facilitate friendships
- Meets every other Thursday, 5 - 7 pm, at Catholic Charities, 128 South 6th Street
- For youth ages 10 to 15

INTAKE PROCEDURE: Call for information

FEES: \$28/hour plus occasional fees for planned activities

HOURS: Phone hours 8:30 am - 4 pm Monday - Thursday

AREA SERVED: Buffalo, Jackson, Juneau, La Crosse, Monroe, and Trempealeau Counties

### **EAU CLAIRE ACADEMY - CLINICARE CORPORATION**

550 North Dewey Street Eau Claire, WI 54702-1168

(715) 834-6681 Service Contact: Ashley Thom

[www.clinicarecorp.com](http://www.clinicarecorp.com)

PROGRAM: ST. LOUIS HOUSES

REQUESTED SERVICE: Social Skills Training

ELIGIBILITY: Adolescents ages 10 through 17 who are not prepared to successfully live in the community or family home

**SERVICE DESCRIPTION:** Provides group home settings for children

- Program is designed to prepare adolescents to be successful in a less structured setting
- Transitions may occur from inpatient AODA or psychiatric treatment or juvenile corrections;
- Provide independent living skills training, family living skills, development of socialization skills, group skills, and problem-solving skills

**INTAKE PROCEDURE:** Call for information

**FEES:** Call for information

**METHOD OF PAYMENT:** Medicaid, county funding, private insurance, and private pay

**HOURS:** Phone hours 8 am - 4:30 pm Monday - Friday

**AREA SERVED:** Wisconsin and surrounding states

**YWCA OF THE COULEE REGION**

3219 Commerce Street La Crosse, WI 54603

(608) 781-2783 Ext. 231 Service Contact: Tracie Stinson

[tstinson@ywcax.org](mailto:tstinson@ywcax.org)

**PROGRAM:** BRIDGES

**REQUESTED SERVICE:** Social Skills Training

**ELIGIBILITY:** Bridges is open to any girl 15-18 years of age who is on an at-risk path; leadership training is a referral from school guidance counselors

**SERVICE DESCRIPTION:** Bridges—outreach services, one on one and group mentoring for at-risk teen girls

- Programs focus on self-esteem, healthy relationships, substance abuse, family issues, peer issues, social justice issues, team-building and leadership

**INTAKE PROCEDURE:** Call for information or email [tstinson@ywcax.org](mailto:tstinson@ywcax.org)

**FEES:** None; donations appreciated

**HOURS:** Phone hours 9 am - 5 pm Monday - Friday Office hours; 24 hour voice mail

**AREA SERVED:** Jackson, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota



**YWCA OF THE COULEE REGION**

3219 Commerce Street La Crosse, WI 54603

(608) 781-2783 Ext. 231 Service Contact: Tracie Stinson

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

PROGRAM: TEEN LEAD

REQUESTED SERVICE: Social Skills Training

ELIGIBILITY: open to any girl 15 - 18 years of age who is on an at-risk path; leadership training is a referral from school guidance counselors

SERVICE DESCRIPTION: Provides a scholarship program designed to address the needs of junior aged high school girls in their development into confident, strong and active members of their communities

- During this eight month long program, qualified junior girls will participate in a series of leadership activities; they will be given the opportunity to enhance their leadership skills and learn pathways to success from outstanding female community members

INTAKE PROCEDURE: Call for information or email [tstinson@ywcalax.org](mailto:tstinson@ywcalax.org)

FEES: None; donations appreciated

HOURS: Phone hours 9 am - 5 pm Monday - Friday Office hours; 24 hour voice mail

AREA SERVED: Jackson, La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin; Houston and Winona Counties in Minnesota



## Substance Activities Services / Support Groups

### ALCOHOLICS ANONYMOUS (AA) - LA CROSSE COUNTY

ALCOHOLICS ANONYMOUS AA - LA CROSSE COUNTY

La Crosse Area Intergroup P.O. Box 1212 La Crosse, WI 54602-1212

(608) 784-7560 Service Contact

<http://www.area75.org/meetings.html?dist=1>

PROGRAM: TWELVE STEP SUPPORT GROUPS FOR ALCOHOLICS

REQUESTED SERVICE: Alcohol Dependency Support Groups

ELIGIBILITY: Men and women with a desire to stop drinking may attend any meeting (open or closed); general public may attend open meetings

SERVICE DESCRIPTION: **Note**—Groups are non-smoking and closed (only those who desire to stop drinking can attend) unless indicated otherwise

#### **Sunday**

- Serenity Group - 8 am; Riteway Club, 1500 Avon Street, La Crosse
- Attitude Adjustment Group - 8 am; Alano Society, 1101 South 8th Street, La Crosse
- Women's Way - 10 am; Women's Unity, 1312 5th Avenue, La Crosse; Open topic, Step meeting 1st Sunday of the month
- 164 Big Book Study - 5:30 pm; First Baptist Church, Erickson Lounge, 1209 Main Street, La Crosse; wheelchair accessible
- Happy Destinies (Women's Meeting) - 6 pm; Women's LAAR House, 1005 Jackson Street, La Crosse
- Weekend Reflections Group - 6:30 pm; Newman Center, 1732 State Street, La Crosse; supervised playroom for children, wheelchair accessible
- Sober Sunday Group - 7 pm; Alano Society, 1101 South 8th Street, La Crosse
- Unity for Men Meeting - 7:30 pm; 1922 Miller Street, La Crosse; Open
- Joe & Charlie Discussion/Traditions Group - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

#### **Monday**

- The Early Birds - 7 am; Riteway Club, 1500 North Avon Street, La Crosse
- Friends of Bill W. Group - 12 Noon; Newman Center, 1732 State Street, La Crosse; wheelchair accessible
- Pioneer Step Group - 12 Noon; Coulee Council, 921 West Avenue South, La Crosse
- Monday Nooners Discussion - 12 Noon; Alano Society, 1101 South 8th Street, La Crosse
- Monday Night Men's Big Book - 6 pm; Riteway Club, 1500 North Avon Street, La Crosse
- Woman of 417 - 6 pm; Riteway Club, upstairs, 1500 North Avon Street, La Crosse

- Pass it On Group - 6:30 pm; Lakeview Health Care Center, West Salem; Open
- AA Way Of Life Group - 7 pm; Bethel Lutheran Church basement, 1931 Loomis Street, La Crosse; wheelchair accessible
- Eighth Street Messengers - 7 pm; Alano Society, 1101 South 8th Street, La Crosse
- Onalaska Fireside Group - 7 pm; First Lutheran School Building, 4th Avenue & Irwin Street, Onalaska; wheelchair accessible
- Holmen Group - 7 pm; Holmen Lutheran Church, 228 Morris (Church Street entrance), Holmen
- Topic Discussion - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

### **Tuesday**

- The Early Birds - 7 am; Riteway Club, 1500 North Avon Street, La Crosse
- Tuesday Reflections Group - 12 Noon; Alano Society, 1101 South 8th Street, La Crosse
- Pioneer Group - 12 Noon; Coulee Council Building, 921 West Avenue South, La Crosse; Open meeting - after the meeting is a meal for people experiencing substance abuse issues - 1 pm, (the meal is also open to other interested individuals)
- Joe & Charlie Discussion Group - 5:30 pm; Riteway Club, 1500 North Avon Street, La Crosse
- AA Way Of Life Group (AAWOL) - Big Book - 7 pm; Bethel Lutheran Church, basement, 1931 Loomis Street, La Crosse; wheelchair accessible
- Step Group - 7 pm; Alano Society, 1101 South 8th Street, La Crosse
- How it Works - 7 pm; 1201 South 10th Street, La Crosse; open
- French Island Group - 7 pm, Olivette Lutheran Church, 2100 Bainbridge St., French Island; wheelchair accessible
- Fellowship Group - 7:30 pm; Coulee Council Building, 921 West Avenue, La Crosse; open
- Living Sober Group - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

### **Wednesday**

- The Early Birds - 7 am; Riteway Club, 1500 North Avon Street, La Crosse
- Tenth Street Regulars Group - 10 am; 1201 South 10th Street, La Crosse; Open
- P.I.E AA Group - 10 am; Partners in Empowerment, 1201 South 10th Street; not wheelchair accessible but assistance available if people call ahead
- Noon Newcomers - 12 Noon; Partners in Empowerment, 1201 South 10th Street, La Crosse; not wheelchair accessible but assistance available if people call ahead
- Pioneer Group - 12 Noon; Coulee Council Building, 921 West Avenue South, La Crosse
- Friends of Bill W. - 12 Noon; Newman Center, supervised playroom, 1732 State Street, La Crosse; wheelchair accessible
- Brown Baggers Group - 12 Noon; Riteway Club, 1500 North Avon Street, La Crosse
- Happy Hour Group - 5:30 pm; Riteway Club, 1500 North Avon Street, La Crosse
- Just Women - 5:30 pm; Mayo Clinic Health Care (Hospital entrance), 700 West Avenue, Leonardo Room, La Crosse; wheelchair accessible
- Weekday Reflections Group - 7 pm; Newman Center, 1732 State Street, La Crosse; supervised playroom for children; wheelchair accessible
- Triangle Group - Alano Society - 7 pm; 1101 South 8th Street, La Crosse
- Neshonoc Serenity Group - 7 pm; Presbyterian Church (behind Hansen's IGA), 625 West Franklin Street, West Salem
- Alacra North - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

### **Thursday**

- The Early Birds - 7 am; Riteway Club, 1500 North Avon Street, La Crosse

- Pioneer Group - 12 Noon; Coulee Council Building, 921 West Avenue South, La Crosse; a meal is served following the meeting for people experiencing substance abuse issues - 1 pm, (the meal is also OPEN to other interested individuals)
- Big Book Browsers Group - 12 Noon; Alano Society, 1101 South 8th Street, La Crosse; Open
- Step Meeting - 5:30 pm; Riteway Club, 1500 North Avon Street, La Crosse
- Freeway Group - 7 pm; Big Book Meeting, Alano Society, 1101 South 8th Street, La Crosse
- Downtown 12&12 - 7:30 pm; Wesley United Methodist Church, 721 King Street (use 8th Street entrance), La Crosse; wheelchair accessible
- 114 Group - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

### **Friday**

- The Early Birds - 7 am; Riteway Club, 1500 North Avon Street, La Crosse
- Pioneer Group - 12 Noon; Coulee Council Building, 921 West Avenue South, La Crosse
- Friends of Bill W. - Step Meeting - 12 Noon; Newman Center, 1732 State Street, La Crosse; wheelchair accessible
- Big Book Browsers - 12 Noon; Alano Society, 1101 South 8th Street, La Crosse
- Friday Night Fever - 5:30 pm; Riteway Club, 1500 North Avon Street, La Crosse
- Fireside Group - 7 pm; First Lutheran Church, 410 Main Street, Onalaska; wheelchair accessible; (potluck and open with speaker meeting every 1st Friday, held in the school, use Fifth Avenue entrance)
- Primary Purpose Group - 7 pm; Alano Society, 1101 South 8th Street, La Crosse; Open
- AA Way of Life Group - 7 pm; Bethel Lutheran Church, 1931 Loomis Street, La Crosse; Open; wheelchair accessible
- Big Book Group - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse

### **Saturday**

- Early Birds Group - 7 am; Riteway Club, 1500 North Avon Street, La Crosse
- Step Group - 8 am; Riteway Club, 1500 North Avon Street, La Crosse
- Oxford Group - 8 am; Alano Society, 1101 South 8th Street, La Crosse
- The W.O.R.K. Group - 9 am; Coulee Council, 921 West Avenue South, La Crosse
- Intergroup Meeting - 10 am 3rd Saturday of the month; check Care & Share (AA newsletter) or call La Crosse Area Intergroup at (608) 784-7560 for location
- District 1 Meeting - 1 pm 2nd Saturday of the month; see Care & Share (AA newsletter) or call La Crosse Area Intergroup at (608) 784-7560 for location
- Newcomers Meeting - 1 pm; Alano Society, 1101 South 8th Street, La Crosse; Open
- SOS Meeting - 1 pm; Alano Society, 1101 South 8th Street, La Crosse
- Friends of Dr. Bob - 7 pm; Alano Society, 1101 South 8th Street, La Crosse; Open
- Step Group - 8 pm; Riteway Club, 1500 North Avon Street, La Crosse; Open speaker meeting 2nd Saturday each month

**INTAKE PROCEDURE:** Attend a meeting

**FEES:** None

**HOURS:** 24 hours/day, 7 days/week

**AREA SERVED:** La Crosse County in Wisconsin; Houston County in Minnesota and surrounding area

**ALCOHOLICS ANONYMOUS (AA) - LA CROSSE COUNTY**

ALCOHOLICS ANONYMOUS AA - LA CROSSE COUNTY

La Crosse Area Intergroup P.O. Box 1212 La Crosse, WI 54602-1212

(608) 784-7560 Service Contact

<http://www.area75.org/meetings.html?dist=1>

PROGRAM: LA CROSSE AREA INTERGROUP

REQUESTED SERVICE: Alcohol Related Crisis Intervention

ELIGIBILITY: Individuals involved with Alcoholics Anonymous or those abusing alcohol or looking for a sponsor

SERVICE DESCRIPTION: Coordinating group consisting of the 50 local groups of Alcoholics Anonymous

- Sponsors workshops, newsletter "Care and Share", and social gatherings
- Crisis intervention for individuals who are abusing alcohol or looking for a sponsor

INTAKE PROCEDURE: Call answering service and leave a message

FEES: None

HOURS: 24 hours/day, 7 days/week

AREA SERVED: La Crosse County in Wisconsin; Houston County in Minnesota and surrounding area

**COULEE COUNCIL ON ADDICTIONS**

921 West Avenue La Crosse, WI 54601

(608) 784-4177 Service Contact

REQUESTED SERVICE: Drug Abuse Education/Prevention

ELIGIBILITY: General public

SERVICE DESCRIPTION: Program to enhance recovery through education and prevention strategies and by promoting healthy lifestyles

- Weekly lecture series that is educational in nature and consists of a presentation followed by group discussion, lasting one hour
- Program uses all available materials and ideas to promote relapse prevention, sober living, stress management, and living skills improvement
- Referrals to appropriate agencies if needed; acts as a helpful addition to, not a substitute for, existing services, self-help groups, counseling, and aftercare
- Lecture series is held Saturdays from 10 am - 11 am

INTAKE PROCEDURE: Call office for information or come to a meeting

FEES: None

HOURS: Phone hours 8 am - 4:30 pm Monday – Friday; Lecture hours 10 am - 11 am Saturday

AREA SERVED: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

**COULEE COUNCIL ON ADDICTIONS**

921 West Avenue La Crosse, WI 54601  
(608) 784-4177 Service Contact

REQUESTED SERVICE: Alcohol Abuse Education/Prevention

ELIGIBILITY: General public

SERVICE DESCRIPTION: Program to enhance recovery through education and prevention strategies and by promoting healthy lifestyles

- Weekly lecture series that is educational in nature and consists of a presentation followed by group discussion, lasting one hour
- Program uses all available materials and ideas to promote relapse prevention, sober living, stress management, and living skills improvement
- Referrals to appropriate agencies if needed; acts as a helpful addition to, not a substitute for, existing services, self-help groups, counseling, and aftercare
- Lecture series is held Saturdays from 10 am - 11 am

INTAKE PROCEDURE: Call office for information or come to a meeting

FEES: None

HOURS: Phone hours 8 am - 4:30 pm Monday – Friday; Lecture hours 10 am - 11 am Saturday

AREA SERVED: La Crosse, Monroe, Trempealeau and Vernon Counties in Wisconsin; Houston County in Minnesota

**COULEE YOUTH AND ADULT CENTERS, INC.**

231 Copeland Avenue La Crosse, WI 54602-1836  
(608) 782-7152 Service Contact

[www.couleecenters.org](http://www.couleecenters.org)  
[cbusse@couleecenters.org](mailto:cbusse@couleecenters.org)

PROGRAM: AODA MENTAL HEALTH CLINIC  
REQUESTED SERVICE: Alcohol Abuse Education/Prevention

ELIGIBILITY: People 13 and older with alcohol or drug abuse concerns, including court-referred individuals

SERVICE DESCRIPTION: A private mental health practice offering conjoint, family, group, and individual counseling settings

- Certified AODA counselors offer therapy for a variety of reasons including stress, drug or alcohol abuse, behaviors issues, domestic abuse, school problems, depression, anxiety, abuse in childhood, and lifestyle changes
- Substance abuse services include:
  - Alcoholism counseling
  - Drug abuse counseling
  - General assessment for substance abuse

INTAKE PROCEDURE: Call for an appointment

FEES: Call for information

METHOD OF PAYMENT: Sliding fee scale, Medicaid, Western Wisconsin Cares, County CPS, private pay, and private insurance

HOURS: Phone hours 9 am - 5 pm Monday – Friday; Appointment hours 9 am - 5 pm Monday - Friday; other times may be available

AREA SERVED: Jackson, La Crosse, Monroe, and Vernon Counties

**HIAWATHA VALLEY MENTAL HEALTH CENTER**

SCY (SUPPORTING COMMUNITY YOUTH) CENTER - HIAWATHA VALLEY MENTAL HEALTH CENTER

317 Market Street Winona, MN 55987

(507) 454-4341 Service Contact: Julie Hanson

(800) 657-6777 Toll Free

REQUESTED SERVICE: Drug Dependency Support Groups for Youth

ELIGIBILITY: People ages birth through adult with substance abuse concerns and their families (including youth with both substance abuse and mental health concerns)

SERVICE DESCRIPTION: Substance abuse and mental health assessments for adolescents

- Alcohol and/or drug abuse treatment for adolescents
- Integrated treatment for adolescents with a dual diagnosis (substance abuse and a mental health concern)

- Individual and group therapy/treatment
- Family assessments, therapy/treatment, and education
- Relapse prevention including support groups for teens and parents and mentoring for youth new in recovery by peer mentors
- DUI consumption classes

INTAKE PROCEDURE: Call for information and appointments

FEES: Call for information

HOURS: Phone hours 8 am - 5 pm Monday - Thursday; 8 am - 4 pm Friday

AREA SERVED: Houston, Wabasha, and Winona Counties in Minnesota and La Crosse County in Wisconsin

**LA CROSSE COUNTY HUMAN SERVICES DEPARTMENT**

**MENTAL HEALTH RECOVERY SERVICES - LA CROSSE COUNTY HUMAN SERVICES DEPARTMENT**

300 North 4th Street La Crosse, WI 54601

(608) 784-4357 Service Contact

(800) 500-3910 Toll Free: Aging and Disability Resource Center (ADRC)

[www.co.la-crosse.wi.us](http://www.co.la-crosse.wi.us)

REQUESTED SERVICE: Drug Abuse Treatment Expense Assistance

ELIGIBILITY: People with alcohol or drug use concerns including court-ordered individuals and residents who self-refer

SERVICE DESCRIPTION: Intoxicated Driver Program—Individuals convicted of operating while intoxicated (OWI) are required to be assessed ; assessments are completed by a certified counselor and a driver's safety plan is developed, which outlines the requirements to maintain a valid driver's license

- Substance abuse assessments are provided to other court-ordered consumers as well as any La Crosse County resident seeking assistance related to their substance use
- AODA counselors in Clinical Services will make appropriate referrals for substance abuse treatment; La Crosse County residents without medical insurance may receive treatment funding through the County (which will allow them to receive treatment based on a sliding fee scale), to access this funding they must set up a funding appointment with an AODA counselor

INTAKE PROCEDURE: Initial intake is done through the Aging and Disability Resource Center; call for information and appointments

FEES: Intoxicated Driver Program is \$275 (must be paid at the time the appointment is made); call for information regarding substance abuse assessment costs



METHOD OF PAYMENT: Sliding fee scale, installment payments, county funds, Medicaid, Medicare, private pay

HOURS: Phone hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County

**NARCOTICS ANONYMOUS - CRAWFORD, GRANT, LA CROSSE, MONROE, AND VERNON COUNTIES - BIG RIVERS AREA**

PO Box 3765 La Crosse, WI 54602

(866) 579-7534 Service Contact: Recorded meeting information Big Rivers Area NA

(608) 385-3536 Service Contact: Alissa L.

(608) 843-7876 Service Contact: Harold L.

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

REQUESTED SERVICE: Drug Dependency Support Groups

ELIGIBILITY: Individuals with drug abuse problems

SERVICE DESCRIPTION:

GRANT COUNTY NARCOTICS ANONYMOUS MEETINGS

**Saturday**

- "OK to be Clean" (closed) - 7 pm; Boscobel Area Healthcare, 205 Parker Street (use Bluff Street walk-in entrance), Boscobel; non-smoking, wheelchair accessible

LA CROSSE COUNTY NARCOTICS ANONYMOUS MEETINGS

**Sunday**

- "New Life Basic Text" (open) - 12 Noon; Coulee Council on Addictions, 921 West Avenue South, La Crosse; non-smoking

- "New Life Basic Text" (closed) - 7 pm; Coulee Council on Addictions, 921 West Avenue South, La Crosse; non-smoking

**Monday**

- "Main Street NA" (closed) - 12 Noon; Christ Episcopal Church, 111 9th Street North (upper room), La Crosse; non-smoking, wheelchair accessible

- "New Beginnings" Candlelight Meeting (closed) - 7 pm; Newman Center (basement), 1732 State Street (use Main Street entrance), La Crosse; non-smoking, wheelchair accessible

- "Basic Text" (open) - 7 pm; Journey Lutheran Church, 2703 Sand Lake Road, Onalaska

**Tuesday**

- "Main Street NA" (closed) - 12 Noon; Christ Episcopal Church, 111 9th Street North (upper room), La Crosse; non-smoking, wheelchair accessible

- "Tuesday Night Men's" (closed) - 7 pm; Riteway Club (upstairs), 805 1/2 Sill Street (Sill & Avon), La Crosse; non-smoking

- "Women Helping Women" (closed) - 7 pm; Christ Episcopal Church, 111 9th Street North (upstairs), La Crosse; non-smoking, wheelchair accessible

**Wednesday**

- "Main Street NA" (closed) - 12 Noon; Christ Episcopal Church, 111 9th Street North (upper

room), La Crosse; non-smoking, wheelchair accessible

- "It Works" (closed) - 7 pm; Riteway Club (upstairs), 805 1/2 Sill Street (Sill & Avon), La Crosse ; non-smoking

- "Clean Living"(open) - 7 pm; Journey Lutheran Church, 2703 Sand Lake Road, Onalaska

#### **Thursday**

- "Main Street NA" (closed) - 12 Noon; Christ Episcopal Church, 111 9th Street North (upper room), La Crosse; non-smoking, wheelchair accessible

- "Amethyst Group" (closed) - 7:30 pm; Coulee Council on Addictions, 921 West Avenue South, La Crosse; non-smoking

#### **Friday**

- "Main Street NA" (closed) - 12 Noon; Christ Episcopal Church, 111 9th Street North (upper room), La Crosse; non-smoking, wheelchair accessible

- "It Works" (closed) - 7:30 pm; Riteway Club (upstairs), 805 1/2 Sill Street (Sill & Avon); non-smoking

#### **Saturday**

- "It Works" (closed) - 10 am; Riteway Club (upstairs), 805 1/2 Sill Street, La Crosse; non-smoking

- Partners in Empowerment (open) - 5:30 pm; 1201 South 10th Street, La Crosse

MONROE COUNTY NARCOTICS ANONYMOUS MEETINGS:

#### **Sunday**

- "Lakeside Destiny Group" (closed) - 7 pm; Kingdom Seekers Room, Church of the Nazarene, East Veterans Road, 25481 Cty Hwy ET, Tomah; non-smoking, wheelchair accessible

#### **Tuesday**

- "Lakeside Destiny Group" (closed) - 7 pm; Kingdom Seekers Room, Church of the Nazarene, East Veterans Road, 25481 Cty Hwy ET, Tomah; non-smoking, wheelchair accessible

#### **Thursday**

- "Gateway Group Step Working Guide" (closed) - 7 pm; United Methodist Church, 210 North Court Street (use K Street entrance), Sparta; non-smoking, wheelchair accessible

VERNON COUNTY NARCOTICS ANONYMOUS MEETINGS:

#### **Tuesday**

- "New Group " (open meeting) - 6:30 pm; Living Faith Church, 852 North Main Street; (behind Main Street Kitchen), Viroqua; non-smoking

INTAKE PROCEDURE: Come to a meeting

FEES: None

HOURS: 24 hours/day, 7 days/week

AREA SERVED: Crawford, Grant, La Crosse, Monroe, and Vernon Counties in Wisconsin; Fillmore, Houston, and Winona Counties in Minnesota

#### **NEW HORIZONS**

1223 Main Street, La Crosse WI

P.O. Box 2031, La Crosse, WI 54602-2031

Office: (608) 791-2610

Crisis Hotline: (608) 791-2600

<http://www.nhagainstabuse.org/index.htm>

<https://www.facebook.com/NewHorizonsShelterAndOutreachCentersInc>

REQUESTED SERVICE: Support Groups

ELIGIBILITY: Women and children currently experiencing domestic violence, sexual assault, stalking and/or harassment in their lives and experiencing an unsafe situation.

SERVICE DESCRIPTION: Support groups available weekly for women and children who have experienced and/or witnessed domestic violence in their lives.

- Wednesday support group geared for women 18 years or older. Held from 4:00-5:30 p.m.  
608-791-2610 ext 309

- Family support group held every Wednesday from 4:00-5:30 p.m. Families with children of all ages are welcome. Children and Parents are in separate groups for first few months.  
608-791-2610 ext 203

- Crisis Hotline; 24hr hotline, completely private, no questions asked. Youth can be referred to Jennifer for more info via Crisis Hotline.

INTAKE PROCEDURE: call to set an appointment, or stop in at: 1223 Main Street in La Crosse

FEES: None

DOCUMENTS: None

HOURS: Mon-Fri 9am-4pm

AREA SERVED: La Crosse and Trempealeau Counties



## Transportation

### **CATHOLIC CHARITIES OF THE DIOCESE OF LA CROSSE, INC.**

3710 East Avenue South La Crosse, WI 54601

(608) 782-0710 Service Contact

(888) 212-4357 Toll Free

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

[info@cclse.org](mailto:info@cclse.org)

PROGRAM: ST. LAWRENCE COMMUNITY SERVICES - FINANCIAL ASSISTANCE

REQUESTED SERVICE: Bus Fare; Gas Money

ELIGIBILITY: General public

SERVICE DESCRIPTION: Families and individuals will be able to receive an evaluation of their situation

- Will assist with on a case-by-case basis (bus fare, electricity, eye care expense assistance, food vouchers, gas vouchers, heating fuel, prescription expenses, rent and security deposit assistance, work related expenses, etc.); please note that process for supportive funds may take several business days and is often not same day

INTAKE PROCEDURE: For immediate assistance walk-in hours are 9 am - 3 pm Mondays at the main office 3710 East Avenue South or 2 pm - 5 pm Thursdays at A Place of Grace Catholic Worker House on 919 Hood Street; people may also make an appointment during walk-in hours (9 am - 3 pm Mondays) at the main office 3710 East Avenue South; all people must fill out an application for all assistance and it may take several business days before funds can be approved and/or dispersed

FEES: None

HOURS: Phone hours 8:30 am - 4 pm Monday - Thursday

AREA SERVED: Buffalo, Jackson, La Crosse, Monroe, and Trempealeau Counties

### **COMPASSION CONNECTIONS**

130 5th Avenue North Cornerstone Community Church La Crosse, WI 54601

(608) 784-0160 Ext. 1 Service Contact: Church Office

REQUESTED SERVICE: Bus Fare; Gas Money

ELIGIBILITY: All people with a need will be assisted if able

SERVICE DESCRIPTION: Provides a compassion ministry for the La Crosse County area

- Provides bus tokens or gasoline vouchers; these are provided quarterly only (people can only receive them every three months)
- Accepts donated cash, food, and clothing (cannot accept furniture due to space restrictions); call ahead prior to bringing donations
- Provides a jail ministry that offers Bible studies in the county jail and keeps in touch with people in the state prison system
- Small study groups meet in private homes for spiritual journey exploration

INTAKE PROCEDURE: To schedule an appointment for financial assistance with utility bills or rent people must call or come to the church office on Tuesday mornings at 8 am only (will schedule appointments for the first four people only; appointments are scheduled to take place on Thursdays only); for clothing, prayer, bus tokens, or gas cards people can walk in on Thursdays; hospitality is also provided on Thursdays

FEES: None

DOCUMENTS: All necessary bills or debts, current utility bills, driver's license, eviction notice, ID, photo ID, prescription, rental/lease agreement, utility disconnect notice

HOURS: Phone or walk-in hours 8 am - 8:30 am Tuesdays to schedule an appointment for financial assistance with utility bills or rent (appointments are scheduled to take place by appointment on Thursdays only)

- Walk in hours 8 am - 12 Noon Thursdays to sign up for food, clothing, prayer, bus tokens, or gas cards and for hospitality, coffee, and snacks

AREA SERVED: Primarily La Crosse County; may also help with the greater La Crescent and Winona areas, up to the Sparta area, and over to the Viroqua area if able

**FRONT DOOR MINISTRY - CATHEDRAL OF SAINT JOSEPH THE WORKMAN**

530 Main Street La Crosse, WI 54601  
(608) 782-0322 Ext. 223 Service Contact

REQUESTED SERVICE: Gas Money; Bus Fare

ELIGIBILITY: General public

SERVICE DESCRIPTION: This is a referral of last resort; callers must have tried other agencies first; because they rely on donations their resources are not as great as other places

**For Gas Money**

- Applicants must have applied at Catholic Charities, Salvation Army, etc. first

- Kwik Trip gift cards are available only on Mondays, Tuesdays, and Wednesdays
- Gift cards are provided only to those who need them to travel to work or to medical appointments
- Applicants will need to show a valid driver's license; for those needing gas to get to or from a medical appointment they will also need to have their appointment card from the medical facility
- Applicants needing gas to get to work will need to provide the name of their workplace (Jean did state that she does not follow-up on these but takes the applicant's word for it – so they do not need to be concerned that someone will make a call to their employer)

**For Bus Tokens**

- Bus tokens are given out quite often for people needing to get around for work, appointments, grocery shopping, etc. (Salvation Army can only provide bus tokens to shelter residents)
- Applicants will be assessed to ensure that they are low income/poverty

INTAKE PROCEDURE: Walk in only

DOCUMENTS: Depends on the financial assistance requested

HOURS: Walk-in hours 9 am - 11 am Monday - Friday

AREA SERVED: La Crosse, Trempealeau, and Vernon Counties in Wisconsin; Houston County in Minnesota

**LA CROSSE MUNICIPAL TRANSIT UTILITY**

2000 Marco Drive La Crosse, WI 54601

(608) 789-7350 Service Contact: Keith Carlson

<http://www.cityoflacrosse.org/index.aspx?nid=19>

REQUESTED SERVICE: Disability Related Transportation

ELIGIBILITY: General public

SERVICE DESCRIPTION: Provides public transportation services for the general public

- Offers reduced fares to senior citizens (65 years of age or older) and people with disabilities who present a Medicare or MTU I.D. card
- People with disabilities can call and request an application form to apply for a discount card; the completed form and an MD's authorization are required
- Monthly "Flash Pass", unlimited number of rides; \$35/month for adults and \$23/month for youth (ages 4-17 years); passes available at Degen Berglund (Village and Center 90), City Hall, Valley View Mall, People's Food Co-Op, Bridgeview Plaza, UWL Cartwright Center Box Office, MTU office, Heth's Hardware in La Crescent
- Offers Industrial Park & Ride Express bus routes
- MTU Mobility Plus, a demand response par transit service targeted to individuals with physical and/or mental disabilities when their disability prevents them from using the accessible, life-equipped city bus; 24 hour reservations are required; application must be filled out and person must be certified

- Free Fare Monday: people can ride the bus for free the 1st Monday of every month (excluding holidays)
- Buses are equipped with bike racks; racks hold two bicycles and have simple instructions for use on them

INTAKE PROCEDURE: Call for information

FEES: Visit website for current fares

HOURS: Bus Operation hours 8 am - 5 pm Monday - Friday; Office 5:10 am - 10:40 pm Monday - Friday, 7:40 am - 7:40 pm Saturday, 7:40 am - 6:40 pm Sunday

AREA SERVED: City of La Crosse, French Island and part of Onalaska in Wisconsin; City of La Crescent in Minnesota

**THE SALVATION ARMY - LA CROSSE**

223 North 8th Street La Crosse, WI 54601

(608) 782-6126 Service Contact: Abby

REQUESTED SERVICE: Bus Fare; Gas Money

ELIGIBILITY: Persons in need of emergency assistance

SERVICE DESCRIPTION: Provides a variety of assistance for low-income individuals and families facing crisis situations; services offered may include prescription assistance and limited transportation (bus tokens for shelter residents; bus tickets may be available on a case-by-case basis) and gasoline vouchers (for medical or job-related appointments, with priority given to people who are staying in the shelter; people are eligible once every six months)

INTAKE PROCEDURE: Call or walk in for information; appointments encouraged

FEES: None

DOCUMENTS: Driver's license needed for gas assistance

HOURS: Office/walk in hours 8 am - 4:30 pm Monday - Friday

AREA SERVED: La Crosse County



*“Building One Life*  
*At A Time”*