Monroe County Resource Guide

Produced by the W-2 Children's Services Network

The purpose of this directory is to provide a variety of community resource agencies to better serve the people of Monroe County.

W-2 Agency
120 E. Milwaukee St.
Tomah, WI 54660
Phone 608-433-2783 or 608-785-7003
Fax 608-785-9939

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Information regarding local Food Pantries is included on pages 12-14 of this guide.

ABUSE

911 *- Call immediately if you feel someone is in immediate, serious or life-threatening danger*

Brighter Tomorrows
Sparta - 608-269-7853
Tomah - 608-374-6975

National Sexual Assault - 800-656-4673
National Domestic Violence Crisis - 800-799-7233
Great River Call for Help - 800-362-8255
Safe Path - 800-362-5454 ext. 7804
UNIDOS - 800-510-9195
Gunderson Lutheran Domestic Abuse & Sexual Assault Program – 608-775-3845 or 800-362-9567 ext 55950
Monroe County Department of Human Services – 608-269-8600
National Child Abuse Hot Line – 800-422-4453
New Horizons Shelter & Outreach Centers – 608-791-2610 or 888-231-0066
Coulee Recovery Center – 608-784-4177
Domestic Abuse Project (Vernon County) – 608-637-7052)
Northwest Connections: 1-888-552-6642
National Child Abuse Hotline – 800-422-4453

To report suspected Child or Adult Abuse in Monroe County, contact DHS – 608-269-8854

ALCOHOL AND OTHER DRUG ABUSE SERVICES

Mayo Clinic Behavioral Health – 608-392-5555
Gundersen Behavioral Health Sparta – 608-269-6731
Scenic Bluffs Behavioral Health: 608-654-5100
Narcotics Anonymous – 1-866-579-7534
CleanSlate Center – 608-406-2250
Northwest Connections: 1-888-552-6642
Substance Abuse & Mental Health Services National Helpline – 1-800-662-HELP (4357)
Alcoholics Anonymous Hotline (La Crosse) – 608-784-7560
Coulee Recovery Center – 608-784-4177

BUDGETING

Catholic Charities – 608-782-0710 or 888-212-4357
Consumer Credit Counseling – 1 (800) 350-2227 or 608-784-8380
Families First of Monroe County – 608-374-4141
http://wisconsinjobcenter.org/otherassistance/personalfinances.htm

CHILD RELATED SERVICES

CHILD SUPPORT

Child-Support Enforcement Helpline – 608-266-9909
Monroe County Child Support Office – 608-269-8733
WI SCTF automated voice response system – 1-800-991-5530
The Parenting Place of Sparta - 608-269-3151 ext. 6116
Special Needs Children Center - 800-400-3678
Sparta Head Start - 608-269-8297
Tomah Head Start - 608-372-3781
Women, Infants and Children Program (WIC) - 608-269-8671

CHILD CARE

Parenting Place of Tomah – 608-374-4190
Parenting Place of Sparta – 608-269-3151 Ext. 6116
Parenting Place of La Crosse – 608-784-8125 or 800-873-1768
Wisconsin Shares Child Care Program – 608-269-8600
Child-Care Subsidy Hotline – 800-424-2246

ADULT CARE

Handishop Adult Day Center - 608-343-7049
Tomah Adult Day Programs - 608-374-4673

PARENTING SUPPORT

Birth to Three Program - 608-269-8682
The Parenting Place of La Crosse – 608-784-8125 or 800-873-1768
Tomah – 608-374-4190
Sparta – 608-269-3151 ext 6116
Health & Well Being Educator/Food Wise Coordinator – 608-269-8722
The Western Regional Center for Children with Special Needs – 800-400-3678
Sparta Head Start - 608-269-8297
Tomah Head Start - 608-372-3781
Monroe County WIC (Women, Infants and Children) Program - 608-269-8671

CHILD CARE

The Parenting Place of La Crosse – 608-784-8125 or 800-873-1768
Tomah – 608-374-4190
Sparta – 608-269-3151 ext 6116
Wisconsin Shares Child Care Program – 888-627-0430

YOUTH SERVICES

Big Brothers and Big Sisters of the 7 Rivers Region - 608-782-2227
Boys and Girls Club of Sparta - 608-269-2582
Boys and Girls Club of West-Central WI (Tomah) - 608-374-4386
The Parenting Place of La Crosse – 608-784-8125 or 800-873-1768
Tomah – 608-374-4190
Sparta – 608-269-3151 ext 6116
Sparta Free Library - 608-269-2010
Sparta Parks and Recreation Department - 608-269-6322
Sparta Aquatic Center – 608-269-5344
7 Rivers LGBTQ Connection – 608-784-0452
National Runaway Safeline - 1-800-RUNAWAY
Tomah Public Library - 608-374-7470
Tomah Recreation Department - 608- 374-7445 or 608-374-7420
Sparta Head Start Center- 608-269-8297
Tomah Head Start - 608-372-3781

CLOTHING

Families First of Monroe County - 608-374-4141

Mary Morrow's Attic – 608-269-1047	128 S Water St, Sparta
Second Season consignment shop – 608-269-1049	128 N Water St, Sparta
Tomah Goodwill Retail Store – 608-372-7464	1516 N Superior Ave, Tomah
G.I. Need That/Cup o' Joe – 608-372-4506	1118 Superior Ave, Tomah
Emma Ann's Boutique — 608-343-1100	1107 Superior Ave, Tomah
Cashton Cupboard & Closet – 608-654-5770	1213 Front St, Cashton
La Crosse Goodwill Retails Store –608-783-2710	3954 Mormon Coulee Rd, Onalaska
Good Steward Resale Store – 608-779-9763	1930 Rose St, La Crosse
Rootin Crown Thrift Store – 608-519-9500	47 Copeland Ave, La Crosse
Style Encore – 608-779-0515	420 Theater Rd, Onalaska
Plato's Closet – 608-782-6822	3133 WI HWY 16, La Crosse
Once Upon A Child – 608-779-5437	3133 WI HWY 16, La Crosse

Women's Clothes closet (La Crosse) — 608-784-5745
Catholic Charities La Crosse: Men's Clothes Closet - 608-782-0710 or 888-212-4357

COUNSELING

Mayo Clinic Health System Behavioral Health – 608-392-5555

Gundersen Behavioral Health – 608-269-6731	1111 West Wisconsin St, Sparta
Gundersen Behavioral Health – 608-374-3853	505 Gopher Dr, Tomah
Scenic Bluffs Behavioral Health — 608-654-5100	238 Front St, Cashton

Next Chapter of La Crosse
608-461-7006
www.nextchapterlacrosse.org

CRISIS PROGRAMS & SERVICES

In an Emergency, Dial 9-1-1

Families First of Monroe County – 608-374-4141
Flocks Guardians – 608-487-9356
Great Rivers 2-1-1 — 800-362-8255
Great Rivers 2-1-1 24/7 Crisis Hotline – 800-362-8255
National Suicide Prevention Hotline – 800-273-8255
Disaster Relief Services American Red Cross - 800-837-6313
Catholic Charities - 608-782-0710
Brighter Tomorrows – 608-269-7853
New Horizons Crisis Line – 1-888-231-0066 or text 608-667-9944
National Domestic Violence Hotline – 1-800-799-SAFE (7233) or Text "START" to 88788
National Sexual Assault Hotline – 800-656-HOPE (4673
Substance Abuse & Mental Health Services National Helpline – 1-800-662-HELP (4357)
Alcoholics Anonymous Hotline (La Crosse) – 608-784-7560
Narcotics Anonymous – 1-866-579-7534
Coulee Recovery Center –608-784-4177
The Salvation Army of La Crosse County – 608-782-6126
The La Crosse Warming Center – 888-212-4357 or 608-782-0710
New Horizons Shelter & Outreach Centers Crisis Line – 1-888-231-0066 or 608-791-2600
Bolton Refuge House - 715-333-2350
Childhelp National Child Abuse Hotline – 1-800-4-A-CHILD (1-800-422-4453)

To report suspected Child or Adult Abuse in Monroe County, contact DHS – 608-269-8854

DISABILITY SERVICES

Social Security Administration - 800-772-1213
Aging and Disabilities Resource Center of Western WI – 608-785-5700 or 800-500-3910
Aging and Disabilities Resource Center of Monroe County - 608-269-8690
Challenge Unlimited – 608-269-5540
Division of Vocational Rehabilitation – 608-261-0050 or 800-442-3477
Handishop Industries – 608-372-3289
Independent Living Resources – 608-787-1111 or 888-474-5745
Lutheran Social Services – 608-788-5090 or 414-246-2300
Monroe County Senior Services - 608-269-8690
Aptiv Sparta Office – 608-633-2282 841 West Wisconsin St
Aptiv Tomah Office – 608-374-4673 1021 N Superior Ave
Senior and Disabled Services -608-374-7476

VOCATIONAL EVALUATIONS

Division of Vocational Rehabilitation – 800-442-3477
Handishop Industries – 608-372-3289

EDUCATION

National Literacy Directory: Hope Academy – 608-785-0001 ext 312
Coulee Region Literacy Council – 608-789-4752
Sparta GED Center – 608-269-3791
Tomah GED Center – 608-374-7700
Western Technical College Tomah – 608-374-7700
Western Technical College Sparta – 608-269-1611
Tomah Head Start – 608-372-3781
Sparta Head Start – 608-269-8297
Sparta High School – 608-366-3504
Sparta High Point Charter School – 608-366-3468
SAILS Charter School (Sparta) – 608-366-3430
Sparta Meadowview Middle School – 608-366-3497
Sparta Montessori School – 608-366-3468
Sparta Area School District – 608-366-3400
Herman Elementary School (Sparta) –608-366-3438
Tomah Area School District – 608-374-7004
Tomah High School – 608-374-7961
Tomah Middle School – 608-374-7882
Lemonweir Elementary School – 608-374-7847
Tomah Area Montessori School – 608-374-5406
LaGrange Elementary School – 608-374-7057
Miller Elementary School – 608-374-7026
Cashton Middle/High School – 608-654-5131
Cashton Elementary School – 608-654-7377
Norwalk-Ontario-Wilton School District – 608-337-4420

Sojourner's Journey
Jackie Reils, Literacy Program Director
111 1/2 S Water St. Unit D | Sparta, WI, 54656
608-625-2354 kreils@mwt.net

EMPLOYMENT & TRAINING ASSISTANCE

Workforce Connections, Inc. Tomah – 608-433-2783
http://www.workforceconnections.org/
Workforce Connections, Inc. La Crosse – 608-789-5620
Wisconsin Works (W2) General Information - 855-418-9332

Job Center of Wisconsin – 1-888-258-9966 or https://jobcenterofwisconsin.com/
ABR Employment Services – 608-782-9700 620 Industrial Dr #5, Sparta
Referral Staffing Solutions – 608-487-9470 310 W Wisconsin St, Sparta
Remedy Intelligent Staffing – 608-783-1652 1288 Rudy St Suite 106, Onalaska
Experience Works – 608-789-5623 402 8th St N, La Crosse
Olsten Staffing Services – 608-782-1100 1202 State St B, La Crosse
Manpower – 608-374-2040 601 N Superior Ave #1, Tomah
Express Employment – 608-567-0534 1128 N Superior Ave, Tomah

UNEMPLOYMENT

Wisconsin Unemployment Agency – 414-435-7069 https://dwd.wisconsin.gov/ui/

ENERGY ASSISTANCE

Flocks Guardians - 608-487-9356
Coulee Cap – 608-269-5021

HEALTH CARE

FREE assistance is available from Healthcare Navigators at Workforce Connections, Inc. Navigators provide unbiased assistance to individuals and families that need affordable health insurance coverage. We help you to look at your options and consider factors that are important to you in choosing coverage that works for you. Call 608-789-5620. Also see information at www.workforceconnections.org – Click programs from the top menu, then click healthcare.

HEALTH INSURANCE

Badger Care / Medicare / Medicaid – 608-269-8600
Family Planning Waiver – 608-269-8600

MEDICAL ASSISTANCE

Monroe County Health Department - 608-269-8666 315 W Oak St, Sparta
Monroe County Department of Human Services - 608-269-8600
Planned Parenthood – 800-657-5177 1201 Caledonia St, La Crosse
Essential Health Clinic – 608-775-8390 919 Hoeschler Dr, Sparta
Scenic Bluffs Community Health Center – 608-654-5100 238 Front St, Cashton
Scenic Bluffs Community Health Center – 608-823-7853 200 West North St, Norwalk
Neighborhood Family Clinics – 608-351-2820 128 N Water St, Sparta
St. Clare Health Mission of Monroe County – 608-366-5343
Gundersen Health System – 608-269-6731 1111 W Wisconsin St, Sparta
Gundersen Health System – 608-372-4111 505 Gopher Ave, Tomah

Mayo Clinic Health System – 608-269-2132 310 W Main St, Sparta
Mayo Clinic Health System – 608-372-5951 325 Butts Ave, Tomah
Three Rivers Community Dental Clinic - 608-789-6200
Scenic Bluffs Community Health Dental Care – 608-654-5100 238 Front St, Cashton
Community Dental – 715-284-9409 716 W Adams St, Black River Falls

HELP LINES

Great Rivers 211 – **dial 2-1-1** or 800-362-8255
Birthright of La Crosse – 608-782-0373
Child Abuse and Neglect – 608-269-8854
Brighter Tomorrows – 608-269-7853 or 608-374-6975
National Domestic Violence Hotline – 800-799-SAFE (7233) or Text "Start" to 88788
Council on Problem Gambling – 1-800-GAMBLE-5 (426-2535)
Debt Relief Helpline – 800-453-1738
Families First of Monroe County - 608-374-4141
Poison Control Centers Helpline - 800-222-1222
National Suicide Prevention Lifeline - 800-273-8255
National Hopeline Network – 1-800-784-2433
National Sexual Assault Hotline – 800-656-HOPE (4763)
Wisconsin Tobacco Quit Line – 800-QUIT-NOW (800-784-8669)

HOUSING

INCOME BASED

DAK Management – 800-938-5645 Sunset Place, Sparta
USDA Rural Development – 608-269-3116 820 Industrial Dr #4, Sparta
Freedom Village Apartments – 608-374-2466 304 Murdock St #1, Tomah
Kilbourn Apartments – 608-269-5017 515 N Kilbourne Ave, Tomah
La Crosse Area Habitat for Humanity – 608-785-2375
Monroe County Housing Authority – 608-269-5017 or 1-800-491-5017
Sparta Housing Authority - 608-269-2188
Tomah Public Housing Authority – 608-374-7455
Norwalk Housing Authority – 608-823-7942
La Crosse County Housing Authority – 608-781-5365
City of La Crosse Housing Authority – 608-782-2264
Sparta Angelo Apartments – 608-786-4101 1020 Angelo Rd, Sparta
Sparta Deluxe Housing - 608-269-4070
Fairview Estates – 608-269-4070
Freedom Village Apartments – 608-374-2466 304 Murdock St, Tomah
Courtyard at Willow Woods – 608-372-5890 1500 Lincoln Ave #44, Tomah
Veterans Assistance Foundation, Inc.--608-372-8387

Next Chapter of La Crosse
608-461-7006
www.nextchapterlacrosse.org

Senior/Disabled Housing

Brookside Apartments – 608-269-2188	307 N Court St, Sparta
Sparta Arms – 608-269-4070	106 N L St, Sparta
Heritage Haven – 608-784-1381	622 S Court St, Sparta

EVICTION/FORECLOSURE PREVENTION ASSISTANCE

Catholic Charities - 608-782-0704
Coulee cap - 608-269-5021
Families First of Monroe County - 608-374-4141
Wisconsin Works (W2) Agency -608-433-2783

SHELTER/EMERGENCY

Families First of Monroe County – 608-374-4141
Salvation Army Service Extension – 608-782-6126
Salvation Army of La Crosse County – 608-782-6126
Catholic Charities Warming Center – 888-212-4357

TENANT/LANDLORD MEDIATION

Bureau of Consumer Protection - 800-422-7128
Families First of Monroe County - 608-374-4141

LEGAL SERVICES

Legal Action of Wisconsin (La Crosse) – 608-785-2809
Wisconsin Equal Rights Division (Madison) – 608-266-6850

NUTRITIONAL ASSISTANCE

Food Share Program: Western Region for Economic Assistance (WREA) – 1-888-627-0430
https://access.wisconsin.gov

Women, Infants & Children (WIC) Program – 608-269-8671

FOOD PANTRY

See pages 12-14 for additional resources & details

Bread Basket Ecumenical Food Pantry (Sparta) – 608-269-5081
Neighbor-Neighbor Food Pantry (Tomah) – 608-372-6737
Couleecap Monroe County Food Pantry (Sparta) – 608-269-5021
Oasis Church –608-567-9230 (Tomah)
Tomah Baptist Church – 608-372-2071 (Tomah)
Cashton Cupboard & Closet – 608-654-5770

ONLINE RESOURCES

http://www.co.monroe.wi.us/
http://www.familiesfirstonline.org
http://www.workforceconnections.org
http://dwd.wisconsin.gov
http://www.mcsafecommunities.org/pdfs/ResourceCenter/Resources2016.pdf
https://access.wisconsin.gov/ (FoodShare, BadgerCare, Medical Assistance, Child Care Subsidy, Emergency Assistance, Wisconsin Works W-2, Job Access Loan)

TELEPHONE ASSISTANCE

Lifeline Linkup – 608-266-5481 or https://www.lifelinesupport.org/
Wisconsin Internet & Phone Helpline – 608-267-3595
Federal (USAC) Lifeline Support number: (800) 234-9473
Safelink Wireless – 1-800-SAFELINK (723-3546) or www.safelinkwireless.com/

Telecommunications Equipment Purchase and Assistance

TEPP- assists individuals that are hard of hearing, deaf/severely hard of hearing, speech impaired, mobility/motion impaired, deaf with low vision or deaf and blind to obtain equipment for basic phone service

TAP- a program for those who are deaf or severely hard of hearing in a low-income household to pay the TEPP co-payment if you qualify. Voice 608-231-3305 - TTY 1-800-251-8345

TRANSPORTATION

Faith in Action Volunteers – 608-372-0939
Families First of Monroe County – 608-374-4141
Coulee Cap – 608-269-5021
Monroe County Senior Services - 608-269-8690
Medicaid Transportation Assistance Program (MTM) – 608-269-8936 or 866-907-1493 (TTY 711)

Elderly/Disabled Services

ADRC of Monroe County – 608-269-8006

Taxi/Bus Services

Sparta Cab – 608-269-2222
Tomah Transit – 608-374-3004
CTS Taxi (La Crosse) – 608-784-7700
Bee Cab Inc. (La Crosse) – 608-784-4233
Running Inc. (Viroqua) – 608-637-2599
Scenic Mississippi Regional Transit (S.M.R.T.) – 1-877-444-6543 or http://www.ridesmart.com
La Crosse Municipal Transit (MTU) –608-789-7350

VETERANS SERVICES

Monroe County Veterans Services Office – 608-269-8726	202 S K St, Sparta
Wisconsin Department of Veterans Affairs (WDVA) – 1-800-WIS-VETS (947-8387)	
WDVA Federal Claims Assistance – 414-902-5757	
Tomah VA Medical Center - 800-872-8662 or 608-372-3971	500 E Veterans St, Tomah
La Crosse Veterans Center – 608-782-4403	20 Copeland Ave, La Crosse
River Valley VA Clinic – 608-784-3886	2600 State Rd, La Crosse
Veterans Assistance Foundation – 608-372-8387	
Veterans of Foreign Wars (VFW) – 608-654-5127	905 Front St, Cashton
608-269-2278	121 S Rusk St, Sparta
608-372-5071	1618 S Superior Ave, Tomah
608-785-1530	630 6th St S, La Crosse
Wisconsin Job Service - 608-374-7740	
American Legion – 608-269-4411	1116 Angelo Rd, Sparta
608-372-6028	800 Wisconsin Ave, Tomah
608-782-3232	711 6th St, La Crosse
608-435-6731	508 Walker St, Wilton

CRISIS SERVICES FOR VETERANS

Veterans Crisis Line – 1-800-273-TALK (8255) Press "1" or text 838255
PTSD Foundation of America, Veteran Line – 877-717-PTSD (7873)
Lifeline for Vets – 888-777-4443
StopSoldierSuicide.org

VOCATIONAL EVALUATIONS

Division of Vocational Rehabilitation - 800-523-2139
Handishop Industries - 608-372-3289

At one time or another everyone needs help or an answer to what seems like a simple question. This Resource Guide is designed to connect peoples' questions or problems to the agency or organization best able to provide the needed assistance. The listings provided in

this guide are by no means inclusive of all the services in the Monroe County area. We believe that our customers are in the best position to evaluate and choose resources appropriate to their needs.

Monroe County Food Pantry Resources

Couleecap Monroe County Food Pantry
217 North Black River Street, Sparta
Hours: Monday and Thursday 10:00 a.m.-3:00 p.m.
Phone: 608-424.-4187
Area covered: City of Sparta, Village of Norwalk, Leon, Melvina, Portland, Angelo & surrounding areas.

Bread Basket Ecumenical Food Pantry
116 N Water St, Sparta
Hours: Monday – Thursday 10:00 am – 12:00 pm
Phone: 608-269-5081

Cashton Cupboard and Closet
199 Front St. Cashton
Hours: Monday-Friday 10:00am-4:00pm,
Saturday 10:00am-1:00 pm
Phone: (608) 654-5770 (Pantry)
Area Covered: Monroe County areas of Village of Cashton, Cashton School District, Melvina, and St. Mary's Ridge, Norwalk, and Ontario

Families First of Monroe County –
1118 W. Veterans St. Tomah. (Infant supplies available, food vouchers)
Hours: 8am-3pm Monday-Thursday
Phone: 608-374-4141

Monroe County Department of Human Services -
Senior Meal Program: persons 60 years of age and older for a donation of $3.50 for congregate and $3.75 for home delivered. Must meet criteria in order to receive meals at home. All seniors are welcome regardless of income. SPECIAL DIETS CAN BE PROVIDED. FOOD SHARE (FORMERLY FOOD STAMPS) ACCEPTED. Call Monday – Friday, 8:00am – 4:30pm, at (608) 269-8692 for more information.

Sparta Senior Meal Site - 608-269-6778 1000 E Montgomery St. Call for hours.

Tomah Senior Meal Site - 608-372-7291 **Lunch is at 11:30am** Monday through Friday, except holidays. 1002 Superior Ave.

Morrow Home Community & Services Morrow Meals in Motion Provides noon meals delivered to the home for a fee; for age 60 years of age and older 331 South Water Street, Sparta · 608-269-3168 or 1-866-324-7365 http://www.morrowhome.org

Neighbor for Neighbor
1118 W. Veterans St, Tomah
Hours: Mondays 1-3:30pm
2nd and 4th Wednesdays 3:30-6pm
Thursdays 10-Noon.
Phone: 608-372-6737 (*Call ahead if you are coming on a holiday or during bad weather to make sure it's open and what you need to bring)
Area covered: City of Tomah, Tunnel City, Warrens, Wyeville, Valley Junction, Oakdale, Kendall and surrounding area.

United Methodist Church Tuesday Supper 5-6pm - 210 N Court Street Sparta but use "K" Street entrance for supper. 608-269-6949

Ruby's Pantry: Oasis Church 22547 State Hwy 21 Tomah, 1st Monday of the Month. Doors open at 4:30 pm, Distribution 5:00-7:30 pm. Please plan to arrive 15 minutes before your time-slot. $20 share cost. Can preregister online: www. Rubyspantry.org.

WAFER
403 Causeway Blvd, La Crosse
Hours: Monday-Friday 10:00 am – 12:45 pm
Monday, Tuesday & Thursday 4:00 pm – 7:45 pm
Phone: 608-782-6003
Area covered: La Crosse & surrounding areas

Second Harvest Mobile Food Pantry
https://www.secondharvestmadison.org/partner-resources/mobile-pantry-schedule
608-223-9121

Mobile Sites

Norwalk: Community Center (200 North St), 4th Tuesday of month at 11 am

Sparta: 1800 Block of Milwaukee St, 3rd Monday of the month at 4 pm

Tomah: Fairgrounds (1625 Butts Avenue),1st Tuesday of the month at 4 pm