

Monroe County Community Resource Guide



This resource guide was developed to provide information about community resources available in Monroe County to all county residents.

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Abuse/Neglect	
Brighter Tomorrows - Sparta	608-269-7853
Brighter Tomorrows (Crisis Line)	888-886-2327
Coulee Council on Addictions	608-784-4177
Great Rivers 211 - Call for Help	800-362-8255
Domestic Abuse and Sexual Assault Program	608-775-5950 or 800-362-9567 ext 55950
Sexual Abuse Counseling	608-775-3845
Monroe County Department of Human Services	608-269-8600
Child Abuse & Neglect Reporting Monroe County	608-269-8854
National Child Abuse Hot Line	800-422-4453 call or text
National Domestic Violence Crisis	800-799-7233 or text "start" to 88788
National Sexual Assault	800-656-4673
New Horizons Shelter & Outreach Centers, Inc	608-791-2610
New Horizons Shelter & Outreach Centers, Inc (Crisis Line)	888-231-0066 or text 608-667-9944
Safe Path - Domestic Abuse and Sexual Assault Program	608-392-7804
UNIDOS - Latino Civil Rights and Advocacy	800-510-9195
Wisconsin Bureau of Aging and Disability Resources	608-266-2568
Wisconsin Coalition Against Sexual Assault	608-257-1516
Budget/Money Management	
Catholic Charities	608-782-0710
Consumer Credit Counseling Services	608-784-8380 or 800-350-2227
Families First (Tomah)	608-374-4141
Monroe County UW-Extension	608-269-8722
Child Support	
Child Support Enforcement Hotline	202-401-9373
Wisconsin Child Support Program	800-991-5530
Monroe County Child Support Office	608-269-8733
Counseling Services	
Arrow Behavioral Health Services (Tomah & Sparta)	608-377-7487/608-387-9638
Coulee Council on Addictions	608-784-4177
Counseling Associates LLC	608-785-0827
Family & Children's Center	608-269-0567
Gundersen Health System (Sparta, Tomah, La Crosse)	608-269-6731 372-4111 782-7300
Monroe County Department of Human Services	608-269-8600
Mayo Health Systems (Sparta, Tomah, La Crosse)	608-269-2132 372-5951 392-9555

Neighborhood Family Clinic	608-351-2820
Peace Of Mind Counseling	608-797-5679
Scenic Bluffs Behavioral Health	608-654-5100
Stein Counseling	608-668-2635 or 608-785-7000 x402
Clothing/Household Items	
Families First (Tomah)	608-374-4141
Goodwill Industries	608-372-7464
Mary Morrow's Attic	608-269-1047
Second Season	608-269-1049
Crisis Intervention	
Brighter Tomorrows (Crisis Line)	608-269-7853
Families First (Tomah)	608-374-4141
Great Rivers 211	211
National Suicide Prevention Lifeline	800-273-8255
Northwest Connections (24 hour)	888-552-6642
Suicide & Crisis Hotline 988	988
Wisconsin First Step	800-642-7837
TEXTING LINE	Text HOPELINE To 741741
National Domestic Violence Crisis	800-799-7233
National Child Abuse Hot Line	800-422-4453
New Horizons Shelter & Women's Shelter	608-791-2610
New Horizons Shelter & Women's Center (Crisis Line)	888-231-0066
Day Care/Adult	
Coulee Region Adult Day Center	608-519-2306
Handishop Adult Day Center (Tomah and Sparta)	608-372-3289 or 608-269-4600
Day Care/Children	
Parenting Place - Serves Sparta, Tomah and La Crosse	608-784-8125
Western Region for Economic Assistance	888-627-0430 Fax 855-293-1822
Wisconsin Shares Child Care Program	608-422-7000
Dental Assistance	
Family Health Center (Black River Falls)	715-670-0400
Scenic Bluffs Dental (Cashton)	608-654-5100
Disability Services	
APTIV Day Service (LaCrosse)	608-784-9450
Division of Vocational Rehabilitation (La Crosse)	800-523-2139

Handishop Industries	608-372-3289
Independent Living Resources	608-787-1111
Lutheran Social Services (LaCrosse)	608-788-5090
Monroe County Aging and Disabilities Resource Center	608-269-8690
Senior and Disabled Services	608-374-7476
Social Security Administration	800-772-1213
Education	
Continuing Education Programs	608-785-6500
Sparta Head Start	608-269-8297
Tomah GED Center (Western Technical College)	608-374-7700
Tomah Head Start	608-372-3781
Western Technical College (Tomah or Sparta Campus)	608-374-7700 or 608-269-1611
Workforce Connections	800-742-5627
Elderly Assistance	
Monroe County Aging And Disabilities Resource Center	608-269-8690
Senior and Disabled Services	608-374-7476
Sparta Senior Meal Site	608-269-6778
Tomah Senior Meal Site	608-372-7291
Employment Agencies	
ABR Employment Services (Sparta)	608-269-0542
Express Employment Professionals (La Crosse)	608-779-4252
Express Employment Professionals (Tomah)	608-567-0534
Manpower (Tomah)	608-374-2040
Olsten Staffing Agency (La Crosse)	608-782-1100
People Ready (La Crosse)	608-782-0452
Referral Staffing Solutions (Sparta)	608-487-9470
Workforce Connections	608-374-7740
Employment Search Assistance	
Monroe County Workforce Connections	608-374-7740
Wisconsin Division of Vocational Rehabilitation	608-785-9500
Workforce Connections	800-742-5627
Energy Assistance	
Families First (Tomah)	608-374-4141
Flocks Guardians	608-487-9263
Errands and Grocery Delivery	

Faith in Action Volunteers (Wed only) Tomah only	608-372-0939
Hansen IGA (Mon, Wed, Fri) Sparta only	608-269-6752
Eviction/Foreclosure Prevention Assistance	
Catholic Charities	608-782-0710
Couleecap (Sparta)	608-269-5021
Families First (Tomah)	608-374-4141
Monroe County Workforce Connections	608-374-7740
Rural Development (Sparta and Toll Free)	608-269-3116 or 800-633-7701
Wisconsin Housing & Economic Development	800-334-6873
Food Assistance and Resources	
Couleecap	608-269-5021
Couleecap Emergency Food	608-424-4187
Cashton Cupboard	608-654-5770
Ecumenical Bread Basket Food Pantry	608-269-5820
Families First (Tomah)	608-374-4141
Sparta Area School Dist Food Pantry	608-366-3405
Neighbor for Neighbor, Inc.	608-372-6737
Ruby's Pantry (22547 State Highway 21 Tomah) <small>1st Monday of the month, doors 4:30pm, distribution from 5pm-7:30pm, \$20 per Share</small>	608-567-9230
Second Harvest at 1800 block of Milwaukee St (Sparta)	608-223-9121
Second Harvest at Tomah Monroe County Fairgrounds	608-223-9121
Sparta Meal Site or Tomah Meal Site	608-269-6778 or 608-372-7291
Tomah Community Table (Mon Nights)	608-343-7039
Western Region for Economic Assistance	888-627-0430 Fax 855-293-1822
WIC (Sparta)	608-269-8671
Guardianship Services	
MyChoice Wisconsin	855-408-3687
Catholic Charities	608-782-0710
Flock's Guardians	608-487-9263
Family & Childrens Center	608-269-0773
Inclusa	877-622-6700
Legal Guardianship Services	608-637-2150
Olson's Guardians	608-487-5421
Shutter Guardianships, Inc.	608-343-4070
Western Wisconsin Guardianship, Inc.	608-633-0903
Western Wisconsin Guardianship Services	608-269-3310

Government Officials	
Wisconsin Legislators Hotline	800-362-9472
Health Insurance	
Badgercare/Medicare/Medicaid WREA	888-627-0430 Fax 855-293-1822
Federal Health Insurance Marketplace (healthcare.gov)	800-318-2596
Help Line	
Alcoholic Anonymous (Masonic Temple Sparta)	Masonic Temple Sparta, N.Court & Montgomery St
Alzheimer's Association	800-272-3900
Brighter Tomorrows (Sparta or Tomah)	608-269-7853 or 608-374-6975
Brighter Tomorrows (Crisis Line)	888-886-2327
Child Support Enforcement Hotline	202-401-9373
Council on Problem Gambling	800-522-4700
Debt Relief Hotline	888-790-1337
Families First (Tomah)	608-374-4141
Monroe County Human Services Child Abuse & Neglect	608-269-8854
Monroe County Mobile Crisis Unit (Sheriff's Dept)	608-269-2117
National Child Abuse Hot Line	800-422-4453
National Domestic Violence Crisis	800-799-7233
National Sexual Assault	800-656-4673
New Horizons Shelter & Women's Center Crisis line	608-791-2600 or 888-231-0066
Next Steps for Change	608-466-6677
Poison Control Hotline	800-222-1222
Safe Path	608-392-7804
Suicide & Crisis Hotline 988	988
Teens Help Line	800-852-8336
UNIDOS	800-510-9195
Wisconsin Tobacco Quit Line	800-784-8669
Housing/Income Based	
Brookside Apartments (Sparta)	608-269-2188
Courtyard at Willow Woods (Tomah)	608-372-5890
DAK Management (Sunset Place)	800-938-5645
Families First of Monroe County (Tomah)	608-374-4141 or 608-269-1077
Family Promise	608-487-2745
Freedom Village (Tomah)	608-374-2466
Kenview Apartments (Kendall)	608-463-7696
Kilbourn Apartments (Tomah)	608-269-5017

Monroe County Aging And Disabilities Resource Center	608-269-8690
Monroe County Habitat for Humanity	608-269-5081
Monroe County Housing Authority (Sparta)	608-269-5017
Norcrest Apartments (Norwalk)	608-343-0907
Sparta Angelo Apartments	608-269-4050
Sparta Arms	608-269-4070
Spartan Lofts	608-344-2006
Tomah Housing Authority	608-374-7455
Legal Assistance	
Legal Aid/Action of Wisconsin (La Crosse & Toll Free)	608-785-2809 or 855-947-2529
Medical Assistance	
Black River Falls Dental Center	715-670-0400
Monroe County Health Department	608-269-8666
Mauston Dental	608-847-6700
Planned Parenthood (Income Based)	800-657-5177
Scenic Bluffs Health Center (Cashton or Norwalk)	608-654-5100 or 608-823-7853
St Claire Health Mission in Mayo at Sparta (No Insurance)	608-366-5343
Wisconsin Women's Health Line	608-251-1675
Mental Health Facilities	
Gundersen Behavioral Health Clinic (Sparta or Tomah)	608-269-6731 or 608-374-3853
Gundersen Inpatient Behavioral Health	608-775-3523
Mayo Clinic Behavioral Health Clinic (Sparta or Tomah)	608-269-4132 or 608-372-5999
Monroe County Human Services (Outpatient Mental Health)	608-269-8600
Scenic Bluffs (Assessment and Treatment)	608-654-5100
Parenting Support	
Birth to Three at Monroe County Human Services	608-269-8600
Family Living Agency UW Extension	608-269-8722
Parenting Place (Sparta)	1-800-873-1768
Parenting Place - Serves Sparta, Tomah and La Crosse	608-784-8125
Children & Youth w/Special Health Care Needs	800-400-3678
Pet Care Assistance	
Cashton Cupboard & Closet (Pet Food)	608-654-5770
Shelter/Emergency	
Families First (Tomah)	608-374-4141
Family Promise	608-487-2745

New Horizons Shelter & Women's Center	608-791-2610
Salvation Army La Crosse	608-782-6126
Warming Shelter Catholic Charities in La Crosse	608-519-8060 or 888-212-4357
Tenant/Landlord Mediation	
Bureau of Consumer Protection	800-422-7128
Families First (Tomah)	608-374-4141
Tenant Resource Center	877-238-7368
Transportation Assistance	
Abby Vans (Medical Transport Non-Emergency)	800-236-8438
Tomah Transit	608-374-3004
Faith in Action Volunteers (Tomah and Toll Free)	608-372-0939
Families First (Tomah)	608-374-4141
Medicaid Transportation Program (Veyo)	866-907-1493
Monroe County Aging And Disabilities Resource Center	608-269-8690
Scenic Mississippi Regional Transport (S.M.R.T.) \$3.00	877-444-6543
Sparta Cab	608-269-2222
WETAP Transportation Connections	608-266-8968
Unemployment	
Department of Workforce Development	608-266-3131
Veteran Services	
Department of Workforce Development (Employment)	608-266-3131
Monroe County Veteran Service Office	608-269-8726
Tomah VA Medical Center (Tomah or Toll Free)	608-372-3971 or 800-872-8662
Vocational Evaluations	
Division of Vocational Rehabilitation (La Crosse)	800-523-2139
Handishop Industries	608-372-3289
Youth Services	
Big Brothers & Big Sisters of the 7 Rivers Region	608-782-2227
Boys and Girls Club of Sparta	608-269-2582
Couleecap	608-269-5021
Family and Children's Center	608-269-0773
Parenting Place - Serves Sparta, Tomah and La Crosse	608-784-8125
Sparta Free Library	608-269-2010
Sparta Parks & Recreation Department	608-269-6322
Tomah Public Library	608-374-7470

Tomah Recreation Department	608-374-7445
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