



Monroe County Community Resource Guide



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

Please call the MCDHS office (608) 269-8600 with any corrections, additions or deletions.

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Clothing and Household Items

Cashton Cupboard & Closet, 199 Front Street, Cashton

Mon-Fri 10AM-4PM, Sat 10AM-1PM | 608-654-5770

Families First of Monroe County, 1500 N. Superior Ave Unit 2, Tomah, WI

Mon-Fri 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family.

Goodwill Industries, 1516 N. Superior Ave, Tomah, WI

Mon-Sat 9AM-8 PM, Sun 9AM-7PM | (608) 372-7464

Website: <https://goodwillncw.org/>

Through their retail stores and community partnerships, Goodwill Industries provide pathways for people who are underserved, underrepresented or disadvantaged who have a goal of building job skills that lead to sustained employment and improved financial stability.

Mary Morrow's Attic, 128 S. Water St, Sparta, WI

Tue-Fri 10AM-4PM, Sat 10AM-2PM | (608) 269-1047

Mary Morrow's Attic is a retail shop filled with gently used clothing, household, seasonal, small furniture, bedding, books, antiques, collectibles and more at a rummage sale price.

Sleep in Heavenly Peace

844-432-BEDS (2337)

Website: <https://shpbeds.org/chapter/wi-la-crosse-co/>

They are a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need.

The Caring Closet, 903 Superior Ave, Tomah, WI

(608) 343-1652 (Danielle Calhoun)

Email: caringclosetoftomah@gmail.com

The Caring Closet is a non-profit organization that helps foster parents and families working with different agencies in the Monroe County area by supplying clothing, diapers, bedding, toys and bags for families in need.

Counseling Services

Arrow Behavioral Health Services, 1216 Mark Ave, Ste. 6, Tomah, WI

Mon-Thurs 10AM-6PM | (608) 377-7487

Email: information@abhtomah.com

Website: <http://abhtomah.com/>

Arrow Behavioral Health Services believes in taking a collaborative approach to treatment of individuals who need assistance with anger management, anxiety, bipolar, conflict resolution, depression, divorce, domestic abuse, LGBTQ Issues, MAT monitoring and counseling, stress management, self-esteem and confidence, and substance abuse issues.

Brave Spaces, 121 W Franklin St, Sparta | 605 4th St S., La Crosse, WI

Mon-Fri 9AM-5PM | (608) 615-1023

Email: contactus@brave-spaces.org

Website: <https://www.brave-spaces.org/>

Brave Spaces' mission is to hold a brave space and walk alongside people as they connect and move through their life struggles and challenges to emerge stronger, wiser and kind. They provide mental health and wellness to children, adults, and families. Services include clinical therapy, trauma sensitive yoga/movement, and canine-assisted skills development.

Coulee Recovery Center, 933 Ferry St, La Crosse, WI

Mon 24 hrs, Tue-Fri 8AM-4:30PM, Sun 12pm-8pm | (608) 784-4177

Email: cca@couleerecovery.org or navigatort@couleerecovery.org

Website: www.couleerecovery.org

Coulee Recovery provides help to individuals and families impacted by addiction and leads the community in prevention, education and awareness. They provide early intervention and awareness efforts, Alcohol and Other Drug General Assessment (AODA), Underage Alcohol Assessments, Teen Intervene, and support meetings.

Counseling Associates LLC, 115 5th Ave S. Suite 301, La Crosse, WI

Mon-Fri 8AM-6PM | (608) 785-0827

Website: www.counselingassociateslax.com

Counseling Associates LLC provides professional counseling and chemical dependency services. Counseling services offered include marriage counseling, dual diagnosis therapy, child and adolescent counseling, family therapy and more.

Driftless Recovery Services, 444 Main St Suite 301, La Crosse, WI

Mon-Fri 8AM-5PM | (608) 519-5906

Email: info@driftlessrecovery.com

Website: <https://www.driftlessrecovery.com/>

Driftless Recovery Services provides compassionate and confidential counseling solutions— including individual and group counseling, assessment services, sober housing options, and residential inpatient referral assistance.

Emplify Health/Gundersen Health System,

1111 W Wisconsin Street, Sparta, WI | (608) 269-0567

505 Gopher Drive, Tomah, WI | (608) 372-4111

1900 S Avenue, La Crosse, WI | (608) 785-0001

Website: <https://www.gundersenhealth.org/> or <https://emplifyhealth.org/>

Services include individual, group and family therapy, outpatient psychiatry, psychological testing, medication-assisted treatment including methadone, residential addiction treatment, partial hospitalization program, inpatient treatment for adults and adolescents (13+).

Family and Children’s Center, 920 W. Wisconsin St, Sparta, WI | 1707 Main St, La Crosse, WI

Mon-Fri 8:30AM-3:30PM | Sparta: (608) 269-0567 | La Crosse: (608) 785-0001

Website: <https://www.fcconline.org/>

Family & Children’s Center serves thousands of individuals and families every year, helping them enjoy happier and healthier relationships. Services include domestic and child abuse, family support, foster care, housing and residential programs, juvenile mental health and respite.

Mayo Clinic Health System,

Sparta: 310 W. Main St, Sparta, WI | (608) 392-5555

Tomah: 325 Butts Ave, Tomah, WI | (608) 392-9555

La Crosse: 615 S 10th St, La Crosse, WI | (608) 392-9555

Website: <https://www.mayoclinichealthsystem.org/>

Psychiatry and psychology services at Mayo Clinic Health System in La Crosse can help lead you in the right direction. A staff of caring professionals will work with you to develop a care plan specifically tailored to meet your needs.

Monroe County Human Services - Behavioral Health, 210 W Oak Street, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8600

Website: <https://www.co.monroe.wi.us/departments/human-services>

Behavioral Health provides a continuum of services to Monroe County residents including helping individuals and families who are experiencing acute emotional crises, supporting recovery from addiction or short-term mental health issues, and providing long-term assistance to those coping with persistent mental illnesses and substance use disorders.

Next Steps for Change, Monroe County, (608) 466-6677

Email: natalie@nextstepsforchange.com

Website: <https://www.nextstepsforchange.com/>

Next Steps for Change is a “hub” for peer support, connecting individuals who want a peer to walk alongside them in recovery. They offer employment for individuals who want to walk alongside others as a trained peer and partner with other professionals who provide them with referrals as part of their team.

Peace of Mind Counseling, 107 E Oak St, Sparta, WI | 115 5th Ave. S, La Crosse, WI

Mon-Thurs 7:30AM-7PM, Fri 7:30AM-4PM | Sparta: (608) 386-1086 | La Crosse: (608) 397-0192

Email: clewis@pomcounselingllc.com

Website: www.pomcounselingllc.com

Peace of Mind Counseling offers professional counseling services in La Crosse, Monroe and other surrounding counties. Services include psychotherapy, substance abuse counseling, school-based and in-home based psychotherapy and many other types of therapy.

RAVE Recovery Avenue, 1806 State St, La Crosse, WI

Mon, Tues, Thurs, Fri 9AM-12PM and 12:30PM-4PM, Wed 9AM-12PM | (608) 372-7464

Email: advocacy@ilresources.org

Website: <https://www.ilresources.org/home-1>

Recovery Avenue is a recovery-based drop-in center that is open to any adult in the community living in mental health and or/substance use recovery. All staff are certified peer specialists or peer mentors, meaning that they have lived experience with mental health and/or substance use and are specially trained to help instill hope in others by using their own lived experiences.

Scenic Bluffs Community Health Centers - Behavioral Health,

Cashton: See Hours on website | 238 Front St, Cashton, WI | (608) 654-5100

La Crosse: See Hours on website | 212 11th St. S, La Crosse, WI | (608) 654-5100

Norwalk: See Hours on website | 200 W. N. St, Norwalk, WI | (608) 823-7853

Website: www.scenicbluffs.org/Our-Services/Behavioral-Health

The Behavioral Health Department provides mental health and counseling services for adults, youth, families and couples. Services include grief and loss, parenting and family issues, substance use disorder, sexual assault and many more.

SMART Recovery, Monroe County

24 hours/day, 7 days/week

Website: <https://smartrecovery.org/>

SMART Recovery offers a self-empowering 12-steps addiction recovery support group. Groups are facilitated by a trained professional who is in recovery or a professional in the field of recovery. SMART Recovery helps people recover from all types of addiction.

Sober Eyes, Monroe County (Sparta, Tomah, Warrens)

Tue 5:30PM | 1000 E Montgomery Street, Sparta, WI

Thu 5:30PM | 907 Kilbourn Avenue, Tomah, WI

Sun 5:30PM | 4285 Highway 12, Warrens, WI

Email: soberizeinc@gmail.com

Website: <https://www.sobereyesrecovery.com>

Sober eyes is a community of people recovering from addiction who promote paths to recovery and welcome individuals from any faith or background. Sober Eyes focuses on hosting 3 recovery groups a week and monthly events which are all open to the public.

Stein Counseling and Consulting Services, 571 Braund St, Onalaska, WI

Mon-Thu 8AM-6PM, Fri 8AM-2PM | (608) 785-7000

Website: <https://steincounseling.org/>

Stein Counseling and Consulting Services offers counseling and consulting services for counseling children & teens, individual counseling, marriage and couples counseling, Christian counseling, custody and placement, and Neurosequential Model of Therapeutics (NMT).

Trailways Counseling, 1021 N. Superior Ave, Suite 10, Tomah, WI

Mon-Thurs 8AM-7PM, Fri 9AM-2PM | (608) 886-9023

Website: <https://trailwayscounseling.com/>

Services offered include outpatient mental health counseling, comprehensive community services, and first responders/critical incident stress management.

Credit Counseling

Catholic Charities, 3710 E. Ave. S, La Crosse, WI

Mon-Thu 9AM-4PM, Fri by Appt. | (608) 782-0710

Email: info@cclse.org

Website: <https://cclse.org/>

Catholic Charities has staff available to help with adoption, community resources, homelessness facilities in the area, disability services, immigration, pregnancy support, and St. Lawrence community services.

Consumer Credit Counseling Services, 505 King Street, Suite 212, La Crosse, WI

Mon-Fri 8AM-5PM | (608) 784-8380

Email: mhein@cccsonline.org

Website: <https://cccsonline.org/>

Consumer Credit Counseling Services is a local non-profit United Way Partner Agency whose mission is to help individuals and families achieve and maintain financial stability. Services offered include free financial analysis, student loan counseling, credit analysis, debt management plans & representative payee services.

Families First of Monroe County, 1500 N. Superior Ave, Unit 2, Tomah, WI

Mon-Fri 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family.

FamilyMeans Financial Solutions, 2260 East Ridge Center, Eau Claire WI

Mon-Fri 8AM-4:30PM | (715) 834-8500

Website: <https://www.familymeans.org/financial-solutions/>

FamilyMeans Financial Solutions offers free budget and debt counseling to those who need help with debt repayment, relief from financial stress, and enhanced money management skills. Credit Professionals assess the current situation and assist in developing realistic spending goals.

Crisis Intervention

Brighter Tomorrows

505 Douglas St, Sparta, WI | (608) 269-7853

1118 W. Veterans St, Tomah, WI | (608) 374-6975

Mon-Fri 8AM-4:30PM

Website: <https://www.mocobrightertomorrows.com/>

Brighter Tomorrows strives to end domestic violence and sexual assault in Monroe County with offices in Sparta, WI and Tomah, WI. Help is available 24 hours, 7 days a week at (888) 886-2327.

CRISIS Text Line

*24 hours/day, 7 days/week | Text **HOME** to 741741*

Website: <https://www.crisistextline.org/>

Text **HOME** to [741741](https://www.crisistextline.org/) from anywhere in the United States, anytime for any crisis. A live, trained Crisis Counselor receives the text and responds, all from their secure online platform.

Great Rivers 2-1-1, Monroe County

24 hours/day, 7 days/week | Call: 211 or (800) 362-8255

Website: <https://211wisconsin.communityos.org/>

Great Rivers 2-1-1 offers telephone crisis intervention hotline services in areas of traumatic stress, (i.e. sexual assault, runaway, sudden loss, death of a loved one, child abuse, domestic violence); psychiatric emergencies (i.e. suicidal thoughts and feelings), drug/alcohol.

Monarch Warm Line

24 hours/day, 7 days/week | (715) 505-5641

Website: [Wisconsin Milkweed Alliance](https://www.wisconsinmilkweedalliance.org/)

A completely anonymous warm line alternative to a crisis line, run by peers with personal experience with trauma.

National Child Abuse Hotline

24 hours/day, 7 days/week | Call or Text (800) 422-4453

Website: <https://www.childhelpline.org/>

The National Child Abuse Hotline has counselors available 24/7 to answer questions, provide resources & support, and talk through difficult situations.

National Domestic Violence Hotline

*24 hours/day, 7 days/week | Call (800) 799-7233 | Text **START** to 88788*

Website: <https://www.thehotline.org/>

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

New Horizons Shelter and Outreach Centers, PO Box 2031, La Crosse, WI

Mon-Fri 9AM-4PM | (608) 791-2610 | Crisis Line: (888) 231-0066 | Text Line: (608) 667-9944

Website: <https://www.nhaagainstabuse.org/>

New Horizons Shelter and Outreach Centers is a shelter for individuals and families who have experienced domestic and sexual abuse. New Horizons Shelter is staffed 24/7 to provide emergency shelter and food to victims of domestic violence and their children.

Northwest Connections

24 hours/day, 7 days/week | (888) 552-6642

Website: <https://nwcgc.com/programs/connections/>

Northwest Connections is a 24/7 Emergency Crisis Line throughout several Wisconsin counties. If you or someone you know is in crisis please call 888-552-6642 to reach the crisis line.

Suicide & Crisis Hotline

24 hours/day, 7 days/week | Call: 988

Website: <https://988lifeline.org/>

Suicide and Crisis Hotline can help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

UpLiftWI

12PM-12AM daily | (534) 202-5438

Website: [Mental Health America of Wisconsin - Uplift WI \(mhawisconsin.org\)](https://www.mentalhealthamerica.org/wisconsin-uplift-wi)

Offers caring peer specialists who get your experiences, providing a safe and confidential place for you to connect and find support.

Wisconsin First Step

24 hours/day, 7 days/week | (800) 642-7837

Website: www.mch-hotlines.org

Wisconsin First Step can help find resources for children birth to 21 with special needs. Staff are available 24 hours a day to provide information and discuss your concerns. Staff will listen and gather information, identify needs, explore options and assist in finding appropriate referrals. Follow-up is offered to all parents and professionals when needed.

Daycare and Adult/Children

APTIV, 1021 N Superior Ave, Tomah, WI

Mon-Fri 8AM-4PM | (608) 374-4673

Website: <https://www.aptiv.org/contact-us/Tomah>

Aptiv is committed to providing people with disabilities the opportunity to showcase their aptitude for learning new skills, better engage and play a more active role in their community, live a more-meaningful and fulfilling life, and finding adaptive options that help them succeed in their goals.

Coulee Region Adult Day Center, 565 Braund St, Onalaska, WI

Mon-Fri 8AM-4:30PM | (608) 519-2306

Email: keplera@couleeregionaduldaycenter.com

Website: <https://www.couleeregionaduldaycenter.com/>

Coulee Region Adult Day Center offers respite care, group homes, and Day Center services at a new large state of the art facility.

Handishop Industries, 1411 N. Superior Ave, Tomah, WI

Mon-Fri 7:30AM-4PM | (608) 372-3289

Email: handishop@handishop.org

Website: <https://www.handishop.org/>

Handishop Industries Inc. offers services designed to mediate the developmental, social, vocational, and transportation needs of people with special needs in order to provide opportunities that empower individuals with varying abilities to attain a higher degree of personal development and dignity.

The Parenting Place, 900 E Montgomery St, Sparta, WI | 310 W Elizabeth St, Tomah, WI | 1500 Green Bay St, La Crosse, WI

Mon-Fri 10AM-4PM | (608) 784-8125

Email: info@theparentingplace.net

Website: <https://www.theparentingplace.net/>

The Parenting Place's resources prepare, strengthen, and support parents and caregivers by creating greater understanding of the impact they have on the lives of children in their care.

Western Region for Economic Assistance, 210 W Oak St, Sparta, WI

Mon-Fri 8AM-4:30PM | (888) 627-0430

<https://access.wisconsin.gov/access/>

The Western Region for Economic Assistance is a consortium of Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, Trempealeau & Vernon counties that determines eligibility for residents applying for public assistance programs. These programs include Medicaid, Foodshare, Foodshare Employment and Training (FSET) Program, & Childcare, Caretaker Supplement.

Wisconsin Shares Child Care Subsidy Program, 210 W Oak St, Sparta, WI

(888) 627-0430

Website: <https://dcf.wisconsin.gov/wishares/apply>

The Wisconsin Shares childcare subsidy program invests in eligible working families to help make quality child care more accessible and affordable by covering a portion of their monthly child care costs.

Dentists

Black River Family Dentistry, N6625 County Rd A, Black River Falls, WI

Mon-Thurs 8AM-4:30PM | (715) 284-3100

Website: <https://brfdentistry.com/>

Services include preventative dentistry, restorative dentistry, surgical procedures, cosmetic dentistry, and emergency services. Black River Family Dentistry accepts Badger Care, Medicare, and private insurances.

Family Health Center (Marshfield Clinic), N6571 Lumberjack Guy Rd, Black River Falls, WI

Mon-Fri 8AM-5PM | (715) 670-0400

Website: <https://familyhealthcenter.org>

The mission of Family Health Center of Marshfield, Inc. is to provide access to high quality health care services for the under-served and to enhance the health of our communities. The Black River Falls Dental Center, operated by Family Health Center of Marshfield Inc. is a federally funded program in partnership with Marshfield Clinic. The Black River Falls Dental Center accepts all patients and all payer types i.e. ForwardHealth, BadgerCare, Medicaid, Medicare, Commercial, Self-Pay and Uninsured.

Family Health La Clinica, Mauston Dental, 880 Herriot Drive Mauston, WI

(608) 847-6700

Website: <https://famhealth.org/services/dental/>

Services include dental cleaning, exams, emergency dental, kids' dentistry, restorative and treatment. Mauston Dental accepts Badger Care, Medicare, and private insurances.

Scenic Bluffs Community Health Centers, Dental, 238 Front St, Cashton, WI

Mon-Thu 7:30AM-6PM, Fri 7:30AM-5PM | (608) 654-5100

Website: <https://www.scenicbluffs.org/Our-Services/Dental>

Scenic Bluffs Dental Department provides preventive, restorative and urgent care services. Scenic Bluffs accepts Medicaid insurance for dental services. They serve Vernon, Crawford, Grant, Monroe and La Crosse counties with priority services going to children. Services provided are cleanings, exams, extractions, dentures, crowns, resin/amalgam fillings, root canal treatment and partials.

Disability Services

Aging & Disability Resource Center of Monroe County (ADRC), 315 W Oak St, Suite A, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8690 or (888) 339-7854

Email: adrc@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center>

The Aging and Disability Resource Center of Monroe County provides information on a broad range of programs and services including helping people understand the various long-term options available to them, helping people apply for programs and benefits, and serving as the access point for publicly funded long-term care.

APTIV, 1021 N Superior Ave, Tomah, WI

Mon-Fri 8AM-4PM | (608) 374-4673

Website: <https://www.aptiv.org/contact-us/Tomah>

Aptiv is committed to providing people with disabilities the opportunity to showcase their aptitude for learning new skills, better engage and play a more active role in their community, live a more-meaningful and fulfilling life, and finding adaptive options that help them succeed in their goals.

Division of Vocational Rehabilitation, 1021 N Superior Ave, Tomah, WI

(800) 442-3477

Email: dvr@dwd.wisconsin.gov

Website: <https://dwd.wisconsin.gov/dvr/>

The Division of Vocational Rehabilitation (DVR) is a federal/state program designed to obtain, maintain, and advance employment for people with disabilities who face a substantial barrier to employment by working with DVR consumers, employers and other partners. The DVR provides employment services and counseling to people with disabilities, arranges for services to enable an individual to go to work, training and technical assistance to employers regarding disability employment issues.

Handishop Industries, 1411 N. Superior Ave, Tomah, WI

Mon-Fri 7:30AM-4PM | (608) 372-3289

Email: handishop@handishop.org

Website: <https://www.handishop.org/>

Handishop Industries Inc. offers services designed to mediate the developmental, social, vocational, and transportation needs of people with special needs in order to provide opportunities that empower individuals with varying abilities to attain a higher degree of personal development and dignity.

Independent Living Resources, 4439 Mormon Coulee Road, La Crosse, WI

Mon-Fri 8:30AM-4:30PM, evenings/weekends by appt. | (608) 787-1111

Email: advocacy@ilresources.org

Website: <https://www.ilresources.org/>

Centers for Independent Living (CILs) help people with disabilities achieve or maintain more self-sufficient and productive lives in their communities. This includes managing one's own affairs, participating in day-to-day community life and fulfilling a range of social roles.

Lutheran Social Services, 2307 S Ave, La Crosse, WI

(608) 788-5090

Website: <https://www.lsswis.org/>

Lutheran Social Services empowers people to live their best lives and is open to all individuals. Their services include mental health, substance use disorders, and housing.

Senior and Disabled Services, 1002 Superior Ave, Tomah, WI

Mon-Fri 8AM-4:30PM | (608) 374-7476

Email: pjbuchada@tomahwi.gov

Website: <https://www.tomahwi.gov/seniordisabledservices>

The city of Tomah's Senior and Disabled Services Department's mission is to offer ongoing recreation & leisure activities and education & health programs as well as senior lunch meals on a regular basis in a safe place for Tomah's citizens (especially for senior and disabled people).

Education

Extended Learning Programs, UW La Crosse, 205 Morris Hall, La Crosse, WI

Mon-Fri 7:45AM-4:30PM | (608) 785-6500

Email: ex@uwlax.edu

Website: <https://www.uwlax.edu/ex/>

UW La Crosse offers programs and services to meet the diverse needs of individuals of all ages.

Sparta Head Start Center, 2111 W Wisconsin St, Sparta, WI

Mon-Fri 7AM-4PM | (608) 269-8297

The Sparta Head Start Center offers the Head Start program to children from low-income families, from six weeks old up to five years old in Sparta, Wisconsin. Head Start prepares the children for further education by providing activities that stimulate the children's cognitive, social, emotional, and physical growth.

Tomah GED Center (Western Technical College), 120 E Milwaukee St, Tomah, WI

Mon-Fri 8AM-4:30PM | (608) 269-8733 | (608) 374-7700

Website: <https://www.westerntc.edu/gedhsed-testing>

GED and HSED testing is conducted at authorized test centers located in the Assessment Center on the La Crosse Campus and at Western's Black River Falls and Tomah locations.

Tomah Head Start, 402 Pine St, Tomah, WI

Mon-Fri 8AM-4:30PM | (608) 372-3781

Head Start is a free Federal and State funded, private, non-profit educational organization serving pregnant mothers, 0-5 years old children, and their families within our communities. Head Start helps children and families succeed. Services offered to meet the needs of all children, including children with disabilities. Typical school year runs mid-August through May. Early Head Start program runs year-round.

Western Technical College (Tomah and Sparta Campus),

11177 County Hwy A, Sparta, WI | (608) 269-1611 | Mon-Fri 8AM-4:30PM

120 E Milwaukee St, Tomah, WI | (608) 374-7700 | Mon-Fri 8AM-4:30PM

Email: spartaoffice@westernntc.edu or tomah@westernntc.edu

Website: <https://www.westernntc.edu/regional-locations>

With five regional locations in Black River Falls, Independence, Mauston, Tomah, and Viroqua, Western has you covered. Program courses, general studies classes, GED, basic reading, English and math classes, and professional development opportunities are offered at each location. We also have a presence in Sparta with our Public Safety Training Facility, which houses programs like Fire Protection Technician and Criminal Justice, and the Adult Learning Center that offers GED services.

Employment

ABR Employment Services, 620 Industrial Drive #5, Sparta, WI

Mon-Fri 8AM- 12PM, 1PM-5PM | (608) 782-9700

Website: <https://www.abrijobs.com/>

ABR Employment Services is a Workforce Solutions company that delivers a multitude of staffing and recruiting services through three operating divisions: ABR Employment Services, ABR Professional Search and Kinsa Group. ABR Employment Services provides Professional Office Support placement in Human Resources, Accounting/Finance, Administrative, Customer Service & Call Center and Manufacturing Support placements in Logistics, Light Industrial, Skilled Industrial, & Scientific/Laboratory.

Express Employment Professionals

Tomah: 1128 N Superior Ave, Tomah, WI | (608) 567-0534 | Mon-Fri 8AM-5PM

La Crosse: 2240 Rose St, La Crosse, WI | (608) 779-4252 | Mon-Fri 8AM-5PM

Website: <https://expresspros.com/>

Express Employment Professionals of Tomah and La Crosse is a leading staffing provider helping job seekers find work with a wide variety of local businesses. Express Employment Professionals works with job seekers to help them find the right job for their skills and experience. There are a variety of jobs available, with full-time, part-time, and temporary positions available.

Manpower, 601 N Superior Ave #1, Tomah, WI

Mon-Fri 7AM-5PM | (608) 374-2040

Website: <https://www.manpower.com/en>

Manpower delivers core staffing services including temporary, temporary to permanent, permanent placements, as well as professional placements.

PeopleReady, 1107 Liberty St, La Crosse, WI

Mon-Fri 5:30AM-6PM | (608) 782-0452

Website: <https://www.peopleready.com/location/la-crosse-wi-1662/>

PeopleReady specializes in quick and reliable on-demand labor and highly skilled workers. PeopleReady supports a wide range of industries, including construction, manufacturing and logistics, retail and hospitality.

Referral Staffing Solutions, 310 W Wisconsin St, Sparta, WI

Mon-Thu 8AM-4:30, Fri 8AM-12PM | (608) 487-9470

Website: <https://www.rssjobs.net/>

Sparta office of Referral Staffing Solutions offers a variety of job opportunities in the industrial, administrative, and professional sectors.

Workforce Connections, 2615 East Ave S #300, La Crosse, WI

Mon-Fri 8AM-4:30PM | (608) 789-5620

Website: <https://www.workforceconnections.org/>

Workforce Connections, Inc. assists job seekers, laid-off workers, and youth with career planning, job search assistance, and skills training. In addition, employers are assisted with a wide array of services, including recruiting, retaining, and training of employees.

Energy Assistance

Families First of Monroe County, 1500 N. Superior Ave. Unit 2, Tomah, WI

Mon-Fri 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family, including utility bill assistance.

Flocks Guardians, 14307 Co Hwy B, Building C, Sparta, WI

Mon-Thur 8AM-4:30PM | (608) 487-9263

Website: <https://energybenefit.wi.gov>

Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. The two basic parts of energy assistance are regular benefits and crisis assistance. In addition, a furnace services program is operated under WHEAP.

Eviction/Foreclosure Prevention Assistance

Catholic Charities, 508 5th Ave S, La Crosse, WI

Mon-Thu 9AM-4PM, Fri by Appt. | (608) 782-0710

Email: info@cclse.org

Website: <https://cclse.org/>

Catholic Charities alleviates poverty and strengthens families by providing: pregnancy counseling, food and financial assistance, adoption, financial counseling, housing counseling, immigration support, parenting education and community support for children with severe emotional problems.

Coulee Cap, 217 N Black River St, Sparta, WI

Mon-Thur 10AM-3PM | (608) 424-8876

Website: <https://www.couleecap.org/>

The Homeless Prevention Program provides motel vouchers and security deposit/first month's rent for a new rental unit for persons/households who are being evicted from their current unit.

Families First of Monroe County, 1500 N. Superior Ave. Unit 2, Tomah, WI

Mon-Thurs 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family, including rent/mortgage assistance.

Family Promise of Monroe County Wisconsin, 117 W Oak St, Sparta, WI

Mon-Fri 8AM-4PM | (608) 487-2745

Website: <https://www.familypromiseofmonroecounty.com/>

Family Promise is the leading organization working to prevent and end family homelessness. Over 200 Family Promise Affiliates, located throughout the country, do this by providing prevention services before families reach crisis, shelter when they become homeless, and stabilization programs once they have secured housing to ensure they remain independent.

Foundation for Rural Housing, Inc., PO Box 314, Oregon, WI

Mon-Fri 8AM-4PM | (608) 238-3448 or (888) 400-5974

Email: wrh@wisconsinruralhousing.org

Website: <https://www.wisconsinruralhousing.org/>

Rural Housing is a small agency that serves the poor. Rural Housing assistance is intentionally flexible so that they can help cover various needs across all 69 rural counties. They assist with rental assistance, security deposit assistance, mortgage assistance, utility assistance, property tax assistance, and minor home repair/expense assistance.

Legal Action of Wisconsin, 700 3rd St N, La Crosse WI

Mon-Fri 9AM-4PM | (855) 947-2529

Website: <https://legalaction.org/>

Their Housing Priority works to: secure and protect safe, affordable and decent housing, prevent homelessness and eviction, prevent and protect against foreclosures, ensure that government enforces tenant protection laws, and secure and protect tenants' rights to public and subsidized housing. Housing Priority Committee handles cases where landlords and housing authorities violate laws and regulations in: denying public and subsidized housing, terminating public and subsidized housing, evictions, promises to repair, lockouts, security deposits, earnest money, and foreclosing mortgages.

REACH Services and Resource Center, 212 11th St S, La Crosse WI

Mon, Tue, Thu, Fri, 8AM-4PM Wednesday 10AM-4pm | (608) 781-2783

Website: www.reachcenterlacrosse.org

Resources, Empowerment, Advocacy, Change, Hope (REACH) is a walk-in resource center offering housing navigation, homeless prevention, mental/AODA support, healthcare, and violence prevention and support in one location.

Workforce Connections, 120 East Milwaukee St, Tomah WI

Mon-Fri 8AM-4:30PM | CALL FOR AN APPOINTMENT | (608) 789-5620

Website: <https://www.workforceconnections.org>

Workforce Connections Emergency Assistance (EA) is a one-time payment that can help low-income eligible individuals with minor children that are homeless or have an eviction or foreclosure notice or who have experienced a flood, fire, or other natural disaster, or energy crisis. Rental deposit assistance can help people who are homeless.

Food Pantries & Other Food Sources

ADRC Meal Sites (Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton)

Mon-Fri 11:30AM | 608-269-8692

Email: patti.abbott@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/nutrition-program>

Well balanced nutritious meals available to persons age 60 and over and their spouse of any age, regardless of income.

Cashton Cupboard & Closet, 199 Front Street, Cashton, WI

Mon-Fri 10AM-4PM, Sat 10AM-1PM | 608-654-5770

Coulee Cap Emergency Food, 217 N Black River St, Sparta, WI

Mon, Thur 10AM-3PM | (608) 424-4187

Email: Theresa.Roqalla@couleecap.com

Website: <https://www.couleecap.org/food.html>

The goal of Couleecap is to help alleviate hunger in the community in an environment of respect, care and hospitality. This program provides food to meet basic nutritional needs.

Ecumenical Bread Basket Food Pantry, 114 N Water St, Sparta, WI

Tue 10AM-12PM and 5PM-7PM, Wed-Fri 10AM-12PM | (608) 269-5081

The Ecumenical Bread Basket Food Pantry organizes the collection of food donations and distribution to those in need.

Neighbor for Neighbor, Inc., 1118 W Veterans St, Tomah, WI | (608) 372-6737

Mon 1PM-3:30PM

Wed (1st & 3rd week 8AM-10AM), Wed (2nd & 4th week 3PM-5PM)

Thu 10AM- 12PM

Website: <https://www.n4npantry.org/>

Offers varieties of canned, fresh and frozen food items with each visit.

Norwalk Mobile Pantry, 208 S Church St, Norwalk, WI

Every 4th Tue of the month at 9:30AM | (608) 223-9121

Email: mobilepantry@shfbmadison.org

Website: <https://www.secondharvestsw.org/mobile-food-pantry-calendar/>

Second Harvest teams up with local volunteers each month to distribute fresh and non-perishable food to people who are experiencing challenges with making ends meet.

Approximately 60 pounds of food per household. Bring bags and boxes if possible. No identification or proof of residency necessary.

Ontario Food Pantry, Grace Community Church | 608-337-4656

Please call for an appointment

Ruby's Pantry, 22547 WI-21, Tomah, WI

Every 1st Mon of the Month | (608) 567-9230

Website: www.Facebook.com/OasisChurchTomah

Ruby's Pantry is for anyone looking to extend their monthly grocery budget. Staff will load your vehicle with the food. There is no income or residency requirement. There is a \$25.00 cash donation per share. List of food is subject to change. Follow *Ruby's Pantry* Facebook page for updates!

Sparta Area School District Food Pantry, 1225 North Water St, Sparta, WI

Wed 4PM-6PM | (608) 269-3151

Serves families with children enrolled in the Sparta Area School District.

Sparta Mobile Pantry (Second Harvest), Memorial Park, Sparta, WI

Every 3rd Monday of the month at 3:30 PM | (608) 223-9121

Email: mobilepantry@shfbmadison.org

Website: <https://www.secondharvestsw.org/mobile-food-pantry-calendar/>

Second Harvest teams up with local volunteers each month to distribute fresh and non-perishable food to people who are experiencing challenges with making ends meet.

Approximately 60 pounds of food per household. Bring bags and boxes if possible. No identification or proof of residency necessary.

Tomah Community Table, 520 E Saratoga St., Tomah, WI

Mon 4:30PM-5:30PM | (608) 633-0803

Email: Susanrdcde@yahoo.com

Tomah Community Table seeks to alleviate hunger in the community by offering a free, weekly meal each Monday night for those in need.

Tomah Mobile Pantry (Second Harvest), 1615 Butts Ave, Tomah, WI

Every 1st Tuesday of the month - 3:30PM | (608) 223-9121

Email: mobilepantry@shfbmadison.org

Website: <https://www.secondharvestsw.org/mobile-food-pantry-calendar/>

Second Harvest teams up with local volunteers each month to distribute fresh and non-perishable food to people who are experiencing challenges with making ends meet.

Approximately 60 pounds of food per household. Bring bags and boxes if possible. No identification or proof of residency necessary.

United Methodist Church, 1225 North Court St. Rm A120, Sparta, WI

Tues 5PM-6PM | (608) 269-6949

Offers full meals for free. Donations accepted.

Western Region for Economic Assistance, 210 W Oak St, Sparta, WI

Mon, Tue, Thu, Fri 9AM-3:30PM. Wed 10AM-3:30PM | 888-627-0430

Website: <https://www.dhs.wisconsin.gov/foodshare/index.htm>

The FoodShare program is for low-income individuals and families. FoodShare benefits can be used at most stores and many farmers markets.

Wilton Food Pantry, Wilton Community Center, 400 East Street

Tues 1:00PM-2:00PM or please call for appointment | 608-435-6922

Health Related Services

Emplify Health/Gundersen Health System,

1111 W Wisconsin Street, Sparta, WI | (608) 269-6731

505 Gopher Drive, Tomah, WI | (608) 372-4111

1900 S Avenue, La Crosse, WI | (608) 785-0940

Website: <https://www.gundersenhealth.org/> or <https://emplifyhealth.org/>

Gundersen Health System is a comprehensive health system based in Sparta, Tomah, and La Crosse. The system includes multi-specialty group medical practices, a teaching hospital, regional community clinics, affiliate hospitals and clinics, behavioral health services, vision centers, pharmacies, and air and ground ambulances.

Mayo Clinic Health System,

Sparta: 310 W. Main St, Sparta, WI | (608) 269-1770

Tomah: 325 Butts Ave, Tomah, WI | (608) 392-5000

La Crosse: 615 S 10th St, La Crosse, WI | (608) 392-9555

Website: <https://www.mayoclinichealthsystem.org/>

Mayo Clinic connects you with the most trusted, specialty care in the U.S. They bring the most recognized medical expertise close to where you live. Their community-based providers, paired with the resources and expertise of Mayo Clinic, enable you to receive highest-quality physical and virtual healthcare close to home.

Monroe County Department of Human Services – Community Based Services, 210 W Oak St, Sparta, WI

Mon-Fri 8am-4:30pm | 608-269-8600

Website: <https://www.co.monroe.wi.us/departments/human-services>

The **Comprehensive Community Services (CCS)** Program forms a team for each CCS Consumer, which is you. The team meets at least monthly to ensure success. Screening/Assessment, Service Facilitation/Service Planning, Individual Skills Development & Enhancement, Wellness Management, Employment Skills Training, Peer Support, Substance Use Treatment, Medication Management, Psychotherapy, Psychoeducation, and Diagnosis Evaluation.

The **Children’s Long Term Support (CLTS)** Program helps children with disabilities and their families through supports and services that help children grow and live their best lives. It is a home and community-based service waiver. It uses a Medicaid waiver to fund services for kids with disabilities. A waiver lets states use Medicaid to fund additional non-medical services and supports not normally offered.

Monroe County Health Department, 315 W Oak St, Sparta, WI

Mon-Fri 8AM-4:30PM | 608-269-8666

Email: moco.health@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/health-department>

Monroe County Health Department provides a wide variety of services to Monroe County residents to help create and support healthy living. Services include WIC, vaccinations, environmental health, public health preparedness, and many others focused on the safety and health of individuals.

Neighborhood Family Clinic Sparta, 128 S Water St., Suite B, Sparta, WI

Mon 8AM-4PM; Tues & Thurs 8AM-6PM; Wed & Fri 8am-2pm | (608) 351-2820 Website:

<https://www.mynfclinics.com/>

Provides an array of medical services at a reduced rate.

Scenic Bluffs Community Health Centers,

Cashton: See Hours on website | 238 Front St, Cashton, WI | (608) 654-5100

Norwalk: See Hours on website | 200 W. N. St, Norwalk, WI | (608) 823-7853

Website: <https://www.scenicbluffs.org/Our-Services>

Offers a wide range of primary care services, complementary therapies, and offers support services for individual needs.

St. Clare Health Mission, 310 W. Main St., Sparta, WI

1st and 3rd Tuesday evenings each month 5:00PM-6:30PM registration | (608) 366-5343

Serving adults age 18 and older with no public or private medical insurance. Basic healthcare treatment, in house pharmacy, and referrals to specialists if recommended.

Housing/Income Based

Allegiant Property Management, Monroe County

Mon-Fri 8AM-4:30PM | (608) 784-1381

Website: <https://allegiantpropertymgmtllc.com/>

Allegiant Property Management provides subsidized housing for qualified older adults, families, people (of any age) with physical disabilities, and adults with chronic mental illness.

Courtyard at Willow Woods, 1500 Lincoln Ave, Tomah, WI

Mon-Fri 8AM-4:30PM | (608) 372-5890

The Courtyard at Willow Woods has low-income housing for Monroe County residents aged 62 or older. Call for more information.

Dak Management Company, 418 S Thayer St, Sparta, WI

Mon-Fri 8AM-4:30PM | (800) 938-5645

Website: www.Dakgroup.org

Sunset Place Apartments are available for rent to adults (ages 18 and older) and families meeting income criteria. Rent includes water, sewer and garbage, but the tenants pay for the electricity.

Fairview Estates, 719 Angelo Rd, Sparta, WI

Mon-Thu 10AM-2PM | (608) 269-4070

Website: sparta@oakbrookcorp.com

Fairview Estates offers subsidized private housing units for low-income families.

Families First of Monroe County, 1500 N. Superior Ave. Unit 2, Tomah, WI

Mon-Thurs 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First assists households less fortunate or in emergent situations, with resources, referrals, and emergency services as funding allows. Some current services are Goodwill clothing vouchers, diapers, assistance to avoid disconnection or re-connect utility services - including sewer/water, employment support services, case management & budget counseling, rent to avoid eviction & 1st month rent. There is never a cost or fee for services.

Freedom Village Apartments, 304 Murdock St #1, Tomah, WI

Mon-Thu 9AM-3PM | (608) 374-2466

Email: info@freedomvillageapts.com

Freedom Village Apartments offers comfortable, affordable housing in Tomah, WI.

Life Style, Monroe County

Mon-Fri 8AM-4:30PM | (507) 451-8524

Website: www.lifestyleinc.net

Life Style offers private subsidized apartments for low to moderate-income people and families. Some complexes allow pets with a deposit (size and breed restrictions).

Monroe County Resources

Aging & Disability Resource Center of Monroe County (ADRC), 315 W Oak St, Suite A, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8690 or (888) 339-7854

Email: adrc@co.monroe.wi.us

Website: [Resources | Monroe County, WI](#)

The Aging and Disability Resource Center of Monroe County provides information on a broad range of programs and services including helping people understand the various long-term options available to them, helping people apply for programs and benefits, and serving as the access point for publicly funded long-term care.

Monroe County Child Support, 112 S Court St, Rm 2100, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8733

Email: pamela.pipkin@co.monroe.wi.us

The Child Support Department is responsible for the location of absent parents, establishing a legal obligation for child support and health insurance, adjudication or paternity for non-marital children, monitoring payment activities, enforcement of support obligations, and maintaining financial case records related to child support orders.

Monroe County Economic Support Services/Western Region for Economic Assistance,

210 W Oak St, Sparta, WI

Mon-Fri 8AM-4:30PM | (888) 627-0430

<https://access.wisconsin.gov/access/>

Economic Support Services determine eligibility for residents applying for public assistance programs in the Western Region for Economic Assistance (WREA) Consortium. Programs include: Medicaid, BadgerCare Plus, FoodShare, FoodShare Employment and Training (FSET) Program, Childcare, Caretaker Supplement (CTS).

Parent Support

Children and Youth with Special Health Care Needs

(800) 400-3678

Children and Youth with Special Health Care Needs (CUSHCN) is a program that promotes quality care for young people in Wisconsin. Children and youth with special health care needs are those who have chronic physical, developmental, behavioral, or emotional condition. CUSHCN works with national, state, and community partners.

Monroe County Department of Human Services – Birth to Three, 210 W Oak St, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8600

Email: erica.brandau@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/human-services>

The Birth to Three Program serves children under the age of three with developmental delays and disabilities, as well as their families. The program works to enhance the child's development while supporting the family's knowledge, skills, and abilities. The goal of the program is to improve the capacity of families to meet the special needs of their child. Children are determined eligible through a developmental assessment. Some diagnosed conditions automatically qualify children for Birth to Three services. Referrals can be made by calling (608) 269-8600.

The Parenting Place, 900 E Montgomery St, Sparta, WI | 310 W Elizabeth St, Tomah, WI | 1500 Green Bay St, La Crosse, WI

Mon-Fri 10AM-4PM | (608) 784-8125

Email: info@theparentingplace.net

Website: <https://www.theparentingplace.net/>

The Parenting Place's resources prepare, strengthen, and support parents and caregivers by creating greater understanding of the impact they have on the lives of children in their care.

Shelter/Emergency

Families First of Monroe County, 1500 N Superior Ave Suite 2, Tomah, WI

Mon-Thurs 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family.

Family Promise of Monroe County Wisconsin, 117 W Oak St, Sparta, WI

Mon-Fri 8AM-4PM | (608) 487-2745

Website: <https://www.familypromiseofmonroecounty.com/>

Family Promise is the leading organization working to prevent and end family homelessness. Over 200 Family Promise Affiliates, located throughout the country, do this by providing prevention services before families reach crisis, shelter when they become homeless, and stabilization programs once they have secured housing to ensure they remain independent.

New Horizons Shelter and Outreach Centers, PO Box 2031, La Crosse, WI

Mon-Fri 9AM-4PM | (608) 791-2610 | Crisis Line: (888) 231-0066 | Text Line: (608) 667-9944

Website: <https://www.nhaagainstabuse.org/>

New Horizons Shelter and Outreach Centers is a shelter for individuals and families who have experienced domestic and sexual abuse. New Horizons Shelter is staffed 24/7 to provide emergency shelter and food to victims of domestic violence and their children.

Salvation Army, 223 8th St N, La Crosse, WI

Mon- Fri 8AM-4PM | (608) 782-6126

Website: <https://centralusa.salvationarmy.org/lacrosse/>

The Salvation Army of La Crosse Emergency Shelter provides a safe shelter for families and individuals experiencing homelessness. The shelter is available year-round to assist those who have experienced a crisis leading to homelessness. The Emergency Shelter provides each person with a bed, linens, clothes storage, hygiene products, access to laundry facilities, and three meals each day (and snacks). During their stay, clients are also provided with intensive case management and given the opportunity to set realistic goals and work toward them.

Transportation

Abby Vans, Monroe County | (608) 374-3004

Website: <https://www.abbyvans.com/tomah-transit/>

Abby Vans, Inc., is an established transportation service that provides non-emergency, specialized transportation to elderly and disabled individuals. Rides provided at a cost for the city of Tomah and up to a 10 mile radius of municipality.

Aging & Disability Resource Center of Monroe County (ADRC), 315 W Oak St, Suite A, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8690 or (888) 339-7854

Email: HS.Transportation@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center>

The ADRC of Monroe County provides transportation for elderly and disabled citizens of Monroe County. Both our Mini-Bus Service and Volunteer Transportation Service can take you door to door. When calling please provide name, date of birth, pick up location, and phone number.

Coulee Cap Work-N-Wheels Program, Monroe County | (608) 423-6624

Email: krista.heinz@couleecap.org

The Work-n-Wheels Program provides zero interest auto loans for vehicle repairs and/or vehicle purchases to qualified low-income households.

Faith in Action Volunteers, 321 Butts Ave, Room 36, Tomah, WI

Mon-Thu 9AM-2PM | (608) 372-0939

Email: faithinaction0939@gmail.com

Website: <https://fiamonroecounty.org/>

Faith in Action provides services to residents of Monroe County, Wisconsin who are over 60 years old, disabled, or suffer from a chronic illness. Services include medical transportation, grocery shopping, yard work, and companionship.

Families First of Monroe County, 1500 N Superior Ave, Suite 2, Tomah, WI

Mon-Thurs 7AM-6PM | (608) 374-4141

Email: info@familiesfirstofmonroecounty.org

Website: <https://www.familiesfirstmc.org/>

Families First seeks to provide resources, referral and services to those who are struggling with a crisis due to a job loss, addiction, illness, or medical emergency, mental illness or any other unfortunate circumstance that can happen to an individual person or family.

S.M.R.T. Bus, 318 W. Decker St. Viroqua, WI

Mon-Fri 8AM-4PM | (877) 444-8543

Email: contact@runninginc.net

Website: <https://www.ridesmrt.com/>

The SMRT Bus system is a dynamic, integrated, and coordinated transportation network that provides access to jobs, recreation, shopping, and other opportunities for residents within Monroe, La Crosse and Vernon County.

Sparta Cab, 402 Stelting St, Sparta, WI | (608) 269-2222

Sparta Cab is a taxi service that provides transportation around the Sparta area. Call the number above for transportation assistance.

VEYO Medical Transportation, 1500 N. Superior Ave Unit 2, Tomah, WI | (866) 907-1493

Veyo is a non-emergency medical transportation broker revolutionizing the way Medicaid and Medicare Advantage members get to and from their healthcare appointments. Call the number above to schedule your transportation.

Veteran Services

Department of Workforce Development, 201 E Washington Ave, Madison, WI

Mon-Fri 7:30AM-4:30PM | (608) 266-3131

Website: <https://dwd.wisconsin.gov/>

The Wisconsin Department of Workforce Development (DWD) build and strengthen Wisconsin's workforce by providing job services, training and employment assistance to people looking for work.

Mental Health America of Wisconsin, 3910 W Lisbon Avenue, Milwaukee, WI

24 hours/day, 7 days/week | (262) 336 9540

Website: <https://www.mhawisconsin.org/home.aspx>

The MHA SMVF Warmline provides non-crisis peer support 24/7 to Wisconsin residents who are currently serving or have previously served in the United States Armed Forces and their families. The Warmline is staffed by Veteran Peer Support Specialists who have been trained under the VA.

Monroe County Veterans' Services Office, 202 S K St, Sparta, WI

Mon-Fri 8AM-4:30PM | (608) 269-8618

Email: amanda.robinson@co.monroe.wi.us

Website: <https://www.co.monroe.wi.us/departments/veterans-services>

The County Veterans' Services office assists Veterans, their widows and or their dependents with applications for compensation, pensions, VA application for healthcare, and other benefits through an intake process that includes information and referral services.

Tomah VA Medical Center, 500 E Veterans St, Tomah, WI

Mon-Fri 7AM-7PM, Sat-Sun 7AM-5PM | (608) 372-3971

Website: <https://www.va.gov/tomah-health-care/>

The Tomah VA Health Care System is dedicated to improving the lives of Veterans and their families every day. Their main location is the Tomah VA Medical Center in Tomah, Wisconsin. We also support four nearby Wisconsin communities through the La Crosse, Owen (Clark County), Wausau, and Wisconsin Rapids VA Clinics.

Youth Services

Big Brothers & Big Sisters, 315 4th St S, La Crosse, WI

Mon-Fri 3PM-6:30PM | (608) 782-2227

Website: <https://www.7riversbbbs.org/>

Big Brothers Big Sisters of the 7 Rivers Region focuses on providing one-to-one mentoring and support services to children and youth in the 7 Rivers Region, which is located in the Midwest, specifically in Northwestern Wisconsin and Southeastern Minnesota.

Boys and Girls Club, 1000 E Montgomery St, Sparta, WI

Mon-Fri 3PM-6:30PM | Open 2PM-6:30PM on early release days | (608)-269-CLUB (2582)

Website: www.bqcofsparta.org

The Boys and Girls Club's mission is to inspire and enable all young people to realize their full potential as productive, responsible and caring citizens.

Summer Hours: Mon-Fri 6:30AM-5:30PM. Drop in - Mon, Tue, Thurs, Fri 12:30PM-5:30PM.

Boy Scouts of America: Gateway Area Council, 2600 Quarry Rd, La Crosse, WI

Mon, Tue, Wed, Fri 9AM-6PM | (608) 784-4040

Website: <https://www.gatewayscouting.org/>

The purpose of Boy Scouts of America is to provide for boys and young adults an effective program designed to build desirable qualities of character, to train them in the responsibilities of participating citizenship, and to develop in them personal fitness, thus assisting in the development of American citizens.

Family and Children’s Center, 920 W. Wisconsin St, Sparta, WI | 1707 Main St, La Crosse, WI

Mon-Fri 8:30AM-3:30PM | Sparta: (608) 269-0567 | La Crosse: (608) 785-0001

Website: <https://www.fcconline.org/>

Family & Children’s Center serves thousands of individuals and families every year, helping them enjoy happier, healthier relationships. Services offered for youth include children’s therapeutic service and support, integrated solutions-skills based training, intensive tracking systems, and youth assessments.

The Parenting Place, 900 E Montgomery St, Sparta, WI | 310 W Elizabeth St, Tomah, WI | 1500 Green Bay St, La Crosse, WI

Mon-Fri 10AM-4PM | (608) 784-8125

Email: info@theparentingplace.net

Website: <https://www.theparentingplace.net/>

The Parenting Place’s resources prepare, strengthen, and support parents and caregivers by creating greater understanding of the impact they have on the lives of children in their care.

RHYMES La Crosse, 1515 State St, La Crosse, WI

Mon-Fri 8AM-5PM

RHYMES Drop-In Center: 608-406-2992 or Talk/Text 24-Hour Crisis Line: 608-406-2993

Website: <https://rhymeslacrosse.org/>

The Runaway and Homeless Youth Mediation and Emergency Services (RHYMES) is a group of strong, passionate, and diverse non-profit organizations coming together to provide access and funding to runaway and homeless youth to safe and affirming resources in the greater La Crosse region. RHYMES utilizes existing specialized programming to support, educate, and advocate for youth.

Sparta Free Library, 124 W Main St, Sparta, WI

Mon-Fri 9AM-4PM, Sat 9AM-1PM | 608-269-2010

Email: spartalibrary@wrlsweb.org

Website: <https://www.spartalibrary.org/>

The Sparta Library believes in equal access to information for all, providing a sense of community, creating partnerships, stimulating creativity, and encouraging learning for all by providing tools and programming.

Sparta Parks & Rec, 1000 E Montgomery St, Sparta, WI

Mon-Thurs 7AM-5PM, Fri 7AM-11AM | 608-269-6322

Website: <https://www.spartawisconsin.org/parks-and-recreation>

Sparta Parks and Recreation (SPR) provides welcoming and safe opportunities to play, learn, contemplate and build community, and promotes responsible stewardship of the land. They promote healthy people, a healthy environment and strong communities. Sparta Recreation offers year-round youth and adult sports leagues, tournaments, clinics, special events, activities, enrichment programs, and much more for the Sparta area community.

The Center, 1230 Sixth Street S, PO Box 3313, La Crosse, WI

Mon/Wed 11AM-6PM, Tue/Thurs 11AM-5PM, Sat 12pm-4pm | (608) 784-0452

Website: <https://www.7riverslgbtq.org/>

Their mission is to create spaces for connection, community, education and advocacy for LGBTQ+ people, our allies, and our neighbors. They hope that you can explore their website and find way you can join them in creating a safe and affirming environment for LGBTQ+ people in the Seven Rivers Region.

Tomah Public Library, 716 Superior Ave, Tomah, WI

Mon and Thur 10AM-5PM, Tue 9AM-5PM, Fri 9AM-3PM | 608-784-8125

Website: <https://tomahpubliclibrary.org/>

The Tomah Library believes in equal access to information for all. They facilitate convenient access to library materials, to digital content, and to the technologies required to access information. They strive to be a safe, unintimidating, and welcoming place.

YMCA R.W. Houser Family, 400 Mason St, Onalaska, WI

Mon-Fri 5AM-9PM, Sat-Sun 7AM-6PM | 608-782-9622

Website: <https://www.laxymca.org/>

The La Crosse Area Family Y is a non-profit organization dedicated to enriching our community by promoting physical, mental and spiritual well-being for all. The YMCA has child sport programs, events, Y Child Watch, and summer care.