



**Aging and Disability
Resource Center of
Monroe County
Urgent Needs Resource Guide**

315 W. Oak Street, Suite A

Sparta, WI 54656

1-888-339-7854

608-269-8690

TEMPORARY HOUSING RESOURCES IN MONROE COUNTY & SURROUNDING AREAS

*****It is recommended that you call ahead to check on availability and to inquire as the process/procedure for accessing accommodations as some of the options below do have paperwork and background checks that are required. They also have limited space and availability.***

- **SOJOURNER'S JOURNEY-** 111 ½ Water Street, Apt D Sparta WI **608-269-5558**
sojournersjourneyinc.org. Resident program for women who are homeless and in need of extra support and community of full-fledged resident program.
- **FAMILY PROMISE-** 117 W. Oak Street, Sparta **608-487-2745**
familypromiseofmonroecounty.com. Provide housing for **FAMILIES** utilizing local churches. A day center and transportation available.
- **SALVATION ARMY, LA CROSSE** -223 North 8th Street, LaCrosse **608-782-6126**
centralusa.salvationarmy.org/lacrosse/
Emergency shelter for men, women and children.
- **CATHOLIC CHARITIES WARMING CENTER-** 413 South 3rd St. LaCrosse **608-782-0710**
cclse.org/la-crosse-warming-center/ Open November 1 to April 30 from 7pm to 8am.
- **SOJOURNER HOUSE**, 618 S. Barstow Street, Eau Claire, WI **715-514-5556**
cclse.org/the-sojourner-house/ Owned and operated by Catholic Charities. Overnight sleeping for up to 38 men and 15 women.
- **BARABOO AREA HOMELESS SHELTER.** 1200 Silver Circle, Baraboo.
608-356-3069 or **608-432-6602** baraboo-shelter.org
They will accept applicants from counties outside of Sauk County but they encourage residents of neighboring counties to exhaust resources closest to them before they consider the Baraboo Shelter program. There is a prescreening process that prospective clients must go through. This is completed by the Central Wisconsin Community Action Council. To be screened call **608-432-4262**.
- **SAFE HARBOR HOMELESS SHELTER.** 139 S. Webb Ave, Reedsburg. **608-768-0040**,
safeharborreedsburg.org Safe Harbor homeless shelter is available for **women and children**. A resident application and background check are required.

- **SUPPORTIVE HOUSING PROGRAM, YWCA LaCrosse.** 3219 Commerce St, LaCrosse **608-781-2783** ywcalax.org/what-were-doing/supportive-housing/ Emergency shelter for homeless women transitioning from substance abuse treatment.
- **VETERAN'S HOMELESS HOTLINE** 1-877-424-3838 va.gov/homeless/
- **TOMAH VA HOMELESS PROGRAM:** 608-372-7758
- **RHYMES LA CROSSE** The Runaway and Homeless Youth Mediation and Emergency Services (RHYMES) provides access and funding to run away and homeless youth (to age 24) to safe and affirming resources in greater La Crosse region (including Monroe County) 24 Hour Talk/Text Crises Line **608-406-2933** www.facebook.com/rhymeslax

FINANCIAL ASSISTANCE/OUTREACH & RESOURCE ASSISTANCE

- **FAMILIES FIRST**-1500 North Superior Avenue, Tomah **608 374-4141** familiesfirstofmonroecounty.org Provide assistance to residents 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 a family.
- **SALVATION ARMY OF MONROE COUNTY, 608-475-9040** centralusa.salvationarmy.org/monroe/ Short term help with rent, utility bills, medicine, food, clothing, transportation etc. may be available.
- **COULEE CAP**- 217 North Black River Street, Sparta. **1-866-904-4508** or **608-269-5021** couleecap.org Homeless assistance program, food assistance.
- **INDEPENDENT LIVING RESOURCES** , La Crosse **608-787-1111** www.ilresources.org **Homeless Outreach Program** can assist with: information on and help accessing shelter, get you on the Coordinated Entry Priority Housing List, help you sign up for Foodshare and/or Badgercare, help get you connected to medical care, help get you a phone, help getting documentation (Social security card, ID), get you blankets, hats, coats, gloves, socks, etc., help locating rental units and filling out applications, help filling out subsidized/low-income housing applications.
- **REACH Services & Resource Center**, 212 11th Street South, LaCrosse, **608-781-2783** Website: www.reachcenterlacrosse.org. Email: info@reachcenterlacrosse.org

A collaborative project between nonprofit agencies in Western Wisconsin that establishes a first of a kind walk in resource center offering housing navigation, homeless prevention, mental health/AODA support, healthcare and violence prevention and support in one location.

- **CATHOLIC CHARITIES , ST LAWRENCE COMMUNITY SERVICES**
3170 East Avenue South, LaCrosse **608-519-8011** OR **1-888-212-4357** cclse.org
- **GREAT RIVERS 211.** Dial **211** OR **1-800-362-8255**
<https://www.greatrivers211.org/gr211/> Central point for people in need to get free information and assistance on resources.
- **MONROE COUNTY VETERAN SERVICES OFFICE, Sparta, 608-269-8726**
co.monroe.wi.us/departments/veterans-services
- **TOMAH VA MEDICAL CENTER HOMELESS PROGRAM, Tomah. 608-372-7758**
VA's specialized programs for homeless Veterans serve hundreds of thousands of homeless and at-risk Veterans each year. Independently and in collaboration with federal and community partners, VA programs provide Veterans with housing solutions, employment opportunities, health care, justice- and reentry-related services and more

FOOD RESOURCES

- **SECOND HARVEST FOODBANK OF SOUTHERN WISCONSIN.** Mobile Pantries.
608-223-9121 secondharvestmadison.org/find-food
 - **Sparta** -Youth Hockey Rink, 1121 E Montgomery Street, Sparta. Occurs on the 3rd Monday of the month beginning at 3:30 pm for about an hour until they run out of food.
 - **Norwalk**-208 East Church Street. Occurs on the 4th Tuesday of the month starting at 10:30 am for about an hour or until they run out of food.
 - **Tomah**-Fairgrounds/Recreation Park in the gold building at 1615 Butts Avenue, Tomah. Occurs on the 1st Tuesday of each month beginning at 3:30 for about an hour or until they run out of food.
- **NEIGHBOR FOR NEIGHBOR.** 1118 Veterans Street, Tomah. **608-372-6737**
nfnfoodpantry.org Provide a variety of canned, fresh and frozen foods. Bring a photo

ID and mail received in the last 30 days with first and last name. Hours below (recommend calling to verify hours):

- **Mondays** 1pm to 3:30pm
 - **1st and 3rd Wednesday** 8am to 10 am
 - **2nd and 4th Wednesday** 3 pm to 5pm
 - **Thursday** 10am to 12 pm
- **COULEE CAP FOOD PANTRY.** 214 North Black River Street, Sparta. **608-424-4187**
couleecap.org Hours: **Mondays and Thursdays** 10 am to 3 pm.
 - **CASHTON CUPBOARD AND CLOSET.** 199 Front Street, Cashton. **608-654-5570**
cashton.com/cashton-cupboard-closet
 - **BREAD BASKET ECUMENICAL FOOD PANTRY.** 114 North Water Street, Sparta. **608-269-5081**
 - **TOMAH COMMUNITY TABLE.** 310 West Elizabeth Street (Gloria Dei Lutheran Church), Tomah. **608-343-7039**, Meal distribution occurs on Mondays starting at 4:30 and are available while supplies last. Distribution is drive up.
 - **LADLES OF LOVE.** 612 North Water Street (Trinity Lutheran Church), Sparta. **608-269-5081.** Free community meal every Thursday at 6pm.

DOMESTIC VIOLENCE RESOURCES

- **BRIGHTER TOMORROWS-** Crisis Line **1-888-886-3237**
Sparta Office, 505 Douglas Street **608-269-7853**
Tomah Office 1118 W Veterans Street **608-374-6975**
- **NEW HORIZONS SHELTER, LaCrosse** **608-791-2610.** Crisis Line **1-888-231-0066,**
nhagainstabuse.org A shelter for individuals and families who have experienced domestic and sexual abuse.
- **NATIONAL DOMESTIC ABUSE HOTLINE: 1-800-799-7233 (SAFE)**
- **GUNDERSEN DOMESTIC ABUSE AND SEXUAL ASSAULT HOTLINE. 608-775-5950 or 1-800-362-9567, extension 5590.** Free and confidential services including assessment of needs and options, safely planning and coordination of community resource needs.

- **SAFE PATH, MAYO HEALTH. 608-392-7804 or 1-800-362-5454.** A confidential, safe place to discuss a situation involving emotional, physical, sexual or other mistreatment. Trained healthcare professionals screen, identify, educate and treat individuals who may be experiencing domestic abuse.
- **GREAT RIVERS 211.** Dial **211** OR **1-800-362-8255**, greatrivers211.org/gr211/ Central point for people in need to get free information and assistance on resources

MENTAL HEALTH RESOURCES

- **NATIONAL SUICIDE PREVENTION LIFELINE. Dial 9-8-8**
The 988 Suicide and Crisis Lifeline provides 24/7 confidential support to people in suicidal crisis or mental health – related distress.
- **COMMUNITY SUPPORT PROGRAM, MONROE COUNTY HUMAN SERVICES.** 112 South Court Street, Sparta. 608-269-8600, co.monroe.wi.us/departments/human-services/
- **NORTHWEST CONNECTIONS (24 HOURS /DAY) 1-844-274-7472.** Provides information, support, counseling and emergency services help to anyone dealing with a mental health crisis.
- **HIAWATHA VALLEY CRISIS CONTACT (24/DAY): 1-844-274-7472.**
- **GREAT RIVERS 211.** Call **211** or **1-800-858-1055**, greatrivers211.org/gr211/
Free, confidential information and assistance line and crisis line available 24 hours per day.
- **VETERAN’S CRISIS/SUICIDE PREVENTION HOTLINE: 1-800-273-8255,**
veteranscrisisline.net
- **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**
 - **Helpline (M-F 9am -5pm): 1-800-950-6264** info@nami.org
 - **NAMI Vernon County 608-790-6588,** namiwisconsin.org/find-my-nami/Vernon-county/
 - **NAMI LaCrosse County 608-785-9568,** namiwisconsin.org/find-my-nami/lacrosse-county/
 - **Drop in Centers**
 - **The Other Door, Viroqua 608-785-0001**

- **Recovery Avenue, LaCrosse 608- 785-9615**
- **RAVE (Recovery Avenue).** Drop in center at 1808 Street, LaCrosse. **608-785-9615**
- **COUNSELING RESOURCES.**
 - **SCENIC BLUFFS:** 238 Front Street, Cashton, **608-654-5100**, scenicbluffs.org
 - **GUNDERSEN:** Sparta **608-269-1588**; Tomah **608-374-3853**
gundersenhealth.org
 - **MAYO:** Sparta **608-269-4132**; Tomah **608-372-5951** mayoclinic.org
 - **MONROE COUNTY DEPT OF HUMAN SERVICES;** **608-269-8600**
co.monroe.wi.us/department/human-services
 - **ARROW BEHAVIORAL HEALTH SERVICES, LLC:** Tomah **608-377-7487**
abhtomah.com
 - **TRAILWAYS COUNSELING:** Tomah , WI **608-886-9023** trailwayscounseling.com
 - **VETERANS AFFAIRS MEDICAL CENTER,** Tomah, WI **1-800-872-8662** tomah.va.gov
 - **HO-CHUNK NATION BEHAVIORAL HEALTH,** Tomah **715-284-9851 ext. 5014**
ho-chunknation.com

SUBSTANCE ABUSE RESOURCES

- **SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION (SAMHSA) NATIONAL HELPLINE:** **1-800-662-4357** samhsa.gov/find-help/disorders A free and confidential helpline available 24/7. 365 days of the year to provide treatment referral and information services to individuals and families facing mental health and/or substance use disorders.
- **ALCOHOLICS ANONYMOUS IN SOUTHERN WISCONSIN. 608-784-7560** Go to <https://mtg.area75.org/meetings.html?dist=1#> for an updated meeting schedule.
 - **SPARTA GROUP 1-** Masonic Temple, 603 North Court Street. Big book meeting. Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday at 7 pm. There is also a 12 pm group on Friday.
 - **CAME TO BELIEVE GROUP-**St. John’s Episcopal Church, 322 North Water Street, Sparta.
 - **TOMAH THURSDAY NIGHT GROUP** – Tomah Church of Nazarene, 25481 E. Veteran’s Street, Tomah. Step meeting.

- **NARCOTICS ANONYMOUS:** 1-800-240-0276-NA Helpline. Call for assistance or for information on meetings available in your area. You can also go to <https://wisconsinna.org/meetings/> for meeting schedule.

- **COULEE RECOVERY CENTER:** 933 Ferry Street, LaCrosse, WI 608-784-4177
couleerecovery.org

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