



**LA CROSSE  
COUNTY  
RESOURCE GUIDE**



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## Abortion

### Planned Parenthood Madison WI

- Contact:
  - Address: 3706 Orin Rd. Madison, WI 53704
  - Phone: 608-241-3767
  - Hours: 9:00AM – 5:00PM, M-F
  - Miles away: 108
- Abortion Services offered:
  - Abortion Pill up to 11 weeks
  - Procedure Abortion up to 19 weeks 6 days
  - Abortion counseling
  - Pregnancy tests and ultrasounds
- Insurance:
  - Take private insurance, Badger Care, Medicaid

### Planned Parenthood Rochester MN

- Contact:
  - Address: 1212 7<sup>th</sup> St. NW Rochester, MN 55901
  - Phone: 507-288-3576
  - Hours: 9:00-4:30 M, T, F, 10:30-6PM W,Th
  - Miles away: 74
- Abortion Services offered:
  - Abortion Pill up to 11 weeks
  - Referral offered for Procedure Abortions
  - Abortion pill (medication abortion) services are available by appointment only
- Insurance:
  - Take private insurance, Badger Care, Medicaid

## Abuse

### **In the case of immediate danger or emergency...**

- Call 9.1.1 immediately if you feel you or someone else is in immediate, serious, or life-threatening danger

### **Aging and Disability Resource Center of La Crosse County**

- Contact
  - 608.785.5700
  - 1.800.500.3910
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
- Hours
  - Monday–Friday 8:00am–4:30pm

### **New Horizons Shelter and Outreach Center**

- A shelter for individuals and families who have experienced domestic violence
  - In addition to essential food and shelter, they also provide a 24-hour crisis line, outreach centers, support groups, resource and legal advocacy, trauma counseling, youth and family advocacy, diversity advocacy, anti-human trafficking assistance, and community education and awareness.
- Contact
  - 608.791.2610
  - 1223 Main Street, La Crosse, WI, 54601
  - Crisis Line: 1.888.231.0066
  - Text Only Service: 608.667.9944
- Hours
  - Monday–Friday 9:00am–4:00pm

## Activity Guide

### Family Activities:

#### Parks:

- Holmen
  - Halfway Creek Park
    - Address: 300 W Roberts Street, Holmen WI 54636
  - Deerwood Park
    - Address: 500 Anderson Street. Holmen WI 54636
  - Viking Elementary
    - Address: 1602 Viking Avenue, Holmen WI 54636
  - Countryside Park
    - Address: 1000 Western Avenue, Holmen WI 54636
  - Remington Hills Park
    - Address: 1100 South Cherry Lane, Holmen WI 54636
  - Ponderosa Park
    - Address: 300 Flora Ct, Holmen WI 54636
- Onalaska
  - Rowe Park
    - Address: 710 Hilltopper Driver, Onalaska WI 54650
  - Hilltopper Heights Park
    - Address: 1301 Wells Street, Onalaska WI 54650
  - Glenn Fox Park
    - Address: 415 Winter Street, Onalaska WI 54650
  - Holiday Heights Park
    - Address: 1600 Medary Lane, Onalaska WI 54650
- La Crosse
  - Myrick Park
    - Address: 2000 La Crosse Street, La Crosse WI 54601
  - Copeland Park
    - Address: 1130 Copeland Park Drive, La Crosse WI 54603
    - Has a water pad
  - Chad Erickson Memorial Park
    - Address: 3601 Park Lane Drive, La Crosse WI 54603
  - Springbrook Park
    - Address: 3519 Springbrook Way, La Crosse WI 54601
    - Has a water pad
  - Poage Park

- Address: 500 Hood Street, La Crosse WI 54601
- Has a water pad
- Pammel Creek Park
  - Address: 5502 Southdale Drive, La Crosse WI 54601
- All Abilities Trane Park
  - Address: 1500 Chase Street, La Crosse WI 54601
- Powell Park
  - Address: 1002 West Avenue South, La Crosse WI 54601

### **Signature Sights:**

#### • **Riverside Park**

- Address: 100 State Street, La Crosse WI 54601
  - North end of the park contains the Riverside International Friendship Gardens
  - Riverside Museum and the offices for the La Crosse County Convention and Visitors Bureau can be visited
  - Home of the La Crosse Queen Boat
- Amenities Include
  - Floral area
  - Trails
  - Sculptures
  - Restrooms
  - Open areas

#### • **Great River Landing**

- Address: 101 Irvin Street, Onalaska WI 54650
  - Trails to walk, bike, etc
  - Picnic tables
  - Swinging benches
  - Giant instruments
  - Bathrooms

#### • **Sunny the Sunfish**

- Location: Downtown Onalaska along the Great River Road (hwy 35)
- Sunny the Sunfish sculpture and a scenic overlook above lake Onalaska

#### • **Shrine of Our Lady Guadalupe**

- Address: 5250 Justin Road, La Crosse WI 54601
- Open Hours: Thursday through Monday 9am-6pm
- Nestled in on over 100 acres of God's Country of the Mississippi River Valley
- Beautiful chapels, statues, gardens, full-service café, and a gift shop

- **Grandad Bluff**

- Address: 3020 Grandad Bluff Road, La Crosse WI 54601
- 600ft high bluff overlooks the city of La Crosse
- Sheltered house
- Coin operated binoculars
- Bathrooms

**Pools:**

- **Holmen Aquatic Center** (open season June 5–August 22)

- 12,000 square-foot, zero-depth pool. Six competitive lap lanes. 200' water slide, drop slide, kiddie slide, and water play features. Concessions and vending machines. Coin operated lockers for your convenience. Pirate Ship non-water playground.
- <https://www.holmenwi.com/aquaticcenter>
- Address: 315 Anderson Street, Holmen WI 54636
- Phone number: (608).526.6092
- Admission cost:
  - Daily admission ages 4–64 \$3
  - Water babies ages 3 and under \$1
  - Seniors 65 and older are free
  - Monday–Friday after 4pm reduced rate \$2
- Open swim hours:
  - Monday through Friday 12pm–5:50pm
  - Saturdays 12pm–7pm
  - Sundays 12pm–5pm
    - Family night open swim 5pm–7pm
      - During this time, the pool will allow floats and water toys subject to safety standards. Children will not be allowed in or stay without a parent present.
- Children ages 7 and under must always be supervised by an adult and will not be allowed in the facility unless accompanied by an adult
  - Pool policies and protocols can be found on the website

- **Onalaska Aquatic Center:**

- Some of the amenities that the facility has include: 8,500 square foot zero depth pool, six lap lanes, two 250-foot runout slides, one drop slide, sand play area, kiddie play area, and concession stand.
- <https://www.cityofonalaska.com/aquaticcenter>
- Address: 415 Main Street, Onalaska WI 54650



- Phone Number: (608).781.9534
- Admission cost:
  - For all 2-hour sessions cost \$2
- Open swim hours:
  - Monday through Friday 12:00–2:00pm, 2:30–4:30pm & 6:30–8:30pm
  - Saturday 12:00–2:00pm, 2:30–4:30pm, 5:00–7:00pm
  - Sunday 12:00–2:00pm, 2:30–5:00pm
    - Family night open swim 6:30pm–8:30pm
- Height requirement for slides: 42"
- Pool policies and protocols can be found on the website
- **Erickson Pool:** (June 5 – August 15)
  - <https://www.cityoflacrosse.org/your-government/departments/parks-recreation-forestry/pools-beaches/erickson-pool>
  - Address: 2412 Losey Boulevard South, Lacrosse WI 54601
  - Phone number: (608).791.8918
  - Admission cost:
    - Youth ages 3–17 \$3
    - Adults ages 18+ \$4
  - Open swim hours:
    - Monday through Thursday 12:30pm–3:30pm, 4pm–7pm
    - Friday through Sunday 11am–3pm, 3:30pm–7:30pm
  - Pool policies and protocols can be found on the website
- **Logan High School Indoor Pool:** starts at 3–4 ft
  - <https://www.lacrosseschools.org/logan-high/pool-and-swimming-lessons/>
  - Address: 1500 Ranger Drive, La Crosse WI 54603
  - Phone number: (608).789.7700
  - Admission cost:
    - Adults \$1.50
    - Children, seniors, and district employees \$1
  - Open swim hours:
    - Monday 7:30pm–9pm
    - Wednesday 7pm–9pm
    - Sunday 1:30pm–2:30pm adult swim, 2:30pm–5:30pm open swim
  - No amenities but a diving board
- **North Side Community Pool:**
  - 816 Sill Street, La Crosse WI 54603

**Dahl Auto Museum**

- features the history of the automobile through the eyes of Ford Motor Company, an extensive mascot collection and many beautifully restored classic automobiles from the turn of the century to present
- [www.DahlAutoMuseum.com](http://www.DahlAutoMuseum.com)
- Address: 711 3<sup>rd</sup> Street South, La Crosse WI 54601
  - Parking is available on 3<sup>rd</sup> street right across from the museum entrance
- Phone number: (608).791.6494
- Admission Cost
  - Adults \$5
  - Youth \$3
  - Seniors \$4
  - Children under 8 years old and under are free when accompanied by a paid adult
- Museum hours
  - Monday: closed
  - Tuesday: closed
  - Wednesday through Saturday 10am-4pm
  - Sunday: closed

**The Rivoli Theater and Pizzeria:**

- <https://rivolitheatre.square.site/>
- Address: 117 4<sup>th</sup> Street North, La Crosse WI 54601
- Phone number: (608).386.9508
- Email: [admin@rivoli.net](mailto:admin@rivoli.net)
- Ticket prices
  - Adults \$5.75
  - Children 12 years old and under \$3.75
  - Students/military with an ID \$4.75
  - Seniors ages 62 or better \$4.75
    - \$2 Tuesdays- free small popcorn with each \$2 ticket for everyone

**Play Mor Lanes Bowling:**

- Address: 807 4<sup>th</sup> Street South, Lacrosse WI 54601
- Phone number: (608).784.3043
- Email: [Plamorlanes\\_lax@hotmail.com](mailto:Plamorlanes_lax@hotmail.com)

- Wednesday and Thursday, 5pm–close
  - 2 games and shoes for \$5
- Food menu

**South Lanes Bowling:**

- Address: 4107 Mormon Coulee Road, La Crosse WI 54601
- Phone number: (608).788.0838
- Game costs:
  - \$2 games on weekdays
  - \$3 games on weekends and holidays with \$1.75 shoe rentals
- Open hours:
  - Sunday through Thursday 11am–11pm
  - Friday and Saturday 11am–12pm
- Food menu

**Museum of La Crosse:**

- **Children’s** Address: 207 5<sup>th</sup> Avenue South, La Crosse WI 54601
- Phone number: (608).784.2652
- Email: [info@funmuseum.org](mailto:info@funmuseum.org)
- Admission fees:
  - \$8 per person
  - \$1 off every Sunday
  - Infants under 12 months are free
- Open hours:
  - Thursdays through Sundays 9am–noon
    - i. Closed noon–1pm for cleaning
    - ii. Open back up at 1pm–5pm
- Children must be accompanied by an adult (age 16+)

**Riverside Amusement park:** (Opened Seasonally)

- Address: 1304 Interchange Place, La Crosse WI 54603
- Phone number: (608).451.2660
- Open hours:
  - Monday–Thursday closed
  - Friday 2pm–9:30pm
  - Saturday and Sunday 11am–9:30pm
- Mini Golf:
  - Adults \$6

- Children 9 years old or under \$3
- Go Karts:
  - Spitfire go karts \$6 (must be 10 years old and at least 52' tall)
  - Bomber go karts \$7 (driver's license is required)
- Batting cage:
  - All speeds \$1.25
- Drinks and snack also available
- Bathroom is available

### **Jump Start Adventure Park:**

- Address: 3939 County Road B, La Crosse WI 54601
- Phone number: (608).615.1212
- Open hours:
  - Sunday through Thursday 12pm-8pm
  - Friday and Saturday 12pm-10pm
  - Admission rates:
    - Standard rate \$14 for the first hour—additional hours \$7
    - Children 3-5 years old \$7 for the first hour
    - Weekends (Friday-Sunday) and holidays \$ 15 for the first hour--- additional hours \$7.50
- Grip socks are required. Available for purchase \$2.50/pair

### **Pizza Ranch:**

- Address: 3130 Chestnut Place, La Crosse WI 54601
- Phone Number: (608).519.3118
- Open Hours: Monday through Friday 11am-8pm
- Buffet hours and pricing
  - Lunch
    - Monday through Friday 11am-4pm for \$10.94
  - Evening/weekend
    - Monday through Friday 4pm-8pm for \$13.14
    - Saturday and Sunday 11am-8pm for \$13.14
- Kids pricing
  - 1 year old or younger are free
  - 2-10 years of age are \$.90/year of age
- Fun Zone Arcade room

### **Chuck E Cheese:**

- Address: 4444 State Road, La Crosse WI 54601

- Phone Number: (608).781.6441
- Play rates:
- Open hours:
  - Sunday through Thursday 11am–9pm
  - Friday 11am–10pm
  - Saturday 10am–10pm

**Annual Events:** (check yearly dates and times)

- **La Crosse Interstate Fair**
  - Approx. July 14<sup>th</sup>–18<sup>th</sup>
  - Address: N4985 Co Road M, West Salem WI 54669
  - Free admission
  - No parking fees
  - Farm animals
  - Games, entertainment, and food
- **Oktoberfest Fair**
  - Approx. September 30<sup>th</sup>–October 3<sup>rd</sup>
  - Address: 3<sup>rd</sup> Street North at Copeland Avenue, La Crosse WI 54601
  - Free admission
  - No parking fees
  - Games, entertainment, and food
- **Kornfest**
  - 3<sup>rd</sup> week in August
  - Address: 300 W Roberts Street, Holmen WI 54636
  - Games, entertainment, food
- **Holmen Autumn Children’s Carnival**
  - Address: Holmen Middle School 502 North Main Street, Holmen WI 54636
  - Admission cost \$5 per child and adults accompany for free
  - About 40 stations with face painting, food, games, and trick-or treating
  - All proceeds benefit the Holmen Community Center and Boys and Girls Club
- **Grand Maple Leaf Parade**
  - Held the Saturday before Torchlight Parade
- **Torchlight Parade**
  - On a Thursday at 4pm
- **High School Homecoming Parades**
  - Holmen High School
  - Logan High School

**Seasonal Apple Orchards:****• Ferguson's Orchard**

- Address: N17543 Grover Lane, Galesville, WI 54630
- Phone number: (608).539.4239
- Admission cost: \$10
  - Children 2 years or younger are free
- Attractions
  - Farm animals
  - Apple picking
  - Pumpkin patch
  - Inflated pumpkin pad
  - Gem mining
  - Corn maze
  - Cow train
  - Wagon rides
  - And more

**• Ecker's Apple Farm**

- Address: W27062 Wisconsin 54 Trunk, Trempealeau WI 54661
- Phone number: (608).539.2652
- Open late August -- October
  - Wednesday through Sunday 10am-6pm

**Libraries:**

- Holmen Library
  - Address: 121 Legion Street W, Holmen WI 54636
  - Phone number: (608).526.4198
  - Open hours:
    - Monday through Thursday 10am–8pm
    - Friday 10am–5pm
    - Saturday 9am–2pm
    - Sunday closed
- Onalaska Library
  - Address: 741 Oak Avenue South, Onalaska WI 54650
  - Phone number: (608).781.9568
  - Open Hours:
    - Monday through Thursday 9am–8pm
    - Friday 9am–5pm
    - Saturday 9am–2pm
    - Sunday closed
- La Crosse Library
  - 800 Main Street, La Crosse WI 54601
  - Phone number: (608).789.7100
  - Open Hours: Monday through Sunday 10am–6pm
- North Community Library
  - Address: 1552 Kane Street, La Crosse WI 54603
  - Phone number: (608).789.7102
- South Community Library
  - Address: 1307 16<sup>th</sup> Street South, La Crosse WI 54601
  - Phone number: (608).789.7103
  - Open hours:
    - Monday through Thursday 10am–6pm
    - Friday 2pm–6pm
    - Saturday 10am–2pm
    - Sunday closed
- F.J. Robers Library
  - Address: 2548 Lakeshore Drive, La Crosse WI 54603
  - Phone number: (608).783.0052
  - Open hours:
    - Monday 10am–8pm
    - Tuesday 1pm–8pm

- Wednesday 10am-5pm
- Thursday 1pm-8pm
- Friday and Saturday 9am-1pm
- Sunday closed



## Adoption & Guardianship

### Adoption Records Search Program

- Contact
  - 608.422.6928
  - [dcf.wisconsin.gov/adoption/search](http://dcf.wisconsin.gov/adoption/search)

### Adoptions Search and Support

- For adult adoptees searching for birth parents and birth parents searching for adopted child
- Contact
  - Located in Coon Valley
  - 608.452.3146

### Catholic Charities

- Provides adoption services for the surrounding area
- Contact
  - 3710 East Avenue, La Crosse, WI, 54601
  - 608.782.0710

### Foster Care & Adoption Resource Center

- Contact
  - 800.947.8074

### Lutheran Social Services

- Provides adoption preparation and finalizations to families and children coming out of the foster care system
- Contact
  - 2307 South Avenue, La Crosse, WI, 54601
  - 608.788.5090

### Register in Probate

- Guardianship of Children
- Contact
  - 333 Vine Street, Room 1200, La Crosse, WI, 54601
  - 608.785.9882

### Wisconsin Adoption & Permanency Support Program

- Offers supportive services that cover a continuum of needs for Wisconsin adoptive and guardianship families, adult adoptees, and birth families
- Contact
  - 1.833.947.2777
  - Locations in Eau Claire, Green Bay, La Crosse, Madison, Milwaukee, Wausau

## Aging

### **Aging and Disability Resource Center**

- Contact
  - 608.785.5700
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Social Security Administration**

- Contact
  - 866.770.2345
  - 210 7<sup>th</sup> Street S, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 9:00am–4:00pm

## AODA Services

### Driftless Recovery Services

- Treatment Provided: Helping Individuals and families who are struggling with substance abuse and mental health issues
- Contact:
  - Address: 444 Main St Suit 301 La Crosse, WI 54601
  - Phone: (608) 519-5906
  - Email: [info@driftlessrecovery.com](mailto:info@driftlessrecovery.com)
  - Hours: 8:00am-5:00pm, M-F
- Insurance:
  - Treat with or without insurance
  - Take insurance companies as well as Badger Care
- Rates:
  - Without insurance: \$250 for first session and follow ups \$150
  - With insurance the rates are dependent on the company, Call company and ask:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?

### West Central Wisconsin Behavioral Health

- An outpatient mental health clinic that offers specialized psychological assessment, psychotherapy, and AODA services including assessment consultation, intoxicated driver program, and in-services
- Contact
  - N36647 County Road QQQ, Whitehall, WI, 54773
  - 715.538.9134
- Insurance Providers Accepted
  - Aetna
  - Allied Benefit Systems
  - Anthem Blue Cross and Blue Shield
  - Auxiant
  - BadgerCare
  - BP Benefit Plan Administrators Co.-Health EOS
  - Care Wisconsin CMO
  - CIGNA Healthcare

- CompCare
- ComPsych–Guidance Resources
- Family Health Center of Marshfield, Inc
- Group Health of Eau Claire
- Gundersen Lutheran
- HealthEOS by MulitPlan
- Humana
- Medicare
- Security Health Plan
- UMR
- WEA Trust
- Western Wisconsin Cares

### **Mayo Clinic Health System–Outpatient Behavioral Health Services**

- Contact
  - 1.800.362.5454
  - 212 11<sup>th</sup> Street S, La Crosse, WI, 54601
- Hours
  - Monday–Friday 8:00am–5:00pm
- Insurance
  - Various plans offer access to Mayo Clinic including
    - WEA Trust featuring Mayo Clinic Health System
    - Security Health Plan
    - Health Tradition Health Plan Featuring Mayo Clinic Health System
    - Anthem Blue Cross & Blue Shield
    - Wisconsin Physicians Service (WPS)
    - United Healthcare
    - Cigna
    - Aetna
    - Choice Plus, Health EOS Preferred 1, Multiplan, PHCS, and other self-funded networks
    - Medica featuring Mayo Clinic Health System
    - Health Tradition Health Plan 65Plus
    - Humana Medicare Advantage Plan
    - United Healthcare Medicare Advantage Plan
    - Medicare Supplement Plans
    - Tri-care Humana Military Members
    - VA Community Care

### **Gundersen Behavioral Health–Inpatient**

- A 30-bed facility that provides acute services focused on support and healing
- Contact
  - 608.775.3523
  - 1901 7<sup>th</sup> Street S, La Crosse, WI, 54601
- Hours
  - Monday, Tuesday, Thursday: 8:00am–8:00pm
  - Wednesday: 8:00am–5:00pm
  - Friday: 8:00am–4:00pm

#### **Gundersen Behavioral Health–Onalaska**

- Services include assessment, medication management, individual psychotherapy, couples/family counseling, group psychotherapy, integrated health in primary care settings, and educational groups
- Contact
  - 608.775.7991
  - 123 16<sup>th</sup> Avenue S, Onalaska, WI, 54650
- Hours
  - Monday, Tuesday, Thursday: 8:00am–8:00pm
  - Wednesday: 8:00am–5:00pm
  - Friday: 8:00am–4:00pm

#### **L.E. Phillips–Libertas Outpatient Clinic and Treatment Center**

- Provides detoxification services, inpatient residential treatment, day treatment, outpatient treatment, relapse programs,
- Contact
  - 715.723.5585
  - 2301 Cty Hwy I, Chippewa Falls, WI, 54729
- Hours
  - Monday–Friday: 8:00am–5:00pm

#### **La Crosse County Integrated Support and Recovery Services**

- Services include mobile crisis lines, outpatient mental health and substance abuse clinic, case management and service facilitation, community support program, targeted case management, and children with special needs
- Contact
  - 608.784.4357
  - 300 4<sup>th</sup> Street North, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–4:30pm

#### **ATTIC Correctional Services, Inc.**

- Mission: “To conceive and develop effective interventions, which will enable individuals to avoid unnecessary levels of incarceration, enhance community safety and provide a setting that facilitates treatment and the reduction of recidivism.”
- Services include residential services, day report centers, case management services, high-risk offender case management program, transitional living programs, clinical services, institution and correctional center services, **outpatient community treatment groups**, fatherhood programs, juvenile delinquent acute protective supervision program, and county alternative programs
- Contact
  - 608.784.3366
  - 2101 Victory Street, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–5:00pm

#### **AMS of Wisconsin–Onalaska Addiction Treatment Services**

- Services include opiate treatment services, medication assisted treatment, medically managed detoxification, maintenance, maintenance to abstinence, screening and assessment, counseling services, intensive outpatient treatment program, outpatient program, aftercare, recovery monitoring, urine drug screening, interventions, consulting, medication, and counseling.
- Contact
  - 608.783.0506
  - 9532 E 16 Frontage Rd, #100, Onalaska, WI, 54650
- Hours
  - Monday–Friday: 5:00am–2:00pm
  - Saturday: 5:00am–9:00am
  - Sunday: 6:00am–8:00am

#### **Coulee Council on Addictions/Coulee Recovery Center**

- Provides confidential help to individuals and families impacted by addiction and leads the community in prevention, education, and awareness
- Services include a drop-in center, recovery coaches, “meeting and a meal,” food pantry, tactical recovery group, Recovery Education Discussion (R.E.D.), Karaoke Recovery Dances, sports leagues, support meetings, and connection to resources.
- Alcohol and Other Drug General Assessment
  - Involves a personal interview with an AODA counselor who gathers information regarding history of substance use, treatment, and other

health concerns. They also help identify sources of support, consequences from using and changes necessary to help in making positive life changes

- Costs \$175 with a \$100 deposit due at the time of booking
- Contact
  - 608.784.4177
  - 933 Ferry Street, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Counseling Associates, LLC**

- Contact
  - 608.785.0827
  - 115 5<sup>th</sup> Avenue S, Suite 301, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–6:00pm
- Insurance
  - Aetna, Alliance, Anthem BC/BS, BCBS plans, Cigna, Forward Health/Medicaid, Gundersen Health Plans, Health Partners, Health Traditions, Medica, Medicare, Preferred One, Quartz, Security Health, Select Care, Tricare, United Health Care, UMR, Unity, WEA Trust, WPS

### **Gunderson Suboxone Program**

- Treatment Provided:
  - Provides suboxone detox to help recovery from a drug addiction
  - An ER or BH (Behavioral Health) referral is needed for the program as well
- Contact:
  - Address: 1910 South Ave, La Crosse, WI 54601
  - Phone: (608) 775-2287
  - Website: <http://www.gundluth.org>
  - Hours: 8:00 AM – 5:00 PM, M–F
- Insurance:
  - Take private insurance, Badger Care, Medicaid
- Rates:
  - Call for specifics

### **Unity La Crosse: Inpatient Treatment**

- Treatment Provided:
  - Drug treatment facility focusing on substance abuse treatment services for women.



- Provide treatment, halfway house or sober living home with residential short term ( < 30 days) treatment and residential long-term care (30 days < ).
- Contact:
  - Address: 1312 5<sup>th</sup> Avenue South La Crosse, WI 54601
  - Phone: (608) 775-4718
  - Hours: 24/7

### **Steve Miller Admissions Coordinator**

- Contact:
  - (609) 775-8689
- Insurance:
  - Take with or without insurance
  - Take Medicaid, Badger Care, private, and military insurance
- Rates:
  - Badger care covers whole stay as of Feb. 1<sup>st</sup>, 2021
  - They are partners with the counties and state, so most people get at least part of their stay if not the whole thing covered so it is a sliding scale. Steve is a great contact person as he works on the rates with the client and community

### **Five Door Recovery- Madison Area**

- Treatment Provided:
  - Each client has a personal treatment plan that focuses on understanding their disease and how to manage it. Clients receive up to 35 hours a week of programming.
  - Individual counseling 1-hrs/ week
  - Group counseling 3 to 4 sessions/ day up to 35 hrs. a week
  - Animal assisted therapy 1-3 times/week
  - Healing Yoga and Art therapy 2times/ week
  - Support groups (AA and NA) 4-6x/ week
  - Random UA/Ba testing 2x/week
- Contact:
  - Address: 810 W Olin Ave, Madison, WI 53715
  - Phone: (608) 827-9170
  - Hours: Staffed 24 hrs./day
- Insurance:
  - Take with or without insurance

- Dean Health, Group Health Cooperative of Southern Wisconsin, The Alliance, Badger Care clients with Quartz HMO (single case agreements), Anthem
- Rates:
  - Without Insurance it is about \$273 per day (typical length of treatment is 30 days)
  - Sliding scale depending on what insurance clients have

### **Arbor place Residential Treatment \*\*\*Eau Claire Area\*\*\***

- Treatment Provided:
  - Each client has a personal treatment plan that focuses on learning new and healthy coping skills. They develop a relapse prevention plan. They engage supportive family members and establish a social support system to support recovery. Professionals are there to provide hope and encouragement.
- Contact:
  - Address: 103 South 2<sup>nd</sup> St. River Falls, WI 54022
  - Phone: (715)235-4537
  - Email: [info@arborplaceinc.org](mailto:info@arborplaceinc.org)
  - Hours: Staffed 24 hrs/day
- Insurance:
  - Take with or without insurance
  - Badger care will not pay for residential treatment. Badger care will cover day treatment, intensive outpatient, regular outpatient, and medication management.
- Rates:
  - Without Insurance it is about \$400 per day
  - Sliding scale depending on what insurance clients have

### **Vivent Health-Lifepoint Needle Exchange**

- Treatment Provided:
  - The needle exchange program serves injection drug users by providing users with clean needles in exchange for their used needles. Clients have access to HIV and hepatitis C testing and risk reduction counseling as well as harm reduction or traditional drug treatment services for drug users who are ready for treatment.
- Contact:

- Address: 811 Rose Street, La Crosse, WI, 54603
- Phone: 608.785.9866
- Hours: Monday–Friday: 8:30am–4:30pm

**CleanSlate Center**

- Drug Rehab, Addiction, and Alcohol Treatment Center
  - Medication–assisted treatment for opioid and alcohol addictions including Suboxone, Vivitrol, and Subutex
- Contact
  - 2635 Hemstock Street, La Crosse, WI, 54603
  - 608.406.2250
- Hours
  - Monday, Tuesday, Thursday: 9:00am–5:00pm
  - Wednesday: 9:00am–8:00pm
  - Friday: 9:00am–2:00pm

## Birth Control

### Planned Parenthood of La Crosse (Essential Preventative Services)

- Contact:
  - Address: 1201 Caledonia St. La Crosse WI 54603
  - Phone: 800-657-5177
  - Hours: 10AM-6PM M,T 9:00AM-5PM W,Th,F
  - \*Open from 11:00am - 5:00pm the third Wednesday of every month
- \*\*\*Care provided in English, Spanish and Hmong, if requested in advance\*\*\*
- Coverage:
  - Services covered by Medicaid, and nearly always covered by Affordable Care Act, if the patient has insurance.
- Available services:
  - birth control implant
  - birth control patch
  - birth control pill
  - birth control shot
  - birth control sponge (Today Sponge)
  - birth control vaginal ring (NuvaRing)
  - condom
  - diaphragm
  - emergency contraception (morning-after pill)
  - female condom
  - fertility awareness method
  - IUD (hormonal)
  - IUD (copper)
  - Spermicide
  - Morning-after pill

## Children's Counseling Services

### 7 Rivers Mindfulness

- An alternative and holistic health services that offers counseling for youth
- Contact
  - 2920 East Avenue S, #101, La Crosse, WI, 54601
  - 608.784.8688

### Acumen Counseling Services

- A mental health service located in Winona that offers outpatient counseling for adolescents
- Contact
  - 902 E 2<sup>nd</sup> Street, #260, Winona, MN, 55987
  - 855.855.6776
- Hours
  - Monday–Friday: 9:00am–5:00pm
- Insurance
  - Accepts most insurance companies, call to verify insurance coverage

### Catholic Charities

- “ministers to those who may have exhausted their personal resources to overcome barriers to personal happiness by providing them professional, spiritually-competent, strength-based, systems-oriented psychotherapy, supportive services, and opportunities for personal growth, healing, and reconciliation”
- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710
- Hours
  - Monday–Friday: 9:00am–4:00pm
- Their goal is to ensure that behavior health services are accessible and affordable; therefore, program fees depend on factors including health insurance, client annual income, and more. They **WILL** serve those who are under-insured or not insured!

**Christian Counseling Clinic**

- “Serves families, couples, and individuals of all ages by providing hope and healing through biblical-based, faith-sensitive professional clinical counseling”
- Contact
  - 115 5<sup>th</sup> Avenue S, #414, La Crosse, WI, 54601
  - 608.784.9645
- Hours
  - Monday–Friday: 8:00am–8:00pm
- Insurance
  - Must contact them to discuss insurance on a case by case basis

**Coulee Council on Addictions**

- Provides confidential help to individuals and families impacted by addiction and leads the community in prevention, education, and awareness
- Services include a drop-in center, recovery coaches, “meeting and a meal,” food pantry, tactical recovery group, Recovery Education Discussion (R.E.D.), Karaoke Recovery Dances, sports leagues, support meetings, and connection to resources.
- Alcohol and Other Drug General Assessment
  - Involves a personal interview with an AODA counselor who gathers information regarding history of substance use, treatment, and other health concerns. They also help identify sources of support, consequences from using and changes necessary to help in making positive life changes
  - Costs \$175 with a \$100 deposit due at the time of booking
- Contact
  - 608.784.4177
  - 933 Ferry Street, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–4:30pm

**Coulee Youth and Adult Centers**

- Dedicated to providing services (including counseling) for children, families, and individuals to enhance growth and healthy changes in their lives
- Contact
  - 231 Copeland Avenue, P.O. Box 1836, La Crosse, WI, 54602
  - 608.782.7152

- Hours
  - Monday–Friday: 9:00am–5:00pm
  - Saturday–Sunday: On-Call

### **Counseling Associates, LLC**

- Contact
  - 115 5<sup>th</sup> Avenue S, #301, La Crosse, WI, 54601
  - 608.785.0827
- Hours
  - Monday–Friday: 8:00am–6:00pm
- Insurance
  - Accepts most insurance coverage, including Medicare and Badgercare

### **Driftless Recovery Services**

- Treatment Provided: Helping Individuals and families who are struggling with substance abuse and mental health issues
- Contact:
  - Address: 444 Main St Suit 301 La Crosse, WI 54601
  - Phone: (608) 519-5906
  - Email: [info@driftlessrecovery.com](mailto:info@driftlessrecovery.com)
  - Hours: 8:00am–5:00pm, M–F
- Insurance:
  - Treat with or without insurance
  - Take insurance companies as well as Badger Care
- Rates:
  - Without insurance: \$250 for first session and follow ups \$150
  - With insurance the rates are dependent on the company, Call company and ask:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?

### **Family & Children's Center**

- Mission: “serves children, families, and individuals with a continuum of services designed to strengthen families and promote individual well-being”

- Offers outpatient counseling among a plethora of other readily available resources
- Contact
  - 1707 Main Street, La Crosse, WI, 54601
  - 608.785.0001
- Hours
  - Monday–Friday: 8:00am–4:00pm

### **Family Services—Online/Virtual Therapy**

- “The Counseling Clinic of Family Services offers virtual therapy options”
- Contact
  - 300 Crooks Street, Green Bay, WI, 54301
  - 920.436.4360

### **Family Solutions Associates**

- A counselor located in Jackson County, WI
- Contact
  - 731 State Road 108, Melrose, WI, 54642
  - 608.386.1086

### **Fannin Counseling & Art Therapy**

- Offers licensed counseling and therapy specializing in the use of art
- Contact
  - 129 6<sup>th</sup> Street S, La Crosse, WI, 54601
  - 608.615.7898
- Hours
  - Monday, Thursday: 9:00am–5:00pm
  - Tuesday–Wednesday: 9:00am–8:00pm
  - Friday: 9:00am–7:00pm
  - Saturday: 10:00am–12:00pm

### **Garrison Counseling**

- Treatment Provided:
  - Substance Abuse Treatment, Individual, Adolescent Counseling, Marriage and Relationship Counseling, Family therapy, Parent Education, Play Therapy
- Contact:
  - Address: 319 Main St. Suite 510 La Crosse, WI 54601



- Phone: (608) 796-1114
- Email: [info@GarrisonCounselingLax.com](mailto:info@GarrisonCounselingLax.com)
- Hours:
  - Monday-Friday 9am-5pm
- Insurance:
  - They take people with or without insurance
  - They take most major insurances including Badger Care
  - They DO NOT take United Health
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - Depends on Insurance provider
  - \$100 per 60-minute session for those w/o insurances but therapists are flexible
- Payment:
  - Cash, Card, or check is accepted at the time of the session
- Cancellation Policy:
  - There is no cancellation policy or late cancellation fee.

### **Head Start Child & Family Development Centers**

- “Collaborates with communities to support and empower families while focusing on the education and health of the whole child”
- Contact
  - 333 Buchner Place, La Crosse, WI, 54603
  - 608.785.2070
- Hours
  - Monday-Friday: 8:00am-5:00pm

### **Heart to Heart Healing**

- “Provides various forms of energy healing that allows for relief of physical and emotional ailments”
- Must complete an intake form and make an appointment
- Contact:
  - 1288 Rudy Street, #105, Onalaska, WI, 54650

- 608.780.7422
- Rates:
  - Initial Session-1.5 hours: \$145.00
  - Website does not mention insurance

### **Heart Journey**

- Treatment Provided:
  - She works with individuals, couple, and families to resolve the challenges they face in their lives and relationships.
- Contact:
  - Address: 205 5<sup>th</sup> Ave S Suite 308, La Crosse, WI 54601
  - Phone: (608) 785-0011
  - Email: cindy@heartjourneylx.com
- Hours:
  - Monday 12-6pm, Tuesday 8am-4pm, Wednesday 11am-5pm, Thursday 11am-6pm, Friday 8am-12pm
  - Weekends: closed
- Insurance:
  - This will depend on what insurance you have.
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - A sliding scale is available for those without insurance
- Payment:
  - Cash, Check or PayPal

### **Hiawatha Valley**

- “a comprehensive community mental health center...that delivers exceptional, responsive, and consumer focused behavioral health services”
- Provides children and adolescent mental health services including substance abuse, psychiatric, school-based, family group decision making, intensive treatment in foster care, mental health case management, therapeutic services and supports, child-parent psychotherapy, trauma-focused cognitive behavioral therapy, and crisis response.

- Contact:
  - 420 E Sarnia Street, Winona, MN, 55987
  - 507.454.4341
- Hours:
  - Monday–Thursday: 8:00am–7:00pm
  - Friday: 8:00am–2:00pm
- Insurance:
  - Must call or provide while requesting an appointment—call to confirm

### **KIDSPACE**

- “private pediatric occupational therapy practice that serves children, adolescents, and adults of varying developmental ages and abilities”
- “an inclusive therapeutic play studio and community space”
- Contact:
  - 531 Main Street, La Crosse, WI, 54601
  - 608.812.8787
- Hours
  - Monday–Friday: 10:00am–6:00pm
  - Saturday–Sunday: 10:00am–4:00pm

### **La Crosse Counseling Clinic, LLC**

- “group practice of mental health counselors—provides counseling for all ages: adults, teens, and children”
- Contact:
  - 115 5<sup>th</sup> Avenue S, Suite 414 #B, La Crosse, WI, 54601
  - 608.782.1117
- Hours:
  - Monday–Friday: 8:00am–8:00pm

### **La Crosse County Human Services**

- Contact:
  - 300 4<sup>th</sup> Street N, First Floor, La Crosse, WI, 54601
  - 608.784.4357
- Hours:
  - Monday–Friday: 8:00am–4:30pm

### **Living Well Christian Family Clinic**

- “a state certified outpatient mental health clinic that offers quality counseling services in a supportive, Christ-centered environment”
- Contact:
  - 575 Lester Avenue, Onalaska, WI, 54650
  - 608.783.1452
- Hours:
  - Monday–Thursday: 8:00am–9:00pm
  - Friday: 8:00am–5:00pm
- Insurance:
  - Accepts various forms of insurance, including Wisconsin Medicaid and Badgercare

### **Lutheran Social Services**

- Provides children and families counseling including care coordination, counseling and therapy, early intervention, foster care support, public adoption support, skill building, and youth residential services
- Contact:
  - 2307 South Avenue, La Crosse, WI, 54601
  - 608.788.5090

### **Mary Riedel Counseling Services, LLC**

- Treatment Provided:
  - Depression and Anxiety, Relationship Counseling, Grief, Sexual Assault, Work and Career, Stress Management, Addiction After-Care, PTSD, Trauma Divorce Recovery
- Contact:
  - Address: 505 King St Suite 227 La Crosse, WI 54601
  - Phone: (608) 799-1208
  - Email: [info@maryriedelcounseling.com](mailto:info@maryriedelcounseling.com)
- Insurance:
  - She takes people with or without insurance
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What does the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:

- \$165 per 60-minute session
- \$100 per 60-minute session for those w/o insurance
- Payment:
  - Cash or check is accepted at the time of the session
- Cancellation Policy:
  - If you do not show up for your scheduled therapy appointment, and you have not notified them you may be required to pay the full cost of the session

### **Mayo Clinic Health System—Outpatient Behavioral Health**

- Contact
  - 1.800.362.5454
  - 212 11<sup>th</sup> Street S, La Crosse, WI, 54601
- Hours
  - Monday–Friday 8:00am–5:00pm
- Insurance
  - Various plans offer access to Mayo Clinic including
    - WEA Trust featuring Mayo Clinic Health System
    - Security Health Plan
    - Health Tradition Health Plan Featuring Mayo Clinic Health System
    - Anthem Blue Cross & Blue Shield
    - Wisconsin Physicians Service (WPS)
    - United Healthcare
    - Cigna
    - Aetna
    - Choice Plus, Health EOS Preferred 1, Multiplan, PHCS, and other self-funded networks
    - Medica featuring Mayo Clinic Health System
    - Health Tradition Health Plan 65Plus
    - Humana Medicare Advantage Plan
    - United Healthcare Medicare Advantage Plan
    - Medicare Supplement Plans
    - Tri-care Humana Military Members
    - VA Community Care

### **Nystrom & Associates, LTD–La Crosse**

- Offers Child & Family Therapy, Counseling & Psychotherapy Services, and Marriage and Couples Counseling
- Contact

- 201 Main Street, Suite 500, La Crosse, WI, 54601
- 608.389.0514
- 1.844.374.8893
- Hours
  - Monday–Thursday: 7:00am–6:00pm
  - Friday: 7:00am–5:00pm
  - Phone Availability on the weekends: 8:00am–5:00pm
- Insurance
  - Accepts various forms of insurance, but must call to confirm

### **Peace of Mind Counseling**

- Mission: “Our approach is anchored in the belief that everyone is able to change and grow. We work with our clients to accomplish self-actualization”
- Offers psychotherapy, substance abuse counseling, dialectical behavior therapy, eye movement desensitization and reprocessing (EMDR), functional family therapy, and trauma focused cognitive behavioral therapy for individuals, couples, families, and groups. They also offer school-based and in-home psychotherapy
- Serves La Crosse, Monroe, Jackson, Trempealeau, Buffalo, Vernon, Crawford, and Richland Counties
- Contact
  - 115 5<sup>th</sup> Avenue S, #507, La Crosse, WI, 54601
  - 608.797.5679
  - 608.782.4426
- Hours
  - Monday–Thursday: 7:30am–7:00pm
  - Friday: 7:30am–4:00pm
  - Available on weekends by appointment only

### **Pediatric Behavioral Health–Gundersen Health System, La Crosse**

- Focused on providing comprehensive, confidential, compassionate care for a child and their family that is close to home while reducing the stigma of mental illness
- Specialists provide comprehensive assessments and therapeutic, customized treatment plans for conditions such as anxiety disorders, attention-deficit hyperactivity disorder, autism, depression, obsessive-compulsive disorder, oppositional-defiant disorder, post-traumatic stress disorder, substance abuse, and suicidal thoughts

- Treatment options include family counseling, group psychotherapy, individual psychotherapy, medication management, and psycho-educational services
- Contact
  - 1900 South Avenue, La Crosse, WI, 54601
  - 608.782.7300
- Insurance
  - Accept various forms of insurance—call for confirmation

### **Rivers Family Therapy Center**

- Contact
  - 505 King Street #38, La Crosse, WI, 54601
  - 608.784.4005

### **Riverview Therapy, LLC**

- Offers individual therapy, couples therapy, and parent coaching
- Contact
  - 2920 East Avenue S, Suite 101, La Crosse, WI, 54601
  - 608.397.8727
- Hours
  - Monday-Friday
- Rates
  - Initial Assessment (90-120 minutes): \$300, one-time fee
  - Sessions (45 minutes): \$150 per session
- Insurance
  - Various insurance or HAS plans will cover; however, couples therapy is often not covered by insurances

### **Scenic Bluffs Community Health Centers**

- “Our Behavioral Health department is certified by the State of Wisconsin to provide mental health and counseling services for adults, youth, families, and couples. We offer private counseling services to patients in a respectful and individualized manner. Our Behavioral Health providers offer services that promote effective communication, symptom relief, problem solving, personal growth and healing. Behavioral Health services are provided in both English and Spanish.”
- Services include grief and loss, marriage and divorce, parenting and family issues, anger management, substance abuse, interpersonal relationships, sexual assault, trauma, anxiety and depression, adjustment to life circumstances, and more.

- Contact:
  - 608.654.5100
- Hours:
  - La Crosse Office: Tuesday: 8:30am–4:30pm
    - Offers school-based appointments at Cashton, Viroqua, LaFarge, Kickapoo, Arcadia, and Westby schools

### **Stein Counseling & Consulting Services**

- Offers counseling and consulting services for children, teens, individuals, couples, and more3
- Contact
  - 571 Braund Street, Onalaska, WI, 54650
  - 608.785.7000
- Hours
  - Monday–Thursday: 8:00am–6:00pm
  - Friday: 8:00am–3:00pm

### **The Therapy Place of La Crosse**

- Treatment Provided
  - They provide outpatient mental health services for children adolescents, adults and families. They offer or 75 years of expertise provided by licensed therapists.
- Contact:
  - Address: 600 North 3<sup>rd</sup> Street Suite 206 La Crosse, WI 54601
  - Phone: (608) 519-5546
  - Email: N/A
- Hours:
  - Monday–Thursday: 7:30am–7pm
  - Friday: 7:30–4pm
  - Weekends: By appointment
- Insurance:
  - This will depend on what insurance you have.
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:



- Therapy intake initial session 60–90 minutes \$275
- Individual Therapy
  - 16–37 min \$170
  - 38–52 min \$200
  - 53–60 min \$260

## Crisis Hotlines

### Great Rivers 2.1.1

- 24 Hour hotline
- **Call:** 2.1.1 OR 800.362.8255
- **Text** available afternoons and evenings Monday–Friday
  - Text your zip code to 898211
- **Chat** available 8:00am–4:00pm Monday–Friday at <http://www.greatrivers211.org/gr211/>

### La Crosse County Human Services

- 24 Hour Telephone Crisis Line and Mobile Crisis Response service
- 608.784.4357

### Hopeline

- 24-hour Crisis Texting service
  - Text “Hopeline” to 741741
- A service of Center for Suicide Awareness
  - [www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org)

### Disaster Distress Helpline

- 800.985.5990
- Text “TalkWithUs” to 66746

### Kristin Brooks Hope Center

- 24-hour hotline
- Chat available 24/7 at [www.imalive.org](http://www.imalive.org)
- 800.442.4673

### National Suicide Prevention Hotline

- 24-hour hotline
- Chat available 24/7 at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 800.273.8255

### National Domestic Violence Hotline

- 24-hour hotline
- Chat available at <https://www.thehotline.org>
- Text “START” to 88788

- 1.800.799.7233

**SAMHSA National Hotline**

- 24-hour hotline to find substance use treatment
- 1.800.662.4357

**Childhelp National Child Abuse Hotline**

- 24-hour hotline
- Text 1.800.422.4453
- Call 1.800.422.4453
- Chat available at <https://childhelpline.org>

**National Center for Missing & Exploited Children**

- 24-hour hotline
- 1.800.THE.LOST (1.800.843.5678)

**National Runaway Hotline**

- 24-hour hotline
- 1.800.786.2929

**National Poison Control Center**

- 24-hour hotline
- 800.222.1222

## Day Care

### YWCA Child Center

- Mission: “YWCA La Crosse continues its mission of eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all. Its mission is accomplished through the impactful programs of our four Pillars of Hope: Supportive Housing, Economic Empowerment, Mentoring and Advocacy, and Racial and Social Justice.”
- Contact:
  - Address: 3219 Commerce St., La Crosse WI 54603
  - Phone: (608) 781-2793
  - Email: info@ywcalax.org
- Rates: Weekly Based on Age
  - Under 2: 228.50/ week
  - 2 years old: 206/week
  - 2.5–3 years old: 203.50/week
  - 4-year old’s: 200/week
  - \*\*Second Child over two years of age receives a 15% discount\*\*
- Info:
  - Research shows that children learn best through play and the YWCA Child Center strives to provide children with the opportunity to make choices and decisions about play throughout their day. The YWCA Child Center will use a flexible schedule to help your child have a good day. A child will be able to experience group and individual activities, creative expressions, active and quiet times, outdoor play and intellectual stimulation throughout the day. The YWCA Child Center provides high quality care for the children and families we serve while continuously striving to promote diversity and inclusion.
  - Full or part-time care is available for children ages six-weeks to 5 years old.

### Baby Beluga

- Mission: “To provide parents peace of mind knowing that their little one will be meticulously care for and affectionately loves. We are committed to the growth and happiness of every precious child entrusted into our care”
- Contact:
  - Address: 1024 19<sup>th</sup> St. S, La Crosse, WI 54601
  - Phone: (608) 797-3230
  - Email: babybeluganursery@gmail.com

- Rates:
  - Weekly tuition is \$250 per child
- Info:
  - Provides a delicate atmosphere for your child's sensitive sensory needs. Our nursery has a soft and serene color palette with music playing throughout the center. We have separate sleeping rooms that are located outside of their busy classroom.
  - purposeful, teacher directed learning opportunities for physical, emotional and cognitive growth. We offer an amazing indoor playroom as well as a nature-based play yard which coincides with our researched based curriculum.
  - all of your baby's daily diapering needs including cloth diapers, diaper covers, cloth wipes and Lusa Organic diapering products. We also supply their personal items such as sleep sacks, blankets, bedding, and bibs.
  - a flavorful food menu that is created in our own kitchen. The vast majority of our menu is organic whole foods. We use ancient grains, seasonal vegetables and limit processed foods. At the age of one, the meals and snacks include organic whole milk.
  - the ability for parents to share in their child's day. Our software provides an app that will send parents and family phone updates and photos of their child's activities as they happen throughout the day.

### **Red Balloon Early Learning**

- Mission: "It is the mission of Red Balloon Early Learning Centers, Inc. to serve the children and families in our area by providing a safe and healthy program that is educationally enriching, highly nurturing and affordable. We aim to provide flexible hours of operation to meet the ever-changing family needs. We promise to work with families in a respectful and friendly manner to ensure that children feel the unity between home and Red Balloon."
- Contact:
  - Address: 2910 Gillette St. La Crosse, WI 54601
  - Phone: (608) 784-9406
  - Email: amandac.redballoonelc@gmail.com

- Rates: (Fulltime)
  - Infants (2week-12mo): \$215
  - Toddlers (12mo-24mo): \$210
  - Educare (2yo): \$185
  - Preschool (3yo) \$175
  - Preschool (4yo) \$170
  - Preschool (5yo) \$165
  - School Age (K-12) \$160
- Info:
  - 6:00a – 7:00a: Arrival Time and Free Play
  - 7:00a – 8:30a: Free Choice Time
  - 8:30a – 9:00a: Breakfast Time
  - 9:00a – 11:30a: Early Learning Time
  - 11:30a – 12:00p: Lunch Time
  - 12:00p – 12:30p: Winding Down
  - 12:30p – 2:30p: Rest Time
  - 2:30–3:00p: Snack Time
  - 3:00p – 5:45p: Outdoor Play and Indoor Play Time
  - *Evening programs (where applicable) begin at this time*
  - 5:45p – 6:15p: Dinner Time
  - 6:15p – 6:30p: Winding Down

### **Coulee Children’s Center, Inc.**

- Contact:
  - Address: 2935 East Ave S La Crosse, WI 54601-7243
  - Phone: (608) 787-5572
  - Email: couleechildrensmain@hotmail.com
- Rates:
  - 4wks-2yo \$227/week
  - 2 years and older \$197/week
- Info:
  - Hours: Mon-Fri 6a-5:45p
  - Our dedicated staff of professional educators are the heart and soul of our center. Most of our staff members hold a bachelor’s degree in Education, or an education related field. Our staff have a total of more than 275 years of working in Education; many with over 20 years of experience!

- Early Learning Care allows for parents to be in and out during the day and encourages you to spend time with your child. You may also visit and have lunch with your child.
- 4-year-old Public Kindergarten partners with the school district of la crosse to have a classroom for children 4 and older to develop in all areas of development including social/emotional, physical and cognitive. With the partnership they offer a free 2 ½ hour/day morning preschool program to children who are 4 years old and live in the district.

### **Preschool Childcare Center**

- Mission: “When it comes to your kids, nothing less than the highest standards will do. Our center provides a safe environment for your child to explore his or her full potential. If you're looking for a childcare center that meets these stringent demands, look no further! The Preschool Childcare Center offers a warm, welcoming and nurturing learning environment for children ages 6 weeks to 6 years old. Our custom-built and dedicated Childcare Center promises area families quality care and education.”
- Contact:
  - Address: 2100 Dawson Ave. Suite 100 La Crosse, Wi 54601
  - Phone: (608) 783-4002
- Rates:
  - Infant and Toddler \$213
  - 2-year-old \$190
  - Preschool (3yo- 6yo) \$180
  - Discount: at age 2 there is a 15% discount for the second child applied to the oldest child
- Info:
  - Schedule Mon-Fri
    - 6:30 Center opens
    - 8:30 Breakfast
    - 11:30 Lunch
    - 2:30 Snack
    - 5:30 Center Closes
  - Provides Creative Curriculum and learning centers
  - Learning Centers:
    - Encourage discovery and exploration, children learn by doing.
    - Provide multiple techniques and methods to meet different learning styles.

- Provide positive reinforcement.
- Develop a sense of responsibility in the children.
- Structure children's interaction, they are encouraged to verbalize and develop social relationships. Including sharing.
- Allow children to make decisions. Children choose an activity that meets their personal needs and goals.

### **Children's Treehouse Daycare of Onalaska**

- Mission: "Your child will be cared for as though they are family... nurtured and loved as you would in your own home!"
- Contact:
  - Address: 980 12 Ave. South Onalaska, WI 54650
  - Phone: (608) 783-4545
  - Email: natasha.remis1@gmail.com
- Rates:
  - Infant-1 years old \$225/week
  - 2 years old \$200/week
  - 3-5 years old \$190/week
  - 2 children under 2 years old \$450/week
  - One child under 2 and one 2-year-old \$362/week
- Info:
  - First week's tuition is due at the time of the enrollment to hold your child's spot along with a one-time registration fee. Registration fee is \$50/child or \$75/ family
  - Families are given 5 vacation days per calendar year
  - Permission slips will be sent out to each child with regards to field trip fees
  - There is a late fee for children picked up after 6pm or left at the center for more than 10 hours. It is an automatic \$10 fee and every 15 minutes after goes up by \$5

### **Building Blocks Child Care**

- Mission: "I have 20 years of childcare experience and a college education in early childhood education along with certification in group child care administration"
- Contact:
  - Address: 2010 Main Street La Crosse, WI 54601
  - Phone: (608) 799-0103



- Email: [buildingblocks@hotmail.com](mailto:buildingblocks@hotmail.com)
- Rates:
  - 12 weeks-2 years old \$175/week
  - 2 years-5 years old \$160/week
  - Over 45 hours is an additional \$10/ hour of care
- Info:
  - Regular schedule to follow each day to keep children on schedule and with things to look forward to
  - Arts and crafts time
  - Circle time
  - Free Play
  - Quality whole foods served
  - Weekly menu plans
  - Play station areas

## Death and Dying

### **Joincake.com Post Loss Checklist**

- Comprehensive online and printable checklist of what to do after a death. Includes information of how to complete each task, along with emotional support resources.

### **Funeralbasics.org: Funeral Planning Checklist**

- Comprehensive online and printable checklist of what to do to plan for a funeral.

### **Final Farewell**

- **Finalfarewell.org:** Organization which helps parents pay for burying their children. Provide emotional guidance and financial assistance. Offer an online application. Click “Ask For Help” and fill out form.
  - Contact: 215 870-8110

### **Wisconsin State Resources:**

- The state of Wisconsin offers assistance with burial or funeral expenses through its Wisconsin Funeral and Cemetery Aids Program. Providers may be reimbursed up to \$1,500 in funeral expenses. To be eligible the deceased must be enrolled in one of a number of Wisconsin’s assistance programs such as Badger Care. The deceased may also be eligible if he or she is enrolled in Medicaid.
- 608-266-1865, <https://www.dhs.wisconsin.gov/em/wfcap.htm>

### **UCLA Preparation Checklist for Own Death:**

- [preparing-for-own-death-personal-checklist.pdf \(uclahealth.org\)](#)
- Comprehensive checklist for your own death

## Dental Care & Oral Health

### Black River Falls Dental Clinic

- “A dental financial assistance program is available to help patients that have limited income and have out-of-pocket dental expenses. For more information...please talk with the patient financial services staff.”
- Contact
  - N6571 Lumberjack Guy Road, Black River Falls, 54615
  - 715.670.0400
- Hours
  - Monday–Friday: 8:00am–5:00pm
- Available for Medicaid/BadgerCare Plus, Medicare, or no dental insurance

### Bridging Brighter Smiles

- Dental Care through school—oral screening, dental cleaning, fluoride varnish, sealants, silver diamine fluoride, and referral assistance
- Services provided during the school day; visits are held throughout the year
- Open to students 4K–12 grade (if school offers program)
- Only accepts Forward Health/BadgerCare Insurance
- Contact—262.896.9891

### Coulee Family Dental

- Contact
  - 201 7<sup>th</sup> Street S, La Crosse, WI, 54601
  - 608.782.3102
- Hours
  - Monday, Tuesday, Thursday: 8:00am–5:00pm
  - Wednesday: 8:00am–6:00pm
  - Friday: 8:00am–2:00pm
  - Early and Late appointments available upon request
- Insurance
  - In network with Delta Dental and Anthem Blue Cross/Blue Shield
  - Are unable to accept new patients with Forward Health/BadgerCare

### Coulee Region Dental Implants & Oral Surgery

- Contact
  - 615 10<sup>th</sup> Street, La Crosse, WI, 54601
  - 608.784.7319
- Hours
  - Monday–Friday: 8:00am–5:00pm

- Various Insurances Accepted, but not in network with all
- Accept Blue Cross Blue Shield—only La Crosse, Vernon, Jackson, Monroe, and Trempealeau Counties

### **Donated Dental Services (DDS)**

- Program directed towards people who are unable to afford needed dental care due to limited income linked to permanent disability, chronic illness, or advanced age (65 or older)
- Dentists agree to volunteer their services to 1-2 patients a year—each volunteer dentist decides for themselves which cases to accept
- Contact
  - 1.866.812.9840

### **La Crosse Pediatric Dentistry LLC**

- Contact
  - 2 Copeland Avenue, Suite 203, La Crosse, WI, 54603
  - 608.782.4054
- Hours
  - Monday–Tuesday: 8:00am–5:00pm
  - Wednesday–Thursday: 8:00am–4:00pm
- Preferred Insurance Plans
  - Delta Dental of WI (Preferred and Premier Plans)
  - Health Traditions
  - Careington
  - Aetna
  - Cigna
  - United Concordia
  - Met Life/TriCare
- 6-month interest free financing available with care credit
- Accepts **BadgerCare Insurance Plans**

### **Scenic Bluffs–Cashton Health Center Dental Clinic**

- “If you do not have health insurance, are unemployed, or have an income level that makes it difficult for you to pay for care, a sliding fee scale is offered called the Healthy Neighbor Plan. Depending on your family's size and income, your charges for care could be reduced.”
- Contact
  - 238 Front Street, Cashton, WI, 54619
  - 608.654.5100 ext. 281
  - 608.785.2550
- Hours

- Monday–Thursday: 7:00am–6:00pm
- Friday: 7:00am–5:30pm

### **Viroqua Dental Services**

- Vernon Memorial Healthcare Dental Partnership
- Available to residents of Vernon, Crawford, Monroe, and La Crosse Counties; priority given to children
- Contact
  - 407 S. Main Street, Viroqua, WI, 54665
  - 608.654.5100
- Hours
  - Monday–Thursday: 7:30am–6:00pm
  - Friday: 7:00am–5:30pm

### **Wisconsin Seal-A-Smile**

- Aimed at preventing dental decay and promote oral health as part of a child's total health by increasing the number of dental sealants on their teeth through community-based sealant promotion initiatives.
- school-based dental sealant programs/preventative dental services
- Available in schools participating in the program

### **Urgent Dental Care related to pain:**

#### **Gundersen Health System**

- Contact
  - 1900 South Avenue, La Crosse, WI, 54601
  - 608.775.4454
- Need referral from another dentist and fax to oral surgery. After referral is received need to call on the 1st of the month for an appointment

#### **Mayo Health System**

- Contact
  - 700 West Avenue S, La Crosse, WI, 54601
  - 608.785.0940

#### **St. Clare Health Mission**

- Contact
  - 916 Ferry Street, La Crosse, WI, 54601
  - 608.392.9546
- Hours
  - Tuesday and Thursday: 5:00–7:00pm
  - First and Third Wednesday of the month 8:00am–11:00am
- Income eligibility guidelines

## Detox Facilities

### Phillips-Libertas Treatment Center \*Inpatient\*

- Contact:
  - Address: 2661 County Hwy I, Chippewa Falls, WI 54729
  - Phone: (715) 723- 5585
  - Website: [libertascenter.org](http://libertascenter.org)
- Rates:
  - Treatment is funded through most types of insurance, HMO's, and managed care organizations
- Info:
  - They provide a hospital based inpatient detoxification for those needing help, they are monitored 24 hours a day and as medical stability is nearing patients will meet with a substance abuse counselor. Once cleared by medical staff you will become actively involved in group therapy, educational sessions, volunteer speakers and AA/NA meeting.
  - Inpatient Residential Treatment is a 28-day program offered as a holistic rehab program designed to help you improve your physical, emotional, and spiritual health. Treatment philosophy is based on the medical model of addiction and integrates the 12-step facilitation model, the Matrix Model, motivational interviewing as well as other approaches that support healthy recovery
  - The inpatient program includes group therapy, individual sessions, assignments, educational sessions, family programing, leisure activities and exposure to the recovery community.

### Rogers Behavioral Health \*Inpatient\*

- Contact:
  - Address: 347000 Valley Road, Oconomowoc, WI 53066
  - Phone: (800) 767-4411
  - Website: <http://www.rogersbh.org/>
- Rates:
  - To know what they are going to charge they have an estimator on their website under the "what to expect" tab
- Info:
  - Withdrawal management: At Rogers, we provide the medical and psychiatric care that's required. Physicians who specialize in addiction medicine oversee the safe medical detoxification of all

patients. Our goal is a safe, comfortable transition. Patients have around-the-clock nursing care, and nurses administer approved medications to counteract the uncomfortable symptoms of withdrawal.

- What they treat: OCD and Anxiety, Autism and Anxiety and Mood disorders, Eating Disorders, Depression, Addiction, PTSD, Emotional Dysregulation.

### **Tellurian Detoxification Center**

- About: Tellurian offers a full continuum of care for individuals in need of substance use disorder treatment. The Tellurian treatment team treats the whole person, recognizing that addiction and mental health disorders often co-occur and the simultaneous treatment of both is essential for effective treatment. Addiction treatment at Tellurian is based on evidence-based practice and individualized treatment planning.
- Contact:
  - Address: 2914 Industrial Drive, Madison WI 53703
  - Phone: (608) 223-3311
  - Website: [tellurian.org/services/treatment/detoxification](http://tellurian.org/services/treatment/detoxification)
- Rates:
  - Once you have completed the free confidential screening process and a treatment plan has been established for you, an admissions counselor will walk you through costs, insurance coverages and payment options.
- Info:
  - What type of treatment is right?
    - When you call, you will speak with an admissions counselor who will guide you through a brief, confidential telephone assessment, followed by an appointment with a counselor. Once the free and confidential screening is completed, and if treatment is recommended, the counselor will determine the most appropriate level of care based on the individual needs of the patient.
  - What insurance is accepted?
    - Tellurian accepts most local and national health insurance plans. Our Patient Services team is trained to work with insurance providers. They are experts at making a sometimes-challenging system less stressful and will help you navigate the benefits you may have available for treatment. They will guide you every step of

the way. To do this, our team will need your full name and some basic information usually found on your insurance card.

- How long will you be there for?
  - Your length of stay depends on which programs you are enrolled in, and the progress you have while there. Our Residential Treatment is the most intensive form of care, and provides a safe, secure, and structured living environment on our Main Campus for up to 90 days. Treatment includes individual and group therapy, spiritual care groups, holistic healing, and specialized counseling for problems such as anger management, domestic violence, and mental health issues.



## Disability Resources

### Access Medical Transit

- Transportation for those with disabilities
- Contact
  - 226 Hood Street, La Crosse, WI, 54601
  - 608.782.4200
- Hours
  - Monday–Friday: 5:00am–5:00pm

### Aging and Disability Resource Center, La Crosse

- Provides information and connections to support and services for seniors and those with disabilities throughout the county
- Contact
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.785.5700
  - 800.500.3910
- Hours
  - Monday–Friday: 8:00am–4:30pm

### All Abilities Trane Park Project

- The region’s first all abilities park that is specifically designed to bring together children, families, and loved ones of all ages and ability levels
- Available for all ages
- Contact
  - 1500 Chase Street, La Crosse, WI, 54601
  - 608.789.7533
- Hours
  - Open 7:00am–Dusk, 7 days a week

### Aptiv, Inc.

- “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 the community, live a more meaningful and fulfilling life, and find adaptive options that help them succeed in their goals”
- Contact
  - 3000 South Avenue, La Crosse, WI, 54601

- 608.784.9450
- Hours
  - Monday–Friday: 8:00am–4:00pm

**Bridges of Belonging, Inc.**

- A community supporting and protecting the dignity of people with disabilities
- Contact
  - 1810 Green Bay Street, La Crosse, WI, 54601
  - 608.519.5200
  - 608.796.2882

**Care Wisconsin**

- Organization that provides services for those with disabilities
- Contact
  - 325 3<sup>rd</sup> Street S, La Crosse, WI, 54601
  - 855.408.3687
- Hours
  - Monday–Friday: 8:00am–4:30pm

**Catholic Charities**

- The Disability Service Program focuses on individual dignity and strengthening families for those dealing with developmental and emotional disabilities as well as mental health and substance abuse concerns
  - Provides parents, caregivers, or school personnel with quality services needed to prevent out-of-home placements
  - Anyone welcome—faith traditions are not a determinant
- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710
  - 888.212.4357
- Hours
  - Monday–Thursday: 9:00am–4:00pm

**Chileda Institute**

- Mission: “improving the quality of life for individuals with cognitive challenges and extraordinary behavioral needs” ; Offers a spectrum of approaches to meet diverse needs of students; Leading services for autism spectrum disorders, attachment challenges, and other developmental disabilities
- Contact
  - 1825 Victory Street, La Crosse, WI, 54601

- 608.782.6480
- Hours
  - Monday-Friday: 8:00am-4:00pm

### **Creative Community Living Services**

- Provides services and supports for individuals with developmental disabilities, mental illness, physical disabilities, or functional limitations of advanced aging
- Contact
  - 704 Sand Lake Road, Onalaska, WI, 54650
  - 608.779.4118
- Hours
  - Monday-Friday: 8:00am-4:30pm

### **Division of Vocational Rehabilitation (DVR)**

- Federal/state program designed to obtain, maintain, and advance employment for people with disabilities by working with DVR consumers, employers, and other partners
- Contact
  - 2615 East Avenue S, La Crosse, WI, 54601
  - 333 Buchner Place, #B1, La Crosse, WI, 54603
  - 608.785.9500

### **Family & Children's Center**

- Contact
  - 1707 Main Street, La Crosse, WI, 54601
  - 608.785.0001
- Hours
  - Monday-Friday: 8:00am-4:00pm

### **Finding Your Way**

- A navigation guide for Wisconsin Families who have children and youth with special health care needs and disabilities
- [Finding You Way Navigation Guide for Wisconsin Families who have children and youth with special health care needs. \(dzp4370ojv4q1.cloudfront.net\)](https://dzp4370ojv4q1.cloudfront.net)

### **La Crosse Area Autism Foundation**

- Provides access and information for financial assistance, therapy, music, mental health and more
- Contact

- 608.618.0523

### **Parent to Parent**

- “empowers and supports parents, nationwide,” because being a parent of a child with special needs can be a challenge
- Contact
  - P.O. Box 472, State College, PA, 16804
  - 484.272.7368
  - <https://www.p2pusa.org>

### **The Parenting Place**

- Contact
  - 1500 Green Bay Street, La Crosse, WI, 54601
  - 608.784.8125
- Hours
  - Monday, Thursday: 10:00am–5:00pm
  - Tuesday: 9:00am–5:00pm
  - Friday: 9:00am–3:00pm

### **Quantum Group Special Needs Planning**

- Disability service and support organization
- Contact
  - 700 3<sup>rd</sup> Street N, Suite 202A, La Crosse, WI, 54601
  - 608.790.1354
- Hours
  - Monday–Thursday: 7:00am–7:00pm
  - Friday: 9:00am–12:00pm

### **VARC Inc. Children and Youth Services**

- Customized programming that allows clients with disabilities to experience their community through the workplace
- Contact
  - 427 Gillette Street, La Crosse, WI, 54603
  - 608.796.9190
- Hours
  - Monday–Friday: 8:00am–4:00pm

**WI FACETS**

- Wisconsin Family Assistance Center for Education, Training, and Support is a statewide organization that helps parents build relationships with service providers, connects families to resources, educates parents on their rights, empowers parents and young adults to advocate for themselves, and provides information and resources to educators and other professionals who support children with disabilities
- Contact
  - 877.374.0511
  - <https://wifacets.org>

**Wisconsin Council on Children & Families**

- Helps families caring for a disabled family member
- Contact
  - 608.284.0580
  - 1.888.400.8455

**Wisconsin Family Ties**

- Works with families that include children with social, emotional, or behavioral challenges; promote emotional support while navigating the complex service and treatment systems
- Contact
  - 16 N Carroll Street, Unit 230, Madison, WI, 53703
  - 608.267.6888
- Hours
  - Monday–Friday: 9:00am–4:00pm

## Employment Services

### ABR Employment Services

- Contact
  - 1806 Hwy 16, La Crosse, WI, 54601
  - 608.782.9700
- Hours
  - Monday–Friday: 8:00am–12:00pm, 1:00pm–5:00pm

### CouleeCap

- “helps people in need with housing, food, transportation...we fight poverty, promote self-sufficiency, economic development, social justice, and personal responsibility”
- Contact
  - La Crosse Office
  - 700 N 3<sup>rd</sup> Street, Suite 202B, La Crosse, WI, 54601
  - 608.782.4877
- Eligibility
  - Available in La Crosse, Vernon, Monroe, and Crawford Counties

### Express Employment Professionals

- Contact
  - 2240 Rose Street, La Crosse, WI, 54603
  - 608.779.4252
- Hours
  - Monday–Friday: 8:00am–5:00pm

### Independent Living Resources

- Contact
  - 4439 Mormon Coulee Road, La Crosse, WI, 54601
  - 608.787.1111
- Hours
  - Monday–Friday: 8:30am–4:30pm

### Jobs for Life—Neighborhood City Church

- Contact
  - 525 7<sup>th</sup> Street S, La Crosse, WI, 54601
  - 608.782.4494

- Hours
  - Monday–Friday: 9:00am–1:00pm
  - Sunday: 10:00am–12:00pm

### **Olsten Staffing Services**

- Contact
  - 1202 State Street B, La Crosse, WI, 54601
  - 608.782.1100
- Hours
  - Monday–Friday: 8:00am–5:00pm

### **One Opportunity Hiring**

- Contact
  - 505 King Street, Suite 151, La Crosse, WI, 54601
  - 608.615.1069
- Hours
  - Monday–Wednesday: 8:00am–4:30pm

### **PeopleReady**

- Contact
  - 1107 Liberty Street, La Crosse, WI, 54601
  - 608.782.0452
- Hours
  - Monday–Friday: 5:30am–6:00pm
  - Saturday: 7:00am–11:00am

### **Referral Staffing Solutions**

- Contact
  - 200 Mason Street, #18, Onalaska, WI, 54650
  - 608.881.6003

### **Workforce Connections**

- Promotes meaningful work to achieve independence and self-sufficiency while providing education and training to reach potential
- Contact
  - 2615 East Avenue S, #300, La Crosse, WI, 54601
  - 800.742.5627
- Hours
  - Monday–Friday: 8:00am–4:30pm

## Essential Living Items

### theExchange

- Mission: “Through the effective reuse of donated items, the Exchange collaborates with local organizations to provide home essentials for community members in need.”
- Contact:
  - 1009 4<sup>th</sup> Street S, La Crosse WI, 54601
  - 608.301.5345
  - theExchange@shelterdevelopment.org
- Hours
  - Monday–Thursday 1–3p
- Info:
  - provides donated furniture and household goods to families and individuals transitioning out of homelessness and poverty.
  - driven by volunteers and donations of basic household goods and gently used furniture from the community.
  - Our team of coordinators carefully inspect the donations when they enter our warehouse so that they meet our quality standard.
  - They then partner with social service/community advocates to identify and accompany recipients in need. Recipients must have a confirmed residence before they come to ‘shop’ at theExchange. Once an appointment is made, the recipient and advocate are invited to select essential household items, free of charge, to furnish their home. At theExchange, it is very important to us that the clients’ experience is dignified from the moment they arrive at our warehouse to the moment their home is furnished.
  - If needed, they deliver furniture to the recipient.

### Hearts Restored

- Mission: “We are a pro-life religious organization supported by WELS Lutheran Churches. We are here to help mothers”
- Contact
  - 1602 Park Ave, La Crosse WI, 54601
  - 608.785.2377
- Hours
  - Set up an appointment
- Info:
  - Preparing for an unplanned pregnancy



- Providing Maternity Clothing
- Providing infant/toddler clothing for children
- Providing new baby equipment (pack-n-play, bouncers, highchairs)
- Diaper needs
- Life skills guidance and counsel
- Referrals to local agencies for help
- Counseling on decision whether to parent or make an adoption

### **Salvation Army**

- Mission: “to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination”
- Contact
  - 223 North 8<sup>th</sup> Street, La Crosse, WI, 54601
  - 608.782.6126
- Thrift Store Location
  - 728 Copeland Avenue, La Crosse, WI, 54603
  - Hours
    - Monday–Friday: 9:00am–6:00pm
    - Saturday: 9:00am–5:00pm
  - Information
    - It has a wide range of items that have been donated
    - continually accepting donations and have great deals on items in our shop.
    - Along with great prices, all dollars raised at our Thrift Store benefit our Emergency Shelter operations.
    - Items donated to the Thrift Store are also eligible for Emergency Shelter residents to receive at no cost. Men, women, and children staying in our shelter receive vouchers for items such as clothing, furniture, and other household items free of charge when needed.

### **Women’s Clothes Closet–Our Savior’s Lutheran Church)**

- Mission: “to provide gently used clothing to women who are entering the workforce, in the workforce, or otherwise in need”
- Contact
  - 612 Division Street, La Crosse, WI, 54601
  - 608.784.5745
- Hours
  - Open by appointment only

- Tuesdays 2:00pm–6:00pm
  - 2:00pm–3:00pm: seniors and high-risk customers
  - 3:00pm–6:00pm general public
- Saturdays 9:00am–1:00pm
  - 9:00am–10:00am: seniors and high-risk customers
  - 10:00am–1:00pm: general public

### **Catholic Charities**

- Men's Clothes Closet
- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710
- Hours
  - Monday from 9:00am–3:00pm

### **First Teen Clothes Closet**

- Contact
  - Trinity Lutheran, 1010 Sill Street, La Crosse, WI, 54601
- Hours
  - Open by appointment Monday afternoon and early evenings
- Teen Clothes available for those in need

### **Women's Fund of Greater La Crosse**

- Contact
  - 120 6<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.780.5710
- Provides access and education to women including transportation, teen hair kits, driver's education, care packages for homeless women, hygiene essentials, rent assistance, and mentoring

### **Hope Restores**

- Mission: "to support, advocate, listen, and bridge the gap between African Americans in our community"
- Contact
  - 231 Copeland Avenue, La Crosse, WI, 54603
  - 608.881.6418
- Info
  - Diversity training
  - Monthly office rental
  - Brothers Battling Barriers

- A program that serves as a support group for black men, fighting addictions, reconnecting with family, networking, parenting, relationship tools, and general wellness
- Women of Melanin
  - A program that serves as a support group for black women with education, family, relationship tools, networking, and general wellness
- **Giving Cabinet**
  - Available for people to stop by and grab nonperishable food items, hygiene, cleaning supplies, and other toiletries
- Drop in Daycare
  - 2-hour drop-in daycare completely free

**Coulecap, Inc.**

- “helps people in need with housing, food, transportation...we fight poverty, promote self-sufficiency, economic development, social justice, and personal responsibility”
- Contact
  - La Crosse Office
  - 700 N 3<sup>rd</sup> Street, Suite 202B, La Crosse, WI, 54601
  - 608.782.4877
- Eligibility
  - Available in La Crosse, Vernon, Monroe, and Crawford Counties

## Financial Resources

### BadgerRx Gold

- Badger Rx gold provides a retail counter discount for any resident that lacks prescription drug insurance coverage
- Contact
  - 300 N. 4<sup>th</sup> Street, La Crosse, WI, 54601
  - 888.627.0430
- Hours
  - Monday–Friday: 8:00am–4:30pm
- Cost
  - Enrollment fees are \$25 for an individual or \$75 for a family
- Eligibility
  - “Any state resident that does not have health insurance, resident that has health insurance that does not cover prescription medications, the specific medication they need, or the co-payment is too high. There is no minimum age requirement or any other type of screening.”

### Catholic Charities

- offers Credit Counseling service; meet with a specialist to learn about your options.
- Basic Financial Literacy program to incorporate sound financial practices into daily life
  - Record of expenses, family budgeting, following a budget, opening and maintaining checking and savings accounts, obtaining and developing credit, meal planning and shopping lists within budget, addressing impulse spending, identifying ways to save and the difference between wants and needs
  - Some offices can offer direct financial aid to families
- Contact
  - 3710 East Avenue South, La Crosse, Wisconsin 54601
  - 608.782.0710
  - 888.212.4357
- Hours
  - Monday–Thursday: 9:00am–4:00pm

### Couleecap

- “helps people in need with housing, food, transportation...we fight poverty, promote self-sufficiency, economic development, social justice, and personal responsibility”

- Contact
  - La Crosse Office
  - 700 N 3<sup>rd</sup> Street, Suite 202B, La Crosse, WI, 54601
  - 608.782.4877
- Eligibility
  - Available in La Crosse, Vernon, Monroe, and Crawford Counties

### **Emergency Financial Assistance (EA)**

- A one-time payment to help low-income parents pay an emergency housing or utility-related expense
- Contact
  - 2615 East Avenue S, Suite 300, La Crosse, WI, 54601
  - 608.789.6197
- Hours
  - Monday–Friday: 8:00am–4:30pm
- Eligibility
  - Low-income individuals who have at least one child in the house and are facing emergency (fire, flood, natural disaster, homelessness, impending homelessness, or energy crisis)
  - Must not have received a previous EA payment in the last 12 months

### **La Crosse County Veterans Service Office**

- The Aid to Needy Veterans grant programs provides limited financial assistance to those in need and who have exhausted all other sources of aid. The Health Care Aid Grant and the Subsistence Aid Grant may be used for specified health care and subsistence needs up to a maximum lifetime cumulative grant limit of \$7,500 per veteran
- Eligibility
  - An applicant can be a veteran who meets military service and state residency requirements or in some cases a spouse or dependent child.
  - MUST be a resident of Wisconsin
  - Applicants must have applied for and been denied or determined to be ineligible for all other applicable aid programs, including Unemployment Insurance, Medicaid, Medicare, BadgerCare, federal VA health care, etc.
  - Financial need must be demonstrated through an assessment of current income and the household's liquid assets. The household income limit for this program is set by law at 130% of current federal poverty guidelines. Liquid assets, including checking and savings accounts, stocks, bonds, life insurance policies with a cash value, and

funds in retirement accounts, cannot exceed \$1,000 in order to be eligible for the health care portion of this program.

- Contact
  - 212 6<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.785.9719
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Lifeline**

- “A Federal Communications Commission program that helps individuals and families who have low income get discounted landline and cell phone service; some may also qualify for a free phone”
- Eligibility
  - Income at 135% or less of the federal poverty guidelines, OR
  - Participate in Head Start, Federal Public Housing Assistance, Supplemental Security Income, SNAP, Medicaid, live on tribal land and qualify for certain tribal programs, or receive a federal veteran’s pension
  - Must find local participating companies—various locations throughout county
  - Applicants will need:
    - Name, Address, Date of Birth, last 4 digits of Social Security Number or tribal identification number
    - Unexpired ID, Prior year tax return, social security card, OR other identity proof
    - Proof of eligibility from a pay stub, card, award letter

### **Low Income Home Energy Assistance Program (LIHEAP)**

- Assistance to pay heating or cooling bills, emergency services for energy crisis (utility shutoffs), or low-cost home improvements (weatherization) that make homes more energy efficient and lower utility bills
- Eligibility
  - A person or family participating in certain other benefit programs, such as the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF or welfare), or certain needs-tested veterans’ benefits may be automatically eligible.

- **\*\*Being qualified for LIHEAP does not guarantee that you will receive help. Whether or not you receive help depends on how much LIHEAP funding is available for the year.\*\***
- Contact
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.784.4357

### **Medicaid and CHIP**

- Help with medical bills for kids whose families can't afford health insurance
- Contact
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.785.5565
- Hours
  - Monday–Friday: 8:00am–4:30pm
- Eligibility
  - Combination of age, income level, number of people in the family, and pregnancy or disability statuses
  - If income is considered too high for Medicaid benefits, the child still may be eligible for CHIP—which covers medical and dental care for uninsured children and teens up to age 19
  - children, pregnant women, parents, seniors, and individuals with disabilities

### **Supplemental Security Income (SSI)**

- provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications.
- Eligibility
  - Are at least age 65 or blind or disabled.
  - Have limited income (wages, pensions, etc.).
  - Have limited resources (the things you own).
  - Are U.S. citizens, nationals of the U.S., or some noncitizens.
  - Reside in one of the 50 states, the District of Columbia, or the Northern Mariana Islands. **Exception:** The children of military parent(s) assigned to permanent duty outside the U.S. and certain students temporarily abroad may receive SSI payments outside the U.S.

### **The Salvation Army**

- help clients secure necessities to stay in their homes and move past an initial crisis

- can financially help with rent/mortgage, utility bills, medicine, food, clothing, transportation, and more
- Contact
  - 223 N 8<sup>th</sup> Street, La Crosse, WI, 54601
  - 608.782.6126
  - 1.800.SALARMY
- Hours
  - Monday–Friday: 8:00am–4:00pm

### **Unemployment Benefits**

- Contact
  - 2615 East Avenue S, La Crosse, WI, 54601
  - 608.789.5627
- Hours
  - Monday–Friday: 8:00am–4:30pm
- Eligibility
  - you must have been removed from employment through no fault of your own.
  - Based on income
  - Partial Unemployment is available

### **VA Office**

- Contact
  - 4000 State Rd 16, La Crosse, WI, 54601
  - 608.784.3886
- Hours
  - Monday–Friday: 8:00am–4:30pm
  - Saturday: 8:00am–1:00pm

### **Wisconsin Job Access Loans**

- short-term, no interest loans designed to assist eligible individuals to meet emergency needs that support employment
- Can be used for:
  - assistance in paying car repairs
  - car loans enabling participants to access transportation to work
  - required employment clothing/uniforms or equipment expenses
  - moving expenses to a new area for obtaining or maintaining employment
  - paying fees, fines, or insurance in order to obtain a driver's license
- Eligibility
  - "Must have either a job or a good faith job offer to be eligible"



- Contact
  - Department of Children and Families, 201 West Washington Avenue, Madison, WI 53703
  - 608.422.7000

### **Wisconsin Refugee Cash Assistance (RCA)**

- program provides temporary cash assistance to refugees during their first eight months in the United States
- Information
  - Funds are only offered for the first 8 months that someone lives in Wisconsin.
  - In addition, all RCA recipients need to also enroll in an employment program to help them find a job or career as quickly as possible. Additional conditions need to be met too.
  - Helps refugees while they look for work, learn English, and become part of their local communities
- Eligibility
  - Refugee, Special Immigration Visa Holders (SIVs), Asylees, Cuban-Haitian entrants, certain Amerasians, victims of trafficking, and other groups eligible for refugee benefits under federal law
- Contact
  - Department of Children and Families, 201 West Washington Avenue, Madison, WI 53703
  - 608.422.7000

### **Wisconsin Refugee Medical Assistance (RMA)**

- provides refugees with health insurance and medical assistance during their first eight months in the United States
- Eligibility
  - Refugee, Special Immigration Visa Holders (SIVs), Asylees, Cuban-Haitian entrants, certain Amerasians, victims of trafficking, and other groups eligible for refugee benefits under federal law
- Contact
  - Department of Children and Families, 201 West Washington Avenue, Madison, WI 53703
  - 608.422.7000

### **Wisconsin Shares**

- supports eligible families by funding a portion of the cost of child care while the parents are working or participating in an approved activity (work, combo

of work & school, W-2 program, high school if under the age of 20, components of FoodShare Employment and Training)

- Application Necessary
  - Via Online, In Person, Over the Phone
  - Then, complete an eligibility interview
- Eligibility
  - your family's monthly gross income must not be more than 185% of the Federal Poverty Level
- Contact
  - 300 North 4<sup>th</sup> Street, La Crosse, WI, 54601
  - 608.785.5565

### **Wisconsin Works (W-2)**

- Contact
  - Workforce Connections Inc, 2615 East Avenue S, Suite 300, La Crosse, WI, 54601
  - 608.789.5620
  - 1.800.742.5627
- Hours
  - Monday-Friday: 8:00am-4:30pm
- Eligibility and Expectations
  - available to Wisconsin residents with children that also have very low income
  - cash assistance program
  - funds can be used to pay housing, utility, food, and work
  - Amount is based on Household Income and number of children, among other factors
  - Time Limited—up to 60 months over their lifetime
  - Requires kids to be in school and immunized
  - Parent needs to be working, in job training, volunteering, or actively seeking work

## Food Assistance

### Cashton Cupboard & Closet

- Contact
  - 199 Front Street, Cashton, WI, 54619
  - 608.654.5770
- Hours
  - Monday–Friday: 10:00am–4:00pm

### Catholic Charities Food Pantry

- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710
- Hours
  - Monday–Thursday: 9:00am–4:00pm

### First Free Church

- Contact
  - 123 Mason Street, Onalaska, WI, 54650
  - 608.782.6022
- Hours
  - Tuesday: 10:15am–12:20pm
  - Appointments necessary

### FoodShare–Wisconsin Department of Health Services

- FoodShare helps people with limited money buy food
- Available to people of all ages who have a job with low income, living on a small or fixed income, have lost their job, are retired, or disabled and not able to work
- Application necessary—available online, over the phone, in person, or by mail
- Info needed for application: Social Security Number, Date of Birth, Marital Status, Address, Citizenship status, job information, job income, other sources of income, and names of people living in your home and their relation
- Contact
  - 300 4th Street N, 2nd Floor, La Crosse, WI, 54601
  - 608.785.9872

### From the Heart Food Pantry

- Contact
  - 1010 Sill Street, La Crosse, WI, 54603
  - 608.782.6200
- Hours

- Monday: 5:30pm–7:30pm, last Saturday of every month 10:00am–1:00pm

### **Holmen Area Food Pantry–St. Elizabeth Catholic Church**

- Contact
  - 515 N. Main Street, Holmen, WI, 54636
  - 608.526.4424
- Hours
  - Tuesday & Friday: 9:00am–11:00am

### **Holmen's Hope**

- Free Community Meal—last Tuesday of each month, 5–7pm
- Located at the Holmen American Legion
- Take home groceries also available
- Weekend Backpack Program
- Backpacks of food are delivered each Friday to Evergreen Elementary, Prairie View Elementary, Sand Lake Elementary, Viking Elementary, and Holmen Middle School
- Contact
  - W6918 Wolfe Rd, Holmen, WI, 54636
  - Holmenhope.org

### **La Crosse County Senior Nutrition Program–ADRC**

- Contact
  - Aging and Disability Resource Center
  - 300 4th Street N, La Crosse, WI, 54601
  - 608.785.5700
- Congregate Dining Options
  - Available to individuals age 60 or older and their spouses, regardless of age
  - Reservations are required at least 24 hours in advance
  - Suggested Donation--\$3.75/meal
  - Sites—Meals are provided Monday–Friday
    - Carroll Heights
      - 3505 Park Lane Drive, La Crosse, WI, 54601
      - 608.792.6996
      - Meal Time: 11:30am
    - Forest Park
      - 1230 Badger Street, La Crosse, WI, 54601
      - 608.789.7826
      - Meal Time: 11:15am
    - Harry J. Olson Senior Center

- 1607 North Street, La Crosse, WI, 54603
- 608.792.4487
- Meal Time: 11:30am
- Holmen Community Center
  - 421 Main Street, Holmen, WI, 54636
  - 608.526.6316
  - Meal Time: 12:00pm
- Onalaska Community Center
  - 515 Quincy Street, Onalaska, WI, 54650
  - 608.789.7829
  - Meal Time: 11:30am
- Stokke Tower
  - 421 6th Street S, La Crosse, WI, 54601
  - 608.789.7823
  - Meal Time: 11:15am
- Village Inn
  - 1601 Bangor Street, Bangor, WI, 54614
  - 608.486.2741
  - Meal Time: 11:15am
- Whispering Pines
  - 780 East Avenue, West Salem, WI, 54669
  - 608.790.5082
  - Meal Time: 11:30am
- Home Delivered Meals
  - Individuals unable to attend congregate dining options, who are 60 or older and are frail, and essentially homebound due to illness, disability, or isolation are eligible
  - Suggested donation--\$4.00/meal
  - \*\*Diabetic meals are available upon request\*\*

### **Mobile Meals of La Crosse, Inc**

- Contact
  - 2600 Quarry Road, La Crosse, WI, 54601
  - 608.784.4623
  - 608.799.8962
- Hours
  - Office—Weekdays 9:00am-1:00pm
  - Weekends and Holidays—11:00am-1:00pm
  - Meal Delivery Hours—Monday-Sunday 11:00am-12:00pm

- Cost
  - \$4.25/day for a hot meal
  - \$1.25/day for a cold meal
  - \*\*Regular, diabetic, low sodium, and pureed meals available upon request\*\*

### **Mom's Meals—Home Delivered Meals**

- Available to clients who are covered under Medicare Advantage plans, Medicaid plans, Long-Term Services and Supports (LTSS) programs or the Older Americans Act, and by individuals or their caregivers who are looking for a self-pay program.
- Need a referral along with information about the member/patient (identification, address for delivery, meal start date, duration, quantity of meals per day, case manager or other referring provider information, and any special notes)
- Contact
  - 3210 SE Corporate Woods Drive, Ankeny, Iowa, 50021
  - 1.877.508.6667

### **National School Lunch Program**

- Each program varies depending on the school
- Free and Reduced-Price meals
- Free milk
- School Breakfast Program
- Special Milk Program for Children
- Child and Adult Care Food Program
- Summer Food Service Program

### **Onalaska/Holmen Food Basket**

- Contact
  - 735 Sand Lake Road, Onalaska, WI, 54650
  - 608.783.7722
- Hours
  - Monday: 4:00pm-6:00pm
  - Tuesday-Friday: 9:00am-11:00am

### **Onalaska United Methodist Church**

- Community Dinner
  - Free monthly dinner available to anyone
- Hours
  - 5:30pm-6:30pm on the 2nd Tuesday of each month

### **Our Savior's Lutheran Church—Come for Supper Program**

- Meals served at 5:00pm every Tuesday
- Available to anyone

**Place of Grace**

- Contact
  - 919 Hood Street, La Crosse, WI, 54601
  - 608.782.6224
- Hours
  - Tuesday & Wednesday: 11:00am-1:30pm
  - Thursday: 5:00pm-9:00pm

**Place of Grace Food Pantry**

- Contact
  - 919 Hood Street, La Crosse, WI, 54601
  - 608.782.6224
- Hours
  - Tuesday & Wednesday: 9:30am-2:00pm
  - Thursday: 2:00pm-7:00pm
  - Last Sunday of the month: 12:30pm-3:30pm

**Presbyterian Church of West Salem-Community Dinner**

- Contact
  - 625 Franklin Street W, West Salem, WI, 54669
  - 608.786.0910
- Community Dinner held on the 4th Wednesday of the month—5:00pm-6:00pm

**River of Life Church Food Pantry**

- Offers food and non-food essentials
- “Choice” pantry—each household gets to choose the items they want/need—number of items is based on family size
- Contact
  - 1214 County Road PH, Onalaska, WI, 54650
  - 608.782.2780
- Hours
  - Thursday: 10:00am-12:00pm WALK-INS
  - Thursday: 12:00pm-2:00pm APPOINTMENTS
  - Saturday: By Appointment Only—608.782.2780 ext. 1

**Salvation Army Food Pantry La Crosse**

- Contact
  - 223 N 8th Street, La Crosse, WI, 54601
  - 608.782.6126

- Resident Meals to those in emergency shelter
- Community Meal Pick-Up
  - Monday–Saturday 11:00am–12:30pm
  - Located at the 8th Street Location

### **The Hunger Task Force Food Bank**

- Contacts
  - Office/Warehouse
    - 1240 Clinton Street, La Crosse, WI, 54603
    - Phone: 608.793.1002
  - Kane Street Garden
    - Corner of Kane and St. Cloud Streets, La Crosse, WI, 54603
    - Phone: 608.386.3319
- Hours
  - Office/Warehouse
    - Monday–Friday 8:00am–3:00pm
  - Kane Street Garden
    - Monday & Thursday: 8:00am–6:00pm
    - Tuesday & Wednesday: 8:00am–3:00pm
    - Saturday: 8:00am–1:00pm

### **Trinity Lutheran Church**

- Contact
  - 1010 Sill Street, La Crosse, WI, 54601
- Hours
  - Monday Meals—5:00pm–6:00pm

### **WAFER Food Pantry**

- Contact
  - 403 Causeway Blvd, La Crosse, WI, 54603
  - 608.782.6003
- Food Share Program
  - “standard food package offered to each family with each visit. Each food package contains 4–5 days’ worth of food per person in the family, offering as much choice as possible”
  - Funding also ensures that girls, women, and babies have access to essential hygiene items
- Mobile Food Pantry
  - If unable to attend the food pantry, a handicap accessible vehicle makes scheduled stops at locations.
  - 608.782.6003 ext. 6



- Senior Share
  - “Food packages are packed considering dietary restrictions and preferences, as much as possible, and are delivered to low-income seniors 60 and over. Delivered to meal sites, senior housing units, or community halls throughout La Crosse County.”
- Mobile Drop
  - “packages are delivered by The Mobile Pantry during stops in Rockland, Bangor and Mindoro”

### **West Salem Area Community Care and Share Pantry**

- Contact
  - 359 N. Leonard Street, West Salem, WI, 54669
- Hours
  - Saturday: 10:00am-12:00pm

### **Women, Infants, and Children (WIC) Program**

- Contact
  - 300 4th Street N, La Crosse, WI, 54601
  - 608.7855.9865
- Hours
  - Weekdays 8:00am-4:30pm
  - Appointment necessary
- Eligibility
  - Must be a pregnant, breastfeeding or new mother; be an infant up to age one; or be a child up to age 5; and
  - be a resident of Wisconsin; and
  - be income eligible; and
  - have a health or nutrition need

## Government Offices

### Department of Transportation

- Division of Motor Vehicles, Driver Licensing, and Testing
- Contact
  - 9477 Hwy 16 E, Onalaska, WI, 54650
  - 608.264.7447
- Hours
  - Monday–Friday: 8:30am–4:45pm
  - Saturday: 8:30am–12:00pm

### Economic Support

- Contact
  - 300 4<sup>th</sup> Street N, First Floor, La Crosse, WI, 54601
  - 608.784.4357
- Hours
  - Monday–Friday: 8:00am–4:30pm

### La Crosse County Department of Human Services

- Contact
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.784.4357
- Hours
  - Monday–Friday: 8:00am–4:30pm

### La Crosse County Health Department

- Contact
  - 300 4<sup>th</sup> Street N, Second Floor, La Crosse, WI, 54601
  - 608.785.9872
- Hours
  - Monday–Friday: 8:00am–4:30pm

### Social Security Administration

- Contact
  - 210 South 7<sup>th</sup> Street, La Crosse, WI, 54601
  - 866.770.2345
- Hours
  - Monday–Friday: 9:00am–4:00pm

### **Unemployment Compensation**

- ALL unemployment claims are completed online at [my.unemployment.wisconsin.gov](https://my.unemployment.wisconsin.gov)
- Contact
  - 414.435.7069

## Health Care & Medical Needs

### **Gundersen Health System**

- 1900 South Avenue
- Open 24 hours, 7 days per week
- 608.775.3128
- 608.775.3652- ER Social Worker

### **Mayo Clinic Health System Franciscan Healthcare**

- 700 West Avenue
- Open 24 hours, 7 days per week
- 608.785.0940

### **Essential Health Clinic**

- 1201 Caledonia Street
- Monday & Tuesday- 8:00am-4:30pm
- Wednesday & Thursday- 9:30am-5:30pm
- Friday- 9:00am-12:00pm- Every 3rd Friday of month, closed
- 608.775.8399

### **Federal Tribes-House of Wellness Clinic**

- S2845 White Eagle Rd, Baraboo, WI, 53913
- Sunday-Thursday: 5:00am-9:00pm; Friday: 5:00am-7:00pm; Saturday: 5:00am-1:00pm
- 608.355.1240

### **St. Clare Health Mission**

- 916 Ferry Street
- Tuesdays & Thursdays 5:00pm-7:00pm
- 608.392.9544

### **La Crosse County Public Health Department**

- 300 4th Street North
- Monday-Friday 8:00am- 4:30pm
- 608.785.9872

### **Vivent Health-AIDS Resource Center**

- 811 Rose Street, La Crosse, WI, 54603

- Monday–Friday: 8:30am–4:30pm
- 608.785.9866

## Housing

### Temporary/Emergency Housing

#### Couleecap

- Mission: “Couleecap takes action to find innovative strategies to combat poverty. We are People Helping People, and every day our work makes a difference in the lives of people and families throughout the Coulee Region.”
- Contact:
  - Address: 700 North 3<sup>rd</sup> Street, Suite 202B La Crosse, WI 5460`
  - Phone (608)782-4877
  - Email: [contactus@couleecap.org](mailto:contactus@couleecap.org)
- Rates:
  - Most programs offered are free depending on the income level of the client
  - Programs offered (In La Crosse County):
    - Homelessness assistance: Couleecap homeless programs provide assistance to currently homeless individuals and households.
  - All Counties: Abigail Jeffers, [Abigail.Jeffers@couleecap.org](mailto:Abigail.Jeffers@couleecap.org) or 608-782-4876
    - Social Security Outreach Access: Couleecap provides assistance in applying and navigating the application process for Social Security Disability benefits. Eligible persons are individuals who are homeless and have a diagnosed mental illness.
  - La Crosse County: Mark Schimpf, [Mark.Schimpf@couleecap.org](mailto:Mark.Schimpf@couleecap.org) or 608-796-2725
  - Rental Properties in La Crosse:
    - 8th Street Apartments – 2-bedroom apartments in City of La Crosse for low-income households.
      - Contact Taylor LeJeune, [Taylor.LeJeune@couleecap.org](mailto:Taylor.LeJeune@couleecap.org) or 608-796-9062 Rockland Duplexes
    - 3-bedroom duplexes in Rockland for low-income households.
      - Contact Taylor LeJeune, [Taylor.LeJeune@couleecap.org](mailto:Taylor.LeJeune@couleecap.org) or 608-796-9062

- Wisconsin Rental Assistance Program: Wisconsin Emergency Rental Assistance, or W.E.R.A. offers eligible households may receive up to 12 months of assistance to help with current and/or overdue bills.
- All Counties: More information and the application can be found at [couleecap.org/rental-assistance-program.html](http://couleecap.org/rental-assistance-program.html) or call 844-267-0033
- So many more programs included on website with PDF attachment under program @[www.couleecap.org/programs.html](http://www.couleecap.org/programs.html)

### **New Horizons: All Services are free and confidential**

- About: “New Horizons Shelter and Outreach Centers is the only shelter within a 65-mile radius of the City of La Crosse. It’s a shelter for individuals and families who have experienced domestic and sexual abuse, now reaching out to victims of sexual abuse, human-trafficking, and more.”
- Contact:
  - Address: 1223 Main St. La Crosse, WI 54601
  - Phone: (608) 791-2610
- Services/Info:
  - Crisis line and shelter: 24 hrs.
    - (608) 791-2600
  - Resource Advocacy
    - (608) 791-2610 ex 1309
    - Helping victims navigate programs to establish a foundation for a fresh start and supporting them in their healing process
  - Anti-Human Trafficking
    - (608) 791-2610 ex 1208
    - Provides assistance and support for sex and labor trafficking victims
  - Legal Advocacy
    - (608) 791-2610
    - Staff will assist with restraining orders and are knowledgeable on divorce and custody issues
  - Youth and Family Advocacy
    - (608) 791-2610 ex 120
  - Support Groups are also provided with the hope to provide a forum for victims with similar challenges to come together to share coping

strategies to feel more empowered and to provide a sense of community.

- Additionally, as part of the above services and supports, New Horizons also works hand in hand with the law enforcement on a joint program called **DART (Domestic Abuse Reduction Team)**. DART is a specialized enforcement unit of the La Crosse Police Department, along with other law enforcement agencies that work with New Horizons to prevent repeat episodes of domestic violence in families that are at risk. DART pairs up police officers with victim advocates from New Horizons who visit victims to offer resource information and support. Together the team works to reduce domestic violence through a united effort with the goal of making La Crosse a safer place for families and officers.

### **Munson Realty**

- About: helps those with families find a place to call home. They provide several housing options in residential areas as well as places near the UWL campus.
- Contact:
  - Address: 1400 Pine St. La Crosse, WI 54601
  - Phone: (608) 785-7187
  - Email: munsonrealty1@yahoo.com
- Services/Info:
  - On their webpage, they have current listings under the residential rentals
  - They tell you what rent costs, how many bed and baths there are as well as when its available
  - Under the photo they also list amenities as well as their pet policy and a little about what tenants are responsible for

### **River City Rentals**

- About: “we have many studio/efficiencies, 1, 2, 3, 4, &5-bedroom apartments and houses to choose from. River City Rentals is based on the Northside of LA Crosse with 460+ French Islands, North, South, Downtown, Campus, Onalaska, Sparta, St. Charales, MN locations. Most locations have off street parking, air conditioning & coin operated laundry. Pets are negotiable.”
- Contact:
  - Address: 1107 Kane St. La Crosse, WI 54601
  - Phone: (608) 792-0049
  - Email: rivercityrentalslax@gmail.com

- Services/Info:
  - \*\*River city rentals WILL NOT rent to applicants who have a pending or convicted felony charge within the past 10 years, nor to applicants who have been evicted within the past 10 years. Applicants who have felony charges or evictions prior to 10 years will be considered on a case-by-case basis. \*\*
  - Each person living in the unit over the age of 18 will need to fill out an application
  - There is a \$20 background check per person
  - Rules can be found: a9c96c661f92506148a21db564c0cafa (wsimg.com)
  - Lease agreement: 06e7560c5ab13c9517fd05a1a9321f79 (wsimg.com)
  - Online application: Tenant Web Access - ApplyNow (rentmanager.com)

### **Salvation Army**

- About: “to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. The statement exemplifies the religious inclination of the organization. However, it also indicates that the Salvation Army is out to help people irrespective of who, or where they are.”
- Contact:
  - Address: 223 8<sup>th</sup> St N La Crosse, WI 54601
  - Phone: (608)784-1421
- Services/Info:
  - Everything is based on funding levels
  - There are housing programs in which grants are given to pay back rent or utility bills
  - The change program is a housing and rent program also provided to stop evictions. The Salvation Army partners with many foundations and provide legal defense, landlord intervention and medication. Low income families need to make a 90-day commitment to this change program as well as creating a self-sufficiency plan ranging from transportation to employment
    - Call: (608) 782-6126

### **African American Mutual Assistance Network**

- Offers temporary housing and shelter assistance
- Contact
  - 718 Vilas Street, Onalaska, WI, 54650
  - 727 4<sup>th</sup> Street S, La Crosse, WI, 54601



- 608.519.2367
- Hours
  - Monday–Friday: 8:00am–12:00pm

### **Catholic Charities—La Crosse Warming Center**

- Provides a safe, warm place for homeless adults 18 years and older during winter months—November 1<sup>st</sup>–April 30<sup>th</sup>
- Contact
  - 413 3<sup>rd</sup> Street S, La Crosse, WI, 54601
  - 888.212.4357
- Hours
  - Monday–Friday: 9:00am–4:00pm

### **YMCA**

- Temporary/Emergency Housing for homeless women
- Contact
  - 3219 Commerce Street, La Crosse, WI, 54603
  - 608.781.2783
- Hours
  - Monday–Friday: 8:00am–4:00pm

### **La Crosse County Housing Authority**

- Provides rental units for families with limited incomes
- Contact
  - 615 Plainview Road, La Crosse, WI, 54603
  - 608.781.5365

### **La Crosse Housing Authority**

- Provides rental units for families with limited incomes
- Contact
  - 1307 Badger Street, La Crosse, WI, 54601
  - 608.782.2264

### **Ho–Chunk Housing Authority**

- Provides quality, affordable housing and programs for members of the Ho–Chunk Nation
- Contact
  - 1116 E Monowau Street, Tomah, WI, 54660
  - 608.374.1245

## Independent Housing

### Independent Living Resources Housing Help

- Offers housing assistance to those who are homeless
- Contact
  - 4439 Mormon Coulee Road, La Crosse, WI, 54601
  - 608.787.1111
- Hours
  - Monday–Friday: 8:30am–4:30pm

### Cedar Court Apartments \*\*\* Income Limits\*\*\*

- About: “We at Housing Apartments believe that good housing is a basic human right. That is why we have set up this free directory to help people of all income levels find the perfect housing solution for them. Many people who cannot otherwise afford housing at the normal market price encounter problems because they do not understand the resources available to them.”
- Contact:
  - Address: 602 Commerce Dr West Salem WI, 54669
  - Phone: (507) 451-8524
  - Website: <http://www.lifestyleinc.net/>
- Services and Information
  - Cedar Court—Subsidized, Low-Rent Apartment (for family)
    - Located in West Salem, WI, 54669
  - Leo Fishman Manor & Al Baldus Manor—Subsidized, Low-Rent Apartment (for disabled)
    - Located in Onalaska, WI, 54650
  - Redwood Terrace Apartments—subsidized, low-rent apartment (for family)
    - Located in Onalaska, WI, 54650
  - Ponderosa Apts—Multi-Family Housing Rental (for family)
    - Located in Holmen, WI, 54636
  - St. Vallerie Apts—Subsidized, Low-Rent Apartment (for Disabled)
    - Located in La Crosse, WI, 54601
  - Schumann Apartments—Subsidized, Low-Rent Apartment (for Disabled)
    - Located in La Crosse, WI, 54601
  - River Oaks—subsidized, low-rent apartment (for family)
    - Located in La Crosse, WI, 54601

**Coulee View Apartments**

- About: “The mission of the La Crosse Housing Authority is to promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination”
- Contact:
  - Address: 1307 Badger St La Crosse, WI 54601
  - Phone: (608)782-2264
- Services/Info:
  - Public housing is provided based on eligibility. Eligibility is based on gross income annually, whether you qualify as a person with a disability or as a family and us citizenship of eligible immigration status. If you are eligible the housing authority will check your references. Housing authorities will deny admission to an applicant whose habits and practices may be detrimental on other residents or on the housing property.
  - How to apply:
    - Need a valid email for pre-application process
    - Need: name, date of birth, SSN, Monthly income for the household
    - Valid address, email and phone number for staff to send correspondence
    - Pen and paper to write down username, password and confirmation number.
  - Submission of a pre-application does not guarantee placement on the waiting list. Only one pre-application per applicant
  - Placement on waiting list does not indicate that a family is in face eligible for assistance
  - There are no fees with applying

**Valley Apartments**

- Housing available for 62+ or those with disabilities
- Contact
  - 350 Elm Street, Stoddard, WI, 54658
  - 608.822.7368

**Project Proven**

- A reentry program for people who have been incarcerated—provides housing assistance
- Contact

- 400 7<sup>th</sup> Street N, La Crosse, WI, 55987
- 608.785.9267
- 608.785.9200

**The CARE Center**

- Senior living facility offering care options and accommodations
- Contact
  - 4647 Mormon Coulee Road, La Crosse, WI, 54601

**Unity House for Women**

- A drug treatment facility providing substance abuse treatment and a halfway house or sober living home with residential short-term treatment or residential long-term treatment
- Contact
  - 608.775.4718
- Insurance
  - Medicaid, state financed payment, private health insurance, military insurance, and self-payment are accepted

## Legal Services

### **American Bar Association (ABA) Free Legal Answers**

- Online access to advice about non-criminal matters for those who cannot afford legal representation and advice
- [wi.freelegalanswers.org](http://wi.freelegalanswers.org)

### **Clerk of Courts**

- Contact
  - 333 Vine Street, Room 1200, La Crosse, WI, 54601
  - 608.785.9590
- Hours
  - Monday-Friday: 8:00am-4:30pm

### **Family Court Commissioner**

- Contact
  - 333 Vine Street, Room 2500, La Crosse, WI, 54601
  - 608.785.5600
- Hours
  - Monday-Friday: 8:00am-12:00pm, 1:00pm-4:30pm

### **Free Legal Clinic-La Crosse County Bar Association**

- Operates as a question-answer format where participants have about 15 minutes to ask questions to a volunteer attorney including family law, financial problems, landlord/tenant, criminal/traffic, employment, and other matters
- 3<sup>rd</sup> Wednesday of every month 6:00pm-7:30pm
- Contact
  - First Baptist Church, 1209 Main Street, La Crosse, WI, 54601

### **Fraud reporting for Wisconsin public assistance**

- To report any fraudulent use of public assistance dollars
- Contact
  - 877.865.3432

### **Immigration Counseling Services-Catholic Charities**

- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710

- Hours
  - Monday–Friday: 9:00am–4:00pm

### **La Crosse County Child Support Agency**

- Contact
  - 333 Vine Street, Room 1701, La Crosse, WI, 54601
  - 414.615.2594
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **La Crosse County District Attorney and Victim Witness Assistance Program**

- Contact
  - 333 Vine Street, Room 1100, La Crosse, WI, 54601
  - 608.785.9604
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Lawyer Referral and Information Service—State Bar of WI**

- Contact
  - 800.362.9082

### **Legal Action of Wisconsin**

- Contact
  - 205 5<sup>th</sup> Avenue S, Suite 300, La Crosse, WI, 54601
  - 608.785.2809
- Hours
  - Monday–Friday: 8:00am–5:00pm

### **Mediation and Family Court Services**

- Contact
  - 333 Vine Street, #1300, La Crosse, WI, 54601
  - 608.785.6162
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Office of the Commissioner of Insurance**

- Contact
  - 800.236.8517

**Public Defender's Office**

- Contact
  - 205 5<sup>th</sup> Avenue S, #200, La Crosse, WI, 54601
  - 608.785.9531
- Hours
  - Monday–Friday: 8:30am–4:30pm

**Tenant Resource Center**

- Contact
  - 1202 Williamson Street, #101, Madison, WI, 53703
  - 608.257.0006

**Wisconsin Department of Agriculture, Trade and Consumer Protection**

- Contact
  - 608.224.5012
  - 800.422.7128

**Wisconsin Equal Rights Division**

- Information about labor laws and discrimination
- Contact
  - 608.266.6860

**Wisconsin FACETS**

- Offers information about special education and disability rights advocacy
- Contact
  - 877.374.4677

**Wisconsin Fathers for Children and Families Helpline**

- Contact
  - 608.255.3237
  - wisconsinfathers.org

**Wisconsin Judicare, Inc. Indian Law Office**

- Contact
  - 401 North 5<sup>th</sup> Street, #200, Wausau, WI, 54403
  - 715.842.1681
- Hours
  - Monday–Friday: 8:30am–4:30pm

## LGBTQ+ Resources

### The Center: 7 Rivers LGBTQ Connection

- Mission: “to cultivate a safe and supportive community for LGBTQ people, allies, and our neighbors through education, support, and advocacy.”
- Aims to develop and expand understanding of human sexuality, gender identity, and the need for equal access and treatment
- Contact
  - 230 6<sup>th</sup> Street S, La Crosse, WI, 54601
  - 608.784.0452
- Hours
  - Saturday: 12:00pm–4:00pm

### Planned Parenthood—La Crosse

- Offers Hormone Replacement Therapy along with birth control, HIV services, emergency contraception, pregnancy testing and services, STD testing and treatment, and health care.
- Contact
  - 1201 Caledonia Street, La Crosse, WI, 54603
  - 608.784.0452
  - 800.657.5177

### The Trevor Project

- Focuses on suicide prevention effort among the LGBTQ+ community by providing free, confidential services and trained counselors
- Contact
  - **TrevorLifeline** (available 24/7): 1.866.488.7386
  - **TrevorChat**: Available 24/7 at <https://www.thetrevorproject.org>
  - **TrevorText**: Text “START” to 678-678

### Trans Lifeline

- Provides trans peer support for the community; supports an effort for ID changes that represent the person how they want
- Contact
  - 877.565.8860



**Gay & Lesbian National Hotline**

- Provides a safe space that is anonymous and confidential where callers can speak about many different issues and concerns including coming out issues, gender and sexual identities, relationship concerns, bullying, workplace issues/discrimination, HIV/AIDS anxiety, safer sex information, suicide, and more
- Contact
  - 888.843.4564
  - [help@LGBHotline.org](mailto:help@LGBHotline.org)
- Hours
  - Monday–Friday 3:00pm–11:00pm
  - Saturday: 11:00am–4:00pm

**PFLAG River Falls**

- Organization for LGBTQ+ people, their parents, families, and allies
- Contact
  - 140 Union Street, River Falls, WI, 54022
  - 612.817.9742
  - [ibloomwhereplanted@gmail.com](mailto:ibloomwhereplanted@gmail.com)

**Fair Wisconsin**

- Mission: “advancing, achieving, and protecting equality for LGBTQ Wisconsinites”
- Contact
  - 122 E Olin Avenue, Madison, WI, 53713
  - 608.441.0143

**PRISM Program**

- A pilot program to connect LGBTQ+ youth (16–26) in Wisconsin with trained peer-specialists who can provide mental and emotional support and mentorship
- Contact
  - 414.336.7974
  - [prism@mhawisconsin.org](mailto:prism@mhawisconsin.org)

**Room to be Safe**

- An anti-violence program that is a statewide initiative designed to address violence in the LGBTQ community

- Designed to advocate for and work with survivors of all violence for individual counseling & advocacy, information and referral, safety planning, and support for LGBTQ+ communities in Wisconsin
- Contact
  - [lpv.diverse@gmail.com](mailto:lpv.diverse@gmail.com)
  - <https://www.roomtobesafe.org>

**Vivent Health**

- Mission: “to be a relentless champion for people affected by HIV and do all we can to help them thrive, because we believe every person has value and should be treated with respect”
- Conducts preventative care, prevention, and treatment along with other medical and dental care
- Contact
  - 811 Rose Street, La Crosse, WI, 54603
  - 608.785.9866

## Pregnancy Resources

### Catholic Charities

- **\*\*\*DO NOT SUPPORT ABORTION\*\*\***
- Mission: “For expectant parents facing a world of unknowns, we provide free, confidential support to help you find your best path forward. We have worked with thousands of expectant parents – of all ages, religions, and backgrounds – and we will empower you to make the best plan for you and your child. Before you make any decisions regarding your pregnancy, it is important to have support during this uncertain time. While we are sure you have a lot of questions, it is vital to remember you are not alone and we are available to offer you support.”
- Contact:
  - Address: 3710 East Ave S, La Crosse WI, 54601
  - Phone: (608) 782-0710
  - Confidential and free help available 24/7: 1-800-212-4357
  - Email: [info@cclse.org](mailto:info@cclse.org)
- Process for help:
  - First you will meet with a support counselor and decide what is best for you and your baby
    - Adoption or Parenting
      - If you choose parenting, they will help create a parenting plan and through the pregnancy they will keep contact with mom for help
      - If adoption is the best option, then they will help create an adoption plan and choose parents for your child
    - Then they will provide support throughout the pregnancy
    - At the birth when leaving the baby will stay with the chosen family, you or a transition home depending on your preference
    - Then the TPR (termination of parental rights) court will be about 2-6 weeks after baby is born and after this the agency will become the child’s temporary legal guardian while baby remains with chosen family
    - Then the agency will supervise the child’s placement with the chosen family for about 6 months until adoption is legally finalized

- Finally, they will continue to meet with mom and provide support at your request. They also have ongoing support groups and events for birth parents

## The Parenting Place

- Contact:
  - Address: 1500 Green Bay Street, La Crosse WI, 54601
  - Phone: (608) 784-8125
  - Hours: Monday 10a-5p, Tuesday 9a-5p, Thursday 10a-5p, Friday 9a-3p
  - Email: [info@theparentingplace.net](mailto:info@theparentingplace.net)
- **\*\*\*The parenting place is Free of charge!!!\*\*\***
- Programs offered:
  - **Parent Connection:** *Parent Connection* welcomes moms, dads, grandparents, or caregivers who are looking for a place to unwind and share the joys and challenges of parenting with other parents. Connect over coffee and conversation while toddlers and preschoolers play in our adjoining supervised playroom. No need to register
  - **Play Shoppe:** *Play Shoppe* is a shared time for parents and their children, ages birth to five years of age. Join us for one of our Play Shoppes to enjoy open-ended playtime, a simple art activity, circle and story time and a snack. Registration is not required.
  - **Family Exchange and Visitation Program:** The *Family Exchange Program* offers a safe and nurturing place where parents can exchange their children for time with mom or dad or have the support of supervised visitation. Family Exchange is available to any family with at least one parent living in La Crosse County. For more information or to participate, call Alyson at 608-784-8125.
  - **Warmline:** Children don't come with instructions. Every stage brings new behavior. If you have questions, call our [Warmline](tel:608-784-8125) at 608-784-8125 and ask for a Parent Educator or e-mail [franswift@theparentingplace.net](mailto:franswift@theparentingplace.net) with your question.
  - **Newborn Behavioral Observations:** Developed by the Brazelton Institute at Harvard, the NBO can help parents of a new baby to tune in to their baby's cues. This is a useful tool whether a first-time parent or one with many years of experience under your belt. This individualized session can be scheduled to take place in your home, in our center or on location for your convenience. The NBO can be done any time before

3 months of age. Call Susan at 608-784-1035 x1 or Barb at 608-784-8125 x236 to schedule yours.

- **Parents as teachers:** *Parents as Teachers* helps you capture the everyday teachable moments with specific when, what, how and why advice to maximize your child's early brain, motor, social and emotional development. This nationally acclaimed, research-based education and support program is free of charge to all interested families who wish to participate in twice a month home visits with a Parent Educator for the child aged prenatal to five years. Contact Marilyn at 608-784-8125 for more information.
- **Parent Friend:** All parents need friends to chat about the parenting challenges they face, and to realize they aren't the only one going through them. We'll come to your house and talk with you about parenting issues that are bothering you. For issues from bedtime routines and power struggles to finding time for yourself, we'll provide encouragement, support and new ideas. For more information or to schedule a visit, call Marilyn at 608-784-8125.
- **Triple P Positive Parent Groups:** Most of the time, parenting is great fun. You know you are doing a good job. But there are times when things get a little tricky. Maybe your toddler won't eat dinner or your six-year-old won't pick up toys. Or, it just seems that your child never listens. Triple P Seminars and Discussion Groups are quick ways to get new ideas about how to parent during the tricky times. Triple P is an evidence-based parenting program offered around the globe. Choose one topic or attend them all! Each topic is a stand-alone session lasting from 60-90 minutes. At some locations and times, we are able to provide child care with advance registration.

### **Agape (Ah-gah-pay) Pregnancy Resource Center**

- Mission: "The Agape Pregnancy Resource Center of La Crosse, Wisconsin is here for you during the times you need it most. We are here to offer loving support, accurate information, and valuable assistance to provide hope for whatever the future may hold. You will be treated with dignity and respect as you consider your options. The services we offer to women are **FREE** and **completely confidential**"
- Contact:
  - Address: 774 Moore Street, La Crosse WI, 54601
  - Phone: (608) 784-4966

- Hours: Tuesdays 10a-4p, Thursday 10a-4p All other days by appointment only
- Info:
  - **\*\*\*DO NOT SUPPORT ABORTION\*\*\***
  - FREE laboratory quality Pregnancy Testing
  - Safe and Secure place to talk about your feelings
  - Education on Pregnancy Options
  - Information and support for men in relation to pregnancy issues
  - Prenatal & Baby Care Education
  - Support during an unplanned pregnancy
  - Adoption Information
  - Sexual Health Information & Support
  - Referrals for needs such as housing, parenting education, post-abortion counseling, adoption, medical care, foster care, etc.
  - Pregnancy 101 Classes (call for dates)
  - Parenting 101 Classes (call for dates)

### **Birthright**

- Mission: "At Birthright, we understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need us. We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities, or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone."
- Contact:
  - Address: 115 5<sup>th</sup> Ave S, La Crosse WI, 54601
  - Phone: (416) 469-4789
  - Email: [contact@birthright.org](mailto:contact@birthright.org)
- Hours:
  - Monday: By appointment
  - Tuesday: 9a-12p
  - Wednesday 5:15p-7p
  - Thursday: By appointment
  - Friday: 9a-5p
  - Weekends: Closed
- Info:
  - **\*\*\*DO NOT SUPPORT ABORTION\*\*\***

- Provides info about pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and childcare
- They also provide referrals for medical support, financial resources, housing, legal, social assistance as well as professional counseling
- They have pregnancy tests, maternity and baby items
- 24/7 Free Helpline: 1-800-550-4900
- Live Chat through their website as well

## Residential Treatment Centers (around the Nation)

### Falcon Ridge Ranch

- Located in Virgin, Utah
- Contact:
  - Address: 633 E Highway 9 Virgin, UT 84779
  - Phone: 435-635-5260
- Admission:
  - Need to be female ages 12-17
  - History of emotional problems, anger, depression, poor impulse control, self-destructive behaviors, drug or alcohol abuse
- Rates:
  - Approx.: \$7,800 per 30 days
- Programs:
  - Individual Therapy, Family Therapy, Peer Group, therapeutic group, Equine Therapy, Horsemanship, Attachment Group, Seven Challenges Group, Life Healing Group (Trauma Recovery), Life Skills Group, Mindfulness
  - Off campus activities are also weaved into programming except girls who need special safety watch
  - Girls usually log at least 40 hours of community service during their time
  - Monthly trips are also included to tour local universities and trade schools

### Red Hawk Residential Treatment Facility

- Located in Littlefield, Arizona
- Contact:
  - Address: 3767 Scenic Boulevard Littlefield, AZ 86432
  - Phone: (435) 236-5423
  - Email: [valerie@redhawkrtc.com](mailto:valerie@redhawkrtc.com)
- Admission:
  - For females ages 12-17 and can serve up to 24 girls
- Rates:
  - Depends on your insurance company



- The Red Hawk Financial Department will contact your insurance company and as each insurance company is unique, they may cover different amounts
- Programs:
  - Youth are going to go through three stages of care over 8-10 months
  - Phase one will start with an evaluation that will become the foundation for an individual personal treatment plan
  - Phase two is rehabilitation is the main phase and involves the completion of the assessment and includes individual, group therapy, family therapy, recreational therapy and social and living skills classes
  - The final phase of the treatment is the continuing care, each resident will continue to work with her therapist 30 days after completing the first two phases of the program
  - Education follows a year-round schedule that included an IEP development education, early graduation, ACT/SAT prep, college search, Exploring career options, trade school options, employment, and credit recovery/ makeup

### **Sandstone Care**

- Located in Denver, Colorado
- Contact:
  - Address: 7555 East Hampden Avenue #103 Denver, CO 80231
  - Phone: (720) 674-1860
- Admission:
  - Call for a confidential consultation, if it is deemed not to be a good fit, they will help connect you to other programs or resources to better support you
  - Verify your insurance or payment method, your insurance company and verify your specific plan to determine any deductible amount
  - Scheduling an assessment, all clients participate in a comprehensive assessment to make a recommendation for level of care.
- Rates:
  - depends on who you have insurance through
  - You can verify your insurance online at the website under the teen and insurance
- Programs:

- These are designed to specifically for teens struggling with anxiety, depression, trauma, substance abuse and co-occurring mental health disorders
- Typical length of stay is 45-60 days and develop highly customized after care plans
- They serve 10-12 teens at a time

### **Summit Oaks I & II**

- Located in Summit, New Jersey
- Contact:
  - Address: 19 Prospect Street, Summit, NJ 07902
  - Phone: (908) 522-7000
  - Intake center phone: (800) 753-5223
- Admission:
  - Intake Center has therapists and nurses, who provide confidential assessments and consultations for psychiatric, behavioral and drug and alcohol problems
- Rates:
  - They accept most major insurances
    - Horizon Blue Crosse Blue Shield
    - Aetna
    - Medicare and Medicaid
    - Also work with most insures directly on out of network single case contracts
- Programs:
  - Offers residential inpatient treatment for children and adolescents ages 5-17 with mental health and behavioral health issues
  - Physician led mental health treatment program addresses children's entire well-being including medical, psychiatric, social, and academic needs
  - Inpatient treatment program provides a variety of therapies and activities in a secure environment

### **The Children's Center of Hamden**

- Located in Hamden Connecticut
- Contact:
  - Address: 1400 Whitney Avenue Hamden, CT 06517
  - Phone: (203) 248-2116

- Admission:
  - for boys and girls ages 7-14 years old who are challenged by complex psychiatric symptoms and self-defeating behaviors
  - There are a few ways to be referred to START
  - Complete the PRTF referral form on the Beacon Health Options website at [ctbhp.com](http://ctbhp.com)
- Rates:
  - Call for more information
- Programs:
  - They have many different programs
    - Substance use resource guide and SMART recovery
    - Outpatient
    - Overnight Respite
    - Residential Treatment Facility
    - Afterschool/ Extended Day Treatment

### **Turning Winds Residential Treatment**

- Located in Troy, Montana
- Contact:
  - Address: 31733 S Fork Rd Troy, MT 59935
  - Phone: (800) 845-1380
- Admission:
  - for teens ages 13-18 who have ADD, ADHD, depression, anxiety, addictions, substance abuse and drug abuse
  - Admissions counselors are available 7am-5pm Monday-Friday
  - Schedule a call from there to talk about what is going on
  - A link will then be sent to you about an enrollment application in the parent portal
  - Then a date will be set to bring child to the school or make transport arrangements
- Rates:
  - It all depends on who you have insurance through
  - You can call admissions personnel for more information regarding tuition
  - They do not accept Medicaid
- Programs:
  - Typical class size ranges between 6 and 12 students
  - Each academic plan is individualized for each kid

- Clinical services are carried out by experienced professional therapists

### **Youth Villages Residential Treatment: Inner Harbour Campus**

- Located in Douglasville Georgia
- Contact:
  - Address: 4685 Dorsett Shoals Road Douglasville, GA 301135
  - Phone: (770) 852-6300
- Admission:
  - for children ages 6 to 17 to provide treatment for a variety of specialize conditions and behaviors
- Rates:
  - It all depends on who you have insurance through
  - You can call admissions personnel for more information regarding tuition
  - They do not accept Medicaid
- Programs:
  - Located on 1200-acre wooded space outside of Atlanta
  - Groups are organized by gender, age, diagnosis, and functioning level
  - The groups are between 10 and 12 members who live in the same cottage and spend all day together
  - Services include: DBT, Trauma-Forced Cognitive Behavior Therapy, group therapy, 5:1 staff ratio

### **Daybreak Youth Services**

- Located in Brush Prairie and Spokane, Washington
  - Brush Prairie Male Identifying
  - Spokane Female Identifying
- Contact:
  - Address:
    - 11910 NE 154<sup>th</sup> St. Brush Prairie, WA 98606
    - 628 South Cowley ST. Spokane, WA 99202
- Phone:
  - (360) 750-9588
  - (590) 624-3227
- Admission:
  - for teens ages 13-18 who are given the chance to engage in recovery, school and recreation
- Rates:

- It all depends on who you have insurance through
- You can call admissions personnel for more information regarding tuition
- Programs:
  - Inpatient program provides:
    - Team of professional's cross trained in mental health and chemical dependency
    - On site nursing 24/7
    - Trauma-Focused Cognitive Behavioral Therapy
    - Education on trauma and substance use disorder
    - Recreational opportunities to inspire and promote sober fun
    - Aftercare community connections to support ongoing recovery
    - Provides individual and group therapy as well as family therapy

### **Northwest Passage**

- Located in Frederic, Wisconsin for Girls treatment
- Located in Webster, Wisconsin Boys treatment
- Contact:
  - Address:
    - 203 United Way Frederic, Wisconsin 54837
    - 7818 Moline Road Webster, Wisconsin, 54893
  - Phone: (715) 327-4402
- Admission:
  - On the nwpltd.org there is a book for each treatment facility as well as the packing guide
  - There are also assessment guides on the website that you can read through an online pdf
- Rates:
  - It all depends on who you have insurance through
  - Northwest passages will contract individually with parents, agencies, or third-party private insurance carriers. Options of payment will be discussed at the time
- Programs:
  - There are small class sizes with about 6-10 students and 2-3 teachers in each room. This allows for strong student-teacher relationships
  - Along with core subjects there are other opportunities such as community service, independent living activities, physics bridge

building, entrepreneurship unit and projects as well as school newspaper and magazine

### **Arbor Place**

- Located in Menomonie, Wisconsin
- Contact:
  - Address: 4076 Kothlow Ave, Menomonie, Wisconsin 54751
  - Phone: (715) 235-4537
  - Email: [info@arborplaceinc.org](mailto:info@arborplaceinc.org)
- Admission:
  - You can refer a client confidentially on the website under the referral tab on the website
- Rates:
  - It all depends on who you have insurance through
  - They accept Badgercare/ Medicaid, but it will only pay for treatment and not room and board
  - Specific treatment services and programs have a specific cost that you will need to contact them directly to find out the cost of each treatment
- Programs:
  - They are not a medical detox facility and can't help with withdrawal management. Clients who have been using alcohol or drugs heavily for a long period of time may need to go to a detox facility before coming to the facility.
  - Average treatment is based on goals but it's about 21 to 45 days
  - They do random drug tests to make sure clients are still doing well and to identify if there is a problem. Relapses happen but it is expected to not sure while in treatment to ensure safety for all.

### **Family Services New**

- Located in Green Bay, Wisconsin
- Contact:
  - Address: 3430 Spirit Way Green Bay, WI 54304
  - Phone: (920) 330-0339
- Admission:
  - for 10-17 years old who are struggling due to mental, emotional, and behavioral challenges. The goal is to do whatever it takes to help each child and their family be successful upon the child's return to the community.

- They are licensed to serve up to 22 children and can also serve children on a Type 2 correctional order
  - Parents are expected to attend weekly family therapy sessions, monthly case review, as well as visiting your child regularly
- Rates:
  - It all depends on who you have insurance through
  - You can call admissions personnel for more information regarding tuition
- Programs:
  - This facility provides 18 private rooms and two double rooms. Each room has a private bathroom with a shower as well as group rooms, a sensory room kitchen as well as indoor and outdoor recreation areas.

## Special Needs Resources for Children

### **ABC for Health, Inc**

- A public interest law firm that works to improve health care access through advocacy, benefits counseling, and legal services for low-income families
- Contact
  - 32 N Bassett Street, Madison, WI, 53703
  - 608.261.6939
- Hours
  - Monday–Friday: 8:30am–5:00pm

### **A.L.A.S. (Alianza Latina Aplicando Soluciones)**

- “Accessing resources can be especially difficult for families who encounter a language barrier. A.L.A.S. helps Spanish speaking families who have children with special needs by providing advocacy, educational workshops, parent support groups, family events, community building activities, and service referrals”
- Contact
  - 414.643.0022
  - 866.249.5055

### **Aptiv, Inc.**

- “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 the community, live a more meaningful and fulfilling life, and find adaptive options that help them succeed in their goals”
- Contact
  - 3000 South Avenue, La Crosse, WI, 54601
  - 608.784.9450
- Hours
  - Monday–Friday: 8:00am–4:00pm

### **Autism Society of Wisconsin**

- “Dedicated to improving the lives of all who are impacted by autism by providing information, resources and support, while raising awareness and acceptance in our community”
- Contact
  - 437 S Yellowstone Drive, Madison, WI, 53719



- 608.630.9147
- Hours
  - Monday–Friday: 9:00am–12:00pm

### **BrightStar Care—La Crosse**

- Provides expert, compassionate, and personal in-home care, specifically for those with disabilities and special needs
- Contact
  - 1062 Oak Forest Drive, Suite 500, Onalaska, WI, 54650
  - 608.519.4324
- Hours
  - Open 24 Hours

### **Capable Canines of WI**

- Organization that trains service dogs to provide assistance and support to children and adults with autism, seizures, and physical disabilities
- Contact
  - 324 14<sup>th</sup> Avenue N, Onalaska, WI, 54650
  - 608.780.9767

### **Center for Parent Information and Resources**

- “Supporting the parent center who serve families of children with disabilities”
- Contact
  - 973.642.8100

### **CESA #4**

- Contact
  - 923 Garland Street E, West Salem, WI, 54669
  - 608.786.4800

### **Chileda Institute**

- Mission: “improving the quality of life for individuals with cognitive challenges and extraordinary behavioral needs” ; Offers a spectrum of approaches to meet diverse needs of students; Leading services for autism spectrum disorders, attachment challenges, and other developmental disabilities
- Contact
  - 1825 Victory Street, La Crosse, WI, 54601
  - 608.782.6480
- Hours
  - Monday-Friday: 8:00am-4:00pm

**Disability Rights Wisconsin**

- Contact
  - 131 W Wilson Street, Unit 700, Madison, WI, 53703
  - 608.267.0214
- Hours
  - Monday–Friday: 8:30am–5:00pm

**Family Voices of Wisconsin**

- “Helps families navigate health care and community supports and services by providing training, in-person and online, information, and education”
- Provides resources for equity & diversity, family leadership, family support, health care, long-term supports, Medicaid, mental health, money matters, transitioning to adult life, and telehealth.
- Contact
  - PO Box 5070, Madison, WI, 53705
  - 608.220.9598

**La Crosse Area Autism Foundation**

- Provides support for children and adults with autism: financial assistance, therapy, resources, and community events
- Contact
  - 608.618.0523

**La Crosse County Human Services**

- Contact:
  - 300 4<sup>th</sup> Street N, First Floor, La Crosse, WI, 54601
  - 608.784.4357
- Hours:
  - Monday–Friday: 8:00am–4:30pm

**Parent to Parent of WI**

- “empowers and supports parents, nationwide,” because being a parent of a child with special needs can be a challenge
- Contact
  - 1020 Kabel Avenue, Rhinelander, WI, 54501
  - 715.361.2934

**Partners in Excellence**

- Mission: “to positively impact the life of each child through our unparalleled commitment and desire to see our clients reach their greatest potential”
- Autism Therapy Center
- Applied Behavioral Analysis (ABA) Therapy, Occupational Therapy, Speech/Language Pathology, Feeding Therapy, Psychotherapy
- Each child has a team consisting of parents/caregivers, licensed mental health providers, program team lead, primary behavior therapist, and behavioral therapists
- Contact
  - 901 Caledonia Street, La Crosse, WI, 54601
  - Phone: 952.746.5350
- Hours
  - Monday-Friday: 8:00am-5:00pm

**Peace for Parents**

- Parenting and professional support as well as social skills groups
- Contact
  - 608.775.2826

**Reaching Your Potential**

- A comprehensive in-home therapy program for children with ASD.
- Contact
  - 715.299.4668

**Well Badger Resource Center**

- Specializes in referrals for children and youth with special health care needs and those with developmental disabilities and delays
- Contact
  - 1.800.642.7837

**Western Regional Center for Children and Youth with Special Health Care Needs (CYSHCN)**

- “Dedicated to meeting families’ needs through a statewide coordinated system of information, referral and follow-up, parent to parent support, and service coordination,”
- Provides a “map” with directions that takes children and families with special health care needs where they want and need to go.
- Contact
  - 715.726.7900
  - 1.800.400.3678

**Wisconsin's Birth to 3 Program**

- A federally mandated early intervention program to support families of children with developmental delays or disabilities under the age of 3
- Contact
  - Primary Point of Referral
    - 1500 Green Bay Street, La Crosse, WI, 54601
    - 608.784.1035
  - Program Coordinator
    - Shelly Tollefson
    - 300 4<sup>th</sup> Street N, P.O. Box 4002, La Crosse, WI, 54601
    - 608.789.4819
  - Administrative Contact
    - Christin Skolnik
    - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
    - 608.785.6019

**Wisconsin Early Autism Project (WEAP)**

- Part of LEARN Behavioral, a national organization dedicated to nurturing the unique potential of children with autism and supporting families from day one; offers a comprehensive treatment program based on Applied Behavior Analysis (ABA).
- Services include evaluation and diagnosis, home-based treatment, center-based treatment, social skills groups, outpatient counseling, and teleABA services.
- Contact
  - Has office locations in Madison, Green Bay, Brookfield, Eau Claire, Milwaukee, Oak Creek, and Oshkosh, but provide services all over the state
  - 608.662.9327
  - 715.832.2233
- Insurance
  - Offers an insurance authorization team that specializes in getting families the coverage they need to help them access the treatment they need

**Wisconsin FACETS**

- Offers information about special education and disability rights advocacy
- Contact
  - 877.374.4677

**Wisconsin First Step**

- “Having a child or youth with special needs often creates unique family challenges. Many programs and services exist for children with special needs although it is often difficult to sort through them. Wisconsin First Step can help find resources for children birth to 21 with special needs”
- Contact
  - 1900 South Avenue, La Crosse, WI, 54601
  - 1.800.642.7837

**Wisconsin Statewide Parent-Educator Initiative (WSPEI)**

- Focused on creating partnerships between parents and educators for students with disabilities
- Contact
  - 833.879.7734

## Schools

### Offering K-12 Education

- Bangor School District: 700 10th Avenue S, Bangor WI, 54614
  - Phone: 608.486.2331
  - Vision Statement: An innovative, small school creating excellence through personalized learning and relationships for all that values centering student needs, safety, community, continual student improvement, professionalism, opportunity, and fiscal sustainability
  - Offer Free and Reduced Lunch Options—based on family income
  - Special Education: Speech/Language, Audiology, Adaptive Physical Education, First Step for Children with Special Needs
  - Homeless Services: free breakfast/lunch, free transportation services, special education programs, tutoring programs, programs to help children learn English, “Gifted and Talented” programs, summer school programs, pre-school programs, after-school programs
  - Academic and Career Planning
  - Age appropriate Counseling
  - Dental Health Program
  - School Nurse: Tami Brownwell, RN—Bangor Health Services
- West Salem School District: 405 East Hamlin St, West Salem, WI, 54669
  - Phone: 608.786.0700
  - Mission: “Serve with Passion to Ignite Creativity, Innovation, and Excellence.”
  - Offer Free and Reduced Lunch Options—based on family income
  - Free Summer meals (breakfast and lunch) for anyone 18 and under; Adults can purchase breakfast for \$2.50 and lunch for \$4.25
  - Summer School Programs
  - Special Education Programs
  - Family Engagement Liaison that assists families as they work through the special education program—Tiffany, 608.786.4828
  - Community Fitness Center
  - Academic and Career Planning
  - Healthy Living Program: aims to create cooperative, purposeful life-long movers who support health-enhancing behaviors
- Holmen School District: 1019 McHugh Road, Holmen, WI, 54636
  - Phone: 608.526.6610

- Vision: “that all students acquire the educational, social, emotional, and career planning skills necessary to become productive, responsible citizens and lifelong learners”
- Career and Academic Planning Services
- “Gifted and Talented” Program
- Job Shadowing Opportunities
- Mental Health Resources
- School Psychologist: Nicole Osgood, 608.526.3372
- Age Appropriate Counseling
- Summer School Programs
- Project BRIDGE: strives to successfully transition students to adulthood through career development, vocational skills, community experiences, semi-independent living, and refining activities of daily living
- School Nurse: Nicole Craig, 608.526.3372
- **Sand Lake Elementary, 3600 Sand Lake Road, Holmen, WI, 54636**
  - Phone: 608.781.0974
  - Vision: “We will instill a love of learning in ALL students and prepare them to be responsible and productive global citizens”
  - Adaptive Physical Education
  - Autism Therapy
  - Deaf and Hard of Hearing (D/HH) Services
  - Emotional Disability Services
  - English as Second Language Program
  - Remedial Reading Program
  - Speech/Language Services
  - “Gifted and Talented” Program
  - School Nurse: Emily Hanes, 608.526.3316 ext. 4403
  - Homeless Services
  - School Social Worker: Tiffani Lajeunesse, 608.526.3372
- **Evergreen Elementary School, 510 Long Coulee Rd, Holmen, WI, 54636**
  - Phone: 608.526.9080
  - Mission: “educate all children in a safe, caring, and challenging environment”
  - School Psychologist: Necole Kalander, 608.526.9080
  - School Nurse: Tiphany Kokott, 608.526.9080 ext. 2106
  - “Gifted and Talented” Programs
  - Special Education Programs
  - English as a Second Language (ESL) Program

- **Viking Elementary School, 500 East Wall Street, Holmen, WI, 54636**
  - Phone: 608.526.3316
  - Vision: “Learning and growing together to make the world a better place”
  - Special Education Programs
  - “Gifted and Talented” Program
  - Summer School Programs
  - Mental Health Resources
  - Free and Reduced Lunch Programs—based on income
    - Those that qualify are also eligible for BadgerCare family health plan if they lack health coverage
- **Prairie View Elementary School, 1201 Newport Ln, Holmen, WI, 54636**
  - Mission: “Dream Big, Work Hard, Play Nice, Stay Kind”
  - School Nurse: Natalie Heidlage, 608.526.1600 ext. 1604
  - School Psychology Services
  - Human Growth and Development Resources
  - English as a Second Language (ESL) Program
  - “Gifted and Talented” Program
  - Speech Therapy
  - Special Education Programs
  - Free and Reduced Lunch Programs—based on income
- **Holmen Public Preschool, 500 E. Wall Street, Holmen, WI, 54636**
  - Phone: 608.526.1381
  - Early Childhood, Special Education, Preschool
- **Providence Academy, 716 Windsor Street, La Crosse, WI, 54603**
  - Phone: 608.784.6167
  - Vision: A private, independent, classical academy in Roman Catholic tradition that “assist parents in the intellectual, moral, and spiritual formation of their children”—provide an academic environment where students learn that faith and reason are inseparable
  - Cost—Variable Tuition Option
    - 3-year-old school: \$1,665
    - Pre-Kindergarten: \$2,225
    - K-8th Grade: \$8,500
    - Upper School (9th–12th Grade): \$10,740
  - Bus Transportation
  - Uniforms Required for School and Gym—info provided by school



- **Family & Children Centers Alternative Education, 1707 Main Street, La Crosse, WI, 54601**
  - Phone: 608.785.0001
  - Private, alternative school
- **Coulee Connections, 99 Milwaukee Street, La Crosse, WI, 54603**
  - Phone: 608.519.5540
  - Mission: “to compassionately unite the collective strengths of individuals, families, and community while embracing healing through inspired living”
  - Alternative Education Program
  - Experiential and interactive process that sets the stage for healthy attachment interactions to occur
  - Outlook Summer Program
  - Outlook Day Program, Monday–Friday, 8am–3pm
    - Matt Tepper, 608.519.5540 ext. 104
  - Outlook Expedition, 6 Week Progression through Summer
- **Faith Baptist School, 3615 S 28th Street, La Crosse, WI, 54601**
  - Phone: 608.788.1165
  - Cost
    - Registration: \$65 per year per student
    - Books: \$137/year
    - SAT Testing: \$25
    - Graduation Fees: \$5.00 (K5), \$15 (12th)
    - WACS Fee: \$14
    - Sports: \$20 per semester (K5 & Elementary), \$60 per semester (Jr/Sr High School)
- **Coulee Christian School, 230 West Garland Street, West Salem, WI, 54669**
  - Phone: 608.786.3004
  - Mission: “We exist to intentionally and lovingly equip students to live life on the edge”
  - 3K-12th grade
  - Early Learning Center
  - Athletics offered grade 1-12
  - Cost:
    - K-5: \$6590/year
    - 6-8: \$7070/year
    - 9-12: \$7500/year
    - Tuition Voucher Program Available

- **Hylandale Church School, N3200 Cty Rd J, Rockland, WI, 54653**

- Phone: 608.486.2443

### **Preschool**

- **La Crosse Offsite Preschool, 807 East Avenue South, La Crosse, WI, 54601**

- Phone: 608.789.7006

- **Hamilton Early Learning Center, 1111 S. 7th Street, La Crosse, WI, 54601**

- Phone: 608.789.7695
- Vision: “We believe educators are here to assist you with the academic, social, and recreational development of children”
- Free and Reduced Lunch Programs—based on income
- Academic and Career Planning
- Homeless Services
- Students Moves and Tuition Waivers available
- Summer School Programs
- 4-year-old preschool available
- Transportation services
- After School Programs

- **Congregational Preschool, 2503 Main Street, La Crosse, WI, 54601**

- Phone: 608.784.3640
- Morning and Afternoon 3K Programs
- Tuition Free, M,W,F programs or T, Th programs
- 4K Programs
- 5 day/week Spanish Introduction Program for 3&4-year old
- You&Me/ Me on My Own Program
  - For students who are not quite 3 but are ready for school—parent/guardian participation required
- Offers all day Daycare services before and after school hours—7am-5:30pm

### **Elementary Schools**

- **Eagle Bluff Elementary School, 200 Eagle Bluff Ct, Onalaska, WI, 54650**

- Phone: 608.783.2453
- Vision: “Working together to ensure high levels of learning for all”
- Elementary Enrichment Program
- Academic and Career Planning
- At-Risk Programming—aimed at identifying and servicing at-risk youth (K-12)
- Early Childhood Screening
- English Learners Program

- “Gifted and Talented” Enrichment Program
- Homeless Services
- Age Appropriate School Counseling Services
- School Health Services through School Nurse
- School Psychology Services
- Special Education Programs
- Summer School Programs
- Free and Reduced Lunch Programs—based on income
- **Pertzsch Elementary School, 524 Main Street, Onalaska, WI, 54650**
  - Phone: 608.783.5644
  - Vision: “Working together to ensure high levels of learning for all”
  - Elementary Enrichment Program
  - Community Mental Health Resources
  - Academic and Career Planning
  - At-Risk Programming—aimed at identifying and servicing at-risk youth (K-12)
  - Early Childhood Screening
  - English Learners Program
  - “Gifted and Talented” Enrichment Program
  - Homeless Services
  - Age Appropriate School Counseling Services
  - School Health Services through School Nurse
  - School Psychology Services
  - Special Education Programs
  - Summer School Programs
  - Free and Reduced Lunch Programs—based on income
- **Emerson Elementary School, 2101 Campbell Rd, La Crosse, WI, 54601**
  - Phone: 608.789.7990
  - Mission: “to educate children in partnership with the family and the community so that students develop independence and responsibility for their own learning”
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Free and Reduced Lunch Programs—based on income
  - Transportation services

- **Southern Bluffs Elementary School, 4010 Sunnyside Drive, La Crosse, WI, 54601**
  - Phone: 608.789.7020
  - Mission: “With pride and respect, we learn, we teach, we enjoy, we imagine, we hope.”
  - Academic and Career Planning
  - Homeless Services
  - Free and Reduced Lunch Programs—based on income
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
- **North Woods International School, 2541 Sablewood Rd, La Crosse, WI, 54601**
  - Phone: 608.789.7000
  - Mission: “through discussion and collaboration, we will create a caring learning environment while offering a strong inquiry-based curriculum that fosters open mindedness about humanity, problem solving, and lifelong learning”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
- **Spence Elementary School, 2150 Bennett Street, La Crosse, WI, 54601**
  - Phone: 608.789.7773
  - Mission: “to ensure that every student is successful, every day”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
- **State Road Elementary School, 3900 Pammel Creek Road, La Crosse, WI, 54601**
  - Phone: 608.789.7690

- Mission: “We encourage all of our students to strive for academic excellence, good citizenship, and be an active participant in school activities”
- Free and Reduced Lunch Programs—based on income
- Academic and Career Planning
- Homeless Services
- Summer School Programs
- 4-year-old preschool available
- Transportation services
- **Northern Hills Elementary School, 910 East Avenue N, Onalaska, WI, 54650**
  - Phone: 608.783.4542
  - Mission: “Working together to ensure high levels of learning for all”
  - Elementary Enrichment Program
  - Community Mental Health Resources
  - Academic and Career Planning
  - At-Risk Programming—aimed at identifying and servicing at-risk youth (K-12)
  - Early Childhood Screening
  - English Learners Program
  - “Gifted and Talented” Enrichment Program
  - Homeless Services
  - Age Appropriate School Counseling Services
  - School Health Services through School Nurse
  - School Psychology Services
  - Special Education Programs
  - Summer School Programs
  - Free and Reduced Lunch Programs—based on income
- **Summit Environmental School, 1800 Lakeshore Drive, La Crosse, WI, 54603**
  - Phone: 608.789.7980
  - Mission: “to provide students with a solid educational foundation in the core academic areas with an environmental focus integrated throughout the curriculum”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available

- Transportation services
- **School of Technology and Arts I, 1111 S. 7th Street, La Crosse, WI, 54601**
  - Phone: 608.789.7695
  - Mission: Emphasis on Arts and Technology
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
  - After School Programs
- **Coulee Montessori Charter School, 1611 Kane Street, La Crosse, WI, 54603**
  - Phone: 608.789.7970
  - Mission: Promote child-centered, hands-on learning, encourage independence and personal responsibility, foster a desire for lifelong learning, and provide a learning environment where respect is of primary importance
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
  - School Nurse Services
- **Hamilton Early Learning Center, 1111 S. 7th Street, La Crosse, WI, 54601**
  - Phone: 608.789.7695
  - Vision: “We believe educators are here to assist you with the academic, social, and recreational development of children”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
  - After School Programs

- **Hintgen Elementary School, 3505 S. 28th Street, La Crosse, WI, 54601**
  - Phone: 608.789.7767
  - Mission: “The physical, emotional, social, and intellectual needs of every student will be met by emphasizing their individual strengths, empowering them to reach their highest potential”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
  - After School Programs
  
- **Northside Elementary School, 1611 Kane Street, La Crosse, WI, 54603**
  - Phone: 608.789.7970
  - Mission: “We believe that educating a student means meeting the social, emotional, physical, and intellectual needs of the whole child”
  - Year-Round Elementary School
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - 4-year-old preschool available
  - Transportation services
  - School Nurse Services
  
- **St. Paul’s Lutheran School, 1201 Main Street, Onalaska, WI, 54650**
  - Phone: 608.783.2552
  - Mission: “At St. Paul's Lutheran School, the Word of God is our anchor, keeping us grounded and not pushed away from His grace.”
  - Surround Care—Christian Childcare
    - \$6.00/hour
  - Free and Reduced Lunch Programs—based on income
  - Cost:
    - Preschool (3K, 4K)– \$13.50/session
      - no financial assistance available
    - K-8 (Fellowship): \$1,750/year/child—maximum \$3,500/year/family

- Financial Assistance Available
  - School Choice Voucher Available
  - K-8 (Community): \$6,000/year/child
    - School Choice Voucher Available
- **Blessed Sacrament School, 2404 King Street, La Crosse, WI, 54601**
  - Phone: 608.782.5564
  - Mission: “a Christ-Centered family devoted to nurturing students of all faiths through educational excellence in its vibrant Catholic tradition”
  - Age Appropriate Counseling Services
  - Special Education Program/Learning Needs
  - Dress Code
  - Local Bus Transportation Routes
  - After School Care—fees applicable
  - Financial Aid Available
- **St. Joseph Cathedral School, 1319 Ferry Street, La Crosse, WI, 54601**
  - Phone: 608.782.5998
  - Mission: “a Christ-Centered family devoted to nurturing students of all faiths through educational excellence in its vibrant Catholic tradition”
  - Local Bus Transportation Routes
  - Age Appropriate Counseling Services
  - Special Education Program/Learning Needs
  - Extended Care
  - Dress Code
  - After School Care/Planning
  - Free and Reduced Lunch Program—based on income
- **St. Patrick School, 127 11th Avenue N, Onalaska, WI, 54650**
  - Phone: 608.783.5483
  - Mission: “a Christ-Centered family devoted to nurturing students of all faiths through educational excellence in its vibrant Catholic tradition”
  - Local Bus Transportation Routes
  - Age Appropriate Counseling Services
  - Special Education Program/Learning Needs
  - Surround Care
  - Dress Code
  - Summer Programs/Camps Available
  - After School Care
  - Free and Reduced Lunch Program—based on income



- **First Evangelical Lutheran School, 520 West Avenue, La Crosse, WI, 54601**
  - Phone: 608.784.1050
  - Mission: “We provide a Christian environment in which we strive to provide a positive learning experience and foster a life-long love of learning”
  - Before and After School Care Available--\$4.00/hour billed in 15 min. increments
  - Surround Care Available
  - 3K and 4K programs available
- **Christ-St. John’s Lutheran School, 500 Park Street, West Salem, WI, 54669**
  - Phone: 608.786.1250
  - Mission: “to assist parents by providing a Christ-centered education to meet the spiritual and academic needs of our children now and for eternity”
  - 3K-8th Grade
  - Surround Care Available
  - 3K and 4K Programs
  - SCRIP Program available for tuition assistance
- **Mt. Calvary–Grace Lutheran School, 1614 Park Avenue, La Crosse, WI, 54601**
  - Phone: 608.784.8223
  - Mission: Helping kids connect with Jesus every day!
  - Lunch Options
    - Annual: \$473
    - 10 Punches: \$28
  - Cost:
    - MCG Members--\$1,250/year
    - Other WELS--\$1,400/year
    - Non-WELS--\$1,725/year
  - Athletic Programs
- **Immanuel Lutheran School, 806 St. Paul Street, La Crosse, WI, 54603**
  - Phone: 608.784.5712
  - Mission: “to assist parents in their God-given responsibility to train up their children “In the way they should go”, so that when they “are old (they) will not depart from it”
  - Cost:
    - Enrollment/Book Fee--\$100/child
    - Non-members will pay \$1,500/year tuition

**Middle Schools**

- **Onalaska Middle School, 711 Quincy Street, Onalaska, WI, 54650**
  - Phone: 608.783.5366
  - Mission: “Working together to ensure high levels of learning for all”
  - Community Mental Health Resources
  - Academic and Career Planning
  - At-Risk Programming—aimed at identifying and servicing at-risk youth (K-12)
  - English Learners Program
  - Homeless Services
  - Age Appropriate School Counseling Services
  - School Health Services through School Nurse
  - School Psychology Services
  - Special Education Programs
  - Summer School Programs
  - Free and Reduced Lunch Programs—based on income
- **La Crosse Design Institute, 807 East Avenue S, La Crosse, WI, 54601**
  - Phone: 608.789.7600
  - Mission: “Students will discover their talents and abilities and will be prepared to pursue their dreams and aspirations while contributing effectively to their local, national, and global communities”
  - World Language Programs
  - English as a Second Language Program
  - Special Education Program
  - Summer School Options
  - Tutoring Services
  - Age Appropriate School Counseling Services
  - Homeless Services
  - Free and Reduced Lunch Programs—based on income
- **School of Technology and Arts II, 510 S. 9th Street, La Crosse, WI, 54601**
  - Phone: 608.789.7780
  - Mission: to extend off of SOTA I to emphasize the importance of social and emotional learning, community building, and teamwork”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs

- Transportation services
- After School Programs
- **Coulee Montessori Adolescent, 510 9th Street S, La Crosse, WI, 54601**
  - Phone: 608.789.7780
  - Mission: children have the innate desire to learn and that they learn best in an atmosphere where they can participate actively, concentrate without interruption, and work at an individual pace. Now the program concentrates on the adolescents' preoccupation with oneself as a member of the greater society.
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - 4-year-old preschool available
  - Transportation services
  - School Nurse Services
- **Lincoln Middle School, 510 S. 9th Street, La Crosse, WI, 54601**
  - Phone: 608.789.7780
  - Mission: All students will learn at high levels.
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Special Education Program
  - Summer School Programs
  - Transportation services
  - School Nurse Services
- **Longfellow Middle School, 1900 Denton Street, La Crosse, WI, 54601**
  - Phone: 608.789.7670
  - Mission: "Relationships–Engagement–Learning"
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Special Education Program
  - Summer School Programs
  - Transportation services
  - School Nurse Services
- **Logan Middle School, 1450 Avon Street, La Crosse, WI, 54603**

- Phone: 608.789.7740
- Mission: “Students will learn about everyday life, traditions, and cultures from around the globe. A strong focus is placed on technology and how it is used to communicate with others around the world”
- Free and Reduced Lunch Programs—based on income
- Academic and Career Planning
- Homeless Services
- Summer School Programs
- Transportation services
- Special Education Program
- School Nurse Services
- Aquinas Middle School, 315 11th Street S, La Crosse, WI, 54601
  - Phone: 608.784.0156
  - Mission: “a Christ-Centered family devoted to nurturing students of all faiths through educational excellence in its vibrant Catholic tradition”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Special Education Program
  - Summer School Programs
  - Transportation services
  - School Nurse Services

### High Schools

- **Onalaska High School, 700 Hilltopper Place, Onalaska, WI, 54650**
  - Phone: 608.783.4561
  - Mission: “Working together to ensure high levels of learning for all”
  - Community Mental Health Resources
  - Academic and Career Planning
  - At-Risk Programming—aimed at identifying and servicing at-risk youth (K-12)
  - English Learners Program
  - Homeless Services
  - Age Appropriate School Counseling Services
  - School Health Services through School Nurse
  - School Psychology Services
  - Special Education Programs
  - Summer School Programs
  - Free and Reduced Lunch Programs—based on income

- **Logan High School, 1500 Ranger Drive, La Crosse, WI, 54603**
  - Phone: 608.789.7700
  - Mission: “a caring learning environment committed to excellence in education”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Special Education Program
  - Summer School Programs
  - Transportation services
  - School Nurse Services
  - Age Appropriate Counseling Services
- **Central High School, 1801 Losey Blvd, La Crosse, WI, 54601**
  - Phone: 608.789.7900
  - Mission: “We serve the community by preparing all students for post-secondary success”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - Special Education Program
  - Transportation services
  - School Nurse Services
  - Age appropriate counseling services
- **Aquinas High School, 315 South 11th Street, La Crosse, WI, 54601**
  - Phone: 608.784.0287
  - Mission: “a Christ-Centered family devoted to nurturing students of all faiths through educational excellence in its vibrant Catholic tradition”
  - Free and Reduced Lunch Programs—based on income
  - Academic and Career Planning
  - Homeless Services
  - Students Moves and Tuition Waivers available
  - Summer School Programs
  - Special Education Services
  - Transportation services
  - School Nurse Services
  - Cost: \$7,700 per year

- School Voucher Application Available
- Scholarships Available
- Financial Aid Available
- \$100 per family application fee
- **Luther High School, 1501 Wilson Street, Onalaska, WI, 54650**
  - Phone: 608.783.5435
  - Mission: “to provide a Christ-centered education that encourages and equips students for life and for eternity”
  - Cost:
    - LHS Association--\$7,914/year
    - Non-Association--\$9,553/year
    - International Students--\$11,490
    - Fees associated with Band, Choir, Athletics
    - Financial Assistance
    - Financial Assistance Application
    - Good Steward Resale Shop
  - Free transportation services
  - Age Appropriate Counseling through the Guidance Office
  - Individualized Instructional Assistance
  - Youth Summer Camps
- **7 Rivers Community High School, 807 East Avenue S, La Crosse, WI, 54601**
  - Phone: 608.789.7600
  - Mission: “Students will discover their talents and abilities and will be prepared to pursue their dreams and aspirations while contributing effectively to their local, national, and global communities”
  - Academic and Career Planning

### Specialization Schools

- **Chileda Institute, 1825 Victory Street, La Crosse, WI, 54601**
  - Phone: 608.782.6480
  - Mission: “improving the quality of life for individuals with cognitive challenges and extraordinary behavioral needs
  - Offers a spectrum of approaches to meet diverse needs of students
  - Leading services for autism spectrum disorders, attachment challenges, and other developmental disabilities
  - Residential and Day School programs
  - Health & Wellness Services
  - Behavior Services

- Education Services
- Community Services
- **Partners in Excellence, 901 Caledonia Street, La Crosse, WI, 54601**
  - Phone: 952.746.5350
  - Mission: “to positively impact the life of each child through our unparalleled commitment and desire to see our clients reach their greatest potential”
  - Autism Therapy Center
  - Applied Behavioral Analysis (ABA) Therapy, Occupational Therapy, Speech/Language Pathology, Feeding Therapy, Psychotherapy
  - Each child has a team consisting of parents/caregivers, licensed mental health providers, program team lead, primary behavior therapist, and behavioral therapists
  - Enrollment Process:
    - Step 1: Contact Intake Staff at 608.785.4100
      - Expect a 20–30 min call and prepare to share contact information, child information, brief medical history including autism diagnosis, school/provider info, and funding information
    - Step 2: Complete Enrollment Packet within 30 days of the initial phone call
      - Must also attach copies of the child’s evaluations and assessments
    - Step 3: Submit Application
    - Step 4: Review & Acceptance
    - IMPORTANT NOTE: completing all these steps does not guarantee placement at Partners
  - Payment:
    - Accepts insurance—clients must contact their specific insurance provider for coverage/deductible/co-pay/exclusion information
    - Partners is a Medical Assistance (MA) provider in Minnesota and Wisconsin

## Therapy

### **Mary Riedel Counseling Services, LLC for Adults, Adolescents and Couples**

- Treatment Provided:
  - Depression and Anxiety, Relationship Counseling, Grief, Sexual Assault, Work and Career, Stress Management, Addiction After-Care, PTSD, Trauma Divorce Recovery
- Contact:
  - Address: 505 King St Suite 227 La Crosse, WI 54601
  - Phone: (608) 799-1208
  - Email: [info@maryriedelcounseling.com](mailto:info@maryriedelcounseling.com)
- Insurance:
  - She takes people with or without insurance
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What does the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - \$165 per 60-minute session
  - \$100 per 60-minute session for those w/o insurance
- Payment:
  - Cash or check is accepted at the time of the session
- Cancellation Policy:
  - If you do not show up for your scheduled therapy appointment, and you have not notified them you may be required to pay the full cost of the session

### **Driftless Recovery Services**

- Treatment Provided:
  - Helping Individuals and families who are struggling with substance abuse and mental health issues
- Contact:
  - Address: 444 Main St Suit 301 La Crosse, WI 54601
  - Phone: (608) 519-5906
  - Email: [info@driftlessrecovery.com](mailto:info@driftlessrecovery.com)



- Hours:
  - Monday–Friday 8:00am–5:00pm
- Insurance:
  - They take with or without insurance
  - They do take larger insurance companies as well as badger care
- Rates:
  - Without insurance: \$250 for first session and follow ups \$150
  - With insurance the rates are dependent on the company, Call company and ask:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?

### **Garrison Counseling**

- Treatment Provided:
  - Substance Abuse Treatment, Individual, Adolescent Counseling, Marriage and Relationship Counseling, Family therapy, Parent Education, Play Therapy
- Contact:
  - Address: 319 Main St. Suite 510 La Crosse, WI 54601
  - Phone: (608) 796-1114
  - Email: [info@GarrisonCounselingLax.com](mailto:info@GarrisonCounselingLax.com)
- Hours:
  - Monday–Friday 9am–5pm
- Insurance:
  - They take people with or without insurance
  - They take most major insurances including Badger Care
  - They DO NOT take United Health
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - Depends on Insurance provider

- \$100 per 60-minute session for those w/o insurances but therapists are flexible
- Payment:
  - Cash, Card, or check is accepted at the time of the session
- Cancellation Policy:
  - There is no cancellation policy or late cancellation fee.

### **Maple Tree Wellness: Lauren Gourley**

- Treatment Provided:
  - Lauren provides services to people of any age, including new mothers dealing with depression, anxiety, or other early parenthood needs as well as helping adults during emotional difficulties or life transitions.
- Contact:
  - Address: 2920 East Ave. S., Suite 101, La Crosse, WI 54601
  - Phone: (608) 466-6411
  - Email: [lauren@laurengourleylcsw.com](mailto:lauren@laurengourleylcsw.com)
- Insurance:
  - They take people with or without insurance
  - They take most major insurances *including Badger Care*
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - Depends on Insurance provider
- Payment:
  -
- Cancellation Policy:
  - Prefers as much notice as possible when looking to cancel and less than 24hrs in advance a missed appointment fee will be charged.

### **Peace of Mind**

- There are many counselors depending on what you are looking for
- Treatment Provided:
  - They provide services to individuals, families and couples counseling as well as substance abuse therapy.

- Contact:
  - Address: 115 5<sup>th</sup> Ave. S. Suite 523, La Crosse, WI 54601
  - Phone: (608) 797-5679
  - Email: N/A
- Hours:
  - Monday–Thursday: 7:30am–7pm
  - Friday: 7:30–4pm
  - Weekends: By appointment
- Insurance:
  - This will depend on what insurance you have.
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - Depends on Insurance provider
  - For people without insurance rates are \_ \_ \_ \_
- Payment:
  -
- Cancellation Policy:

### **The Therapy Place of La Crosse:**

- Treatment Provided
  - They provide outpatient mental health services for children adolescents, adults and families. They offer over 75 years of expertise provided by licensed therapists.
- Contact:
  - Address: 600 North 3<sup>rd</sup> Street Suite 206 La Crosse, WI 54601
  - Phone: (608) 519-5546
  - Email: N/A
- Hours:
  - Monday–Thursday: 7:30am–7pm
  - Friday: 7:30–4pm
  - Weekends: By appointment
- Insurance:
  - This will depend on what insurance you have.

- Questions to ask insurance provider:
  - Do I have mental health insurance benefits?
  - What is my deductible and has it been met?
  - How many sessions per year does my health insurance cover?
  - What is the coverage amount per therapy session?
  - Is approval required from my primary care physician?
- Rates:
  - Therapy intake initial session 60–90 minutes \$275
  - Individual Therapy
    - 16–37 min \$170
    - 38–52 min \$200
    - 53–60 min \$260

### **Clarity Therapy Center**

- Treatment Provided
  - Relationship and marriage counseling, sex therapy, Alcohol and Drug counseling, LGBTQ+, Trauma therapy and EMDR, Anxiety, Depression and Dementia Support. We welcome a diversity of genders, body shapes, sexualities, political values, spiritualities, abilities, skin colors and ethnicities.
- Contact:
  - Address: 200 Mason Street, Suite 11 Onalaska, WI 54650
  - Phone: (608) 765–5501
  - Email: claritytherapycenter.com
  - Hours: By appointment
- Insurance:
  - They take people with or without insurance
  - They take most major insurances *including Badger Care*
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - Depends on Insurance provider as well as the therapist. Each therapist has their own rates as they are all owners of their own practices.

- \$150 Ronda Lettner, \$175 Susan McDonald, \$150 Jenny Nichols, \$150 Mollie McRae
- \$60 Ronda Lettner 2 hour AODA group
- Payment:
  - They accept cash, checks, Flex or HAS cards and all major credit cards as form of payment at the time of service.
- Cancellation Policy:
  - We reserve your session time just for you. If you are unable to attend a session, please make sure you cancel at least 24 hours beforehand so your counselor can open that reserved spot for others wishing to schedule. Otherwise, you may be charged the full session fee, as determined by each therapist.

### **Heart Journey**

- Treatment Provided:
  - She works with individuals, couple, and families to resolve the challenges they face in their lives and relationships.
- Contact:
  - Address: 205 5<sup>th</sup> Ave S Suite 308, La Crosse, WI 54601
  - Phone: (608) 785-0011
  - Email: cindy@heartjourneylx.com
- Hours:
  - Monday 12-6pm, Tuesday 8am-4pm, Wednesday 11am-5pm, Thursday 11am-6pm, Friday 8am-12pm
  - Weekends: closed
- Insurance:
  - This will depend on what insurance you have.
  - Questions to ask insurance provider:
    - Do I have mental health insurance benefits?
    - What is my deductible and has it been met?
    - How many sessions per year does my health insurance cover?
    - What is the coverage amount per therapy session?
    - Is approval required from my primary care physician?
- Rates:
  - A sliding scale is available for those without insurance
- Payment:
  - Cash, Check or PayPal

**Counseling Associates, LLC**

- Contact
  - 608.785.0827
  - 115 5<sup>th</sup> Avenue S, Suite 301, La Crosse, WI, 54601
- Hours
  - Monday–Friday: 8:00am–6:00pm
- Insurance
  - Aetna, Alliance, Anthem BC/BS, BCBS plans, Cigna, Forward Health/Medicaid, Gundersen Health Plans, Health Partners, Health Traditions, Medica, Medicare, Preferred One, Quartz, Security Health, Select Care, Tricare, United Health Care, UMR, Unity, WEA Trust, WPS

**Catholic Charities**

- Various counseling services
- Contact
  - 3710 East Avenue S, La Crosse, WI, 54601
  - 608.782.0710
- Hours
  - Monday from 9:00am–3:00pm

**Family & Children’s Center**

- Mission: “serves children, families, and individuals with a continuum of services designed to strengthen families and promote individual well-being”
- Offers outpatient counseling among a plethora of other readily available resources
- Contact
  - 1707 Main Street, La Crosse, WI, 54601
  - 608.785.0001
- Hours
  - Monday–Friday: 8:00am–4:00pm

**New Horizons Shelter and Outreach Centers**

- About:
  - “only shelter within a 65-mile radius of the City of La Crosse. It’s a shelter for individuals and families who have experienced domestic and sexual abuse...now reaching out to victims of sexual abuse, human-trafficking, and more.”
- Contact:
  - Address: 1223 Main St. La Crosse, WI 54601
  - Phone: (608) 791-2610

- Services/Info:
- About:
  - “only shelter within a 65-mile radius of the City of La Crosse. It’s a shelter for individuals and families who have experienced domestic and sexual abuse...now reaching out to victims of sexual abuse, human-trafficking, and more.”
- Contact:
  - Address: 1223 Main St. La Crosse, WI 54601
  - Phone: (608) 791-2610
- Services/Info:
  - Crisis line and shelter: 24 hrs.
  - (608) 791-2600
- Resource Advocacy
  - (608) 791-2610 ex 1309
  - Helping victims navigate programs to establish a foundation for a fresh start and supporting them in their healing process
- Anti-Human Trafficking
  - (608) 791-2610 ex 1208
  - Provides assistance and support for sex and labor trafficking victims
- Legal Advocacy
  - (608) 791-2610
  - Staff will assist with restraining orders and are knowledgeable on divorce and custody issues
- Youth and Family Advocacy
  - (608) 791-2610 ex 120
  - Support Groups are also provided with the hope to provide a forum for victims with similar challenges to come together to share coping strategies to feel more empowered and to provide a sense of community.
- Additionally, as part of the above services and supports, New Horizons also works hand in hand with the law enforcement on a joint program called **DART (Domestic Abuse Reduction Team)**. DART is a specialized enforcement unit of the La Crosse Police Department, along with other law enforcement agencies that work with New Horizons to prevent repeat episodes of domestic violence in families that are at risk. DART pairs up police officers with victim advocates from New Horizons who visit victims to offer resource information and support. Together the team works to reduce

domestic violence through a united effort with the goal of making La Crosse a safer place for families and officers.

### **La Crosse County Department of Human Services**

- Contact
  - 300 4<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.785.5875
  - 608.784.4357
- Hours
  - Monday–Friday: 8:00am–4:30pm

### **Riverview Therapy, LLC**

- Offers individual therapy, couples therapy, and parent coaching
- Contact
  - 2920 East Avenue S, Suite 101, La Crosse, WI, 54601
  - 608.397.8727
- Hours
  - Monday–Friday
- Rates
  - Initial Assessment (90–120 minutes): \$300, one-time fee
  - Sessions (45 minutes): \$150 per session
- Insurance
  - Various insurance or HAS plans will cover; however, couples therapy is often not covered by insurances

### **Coulee Youth & Adult Centers, Inc.**

- Mission: “dedicated to providing services for children, families, and individuals to enhance positive growth and healthy changes in their lives”
- Contact
  - 231 Copeland Avenue, P.O. Box 1836, La Crosse, WI, 54602
  - 608.782.7152
- Hours
  - Monday–Friday: 9:00am–5:00pm
  - Saturday–Sunday: On-Call

### **Mayo Clinic Health System–Outpatient Behavioral Health Services**

- Contact



- 1.800.362.5454
- 212 11<sup>th</sup> Street S, La Crosse, WI, 54601
- Hours
  - Monday–Friday 8:00am–5:00pm
- Insurance
  - Various plans offer access to Mayo Clinic including
    - WEA Trust featuring Mayo Clinic Health System
    - Security Health Plan
    - Health Tradition Health Plan Featuring Mayo Clinic Health System
    - Anthem Blue Cross & Blue Shield
    - Wisconsin Physicians Service (WPS)
    - United Healthcare
    - Cigna
    - Aetna
    - Choice Plus, Health EOS Preferred 1, Multiplan, PHCS, and other self-funded networks
    - Medica featuring Mayo Clinic Health System
    - Health Tradition Health Plan 65Plus
    - Humana Medicare Advantage Plan
    - United Healthcare Medicare Advantage Plan
    - Medicare Supplement Plans
    - Tri-care Humana Military Members
    - VA Community Care

### **Gundersen Behavioral Health**

- Services include assessment, medication management, individual psychotherapy, couples/family counseling, group psychotherapy, integrated health in primary care settings, and educational groups
- Contact
  - 608.775.7991
  - 123 16<sup>th</sup> Avenue S, Onalaska, WI, 54650
- Hours
  - Monday, Tuesday, Thursday: 8:00am–8:00pm
  - Wednesday: 8:00am–5:00pm
  - Friday: 8:00am–4:00pm

### **Stein Counseling & Consulting Services LTD**

- Offers counseling and consulting services for children, teens, individuals, couples, and more3
- Contact
  - 571 Braund Street, Onalaska, WI, 54650
  - 608.785.7000
- Hours
  - Monday–Thursday: 8:00am–6:00pm
  - Friday: 8:00am–3:00pm

## Transportation

### Medicaid-Funded Services

- Mobility Transportation Management (MTM)
  - 866.907.1493

### Public Transportation

- Municipal Transit (MTU)
  - 608.789.7350
- Onalaska/Holmen/West Salem Public Transit
  - 608.784.0000
- Scenic Mississippi Regional Transit (S.M.R.T.)
  - 877.444.6543

### Transportation Serving Seniors and People with Disabilities

- Coulee Region RSVP
  - 608.785.0500
- La Crosse County MiniBus
  - 608.785.5700
- MTU Mobility Plus
  - 608.789.7350
- Caring Hearts Homecare and Transportation
  - W5492 Baker Road, Holmen, WI, 54636
  - 608.782.2464

### Regional Taxi Services

- Bee Cab (Accessible)
  - 608.784.4233
- Bullet Cab
  - 608.519.3200
  - 608.781.6655
- Coulee Region Taxi (Accessible)
  - 608.881.2050
- CTS Taxi (Accessible)
  - 608.784.7700

### Private-Pay Services

- Abby Vans, Inc.
  - 800.236.8438
- Access Medical Transit
  - 608.782.1069

- Gundersen Coulee Trails
  - 800.771.8884

### **Intercity Transportation**

- Amtrak
  - 800.872.7245
  - 608.782.6462
- Jefferson Lines
  - 800.452.5333

### **Southeast Minnesota Services**

- GO Carefree Shuttle
  - 608.781.5181
- Handi Van
  - 844.268.4539
- RemJoy
  - 507.206.6650
- Rolling Hills Transit (Semcac)
  - 800.528.7622

### **Other Transportation**

- American Cancer Society
  - 608.775.1359
- Disabled American Veterans
  - 608.372.3971
- La Crosse County Veterans Office
  - 608.785.9719
- Lyft
  - Via Phone App
  - Website
- Uber
  - Via Phone App
  - Website
- Shared Ride
  - 608.784.0000
- Drivers Licensing and Vehicle Registration
  - 9477 WI-16, Onalaska, WI, 54650
  - 608.264.7447
- Catholic Charities
  - Offers gas vouchers and bus tokens
  - 608.782.0710

- Couleecap, Inc—Work-N-Wheels Program
  - Provides zero interest auto loans and repair loans for qualified low-income households
  - 608.782.4877

## Veteran Services

### America's VetDogs

- Created to provide enhanced mobility and renewed independence to veterans, active-duty service members, and first responders with disabilities
- Specializes in placing highly skilled service and guide dogs to individuals with physical injuries, PTSD, hearing and vision loss, and seizures
- Contact
  - 1.631.930.9090
  - 1.866.838.3647

### Caregiver Hotline

- Hotline provided through the VA that helps you learn more about the support available to you
- Contact
  - 1.855.260.3274

### Crisis Line for Veterans

- Available 24/7 to all veterans, service members, National Guard & Reserve, and their family members and friends
- Contact
  - 1.800.273.8255, Press 1
  - TEXT: 838255

### DAV

- Dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity; ensures veterans and their families can access the full range of benefits available to them; fights for the interests of injured heroes on Capitol Hill; educates the public about the sacrifices and needs of veterans transitioning back to civilian life
- Contact
  - 1253 Scheuring Rd, De Pere, WI, 54115
  - 920.338.8620
  - Sparta location: 608.269.5154

### Homeless Veterans Hotline

- A hotline for veterans who are homeless or at imminent risk of homelessness
- Contact

- 877.424.3838

### **Hope for Heroes Foundation**

- Providing a sense of personal accomplishment, empowerment, and unity for our nation's disabled heroes (military, police, firefighters, EMTs)
- Contact
  - Mitch Serlin, Founder & Executive Director
  - 845.476.9142

### **K9s for Warriors**

- "ending veteran suicide and returning our Warriors to a life of dignity and independence. We rescue and train shelter dogs to be paired as Service Dogs for Warriors with service-connected Post-Traumatic Stress, Traumatic Brain Injury, and/or Military Sexual Trauma
- Contact
  - 904.686.1956

### **La Crosse Area Veterans Mentor Program**

- Offers peer to peer mentoring for veterans
- Contact
  - 212 6<sup>th</sup> Street S #450, La Crosse, WI, 54601
  - 608.785.6420
- Hours
  - Monday-Friday: 9:00am-2:30pm

### **La Crosse VA Clinic**

- Contact
  - 4000 State Rd. 16, Valley View Mall Annex, La Crosse, WI, 54601
  - 608.784.3886
- Hours
  - Monday-Friday: 8:00am-4:30pm
  - Saturday: 8:00am-1:00pm

### **La Crosse Veterans Center**

- Contact
  - 20 Copeland Avenue, La Crosse, WI, 54603
  - 608.782.4403

**La Crosse Veterans Services Office**

- Contact
  - 212 6<sup>th</sup> Street N, La Crosse, WI, 54601
  - 608.785.9719
- Hours
  - Monday–Friday: 8:00am–4:30pm

**Military Family Support Group–American Red Cross**

- Helps members of the military, veterans, and their families prepare for, cope with, and respond to, the challenges of military service
- Contact
  - 2927 Losey Blvd S, La Crosse, WI, 54601
  - 608.232.5823

**MyVA311**

- A number to call for all VA services
- Contact
  - 1.844.698.2311

**Operation Homefront**

- “mission is to build strong, stable, and secure military families so they can thrive...in the communities that have worked so hard to protect”
- Services include short-term critical financial assistance (relief) for food, utilities, home repairs, rent and mortgage payments, rent-free transitional housing; long term stability including mortgage-free homes awarded across the US and Veteran Caregiver Support program, and recurring family support including baby showers to help military moms welcome a baby, home front celebrations to recognize military spouses, holiday programs to provide meals and toys, and backpacks filled with school supplies for military kids
- Contact
  - 2615 Commerce Street, La Crosse, WI, 54603
  - 608.285.5544

**Our Military Kids**

- Supports military children (ages 3–18) by funding sports, arts, and other extracurricular activities while a parent is deployed overseas, with the National Guard, deployed with the Reserve, or recovering from severe injuries sustained in a post-9/11 overseas mission
- Contact



- 703.734.6654

### **US Department of Veteran Affairs**

- Charged with integrating life-long healthcare services to eligible military veterans throughout the country
- Contact
  - 1.800.698.2411

### **Veterans Assistance Foundation**

- Contact
  - 1118 Superior Avenue, Tomah, WI, 54660
  - 608.372.8387
- Hours
  - Monday–Friday: 8:00am–5:00pm

### **WI Department of Veteran Affairs**

- A department of the US Department of Veterans Affairs, charged with integrating life-long healthcare services to eligible military veterans in the state of Wisconsin
- Contact
  - 2135 Rimrock Rd, Madison, WI, 53713
  - 608.266.1311
- Hours
  - Monday–Friday: 10:30am–4:30pm

## Vision & Eye Care

### **Eyemart Express**

- Contact
  - 9374 WI-16, Onalaska, WI, 54650
  - 608.781.8866
- Hours
  - Monday–Friday 9:00am–7:00pm
  - Saturday 9:00am–5:00pm
- Insurance Accepted—NO BadgerCare

### **Family Vision Center**

- Contact
  - 3424 Mormon Coulee Road, La Crosse, WI, 54601—Site A
  - 608.788.4300
- Hours
  - Monday–Wednesday: 8:00am–6:00pm
  - Thursday: 9:00am–6:00pm
  - Friday: 8:00am–4:00pm
  - Saturday: 8:00am–1:00pm
- Insurance Accepted, including BadgerCare

### **Gundersen Health System–La Crosse Clinic**

- Contact
  - 1836 South Avenue, La Crosse, WI, 54601
  - 608.782.7300
- Hours
  - Monday–Friday: 8:00am–5:00pm
- Insurance Accepted, including BadgerCare

### **Gundersen Lutheran Onalaska Clinic**

- Contact
  - 3111 Gundersen Drive, Onalaska, WI, 54650
  - 608.775.8100
- Hours
  - Monday–Friday: 8:00am–5:00pm
- Insurance Accepted, including BadgerCare

**Mayo Clinic Health System—Onalaska Clinic**

- Contact
  - 191 Theater Road, Onalaska, WI, 54650
  - 608.392.5000
- Hours
  - Monday–Wednesday: 7:00am–7:00pm
  - Thursday: 7:00am–1:00pm
  - Friday: 8:00am–5:00pm
- Insurance Accepted, including BadgerCare

**Mayo Clinic Health System—Franciscan Healthcare**

- Contact
  - 700 West Avenue S, La Crosse, WI, 54601
  - 608.785.0940
- Hours
  - Monday–Sunday: 7:00am–5:00pm
- Insurance Accepted, including BadgerCare

**Optical Fashions—La Crosse**

- Contact
  - 2104 WI-16, La Crosse, WI, 54601
  - 608.782.7127
- Hours
  - Monday–Friday: 7:30am–5:30pm
  - Saturday: 8:00am–1:00pm
- Insurance Accepted, including BadgerCare

**Optical Fashions—Holmen**

- Contact
  - 814 S Main Street, Suite A, Holmen, WI, 54636
  - 608.782.7127
- Hours
  - Monday, Tuesday, Thursday: 7:30am–5:30pm
  - Wednesday: 12:00pm–5:30pm
- Insurance Accepted, including BadgerCare

**Shopko Optical**

- Contact
  - 1607 Losey Blvd S, La Crosse, WI, 54601

- 608.459.1920
- Hours
  - Monday–Friday: 9:00am–7:00pm
  - Saturday: 9:00am–3:00pm
- Various Insurance Accepted, CareCredit, Eye Care Options for Uninsured

### **Shopko Optical–Onalaska**

- Contact
  - 9417 WI-16, Onalaska, WI, 54650
  - 608.781.2010
- Hours
  - Monday–Friday: 9:00am–7:00pm
  - Saturday: 9:00am–5:00pm
- Various Insurance Accepted, CareCredit, Eye Care Options for Uninsured

### **Stanton Optical**

- Contact
  - 9362 WI-16, Onalaska, WI, 54650
  - 608.729.7533
- Hours
  - Monday–Saturday: 9:30am–6:30pm
- Various Insurance Accepted, CareCredit—No BadgerCare

### **Visionworks**

- Contact
  - 3800 WI-16, La Crosse, WI, 54601
  - 608.781.8215
- Hours
  - Monday–Saturday: 10:00am–6:00pm

### **Wal-Mart Vision Center, Mormon Coulee**

- Contact
  - 4622 Mormon Coulee Road, La Crosse, WI, 54601
  - 608.788.9564
- Hours
  - Monday, Wednesday–Saturday: 9:00am–7:00pm
  - Tuesday: 6:00am–7:00pm
  - Sunday: 11:00am–4:00pm

- Various Insurances Accepted by the doctor
  - Should call on a case by case basis

**Wal-Mart Vision Center, Onalaska**

- Contact
  - 3107 Market Place, Onalaska, WI, 54650
  - 608.781.7150
- Hours
  - Monday, Wednesday-Saturday: 9:00am-7:00pm
  - Tuesday: 6:00am-7:00pm
- Various Insurances Accepted by the doctor
  - Should call on a case by case basis