



COMMUNITY SERVICES DIRECTORY February 2017

**A resource directory offering information and assistance for
people living in La Crosse County**

LA CROSSE COUNTY HUMAN SERVICES • CALL 784-4357 (784-HELP)

The La Crosse Community has a wide variety of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for people residing in the La Crosse area.

This Community Services Directory is intended to provide information on a variety of topics for the general population. It is not a complete list of all services available in the La Crosse area and is not meant to be an endorsement or recommendation of these particular agencies.

To obtain information about these or other services contact La Crosse County Human Services at 608-784-HELP (4357) and ask to speak with a Service Options Assessment Team member.

**LACROSSE COUNTY EMERGENCY MENTAL HEALTH SERVICES (CRISIS)
24-HOUR CONTACT INFORMATION**

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ADOPTION / LEGAL / GUARDIANSHIP

ADOPTION:

- **Adoption Records Search Program-Wisconsin DCF:** Madison. 608-422-6928 dcf.wisconsin.gov/adoption/search
- **Adoptions Search and Support:** For adult adoptees searching for birth parents and vice versa. Coon Valley. 608-452-3146
- **Catholic Charities–Adoption Services:** 3710 East Ave., La Crosse. 608-782-0710 cclse.org
- **Foster Care & Adoption Resource Center:** 800-947-8074 wifostercareandadoption.org
- **Lutheran Social Services:** 2307 South Ave., La Crosse. 608-788-5090 lssadopt.org

GUARDIANSHIP OF CHILDREN:

(For guardianship of adults, call the Aging and Disability Resource Center at 608-785-5700)

- **Register in Probate:** 333 Vine St., Rm. 1200, La Crosse. 608-785-9882

LEGAL:

- **ABA (American Bar Association) Free Legal Answers:** Online access to advice about non-criminal legal matters for those who cannot afford it. wi.freelegalanswers.org
- **Clerk of Courts:** 333 Vine St., Rm. 1200, La Crosse. 608-785-9590 lacrossecounty.org/departments/court
- **Family Court Commissioner:** 333 Vine St., Rm. 2500, La Crosse. 608-785-5600 co.la-crosse.wi.us/Departments/Court/docs/FamCr.htm
- **Free Legal Clinic–La Crosse County Bar Association:** 3rd Wednesday of the month 6-7:30pm. First Baptist Church, 1209 Main St., La Crosse.
- **Fraud reporting for Wisconsin public assistance:** 877-865-3432 dhs.wisconsin.gov/fraud
- **Immigration Counseling Services–Catholic Charities:** 3710 East Ave., La Crosse. 608-782-0710 cclse.org
- **La Crosse County Child Support Agency:** 333 Vine St., Rm. 1701, La Crosse. 414-615-2594
- **La Crosse County District Attorney and Victim Witness Assistance Program:** 333 Vine St., Rm. 1100, La Crosse. 608-785-9604
- **Lawyer Referral and Information Service– State Bar of WI:** 800-362-9082 wisbar.org/forpublic/ineedalawyer
- **Legal Action of Wisconsin:** 205 5th Ave. S., Suite 300, La Crosse. 608-785-2809 legalaction.org
- **Mediation and Family Court Services.** 333 Vine St., Rm. 1300, La Crosse. 608-785-6162 co.la-crosse.wi.us/departments/Mediation
- **Office of the Commissioner of Insurance:** 800-236-8517
- **Public Defender’s Office:** 205 5th Ave. S., Suite 200, La Crosse. 608-785-9531 wispd.org
- **Tenant Resource Center:** Madison. 877-238-RENT (238-7368) tenantresourcecenter.org
- **Wisconsin Department of Agriculture, Trade and Consumer Protection:** 608-224-4949 or 800-422-7128 datcp.wi.gov
- **Wisconsin Equal Rights Division:** Information about labor laws and discrimination. 608-266-6860 dwd.wisconsin.gov/er
- **Wisconsin FACETS (WI Family Assistance Center for Education, Training & Support, Inc):** Offers information about special education and disability rights advocacy. 877-374-0511 www.wifacets.org
- **Wisconsin Fathers for Children and Families (WFCF) Helpline:** Madison. 608-ALL-DADS (255-3237) wisconsinfathers.org
- **Wisconsin Judicare, Inc. Indian Law Office:** Wausau. 800-472-1638 judicare.org

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BEHAVIORAL HEALTH / COUNSELING RESOURCES for ADULTS

- **Associates in Counseling LLC, La Crosse Counseling Clinic:** 115 5th Ave. S., Suite 414, La Crosse. **608-782-1117** lacrossecounselingclinic.com
- **Counseling Associates, LLC:** 115 5th Ave, Suite 301, La Crosse. **608-785-0827** counselingassociateslacrosse.com
- **Family & Children's Center:** 1707 Main St., La Crosse. **608-785-0001** fconline.org
- **Garrison Counseling, Inc.:** 319 Main St., La Crosse. **608-796-1114** garrisoncounselingservices.com
- **Gundersen Behavioral Health:** gundersenhealth.org/behavioral-health
 - La Crosse Campus: 1900 South Ave., La Crosse. **608-775-2287**
 - Onalaska: 123 16th Ave. S., Onalaska. **608-775-2287**
- **Gundersen Health System—Domestic Abuse and Sexual Assault Program:** **800-362-9567 ext. 55950** gundersenhealth.org/patients-visitors/social-services/domestic-abuse-and-sexual-assault-program
- **Heart Journey:** 205 5th Ave S., Suite 308, La Crosse. **608-785-0011** heartjourneylx.com
- **Heart to Heart Healing:** 1288 Rudy St., Suite 105, Onalaska. **608-780-7422** heart-to-hearthealing.com
- **Hiawatha Valley Mental Health:** 313 4th St S., La Crosse. **608-796-1168** hvmhc.org
- **Ho-Chunk Nation Behavioral Health:** Three Rivers House. 724 Main St., La Crosse. **608-784-3083** health.ho-chunk.com
- **HOPE Line "TEXT" Number:** Text "HOPELINE" to **741741** centerforsuicideawareness.org
- **Human Development Associates:** 2920 East Ave S., Suite 101, La Crosse. **608-784-8688** hdacounseling.com
- **Innerchange Counseling:** 1401 Main St., Onalaska. **608-783-2186** innerchg.com
- **La Crosse County Integrated Support & Recovery Services:** 300 4th St N., La Crosse. **608-784-HELP (784-4357)** lacrossecounty.org/humanservices/integrated.asp
 - *Referrals must meet eligibility requirements in order to be accepted for services.
 - Case Management
 - Outpatient Mental Health & Substance Abuse Clinic
- **Living Well Christian Family Clinic:** 575 Lester Ave., Suite 100, Onalaska. **608-783-1452** livingwellcfc.com
- **Mary Riedel Counseling Service, LLC:** 505 King St., Suite 227, La Crosse. **608-799-1208** maryriedelcounseling.com
- **Mayo Clinic Behavioral Health:** mayoclinichealthsystem.org
 - La Crosse: 212 11th St. S., La Crosse. **608-392-9555**
 - Onalaska: 191 Theater Rd., Onalaska. **608-392-5010**
- **Mayo Clinic Health System—Safe Path, Domestic Abuse/Sexual Assault Program:** **800-362-5454 ext. 7804** mayoclinichealthsystem.org/locations/la-crosse/services-and-treatments/domestic-abuse
- **Peace of Mind Counseling:** 115 5th Ave. S., Suite 507, La Crosse. **608-797-5679** pomcounseling.com
- **The Rivers Family Therapy Center:** 505 King St., Suite 38, La Crosse. **608-784-4005**
- **Scenic Bluffs Community Health Centers:** 238 Front St., Cashton. **608-654-5100** scenicbluffs.org
- **Stein Counseling:** 571 Braund St., Onalaska. **608-785-7000** effectivebehavior.com
- **The Therapy Place of La Crosse:** 600 3rd St. N., Suite 206, La Crosse. **608-519-5546** thetherapyplacelax.com
- **UW-La Crosse Counseling and Testing Center:** 2106 Centennial Hall, 1725 State St., La Crosse. **608-785-8073** uwlax.edu/counseling
- **VA River Valley Integrated Health Center—Mental Health Clinic:** 1525 Losey Blvd S., La Crosse. **608-787-6411**
- **Vet Center—Readjustment Counseling Service:** 20 Copeland Ave., La Crosse. **608-782-4403** vetcenter.va.gov
- **Viterbo University Counseling Services:** Student Development Center. 936 Franciscan Way, La Crosse. **608-796-3825** viterbo.edu/counseling-services
- **WTC (Western Technical College) Counseling Services:** 400 7th St. N., La Crosse. **608-785-9553** westerntc.edu/Counseling

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CLOTHING

- **Birthright of La Crosse:** Baby/maternity. 115 5th Ave. S., Suite 406, La Crosse. **608-782-0373** birthright.org
- **Children's Clothes Closet– Trinity Lutheran Church:** Open Mondays 4-6:15pm. 1010 Sill St., La Crosse. **608-782-6200**
- **Men's Clothing Closet–Catholic Charities:** Open Mondays 8:30-4pm. 413 3rd St. S., La Crosse. **608-782-0710**
cclse.org
- **New Life Resource Center:** Baby/maternity. Mt. Calvary Lutheran Church, 1411 16th Street South, La Crosse. Open Tuesday and Thursday by appointment only. **608-785-2377** newlifelacrosse.org
- **First Teen Clothes Closet–First Lutheran Church:** By appointment only. 203 4th St. S., Onalaska (house across the street from the church). **608-783-2236** firstlutheranonalaska.org/clothescloset
- **Women's Clothes Closet–Our Savior's Lutheran Church:** Open Mondays 10-3pm, Tuesdays 2-7pm, and Saturdays 11-4pm. 612 Division St., La Crosse. **608-782-3468**
- **Thrift Stores:**
 - Elite Repeat: 1601 Jackson St., La Crosse. 608-784-6700 (adults)
 - Fine Things Consignment: 1300 Caledonia St., La Crosse. 608-782-1722 (all ages)
 - Good Steward Resale Shop: 2552 Rose St., La Crosse. 608-779-9763 (all ages)
 - Goodwill: 3954 Mormon Coulee Rd., La Crosse. 608-783-2710; 200 Theater Rd., Onalaska. 608-783-1581 (all ages)
 - Harvest Lane Treasures Thrift Store: W4910 Harvest Ln., La Crosse. 608-796-0977 (all ages)
 - Once Upon a Child: 3133 State Hwy 16, La Crosse. 608-779-5437 (baby, children, maternity)
 - Plato's Closet: 3133 State Hwy 16, La Crosse. 608-782-6822 (teen and young adults)
 - Salvation Army: 728 Copeland Ave., La Crosse. 608-784-1421 (all ages)
 - Second Chance Resale: 2420 Rose St., La Crosse. 608-782-2107 or 855-430-6070 (all ages)
 - Second Showing: 1400 West Ave. S., La Crosse. 608-785-1220 (all ages)
 - Style Encore: 420 Theater Rd., Onalaska. 608-779-0515 (women's casual and professional)
 - The Orange Door (YWCA): 729 6th St., La Crosse. 608-781-2783 (teen and young adults)
 - Wee Repeat: 1732 Market St., La Crosse. 608-785-7111 (baby and children)

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DAYCARE PROVIDERS

- **The Parenting Place:** Provides an up-to-date list of licensed/certified daycare providers. 1500 Green Bay St., La Crosse. **608-784-8125** theparentingplace.net

RESPITE PROGRAMS

- **Bright Star of La Crosse:** In-Home respite care for children. 1052 Oak Forest Dr., Suite 240, Onalaska. **608-519-4324** brightstarcare.com/la-crosse
- **Caring Hearts Home Care & Transportation:** Respite care services for children with special needs. W5942 Baker Rd., Holmen. **608-782-2464**
- **Children's Miracle Network–Gundersen Health System:** 1910 South Ave., La Crosse. **608-775-4424** gundersenhealth.org/cmnhospitals
- **Recover Health:** Providing services for people requiring in-home health care, including sick child care. 700 N. 3rd St, Suite 104, La Crosse. **608-406-3140** recoverhealth.org

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EDUCATION

- **Boys and Girls Club:** Tutoring. 1331 Clinton St., La Crosse. **608-782-3926** bgcgl.org
- **CESA #4-Cooperative Educational Service Agency:** 923 East Garland St., West Salem. **608-786-4800** or **1-800-514-3075** cesa4.k12.wi.us
- **Clara Fields Multicultural Literacy Program:** 2519 South Ave., La Crosse. **608-385-6798** aaman.us
- **Globe University:** 2651 Midwest Dr., Onalaska. **608-779-2600** globeuniversity.edu
- **Head Start–La Crosse “Central” Center & Administrative Office:** 333 Buchner Pl., Wing A, La Crosse. **608-785-2070** or **888-223-2406** headstartcouleeregion.com
- **Hope Academy of Western Wisconsin:** 1707 Main St., La Crosse. **608-785-0001** fconline.org
- **University of WI-La Crosse:** 1725 State St., La Crosse. **608-785-8000**
 - **Self-Sufficiency Program** uwlax.edu/self-sufficiency-program
- **Viterbo University:** 900 Viterbo Dr., La Crosse. **608-796-3000** viterbo.edu
- **Western Technical College:** La Crosse Campus: 400 7th St. N., La Crosse. **608-785-9535** westerntc.edu
 - **GOAL Oriented Adult Learning**
 - **Project Proven**
 - **The Turnaround Program–Services for Displaced Homemakers**

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EMPLOYMENT

- **ABR Employment Services:** 1501 Losey Blvd., La Crosse. **608-782-9700** abrijobs.com
- **Couleecap–Work-n-Wheels, Job and Business Development and Skills Enhancement Program:** 700 N. 3rd St, Suite 202B, La Crosse. **608-782-4877** couleecap.org
- **Department of Workforce Development–Workman’s Compensation:** **608-266-1340** dwd.wisconsin.gov/wc
- **Express Employment Professionals:** 2240 Rose St., La Crosse. **608-779-4252** onalaska.expresspros.com
- **Independent Living Resources:** 4439 Mormon Coulee Rd., La Crosse. **608-787-1111** ilresources.org
- **Job Center of WI–Employment and Training Services:** 2615 East Ave. S., La Crosse. **608-789-5627** or **800-742-JOBS** jobcenterofwisconsin.com
- **Jobs for Life–Neighborhood City Church:** 525 7th St. S., La Crosse. **608-782-4494**
- **Kelly Services:** 40 Copeland Ave. #109A, La Crosse. **608-785-2477** kellyservices.us
- **Labor Ready:** 1107 Liberty St., La Crosse. **608-779-4780** laborready.com
- **Manpower Group:** 2800 National Dr., Suite 103, Onalaska. **608-781-8899** manpower.com
- **Olsten Staffing Services:** 1202 State St., Suite B, La Crosse. **608-782-1100** olsten.com
- **QPS Employment Group:** 1285 Rudy St., #102, Onalaska. **608-433-9655** qpsemployment.com
- **Remedy Intelligent Staffing:** 1288 Rudy Street, #106, Onalaska. **608-783-1652** remedystaff.com
- **Unemployment Insurance:** **800-822-5246** dwd.wisconsin.gov/UI
- **Workforce Connections, Inc:** 2615 East Ave. S., La Crosse. **608-789-5620** workforceconnections.org
- **WI Division of Vocational Rehabilitation (DVR):** 2615 East Ave. S., La Crosse. **608-785-9500** dwd.wisconsin.gov
- **YWCA of the Coulee Region–Employment Readiness & Training Program:** 3219 Commerce St., La Crosse. **608-781-2783** ywca.org

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FINANCIAL / ECONOMIC SUPPORT

- **AARP (Tax Aide): 888-227-7669**
- **Catholic Charities Credit Counseling:** 413 3rd St. S., La Crosse. **608-782-0710** cclse.org
- **Consumer Credit Counseling Services (CCCS):** 505 King St., Suite 212, La Crosse. **608-784-8380** cccsonline.org
- **Couleecap–Social Security Outreach, Access & Recovery (S.O.A.R):** 700 N.3rd St, Suite 202B, La Crosse. **608-782-4877** or **866-717-9490** couleecap.org
- **Front Door Ministry–Cathedral of St. Joseph the Workman:** Open Monday-Friday, 9-11am. 530 Main St., La Crosse. **608-782-0322 ext. 223** cathedralsjworkman.org
- **Independent Living Resources–Benefits Counseling:** 4439 Mormon Coulee Rd., La Crosse. **608-787-1111** ilresources.org
- **La Crosse County Department of Human Services–Kinship Program:** 300 4th St. N., La Crosse. **608-785-6180** co.la-crosse.wi.us/humanservices/childrenAndYouthServices
- **My Free Taxes (Tax Aide):** 855-698-9435 myfreetaxes.com
- **SafeLink Wireless:** 800-723-3546 safelink.com
- **Salvation Army:** 223 8th St. N., La Crosse. **608-782-6126** usc.salvationarmy.org
- **Social Security Administration:** 210 7th St. S., Suite 100, La Crosse. **866-770-2345** ssa.gov
- **Unemployment Insurance:** 800-822-5246 dwd.wisconsin.gov/UI
- **UW Extension–Financial Coach:** 212 6th St. N., La Crosse. **608-785-9593**
- **Wisconsin Home Energy Assistance Program (WHEAP):** 300 4th St. N., La Crosse. **608-784-HELP (784-4357)** co.la-crosse.wi.us/HumanServices/employment.asp
- **Western Region for Economic Assistance–Healthcare/FoodShare/Child Care Assistance:** 300 4th St. N., La Crosse. **888-627-0430** access.wisconsin.gov
- **Xcel Energy:** 800-331-5262

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FOOD RESOURCES & FREE COMMUNITY MEALS

Days and times subject to change.

FOOD RESOURCES

- **Catholic Charities Food Pantry:** Monday 9am-12pm, 1-3pm. 413 3rd St. S., La Crosse. **608-782-0710** cclse.org
- **First Free Church Food Pantry:** Tuesday 10am-2pm (must call to set up appointment). 123 Mason St., Onalaska. **608-782-6022**
- **From the Heart Food Pantry–Trinity Lutheran Church:** Monday 5:30-7pm and the last Saturday of the month 10am-1pm. Bring picture ID with address. 1010 Sill St., La Crosse. **608-782-2526**
- **Holmen Area Food Pantry–St. Elizabeth’s Catholic Church:** Tuesday and Friday 9-11am. Holmen residency is NOT required. 515 N. Holmen Dr., Holmen. **608-526-4424**
- **Kane Street Community Garden:** Food distributed June 1st - Oct. 1st, Monday and Thursday 5pm, Saturday 12pm. No ID or proof of income needed. 801 Kane St., La Crosse. **608-793-1002**
- **La Crosse County Health Department–WIC program:** 300 4th St. N., 2nd Floor, La Crosse. **608-785-9865**
- **Onalaska Emergency Food Basket:** Monday 4-6pm, Tuesday-Friday 9-11am. Must be a French Island, Onalaska, or Holmen resident. Bring mail with current address and picture ID. 735 Sand Lake Rd., Onalaska. **608-783-7722**
- **Onalaska Schools Food Pantry:** 1st Friday of the month 2:15-3:15pm (during school year only). Food distributed at Door B. Must have a child that attends a public/private Onalaska school. 524 Main St., Onalaska. **608-783-5644**
- **Place of Grace Pantry:** Tuesday and Wednesday 9:30am-2pm, Thursdays 2-7pm, Last Sunday of month 12:30-3:30pm. 919 Hood St., La Crosse. **608-782-6224**
- **River of Life Church:** Thursday 10am-2pm, call for appointment. 1214 County Rd PH, Onalaska. **608-782-2780.**
- **Salvation Army:** Monday-Friday 1-3pm. Bring proof of income and residency. 223 8th St. N., La Crosse. **608-782-6126** usc.salvationarmy.org
- **WAFER Food Pantry:** Monday-Friday 10am-12:45pm, Monday/Tuesday/Thursday 4-7:45pm. Need ID, mail with current address no more than 30 days old, names and birthdates of household members. Monthly Food Fairs in La Crosse and West Salem; call for details on dates, times and how to participate. Mobile Drop Program in Mindoro and Bangor; call for eligibility requirements and application. 403 Causeway Blvd., La Crosse. **608-782-6003** waferlacrosse.org
- **Western Region for Economic Assistance–FoodShare:** 300 4th St. N., La Crosse. **888-627-0430** access.wisconsin.gov
- **West Salem Community Care and Share Pantry:** Saturday 10am-12pm. Must be a resident of Bangor, Melrose, Mindoro, Rockland or West Salem. 359 North Leonard St., West Salem. **608-786-0030**

FREE COMMUNITY MEALS

- **A Place of Grace Catholic Worker House:** 919 Hood St. La Crosse. **608-782-6224**
 - Meals served Tuesdays and Wednesdays 11am-1:30pm, Thursdays 5-6:30pm, and last Sunday of the month 1:30-3pm
- **Boys & Girls Club–Mathy Site:** 811 8th St. S., La Crosse. **608-784-5656**
 - Family Night Thursdays 5:30-7:30pm (all community members welcome)
- **Come for Supper–Our Savior’s Lutheran Church:** 612 Division St., La Crosse. **608-782-3468**
 - Supper served Tuesdays at 5pm
- **Community Dinner–Onalaska United Methodist Church:** 212 4th Ave. N., Onalaska. **608-783-3380**
 - Meal served the 2nd Tuesday of the month 5:30-6:30pm
- **Holmen’s Hope–Holmen American Legion:** 419 1st Ave. W., Holmen. **608-781-4722**
 - Supper served the last Tuesday of the month 5-7pm
- **Monday’s Meals–Trinity Lutheran Church:** 1010 Sill St., La Crosse. **608-782-6200**
 - Meals served Mondays 5-6pm

- **New Beginnings Christian Fellowship:** 122 5th Ave. N., La Crosse. **608-782-8030**
 - Dinner served Wednesdays 5:30-6:30pm. Game time 2-5pm
- **Open Door Fellowship–Presbyterian Church:** 625 West Franklin St., West Salem. **608-786-0910**
 - Meals served the 4th Wednesday of the month 5-6pm
- **RAVE (Recovery Avenue):** 1806 State St., La Crosse. **608-785-9615**
 - Breakfast served Mondays at 9:30am for RAVE participants only
 - Lunch served Wednesdays at 12pm for RAVE participants only. Suggested \$2 donation but will not be turned away.
- **Rite-way Club:** 1500 Avon St., La Crosse. **608-784-4460**
 - Dinner served the 3rd Saturday of the month 4-6pm (For the AA/NA community)
- **Salvation Army:** 223 8th St. N., La Crosse. **608-782-6126**
 - Meals served Monday-Friday 11:30am and 4:30pm (Tuesday dinners only for Salvation Army residents), Saturday and Sunday 12:30pm and 4:30pm

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HOUSING

- **Catholic Charities:** 413 3rd St. S., La Crosse. **608-782-0710** cclse.org
 - Warming Center: *November 1st – April 30th*. Check-in hours 7-8:30pm. **608-519-8060**
- **Couleecap:** 700 N 3rd St, Suite 202B, La Crosse. **608-782-4877** couleecap.org
- **Franciscan Hospitality House:** 114 6th St. N., La Crosse. **608-782-0710**. Open Mon-Fri, 12:30-4:30. Services include: mental health support, legal consultation, job training referrals, use of showers, laundry facilities, hair cuts.
- **Gerard Hall–Mayo Behavioral Health:** For pregnant and young mothers. 940 Division St., La Crosse. **608-392-3985** mayoclinichealthsystem.org
- **Habitat for Humanity:** 3181 Berlin Dr., La Crosse. **608-785-2373** habitatlacrosse.org
- **Housing Authority of the City of La Crosse:** 1307 Badger St., La Crosse. **608-782-2264** lacrossehousing.org
- **La Crosse County Housing Authority:** 615 Plainview Rd., La Crosse. **608-781-5365** lcha.net
- **New Horizons Shelter & Outreach Centers, Inc.:** **608-791-2600** or **1-888-231-0066** nhaagainstabuse.org
- **Salvation Army:** 223 8th St. N., La Crosse. **608-782-6126** usc.salvationarmy.org
- **YWCA of the Coulee Region–Ruth House & Transitional Housing Program:** 3219 Commerce St., La Crosse. **608-781-2783** ywca.org

REPAIR AND HOME SUPPORT SERVICES

- **Causeway Interfaith Volunteer Caregivers:** 420 West Ave., La Crosse. **608-775-9999** causewaycaregivers.org
- **Coulee Region RSVP Handyman Program:** 2920 East Ave S, Suite 104, La Crosse. **608-785-0500** rsvplax.org
- **Couleecap–Owner Occupied Home Rehab Program:** 700 N. 3rd St, Suite 202B La Crosse. **608-782-4877** couleecap.org
- **Habitat for Humanity & ReStore:** 3181 Berlin Dr., La Crosse. **608-785-2373** habitatlacrosse.org
- **Housing Rehabilitation Program:** La Crosse City Hall, La Crosse. **608-789-7526**
- **SERVPRO:** Fire and water cleanup and restoration, including hoarding environments. 2451 Riley Rd., Sparta. **608-786-0387** or **608-487-9758** ServproLaCrosseCounty.com
- **UW-La Crosse Financial Aid Office:** **608-785-8604** (*students may be paid*)
- **Viterbo University Financial Aid Office:** **608-796-3900** (*students may be paid or volunteer*)
- **Western Technical College– Student Employment Services:** **608-785-9440** (*students may be paid or volunteer*)

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MEDICAL / DENTAL / PRESCRIPTIONS

MEDICAL:

- **AIDS Resource Center:** 505 King St., Suite 200, La Crosse. **608-785-9866** arcw.org
- **Caring, Inc. Health Care–Salvation Army:** Limited hours. 223 8th St. N., La Crosse. **608-782-6126** usc.salvationarmy.org
- **Community Care Clinic:** Bronston Chiropractic. 1202 County Rd PH, Onalaska. **608-781-2225** bronstonchiro.com/community-care-clinic
- **Essential Health Clinic:** 1201 Caledonia St., La Crosse. **608-775-8390** optionsclinic.org
- **Gundersen Heath System:** 1900 South Ave., La Crosse. **608-782-7300** or **800-362-9567** gundersenhealth.org
- **Gundersen ExpressCare:** 2500 State Rd., La Crosse or 1260 Crossing Meadows Dr., Onalaska. **608-775-5858** gundersenhealth.org/expresscare
- **Federal Tribes–House of Wellness Clinic:** S2845 White Eagle Rd., Baraboo. **608-355-1240**
- **La Crosse County Health Department:** Immunizations, WI Well Women, Screenings and Education. 300 4th St N., La Crosse. **608-785-9723** lacrossecounty.org/health
- **Mayo Clinic Health System:** 700 West Ave. S., La Crosse. **608-785-0940** or **800-362-5454** mayoclinichealthsystem.org
- **Neighborhood Family Clinics:** 1526 Rose St., La Crosse. **608-781-9880** mynfclinics.com
- **St. Clare Health Mission:** Open Tuesday and Thursday 5-8pm. 916 Ferry St., La Crosse. **608-791-9546** stclarehealthmission.org
- **Scenic Bluffs Community Health Centers:** scenicbluffs.org
 - 238 Front St., Cashton **608-654-5100** Dental, Behavioral Health, Pharmacy and Chiropractic
 - 200 West North St., Norwalk **608-823-7853** Medical services only
- **Veterans: River Valley Outpatient Clinic:** 2600 State Road, La Crosse. **608-784-3886.**
(See “Veteran” section, for other veteran listings)

DENTAL:

- **Affordable Dentures:** Offices in Eau-Claire **715-855-1020** and Rochester **507-529-9442**. Other services offered. Badgercare not accepted. affordabledentures.com
- **ForwardHealth:** Online listing of dentists that are Medicaid certified providers. forwardhealth.wi.gov (click on “Find a Provider”)
- **La Crosse County Health Department:** Fluoride and sealants for children. **608-785-9723** co.la-crosse.wi.us/health/docs/ForYourHealth/Oral%20Health.pdf
- **Scenic Bluffs Community Health Center:** 238 Front St. Cashton. **608-654-5100** scenicbluffs.org
- **St. Clare Health Mission:** Walk-In basis. Possible referral and payment for emergency dental treatment. 916 Ferry St., La Crosse. **608-392-9546** stclarehealthmission.org
- **WI Dental Association “Donated Dental Services” Program:** Services only for those with disability, chronic illness and/or over age 65. **866-812-9840** dhs.wisconsin.gov/oral-health/programs/donated.htm
- **WI Dept of Health Services:** Online listing of low or no cost dentists in Wisconsin. dhs.wisconsin.gov/forwardhealth/clinics.htm

PRESCRIPTIONS:

- **Catholic Charities:** 413 3rd St S., La Crosse. **608-782-0710**
- **La Crosse County Prescription Discount Card:** 300 4th St N., La Crosse. **608-784-HELP (784-4357)**
- **Partnership for Prescription Assistance:** **888-477-2669** pparx.org
- **Prescriptions Drug Assistance Programs:** dhs.wisconsin.gov/quide/spec/freeprescr
- **Salvation Army:** 223 8th St N., La Crosse. **608-782-6126**
- **Wisconsin Drug Card Program:** wisconsindrugcard.com

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PRENATAL CARE / PARENTING RESOURCES

TESTING, PRENATAL CARE & SUPPLIES

- **Agape Pregnancy Resource Center:** Free testing, church sponsored supporting life. 744 Moore St., La Crosse. 608-784-4966 lacrossepregnancy.com
- **Birthright:** Free testing, emotional support, information and referral for basic needs and supplies. 115 5th Ave. S. #406, La Crosse. 608-782-0373 birthright.org
- **Catholic Charities–Pregnancy Support Services:** 413 3rd St S., La Crosse. 608-782-0710 cclse.org
- **Coulee Drug Testing–DNA & Paternity Testing:** 1526 Rose St., Suite 100, La Crosse. 608-796-0855 couleedrugtesting.com
- **Essential Health Clinic:** 1201 Caledonia St., La Crosse. 608-775-8390 optionsclinic.org
- **Gerard Hall–Mayo Behavioral Health:** Housing and support for pregnant and young mothers. 940 Division St., La Crosse. 608-392-3985
- **Gundersen Health System:** 1900 South Ave., La Crosse. 782-7300 or 800-362-9567
 - **Maternal & Child Health Hotline 800-722-2295.**
- **La Crosse County Health Department:** 300 4th St N., La Crosse. lacrossecounty.org/health
 - **Low Fee Testing, Prenatal Care Coordination 608-785-5841**
 - **Public Health Nursing, Nutrition & Education 608-785- 9872**
- **Mayo Clinic Health System:** 700 West Ave S., La Crosse. 608-785-0490 or 800-362-5454
 - **Prenatal Care Coordination: 608-392-9412**
 - **Family Health Clinic:** 815 10th St S., La Crosse. 608-392-7390
- **New Life Resource Center:** Free testing, counseling, mentor program, information and referral. Open Tuesday and Thursday by appointment only. Mt. Calvary Lutheran Church, 1411 16th St. S., La Crosse. 608-785-2377 newlifelacrosse.org
- **Scenic Bluffs Community Health Care Center:** 238 Front St., Cashton 608-654-5100 or 200 West North St., Norwalk 608-823-7853 scenicbluffs.org

PARENTING RESOURCES

- **The Parenting Place:** Parent workshops and classes, Family Exchange Program, Supervised Visitation Service, “Warmline”-Parent Support, Birth-to-Three Program, “Parent Pulse” Blog, “Building Blocks” Newsletter, Shared Parenting Program. 1500 Green Bay St., La Crosse or 1035 Riders Club Rd., Onalaska. 608-784-8125 theparentingplace.net
- **Family & Children’s Center:** Healthy Families, Sandcastles-Children of Divorce, Respite, Counseling, “FCC Blog” regarding defiant children, bullying, learning disabilities, teens, etc. 1707 Main St., La Crosse. 608-785-0001 fconline.org
- **Development Guide by Ages–American Academy of Pediatrics:** healthychildren.org
- **Coulee Parenting Connection:** Local publication. cpclax.com
- **WI Fathers For Children and Families:** 608-255-3237 wisconsinfathers.org
- **Gundersen Health System Parent Education Line:** Classes regarding discipline styles, etc. 1900 South Ave., La Crosse. 608-775-4419 gundersenhealth.org/behavioral-health
- **Mayo Clinic Health System Behavioral Health:** Periodic classes and events. 212 11th St. S., La Crosse. 608-392-9555
- **The Center–LGBTQ Resource Center for Seven Rivers Region:** Parenting resources and support for parents and their children. 230 6th St S., La Crosse. 608-784-0452 7riverslgbtq.org
- **Heart to Heart Healing, LLC:** Parenting classes and support group. 1288 Rudy St., Suite 105, Onalaska. 608-780-7422 heart-to-hearthealing.com

- **Stein Counseling & Consulting Services:** Website articles on parenting and classes including “Nurturing Parenting”, “Parenting with Love and Logic”, and “Parenting your Out of Control Teenager”. 571 Braund St., Onalaska. **608-785-7000 ext.221** effectivebehavior.com
 - **YMCA of La Crosse:** laxymca.org
 - 1140 Main St., La Crosse. **608-782-9622** (“Reach & Rise” Mentoring Program, Teen Center)
 - 400 Mason St., Onalaska. **608-783-9622**
 - **YWCA of the Coulee Region:** “Bridges” Female Teen Mentoring Program and Truancy Services. 3219 Commerce St., La Crosse. **608-781-2783** ywca.org
 - **Lutheran Social Services:** 2307 South Ave., La Crosse. **608-788-5090** lsswis.org/LSS/Services/Parenting.htm
 - **Runaway and Homeless Youth Services:** Serves youth ages 11-17 and their families. 24-Hour Helpline **855-LSS-RAYS (577-7297)**
 - **Reality Check Program—La Crosse County Juvenile Detention:** 300 4th St. N., La Crosse. **608-784-4357** co.la-crosse.wi.us/humanservices/fc/docs/jdf/RealityCheck.pdf
 - **Wisconsin National Guard Challenge Academy:** 749 E 12th Ave., Fort McCoy. **608-269-9000** challengeacademy.org
 - **Mediation and Family Court Services:** Voluntary or court-ordered conflict resolution regarding parenting children and other issues. 333 Vine St., Rm. 1300, La Crosse. **608-785-6162**
 - **Family Court Commissioner:** Child placement/custody issues in divorce, “Families First Program” for divorcing parents. 333 Vine St., Rm. 2500, La Crosse. **608-785-5600**
 - **La Crosse County Department of Human Services:** 300 4th St. N., La Crosse. **608-784-HELP (784-4357)** co.la-crosse.wi.us/humanservices
- *Referrals must meet eligibility requirements in order to be accepted for services.
- Children With Special Needs Referral - CWSN Unit
 - Child Welfare Services Referral, Child Protective Services - Family & Children’s Unit
 - Juvenile In Need of Protective Services Referral (JIPS) - Juvenile Justice Unit

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RECREATIONAL ACTIVITIES

- **4-H La Crosse County–UW Extension:** 212 6th St N., La Crosse. **608-785-9593** lacrosse.uwex.edu/4-h-youth-development
- **African American Mutual Assistance Network (AAMAN):** 2519 South Ave., La Crosse. **608-519-2367** aaman.us
- **Big Brother/Big Sister:** 432 Division St., La Crosse. **608-782-2227** 7riversbbbs.org
- **Boy Scouts of America:** 2600 Quarry Rd., La Crosse. **608-784-4040** gacbsa.org
- **Boys and Girls Club:** 1331 Clinton St., La Crosse. **608-782-3926** bgcql.org
- **Children’s Museum:** 207 5th Ave. S., La Crosse. **608-784-2652** funmuseum.org
- **Coulee K.A.M.O (Kids and Mentors Outdoors):** **608-799-5037** kamokids.org
- **Crossfire Youth Center:** 422 Main St., La Crosse. **608-784-6565** crossfire4u.com
- **Girl Scouts (Badgerland Council):** 2710 Quarry Rd., La Crosse. **608-784-3693** gsbadgerland.org
- **Hmong Community and Cultural Center:** 1815 Ward Ave., La Crosse. **608-781-5744** hmoobagency.org
- **La Crosse Park and Recreation:** Office: 400 La Crosse St., 3rd floor, La Crosse. **608-789-7533** cityoflacrosse.org/Parks
- **La Crosse Public Library:** 800 Main St., La Crosse. **608-789-7136** lacrosselibrary.org
- **Upward Bound at UW-L:** **608-785-8539** uwlax.edu/Upbound
- **YMCA:** 1140 Main St., La Crosse. **608-782-9622** or 400 Mason St., Onalaska. **608-783-9622** laxymca.org
 - **Primetime Center:** Both locations. Hours vary during school year and summer hours.
 - **Community Teen Center:** 137 11th St. S., La Crosse. **608-784-8490**
- **YWCA–Bridges Mentoring Program and Teen Lead:** 3219 Commerce St., La Crosse. **608-781-2783** ywcalax.org

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SERVICES & ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS

- **Catholic Charities:** 3710 East Ave S., La Crosse. **608-782-0710** cclse.org
- **Capable Canines of WI:** P.O. Box 34, Onalaska. **608-561-2269** capablecanineswi.com
- **Children & Youth with Special Care Needs–Western Region:** Serves La Crosse. **800-400-3678, Option #3**
co.chippewa.wi.us/CCDPH/CSHCN
- **Children’s Miracle Network–Gundersen Health System:** 1836 South Ave., La Crosse. **608-775-4424**
gundersenhealth.org/cmnhospitals
- **City of La Crosse–Park and Recreation Dept–Black River Beach Recreation Center:** Special Recreation. 1433 Rose St., La Crosse. **608-789-7596** CityofLaCrosse.org/parks
- **CompassWisconsin Threshold (CWT):** Doorway to children’s long-term support programs. **608-397-8820**
compasswisconsin.org
- **HorseSense for Special Riders:** PO Box 906. La Crosse. **608-791-4868** hssr.org
- **La Crosse Area Autism Foundation:** Local parents providing education, support and resources for families and their children with Autism. **608-618-0523** laxautism.org
- **La Crosse County Department of Human Services–Children with Special Needs Unit:** 300 4th St. N., La Crosse. **608-784-4357**
- **Life in Harmony Music Therapy Services:** **608-391-1230** lihmt.com
- **Miller Mile (Equine Therapy):** N9710 State Hwy 108, Melrose. **608-386-1086 (Family Solutions Associates)**
miller-mile.com
- **N.A.S.A (North American Squirrel Association):** Helps physically challenged enjoy hunting, fishing & recreational activities. PO Box 186, Holmen. **608-234-5988** nasasquirrel.org
- **Native American–Great Lakes Inter-Tribal Council–Children & Youth w/Special Healthcare Needs:** **800-472-7207**
glitc.org
- **Partners In Excellence:** Autism Therapy Center, Events and Workshops, Website Blog, Resource Links. 901 Caledonia St., La Crosse. **608-785-4100** partnerswi.com
- **ResCare:** In-Home care, Support Services, Respite Care, Case Management. **877-235-3026**
- **University of Wisconsin-La Crosse–Center On Disability Health and Adapted Physical Activity:** 108 Mitchell Hall, La Crosse. **608-785-8690** uwlax.edu/cdhapa
- **Wisconsin Coalition for Advocacy:** **800-928-8778** disabilityrightswi.org
- **Wisconsin Family Ties:** Provides advocacy and parent support. 16 North Carroll Street, Suite 230, Madison. **800-422-7145** wifamilyties.org
- **Wisconsin First Step– Gundersen Health System:** 1900 South Ave., La Crosse. **800-642-7837** mch-hotlines.org
- **YMCA of La Crosse:** Inclusion and adapted programs in sports and education. laxymca.org
 - 1140 Main St, La Crosse. **608-782-9622** (“Reach & Rise” Mentoring Program, Teen Center)
 - 400 Mason St., Onalaska. **608-783-9622** (“Miracle League” Baseball)
- **YWCA of the Coulee Region:** “Bridges” Female Teen Mentoring and Truancy Services. 3219 Commerce St., La Crosse. **608-781-2783** ywca.org

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SUBSTANCE ABUSE SERVICES & SUPPORT GROUPS

Days and times subject to change. For additional support groups contact 211.

- **Addiction Medical Solutions (AMS) of Wisconsin:** 9532 East 16 Frontage Rd., Onalaska. **608-783-0506**
amswisconsin.com
- **African American Cultural Alliance of Greater La Crosse:** Meetings the 2nd Thursday of the month, 6-7:30pm, Franciscan Spirituality Center, 923 Market St., Room 138, La Crosse. **608-792-3597** aacaoflacrosse.org
- **Alcoholics Anonymous (AA):** aa.org or contact Coulee Council on Addictions for meeting locations.
- **Al-Anon Family Groups / Alateen:** area61afg.org or contact Coulee Council on Addictions for meeting locations.
- **Coulee Council on Addictions:** 921 West Ave. S., La Crosse. **608-784-4177** couleecouncil.org
- **Coulee Drug Testing:** 1526 Rose St., Suite 100, La Crosse. **608-796-0855** couleedrugtesting.com
- **Compassionate Friends–Coulee Region Chapter:** For bereaved parents. Meetings the last Wednesday of the month, 7pm, North Presbyterian Church, 1327 N. Salem Rd., La Crosse. **608-786-1000** compassionatefriends.org
- **Depressed Anonymous:** Meetings on Mondays, 5-6:30pm, Franciscan Spirituality Center, 920 Market St., La Crosse. **608-791-5295** fscenter.org
- **Divorce Recovery:** Meetings on the third Thursday of the month, 5:30-7pm, Franciscan Spirituality Center, 920 Market St., La Crosse. **608-791-5295** fscenter.org
- **Driftless Recovery Services:** 444 Main St., Suite 301, La Crosse. **608-519-5906** driftlessrecovery.com
- **Emotions Anonymous (EA):** Meetings on Thursdays, 7pm, Lower level of Asbury United Methodist Church, 1818 Redfield St., La Crosse. **608-782-9756** emotionsanonymous.org
- **Gamblers Anonymous (GA):** gamblersanonymous.org
- **Gundersen Behavioral Health–Addiction Services:** 1900 South Ave., La Crosse or 123 16th Ave. S., Onalaska. **608-775-2287** gundersenhealth.org/behavioral-health
- **Hiawatha Valley Mental Health:** 313 4th St S., La Crosse. **608-796-1168** hvmhc.org
- **Ho-Chunk Nation Behavioral Health:** 724 Main St., La Crosse. **608-784-3083** ho-chunknation.com
- **La Crosse County Integrated Support & Recovery Services–Outpatient Mental Health & Substance Abuse Clinic:** 300 4th St. N., La Crosse. **608-784-HELP (784-4357)** lacrossecounty.org/humanservices/integrated.asp
- **LGBT Resource Center for the Seven Rivers Region:** 230 6th St., S., La Crosse. **608-784-0452** 7riverslgbt.org
- **Mayo Clinic Behavioral Health:** mayoclinichealthsystem.org
 - La Crosse: 212 11th St. S., La Crosse. **608-392-9555**
 - Onalaska: 191 Theater Rd., Onalaska. **608-392-5010**
- **NAMI (National Alliance on Mental Illness):** namilacrossecounty.org
 - Family Info Meeting: 3rd Tuesday of the month, 7-9pm, First Congregational Church, 2505 Main St., La Crosse
 - Family to Family Support Group: 2nd Monday of the month, 6:30-8pm, Family and Children’s Center, 1707 Main St., La Crosse
- **Nar-Anon Family Groups:** Meetings on Thursdays, 7pm (New members orientation at 6:30pm), First Lutheran Church, 410 Main St., Onalaska
- **Narcotics Anonymous (NA):** wisconsinna.org or contact Coulee Council on Addictions for meeting locations.
- **New Horizons Shelter & Outreach Centers, Inc. Support Groups:**
 - WISE Women’s Support Group: Mondays, 10-11:30am, La Crosse. **608-791-2600 ext. 204** (Age 50+)
 - Women & Children: Wednesdays, 4-5:30pm, La Crosse. **608-791-2600 ext. 309**
- **Partners in Empowerment (PIE):** 1201 10th St. S., La Crosse. **608-784-1141**
- **RAVE (Recovery Avenue):** 1806 State St., La Crosse. **608-785-9615** ilresources.org
 - Men’s Group: Mondays, 5-6:30pm

- Wellness and Recovery: Wednesdays, 5-6:30pm
- Women Supporting Women: Thursdays, 5-6:30pm
- Dual Recovery Anonymous: Saturdays, 12-1:30pm
- **Sex Addicts Anonymous (SAA):** Meetings on Tuesdays, 7pm, Call 211 for meeting location and details. saa-recovery.org
- **Scenic Bluffs Community Health Centers:** 238 Front St., Cashton. 608-654-5100 scenicbluffs.org
- **Survivors of Suicide:** Meetings the 3rd Wednesday of the month, 7-9pm, Franciscan Spirituality Center, 920 Market St., Rm. 141, La Crosse. 608-769-5007
- **Wisconsin Council on Problem Gambling: 800-GAMBLE-5 (426-2535)** wi-problemgamblers.org
- **Women Adult Survivors of Sexual Abuse Support Group:** Gundersen Behavioral Health, 123 16th Ave. S., Onalaska. Call for meeting dates. 608-775-3845

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TRANSPORTATION

- **Abby Vans:** For medical appointments only. **800-236-8438** abbyvans.com
- **Access Transit:** For medical appointments/Disability. 226 Hood St., La Crosse. **608-782-4200**
- **American Cancer Society Road to Recovery Program:** **608-775-1359** or **800-227-2345**
- **Caring Hearts Home Care & Transportation:** For errands, medical appointments, shopping. W5942 Baker Rd., Holmen. **608-782-2464** or **608-317-3657**
- **Chia Transportation Services:** 1310 Red Cedar Ct. Onalaska. **608-397-9650** *Interpreter available.*
- **Couleecap–Work-n-Wheels Program & Skill Enhancement Program:** 700 N. 3rd St, Suite 202B, La Crosse. **608-782-4877** or **866-717-9490** couleecap.org
- **Consumer Credit Counseling–Coulee Wheels Program:** Auto loan program with Altra Federal Credit Union for those with credit score below 580. 505 King St. Ste 212, La Crosse. **866-400-2227** cccsonline.org
- **Coulee Region RSVP:** 2920 East Ave. S, Suite 104, La Crosse. **608-785-0500** rsvplax.org
- **Find a Ride–La Crosse County Aging Unit:** **888-300-9796** findaridewisconsin.org
- **Front Door Ministry–Cathedral of St. Joseph the Workman:** Open Monday-Friday, 9-11am. 530 Main St., La Crosse. **608-782-0322** ext. 223 cathedralsjworkman.org
- **GO Carefree Shuttle Company:** Transport to Rochester and Minneapolis airports. **888-781-5181**
gocarefreeshuttle.com
- **Jefferson Bus Lines:** Midwest transport. 314 Jay St., La Crosse. **784-5510** or **800-451-5333** jeffersonlines.com
- **La Crosse County Health Department–Women’s Transportation Fund:** 300 4th St. N., La Crosse. **608-785-5841**
lacrossecounty.org/health
- **La Crosse County Rural Transit:** Bangor, Rockland and Town of Holland. **866-666-2561** runninginc.net
- **La Crosse Municipal Transit Utility (MTU):** 314 Jay St., La Crosse. **608-789-7350** cityoflacrosse.org/mtu
- **Medical Transportation Management (MTM) Inc.:** MA/Medical appointments only. **866-907-1493** mtm-inc.net
- **Onalaska, Holmen, West Salem Public Transit:** 3 La Crosse MTU transfer locations. **608-784-0000** runninginc.net
- **Salvation Army:** 223 8th St. N., La Crosse. **608-782-6126** usc.salvationarmy.org
- **Scenic Mississippi Regional Transit (SMRT):** La Crosse, Crawford and Vernon Counties. **877-444-6543** rideSMRT.com
- **State of Wisconsin–Commuter/Rideshare:** **800-455-POOL** rideshare.wi.gov
- **TAXI - Bee Cab, Inc:** **608-784-4233** beecabandlimo.com
- **TAXI - Coulee Region Taxi:** Call/text **608-881-2050** crtaxi.com
- **TAXI - CTS Taxi:** **608-784-7700** goctstaxi.com

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VETERAN SERVICES

- **Caregiver Hotline: 855-260-3274**
- **Crisis Line for Veterans: 800-273-8255, Press 1**
- **Fort McCoy's Family & Morale, Welfare & Recreation, Community Information Services (Information & Referral):**
1668 South J St., Fort McCoy, WI. **608-388-7400 or 1-877-864-4969**
- **Homeless Veterans Hotline: 877-424-3838**
- **La Crosse Area Veterans Mentor Program (L.A.V.M.P):** 212 6th St. N., La Crosse. **608-785-9743** lavmp.org
- **La Crosse County Veterans Service Office:** 212 6th St. N., La Crosse. **608-785-9719**
lacrossecounty.org/departments/veterans
- **Military Family Support Group–American Red Cross:** 2927 Losey Blvd S., La Crosse. **608-232-5823**
redcross.org/find-help/military-families
- **MyVA311:** One number to call for all VA services. **1-844-MyVA311 (1-844-698-2311)**
- **Operation Homefront–Central Midwest:** 2615 Commerce St., La Crosse. **608-658-5290 or 800-390-4643.** For
Emergency Assistance 877-264-3968 operationhomefront.net
- **Tomah VA Medical Center:** 500 E. Veterans St. Tomah. **608-372-3971**
River Valley Outpatient Clinic: 2600 State Rd., La Crosse. **608-784-3886**
River Valley Integrated Health Center: 1525 Losey Blvd S., La Crosse. **608-787-6411**
- **US Department of Veteran Affairs: 800-827-1000** va.gov
- **Veterans Assistance Foundation:** 312 Superior Ave or 500 E. Veterans St., Tomah. **866-823-8387 or 608-372-1280**
vafvets.org
- **Veterans Center–Readjustment Counseling Service:** 20 Copeland Ave., La Crosse. **608-782-4403**
veteranprograms.com
- **WI Dept of Veteran Affairs: 800-947-8387** wisvets.com

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**LA CROSSE AREA CHILDREN'S MENTAL HEALTH and
SUBSTANCE USE COUNSELING RESOURCES**
Please contact La Crosse County Human Services
(784-HELP) or Great Rivers 211 (dial 2-1-1) for help
understanding this document or for additional resources.

UPDATED:
1-2016

MA- Gundersen HMO	MA- Health Traditions HMO	Private Insurance	Self-Pay	Sliding Fee Scale	Mood Disorders;	Depression, Anxiety, PTSD	ADD, ADHD, Oppositional	Delinquent Disorder	Trauma	Alcohol and substance	abuse/Assessments	Individual/Family	Counseling	Custodial Issues/ adoptive/guardianship	In-home therapy	Adjustment Disorder, Stress, Grief,	Eating Disorders	Sexual Abuse Counseling (Victims and Offenders)	Play Therapy	In School counseling	Infant to 4	5-9	10-12	13-18	Clinicians trained in the La Crosse Co Trauma-Focused CBT project
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Source Name/ Address/ Phone/ Website	HOURS	INSURANCE				SPECIALTY												AGES SERVED				TF-CBT			
Associates in Counseling/ La Crosse Counseling Clinic 115 5th Ave S, Suite 414, La Crosse, WI (608) 782-1117 www.lacrossecounselingclinic.com	8am-8pm			X	X	X	X	X	X		X					X						X	X	X	
Coulee Council on Addictions 921 West Ave S, La Crosse, WI (608) 784-4177 www.couleecouncil.org (AODA Assessments)	8am-4:30pm (Monday-Friday)				X						X													X	
Counseling Associates, LLC 115 5th Ave S, Suite 301, La Crosse, WI (608) 785-0827 www.counselingassociateslacrosse.com	9am-6pm	X		X	X	X	X	X			X				X				X		X	X	X		
Driftless Recovery Services 444 Main St, Suite 301, La Crosse, WI (608) 519-5906 www.driftlessrecovery.com	8am-5pm	X		X	X		X				X												X	X	
Family & Childrens Center 1707 Main St, La Crosse, WI (608) 785-0001 www.fcconline.org	8am-5pm (Tuesday and Wednesday) 8am-1pm (Thursday)	X	X	X	X		X		X		X	X			X					X	X	X	X		X
Family Solutions Associates, LLP N9710 State Road 108, Melrose, WI 54642 (608) 386-1086 (Also serves families in Monroe, Trempealeau, Jackson, Crawford and Clark Counties) www.familysolutionsassociates.com	Hours are dependent on family's availability	X		X	X	X								X						X	X	X	X		X
Garrison Counseling 319 Main St, Suite 510, La Crosse, WI (608) 796-1114 garrisoncounselingservices.com	8am-6pm (Monday-Friday)	X		X	X		X	X	X	X	X				X	X	X	X		X	X	X			
Gundersen Health Systems 1900 South Ave, La Crosse, WI or 123 16th Ave, Onalaska, WI (608) 775-2287 www.gundersenhealth.org/behavioral-health	8am-8pm (Monday-Thursday) 8am-5pm (Friday)	X	X	X	X		X	X	X	X	X	X			X	X	X			X	X	X	X		X
Heart Journey, LLC 205 5th Ave S, Suite 308, La Crosse, WI (608) 785-0011 www.heartjourneylx.com	9am-7pm (Monday, Wednesday, and Thursday)	X		X	X						X														

