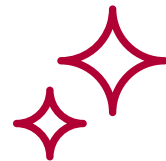
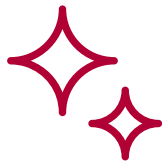


# **Affordable Resources around Sparta**



# Table of Contents

1: Medical & Dental Care

---

2: Food Resources

---

3: Housing Resources

---

4: Mental Health Resources

---

5: Parent Resources

---

6: Childcare

---

7: Crisis Help

---



# Medical & Dental Care

1

## NEIGHBORHOOD

- Family Clinics -

Affordable ~ Accessible

### Things to Know:

- NO INSURANCE NEEDED
- Offers low-cost medical care
- Offers online appointments during the week and weekends

### Contact Information:

128 S Water St, Suite B, Sparta

(608) 351-2820

<https://www.mynfclinics.com/locations/#Sparta>

### Clinic Hours:

Monday: 8am-4pm

Tues & Thurs: 8am-6pm

Wed & Fri: 8am-2pm

2



### Things to Know:

- Spanish-speaking interpreters available
- Medical care for adults 18+ with no insurance

### Contact Information:

Speciality Services of Mayo Clinic Health System

(310 West Main Street, Sparta)

(608) 366-5343

<https://www.stclaremonroecounty.org/>

### Clinic Hours:

1st and 3rd Tuesday of each month

5pm-6:30pm

3



### Things to Know:

- Interpreters available
- Accepts Medicaid for **dental** services
- Other service costs are based on your income

### Locations & What They Offer:

- Cashton (Behavioral Health, Medical Care, Dental Care)
- La Crosse (Behavioral Health, Dental Care)
- Norwalk (Behavioral Health, Medical Care)

### Clinic Information:

Cashton: 238 Front Street | (608) 654-5100

La Crosse Dental: 2030 7th Street S. | (608) 654-5100

La Crosse Medical: 212 11th Street S. | (608) 654-5100

Norwalk: 200 West North Street | (608) 823-7853

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

\*\*See website for each clinic's hours\*\*

# Food

1



## Things to Know:

- Drive-thru food pantry
- EVERYONE in need is welcome, no matter where you live. No ID or proof of income is required
- Food is handed out for 1 hour or until food runs out

## Location & Pick Up Hours:

*Sparta:* Memorial Park (enter through Osbourne Drive)

3rd Monday of each month at 2:30pm

*Norwalk:* 208 Church Street

4th Tuesday of each month at 9:30am

*Tomah:* 1615 Butts Ave (Fairgrounds Gold Building)

1st Tuesday of every month at 3:30pm

## Full Calendar on Website:

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

**Phone:** (608) 223-9121



## Things to Know:

- There are locations in both Sparta and Norwalk

## Contact Information:

217 North Black River Street, Sparta

200 W North Street, Norwalk

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

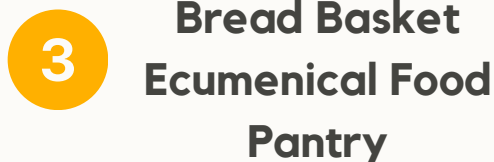
## Questions?

Contact Theresa at (608) 424-4187

## Food Pick Up Hours:

*Sparta:* Monday or Thursday 10am-3pm

*Norwalk:* Wednesday 12pm-2pm



## Things to Know:

- Anyone can access for free

## Contact Information

116 North Water Street, Sparta | (608) 269-5081

## Food Pick Up Hours:

Tuesday: 10am-12pm, 5pm-7pm

Wednesday- Friday: 10am-12pm

# Housing

1



## ***Sojourners Journey***

### **Things to Know:**

- Non-denominational, non-profit supporting those struggling with housing and substance abuse in Monroe County

### **Resident Program:**

- This program is currently only housing women (hoping men as well in the near future)
- Support groups are offered through this program too

### **Contact Information:**

318 N. Rusk Avenue, Sparta  
(608) 633-3322

sojournersjourney@gmail.com

<http://www.sojournersjourneyinc.org/home.html>

2



### **Things to Know:**

- They help with very short-term shelter plans, rent, and transportation costs
- They only help with sheltering if there is a child in the home

### **Contact Information:**

117 W Oak Street, Sparta  
Monday-Friday 8am-4pm  
(608) 487-2745

casemanager@familypromiseofmonroecounty.com

<https://www.familypromiseofmonroecounty.com/get-help>

3

## **Sparta Angelo Apartments**

### **Things to Know:**

- 2 bedroom apartments
- Rent is based on income
- Section 8 Vouchers are accepted

### **Contact Information**

Monday-Friday 8am-4:30pm  
(507) 451-8524

Email: info@lifestyleinc.net

<http://www.radrenter.com/apartment?uid=14822>

<https://lifestyleinc.net/>

# Mental Health



## Things to Know:

- Accepts insurance including Medicaid and Medicare
- Offers night and weekend counseling sessions
- Therapists offer services at different times, and some come to Sparta (see their website!)

## Support Offered:

Individual Therapy, Group Therapy, Mindfulness, Domestic Violence, Anger Management, Substance Abuse Therapy

## Contact Information:

1216 Mark Ave Suite 6, Tomah  
(608) 377-7487

[information@abhtomah.com](mailto:information@abhtomah.com)

<http://www.abhtomah.com/our-team/>

## Appointment Hours:

Sunday 12pm-8pm

Monday-Friday 4pm-9pm

## Community Services Program (CCS)



## Things to Know:

- If you are covered by Medicaid, there will be little to no cost for you

## Program Provides:

- Job skills training
- Substance use treatment
- Medication management
- Counseling/therapy

## Contact Information:

300 4th Street N., La Crosse  
(608) 785-6019

Christian Skolnik, [cskolnik@lacrossecounty.org](mailto:cskolnik@lacrossecounty.org)

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



## Things to Know:

- Accepts Insurance, EAP, and Sliding Scale Pay
- Offers individual and group therapy
- Offers stress management for first responders

## Contact Information:

1021 N. Superior Ave, Suite 10, Tomah  
(608) 886-9023

<https://trailwayscounseling.com/>

## Hours:

Monday - Thursday 8am-7pm

Friday 9am-2pm

# Parent Resources

1



## Things to Know:

- Offers free classes on parenting and supporting children
- Offers free "Community Play Days" for Hmong-speaking and Spanish-speaking families with interpreters present at the events

## Free Diaper Drives

- Sparta 11am-2pm Fridays
- La Crosse 11am-2pm Thursdays
- Tomah 10am-1pm Tuesdays

Fill out form:

<https://www.theparentingplace.net/diaper-bank/>

## Contact Information:

Not open to the public, appointments must be made!  
(608) 784-8125

Info@theparentingplace.net

## Locations:

Sparta: 900 E Montgomery Street  
La Crosse: 1500 Green Bay Street  
Tomah: 310 W Elizabeth Street

## UW Extension- Family Agency

2



## Things to Know:

- You can sign up for free, live online lessons on parenting, money management, and many other topics

Where to find topics to sign up for:

- <https://extension.wisc.edu/family/>

## Finding Home Program

3



## Things to Know:

- FREE, 12-18 month program to help you financially set yourself up to own a home!

More information here:

<https://www.marinecu.com/findinghome>

## Contact Information:

Email: Finding.HOME@MarineCU.com, (608) 791-1385

4



## Things to Know:

- Offers many services for families as a whole, kids, and adults
- There are 5 surrounding locations, but the main headquarters is in La Crosse, so they will offer the most services

## Services Offered:

- Housing support
- Mental health support
- Independent living for kids aged out of foster care
- Foster care support
- Domestic abuse and child abuse help

## Contact Information:

- Sparta: 920 W Wisconsin St (608) 269-0567
- La Crosse: 1707 Main St (608) 785-0001

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

# Childcare

1



## BOYS & GIRLS CLUB OF SPARTA

### Things to Know:

- Serves kids grades 2-12
- There is a fee of \$30 for one year, but have scholarships available if needed
- They offer tutoring, mentoring, sports, snacks, music lessons, art, and transportation from school to the club

### After School Hours

Monday-Friday 3:00 - 6:30 pm

(Open 2pm-6:30pm on early release days)

Closed on snow days

### Summer Hours

Monday-Friday 6:30am-5:30pm

### Contact Information:

1000 East Montgomery Street, Sparta

(608) 269-2582

<https://www.bgcofsparta.org>

2



### Things to Know:

- Free with meeting requirements:
  - Kids must attend at least 3 days a week until at least 4pm
  - Guardians must attend 1 family night per year

### After School Hours

Monday-Friday

- Herrman Elementary until 5:30pm
- Southside Early Learning Center until 5pm
- Sparta Montessori School until 5pm

If your family needs transportation home, contact Holly Church at [hchurch@spartan.org](mailto:hchurch@spartan.org)

3



## Head Start

### Things to Know:

- Free programs for ages 1 to 5
- Meals and snacks are provided
- Offers music, art, math, outdoors, science, and more!

### Contact Information

Monroe County and La Crosse County locations

Sparta location: 2111 W Wisconsin St

Phone: (608) 269-8297

Administrative Office: (608) 785-2070 extension 0

- Application is required for programming



# Crisis Help Lines

## Mental Health

- Mental Health America Crisis Text Line:
  - Text MHA to 741741 to be connected to a counselor 24/7
- Suicide Prevention Lifeline: 608-280-2600 or 988
- COPE Hotline 262-377-COPE (24/7)

## Violence Support

- Monroe County Health and Human Services: 608-269-8600
- National Child Abuse Hotline: 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-4673
- Domestic Violence Crisis Line – 24 hours: 608-791-2600 (New Horizon's La Crosse) OR 1-888-231-0066 (toll-free)

## LGBTQIA+ Support

- Trevor Lifeline: 1-866-488-7386
  - Text "START" to 678678
  - Online chat: <https://www.thetrevorproject.org/get-help/>

## Veteran's Support

- 1-608-280-7066 OR 1-888-598-7793
  - Text: 838255
- Online information: <http://veteranscrisisline.net>