

# **Coulee Recovery Center's**

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***\*\*\*Please feel free to contact the Community Resource Navigator with suggestions, edits, or questions about additional resources that support recovery from substance use disorder or other kinds of recovery pathways for our mental health in the La Crosse area.***

**Phone: (608) 784-4177 or Email: [navigator@couleerecovery.org](mailto:navigator@couleerecovery.org)**

## **Detox Facilities**

### **Tellurian Detoxification Center - Madison**

**Phone:** (608) 222-7311

**Address:** 2914 Industrial Drive Madison, WI 5713

*Private Insurance*

### **Miramont Behavioral Health**

**Phone:** (608) 716-8286

**Address:** 3169 Deming Way, Middleton, WI 53562

*Private or **Badgercare Insurance** accepted/ Preferred Hmo's Quartz UHC My Choice Dean Anthem BCBS*

### **Rogers Behavioral Health - Brown Deer**

**Phone:** (414) 865-2500

**Address:** 4600 W Schroeder Dr, Brown Deer, WI 53223

**Website:** [Rogers Behavioral Health – Brown Deer | Behavioral Health Specialists \(rogersbh.org/browndeer\)](https://rogersbh.org/browndeer)

*Private Insurance or **Badgercare Insurance***

### **Zumbro Valley Mental Health**

**Phone:**(507) 289-2089

**Address:** 343 Woodlake Dr SE, Rochester, MN 55904

**Website:** [www.zvhc.org](http://www.zvhc.org)

*SE MN counties*

### **Hazelden Betty Ford Foundation**

**Phone:** 1-844-575-4229

**Address:** 15251 Pleasant Valley Road, Center City, MN 55012

OR 11505 36th Avenue North, Plymouth, MN 55441 (Ages 12-25)

**Website:** [www.hazeldenbettyford.org](http://www.hazeldenbettyford.org)

*Private insurance*

### **Gateway Recovery Center**

**Phone:** (651) 999-3537

**Address:** 6775 Cahill Avenue East Inver Grove Heights, MN 55076

**Website:** [www.gatewaydetoxmn.com](http://www.gatewaydetoxmn.com)

*In Network insurance: Health Partners*

## **MAT (Medication-Assisted Treatment)**

### **Clean Slate**

Outpatient Addiction Medicine

**Phone:** (608) 406-2250

**Address:** 2635 Hemstock St. La Crosse, WI 54603

**Website:** [www.cleanslatecenters.com/la-crosse-wisconsin](http://www.cleanslatecenters.com/la-crosse-wisconsin)

- Services:
  - Medication-assisted treatment (MAT) program-Suboxone and Vivitrol
  - Insurance: Medicare, Medicaid, commercial insurance, and self-pay

### **AMS of Wisconsin**

Outpatient program with counseling for patients seeking effective treatment for addiction

**Phone:** (608) 783-0506

**Address:** 9532 East 16 Frontage Road, Suite 100, Onalaska, WI 54650

**Website:** [www.amswisconsin.com/](http://www.amswisconsin.com/)

- Services:
  - Medication-assisted treatment (MAT) program-Methadone, Suboxone, and Vivitrol
  - Insurance: Medicare, Medicaid, commercial insurance, and self-pay

### **Gundersen Behavioral Health**

Gundersen Behavioral Health - La Crosse uses a combination of medication, counseling, and behavioral therapy to treat opioid addiction.

**Phone:** New patients 608-775-4531 or (608) 782-7300

**Address:** 1900 South Ave. La Crosse, WI – 54601

**Website:** <https://www.gundersenhealth.org/services/behavioral-health/outpatient/>

- Services:
  - Medication-assisted treatment (MAT) program-Methadone, Suboxone, and Vivitrol
  - Insurance: Medicare, Medicaid, commercial insurance, and self-pay

### **Mayo Health System**

Department of Psychiatry and Psychology

**Address:** 615 S 10th St La Crosse WI

**Phone:** 608-392-9555

**Website:** [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org)

- Services:
  - Medication-assisted treatment (MAT) program-Suboxone and Vivitrol
  - Insurance: Medicare, Medicaid, commercial insurance, and self-pay

### **St Clare Health Mission**

**Vivitrol only/** available walk-in Tues and Thurs 5pm-6pm

**Address:** 916 Ferry St, La Crosse, WI 54601

**Phone:** (608) 519-4620

**Website:** [www.stclarehealthmission.org](http://www.stclarehealthmission.org)

### **Scenic Bluffs**

**Address:** 238 Front Street Cashton, WI 54619 and satellite clinic at the **Reach Center** 212 11<sup>th</sup> st South La Crosse, WI

**Phone:** (608)-654-5100

**Website:** [www.scenicbluffs.org](http://www.scenicbluffs.org)

**LA CROSSE COUNTY HEALTH & HUMAN SERVICES**  
**Integrated Support and Recovery Services**

300 N. 4<sup>th</sup> Street  
La Crosse, WI 54601

**Phone: (608) 784-HELP (4357)**

**<https://www.lacrossecounty.org/humanservices/abuse.asp>**

*Consumer must be a **La Crosse County Resident***

*Consumer must be referred to Economic Support for benefit exploration, if consumer does not have any insurance coverage*

**La Crosse County Services:** A number of services are available to address substance use. Additional information on cost and how to access services can be obtained by contacting the La Crosse County Human Services Department at 608-784-HELP (4357).

**Comprehensive Community Services (CCS)**

*Moderate intensity mental health and/or substance use outpatient program for adults or children/youth.* Service facilitators work with the consumer to identify a Recovery Team from their formal and natural support systems. The consumer identifies their goals and is a part of the process of designing a plan of services from a network of providers to help them achieve their goals. Coordinated Services Team (CST) approach (more intense) available for children involved in multiple systems of care who are at risk for out-of-home care and/or for children involved with Child Protection or Juvenile Justice systems.

- **Eligibility:** La Crosse County residents with Medical Assistance who have moderate-high intensity mental health and/or substance use service needs.

**Contracted AODA (Substance Abuse) Services**

A continuum of contracted substance abuse services is available that includes detoxification, residential treatment, outpatient individual/group therapy, supported housing, outreach, and case management.

- **Eligibility:** Primary population is uninsured.

**Court Ordered Treatment Information:** This brochure provides general information above the Emergency Detention procedure outlined in Chapter 51, the Mental Health Act of the Wisconsin Statutes. It is intended to familiarize families with the procedure for involuntary treatment when a child or adult poses a threat to self or others.

## **Local Residential Treatment**

### **Gundersen Behavioral Health**

#### **Unity House**

Unity House for Men and Unity House Women are inpatient chemical dependency treatment programs specifically designed for ages 18+.

**Phone:** (608) 775-4753 or (608) 775-4718

**Website:** <http://www.gundersenhealth.org/services/behavioral-health/residential/>

### **The CARE Center**

The CARE (Crisis Assessment, Recovery and Empowerment) House offers 8-beds for residential treatment for adults. Must be referred to by La Crosse County Mobile Crisis. (608) 784-HELP (4357)

**Phone:** (608) 519-3080

**Address:** 4647 Mormon Coulee Rd. La Crosse, WI 54601

**Website:** [www.tellurian.org](http://www.tellurian.org)

### **Adult and Teen Challenge – Western Wisconsin (Women only)**

The programs are typically 12-18 months and consist of Individual and Group Biblical Studies, work projects, education (for adolescents), recreation and more. Many aspects of the program differ slightly between centers and day-to-day activities. Application on website. Currently No cost for program.

**Address:** 2507 Weston St. La Crosse, WI 54601

**Phone:** (608) 351-2828

**Website:** [www.atcww.org](http://www.atcww.org)

### **Common Ground**

The Common Ground Recovery House is in Winona, MN and serves male clients across Winona County.

730 W. 6<sup>th</sup> St., Winona, MN 55987

507-615-0101

[www.commongroundmn.org](http://www.commongroundmn.org)

## **Residential Treatment/ Wisconsin state insurance accepted**

### **Arbor Place**

**Address:** 4076 Kothlow Ave. Menomonie

**Phone:** (715)235-4537

**Website:** [www.arborplaceinc.org](http://www.arborplaceinc.org)

### **5 Doors Recovery Hope Haven**

**Address:** 810 W Olin Ave. Madison, WI

**Phone:** (608) 827-9170

**Website:** [www.5doorrecovery.org](http://www.5doorrecovery.org)

### **Fahrman Center/ Eau Claire & Wazee House/ Black River Falls**

**Phone:** 715-835-9110 and 715-284-4987

**Website:** [www.lsswis.org/our-services](http://www.lsswis.org/our-services)

### **Northwest Counseling and Guidance Clinic (Youth)**

**Address:** N6643 County Road A  
Black River Falls, WI

**Phone:** (715) 284-1100

**Website:** [www.nwcgc.com/black-river-falls/](http://www.nwcgc.com/black-river-falls/)

### **Wishope**

**Address:** 223 Wisconsin Ave, Waukesha

**Phone:** 262-701-7257

**Website:** [www.wishope.org](http://www.wishope.org)

### **Nova Treatment Center**

**Address:** 3240 Jackson St Oshkosh, WI

**Phone:** (920) 231-0143

**Website:** [www.novaoshkosh.com](http://www.novaoshkosh.com)

### **Exodus House for Men**

**Address:** 1421 Fond du Lac Ave.  
Kewaskum, WI

**Phone:** 262-626-4166

**Website:** [www.exodus-house.org](http://www.exodus-house.org)

### **Meta House for Women**

**Address:** 2625 N. Weil St. Milwaukee, WI

**Phone:** 414-962-1200

**Website:** [www.metahouse.org](http://www.metahouse.org)

### **Bethany Recovery Center for Women**

**Address:** 1331 Capitol Dr Oconomowoc, WI

**Phone:** (262) 565-5265

**Website:** [www.bethany.org/bethany-recovery-center-referral](http://www.bethany.org/bethany-recovery-center-referral)

## **Residential Treatment/ Private Insurance or other...**

### **Hazelden/Betty Ford**

**Address:** Center City, MN -Adults

North Plymouth, MN -Ages 12-25

**Phone:** (844)-384-1984

**Website:** [www.hazeldenbettyford.org](http://www.hazeldenbettyford.org)

### **Burkwood Treatment Center**

**Address:** 615 Old Mill Rd, Hudson, WI

**Phone:** (844) 545-7137

**Website:** [www.burkwoodtreatmentcenter.com](http://www.burkwoodtreatmentcenter.com)

### **Aspirus Behavioral Health Residential Treatment Center - Stevens Point**

**Address:** Stevens Point, WI

**Phone:** (715) 343-2056

**Website:** [www.aspirus.org/find-a-location/aspirus-behavioral-health-residential-treatment-ce-544](http://www.aspirus.org/find-a-location/aspirus-behavioral-health-residential-treatment-ce-544)

### **The Retreat**

Wayzata, MN

**Phone:** (952) 476-0566 **Website:**

[www.theretreat.org](http://www.theretreat.org)

### **Rogers Behavioral Health**

**Phone:** (800)-767-4411

**Website:** [www.rogersbh.org](http://www.rogersbh.org)

### **Meridian Health**

**Phone:** 855-930-4440

**Website:**

[www.meridianprograms.com/programs/residential-inpatient-programs/](http://www.meridianprograms.com/programs/residential-inpatient-programs/)

### **Tomah VA**

**Address:** 500 East Veterans St. Tomah, WI

**Phone:** (608)-372-3971

### **Mayo Clinic- Rochester**

**Phone:** (507) 284-2511

**Address:** 200 First St. SW, Rochester, MN  
**Website:** [www.mayoclinic.org/departments-centers/psychiatry/addiction-services/services/intensive-addiction-program](http://www.mayoclinic.org/departments-centers/psychiatry/addiction-services/services/intensive-addiction-program)

## **Sober Living/ Transitional Housing**

**Driftless Recovery Services (Men Only)** Driftless Housing Services offers a positive sober living facility to support and help you adjust to sobriety. See website for application.

**Address:** 1120 Caledonia St. La Crosse, WI 54601

**Phone:** 608-519-5906

**Website:** [www.driftlessrecovery.com](http://www.driftlessrecovery.com)

**Oxford House La Crosse (Men Only)** Oxford has 4 self-run, self-supported houses for men in recovery in La Crosse. See website for current openings.

**Phone:** 608-519-0604

**Website:** [www.oxfordhouse.org/userfiles/file/index.php](http://www.oxfordhouse.org/userfiles/file/index.php)

**The Next Chapter-Men's House** Faith Based program with sober living component.

**Phone:** 608-461-7006

**Website:** [www.nextchapterlacrosse.org](http://www.nextchapterlacrosse.org)

**The Light House** Non-medical, respite (4 beds) to those experiencing overwhelming mental health and substance use related crises or any other emotionally distressing challenges (1-7 nights) Access to 1:1 peer support, individually and as a group. Connections into community, resources, natural support, and activities. **Self-referrals only-No Cost**

24 hour/7 days a week warm line support (non-crisis phone support)

**Phone:** (608) 519-1489

**Website:** [www.lacrosselighthouse.org](http://www.lacrosselighthouse.org)

**ATTIC Correctional Services, Inc.** Transitional housing/Referral through the County

**Phone:** (608) 784-3366 **Website:** [www.correctionalservices.org/](http://www.correctionalservices.org/)

**Live By Program by Catholic Charities** Live by Program allows individuals with mental health and substance abuse issues a place to live while they are on the road to recovery. Referral through La Crosse County CCS program.

**Phone:** 608-782-0710

## La Crosse area AODA Outpatient Counseling

### La Crosse County Human Services

Integrated Support and Recovery Services

**Phone:** 608-784-HELP (4357)

**Address:** 300N. 4th St. La Crosse WI

**Website:** [www.lacrossecounty.org](http://www.lacrossecounty.org)

### Gundersen Health System Behavioral Health

IOP, groups and individual available

**Phone:** (608) 782-7300 or (608) 775-2287

**Address:** 1900 South Ave. La Crosse, WI

**Website:** [www.gunderesenhealth.org](http://www.gunderesenhealth.org)

**Driftless Recovery** IOP, groups and individual available

**Phone:** 608 519-5906

**Address:** 444 Main St Suite 301 La Crosse, WI

**Website:** [www.driftlessrecovery.com](http://www.driftlessrecovery.com)

### Mayo Health System

**Address:** 615 S 10th St La Crosse WI

**Phone:** 608-392-9555

**Website:** [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org)

### Counseling Associates

**Phone:** (608) 785-0827

**Address:** 15 5th Ave S. Suite 301 La Crosse

**Website:** [www.counselingassociateslax.com](http://www.counselingassociateslax.com)

### Peace Of Mind Counseling

**Phone:** (608) 797-5679 or (608) 782-4426

**Address:** 115 5th Ave. So. Suite 523 La Crosse, WI

**Website:** [www.pomcounselingllc.com](http://www.pomcounselingllc.com)

### Garrison Counseling

**Phone:** 608-796-1114

**Address:** 319 Main St., #400, La Crosse, WI

**Website:** [www.garrisoncounselinglax.com](http://www.garrisoncounselinglax.com)

**Clarity Therapy Center** self-pay only, relapse prevention groups

**Phone:** (608)765-5501

**Address:** 200 Mason St. Suite 11 Onalaska, WI.

**Website:** [www.claritytherapycenter.com](http://www.claritytherapycenter.com)

**Stein Counseling** Maria Towle, MSW, LCSW, CSAC offers outpatient and assessments.

**Phone:** 608-785-7000 ext. 270

**Address:** 571 Braund St Onalaska WI

**Website:** [www.effectivebehavior.com](http://www.effectivebehavior.com)

### La Crosse Counseling Lcc/Winona Counseling

**Phone:** (608) 782-1117

**Address:** 115 5th Avenue S., Suite 414 La Crosse, WI

**Website:** [www.winonacounselingclinic.com/la-crosse-counseling-clinic-llc](http://www.winonacounselingclinic.com/la-crosse-counseling-clinic-llc)

### Brave Spaces Counseling and Wellness

**Phone:** 608-615-1023

**Address:** 605 4th St. S. La Crosse, Wisconsin

**Website:** [www.brave-spaces.org](http://www.brave-spaces.org)

### Nystrom & Associates

**Phone:** (608) 668-4005

**Address:** 201 Main St. Suite 500 La Crosse, WI

**Website:** [www.nystromcounseling.com](http://www.nystromcounseling.com)

### Family and Children's Center

**Phone:** (608) 785-0001

**Address:** 1707 Main Street La Crosse, WI

**Website:** [www.fcconline.org](http://www.fcconline.org)

### The Therapy Place of La Crosse

**Phone:** (608)-519-5546

**Address:** 600 North 3rd Street Suite 206 La Crosse, WI

**Website:** [www.thetherapyplacelax.com](http://www.thetherapyplacelax.com)

### La Crosse Veterans Center

**Phone:** (608)-782-4403

**Address:** 20 Copeland Ave. La Crosse, WI

### Scenic Bluffs

**Address:** 238 Front Street Cashton, WI 54619 and satellite clinic at the **Reach Center** 212 11<sup>th</sup> St South La Crosse, WI

**Phone:** (608)-654-5100

**Website:** [www.scenicbluffs.org](http://www.scenicbluffs.org)

### Hiawatha (Minnesota residents)

**Phone-Winona:** 507-454-4341

**Phone-Caledonia:** 507-725-2022

**Website:** [www.hvmhc.org/caledonia-office/](http://www.hvmhc.org/caledonia-office/)

### Common Ground (Minnesota residents)

**Phone:** (507) 281-0023

**Website:** [www.commongroundmn.org](http://www.commongroundmn.org)



## Recovery Support Groups

*See Coulee Recovery Center Facebook page for most current meeting lists at the center.*

- **Alcoholics Anonymous** [www.aalacrosse.org](http://www.aalacrosse.org) (LAX and surrounding area in person and zoom)
- **Narcotic's Anonymous** [www.bigriversna.org](http://www.bigriversna.org) (LAX and surrounding area in person and zoom)
- **Celebrate Recovery** [www.celebraterecovery.com](http://www.celebraterecovery.com) (Sparta, Winona and zoom)
- **Crystal Meth Anonymous** [www.crystalmeth.org](http://www.crystalmeth.org) (LAX in person and zoom)
- **Gambler's Anonymous** [www.gamblersanonymous.org](http://www.gamblersanonymous.org) in person at Coulee @ 6pm
- **Heroin Anonymous** [www.hawisconsin.org/meeting-list](http://www.hawisconsin.org/meeting-list) (Black River Falls in person and zoom)
- **Hmong 2 Hmong Recovery Group @ 5-7pm** (In person at Coulee-All ethnicities welcome)
- **In Christ Alone** in person at Coulee Wednesdays @ 1:30pm
- **Marijuana Anonymous** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) (Zoom only)
- **Men's Support Group** in person at Coulee Wednesdays @ 5pm
- **Pagans in Recovery** in person at Coulee Wednesdays @ 6pm
- **Recovery in Christ** in person at Coulee Wednesdays @ 1:15pm
- **RED** Recovery Education Discussion (Saturdays @ 10:15am in person and hybrid. See Coulee Recovery's FB page for schedules)
- **Refuge Recovery** [www.refugerecovery.org](http://www.refugerecovery.org) (LAX in person and zoom)
- **Sex Addicts Anonymous** [www.saa-recovery.org](http://www.saa-recovery.org) (In person at Coulee Sundays @ 6:00pm)
- **Smart Recovery** [www.smartrecovery.org](http://www.smartrecovery.org) (LAX in person and zoom)
- **Sober Eyes** [www.sobereyesrecovery.com](http://www.sobereyesrecovery.com) (Tomah and Warrens)
- **Tactical Wellness Recovery Group** (Veteran's Smart Recovery) Tuesdays @ 1:00pm in person LAX and zoom

## **Peer Support and Recovery Coaches**

### **Coulee Recovery Center**

**Phone:** (608) 784-4177

**Address:** 933 Ferry St. La Crosse WI 54601

**Website:** [www.couleerecovery.org](http://www.couleerecovery.org)

**Community Resource Navigator** is a Recovery Coach/Peer Support that specializes in responding to adults/adolescents/families who are seeking assistance in navigating treatment and counseling services for alcohol and/or other substance use. Navigator also has knowledge of many other resources and connections that support long-term recovery

**Email:** [navigator@couleerecovery.org](mailto:navigator@couleerecovery.org)

**Recovery Coaches** available at Coulee Recovery Center's drop-in center Monday- Friday 4:00pm-8:00pm, Saturday and Sunday 12:00pm-8:00pm **Email:** [dropin@couleerecovery.org](mailto:dropin@couleerecovery.org)

**Ed2Recovery+ Program** Recovery coaches available for emergency room support after an OD. Also, can be referred for recovery coach services by professionals or self-referral at any time.

**Email:** [ed2recovery@couleerecovery.org](mailto:ed2recovery@couleerecovery.org)

**Tactical Recovery Wellness** Support Services for Military, Veterans, First-Responders, and their family members **Email:** [vetrecovery@couleerecovery.org](mailto:vetrecovery@couleerecovery.org)

### **Next Steps for Change**

**Phone:** (608) 466-6677

**Email:** [natalie@nextstepsforchange.com](mailto:natalie@nextstepsforchange.com) or [referrals@nextstepsforchange.com](mailto:referrals@nextstepsforchange.com)

**Website:** [www.nextstepsforchange.com](http://www.nextstepsforchange.com)

**Peer Support/Recovery Coaches** for high-risk and relapse prevention and to support long-term recovery. Serving Monroe, Vernon and La Crosse County. For referral or self-referrals contact Natalie.

### **Rave Recovery Avenue**

Please see Facebook page for the most recent Drop-in schedule.

**Address:** 1806 State St. La Crosse WI 54601

**Phone:** (608) 785-9615

**Website:** [www.ilresources.org/home-1](http://www.ilresources.org/home-1)

### **The Light House**

**Non-emergency 24-hour warm line:** (608) 519-1489

**Website:** [www.lacrosselighthouse.org](http://www.lacrosselighthouse.org)

### **Circles of Support**

Circles of Support is a neighbor-to-neighbor inmate re-entry support program for men and women leaving incarceration and returning to the La Crosse community.

**Phone:** 608-785-9772 **Website:** [www.lacrossejailministry.org/volunteers/](http://www.lacrossejailministry.org/volunteers/)

## **Mothers in Recovery and Family Supports**

### **Gundersen Perinatal Addiction & Social Support (PASS) Clinic**

Caring for patients with substance and/or mood disorder or in need of social support during pregnancy.

**Phone:** (608) 775-8181

**Address:** 1900 South Ave. La Crosse, WI 54601

### **Parenting Place**

**Phone:** (608) 784-8125

**Address:** 1500 Green Bay St. La Crosse, WI 54601

**Website:** [www.theparentingplace.net](http://www.theparentingplace.net)

### **Safe Families for Children**

Safe Families for Children provides a chance for parents to get back on their feet. Parents experiencing a temporary crisis can arrange for their children to stay with families while they address the issues that led to their situation.

**Phone:** (608) 844-8475

**Address:** 111 9<sup>th</sup> St. N La Crosse, WI 54601

**Website:** [www.lacrosse.safe-families.org](http://www.lacrosse.safe-families.org)

### **Western Region Integrated Care Comprehensive Community Services Program (CCS)**

CCS utilizes wraparound teams. A team is formed for each CCS Consumer that includes: the consumer, service facilitator, mental health professional, service providers and other individuals (family, friends, etc.) that the consumer (you) wishes to include for advocacy and support.

**Phone:** (608) 784-4177

**Address:** 300 4<sup>th</sup> St. N La Crosse, WI 54601-3299

**Head start** Child and family development Serving the Counties of La Crosse, Monroe, Vernon, and Crawford.

**Phone:** (608) 785-2070

**Website:** <https://headstartcouleeregion.com/>

### **Healthy Families of La Crosse -Family and Children's Center**

**Address:** 1707 Main St. La Crosse

**Phone:** 608-785-0001 ext. 2223

**Website:** [www.fcconline.org](http://www.fcconline.org)

### **The Motherhood Collective**

**Address:** 1221 Caledonia St. La Crosse

**Phone:** 608-571-5334

**Website:** [www.themotherhoodcollectivelax.com](http://www.themotherhoodcollectivelax.com)

## **Family Support Groups**

- **Al-Anon** [www.al-anon.org](http://www.al-anon.org) (In Person at Coulee Mondays and Thursdays @ 6pm and other locations)

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

- **Hope Family Support** (In person at Coulee Wednesdays @ 5:30pm)
- **Nar-Anon** [www.nar-anon.org](http://www.nar-anon.org) (In person at Coulee @ 12pm)
- **Alateen** [www.al-anon.org](http://www.al-anon.org) (In person at Coulee @ 7pm)

## **Get Your Loved One Sober**

Get Your Loved One Sober utilizes Community Reinforcement and Family Training principles to change unhealthy patterns into healthier and happier lives. The program is free, yet facilitators suggest participants purchase the book "Get Your Loved One Sober" prior to the start of the 6-week class.

Contact us at [\(608\) 784-4177](tel:6087844177) for more information and dates of the next class.

## Healthcare

### Gundersen Health System

**Address:** 1900 South Ave. La Crosse, WI 54601

**Phone:** (608) 782-7300 or (608) 775-2287

**Website:** [www.gunderesenhealth.org](http://www.gunderesenhealth.org)

### Mayo Health System

**Address:** 615 S 10th St La Crosse WI, 54601

**Phone:** 608-392-9555

**Website:** [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org)

### Neighborhood Family Clinics Low-cost healthcare/Does not take insurance.

5 locations- La Crosse, Onalaska, West Salem, Sparta, Viroqua –

**Website:** [www.mynfclinics.com](http://www.mynfclinics.com)

### St. Clare Health Mission Free Healthcare- Limited hours see website.

**Address:** 916 Ferry St, La Crosse, WI 54601

**Main Clinic:** (608) 519-4620

**Pharmacy:** (608) 519-4621

**Community Health Worker:** (608) 519-4623

**Website:** [www.stclarehealthmission.org](http://www.stclarehealthmission.org)

### Scenic Bluffs Community Health Center Low-cost healthcare. Please see website for other locations and local mental health services

**Address:** 238 Front Street Cashton, WI 54619

**Phone:** (608)-654-5100

**Website:** [www.scenicbluffs.org](http://www.scenicbluffs.org)

### Vivent Health Confidential harm reduction services including needle exchange, Narcan and Fentanyl testing strips. Also, services to healthcare and STD testing for non-insured

**Address:** 811 Rose St, La Crosse, WI 54603

**Phone:** (608)-785-9866

**Website:** [www.viventhealth.org](http://www.viventhealth.org)

### Planned Parenthood of La Crosse Confidential sexual health services and advocacy

**Address:** 1201 Caledonia St. La Crosse, WI 54603

**Phone:** 844-493-1052

**Website:** [www.plannedparenthood.org](http://www.plannedparenthood.org)

## Transportation

**Veyo (previously MTM)** Non-emergency medical transportation accepted by Badgercare.

**Phone:** (866) 907-1493

**Website** [www.veyo.com](http://www.veyo.com)

**SMRT Bus** Transportation

**Website:** <https://ridesmrt.com/bus-info/>

**Coulee Recovery Center/Community Resource Navigator's Transportation Program** see Community resource navigator for eligibility requirements.

Phone: (608) 784-4177 [navigator@couleerecovery.org](mailto:navigator@couleerecovery.org)

## Shelter and Housing

**The Reach Center** Housing

assistance/Walk-in 8am-4pm/by appt

Wednesday. Multiple agencies and services

**Address:** 212 11th St South La Crosse, WI

**Phone:** (608)781-2783x 200

**Salvation Army** Emergency Shelter for families and singles

**Address:** 223 North 8th Street, La Crosse

**Phone:** (608) 782-6126

**Website:**

[www.centralusa.salvationarmy.org/lacrosse/](http://www.centralusa.salvationarmy.org/lacrosse/)

**Catholic Charities Warming Center**

Emergency shelter for singles.

**Address:** 413 3rd St S, La Crosse, WI

**Phone:** 608-519-8060

**Website:** [www.cclse.org/la-crosse-warming-center/](http://www.cclse.org/la-crosse-warming-center/)

**Independent Living Resources** assistance for individuals close to homelessness.

**Address:** 4439 Mormon Coulee Road, La Crosse, WI

**Phone:** (608)-787-1111

**Website:** [www.ilresources.org](http://www.ilresources.org)

**CouleeCap Inc.** Housing and financial assistance

**Address:** 700 3rd St N #202b, La Crosse, WI 54601

**Phone:** 608-782-4877

**Website:** [www.couleecap.org](http://www.couleecap.org)

**La Crosse Housing Authority**

**Address:** 1307 Badger St, La Crosse, WI 54601

**Phone:** (608) 782-2264

**Website:** [www.lacrossehousing.org](http://www.lacrossehousing.org)

**Center For Veterans Issues, Ltd.**

**Address:** 3710 E. Avenue S. La Crosse, WI 54601

**Phone:** (608)-695-8599

**Website:** [www.cvivet.org](http://www.cvivet.org)

**New Horizons Women's Shelter**

**Phone:** (608) 791-2610

**24 Hr. Crisis:** (888) 231-0066

**Crisis text line:** (608) 667-9944

**Website:** [www.nhagainstabuse.org](http://www.nhagainstabuse.org)

## **Education and Employment**

**VARC Inc.** Employment opportunity La Crosse Division

**Address:** 3120 South Ave. La Crosse, WI 54601

**Phone:** (608)-782-7010

**Website:** [www.varcinc.com](http://www.varcinc.com)

**Independent Living Resources** Basic living/peer support/ self-referral/ substance use disorder qualifies as disability.

**Address:** 4439 Mormon Coulee Road, La Crosse, WI 54601

**Phone:** (608)-787-1111

**Website:** [www.ilresources.org](http://www.ilresources.org)

**The Self-Sufficiency Program (UWL)** Education and college assistance

**Phone:** (608)785-8733

**Address:** 4306 Centennial Hall

**Email:** [ahansen@uwlax.edu](mailto:ahansen@uwlax.edu)

**Workforce Connections** Employment assistance

**Address:** 2615 East Avenue South, Suite 300 La Crosse, WI 54601

**Phone:** (608)-789-5620

**Website:** [www.workforceconnections.org](http://www.workforceconnections.org)

**Project Proven (WTC)** Education and employment assistance.

**Address:** Student Success Center, Room 100

400 7th Street North La Crosse, WI 54601

**Phone:** (608)-789-2083

**Email:** [walshc@westerntc.edu](mailto:walshc@westerntc.edu)

**Western Wisconsin Workforce Development Board**

**Address:** 2615 East Ave S. La Crosse, WI 54601

**Phone:** (608) 789- 4584

**Website:** [www.westernwdb.org](http://www.westernwdb.org)

**Community Credit Counseling Services** Free Credit Counseling

**Address:** 505 King St Ste 212, La Crosse, WI 54601

**Phone:** (608) 784-8380

**Website:** [www.cccsonline.org](http://www.cccsonline.org)

## **Community, Purpose, Holistic and Fitness**

- **7 Rivers LGBTQ Center** [www.7riverslgbtq.org](http://www.7riverslgbtq.org) –LGBTQ advocacy, meeting space, clothes closet, cyber center, library, and events
- **Hope Restores** [www.hoperestoreswi.org](http://www.hoperestoreswi.org) -African American advocacy, diversity training, local resources and consultation, teen closet, groups for men and women, and Black Student Leaders
- **Ho-Chunk Nation** (608) 783-6025- 3 Rivers House La Crosse branch offers youth center, referral services, and telehealth behavioral health services.
- **HMOOB Cultural and Community Agency** [www.hmoobagency.org](http://www.hmoobagency.org) -Verbal and written Hmong/English, Culture in service or cross culture training, Green card, or citizen application, Help with employment application, Referral service, Hmong center space rentals.
- **The Greater La Crosse Area Diversity Council**  
<https://www.glaxdiversitycouncil.com/multicultural-resource-guide/>
- **Churches** [www.churchfinder.com/churches/wi/la-crosse](http://www.churchfinder.com/churches/wi/la-crosse)
- **Volunteering and service work**  
[www.ugetconnected.org](http://www.ugetconnected.org)
- **YMCA** [www.laxymca.org](http://www.laxymca.org) Financial assistance for membership and childcare
- **The Good Fight** [www.thegoodfight.club/](http://www.thegoodfight.club/)
- **Flying Horse Stables** N1317 Johns Road La Crosse, WI 54601 Phone: 608-317-1448  
Website: [www.flyinghorsestable.net/](http://www.flyinghorsestable.net/)
- **Coulee Recovery Center** Yoga (no cost), Drop-in center events, Java Jam, Karaoke, Outdoor Recovery Project, Crafts (Please see our Facebook Page for current events  
[www.couleerecoverycenter.org](http://www.couleerecoverycenter.org)
- **Root Down Yoga** [www.rootdownyogastudio.com/](http://www.rootdownyogastudio.com/)
- **The Yoga Place** <https://www.yogalacrosse.com>
- **Cia Siab, Inc.** 1825 Sunset Ln., La Crosse, WI 54601. P: 608-615-7117  
[www.ciasiabinc.org](http://www.ciasiabinc.org)
- **Franciscan Spirituality Center** 920 Market St, La Crosse, WI 54601 (608) 791-5295  
[www.fscenter.org](http://www.fscenter.org)



## Other Resources

**Great Rivers 2-1-1** 211 connects you with thousands of nonprofit and government services in your area Dial 2-1-1 or (800) 362-8255 [www.greatrivers211.org](http://www.greatrivers211.org)

### Substance Abuse and Mental Health Service Administration

[www.samhsa.gov](http://www.samhsa.gov)

**Nami Alliance on mental illness La Crosse** [www.namilacrossecounty.org](http://www.namilacrossecounty.org)

**Wisconsin Health Department** [www.dhs.wisconsin.gov/aoda/index.htm](http://www.dhs.wisconsin.gov/aoda/index.htm)

[www.findtreatment.gov](http://www.findtreatment.gov)

[www.findhelp.org](http://www.findhelp.org)

[www.communitylink.findhelp.com](http://www.communitylink.findhelp.com)

- **Place of Grace** 919 Hood St. La Crosse, WI 54601 **Phone:** (608) 782-6224
- **Wafer Food Pantry** 1603 George St. La Crosse, WI **Phone:** (608) 782-6003
- **Emergency Pet Boarding** [www.heart2heartpet.org](http://www.heart2heartpet.org)
- **La Crosse Aging & Disability ADRC of La Crosse County**  
**Phone:** (608)-785-5700 **Website:** [www.lacrossecounty.org/adrc/](http://www.lacrossecounty.org/adrc/)
- **Inclusa** [www.inclusa.org/](http://www.inclusa.org/)
- **Aptiv** [www.aptiv.com/](http://www.aptiv.com/)
- **Great Rivers United Way The HUB** [www.greatriversunitedway.org/our-work/great-rivers-hub/](http://www.greatriversunitedway.org/our-work/great-rivers-hub/)
- **Telephone assistance** Lifeline/Link-up Program: contact your telephone service provider. SafeLink Wireless Cell Phone Program **Phone:** 1-800-234-9473
- **Legal Assistance** Legal Action of Wisconsin 205 5th Ave S. Ste 300 La Crosse  
**Phone:** 608-785-2809 **Website:** [www.legalaction.org](http://www.legalaction.org)