

# La Crosse County WIC Resource Guide



The Supplemental Nutrition Program for  
Women, Infants and Children (WIC) Program  
300 4<sup>th</sup> St. N. (2<sup>nd</sup> Floor); La Crosse, WI 54601  
608-205-8755 (call or text)  
Email: [laxwic@lacrossecounty.org](mailto:laxwic@lacrossecounty.org)



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## Food and Nutrition:

- [La Crosse County Food Resources](#)

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## Variety of topics:

- [Find Help](#)
- [Great Rivers 211](#)
- [Well Badger Resource Center](#): 1- 800-642-7837

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## Public Assistance Programs:

The State of Wisconsin offers several health benefits programs for eligible children, individuals, and families. For eligibility or updates, use the online links below or call Medicaid Enrollment Services: 1-800-291-2002. **For changes: 1-888-627-0430.**

[ACCESS Wisconsin | Apply for and manage state of Wisconsin benefits](#)

[ForwardHealth: Manage Your Benefits on the Go | Wisconsin Department of Health Services](#)

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## Parent and Family Support:

[The Parenting Place](#): 608-784-8125  
1500 Green Bay St. La Crosse, WI 54601

[Family and Children's Center](#): 608-785-0001  
811 Monitor St. La Crosse, WI 54603

[Safe Families for Children](#): 608-844-8475 ext.1  
1707 Main St. Suite 321, La Crosse, WI 54601

[Children and Youth with Special Health Care Needs](#): 1- 800-400-3678

[School District of La Crosse](#): 608-789-7600

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## **Alcohol, Tobacco & Drug Concerns:**

Substance use during pregnancy, breastfeeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it's like and can help you quit, give you tips, and support you.

[Coulee Recovery Center](#): 608-784-4177; 933 Ferry St. La Crosse, WI 54601

[La Crosse Area Alcoholics Anonymous](#): 608-621-2161 (24-hour hotline)

[Narcotics Anonymous](#): 1-800-240-0276

[Wisconsin Addiction Recovery Helpline](#): Call 211 or 1-877-947-2211

[Substance Abuse and Mental Health Helpline \(SAMHSA\)](#): 1-800-662-4357

[Wisconsin Tobacco Quit Line](#): Call: 1-800-QUIT-NOW; Or text: "READY" to 200-400

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## **Mental Health Services:**

[National Suicide Hotline](#): 988 (call or text)

[La Crosse County Mental Health Support and Crisis Line](#): 608-784-HELP (4357)

[New Horizons Women's Shelter](#): 608-791-2610  
1223 Main St. La Crosse, WI 54601

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## **Student Assistance Programs:**

[Western Technical College](#): 608-785-9200  
400 7<sup>th</sup> St. N. La Crosse, WI 54601

- Career Services
- Learner Support and Transition-GED

[University of Wisconsin-La Crosse: Self-Sufficiency Program](#): 608-785-8733  
1725 State St. La Crosse, WI 54601

- Free, pre-college Program to explore interests, 8-weeks; evening class; free childcare available on-site
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## Medical Services:

[Emplify - Gundersen Health System](#): 608-782-7300  
1900 South Ave. La Crosse, WI 54601

[Mayo Clinic Health System](#): 608-785-0940  
700 West Ave. La Crosse, WI 54601

[Neighborhood Family Clinics](#): 608-781-9880  
La Crosse, Onalaska, West Salem, Viroqua, Sparta

[Planned Parenthood](#): 1-844-493-1052  
1201 Caledonia St. La Crosse, WI 54603

[St. Clare Health Mission](#): 608-519-4620  
916 Ferry St. La Crosse, WI 54601

[Scenic Bluffs Community Health Center](#): 608-654-5100  
212 11<sup>th</sup> St. S. La Crosse, WI 54601

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## Housing Support:

[REACH Services & Resource Center](#): 608-781-2783  
212 11<sup>th</sup> St. S. La Crosse, WI 54601

[Couleecap Inc.](#): 608-782-4877  
700 3<sup>rd</sup> St. N. #202b, La Crosse, WI 54601

[La Crosse County Housing Authority](#): 608-781-5365  
615 Plainview Rd. La Crosse, WI 54603

[Housing Authority of the City of La Crosse](#): 608-782-2264  
1307 Badger St. La Crosse, WI 54602

[Independent Living Resources \(ILR\)](#): 608-787-1111  
11825 Sunset Ln. La Crosse, WI 54601

[YWCA of the Coulee Region](#): 608-781-2783  
212 11<sup>th</sup> St. S. La Crosse, WI 54601

[Catholic Charities](#)/Warming Center: 608-782-0710  
413 3<sup>rd</sup> St. S. La Crosse, WI 54601

[Salvation Army](#): 608-782-6126  
223 8<sup>th</sup> St. N. La Crosse, WI 54601

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## La Crosse County Health & Human Services:

[Health Department](#): 608-785-9872

- Fluoride Varnish
- Water Testing
- Immunizations
- STI Follow-up & Education
- Communicable Disease Investigation
- Lead screening

[Western Region Economic Assistance](#): 1-888-627-0430

- Foodshare
- BadgerCare Plus
- Child Care Assistance

[Human Services Department](#): 608-784-4357

- Mental Health Support
- Energy Assistance: 608-785-5582
- Alcohol & Drug Support and Recovery

[Workforce Connections W-2](#): 608-789-5620

2615 East Ave. La Crosse, WI 54601

Assists in meeting employment and career goals through guidance and support.

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## Diversity/Multicultural Resources:

[Multicultural Resource Guide - The Greater La Crosse Area Diversity Council](#)

[Cia Siab, Inc and Hmong Community](#): 608-615-7117

1825 Sunset Ln. La Crosse, WI 54601

[Hope Restores](#): 608-881-6418

[BLACK: Black Leaders Acquiring Collective Knowledge](#): 608-351-2778

[Centro Latino](#): 608-515-9134

[Three Rivers House-Ho Chunk Nation](#): 608-784-3083

724 Main St. La Crosse, WI 54601

[7 Rivers LGBTQ Connection](#): 608-784-0452

230 6<sup>th</sup> St. S. La Crosse, WI 54601

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## Veteran Services:

- [La Crosse County Veterans Services](#): 608-785-9719  
300 4<sup>th</sup> St. N. La Crosse, WI 54601
  - [Veteran Center \(Readjustment Counseling\)](#): 608-784-3886  
4000 State Road 16, La Crosse, WI 54601
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WIC is an equal opportunity provider

Updated: 10/9/2026