

Tomah Area Community Resources

Food Assistance

Neighbor for Neighbor, Inc.
1118 W. Veterans Street
Tomah, WI 54660
608-372-6737
www.n4npantry.org
*Call for hours

Tomah Community Table
Masonic Lodge
520 E. Saratoga Street
Tomah, WI 54660
Mondays 4:30pm-5:10pm
*Closed if a holiday falls on a Monday

Second Harvest Mobile Pantry
Monroe County Fairgrounds-Located
in the Gold Building.
1st Tuesday of the month 3:30pm
1625 Butts Ave.
Tomah, WI 54660
608-223-9121
[www.secondharvestsw.org/find-](http://www.secondharvestsw.org/find-food-near-you/)
[food-near-you/](mailto:info@secondharvestsw.org)
info@secondharvestsw.org
*Check website for additional information

Tomah Baptist Church Food Pantry
1701 Hollister Ave.
Tomah, WI 54660
608-372-2071
[tomahbaptistchurch.com/ministries/](http://tomahbaptistchurch.com/ministries/food-pantry)
[food-pantry](http://tomahbaptistchurch.com/ministries/food-pantry)
*By appointment. Contact the church office for
additional information about the food pantry.
Office hours, M-TH 9:00am-3:00pm.



Food Assistance Cont.

Oasis Food Pantry
22547 State Hwy 21
Tomah, WI 54660
608-567-9230
[https://www.oasischurchtomah.org/](https://www.oasischurchtomah.org/oasis-food-pantry)
[oasis-food-pantry](https://www.oasischurchtomah.org/oasis-food-pantry)
*\$15 suggested donation.
*1st Monday of each month.
Time: 4:00-7:00pm
* Oasis Food Pantry information on the Oasis
Church website.

Tomah Area School District
Summer Food Services Program
[www.tomah.education/departments/](http://www.tomah.education/departments/food-services)
[s/food-services](http://www.tomah.education/departments/food-services)
*Visit the website listed above for information
regarding the Summer Food Services Program for
Tomah Area School District.

Housing Assistance

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141
www.familiesfirstmc.org
*Call for an appointment

Couleecap, Inc.
217 N. Black River Street
Sparta, WI 54656
608-269-5021
www.couleecap.org
*Call for hours or to schedule appointment

Monroe County Housing Authority
1108 W. Wisconsin Street, Apt. 103
Sparta, WI 54656
608-269-5017
*Call for hours or to schedule appointment

Tomah Area Community Resources

Housing Assistance Cont.

Tomah Housing Authority
City Hall Annex
107 E. Milwaukee St.
Tomah, WI 54660
608-374-7455
www.tomahwi.gov/cdbghousing/page/other-area-resources-affordable-housing

*Call for hours or to schedule appointment

Sparta Housing Authority
307 N. Court Street
Sparta, WI 54656
608-269-2188
www.spartawisconsin.org/sparta-housing-authority

*Call for hours or to schedule appointment

The Salvation Army
223 N. 8th Street
La Crosse, WI 54601
608-782-6126
centralusa.salvationarmy.org/lacrosse/

Family Promise of the Great Rivers
117 W. Oak St.
Sparta, WI 54656
608-487-2745
www.fpgreatriverswi.org
*Call for an appointment

YWCA La Crosse
212 11th St. S.
La Crosse, WI 54601
608-781-2783
www.ywcalax.org/supportive-housing
info@ywcalax.org
*Youth Homelessness Demonstration Program (18-24 year old young adults)

Clothing/Household Items

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141
www.familiesfirstmc.org
*Call for an appointment

Goodwill Industries
1516 N. Superior Ave.
Tomah, WI 54660
608-372-7464

The Caring Closet Inc.
1310 North Superior Ave.
Tomah, WI 54660
608-343-1652
*Call for an appointment



Energy/Utility Assistance

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141
www.familiesfirstmc.org
*Call for an appointment



Wisconsin Home Energy Assistance Program (WHEAP), contact
Flocks Guardians, Inc.
606 Cap Street
Sparta, WI 54656
608-487-9356
*Call for an appointment

Tomah Area Community Resources

Additional Resources

Great Rivers 2-1-1 (Wisconsin)
(Speak with a community resource
Specialist in your area)
Dial 2-1-1 from service area
Toll-Free Alternative Number:
(800) 362-8255 **or** Text your zip
code to 898-211
www.greatrivers211.org

The Parenting Place
1500 Green Bay Street
La Crosse, WI 54601
608-784-8125
www.theparentingplace.net
*Call for information regarding resources and
programs

Brighter Tomorrows
608-269-7853
24-hour crisis line: 1-888-886-2327
www.mocobrightertomorrows.com

Legal Action of Wisconsin
855-947-2529
legalaction.org
*Apply for free legal help

Monroe County Department of
Human Services
112 S. Court St.
Sparta, WI 54656
608-269-8600
[www.co.monroe.wi.us/departments/
human-services](http://www.co.monroe.wi.us/departments/human-services)

Next Steps for Change
608-466-6677
www.nextstepsforchange.com

Wisconsin's Western Region for
Economic Assistance (Medicaid,
BadgerCare Plus, FoodShare, and
others)
Monroe County Department of
Human Services
112 S. Court St.
Sparta, WI 54656
888-627-0430

Well Badger Resource Center
Wisconsin's Health Information &
Referral Program. Free &
Available to All
Phone: 1-800-642-7837
Text: 608-360-9328
Email: help@wellbadger.org
[www.wellbadger.org/s/?language=
en_US](http://www.wellbadger.org/s/?language=en_US)

Reach Services & Resource Center
212 11th Street South
La Crosse, WI 54601
608-781-2783
reachcenterlacrosse.org

Find Help
Findhelp.org
*Find resources in your area.

Tomah Area Community Resources

Mental Health Resources

Monroe County Mental Health
Resource Guide
www.co.monroe.wi.us/Home/Components/News/News/182

*Follow the steps on this website to access the
Monroe County Mental Health Resource Guide

Northwest Connections (24 hrs/day)
1-888-552-6642
24-hour Mental Health and AODA Crisis
Line for Monroe County Residents.
Provides information, support,
counseling, and emergency services
help to anyone dealing with a mental
health crisis.

AJ Falkers Counseling &
Consulting Services, LLC
*Locations: Sparta, Tomah,
La Crosse, and Galesville, WI*
608-501-1189
www.ajfalkerscounseling.org

Heart Line Counseling
and Consulting
*Locations: Mauston, New Lisbon,
Tomah, Sparta, La Crosse, and
Viroqua, WI*
608-377-3864
www.heartlineecc.com

Peace of Mind
Counseling
*Locations: La Crosse, Sparta, and
Black River Falls, WI*
608-397-0192
www.pomcounselingllc.com



Grace Counseling & Family Services
304 Bickford St.
New Lisbon, WI 53950
608-562-3976
www.gracecounselingfs.com

Trailways Counseling
1021 N. Superior Ave., Suite 10
Tomah, WI 54660
608-886-9023
trailwayscounseling.com

Brave Spaces Counseling & Wellness
Locations: La Crosse and Sparta, WI
608-615-1023
www.bravespaces.org

Gundersen Health System (Emplify)
Behavioral Health
*Locations: Tomah, Sparta, La Crosse,
and Onalaska, WI*
608-782-7300
www.gundersenhealth.org
<https://emplifyhealth.org>

Mayo Clinic Health System-
Psychiatry & Psychology
*Locations: Tomah, Sparta, La Crosse,
and Onalaska*
608-392-9555
mayoclinichealthsystem.org

Driftless Recovery Services
444 Main Street Suite 301
La Crosse, WI 54601
608-519-5906
www.driftlessrecovery.com



Tomah Area Community Resources

Additional Resources Cont.

Family & Children's Center-
Wisconsin Headquarters
811 Monitor St.
La Crosse, WI 54603
*Locations: La Crosse, Sparta, Black
River Falls, and Viroqua, WI*
608-785-0001
www.fcconline.org

Scenic Bluffs Community
Health Centers
*Locations: La Crosse, Norwalk, and
Cashton, WI*
608-654-5100
www.scenicbluffs.org

Neighborhood Family Clinics
*Locations: Sparta, La Crosse,
Onalaska, West Salem, and
Viroqua, WI*
608-351-2820 (Sparta Clinic)
608-781-9880 (La Crosse Clinic)
608-779-5323 (Onalaska Clinic)
608-518-3410 (West Salem Clinic)
608-518-3745 (Viroqua Clinic)
www.mynfclinics.com

St. Clare Health Mission of
Monroe County
Sparta, WI
608-366-5343
www.stclaremonroecounty.org

Gundersen Health System (Emplify)
*Locations: Tomah, Sparta, La Crosse,
and Onalaska, WI*
608-782-7300
<https://emplifyhealth.org>
www.gundersenhealth.org

Mayo Clinic Health System
*Locations: Tomah, Sparta, La Crosse,
and Onalaska*
608-785-0940
mayoclinichealthsystem.org

Non-Emergency Medical
Transportation (NEMT) *Eligibility
requirements apply. Call for information and
to find out if you're eligible for services. If
you have no other way to get to an
appointment you may qualify if you're
enrolled in one of the following programs:
Wisconsin Medicaid (including IRIS),
BadgerCare Plus, Family Planning Only
Services, Tuberculosis-Related Services Only
Benefit, Express Enrollment for BadgerCare
Plus.
866-907-1493
www.dhs.wisconsin.gov/nemt

