

Dane County Resource Guide: *Navigating Reentry*

Incarceration and Mental Health Research Group

Last Updated: 08/10/2026

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We also welcome your feedback! If you've used this resource packet, please share your experience and any suggestions for improvement by completing our brief survey:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_22Yi4J7lqqE9HJc



Introduction

A. Purpose of the Resource Guide

This resource guide was created by students and staff in the Incarceration and Mental Health Research Group at UW-Madison alongside a panel of community experts with lived experience of incarceration and reentry. By providing information, step-by-step instructions, and lists of local services, this resource guide can provide support and help individuals overcome barriers they may face when reentering our Dane County communities after incarceration. Whether you are a currently or formerly incarcerated individual, peer, case coordinator, social worker, mental health professional, or supporter, we hope this guide helps you find and navigate resources that are best suited for your situation.

The goal of this resource guide is to provide as many options as possible for individuals, so that they can choose the resources that they feel are best suited to their needs and goals. While keeping this goal in mind, we also want to highlight that oftentimes community resources are underfunded, understaffed, have high staff turnover, etc. These factors may impact someone's experience, good or bad, with each of the community resources listed. Therefore, just because a resource is listed in this guide, does not mean that those who created this guide endorse the resource.

Additionally, this guide is continually being updated with resources, to promote accessibility, improve ease-of-use, and to better serve those in the community. Please share any feedback you have by completing this brief survey:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_22Yi4J7lqqE9HJc.

B. Incarceration and Mental Health Research Group (UW-Madison)

The Incarceration and Mental Health Research Group, led by Dr. Michael Koenigs at UW-Madison, focuses on advancing mental health and well-being for people who are currently or formerly incarcerated. Through longstanding community partnerships, the research group seeks to better understand the mental health needs of individuals involved with the criminal legal system and to develop effective, evidence-based offerings. The Incarceration and Mental Health Research Group has collaborated with individuals with lived experiences of incarceration and re-entry to create this resource guide.

A Message From Peers

“There were days where I didn’t have it in me. I walked in the door, but I didn’t have it in me. It was just not the right time. It was another moment that I just happened to find Just Dane and it just was the right time.”

“We don’t rescue—we relate. We don’t preach—we connect. That’s the power of lived experience. You’re not alone out here. Your story matters. And we are proof that you can turn the page without tearing it out.”

A note on language:

This resource guide intends to use the most affirming and non-stigmatizing language possible. For instance, instead of using the terms “case management” or “case manager,” we aim to use terms such as “care/service coordination and support” or “care/service coordinator.”

One-Stop Shop Resources

WHAT IS A “ONE-STOP SHOP RESOURCE”? The section below lists “One-Stop Shop Resources,” which are organizations offering multiple services, potentially meeting several needs in one place. For instance, if looking for resources on housing AND employment, rather than seeking out resources for these needs at two different organizations, both of these needs may be served at one organization, saving time and energy. Following this section is the **Table of Contents (page 12)** where you can find more resources and additional information about the organizations listed below.

1. Just Dane

- **Services:** Peer Support, Employment, Temporary Housing and Housing Support for Individuals Who Recently Gave Birth, Care/Service Coordination and Support, and Advocacy
- **Contact Information:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison, WI 53713
 - Hours: Monday through Friday from 9am-5pm

2. Nehemiah Re-Entry Services

- **Services:** Housing, Peer Support, Employment, Care/Service Coordination and Support, and Advocacy
- **Contact Information:**
 - Website: <https://nehemiah.org/our-work/criminal-justice-reentry/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 633 W. Badger Road, Madison, WI 53713
 - Hours: Monday-Friday 9am-5pm

3. Black Men Coalition (BMC)

- **Services:** Housing, Employment, Parenting Support, Transportation, Financial Literacy Education, and Education
- **Contact Information:**
 - Website: <https://www.bmcdc.org/>
 - Phone Number: 608-590-9625
 - Email: info@bmcdc.org

- Location: 5 N. Pickney St., Madison, WI 53703
 - Hours: Monday-Wednesday from 9am-5pm, Thursday from 9am-1pm and 3-5 pm, and Friday from 9am-3:30pm
4. **Community Action Coalition for Southern Wisconsin**
- **Services:** Housing, Employment, Food, Mental Health, and Financial Literacy Education
 - **Contact Information:**
 - Website: <https://www.cacscw.org/services/> (scroll down to the “apply for services” orange button to receive services)
 - Phone Number: 608-237-1255
 - Email: cac@cacscw.org
 - Location: 4101 E Towne Blvd, Madison, WI 53704 (Dane County Office) and 1902 Wright Street, Madison, WI 53704 (Dane County Warehouse/Food Bank)
 - Hours: Monday-Friday from 9am-3pm
5. **Urban Triage**
- **Services:** Housing, Employment, and Support for Black Families, Youth Programming, Agricultural Support, and Advocacy
 - **Contact Information:**
 - Website: <https://urbantriage.org/>
 - Phone Number: 608-299-4128
 - Email: info@urbantriage.org
 - Contact Form: <https://urbantriage.org/about/contact-us>
 - Location: 2312 S. Park St., Madison
 - Hours: Monday-Friday from 9am-4:30pm
6. **Urban League of Greater Madison**
- **Services:** Employment, Parenting Support, Youth Programming and Legal Assistance
 - **Contact Information:**
 - Website: <https://ulgm.org/>
 - Phone Number: 608-729-1200
 - Email: info@ulgm.org
 - Locations:
 - 1. **Center for Workforce and Economic Development**
 - a. Address: 2222 S. Park St., Madison, WI 53713
 - b. Hours: Monday-Friday from 9am-5pm
 - 2. **Southwest Madison Employment Center**
 - a. Address: 1233 McKenna Blvd., Madison, WI 53719

- b. Hours: Monday and Wednesday from 9am-7pm, Tuesday from 7:45am-5pm, Thursday and Friday from 9am-5pm, and Saturday 10am-12pm

3. The Black Business Hub

- a. Address: 2352 S. Park St., Madison, WI 53713
- b. Hours: Monday-Friday from 9am-5pm

7. Comprehensive Community Services (CCS)

- **Services:** Mental Health (including Peer Support, Employment, Care/Service Coordination and Support, etc.)
 - **Eligibility:** Be a Dane County resident, have a mental health or substance use diagnosis that limits one or more major life activities, have Medicaid or Badger Care, and have a need for psychosocial rehabilitation services
- **Contact Information:**
 - Website: <https://www.danecountyhumanservices.org/Behavioral-Health/Comprehensive-Community-Services>
 - Phone Number: 608-242-6415
 - Email: CCS@danecounty.gov
 - Location: 1202 Northport Dr. (3rd floor), Madison, WI 53704
 - Hours: Monday- Friday 7:45am-4:30pm

8. Journey Mental Health

- **Services:** Mental Health, Substance Use, and Care/Service Coordination and Support (includes Housing, Employment, Transportation, and Financial Literacy Education)
- **Contact Information:**
 - Website: <https://www.journeymhc.org/>
 - Phone Number: 608-280-2700
 - Location: 49 Kessel Court, Suite 105, Madison, WI 53711
 - Hours: Monday-Friday from 8:00AM-4:30PM

9. YWCA

- **Services:** Housing, Employment for BIPOC (Black, Indigenous, People of Color) Women, and Transportation
- **Contact Information:**
 - Website: <https://www.ywcamadison.org/>
 - Phone Number: 608-257-1436
 - Email: info@ywcamadison.org
 - Location: 101 E. Mifflin St., Suite 101, Madison, WI 53703
 - Hours: Monday-Friday from 8:00AM-4:30PM

10. Meadowood Health Partnership

- **Services:** Housing, Employment, Food, Physical Health, Financial Assistance, Parenting & Child Care, Transportation, Care/Service Coordination & Support, and Legal Assistance
- **Contact Information:**
 - Website: <https://mwhp.org/>
 - Phone Number: 608-896-5287
 - Email: sheraywallace44@gmail.com
 - Contact Form: <https://mwhp.org/contact>
 - Location: 5902 Raymond Rd. (Suite 160), Madison, WI 53711 (Meadowridge Library)
 - Hours: Monday from 3-5 pm, Wednesday and Thursday from 10am-5pm, and Friday 10am-2pm

11. Catholic Multicultural Center (CMC)

- **Services:** Employment, Food, Legal Assistance, and ESL Classes
- **Contact Information:**
 - Website: <https://cmcmadison.org/>
 - Phone Number: 608-661-3512 (Beld St. Office)
 - To email staff, fill out the form below:
<https://catholiccharitiesofmadison.org/contact-us/>
 - Location: 1862 Beld St., Madison, WI 53713
 - Hours: Monday- Friday from 9am-5pm

12. Centro Hispano

- **Services:** Employment, Parenting Support, and Care/Service Coordination and Support (including Physical Health and Education)
- **Contact Information:**
 - Website: <https://www.micentro.org/>
 - Phone Number: 608-255-3018
 - Email: info@micentro.org.
 - Location: 2403 Cypress Way, Madison, WI 53713
 - Hours: Monday-Thursday 8:30am-5pm and Friday 8:30am-4pm

13. Joining Forces for Families

- **Services:** Care/Service Coordination and Support (includes Housing, Employment, and Legal Assistance)
- To find a Joining Forces for Families office near you, go to <https://www.danecountyhumanservices.org/Children-Youth-and-Family/Community-Programs/Joining-Forces-for-Families> and scroll down to “Find a JFF Office” or click on the “JFF Information Card” to locate phone numbers and emails to contact.

14. African Center

- **Services:** Housing and Employment

- **Contact Information:**
 - Website: <https://africancentermadison.org/>
 - Phone Number: 608-294-0066
 - Email: info@africancentermadison.org
 - Location: 2238 South Park Street, Madison (Room 115)
 - Hours: Monday through Friday 9am-5pm

15. Sunshine Place

- **Services:** Housing, Employment, Food, Affordable Clothing, and Legal Assistance
 - **Eligibility:** Must be a Sun Prairie community member, or have children in the Sun Prairie School District
- **Contact Information:**
 - Website: <https://sunshineplace.org/>
 - Phone Number: 608-825-3875
 - Email: info@sunshineplace.org
 - Location: 18 Rickel Rd., Sun Prairie, WI 53590
 - Lobby Resource Center Hours: Monday-Friday from 9am-3pm

16. WayForward

- **Services:** Housing, Food, and Affordable Clothing
 - **Eligibility:** For food resources anyone in Dane County is eligible. For housing and clothing resources you must live in Middleton, Cross Plains or West Madison.
- **Contact Information:**
 - Website: <https://www.wayforwardresources.org/>
 - Phone Number: 608-836-7338
 - Email: hello@wayforwardresources.org
 - Location: 3502 Parmenter St., Middleton, WI 53562
 - Hours: Monday- Friday 9am-4:30pm

17. Edgerton Community Outreach (ECO)

- **Services:** Housing, Food, and Affordable Clothing
 - **Eligibility:** Must have children in the Edgerton School District. Eligibility for housing programs is anyone who is “literally homeless” (regardless of what county they reside in).
 - Literally homeless: Individuals or families who lack a fixed, regular, and adequate nighttime residence. This includes: having a primary residence that is a private or public space that is not meant for human habitation, living in a publicly or privately operated shelter designated to provide temporary living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state, or

local programs), or is existing in an institution where they have resided for 90 days or less and who resided in an emergency shelter or place not meant for human habitation immediately before entering that institution.

- **Contact Information:**

- Website: <https://edgertonoutreach.org/>
- Phone Number: 608-884-9593
- Location: 106 S. Main St., Edgerton, WI 53534
- Hours: Monday, Thursday, and Friday 10am-5pm, Tuesday and Wednesday 10am-6pm, Saturday 10am-3pm, and Sunday 12pm-4pm

18. Stoughton Area Resource Team (START), Inc.

- **Services:** Care/Service Coordination and Support (including Housing, Employment, Food, Financial Resources, Physical Health, Mental Health, Childcare, Education, and Transportation)
 - **Eligibility:** Head of the household must be a Stoughton Area School District resident under the age of 55.
- **Contact Information:**
 - Website: <https://www.startstoughton.org/>
 - Phone Number: 608-577-5650
 - Contact Form: <https://www.startstoughton.org/contact-us>
 - Location: 135 W. Main St., Stoughton, WI 53589 (Inside the Anderson Plaza)
 - Hours: Monday and Wednesday 9-11am and Tuesday, Wednesday, and Friday 9am-3pm

19. Chrysalis Inc.

- **Services:** Employment, Peer Support
 - **Eligibility:** Services are primarily designed for individuals in Dane County navigating mental health and/or substance use challenges.
- **Contact Information:**
 - Website: <https://workwithchrysalis.org/>
 - Phone Number: (608) 256-3102
 - Location: 1342 Dewey Court, Madison, WI 53703
 - Hours: Mon-Fri from 8:30am-4:30pm

20. Dane County Behavioral Health Resource Center

- **Services:** Mental Health, Substance Abuse, Peer Support
 - **Eligibility:** Available to all Dane County residents of any age, background, or identity. Their navigation assistance is completely free and accessible regardless of insurance status, financial status, ability, or legal status.
- **Contact Information:**

- Website: <https://danebhrc.org/>
- Phone Number: 608-267-2244
- Email: BHRC@countyofdane.gov
- Location: 2450 Rimrock Rd Ste 301, Madison, WI 53713
- Hours: Monday-Friday from 8:30am-4:00pm (Walk-ins welcome)

Correcting Common Misconceptions about Being Formerly Incarcerated

- When you are off of parole or probation, you CAN vote!
- Being formerly incarcerated does not disqualify you from earning financial aid.
- If you are a veteran who is formerly incarcerated, you CAN receive VA care.
- Being formerly incarcerated does not disqualify you from receiving benefits!
- For more information about how your record may impact applying for housing and to gain a further understanding of your rights, go to https://www.tenantresourcecenter.org/for_landlords_criminal_history.
- To learn about how your record may impact your employment, see <https://dwd.wisconsin.gov/er/civilrights/discrimination/arrest.htm>.
- City of Madison Civil Rights Department: <https://www.cityofmadison.com/civil-rights>

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Helpful Note:

Text that is in shaded boxes such as this aims to highlight educational information and guiding tips.

Text that is **highlighted** is information that may apply to multiple sections. For example, youth programs offered by an organization that may be of interest to parents, but are NOT included in the “Parenting & Child Care” section. The highlighted text is designed to catch the reader's attention.

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1. Emergency Contacts and Warmlines

1. Emergency Contacts & Warmlines

If you are in immediate danger, call 911.

Note: Warmlines are not designed to be used in a crisis or emergency, but hotlines and helplines are usually designed for crisis situations.

A. Crisis Contacts:

- If you call 911 in Madison weekdays from 8am-8pm you can specifically request the Journey Mental Health CARES team, who are trained to respond to non-violent behavioral health emergencies that do not require law enforcement.
- Dane County's 24-hour Crisis/Suicide Prevention Hotline (Journey Mental Health): 608-280-2600
- Call or text 988 for the Suicide and Crisis Lifeline, or go to <https://chat.988lifeline.org/> to chat online.
 - For those who are deaf or hard of hearing, Lifeline can be contacted via TTY at 1-800-799-4889.
 - Veterans press 1 and Spanish speakers press 2.
 - **Confidential**
- UnityPoint Health Meriter Hospital 24-Hour Emergency Services: 608-417-6000
- St. Mary's Hospital Medical Center 24-Hour Emergency: 608-258-6800
- University of Wisconsin Hospital and Clinics Emergency: 608-262-2398
- UHS 24/7 Crisis Line for UW-Madison students and family members: 608-265-5600 (option 9)
- Crisis Text Line text "HOME" to 741741 to have a conversation with a volunteer crisis volunteer via text.
- City of Madison Non-Emergency Dispatcher: 608-255-2345

B. Recovery & Mental Health Helplines:

- SAMHSA's 24/7 National Helpline: 1-800-662-4357
 - **Confidential**
- Dane County Behavioral Health Resource Center for connection to mental health supports and services call 608-267-2244 Monday- Friday from 7:45am-4:30pm or email bhrc@danecounty.gov.
- Journey Mental Health Crisis Stabilization: Provides a short term mental health care system to individuals to stabilize their needs. Services include medication

1. Emergency Contacts and Warmlines

monitoring, transportation, limited term care/service coordination and support for those at risk of a mental health crisis, and connections to long term providers. Call at 608-280-2624 for more information.

- Safe Communities 24/7 Recovery Hotline, answered by Recovery Coaches: 608-228-1278
- Wisconsin Addiction Helpline: Call 211 or 833-944-4673, or text your zip code to 898211
 - **Confidential**

C. Domestic and Sexual Violence & Trafficking Helplines:

- Domestic Abuse Intervention Services 24-Hour Helpline: 608-251-4445 (call) and 608-420-4638 (text)
 - **Confidential**
- UNIDOS 24/7 bilingual Helpline LA RED: 1-800-510-9195
 - **Confidential**
- Domestic Violence Hotline call 800-799-7233, text “START” to 88788, or chat online at <https://www.thehotline.org/#>.
 - **Confidential**
- National Human Trafficking 24/7 Hotline call 1-888-373-7888, text 233733, or chat online at <https://humantraffickinghotline.org/en/chat>.
 - **Confidential**
- National Sexual Assault Hotline: 800-656-HOPE (4673) or go to <https://hotline.rainn.org/online> to chat online.
 - **Confidential**

D. LGBTQIA+ Helplines:

- LGBTQ+ Youth 24/7 Hotline (The Trevor Project): call 1-866-488-7386, text “STARTt” to 678-678, or go to <https://www.thetrevorproject.org/get-help/> to chat online by clicking the “Chat With Us” button.
 - **Confidential**
- Trans Lifeline’s Peer Support Hotline: 877-565-8860
 - **Confidential**

1. Emergency Contacts and Warmlines

E. Veteran Helplines:

- Veterans Crisis Line: 988 ext. 1, text 838255, or visit <https://www.veteranscrisisline.net/get-help-now/chat/> to chat online.
 - **Confidential**
 - The crisis line also serves those who support veterans.
- Vet Center Combat Call Center: 1-877-927-8387
 - **Confidential**
- For veterans, peer services are available by calling 262-336-9540. Leave your name, county, military connection, and call back number and someone will be in contact with you.
- Women Veterans Call Center: 1-855-829-6636
 - **Confidential**
- National Call Center for Homeless Veterans: 1-877-424-3838
 - **Confidential**

F. Other Helplines:

- For pregnant individuals or new parents, call or text 1-833-TLC-MAMA.
 - **Confidential**
- StrongHearts Native Helpline: 1-844-7NATIVE (762-8483) or go to <https://strongheartshelpline.org/> to chat online by clicking the  button.
 - **Confidential**
- Deaf survivors can contact Deaf Unity for advocacy, systems support, and peer counseling Monday through Friday from 9am-5pm via email help@deafunitywi.org, phone 608-448-3147, or text 608-520-0203.
- 24/7 National Deaf Hotline: 855-812-1001
 - **Confidential**
- 24/7 Steve Fund Crisis Text Line for young people of color: Text “STEVE” to 74174

2. “How To” Support



2. “How To” Support



A. How to obtain a state-issued ID:

- To obtain an ID, visit <https://wisconsin.gov/Pages/online-srvcs/external/dmv.aspx> and click on “Get a driver’s license/ID. Schedule visit.” Fill out the corresponding information.

B. How to get a social security card:

- Fill out the questions at <https://www.ssa.gov/number-card/replace-card/get-started/applicant> to determine if you can apply for a new social security card online. If you can request a replacement card online, go to <https://secure.ssa.gov/ICON/main.jsp>, enter your zipcode, click the “Locate” button to see your local office, and call your local office to schedule an appointment to request a replacement card.
- For additional support, call 1-800-772-1213 Monday-Friday from 8am-7pm and tell the representative that you would like a replacement social security card. Call TTY 1-800-325-0778 if you are deaf or hard of hearing.

C. How to obtain a City of Madison Metro transit bus pass:

1. Email mymetrobus@cityofmadison.com to request a Metro Fast Fare and include an address and, if you are low-income and/or have a disability, request a half-price fare.
 - To receive a half-price fare, you will be instructed to provide documents to prove eligibility.
 - Half-price fares are \$1 for a single ride. Prices are up to \$7 a week and \$28 a month.
 2. Wait 8-10 days for your bus pass to arrive in the mail or to pick up your bus pass at Metro Transit’s Administration Office (1245 E. Washington Ave.).
 3. Go to <https://madisonwi.justride.tickets/> to set up an account online.
 - Use this online account to add funds OR convert cash at the Bus Rapid Transit (BRT) station vending machines near bus stops, at the sales outlet locations (see <https://www.cityofmadison.com/metro/fares/sales-outlets> and scroll down for a list of locations), or at Metro Transit’s Administration Office (1245 E. Washington Ave.).
 4. Tap your card when you enter the bus!
- Individuals will not be charged more than \$2.50 per day for their rides (with half-price fare), any additional rides are free after hitting this cap.

2. “How To” Support



- For more information, go to <https://www.cityofmadison.com/metro>.

D. How to request your birth certificate:

- To request your birth certificate, go to <https://www.vitalchek.com/wistorefront/customer/wi/wiHome.xhtml> or call 877-885-2981 and click on “Birth Certificates.” Option to fill out a paper copy and mail it in, go to <https://www.dhs.wisconsin.gov/vitalrecords/applications.htm>, click on “Birth certificate application (PDF),” and mail to Wisconsin Vital Records Office PO Box 309, Madison, WI 53701. FEE IS \$



3. Peer Services



A. EX-incarcerated People Organizing (EXPO)

- **What is it:** EXPO is made up of all formerly incarcerated persons who “believe in the human dignity of formerly and currently incarcerated people.” They provide peer support services and assist those who are reentering the community in advocating for systemic change, finding stability, and maintaining sobriety.
- **Services:**
 - **Expanded Recovery Meetings:** Recovery, peer-led meetings are led bi-weekly on Thursdays from 5-6:30pm at 2222 S. Park St.
 - **Brother to Brother:** These meetings are designed to “provide a safe space for men to occupy space with other men and discuss challenges and successes.” The group hopes to assist men who are formerly incarcerated with gaining tools that promote their wellbeing and success. These meetings are held every other Tuesday from 5:30-7 pm at 17 Applegate Ct. Suite 100, Madison, WI 53713
 - EXPO has created a list of “Friendly Landlords” in the Madison area with information about their requirements for rental applications.
- **Where to get started:** If you have questions, contact Dennis Franklin at dennis@expowisconsin.org, Demell Glenn at demell@expowisconsin.org, Vernell Cauley at vernell@expowisconsin.org, or call the phone number below.
 - Website: <https://expowisconsin.org/>
 - Phone Number: 608-467-2495
 - Email: info@expowisconsin.org

B. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system.” Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
- **Services:** Peer support, employment, help finding resources, and advocacy services.

3. Peer Services



- **Phoenix Initiative:** Support group for men that meets on Mondays from 5-6 pm. To register, call 608-256-0906 or email john@justdane.org.
- To see a calendar of events, including Reentry Service Fairs, Informational Sessions on Just Bakery, meetings, etc., visit <https://justdane.org/events/>.
- **Where to get started:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison, WI 53713
 - Hours: Monday-Friday from 9am-5pm

C. The Voices of Power (TVOP)

- **What is it:** TVOP is a new community organization founded by people with direct carceral experience that aims to “support personal growth, foster professional skills, and build bridges between communities and institutions.”
- **Services:** Mentorship, Effective Communication Training, other support services
- **Where to get started:**
 - Website: <https://thevoicesofpowerwi.org/>
 - Phone Number: 608-520-0630
 - Contact Form: <https://thevoicesofpowerwi.org/contact>

D. Safe Communities

- **What is it:** This organization rests on harm reduction principles to protect individuals and communities from falls, overdoses, suicides, and accidents. Providers with lived experience support individuals in recovery, reentry, surviving domestic abuse, etc.
- **Services:** Peer support, suicide prevention, drug harm reduction, and more.
 - **24/7 Helpline: 608-228-1278**
- **Where to get started:** Contact a peer provider immediately by calling the helpline above, or contact to get connected with programs and support
 - Website: <https://safercommunity.net/>
 - Phone Number: 608-441-3060
 - Contact Form: <https://safercommunity.net/contact-us/>
 - Location: The Black Business Hub, 2352 S Park St, Suite 302, Madison, WI 53713

3. Peer Services



E. SOAR “Case Management” Services

- **What is it:** Offers a wide range of services for those struggling with their mental health.
- **Services:**
 - **Solstice House Peer-Run Respite:** Peer-run home providing short-term support for those experiencing difficulties. Individuals can stay at the Solstice House for up to five nights.
 - To refer yourself to the Solstice House, call 608-244-5077, select option 1, and leave a message to receive a call back
 - Visit the website to see the schedule of group meetings and other events!
- **Where to get started:** Call or Email for more information or to get involved.
 - Website: <https://soarcms.org/>
 - Phone Number: 608-287-0839
 - Email wellness-studio@soarcms.org
 - Location: 4513 Milwaukee St., Madison, WI 53714
 - Hours: Monday, Wednesday, Thursday, Friday 9:00AM-2:00PM and Tuesday 9:00AM-12:30PM

F. Cornucopia

- **What is it:** “An arts and wellness center run by and for people in mental health and substance use recovery.” They strive to promote “independence, growth, and dignity through self-directed recovery and peer support.”
- **Services:** Open art studio, wellness recovery counsel, music and games, meals, and more
 - A Peer support group meets every Wednesday at 2pm at the address below
- **Where to get started:**
 - Website: <https://copiarts.org/index.html>
 - Phone Number: 608-467-6646
 - Email: cornucopia@copiarts.org
 - Location: 2 S Ingersoll St., Madison, WI 53703

G. Focused Interruption

- **What is it:** “Our mission is to address and reduce generational trauma caused by gun violence through a comprehensive approach. We aim to foster healing and resilience in communities, empowering them to break the cycle of violence and trauma.”
- **Services:**

3. Peer Services



- **Support Group:** Group for families impacted by gun violence, both victims and perpetrators. Participants share their stories and heal together. Facilitators of the group have lived experience and immense training.
- **Where to get started:** Call or fill out the contact form linked below
 - Website: <https://www.focusedinterruption.org/>
 - Phone Number: 608- 467-2029
 - Contact Form: <https://www.focusedinterruption.org/contact>
 - Location: 2820 Walton Commons, Ste. 136 Madison, WI 53718-6797

H. National Alliance on Mental Illness (NAMI)

- **What is it:** NAMI is “an organization of families, friends, and individuals whose lives have been affected by mental illness. Together, we advocate for better support, resources and recovery for all.”
- **Services:**
 - **Support Line (Monday-Friday 10am-10pm):** 1-800-950-6264 or text “helpline” to 62640
 - **Resource Guide:** <https://namiwisconsin.org/resources/resource-guide/>
 - **Peer support groups:** offered by NAMI Dane County volunteers.
 - **Adult Mental Health Support Group** (In-person meetings)
 - When: 1st, 3rd, and 5th Monday of each month, 6:30-8pm
 - Location: 1012 Spaight St., Madison, Wisconsin 53703
 - **Adult Mental Health Support Group** (Virtual meetings)
 - When: 2nd and 4th Monday of each month, 6:30-8pm
 - **LGBTQIA+ Mental Health Support Group** (Virtual meetings)
 - When: 2nd and 4th Tuesday of each month, 6:30-8 pm
 - **Women’s Mental Health Support Group** (Virtual meetings)
 - When: 3rd Wednesday of each month, 6:30-8pm
 - **Family Mental Health Support Group** (Virtual meetings)
 - When: 1st and 3rd Thursday of each month, 6:30-8pm
 - **Young Adult Mental Health Support Group** (Virtual meetings)
 - When: 1st and 3rd Saturday of each month, 6:30-8pm
 - **Being Together Support Group** (Virtual meetings)
 - When: 2nd Thursday of each month, 6:30-8pm
- **Where to get started:** Go to <https://www.namidanecounty.org/support> for more information, click “New Support Group Participant Sign Up” and fill out the form. You will then receive an email with information and group Zoom links.
 - Websites:
 - Dane County: <https://www.namidanecounty.org/>
 - Wisconsin: <https://namiwisconsin.org/>

3. Peer Services



- National: <https://www.nami.org/>
- Phone Number: 608-249-7188
- Email: outreach@namidanecounty.org

I. Mental Health America of Wisconsin

- **What is it:** “Mental Health America of Wisconsin (MHA) is an affiliate of the nation’s leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives.”
- **Services:** Support groups, mental health resources, insurance help, and more.
 - **Free online mental health and substance use screenings:**
<https://screening.mhanational.org/screening-tools/?ref=MHAWI>
- **Where to get started:**
 - Support group interest form:
https://www.surveymonkey.com/r/8X5Q5Z7?fbclid=IwAR3R6N9B7if8kag_w_vKn9yifFNpzWkrVCohjFwwXJhnP-BIujIEiPIxuwo
 - Website: <https://www.mhawisconsin.org/home>
 - Phone Number: 414-276-3122
 - Email: info@mhawisconsin.org
 - Hours: Monday-Thursday 9am-5pm and Friday 9am-3pm

J. Tellurian, Inc. – Peer Advocates in Recovery (PAIR)

- **What is it:** The Peer Advocates in Recovery (PAIR) program is a peer-support service within Tellurian that connects individuals in recovery with Certified Peer Specialists who have lived experience with mental health and/or substance use challenges. The program is designed to provide relatable, empathetic support and demonstrate that recovery is possible, making it unique in its emphasis on shared experience and relationship-based care
- **Services:** Peer support from Certified Peer Specialists, one-on-one recovery mentorship, support for mental health and substance use recovery, connection to community resources, skill-building and social support, and services funded through Comprehensive Community Services (CCS).
 - **Eligibility:** Primarily serves individuals with mental health and/or substance use disorders, including those with co-occurring conditions. Services are typically accessed through the Comprehensive Community Services (CCS) program, meaning individuals may need to be enrolled in CCS to receive peer support.
- **Where to get started:** Apply or request services through the CCS portal or contact Tellurian directly to schedule an assessment and be connected with a peer specialist.

3. Peer Services



- Website: <https://www.tellurian.org/programs/peer-advocates-in-recovery>
- Phone number: (608) 222-7311
- Email: info@tellurian.org
- Location: 5900 Monona Dr, STE 200, Madison, WI 53716 (services may be community-based depending on assignment)

K. Chrysalis Inc. - Vocational Peer Support

- **What is it:** A strengths-based mentorship and community-building program matching participants with Certified Peer Specialists. These specialists use their own lived experiences with mental health or substance use challenges to help others navigate their unique road to recovery through employment and personal development.
- **Services:** One-on-one peer mentorship, goal setting, community advocacy, overcoming workplace barriers, building work-readiness skills, volunteer placement assistance, job application and resume building, everyday workplace coping mechanism coaching, and participant recovery team advocacy.
 - **Eligibility:** Serving individuals of working age in Dane County navigating mental health or substance use challenges. At this time, all individuals interested in Vocational Peer Support must be connected to Medicaid funding through Comprehensive Community Services (CCS) or Community Recovery Services (CRS)
- **Where to get started:**
 - Referral form: <https://form.jotform.com/250825467703056>
 - Website: <https://workwithchrysalis.org/programs/peer-support/>
 - Phone number: 608-256-3102
 - Email: stapleton@workwithchrysalis.org
 - Location: 1342 Dewey Court, Madison, WI 53703



4. Housing



For more information about how your record may impact applying for housing and to gain a further understanding of your rights, go to

https://www.tenantresourcecenter.org/for_landlords_criminal_history

A. Homelessness Navigation

- If you are at risk of being evicted, call the Tenant Resource Center's Eviction Prevention Coordinated Entry intake line at 608-257-0006 ext. 7 and leave a message
- If you are currently homeless, ask shelter staff to connect you to someone in Coordinated Entry. Fill out the form (<https://www.danecountyhomeless.org/cecontactform>) with questions.
- If you are currently houseless and are a man, then go to 2002 Zeier Rd., Madison, from 5-8:30pm for intake into **Porchlight Men's Drop-In Shelter**.
 - Buses transport individuals from this shelter to The Beacon, during the day, and back.
 - Dinner and breakfast are provided at the shelter.
 - Call 608-416-1446, the shelter intake line, with questions.
- If you are currently houseless and are a woman or non-male identifying individual, then go to 630 E. Washington Ave., Madison, between 5-8:30pm for intake into **The Salvation Army's Women's Shelter**.
 - Call the Salvation Army to assist in finding shelter that evening BEFORE NOON, and you will receive a notification between noon and 1pm. If you do not have a phone, add your name to the list in person by going to 3030 Darbo Dr., Madison.
 - The shelter opens at 4 pm.
 - The entrance to the shelter is at the back of the building.
 - Dinner and breakfast are provided at the shelter.
 - Call 608-250-2226 during business hours or 608-513-2392 after 4pm for information.
- If you are currently houseless and are an adult with minor children, call **The Salvation Army Family Shelter** intake line at 608-250-2298 and leave a message; calls are returned within 24 hours.
 - Call the Salvation Army to assist in finding shelter that evening BEFORE NOON, and you will receive a notification between noon and 1pm. If you

4. Housing



do not have a phone, add your name to the list in person by going to 3030 Darbo Dr., Madison.

- Three meals a day are provided at the shelter.
- Call 608-250-2200 during business hours or 608-513-2392 after 4pm for information.
- Location of shelter: 4502 Milwaukee St., Madison
- If you are currently unhoused and between the ages of 12-17, go to 2720 Rimrock Rd., Madison, WI (**Briarpatch Youth Shelter**), or call 608-251-1126 or 800-798-1126 any time of day. Transportation to shelter is available if needed.
- If you are an adult fleeing intimate partner violence, call the **Domestic Abuse Intervention Service (DAIS)** Helpline at 608-251-4445 for intake. **There is often a waitlist for the shelter.
- **The Beacon** (615 E. Washington Ave., Madison) is a day shelter for individuals who are unhoused. The Beacon is open from 8am- 5pm every day and offers free laundry services, free meals, and varied additional services (mail, clothing, computer lab, housing navigation, etc.).
 - At The Beacon you must register at the front desk.
 - If you have minor children, they are not allowed to be in the shelter, besides the family room.
- **Friends of State Street Family** has a mission “to provide help, hope, and friendship to our neighbors struggling with the challenges of homelessness”. Friends of the State Street Family works to fill the gaps that impact those who are on the street and in desperate need. “Our goal is to help our friends on their journey to permanent, supportive housing, support for sobriety, trauma counseling, medical or mental health care.”
 - Outreach Line: Call or text 608-535-9394 or email outreach@fssf.org
 - Leave your name, contact information, and reason for your call when you leave a message.

B. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system”. Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
 - **Healing House:** A safe place to heal after giving birth if you are experiencing homelessness. Provides three meals and day and childcare, as well as care/service coordination and support to find more permanent housing. To apply to stay at Healing House, go to

4. Housing



<https://justdane.org/eligibility-questionnaire/>. If you would like more information, email healinghouse@justdane.org or call 608-575-8831.

- To see a calendar of events, including Reentry Service Fairs, Informational Sessions on Just Bakery, meetings, etc., visit <https://justdane.org/events/>.
- **Where to get started:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison, WI 53715
 - Hours: Monday-Friday from 9am-5pm

C. Urban Triage

- **What is it:** Urban Triage's mission is to support communities and advocate for reducing health disparities, meeting basic needs, providing educational opportunities, and more.
- **Services:** Housing navigation services include identifying barriers to housing, assisting with housing applications, assisting with navigating subsidized housing, and providing connections to transitional housing programs.
 - You can contact Housing Navigation Specialists by emailing housingnavigation@urbantriage.org or by calling 608-299-4128.
 - Housing Navigation Specialists are available:
 - **2312 S. Park St., Madison**
 - By appointment: Monday, Wednesday, and Friday 9:30am-3:30pm (Closed from 12-1pm daily for staff lunch break)
 - **615 E. Washington Ave (The Beacon)**
 - Walk-in: Tuesday and Thursday from 8am-4pm **Must be registered with The Beacon prior to receiving services
 - **810 W. Olin Ave (5 Door Recovery)**
 - Walk-in: Wednesday from 1-3:45pm (residents only)
 - **201 W Mifflin St (Madison Public Library)**
 - Friday 1:30-4:30pm
- **Where to get started:**
 - Website: <https://urbantriage.org/>
 - Phone Number: 608-299-4128
 - Email: info@urbantriage.org
 - Location: 2312 S. Park St., Madison, WI 53713
 - Hours: Monday-Thursday from 10am-4:30pm and Friday from 1-3pm

4. Housing



D. Porchlight Inc.

- **What is it:** “Porchlight strives to reduce homelessness in Dane County by collaborating with the community to provide shelter, affordable housing, and supportive services that eliminate barriers and empower the individuals and families we serve.”
- **Services:**
 - **Brooks Street Housing:** One-bedroom units with shared kitchen and bathrooms for low-income single adults. Care/service coordination and support is offered to residents.
 - Location: 306 N Brooks St., Madison
 - Waitlist for applications may be closed due to limited availability- check the website or call for the most recent updates. Apply at <https://porchlightinc.org/wp-content/uploads/2019/07/Porchlight-Housing-Intake-Form.pdf> visit <https://porchlightinc.org/housing/> to find the application in Spanish. After filling out the application, return it to the Brooks St. location.
 - **Safe Haven:** Day shelter for adults with a mental illness that provides two meals a day, showers, laundry, bus tickets, mail, and phone services. There are also housing-focused care coordination and support and crisis stabilization services offered through Medicaid. For those who utilize the day shelter, there are fourteen single occupancy rooms available that you may be connected with.
 - Location: 4006 Nakoosa Trail, Madison
 - Hours: 8:30am-6pm every day
 - To receive services, the individual must complete a 30-minute intake assessment in which they provide proof of mental illness and homelessness. No appointment needed. For more information, staff can be reached at 608 241-9447 ext. 10.
- **Where to get started:**
 - Website: <https://www.porchlightinc.org/>
 - Phone Number: 608-257-2534
 - Location: 306 North Brooks St, Madison

E. Nehemiah Re-Entry Services

- **What is it:** Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men leaving jail or prison. Their reentry staff includes formerly incarcerated Black men who have effectively navigated the challenges of reentry.
- **Services:**

4. Housing



- **Housing:** They provide several safe, sober living environments throughout Madison for formerly incarcerated men.
- **Care/Service Coordination and Support**
- **Where to get started:**
 - Website: <https://nehemiah.org/our-work/criminal-justice-reentry/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 655 W. Badger Road, Madison, WI 53713

F. YWCA

- **What is it:** “YWCA Madison is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.”
- **Services:**
 - **Family Housing Stability Program:** “A shelter diversion program that serves homeless families who have not yet entered the shelter system. Family Housing Stability provides families with short-term supportive care/service coordination and a small amount of rental assistance.”
 - **Eligibility:** Be a family that is doubled up (staying with friends or family), on a shelter waiting list, or is in other ways on the verge of homelessness. A family must have at least one minor child.
 - To get involved in this program call 608-257-1436 option 2.
 - **Family Shelter:** This shelter is for families experiencing homelessness. It has private rooms and a shared kitchen. A care/service coordinator works with families staying in the shelter to find stable housing.
 - **Eligibility:** Be a family with at least one minor child.
 - To get into the family shelter, call The Salvation Army at 608-250-2298 and ask for placement at the YWCA’s family shelter.
 - **Single Women’s Housing:** Affordable apartments (rent of \$460-865 a month) for low-income women. The apartments are staffed at all hours, there is security on the premises, and food and personal care items are available on an emergency basis.
 - **Eligibility:** Make less than \$42,750 a year. Cannot be enrolled as a student. Must be at least 18 years old.
 - Complete the application at <https://static1.squarespace.com/static/65381936a65d575f9ac93fb0/t/658ee6a9b55b4a219e6500c3/1703863977741/2023-Housing-Applcation-PDF-Fillable.pdf>, then there will be an interview with a YWCA staff member and an income certification will need to be submitted. It may take 2-3 months to process your application.

4. Housing



- For more information visit:
<https://www.ywcamadison.org/housing-for-women>.
- **Steps to Stability (S2S):** Tenant-education program (topics: finding and maintaining housing, housing laws, financial planning, communication with landlords, and understanding notices and contracts) for families experiencing housing instability. Participants also receive care/service coordination and a small amount of rental assistance.
 - **Eligibility:** Must be a family, with at least one minor child, who is staying in an emergency shelter, are at imminent risk of homelessness, or recently found housing.
 - To get involved in this program call 608-257-1436 option 2.
- **Third Street Housing:** Affordable apartments for single moms with one or two children, from birth to four years, or women in their last trimester of pregnancy. The apartments are furnished and there is a computer lab in the building. Families must participate in weekly meetings, workshops, outings, and special program events. Play groups are available for children.
 - Pricing:
 - 1 bedroom apartments: \$505/month
 - 2 bedroom apartments: \$620/month
 - Call 608-257-1436 option 2 at the beginning of each month to inquire about potential openings and schedule application appointments.
 - Learn more at <https://www.ywcamadison.org/third-street>.
- To explore racial justice educational materials go to <https://www.ywcamadison.org/racial-justice-learning> and to see racial justice workshops go to <https://www.ywcamadison.org/racial-justice-series> and scroll to the bottom where it says “Workshop Calendar” (option to get connected via email available here too).
- **Where to get started:**
 - Website: <https://www.ywcamadison.org/>
 - Phone Number: 608-257-1436
 - Email: info@ywcamadison.org
 - Location: 101 E. Mifflin St., Madison

G. Madison Street Medicine

- **What is it:** Madison Street Medicine serves those who are experiencing housing insecurity in securing housing and healthcare. Madison Street Medicine does not have programs for children.

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- **Services:**
 - Outreach services are conducted every weekday morning.
 - **Street Medicine:** Staff and volunteer doctors, nurses & medical professionals meet individuals on the streets to provide medical and housing services. On Thursdays this service is primarily conducted on Capitol Square and State Street. On Wednesdays, they travel all over Madison. These services are provided on Wednesdays from 9:45-11 am and Thursdays from 6:15-8 pm.
 - Individuals can be referenced to other services.
 - Dispersing and managing medications are also provided.
 - **Foot Care:** Provides foot care for individuals who are unhoused the second Saturday of each month from 8:30-11:30 am at The Beacon (615 E. Washington Ave., Madison). Includes assessment and treatment of foot care needs, warm foot bath, and new socks and shoes.
 - **Clinic Care:** One-on-one private treatment provided. Provides physical health and prescription services and connections to further healthcare.
 - **Men's Shelter Clinic**
 - When: Mondays at 5:30-8 pm
 - Location: 2002 Zeier Rd., Madison
 - **Medicine at The Beacon**
 - When: Tuesdays at 9-11 am
 - Location: 615 E. Washington Ave., Madison
 - **Encampment Services:** Staff at Madison Street Medicine visit and provide services to temporary encampments and anywhere people are sleeping outside. These services are conducted every weekday morning at various times with a prescriber available Wednesday from 9:45-11:40am and Thursday from 6-8pm. Individuals are provided with food, water, hygiene products, and supplies.
 - Contact Information:
 - Phone Number: 608-676-7826 ext. 4
 - Emergency Phone Number from 10pm-10am: 608-676-7826 ext. 9
- **Where to get started:**
 - Website: <https://www.madisonstreetmedicine.org/>
 - Phone Number: 608-676-7826 (Leave a message when you call)
 - Email: office@madisonstreetmedicine.org
 - Office Location: 1202 Williamson St., Suite 101
 - This space can be used for individuals who are unhoused to rest and receive free items, such as food, clothes, blankets, toiletries, and computer access.
 - Office Hours: Monday-Thursday from 9am-3pm



H. Oxford House

- **What is it:** “Oxford Houses are self-run, self-supported homes for individuals in recovery from substance use disorder.” These are sober living residences where members share the household responsibilities. Individuals can stay in the house as long as they would like as long as they contribute to the house and remain sober.
- **Where to get started:**
 - Find a house near you by going to <https://www.oxfordvacancies.com/>. Then, you can call the phone number listed for the house OR Apply online for all houses in your area by going to <https://www.oxfordvacancies.com/applyOnline.aspx>.
 - You will be asked to interview at the house.
 - The house members will vote to accept you and if yes, then you can move into the house if you accept the offer. If not, you can still apply, interview, and accept/decline offers at other Oxford Houses.
 - Before moving in, you must pay a nonrefundable fee for the first two weeks.

I. Next Step Sober Living

- **What is it:** A sober living community within an apartment building (the entire apartment building is not a substance free environment). Participants are eligible for a scholarship to reduce the monthly rent. Next Step provides mentoring and peer support services.
 - Eligibility/Requirements:
 - Committed to recovery
 - Maintain your own recovery program (such as going to counseling, attending a 12-step program, etc.)
 - Maintain a substance free environment (does not include prescribed medication)
 - Participate in Next Step activities
 - Remain in good academic standing, gainfully employed, or involved in community service/volunteer work
- **Where to get started:** Go to <https://phaps.com/contact-us/> and fill out the form at the bottom of the page to hear more about the program. After someone gets in contact with you, next steps will be communicated.

J. The Better Path Foundation

- **What is it:** This organization provides affordable, quality, safe housing to veterans and those who are justice-impacted who have substance use issues living

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in the greater Madison area. This is a sober living home that also provides education on basic skills and financial literacy.

- **Where to get started:**
 - To apply go to: <https://app.onestepsoftware.com/forms/5wXf9PA>.
 - Website: <https://thebetterpath.org/>
 - Phone Number: 608-721-4000
 - Email: help@thebetterpath.org

K. WayForward

- **What is it:** This organization “provides access to nutritious food for people throughout Dane County and support that helps people stay in their homes in Middleton, Cross Plains and West Madison.”
- **Services:**
 - **Housing Stability Program:** Care/service coordinators work with you to address immediate needs and work towards your goals by providing resources.
 - **Eligibility:** Must live in a service area; go to <https://www.wayforwardresources.org/get-help/housing-stability/> and scroll to the bottom to see the map.
 - **Connections Housing Program:** Assists “doubled-up” households, those who are living in a household with another family while you do not have another place to stay. Care/service coordinator provides assistance and support with finding housing, providing resources, and setting goals for a year. There may be a wait list for this program.
 - **Eligibility:** Must live in a service area; go to <https://www.wayforwardresources.org/get-help/housing-stability/> and scroll to the bottom to see the map.
- **Where to get started:** Call, email, or visit the location below to begin services.
 - Website: <https://www.wayforwardresources.org/>
 - Phone Number: 608-836-7338
 - Email: hello@wayforwardresources.org
 - Location: 3502 Parmenter St., Middleton
 - Hours: Monday-Friday 9am-4:30pm

L. Shelter from the Storm

- **What is it:** This organization provides a Transitional Housing program (6-12 months) for mothers in Sun Prairie to help them get secure housing and connect them to community resources. “Helping children and their mothers step up and out of homelessness.”

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- **Where to get started:** Fill out the application form:
https://docs.google.com/forms/d/e/1FAIpQLSe_J1tuaASyxnjAOIZe2wVbTm-LB7FPJMEoApHAIU33q8DGCQ/viewform. **There is typically a waitlist for this program. Additionally, there is a two step interview process after applying.
 - Website: <https://sftsm.org/>
 - Phone Number: 608-478-4465
 - Email: info@sftsm.org

M. Edgerton Community Outreach (ECO)

- **What is it:** “Edgerton Community Outreach, Inc. provides programs and services that help those in need. We strive to improve the quality of life for the people we serve by breaking down barriers that decrease a person’s ability to achieve greater self-sufficiency.”
 - Edgerton Community Outreach provides housing programs for anyone who is literally homeless (regardless of what county they reside in) and other services to those who have children in the Edgerton School District.
 - Literally homeless: Individuals or families who lack a fixed, regular, and adequate nighttime residence. This includes: having a primary residence that is a private or public space that is not meant for human habitation, living in a publicly or privately operated shelter designated to provide temporary living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state, or local programs), or is existing in an institution where they have resided for 90 days or less and who resided in an emergency shelter or place not meant for human habitation immediately before entering that institution.
- **Services:**
 - Provides **vouchers for motels** for individuals and families who are experiencing homelessness
 - Availability of vouchers varies
 - These vouchers are only for short-term stays.
 - Contact ECO via phone call, finding staff contacts on the website, or in-person at the office (find below) to get started with services.
 - Provides **utility assistance** (energy and water) funding for individual and families who have received a disconnect notice or are past due on a bill
 - Availability of utility assistance funding varies
 - Individuals/families meet with a care/service coordinator to assess needs and establish a plan for maintaining housing.

4. Housing



- Contact ECO via phone call, finding staff contacts on the website, or in-person at the office (find below) to get started with services.
- **Rental Search Program:** Program participants receive links, contact information, and rental applications to assist in searching for housing. Participants are expected to continue to look for housing on their own and not rely solely on the program, as this is just supplemental assistance.
 - To be registered in the program, fill out the survey at https://docs.google.com/forms/d/e/1FAIpQLScXHAuB3xYD_B9W7CHoRJ77GbvvQSXmu8mSGRHfugA9iyw0mw/viewform.
- **Transitional Housing:** The Lawton St. home is a duplex for two families experiencing homelessness to live in. The rent is based on income. The stay in the home is up to 18 months. While in the program, the family works with a care/service coordinator on life skills, budgeting, schooling, etc.
 - In addition to the Lawton St. home, Edgerton Community Outreach rents out four units to homeless families who have barriers to renting. Tenants pay 30% of their income.
 - Contact ECO via phone call, finding staff contacts on the website, or in-person at the office (find below) to get started with services.
- **Where to get started:**
 - Website: <https://edgertonoutreach.org/>
 - Phone Number: 608-884-9593
 - Location: 106 S. Main St.
 - Hours: Monday, Thursday, and Friday 10am-5pm, Tuesday and Wednesday 10am-6pm, and Saturday 10am-3pm

N. DeForest Housing Authority

- **What is it:** Safe, clean and affordable low-income housing for seniors and people with disabilities.”
- **Where to get started:**
 - Website: <https://business.deforestarea.com/list/member/deforest-housing-authority-54>
 - Phone Number: 608-846-4082
 - Location: 509 N. Main St., DeForest, WI 53532

O. Sunshine Place

- **What is it:** Provides support for families with children in the Sun Prairie School District and for Sun Prairie community members.
- **Services:**

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- **Housing navigation** offered on Mondays, Wednesdays, and Thursdays from 8am-4pm and virtually Monday-Friday 8am-4pm. Must make an appointment by calling 608-292-9913 or emailing raysofhope@sunshineplace.org. These services help individuals secure housing in Sun Prairie and Marshall, and help find financial assistance for rent and/or utilities.
- **Emergency housing assistance** is available through making an appointment through the same process described above.
- **Sunshine Resource Lobby**: Connection to housing, employment, and other resources in the community. Food is also available outside of the organization's pantry hours.
- **Where to get started:**
 - Website: <https://sunshineplace.org/>
 - Phone Number: 608-825-3875
 - Email: info@sunshineplace.org
 - Location: 18 Rickel Rd., Sun Prairie, WI 53590
 - Hours: Monday-Friday from 9am-3pm

P. Bethel Homeless Support Services

- **What is it:** Provides support groups, a computer lab, phone access, clothing, library, bathroom, hygiene products, coffee, etc. to those experiencing homelessness. Staff supports individuals with resume writing, job applications, housing applications, referrals, obtaining benefits and IDs, etc.
- **Where to get started:** Services are available Monday & Thursdays from 8:30am-4:30pm at 312 Wisconsin Ave., Madison, WI 53703
- **Website:** <https://www.bethel-madison.org/ministries/serving/homeless-support-services/>

Q. African Center

- **What is it:** “We are dedicated to creating a vibrant and inclusive community that embraces the rich cultural heritage of Africa. Whether you’re a newcomer to the United States or a long-time resident, the African Center is your home away from home, providing invaluable resources to empower individuals, families, and businesses to thrive in Madison and Dane County.”
- **Services:**
 - **Housing and Employment Assistance:** Assistance filling out housing, minimizing barriers to housing, connecting people to job opportunities, etc. Making an appointment is encouraged: email the housing and operations director housing@africancentermadison.org.

4. Housing



Schedule of in-person support services:

- **UW South Madison Partnership**
 - Location: 2238 S. Park St., Madison
 - Hours: Mondays 10am-1pm, Thursdays 2-5pm
- **Goodman South Library**
 - Location: 2222 S. Park St., Madison
 - Hours: Mondays and Thursdays 11am-2pm
- **Tenant Resource Center**
 - Location: 2510 Winnebago St., Madison
 - Hours: Mondays 11am-1:30pm
- **Hawthorne Library**
 - Location: 2707 E. Washington Ave., Madison
 - Hours: Mondays 2-5pm
- **Lakeview Library**
 - Location: 2845 N. Sherman Ave., Madison
 - Hours: Tuesdays 2-5pm
- **Youth activities** to foster activism, educational opportunities, learning about culture, and becoming involved in the community are available. For more information, see website or email youthprograms@africancentermadison.org
- Learn about educational events on culture, health, self-care, financial literacy, etc. by going to the website below
- **Where to get started:**
 - Website: <https://africancentermadison.org/>
 - Phone Number: 608-294-0066
 - Email: info@africancentermadison.org
 - Location: 2238 South Park Street, Room 115, Madison, WI 53713

R. Community Action Coalition for Southern Wisconsin

- **What is it:** A nonprofit organization working to end poverty and help people live better lives through programs that promote housing and food security
- **Services:** Housing support programs for veteran households, families with children in 5th grade or below in particular school districts, and those who are homeless.
- **Where to get started:** <https://www.cacscw.org/services/> scroll down to the “Apply for services” orange button.

4. Housing



S. Heights Unlimited

- **What is it:** A community resource center that supports individuals in need by providing food, personal essentials, clothing, resources and programs.
 - The Heights Unlimited service area includes residents in the following ZIP codes: 53503 (Arena), 53515 (Black Earth), 53517 (Blue Mounds), 53528 (Cross Plains), 53560 (Mazomanie)."
- **Where to get started:** If you are at risk of becoming homeless, contact info@heightsunlimits.net to receive assistance with rent and utilities.
 - Website: <https://www.heightsunlimited.net/>
 - Phone Number: 608-767-3663
 - Hours: Tuesday 4-6pm

T. Jewish Social Services (JSS)

- **What is it:** A Madison-based organization that “empowers families and individuals across generations and cultures to build community and self-sufficiency, with a strong commitment to the Jewish community and inspired by Jewish values.”
- JSS specializes in supporting the Jewish community; however, services are welcome to all.
- **Services:**
 - **Family Support and Senior Services:** Assistance with senior transitions, finding and applying for housing, navigating public services, care/service coordination and support, and emergency finances.
 - **Contact Info:**
 - a. Maya (Director of Family and Senior Services): 608-229-1754, maya@jssmadison.org.
 - b. Kate (Care/Service Coordinator): 608-424-4568, kate@jssmadison.org.
 - **Tim and Kathy Mazur Emergency Fund:** For any Dane County resident who is in jeopardy of losing their job or housing due to a single obstacle. This emergency fund can be used for rental assistance, car repairs, medical assistance, etc. (direct or indirect barriers to maintaining a job or housing).
 - **Contact Info:** 608-442-4081.
 - **Calendar of events:** <https://jssmadison.org/programs/calendar/>.
- **Where to get started:**
 - Website: <https://jssmadison.org/>
 - Phone Number: 608-442-4081
 - Email: info@jssmadison.org

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- Location: 6300 Enterprise Ln., St. 309, Madison, WI ** You must make an appointment or be attending an event to come to JSS in-person.
- Hours: Monday-Thursday from 9am-5pm and Friday from 9am-3pm

U. Tenant Resource Center (TRC)

- **What is it:** TRC assists Dane County residents with education, services, and support related to housing justice.
- **NOTICE:** Due to the demand of services, Tenant Resource Center cannot always provide all of their listed services (for instance, housing navigation). As a result, it is recommended that individuals visit the resource center in-person
- **Services:**
 - **Eviction Diversion and Defense Partnership:** “aims to improve housing stability for Dane County tenants by providing housing support, housing counseling, court navigation, mediation services, and rental assistance. We also refer eligible tenants whose housing stability is at risk to partner attorneys who provide legal representation at no cost to tenants.”
 - **Eligibility** (Note that some individuals are prioritized due to their risk of eviction):
 - Reside in Dane County
 - Household income is at or below 50% of the Area Median Income (see Appendix B). Must provide documentation of all adult household members, including those not currently earning an income. Documentation may include wage statements or pay stubs for at least 28 consecutive days of pay documentation, public benefit complete statements or letters with the names of all adult household members on them, or self-certification (last resort).
 - Must have an eviction-related court filing or must be at risk of eviction
 - **The Upstream Project:** Tenants and landlords in a disagreement receive free problem-solving assistance from a neutral mediator.
 - **Eligibility:**
 - Must make under 30% of the Area Median Income (see Appendix B).
 - Reside in Dane County.
 - Has a lack of resources to “fix” the conflict.
 - At risk of being evicted.
 - Steps:



1. Tenants and landlords contact the TRC by calling 608-257-0006 ext. 8, emailing mediation@tenantresourcecenter.org, or filling out the mediation interest form at https://www.tenantresourcecenter.org/mediation_interest_form.
 2. If one of the parties is unwilling to contact the TRC, inform them, and they may be able to help.
 3. Provide documentation of income, a lack of resources to “fix” the conflict (ex, past due utility bill or doctor’s note), and an eviction notice.
 4. Parties receive one-on-one counseling.
 5. Participate in mediation.
 6. An agreement is written down and signed by both parties.
- **Mediation** before and during eviction court.
 - **Eligibility:** Resident of Dane County and currently in the process of being evicted and have a court date.
 - Contact the TRC by calling 608-257-0006 ext. 8, email mediation@tenantresourcecenter.org, or fill out the mediation interest form at https://www.tenantresourcecenter.org/mediation_interest_form.
 - Take the Eviction Prevention Screening to determine eligibility for services: https://www.tenantresourcecenter.org/eviction_prevention_coordinated_entry_screening
 - Housing Resource Lists & Websites: https://www.tenantresourcecenter.org/find_housing.
- **Where to get started:**
 - Website: <https://www.tenantresourcecenter.org/>
 - Call:
 - Dane County Hotline: 608-257-0006
 - Eviction Prevention: 608-257-0006 ext. 7
 - Mediation Services: 608-257-0006 ext. 8
 - Sun Prairie Hotline: 608-708-6008
 - UW-Madison Hotline: 608-292-5608
 - Dane County Spanish Hotline: 608-237-8913 OR 608-237-8913 ext. 1
 - Email:
 - AskTRC@TenantResourceCenter.org
 - Preguntas@TenantResourceCenter.org

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- FOR SUN PRARIE SunPrairie@TenantResourceCenter.org
- FOR UW UW@TenantResourceCenter.org
- Walk-in Hours: Used for housing counseling services.
 - Monday, 9am-6 pm, walk in only at 2510 Winnebago St, Madison
 - Tuesday, 9am-6pm, appointment only at 2510 Winnebago St, Madison
 - Wednesday, 9am-1pm appointment only, 1pm-6pm walk in only, at 2510 Winnebago St, Madison
 - Thursday, 9am-1pm appointment only, 1pm-4pm walk in only, at 2510 Winnebago St, Madison
 - Saturday, 10am-2pm at 2429 Perry St, Madison
 - Monday 8:30am-3pm and Wednesday-Thursday 8:30am-5pm at 1632 W Main St #170, Sun Prairie
 - For students, Tuesday and Thursday, 10am-4pm at 333 East Campus Mall (Student Activity Center), Room 4001, Madison

V. University of Wisconsin-Madison Rent Smart Course

- **What is it:** A free virtual course about building an understanding of “knowledge and skills essential for a successful renting experience.”
 - **What Rent Smart teaches:**
 - Planning for and meeting monthly expenses
 - Tips for finding and maintaining affordable housing
 - How to complete applications and why landlords screen applicants
 - Strategies for building relationships with landlords and neighbors
 - Responsibilities and rights of landlords and tenants
 - If participants attend (and have their camera on) for all six modules, then they will receive a certificate of completion, which is beneficial to display to potential landlords.
 - The workbooks used in the course can be printed off and mailed to the participant for free if they attend the pre-program check-in and request this service.
 - To see the workbooks go to <https://fyi.extension.wisc.edu/rentsmart/rent-smart-online/>, scroll to the bottom of the page, and click on “participant workbook” (available in English and Spanish).
- **Where to get started:** To see upcoming scheduled programs, go to <https://fyi.extension.wisc.edu/rentsmart/rent-smart-online/> and see “Currently scheduled program options.”

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- To independently complete the course, go to <https://fyi.extension.wisc.edu/rentsmart/modules/> to navigate the modules.
- Phone Number: 608-224-3728
- Email: yang.kula@danecounty.gov

W. Project Home

- **What is it:** Project Home assists with home repairs, weatherization, accessibility modifications, home rehabilitation, insulation and air sealing, affordable housing properties, and home maintenance education for low-to-moderate income individuals.
 - **Eligibility:** To see if you are eligible for services, fill out the form at <https://www.projecthomewi.org/about/contact-us/> or call 608-246-3737.
- **Services:**
 - **Home Maintenance & Improvement Education:** Free public education classes on topics related to your home! See class schedule at <https://www.projecthomewi.org/classes/>.
 - **Weatherization Program:** Reduces energy use in the money to save individuals money on their utility bills. Renters may have to pay a small fee for services.
 - Complete Home Energy Plus application at <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#!> or call 800-506-5596.
 - Complete Project Home application at <https://www.projecthomewi.org/programs/weatherization/weatherization-program-application/> or call 608-246-3737.
 - **Affordable Housing Units:** Provides affordable housing units; residents are assisted with rental and utility application processes, have access to a food pantry and cleaning products, have access to a community garden, and assisted with finding and maintaining employment.
 - Prairie Crossing (2418 Allied Dr., Madison): 2 bedroom units for \$825/month (including heat and water) and a security deposit of \$500. Has laundry on-site and playground. No pets are allowed. Must meet income restrictions (see below). If interested call 608-277-1715 or email caitlins@projecthomewi.org.

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Household Size	Income Level
1	\$51,300
2	\$58,620
3	\$65,940
4	\$73,260
5	\$79,140
6	\$85,020
7	\$90,900
8	\$96,720

- Rodney Scheel House: Residents of the household must have a family member living with HIV/AIDS. To see more information about this property go to <https://www.projecthomewi.org/programs/housing-properties/rodney-scheel-house/>.

X. Habitat for Humanity

- **What is it:** Habitat for Humanity provides an opportunity for low to moderate income households to achieve homeownership by offering mortgages with affordable monthly payments. The organization partners with households throughout the process, which includes learning about home maintenance, routine repairs, upkeep of homes, and financial education.
 - **Eligibility:**
 - You must be in need of safe, affordable housing (i.e., living in a poor built, damaged, or inadequate home, paying rent or mortgage that is greater than 30% of your gross monthly income, living unhealthy living conditions due to mold or other reasons, or living in a home that is inaccessible for your disabilities)
 - Be low or moderate income (i.e., household income cannot exceed 60% of the Area Median Income (see Appendix B).
 - Be willing to participate in the building of the home or volunteering with Habitat for Humanity and to take home ownership classes.
 - Able to pay an affordable mortgage. Mortgage does not exceed 30% of the household gross income at closing.
 - Contact your local Habitat for Humanity to inquire about applying. To find your local Habitat for Humanity go to <https://www.habitat.org/local/affiliate-by-state?state=WI>.
 - An interview and selection process will ensue after applying.
- **Where to get started:**

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- Website: <https://www.habitat.org/housing-help>
- Phone Number: 1-800-422-4828

Y. Affordable Housing Lists

- **U.S. Department of Housing and Urban Development Offices (HUD):**
 - Search for affordable local housing: <https://resources.hud.gov/>
- **Search affordable housing in Wisconsin:**
 - <https://affordablehousingonline.com/housing-search/Wisconsin>
 - <https://urbantriage.org/housing-services/housing-resource-list>
 - <https://wihousingsearch.org/>
- **Homeless Services Consortium of Dane County**
 - Along with other information, the following housing options can be found on this website:
 - Section 42 housing:
https://0dae4f91-4a77-41b6-8005-0e9000834ebd.filesusr.com/ugd/73dee7_2094aaa61d404dea8449310b18ec14b3.pdf
 - Affordable housing lists (0-4+ bedrooms) are updated often, so refer to most recent lists at:
<https://www.danecountyhomeless.org/housingresourcevacancylists>

Z. Tellurian, Inc. – Enso Residencies

- **What is it:** Enso Residencies is a recovery-focused residential program in Madison that provides safe, structured housing for individuals working toward sobriety and stability. Operated by Tellurian, a long-standing behavioral health organization in the area, the program emphasizes community, accountability, and peer support as key components of recovery.
- **Services:** Structured sober living environment, Peer-supported recovery community, Care/service coordination and recovery support services, and Assistance with life skills, employment, and long-term stability
 - **Eligibility:** Primarily serves individuals in the Madison/Dane County area who are committed to maintaining sobriety and participating in a recovery-focused residential environment. An intake or referral process through Tellurian may be required
- **Where to get started:** Individuals can contact Tellurian through the website or phone number to ask about availability and begin the intake process.
 - Website: <https://www.tellurian.org/programs/enso-residencies>
 - Phone number: (608) 222-7311
 - Email: info@tellurian.org

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- Location: Madison, WI (specific residence locations are shared during the intake process)

AA. Tellurian, Inc. – Single Room Occupancy Program (SRO)

- **What is it:** The Single Room Occupancy (SRO) Program is a housing-focused program that provides subsidized single-room units for individuals experiencing homelessness in the Madison area. It is part of Tellurian's broader housing and recovery services and is designed as a step toward long-term stability, helping individuals transition into Permanent Supportive Housing while receiving ongoing support. The program stands out for integrating housing with trauma-informed care and harm reduction approaches.
- **Services:** Permanent, supportive housing units, subsidized single-room housing, care/service coordination and support, harm reduction services, trauma-informed care, and support for mental health and substance use recovery.
 - **Eligibility:** Serves individuals experiencing homelessness, typically those placed through the Coordinated Entry system, and often individuals with mental health or substance use needs who would benefit from supportive housing services.
- **Where to get started:** Individuals generally need to be placed on the Coordinated Entry list; from there, Tellurian staff will connect eligible individuals to available SRO units and begin the intake process.
 - Website:
<https://www.tellurian.org/programs/single-room-occupancy-program>
 - Phone number: (608) 258-3446
 - Email: info@tellurian.org
 - Location: 1053 Williamson St, Madison, WI 53703

BB. Tellurian, Inc. – Permanent Supportive Housing (PSH)

- **What is it:** Permanent Supportive Housing (PSH) is a long-term housing program that helps individuals transition out of homelessness into stable housing while receiving ongoing support. Operated by Tellurian, the program combines subsidized housing with care/service coordination and emphasizes harm reduction and trauma-informed care, supporting individuals regardless of where they are in their recovery journey.
- **Services:** Subsidized housing units, care/service coordination, housing stability support, mental health and substance use support, medication and symptom management, life skills development, peer support, and trauma-informed, harm reduction-based care.

4. Housing



- **Eligibility:** Serves individuals on the Coordinated Entry list who are transitioning into housing and often living with mental health, substance use, or physical health diagnoses.
- **Where to get started:** Individuals typically need to be connected through the Coordinated Entry system; from there, Tellurian staff will assist with placement and begin the intake process.
 - Website: <https://www.tellurian.org/programs/permanent-supportive-housing>
 - Phone number: (608) 222-7311
 - Email: info@tellurian.org
 - Location: 4915 Monona Dr, Ste 307, Monona, WI 53716

CC. Tellurian, Inc. – Transitional Housing Program (THP)

- **What is it:** The Transitional Housing Program (THP) is a community-based residential program designed to support individuals experiencing homelessness as they work toward independent living. Operated by Tellurian, the program provides a structured and supportive environment that helps residents stabilize their mental health, build independence, and prepare for long-term housing. It stands out for its client-centered and trauma-informed approach, meeting individuals where they are in their recovery process.
- **Services:** Housing support, structured living environment, care/service coordination, mental health and behavioral health support, medication and symptom management, life skills development, peer support, daily living support, and assistance with employment and long-term housing planning.
 - **Eligibility:** Serves individuals in Dane County who are experiencing or at risk of homelessness and have a primary mental health diagnosis. Applicants must go through an application or referral process to be considered for the program
- **Where to get started:** Complete the application through Tellurian's website or contact their team to begin the intake process and determine eligibility.
 - Website: <https://www.tellurian.org/programs/transitional-housing-program>
 - Phone number: (608) 222-7311
 - Email: info@tellurian.org
 - Location: Madison, WI (specific program location provided during intake)

DD. Tellurian, Inc. – Chandra's House of Hope

- **What is it:** Chandra's House of Hope is a women-only sober living home in Madison that provides a safe, structured, and supportive environment for women in early recovery from substance use and co-occurring mental health disorders. Operated by

4. Housing



Tellurian, the program emphasizes accountability, peer support, and mentorship, and is designed to help residents transition from treatment back into independent living.

- **Services:** Women-only sober living housing, private bedrooms, utilities and household essentials, mentorship connections, structured recovery environment, peer support, accountability measures (including UA testing), and support for rebuilding life skills and stability.
 - **Eligibility:** Serves adult women in recovery who are committed to sobriety. A minimum of 30 days of sobriety is required for consideration, and residents must be willing to participate in a structured recovery environment.
- **Where to get started:** Contact Tellurian's admissions department by phone to inquire about availability and begin the application or intake process.
 - Website: <https://www.tellurian.org/chandra>
 - Phone number: (608) 222-7311 (ext. 104 for admissions)
 - Email: info@tellurian.org
 - Location: Madison, WI (near east side; specific address provided during intake)

EE. Tellurian, Inc. – Jeremy's Place

- **What is it:** Jeremy's Place is a sober living home for men in Madison designed for individuals recovering from substance use and co-occurring mental health disorders. Operated by Tellurian, the program provides a structured, supportive, and community-based living environment, particularly for men transitioning out of residential treatment.
- **Services:** Sober living housing, structured and substance-free environment, peer support and accountability, mentorship connections, utilities and basic living needs (laundry, internet, supplies), UA testing, and support for maintaining sobriety and transitioning to independent living.
 - **Eligibility:** Serves adult men in recovery from substance use and co-occurring mental health disorders, particularly those transitioning from residential treatment. Individuals are typically expected to have completed a treatment program and be committed to maintaining sobriety.
- **Where to get started:** Fill out the housing application through Tellurian's website or contact their admissions team by phone to ask about availability and begin the intake process.
 - Website: <https://www.tellurian.org/jeremy>
 - Phone number: (608) 222-7311
 - Email: info@tellurian.org
 - Location: Madison, WI (specific address provided during intake)



FF. The Road Home Dane County

- **What is it:** The Road Home Dane County is a Madison-based nonprofit that helps families with children experiencing homelessness secure stable, affordable housing. Founded in 1999, the organization shifted from emergency shelter services to long-term housing solutions and supportive services. Their focus is helping families build lasting stability, with over 95% of eligible families maintaining housing for at least one year.
- **Services:** Rapid rehousing, permanent supportive housing, rental assistance, housing search assistance, care/service coordination, budgeting support, credit repair assistance, landlord mediation, transportation support, household goods assistance, family supportive services, referrals to community resources.
 - **Eligibility:** Primarily serves families with children in Dane County who are experiencing homelessness or housing instability. Program eligibility depends on household composition, housing status, and specific funding requirements. The Road Home does not operate an emergency shelter. Immediate shelter help is referred through partner agencies.
- **Where to get started:** Call the main office, email, or visit the website's "Find Help" section to learn about housing programs and referrals. If immediate shelter is needed, contact The Salvation Army or dial/text 211.
 - Website: <https://trhome.org/>
 - Phone number: (608) 294-7998
 - Email: info@trhome.org
 - Location: 890 W Wingra Dr, Madison, WI 53715



5. Employment



How your record may impact employment

An employer is allowed to ask if you have ever been arrested or convicted of a crime.

- **You are protected under certain situations:** Usually, state law makes it illegal for a boss to treat you differently or refuse to hire you just because of your past record.
- **The exception:** An employer *can* deny you a job if your past arrest or conviction is substantially related to the work you would be doing. An arrest or conviction is *substantially related* to the employment if “there is some overlap between the circumstances of the job and the circumstances of the offense.” **Example:** If someone was convicted of stealing money, an employer can legally refuse to hire them for a job handling cash or working as a bank teller. Because the crime and the job overlap, it is not considered unfair discrimination.

This is not legal advice. The impact of a person’s record will vary with each individual’s case.

Learn more at <https://dwd.wisconsin.gov/er/civilrights/discrimination/arrest.htm>

If you feel you are experiencing workplace discrimination, you must file a complaint within 300 days of the action.

- To file an online complaint, visit <https://dwd.wisconsin.gov/er/complaints/>
- To mail a paper complaint, visit <https://dwd.wisconsin.gov/dwd/forms/erd/erd-4206-e.htm>

A. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system.” Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
- **Services:**
 - **Just Bakery:** This is an educational and vocational training program in a commercial kitchen using the National Restaurant Association’s “ManageFirst” curriculum. Participants earn up to 15 college credits and automatic acceptance into Madison College Culinary Program. To see upcoming classes, go to <https://justdane.org/just-bakery/> and scroll down to “Upcoming Classes.”

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- Just Dane may have availability for stipends(regular amount of money paid to individuals) for participants
- Just Dane provides participants with help finding a job
- If interested in Just Bakery, email jaclyn@justdane.org or call/text 608-220-1690
- **Where to get started:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison

B. Urban Triage

- **What is it:** Urban Triage's mission is to support communities and advocate for a better society by reducing health disparities, meeting basic needs, providing educational opportunities, and more.
- **Services:**
 - **Hemp Specialty Crop Workgroup:** This program is for Black entrepreneurs who are interested in learning about hemp. The program discusses how to cultivate, harvest, process, and market hemp.
 - Classes are held on Mondays, Thursdays, and Saturdays from 4-8pm during hemp harvest season into November. Located in Verona and at the Madison office.
 - Those who complete the program (including all coursework and assignments) and attend 90% of the classes receive a \$2,500 grant for their business
 - To join the waitlist, go to <https://form-usa.keela.co/SCH-enrollment-form>
 - **Supporting Healthy Black Agriculture Program:** This workgroup addresses health disparities and offers a space for **Black families (including youth)** to heal. The workgroup provides an opportunity to learn about how to grow food and how to pursue a career in agriculture.
 - Workgroups are held June through October on Saturdays from 10am-1pm. Located in Verona.
 - Participants can receive an installed garden bed for their home. There is also a \$50 per week stipend for parents and a \$25 per week stipend for children
 - Contact or check the link below for updated 2026 application form: <https://urbantriage.org/our-work/supporting-healthy-black-families/supporting-healthy-black-agriculture>

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- **Farm Business Development:** Urban Triage supports Black farmers with resources and programming (assists in preparing a business license, supporting Black farmers in state and federal programs, business management and development, marketing, grant writing, sourcing land, etc.).
 - To apply to the program, go to <https://form-usa.keela.co/farm-business-development-program-application>.
- Resource pages for Black farmers:
 - <https://urbantriage.org/supporting-black-farmers-business-resources>
 - <https://docs.google.com/document/d/1OPK-DNj5YYJXQmod2J33r2joRMdXigzx0kodHMutHNY/edit?tab=t.0#heading=h.6t2tk9hby33j>
- **Where to get started:** To view resources regarding activism, IEP and 504 plans, substance use, and racism, visit the website below
 - Website: <https://urbantriage.org/>
 - Phone Number: 608-299-4128
 - Email: info@urbantriage.org
 - Location: 2312 S. Park St., Madison
 - Hours: Monday-Friday, 9am-4:30pm

C. Nehemiah Re-Entry Services

- **What is it:** Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men leaving jail or prison. Their reentry staff includes formerly incarcerated Black men who have effectively navigated the challenges of reentry.
- **Services:** Coaching/mentoring to help people find jobs throughout Dane County and to help individuals address issues including trauma, healthy relationships, anger management, fatherhood, and leadership development.
- **Where to get started:**
 - Website: <https://nehemiah.org/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 633 W. Badger Road, Madison, WI 53713
 - Hours: Monday-Friday from 9am-5pm

D. InterviewPrep

- **What is it:** Free online interview practice tool from the Job Center of Wisconsin. It allows job seekers to see how they look and sound when responding to

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interview questions, get feedback from Job Center staff, and practice anywhere with an internet connection.

- **Where to get started:** Go to your local Job Center, or call 888-258-9966 or 608-405-4400, and tell them you would like to set up an InterviewPrep account.
 - To find your local Job Center, go to <https://wisconsinjobcenter.org/directory/>.

E. Community Corrections Employment Program (CCEP)

- **What is it:** This program is designed to help individuals develop skills related to finding and maintaining employment. Individuals in the program are assessed on their current skills and knowledge before being matched to services. Regional coordinators work closely with local employers. The program includes an on-the-job training program that provides wage subsidies to employers while the individual is training to give individuals permanent employment.
- **Eligibility:**
 - Be on community supervision
 - Inform your probation/parole agent of this program
 - The probation/parole agent must refer the individual to the program
- **Where to get started:**
 - Website: <https://doc.wi.gov/Pages/AboutDOC/CommunityCorrections/ProgramsServices.aspx> (Scroll down page to see information about CCEP)
 - Phone Number: 608-628-0958
 - For Grant, Iowa, LaFayette, Dane, Green, Rock, Jefferson, and Dodge counties, contact Candy Guerra: candy.guerra@wisconsin.gov
 - Location: 2418 Crossroads Dr., Suite 1400, Madison

F. Fidelity Bonding Program

- **What is it:** A no-cost business insurance policy protects employers against any loss of money or property due to theft, forgery, larceny, or embezzlement caused by employee dishonesty. This program promotes hiring justice-impacted individuals who often experience trouble gaining employment. The bond is \$5,000 without deductible; more significant amounts may be administered if appropriate.
 - Discussing the fidelity bonding program with potential employers can promote your reliability as an employee
- **Eligibility:**
 - The employee must be the legal age for working; see <https://dwd.wisconsin.gov/er/laborstandards/workpermit/minoremp>

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[loyment.htm#:~:text=at%20any%20age-,Work%20Permits,before%20work%20may%20be%20performed.](#)

- Employees must be paid wages with federal taxes automatically deducted
- Cannot be self-employed
- **Where to get started:**
 1. The job applicant or employer should contact the nearest job center to register. Call 888-258-9966 or see <https://www.wisconsinjobcenter.org/directory/>. The following paperwork must be filled out with/at the job center: <https://dwd.wisconsin.gov/bonding/pdf/fidelity-bonding-issuance-form.pdf>.
 2. The job applicant receives a job offer from an employer and a start date is set.
 3. After six months, the bond will be terminated unless the employer wants to purchase continued coverage, given that the employee is honest. However, a renewal bond can be issued if the employee does not exhibit honesty and justification is provided. Contact a Bonding Program Representative with questions regarding renewal; see <https://dwd.wisconsin.gov/bonding/coordinatorlist.htm>.

G. Work Opportunity Tax Credit

- **What is it:** “The WOTC program offers federal tax credits to employers as an incentive to hire people in several specific target groups.” Employers who hire individuals with a felony conviction save up to \$1,500 if the employee worked 120-399 hours or up to \$2,400 if the employee worked 400 hours or more. WOTC can be discussed with potential employers.
 - Discussing the benefits of WOTC with potential employers can be a useful resource to highlight in job interviews!
- **Eligibility:** Must be a new employee who has a felony conviction.
- **Where to get started:**
 1. Create a login at BOTH:
<https://accounts.dwd.wisconsin.gov/Create/?ref=67A7A60F-E6C4-4CE5-A698-7F0D0AC42A0F> and
https://apps.wisconsin.gov/app/wisconsin_dwdapplicationportalprod_1/exk4q116aAdiB0veW696/sso/saml
 2. Complete the following documentation and mail to your local Job Center (find at: <https://www.wisconsinjobcenter.org/directory/default.htm>) or mail to: Department of Workforce Development (DWD), Federal Tax Credits,

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Rm. G100, 201 E. Washington Ave., PO Box 7972, Madison, WI 53707-7972

- <https://www.irs.gov/pub/irs-pdf/f8850.pdf>
- <https://www.dol.gov/sites/dolgov/files/ETA/wotc/pdfs/Attachment%20I%20-%20ETA%20Form%209061%20-%20Individual%20Characteristics%20Form.pdf> OR
<https://www.dol.gov/sites/dolgov/files/ETA/wotc/pdfs/Attachment%20II%20-%20ETA%20Form%209062%20-%20Conditional%20Certification.pdf>
- Employers or their representative's file at:
<https://webapps.dwd.state.wi.us/eWOTC/>
- File in annual Business Federal Income Tax Forms and file this form:
<https://www.irs.gov/pub/irs-pdf/f5884.pdf>
- For more information, visit: <https://dwd.wisconsin.gov/jobservice/taxcredit/>
- For information on Frequently Asked Questions, visit
<https://dwd.wisconsin.gov/jobservice/taxcredit/faqs.htm>.

H. Operation Fresh Start

- **What is it:** “Operation Fresh Start empowers emerging adults on a path to self-sufficiency through education, mentoring, and employment training” All services and programs offered are free
- **Services:**
 - **Legacy Program:** Participate in paid on-site employment training in construction (building affordable housing) or conservation (restoring habitats, planting trees, and implementing flood prevention and water quality projects), and in one-on-one, independent, and small-group academic work in a classroom setting to finish high school. In the classroom, the individual will create a personal learning plan and receive individualized career support. The program also supports earning or reinstating a driver's license.
 - **Eligibility:** Must be ages 16-24 and live in Dane County
 - **Apply:**
https://docs.google.com/forms/d/e/1FAIpQLSd2zoiFZATd-cVZfE2y7ydEhIQp6_1NUVT67qH39YEXEX-tA/viewform
 - **Build Academy Program:** A full-time, paid (\$15/hr) on-site job training program in construction
 - **Eligibility:** Must be ages 18-24, have HSED or GED, and must be able to meet physical job requirements

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- **Apply:**
<https://docs.google.com/forms/d/e/1FAIpQLSeyI14rHNcfO9wOuTVIdAjKMTOpd1URfBRDYG7zBa-bYUjltQ/viewform>
- **Conservation Academy Program:** A full-time, paid (\$15/hr) on-site job training program in conservation, land management, parks, forestry, or landscaping
 - **Eligibility:** Must be ages 18-24, have HSED or GED, and must be able to meet physical job requirements
 - **Apply:**
https://docs.google.com/forms/d/e/1FAIpQLSe95Gj8ko0GMmV3LIHpL7mES6zZHMzhLt9h9UbdsVr2_h_RCA/viewform
- **Healthcare Academy Program:** Enroll in a 12-week Nursing Assistant Apprenticeship Program at UW Health, completing courses and on-the-job training. At the end of the program you will have the opportunity to become a certified nursing assistant (CNA) by taking the state licensure exam and then have the opportunity to apply and interview for positions at UW Health.
 - **Eligibility:** Must be ages 17-24 and have your HSED or GED
 - **Apply:** Applicants are accepted in cohorts by season. See if they are currently accepting applications at
<https://www.operationfreshstart.org/healthcare-academy>
- **CareerScope Counseling Program:** Staff assists participants in exploring career options, building interview skills, job shadowing with local businesses, and preparing for employment by building their skills and connecting to educational and training opportunities
 - **Eligibility:** Must be ages 17-24 and live in Dane County
 - **Sign up:**
<https://docs.google.com/forms/d/e/1FAIpQLScJ9PbsMTNnCIDFpA7rMnNGISJtSngXTWm7vXp0I6RFWEFaJg/viewform>
- **CareerPoint Program:** Participate in a 6-week professional training program with a stipend to learn about healthcare jobs and then interview at local jobs with the support of mentors
 - **Eligibility:** Must be ages 18-24, have your HSED or GED, and live in Dane County

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- **Apply:** Applicants are accepted in cohorts by season. See if they are currently accepting applications at <https://www.operationfreshstart.org/careerpoint>
- To learn more about Operation Fresh Start go to <https://www.operationfreshstart.org/>.

I. Urban League of Greater Madison

- **What is it:** “The mission of the Urban League of Greater Madison is to ensure that African Americans and other community members are educated, employed, and empowered to live well, advance professionally, and contribute to the common good in the 21st century.”
- **Services:**
 - **Southwest Employment Center:** Offers job readiness classes, computer lab, application assistance, etc.
 - An on-site Economic Support Specialist is available to help with applying for BadgerCare, FoodShare, and child care assistance.
 - Hours: Mondays & Wednesdays 9am-7pm, Tuesdays 7:45am-5pm, Thursdays and Fridays 9am-5pm, and Saturdays 10am-12pm
 - Location: 1233 McKenna Blvd., Madison
 - **The Technical Assistance/Accelerator Program:** Provides aspiring and current business owners with a space to conduct business at the Black Business Hub (2532 S Park St., Madison), technical assistance, and opportunities for business planning grants and loans.
 - To learn more or apply for your business at the Black Business Hub and receive help from the Urban League with your business ventures, go to <https://ulgm.org/black-business-hub-2/>
 - **Child Support Legal Resource Clinic:** “The Child Support Legal Resource Clinic is your connection for tackling child support concerns, creating flexible payment plans, resolving custody and placement questions, drivers license recovery assistance, fatherhood support groups, and employment services.”
 - Register for this event at <https://docs.google.com/forms/d/e/1FAIpQLSeVM33wS07Zq6teJh7WwU-0JPAsvUP3bktbXkeyiaMPSsbEJw/viewform>. Or check the events calendar on the website for upcoming clinics.
 - This clinic is supported by the Economic Justice Institute (EJI), Dane County Child Support, and Lift Wisconsin.
 - Location: 1233 McKenna Blvd., Madison

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- If you have questions, call 608-729-1200.
- Urban League offers many opportunities to support youth!
- For free career development services, fill out the application at <https://ulgm.org/employment-programs/application/>.
- Search the job opportunities database at <https://airtable.com/appsgvqtTWG3Gb6SM/shruMhd7BPACJnizW/tblootqb0zrDogHsg>.
- **Where to get started:**
 - Website: <https://ulgm.org/>
 - Phone Number: 608-729-1200
 - Email: info@ulgm.org

J. Black Men's Coalition (BMC)

- **What is it:** "Our mission is to uplift vulnerable populations throughout Dane County by providing essential resources and support."
- **Services:** Help finding employment and transportation, as well as financial literacy services, a youth baseball league, and an entrepreneurship program.
- **Where to get started:**
 - Website: <https://www.bmcdc.org/>
 - Phone Number: 608-590-9625
 - Email: info@bmcdc.org
 - Location: 5 N. Pickney St., Madison
 - Hours: Monday-Wednesday from 9am-5pm, Thursday from 9am-1pm and 3-5pm, and Friday from 9am-3:30pm

K. Employment & Training Association (EATA)

- **What is it:** The Employment & Training Association (EATA) provides employment and training services to individuals, promoting self-sufficiency.
- **Services:**
 - **Adult & Dislocated Workers:** Receive WIOA/WorkSmart Network services as an adult and/or dislocated work.
 - **Eligibility for Adults:** Must be at least 18 years old, be legally able to work in the U.S., and be registered with selective service (military registration).
 - **Eligibility for Dislocated Workers:** Have been laid-off due to no fault of your own, have been previously self-employed, be legally able to work in the U.S., and be registered with selective service (military registration).
 - To learn more call 608-288-2459

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- **Out of School Youth:** Receive WIOA/WorkSmart Network services as an out of school youth.
 - **Eligibility:** Be age 16-24, have documentation of a school drop out for at least one quarter, and be legally able to work in the U.S. OR be age 16-24, be a high school graduate with documented barriers to employment, and be legally able to work in the U.S.
- **Reentry Program:** This program has a care/service coordinator who assists individuals in employment and skills training. For more information, call 608-294-8918.
- **The Cove- Career Planning:** Free workshops are offered to young adults (ages 16-24) to assist in establishing good credit, finding housing, time management, filing taxes, basic car maintenance, career planning, and meal preparation. Staff can assist individuals with their resumes, cover letters, preparing for interviews, and applications. Individuals can recommend topics that they want to focus on!
 - When: Thursdays 10am-1pm at the Dane County Job Center (1819 Aberg Ave., Madison) in Room 5. Free snacks are provided.
 - For more information, email comara@eata.org.
- **Wisconsin Senior Employment (WISE):** This program offers participants subsidized part-time community service work to gain necessary employment skills.
 - **Eligibility:** Be a legal resident of Wisconsin, be 55 years old or older, be unemployed, and have a limited income at no more than 125% of the federal poverty level.
 - For more information, call 608-228-8093
- **Where to get started:**
 - Website: <https://www.eata.org/>
 - Phone Number: 608-242-7402
 - Email: info@eata.org

L. Forward Service Corporation (FSC)

- **What is it:** FSC is a non-profit that has served Wisconsin communities for over 40 years. They have an award-winning approach and are “dedicated to helping people find and keep high-paying careers.”
- **Services:** FSC provides help applying for and securing W-2 benefits, emergency assistance, and Job Access Loans. If you are a parent, Forward Service Corporation also provides educational services to high school age students.
 - **FoodShare Employment and Training (FSET):** Individuals who receive FoodShare can also receive job training, gas money, bus passes, and

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support in finding a job (through resume, interview, and job search assistance).

- To get started fill out the form at <https://fsc-corp.org/program/foodshare-employment-and-training-fset/#ask-us> and someone will contact you!
- **Workforce Innovation Opportunity Act (WIOA):** This program is for individuals who have recently been laid off or are changing their career. Individuals receive assistance with job searching, resume writing, preparing for interviews, connecting to education/training, and support with gas money, bus passes, educational materials, and rent.
 - To get started fill out the form at <https://fsc-corp.org/program/workforce-innovation-opportunity-act-wioa/#ask-us> and someone will contact you!
- **Highway Construction Skills Training (HCST):** 6-week long free training program for those desiring a career in construction, teaching the basics of the job.
 - Fill out the interest form at <https://fsc-corp.org/program/highway-and-construction-skills-training-hcst/#ask-us> to learn more. OR Apply at <https://fsc-corp.org/forms/hcst-application/>.
- **WETAP:** Interest-free loan to assist in purchasing or repairing a vehicle to ensure that individuals are able to maintain stable employment.
 - If interested, visit <https://fsc-corp.org/program/wetap/> to see if funding is available, and if so follow the instructions provided on the website to get started.
- **Job Skills Training:** Participants receive free job skills training and assistance with writing resumes, preparing for interviews, and training for jobs. In addition, participants learn about financial education.
 - To get started fill out the form at <https://fsc-corp.org/program/job-skills-training/#ask-us> and someone will contact you!
- **Family Stabilization Program(“Wisconsin Works W-2 Program”):** A care/service coordination and support program offered to families to provide them with their basic needs, as well as career guidance, job searching support, job skills training, networking, interviewing workshops, transportation assistance, referrals to health services, parenting support, educational opportunities, etc.
 - **Eligibility:** Family receives FoodShare.
 - To participate in this program, call 608-630-2714 or email fspreferral@fsc-corp.org

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- **Where to get started:**
 - Website: <https://fsc-corp.org/>
 - Phone Number: 608-400-2239
 - Dane County Locations:
 - 1819 Aberg Ave. Suite D, Madison
 - 2306 S. Park St., Madison

M. Common Wealth Development

- **What is it:** Common Wealth Development's mission is to improve Madison neighborhoods by investing in its development through employment opportunities and resources, safe housing options, meeting individuals' and families' basic needs, etc.
- **Services:** In addition to the programs below, CWD also offers **youth workforce development programs**.
 - **Southwest Transitional Employment Project (STEP):** This program connects individuals to short-term paid employment and provides them with individualized support, based on the individual's goals. Participants receive assistance with improving their resume and searching for long-term employment.
 - **Job Shop:** Individuals can meet with an employment specialist to discuss their concerns with obtaining and maintaining a job. Individuals receive support from volunteers, students, staff, and social service professionals with resume development, finding childcare and housing, applying for benefits, connecting to other services, etc.
 - Takes place every Wednesday from 9am-1pm at 5740 Raymond Rd (Meadowood Community Center).
- **Where to get started:** Contact Kari Alston at 608-516-5332 or kari@cwd.org
 - Website: <https://cd.org/>

N. African Center

- **What is it:** "We are dedicated to creating a vibrant and inclusive community that embraces the rich cultural heritage of Africa. We strive to foster a thriving and engaged African community by promoting cultural understanding, social and economic integration, and civic participation."
- **Services:**
 - **Housing and Employment Assistance:** Assistance with housing applications, minimizing barriers to housing, connecting people to job opportunities, etc.
 - **UW South Madison Partnership**

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- Location: 2238 S. Park St., Madison
- Hours: Monday-Friday, 9am-5pm
- **Goodman South Library**
 - Location: 2222 S. Park St., Madison
 - Hours: Monday-Friday, 10AM-8PM, Saturday, 9AM-5PM, Sunday, CLOSED
- **Tenant Resource Center**
 - Location: 2510 Winnebago St., Madison
 - Hours: Monday-Wednesday 9AM-6PM, Thursday, 9AM-4PM
- **Hawthorne Library**
 - Location: 2707 E. Washington Ave., Madison
 - Monday-Friday 10AM-8PM, Saturday 9AM-5PM
- **Madison College Goodman South Campus**
 - Location: 2429 Perry St., Madison
 - Hours: Monday-Thursday 8AM-8PM, Friday 8AM-4:30PM
- **Lakeview Library**
 - Location: 2845 N. Sherman Ave., Madison
 - Hours: Monday-Friday 10AM-8PM, Saturday, 9AM-5PM, Sunday 1-5PM
- **Catholic Multicultural Center**
 - Location: 1862 Beld St., Madison
 - Hours: Monday-Friday 9AM-5PM, Saturday 9AM-12PM, Sunday 11AM-12PM
- **Vera Court Neighborhood Community Center**
 - Location: 614 Vera Ct., Madison
 - Hours: Monday 9AM-5:30PM, Tuesday-Friday, 9AM-7PM, Saturday 11AM-7PM, Sunday CLOSED
- **Neighborhood House Community Center**
 - Location: 29 S. Mills St., Madison
 - Hours: Monday-Friday, 9:30AM-9PM, Saturday CLOSED, Sunday 10AM-12PM
- To learn about educational events on culture, health, self-care, financial literacy, etc. by going to <https://africancentermadison.org/> and clicking the “Outreach & Engagement” tab.
- **Youth activities** to foster activism, educational opportunities, learning about culture, and becoming involved in the community are available. For more information, see website

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<https://africancentermadison.org/youth-programs/>, call 608-294-0066, or email youthprograms@africancentermadison.org or info@africancentermadison.org.

- **Where to get started:** Call below between 9am-5pm Monday-Friday.
 - Website: <https://africancentermadison.org/>
 - Phone Number: 608-294-0066
 - Email: info@africancentermadison.org
 - Location: 2238 South Park Street, Room 115, Madison, WI 53713

O. Catholic Multicultural Center (CMC)

- **What is it:** “The Catholic Multicultural Center (CMC) is a social service agency... designed to help our brothers and sisters in need through meeting basic needs and providing opportunities for educational and professional growth.”
- **Services:**
 - **Employment Search Assistance:** Free one-on-one assistance obtaining employment (available in English and Spanish)! Available 10am-4pm Monday-Fridays in-person or over the phone. Call 608-405-1225 with any questions or to make an appointment
 - **Foodservice Job Training:** Paid, on-the-job training in foodservice for one academic year to earn a food safety certification to enhance your career. For more information or to apply call 608-405-1330. The application process includes an interview and background check (criminal record does not disqualify you from access to the program).
- **Where to get started:** Call or fill out contact form below to email staff
 - Website: <https://cmcmadison.org/>
 - Phone Number: 608-661-3512 (Beld St. Office)
 - Location: 1862 Beld St., Madison
 - Hours: Monday-Friday from 9am-5pm

P. Sunshine Place

- **What is it:** Provides support for families with children in the Sun Prairie School District and for Sun Prairie community members.
- **Services:**
 - **Sunshine Resource Lobby:** Connection to housing, employment, and other resources in the community. Food is also available outside of the organization’s pantry hours.
 - To see a calendar of events go to <https://sunshineplace.org/calendar-events/>.

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- **Where to get started:**
 - Website: <https://sunshineplace.org/>
 - Phone Number: 608-825-3875
 - Email: info@sunshineplace.org
 - Location: 18 Rickel Rd., Sun Prairie
 - Lobby Resource Center Hours: Monday-Friday from 9am-3pm

Q. Latino Academy

- **What is it:** "The Latino Academy of Workforce Development strengthens our diverse communities by providing linguistically and culturally competent adult education programming that advances opportunities to ensure that individuals and families thrive socially, economically, and civically."
- **Services:**
 - **Workforce Development:** Offers employment support through resume assistance, mock interviews, and networking opportunities, monthly career fairs from February-November, women's six-month mentorship program, and specific trainings and certification programs for building contractors, transportation business owners, and forklift operators and for skills of ServSafe and safety.
 - Offers a Commercial Driver's License (CDL) training program and diesel technician program.
- **Where to get started:**
 - Schedule an employment support appointment at <https://calendly.com/d/4z9-2y8-ttp/apoyo-laboral-employment-support?month=2024-11>.
 - To learn about and get connected to these programs call 608-310-4573 Monday through Friday from 9am-5pm OR visit website at <https://www.latinoacademywi.org/>
 - Location: 2909 Landmark Place, Suite #101 and 203, Madison, WI

R. Centro Hispano

- **What is it:** This organization works to empower youth, strengthen families, and engage the community through their programs and services.
- **Services:**
 - **Certified Peer Specialist Training Program:** Free 7-week (48 total hours) training program to work towards becoming a certified peer

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specialist and also work towards employment by building a resume, writing a cover letter, practicing interviewing skills, and meeting potential employers. Participants in the program also receive care/service coordination and support.

- **Eligibility:** At least 18 years old, have your HSED or GED, fluent in both English and Spanish, English as a second language (intermediate or advanced level), computer skills (intermediate to advanced level), and commitment to the program.
 - This course runs once in the fall and once in the spring.
 - Call for more information to get started with the program.
- **Caminos Progreso:** Free 7-week training program for professional development coaching and career exploration in administration, customer services, clerical, and related fields. Participants have the opportunity to earn the Emergency Telecommunicator certificate! Participants receive care/service coordination and support and career coaching throughout the program and up to 12 months following graduation.
- **Eligibility:** At least 18 years old, English as a second language (advanced level), have your HSED or GED, have a valid WI ID, authorized to work in the U.S., and must apply to two job openings upon graduating.
 - The course runs in the summer, fall, and spring.
 - Contact Victor Petrasevicius at victor@micentro.org or 608-400-6183 for more information.
 - Call Centro Hispano or fill out this form <https://docs.google.com/forms/d/e/1FAIpQLScTUVNmeXrYaUIOEXFdRXhXGVIoiGBqWLR21I4Bt0KWGFfAYg/vi-ewform> if interested!
- **Caminos in Tech:** Free 12-week training program to learn digital skills, network with employers, improve their resumes, cover letters, and interviewing skills, etc. Participants earn one of the following certificates through their participation in the program: Project Management, IT Support, UX Design, or Data Analytics.
- **Eligibility:** Have your HSED or GED, have a valid ID, English as a second language (intermediate to advanced), at least 18 years old, authorized to work in the U.S., pass a digital literacy assessment, and have an interest in tech careers.
 - Call Centro Hispano fill out this form <https://docs.google.com/forms/d/1RUV33K1bq3oIf5Zh4q3>

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[HzLuswhQUGoukbsa9i4gB_mY/viewform?edit_requested=true](https://docs.google.com/forms/d/e/1FAIpQLSczPUFslm4dEmkPFHrgAydzxIR9g8iVze4dL-BjE3a7mnhRA/viewform?edit_requested=true) if interested!

- **Latinas in Savings:** Free financial literacy workshops offered twice a month.
 - Call or fill out this form
<https://docs.google.com/forms/d/e/1FAIpQLSczPUFslm4dEmkPFHrgAydzxIR9g8iVze4dL-BjE3a7mnhRA/viewform> if interested!
- **Centro Hispano offers many youth programs for middle and high school students!**
- **Where to get started:** Call or email to make an appointment.
 - Website: <https://www.micentro.org/>
 - Phone Number: 608-255-3018
 - Email: info@micentro.org
 - Location: 2403 Cypress Way, Madison
 - Hours: Monday- Friday 8am-5pm

S. Badger Prairie Needs Network

- **What is it:** The Badger Prairie Needs Network focuses on trying to meet the community's basic needs and assist community members to thrive.
- **Services:**
 - **Education & Career Resources:** Provides career training, career fairs, and educational opportunities in collaboration with other organizations.
 - **The first Saturday of each month 10am-1pm, free clothing repairs (for minor damage) is available.**
 - Food Pantry information also available on the website below.
 - **Free cooking classes are available for children.**
 - Go to <https://www.bpnn.org/cooking-classes> to learn about upcoming classes.
- **Where to get started:**
 - Phone Number: 608-848-2499
 - Contact Form: <https://www.bpnn.org/contact>.
 - Location: 1200 E. Verona Ave., Verona

T. Wisconsin Peer Specialists

- **What is it:** “A Certified Peer Specialist is a professional who utilizes their personal lived experience to provide support to others and demonstrate that recovery is possible.”

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- **Where to get started:**
 - If you want to become a peer specialist, you have to participate in training. To view upcoming trainings go to <https://www.wicps.org/events/list>, select your county and the type of training (select “Peer Specialist”), and then read the information about the training, eligibility, dates, and how to apply with the corresponding training you’re interested in.
 - After completing training, you must then register and prepare for an exam. See <https://www.wicps.org/register-for-cps-exam/>.
 - To learn more about peer specialist job opportunities, what a peer specialist is, preparing for the exam, and continued education, visit <https://www.wicps.org/>.

U. Registered Apprenticeships

- **What is it:** An apprenticeship is a post-secondary educational opportunity that involves on-the-job primary training (with some classroom instruction often provided through the Wisconsin Technical College System) and earning a wage. At the end of the apprenticeship, one receives a certification.
- **Where to get started:**
 1. Select an occupation in which you want to complete an apprenticeship. Go to <https://dwd.wisconsin.gov/apprenticeship/ra/applicants.htm> and scroll down to “How Do I Apply?” and under “Select an Occupation,” you can click on different occupations. Once you have clicked on an occupation, under the heading “You can also explore career pathways in Wisconsin,” you can select different occupations to view the pay rate, length of apprenticeship program, etc. Also, on this page, you can click on the hyperlinked occupation name at the top to explore additional occupations.
 2. If you are applying for a construction registered apprenticeship, you must be sponsored by a local apprenticeship committee. Go to <https://dwd.wisconsin.gov/apprenticeship/committees.htm> to find a local apprenticeship committee. For all other registered apprenticeships, you must be sponsored by individual employers. Go to <https://dwd.wisconsin.gov/apprenticeship/featured.htm> to find featured individual employer sponsors. Contact committees or employers for sponsorship.

V. Wisconsin Regional Training Partnership (WRTP) | BIG STEP

- **What is it:** WRTP is a “nonprofit workforce intermediary dedicated to connecting people to family-sustaining jobs.” This organization is committed to creating a more diverse workforce in construction, manufacturing, etc.

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- **Services:** WRTP offers trade apprenticeships that include both classroom instruction and hands-on experience while earning a wage. Career exploration in many trades is encouraged and offered.
- **Where to get started:**
 - Website: <https://wrtp.org/>
 - Phone Number: 608-255-0155
 - Email: southcentral@wrtp.org
 - Location: 2829 Perry St., Suite 205, Madison

W. YWCA's YWeb Career Academy

- **What is it:** “YWCA Madison is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.”
- **Services:**
 - **YWeb Career Academy (YWeb)** is an employment service program that trains women of color to become web developers/designers. This is a three-month long program that covers technical skills, as well as employability skills (resume writing, interview practice, etc.). Participants are paid \$15/hour.
 - To explore racial justice educational materials go to <https://www.ywcamadison.org/racial-justice-learning> and to see racial justice workshops go to <https://www.ywcamadison.org/racial-justice-series> and scroll to the bottom where it says “Workshop Calendar” (option to get connected via email available here too).
- **Where to get started**
 - Apply at <https://www.ywcamadison.org/yweb-career-academy-application>.
 - Website: <https://www.ywcamadison.org/>
 - Phone Number: 608-257-1436
 - Email: info@ywcamadison.org
 - Location: 101 E. Mifflin St., Madison

X. LiUNA! Wisconsin Laborers' District Council

- **What is it:** “The Wisconsin Laborers' District Council is an affiliation of five LIUNA local unions representing over 9,200 active and retired skilled construction craft laborers in Wisconsin.”
- **Services:** LiUNA! offers year-round apprenticeships around the state of Wisconsin. The program offers both hands-on and classroom learning opportunities. They partner with professional workers and organizations to offer learning in the field and have their own state of the art classrooms.

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- **Where to get started:**
 - Website: <https://liunawisconsin.org/apprenticeship-testing>
 - Phone Number: 608-846-5768
 - Testing: must have one of the three following test scores before applying to the program
 - ACT – 15 Reading & 14 Arithmetic
 - Accuplacer (Classic) - 55 Reading & 35 Arithmetic
 - Accuplacer (Next Generation) - 236 Reading & 220 Arithmetic

Y. UA Local 400

- **What is it:** “We are a local union that is affiliated with the United Association of Plumbers & Pipefitters, comprised of approximately 355,000 members across the United States and Canada.”
- **Services:** UA Local 400 offers a number of apprenticeships for a variety of different individuals. The apprenticeships include both work in the field as well as classroom training opportunities.
- **Where to get started:**
 - Website: <https://ua400.org/apprenticeship-programs/>
 - Phone: 920-462-0400
 - Application home page: <https://omswi.com/apprenticeships/apply-now/>

Z. Rooted

What is it: “Rooted builds community-led food systems through food access, land access and urban agriculture education.” Rooted partners with other organizations and schools to serve the Madison area.

Services: Provides community gardening space, educational events, gardening education and sustainable farming resources, youth programs and employment, hosts community events, and more.

- **Troy Farm:** An organic production farm on Madison’s northside
 - **Worker Share:** Worker share volunteers help work on the farm for a couple hours/week and receive free weekly produce shares in return. Learn more about the different worker share positions: <https://rootedwi.org/community-gardens/troy-community-gardens/>
 - **Troy Farm Collaborative:** Troy Farm land is shared to provide BIPOC and emerging farmers access to growing space, infrastructure, tools, training, and support from Rooted staff.

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- **Badger Rock Neighborhood Center:** Variety of community events and gardening resources on Madison's south side
- **Youth programs:** Programs and resources to teach the next generation of farmers and gardeners including youth employment for ages 14-18.

Where to get started:

- Website: <https://rootedwi.org/>
- Phone Number: 608-240-0409
- Locations:
 - Business office and Badger Rock Neighborhood Center: 517 East Badger Road
 - Troy Farm, community and kids gardens: 502 Troy Drive
 - Madison School Farm: 5107 Sudbury Way

AA. Employment Resources, Inc. – Employment Counseling

- **What is it:** Employment Resources, Inc. (ERI) is a Wisconsin nonprofit organization founded in 1989 that helps people with disabilities pursue employment, maintain benefits, and improve financial independence. ERI focuses on personalized employment counseling and support services that help individuals identify strengths, overcome barriers, and connect with meaningful work opportunities.
- **Services:** Career exploration, employment counseling, job search support, resume assistance, interview preparation, employer connections, workplace accommodation guidance, benefits counseling, ongoing employment support, community resource referrals.
- **Eligibility:**
 - Primarily serves people with disabilities or individuals receiving disability-related benefits
 - Available throughout Wisconsin and beyond
 - May also assist individuals referred through vocational rehabilitation or partner agencies
 - Contact ERI directly for specific eligibility based on service type and funding source
- **Where to get started:** Visit the ERI website and complete the contact form or call their toll-free number to discuss employment goals and determine what services fit your needs.
 - Website: <https://eri-wi.org/services/employment-counseling/>
 - Phone number: 608-246-3444
 - Email: eri@eri-wi.org
 - Location: 4604 Cottage Grove Rd, Madison, WI 53716

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BB. Chrysalis Inc.

- **What is it:** A dedicated non-profit organization in Madison that has been promoting mental health and substance use recovery for over 45 years. They empower individuals by integrating work opportunities with hope, healing, and wellness, utilizing an evidence-based approach that recognizes meaningful employment as a vital component of mental health recovery.
- **Programs:**
 - **Supported Employment (IPS):** Uses the evidence-based Individual Placement and Support model to help individuals find and maintain competitive, community-based jobs matching their skills and interests, providing one-on-one assistance from an Employment Specialist. More information here; <https://workwithchrysalis.org/programs/supported-employment/>
 - **Chrysalis Clubhouse:** A community space providing a "work-ordered day" where members build friendships and practical skills focused on career development, wellness (such as healthy eating and gardening), and communications/digital literacy. More information here; <https://workwithchrysalis.org/programs/chrysalis-clubhouse/>
 - **Chrysalis Pops:** A social enterprise program where participants build vocational skills, earn a wage, and engage with the community by producing and selling local, organic fruit pops at community locations and events. More information here; <https://workwithchrysalis.org/programs/chrysalis-pops/>
 - **Eligibility:** Services are primarily designed for individuals in Dane County navigating mental health and/or substance use challenges.
 - **Supported Employment (IPS) Specifics:** To participate in the IPS program, individuals must be connected to one of the partner mental health treatment teams in the area (such as Gateway CSP, Community Treatment Alternatives, Community Intervention Team, SOAR, FLYY, RISE, or GROW CCS). Eligibility is heavily based on individual choice, no one who wants to work is excluded due to prior work history, hospitalization, or active symptoms.

Where to get started:

- Website: <https://workwithchrysalis.org/>
- Phone number: 608-256-3102
- Email: info@workwithchrysalis.org
- Location: 1342 Dewey Court, Madison, WI 53703

CC. Madison Area Employment Agencies

- **ABR Employment services**

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- Website: <https://www.abrjobs.com/>
- Phone Number: 608-244-3526
- Email: madison@abrjobs.com
- Location: 4600 American Parkway (Suite 301), Madison
- Hours: Monday- Friday from 8am-5pm
- **Achieve Abilities**
 - Website: <https://achieveabilities.net/>
 - Phone Number: 608-598-9935(voicemail only)
 - Location: 124 Owen Rd., Monona
 - Hours: Monday-Friday from 9 am - 5 pm
- **Advanced Employment**
 - Website: <https://advemp.org/>
 - Phone Number: 608-883-7170
 - Location: 6515 Watts Rd. (Suite 105), Madison
 - ** Serves adults with developmental and physical disabilities
- **Aerotek**
 - Website: <https://www.aerotek.com/en>
 - Phone Number: 608-240-3101
 - Location: 5133 W Terrace Dr. (Suite 400), Madison
 - Hours: Monday- Friday from 8am-5pm
- **Beacon Hill**
 - Website: <https://bhsg.com/>
 - Phone Number: 608-819-7760
 - Email: madison@beaconhillstaffing.com
 - Location: 2501 West Beltline Hwy (Suite 203), Madison
 - Hours: Monday-Friday from 8am - 6pm
- **Carex Consulting Group**
 - Website: <https://www.carexconsulting.com/>
 - Phone Number: 608-286-3539
 - Email: info@carexconsultinggroup.com
 - Location: 551 W. Main St. (Suite 100), Madison
 - Hours: Monday-Friday from 7:30 am - 6 pm
- **Celebrity Staffing Solutions**
 - Website: <https://celeritystaffing.com/>
 - Phone Number: 608-238-3410
 - Email: madison@celeritystaffing.com or sunprairie@celeritystaffing.com
 - Locations:
 - 6808 Odana Rd. (Suite 203), Madison
 - Hours: Monday-Friday from 8am-5pm
- **Connect Search LLC**
 - Website: <https://www.connectsearchllc.com/>
 - Phone Number: 608-237-6700
 - Email: info@connectsearchllc.com

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- Location: 525 Junction Rd. (Suite 2300), Madison
- Hours: Monday-Friday from 8am-5pm
- **Drake & Company Staffing Solutions**
 - Website: <https://drakeandcompany.com/>
 - Phone Number: 608-257-2411
 - Location: 402 Gammon Place (Suite 350), Madison
 - Hours: Monday-Friday from 7:30am - 5pm
- **Express Employment Professionals**
 - Website: <https://www.expresspros.com/us-wisconsin-madison> or <https://www.expresspros.com/us-wisconsin-madison-west-fitchburg>
 - Phone Numbers: 608-237-8717 (Thierer Rd location) or 608-663-1940 (Cahill Main location)
 - Email: jobs.madisonwi@expresspros.com or jobs.fitchburgwi@expresspros.com
 - Locations:
 - 1731 Thierer Rd., Madison
 - 2980 Cahill Main (Suite 106), Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Hiring & Staff Services**
 - Website: <https://www.hiringstaffservices.com/>
 - Phone Number: 608-242-7885
 - Email: info@hiringstaffservices.com
 - Location: 658 S Gammon Rd. (Suite 200), Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Integrated Community Work (ICW)**
 - Website: <https://www.icwinc.org/>
 - Phone Number: 608-284-7450
 - Email: info@icwinc.org
 - Location: 14 Ellis Potter Ct. (#201), Madison
 - Hours: Monday- Friday from 9 am - 3 pm
 - ** Serves adults with developmental disabilities.
- **Kforce**
 - Website: <https://www.kforce.com/>
 - Phone Number: 608-242-2050
 - Location: 2810 Crossroads Dr. (Suite 1000), Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Life Style Staffing**
 - Website: <https://www.lifestylestaffing.com/>
 - Phone Number: 608-257-0511
 - Email: contactus@lifestylestaffing.com
 - Locations:
 - 4247 East Towne Blvd. (Suite 202), Madison
 - 672 W. Washington Ave., Madison

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- Hours: Monday-Friday from 7 am - 6 pm
- **PeopleReady**
 - Website: <https://www.peopleready.com/>
 - Phone Number: 608-223-0575
 - Email: 1668-br@peopleready.com
 - Location: 1771 Thierer Rd., Madison
 - Hours: Monday-Friday from 6am-5pm and Saturday from 8-11 am
- **QPS Employment Group**
 - Website: <https://qpsemployment.com/>
 - Phone Number: 608-690-8900 (Odana Rd location) or 608-819-4000 (Dempsey Rd location)
 - Email: madison@qpsemployment.com
 - Locations:
 - 6610 Odana Rd, Madison
 - 1 Dempsey Rd. (Suite 2), Madison
 - Hours: Monday through Friday from 8 am - 5 pm
- **Remedy Intelligent Staffing**
 - Website: <https://www.remedystaffing.com/>
 - Phone Number: 608-310-3200
 - Location: 5250 E. Terrace Dr. (Suite 106), Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Service First Staffing**
 - Website: <https://www.service1ststaffing.com/>
 - Phone Number: 608-268-5390
 - Email: beckyt@service1ststaffing.com
 - Location: 5315 Wall St. (Suite 185), Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Spherion Staffing & Recruiting**
 - Website: <https://www.spherion.com/>
 - Phone Number: 608-274-6000
 - Location: 2601 W. Beltline Hwy #500, Madison
 - Hours: Monday-Thursday from 8am-5pm and Friday from 8am-4pm
- **The QTI Group**
 - Website: <https://www.qtigroup.com/>
 - Phone Number: 608-257-1057 (1010 E. Washington location) or 608-204-6261 (1028 E. Washington location)
 - Email: qtigroup@qtigroup.com
 - Locations:
 - 1010 E. Washington Ave. (Suite 314), Madison
 - 1028 E. Washington Ave., Madison
 - Hours: Monday-Friday from 8 am - 5 pm
- **Workforce Development Board of South Central Wisconsin**
 - Website: <https://www.wdbscw.org/>

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- Phone Number: 608-249-9001
- Email: wdbscwi@wdbscw.org
- Location: 3513 Anderson St. (Suite 104), Madison
- Hours: Monday-Friday from 8 am - 4:30 pm

DD. Resume Writing Tips

- Be honest about all of the information that you include in your resume.
- Put contact information (name, phone number, email) at the top of your resume.
- Include your most recent education (name of the school, GPA, etc.)
- For each work experience that you list, include the job title, the employer, the time you spent at this job, and the location, as well as two-three bullet points of your job responsibilities.
 - When discussing your job responsibilities, try to quantify (use numbers) when applicable (ex: “Served up to 150 customers a day.”).
 - Be specific!
- If you have a lengthy history of work experience, only include on your resume the experiences that are most relevant to the position that you are applying for.
- If you speak any other languages, have specific technical skills, or any certification, include this on your resume.
- Use the font Times New Roman or Arial, size 11-12.
- Keep your resume short; aim for about one page.
- If you’re stuck, look up “Sample Resumes” online.

EE. Cover Letter Writing Tips

- Explain your purpose for writing the letter.
- Discuss a few of your skills and valuable experiences that are relevant to the job that you are applying for and that would make you a good employee. Refer to the job skills listed in the job description.
- Request to meet with the employer and express your excitement.
- The format of the letter should be in paragraphs with spacing between them.
- Aim for the cover letter to be about one page.
- Look up “Sample Cover Letters” online to see proper formatting and examples.



FF. Interview Tips

Prepare 2-3 questions to ask the employer at your interview. Examples:

- On a typical day in this position, what do you do?
- What part of this job do you find most rewarding? Challenging?
- What opportunities for advancement does this position offer?
- How is this organization planning to grow in the next few years?
- How would you describe the company's working atmosphere?
- What is your supervisory/management style?

-Refrain from overdressing or looking informal.

-Arrive about 15 minutes early.

-Go to the interview alone.

-Greet the interviewer and offer them a handshake.

-At the beginning of the interview, engage in small talk and try to find something in common with the interviewer (look around their office for things you could have in common).

-Smile, have a good posture, uncross your arms, use a conversational tone without becoming too casual, etc.

-Let the interviewer lead the conversation.

-When discussing your work experience, stick to discussing recent experience.

-If asked about previous employment, speak highly of former employment opportunities, no matter how you left.

-Use the interviewer's name frequently in conversation.

-Be flexible when discussing wages.

-If the interviewer does not mention it at the end, ask when you will hear back from them.

-Follow up immediately after the interview via email or phone to thank them for their time and consideration.

-Express your interest in the position and working for the company/organization. Show the interviewer what you can positively offer the company/organization.

GG. Additional Resources

- **The Felony Record Hub** provides peers who have gone through (or are currently going through) the process of finding a job after incarceration to help you find a job with a felony on your record. (Also: **legal assistance and housing information**)
 - <https://www.felonyrecordhub.com/>

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- **The Job Center of Wisconsin** offers a tool to find job openings near you. The Job Center of Wisconsin offers many resources for finding employment; find a center near you at <https://www.wisconsinjobcenter.org/directory/default.htm>.
 - <https://jobcenterofwisconsin.com/Presentation/JobSeekers/Default.aspx>
- **CareerOneStep** allows one to explore potential careers, find training and education, search for jobs, and find applicable resources for employment.
 - <https://www.careeronestop.org/>
- **Jails to Jobs** offers tailored supportive information to assist those who are previously incarcerated in securing employment.
 - <https://jailstojobs.org/>
- **Madison Black Chamber of Commerce** provides aspiring or current Black business entrepreneurs with supportive training, programs, certifications, and services.
 - <https://www.madisonblackchamber.com/>
- **Latino Chamber of Commerce** offers aspiring or current Latinx business entrepreneurs with opportunities for advancement and professional development.
 - <https://lccwi.org/>
- **The Job Accommodation Network** provides suggestions on how to navigate the workplace for those with a disability.
 - <https://askjan.org/index.c>



6. Food

A. Free Meals:

*In addition to this list, more free meals can be found throughout the rest of the Food section

- **Downtown Madison:**

- **Luke House**

- Lunch is served Mondays-Thursdays 11:30am-12:30pm
 - Dinner is served Sundays-Thursdays 5:45-6:30pm
 - Phone Number: 608-256-6325
 - Location: 310 S. Ingersoll St., Madison, WI

- **Savory Sunday**

- Meals provided Sundays at 1:45pm
 - Email: savorysunday@gmail.com
 - Location: 2 E. Main St. (basement of the capitol building)

- **The Beacon**

- Breakfast is served daily 8am-9am
 - Lunch is served daily at around 12-1pm. Building open 8am-5pm
 - Location: 615 E. Washington Ave.

- **First United Methodist Church**

- Breakfast is served at 9am every Wednesday
 - Homeless service providers and medical professionals provide support and services from 9-10am every Wednesday.
 - Phone Number: 608-256-9061
 - Location: 203 Wisconsin Ave

- **St Mark's Lutheran Church**

- Lunch is served at 12pm every Friday
 - Phone Number: (608) 256-8463
 - Location: 605 Spruce St, Madison, WI 53715

- **East Madison:**

- **Bridge Lake Point Waunona Neighborhood Center**

- Community meals Fridays 12-1pm. To confirm times and dates, visit <https://www.blwcenter.org/events>
 - Phone Number: 608-441-6991
 - Location: 1917 Lake Point Drive

- **Wil-Mar Neighborhood Center**

- Lunch is served Saturdays from 11:30am-12:30pm
 - Phone Number: 608-257-4576
 - Location: 504 S. Blearly St.



- **South Madison:**
 - **St. Mark's Lutheran Church**
 - Lunch is served on Fridays from 12-1pm
 - Phone Number: 608-256-8463
 - Location: 605 Spruce St.
- **Outside of Madison:**
 - **Badger Prairie Needs Network**
 - Lunch is served on 1st and 3rd Saturday of the month 11:30am-12:45pm
 - Phone Number: 608-848-2499
 - Location: 1200 E. Verona Ave, Verona
 - **Sunshine Supper**
 - Dinner is available Mondays from 5-6pm
 - Phone Number: 608-825-3875
 - Location: 1632 W. Main St., Sun Prairie
 - **Neighbors Helping Neighbors Community Supper**
 - Dinner is provided on the third Tuesday of every month
 - Holiday meals also available
 - Website: <https://www.mthorebneighbors.org/community-supper>
 - Phone Number: 608-437-6114
 - Location: 107 N Grove St, Mt Horeb
 - **Cambridge Community Meal**
 - Dinner is served the first Thursday of the month 5:30-6:30pm
 - Phone Number: 608-423-8108
 - Locations:
 - June-September: Ripley Park (N4310 Park Rd, Cambridge Wi, 53523)
 - October-May: CHS Commons (403 Blue Jay Way, Cambridge, WI 53523)

B. Food Pantries:

*In addition to this list, more food pantries are included throughout the Food section.

NOTE: Some pantries have limitations of how frequently you can go to the pantry. Some pantries request you to show documentation with your ID (for each family), proof of address (must live in the area), and total household income.



- If you want to order online from a local food pantry, go to <https://pantry2home.com/views/landing.php>, register, and then choose your pantry and select items.
- You can find food banks near you anywhere in the country by visiting <https://www.feedingamerica.org/find-your-local-foodbank>
- **Downtown Madison:**
 - **Bethel Food Pantry**
 - Hours: Mondays and Fridays from 1-3pm
 - Location: 312 Wisconsin Ave.
 - **Grace Episcopal Church**
 - Hours: Every Tuesday-Thursday from 1-3pm, and first and third Saturdays of the month from 10am-12pm (personal essentials available during this time). Arrive at least 15 minutes before closing time.
 - Location: 116 W. Washington Ave.
 - **Bayview Food Pantry**
 - Hours: Monday and Thursday 8:30am-6pm, Wednesday 12-8pm, and Friday 12-6pm. Visits are limited to once per week.
 - Location: 103 La Mariposa Ln.
- **East Madison:**
 - **Bridge Lake Point Waunona Neighborhood Center**
 - Hours: First Thursday and third Wednesday of the month 11am-12:30pm
 - Call 608-441-6991 to reserve pickup time
 - Location: 1917 Lake Point Drive
 - **East Madison Community Center**
 - Hours: The food pantry is open Tuesdays from 11:30am-1:30pm. The walk-in pantry is open Monday-Friday from 9am-8pm and Saturdays from 9am-5pm.
 - Location: 8 Straubel Court, Madison, WI
 - **Fritz Food Pantry- Goodman Community Center**
 - Hours: Tuesdays 9am-12pm, Wednesdays 5:30-8pm, and Thursdays 12-3pm. Cannot arrive more than one hour before opening and less than 15 minutes before closing. The curbside pantry is open Tuesdays 12-1pm
 - Location: 149 Waubesa St.
 - **Atwood Pantry**
 - Hours: Thursdays 11:30am-2:30pm and Sundays 12-2pm
 - Location: 2401 Atwood Ave



- **SS Morris Community AME Church**
 - Hours: 1st and 3rd Saturday each month from 9am-1pm
 - Location: 3511 Milwaukee St. Madison, WI
- **St. Stephen's Lutheran Church**
 - You must call 608-441-1123 Monday-Thursday from 8-10am, on the day you wish to shop to make an appointment. Appointments are between 10:30am-12:30pm Monday-Thursday (must be in the pantry by 12:15 pm). Clients may come to the pantry once every 14 days.
 - Location: 5700 Pheasant Hill Rd., Monona WI
- **Wil-Mar Neighborhood Center**
 - Hours: Wednesdays from 9am-12pm
 - Location: 504 S Blearly St.
- **North Madison:**
 - **Lakeview Lutheran Church**
 - Hours: Mondays 4-6pm
 - Location: 4001 Mandrake Rd. Madison, WI
 - **Kennedy Heights Community Center**
 - Hours: Every other Monday 9-11am. Call 608-244-0767 to see which Mondays they are open.
 - Location: 199 Kennedy Heights, Madison, WI
- **South Madison:**
 - **Good Neighbors Personal Essentials Pantry**
 - Hours: Fridays 10am-12pm and the 3rd Thursday of each month from 5:30-7:30pm.
 - Location: Arbor Covenant Church (2509 McDivitt Rd., Fitchburg, WI)
 - **Mt.Zion Baptist Church**
 - Hours: 2nd and 4th Tuesdays of the month 4-6pm and the 3rd Monday of the month 10am-12pm.
 - Location: 2029 Fisher St., Madison, WI
 - **St.Mark's Lutheran Church**
 - Hours: Tuesdays 10am-12pm, and Thursday 5:15-7:15pm
 - Location: 604 Spruce St., Madison, WI
 - **Meadowood Neighborhood Center**
 - Hours: Tuesdays from 6-7:30pm, Thursdays from 10-11am (for seniors), and Saturdays from 12-2:30pm
 - Location: 5740 Raymond Rd., Madison, WI



- **West Madison:**
 - **The Allied Food Pantry**
 - Hours: Wednesdays 10am-12pm and 6-7:30 pm
 - Location: 4619 Jenewin Rd., Madison, WI
 - **Good Shepherd Lutheran Church**
 - Hours: Thursdays from 9:30am-12pm and from 5:30-7pm. You must arrive 30 minutes before closing.
 - Location: 5701 Raymond Rd., Madison, WI
 - **Lussier Community Education Center**
 - Hours: Wednesdays 7-8 pm and Saturdays 11am-12pm, available up to four times a month.
 - Location: 55 S Gammon Rd., Madison, WI
 - **Extended Hands Pantry**
 - Hours: Mondays from 2-6pm, Tuesdays from 2-6pm, Fridays from 10-1pm, and the last Saturday of each month from 10am-12pm
 - Location: 6402 Schroeder Rd., Madison, WI
- **Outside of Madison:**
 - **Belleville Food Pantry**
 - Hours: Tuesdays from 8am-12pm and Thursdays from 2pm-6pm.
 - Location: 24 W. Main St. (Village Hall), Belleville, WI
 - **Marshall-Waterloo Food Pantry**
 - Hours: Wednesdays 12-1pm and 7-8pm and Saturdays 9-10am
 - Location: 117 E. Madison St. (Bldg lower level), Waterloo, WI
 - **McFarland Food Pantry**
 - Hours: Mondays from 3-6pm and every 3rd Saturday of the month from 9-10:30am
 - Location: 5404 Anthony St., McFarland, WI
 - **Neighbors Helping Neighbors Food Closet**
 - Hours: Thursdays 6-7:30 pm, Fridays 9-10:30am (seniors prioritized) and 3-4:30pm, and Saturdays 10-11:30am (arrive 30 minutes before close)
 - Location: 102 E. Lincoln St., Mount Horeb
 - **Oregon Area Food Pantry**
 - Hours: Tuesdays from 8:30-11am, the 1st and 3rd Thursdays of each month from 11am-2pm, the 2nd and 4th Thursdays of each month from 4-7pm and the first Saturday of each month from 8:30-11am



- Check website: <https://oregonareafoodpantry.com/food-assistance> to verify eligibility
- Calendar: <https://oregonareafoodpantry.com/calendar>
- Location: 107 N. Alpine Parkway, Oregon, WI
- **Stoughton Food Pantry**
 - Hours: Monday-Thursday from 9:30am-2:30pm, Tuesdays and Thursdays from 4-6pm, and the first Saturday of each month from 9-11am.
 - Call 608-873-8103 to schedule an appointment
 - You will need to provide identification and proof of address for all members of the household the first time you come to the pantry and annually after that. Once that is completed, only the proof of identity is required from the household member picking up the food. All of your information is treated as confidential.
 - Need to live in the Stoughton Wisconsin School District, and meet The Emergency Food Assistance Program (TEFAP) income guidelines. If you don't know the guidelines, call 608-873-8103 or stop in for more information.
 - Delivery of food is provided by the pantry every Wednesday afternoon for those who due to health or transportation issues cannot come to the pantry. Call the pantry to make your food selections and explain the health or transportation issue that requires the pantry to deliver to you.
 - Location: 520 S. Fourth St., Stoughton (Stoughton Utilities/EMS Building)
- **Personal Essentials Pantry**
 - Hours: First and third Thursday of the month from 1-5pm.
 - Call 608-982-7174 9am-4pm on Mondays, Tuesday, Wednesday, or Friday before your visit to make an appointment to use the pantry.
 - Location: 343 E. Main St., Stoughton
- **Stoughton United Methodist Church Food Pantry**
 - Hours: Mondays 4-6pm, Tuesdays 9am-12pm and 4-6pm, and Wednesdays 9-11am
 - Call 608-205-0112 to make an appointment.
 - Location: 525 Lincoln Ave., Stoughton, WI
- **Waunakee Ecumenical Board**
 - Hours: Make an appointment by calling 608-850-4346 or emailing info@waunakeefoodpantry.org anytime. Hours differ, call, or



check <https://waunakeeweb.org/food-pantry/> for current hours. Eligibility for food can also be checked using that website.

- Pre-order food here:
<https://waunakeeweb.org/wfp-preorder-forms/>.
- Location: 710 South St. (Suite A), Waunakee
- **Badger Prairie Needs Network**
 - Hours: Tuesdays 10am-12pm, Wednesdays 6-8pm, Thursday 10am-6:30pm, Fridays 10am-12pm, Saturdays 10am-12:30pm
 - Personal essential items are also offered, including diapers. Arrive 45 minutes before closing time.
 - Bring proof of current address and ID
 - Location: 1200 E. Verona Ave., Verona
- **Mazomanie Community Food Pantry**
 - Hours: Second and fourth Saturdays of the month 10-11:30am
 - Facebook page with updated service times:
<https://www.facebook.com/p/Mazomanie-Community-Food-Pantry-Christians-in-Action-100069920927354/>
 - Location: 9 Brodhead St., Mazomenie
- **Deforest Windsor Area Food Pantry**
 - Hours: Thursdays 6-7pm
 - Location: 4434 Second St., Deforest
- **Deerfield Food Pantry**
 - Hours: Tuesdays 8am-2pm
 - Call 608-316-5213 between 8am-2pm or email deerfieldfoodpantry@gmail.com anytime to schedule an appointment for the next day between 10am-2pm.
 - Location: 10 Liberty St., Suite 130, Deerfield
- **More food pantries outside of Madison can be found at:**
https://hotfood.org/find-food/?gad_source=1&gad_campaignid=21172816451&gbraid=0AAAAAQuSUnFdJOjZcjcAKqhgyY76fv1iBB&gclid=CjwKCAiAkbbMBhB2EiwANbxtbXj-6rYWPqoGX8TwnyEfG1NeBh9pRziYa3txhVTaN-CCzR61JGvuPRoCTIcQAvD_BwE

C. River Food Pantry

- **What is it:** The River Food Pantry is committed to providing the South Central Wisconsin area with nourishment.
- **Services:**

6. Food



- **Curbside Groceries:** You can pick up free groceries once a week. Arrive 15 minutes early at most and stay in your vehicle (volunteers will place groceries in your car). This is available Tuesday 9am- 3pm, Wednesday 12-6pm, Thursday 9am-12pm, and Friday 9am-3pm (Thursday and Friday are typically less busy). Inform the volunteer if you need specific items. If you are not feeling well, stay home and email info@riverfoodpantry.org to set up a different means of getting groceries. A car is not needed, you can go on foot or by bike. If you are not using a car go into the building and staff will help you.
- **Family At-Home Meals (FAM):** This program provides to-go meals for households that can be picked up four times a week. Need to also be registered for curbside groceries. Arrive at most 15 minutes early. It is available Tuesday 9am-3pm, Wednesday 12-6 pm, Thursday 9am-12pm, and Friday 9am-3pm (Thursday and Friday are typically less busy).
- **Munch Mobile Meals:** Delivers free nutritious meals to neighborhoods when school cafeterias are closed. For questions and comments, contact munch@riverfoodpantry.org or call 608-661-1223. Can see schedule for where and when meals are provided at <https://www.riverfoodpantry.org/services/munch/>
- **ePantry:** Online food ordering system where families can order food once per month online. This order can be picked up Tuesdays-Thursdays or delivered. ePantry orders are placed from Friday at 5pm until Tuesday at 5pm or until capacity has been reached. If you order through ePantry, you cannot receive Curbside Groceries that week.
 - Eligibility:
 - Be registered as a The River client.
 - Meet income guidelines

Household size	1	2	3	4	5	6	7	8	Additional person add
Gross Income									
Yearly	\$30,120	\$40,880	\$51,640	\$62,400	\$73,160	\$83,920	\$94,680	\$105,440	\$10,760
Monthly	\$2,510	\$3,407	\$4,303	\$5,200	\$6,097	\$6,993	\$7,890	\$8,787	
Weekly	\$579	\$786	\$993	\$1,200	\$1,407	\$1,614	\$1,821	\$2,028	

- Steps:
 1. Sign up for ePantry at <https://theriver2.my.site.com/registrations/epantry/s/>
 2. Contact will be made within three days to inform you of your status.
 3. Order online at <https://theriver2.my.site.com/oorder/s/>



4. After submitting your order, you will receive confirmation within three days.
 - For questions regarding ePantry, email epantry@riverfoodpantry.org or call 608-665-0232.
 - **Pantry Express:** Limited grocery options are offered without registration Friday 9am-3pm. To see which days there are Pantry Express, visit <https://www.riverfoodpantry.org/pantry-express/> and scroll down to “Distribution Hours” to see days.

D. Second Harvest Foodbank of Southern Wisconsin

- **What is it:** Second Harvest Foodbank of Southern Wisconsin’s goal is to end hunger in Southern Wisconsin. They provide foodbanks and can help you apply for SNAP benefits
- **Services:**
 - **Mobile Food Pantry:**
 - Find the calendar at <https://www.secondharvestsw.org/mobile-food-pantry-calendar/>
 - To receive information if this calendar changes, text “FOODDANE” 866-989-3123 for Dane County location
 - To find a food bank near you, click here: <https://www.secondharvestsw.org/find-food-near-you/>.
 - For help applying for the Supplemental Nutrition Assistance Program (SNAP) or FoodShare with an Outreach Specialist: call the FoodScare helpline 1-877-366-3635
OR to fill out a form for an Outreach Specialist to contact you, visit: <https://www.secondharvestsw.org/foodshare-program/>.
- **Where to get started:**
 - Phone Number: 608-223-9121
 - Location: 2802 Dairy Drive, Madison

E. Catholic Multicultural Center (CMC)

- **What is it:** “The Catholic Multicultural Center (CMC) is a social service agency... designed to help our brothers and sisters in need through meeting basic needs and providing opportunities for educational and professional growth.”
- **Services:**
 - **Food Pantry:** Open Tuesdays at 1:30-3:30pm (essential hygiene items provided on Tuesdays) and Thursdays at 10:30am-12pm. Each individual/family can use the pantry once a week.

6. Food



- Eligibility: Reside in Dane County, have a form of identification, and have proof of address.
 - **Free Meals:** A free meal is provided Mondays through Fridays from 4-5pm. Doors open at 3pm. Meals can be taken to-go.
- **Where to get started:**
 - Website: <https://cmcmadison.org/>
 - Phone Number: 608-661-3512 (Beld St. Office)
 - Location: 1862 Beld St., Madison, WI

F. WayForward

- **What is it:** This organization “provides access to nutritious food for people throughout Dane County.”
- **Services:**
 - **Food Pantry:** Can be used as frequently as needed. Open Tuesdays 10am-2pm, Wednesdays 4-7pm, Thursdays 10am-2pm, Fridays 9am-12pm, and Saturdays 10am-12pm. They use a lottery system for the pantry line, so order of shopping is determined by the non chronological ordered tickets given to those in line, not determined by place in line. The line can start 15 minutes prior to opening.
 - **Eligibility:** Reside in Dane County. Bring an ID; this is used to register you at your first visit and check-in at subsequent visits.
 - If you have any questions about the food pantry, call 608-836-7338.
 - The food pantry will close if the Middleton-Cross Plains School District is closed. If the school district is not in session, the pantry will make a decision about whether to be open or not by 7 pm the night before or by 7 am the morning of. This information will be posted on <https://www.wayforwardresources.org/>.
- **Where to get started:**
 - Website: <https://www.wayforwardresources.org/>
 - Phone Number: 608-836-7338, operating hours, 9am-4:30pm
 - Location: 3502 Parmenter St., Middleton, WI

G. St. Vincent De Paul

- **What is it:** St. Vincent De Paul works to provide community members with resources.
- **Services:**
 - **Food Pantry:** Food, as well as personal-care items, pet food, and household cleaning products offered.

6. Food



- **Hours:** Open Mondays and Tuesday 10:30am-2:30pm, Thursdays 2:30-6pm, and Fridays 10:30am-2:30pm.
 - **Eligibility:** Must live in Dane County and show an ID to check-in. Can visit the food pantry once every two weeks.
- **Where to get started:**
 - See changes in schedule at <https://svdpmadison.org/program/food-pantry/>.
 - Location: 2033 Fish Hatchery Rd., Madison

H. Madison Neighborhood House Community Center

- **What is it:** The Madison Neighborhood House Community Center is a space for community members to gather for activities and receive support for their needs.
- **Services:**
 - **Pantry:** Open Tuesdays 4-7pm and Wednesdays and Thursdays 12-2pm and 4-7 pm. Forming lines is not allowed. No ID is required. Individuals can utilize the pantry once a week. If you are a first-time user, you do have to complete a short intake form.
 - Many more resources (including laundry, legal clinics, transportation, and more) are available on the website.
- **Where to get started:**
 - To see the full calendar of events, go to <https://neighborhoodhousemadison.org/calendar/>.
 - Location: 29 S. Mills St., Madison
 - Phone Number: 608-255-5337

I. Heights Unlimited

- **What is it:** “The mission of Heights Unlimited Community Resource Center (HU) is to support local folks in need by providing food, personal essentials, clothing, resources and programs.
 - Service area includes residents of following ZIP codes: 53503 (Arena), 53515 (Black Earth), 53517 (Blue Mounds), 53528 (Cross Plains), 53560 (Mazomanie)
- **Services:**
 - **Food pantry:** open Tuesdays 4-6pm. Personal essential items are also available at the pantry.
- **Where to get started:**
 - Website: <https://www.heightsunlimited.net/>
 - Location: 314 Anne St., Mazomanie



J. Community Action Coalition for Southern Wisconsin

- **What is it:** “Community Action Coalition for Southern Wisconsin is a nonprofit working to end poverty and help people live better lives.”
- **Services:** food pantry network, Double Dollars program for FoodShare shoppers to dollar-for-dollar match (up to \$20 a day) for fruits and vegetables at local farmers markets, and **food stockboxes for low-income older adults**. Learn more about these services here: <https://www.cacscw.org/services/nutrition-and-health/>
 - To receive services to go <https://www.cacscw.org/intake/>
 - To learn about events and other news go to <https://www.cacscw.org/news/> to subscribe to their newsletter and view events.

K. Sunshine Place

- **What is it:** Provides support for families with children in the Sun Prairie School District and for Sun Prairie community members.
- **Services:**
 - **Sun Prairie Food Pantry:** Free food items, personal care items, household care items, period products, and diapers available to anyone. Individuals can visit every 2 weeks. Open Mondays, Wednesdays, and Fridays 12-3pm, Tuesdays and Thursdays 5-7 pm, and Saturdays 9-11 am.
 - Location: 18 Rickel Rd., Sun Prairie
 - Phone Number: (608) 478-0510
 - **Sunshine Supper:** Community meal offered to anyone on Monday 5-6pm. Drive-through or walk-up.
 - Location: 1632 W. Main St., Sun Prairie
- **Where to get started:**
 - Website: <https://sunshineplace.org/services/food-services/>
 - Phone Number: 608-825-3875

L. Edgerton Community Outreach (ECO)

- **What is it:** Edgerton Community Outreach provides services to those who have children in the Edgerton School District and housing programs for anyone who is literally homeless (regardless of what county they reside in). “We strive to improve the quality of life for the people we serve by breaking down barriers that decrease a person’s ability to achieve greater self-sufficiency.”
 - Literally homeless: Individuals or families who lack a fixed, regular, and adequate nighttime residence. This includes: having a primary residence that is a private or public space that is not meant for human habitation, living in a publicly or privately operated shelter designated to provide



temporary living arrangements (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state, or local programs), or is existing in an institution where they have resided for 90 days or less and who resided in an emergency shelter or place not meant for human habitation immediately before entering that institution.

- **Services:**

- **Food Pantry:** Open Monday, Tuesday, Thursday, and Friday from 10am-2pm and Wednesday 1-5:30pm.
 - **Eligibility:** The pantry is only available to those who live in Edgerton and those in the Edgerton School District.
 - Delivery from the food pantry is available on Tuesday and Thursday if you call before 12 pm the day of delivery.
 - Contact ECO via phone call, finding staff contacts on the website, or in-person at the office (find below) to get started with services.
- **Weekend Grub Club:** This program provides students in the Edgerton School District with food (beverage, breakfast, entrée, fruit, and a snack) to take home with them for the weekend.
 - Register a child attending Edgerton school district: https://docs.google.com/forms/d/e/1FAIpQLSdNo_PdYgiv6MGM5LJ96HLiH2JbdT5qRCMNOFpQtqgzub0fWA/viewform
- **Lunch in the Park (Summer Lunch Program):** For kids in the Edgerton area, a free meal is given during the summer months.
- **Stockbox Program:** This program is for people age 60 or older who are low-income. People in this program receive a free box of food.
 - Contact ECO via phone call, finding staff contacts on the website, or in-person at the office (find below) to get started with services.
- A **community meal** is offered on Thanksgiving Day and Christmas Eve Day.
 - Contact ECO to get started with services.

- **Where to get started:**

- Website: <https://edgertonoutreach.org/>
- Phone Number: 608-884-9593
- Location: 106 S. Main St. Edgerton, WI
- Hours: Monday, Thursday, and Friday 10am-5pm, Tuesday and Wednesday 10am-6pm, Saturday 10am-3pm, and Sunday 12-4pm



M. Rooted

- **What is it:** “Rooted builds community-led food systems through food access, land access and urban agriculture education.”
- **Services:**
 - **Troy Farm:** An organic production farm on Madison’s northside
 - **Worker Share:** volunteers help work on the farm for a couple hours/week and receive free weekly produce shares in return. Learn more about the different worker share positions: <https://rootedwi.org/farms/worker-share-volunteers/>
 - **Troy Farm Collaborative:** Troy Farm land is shared to provide BIPOC and emerging farmers access to growing space, infrastructure, tools, training, and support from Rooted staff
 - **Community Garden:** Garden plots are rented annually on a sliding scale based on income. For more info email troy53704@gmail.com, call 608-313-5188, or sign up for waiting list online at <https://rootedwi.wufoo.com/forms/z1n70u111scaw5v/>
 - **Badger Rock Neighborhood Center:** Hosts community events, workshops, a free monthly dinner and seasonal market, youth programs, and provides a space for the community to gather for meetings or programs on Madison’s south side.
 - **Community Garden:** Local residents can apply to grow their own food at Badger Rock Community Gardens each year. For application information visit <https://rootedwi.org/community-gardens/badger-rock-community-gardens/>
- **Where to get started:**
 - Website: <https://rootedwi.org/>
 - Phone Number: 608-240-0409
 - Locations:
 - Business office and Badger Rock Neighborhood Center: 517 East Badger Road, Madison, WI
 - Troy Farm, community and kids gardens: 502 Troy Drive, Madison, WI
 - Madison School Farm: 5107 Sudbury Way, Madison, WI

N. FairShare CSA Coalition

- **What is it:** FairShare is an organization based in Madison whose mission is “to build resilient food communities by investing in farmers and empowering eaters.”
- **Services:**
 - **Partner Shares:** This program provides fresh vegetables at an affordable price that you pick up from a farmer near you.



- **Eligibility:** Monthly household income is at or below 200% of the Federal Poverty Guidelines (see Appendix A), eligible for SNAP or WIC OR your child receives free or reduced lunch, and agree to membership responsibilities (picking up food each week).
- **Steps to apply:**
 1. Apply at <https://www.csacoalition.org/partner-shares> (click the yellow “APPLY” button) or fill out the form https://www.csacoalition.org/files/ugd/2b40df_381d35950dd14e2cb3c53ccc26a8b7c5.pdf and mail it in.
 - If you apply online, email the confirmation of your sign up to partnershares@csacoalition.org.
 2. Find a farm that you want to receive vegetables from at <https://www.csacoalition.org/farm-search>. Navigate by pick-up location, pick-up day, how many vegetables you would receive, etc.
 3. When you have chosen a farm, click on the name of that farm to go to their page. Sign up online or mail in a form (directions to sign up are listed on the farm’s page).
 - Forward a copy of your sign up form to info@csacoalition.org.
 - Do not pay when you sign up; choose “pay by check” and indicate that you are receiving Partner Shares.
 4. FairShare will assist you in setting up a payment plan.
- See sign up directions in Spanish: <https://www.csacoalition.org/partner-shares-espa%C3%B1ol>
- **Where to get started:**
 - Website: <https://www.csacoalition.org/>
 - Phone Number: 608-226-0300
 - Email: info@csacoalition.org
 - Location: 211 S. Paterson St., Suite 280, Madison, WI



7. Affordable Clothing & Free Laundry

A. St. Vincent De Paul

- **What is it:** St. Vincent De Paul works to provide community members with resources.
- **Services:**
 - **Affordable Clothing Vouchers:** Adults receive a \$50 voucher, and children receive a \$30 voucher upon request. Residents of Dane County can only request these vouchers once every six months.
- **Where to get started:** Call St. Vincent at 608-278-2920 and apply for a voucher, which will be mailed or picked up at 2033 Fish Hatchery Road, Madison. This voucher can be used at any St. Vincent store in Dane County.
 - Website: <https://svdpmadison.org/program/clothing/>
 - Location: 2033 Fish Hatchery Rd., Madison

B. WayForward

- **What is it:** This organization “provides access to nutritious food for people throughout Dane County.”
- **Services:**
 - **Free clothing centers** (children and adult sizes) open on Tuesdays 10am-2pm, Wednesdays 4-7pm, Thursdays 10am-2pm, and Fridays 9am-12pm.
 - **Eligibility:** Reside in Dane County. Bring an ID; this is used to register you at your first visit and check-in at subsequent visits.
- **Where to get started:**
 - Website: <https://www.wayforwardresources.org/>
 - Phone Number: 608-836-7338
 - Hours: 9am-4:30pm
 - Email: hello@wayforwardresources.org
 - Location: 3502 Parmenter St., Middleton, WI

C. St. Paul’s Lutheran Church

- **Services:** Offers free clothing on Thursdays and Fridays 10am-2pm, and Saturdays 10am-12pm.
- **Where to get started:**
 - Calendar: <https://www.stpaulmadison.org/church-calendar>

7. Affordable Clothing & Free Laundry



- Website: <https://www.stpaulmadison.org/community>
- Location: 2126 N Sherman Ave, Madison

D. Neighbors Helping Neighbors

- **What is it:** “Providing food, clothing, personal items and relief services for those in need in the Mt. Horeb Area.”
- **Services:**
 - **Clothing Closet:** Offers free clothes; open Thursdays 6-7:30pm and Saturdays 10-11:30am. When registering for the first time for this service, they will need to see an ID and a document with your name and current address on it, such as a recent bill. If you are unable to provide ID/current address, please speak with their registration volunteers. You need to arrive 30 minutes prior to closing for the first time shopping.
- **Where to get started:**
 - Website: <https://www.mthorebneighbors.org/clothing-closet>
 - Location: 102 E. Lincoln St., Mount Horeb

E. East Madison Community Center

- **What is it:** The East Madison Community Center provides a space “for families in the Truax neighborhood to gather, learn and support one another. We are devoted to helping residents achieve their goals, gain skills and strengthen the community through education, employment, fitness, and socialization.”
- **Services:** Offers free clothes for men Monday-Friday from 9am-5pm. “EMCC provides men’s professional clothing for men who want to make a positive first impression when looking for employment. Individuals can select from suits, sport coats, dress shirts, belts, ties and occasionally dress shoes.”
- **Where to get started:**
 - Website: <https://eastmadisoncc.org/>
 - Location: 8 Straubel Court, Madison, WI
 - Phone Number: (608) 249-0861

F. The Stoughton Clothing Center

- **What is it:** This is a volunteer-run organization that supports the community through providing clothing for all people (including infants and children).
- **Where to get started:**
 - Check the calendar
(https://docs.google.com/document/d/17iRtvYhXRyPXcb2bdVtCo0yFHn1Y_beJ1-HP-My_bNw/edit?tab=t.0) before coming!

7. Affordable Clothing & Free Laundry



- The Clothing Closet is also available by appointment. To make an appointment, email contact@stoughtonclothingcenter.com or fill out the form at <https://clothing-center.squarespace.com/contact>
- Website: <https://www.stoughtonclothingcenter.com/>
- Location: 1525 N. Van Buren St., Stoughton, WI

G. Heights Unlimited

- **What is it:** “The mission of Heights Unlimited Community Resource Center is to support local folks in need by providing food, personal essentials, clothing, resources and programs.”
- **Services:** Offers a clothing closet with adult and children’s sizes for all seasons.
- **Eligibility:** Serves the following zip codes: 53503 (Arena), 53515 (Black Earth), 53517 (Blue Mounds), 53528 (Cross Plains), 53560 (Mazomanie)
- **Where to get started:** To receive clothing, email francine@newheightslc.org.
 - Website: <https://www.heightsunlimited.net/>

H. Sunshine Place

- **What is it:** Provides support for families with children in the Sun Prairie School District and for Sun Prairie community members.
- **Services:** To view the outreach programs available for free clothing, bedding, school supplies, and holiday gifts go to <https://sunshineplace.org/services/child-outreach/>.
- **Where to get started:**
 - Website: <https://sunshineplace.org/>
 - Phone Number: 608-825-3875
 - Email: info@sunshineplace.org
 - Location: 18 Rickel Rd., Sun Prairie, WI
 - Lobby Resource Center Hours: Monday through Friday from 9am-3pm

I. Edgerton Community Outreach (ECO)

- **What is it:** “Edgerton Community Outreach, Inc. provides programs and services that help those in need.”
- **Services:**
 - **Edgerton Community Outreach Thrift Store** is located at the office location below.
- **Where to get started:**
 - Website: <https://edgertonoutreach.org/>.
 - Phone Number: 608-884-9593

7. Affordable Clothing & Free Laundry



- Location: 106 S. Main St., Edgerton
- Hours: Monday, Thursday, and Friday 10am-5pm, Tuesday and Wednesday 10am-6pm, Saturday 10am-3pm, and Sunday 12-4pm

J. Laundry Love

- **What is it:** Free clothes and bedding washing for low-income persons and families.
- **Where to get started:** Visit the locations below during service hours
 - Laundry Love Website: <https://laundrylove.org/find-a-location/>
 - **Mound Street Laundromat**
 - Phone number: 608-255-5337
 - Email: info@neighborhoodhousemadison.com
 - Location: 1306 Mound St., Madison
 - Hours: 1st Thursday of each month from 6-8pm and 3rd Tuesday of each month from 9-11am
 - **Little Big Load**
 - Phone number: 608-515-8855
 - Email: ssmith@chapelvalley.org
 - Location: 2815 Todd Dr., Madison
 - Hours: 2nd Wednesday of each month from 6:30-8pm

K. Dana Lou's Laundry

- **What is it:** This laundromat offers free laundry services the 1st and 3rd Wednesday of each month at 6pm. Hosted by Friends of State Street.
- **Where to get started:**
 - Phone Number: 608-535-9394
 - Location: 2583 E. Washington Ave., Madison

L. East Coin Laundry

- **What is it:** This laundromat offers free laundry services the 2nd and 4th Wednesday of each month at 6pm. Hosted by Friends of State Street.
- **Where to get started:**
 - Phone Number: 608-535-9394
 - Location: 4921 Commercial Ave., Madison, WI



8. Mental Health



How to find mental health treatment:

Below are websites designed to help you find available treatments in your area.

- **Mental Health & Substance Use:**
 - Go to <https://findtreatment.gov/> and scroll down to “Find a Treatment Facility.” Type in your address, city, zip code, or facility name, and press “Search.” After pressing “Search,” scroll down to the left-hand side of your computer to find “Facility Types,” where you can filter your search for more specialized care.
- **Addiction Treatment:**
 - Go to <https://herrenproject.org/individual-recovery-navigation/#> and scroll to “How Can We Help?” to click “Find Help.” Fill out the form and someone will contact you in 24-48 hours.
- **Mental Health & Substance Use:**
 - Go to <https://www.samhsa.gov/find-support/health-care-or-support/professional-or-program> and select your type of health insurance. Then, scroll and click “Find out what’s available.”
- **Buprenorphine (opioid dependency treatment) Treatment:**
 - Go to https://www.samhsa.gov/medication-assisted-treatment/find-treatment/treatment-practitioner-locator?field_bup_state_value=58, find your location, and determine if there is a provider that administers buprenorphine treatment near you.
- **Opioid Treatment:**
 - Go to <https://dpt2.samhsa.gov/treatment/>, find your location, and determine if there are opioid treatment programs near you.

A. Comprehensive Community Services (CCS)

- **What is it:** A voluntary, community-based program is funded by the State of Wisconsin and operated by Dane County Department of Human Services. The CCS program offers a wide array of psychosocial rehabilitation services to help clients with mental health and/or substance use conditions achieve their highest level of independent functioning, stability, and independence.
- **Services:**
 - Screening and Assessment
 - Service Planning

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- Service Facilitation
- Diagnostic Evaluations
- Medication Monitoring
- Physical Health Monitoring
- Peer Support
- Individual Skill Development and Enhancement
- Employment-Related Skill Training
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment
- **Eligibility:**
 - Dane County resident
 - Have a mental health or substance use diagnosis that limits one or more major life activities
 - Must be using Medicaid or Badger Care.
 - Must show a need for psychosocial rehabilitation services
 - Physicians must use the following document to prescribe services:
<https://www.danecountyhumanservices.org/documents/pdf/CCS/physician-prescription.pdf>.
- **Where to get started:** Call to apply for services
 - Dane County Website:
<https://www.danecountyhumanservices.org/Behavioral-Health/Comprehensive-Community-Services>
 - Statewide Website: <https://www.dhs.wisconsin.gov/ccs/index.htm>
 - Phone number: 608-242-6415
 - Location: 1202 Northport Dr. (3rd floor), Madison
 - Hours: Monday-Friday 7:45am-4:30pm

B. Journey Mental Health Center

- **What is it:** Individual and/or group assessments, counseling, referrals in the hands of a trained therapist to help with either substance use or mental health.
- **Where to get started:** Call to get started with services
 - Website: <https://www.journeymhc.org/>
 - Phone Number: 608-280-2700
 - Location: 25 Kessel Court, Suite 105, Madison, WI
 - Hours: Monday-Friday 8am-4:30pm



C. Psychology Research and Training Clinic (PRTC)

- **What is it:** PRTC is a UW clinical and counseling student training clinic that offers outpatient treatment for a wide range of mental health struggles and psychological testing.
- **Eligibility:** They have a sliding scale fee determined by income (cost per session as low as \$10). They are a fee-for-service clinic and do not accept private insurance, Medicaid, or Medicare. However, their initial therapy intake fee is low (\$30.00) and each client's session fees are determined using a sliding scale based on post-tax income and family size. The standard therapy session fee is \$60.00 and may be adjusted to as low as \$10.00 per session. This brings the cost of therapy within the reach of many people who otherwise might forgo services.
- **Where to get started:** Call them to complete a phone screening and to learn more about their services.
 - Website:
<https://psych.wisc.edu/graduate-program/clinical-psychology-program/research-and-training-clinic/>
 - Phone Number: 608-262-5925
 - Location: 1202 W. Johnson St. (Room 351 in the Brogden Psychology Building), Madison, WI
 - Hours: Monday-Thursday from 9am-5pm

D. SOAR “Case Management” Services

- **What is it:** Offers a wide range of services for those struggling with their mental health.
- **Services:**
 - **Solstice House Peer-Run Respite:** Peer-run home to provide short-term support for those who are experiencing difficulties. Individuals can stay at the Solistic House for up to five nights.
 - To refer yourself, call the Solstice House at 608-244-5077 to leave a message and receive a call back.
 - **Support groups:**
 - **Hearing Voices** on Thursdays from 2-3pm
 - To learn more about the Hearing Voices Network (HVP), go to <https://www.hearingvoicesusa.org/>.
 - **Writing Your Way** on Fridays from 3:30-5pm.
 - These meetings are held virtually on Zoom with a peer-led group, or in person individually. If interested, email wellness-studio@soarcms.org.

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- **Outpatient clinic** for mental health services: Call 608-287-0839 or email soaroffice@soarcms.org.
 - Office Location: 4513 Milwaukee St., Madison
- **Where to get started:** Follow steps above for accessing specific services
 - Website: <https://soarcms.org/>

F. Counseling Psychology Training Clinic (CPTC)

- **What is it:** A UW counseling student training clinic with sliding scale fees determined by income to increase affordability.
- **Services:** Clinic staff can answer questions and provide more detailed information about our services.
- **Where to get started:** To learn more about services, availability, and appointment scheduling, please email cptc@education.wisc.edu
 - Website: <https://counselingpsych.education.wisc.edu/clinic-and-outreach/cptc/>
 - Location: 1025 W. Johnson St. (Room 312 in the Educational Sciences Building), Madison
 - Hours: Tuesdays and Wednesdays 9am-1pm and Thursdays 12-4pm

G. Tellurian Behavioral Health

- **What is it:** “We firmly believe every person with a behavioral health concern or addiction has the capacity for recovery. Through a tailored combination of psychological and medical care, our certified, compassionate team meets patients where they are on their journey to more positive outcomes.”
- **Services:** Anger management, depression and mood disorders, grief, mental health crises, substance use, anxiety disorders and OCD, eating disorders, housing support, shame, trauma, and PTSD.
 - **Crisis Services:** Tellurian Crisis Care Center (TC3)
 - **Mental Health Services:** Tellurian Crisis Care Center (TC3), Outpatient Clinic (OP), **Peer Advocates in Recovery(PAIR), Day Treatment, and Adult Residential Program(ARP)**
 - **Substance Use Services:** Peer Advocates in Recovery (PAIR), Outpatient Clinic (OP), Day Treatment
 - **Housing/Sober Living:** Enso Residences, Adult Residential Program (ARP), Transitional Housing Program (THP), Chandra’s House of Hope, Jeremy’s Place, Permanent Supportive Housing (PSH), Single Room Occupancy Program (SRO)

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- **Eligibility:** Most local and national insurance plans are accepted such as; Optum, Multiplan, GHC, The Alliance, Molina Healthcare, Anthem Blue Cross Blue Shield, Quartz, Inlusa, iCare, WPS Health Plan, MercyCare Health Plans, and Dean Health Plans. Medicare/Medicaid is accepted by some units, but not all residential programs. It is suggested to contact the number listed below for questions regarding insurance and payment,
- **Where to get started:**
 - Website: <https://www.tellurian.org/>
 - Phone Number: 608-222-7311

H. Wings

- **What is it:** “Wings is a Coordinated Specialty Care (CSC) program that provides support to youth and young people experiencing first-episode psychosis.” This program is free for participants thanks to state funding.
- **Services:** Wings provides care coordination, peer support, employment and education support, therapy, skills coaching, individual and/or family psychoeducation, and prescriber/medication management.
- **Where to get started:** Fill out the referral form at <https://wingscsc.org/referral-form/>
 - Website: <https://wingscsc.org/>
 - Phone Number: 608-256-3102
 - Email: info@wingscsc.org

I. Anesis Therapy Center

- **What is it:** Anesis Therapy Center is committed to “helping people navigate the mental health and wellness aspects of their life in a way that honors culture, family, community, and faith.”
- **Services:**
 - **Outpatient Services:** Offers one-on-one, couples, and family therapy, as well as, mental health groups for all. Anesis specializes in depression, anxiety, trauma, substance use, and cultural interventions.
 - Fill out this form <https://docs.google.com/forms/d/e/1FAIpQLSd5Kp-3IAIf1WgNeKAJ2mMoBzWUW1klODNBPXc8h0fEKmvUfw/viewform> if you’re interested in Anesis’s Mental Health Groups (i.e., Black Mom’s Group, Teens, Men’s Group, or AODA).
 - **Drop-In Clinics:** Drop-in clinics provide free mental health care in 30 minute sessions with a mental health counselor, substance use counselor, and crisis stabilization care/service coordinator. These clinics are open to

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anyone living in Dane County. After you attend 4-6 drop-in clinic sessions, Anesis staff will support you if you need referral for additional services.

- Thursdays from 10am-2pm at 2019 Fisher St., Madison (Mt. Zion Baptist Church)
- Wednesdays from 2:30-6:30 pm at 815 Forward Dr., Madison (bilingual services available)
- **Eligibility:** Provides affordable services by accepting many insurances and having a sliding fee scale.
- **Where to get started:** If interested in becoming a client, fill out the New Client Form at https://docs.google.com/forms/d/e/1FAIpQLSfoL40z-aCTGSePi_T8y16ZdGIW3PZqNIWr86xSYzDRI5c7Fg/viewform (available in Spanish as well).
 - Website: <https://anesistherapycenter.com/>
 - Phone Number: 608-268-6530
 - Email: info@anesistherapy.com
 - Locations: 815 Forward Dr., Madison (Main Clinic)

J. UW Health Psychology Clinic

- **What is it:** Provides mental health services.
- **Where to get started:** Call to schedule intake and they will match you from there. There is typically around a six month wait for therapy.
 - Website: <https://www.uwhealth.org/locations/university-hospital-170/health-psychology-clinic-15>
 - Phone Number: 608-233-3575

K. Yahara House

- **What is it:** “YH offers a place for adults with mental illness to belong in a stigma-free environment.” This is an evidenced-based community mental health program where participants can go up to 40 hours a week, including on weekends, evenings, and holidays.
- **Services:** Community members at Yahara House work toward achieving educational and occupational goals, connecting with resources, finding community, and developing coping strategies and self-esteem.
- **Eligibility:** Be age 18 or older and have a history of mental illness.



- **Where to get started:** Interested individuals call or email to schedule a tour (support individuals are welcome to join the tour with you). After your tour you will fill out an application and attend an orientation before becoming a member.
 - Website: <https://www.yaharahouse.org/>
 - Phone Number: 608-280-4700
 - Email: friendsofyaharahouse@gmail.com
 - Location: 802 E. Gorham St., Madison

L. Paquette Center For Psychological Services

- **What is it:** Paquette Center has licensed mental health professionals who are “dedicated to providing compassionate and effective care.” They support many different challenges including depression, anxiety, trauma, life changes, anger management, grief and loss, relationship difficulties, and many more.
- **Services:** Individual and group psychotherapy, couples and family counseling, addiction services, psychological testing services, anger management group, coping skills group, anti-violence group, chronic pain group therapy
 - Individual therapy is offered in-person and virtually. Group therapy is currently only offered virtually.
- **Eligibility:** Most major insurance plans, Medical Assistance, and Medicare are accepted. Fees depend on what services are used and for how long. A referral from a Paquette Center therapist or an external provider is needed to participate in group therapy.
- **Where to get started:** Fill out the new client form below or call/email
 - New client form: <https://pauquettecenter.ritten.io/#/lead-application>
 - Website: <https://pauquette.com/>
 - Phone Number: 608-405-5712
 - Email: info@pauquette.com
 - Location: 2702 International Lane, Suite 102 Madison, WI
 - 7 other locations in southern Wisconsin areas

M. SMART Recovery

- **What is it:** “A fresh approach to addiction recovery. SMART stands for Self-Management and Recovery Training. It is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change.”
- **Services:**
 - **Handbooks, toolkits, blogs, etc.:** Visit <https://smartrecovery.org/what-is-smart-recovery> and click on the



“Explore Resources” tab to discover toolkits, handbooks, their app, blogs, podcasts, and videos to support your recovery journey.

- **Support meetings:** For upcoming support meetings in Wisconsin, visit <https://meetings.smartrecovery.org/meetings/?coordinates=50&location=wisconsin>.
- **Where to get started:** Visit website at <https://smartrecovery.org/>

N. Asian Mental Health Collective (AMHC)

- **What is it:** “AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.” AMHC provides individuals with mental health support and connection.
- **Services:**
 - **Asian American Therapist Directory:** <https://www.asianmhc.org/therapists-us/>. This directory of therapists are all Asian American mental health providers. The directory allows for you to explore therapists based on your needs.
 - **Lotus Therapy Fund (LTF):** This fund provides individuals with eight free therapy sessions with an Asian therapist who is taking new clients, by paying the provider directly.
 - Due to the high number of applicants, not everyone who applies will be accepted. Your current access to mental healthcare, financial need, access to insurance, severity of symptoms, availability of providers, and ability to start therapy now are taken into consideration. If you are not accepted, you can reapply.
 - See if the application is open at <https://www.asianmhc.org/lotus-therapy-fund/>.
 - **Asian Organizers Therapy Fund:** This fund covers the cost of eight therapy sessions with an Asian therapist over the span of three months for those who are organizers for social change (i.e., grassroots, community, or labor organizer, or cultural worker, advocate, or activist).
 - See if the application is open at <https://www.asianmhc.org/asian-organizer-therapy-fund/>.
 - **Support Groups:** AMHC offers support groups for Asian-identifying individuals. See current groups and links to sign up at <https://www.asianmhc.org/community-support-groups/>
 - **Facebook Support Group:** <https://www.facebook.com/groups/subtleasianmentalhealth/?link=group>
- **Where to get started:**

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- Website: <https://www.asianmhc.org/>.
- Email: therapy@asianmhc.org
- Contact Form: <https://www.asianmhc.org/contact/>

O. Black Mental Health Alliance (BMHA)

- **What is it:** “BMHA educates the community about healing practices and culturally-relevant approaches to contemporary challenges.” BMHA connects Black communities with services that support their health and wellbeing.
- **Services:**
 - **Confidential referrals** to mental health providers. To get a referral, fill out the form at https://docs.google.com/forms/d/e/1FAIpQLSfei-0WUN-rtpM3fNEI_9clGqgiLjDCIWgVwe0hyb2wuZvtVQ/viewform and someone from BMHA will contact you within 24 hours.
 - BMHA is building a directory of Black psychiatrists on their website
- **Where to get started:** Fill out the form above to get a referral for services
 - Website: <https://blackmentalhealth.com/>
 - Contact Form: <https://blackmentalhealth.com/contact-us/>

P. Community Action Coalition for Southern Wisconsin

- **What is it:** “Community Action Coalition for Southern Wisconsin is a nonprofit working to end poverty and help people live better lives.”
- **Services:** Housing support programs, mental health and trauma recovery, and food security.
- **Where to get started:** To learn more or to receive services to go <https://www.cacscw.org/services/> and scroll down to the “apply for services” orange button.
 - Phone Number: 608-237-1255
 - Email: cac@cacscw.org

Q. Mental Health of America

- **What is it:** “Mental Health America of Wisconsin (MHA) is an affiliate of the nation’s leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives”
- **Services:**
 - Receive information about finding insurance, support groups, mental health care, etc. by calling the number below or emailing



- **Free online mental health and substance use screenings:**
<https://screening.mhanational.org/screening-tools/?ref=MHAWI>.
- **Where to get started:**
 - Website: <https://www.mhawisconsin.org/home>
 - Phone number: 414-276-3122
 - Email: info@mhawisconsin.org
 - Hours: Monday-Thursday 8:30am-4pm

R. Jessie Crawford Recovery Center

- **What is it:** “At Jessie Crawford Recovery Center, we are dedicated to offering compassionate and effective recovery services tailored to individual needs.”
- **Services:** Day treatment, intensive outpatient, outpatient, individual therapy, substance use disorder assessments, family therapy, referral services, and more.
- **Where to get started:** Call to get started with services
 - Phone Number: 608-241-4285
 - Location: 2801 International Ln, Madison, WI 53704
 - Website: <https://www.jcrecovery.org/>

S. Door Creek Church

- **What is it:** Door Creek Church offers faith-informed care and support for those going through major life changes, grieving the death of a loved one, going through a divorce, etc.
- **Where to get started:** To request care, go to <https://doorcreekchurch.org/careandsupport/#tabs-2> and scroll down to the button that says “Need Care?” and click “Request Help,” then “Needs Request.” You can also call
- Phone number: 608-222-8586
- Location: 6602 Dominion Dr., Madison

T. More Smiles Wisconsin – Behavioral Health Services

- **What is it:** More Smiles Wisconsin is a nonprofit clinic in Madison that provides affordable dental and mental health care to underserved populations. Their Behavioral Health services are a newer addition (added in 2024) and focus on helping individuals improve mental well-being alongside physical health, especially for those who face barriers due to income or lack of insurance.
- **Services:** Individual mental health therapy, support for emotional and behavioral concerns, coping strategies for stress/anxiety/depression, general behavioral health support to improve daily functioning



- **Eligibility:** Primarily serves low-income, uninsured, or underinsured individuals; designed for people who may have difficulty accessing care due to financial or insurance barriers; services are offered through a nonprofit model with affordability in mind
- **Where to get started:** Call the clinic directly to ask about behavioral health services and schedule an appointment (appointments are not scheduled via email)
 - Website: <https://www.moresmileswi.org/behavioral-health>
 - Phone number: 608-665-2752
 - Email: contact@moresmileswi.org
 - Location: 1320 Mendota St, Suite 107, Madison, WI, 53714

U. Additional Affordable Mental Health Care:

Note: “Affordable” refers to accepting Medicaid or having a sliding scale fee.

- **Access Community Health Centers**
 - Website: <https://accesscommunityhealthcenters.org/>
 - Phone Number: 608-443-5500
 - Location: 2901 W. Beltline Highway, Madison
- **Arc Community Services (Alcohol and Drug Services)**
 - Website: <https://arccommserve.com/>
 - Phone Number: 608-278-2300
 - 2001 W. Beltline Hwy., Madison
- **Achieving Collaborative Treatment (Autism Services)**
 - Website: <https://act-autism.com/>
 - Phone Number: 608-497-3230
 - Location: 200 Enterprise Dr., Verona
- **Catholic Charities**
 - Website: <https://catholiccharitiesofmadison.org/>
 - Phone Number: 608-826-8000
 - Location: 1810 S. Park St., Madison
 - * Sliding scale fee
- **Harmónia Madison Center for Psychotherapy**
 - Website: <https://harmonia-madison.com/>
 - Phone Number: 608-255-8838
 - Location: 406 N. Pinckney St., Madison
 - * Sliding scale fee
- **Family Services Madison**
 - Website: <https://fsmad.org/>
 - Phone Number: 608-252-1320

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- Location: 128 E. Olin Ave., Madison
- **Prevention-Intervention Center for Alcohol and Drug Abuse (PICADA) at Family Services Madison (Alcohol and Drug Services)**
 - Website: <https://fsmad.org/>
 - Phone Number: 608-252-1320
 - Location: 128 E. Olin Ave., Madison
 - * Offers free screenings and referrals
- **Lake City Counseling**
 - Website: <https://www.lakecitycounseling.com/>
 - Phone Number: 608-661-2829
 - Location: 1532 W Broadway, Suite 202., Monona, WI
- **Lutheran Social Services**
 - Website: <https://www.lsswis.org/>
 - Phone Number: 608-277-0610
 - Location: 1904 Winnebago St. (2nd floor), Madison
 - * Sliding scale fee
- **Marriage & Family Solutions**
 - Website: <https://marriagesolutionsmadison.com/>
 - Phone Number: 608-203-6267
 - Location: 7818 Big Sky Drive, Madison
- **Open Door Center for Change, LLC**
 - Website: <https://opendoorcfc.com/>
 - Phone Number: 608-827-7220
 - Location: 6502 Grand Teton Plaza, Madison
- **Rogers Memorial Hospital (Intensive Outpatient and Partial Hospitalization)**
 - Website: <https://rogersbh.org/>
 - Phone Number: 608-238-4411
 - Location: 406 Science Dr., Madison
- **The Family Center**
 - Website: <https://www.edgewood.edu/community/family-center-edgewood-college/>
 - Phone Number: 608-663-6154
 - Location: Edgewood College- 8025 Excelsior Dr., Madison
- **Tellurian- Femrite Campus (Alcohol and Drug Services)**
 - Website: <https://www.tellurian.org/locations/femrite-campus>
 - Phone Number: 608-222-7311
 - Location: 300 Femrite Drive, Madison
 - * Sliding scale fee
- **Tellurian Day Treatment (Alcohol and Drug Services)**
 - Website: <https://www.tellurian.org/locations/day-treatment>

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- Phone Number: 608-204-8447
- Location: 5900 Monona Dr, Ste 200, Monona
- **Psychology Center**
 - Website: <https://www.tpcmadison.com/>
 - Phone Number: 608-833-9290
 - Location: 7617 Mineral Point Rd., Madison
- **Integral Psychology Center**
 - Website: <https://integralpsychology.com/>
 - Phone Number: 608-255-9330
 - Location: 1619 Monroe St., Madison
- **Wisconsin Psychiatric and Clinics (WisPIC)**
 - Website:
<https://www.uwhealth.org/locations/psychiatric-institute-and-clinic-131/behavioral-health-clinic-107>
 - Phone Number: 608-232-3171
 - Location: 6001 Research Park Blvd., Madison
 - * Sliding scale fee
- **Mental Health Solutions**
 - Website: <https://www.mhsolutions.com/>
 - Phone Number: 608-829-1800
 - Location: 7633 Ganser Way, Suite 204, Madison
- **Connections Counseling**
 - Website: <https://www.rosecrance.org/locations/connections-counseling/>
 - Phone Number: 608-593-5133
 - Location: 5005 University Ave., Madison
- **UW Health**
 - To find a location nearest to you, go to
<https://www.uwhealth.org/services/mental-behavioral-health-services#4MOwRy1RyG3SPV3gdNMcBq>.
- **UW Hospital and Clinic's Adolescent Alcohol/Drug Assessment Intervention Program (UWHC AADAIP) (Alcohol and Drug Services)**
 - Websites:
<https://www.uwhealth.org/locations/behavioral-health-youth-and-family-240>, <https://www.uwhealth.org/treatments/addiction-services>
 - Phone Number: 608-262-1111
 - Location: 122 E. Olin Ave. (Suite 275), Madison
- **Samaritan Counseling Center of Southern Wisconsin**
 - Website: <https://samaritancounselingcenterwi.org/>
 - Phone Number: 608-663-0763
 - Location: 5900 Monona Dr., Monona

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- **OceanHawk Counseling Alternatives**
 - Website: <https://www.oceanhawk.net/>
 - Phone Number: 608-873-7838
 - Location: 3185 Deer Point Dr., Suite A, Stoughton
- **Rainbow Project (Family Services)**
 - Website: <https://www.therainbowproject.net/>
 - Phone Number: 608-255-7356
 - Location: 831 E. Washington Ave., Madison
- **Crossroads Counseling Center**
 - Website: <https://crossroads73.com/>
 - Phone Number: 608-837-9112
 - Location: 722 and 821 Lois Dr., Sun Prairie
- **Ellie Mental Health**
 - Website: <https://elliementalhealth.com/>
 - Phone Number: 608-406-2022(Madison Location), 608-927-4779(Middleton Location)
 - Location: 700 Regent St, Madison, OR 1350 Deming Way, suite 240, Middleton

V. Additional Support Groups

- Adult Children of Alcoholics & Dysfunctional Families meetings: <https://adultchildren.org/meeting-search/>
- Online support groups for those struggling with substance use, anxiety, depression, issues in their marriage or family, and OCD, as well as groups specifically for those who are LGBTQ+, teenagers, etc.: <https://support.therapytribe.com/>
- Online peer support groups for PTSD, Major Depressive Disorder (MDD), and anxiety and depression (anxiety and depression group offered in Spanish as well): <https://adaa.org/find-help/support>
- Online peer support groups, one-on-one coaching, and private chatrooms for those seeking support in their mental health and/or substance use struggles: <https://www.heypeers.com/>
- Resources and support for youth of color: <https://stevefund.org/>

W. To find medical, mental health, dental, adult long-term, or other care who accepts Medicaid/Badgercare, go to
<https://www.forwardhealth.wi.gov/WIPortal/Subsystem/Public/DirectorySearch.aspx/>,
enter your zip code, and search.



8. Mental Health

- X. To find free or low-cost health clinics, see**
<https://www.dhs.wisconsin.gov/forwardhealth/clinics.htm>.



9. Substance Use



A. Safe Communities

- **What is it:** This organization rests on harm reduction principles to protect individuals and communities from falls, overdoses, suicides, and accidents.
- **Services:**
 - Free Narcan and Fentanyl test strips at the following locations:
 - **LifePoint Syringe and Narcan Access by Vivent Health**
 - Location: 600 Williamson St., Madison
 - Hours: Monday-Friday 8:30am-4:30pm
 - **Community Pharmacy**
 - Location: 130 S Fair Oaks, Madison
 - Hours: Monday-Friday 10am-6pm, Saturday 10am-5pm
 - Call the Safe Communities Helpline at 608-228-1278 for pickup
 - **Overdose Aid Kits (OAK) Boxes:** Provides free supplies to prevent overdoses.
 - To find a location that has OAK boxes near you, visit <https://safercommunity.net/kf-oak-boxes/?category=120&radius=30> to see a map of locations.
 - **Safe Communities 24/7 Recovery Hotline**, answered by Recovery Coaches: 608-228-1278
 - Learn about Fentanyl: <https://safercommunity.net/knowfentanyl/>
- **Where to get started:** Access services at locations above or contact for more information
 - Website: <https://safercommunity.net/>
 - Phone Number: 608-441-3060

B. EX-Incarcerated People Organizing (EXPO)

- **What is it:** This organization is made up of all formerly incarcerated persons who “believe in the human dignity of formerly and currently incarcerated people.” EXPO provides peer support services and helps those who are reentering the community in advocating for systemic change, finding stability, and maintaining sobriety.
- **Services:** Addiction recovery support, housing resources, peer support, workforce and education development, and more
- **Where to get started:** Show up for recovery meetings or contact with any questions



- Website: <https://expowisconsin.org/>
- Phone Number: 608-467-2495
- Email: info@expowisconsin.org

C. Compass

- **What is it:** “The UW Health Compass Program is a low-barrier program that offers medications for opioid use disorder (buprenorphine/Suboxone and extended-release naltrexone/Vivitrol) and addresses other substance-related health concerns. We also help patients connect with necessary community and health care resources.”
- **Services:** Medications for opioid use disorder, basic wound care, vaccinations, hepatitis screening and treatment, sexual health services, peer mentorship and support, applying for health insurance and benefits, connection to care/service coordination and support, and transportation assistance.
 - This program provides financial assistance to individuals who reside in Dane County and who are uninsured.
 - Interpreter services are available.
- **Where to get started:** Call number below to make an appointment
 - Phone Number: 608-282-8270
 - You can call this number outside of regular hours.
 - Walk-in appointments are available on Tuesdays and Fridays from 8:30-11am. Patients during this time are seen on a first come, first serve basis.
 - Location: 1102 S. Park St., 4th floor, Madison
 - Hours: Tuesdays, Wednesdays, and Fridays from 8:30am-4pm
 - Website: <https://www.uwhealth.org/treatments/addiction-services> (scroll down to compass program)

D. Journey Mental Health Center

- **What is it:** Journey Mental Health Center provides substance use treatment through outpatient counseling, medication-assisted treatment and community-based recovery programs. Their services are designed to support individuals at all stages of recovery, and they offer specialized programs for different cultural communities. They also provide crisis support 24/7 for those experiencing urgent substance use or mental health issues.
 - **24/7 Crisis Line:** Call (608) 280-2600 if you or someone you know needs immediate help
- **Where to get started:** Call the phone number below to start services
 - Website: <https://www.journeymhc.org/>

9. Substance Use



- Phone Number: 608-280-2700
- Hours: Monday-Friday 8am-4:30pm
- Location: 25 Kessel Court, Suite 105, Madison, WI

E. Tellurian Behavioral Health

- **What is it:** “We firmly believe every person with a behavioral health concern or addiction has the capacity for recovery.” Tellurian provides services for anger management, depression and mood disorders, grief, substance use, anxiety disorders and OCD, eating disorders, housing support, trauma, PTSD, and more.
- **Services:**
 - **For Substance Use:** Adult Residential Program, Day Treatment, Residential Withdrawal Management Program, and Outpatient Clinic
 - **For Crisis Services:** Tellurian Crisis Care Center and Residential Withdrawal Management Program
- **Eligibility:** Outpatient Clinic, Day Treatment, and Dane County Care Center accepts Medicaid.
- **Where to get started:** Call or fill out the contact form below
 - Website: <https://www.tellurian.org/>
 - Phone number: 608-222-7311
 - Contact form: <https://www.tellurian.org/contact>

F. Anesis Therapy Center

- **What is it:** Anesis Therapy Center is committed to “helping people navigate the mental health and wellness aspects of their life in a way that honors culture, family, community, and faith.”
- **Services:**
 - **Outpatient Services:** Offers one-on-one, couples, and family therapy, as well as, mental health groups for all. Anesis specializes in depression, anxiety, trauma, substance use, and cultural interventions.
 - Fill out this form
<https://docs.google.com/forms/d/e/1FAIpQLSd5Kp-3IAIf1WgNeKAJ2mMoBzWUW1klODNBpXc8h0fEKmvUfw/viewform> if you’re interested in Anesis’s Mental Health Groups (i.e., Black Mom’s Group, Teens, Men’s Group, or AODA).
 - **Drop-In Clinics:** Drop-in clinics provide free mental health care in 30 minute long sessions with a mental health counselor, substance use counselor, and crisis stabilization care/service coordinator. These clinics are open to anyone living in Dane County. After you attend 4-6 drop-in



clinic sessions, Anesis staff will support you in determining if you need a referral for additional services.

- Thursdays from 10am-2pm at 2019 Fisher St., Madison (Mt. Zion Baptist Church)
- Wednesdays from 2:30-6:30 pm at 815 Forward Dr., Madison (bilingual services available)
- **Where to get started:** If interested in becoming a client, fill out the form below.
 - New client form:
https://docs.google.com/forms/d/e/1FAIpQLSfoL40z-aCTGSepi_T8y16ZdGIW3PZqNIWr86xSYzDRI5c7Fg/viewform (available in Spanish as well).
 - Website: <https://anesistherapycenter.com/>
 - Phone Number: 608-268-6530
 - Email: info@anesistherapy.com
 - Locations: 815 Forward Dr., Madison (Main Clinic)

G. Unity Point Health Meriter NewStart

- **What is it:** NewStart is a team of nurses, support staff, doctors, and therapists who work with the individual. The NewStart program is designed to assist people who are struggling with substance use and mental health.
- **Services:**
 - This location offers medication-assisted treatment.
 - Detox is *not* offered at Unity Point Health Meriter.
- **Eligibility:** This program does take Medicaid, but not Dean as an HMO.
- **Where to get started:**
 - Website:
<https://www.unitypoint.org/locations/unitypoint-health---meriter---newstart>
 - Phone Number: 608-417-8144
 - Location: 1015 Gammon Ln., Madison
 - Hours: Monday-Thursday from 8am-6:30pm and Friday 8am-4:30pm

H. Hanna Medical Clinic

- **What is it:** Hanna Medical Clinic offers substance use treatment, comprehensive medical care, and counseling. Hepatitis C screening and treatment and lab screenings are also available at this location.
- **Services:**
 - This clinic offers medication-assisted treatment.



- **Eligibility:** Accepts Medicare, Medicaid, Forward Health, and more
- **Where to get started:**
 - Website: <https://www.hannamedicalclinic.net/>
 - Phone Number: 608-203-8022 or 608-203-5760
 - Email: info@hannamedicalclinic.org
 - Location: 3207 Laurel Ln., Suite 205, Middleton
 - Hours: Monday-Thursday 9am-5pm

I. Psychological Addiction Services (PAS)

- **What is it:** Psychological Addiction Services (PAS) is a narcotic (heroin and opiate) treatment program that offers education, counseling, and resources.
- **Services:** Comprehensive services of assessments, individual and group therapy, support services, referrals, TB and pregnancy testing, etc.
 - This program offers medication-assisted treatment (methadone and suboxone).
- **Where to get started:**
 - Website: <https://pasrecovery.com/>
 - Phone Number: 608-416-5777
 - Email: info@pasrecovery.com
 - Location: 3113 E. Washington Ave., Madison
 - Business Hours: Monday-Friday from 6am-2pm
 - Dosing Hours: Monday-Friday from 6am-1pm, and Saturday and Sunday from 6-9am

J. Community Medical Services

- **What is it:** Community Medical Services provides many services for those struggling with substance use, including medication-assisted treatment, counseling, and peer support. Community Medical Services also has experience and specialty in helping individuals who are justice-impacted and pregnant individuals.
- **Eligibility:** Community Medical Services accepts Medicaid.
- **Where to get started:** Walk-ins are welcome, and intake takes place on the first day (no appointment required).
 - Website: <https://communitymedicalservices.org/locations/addiction-treatment-madison-wi/>
 - Phone Number: 608-889-7500 (Madison location's number) and 855-203-6352 (general number)
 - Email: info@cmgiveshope.com



- Location: 4802 E. Broadway St., Madison

K. Comprehensive Treatment Center

- **What is it:** “Comprehensive Treatment Center (CTC) offers outpatient treatment for adults aged 18 and older who are struggling with opioid use disorder (2025).”
- **Services:** Individual and group therapy is offered. Individuals receive care from a team of doctors, nurses, and counselors.
 - This center offers medication-assisted treatment (methadone, suboxone, buprenorphine, vivitrol).
- **Where to get started:** Call number below for same-day admission into program
 - Madison West (24/7 appointment scheduling)
 - Phone Number: 844-979-2380
 - Contact Form: <https://www.ctcprograms.com/location/madison-west-comprehensive-treatment-center/>
 - Location: 151 E. Badger Rd., Suite A, Madison, WI
 - Madison East (24/7 appointment scheduling)
 - Phone Number: 833-652-1690
 - Contact Form: <https://www.ctcprograms.com/location/madison-east-comprehensive-treatment-center/>
 - Location: 5109 World Dairy Dr., Madison, WI

L. Addiction Services and Pharmacotherapy (ASAP)

- **What is it:** Addiction Services and Pharmacotherapy provides medication-assisted treatment (Methadone, Suboxone, and Vivitrol) and counseling for individuals struggling with substance use.
- **Eligibility:** ASAP accepts Medicaid.
- **Where to get started:**
 - Website: <https://www.clinicofhope.com/>
 - Phone Number: 608-807-1428
 - Contact Form: <https://www.clinicofhope.com/contact-us>
 - Location: 210 E. Olin Ave., Madison

M. 5 Door Recovery

- **What is it:** “We provide affordable and effective residential treatment for adults who want to recover from alcohol and/or drug addiction.” Treatment is evidence-based and includes 35 hours a week of group and individual counseling,



care/service coordination and support, art therapy, animal therapy, health and wellness, spirituality and meditation, family therapy and education, recreation, support groups, and medication.

- **Where to get started:**
 - To see the facility go to <https://catholiccharitiesofmadison.org/5-door-recovery/our-facility/>.
 - To get into the program fill out the form available at <https://catholiccharitiesofmadison.org/5-door-recovery/get-help-now/> or call 608-827-9170.
 - Location: 810 W Olin Ave, Madison, WI

N. Alcoholics Anonymous (AA)

- **What is it:** “A fellowship of people who come together to solve their drinking problem.” Free services are available to those who are in recovery.
- **Services:** Group meetings, mentorship, and more
 - The AA website also has daily reflections, self-assessments, and more. Visit <https://www.aa.org/>.
- **Where to get started:** To find a meeting near you, visit <https://www.aa.org/find-aa/north-america>, scroll down to the “Location Listing” section, and click “Wisconsin.”
 - Meetings near Madison: <https://mtg.area75.org/meetings.html?dist=20>
 - Find online AA groups: <https://aa-intergroup.org/meetings/>

O. Narcotics Anonymous (NA)

- **What is it:** “A nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering people with a substance use disorder who meet regularly to help each other stay clean.” Free services are available to those who are in recovery.
- **Where to get started:** To find a meeting near you, visit <https://wisconsinna.org/meetings/> or call 1-800-240-0276.

P. SMART Recovery

- **What is it:** “An evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT) that supports people with substance dependencies or problem behaviors to build and maintain motivation, cope with urges and cravings, manage thoughts, feelings, and behaviors, and live a balanced life”



- **Where to get started:** For upcoming support meetings in Wisconsin, visit <https://meetings.smartrecovery.org/meetings/?coordinates=50&location=wisconsin>.
- Visit <https://smartrecovery.org/what-is-smart-recovery> and click on the “Explore Resources” tab to discover toolkits, handbooks, their app, blogs, podcasts, and videos to support your recovery journey.
- Website: <https://smartrecovery.org/>

Q. Jessie Crawford Recovery Center

- **What is it:** “At Jessie Crawford Recovery Center, we are dedicated to offering compassionate and effective recovery services tailored to individual needs. Our experienced team provides personalized care in a nurturing, supportive community, empowering individuals to achieve lasting recovery.”
- **Services:** Day treatment, intensive outpatient, outpatient, individual therapy, aftercare, and peer support
- **Where to get started:** Call 608-241-4285 for information about services
- Website: <https://www.jcrecovery.org/>

R. Community Pharmacy Harm Reduction Program

- **What is it:** Community Pharmacy is an “independent, worker-managed cooperative whose mission is to promote better health in our customers and our community.”
- **Services:** Harm reduction program provides free fentanyl testing strips, Narcan, syringe kits, and **sexual health supplies**.
- **Where to get started:**
 - Website: <https://www.communitypharmacy.coop/harm-reduction>
 - Phone Number: 608-251-4454
 - Location: 130 S. Fair Oaks Ave., Madison
 - Hours: Monday-Friday 10am-6pm and Saturday 10am-5pm

U. ARC Community Services – ARC Dayton

- **What is it:** A 13-bed residential treatment facility in Madison that provides structured, trauma-informed substance use disorder treatment for adult women. The program also integrates community corrections programming and is designed to support women involved in the criminal justice system in achieving long-term recovery and stability.
- **Services:** Residential substance use disorder treatment, community corrections programming, substance use assessments, individualized treatment planning,



care/service coordination, individual and group therapy, support for medication-assisted treatment, and reentry/continuing care planning.

- **Eligibility:** Serves women age 18+ with substance use disorders. Referrals are typically made through the Wisconsin Department of Corrections, U.S. Probation and Pretrial Services, or county human services departments. Medicaid (BadgerCare) may cover treatment, while room and board may be covered by the county. The program is free for participants through public funding.
- **Where to get started:** Contact ARC Community Services directly or work with a probation/parole agent or county human services department to obtain a referral for residential treatment.
 - Website: <https://www.arccommserve.com/arc-dayton.php>
 - Phone number: (608) 241-7616
 - Email: help@arccommserve.com
 - Location: 2009 E Dayton St, Madison, WI 53704

V. ARC Community Services – ARC House

- **What is it:** A 15-bed residential treatment facility in Madison that provides trauma-informed substance use disorder treatment for adult women. Focuses on helping women—especially those involved in the criminal justice system—achieve recovery, stability, and long-term change.
- **Services:** Residential substance use disorder treatment, community corrections programming, substance use assessments, individualized treatment planning, intensive care/service coordination, individual and group therapy, support for medication-assisted treatment, and structured living environment focused on recovery and reentry.
 - **Eligibility:** Serves women age 18+ with substance use disorders who are referred through the Wisconsin Department of Corrections (probation and parole). The program is free to participants and publicly funded.
- **Where to get started:** Work with a probation/parole agent or Department of Corrections representative to obtain a referral, or contact ARC Community Services for guidance on eligibility and placement.
 - Website: <https://www.arccommserve.com/arc-house.php>
 - Phone number: (608) 283-6430
 - Email: help@arccommserve.com
 - Location: 2001 West Beltline Hwy, Suite 102, Madison, WI 53713



W. Additional Support Groups

- Crystal Meth Anonymous meetings: <https://www.crystalmeth.org/>
- Online Cocaine Anonymous meetings: <https://ca-online.org/>
- Heroin Anonymous meetings: <https://heroinanonymous.org/>
- “In the Rooms” online support meetings, assistance in your recovery journey, etc.: <https://www.intherooms.com/home/>
- Buddhist-inspired virtual recovery meetings: <https://recoverydharma.online/>
<https://refugerecoverymeetings.org/meetings>
- Online meetings for secular substance use recovery: <https://lifering.org/>
- Online peer-support meetings and guidance for individuals who want to change their relationship with alcohol through moderation or other methods: <https://moderation.org/> and <https://hams.cc/>
- Online peer-support meetings for women struggling with substance use: <https://womenforsobriety.org/>
- Online support groups for those struggling with substance use, anxiety, depression, issues in their marriage or family, and OCD, as well as groups specifically for those who are LGBTQ+, teenagers, etc.: <https://support.therapytribe.com/>
- Online peer support groups, one-on-one coaching, and private chatrooms for those seeking support in their mental health and/or substance use struggles: <https://www.heypeers.com/>



10. Healthcare



Finding a healthcare provider

- To find medical, mental health, dental, adult long-term, or other care who accepts Medicaid/Badgercare, go to the following link, enter your zip code, and click search: <https://www.forwardhealth.wi.gov/WIPortal/Subsystem/Public/DirectorySearch.aspx/>.
- To find free or low-cost health clinics, see <https://www.dhs.wisconsin.gov/forwardhealth/clinics.htm>.

A. Madison Street Medicine

- **What is it:** Madison Street Medicine helps those experiencing housing insecurity to find secure housing and healthcare. Madison Street Medicine does not have programs for children.
- **Services:** Outreach services are conducted every weekday morning.
 - **Street Medicine:** Staff and volunteer doctors, nurses & medical professionals meet individuals on the streets to provide medical and housing services. On Thursdays this service is primarily conducted on Capitol Square and State Street. On Wednesdays, they travel all over Madison. These services are provided on Wednesdays from 9:00-11:45am and Thursdays from 6:00-9:00 pm.
 - Individuals can be referred to other services, such as dispersing and managing medications.
 - **Foot Care:** Provides foot care for individuals who are unhoused the second Saturday of each month from 8:30-11:30 am at The Beacon (615 E. Washington Ave., Madison). Includes assessment and treatment of foot care needs, warm foot bath, and new socks and shoes.
 - **Clinic Care:** One-on-one private treatment provided, connect to more resources for dental, mental health, and PCP providers
 - Locations:
 - **Men's Shelter Clinic**
 - Location: 2002 Zeier Rd., Madison
 - Hours: Mondays 5:30-8:00pm
 - **Medicine at The Beacon**
 - Location: 615 E. Washington Ave., Madison
 - Hours: Tuesdays 9:00-11:00am
 - **Encampment Services:** Staff at Madison Street Medicine visit and provide services to temporary encampments and anywhere people are



sleeping outside. These services are conducted Wednesdays from 9:00-11:45am. Individuals are provided with food, water, hygiene products, and supplies.

- **Where to get started:**
 - Calendar of Events: <https://www.madisonstreetmedicine.org/calendar/>
 - Website: <https://www.madisonstreetmedicine.org/>
 - Phone Number: 608-676-7826 (leave a message when you call)
 - Email: office@madisonstreetmedicine.org
 - Office Location: 1202 Williamson St., Suite 101, Madison, WI
 - This space can be used for individuals who are unhoused to rest and receive free items, such as food, clothes, blankets, toiletries, and computer access.
 - Office Hours: Monday-Friday from 9am-3pm

B. Our Lady of Hope Clinic

- **What is it:** A non-profit clinic that offers affordable, timely, and individualized physical health care. Translation services are provided.
- **Eligibility:** Direct primary care members pay a monthly fee for services; no insurance needed.
 - Ages 20-44: \$93/month
 - Ages 45-64: \$120/month
 - Ages 65+: \$149/month
 - One-Time Enrollment Fee: \$99
 - Fee of \$55/month applies to the first three children under the age of 20 in a member family and any additional child is \$10 a month.
 - IF YOU CANNOT AFFORD THE MEMBER FEE AND ARE NOT ELIGIBLE FOR BADGERCARE OR MEDICAID, go to the clinic (office located on backside of building) before 9am or between 12-1pm and bring a letter stating your ineligibility for Badgercare or Medicaid (received after applying). You can receive FREE walk-in services within the clinic's capacity.
- **Where to get started:** Call or visit clinic during hours
 - Website: <https://www.ourladyofhopeclinic.org/plan>
 - Phone Number: 608-819-8544
 - Location: 6522 University Ave Suite 204, Middleton



C. Public Health Madison & Dane County

- **What is it:** Public Health Madison & Dane County’s goal is to work “with the community to enhance, protect, and promote the health of the environment and the well-being of all people.”
- **Services:**
 - **Free breast and cervical cancer screenings** for people with breasts, age 40-64, who have limited income and limited (high deductible) or no health insurance (exceptions: people age 35-40 who have a current breast or cervical symptom and people over the age of 65 who do not qualify for Medicare).
 - **Eligibility:** Income must meet the Federal Poverty Guidelines (see Appendix A).
 - ENROLL by calling 608-242-6385 or for Español 608-242-6235 OR by emailing wwwp@publichealthmdc.com OR by mailing the form (<https://www.dhs.wisconsin.gov/forms/f4/f44818.pdf>) to Public Health Madison & Dane County – WWWP
2705 E. Washington Ave.
Madison, WI 53704
Fax: 608-266-4858
 - **For free COVID and flu immunizations** for adults and children who do not have insurance that pays for immunizations, have medical assistance or BadgerCare, or are American Indian or Alaska Native.
 - Go to <https://publichealthmdc.com/your-health/immunizations> to check where and when clinics are available, and to make appointments for immunizations. You can schedule an appointment at their South Park Street Office or their East Washington Avenue Office. Call 608-242-6255 for assistance making an appointment, or fill out the appointment form here; <https://survey.alchemer.com/s3/8062725/Imms-Scheduling>.
 - For the scheduled mobile clinics, visit <https://publichealthmdc.com/events?category=8731>.
 - Immunization Requirements for Schools and Daycares: <https://www.dhs.wisconsin.gov/publications/p44021.pdf>, <https://www.dhs.wisconsin.gov/library/collection/p-44021>
 - **Sexual health assistance** to receive birth control, pregnancy testing and options counseling, sexual health testing and treatment, and immunizations.
 - Book an appointment in English at <https://survey.alchemer.com/s3/7632640/sexual-health-appointmen>



- t or book an appointment in Spanish at <https://survey.alchemer.com/s3/7630977/Reserve-una-cita-en-la-clinica-de-Salud-Sexual-y-Reproductiva>.
- Appointment hours are Monday 8:30am-4pm, Wednesday 9:30am-4pm, Thursday 8:30am-4pm, and Friday 8:30am-12:30pm
 - Can receive free supplies without an appointment at 2705 E. Washington Ave., Madison (2nd floor) or 2300 S. Park St Suite 2010 (just condoms), Madison Monday-Friday 8:30am-4:30pm
 - Location: 2705 E. Washington Ave., Madison (2nd floor)
 - Phone number: 608-243-0411 Monday-Friday 8-10am (leave a message and someone will call you back) Language interpretation services are available.
- **Free support from Reproductive Health Nurse Navigators with pregnancy options and finding reproductive healthcare.**
- Call or text 608-690-0893 Monday-Friday 8 am- 4:30 pm OR fill out this form <https://survey.alchemer.com/s3/7379650/Help-with-Pregnancy-Birth-Control-Options> and someone will be in contact with you.
 - Services charge based on a sliding scale; https://publichealthmdc.com/documents/sexual_health_sliding_scale.pdf. To qualify for free or discounted pricing, you will need to provide proof of income, such as a recent W-2, pay stubs, or a qualification letter for other needs-based programs like WIC or FoodShare.
 - There is no cost for anyone 18 or younger.
 - **If you need immediate help call the national all-options talkline: 1-888-493-0092.**
- **Nurse-Family Partnership Program and Prenatal Care Coordination Program**
- Support receiving healthcare, goal support, information on pregnancy and parenting, and connection to services until your baby is 2 months or 2 years old.
 - Must meet income requirements (must qualify for WIC, FoodShare, Medicaid, or W-2).
 - Apply at <https://survey.alchemer.com/s3/8121651/Pregnancy-Self-Referral-Form> in English or at <https://survey.alchemer.com/s3/6530891/Formulario-de-Autorremisi-n-Perinatal> in Spanish OR call 608-266-4821. If you receive WIC, you can ask to apply at your next appointment.



- **Locations:**
 - **East Washington**
 - Location: 2705 E. Washington Ave., 2nd floor, Madison
 - Services: Sexual Health Clinic, Immunizations, Syringe Services, HIV and Hepatitis C Testing, Women, Infants, & Children (WIC) Program, etc.
 - Hours: Monday-Friday 8am-4:30pm
 - **South Park**
 - Location: 2230 S. Park St., Madison
 - Services: Immunizations and Women, Infants, & Children (WIC) Program
 - **The Atrium**
 - Location: 2300 S. Park St., Suite 2010, Madison
 - Services: Syringe Services, Water Testing, Paint and Varnish Lead Testing, etc.
 - Hours: Monday-Friday 8am-4:30pm
- **Where to get started:** Refer to information above, or visit their website to learn more.
 - Website: <https://publichealthmdc.com/>

D. First Care Clinic

- **What is it:** Provides confidential and free medical services for women in a caring and non-judgemental environment
- **Services:** Free consultations for those who are pregnant, free pregnancy testing and ultrasounds, and free STI testing for women
- **Where to get started:**
 - To schedule an appointment go to <https://firstcareclinic.org/> and under the section titled “PREGNANT?” click the blue button that says “Schedule an Appointment.” If no time works for you, call 608-259-1605. You can also fill out the form online under “Contact Us” on the right-hand side of the screen at <https://firstcareclinic.org/contact/> to request an appointment.
 - Locations:
 - East Side Clinic: 1350 MacArthur Rd., Madison
 - Wisconsin Dells Mobile Clinic: 50 S. Wisconsin Dells Pkwy. (Appointments on Tuesdays and Thursdays)



E. Women's Care Center

- **What is it:** Free, confidential counseling, support and education for pregnant women
- **Services:** Free pregnancy testing, ultrasounds, and consultations for further care. Different classes are available for support throughout and after pregnancy. View class schedule at <https://www.womenscarecenter.org/madison-class-schedule/>. Online parenting classes available at: https://www.youtube.com/channel/UCT4BPE9QicY0aA_vBd_iWlA/videos.
- **Where to get started:** To make an appointment, call 608-241-8100 or email counselor@womenscarecenter.org.
 - Location: 3711 Orin Road, Madison

F. Neighborhood Free Health Clinic

- **What is it:** Provides free, non-emergency healthcare to adults with minimal or no health insurance.
- **Services:** Primary care, preventative care, chronic illness treatment, mental health services, spiritual care, referrals, physical therapy, etc.
- **Eligibility:** Adults without health insurance. Adults with health plans that make primary care unaffordable (such as high-deductible plans). Residents of Stoughton and surrounding communities (Albion, Brooklyn, Cambridge, Cottage Grove, Deerfield, Edgerton, Evansville, McFarland, Oregon, and others in the area). The clinic serves all patients regardless of citizenship status. NFHC does not check or report immigration status.
- **Where to get started:** To make an appointment, call or text the Neighborhood Free Health Clinic. Messages will be returned within 24 hours, unless it is a weekend. Same day appointments may be available from 4:30 - 6pm on Tuesdays. Walk-ins are accepted based on availability.
 - Website: <https://www.neighborhoodfreehealthclinic.org/>
 - Phone Number: 608-205-0505 (call) or 608-400-7153 (text)
 - Location: 1520 Vernon St., Stoughton

G. Vivent Health

- **What is it:** Vivent Health fights against HIV through advocacy, judgement-free healthcare, and prevention efforts.
- **Services:** Medical care, dental care, insurance support, food pantry, legal services, behavioral healthcare, care/service coordination and support, and housing assistance.



- **Access to PrEP (pre-exposure prophylaxis) pill** that is taken once a day, and is up to 90% effective at preventing HIV in combination with frequent condom usage. Vivent also provides STI and hepatitis testing, as well as naran and sterile syringes with safe injection and disposal.
- Free condoms, lubricants, and HIV test kits are available to order online at <https://depot.viventhealth.org/product-category/state/wisconsin>.
- **Where to get started:** Call or request an appointment at <https://viventhealth.org/request-an-appointment/>
 - Website: <https://viventhealth.org/>
 - Phone Numbers: 608-252-6540(main), 608-316-8612 (Pharmacy)
 - Location: 600 Williamson St, Suite H, Madison, WI
 - Clinic Hours: Monday, Wednesday, Thursday, and Friday from 8:30am-4:30pm and Tuesday from 12-4:30pm
 - HIV Prevention Services Hours: Monday from 8:30am-12pm, Tuesday from 12:30-4pm, and Friday from 8:30am-4pm (Appointments for HIV prevention services can be scheduled outside of these hours if necessary.)
 - Pharmacy Hours: Monday-Friday from 8:30am-5pm

H. Meadowood Health Partnership

- **What is it:** “Meadowood Health Partnership is run by Community Health Workers (CHWs) and “empowers families, enhances health literacy, and expands healthcare access in BIPOC and low-income communities.”
- **Services:** Connect individuals to resources (housing, legal services, medical supplies, household supplies, prenatal care/support, baby essentials, employment, public benefits, transportation, utility bills, health services, food, child care, etc.), assists with medication management and disease management, and advocates for violence reduction and community building.
 - Free blood pressure checks are provided on Wednesdays and Fridays from 10am-2pm at the location below.
- **Where to get started:** Download the following form, <https://img1.wsimg.com/blobby/go/729a281b-463f-45c5-a16a-8f7ca3339795/Intake%20Form%20Submit-f8b86bf-f906756.pdf>, fill it out, and email the completed form to sheraywallace44@gmail.com.
 - To make an online appointment online, go to <https://mwhp.org/client-intake-form>, scroll to the bottom of the page where it says “ONLINE APPOINTMENTS,” click “BOOK,” and select a day and time, filling out the necessary information to confirm.
 - Website: <https://mwhp.org/>
 - Phone Number: 608-896-5287



- Email: sheraywallace44@gmail.com
- Location: 5902 Raymond Rd. (Suite 160), Madison, WI (Meadowridge Library)

I. Stoughton Community Health & Wellness Center

- **What is it:** The Community Health & Wellness Center provides free health screenings, and many affordable or free health and wellness classes.
- **Where to get started:** To schedule a health screening, call the phone number below
 - To see classes and to register, go to <https://stoughtonhealth.com/events/>.
 - Explore available support groups at <https://stoughtonhealth.com/wellness/support-groups/>.
 - Phone Number: 608-873-6611
 - Location: 3162 County Rd. B, Stoughton

J. UW Speech and Hearing Clinic (UWSHC)

- **What is it:** “The UWSHC is a teaching clinic where graduate student clinicians provide service under the guidance and supervision of state-licensed and nationally certified speech-language pathologists and audiologists.”
- **Services:** Evaluation, treatment, and consultation for children and adults with speech, language, hearing, and related communication needs.
- **Eligibility:** UWSHC is committed to providing affordable services, therefore reduced fees are available based on your income.
 - Payments (check, credit card, or cash) are due at each visit at check-in.
 - No insurances accepted
- Audiology appointments are scheduled on an ongoing basis, while speech language services are typically scheduled a school semester at a time (fees are also determined on a semester basis). There is a waiting list for speech language services.

Where to get started: Call the number below for more information

- Website: <https://csd.wisc.edu/clinic/#services>
- Phone Number: 608-262-3951
- Location: 1975 Willow Dr. (Goodnight Hall, 1st floor), Madison
 - Free parking
- Hours: Monday-Friday from 8am-5pm
- Since this clinic is operated by graduate students, the schedule can vary depending on when students are in school.



K. American Community Medical Centers

- **What is it:** A community-based clinic in Madison that provides medical care to low-income, uninsured, and underinsured individuals. The clinic operates on a sliding scale fee system, meaning services may be free or reduced depending on income and financial need.
- **Services:** General medical care, primary care services, women's health services, pediatric care, basic medical treatment, and pharmaceutical-related services
- **Eligibility:** Serves low-income, uninsured, and underinsured individuals; patients may need to provide proof of income to qualify for free or reduced-cost care; accepts some insurance including Medicare and Medicaid
- **Where to get started:** Call the clinic to schedule an appointment (appointments are required), and ask about income verification requirements and documentation needed for sliding-scale services
 - Website: <https://www.freeclinics.com/det/american-community-medical-centers>
 - Phone number: 608-441-6888
 - Location: 1421 South Park St. Madison, WI -53715

L. More Smiles Wisconsin – Dental Health Clinic

- **What is it:** More Smiles Wisconsin is a nonprofit clinic in Madison that provides affordable dental care to underserved populations, particularly those facing financial or insurance barriers. The organization focuses on increasing access to essential oral healthcare through a sliding-scale model and Medicaid coverage, serving multiple counties across south-central Wisconsin.
- **Services:** Routine dental exams and X-rays, cleanings, fluoride treatments, fillings, root canals (anterior), simple and surgical extractions, oral hygiene education, emergency dental appointments
- **Eligibility:** Serves individuals ages 8+ living in Dane, Columbia, Dodge, Green, Iowa, Jefferson, Richland, Rock, Sauk, and Walworth counties. Accepts Medicaid and BadgerCare; does not accept other dental insurance. Uninsured patients may qualify for reduced fees based on Federal Poverty Level (FPL) income guidelines
- **Where to get started:** Call the clinic to confirm eligibility and schedule an appointment; emergency appointments are available during the week and at a Thursday night clinic
 - Website: <https://www.moresmileswi.org/dental-health>
 - Phone number: (608)-665-2752
 - Email: contact@moresmileswi.org
 - Location: 1320 Mendota St, Suite 107, Madison, WI, 53714



M. Madison Area Technical College – Dental Hygiene Clinic

- **What is it:** The Madison College Dental Hygiene Clinic is a low-cost community dental resource where supervised dental hygiene students provide preventive oral health services. It serves both Madison College students and the public while giving students hands-on clinical training. This can be a useful option for individuals seeking affordable cleanings and preventive dental care in Madison.
- **Services:** Dental cleanings, deep cleanings (periodontal therapy), X-rays, fluoride treatments, sealants, oral cancer screenings, oral hygiene instruction, preventive dental care, reduced-cost appointments for students and veterans.
 - **Eligibility:** Open to Madison College students and community members, including adults and children. Services are by appointment. Madison College students and military veterans may receive discounted fees. The clinic focuses on preventive hygiene services rather than restorative treatment such as fillings or extractions.
- **Where to get started:** Call the clinic or email to schedule an appointment. Appointments are required.
 - Website: <https://madisoncollege.edu/about/community/facilities/dental>
 - Phone number: (608) 258-2400
 - Email: dentalclinic@madisoncollege.edu
 - Location: Madison College Health Building, Room 151, 1705 Hoffman St, Madison, WI 53704



11. Financial Resources & Financial Literacy Education



A. Applying for Benefits (Badgercare, Foodshare, Unemployment, etc.)

- Apply for BadgerCare Plus, Emergency Assistance Program, Family Planning Only Services, FoodShare, Job Access Loans, Medicaid, Wisconsin Shares Child Care Subsidy Program, and Wisconsin Works at the website or phone number below
 - https://access.wi.gov/s/account-creation?landingPage=afb&language=en_US
 - Call 1-800-362-3002
 - **What is BadgerCare Plus?** It is Wisconsin's Medicaid program that provides accessible healthcare to low-income individuals. To be eligible you must be a U.S. citizen, resident of Wisconsin, have proof of identity and citizenship (e.g., government-issued ID, birth certificate), and have proof of income.
- **FoodShare:** For assistance learning if you are eligible and how to apply for FoodShare, call the FoodShare Helpline at 1-877-366-3635.
 - If your representative is Mark Pocan (find your elected officials by searching your address at <https://myvote.wi.gov/en-us/My-Elected-Officials>), you can fill out a form at <https://pocan.house.gov/foodshare> to receive help from his office on applying for FoodShare.
- **Unemployment Benefits:**
 - Apply at <https://my.unemployment.wisconsin.gov/Claimant/Logon/TermsAndConditions> Monday-Friday anytime, Saturday midnight-3 pm, or Sunday 9am-midnight.
 - For application assistance, watch <https://www.youtube.com/watch?v=1ZYPyWEIVXw>.
 - For FAQs, go to <https://dwd.wisconsin.gov/uiben/apply/>, scroll down, and look at the links on the left of your screen.
 - After you apply, you will receive a claim confirmation and instructions form. If you qualify, you will receive notification of the benefits you can receive. If you do not qualify, you will receive a notification with an explanation.



- If you must do a weekly job search or work less than full-time (full-time is considered 32 hours and up), you must register for work with the Wisconsin Job Service within 14 days of completing the unemployment application. Go to this link to register:
<https://jobcenterofwisconsin.com/Login.aspx?ReturnUrl=%2fPresentation%2fJobSeekers%2fMyJCW.aspx>.
- For more information about what benefits you may be eligible for, go to
https://www.usa.gov/benefit-finder?utm_source=usa_benefits-gov&utm_medium=redirect&utm_campaign=redirect_benefits-gov

B. Covering Wisconsin

- **What is it:** Covering Wisconsin is a University of Wisconsin-Madison Division of Extension program that helps people understand and find insurance. Covering Wisconsin provides you with a Health Insurance Navigator who helps you find and use insurance, as well as answer any questions or concerns you may have.
- **Where to get started:**
 - Go to <https://coveringwi.org/enroll>. Scroll to the “GETCOVEREDCONNECTOR,” enter your zip code and other information, and click the “SEARCH FOR HELP” button. Then see available options and make a free appointment with a Health Insurance Navigator!
 - At the appointment, the following information is needed:
 - Income of everyone in your household
 - Most recent tax return
 - Social security numbers of everyone you want on the plan, if they have one
 - Date of birth of everyone you want on the plan
 - List of prescriptions and how much you take
 - Names of your doctors and clinics
 - Your Healthcare.gov log-in information, if you have an account
 - If you are losing coverage, bring a letter that shows the date that coverage is ending.
 - The website also has other resources for learning about insurance (<https://coveringwi.org/learn>).
- Website: <https://coveringwi.org/>
 - The website also has resources for providers that need assistance navigating insurance with their clients!
 - The website also has digestible resources for individuals who want it. Go to the “Resources” tab at the top of the screen, this includes resources for immigrants and caregivers.
- Phone Number: 608-261-1455 or 877-942-6837



C. United Way of Dane County – HealthConnect

- **What is it:** HealthConnect is a premium assistance program through United Way of Dane County that helps eligible Dane County residents pay monthly health insurance premiums purchased through the Health Insurance Marketplace. The program helps cover the remaining cost of eligible plans after the Advance Premium Tax Credit is applied. Funding is supported by community partners including UW Health and Quartz.
- **Services:** Health insurance premium assistance, Marketplace plan affordability support, referral to enrollment navigators, assistance connecting residents to qualifying Silver-level Marketplace plans, application support through United Way 211.
 - **Eligibility:**
 - Must qualify for Advance Premium Tax Credit (APTC)
 - Must live in Dane County
 - Must be enrolled in an eligible Silver level plan through the Marketplace
 - Must be a U.S. citizen or lawfully present
 - Must meet annual/monthly household income guidelines for the coverage year
 - Available on a first-come, first-served basis while funds are available
- **Where to get started:** Enroll in a qualifying Marketplace plan first (or get help through Covering Wisconsin), then complete the HealthConnect application online. For questions or help applying, call 211.
 - Website: <https://www.unitedwaydanecounty.org/healthconnect/>
 - Phone number: (608) 246-4350
 - Email: healthconnect@uwdc.org
 - Location: 2059 Atwood Avenue, Madison, WI 53704

D. Energy Services, Inc.

- **What is it:** Energy Services, Inc. (ESI) is a Wisconsin nonprofit that helps low-income households prevent or resolve energy-related emergencies. They provide heating, cooling, housing, and utility assistance to vulnerable residents across Wisconsin, with a strong focus on elderly individuals, people with disabilities, veterans, and working families with children.
- **Services:** Energy assistance grants, emergency utility bill help, heating assistance, cooling assistance, furnace repair/replacement assistance, weatherization referrals, rental assistance referrals, care/service coordination, appointment scheduling for

11. Financial Resources & Financial Literacy Education



benefits, Keep Wisconsin Warm/Cool Fund, Heat & Housing for Heroes veteran support

- a. Eligibility:** Primarily serves low-income Wisconsin households. Priority may be given to elderly adults, people with disabilities, veterans, families with young children, and households facing shutoff notices or no heat/cooling. Program eligibility depends on income, household need, and county of residence.
- **Where to get started:** Call the statewide number to schedule an appointment or get help completing an application. You can also book an appointment online through the website based on your county of residence.
 - Website: <https://esiwi.com/index>
 - Phone number: 800-506-5596

E. Financial Assistance Resources

- **General Financial Assistance:** IF YOU HAVE A CHILD IN THE DEFOREST SCHOOL DISTRICT, call 608-846-9603 for limited financial assistance.
- **Travel Expenses Assistance:**
 - For bus tickets, medication vouchers, help obtaining an ID, and help with travel expenses call 608-252-8522 on Mondays, Wednesdays, and Fridays at 8:30 am.
 - IF YOU LIVE IN MOUNT HOREB, call 608-437-6114 or email info@mthorebneighbors.org to receive assistance with eviction prevention, security deposit assistance, utility assistance, vehicle repair assistance, moving/storage assistance, medical assistance, gas cards, and emergency temporary housing.
 - IF YOU LIVE IN EDGERTON, call 608-884-9593 for assistance with gas cards, minor car repairs, and referrals to ride services.
- **Medical Expenses Assistance:**
 - For bus tickets, medication vouchers, help obtaining an ID, and help with travel expenses call 608-252-8522 on Mondays, Wednesdays, and Fridays at 8:30 am.
 - If you do not have insurance and need discounts on your prescriptions, call 1-800-503-6897. Visit <https://www.rxassist.org/patients> for more assistance.
 - IF YOU LIVE IN EDGERTON, call 608-884-9593 for prescription payment assistance.
- **Rental Expenses Assistance:**

11. Financial Resources & Financial Literacy Education



- For utility assistance, first month's rent assistance, or apartment application fees assistance, call 608-252-8522 on Thursdays between 8:30-9am.
- IF YOU LIVE IN SUN PRARIE, call 608-257-2534 x37 to request rent and/or utility assistance. The call will be returned within two weeks.
- IF YOU LIVE IN MOUNT HOREB, call 608-437-6114 or email info@mtthorebneighbors.org to receive assistance with eviction prevention, security deposit assistance, utility assistance, vehicle repair assistance, moving/storage assistance, medical assistance, gas cards, and emergency temporary housing.
- IF YOU HAVE A CHILD IN THE BELLEVILLE SCHOOL DISTRICT, call 608-835-4188 for rental assistance to avoid eviction and utility payments to avoid electricity cut-offs.
- IF YOU HAVE A CHILD IN THE OREGON SCHOOL DISTRICT, call 608-835-4188 for rental assistance to avoid eviction and utility payments to avoid electricity cut-offs.
- **Utility Expenses Assistance:**
 - For utility assistance, first month's rent assistance, or apartment application fees assistance, call 608-252-8522 on Thursdays between 8:30-9am.
 - IF YOU LIVE IN SUN PRARIE, call 608-257-2534 x37 to request rent and/or utility assistance. Your call will be returned within two weeks.
 - IF YOU LIVE IN MOUNT HOREB, call 608-437-6114 or email info@mtthorebneighbors.org to receive assistance with eviction prevention, security deposit assistance, utility assistance, vehicle repair assistance, moving/storage assistance, medical assistance, gas cards, and emergency temporary housing. IF YOU HAVE A CHILD IN THE OREGON SCHOOL DISTRICT, call 608-835-4188 for rental assistance to avoid eviction and utility payments to avoid electricity cut-offs.
- **Rental Expenses Assistance:**
 - IF YOU HAVE A CHILD IN THE BELLEVILLE SCHOOL DISTRICT, call 608-835-4188 for rental assistance to avoid eviction and utility payments to avoid electricity cut-offs.

F. Home Energy +

- **What is it:** Home Energy + provides energy assistance(Help paying for things like heat, electricity, or gas), provided between October 1 and May 15, and



weatherization benefits(Help making a home better at keeping heat in and cold out, like adding insulation, sealing leaks, or fixing windows to save energy) to those in need.

- **Where to get started:**
 - Apply at <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#!>. Scroll down to “Start Now- I need a passcode.”
 - Application takes about 45-60 minutes to complete. Necessary information includes income information of all household members, what fuel(s) you use, what fuel/utility company you have (and your account number), and your landlord’s name, address, and phone number.
 - Must have a personal valid email or phone number to start the application process.
 - It is recommended that you upload documentation of important information in your application (ex: lease, income, fuel/utility bill).
 - Wait to hear about the status of your application. (may take up to 10 days)
 - Call 1-800-506-5596 with questions about your application or if you are currently without heat.

G. Madison Gas & Electric (MG&E)

- **What is it:** For those who pay their gas and electric utility bills through Madison Gas & Electric, MG&E can assist those who cannot pay their bills in full by the due date.
- **Services:** MG&E offers Deferred Payment Agreements (DPAs), which help customers avoid late fees, collective action(companies trying to recover unpaid debt), or service disconnection. A payment arrangement is created between you and MG&E, based on your unique circumstances, so you can pay your current bill and portions of your past bills until caught up on payments.
- **Where to get started:** Call 608-252-7000 on weekdays between 8am-6pm for assistance.
- **Website:** <https://www.mge.com/>

H. Focus on Energy

- **What is it:** Focus on Energy provides free energy-saving packs, which include efficient products (lightbulbs, showerhead, and pipe insulation) designed to save money on energy costs.
- **Where to get started:**



- To order the free energy-saving pack for delivery, go to <https://focusonenergymarketplace.com/free>, place items in your cart, and check out.
- Showerhead installation video: https://www.youtube.com/watch?v=R5O6dMHFo_0.
- For more information, see <https://focusonenergy.com/residential/energy-saving-packs>.

I. Social Security Disability and Supplemental Security Income Benefits

- **Social Security Disability:** “Social Security Disability Insurance (SSDI) or ‘Disability’ provides monthly payments to people who have a disability that stops or limits their ability to work.”
 - **Eligibility:** You cannot do the work that you did before, the Social Security Administration decides that you cannot adjust to other work because of your medical condition(s), and your disability has lasted or is expected to last for at least one year or result in death.
 - If these requirements are met, these benefits can also cover your child who is under 18 or severely disabled before age 22, your spouse who is 62 or older, or someone who is caring for your child who is under 16 or severely disabled before age 22.
- **Supplemental Security Income (SSI):** “SSI provided monthly payments to people with disabilities and older adults who have little or no income or resources.”
 - **Eligibility:** 65 or older, are blind or disabled and have little or no income and resources.
 - If you received these benefits before being incarcerated, inform the representative when you make the appointment and bring your official prison release documents to the appointment. If benefits were terminated upon incarceration, it may take a few months to resume benefits. If benefits were suspended upon imprisonment, it would take less time to resume benefits.
 - If you reside in a facility under the authority of the Department of Corrections but have been released from incarceration, you cannot receive benefits.
 - **Where to get started:** If you qualify, call 1-800-772-1213 Monday-Friday from 8am-7pm to schedule an appointment. If you are deaf or hard of hearing, call 1-800-325-0778. OR apply online at <https://www.ssa.gov/apply>.

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- If you are newly applying for benefits, receiving them may take three to five months.
- To find your local Social Security office, go to <https://secure.ssa.gov/ICON/main.jsp>, scroll down, type in your zip code, and hit “Locate.”

J. ABC for Health

- **What is it:** “Our services are free and confidential for eligible clients. As a public interest firm, we promote health equity and social justice.” ABC for Health has Health Advocates who call clients to review health coverage and health needs. Primarily provides help navigating public programs or the ACA marketplace.
- **Services:**
 - Help finding health insurance, Medicaid, & Badgercare
 - Help making sense of challenging coverage and service denials
 - Reviewing old medical bills & medical debts
- **Eligibility:** Access to services is based on income.
- **Where to get started:**
 - Website: <https://www.safetyweb.org/>
 - Phone Number: 608-261-6939
 - Email: info@safetyweb.org

K. MadCAP

- **What is it:** “MadCAP assists income-eligible households by providing up to a \$30 monthly credit (discount) on their Municipal Services Bill.” The service bills covered can be water, sewer, stormwater, urban forestry, resource recovery, and landfill. The credit is automatically applied to your bill.
- **Eligibility:** Must be at or below income requirements (see below) or qualify for FoodShare or Women, Infants, and Children (WIC) program.

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Number of Persons in Household	Gross Annual Household Income
1	\$44,100
2	\$50,400
3	\$56,700
4	\$62,950
5	\$68,000
6	\$73,050
7	\$78,100
8 or more	\$83,100

- **Where to get started:** Fill out the application online at <https://www.cityofmadison.com/water/billing-rates/madcap/apply-for-madcap>
 - The application in other languages (Spanish, Chinese, and Hmong) can be found at <https://www.cityofmadison.com/water/billing-rates/madcap>; if you need the application in a different language other than the ones provided call 608-266-4651.
 - If you need help filling out the application call 608-266-4651

L. Urban League of Greater Madison

- **What is it:** “The mission of the Urban League of Greater Madison is to ensure that African Americans and other community members are educated, employed, and empowered to live well, advance professionally, and contribute to the common good in the 21st century” Urban League provides many supportive community programs.
- **Child Support Legal Resource Clinic:** “The Child Support Legal Resource Clinic is your connection for tackling child support concerns, creating flexible payment plans, resolving custody and placement questions, drivers license recovery assistance, fatherhood support groups, and employment services.”
 - Check <https://ulgm.org/calendar/> to see upcoming clinic dates
 - This clinic is supported by the Economic Justice Institute (EJI), Dane County Child Support, and Lift Wisconsin.
 - Location: 1233 McKenna Blvd., Madison
 - If you have questions, call 608-729-1200.
- **Where to get started:**
 - Website: <https://ulgm.org/>
 - Phone Number: 608-729-1200
 - Email: info@ulgm.org

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- Locations: 2222 S. Park St., Madison (Center for Workforce and Economic Development) and 1233 McKenna Blvd., Madison (Southwest Madison Employment Center)

M. Community Action Coalition for Southern Wisconsin

- **What is it:** “Community Action Coalition for Southern Wisconsin is a nonprofit working to end poverty and help people live better lives.”
- **Services:** Housing support programs for veteran households, families with children in 5th grade or below in some school districts, and those who are homeless. Provides resources for learning about housing programs, nutrition and health programs, and resources for learning about financial empowerment services. You can find these resources at <https://www.cacscw.org/services/>
- **Where to get started:** To receive services to go <https://www.cacscw.org/services/> and scroll down to the “apply for services” orange button.
 - To learn about events and other news go to <https://www.cacscw.org/news/>

N. Jewish Social Services (JSS)

- **What is it:** “Jewish Social Services of Madison empowers families and individuals across generations and cultures to build community and self-sufficiency, with a strong commitment to the Jewish community and inspired by Jewish values.” JSS specializes in supporting the Jewish community; however, JSS serves all people.
- **Services:**
 - **Family Support and Senior Services:** Assistance with senior transitions, finding and applying for housing, navigating public services, care/service coordination and support, and emergency finances.
 - To receive services, call 608-229-1754 or email maya@jssmadison.org (for Maya, Director of Family and Senior Services) or call 608-424-4568 or email kate@jssmadison.org (for Kate, Care/Service Coordinator).
 - **Tim and Kathy Mazur Emergency Fund:** For any Dane County resident who is in jeopardy of losing their job or housing due to a single obstacle. This emergency fund can be used for rental assistance, car repairs, medical assistance, etc. (direct or indirect barriers to maintaining a job or housing).
 - If you think you could benefit and are eligible, call 608-442-4081 or fill out initial request for help form at <https://jssmadison.org/assistance-initial-request/>

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- For the calendar of events, go to <https://jssmadison.org/programs/calendar/>. Programs include Lechayim, Shabbat, Memory Cafe, etc.
- **Where to get started:** Follow directions above or see information below
 - Website: <https://jssmadison.org/>
 - Phone Number: 608-442-4081
 - Email: info@jssmadison.org
 - Location: 6300 Enterprise Ln., St. 309, Madison .
 - Must make an appointment or be attending an event to go to JSS in-person.

O. University of Wisconsin-Madison Money Matters Course

- **What is it:** Free online program to help you improve your financial literacy skills. There are 13 modules in the course and 2 bonus modules (one is specifically for veterans) on topics such as credit reports, what to do when you can't pay your bills, spending plans, health insurance, retirement planning, and debt management. You receive a certificate once you complete the course!
- **Where to get started:**
 - To do the course on your own go to <https://finances.extension.wisc.edu/programs/money-matters/> (english) <https://fyi.extension.wisc.edu/moneymatters/> (spanish)
 - To receive assistance from a financial coach while completing the course go to <https://finances.extension.wisc.edu/people/contact-a-uw-madison-division-of-extension-financial-educator/> and contact the person listed for your area/county.

P. Volunteer Income Tax Assistance (VITA)

- **What is it:** The VITA program offers people free help with their taxes.
- **Where to get started:**
 - Go to <https://freetaxassistance.for.irs.gov/s/sitelocator> , enter your location and hit search, then navigate the service locations near you
 - OR,
 - Call the IRS's VITA line at 800-906-9887 to receive assistance finding a location that offers VITA services.

11. Financial Resources & Financial Literacy Education



Q. Additional Financial Literacy Resources

- <https://www.khanacademy.org/college-careers-more/financial-literacy>: Free online modules to learn about the basics of financial literacy (budgeting and saving, consumer credit, financial goals, loans and debt, insurance, investments and retirement, etc.).
- <https://finances.extension.wisc.edu/>: Free online resources and modules to improve your financial literacy, which includes renting information, learning to plan for the future, and financial coaching



12. Parenting & Child Care



A. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system.” Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
- **Services:**
 - **Healing House:** A safe place to heal after giving birth if you are experiencing homelessness. To apply to stay at Healing House, go to <https://justdane.org/eligibility-questionnaire/>. If you would like more information, email healinghouse@justdane.org or call 608-575-8831.
 - **Mentoring Connections:** A child who has been impacted by parental incarceration is connected to an adult mentor. To sign up a child, email jaylin@justdane.org or call 608-256-0906.
- **Where to get started:**
 - Website: <https://justdane.org/events/>
 - Email: info@justdane.org
 - Phone Number: 608-256-0906

B. Urban Triage

- **What is it:** Urban Triage’s mission is to support communities and advocate for a better society by reducing health disparities, meeting basic needs, providing educational opportunities, etc.
- **Services:**
 - **Supporting Healthy Black Families (SHBF) Workshop:** 12-week personal leadership and change workgroup through a versatile curriculum to navigate stress and grief.
 - Visit <https://www.urbantriage.org/workgroups/supporting-healthy-black-families> to check for upcoming workshops and applications.
 - **Supporting Healthy Black Agriculture Program:** This workgroup addresses health disparities and offers a space for **Black families (including youth)** to heal. The workgroup provides an opportunity to learn about how to grow food and how to pursue a career in agriculture.
 - Workgroups are held May-October



- To get involved, sign up for their newsletter
<https://form-usa.keela.co/agriculture-newsletter> to hear about upcoming 2026 programs and applications
 - Or check website at:
<https://www.urbantriage.org/workgroups/supporting-health-y-black-agriculture>
 - To view resources regarding activism, IEP and 504 plans, substance use, and racism, as well as learn more about Urban Triage, visit the website
- **Where to get started:**
 - Website: <https://urbantriage.org/>
 - Phone Number: 608-299-4128
 - Email: info@urbantriage.org
 - Location: 2312 S. Park St., Madison

C. Nehemiah Re-Entry Services

- **What is it:** Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men leaving jail or prison. Their reentry staff includes formerly incarcerated Black men who have effectively navigated the challenges of reentry.
- **Services:** Coaching/mentoring, care/service coordination and support
 - They provide coaching that addresses issues such as trauma, healthy relationships, anger management, fatherhood, and leadership development.
- **Where to get started:**
 - Website: Website: <https://nehemiah.org/our-work/criminal-justice-reentry/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 633 W. Badger Road, Madison, WI 53713
 - Hours: Monday-Friday 9am-5pm

D. RISE

- **What is it:** RISE's mission is to "Advance the wellness of children, individuals, and families by providing early childhood and mental health services to help communities and families thrive." RISE values human connection, recognizes resilience, and takes a strengths-based and trauma-informed approach.
- **Services:**
 - **ParentChild+:** "ParentChild+ is an early literacy, strengths-based home visiting program that helps parents and caregivers prepare their children for 4K and school success. Families are matched with an Early Learning Specialist who supports parents and caregivers in their roles." Visits are



twice a week for 30 minutes each at a time that is good for the family. Participating families receive free educational toys and materials.

- **Eligibility:** Child is older than 18 months but younger than 3 years, live in Dane County, and meet income requirements (cannot make over a certain amount; call for details).
- If you want to sign up for ParentChild+, fill out the form at <https://forms.office.com/r/WyqiFvF6p3> or call 608-250-6634.
- Brochure available in Spanish at: <https://risewisconsin.org/parent-child-home-program/>
- **Early Childhood Initiative (ECI):** This is a home visiting program where the parent is valued as the expert and RISE providers are there to promote enhancement of the family's goals. Caregivers learn about their baby's health, behavior, and development, find strategies for emotional and physical health, build relationships and a support system, find a job/education, and receive connections to housing, child care, and more. Families can participate in this program until their child enters 4K.
 - **Eligibility:** Be pregnant or have a child under the age of 2 and live in the Allied Drive neighborhood, Leopold Road neighborhood, Northside Madison, Southwest Madison, Sun Prairie, or Marshall.
 - Each office serves people in their specific service zone/neighborhood
 - Brochure available in Spanish at: <https://risewisconsin.org/early-childhood-initiative/>
 - If you want to sign up for ECI, fill out the form at <https://forms.office.com/r/WyqiFvF6p3> or contact your local office (locations listed below):
 - **Allied Drive Office**
 - Location: 2225 Allied Dr. #4, Madison
 - Phone Number: 608-273-6600
 - **Leopold Office**
 - Location: 3301 Leopold Way #108, Madison
 - Phone Number: 608-273-6955
 - **Southwest Madison Office**
 - Location: 5802 Raymond Rd., Madison
 - Phone Number: 608-283-1678
 - **Northside Office**
 - Location: 2120 Fordem Ave., Madison
 - Phone Number: 608-250-6634
 - **Sun Prairie & Marshall Office**
 - Location: 1632 W. Main St. #9, Sun Prairie



- Phone Number: 608-825-2165
- **Welcome Baby & Beyond:** This is an evidence-based home visiting program that uses a strengths-based approach. Parents are equipped with skills, provided information about their child's development, and connected to resources. Families usually participate in this program until their child enters 4K.
 - **Eligibility:** Be pregnant or have a child under the age of 5 and live in Dane County.
 - If you want to sign up for Welcome Baby & Beyond, fill out the form at <https://forms.office.com/r/WyqiFvF6p3> or call 608-250-6634.
 - Brochure available in Spanish at: <https://risewisconsin.org/welcome-baby-beyond/>
- **Respite Center:** “The Respite Center provides emergency child care and respite for children ages 0-14, parent support, and crisis counseling 7 days a week.” They also provide support for parents and caregivers.
 - The Respite Center can provide child care while you attend appointments, look for a job, look for housing, or need a break!
 - The Respite Center has affordable sliding scale fees.
 - Before using the Respite Center, you must do a new client intake, call the phone number to set up an intake appointment.
 - Located at 2120 Fordem Ave., Madison (entrance on McGuire St. next to playground)
 - The Respite Center closes for inclement weather.
 - For more information visit: <https://risewisconsin.org/the-respite-center/>
 - Brochure available in Spanish at: <https://risewisconsin.org/the-respite-center/>
 - Phone Number: 608-244-5700
- **Where to get started:**
 - Website: <https://risewisconsin.org/>
 - Phone Number: 608-250-6634
 - Email: info@risewisconsin.org
 - Location: 2120 Fordem Ave., Madison

E. ConnectRx Wisconsin

- **What is it:** “ConnectRx is a program that provides support to certain pregnant patients with social needs in Dane County. Patients who qualify will get support from a community health worker to address their needs.”



- **Eligibility:** Identify as African American/Black, have a positive pregnancy test, and screen positive for one or more of the five social determinants of health domains (housing, financial stability strain, food insecurity, transportation, or stress) indicating “high risk.”
- **Where to get started:** Mention the program to your provider or contact person at UWHealth, Access Community Health Centers, Group Health Cooperative of Southern Wisconsin, SSM St. Mary’s, Madison Metropolitan School District, Public Health Madison Dane County, United Way of Dane County, or UnityPoint Health-Meriter. After initial screening and you are determined as eligible, you will be connected to a community health worker who will ask you additional questions to determine fit for the program.
 - For more information, contact Ariel Robbins at arobbins@uwhealth.org or 608-890-8412
- **Website:** <https://patient.uwhealth.org/healthfacts/8197>

F. Affordable Cribs

- **Pregnancy Helpline Safe Sleep Program:** Pregnancy Helpline is committed to making sure all babies in the Madison area have a safe place to sleep. They deliver brand new pack-n-plays free of charge to clients' homes. Call their Helpline number to request a contract and to arrange for delivery: 608-222-0008.
- **Society of St. Vincent de Paul:** 2033 Fish Hatchery Rd., Madison, WI 53713. Call (608) 442-7200, ext. 441, Monday-Friday, 9am-3:30pm for an interview. New portable cribs are made available to low-income Dane County households.
- To find free cribs available near you go to <https://cribsforkids.org/request-a-crib/> and type in your zip code.

G. Babies & Beyond

- **What is it:** This organization’s mission is to provide the proper necessary support to parents and expecting parents.
- **Eligibility:** Free services for women who are pregnant and parents with children ages 0-4. Must reside in Madison.
- **Services:**
 - **Sharing Center & Diaper Bank:** Offers free baby and child items to shop through. Those who register to shop can shop once a month; certain restrictions apply (scroll down to the “Registration” section on this page <https://babiesandbeyondwi.org/care/sharing-center/> to read restrictions).
 - Bring an ID to register



- To have someone else pick up items on your behalf, email care@babiesandbeyondwi.org at least an hour prior to pick and report who is picking up the items.
- Open Tuesday 5-7pm, Thursday 11am-1pm, and Saturday 9am-12pm. Hours change based on holidays. Go to <https://babiesandbeyondwi.org/hours/> for the most up-to-date hours.
- **Baby Care Packages:** Delivered free gift basket of baby essentials to moms who have just delivered (have a newborn under one month old).
 - Request a care package AFTER having your baby by filling out the form
https://docs.google.com/forms/d/e/1FAIpQLSfUelYGHROM2Nf1-nrwqmFngGddT943Icu_gek1YJPifloe5g/viewform.
- **Safe Sleep Madison Program:** Delivered to the home or available for pick-up, free pack-n-plays.
 - Request items for safe sleep by filling out the form
<https://docs.google.com/forms/d/e/1FAIpQLSfG-Tt6aBnE-NXYU-NAUcQzwkAHJzYgoGN921rovaTJEaGnAlQ/viewform>.
- **Parenting classes:** To see upcoming classes, go to <https://babiesandbeyondwi.org/care/resources/> and scroll to “Classes and Sessions.”
- **Where to get started:**
 - Website: <https://babiesandbeyondwi.org/>
 - Phone Number: 608-222-0008
 - Email: hello@babiesandbeyondwi.org
 - Location: 1922 S Stoughton Rd, Madison

H. Children’s Safety Center

- **What is it:** This UW Health program offers low cost safety products (helmets, car seats, safety gates, smoke detectors, outlet plugs, drawer latches, cabinet locks, gun locks, etc.) and educational materials on how to install safety products, prevent injuries, etc.
- **Where to get started:** Must make an appointment; call number below.
 - Website: <https://www.uwhealth.org/safety-center>
 - Phone Number: 608-890-8041



I. Play & Learn

- **What is it:** “Play and Learn is a fun and interactive program that is offered free-of-charge for children ages birth to 3+ and their caregivers, who reside in the Madison School District.”
- **Services:** Learning opportunities in math, literacy, and social skills for children. Parents learn about child development, play, and parenting skills.
- **Eligibility:** Live in the Madison School District, be a parent/caregiver to a child, and attend on a regular basis. Parents/caregivers can’t bring more than three children to Play and Learn sessions. Families can attend sessions for up to two academic school years.
- **Where to get started:** Call the phone number in your preferred language listed below.
 - Website:
<https://www.madison.k12.wi.us/early-learning-programs/play-learn>
 - Call the phone number in your preferred language listed below.
 - English: 608-204-6784
 - Spanish: 608-204-7918
 - Mandarin: 608-204-4632
 - Schedules, Locations, and Contact Information :
 - Visit
<https://www.madison.k12.wi.us/early-learning-programs/play-learn>
and scroll down to see the schedule for session times and locations.
To apply fill out the form
<https://docs.google.com/forms/d/e/1FAIpQLSflmZkAJBINLlxqud71Hm2axzLRPJHb5b7fHq4A291PNNCV8g/viewform>

J. Dane County Department of Human Services

- **What is it:** This agency provides an array of services, including those for parenting and to promote early childhood education.
- **Services:**
 - **Early Childhood Zones program:** offers support (information on child development, supporting family’s goals, connection to resources, etc.) for parents expecting or with children up to age four in the Sun Prairie School District and the Leopold Elementary attendance area.
 - **If your child is experiencing developmental delays:** look into the <https://www.danecountyhumanservices.org/Disability-and-Aging/Children%27s-Disability-Services/Birth-to-3-Program> to receive support.



- **Immigration Affairs:** Provides bilingual and bicultural immigration-related support through care/service coordination and support, education, and connections to community resources.
 - Fill out a Service Request Form at <https://www.danecountyhumanservices.org/Children-Youth-and-Family/Immigration-Affairs>. Scroll down to “Contact Us” to find the referral form. Email this form to hsimmigrationaffairs@danecounty.gov.
- **Where to get started:**
 - Website:
<https://www.danecountyhumanservices.org/Children-Youth-and-Family>

K. Reach Dane

- **What is it:** “Reach Dane changes the lives of underserved children and families through education and supportive services.”
- **Services:**
 - **Early Head Start:** Provides high-quality affordable child care to infants and toddlers up to age 3. The program offers wraparound services to connect families to necessary resources and supports.
 - **Center-Based Program:** Open from 6:00 am - 6:00 pm, 5 days a week. The program pays for 45% of the parent share (co-pay). Meals and snacks, diapers and wipes, dental and medical check-ups, and events are provided by the center.
 - **Eligibility:** Child is 6 weeks-3 years, parent has a child care subsidy (apply for at https://access.wi.gov/s/?language=en_US) or city funding, and parent is employed or in a job-search program.
 - **Home-Based Program:** Family Advocate meets with the family in-home weekly and provides learning activities. The program provides dental and medical check-ups and connection to other resources.
 - **Eligibility:** Child is 0-3 years; priority is given to first-time parents.
 - **Child Care Partnership Program:** Program pays entire parent share (co-pay), diaper and wipes provided, events are provided for families, and a specialist meets with the family quarterly.
 - **Eligibility:** Child is 6 weeks-3 years and parents have a child care subsidy (apply for at https://access.wi.gov/s/?language=en_US).



- **Head Start:** Program that promotes school readiness for children ages 3-5 and comprehensive services for navigating resources for families living at or below the Federal Poverty Line.
 - **Part-Day Program:** Program operates for 3.5 hours a day, 4 days a week between September and June. Teachers and Family Outreach Workers connect with families 3 times a year to discuss goals and progress. Head Start pays 45% of parent share (co-pay), meals and snacks are provided, family events are offered, and transportation within the service area is provided.
 - **Full Day Program:** Open from 6am-6pm, 5 days a week. Teachers and Family Outreach Workers meet with the family quarterly to discuss goals and progress. Head Start pays 45% of parent share (co-pay), meals and snacks are provided, and family events are offered.
 - **Eligibility:** Child is 3-5 years, family has a child care subsidy (apply for at https://access.wi.gov/s/?language=en_US) or city funding, and parent is either employed or in a job-search/employability program.
 - **Extended Day Program:** Open 7 hours a day, 4 days a week from September to June. Offer health, nutrition, disability, and mental health services, family events, and transportation within the service area.
 - **Home-Based Program:** Teachers meet with families in their homes weekly for 90-minutes to provide activities and support parenting.
- **Child Care:** Offers a stimulating learning environment and meals and snacks.
 - **Eligibility:** Child is 6 weeks-3 years
 - To find the location nearest you go to <https://www.reachdane.org/services/>.
 - Reach Dane supports parents with their needs as well offering curriculum, educational services, housing support, and employment support.
 - To request child care opening list fill out the following form https://docs.google.com/forms/d/e/1FAIpQLScppxqhT49uDTTc0B887vn_bH3mKS7wr0oRaQwiwOJs1b68Iw/viewform.
- **Where to get started:** Use the following link to enroll in services <https://www.reachdane.org/enroll/index.cfm>.



L. University of Wisconsin-Madison Parenting Courses

- **Parents Forever:** This virtual course is designed for parents who are separating, divorcing, or changing custody. The course aims to assist parents in describing the family transition, identify resources, and practice self-care and bonding to promote family well-being. This course is free or for a low-cost.
 - To find a class near you go to <https://parenting.extension.wisc.edu/class-calendar/> and can navigate by county on the left hand side of the page. Once you find a class, click on it to see more information and to register.
 - This course can satisfy family court obligations; check with your county.
- **Resilient Co-Parenting:** This free course is designed for parents or caregivers who are raising their children together while living apart. Learn about how to have difficult conversations, help children with their strong emotions, and cope with stress during change.
 - This class is held every first Thursday of the month from 12-1pm or 7-8 pm on Zoom. To register go to https://uwmadison.co1.qualtrics.com/jfe/form/SV_0JTL0VQeX9jpH7w
 - To see the topic of this month's meeting, go to <https://parenting.extension.wisc.edu/co-parenting/#find-parents-forever> and scroll to the section about the Resilient Co-Parenting Class. Click on the list of class topics and dates (there is a link).
- **Triple P for Family Transitions:** This course (five classes) is designed to support parents going through a divorce or separation to assist in coping with emotions, talking to your children about the situation, and managing conflict as co-parents.
 - To find a class near you go to <https://parenting.extension.wisc.edu/class-calendar/> and can navigate by county on the left hand side of the page. Once you find a class, click on it to see more information and to register.
 - This course can satisfy family court obligations; check with your county.

M. Urban League of Greater Madison

- **What is it:** “The mission of the Urban League of Greater Madison is to ensure that African Americans and other community members are educated, employed, and empowered to live well, advance professionally, and contribute to the common good in the 21st century.” Urban League provides many supportive community programs.
- **Services:**
 - **Fatherhood Support Program:** This program supports fathers through child support, job coaching, job training, job placement services, and



fatherhood workshops. It takes place in a group setting, and others provide peer support.

- **Child Support Legal Resource Clinic:** “The Child Support Legal Resource Clinic is your connection for tackling child support concerns, creating flexible payment plans, resolving custody and placement questions, drivers license recovery assistance, fatherhood support groups, and employment services.”
 - See events calendar at <https://ulgm.org/calendar/> to look for upcoming clinics
 - This clinic is supported by the Economic Justice Institute (EJI), Dane County Child Support, and Lift Wisconsin.
 - Location: 1233 McKenna Blvd., Madison
 - If you have questions, call 608-729-1200.
- **Urban League offers many opportunities to support youth!**
- **Where to get started:** See info above or use information below for more information
 - Website: <https://ulgm.org/>
 - Phone Number: 608-729-1200
 - Email: info@ulgm.org
 - Locations: 2222 S. Park St., Madison (Center for Workforce and Economic Development) and 1233 McKenna Blvd., Madison (Southwest Madison Employment Center)

N. Rooted

- **What is it:** “Rooted builds community-led food systems through food access, land access and urban agriculture education.” Rooted partners with other organizations and schools to serve the Madison area.
- **Services:**
 - **Badger Rock Neighborhood Center:** Hosts community events, workshops, a free monthly dinner and seasonal market, and provides a space for the community to gather for meetings or programs on Madison’s south side.
 - **Community Garden:** Local residents can apply to grow their own food at Badger Rock Community Gardens each year. For application information visit <https://rootedwi.org/community-gardens/badger-rock-community-gardens/>



- **Urban Farm:** Educational farm provides healthy food for surrounding neighbors and is a learning space for students at Badger Rock Middle School
- **The Community Gardens Network of Dane County:** includes over 70 community gardens, on land managed or leased by Rooted. Partnership of organizations provide land access, gardening education, legal resources, county-wide network of experienced gardeners, outreach and community engagement, and more!
 - Find a garden or more information at <https://danegardens.net/>
- **Troy Farm:** An organic production farm on Madison's northside with community garden plots and more
- **Where to get started:**
 - Website: <https://rootedwi.org/>
 - Phone Number: 608-240-0409
 - Locations:
 - Business office and Badger Rock Neighborhood Center: 517 East Badger Road, Madison, WI
 - Troy Farm, Community and Kids Gardens: 502 Troy Drive, Madison, WI
 - Madison School Farm: 5107 Sudbury Way, Madison, WI

O. Sesame Workshop

- **What is it:** Sesame Workshop offers parenting resources covering topics including incarceration to assist children in understanding incarceration, talking about their experiences, and promoting successful family reunification.
- **Where to get started:** Visit: <https://sesameworkshop.org/topics/incarceration/>

P. Public Health Madison & Dane County WIC Program Application Assistance

- **What is it:** Public Health Madison and Dane County can assist individuals in applying for the Women, Infants, and Children (WIC) program, which provides healthy food benefits, personalized nutrition information, and referrals to services for those who are pregnant, had a baby in the last six months, or have a child under the age of 1 who they are breastfeeding.
- **Eligibility:** Must meet income requirements (must qualify for FoodShare, Medicaid, BaderCare Plus, or W-2).
- **Where to get started:** Call 800-642-7837 to make an appointment or apply online at <https://wicmomstrong.com/>.



Q. Madison School and Community Recreation (MSCR)

- **What is it:** Madison School and Community Recreation (MSCR) is dedicated to enhancing the quality of life for those “in the Madison Metropolitan School District and for the community by providing recreation and enrichment opportunities year-round that are accessible to all.”
- **Where to get started:**
 - View programs and activities: <https://www.mscr.org/programs/>.
 - View registration information: <https://www.mscr.org/registration-information/>.
 - Fee assistance is available. See <https://www.mscr.org/registration-information/fee-assistance-policies-for-m/>.

R. Wisconsin Youth Company

- **What is it:** “Wisconsin Youth Company provides high-quality out-of-school time programming... Programs include before and after school, 4K wrap, summer camps, Middle School U, Wander Wisconsin, and non-school days and breaks programs.”
- **Where to get started:**
 - To explore the different programs and to receive more information go to <https://www.wisconsinyouthcompany.org/families/>.
 - To register for a program go to <https://www.wisconsinyouthcompany.org/register/#new-families>. To apply for a scholarship (discussed below), you first must register.
 - If your family receives free and reduced lunch, you are eligible for a 25% discount on program fees. To receive this discount, submit current verification of free and reduced lunch eligibility to info@wisconsinyouthcompany.org.
 - This discount does not apply to Middle School U, Wander Wisconsin, and immersion summer programs.
 - If you feel that your family needs tuition assistance through a scholarship, complete this form <https://forms.office.com/Pages/ResponsePage.aspx?id=vw7c66hriUyzzp4863NDOV1WI3PayMINKZer5Zr0BAZUNkdTRjNLSUhRR0xLNUFBMkMzS09aQVM5Ri4u>.
 - Scholarships do not cover deposit and registration fees.
 - If you need support paying summer camp deposits, contact info@wisconsinyouthcompany.org.



S. Dolly Parton's Imagination Library

What is it: Children in eligible service areas are delivered books monthly at no cost in participating service areas.

Where to get started: To begin receiving books go to <https://imaginationlibrary.com/check-availability/?#selectedCountry=US> and see if you're in a service area and fill out the necessary information!

T. 4C

- **What is it:** An agency that supports parents and their children with services and supports such as open play times, activity backpacks, and kits to check out on a monthly basis.
- **Where to get started:**
 - Website: <https://www.4-c.org/>
 - Phone Number: 608-271-9181
 - Location: 5 Odana Court, Madison, WI

U. Bright by Text

- **What is it:** "Bright by Text is a nationwide text messaging service that helps parents and caregivers of children from prenatal to age eight make the most of everyday interactions. Through free tips, information, games, and resources, Bright by Text is proven to build nurturing caregiver-child relationships, strengthen families, promote healthy child development, and improve school readiness."
- **Where to get started:** Text "BADGER" to 274 448

V. ARC Community Services

What is it: A Madison-based nonprofit organization that provides trauma-informed, women-centered substance use treatment and recovery services. Serves women—especially those involved in the criminal justice system, pregnant/postpartum women, and mothers with children—by helping them rebuild their lives and improve long-term family stability.

- **Services:** Residential and outpatient substance use treatment, day treatment programs, trauma-informed counseling, mental health services, parenting and childcare support, prenatal and maternal health services, care/service coordination and support, medication-assisted treatment, reentry and housing support, and services for survivors of trauma or human trafficking.
- **Programs:**



- ARC Community Services – Childcare, Parenting, and Health Education
- ARC Community Services – ARC Dayton
- ARC Community Services – ARC House
- ARC Community Services – Maternal and Infant Program
- ARC Community Services – Healthy Beginnings
 - **Eligibility:** Primarily serves adult women (18+) with substance use disorders, including pregnant and postpartum women, mothers with children, and women involved in the criminal justice system. Many programs require referrals through the Department of Corrections or county human services, though some outpatient programs accept self-referrals. Medicaid (BadgerCare) and public funding often cover services.

Where to get started: Call the main office or submit an inquiry through the website to determine eligibility, referral requirements, and which program best fits your needs.

- Website: <https://www.arccommserve.com/index.php>
- Phone number: (608) 278-2300
- Email: help@arccommserve.com
- Location: 2001 West Beltline Hwy, Suite 102, Madison, WI 53713

W. ARC Community Services – Childcare, Parenting, and Health Education

- **What is it:** A program within ARC Community Services that reduces barriers to treatment for mothers by integrating childcare, parenting support, and health education into substance use recovery. It is designed especially for pregnant women and mothers with young children, with a strong focus on strengthening the mother-child bond and supporting healthy child development.
- **Services:** On-site licensed therapeutic childcare, parenting education and support, infant development assessments, bonding and attachment programs (e.g., Mom-N'-Me and Circle of Security), prenatal care coordination, women's health education, assistance with medical appointments, transportation support, supervised visitation with children, support for pregnant and postpartum women, and coordination of community health services.
- **Eligibility:** Primarily serves women receiving treatment through ARC programs, especially pregnant women, postpartum women, and mothers with infants or young children. Services are integrated into both residential and outpatient treatment programs.
- **Where to get started:** Call ARC Community Services or use the website contact options to determine eligibility and enrollment in a treatment program that includes childcare, parenting, and health education services.



- Website:
<https://www.arccommserve.com/childcare-parenting-health-education.php>
- Phone number: (608) 278-2300
- Email: help@arccommserve.com
- Location: 1409 Emil Street, Madison, WI 53713

X. ARC Community Services – Healthy Beginnings

- **What is it:** A comprehensive day treatment program in Madison for pregnant and postpartum women with substance use disorders. The program focuses on supporting recovery while also addressing the unique needs of women who are pregnant or caring for an infant, emphasizing both maternal health and early child development.
- **Services:** Day treatment for substance use disorders, mental health outpatient services for co-occurring disorders, individual and group counseling, care/service coordination, parenting and health education, prenatal care coordination, support for infant development, and access to additional recovery and social services.
- **Eligibility:** Serves pregnant or postpartum women (age 18+) who are Wisconsin residents and have a substance use disorder. Accepts both self-referrals and referrals from social service agencies. Services are free for women without insurance, with additional coverage options through Medicaid, private insurance, or self-pay.
- **Where to get started:** Call the program directly to schedule an assessment or reach out via email for intake information and next steps.
 - Website: <https://www.arccommserve.com/healthy-beginnings.php>
 - Phone number: (608) 283-6426
 - Email: help@arccommserve.com
 - Location: 1409 Emil Street, Madison, WI 53713

Y. ARC Community Services – Maternal and Infant Program

- **What is it:** A 12-bed residential treatment program in Madison for pregnant and postpartum women with substance use disorders, where infants live on-site with their mothers. The program is designed to promote recovery while strengthening the mother-child bond and supporting healthy pregnancy, birth, and early child development.
- **Services:** Residential substance use disorder treatment, community corrections programming, support for healthy pregnancy and birth, delivery planning, parenting education and infant care training, bonding and attachment support, babysitting during treatment groups, individualized care/service coordination and



support, individual and group therapy, medication-assisted treatment support, and continuing care/reentry planning.

- **Eligibility:** Serves women age 18+ who are pregnant or postpartum with an infant and have a substance use disorder. Referrals typically come through the Wisconsin Department of Corrections, county human services departments, or Medicaid (BadgerCare). The program is free to participants, with funding from public sources.
- **Where to get started:** Contact ARC Community Services directly or work with a probation/parole agent or county human services department to obtain a referral for residential treatment.
 - Website: <https://www.arccommserve.com/maternal-and-infant-program.php>
 - Phone number: (608) 223-9033
 - Email: help@arccommserve.com
 - Location: 2001 West Beltline Hwy, Suite 102, Madison, WI 53713

Z. Briarpatch Youth Services – Parent Support Group

- **What is it:** The Parent Support Group is a program through Briarpatch Youth Services that provides support, education, and connection for parents and caregivers of youth experiencing behavioral, emotional, family, or adolescent challenges. Briarpatch has served youth and families in the Madison area for decades and focuses on strengthening families while preventing youth homelessness, family separation, and crisis situations.
- **Services:** Parent peer support, caregiver education, emotional support, discussion groups, parenting strategies, connection to youth/family resources, family crisis support, referrals to additional community services.
- **Eligibility:**
 - Intended for parents, guardians, and caregivers of youth/families needing support
 - Serves Dane County / Madison area families
 - Contact Briarpatch for current meeting schedule, registration, or participation details
- **Where to get started:** Visit the Parent Support Group webpage or call Briarpatch directly to ask about upcoming group dates, availability, and how to join.
 - Website: <https://www.briarpatch.org/programs/youth-and-family-services/parent-support-group/>
 - Phone number: (608) 251-1126
 - Email: contact@briarpatch.org
 - Location: 2720 Rimrock Rd, Fitchburg, WI 53713



AA. Free and Low-Cost Activities in Madison

- **UW Geology Museum:** Explore glowing rocks and minerals, dinosaur and sea creature fossils, and much more from throughout Wisconsin's history!
 - Location: 1215 W. Dayton St.
 - Open Monday-Friday 8:30am-4:30pm and Saturday 9am-1pm
 - See closures at <https://museum.geoscience.wisc.edu/>.
- **Henry Vilas Zoo:** Free zoo in the heart of Madison with many animals to see!
 - Location: 702 S. Randall Ave.
 - Open every day 9:30am-5pm; indoor exhibits are open from 10am-4pm
 - See closures and other information at <https://www.henryvilaszoo.gov/visit/>.
- **Olbrich Botanical Gardens:** Explore the beauty of 16 acres of outdoor gardens!
 - Location: 3330 Atwood Ave.
 - The outdoor gardens are open from 10am-6pm April-September and 10am-4pm October-March.
 - Outdoor botanical gardens are free for all visitors!
 - The indoor Bolz Conservatory is free for those receiving SNAP benefits, just bring your EBT card and a photo ID when you go. For those not receiving SNAP, it is free for all visitors on Wednesday and Saturday from 10am-12pm, otherwise during all other hours it is \$6 for adults, \$3 for kids ages 6-12, and free for children under 6 years old.
 - See closures and other information at <https://www.olbrich.org/visit>.
- **UW Arboretum:** Enjoy a nature walk through gorgeous Wisconsin forests!
 - Location: 1207 Seminole Highway
 - The Visitor's Center is open Monday-Friday 9:30am-4pm and weekends 12:30-4pm. The Arboretum trails are open all year round from 7am-10pm.
 - For more information, see <https://uwarboretum.org/>.
- **Monona Terrace:** Enjoy views of lake monona and explore events, art, and architecture of the building.
 - Location: 1 John Nolan Dr.
 - The building is open from 8am-5pm, the rooftop is open Sunday-Thursday from 8am-10pm and Friday and Saturday from 8am-12am (closes for inclement weather). The gift shop is open Tuesday-Saturday from 11am-3pm. There are some planned closures.
 - For more information, including on events and tours, see <https://www.mononaterrace.com/>.
- **Memorial Union Terrace:** Grab a bite to eat, swim in lake Mendota, enjoy a sunset over the lake, and enjoy live music, movies and more events!
 - Location: 800 Langdon St.



- During the summer, Memorial Union Terrace is generally open from 7am-11pm or later.
 - For more information on hours, events, etc., see <https://union.wisc.edu/visit/terrace-at-the-memorial-union/>.
- **Wisconsin State Capitol:** View the capitol by a guided tour or walk around on your own. The observation deck is open in the summer!
 - Location: 2 East Main St.
 - Free tours start at the information desk Monday-Saturday at 9am, 10am, 11am, 1pm, 2pm, 3pm, and 4pm and Sunday 1pm, 2pm, and 3pm. The capitol is open Monday-Friday 8am-6pm and weekends/holidays 8am-4pm.
 - For more information, including closures for holidays see <https://legis.wisconsin.gov/about/visit> and for more information on visits, the observation deck, accessibility, and nearby parking see <https://tours.wisconsin.gov/pub/Content.aspx?p=Welcome>.
- **Governor's Mansion:** Stroll through the public rooms to experience the history, view beautiful furniture, and enjoy the inspiring art in this 100+ year old home.
 - Location: 99 Cambridge Rd.
 - To see if there are tours being currently offered see https://www.wisconsinexecutiveresidence.com/content.aspx?page_id=22&club_id=788233&module_id=410963.
- **UW Physics Museum:** This museum was first established in 1918 and is one of the first of its kind. Free to the public!
 - Location: Chamberlain Hall on UW-Madison's campus (1150 University Ave.)
 - Open Monday-Friday 8:30am-4pm and some Saturdays there are select hours. See <https://www.physics.wisc.edu/ingersollmuseum/tourcalendar/> for hours and closures. You can freely explore or have a guided tour (to request a tour, fill out the form at <https://www.physics.wisc.edu/ingersollmuseum/tour-req/>).
 - For parking information see: <https://transportation.wisc.edu/visitor-parking/> and <https://transportation.wisc.edu/parking-lots/lot-occupancy-count/> (Lot 20 is the closest to the museum).
- **Dane County Farmer's Market:** Walk around and see vegetables, flowers, meats, cheeses, and specialty products from 220 Wisconsin vendors!
 - More information on specific dates and hours, see <https://dcfm.org/> and click on "Year-Round Markets."
- **Concerts on the Square:** Free live music during the summer at Madison's Capitol Square.

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- Location: Capitol Square, Madison
 - For more information on who is playing, when the concerts are held, etc., see <https://wcoconcerts.org/concerts-tickets/concerts-on-the-square>.
- **Madison Children's Museum:** Explore, learn, and discover through fun, interactive exhibits designed for kids! Occasionally, there are additional programs and events as well, which you can see on their website.
 - Location: 100 N Hamilton St.
 - Hours: See <https://madisonchildrensmuseum.org/visit/hours-and-schedule/>.
 - Cost:
 - Children under 1: Free
 - Adults: \$14 (\$12 when purchased online)
 - Children: \$14 (\$12 when purchased online)
 - Seniors and Grandparents: \$13 (\$11 when purchased online)
 - \$2 admission to those who are enrolled in FoodShare, Badgercare, Childcare Subsidy, Free/Reduced Lunch, Medicaid, WIC, WHEAP, SSI, W2, SSDI, Unemployment, Section 8, Head Start, Birth to 3, IEP/504, MMSD Play and Learn, Big Brothers/Big Sisters, SAPAR, YWCA, Foster Care, or VA Disability Status.
 - Buy tickets online at <https://madisonchildrensmuseum.org/aux/tix02ijkmop.html> by clicking "Buy Public Tickets" on the day you wish to visit.
 - For more information on sensory-friendly hours, parking, refunds, etc., go to <https://madisonchildrensmuseum.org/visit/>.
- **Sledding:** There are several parks in Dane County that offer places to sled. Elver Park is monitored, has a warming shelter, and has sleds for rent available for \$2 an hour.
 - To see more information on location for sledding, go to <https://www.cityofmadison.com/parks/sleddinghill>.
 - Elver Park is located at 1250 McKenna Blvd.
- **Splash Pads:** There are three free splash pads in Madison that are open from Memorial Weekend through Labor Day (10am-8pm daily).
 - Cypress Splash Park (902 Magnolia Ln.)
 - Elver Park Splash Park (1250 McKenna Blvd.)
 - Reindal (Amund) Park Splash Park (1818 Portage Rd.)
- **Playgrounds:** The City of Madison Parks have many locations with available playgrounds for children. To find a park near you with a playground, go to <https://www.cityofmadison.com/parks/playground> to see the map.



BB. Affordable Accredited Child Care Programs in Madison:

Note:

- “Affordable” refers to those who offer scholarships and sliding fee scales.
- “Accredited” means that the child care center was reviewed for meeting quality standards by an outside organization.

- **Big Oak Child Care Center**
 - Website: <https://www.bigoakchildcare.org/>
 - Phone Number: 608-249-3991
 - Ages: 1-5 year olds
 - Location: 2030 Winnebago St., Madison, WI
- **Child Development Lab**
 - Website: <https://childdevelopmentlab.wisc.edu/>
 - Phone Number: 608-263-4579
 - Ages: 6 weeks-5 years old
 - Location: 1300 Linden Dr.
- **Countryside Montessori Preschool Inc.**
 - Website: <https://www.countrysidemontessorimadison.com/>
 - Phone Number: 608-244-5437
 - Ages: 2 years 6 months - 6 years
 - Location: 721 Northport Dr, Madison, WI
- **Creative Learning and Childcare Center**
 - Website: <https://creativelearningpreschool.org/>
 - Phone Number: 608-258-9811
 - Ages: 6 weeks - 5 years
 - Location: 105 S Butler St., Madison, WI
- **Creek Day School**
 - Website: <https://www.creekdayschool.org/>
 - Phone Number: 608-271-1921
 - Ages: 18 months - 5 years
 - Location: 2509 McDivitt Rd, Madison, WI
- **Goodman Community Childcare Program**
 - Website: <https://www.goodmancenter.org/>
 - Phone Number: 608-241-1574
 - Ages: 3 - 19 years
 - Location: 149 Waubesa St, Madison, WI
- **Little Chicks Learning Academy**
 - Website: <http://www.universitykids.org/>



- Phone Number: 608-233-9970
 - Location: 601 N Whitney Way, Madison, WI
- **Little Chicks II Learning Academy & Preschool LLC(Hourly)**
 - Website: <http://www.universitykids.org/>
 - Phone Number: 608-233-9970
 - Location: 5003 University Ave, Madison, WI
- **Madison College Early Learning Campus**
 - Website: <https://madisoncollege.edu/about/community/facilities/child-care>
 - Phone Number: 608-246-6766(Madison Truax Campus), 608.616.1245(Goodman South Campus)
 - Ages: 6 weeks - 5 years
 - Location: Madison Truax Campus: 1835 Wright Street
Madison, WI, OR Goodman South Campus: 821 West Badger Road
Madison, WI
- **Meeting House Nursery School**
 - Website: <https://meetinghousenurseryschool.org/>
 - Phone Number: 608-233-9776
 - Ages: Two-Year Old Program, Three-Year Old Program, 4K Program, Extended Program, Camp Meeting Program
 - Location: 900 University Bay Dr, Madison, WI
- **Monona Grove Nursery School**
 - Website: <https://mgns.org/>
 - Phone Number: 608-222-4633
 - Ages: 3 - 5 years
 - Location: 4019 Hegg Ave, Madison, WI
- **New Morning Nursery School**
 - Website: <https://newmorningnurseryschool.org/>
 - Phone Number: 608-233-0433
 - Ages: 2 - 6 years
 - Location: 718 Gilmore St, Madison, WI
- **Orchard Ridge Nursery School**
 - Website: <https://www.orns.org/>
 - Phone Number: 608-274-8407
 - Ages: 2 - 6 years
 - Location: 1025 McKenna Blvd., Madison, WI
- **Preschool of the Arts**
 - Website: <https://preschoolofthearts.com/>
 - Phone Number: 608-233-1707
 - Ages: 1 year 6 months - 6 years
 - Location: 11 Science Ct, Madison, WI

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- **Red Caboose Childcare Center Inc.**
 - Website: <https://www.redcaboosechildcare.org/>
 - Phone Number: 608-256-1566
 - Ages: 6 weeks - 5 years
 - Location: 2346 Winnebago St, Madison, WI
- **Waisman Early Childhood Program**
 - Website: <http://www.waisman.wisc.edu/weep>
 - Phone Number: 608-263-5760
 - Ages: 1 - 6 years
 - Location: 1500 Highland Ave, Suite 101, Madison, WI
- **Woodland Montessori School**
 - Website: <https://www.woodland-montessori.org/>
 - Phone Number: 608-256-8076
 - Ages: 2 - 6 years
 - Location: 1124 Colby St.
- **Woodland Montessori School Toddler House**
 - Website: <https://www.woodland-montessori.org/>
 - Phone Number: 608-256-8076
 - Ages: 16 months - 3 years
 - Location: 1124 Colby St, Madison, WI

CC. Parenting Websites

- <https://www.womendeservebetter.com/>: Find resources about employment, finances, education, housing, child care, and other essentials as a parent.
- <https://www.healthychildren.org/English/Pages/default.aspx>: Learn about developmental milestones, the health and safety of your baby, and participate in free educational webinars.
- <https://www.safekids.org/>: Receive information on how to keep your child safe by proper car seat installation and sleeping precautions.
- <https://www.facebook.com/groups/SafeInfantSleep/>: Join this Facebook group to learn about safe sleeping practices for your baby.
- <https://sites.google.com/view/ulgm-parent-academy/home>: Information from the Urban League of Greater Madison on reading opportunities, summer activities, parenting workshops, and resources for school, wellbeing, etc.
- <https://theliteracylink.extension.wisc.edu/wp-content/uploads/sites/1200/2022/04/Brief-Book-List-for-Caregivers-or-Children-with-Incarcerated-Parents-1-1.pdf>: List of books to read with your children based on their age to spark conversations about emotions and difficult situations.



- <https://fsrkdane.org/resource-center/> and <https://fsrkdane.org/community-activities/>: The Family Support and Resource Center is designed to provide families of children with a disability with resources and support.
- <https://bgcdanecounty.my.site.com/portal/s/login/>: Boys & Girls Club of Dane County offers youth (ages 5-12) afterschool programs until 6 pm and teenager (grades 6-12) afterschool programs until 8 pm. Families who are eligible for Wisconsin Shares receive full tuition free and for families who are not eligible, there are scholarships available. The teen afterschool program is free for all! To sign up for programs, go to the link and register.
- <https://www.simpsonstreetfreepress.org/application>: Program for school-aged children to improve their reading and writing skills by being a part of a student-led newspaper!
- <https://www.bgmescinc.com/>: This Madison-based organization aims to celebrate and inspire Black girls in 4th grade and above through free and low-cost programming through teaching leadership skills, community-building, mentorship, etc. On the website, you can become a member (click “Join BGM” at the top right of the screen), explore resources, and learn more about the programs!
- <https://mentoringpositives.org/home>: Mentoring Positives is a program for youth in Dane County, particularly in the Darbo-Worthington neighborhood, to promote social-emotional and job readiness skills. Fill out a contact form or email will.g@mentoringpositives.org to connect your child to the program.
- <https://www.stoughtonareayouthcenter.org/>: The Stoughton Area Youth Center offers a space for youth to foster positive habits and skills and engage in stimulating activities.
- <https://www.eyesofhopestoughtonwi.org/home>: This program in Stoughton provides opportunities for youth to participate in interactive learning activities, receive additional support, and foster their well-being.
- <https://www.doorofhopewi.org/>: Door of Hope provides access to engaging STEM afterschool and summer programs for children ages 6-18.
- <https://jitp.info/>: The Just in Time Parenting newsletter provides free monthly parenting newsletters delivered straight to your email inbox for the first five years of your child’s life. Subscribe on the website!
- <https://www.mannfund.org/>: This organization provides mentoring support and educational tools primarily, but not exclusively, to students of color from MMSD who show potential for academic achievement, but face significant economic and personal challenges in reaching their full potential. Email contact@mannfund.org for more information.
- <https://parenting.extension.wisc.edu/>: Parenting and Family Relationships Division of Extension provides access to helpful information on parenting at each

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age of your child's development, as well as information on initiatives to support you as a parent.



13. Transportation & Driving Instruction

A. Wisconsin Non-Emergency Medical Transportation

- **What is it:** Provides rides for non-emergency medical appointments.
- **Eligibility:** Receive Medicaid or BadgerCare Plus and have an appointment insured under Medicaid or BadgerCare Plus without a ride to get there.
- **Where to get started:**
 - Schedule a ride by calling 866-907-1493 at least two business days before your appointment or schedule online by making an account at [link](#).
 - A “how-to” video can be found at <https://www.mtm-inc.net/Wisconsin/> by scrolling to the bottom of the page.
 - The transportation provider will contact you the day before the ride to confirm pick up time and location.
 - The transportation provider will contact you (via call, text, or knocking on your door the day of) to notify you that they have arrived.
 - If your ride is more than 15 minutes late, call 866-907-1493 (TTY: 711) and select “Where’s My Ride.”

B. Employment Transportation Assistance (ETA)

- **What is it:** “The ETA program provides bus passes for those searching for employment. ETA is a transit-based fare-assistance program. The service area is Metro Transit boundaries.” This is a free service.
- **Eligibility:** Be unemployed or low-income seeking employment.
- **Where to get started:** Complete the following form <https://danecountyhumanservices.org/documents/pdf/Transportation/TRANSPORTATION-INTAKE-FORM--UPDATED.pdf> and send it to transportationcallcenter@danecounty.gov
 - For more information call 608-242-6489

C. YWCA Transportation Programs

- **What is it:** “YWCA Madison is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.”
- **Services:**
 - **Job Ride:** This program provides all year round pre-scheduled transportation for individuals who are low-income to get to and from work at a reduced rate. Accessibility accommodations are available.

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- **Eligibility:** Do not reside within a bus line and do not have access during service hours.
- **Pricing:** Cost increases for those who have an income of over 200% of Federal Poverty Guidelines. Price increases for rides that are outside of the Madison Metropolitan Area (Madison, Middleton, Monona, and Fitchburg) and are based on mileage.
 - Pre-scheduled one-way rides: \$60/month
 - Pres-scheduled roundtrip rides: \$120/month
 - One-time rides: \$3
 - Half of the monthly fares are due on the 1st and the 15th of each month or on the day of the first scheduled ride following the 1st and the 15th. One-time ride fares are due upon boarding the vehicle. Fares can be paid via cash or money order. Fares are paid by placing the cash or money order in the vehicle's drop box.
- Apply online at <https://www.ywcamadison.org/jobride-application>.
- For more information, go to <https://www.ywcamadison.org/ywtransit>.
 - To explore racial justice educational materials go to <https://www.ywcamadison.org/racial-justice-learning> and to see racial justice workshops go to <https://www.ywcamadison.org/racial-justice-series> and scroll to the bottom where it says "Workshop Calendar" (option to get connected via email available here too).
- **Where to get started:** Use information above or contact below to get started
 - Website: <https://www.ywcamadison.org/>
 - Phone Number: 608-257-1436
 - Email: info@ywcamadison.org
 - Location: 101 E. Mifflin St., Madison

D. WETAP

- **What is it:** WETAP is a program through Forward Service Corporation (FSC). "Forward Service Corporation is a non-profit organization dedicated to helping people find and keep high-paying careers. We have been honored to serve communities throughout Wisconsin for over 40 years. Our award-winning approach to providing customized employment and education services has made us a leader in human services." FSC also offers other supportive services.
- **Services:**
 - **WETAP:** Interest-free loan to assist in purchasing or repairing a vehicle to ensure that individuals are able to maintain stable employment.

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- If interested, visit <https://fsc-corp.org/program/wetap/> to see if funding is available and if so following instructions provided on the website to get started.
- Application: <https://fscwetap.vercel.app/forms/application>
 - Forward Service Corporation provides assistance applying for and securing W-2 benefits, emergency assistance, and Job Access Loans. **If you are a parent**, Forward Service Corporation also provides educational services to high school age students.
- **Where to get started:** Follow directions above or contact via information below
 - Website: <https://fsc-corp.org/>
 - Phone Number: 608-400-2239
 - Location: 1819 Aberg Ave. Suite D, Madison

E. Work N' Wheels

- **What is it:** Provides 0% interest loans with low monthly payments to buy a vehicle to get to work; income restrictions apply. The average loan is \$5,000 with monthly payments of \$175-200..
- **Eligibility:**
 - Be employed for a minimum of 3 months with the same employer
 - Need a vehicle to get to/from your job
 - Have a valid driver's license
 - Meet program income qualification requirements
 - Contact Work N' Wheels to confirm eligibility
- **Where to get started:** Fill out the application (<https://swcap.org/wp-content/uploads/2021/09/WnW-Application-Packet-2021-08.pdf>) and email to wnw@swcap.org.
 - Website: <https://swcap.org/programs-services/transportation/work-n-wheels-program/>
 - Phone Number: 608-935-2326 ext. 221
 - Email: wnw@swcap.org
 - Hours: Mondays-Fridays 8am-4:30pm

F. Madison Neighborhood House Community Center

- **What is it:** The Madison Neighborhood House Community Center is a space for community members to gather for activities and receive support for their needs.
- **Services:**

13. Transportation & Driving Instruction



- **Transportation Assistance Program:** Provides bus passes to people who need transportation assistance to get to work, school, medical visits, food access, or child care. May apply once per cycle; call 608-255-5337.
- **Where to get started:** Call the number above for the Transportation Assistance Program or see information below
 - To see the full calendar of events, go to <https://neighborhoodhousemadison.org/calendar/>.
 - Location: 29 S. Mills St., Madison, WI

G. Rideshare

- **What is it:** Free opportunity for people to connect about commuter options, including finding carpool opportunities.
- **Where to get started:** Go to <https://rideshareetc.org/#/> and create an account. Then, put in your start location and destination and click “Let’s Go!” OR download the Commuter Tracker app (see links below).
 - <https://apps.apple.com/us/app/commute-tracker-by-rideamigos/id1108794526>
 - <https://play.google.com/store/apps/details?id=com.rideamigos.astro&pli=1>

H. Operation Fresh Start

- **What is it:** “Operation Fresh Start empowers emerging adults on a path to self-sufficiency through education, mentoring, and employment training.” All services and programs offered are free!
- **Services:**
 - **Drive Program:** Free driver’s education program that involves completing 30 hours of coursework, obtaining a permit, completing five driving lessons, and then taking the DMV road test to obtain a license.
 - **Eligibility:** Be ages 18-24, live in Dane County, and not be currently attending high school.
 - Applicants are accepted in cohorts by season. See if they are currently accepting applications at <https://www.operationfreshstart.org/drive-program>.
 - **Drive to Succeed Program:** Mentorship 6-week program in collaboration with JustDane to earn driver’s license, HSED or GED, and build skills.
 - **Eligibility:** Be ages 17.5-24, live in Dane County, and have past or current justice system involvement.
 - Apply: <https://docs.google.com/forms/d/e/1FAIpQLSeGneEXrThhNayU6NRkwY8EQKB5XnRoZOnZ6fDR-4PGEIGZnQ/viewform>

13. Transportation & Driving Instruction



- **Where to get started:** Use links above or to learn more about Operation Fresh Start go to <https://www.operationfreshstart.org/>.



14. Care/Service Coordination and Support



A. Just Dane

- **What is it:** Just Dane aims to “transform individual lives and social systems to create a just and equitable community,” where everyone has the opportunity to succeed. Just Dane has been working in Madison for over 50 years to serve those reentering the community, those who are currently incarcerated to connect them to reentry services, children with an incarcerated parent, homeless families after having a medical procedure, and educating the community about the criminal justice system.
- **Services:**
 - **Journey Home:** Individuals are connected to a Resource Specialist who provides care/service coordination and support to assist individuals in achieving stability. To learn more visit <https://justdane.org/journey-home/> . If interested, fill out the contact form at <https://justdane.org/contact-us/> or call Just Dane at the numbers listed on the link.
 - To see a calendar of events, including Reentry Service Fairs, Informational Sessions on Just Bakery, meetings, etc., visit <https://justdane.org/events/>.
- **Where to get started:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison

B. Nehemiah Re-Entry Services

- **What is it:** Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men leaving jail or prison. Their reentry staff includes formerly incarcerated Black men who have effectively navigated the challenges of reentry.
- **Services:**
 - **Housing:** They provide several safe, sober living environments throughout Madison for formerly incarcerated men.
 - **Coaching/Mentoring:** They provide coaching that addresses issues such as trauma, healthy relationships, anger management, fatherhood, and leadership development.
 - **Employment:** They assist people with job placements in businesses throughout Dane County.

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- **Advocacy:** They advocate for formerly incarcerated people, particularly within the court and legal system.
- **Care/Service Coordination and Support**
- **Where to get started:** Call or email to contact someone about accessing services.
 - Website: <https://nehemiah.org/our-work/criminal-justice-reentry/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 633 W. Badger Road, Madison, WI 53713
 - Hours: Monday-Friday 9am-5pm

C. Journey Mental Health Center

- **What is it:** Journey's team is split across three subsections of its community based outreach programs that cater towards individuals with mental health and/or substance abuse disorders and even helping those who have specifically been diverted from Dane County Jail or found not guilty by reason of mental disease or defect.
- **Services:** Assistance with daily living, transportation, financial skill development, employment, housing, counseling and substance abuse treatment.
- **Where to get started:** To find services you are eligible for, either call the program number listed below you believe suits your needs best according to the website's details, or visit their office next to the Olin Center.
 - Website: <https://www.journeymhc.org/>
 - Phone Number
 - [Gateway Community Support Program](#): 608-280-3150
 - [Forward Solutions Community Support Program](#): 608-280-3180
 - [Community Treatment Alternatives Community Support Program](#): 608-280-2740
 - Location: 25 Kessel Court, Madison, WI 53711
 - Hours: Monday-Friday from 8:15am-4:15pm

D. Meadowood Health Partnership

- **What is it:** Meadowood Health Partnership is run by Community Health Workers (CHWs) and “empowers families, enhances health literacy, and expands healthcare access in BIPOC and low-income communities.”
- **Services:** Meadowood Health Partnership connects individuals to resources (housing, legal services, medical supplies, household supplies, prenatal care/support, baby essentials, employment, public benefits, transportation, utility bills, health services, food, child care, etc.), assists with medication management

14. Care/Service Coordination and Support



and disease management, and advocates for violence reduction and community building.

- **Where to get started:**

- To begin receiving services from Meadowood Health Partnership, download the form <https://img1.wsimg.com/blobby/go/729a281b-463f-45c5-a16a-8f7ca3339795/Intake%20Form%20Submit-f8b86bf-f906756.pdf>, fill it out, and email the completed form to sheraywallace44@gmail.com.
- To make an online appointment online, go to <https://mwhp.org/client-intake-form>, scroll to the bottom of the page where it says “ONLINE APPOINTMENTS,” click “BOOK,” and select a day and time, filling out the necessary information to confirm.
- Website: <https://mwhp.org/>
- Phone Number: 608-896-5287
- Email: sheraywallace44@gmail.com
- Location: 5902 Raymond Rd. (Suite 160), Madison (Meadowridge Library)

E. SOAR “Case Management” Services

- **What is it:** Offers a wide range of services for those struggling with their mental health.
- **Where to get started:** Care/service coordination and support available by appointment.
 - Website: <https://soarcms.org/>
 - Phone Number: 608-287-0839
 - Hours: Open Mondays, Wednesdays, Thursdays, and Fridays from 9am-2pm and Tuesdays 9am-12:30pm.
 - Location: 4513 Milwaukee St., Madison

F. Joining Forces for Families

- **What is it:** Joining Forces for Families offers care/service coordination and support to individuals and families in Dane County to connect them to resources related to housing, employment, legal advocacy, etc.
- **Where to get started:** To find a Joining Forces for Families office near you, go to <https://www.danecountyhumanservices.org/Children-Youth-and-Family/Community-Programs/Joining-Forces-for-Families> and scroll down to “Find a JFF Office” or click on the “JFF Information Card” to locate phone numbers and emails to contact.



G. Jewish Social Services (JSS)

- **What is it:** “Jewish Social Services of Madison empowers families and individuals across generations and cultures to build community and self-sufficiency, with a strong commitment to the Jewish community and inspired by Jewish values.” JSS specializes in supporting the Jewish community; however, JSS serves all people.
- **Services:** Assistance with senior transitions, finding and applying for housing, navigating public services, care/service coordination and support, and emergency finances.
 - For the calendar of events, go to <https://jssmadison.org/programs/calendar/>. Programs include Lechayim, Shabbat, Memory Cafe, etc.
- **Where to get started:** To receive services, call 608-229-1754 or email maya@jssmadison.org (for Maya, Director of Family and Senior Services) or call 608-424-4568 or email kate@jssmadison.org (for Kate, Care/Service Coordinator).
 - Website: <https://jssmadison.org/>
 - Phone Number: 608-442-4081
 - Email: info@jssmadison.org
 - Location: 6300 Enterprise Ln., St. 309, Madison (Must make an appointment or be attending an event to come to JSS in-person.)
 - Hours: Monday-Thursday from 9am-5pm and Friday from 9am-3pm

H. Centro Hispano

- **What is it:** This organization works to empower youth, strengthen families, and engage the community through their programs and services.
- **Services:** Program specialists provide individuals with bilingual support in finding resources related to healthcare, education, and social services.
 - Centro Hispano also offers Affordable Care Act (ACA) Navigators to look for affordable healthcare options.
- **Where to get started:**
 - Website: <https://www.micentro.org/>
 - Phone Number: 608-255-3018
 - Email: info@micentro.org
 - Location: 2403 Cypress Way, Madison
 - Hours: Monday-Friday 8:30am-5pm

14. Care/Service Coordination and Support



I. Forward Service Corporation (FSC)

- **What is it:** “Forward Service Corporation is a non-profit organization dedicated to helping people find and keep high-paying careers. We have been honored to serve communities throughout Wisconsin for over 40 years. Our award-winning approach to providing customized employment and education services has made us a leader in human services.” Forward Service Corporation also offers other supportive services.
- **Services:**
 - **Family Stabilization Program (Wisconsin Works W-2):** A care/service coordination and support program offered to families to provide them with their basic needs, as well as career guidance, job searching support, job skills training, networking, interviewing workshops, transportation assistance, referrals to health services, parenting support, educational opportunities, etc.
 - To participate in this program, call 608-630-2714 or email fspreferral@fsc-corp.org
 - Forward Service Corporation provides assistance applying for and securing W-2 benefits, emergency assistance, and Job Access Loans. **If you are a parent**, Forward Service Corporation also provides educational services to high school age students.
- **Where to get started:** See information above or call the phone number below
 - Website: <https://fsc-corp.org/>
 - Phone Number: 608-400-2239
 - Dane County Locations:
 - 1819 Aberg Ave. Suite D, Madison
 - 2306 S. Park St., Madison

J. Stoughton Area Resource Team (START), Inc.

- **What is it:** START “helps community members in crisis by maximizing available resources to prevent homelessness and overcome the impacts of poverty.”
- **Services:** Provides support accessing resources related to housing, utilities, education, childcare, employment, food, physical and mental healthcare, transportation, etc.
- **Eligibility:** Head of the household must be a Stoughton Area School District resident under the age of 55.
- **Where to get started:** Call phone number below
 - Website: <https://www.startstoughton.org/>
 - Phone Number: 608-577-5650
 - Contact Form: <https://www.startstoughton.org/contact-us>

14. Care/Service Coordination and Support



- Location: 135 W. Main St., Suite 102, Stoughton, WI
- Hours: Monday, and Wednesday 9-11am and Tuesday, Thursday, and Friday 9am-3pm

K. Allied Wellness Center

- **What is it:** The Allied Wellness Center has a network of Community Health Workers (CHWs) in the Allied, Belmar, and Dunn's Marsh neighborhoods who are “dedicated to nurturing the holistic well-being of mind, body, and spirit.” The Allied Wellness Center aims to connect individuals and families with vital resources and programs for their wellbeing.
- **Services:**
 - **Community Health Workers:** Allied Wellness Center connects individuals to CHWs that can assist individuals and families in learning about and connecting with **resources related to their physical and mental health, basic needs, transportation, education, childcare, employment, etc.**
 - To request a CHW, fill out the referral form at <https://form.jotform.com/241554862428058>.
- **Where to get started:** Fill out form above or visit website below for more community events and services
 - Website: <https://alliedwellnesscenter.org/>
 - Email: admin@alliedwellnesscenter.org
 - Location: 4689 Atticus Way, Madison



15. Legal Assistance

Pardon Process

What is it? The Governor can pardon individuals with a criminal record, except in cases of treason and impeachment, to restore certain civil rights including the right to vote and to own firearms (does not apply to those with a domestic violence charge).

Eligibility: Convicted of a felony charge in Wisconsin and completed your sentence at least five years ago. Must have completed all supervised release, have no intervening convictions or pending charges, are not currently required to register as a sex offender.

Where to get started:

1. Complete the application at https://evers.wi.gov/Documents/PardonApp_Aug2021.pdf. Mail the completed application to the Office of the Governor Attn: Pardon Advisory Board P.O. Box 7863 Madison, WI 53707. You will receive notification of its status after the initial review process is complete. This can take several months.
2. If your application is complete and you are deemed eligible after the initial review, there will be a more detailed, “supplemental” review by the Pardon Advisory Board. You’ll be notified if they deem you ineligible after this review or if you’ll move on to the next step.
3. After a supplemental review you’ll be scheduled for a hearing in front of the board where you will attend and answer questions from the board. They may ask questions about the offense, how the sentence went, what you have done since the completion of your sentence, etc. Hearings are usually at least 18 months after the application is received.
4. After the hearing the board will vote, and if a majority recommend you for pardon then your application will be sent to the governor who will make the final decision to pardon. The final decision is given about a month after the hearing.

***Tip:** Show a significant & documented need for pardons, such as education/employment needs. *If you have questions, you can email GOVPardons@wisconsin.gov.*

For more information:

- Frequently asked questions: <https://evers.wi.gov/pages/pardon-information.aspx>
- Helpful information on completing the Wisconsin pardon application: https://www.milwaukeejusticecenter.org/uploads/1/0/9/0/109072171/helpful_info_on_completing_the_wisconsin_pardon_application_1_.pdf
- A pardon DOES NOT expunge (erase) a record; to expunge a record, visit <https://www.wicourts.gov/formdisplay/CR-266.pdf?formNumber=CR-266&formType=Form&formatId=2&language=en>.
- Tool to determine if your conviction can be expunged or pardoned: <https://www.mkemobilelegalclinic.com/about-5>



Immigration Constitutional Rights Information

- DO NOT OPEN THE DOOR if an immigration agent is knocking on the door.
- DO NOT ANSWER ANY QUESTIONS from an immigration agent if they try to talk to you. You have the right to remain silent.
- DO NOT SIGN ANYTHING without first speaking to a lawyer. You have the right to speak to a lawyer.
- If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.
- Red cards, which you can show through a window or glass door or slide under the door (if you are in your home), are a tool for you to assert your rights in a clear and concise way. They are available for print at <https://www.ilrc.org/red-cards-tarjetas-rojas>. This website also provides more information about red cards.

A. Economic Justice Institute (EJI)

- **What is it:** The Economic Justice Institute works to provide FREE legal assistance to those who cannot afford attorneys to make the legal process simpler, faster, and less stressful. Clinics are operated by UW- Madison law students to provide assistance to those who are involved in legal matters in Wisconsin. Information on this resource found via their brochure and website.
 - Clinics CANNOT give you legal advice or legal advocacy, and therefore what you share with EJI is not confidential.
- **Services:**
 - **Consumer Law Clinic (CLC):** This clinic assists with matters including unfair or deceptive business practices, debt collection defense and auto repossession, and consumer credit (including pay day loans, rent-to-own contracts, installment contracts, and student loans).
 - To receive services, call the phone number OR make an appointment online at <https://forms.gle/ZJC6K3Ag9Vi1TQpq9>.
 - When leaving a message, tell them your name, phone number, legal issue, and when the best days and times for them to call you back.
 - Website: <https://law.wisc.edu/eji/clc/>
 - Phone Number: 608-263-6283

15. Legal Assistance



- Hours: On the website, scroll to “Information for the Public” and click on “Scope of the Consumer Law Clinic” to see current hours.
- **Immigration Justice Clinic (IJC):** This clinic can assist if you or your family member does not have legal status in the U.S. and has been a victim of domestic violence, human trafficking, or another crime in the U.S. or you or your family member has been persecuted or tortured in their country of origin.
 - To begin receiving IJC services, call the phone number to schedule an over the phone or in-person intake to discuss your situation. Please gather necessary immigration paperwork before intake.
 - Website: <https://law.wisc.edu/eji/ijc/>
 - Phone Number: 608-890-3753
- **Restraining Order & Survivor Advocacy Clinic (ROSA):** This clinic provides direct legal services to victims/survivors of intimate partner violence or crime (residing in Dane, Jefferson, Rock, Sauk, and some other surrounding counties) with restraining order petitions, representation at injunction (restraining order) hearings and other court proceedings (aside from divorce or custody court proceedings), and assists victims/survivors with additional legal needs, ensuring their rights.
 - To schedule an appointment call the phone number below, email the address below, or fill out the online form <https://docs.google.com/forms/d/e/1FAIpQLSesbJAXmGtrCFiuiuiOFOpQUjWkhgNf4VNYC6ORfbH-9rJKg/viewform>. (Closes during the summer, resumes during the academic year)
 - If you need accommodations, please state this when making an appointment.
 - Website: <https://law.wisc.edu/eji/rosa/>
 - Phone Number: 608-263-9574
 - Email: ROSA@law.wisc.edu
- **Where to get started:** Follow directions above if those services align with your needs. Otherwise, use contact information below to learn more.
 - Website: <https://law.wisc.edu/eji/>
 - Phone Number: 608-890-0678
 - Email: ejl@law.wisc.edu
 - For additional resources, the EJI recommends exploring...
 - <https://www.wislawhelp.org/>: This website helps you find legal organizations that may be able to assist you based on your identified needs.



- <https://www.wicourts.gov/services/public/selfhelp/index.htm>: These resources provided by the Wisconsin Court System to assist with helpful information about different court matters.
- <https://wilawlibrary.gov/topics/county.php>: This page identifies potentially helpful resources for legal assistance based on county and topic.
- <https://www.wisbar.org/>: The State Bar of Wisconsin can provide helpful information on finding a lawyer and how to navigate court proceedings.
 - State Bar Legal Hotline: 1-800-262-9082

B. Neighborhood Law Clinic (NLC)

- **What is it:** “For more than 30 years, the Neighborhood Law Clinic (NLC) has provided a broad range of legal services based on community needs. For the past 15 years, the NLC has focused primarily on rental housing and employment law issues.” Law students, supervised by attorneys, provide free one-on-one assistance to individuals, including legal information and referrals and in some cases, full legal representation. The NLC is a part of the Economic Justice Institute.
 - **Situations where the NLC might be helpful:**
 - Your employer has not paid you for the hours you’ve worked
 - Your employer owes you overtime pay or didn’t pay you the minimum wage
 - Your property manager or lessor is trying to evict you
 - Your property manager or lessor illegally kept your security deposit
 - Your apartment has maintenance or repair issues that have not been resolved
 - Your Section 8 voucher is being terminated
 - You have been discriminated against in employment or housing
 - **Situations NLC CANNOT help with:** family law, criminal law, worker’s compensation, traffic tickets, bankruptcy, immigration, or personal injury.
 - If your situation relates to one of these issues, NLC can refer you to another organization that can help.
- **Where to get started:**
 1. Call to schedule an in-person or online intake appointment, when individuals can describe the issue at hand.
 - Walk-ins are welcome, but appointments are preferred

15. Legal Assistance



2. Bring all relevant documents (such as your lease, eviction notice, timesheets, or paystubs) to the meeting. If your appointment is online, email these documents beforehand.
3. If the NLC can offer you full legal representation, then someone from the NLC will keep in contact with you. Representation, if offered by NLC, usually begins about 2-3 weeks after intake appointment.
 - If full legal representation is provided, then the individual is expected to pay court costs, but representation is free.
- NLC expects clients to keep the NLC updated on their contact information, return phone calls in a timely manner, and keep the NLC up-to-date on the case.
 - Website: <https://law.wisc.edu/eji/nlc/>
 - Phone Number: 608-890-0678
 - Location: 2238 S. Park St. (Madison South Partnership), Madison
 - Hours: Go to the website and scroll to the bottom to see current hours

C. Rise Law Center

- **What is it:** Rise Law Center is a non-profit, multilingual law office that offers legal representation to immigrants and refugees in immigration and family law disputes. Most of the work is pro bono (free), or for affordable, small fees.
- **Services:**
 - **Immigration legal assistance:** Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
 - **Immigration Legal Services:** Help with forms, filings with USCIS (United States Citizenship and Immigration Services), representation at asylum interviews, and representation before the immigration court.
 - **Non-Legal Services:** Department of Justice (DOJ)/Office for Victims of Crime (OVC)-funded services for trafficking victims, Language services, Legal Orientation Programs (LOP) / Know Your Rights Presentations (KYR), and referring to other services.
 - **Individuals Being Served:** Detained individuals, domestic violence victims, human trafficking survivors, individuals who have illegal immigration status, juveniles, LGBTQ+, torture survivors
 - Services available in Arabic, English, Portuguese, and Spanish
- **Where to get started:** Call with questions or show up for a walk-in appointment

15. Legal Assistance



- Website: <https://riselawcenter.org/>
- Phone Number: 608-256-1015
- Location: 1400 E. Washington Avenue, Suite 262, in Madison, WI 53703.
- Hours: Monday-Friday from 9am-5pm

D. Legal Services Coordination (LSC) - Legal Action of Wisconsin

- **What is it:** LSC is a nonprofit organization that provides financial support for civil legal aid to low-income Americans. LSC funds over 130 nonprofit legal aid organizations in every state and other U.S. territories.
- **Eligibility:** Go to the website linked below and click “Get Help” and then click “Am I eligible” for eligibility information. Legal Action of Wisconsin won’t handle the following matters: criminal cases (except for sealing records), personal injury, Malpractice, worker’s compensation, active traffic violations, contested wills/estates, or private pensions.
- **Where to get started:** Call the phone number or go to the website linked below and click "apply online" to request legal help entering your information.
 - Website: <https://legalaction.org/>
 - Phone number: 855-947-2529

E. Dane County Immigration Affairs

- **What is it:** “Immigration Affairs is composed of bilingual and bicultural social service providers that help immigrants and refugees in Dane County meet their immigration related needs through a holistic approach.”
- **Services:** Care/Service Coordination and Support, Community Outreach and Education, Department of Human Services U-Visa Certification, and Referrals to Immigration-Related Services
- **Where to get started:** Find the referral form (available in English and Spanish) on the website linked below and scroll down to the “Contact Us” section. Then, submit the completed form to the email below.
 - Website:
<https://www.dcdhs.com/Children-Youth-and-Family/Immigration-Affairs>
 - Phone Number: 608-242-6260
 - You can also call this number if you have a loved one who has been detained by immigration
 - Email: HSimmigrationaffairs@danecounty.gov
 - Location: 2450 Rimrock Rd., Madison



F. Catholic Multicultural Center (CMC)

- **What is it:** “The Catholic Multicultural Center (CMC) is a social service agency designed to help our brothers and sisters in need through meeting basic needs and providing opportunities for educational and professional growth.”
- **Services:**
 - **Immigration legal services:** Make a virtual or in-person appointment Monday-Friday from 9am-5pm. Call 608-441-0114
- **Where to get started:** Follow steps above for immigration legal services, or use contact information below for more information about other services
 - Phone Number: 608-661-3512 (Beld St. Office)
 - Website:
<https://catholiccharitiesofmadison.org/cmc/immigration-legal-services-2/>
 - Contact <https://cmcmadison.org/contact/>
 - Location: 1862 Beld St., Madison
 - Hours: Monday-Friday from 9am-5pm

G. Community Immigration Law Center (CILC)

- **What is it:** “The Community Immigration Law Center strives to ensure dignity and access to justice for people, especially those facing deportation, by providing legal representation and consultations, as well as support and education regarding immigration issues.”
 - Community Immigration Law Center (CILC) advises checking your immigration court date weekly at <https://acis.eoir.justice.gov/en>.
- **Services:**
 - **Legal Clinic:** CILC provides a free immigration clinic. Law students conduct an intake interview and then an attorney or accredited representative conducts a confidential interview regarding immigration issues.
 - Clinics are held the 2nd and 4th Friday of each month beginning at 1:30pm
 - MUST have an appointment. Call CILC to make an appointment beginning the Wednesday of the week of the clinic at 10am
 - Call ahead of time if you need translation services for appointment
 - Bring all documents related to your immigration or criminal case.
 - Do not bring children to appointments unless absolutely necessary.
 - **Legal Representation:** CILC provides free and low cost legal representation to eligible, low-income detained non-citizens in removal proceedings. Representation covers detention and after release, master calendar hearings, bond proceedings, competency hearings, merits



hearings, USCIS applications and proceedings, Bureau of Immigration Affairs (BIA) appeals, remands from BIA, and state court proceedings related to immigration relief.

- “**If you have a loved one who has been detained by immigration**, first, please call the Office of Immigration Affairs right away. You can reach them at 608-242-6260. Then please reach out to our office at 608-640-4444. As a part of our local rapid response protocol, CILC will be in touch with family members as soon as possible”
- **Where to get started:** Call number below to start services.
 - Website: <https://www.cilcmadison.org/>
 - Phone Number: 608-640-4444
 - Email: info@cilcmadison.org
 - Location: 944 E. Gorham St., Madison
 - CILC is a part of the Christ Presbyterian Church.

H. Urban League of Greater Madison

- **What is it:** “The mission of the Urban League of Greater Madison is to ensure that African Americans and other community members are educated, employed, and empowered to live well, advance professionally, and contribute to the common good.”
- **Services:** Urban League provides many supportive community programs.
 - **Legal Expungement Clinics:** These free clinics are held about once a month and provide advice and guidance from an attorney on expungements, pardons, and other related matters. They also offer advice on answering job applications and interview questions and information about job leads, training, etc.
 - **Eligibility:** Live in Dane County.
 - You must register by going to <https://ulgm.org/expungement/> and scrolling down to the red circle icons that indicate that you should register for upcoming clinics!
 - **Child Support Legal Resource Clinic:** This program is “Your connection for tackling child support concerns, creating flexible payment plans, resolving custody and placement questions, drivers license recovery assistance, fatherhood support groups, and employment services.”
 - Check website <https://ulgm.org/expungement/> to see upcoming dates and register for clinics
 - This clinic is supported by the Economic Justice Institute (EJI), Dane County Child Support, and Lift Wisconsin.
 - Location: 1233 McKenna Blvd., Madison

15. Legal Assistance



- **Urban League offers many opportunities to support youth!**
- **Where to get started:** Visit website or contact for more information
 - Website: <https://ulgm.org/>
 - Phone Number: 608-729-1200
 - Email: info@ulgm.org
 - Locations: 2222 S. Park St., Madison (Center for Workforce and Economic Development) and 1233 McKenna Blvd., Madison (Southwest Madison Employment Center)

I. Sunshine Place

- **What is it:** Provides support for families with children in the Sun Prairie School District and for Sun Prairie community members.
- **Services:**
 - **Sunshine Legal Clinic:** Free, virtual legal consults for 30-minutes in family law, tenant rights, immigration, etc. for those who live in Dane County.
- **Where to get started:** Email sunshinelegalclinic@gmail.com or fill out <https://docs.google.com/forms/d/e/1FAIpQLSdAIR3hBYZ15hfwpyU6lFxxg6QHC46kKq4ZXmNfVgXWF4-dCuw/viewform> to secure an appointment.
 - Website: <https://sunshineplace.org/>
 - Phone Number: 608-825-3875
 - Location: 18 Rickel Road, Sun Prairie

J. Legal Tune Up

- **What is it:** Provides free legal assistance and information for everyday legal needs, including consumer debt help, child support, and a suspended driver's license. Legal Tune Up is provided through Lift Wisconsin (<https://liftwisconsin.org/>), which has more resources and information.
- **Services:**
 - To use, go to <https://legaltuneup.org/>, click the red "Start" button, and enter your information. The webpage will then provide legal information specific to your public records.
 - If you have an eviction on your record that is older than two years, Legal Tune Up has information to help you possibly get the eviction removed from your record.
 - For more information on how to ask a court to remove this from your record, see <https://drive.google.com/drive/u/1/folders/1HUXjoU1yHHFK1p0THo-MeFMiV24KIhkb>.

15. Legal Assistance



K. Wisconsin Free Legal Answers

- **What is it:** A free, confidential online legal clinic where eligible individuals can receive brief legal advice on civil matters from licensed Wisconsin attorneys.
- **Where to get started:** Go to <https://wi.freelegalanswers.org/>, click on “Get Started” to create an account, ask your question, and then you will receive an email when your question receives a response (you will have to sign into your account to read the response).



16. Technology



A. Lifeline

- **What is it:** “Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers.”
- Low-income individuals receive up to a \$9.25 monthly discount and for those on Tribal lands up to a \$34.25 monthly discount.
- **Eligibility:**
 - Only one line per household.
 - Must be at or below 135% of the Federal Poverty Guidelines (see Appendix A) or participate in federal assistance programs (such as SNAP, Medicaid, SSI).
 - Must recertify eligibility each year.
 - Check eligibility here, <https://www.lifelinesupport.org/how-to-qualify/>
- **Where to get started:** To apply online, go to <https://www.lifelinesupport.org/> and click “Apply Now.” Then, click “Get Started” and fill out the corresponding information.
 - If you have questions about your application or would like a mailed application, call 800-234-9473 or email lifelinesupport@usac.org.

B. Google Digital Skills Curriculum

- **What is it:** Learn basic computer skills to connect with others, increase job readiness skills, etc.
- **Where to get started:**
 1. Go to <https://applieddigitalskills.withgoogle.com/s/en/home>.
 2. Log into your Gmail account and fill out the questions according to your needs.
 3. Click on the blue “Start your first lesson” button.
 4. Scroll through lessons and choose.

C. Literacy Network

- **What is it:** “Literacy Network helps adults in Dane County build skills, reach goals, and connect communities.”
- **Services:**

16. Technology



- **Beginner Computer Training:** Free one-on-one tutoring for basic computer skills. If you are enrolled in college credits, you are *not* eligible. You must register by calling 608-999-4114. Check the website <https://www.litnetwork.org/study/beginning-computer-tutoring/> or call to find the most up to date class schedule.
- Class materials range from \$10-40; however, there are scholarships available.
- **Where to get started:**
 - Website: <https://www.litnetwork.org/>
 - Phone Number: 608-244-3911



17. Black Indigenous People of Color (BIPOC) Resources



A. Freedom Inc.

- **What is it:** “Our mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about social, political, cultural, and economic change.”
- **Services:**
 - **Youth Programs:** Anti-violence youth groups designed to foster political education, leadership development, and relationship building.
 - **Freedom Youth Squad:** Black, Hmong, and Khmer youth leadership program
 - If interested, contact sadams@freedom-inc.org
 - **Freedom Youth Organizing Camp:** Summer program
 - If interested, contact mtyang@freedom-inc.org
 - **Books and Breakfast:** Weekly literacy development program
 - If interested, contact sadams@freedom-inc.org or mtyang@freedom-inc.org
 - **Black Girls Matter:** Program for Black girls
 - If interested, contact sadams@freedom-inc.org
 - **Nkauj Hmoob:** Support group for Southeast Asian girls
 - If interested, contact mtyang@freedom-inc.org
 - **Viv Ncaus Dance Troop:** Telling powerful stories through Hmong dances
 - If interested, contact mtyang@freedom-inc.org
 - **Adult Programs:**
 - **Hmong Women’s Group**
 - If interested, contact mtyang@freedom-inc.org
 - **Wisdom Project:** Anti-violence group for Hmong elders
 - If interested, contact mmoua@freedom-inc.org
 - **50+ and Fabulous:** Program for Black elders
 - If interested, contact jwilliams@freedom-inc.org
 - **People Like Us (PLUS):** Group of Black and Southeast Asian LGBTQ+ individuals
 - If interested, contact madams@freedom-inc.org

17. Black Indigenous People of Color (BIPOC) Resources



- **Services and support for domestic violence and sexual assault survivors also available**
- **Where to get started:**
 - Website: <https://freedom-inc.org/index.php>
 - Phone Number: 608-716-7324
 - Email: info@freedom-inc.org
 - Location: 2110 Luann Ln., Madison

B. Asian Mental Health Collective (AMHC)

- **What is it:** “AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.”
- **Services:** AMHC provides individuals with mental health support and connection.
 - **Asian American Therapist Directory:** Directory of Asian American mental health providers <https://www.asianmhc.org/therapists-us/>
 - **Lotus Therapy Fund (LTF):** This fund provides eight free therapy sessions with an Asian therapist who is taking new clients, by paying the provider directly.
 - Due to the high number of applicants, not everyone who applies will be accepted. Your current access to mental healthcare, financial need, access to healthcare insurance, severity of symptoms, availability of providers, and ability to start therapy now are taken into consideration. If you are not accepted, you can reapply.
 - See if the application is open at <https://www.asianmhc.org/lotus-therapy-fund/>
 - If you have questions about the Lotus Therapy Fund, email therapy@asianmhc.org.
 - **Asian Organizers Therapy Fund:** This fund covers the cost of eight therapy sessions with an Asian therapist over the span of three months for those who are organizers for social change (i.e., grassroots, community, or labor organizer, or cultural worker, advocate, or activist).
 - See if the application is open at <https://www.asianmhc.org/asian-organizer-therapy-fund/>
 - If you have questions about the Lotus Therapy Fund, email therapy@asianmhc.org.
 - **Support Groups:** AMHC offers support groups for Asian-identifying individuals. See if they are offering any current groups and links to sign up at <https://www.asianmhc.org/community-support-groups/>

17. Black Indigenous People of Color (BIPOC) Resources



- **Facebook Support Group (active):**
<https://www.facebook.com/groups/subtleasianmentalhealth/?link=group>
- **Where to get started:**
 - Website: <https://www.asianmhc.org/>.
 - Contact Form: <https://www.asianmhc.org/contact/>

C. Black Mental Health Alliance (BMHA)

- **What is it:** “BMHA educates the community about healing practices and culturally-relevant approaches to contemporary challenges.” BMHA connects Black communities with services that support their health and wellbeing.
- **Services:**
 - BMHA provides confidential referrals to mental health providers. To get a referral, fill out the form at https://docs.google.com/forms/d/e/1FAIpQLSfei-0WUN-rtpM3fNEI_9clGqgiLjDCIWgVwe0hyb2wuZvtVQ/viewform and someone from BMHA will contact you within 24 hours.
 - BMHA is building a directory of Black psychiatrists.
- **Where to get started:**
 - Website: <https://blackmentalhealth.com/>
 - Contact Form: <https://blackmentalhealth.com/contact-us/>

D. The Progress Center for Black Women

- **What is it:** This organization offers a workshop space created by Black women for Black women.
- **Services:** This space is kid friendly, has Zoom meeting tools, has snacks and beverages, office supplies, printing, etc.
 - This organization also hosts events, provides \$100 grants for self-care, provides educational opportunities, and more
- **Where to get started:**
 - Website: <https://www.centerforblackwomen.org/>
 - Phone Number: 608-467-6744
 - Location: 30 W. Mifflin St. Suite 702, Madison
 - Parking Nearby: State Street Capitol Garage and 214 N. Carroll St.

17. Black Indigenous People of Color (BIPOC) Resources



E. The Foundation for Black Women's Wellness

- **What is it:** The Foundation for Black Women's Wellness's mission is to “energize, mobilize and support Black Women to transform their health and their lives through education, advocacy, support, and powerful partnerships.”
- **Services:** This organization offers various wellness programs, advocacy initiatives, and community connections.
 - **Opportunity to become a Wellness Ambassador:**
<https://www.ffbww.org/ambassadors>
 - **Learn about Health Promotion and Education Programs** at <https://www.ffbww.org/health-promotion-education> and click on “Sign Up Now” below the description of each program to begin participating.
 - **Connect with a Certified Community Health Worker** to find healthcare services, secure insurance coverage, navigate community resources, assist in meeting basic needs, and improving well-being. To get connected, go to <https://www.ffbww.org/chwsupport> and scroll down to the green bar that states “Request Support” and click the orange button that says “Click Here for Help.”
 - **For moms:** find doula support, lactation support, mental health support, and community wellness by going to <https://www.ffbww.org/reach-for-wellness> and scrolling down to the green bar that states “Contact Your Family Advocate to Join!” and click the orange button that says “Request to Join” (send an email).
- **Where to get started:**
 - Website: <https://www.ffbww.org/>
 - Phone Number: 608-305-4422
 - Email: info@ffbww.org

F. Anesis Therapy Center

- **What is it:** Anesis Therapy Center is committed to “helping people navigate the mental health and wellness aspects of their life in a way that honors culture, family, community, and faith.”
- **Services:** Anesis provides affordable services by accepting many insurances and having a sliding fee scale.
 - **Outpatient Services:** Offers one-on-one, couples, and family therapy, as well as, mental health groups for all. Anesis specializes in depression, anxiety, trauma, substance use, and cultural interventions.
 - Fill out this form
<https://docs.google.com/forms/d/e/1FAIpQLSd5Kp-3IAIf1WgNeK-AJ2mMoBzWUW1kIODNBpXc8h0fEKmvUfw/viewform> if

17. Black Indigenous People of Color (BIPOC) Resources



you're interested in Anesis's Mental Health Groups (i.e., Black Mom's Group, Teens, Men's Group, or AODA).

- **Drop-In Clinics:** Drop-in clinics provide free mental health care in 30 minute long sessions with a mental health counselor, substance use counselor, and crisis stabilization care/service coordinator. These clinics are open to anyone living in Dane County. After you attend 4-6 drop-in clinic sessions, Anesis staff will support you in determining if you need a referral for additional services.
 - Thursdays from 10am-2pm at 2019 Fisher St., Madison (Mt. Zion Baptist Church)
 - Thursdays from 2:30-6:30 pm at 815 Forward Dr., Madison (bilingual services available)
- **Where to get started:** If interested in becoming a client, fill out the New Client Form at https://docs.google.com/forms/d/e/1FAIpQLSfoL40z-aCTGSepi_T8y16ZdGIW3PZqNIWr86xSYzDRI5c7Fg/viewform (available in Spanish as well).
 - Website: <https://anesistherapycenter.com/>
 - Phone Number: 608-268-6530
 - Email: info@anesistherapy.com
 - Locations: 815 Forward Dr., Madison

G. YWCA's YWeb Career Academy

- **What is it:** "YWeb Career Academy (YWeb) is an employment service program that trains women of color to become web developers/designers." This is a three-month long program that covers technical skills, as well as employability skills (resume writing, interview practice, etc.).
- **Where to get started:** Apply at <https://www.ywcamadison.org/yweb-career-academy-application>.
 - Website: <https://www.ywcamadison.org/yweb-career-academy>
 - Phone Number: 608-257-1436
 - Email: info@ywcamadison.org
 - Location: 101 E. Mifflin St., Madison



18. LGBTQIA+ Resources



A. OutReach LGBTQ+ Community Center

- **What is it:** This agency strives to create lives of equity and quality for those in the LGBTQ+ community through services, support, and advocacy.
- **Services:**
 - **Community Pantry:** Monday-Friday 12-6pm for anyone
 - **Free Computer Lab & Library**
 - **Information and referral** for any needs you might have in-person, by calling 608-255-8582, or by emailing info@lgbtoutreach.org
 - Room availability to host meetings for a donation of \$20 an hour; if interested call 608-255-8582 or email gw@lgbtoutreach.org
 - **Willma's Fund program** rental assistance program for homeless LGBTQ+ individuals; if interested call 608-255-8582 on Mondays and Fridays between 12 and 6pm.
 - **LGBTQ 50+ Alliance Group** can be found on Facebook and provides events for LGBTQ+ individual age 50 or older. The group also has a newsletter, which you can join by contacting lgbt50plus@gmail.com
 - **Curious Queers** group for older adults that discusses topics, hosts presentations, and engage in activities together. Meetings are the first and third Thursdays of each month from 1-3 pm and the OutReach Community Center.
 - **Gay, Gray, and Beyond Group** is a casual discussion group for LGBTQ+ older adults. Meetings are the second and fourth Thursdays of the month from 2-4 pm at the Madison Senior Center (330 W Mifflin, Madison).
 - **Madison Area Transgender Association** support group meetings the 2nd and 4th Friday of the month at 7pm and the 1st and 3rd Saturday of the month at 3 pm. Email gabel@lgbtoutreach.org with any questions.
 - Join private Facebook group for meeting reminders and zoom links <https://www.facebook.com/groups/361652807337987>
 - **Transgender health advocate and peer support**
- **Where to get started:** Contact or visit website for more info and resources
 - Website: <https://www.outreachmadisonlgbt.org/>
 - Phone number: 608-255-8582
 - Location: 2701 International Lane, Madison



B. Freedom Inc.

- **What is it:** “Our mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about social, political, cultural, and economic change.”
- **Services:**
 - **People Like Us (PLUS):** Group of Black and Southeast Asian LGBTQ+ individuals
 - Many other support groups for adults and youth (See resource “A” in “Black Indigenous People of Color (BIPOC) Resources” section)
- **Where to get started:** Contact or visit website for more information
 - Website: <https://freedom-inc.org/index.php>
 - Phone Number: 608-716-7324
 - Email: info@freedom-inc.org
 - Location: 2110 Luann Ln., Madison



19. Disability Resources



A. Aging and Disability Resource Center (ADRC) of Dane County

- **What is it:** The ADRC provides resources for adults living with substance abuse, mental health issues, and developmental and physical disabilities in order to connect them with proper services to keep them safe and healthy.
- **Services:** Learn about long-term care options, benefits, support applying for programs such as social security, Medicaid, Medicare, and transportation.
- **Eligibility:** Any person who has some kind of disability, or a person who is over the age of 60 can receive assistance.
- **Where to get started:**
 - Website: <https://www.daneadrc.org/>
 - Phone Number: 608-240-7400
 - Email: ADRC@DaneCounty.gov
 - Location: 2865 N Sherman Ave, Madison, WI
 - Hours: Monday-Friday 8:30am-4:00pm

B. Madison Metro Paratransit Service

- **What is it:** Provides accessible transportation options to those who cannot utilize the accessible fixed-route bus service that Metro offers. There are two available options for rides: one-time, single ride or standing, recurring rides.
 - **Service Hours:** Everyday from 5:30am-midnight (may vary on holidays)
 - **Fares:** \$3.25 per ride (must provide exact change)
 - Can buy physical tickets at Metro's Administrative Office at 1245 E. Washington Ave. Suite 201, Madison or online for delivery in the mail (8-10 business days to deliver) by going to <https://www.cityofmadison.com/epayment/metro/busPass/index.cfm>
 - **Eligibility:** You are unable to use Metro's fixed-route service due to disability (i.e., prevented from getting to or from a bus stop or from riding a bus) (<https://www.cityofmadison.com/metro/routes-schedules>). People with physical, sensory, and/or intellectual disabilities are good examples of individuals who can be eligible for paratransit.
 - For accessibility information on Metro's fixed-route service to go <https://www.cityofmadison.com/metro/how-to-ride/accessible-services>
- **Where to get started:**
 - Complete the written application at: <https://www.cityofmadison.com/metro/documents/pdf/paratransit-applicati>

19. Disability Resources



[on1.pdf](#) . Also available to be mailed to you if you call 608-266-4466.

Send the completed application to:

Metro Transit

Attn: Paratransit Eligibility

1245 E. Washington Ave. Suite 201

Madison, WI 53703

- Metro will contact you to participate in a 30-minute in-person assessment, which they provide transportation to.
- A decision of eligibility letter will be sent within 21 days after completing the assessment. There is an opportunity to appeal the decision; information on this is included in the decision letter.
 - **To schedule paratransit service** call 608-266-4466 between seven days in advance and 4:30pm the day before the desired ride. Call again to confirm your ride on the day of if for a one-time, single ride.
 - When scheduling paratransit service, you will need to have information on the specific time, address for pick-up and drop-off locations, and phone number for pick-up and drop-off locations.
 - If you are requesting a standing, recurring ride service, inform the representative when you originally call to request the ride. If you have a standing, recurring ride, you do not need to confirm the ride the day of.
 - **To cancel a paratransit ride**, call Metro at 608-267-1107 at least an hour before your reservation pick-up time. Cancellation calls can be made 24/7. Late cancellations may result in a suspension of services.
 - When cancelling a ride, provide following information: your name (please spell out last name), time and date of cancelled ride, state if you are cancelling one-way or round-trip ride, and your phone number/phone number of your contact person
- For more information, visit <https://www.cityofmadison.com/metro/paratransit>.
- Dane County Transportation Phone number: 608-242-6489
- Customer service Phone Number: 608-266-4466

C. Ticket to Work

- **What is it:** This is a program through the Social Security Administration. The goal of the program is to assist individuals to “move toward financial

19. Disability Resources



independence and connect them with the services and support they need to succeed in the workforce.”

- Free webinar “Work Incentive Seminar Event” (WISE) to learn about working while receiving benefits and receive more information about the Ticket to Work program. Visit <https://choosework.ssa.gov/wise/> to sign up for the webinar or call number listed below
- **Eligibility:** Be between the ages of 18 and 64, receive Social Security disability benefits, and have a desire to work
- **Where to get started:** Contact or visit website for more information
 - Website: <https://choosework.ssa.gov/about>
 - Phone Number: 1-866-968-7842 or 1-866-833-2967 (TTY)
 - Email: tickettowork@ssa.gov

D. Access to Independence

- **What is it:** Access to Independence provides information, resources, and services to people with disabilities, families, professionals, and the general public.
- **Services:** Housing, transportation, employment, benefits, accessibility, legal assistance, adaptive equipment, community support, peer support, skills training, and more
- **Where to get started:** Call or email to learn more and request services.
 - Website: <https://www.accesstoind.org/>
 - Phone number: 608-242-8484
 - Email: info@accesstoind.org
 - Location: 3810 Milwaukee St, Madison
 - Hours: Monday-Friday from 8am-5pm

E. Neurodiversity Resources

- **The Autistic Self Advocacy Network (ASAN):** A hub of resources for autistic individuals.
 - Website: <https://autisticadvocacy.org/>

20. Domestic & Sexual Violence Resources



A. Domestic Abuse Intervention Services (DAIS)

- **What is it:** DAIS's mission is to "Empower those affected by domestic violence and advocate for social change through support, education, and outreach." DAIS supports individuals and families experiencing hardship due to violence in the home.
- **Services:**
 - **Shelter:** DAIS runs a temporary shelter for survivors of domestic abuse and their children.
 - To get a referral to the shelter, call the DAIS help line (see below).
 - **Legal Advocacy Program:** DAIS can provide individuals experiencing intimate partner violence (IPV) or stalking with a Legal Advocate that can assist you in the restraining order process, accompany you to court, provide information on safety planning, connect you to resources, and help answer legal questions. Legal Advocates can work with people over the phone, in-person, etc.
 - To get in contact with a Legal Advocate, text the DAIS help line or email daisies1977@gmail.com. If calling the help line, a Help Line Advocate will direct you to the Legal Advocate voicemail (leave a detailed message, including a safe phone number to call; a Legal Advocate will promptly return your call Monday-Friday from 8:30 am - 4:30 pm).
 - Legal Advocates are not attorneys and cannot give legal advice.
 - If you live outside of Dane County, call 1-800-799-SAFE to be connected to a program near you.
 - **Care/Service Coordination and Support:** Care/service coordinators assist clients with their needs by creating a service plan, which includes connecting clients to resources, providing information, referring clients to services, etc.
 - To get a referral to the shelter, call the DAIS help line (see below).
 - **Support Groups:** Peer-based support groups are for women who have experienced IPV. These support groups are offered on a weekly basis on Wednesdays and Thursdays from 6:30-8pm.
 - On Fridays, there is a support group from 12-1:30pm for women 50 years or older.
 - For more information, email crisisline@abuseintervention.org.
- **Where to get started:**

20. Domestic & Sexual Violence Resources



- Website: <https://abuseintervention.org/> (Provides information on safety planning, the restraining order process, events, and more. The website allows for safe exiting if an abusive partner is monitoring your activity.)
- **Help Line: 608-251-4445**
- **Text Help Line: 608-420-4638**
- Office Phone Number: 608-251-1237
- Location: 2102 Fordem Ave., Madison

B. UNIDOS

- **What is it:** UNIDOS provides services for Latine community members experiencing domestic violence, sexual assault, and human trafficking through their advocacy, helpline, and counseling services.
- **Services:** Helpline, legal services, support groups, counseling, and community healing spaces
- **Where to get started:** Call number below for help connecting to services.
 - Website: <https://www.unidoswi.org/>
 - Phone Number: (608) 256-9195
 - **24/7 bilingual Helpline LA RED: 1-800-510-9195**
 - Location: 2005 West Beltline Hwy, Suite 102, Madison

C. Rape Crisis Center (RCC): Sexual Violence Resource Center

- **What is it:** “RCC is dedicated to providing trauma informed, survivor-centered advocacy and support.” The RCC provides services for residents of Dane County.
- **Services:** Free emotional support to survivors ages 12+, medical and legal advocacy, campus support at UW-Madison, Edgewood College, and Madison College, support groups, and trauma-informed self-defense classes.
 - **Survivor Booklet:**
<https://static1.squarespace.com/static/6221089c56f226758e0eb6bf/t/650493043023a626d4d9d95c/1694798602456/FNE+Booklet+-+survivor.pdf>
 - **Men’s Support Group:** Contact info@thercc.org if interested.
 - **Marginalized Genders Support Group:** Group for marginalized genders survivors that meets in-person the 1st and 3rd Tuesday of each month from 6:30-7:30pm. For more information, contact info@thercc.org.
 - **Chimera Empowerment Self-Defense:** Education and training on simple and easy-to-remember safety techniques, recognizing violence, boundary-setting and assertive communication, and community building.
 - The register for these classes (12-hour course or workshop options) is at <https://www.thercc.org/chimera>



- Cost: There is typically a \$120 fee for adults and \$75 fee for students and seniors for the 12-hour course. Scholarships are available to pay for course fees, first fill out the registration form (click the “I am not paying at this time” button) then fill out the scholarship form <https://form.jotform.com/60817545877974>.
- Transportation can be provided to and from class; contact chimera@thercc.org.
- **For Trans Survivor Resources:**
<https://www.thercc.org/trans-survivor-resources>
- **Where to get started:**
 - Website: <https://www.thercc.org/>
 - Helpline: 24/7 Helpline: 608-251-7273
 - Services in Spanish: <https://www.thercc.org/servicios-en-espanol>
 - Línea De Ayuda: 608-258-2567
 - Location: 2801 Coho St. Suite 301, Madison

D. Canopy Center

- **What is it:** “Our mission is to help strengthen families and support children, teens and adults impacted by trauma and adversity.”
- **OASIS:** This program provides services and supports to families impacted by child sexual abuse through group, individual, and family therapy at no cost to participants.
 - Referral Form:
<https://canopycenter.org/what-we-do/oasis/oasis-services-referral-form.html>
- **Where to get started:** Fill out the form above or contact to begin services.
 - Website: <https://canopycenter.org/what-we-do/oasis/oasis.html>
 - Phone Number: 608-241-4888
 - Location: 2445 Darwin Road, Suite 15, Madison, Wisconsin
 - Email: oasisinquiry@canopycenter.org

E. End Abuse WI

- **What is it:** “The only statewide coalition led by social policy advocates, attorneys, and experts working to support, connect, equip, empower, and lead social change organizations to end domestic abuse.”
- **Services:** Educational, economic, and legal resources, outreach, public policy advocacy, and more. Also provides resources for youth, disabled, LGBTQ+, and aging populations.
- **Where to get started:**

20. Domestic & Sexual Violence Resources



- Website: <https://www.endabusewi.org/>
- Phone Number: 608-255-0539

F. Additional Resources

- **The Rape, Abuse, & Incest National Network:** Offers information and resources for survivors of violence. <https://rainn.org/>
- **The National Sexual Violence Resource Center:** Provides information and resources for survivors, as well as advocacy community. <https://www.nsvrc.org/>
- **The National Center on Violence Against Women in the Black Community:** A platform for advocacy and resources for survivors of domestic violence, focusing on Black women. <https://ujimacommunity.org/>



20. Veteran Resources



If you are a veteran and are formerly incarcerated you are still eligible for VA services!

A. Veterans Administration (VA)

- **What is it:** The VA provides an abundance of services to veterans from primary and specialty healthcare, mental healthcare, social services, and many more.
- **Where to get started:** Visit website for more information of benefits and services
 - Website: <https://www.va.gov/>
 - **To make an appointment:**
 1. Enroll in VA health care
 - These links explain the process, necessary materials, and how to get started:
<https://www.va.gov/health-care/how-to-apply/>
<https://www.va.gov/health-care/apply-for-health-care-form-10-10ez/introduction>
 2. Register as a patient at the VA Madison health care
 - Call 608-280-7038 or go to William S. Middleton Memorial Veterans' Hospital D1243 first floor (near emergency medicine)
 3. Sign into or create an online account and schedule online OR call 608-280-7011
 - To make a mental health appointment, call 608-280-7084.
 - For a drug or alcohol evaluation or treatment appointment, call 608-280-7073
 - Walk-in services for mental health or drug or alcohol evaluation or treatment available at William S. Middleton Memorial Veterans' Hospital on their second floor (see information above).
 4. Bring your Veteran Health ID Card (VHIC) (if you have one), health insurance card, appointment confirmation letter (if received one), and list of your current medications (including vitamins).
 5. If you will be late or need to reschedule, call 608-280-7011 OR 608-280-7084 (for mental health appointments).



- You can also cancel your appointment online, logging into your account.
- **Madison VA locations:**
 - **William S. Middleton Memorial Veterans' Hospital**
 - Phone Number: 608-256-1901
 - Mental Health Phone Number: 608-280-7084
 - VA Health Connect Phone Number: 833-933-1107
 - Location: 2500 Overlook Terrace
 - Hours: 24/7
 - **Madison West VA Clinic**
 - Phone Number: 608-284-6360
 - Location: 1 Science Court
 - Hours: Monday-Friday 7am-4:45pm
 - **Madison East VA Clinic**
 - Phone Number: 608-240-3000
 - Location: 4904 Eastpark Boulevard
 - Hours: Monday-Friday 7am-4:45pm

B. VA: Health and Benefits App

- **What is it:** AFTER enrolling at the VA, you can download the VA: Health and Benefits App. This app allows veterans to easily manage appointments and prescriptions, chat with their healthcare team, and more.
- See the app at <https://mobile.va.gov/app/va-health-and-benefits>.

C. Dane County Veteran Service Office

- **What is it:** “Our mission is to assist Dane County veterans and their families with obtaining local, state, and federal veterans benefits.” The Veterans County Service Officer guides veterans on how to apply for benefits, find housing, get loans, etc.
- **Eligibility:**
 - Services are free; however, services are provided based on length of military service, income (prioritize veterans who are low-income), and role in the military.
 - Need DD-2-14 form to receive services. Information on how to get DD-2-14: <https://www.va.gov/records/get-military-service-records/>
- **Where to get started:** Contact to get connected to services.
 - Website: <https://www.danevets.com/>
 - Phone Number: 608-266-4158
 - Location: 1709 Aberg Ave., Suite 2, Madison



- Customer Service Hours: Monday, Tuesday, Thursday, and Friday from 9am-4pm
- Walk-in Hours: Wednesday 9am-4pm

D. Veteran Centers

- **What is it:** “We offer confidential help for Veterans, service members, and their families at no-cost in a non-medical setting.”
 - All information shared during counseling is *confidential*- except in life threatening situations. Your records *cannot* be accessed by other VA offices, the defense department, military units, etc.
- **Services:** Recreational activities, counseling for depression, PTSD, psychological effects of military sexual trauma, and more. Staff works with you to identify your goals and develop a plan to achieve those goals.
 - At your first visit, you should bring one of the following: discharge documents, receipt of award, deployment orders, or another document showing military service.
 - If you do not have one of these documents and do not know how to obtain them, a staff member can assist you at your first visit.
 - Information on how request your records online:
<https://www.va.gov/records/get-military-service-records/>
- **Where to get started:**
 - Website: <https://www.va.gov/madison-vet-center/>
 - Phone Number: 608-264-5342
 - **24/7 Call Center: 877-927-8387**
 - Location: 1291 N. Sherman Ave., Madison

E. Porchlight Inc.

- **What is it:** Porchlight offers a Veterans Transitional Housing Program for single male veterans who are at risk or currently are homeless in addition to their other housing services. There are 24 single occupancy rooms. Individuals in the program create an individualized service plan with a care/service coordinator, peer specialist, and VA liaison to establish long-term supportive housing.
- **Where to get started:**
 - Submit Veterans Transitional Housing Program application, DD-214 form, and a VA release of information form. Then meet with a staff member to review eligibility and determine if you’re a fit for the program.
 - English:
<https://porchlightinc.org/wp-content/uploads/2022/09/VTHP-Program-Application.pdf>



- Spanish:
<https://porchlightinc.org/wp-content/uploads/2023/02/VTHP-Program-Application-Spanish-version.pdf>
- VA release of information:
<https://porchlightinc.org/wp-content/uploads/2019/04/VA-Release-of-Information.pdf>
- Website: <https://www.porchlightinc.org/>
- Phone Number: 608-257-2534
- Location: 306 N. Brooks St., Madison

F. Job Center

- **What is it:** Veterans receive priority at job centers for help with matters of employment and career development.
- **Services:** Job search, career development and planning, interview preparation, resume writing, referral to veteran friendly employers, and more.
 - **Disabled Veteran Outreach Program (DVOP) Specialists**
“provide individualized career services to a targeted population of veterans and eligible persons who have been identified as having significant barriers to employment (SBE), and who are economically or educationally disadvantaged to compete in today’s labor market.” To see who your specialist is for the DVOP, see <https://www.wisconsinjobcenter.org/directory/> and use the map to find the specialist
- **Where to get started:**
 - Website: <https://dwd.wisconsin.gov/veterans/>
 - Dane County Phone Number: (608) 405-4409
 - Dane County Email: southcentraljobcenters@dwd.wisconsin.gov
 - Location: 201 E. Washington Ave

G. University Veteran Services

- **What is it:** Emphasizes mental health and community building for veterans who are currently enrolled at UW-Madison or looking to enroll in higher education.
- **Services:** Provides information for veterans interested in higher education on their education benefits (i.e., GI Bill), as well as other benefits.
- **Where to get started:**
 - Website: <https://veterans.wisc.edu/>
 - Phone Number: 608-265-4628
 - Email: veterans@wisc.edu



H. Project Home

- **What is it:** Project Home assists with home repairs, weatherization, accessibility modifications, home rehabilitation, insulation and air sealing, affordable housing properties, and home maintenance education for low-to-moderate income individuals.
- **Services:**
 - **Serving Those Who Served:** Low-income veterans are assisted with home repairs, accessibility modifications, and energy efficiency improvements.
- **Where to get started:** To see if you are eligible for services, fill out the contact form or call the number below.
 - Website: <https://www.projecthomewi.org/>
 - Phone Number: 608-246-3737
 - Contact form: <https://www.projecthomewi.org/about/contact-us/>
 - Email: info@projecthomewi.org

I. Heat for Heroes

- **What is it:** Veterans and widows of veterans can receive assistance paying for their heat and electric utility bills. They also have rent assistance programs.
- **Where to get started:** Call the number below and tell the intake worker you would like to apply for Heat for Heroes. You'll be placed on a waiting list and when funding is received, your utility usage and payments will be looked into to receive support. Explore other resources on their website.
 - Website: <https://heat4heroes.org/>
 - Phone Number: 1-800-891-9276

J. Blanket Request

- **What is it:** Those involved in Caring Crafters in Watertown provide free hand-crafted blankets to Wisconsin veterans in need.
 - There is only enough availability for one blanket per person.
- **Where to get started:** Fill out the form to request a blanket at <https://heat4heroes.org/blanketrequest>.



K. Veteran Service Organizations

- **Paralyzed Veterans of America:** Assists veterans who have spinal cord injuries, dysfunction, or diseases such as MS or ALS.
<https://wisconsinpva.org/>
- **Vietnam Veterans of America (VVA):** <https://vva.org/>
- **American Veterans (AMVETS):** <https://www.amvets.org/about/>
- **Disabled American Veterans (DAV):** <https://www.dav.org/>
- **Veterans of Foreign Wars (VFW):** <https://www.vfw.org/>
- **American Legion:** <https://www.legion.org/>
- **Semper Fi & America's Fund:** <https://thefund.org/>
- **Student Veterans of America:** <https://studentveterans.org/>
- **Wounded Warrior Project:** <https://www.woundedwarriorproject.org/>
- **Women Vets USA:** <https://www.womenvetsusa.org>



21. Older Adult Resources



A. Aging and Disability Resource Center (ADRC) of Dane County

- **What is it:** The ADRC provides information and resources for adults with substance abuse, mental health issues, and developmental and physical disabilities in order to connect them with the proper services to keep them safe and healthy.
- **Services:** Learn about long-term care options, benefits, and get help applying for programs such as social security, Medicaid, Medicare, transportation, and more.
- **Eligibility:** Any person who has some kind of disability or a person who is over the age of 60 can receive some kind of assistance in finding the right resource or getting the proper care they need.
- **Where to get started:** Contact to learn more and start services.
 - Website: <https://www.daneadrc.org/>
 - Phone Number: 608-240-7401
 - Email: ADRC@DaneCounty.gov
 - Location: 2865 N Sherman Ave, Madison

B. NewBridge Madison

- **What is it:** A nonprofit organization that offers older adults services and activities to promote successful aging.
- **Services:**
 - **Care/service coordination and support:** Get connected to services best suited for you. See more about care coordination on the website below.
 - **Guardianship & Representative Payee Program:** Provides impartial and trained guardians to assist in making decisions and managing funds. Can apply here; <https://www.newbridgemadison.org/guardianship-representative-payee>
 - **Home Chore Program:** Provides volunteers who assist with cleaning, organizing, yard work, and shoveling snow. Must be 60+ years old, make less than 150% of the federal poverty level, liquid assets must not exceed \$46,000, and unable to do tasks due to physical or mental capabilities. More information here; <https://www.newbridgemadison.org/home-chore>
 - **Free meals offered** at various locations, see <https://www.newbridgemadison.org/nutrition>.
- **Where to get started:** Call number below to receive services.
 - Website: <https://www.newbridgemadison.org/>
 - Phone Number: 608-512-0000



C. Employment & Training Association (EATA)

- **What is it:** The Employment & Training Association (EATA) provides employment and training services to individuals, promoting self-sufficiency.
- **Services:**
 - **Wisconsin Senior Employment (WISE):** This program offers participants subsidized part-time community service work to gain necessary employment skills.
 - **Eligibility:** Be a legal resident of Wisconsin, be 55 years or older, be unemployed, and have a limited income at no more than 125% of the federal poverty level.
 - For more information about WISE, call 608-228-8093
- **Where to get started:** Call to learn more and get started with services.
 - Website: <https://www.eata.org/worker-advancement-initiative>
 - Phone Number: 608-242-7402
 - Email: info@eata.org

D. Madison Senior Center

- **What is it:** The Madison Senior Center offers a space for older adults to meet their basic needs, including their socialization.
- **Services:** Exercise, dance, crafts, games, and many other events!
 - For a calendar of all upcoming events go to <https://www.cityofmadison.com/senior-center/events>.
- **Where to get started:**
 - Website: <https://www.cityofmadison.com/senior-center>
 - Phone Number: 608-266-6581
 - Location: 330 West Mifflin St., Madison

E. Meals on Wheels

- **What is it:** Meals on Wheels delivers nutritious meals to older individuals with diminished mobility. Pricing is on a sliding scale.
- **Where to get started:** To see if you're eligible and where Meals on Wheels is offered near you, go to <https://www.mealsonwheelsamerica.org/find-meals> and enter your zip code where it says "Search By Zip Code." Contact a site in your area to begin the application process and assessment of need.
 - Some programs require a referral letter from a doctor or social worker.



F. Stoughton Area Senior Center

- **What is it:** The Stoughton Area Senior Center “provides a variety of programs, services and opportunities to serve many interests to individuals over 55 years of age and their families.”
- **Services:**
 - **Care/Service Coordination and Support:** This free program connects older adults to resources including food, housing, legal, medical, financial, social well-being, etc. to promote independence based on the individual's needs and goals. Call the phone number below to make an appointment.
 - **Eligibility:** Be 55 years or older and live in Stoughton, Albion, or Dunkirk.
 - **Lunch** is served at 12 pm on weekdays (11:30am on Thursdays). Meals are provided on an anonymous donation basis (\$5 suggested donation) for those 60 years of age or older (otherwise the price is \$13.56).
 - Call the phone number below two days in advance to request a meal. See menu in the most recent newsletter (pg. 16-17) at <https://mycommunityonline.com/organization/stoughton-area-senior-center>
 - **Home Delivered Meals:** Meals are available for delivery on weekdays.
 - **Eligibility:** Be a homebound (determined by an assessment) older adult and live in Stoughton, Albion, or Dunkirk. If you are 60 years or older, meals are provided on an anonymous donation basis (\$5 suggested donation). Individuals under the age of 60 must pay for meals (\$12.86 per meal)
 - Call the Stoughton Area Senior Center’s phone number to request receiving home delivered meals.
 - Call the Stoughton Area Senior Center’s phone number two days in advance to request a meal. See the menu in the recent newsletter <https://mycommunityonline.com/organization/stoughton-area-senior-center>
 - **Assistive Equipment Loan Closet:** Bath benches, canes, walkers, and wheelchairs can be rented for free on a short-term basis.
 - **Eligibility:** Be over age 55 and live in Stoughton, Albion, or Dunkirk.
 - Call the phone number below to request to loan equipment.
 - **Technology assistance** is provided by volunteers for free. Tablets can be borrowed for 90 days at zero cost. Call number below to receive services.
- **Where to get started:**
 - Website: <https://stoughtonseniorcenter.com/>

21. Older Adult Resources



- Phone Number: 608-873-8585
- Location: 248 W. Main St., Stoughton
- Hours: Monday-Friday 8am-4:30pm

G. Northwest Dane Senior Services (NWDSS)

- **What is it:** “Northwest Dane Senior Services provides premier programs and services for older adults and their families that promote well-being, independence, involvement in their community, and the ability for them to age successfully.”
- **Services:**
 - **Adult Day Program:** This program provides respite for caretakers of older adults with Alzheimer's or dementia. The program involves social interaction and outings, engaging activities (including exercise), individual care plans, medication management, etc.
 - You can choose to be part-time (for four hours) or full-time (for seven hours) Monday-Friday from 8:30am-3:30pm.
 - Scholarships are available.
 - To learn more, call 608-798-6937 ext. 2 or email execdir@nwdss.org.
 - **Care/Service Coordination and Support:** Care/service coordinators can assist older adults in having the resources to remain in their home.
 - To make an appointment, call 608-798-6937 ext. 3
 - **Transit Solutions** provides transportation to the NWDSS and local areas, including medical appointments, for free.
 - Call 608-294-8747 to register and schedule a ride. Schedule a ride three days in advance.
 - **Meals can be delivered to the home for homebound older adults** Monday-Friday. To inquire about home-delivered meals, call 608-798-6937 ext. 3
 - See the menu on the newsletter available on the website.
 - Lunch is offered Monday-Friday at 11:30 am. Make a reservation by 8:30 am the day before by calling the phone number below.
- **Where to get started:**
 - Website: <https://www.nwdss.org/>
 - Phone Number: 608-798-6937
 - Location: 1837 Bourbon Rd., Cross Plains

H. Coalition of Wisconsin Aging & Health Groups

- **What is it:** The Coalition of Wisconsin Aging and Health Groups is an organization that works to support health and aging initiatives, promote older



adult health and wellbeing, and provide support to older adults who are experiencing abuse.

- **Services:** See resources on Alzheimer's & dementia, choosing a nursing home, fall prevention, advocacy, and more on the website
 - If you or someone you know is a victim of financial abuse, call 1-800-488-2596 or the phone number below (leave a message with your number) or fill out a confidential form at <https://www.cwag.org/contact-form-efep.html>.
- **Where to get started:**
 - Website: <https://www.cwag.org/>
 - Phone Number: 608-224-0606
 - Location: 30 W. Mifflin, Suite 406, Madison

I. Board on Aging & Long-Term Care (BOALTC)

- **What is it:** The Board on Aging & Long-Term Care (BOALTC) “exists to help you understand your options regarding aging, long term care, Medicare and prescription drug coverage.” Services are free.
- **Services:**
 - For questions and information on long-term care for individuals aged 60 or older, the BOALTC provides an ombudsman (an advocate whose job is to help you choose the best option for you and connect you to services in your area). Call 1-800-815-0015 (confidential) or email boaltc@wisconsin.gov Monday-Friday during business hours.
 - For questions and information on Medicare and other healthcare insurance, call the Medigap Helpline at 1-800-242-1060 or emailing medigapboaltc@wisconsin.gov Monday-Friday during business hours.
 - Medigap Part D & Prescription Drug Helpline: 1-855-677-2783
- **Where to get started:**
 - Website: <http://longtermcare.wi.gov/>
 - Phone Number: 608-246-7013
 - Email: boaltc@wisconsin.gov
 - Location: 1402 Pankratz St. (Suite 111), Madison



22. Educational Opportunities, Professional Development, & English as a Second Language (ESL) Classes



TIP: Being formerly incarcerated does NOT disqualify you from earning financial aid!

Earn your GED/HSED

Eligibility for earning GED/HSED: Proof of being 18.5 years old or older, residing in Wisconsin for at least 10 days, and completing counseling sessions.

- To find prep programs and assessment centers near you, visit <https://dpi.wi.gov/ged/how-to-gedhsed> and scroll down to “CONTACT PREP PROGRAMS AND ASSESSMENT CENTERS.”

Steps for earning GED/HSED at Madison College:

1. Create a myMadisonCollege account at https://cs.madisoncollege.edu/psc/CSPRD92/EMPLOYEE/SA/c/Z_ACCT_CREATE.Z_ACCT_CREATE_FL.GBL?&.
2. Attend an intake session.
 - Madison Goodman South Campus Room 133
 - Intake sessions can also be conducted in Fort Atkinson, Portage, Reedsburg, or Watertown. See <https://madisoncollege.edu/academics/high-school-completion/ged-hsed/steps>, scroll to “2. Attend an intake session,” and click on the corresponding location to sign up for a time slot.
3. Take a TABE assessment.
 - 2.5 hour test
 - Madison Goodman South Campus Room 133
 - To request to take the TABE assessment online, contact the High School Completion Center at 608-243-4199 or email hsccl@madisoncollege.edu to schedule an appointment.
4. Meet with an advisor to go over requirements.

22. Educational Opportunities, Professional Development, & English as a Second Language (ESL) Class



B. Madison Area Technical College (MATC)

- **What is it:** Madison Area Technical College (MATC) offers students small class sizes, flexible learning with in-person, online, and hybrid classes, and affordable tuition. MATC offers 190+ training programs to begin or enhance your career. Explore programs at <https://madisoncollege.edu/academics/programs>.
 - MATC offers opportunities for students to transfer to other programs to earn a four-year degree. This option is pursued by 25% of MATC students in the following fields: Arts and Humanities, Economics and Business, Education, Engineering, Pre-BSN Nursing, Professional Health, Science, Math, and Technology, and Social Sciences. The most common transfer routes are to UW-Madison, Edgewood College, UW-Whitewater, UW-Milwaukee, UW-Oshkosh, and UW-Platteville; however, MATC has transfer agreements with many more schools (see: <https://madisoncollege.edu/academics/transfer/from-mc/partnerships>).
- **Where to get started:**
 - Book a one-on-one, in-person or virtual appointment with a college access navigator at <https://outlook.office365.com/book/MakeMadisonCollegeHappen@madisoncollege365.onmicrosoft.com/>.
 - Book a tour of MATC at <https://www.eventbrite.com/e/on-campus-tour-tickets-152753448677>.
 - Contact recruiting@madisoncollege.edu with accommodation requests.
 - For help with the application process, sign up for a Smart Start session at <https://madisoncollege.edu/get-started/visit/smart-start>.
 - To learn more about financial aid, meet with a financial aid coordinator one-on-one for 30 minutes. Schedule at <https://madisoncollege.edu/paying-for-college/financial-aid/appointment>.
 - To get additional assistance with your financial aid, call 608-246-6170 or email financialaid@madisoncollege.edu.
- **TO APPLY GO TO** https://cs.madisoncollege.edu/psc/CSPRD92/EMPLOYEE/SA/c/Z_OLA_MENU_FL.Z_OLA_NUR_FL.GBL
 - To get additional assistance with your application, call 608-243-4330 or email getstarted@madisoncollege.edu.
 - To inquire about placement testing, call 608-246-5220 or email testing@madisoncollege.edu.
 - To inquire about your admission status or registering for classes, call 608-246-6210 ext. 1 or email enrollmentservices@madisoncollege.edu.

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C. University of Wisconsin-Madison

- **What is it:** The University of Wisconsin-Madison is a top ranking public university providing a wide range of academic opportunities and areas of study, as well as opportunities to engage in research and public service. Explore programs at <https://www.wisc.edu/academics/>.
 - **Bucky's Tuition Promise:** “Guarantees scholarships and grants to pay for tuition & segregated fees for students whose household adjusted gross income (AGI) is \$65,000 or less. Incoming first-year students will receive eight (8) consecutive semesters (4 years) of free tuition & segregated fees and new transfer students will receive four (4) semesters (2 years).”
 - **Eligibility:** Be a Wisconsin resident, be a first-year or transfer student, and have a household AGI that is \$65,000 or less.
 - Bucky's Tuition Promise is automatically given to eligible students who have applied for Free Application for Federal Student Aid (FAFSA). See <https://financialaid.wisc.edu/types-of-aid/tuition-promise/> for more information.
 - **Wisconsin Tribal Education Promise Program:** “Guarantees scholarships and grants to meet the full in-state cost of attendance for Wisconsin Native Nations students who are pursuing their first undergraduate degree.” These funds cover fees for eight (8) consecutive semesters (4 years) for first-year students or four (4) semesters (2 years) for transfer students. THIS PROGRAM ALSO NOW APPLIES TO THOSE PURSUING A J.D. OR M.D.
 - **Eligibility:** Be a Wisconsin resident, be an enrolled member of federally recognized American Indian Tribes in Wisconsin, and be pursuing a first undergraduate degree.
 - To be a part of the Wisconsin Tribal Education Promise Program for Undergraduate Students, you must apply for Free Application for Federal Student Aid (FAFSA) and submit official documentation from a Tribal Enrollment Department to certify membership to the Office of Student Financial Aid via their Student Center.
 - If you have questions about this program, email martina.diaz@wisc.edu. See <https://financialaid.wisc.edu/types-of-aid/wi-tribal-educational-promise-undergrads/> for more information.
- **Where to get started:** To learn more about applying as an undergraduate student, go to <https://admissions.wisc.edu/how-do-i-apply-to-uw-madison/>.

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- Contact Information: <https://www.wisc.edu/contact-us/>

D. Registered Apprenticeships

- **What is it:** An apprenticeship is a post-secondary educational opportunity that involves on-the-job primary training (with some classroom instruction often provided through the Wisconsin Technical College System) and earning a wage. At the end of the apprenticeship, you receive a certification.
- **Where to get started:**
 - Select an occupation in which you want to complete an apprenticeship. Go to <https://dwd.wisconsin.gov/apprenticeship/ra/applicants.htm> and scroll down to “How Do I Apply?” and under “Select an Occupation,” you can click on different occupations. Once you have clicked on an occupation, under the heading “You can also explore career pathways in Wisconsin,” you can select different occupations to view the pay rate, length of apprenticeship program, etc.
 - If you are applying for a construction registered apprenticeship, you must be sponsored by a local apprenticeship committee. Go to <https://dwd.wisconsin.gov/apprenticeship/committees.htm> to find a local apprenticeship committee. For all other registered apprenticeships, you must be sponsored by individual employers. Go to <https://dwd.wisconsin.gov/apprenticeship/featured.htm> to find featured individual employer sponsors. Contact committees or employers for sponsorship.

E. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system.” Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
- **Services:**
 - **Just Bakery:** This is an educational and vocational training program in a commercial kitchen using the National Restaurant Association’s “ManageFirst” curriculum. Participants earn up to 15 college credits and automatic acceptance into Madison College Culinary Program. To see upcoming classes, go to <https://justdane.org/just-bakery/> and scroll down to “Upcoming Classes.”
 - Just Dane may have stipends(fixed sum of money) available for participants.
 - Just Dane provides participants with help finding a job.

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- If you are interested in this program, email jaclyn@justdane.org or call/text 608-220-1690.
- To see a calendar of events, including Reentry Service Fairs, Informational Sessions on Just Bakery, meetings, etc., visit <https://justdane.org/events/>.
- **Where to get started:**
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison

F. Urban Triage

- **What is it:** Urban Triage's mission is to support communities and advocate for a better society by reducing health disparities, meeting basic needs, providing educational opportunities, etc.
- **Services:**
 - **Hemp Specialty Crop Workgroup:** This program is for Black entrepreneurs who are interested in learning about hemp. The program discusses how to cultivate, harvest, process, and market hemp. Located in Verona and at the Madison office.
 - Those who complete the program (including all coursework and assignments) and attend 90% of the classes receive a \$2,500 grant for their business.
 - To join, go to <https://form-usa.keela.co/SCH-enrollment-form>
 - **Supporting Healthy Black Agriculture Program:** This workgroup addresses health disparities and offers a space for Black families (including youth) to heal. The workgroup provides an opportunity to learn about how to grow food and how to pursue a career in agriculture.
 - Participants can receive an installed garden bed for their home. There is also a \$50 per week stipend for parents and a \$25 per week stipend for children.
 - To join the waitlist, go to <https://urbantriage.org/our-work/supporting-healthy-black-families/supporting-healthy-black-agriculture> or sign up for the newsletter on their website to be notified when applications open for 2026.
 - **Farm Business Development:** Urban Triage supports Black farmers with resources and programming (preparing a business license, supporting Black farmers in state and federal programs, assisting in business management and development, marketing, and grant writing, assisting in

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sourcing land, etc.). To apply to the program, go to

<https://form-usa.keela.co/farm-business-development-program-application>.

- **Resource page for Black farmers:** <https://www.urbantriage.org/resources>
- **Where to get started:**
 - Website: <https://urbantriage.org/>
 - Phone Number: 608-299-4128
 - Email: info@urbantriage.org
 - Location: 2312 S. Park St., Madison

G. Literacy Network

- **What is it:** “Literacy Network helps adults in Dane County build skills, reach goals, and connect communities.”
- **Services:** Computer skills, GED, prep for citizenship test, writing, and more!
 - **Learn English:** Free English learning classes. To find the most up-to-date class schedule, go to <https://www.litnetwork.org/study/learn-english/>
 - **GED/HSED Tutoring:** Free tutoring to prepare for earning your GED or HSED. Meet once a week (Monday-Thursday) with a tutor for two hours. You must attend every week. You must register by calling 608-268-6542.
 - **Transition to Madison College:** Practice your reading and writing skills to prepare for attendance at Madison College for free!
- **Where to get started:**
 - Website: <https://www.litnetwork.org/>
 - Phone Number: 608-244-3911

H. UW Odyssey

- **What is it:** “The award-winning UW-Madison Odyssey Project takes a whole family approach to breaking the cycle of generational poverty through access to education, giving adult and youth learners a voice, and increasing confidence through reading, writing, and speaking.”
- **Services:** Individuals who face barriers to education (i.e., single parenthood, incarceration, mental health issues, domestic abuse, substance use) take a humanities course (see: <https://odyssey.wisc.edu/list-of-works/>) at UW-Madison as a special student and program participants and alumni are supported beyond graduation. 30 students enroll each year in a two-semester course and receive free tuition, books, childcare, and a weekly dinner. Tutoring is also available for participants and their families. .
- **Eligibility:** Be at least 18 years old, have a GED/HSED, income near or at federal poverty level, ability to read books in English, commit to attending classes regularly and completing weekly assignments

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- **Where to get started:**
 - To apply: Fill out application at the end of this brochure (follow directions at the top of the application page)
<https://odyssey.wisc.edu/wp-content/uploads/sites/451/2025/12/26053-Odyssey-2026-Student-Application-Brochure-FINAL.pdf> OR complete this online form
https://uwmadison.qualtrics.com/jfe/form/SV_ehOEwIoc3uky0jq?Q_JFE=qdg OR pick up application in person at the UW-Madison South Partnership Building (2238 S. Park St., Madison)
 - Website: <https://odyssey.wisc.edu/>
 - Phone Number: 608-262-3733
 - Email: odysseyproject@dc.wisc.edu

I. Omega School

- **What is it:** “We serve students 18.5 years and older who want to complete their high school education. It is our hope that the homey environment, the low student-to-teacher ratio, the individualized instruction, and the committed professional staff provide a place where students can learn and complete their GED/HSED.”
- **Services:**
 - **Pre-GED Program:** Provides assistance in improving reading and math skills before beginning to earn a GED.
 - **GED/HSED Basic Skills Program:** Provides assistance every step of the way in earning your GED or HSED.
- **Where to get started:** Contact to get involved with Omega School.
 - Website: <https://www.litnetwork.org/omega/>
 - Phone Number: 608-256-4650,
 - Email: ezi@litnetwork.org
 - Location: 835 West Badger Rd, Madison

J. Black Men’s Coalition (BMC)

- **What is it:** “Our mission is to uplift vulnerable populations throughout Dane County...by providing essential resources and support.”
- **Services:** Offers assistance finding employment and transportation, as well as financial literacy services, a youth baseball league, and an entrepreneurship program.
 - BMC also offers educational certificate program through *eCornell*:

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- **Eligibility:** Have high school diploma or GED, be proficient in writing, reading, and speaking English, commit to completing the program
- Steps start *eCornell* program:
 1. Write a personal statement about who you are, your goals, what certificate program you want to pursue, and why you want to pursue this certificate.
 2. Upload this statement to eCornell's online application portal:
<https://ecornell.cornell.edu/portal/bmc/>
- **Where to get started:**
 - Website: <https://www.bmcadc.org/>
 - Phone Number: 608-590-9625
 - Email: info@bmcadc.org
 - Location: 5 N. Pinckney St., Madison

K. Wisconsin Women's Business Initiative Corporation (WWBIC)

- **What is it:** "Wisconsin Women's Business Initiative Corporation (WWBIC) opens the doors of opportunity by providing individuals who are interested in starting, strengthening, or expanding businesses with access to critical resources such as financial products and quality business and personal finance training."
- **Services:**
 - WWBIC offers many loans for business owners to launch or expand their business.
 - Free in-person and virtual professional development training on a range of topics are offered.
 - Go to <https://www.wwbic.com/trainings/madison-classes/> and scroll to find classes. Click on the class you are interested in and register. Then, you will receive a link (if the class is virtual) and a Client Information Form to fill out.
 - If you would like to do a webinar on your own time, call 414-263-5450 to connect to training sessions "on-demand."
 - Coaching Services for small business owners
 - Learn more at <https://www.wwbic.com/business-lending/ongoing-business-assistance/>
 - WWBIC is part of the U.S. Small Business Administrator's Veteran Business Outreach Centers (VBOC), which promotes veteran's small businesses.

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- For more information go to <https://www.wwbic.com/veterans/> and see contact information listed.
- **Small Business Consulting:**
- **Where to get started:** Individuals who are interested must register to receive services, which are mostly free. To register, go to <https://fs27.formsite.com/wwbic/oews7ounha/index>.
 - Website: <https://www.wwbic.com/>
 - Phone Number: 608-257-5450
 - Email: info@wwbic.com
 - Location: 2352 S. Park St., Suite 226, Madison

L. Operation Fresh Start

- **What is it:** “Operation Fresh Start empowers emerging adults on a path to self-sufficiency through education, mentoring, and employment training.” All services and programs offered are free!
- **Services:**
 - **Legacy Program:** Participate in paid on-site employment training in construction (building affordable housing) or conservation (restoring habitats, planting trees, and implementing flood prevention and water quality projects) and in one-on-one, independent, and small-group academic work in a classroom setting to finish high school. In the classroom, the individual will create a personal learning plan and receive individualized career support. The program also supports earning or reinstating a driver's license.
 - **Eligibility:** Be age 16-24 and live in Dane County.
 - Apply:
https://docs.google.com/forms/d/e/1FAIpQLSd2zoiFZATd-cVZfE2y7ydEhIQp6_1NUVT67qH39YEXEX-tA/viewform
 - **Build Academy Program:** A full-time, paid (\$16/hour) on-site job training program in construction.
 - **Eligibility:** Be age 18-24, have HSED or GED, and must be able to meet physical job requirements.
 - Apply:
<https://docs.google.com/forms/d/e/1FAIpQLSeyIl4rHNcfO9wOuTVIdAjKMTOPd1URfBRDYG7zBa-bYUjltQ/viewform>
 - **Conservation Academy Program:** A full-time, paid (\$16/hour) on-site job training program in conservation, land management, parks, forestry, or landscaping.

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- **Eligibility:** Be age 18-24, have HSED or GED, and must be able to meet physical job requirements.
- Apply:
https://docs.google.com/forms/d/e/1FAIpQLSe95Gj8ko0GMmV3LIHpL7mES6zZHMzhLt9h9UbdsVr2_h_RCA/viewform
- **Healthcare Academy Program:** Enroll in a 12-week Nursing Assistant Apprenticeship Program at UW Health, completing courses and on-the-job training. At the end of the program, you will have the opportunity to become a certified nursing assistant (CNA) by taking the state licensure exam and then have the opportunity to apply and interview for positions at UW Health.
 - **Eligibility:** Be ages 17-24 and have your HSED or GED.
 - Applicants are accepted in cohorts by season. See if they are currently accepting applications at
<https://www.operationfreshstart.org/healthcare-academy>.
- **CareerPoint Program:** Participate in a 6-week professional training program with a stipend to learn about healthcare jobs and then interview at local jobs, with the support of mentors.
 - **Eligibility:** Be ages 18-24, live in Dane County and have your HSED or GED.
 - Applicants are accepted in cohorts by season. See if they are currently accepting applications at
<https://www.operationfreshstart.org/careerpoint>.
- **Options Program:** Assistance enrolling, completing coursework, and earning your HSED or GED.
 - **Eligibility:** Be ages 18-24 and live in Dane County.
 - Apply:
<https://docs.google.com/forms/d/e/1FAIpQLSf-RlcBR3p9QLsSapVJuyBRnA649mzmIqEzH4PyIXUS7WVSUA/viewform>
- **Drive to Succeed Program:** Mentorship 6-week program in collaboration with JustDane to earn driver's license, HSED or GED, and build skills.
 - **Eligibility:** Be ages 17.5-24, live in Dane County, and have past or current justice system involvement.
 - Apply:
<https://docs.google.com/forms/d/e/1FAIpQLSeGneEXrThhNayU6NRkwY8EQKB5XnRoZOnZ6fDR-4PGEIGZnQ/viewform>
- **Where to get started:**
 - Website: <https://www.operationfreshstart.org/>
 - Phone Number: 608-244-4721
 - Email: info@operationfreshstart.org

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- Location: 2670 Milwaukee St., Madison

M. Catholic Multicultural Center (CMC)

- **What is it:** “The Catholic Multicultural Center (CMC) is a social service agency... designed to help our brothers and sisters in need through meeting basic needs and providing opportunities for educational and professional growth.”
- **ESL Classes:** Free English as a Second Language classes take place Mondays, Tuesdays, and Thursdays from 11am-12:30pm (beginner level), Tuesdays and Thursdays from 10-11:30am and (intermediate level) at 1862 Beld St., Madison.
 - To register, go to the CMC location at 1862 Beld St., Madison, and take an assessment for class placement. Call 608-441-0117 with questions.
 - Childcare for children ages 3 and older can be provided upon request during classes.
 - Check <https://catholiccharitiesofmadison.org/cmc/esl-classes/> for updated class times
- **Where to get started:**
 - Website: <https://cmcmadison.org/>
 - Phone Number: 608-661-3512
 - Location: 1862 Beld St., Madison

N. Latino Academy

- **What is it:** "The Latino Academy of Workforce Development strengthens our diverse communities by providing linguistically and culturally competent adult education programming."
- **Services:** English as a Second Language (ESL) skills classes, assistance earning your GED/HSED, Commercial Driver's License (CDL) training program, diesel technician program, and digital literacy support.
- **Where to get started:** Call or stop by in person to learn more.
 - Website: <https://www.latinoacademywi.org/>
 - Phone Number: 608-310-4573
 - Location: 2909 Landmark Pl, Madison

O. Madison Area Technical College (MATC) ESL Classes

- **What is it:** Madison Area Technical College (MATC) offers English as a Second Language (ESL) classes for all individuals, from beginner to advanced. These classes are free for Wisconsin residents (must have lived in Wisconsin for at least 6 months) who are at least 18 years old.
- **Where to get started:**

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1. Create a student account at
https://cs.madisoncollege.edu/psc/CSPRD92/EMPLOYEE/SA/c/Z_ACCT_CREATE.Z_ACCT_CREATE_FL.GBL?&.
2. Take an ESL test for placement purposes.
 - This test takes about 2.5 hours to complete.
 - This test can be taken online or in-person at Goodman campus (Room 127).
 - To take the test online, sign up at
<https://outlook.office365.com/book/RemoteESLTesting@madisoncollege365.onmicrosoft.com/s/ZcoR02aJSk29VnZF20uag2>.
3. MATC will set you up with classes, which are held at the Goodman South campus and Truax campus locations.
4. Check here for directions
<https://madisoncollege.edu/academics/saa/english-second-language>
 - Call 608-258-2440 ext. 1 or email saa@madisoncollege.edu with questions.
 - Goodman South Campus Location: 2429 S. Perry St., Madison
 - Truax Campus Location: 1701 Wright St., Madison

P. Wisconsin Lutheran Chapel

- **What is it:** This church offers faith-based events in the community.
- **Services:** English classes are offered here. During these classes, people whose first language is English and people whose first language is not English come together to practice their skills, meet new people, and learn about other cultures.
- **Where to get started:** To sign up for Spring 2026 classes go to:
<https://forms.office.com/pages/responsepage.aspx?id=4oMGkTFdb0WHXZdO4O4rumrRIHgVW47tEhZPGIfLiIp9UQzRHUjY5RjBVUUxXOU9DRU9HRFdFR0E5UyQlQCN0PWcu&route=shorturl>
 - If you have questions, email esl@wlchapel.org
 - Visit the following link for more info/classes offered:
<https://www.wlchapel.org/connect-grow/ministries/internationals/english-classes/>
 - Location: 220 W. Gilman St., Madison



23. Advocacy & Community Connections



A. Just Dane

- **What is it:** Just Dane “offers an array of direct service programs for individuals and families involved in the criminal justice system.” Just Dane has been doing this work in Madison for over 50 years, providing peer support, employment, and advocacy services.
- **Services:**
 - **Reentry Simulations:** Just Dane hosts 3-hour reentry simulations which “give participants an ‘up close’ view of what it’s like to come home from prison. Participants experience realistic scenarios and lifelike struggles that released prisoners are likely to encounter.” Participation in the reentry simulation is for anyone in the community who may want to try to understand the reentry process that those with lived experience have gone through and also to learn about how reentry impacts the community. The event includes an overview of Just Dane, basic needs of those reentering, and what restorative justice is, the simulation experience, a facilitated debriefing, and a panel of those with lived experience.
 - To volunteer in Reentry Simulations, contact Just Dane using the information below or fill out the online application here;
<https://justdane.org/simulations/>
- **Where to get started:** To see a calendar of events, including Reentry Service Fairs, Informational Sessions on Just Bakery, meetings, etc., visit <https://justdane.org/events/>.
 - Website: <https://justdane.org/>
 - Phone Number: 608-256-0906
 - Email: info@justdane.org
 - Location: 128 E. Olin Ave., Suite 202, Madison

B. Nehemiah Re-Entry Services

- **What is it:** Nehemiah provides a wide array of culturally competent and relevant programs to meet the needs of men leaving jail or prison. Their reentry staff includes formerly incarcerated Black men who have effectively navigated the challenges of reentry.
- **Services:**
 - **Advocacy:** They advocate for formerly incarcerated people, particularly within the court and legal system.

23. Advocacy & Community Connections



- **Where to get started:** Explore the website or contact to learn more about getting connected with their advocacy work.
 - Website: <https://nehemiah.org/our-work/criminal-justice-reentry/>
 - Phone Number: 608-257-2453
 - Email: info@nehemiah.org
 - Location: 633 W. Badger Road, Madison, WI 53713

C. EX-incarcerated People Organizing (EXPO)

- **What is it:** This organization is made up of all formerly incarcerated persons who “believe in the human dignity of formerly and currently incarcerated people, and recognize they come from, and are a part of our communities.” EXPO is working to “end mass incarceration and dismantle structural discrimination” through community advocacy efforts.
- **Where to get started:** Contact to learn more and connect with advocacy work.
 - Website: <https://expowisconsin.org/>
 - Phone Number: 608-467-2495
 - Email: info@expowisconsin.org
 - Contact form: <https://expowisconsin.org/contact-form>

D. University of Wisconsin-Madison Extension

- **What is it:** “Extension’s mission is to connect people with the University of Wisconsin. We teach, learn, lead and serve, transforming lives and communities.” Extension provides community connections to resources, supports, and initiatives such as Y-H & Youth, Community Development, Food Systems, Horticulture, Agriculture, Families & Finances, FoodWise, and Natural Resources.
- **Where to get started:** Use this link to see resources and initiatives specific to your county. <https://counties.extension.wisc.edu/>
 - Website: <https://extension.wisc.edu/>
 - Dane County Phone Number: 608-224-3727
 - 711 for Wisconsin Relay (for those who are deaf, hard of hearing, deafblind, or with a speech disability)
 - Dane County Location: 5201 Fen Oak Dr. (Suite 138), Madison

E. Madison Neighborhood House Community Center

- **What is it:** The Madison Neighborhood House Community Center is a space for community members to gather for activities and receive support for their needs.



23. Advocacy & Community Connections

- **Services:** Offers programming for adult wellness and enrichment (i.e., yoga, Language Conversation Hours, and the Memory Cafe), **adults with disabilities** (i.e., New Beginnings Club and work, volunteering, and skills training), **seniors** (i.e., 55+ fitness, Connections program, and Walking Club), **youth** (i.e., afterschool program for elementary and middle school students, off day program, Fun Fridays, mentoring, summer camps, toddler programs, and internships), arts (i.e., open studio nights, performances, and workshops), garden, library, etc.
- **Where to get started:** See calendar of events and more on the website below.
 - Website: <https://www.neighborhoodhousemadison.org/>
 - Phone Number: 608-255-5337
 - Email: info@neighborhoodhousemadison.org
 - Location: 29 S. Mills St, Madison

F. Neighborhood Community Centers in Madison

- Neighborhood centers provide individuals living in that neighborhood with **resources for youth programs, food, employment assistance, recreation, activities for older adults, and community connection.**
 - **Lussier Community Education Center**
 - Website: <https://lcecmadison.org/>
 - Phone Number: 608-833-4979
 - Location: 55 S Gammon Rd.
 - **Goodman Community Center**
 - Website: <https://www.goodmancenter.org/>
 - Phone Number: 608-241-1574
 - Location: 214 Waubesa St.
 - **Rooted/Badger Rock Neighborhood Center**
 - Website: <https://rootedwi.org/>
 - Phone Number: 608-240-0409
 - Location: 517 E Badger Rd.
 - **Bayview Community Center**
 - Website: <https://bayviewfoundation.org/>
 - Phone Number: 608-256-7808
 - Location: 103 La Mariposa Ln.
 - **Bridge Lake Point Waunona Neighborhood Centers**
 - Website: <https://www.blwcenter.org/>
 - Phone Number: 608-441-6991
 - Location: 1917 Lake Point Dr.
 - **East Madison Community Center**
 - Website: <https://eastmadisoncc.org/>

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- Phone Number: 608-249-0861
- Location: 8 Straubel Ct.
- **Elver Park Neighborhood Center**
 - Website: <https://www.wisconsinyouthcompany.org/community/>
 - Phone Number: 608-276-9782
 - Location: 1201 McKenna Blvd.
- **Kennedy Heights Community Center**
 - Website: <https://www.khcommunitycenter.org/>
 - Phone Number: 608-244-0767
 - Location: 199 Kennedy Heights
- **Meadowood Neighborhood Center**
 - Website:
<https://www.msccr.org/registration-information/program-locations/meadowood-neighborhood-center/>
 - Phone Number: 608-467-8360
 - Location: 5740 Raymond Rd.
- **Neighborhood House Community Center**
 - Website: <https://neighborhoodhousemadison.org/>
 - Phone Number: 608-255-5337
 - Location: 29 S Mills St.
- **Theresa Terrace Neighborhood Center**
 - Website:
<https://www.wisconsinyouthcompany.org/community-center/theresa-terrace-neighborhood-center/>
 - Phone Number: 608-661-0368
 - Location: 1409 Theresa Terrace
- **Vera Court Neighborhood Center**
 - Website: <https://www.veracourt.org/>
 - Phone Number: 608-246-8372
 - Location: 614 Vera Ct.
- **Will-Mar Neighborhood**
 - Website: <https://wil-mar.org/>
 - Phone Number: 608-257-4576
 - Location: 504 S Brearly St.
 - Offers a Second Chance Program, providing work opportunities to those without references or employment background to transition into full-time employment. Program participants are often individuals who are previously incarcerated.
- **Warner Park Community Recreation Center**
 - Website: <https://www.cityofmadison.com/parks/wpcrc/>

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- Phone Number: 608-245-3690
- Location: 1625 Northport Dr.

G. Madison Organizing in Strength, Equity, and Solidarity for Criminal Justice Reform (MOSES)

- **What is it:** “MOSES is a non-partisan interfaith organization that works to promote social justice with a focus on ending mass incarceration.”
- **Where to get started:** Meetings are held monthly on the second Sunday from 2:30-4:30pm.
 - These meetings are hybrid. To inquire about location or receiving a link contact info@mosesmadison.org.
 - To explore upcoming events visit <https://www.mosesmadison.org/events/>.

H. Allied Wellness Center

- **What is it:** The Allied Wellness Center has a network of Community Health Workers (CHWs) in the Allied, Belmar, and Dunn’s Marsh neighborhoods who are “dedicated to nurturing the holistic well-being of mind, body, and spirit.” The Allied Wellness Center aims to connect individuals and families with vital resources and programs for their wellbeing.
- **Services:** Engage in community activities that have a goal of building connections and promoting everyone’s health.
- **Where to get started:**
 - Website: <https://alliedwellnesscenter.org/>
 - Email: admin@alliedwellnesscenter.org
 - Location: 4689 Atticus Way, Madison

I. JustLeadership USA

- **What is it:** “We amplify the power of directly impacted people by investing, educating, empowering, and elevating their voices, so they have the tools and resources to self-organize and advocate for themselves, their families, and their communities.” The organization is based out of New York City.
- **Services:** JustLeadership offers many opportunities for advocacy and leadership skills development and networking, including Leading with Conviction (LwC), Emerging Leaders, and #2MillionVoices. Check the website for more information.
 - “JustUS Coordinating Council (JCC) is a national collective of systems-impacted individuals, allied organizations, and partners across all 50 states, including D.C., that informs decision-making at the federal, state, and local policy levels. The JCC is the connective tissue that



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demands change through creating a united purpose for a united voice to establish a united power.”

- **Where to get started:**
 - Website: <https://jlusa.org/>
 - Phone Number: 347-454-2195
 - Join the JustLeadership USA mailing list by filling out the information at <https://justleadershipusa.salsalabs.org/signup/index.html>.

J. Clean Slate Initiative

- **What is it:** “The Clean Slate Initiative passes and implements laws that automatically clear eligible records for people who have completed their sentence and remained crime-free, and expands who is eligible for clearance.” The Clean Slate Initiative has opportunities for advocacy, resources, information, etc.
- **Where to get started:**
 - Website: <https://www.cleanslateinitiative.org/>
 - Contact form: <https://www.cleanslateinitiative.org/contact>



24. Spirituality & Meditation



A. Center for Healthy Minds

- **What is it:** “Our mission is to cultivate well-being and relieve suffering through a scientific understanding of the mind.”
- **Where to get started:**
 - Download the Healthy Minds app at <https://www.portal.hminnovations.org/launch> to assess and measure your wellbeing, practice meditation and mindfulness, and listen to lessons and insights.
 - Listen to podcasts on healing, wellbeing, mindfulness, and the brain: <https://centerhealthyminds.org/news/podcast-episodes-center-for-healthy-minds-experts>
 - Explore events discussing wellbeing: <https://centerhealthyminds.org/news/events>

B. Jewish Social Services (JSS)

- **What is it:** “Jewish Social Services of Madison empowers families and individuals across generations and cultures to build community and self-sufficiency, with a strong commitment to the Jewish community and inspired by Jewish values.” JSS specializes in supporting the Jewish community; however, JSS serves all people.
- **Services:**
 - **Jewish Spiritual Care:** “Spiritual care rooted in Jewish tradition with the intent to comfort people who are ill, dying or bereaved no matter what their affiliation or Jewish background.” These services are also for those going through life challenges (for example, mental or physical health issues) and those who do not have access to a rabbi.
 - To receive services, email rabbi@jssmadison.org or call 608-442-4081
 - For the calendar of events, go to <https://jssmadison.org/programs/calendar/>. Programs include Lechayim, Shabbat, Memory Cafe, etc.
- **Where to get started:**
 - Website: <https://jssmadison.org/>
 - Phone Number: 608-442-4081

24. Spirituality & Meditation



- Email: info@jssmadison.org
- Location: 6300 Enterprise Ln., St. 309, Madison
 - Must make an appointment or be attending an event to come to JSS in-person.

C. Shambhala Center

- **What is it:** Shambhala Center offers a space and support for meditation with instruction and group classes grounded in Buddhist and Shambhala teachings. “Our mission is to cultivate the worthiness, wisdom, and compassion of individuals and society based on the natural world.”
- **Services:**
 - Check events here: <https://madison.shambhala.org/calendar/>
- **Where to get started:**
 - Website: <https://madison.shambhala.org/>
 - Email: madisonshambhala@gmail.com
 - Location: 408 S. Baldwin St., Madison

D. Free/Low-Cost Mindfulness Apps

- <https://insighttimer.com/>
- <https://buddhify.com/>

E. Church Directory

- Go to <https://www.churchadvise.com/>, add filters to refine your search (including by location, and click “Find my church.” Then, a list of churches near you, based on what you are looking for in a church will pop up. A description and contact information is provided for each church.



25. Recreation & Leisure Activities



A. Reading

NOTE: Library cards are free and allow you to have access to a wide array of books! Libraries are also comfortable areas to lounge and relax, and libraries are great community resource guides. See Madison libraries below (hours are not adjusted for holidays).

- **Alicia Ashman Library**
 - Phone Number: 608-824-1780
 - Email: aliciaashman@madisonpubliclibrary.org
 - Location: 733 N High Point Rd.
- **Central Library**
 - Phone Number: 608-266-6300
 - Email: reference@madisonpubliclibrary.org
 - Location: 201 W Mifflin St.
- **Goodman South Madison Library**
 - Phone Number: 608-266-6395
 - Email: goodmansouth@madisonpubliclibrary.org
 - Location: 2222 S. Park St.
- **Hawthorne Library**
 - Phone Number: 608-246-4548
 - Email: hawthorne@madisonpubliclibrary.org
 - Location: 2707 E. Washington Ave.
- **Lakeview Library**
 - Phone Number: 608-246-4547
 - Email: lakeview@madisonpubliclibrary.org
 - Location: 2845 N. Sherman Ave.
- **Meadowridge Library**
 - Phone Number: 608-288-6160
 - Email: meadowridge@madisonpubliclibrary.org
 - Location: 5726 Raymond Rd.
- **Monroe Street Library**
 - Phone Number: 608-266-6390
 - Email: monroestreet@madisonpubliclibrary.org
 - Location: 1705 Monroe St.
- **Pinney Library**
 - Phone Number: 608-224-7100
 - Email: pinney@madisonpubliclibrary.org
 - Location: 516 Cottage Grove Rd.
- **Sequoia Library**

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- Phone Number: 608-266-6385
- Email: sequoya@madisonpubliclibrary.org
- Location: 4340 Tokay Blvd.

B. Exercise

- **Planet Fitness:** There are deals that Planet Fitness offers on memberships to provide affordability. Planet Fitness locations are everywhere and there is a range of equipment, including strength and cardio equipment. See memberships at <https://www.planetfitness.com/gym-memberships>.
- **Crunch Fitness:** Crunch Fitness offers deals that make memberships affordable for customers. Crunch Fitness has a couple of locations in Wisconsin. The equipment includes weights, machines, olympic lifting platforms, etc. See memberships and locations at <https://www.crunch.com/>.
- **Goodman Pool:** Cheaper rates for children, infants, and seniors. The pool is open from mid-June to mid-August. Located at 325 W. Olin Ave., Madison. See <https://www.cityofmadison.com/parks/pool> for more information.
- **Sun Prairie Aquatic Center:** This pool is open from mid-June until the third week of August with affordable swim pricing. Located at 920 Linnerud Dr., Sun Prairie. See <https://cityofsunprairie.com/1874/Family-Aquatic-Center> for more information.
- **Mt. Horeb Aquatic Center:** For Mt. Horeb residents, the pool has affordable swimming prices. The pool is open from June 11th until August 17th. Located at 204 Park St., Mt. Horeb. See <https://www.mounthorebwi.info/194/Aquatic-Center> for more information.
- **Monona Community Pool:** For adult Monona residents, there is affordable swimming, with cheaper rates for children and seniors during the day. The pool is from the very end of May until the end of August. Located at 1013 Nichols Rd., Monona. See <https://www.mymonona.com/299/Monona-Community-Pool> for more information.
- **Beaches:**
 - **Tenney Park Beach**
 - Location: 1414 E. Johnson St., Madison
 - Amenities: Basketball court, fishing, volleyball courts, playground
 - **Spring Harbor Beach**
 - Location: 1918 Norman Way, Madison
 - Amenities: Picnic tables
 - **Bernie's Beach**
 - Location: 901 Gilson St., Madison
 - Amenities: Picnic tables
 - **Brittingham Beach**

25. Recreation & Leisure Activities



- Location: 701 W. Brittingham Pl., Madison
- Amenities: Kayak/canoe rentals, concessions, picnic tables, playground
- **Marshall Beach**
 - Location: 2101 Allen Blvd., Madison
 - Amenities: Kayak/canoe rentals, concessions, picnic tables, volleyball courts, playground
- **Olbrich Beach:**
 - Location: 3527 Atwood Ave., Madison
 - Amenities: Kayak/canoe rentals, concessions, picnic tables, volleyball courts
- **Olin Beach**
 - Location: 1156 Olin-Turville Ct., Madison
 - Amenities: Picnic tables
- **Warner Beach**
 - Location: 1101 Woodward Dr., Madison
 - Amenities: Picnic tables
- **Fireman's Park Beach**
 - Location: Paoli St. & Bruce St., Verona
 - Amenities: Concessions, playground
- **Ripley Park Beach**
 - Location: N4310 Park Rd., Cambridge
 - Amenities: Basketball and volleyball courts, playground
- **Esther Beach**
 - Location: 2802 Waunona Way, Madison
 - Amenities: Picnic tables and playground
- **James Madison Beach**
 - Location: 614 E. Gorham St., Madison
 - Amenities: Picnic tables, volleyball courts, playground
- **B.B. Clarke Beach**
 - Location: 835 Spaight St., Madison
 - Amenities: Playground
- **Devil's Lake State Park**
 - Location: S5975 Park Rd., Baraboo
 - Amenities: Concessions, picnic tables, hiking trails
- **Governor Dodge State Park**
 - Location: 4175 Hwy 23 N, Dodgeville
 - Amenities: Concessions, picnic tables
- **Schluter Beach**
 - Location: 4517 Winnequah Rd., Monona



- Amenities: Picnic tables, playground
 - **Vilas Beach**
 - Location: 1501 Vilas Park Dr., Madison
 - Amenities: Picnic tables
 - **Goodland County Park Beach**
 - Location: 2844 Waubesa Ave., Madison
 - Amenities: Picnic tables, basketball and volleyball courts, playground, fishing
 - **Mendota County Park Beach**
 - Location: 5133 Co Hwy M, Middleton
 - Amenities: Picnic tables, basketball and volleyball courts, playground, fishing
 - **Stewart Lake County Park Beach**
 - Location: 3106 Co Hwy JG, Mt. Horeb
 - Amenities: Picnic tables, playground, fishing
- **Youtube Workouts:** Youtube offers great, free workout classes and tutorials for strength training, yoga, stretching, etc. Below are some popular channels for workouts.
 - https://www.youtube.com/@PS_Fit
 - <https://www.youtube.com/@Heatherrobertsoncom>
 - <https://www.youtube.com/@JuiceandToya>
 - <https://www.youtube.com/@sydneycummingshoudyshell>
 - <https://www.youtube.com/@TheFitnessMarshall>
 - <https://www.youtube.com/@MoveWithNicole>
 - <https://www.youtube.com/@yogawithadriene>
 - <https://www.youtube.com/@PamelaRf1>
 - <https://www.youtube.com/@BodyProjectchallenge>
 - <https://www.youtube.com/@OFFICIALTHENXSTUDIOS>
 - <https://www.youtube.com/@THESTUDIOBYJAMIEKINKEADE>
 - <https://www.youtube.com/@calimove>
- **Running/Walking/Hiking Paths:** The Madison area has many scenic, beautiful trails for running, walking, or hiking, go to <https://www.cityofmadison.com/parks/hiking>. Click on the links on the page to see the locations of the trails.
- **Volleyball:** There are many parks in Dane County that have volleyball courts. To find a park near you that has a volleyball court, go to <https://www.cityofmadison.com/parks/volleyball>.
- **Basketball:** There are many parks in Dane County that have basketball courts. To find a park near you that has a basketball court, go to <https://www.cityofmadison.com/parks/basketball>.

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- **Skate Parks:** Skate parks are available at Aldo Leopold Park (2906 Traceway Dr., Madison) and McPike Park (202 S. Ingersoll St., Madison).

C. Warner Park Community Recreation Center (WPCRC)

- **What is it:** “The WPCRC is a multi-purpose, state of the art public facility for community activities including recreational, educational and cultural programs and events. The facility includes a gymnasium, fully equipped fitness center, game room and dry and wet craft rooms.” Also has soccer fields and a skate park.
- **Where to get started:**
 - To become a member, you must fill out an application for an ID card at <https://www.cityofmadison.com/parks/wpcrc/documents/WPCRCIDcardApp.pdf> (English) or <https://www.cityofmadison.com/parks/wpcrc/documents/WPCRCIDcardApp-SP.pdf> (Spanish) and turn it into WPCRC. These ID cards must be replaced annually. Fees are minimal, go to <https://www.cityofmadison.com/parks/wpcrc/membership/> to read about fees (less than \$5 for admission per individual).
 - Phone Number: 608-245-3690
 - Location: 1625 Northport Dr., Madison
 - Hours depend on the season. To see current hours, go to <https://www.cityofmadison.com/parks/recreationcenter>

D. Free Admissions Museums

- **Madison Museum of Contemporary Art:**
 - Location: 227 State St., Madison
 - Website: <https://www.mmoca.org/>
- **Wisconsin Veterans Museum:**
 - Location: 30 W. Mifflin St., Madison
 - Website: <https://wisvetsmuseum.com/>
- **UW-Madison Geology Museum:**
 - Location: 1215 W. Dayton St., Madison
 - See closures at <https://museum.geoscience.wisc.edu/>.
- **UW Physics Museum:** This museum was first established in 1918 and is one of the first of its kind. The exhibits in the museum are designed by students and staff at UW-Madison and give visitors a hands-on experience. Free to the public!
 - Location: Chamberlain Hall on UW-Madison’s campus (1150 University Ave.)
 - See <https://www.physics.wisc.edu/ingersollmuseum/tourcalendar/> for hours and closures. You can freely explore or have a guided tour (to

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request a tour, fill out the form at

<https://www.physics.wisc.edu/ingersollmuseum/tour-req/>).

- For parking information see:
<https://transportation.wisc.edu/visitor-parking/> and
<https://transportation.wisc.edu/parking-lots/lot-occupancy-count/> (Lot 20 is the closest to the museum).
- **Chazen Museum of Art:**
 - Location: 750 University Ave., Madison
 - <https://chazen.wisc.edu/>
- **James Watrous Gallery:** This gallery features artwork with the purpose of connecting viewers to Wisconsin thought and culture.
 - Location: 201 State St., Madison
 - Website: <https://www.wisconsinacademy.org/gallery>
- **Livsreise- Norwegian Heritage Center:** “The Mission of Livsreise is to create an experience that allows visitors to explore Stoughton’s Norwegian identity and relate this to the culture that Stoughton and the surrounding area have long embraced.”
 - Location: 277 W. Main St., Stoughton
 - Website: <https://www.livsreise.org/>

E. Sightseeing

- **Henry Vilas Zoo:** Free zoo in the heart of Madison with many animals to see!
 - Location: 702 S. Randall Ave.
 - See closures and other information at <https://www.henryvilaszoo.gov/visit/>.
- **Olbrich Botanical Gardens:** The outside botanical garden is a free beautiful experience!
 - Location: 3330 Atwood Ave., Madison
 - See closures and other information at <https://www.olbrich.org/visit>.
- **UW Arboretum:** Visit the site of ecological restoration and oldest ecological communities in the world.
 - Location: 1207 Seminole Highway, Madison
 - For more information, see <https://arboretum.wisc.edu/>
- **Monona Terrace:**
 - Location: 1 John Nolan Dr., Madison
 - For more information, including on events and tours, see <https://www.mononaterrace.com/>.
- **Memorial Union Terrace:** “There’s nothing like the historic Memorial Union Terrace. Come enjoy the iconic sunburst chairs, beautiful lake views, gorgeous

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sunsets, and your food faves.” Events are planned during the summer as well, including live music!

- Location: 800 Langdon St., Madison
 - For more information on hours, events, etc., see <https://union.wisc.edu/visit/terrace-at-the-memorial-union/>.
- **Wisconsin State Capitol:** View the capitol by a guided tour or walk around on your own. The observation deck is open in the summer!
 - Location: 2 East Main St., Madison
 - For more information, including closures for holidays see <https://legis.wisconsin.gov/about/visit> and for more information on visits, the observation deck, accessibility, and nearby parking see <https://tours.wisconsin.gov/pub/Content.aspx?p=Welcome>.
- **Governor’s Mansion:** Tour the Wisconsin Executive Residence where the Wisconsin governor and their family reside. The residence is the setting of many traditions and history. Tours are held occasionally for free!
 - Location: 99 Cambridge Rd., Madison
 - To see if there are tours being currently offered see https://www.wisconsinexecutiveresidence.com/content.aspx?page_id=22&club_id=788233&module_id=410963.
- **Dane County Farmer’s Market:** Walk around and see vegetables, flowers, meats, cheeses, and specialty products from 220 Wisconsin vendors throughout the year!
 - More information on specific dates and hours, see <https://dcfm.org/> and click on “Year-Round Markets.”
- **Concerts on the Square:** Free live music during the summer at Madison’s Capitol Square.
 - Location: Capitol Square, Madison
 - For more information on who is playing, when the concerts are held, etc., see <https://wcoconcerts.org/concerts-tickets/concerts-on-the-square>.

F. Fishing

- There are many parks in Dane County that offer places to fish. To find a park near you to fish, go to <https://www.cityofmadison.com/parks/fishing>.

G. Exploring Parks

- For a list of parks in Dane County, with links to additional information, see <https://www.danecountyparks.com/ParkSystem/List>. In addition to this, there are many other state and county parks in Dane County, search those close to you online.



H. Disc Golf

- Free disc golf kits are available through the Madison Public Library (at every location; see above) if you have a library card. The kits contain four discs, a driver, a fairway driver, a mid-range, a putter, maps of local courses, and additional information on the game. Save your receipt to show when playing at certain courses. You can use the kit for 7 days at ONE of the courses that require showing your receipt.
- If you have any questions about the free kit, call Madison Park Rangers at 608-235-0448, Madison Public Library, or Dane County Parks at 608-224-3730.
- **Disc Golf Parks:**
 - **Heritage Heights Park**
 - Location: 701 Meadowlark Dr., Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/heritage-heights>
 - **High Point Park**
 - Location: 7499 Watts Rd., Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/high-point-park>
 - **Lake Edge Park**
 - Location: 511 Park Ct, Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/lake-edge>
 - **Rennebohm Park**
 - Location: 115 N. Eau Claire Ave., Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/rennebohm>
 - **Westhaven Trails Park**
 - Location: 3020 Cimarron Trl., Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/westhaven-trails-park>
 - **Wexford Park**
 - Location: 1201 N. Westfield Rd., Madison
 - Website: <https://www.cityofmadison.com/parks/find-a-park/wexford>
 - **Token Creek County Park**
 - Location: 6200 Williamsburg Way, DeForest
 - ** Must show receipt for disc golf kit
 - Website: <https://www.danecountyparks.com/park/tokencreek>



- **Capitol Springs Recreation Area**
 - 3102 Lake Farm Rd., Madison
 - ** Must show receipt for disc golf kit
 - Website: <https://dnr.wisconsin.gov/topic/parks/capsprings>
- **Hiestand Park**
 - Location: 4302 Milwaukee St., Madison
 - ** Must show receipt for disc golf kit
 - Available in the winter
 - Website: <https://www.cityofmadison.com/parks/find-a-park/hiestand>
- **Elver Park**
 - Location: 1250 McKenna Blvd., Madison
 - ** Must show receipt for disc golf kit
 - Available in the winter
 - Website: <https://www.cityofmadison.com/parks/find-a-park/elver>

I. Join a Free Club

- **Madison Area Jugglers:** This free club is for anyone who is interested in juggling, unicycling, performance skills, etc. Meetings are held on Thursdays and Sundays. Meetings are informal. See <https://madjugglers.com/> for meeting times and locations and additional information.
- **Fleet Feet Free Group Runs:** Join other runners in a free running group for all paces! Most runs are led by a staff member from Fleet Feet who can match you up with others with a similar pace. To RSVP, go to <https://fleetfeetmadison.captyn.com/find?status=in-progress&status=upcoming&program=ckf2os2v90lzn07703r0q998s>, click “Add Athlete” for the run you want to join and then hit “Save,” go to your cart in the top right-hand corner, and fill out the information (need to register) to confirm spot. You can always cancel by logging back into your account. Bring your own nutrition and hydration! For more information, see https://www.fleetfeet.com/s/madison/training/free-group-runs-and-pub-runs?srltid=AfmBOoon4ypVXYH1riQpNy7cPl2p8Lc_ZQZaIxIEVm2ejCjSa7MpX61Z.

J. Learning a New Language

- “Duolingo” is a free, interactive app that allows you to learn many different languages through games, quizzes, stories, etc. Download the app on your appstore.
- Link to download: https://play.google.com/store/apps/details?id=com.duolingo&hl=en_US



K. Volunteering

You may have a lot on your plate and do not have time to volunteer – that is more than okay! However, volunteering is an option for those who have the time and resources to do so, as it is very fulfilling. Below are some volunteer opportunities:

- The Beacon Volunteer Application:
<https://catholiccharitiesofmadison.org/the-beacon/volunteer-application/>
- Madison Public Library Volunteer Application:
<https://www.madisonpubliclibrary.org/support/volunteer>
- Monona Terrace Volunteer Application:
<https://www.mononaterrace.com/programs-and-events/volunteer/volunteer-application/>
- Olbrich Botanical Gardens Volunteer Inquiry:
<https://www.olbrich.org/volunteer-inquiry>
- Dane County Parks Volunteer Application:
<https://app.betterimpact.com/Application?OrganizationGuid=882526a6-20c8-475d-8ddc-1b4bb6136c2f&ApplicationFormNumber=1>
- See volunteer opportunities through United Way at
<https://www.volunteeryourtime.org/need/>.
- For seniors interested in volunteering:
<https://www.rsvpdane.org/volunteer/i-want-to-volunteer/>

L. Other

- **Listening to Podcasts/Music**
- **Learning Origami or Magic on Youtube**
- **Play Games (Sudoku, crossword puzzles, etc.)**
- **Stargazing**
- **Art**
- **Journaling**
- **Birdwatching**
- **Creative Writing**

26. Helpful Websites

A. 211 Wisconsin

- **What is it:** This website connects you with thousands of local programs and services
- **Where to get started:** Type in your zip code in the search bar at <https://211wisconsin.communityos.org/>, call 211, or text 211 to see programs and services in your area.

B. FindHelp

- **What is it:** This website shows resources for food, housing, goods, transit, health, money, care, education, work, and legal assistance in your area
- **Where to get started:** Go to <https://www.findhelp.org/> and type in your zip code to see resources near you.

C. FairShake

- **What is it:** FairShake shows a wide range of resources that you can search by zip code or by category ranging from housing, employment, computer skills, mental health, and physical health. The page also allows you to submit resources that you know to provide others with that information.
- **Where to get started:** <https://www.fairshake.net/reentry-resources/>

D. City of Madison Civil Rights Department

- **What is it:** The Department of Civil Rights is responsible for ensuring that the rights of all people within the city of Madison, WI are respected and that all persons are given the equal opportunities to succeed based upon their personal merits. Their website is a place where Discrimination Complaints can be filed, you can learn more about your rights, and you can find additional resources and programs related to ensuring civil rights.
- **Where to get started:** <https://www.cityofmadison.com/civil-rights>

E. City Websites

- City of Madison: <https://www.cityofmadison.com/>
- City of Sun Prairie: <https://www.cityofsunprairie.com/>
- City of Middleton: <https://www.cityofmiddleton.us/>

26. Helpful Websites

- City of Verona: <https://www.veronawi.gov/>
- City of Stoughton: <https://www.cityofstoughton.com/>
- City of Fitchburg: <https://www.fitchburgwi.gov/>
- City of Monona: <https://www.mymonona.com/>
- Town of Albion: <https://townofalbionwi.com/>
- Town of Dunkirk: <https://www.townofdunkirk.com/>
- Town of Pleasant Springs: <https://tn.pleasantsprings.wi.gov/>
- Village of Cross Plains: <https://www.cross-plains.wi.us/>
- Village of Blue Mounds: <https://bluemoundsvillage.com/>
- Village of Marshall: <https://www.marshall-wi.com/>
- Village of Windsor: <https://www.windsorwi.gov/>
- Village of Black Earth: <https://www.blackearthwisconsin.com/>
- Village of Mazomenie: <https://www.villageofmazomaniewi.gov/>
- Village of Oregon: <https://www.oregonwi.gov/>
- Village of Belleville: <https://www.bellevillewi.gov/>
- Village of Cottage Grove: <https://www.vi.cottagegrove.wi.gov/>
- Village of Waunakee: <https://www.vil.waunakee.wi.us/>
- Village of DeForest: <https://www.deforestwi.gov/>
- Village of Mount Horeb: <https://www.mounthorebwi.info/>
- Village of McFarland: <https://www.mcfarland.wi.us/>

27. Appendices

A. Federal Poverty Guidelines

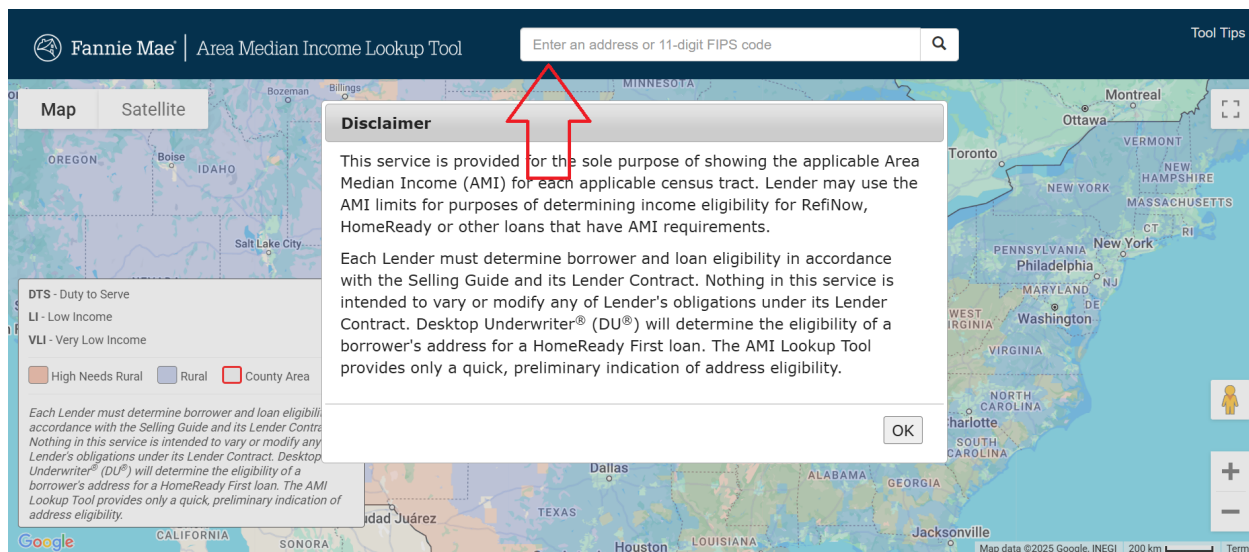
Federal poverty guidelines are set each year by the Department of Health and Human Services. The poverty guidelines are used as an eligibility criterion by Medicaid and a number of other Federal programs. The poverty guidelines are a simplified version of the poverty thresholds that the Census Bureau uses to prepare its estimates of the number of individuals and families in poverty.

- More information about poverty guidelines:
<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>
- Frequently Asked Questions:
<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines/frequently-asked-questions-related-poverty-guidelines-poverty>

2026 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA	
Persons in family/household	Poverty guideline
1	\$15,960
2	\$21,640
3	\$27,320
4	\$33,000
5	\$38,680
6	\$44,360
7	\$50,040
8	\$55,720
For families/households with more than 8 persons, add \$5,680 for each additional person.	

B. Median Income Lookup Tool

1. Search “Area Median Income Lookup Tool” on the web.
2. Click on Fannie Mae’s Area Median Income Lookup Tool.
 - a. If unable to find the website, click the following link:
<https://ami-lookup-tool.fanniemae.com/amilookuptool/>
3. Enter your address in the white box at the top of the site and click the search icon.



4. See the box that says “Area Median Income