COMMUNITY RESOURCE HANDBOOK

MISSION STATEMENT

This handbook was developed to increase accessibility of low-cost community resources to low income families and to agencies who provide them services.

Brown County University of Wisconsin-Extension

Advisory Committee Members:

Karen Early, Brown County University of Wisconsin-Extension
Jan Hawkins, Brown County Health Department
Jenny Hoffman, Brown County Human Services
Mary Kay Norman, Aging and Disability Resource Center of Brown County

Inclusion of agencies in this handbook does not constitute endorsement nor does omission constitute disapproval. We have attempted to list agencies that meet the above mission. Counseling providers are nonprofit organizations.

If you know of agencies that should be added or changed or would like to order additional handbooks, please contact Karen Early, Brown County University of Wisconsin-Extension, Nutrition Education Program at 391-4614.

Look for this publication on the web at:

This handbook is developed by the Brown County University of Wisconsin-Extension Nutrition Education Program (WNEP) in Brown County. Funding is provided through the USDA Food and Nutrition Service, Food Stamp Education Program.

WNEP works with community partners to develop and implement community based nutrition education programs which improve food security for the food stamp-eligible population. WNEP conducts food security research and develops community based initiatives to improve food access and food quality. Through group classes and individual coaching, participants learn about:

- Healthy eating
- Balancing food and activity
- How to keep food safe
- Shopping and menu planning
- Feeding young children
- Balancing income and expenses
- Breastfeeding
- Community resources

To find out more about developing a nutrition education partnership with your agency, call Karen Early at 391-4614.

Brown County Nutrition Education Program Staff
Karen Early, M.S., R.D., Program Coordinator
Marge Bader, Program Support
Cathy Huntowski, Nutrition Educator/Food Security Initiative
Mary Jo Liesch, Nutrition Educator
Janet Safranski, Food and Budget Educator
Kathleen Wolfgram, Food and Budget Educator/Breastfeeding Educator

Brown County University of Wisconsin-Extension
Wisconsin Nutrition Education Program
1150 Bellevue Street
Green Bay, WI 54302-2259
920-391-4610
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What is 2-1-1?

2-1-1 is an easy-to-remember, non-emergency telephone number that connects people with community services and volunteer opportunities. Every hour of every day, someone in Brown County is seeking important information – from finding an after-school program to securing adequate care for a child or an aging parent. With 2-1-1, help is just a phone call away.

The 2-1-1 Call Center is here to help. 2-1-1 online at www.get211.org.

Economic and demographic trends in Brown County will significantly increase the demand for social services in the coming years. While many local organizations provide a wide range of services, until 2-1-1 there was no central mechanism connecting these organizations to the people who need them.

2-1-1 is the latest and most advanced of these I&R services. In addition to offering an efficient and effective means of connecting residents to available resources, 2-1-1 has proven invaluable during times of disaster such as the aftermath following Hurricane Katrina and September 11, 2001.

Thanks to your investment in the Brown County United Way, a 2-1-1: Get Connected, Get Answers Call Center and website is available to all segments of the Brown County community as a free and confidential service.
Your key to health and nutrition programs:
ACCESS is an internet tool that can help you see if you might be able to get health, nutrition and other benefits, including:
- FoodShare
- Medicaid
- SeniorCare and other Prescription Drug Assistance Programs
- WIC – Special Supplemental Nutrition Program for Women, Infants and Children
- Free/Reduced-Price School Meals
- Summer Food Service Program
- The Emergency Food Assistance Program (TEFAP)
- Tax Credits

How to Use ACCESS – in 5 Easy Steps!
1. Open a web browser and go to www.access.wisconsin.gov and click “Am I Eligible”.
2. Click the “Begin ACCESS” button to continue.
3. After you read the Welcome Page, click on “Next” to begin. If you would like to learn more about using ACCESS, click the link at the bottom of the Welcome Page.
4. You will be asked between 6 and 25 questions about the people in your home, their income and their bills. Your answers will stay private and secure. You can always click on “Help” if you want to know more about and question.
5. When you are done with the questions, ACCESS will let you know if you or other people in your home may be eligible for state and federal programs listed above. ACCESS will also let you know how to apply and you will have a chance to print out all of your results.

If you have questions about the on-line application, contact Brown County Human Services Economic Support staff at (920) 448-6460.
Central intake point for information and referral. Staff assesses an individual’s needs and refers to appropriate departments within the agency or to community agencies. Translation services provided as needed.

**ADOLESCENT DAY TREATMENT**
Family Services of Northeast Wisconsin
626 S. Irwin Street  Phone: 433-3372 x 100
Green Bay  WI  54301  Hours: 8:30 a.m. – 2:00 p.m.
Other hours for 7 – 17 year-olds not having success in school are 12:00 p.m. – 5:00 p.m. daily.

Mental Health Day Treatment for ages 7 – 18.

**AGING AND DISABILITY RESOURCE CENTER OF BROWN COUNTY**
www.adrcofbrowncounty.org
300 S. Adams  Phone: 448-4300
Green Bay, WI  54301

Provides assistance to seniors and adults with disabilities. Provides education and social programming, benefit specialist, information and assistance on long-term care planning. Home delivered and congregate meal sites. Vouchers for fruits and vegetables at the farmer’s market are available during the summer months. Multi-purpose centers for seniors located in Green Bay, DePere, Denmark and Pulaski. Donation based services.
AIDS RESOURCE CENTER (ARCW)
www.arcw.org
445 S. Adams Street Phone: 437-7400
Green Bay WI 54301 1-800-675-9400

Free confidential HIV testing by appointment. Provides aggressive
HIV education and prevention; access to comprehensive services for
people living with HIV and AIDS; clinical research on HIV
treatment; and HIV advocacy. Spanish case manager available.

ALCOHOL ABUSE HOTLINE
Phone: 469-9999
24-hour immediate support information and referral for local
programs.

ALZHEIMER’S ASSOCIATION OF GREATER WISCONSIN
www.alz.org (national), www.alzgw.org (local)
2900 Curry Lane, Suite A Phone: 469-2110
Green Bay WI 54311 Hours: 8:00 a.m. – 4:30 p.m.
1-800-272-3900 (24-hour help line)

Identification information, education and services for those affected
by ALZ and other dementia and their families. Written information
also in Spanish and Hmong.

Eating lots of fruits and veggies crowd out other foods that
are higher in fat and calories. This is a good thing! They are
low in calories, packed with nutrients and are high volume to fill
you up so you won’t be reaching for the cookie jar. Pile on the
veggies and move meat off the center of your plate.
Before preparing food, wash hands vigorously in warm water with soap for 20 seconds. Clean surfaces thoroughly with warm water and soap or a household cleaner. Wipe kitchen surfaces with paper towels that can be thrown away. If you use cloth towels, wash them in the hot cycle of the washing machine.
Spacing meals and snacks three to four hours apart helps keep the body fueled. Choose whole grain foods, fruits and veggies and add a small amount of protein to stay fueled longer. Try dip with veggies, peanut butter on an apple, or yogurt with fruit.

AMERICAN RED CROSS – LAKELAND CHAPTER
www.arclakeland.org
2131 Deckner Avenue Phone: 468-8535
Green Bay WI 54302 Hours: 8:00 a.m. – 4:30 p.m.
Provides disaster relief to individuals affected by disaster, an emergency communications link to U.S. Armed Forces and their families, transportation for people 60 and over and for those with disabilities, provides First Aid, CPR/AED (Automated External Defibrillator), Babysitter’s Training, Water Safety and Lifeguarding Instructor courses, Nurse Assistant training and other injury control training for the community and workplace, and collects blood and blood products to help save people’s lives.

ASPIRO
www.aspiroinc.org
1673 Dousman Street Phone: 498-2599
Green Bay WI 54303 Fax: 498-2652
Hours: 8:00 a.m. – 4:00 p.m.
The mission of Aspiro is to create opportunities for people with a cognitive or developmental disability to reach goals, connect community and achieve independence. Services provided include: case management intake/vocational evaluation, recreation/leisure activities and skills training through various programs. Other services offered: case/care management, day programs for adults with developmental disabilities and vocational education.
Community Education

2845 Greenbrier Road       Phone:  288-5200
P O Box 8900                1-888-863-5502
Green Bay  WI  54308-8900

Offers a number of community education classes such as Infant and Child CPR, a class to prepare children aged 3 – 9 years to become a big brother or sister, Breastfeeding Basics, Caring for Your Newborn in English and Spanish, a program for soon-to-be dads, and Preparing for Labor. There is a fee for most classes and registration is required. Call for more information.

Bay Area Humane Society and Animal Shelter

www.bayareahumanesociety.com

1830 Radisson Street       Phone:  469-3110
Green Bay  WI  54302

A non-profit organization which promotes the humane treatment of animals, reunites pets with their owners, and provides protection, care and shelter for unwanted homeless companion animals.

Bay Beach Amusement Park

www.green-bay.org

1313 Bay Beach Road       Phone:  448-3365
Green Bay  WI  54311

There is no admission charge and parking is free. Ride tickets are 25¢ each, with the rides requiring one or two tickets per rider. Tickets can be purchased from the ticket office on the park grounds during regular operation hours. Open May – September. Call for hours.
BEJA SHRINERS
1950 Bond Street Phone: 498-1985
P O Box 13537
Green Bay WI 54307-3537

Eligible children with burns, cleft palate or orthopedic problems will have all medical costs paid by Shriners Hospitals until age 18. Translators available.

BELLIN ON-CALL, BELLIN HOSPITAL
www.bellin.org
744 S. Webster Avenue Phone: 433-7900
P O Box 23400
Green Bay WI 54305-3400

Offers 24-hour accurate health care information. Provides referral service to doctors in the Green Bay area. Speakers available.

BIG BROTHERS/BIG SISTERS OF NORTHEAST WISCONSIN
www.bbbsnew.org
1345 W. Mason Street Phone: 498-2227
Green Bay WI 54303

BBBS professionally matches youth between the ages of 6-13 with a positive adult role model. Volunteer Big Brothers, Big Sisters, or Big Couples meet with their “Littles” in one of two programs. Community-based matches get together in the community once a week for a few hours and enjoy everyday activities. Site-based matches meet once a week during the school year over lunch or after-school and work on homework and play games at the child’s school. Hmong and Spanish translators available.
When eating out, choose restaurants with healthy choices and avoid the temptation to overeat by staying away from all-you-can-eat restaurants.

**BIRTH-TO-THREE**
111 N. Jefferson Street       Phone: 448-6095
Green Bay  WI  54301

A program for infants and toddlers with developmental delays and disabilities and their families. It is the central intake point for all Brown County early intervention services. It provides free developmental screenings, access to needed ongoing therapy, and education for children up to the age of 36 months.

**BOYS and GIRLS CLUB OF GREEN BAY**
www.bgcggb.org
311 S. Oneida Street       Phone: 494-7090
Green Bay  WI  54303 and  
1451 University Avenue       Phone: 494-7090
Green Bay  WI  54302

Activities of all kinds for kids 7 – 18 years old including special summer events. A computer center, arts center, environmental center, learning center, gym and game room available. Teen night on Friday. Spanish translators available.

**THE BRIDGE**
2414 Jenny Lane       Phone: 465-6878
Green Bay  WI  54302

A smoke-free meeting facility for members of the 12-step program that deals with recovery from addictive diseases including alcohol, drugs, gambling, and overeating.
The Child Support Agency operates the State of Wisconsin’s child support program for Brown County. The program provides for the location of absent parents, establishment of paternity and child support orders and enforcement of the orders.

Investigates complaints about violations against equal opportunity housing ordinance, fair housing and discrimination in housing.

Services for Brown County residents. Promotes individual and community health. Immunizations offered for a $3 donation, but are given regardless of ability to pay. Hmong and Spanish translators available.
BROWN COUNTY HUMAN SERVICES DEPARTMENT
www.co.brown.wi.us
Sophie Beaumont Building      Phone: 448-6000
111 N. Jefferson Street
Green Bay   WI  54301
Child Protection Services, Birth-to-Three, juvenile court services,
adult protective services, outpatient psychiatric services – targeted
case management for adults with chronic mental illness. AOWI
assessment, AODA outpatient counseling case management services
for chronic AODA clients. Nursing home intermediate care for
developmentally disabled, inpatient psychiatric care at Mental
Health Center.
Economic Support Services:     Phone: 448-6460
Applications for medical assistance, foodshare/foodstamps and child
care.

BROWN COUNTY LIBRARY
www.browncountylibrary.org
CENTRAL LIBRARY
515 Pine Street     Phone: 448-4400
Green Bay   WI  54301
Call branch nearest you for hours and programs.
Library Branches:
  Ashwaubenon, 1060 Orlando Drive       492-4913
  Kress Family, 333 N. Broadway, DePere       448-4407
  Denmark, 450 N. Wall Street, Denmark       863-4005
  East Green Bay, 2255 Main Street          391-4600
  Weyers-Hilliard, 2680 Riverview Drive     448-4405
  Pulaski, 222 W. Pulaski Street, Pulaski    822-3220
  Southwest Green Bay, 974 Ninth Street     492-4910
  Wrightstown, 615 Main Street, Wrightstown  532-4011
The Brown County Mental Health Center provides inpatient, outpatient, nursing home, and community/contract services. Inpatient services are provided in three specialty units serving children and adolescents, adults, and alcohol/other drug abusers. Outpatient services are provided for the mentally ill and/or substance abusers including: Individual Therapy, Family Therapy, Group Therapy, Medication Management Evaluation, Case Management, Occupational Therapy, Court-Ordered Assessments.

Brown County Public Schools

Brown County has eight public school districts. Visit the websites or call for information on enrollment. Some school districts also offer grade-specific parents’ guides and free parenting classes throughout the year. There are also several public and private schools; please check the telephone book for those.

Ashwaubenon School District
www.ashwaubenon.k12.wi.us/
1055 Griffiths Lane Phone: 492-2900
Ashwaubenon WI 54304

Green Bay Public School District
www.greenbay.k12.wi.us/
200 South Broadway Phone: 448-2000
Green Bay WI 54303

Howard/Suamico School District
www.hssd.k12.wi.us/
2700 Lineville Road Phone: 662-7878
Green Bay WI 54313
(Brown County Public Schools continued)

Pulaski Community School District
www.pulaski.k12.wi.us/
143 West Green Bay Street  Phone:  822-6000
Pulaski WI 54162

School District of Denmark
www.denmark.k12.wi.us/
450 North Wall Street  Phone:  863-4005
Denmark WI 54208

Unified School District of DePere
www.depere.k12.wi.us/
1700 Chicago Street  Phone:  337-1032
DePere WI 54115

West DePere School District
www.wdepsd.com
930 Oak Street  Phone:  337-1393
DePere WI 54115

Wrightstown Community School District
www.wrightstown.k12.wi.us/
351 High Street  Phone:  532-5551
P O Box 128
Wrightstown WI 54180

Brown County Shelter Care
2980 St. Anthony Drive  Phone:  391-4625
Green Bay WI 54311

The Shelter Care Facility is a temporary, 20 bed, 24 hour non-secure detention facility for youth ages 10 – 17, who, for various reasons are unable to remain at home. Placement at Shelter Care is determined by Juvenile Court judges or intake workers from Child Protection Disposition or Juvenile Court Services units.
**BROWN COUNTY TOBACCO-FREE COALITION/FACT**  
*(Fighting Against Corporate Tobacco)*  
[www.fightwithfact.com](http://www.fightwithfact.com)  
P O Box 23600  
Phone: 448-6439  
Green Bay WI 54305-3600

A resource for tobacco education materials and provides smoke-free advocacy activities for youth of all ages and adult.

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**BROWN COUNTY UNITED WAY**  
[www.browncountyunitedway.org](http://www.browncountyunitedway.org)  
1825 Riverside Drive  
Phone: 432-3393  
Green Bay WI 54301

2-1-1: Get Connected, Get Answers! A Community Change Initiative of the Brown County United Way.

*What is 2-1-1? It is an easy-to-remember, non-emergency telephone number that connects people with community services and volunteer opportunities. Every hour of every day, someone in Brown County is seeking important information. 2-1-1 is an efficient and effective means of connecting residents to available resources. It provides confidential, easy-to-use and free access to the information you need. You can also use 2-1-1 as an alternative to 9-1-1 during a natural disaster or power outage.*

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**BROWN COUNTY UNIVERSITY OF WISCONSIN - EXTENSION**  
[www.browncountyextension.org](http://www.browncountyextension.org)  
1150 Bellevue Street  
Phone: 391-4610  
Green Bay WI 54302

*Educational programs for children through adults to help families build skills in parent education, nutrition, family financial management, horticulture, youth development, 4-H, and leadership.*
Wisconsin Nutrition Education Program (WNEP)

Nutrition education for all ages regarding healthy food choices, feeding young children, food safety, meal planning, shopping, breastfeeding and money management skills. Group and individual settings in agency-sponsored community settings.

Community Gardens Program
Bill Wright 391-4658

Community Gardens are places where people can rent, for a small seasonal fee, their own garden plot to raise produce. To learn more about community gardens, starting a garden, or donating land, contact Bill Wright at the Extension office.

4-H
Phone: 391-4654

4-H, an out of school youth development program, is open to all youth grades 3 – 13. 4-H programming provides real-life experiences for youth through a fun and practical, learn-by-doing, educational program and provides opportunities for adults to work with youth in their development. 4-H also allows youth to practice leadership and build self-confidence.

Brown County Veterans Service

www.co.brown.wi.us/veterans/
305 E. Walnut Street       Phone: 448-4450
Room 102
P O Box 23600
Green Bay WI 54305-3600

Our mission is to inform and educate veterans (and their dependents and beneficiaries) on their available state and federal benefits and to assist them in obtaining benefits they may be qualified for.
If you do nothing else but reduce portions by 10%-20%, you could lose weight. Most portions are bigger than you need both at home and in restaurants. Pull out the measuring cups to get a handle on your usual portion sizes. Add a little physical activity by walking around the block every day — work out up to 30 minutes a day and watch what happens!!!
Offers personal, family, and community services including counseling, domestic abuse, financial management and counseling, adoption and adoption search services, pregnancy counseling, and outreach to Southeast Asian and Hispanic communities. Spanish and Laotian translators available. Sliding fee scale.

Department of Refugee, Migration, Hispanic Services

Missing nutrients? Many people aren’t eating the recommended amounts of the following seven nutrients: Calcium, Potassium, Fiber, Magnesium, vitamins A, C and E. For a listing of where to get these nutrients, call Karen at 391-4614.
CHILDREN WITH SPECIAL HEALTH CARE NEEDS
www.cyshcn.org
St. Vincent Hospital Phone: 433-8296
1821 S. Webster or (outside of Green Bay)
Green Bay WI 54307-3508 1-800-236-3030 x 8296
Hours: 8:30 a.m. – 3:30 p.m.

The Northeastern Regional Center provides services to providers and families of children with special health care needs in NE Wisconsin at no cost. Services include: information and referral (agencies, services, special needs lending library, funding and support); parent support; technical assistance to community providers. Translation services available.

CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS - SERVICE COORDINATION
www.co.brown.wi.us/health/CSHCNProgramInfo.htm

Brown County Health Department
610 S. Broadway Street Phone: 448-6430
Green Bay WI 54303

A Public Health Nurse, in coordination with the Regional CSHCN Center, is available to provide home visits or telephone counseling to families with a child, age 0 – 21 years, with a special health care need. This can include physical, emotional or behavioral problems (such as diabetes, asthma, congenital problems, ADHD, etc). Services provided include case management, education, support liaison with medical providers and finding resources to meet the family needs. Spanish and Hmong translators are available.

Get your own customized MyPyramid plan based on age, sex, height, weight and level of physical activity at www.mypyramid.gov.
COMMUNITY CHILDCARE CONNECTIONS
www.ccconnections.org
621 Pine Street
Green Bay WI 54301
Phone: 432-8899 or 1-800-738-8899
Fax: 432-6677

To increase awareness of quality child care in Brown, Marinette, Menominee, Oconto and Shawano counties by providing community education, identifying and developing child care resources, assisting families in their child care search, and supporting child care professionals.

CONSUMER PROTECTION BUREAU
www.datcp.state.wi.us
200 N. Jefferson Street
Suite 146A
Green Bay WI 54301
Phone: 448-5110
1-800-422-7128 (Hotline)
7:45 a.m. – 4:30 p.m

Provides general consumer information such as landlord/tenant, advertising, product safety and telecommunications problems. Written information available in Spanish.

COUNTRY KIDS, INC. – PEDIATRIC THERAPY SERVICES
1142 Orlando Drive
DePere WI 54115
Phone: 339-0700

Pediatric therapy clinic which provides physical, occupational and speech therapy for children with special needs, birth to 18 years. Hippotherapy (using horse as therapy tool) and therapeutic riding sessions offered in spring, summer and fall. MA and private insurance accepted. Scholarship programs also available.
CRISIS CENTER OF FAMILY SERVICES
www.familyservicesnew.org
300 Crooks Street Phone: 436-8888 (24 hour)
Green Bay WI 54301

Provides free, confidential, short-term counseling for persons of all ages in Brown County. Professional counseling is provided in the office or anywhere in Brown County. Translators available. Offers computerized information and referral database for referrals.

DENTAL ASSOCIATES, LTD.
www.dentalassociates.com
430 Main Street Phone: 431-0345
Green Bay WI 54301 Hours: Monday – Thursday, 7:00 a.m. – 6:00 p.m.
Friday, 7:00 a.m. – 1:30 p.m.
Select Saturdays

Provides comprehensive dental services to patients with or without insurance. Pediatric dentistry, oral surgery, periodontic, orthodontic and postorthodontic specialists on staff. Accepts most dental insurance. For those without insurance, CarePlus Dental Plan is available. Currently not accepting new Medical Assistance patients. Translation services available, please inform staff when scheduling appointment. Hmong and Spanish translators on-site.

DENTAL HYGIENE CLINIC
www.nwtc.edu (click on Dental Hygiene Clinic link)
NWTC
2740 W. Mason Street Phone: 498-5450
Green Bay WI 54303

Services provided for a very minimal fee include exam, cleaning, X-rays, sealants, and fluoride treatment. Open weekdays during the school year. WMA clients are charged $1.00.
Services City of DePere residents. Promotes individual and community health. Free immunizations.

EARLY CHILDHOOD SCREENING
Programs and testing for preschool children with speech, language, developmental, learning or emotional concerns. Will provide translation services as needed.

Ashwaubenon Schools  Howard/Suamico Schools
492-2905 x 1012  662-7959
Denmark Schools  Pulaski Schools
863-4175  822-6021
DePere Schools  West DePere Schools
983-2456  337-1393 x 1012
Green Bay Schools  Wrightstown School
448-2102  532-0525 x 6114

EARLY HEAD START
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org

Weekly home visitation program offering intensive support and services to parents of children until age 3. Parenting skills, child development, and community resources emphasized. Self-referral, hospital physicians, public health, or prenatal care coordination.

22
Earned Income Credit (EIC)

www.dor.state.wi.us

Department of Revenue Phone: 448-5179
200 N. Jefferson Street Hours: 7:45 a.m. – 1:00 p.m.
Suite 526 Monday – Thursday
Green Bay WI 54301 April 16 – December 31

7:45 a.m. – 4:30 p.m.
Monday – Thursday
January 2 – April 15

Homestead Credit (for both home owners and renters) may be available for those with low to moderate income.

El Hispano

720 Bodart Street, Ste 204 Phone: 437-1215
Green Bay WI 54301 Fax: 437-1217
E-mail: elhispanowis@yahoo.com

First newspaper in Spanish in Northeast Wisconsin. Bi-weekly.

Encompass Early Education and Care, Inc.

www.encompasseec.org

Business office Phone: 469-1236
1300 Bellevue
Green Bay WI 54302

Children’s Day Out Program Phone: 405-9083
1673 Dousman

Child Care Centers:

Arlene B. Walter Center, 338 Hartung (E. Green Bay) 468-9235
The Rosebush, 1275 University (E. Green Bay) 436-7549
Bellin Health Center, 2589 S. Webster (Allouez) 436-7540
West DePere Center, 2000 Lawrence Drive (DePere) 336-1541
The Cornerstone, 345 N. Broadway (W. Green Bay) 436-7554
Carol B. Bush Center, 500 Pine Street (Downtown) 436-7557
Adding a lean source of protein to each meal will keep you feeling full longer so you are less likely to overeat. This is because protein takes longer to digest. Try low-fat yogurt, small portions of nuts, eggs, beans, fish or lean meats.

(Encompass Early Education and Care, Inc. continued)

Encompass Early Education and Care, Inc. is a not-for-profit organization providing care and education for children and support for families with a commitment to compassion, quality, and advocacy. Four centers benefit from United Way funding. All six centers are nationally accredited by the National Association for the Education of Young Children. Encompass programs and child care facilities serve over 800 children each day. Reduced rates for qualifying parents at Arlene B. Walter, The Rosebush, DePere Center and The Cornerstone.

ENERGY ASSISTANCE PROGRAM

Integrated Community Services

www.ics-gb.org

201 W. Walnut Street  Phone: 448-4540
Green Bay WI 54303  Hours; M, W, Th, F
8:00 a.m. – 4:30 p.m.
Tuesdays
8:00 a.m. – 6:00 p.m.

Summer hours: 8:00 – 4:30 p.m. every day

The Low Income Home Energy Assistance Program (LIHEAP) available at Integrated Community Services assists Brown County families with a low income in: crisis assistance, weatherization and energy-related home repairs. They also provide a one-time payment between October 1 and May 15 to help with heating costs. Hmong and Spanish speaking staff available.
EPILEPSY FOUNDATION OF CENTRAL AND NORTHEAST WISCONSIN
www.epilepsyfoundation.org/cnewisconsin

Main Office: Phone: 1-800-924-9932
1004 First Street, Suite 5
Stevens Point WI 54481

Branch Office: Phone: 920-968-3000
1800 Appleton Road
Menasha WI 54952

Monthly groups, emergency medical financial aid, educational materials and presentations.

EVANGELICAL CHILD AND FAMILY AGENCY
www.ecfawisc.org

1524 University Avenue Phone: 430-1050
#100 1-800-686-3232
Green Bay WI 54301 Contact: Natalie Green

A private non-profit agency serving the community through the Pregnancy Support Services (PSS) and Adoption Programs. medical insurance and housing referrals, compassionate counseling, short term foster care and many other services provided at no cost.

FAIR HOUSING CENTER OF NORTHEAST WISCONSIN
www.fairhousingwisconsin.com (Milwaukee home office site)
2323A W. Everett Street Phone: 920-733-7417
Appleton WI 54914
Toll-free state-wide complaint intake: 1-877-647-3247

Helps with investigation of housing discrimination and makes referrals to WI Equal Rights Division, HUD, or local attorneys.
FAMILY SERVICES of NORTHEAST WISCONSIN
www.familyservicesnew.org (see website for complete list of programs)

300 Crooks Street Phone: 436-6800
Green Bay WI 54301 1-800-998-9609

Comprehensive family service agency with 40 programs for individuals and families needing assistance in facing life’s challenges and transitions. Includes: counseling, EAP, Early Childhood Development, At-Risk Youth Programs, crisis services and sexual assault prevention. Bilingual support available.

FOOD PANTRIES

Call for information on days and times.

7th Day Adventist Church, 1414 Shawano Avenue, GB 494-5245
Aids Resource Center, 445 S. Adams Street, Green Bay 437-7400
Calvary Lutheran Church, 1301 S. Ridge Road, GB 494-2431
Denmark Food Pantry, 425 E. Grand Ave, Denmark 863-8725
DePere Christian Outreach Food Pantry, 347 Libal St.
DePere 338-9718
First Presbyterian Church, 200 S. Ashland, Green Bay 437-8121
First United Methodist, 501 Howe Street, Green Bay 437-9252
Grace Lutheran Church, 321 S. Madison, Green Bay 432-0308
Manna for Life, 1545 University Avenue, Green Bay 437-3629
Oneida Food Distribution Program, Oneida 869-1041
Resurrection Lutheran Church, 1024 Shawano Ave., GB 497-7052
Paul’s Pantry, 1520 Leo Frigo Way, Green Bay 433-0343
Pulaski Community Pantry, Inc. 132 Front St. Pulaski 822-6050
St. Bernard Church, 2040 Hillside Lane, Green Bay 468-4811
St. John Lutheran, 2700 Babcock Rd, Green Bay 499-1142
St. Mark Evangelical Lutheran, 2066 Lawrence Drive,
DePere 336-2485
(Food Pantries continued)
St. Patrick’s Food Pantry, 211 N. Maple St.
    (West side only), Green Bay ........................................ 437-3911
St. Willebrord Church, 209 S. Adams Street, Green Bay .. 435-2016
Salvation Army, 626 Union Court, Green Bay ................... 497-7053
Trinity Lutheran Church, 330 S. Broadway, Green Bay .... 437-8124

FOOD SHARE / FOODSTAMPS
www.co.brown.wi.us
Brown County Human Services       Phone: 448-6460
    Department
111. N. Jefferson
Green Bay  WI  54301
Provides information on applications/eligibility for foodshare
program for families, individuals and elderly/disabled who are low-
income. Applications/requests can be made in person, by phone, by
mail or on-line at access.wisconsin.gov

FOSTER GRANDPARENT PROGRAM
www.encompassseeec.org
1300 Bellevue Street       Phone: 469-0283 x 110
Green Bay  WI  54302
The Foster Grandparent Program is a federal and state funded
program that brings together seniors (60 years and older) with
limited income and children with special needs. Locally, foster
grandparents serve in one of Encompass Early Education and
Care’s seven centers. They serve 15 – 40 hours per week and
receive an hourly stipend and the love and affection of a child; the
children receive one-on-one care and the attention of a caring adult.
Foods with reduced or low levels of fat, cholesterol or sodium do not mean low calorie. Remember to read the serving size and calories per serving before deciding how much to eat.

**FREEDOM HOUSE MINISTRIES, INC.**
www.freedomhouse.org
2997 St. Anthony Drive Phone: 432-4646
Green Bay WI 54311

Christian homeless shelter for legally married couples with children or single parents (male or female) with children.

**FRST (FAMILY RESOURCE SERVICE TEAM)**
Family Services of Northeast Wisconsin
421 Cherry Street Phone: 433-3384
Green Bay WI 54301

FRST is a contracted service with Brown County Human Services designed to address the needs of children and their families who demonstrate significant emotional, behavioral, family, academic, and/or legal problems. The FRST team individualizes service plans with the primary goal of preventing out-of-home placements.

**THE GATHERING PLACE**
1001 Cherry Street Phone: 430-9187
Green Bay WI 54301 Hours: 11 a.m. – 4:00 p.m.
E-mail: gather100@sbc.com
Monday, Tuesday, Friday, Saturday
11: a.m. – 8:00 p.m.
Wednesday and Thursday

Drop-in and recovery center for mental health consumers, dedicated to personal growth and empowerment.
GET CHECKING
www.browncountyextension.org
1150 Bellevue Street  Phone: 391-4610
Green Bay  WI  54302

GET CHECKING is an educational program designed to help consumers without a primary banking relationship gain access to basic financial services, namely deposit accounts. This includes individuals and families that may have had problems managing their accounts in the past or consumers who have simply never opened a deposit account. GET CHECKING is sponsored by Catholic Charities, FISC/Goodwill and Brown County UW-Extension.

GOLDEN HOUSE
www.svcgoldenhouse.com
1120 University Avenue  Phone: 435-0100
Green Bay  WI  54302  432-4244 (24-hour hotline)
or 1-877-431-4321

Serving families with domestic abuse; offers help with restraining orders, shelter and advocacy work. Offers shelter for domestic victims and their children. Volunteer translators available.

GOODWILL INDUSTRIES
2814 S. Oneida Street  Phone: 498-0990
Green Bay  WI  54304

1301 Brosig Street  Phone: 465-9601
Green Bay  WI  54311

Main Office – Menasha  Phone: 1-800-482-0030

Provides vocational services to persons with special needs. Programs vary to include community-based employment, on-site work experience, and job referral services. Provides a disaster relief program to persons referred through other human service agencies. Operates retail outlets to support programs. Offers volunteer programs.
**GOVERNMENT BENEFITS WEBSITE**

Overall government benefits information is easily accessed through the website [www.access.wisconsin.gov](http://www.access.wisconsin.gov). This website is a quick and easy way for people to find out if they might be able to get help with buying food, low- or no-cost health care, help with buying prescription drugs, or special tax credits. This website takes about 15 minutes to use. The Website helps determine eligibility for programs like SHARE (Self Help and Resource Exchange).

**GREEN BAY/BROWN COUNTY HOUSING AUTHORITY**

www.green-bay.org
100 N. Jefferson Street       Phone: 448-3400
Room 608
Green Bay  WI  54301

For rental assistance, call Integrated Community Services a 448-4540. See listing on page 33.

**GREEN BAY/BROWN COUNTY HOUSING REHABILITATION LOAN PROGRAM**

www.green-bay.org
Redevelopment Authority
100 N. Jefferson Street       Phone: 448-3400
Room 608
Green Bay  WI  54301

Home improvement loans for Green Bay residents who qualify in target areas within Green Bay.

**Enjoy a handful** of nuts or sunflower seeds for healthful oils, fiber and vitamin E.
GREEN BAY METRO
www.green-bay.org
901 University Avenue Phone: 448-3450
Green Bay WI 54302

Bus schedules and routes, monthly passes and tokens.

HEAD START CESA 7 – Ashwaubenon, DePere, Howard/Suamico School Districts
217 N. Madison Street Phone: 430-1153
Green Bay WI 54303

Child and family development program enrolling 0-6 year olds from low income families or children at risk or with special needs. Designed to assist and influence the entire family’s search for growth and development. Components: education, health, nutrition, special needs, family services and parent involvement.

HEAD START – Green Bay School District
200 S. Broadway Phone: 448-2226
Room 144
Green Bay WI 54303

Programs for 3 – 5 year olds and their families. Full-time Spanish and Hmong translators. English Language Learner Program (ESL) available for preschoolers with limited English speaking ability.

To store fresh fish, wash in cold water, wrap well and refrigerate. Fresh fish spoil more quickly than other meat. If you do not plan to use it within 2 days, wrap well, label and freeze.
HEALTHY FAMILIES/EARLY HEAD START
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org
P O Box 22308 For information call:
Green Bay WI 54305-2308 436-4416 x 110
1822 Riverside Drive
Green Bay WI 54301

Home visitation program offering intensive support and services to parents during pregnancy or at time of birth and continuing for 4 years. Parenting skills, child development, and community resources are emphasized. Self-referral, hospital physicians, public health, or prenatal care coordination. Full time Hmong and Spanish speaking staff.

HERITAGE HILL STATE PARK
www.heritagehillgb.org
2640 S. Webster Avenue Phone: 448-5150
Green Bay WI 54301

History comes alive. Open Memorial Day through Labor Day, closed Mondays. Also open during Christmas. Call for scheduled events and activities. Entrance fee. Group rates available.

HIGH SCHOOL EQUIVALENCY/GED
www.nwtc.edu
NWTC Phone: 498-6870
P.O. Box 19042
2740 W. Mason Street
Green Bay WI 54307-9042

GED is a series of five tests at $20 each. HSED requirement includes: successful completion of five tests plus Health Literacy, Civic Literacy and Employability Skills. Classes and tests are done at NWTC and selected outreach sites. Classes are free of charge, and can be coordinated to fit your schedule.
For a health-promoting lifestyle, strive to get at least 30 minutes of physical activity every day, manage stress, don’t smoke, get enough sleep and eat good food!

ń HISPANIC SERVICES
1371 Cedar Street Phone: 465-9491
Green Bay WI 54302
Assists with employment, filling out applications, etc. Assists clients with communication.

ń HOUSE OF HOPE
(St. Vincent DePaul / Homes and Shelters)
1660 Christiana Street Phone: 884-6740
Green Bay WI 54303
Residential Program for pregnant and/or parenting women ages 18 – 24 and their children. Please call for in-take procedure.

ń INTEGRATED COMMUNITY SERVICES (ICS)
www.ics-gb.org
201 W. Walnut Street Phone: 448-4540
Green Bay WI 54303 Hours: M, W, Th, F
8:00 a.m. – 4:30 p.m.
Tuesdays
8:00 a.m. – 6:00 p.m.
Summer hours: 8:00 – 4:30 p.m. every day
Rental assistance to income eligible families. Other programs include: energy assistance, weatherization, first-time homebuyer assistance and family self-sufficiency program. Full-time Hmong and Spanish translators.
Everyone needs a good breakfast to get the vitamins, minerals and protein your body needs. Eating breakfast helps reduce hunger all day and children who eat breakfast will be more alert and ready to concentrate.
**Law Office of Jon D. Anderson LLC**

www.gblawyer.com

414 E. Walnut Street Phone: 431-0790
Suite 201 Fax: 431-0791
Green Bay WI 54301

Provides guardianship and conservatorship services at a reasonable rate. Also provides guardianship services to individuals covered by medical assistance that reside in a nursing home or CBRF.

**Lawyer Referral and Information Source**

www.legalexplorer.com

PO Box 7158 Phone: 1-800-362-9082
Madison WI 53707-7158

Free basic, legal information by phone. We answer simple questions and make referrals to attorneys who charge their regular fees. Spanish translator available.

**Legal Action of Wisconsin, Inc.**

www.legalaction.org

201 W. Walnut Street Phone: 432-4645
Suite 203 Green Bay WI 54303

Provides legal assistance for low-income people in non-criminal areas of the law. Call for details. Spanish, Hmong and Lao translators available.

**Libertas**

www.libertascenter/greenbay.org

1701 Dousman Street Phone: 498-8600
Green Bay WI 54303

Inpatient alcohol and drug rehabilitation for adolescents and outpatient services for adults and adolescents.
Eating small frequent meals and snacks every 3 – 4 hours will help keep your blood sugar levels steady. This helps to avoid overindulging in food because we have a drive to eat when blood sugar levels drop.
LUTHERAN SOCIAL SERVICES
www.lsswis.org
3003 N. Richmond Street  Phone:  Adoption: 800-577-4100
Suite A  Contact: Joyce Beyer
Appleton  WI  54911
Elder Outreach:  448-4294  Contact: Andrea Mitchel
Community Integration Services:  405-5355;
   Contact: Starr Lyon
Corporate Guardianship Program:  405-5355 x 12;
   Contact: Kris Rusboldt
Representative Payee Program:  405-5355 x 15;
   Contact: Alexis DelColletti
Adoption services;  Brown County Elder Outreach: Counseling for
older adults and their family caregivers, outreach services and
activities for Hmong elders; Community Integration Services:
Program for adults with developmental disabilities who need
supportive services in their own apartment or home; Corporate
Guardian’s Program: Help for people in need of guardianship;
Representative Payee Program: Provides financial management for
Social Security and SSI payments of beneficiaries who are incapable
of managing their benefits.

M.A. TRANSPORTATION REIMBURSEMENT
Brown County Human Services Department
111 N. Jefferson  Phone: 448-6375
Green Bay  WI  54301  Fax: 448-6465
Reimbursement for mileage for medical appointments in and outside
of Brown County. Prior authorization is required. To be eligible,
must be recipient of M.A., SSI, or Katie Beckett Program. Taxi
services are not eligible.
Get yourself a pedometer and gradually add more steps until you reach 10,000 per day.
Add color to your plate. Take a family field trip to a farmer’s market or grocery store and have everyone in the family pick a different color of produce.
MOPS (Mothers of Preschoolers) OF NORTHEAST WISCONSIN
www.mops.org
Green Bay Community  Phone: 434-9225
Church                  Meeting hours:
600 Cardinal Lane       1st and 3rd Thursday
Green Bay WI 54313      9:30 a.m. – 11:15 a.m.

MOPS International exists to meet the needs of every mom — urban, suburban, and rural moms, etc. - moms with different lifestyles who all share a similar desire to be the very best moms they can be! MOPS helps moms through relationships established in the context of local groups. MOPS also encourages and supports moms through resources such as books, this Web site, the daily MOMSsense Radio program, and the MOPS to Mom Connection.

MULTICULTURAL CENTER OF GREEN BAY
217 N. Madison  Phone: 438-1660
Green Bay WI 54301
A non-profit organization. Assists clients in finding employment and does mentoring.

NATIONAL CANCER INSTITUTE CANCER INFORMATION SERVICE
www.cancer.gov
Suite 3036A  Phone: 1-800-422-6237
6116 Executive Boulevard  Hours: 8:00 a.m. – 3:30 p.m.
MSC 8322
Bethesda MD 20892-8322
Free public service of National Cancer Institute. Trained specialists provide latest information on cancer screening, diagnosis, current treatment options, research studies and advances. Spanish translation available.
The National Runaway Switchboard provides education and solution-focused interventions, offers non-sectarian, non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families 24 hours a day.

**NEIGHBORHOOD/FAMILY RESOURCE CENTERS**

**Ashwaubenon FRC**
*(Located within Cormier School)*
2280 S. Broadway  Phone: 448-2875 x 7010
Ashwaubenon  WI  54303

*Programs and services available:* parent education classes, workshops, playgroups, home visits, book lending library, family events and celebrations, Parent Advisory Committee, information, resource and referral services, Dads Only Programs, developmental screenings, Even Start Literacy site.

**Fort Howard Family Resource Center**
*(Located within Ft. Howard Elementary School)*
520 Dousman Street  Phone: 448-2256
Green Bay  WI  54303

*Programs and services available:* STAR Parenting education classes; workshops; support groups; playgroups; home visits; individualized parenting education meetings; monthly family dinner nights; book lending library; family events and celebrations; information, resource and referral services; ESL/family literacy; citizenship classes support group for Moms and Dads. Nurse available. Hmong and Spanish translators and programs.
Make your calories count. Look at the calories on the label and compare them with what nutrients you are getting to decide whether the food is worth eating.
Enjoy historic artifacts in the permanent exhibit, plus changing exhibits about history, art, science, and culture. Participate in hands-on activities in our Discovery Room. View and talk to artists at work in “Studio 210: Working Regional Artists”. See our new video theater “Hometown Advantage: The Community and the Packers”. Admission charged: Adult (ages 16 and up) $4; children (ages 6-15) $2; age 5 and under free. Spanish staff available.

Direct medical and dental care services for people of all ages who lack insurance, Medicare or Medicaid. Temporary medical coverage for uninsured pregnant women who qualify financially. Case management for pregnant women who qualify. Family Planning Care, Women’s Cancer Control Program, lead testing and wellness physicals for children. Sexually Transmitted Disease testing and treatment. Spanish and Hmong translators available, call for times. WIC, Health Care for the Homeless; call for info. Satellite clinic at NWTC.
A key to making thick, cold and refreshing smoothies, use frozen fruit. You can either buy the fruit already frozen or freeze your own fresh or canned.
NEW ZOO
www.newzoo.org
4378 Reforestation Road  Phone: 448-7878
Suamico WI 54313
New Zoo Gift Shop .........................434-7841
Volunteer Opportunities ..................434-7040
Hours: 9:00 a.m. – 6:00 p.m.
Wednesdays in summer until 8:00 p.m.
Animal exhibits in natural habitat, including snow leopard, giraffe, red panda, cotton-top tamarin and macaws. Park, picnic facilities and hiking trails available. Fees: 2 and under free; ages 3 – 15 and seniors $2; adults $4; family $12. Wednesdays in summer 6:00 p.m. – 9:00 p.m. free.

NEWCAP, INC.
www.newcap.org
Employment and Training:
701 Cherry Street  Phone: 448-6760
Green Bay WI 54301
Provides direct services to refugees for employment. Provides translation, assistance with interview skills, filling out job applications and résumés; and job motivation, job coaching and job retention skills.

Women’s Health Services:
610 S. Broadway  Phone: 430-1350
Green Bay WI 54303
Provides family planning, physical exams, pap tests, STI screening, birth control methods and pregnancy tests.
Weatherization Program:
1201 Main Street    Phone: 920-834-4621
Oconto WI 54153    1-800-242-7334

Weatherization assistance for income eligible people in Brown County. Conservation program which provides funding for improving energy efficiency for rental and owner-occupied property.

NORTHEAST WISCONSIN TECHNICAL COLLEGE (NWTC) CENTER FOR CAREERS AND STUDENT EMPLOYMENT
www.nwtc.edu (click on Prospective Students and then click on Career Center)
2740 W. Mason Street    Phone: 498-5422
Green Bay WI 54303    Contact: Chris East

Career and college education information, assessment of interests and skills. Job seeking skills and job locations.

NORTHEAST WI TECHNICAL COLLEGE (NWTC)
VETERANS EDUCATION BENEFITS INFORMATION
www.nwtc.edu (Click on Student Services and Veterans Benefits)
NWTC    Phone: 498-6292
2740 W. Mason Street
Green Bay WI 54303

Provides veterans with information on educational benefits available to them.
Shred carrots, sweet potatoes or zucchini into meatloaf, casseroles, quick breads and muffins to add vegetables to your daily diet.
ONEIDA NATION DOMESTIC ABUSE PROGRAM
Oneida Nation Social Services Building Phone: 490-3700
2640 West Point Road or
Green Bay WI 54304 1-888-490-2457 x 3700


ONEIDA NATION ELEMENTARY SCHOOL
FAMILY AND CHILD EDUCATION (FACE)
N7125 Seminary Road Phone: 869-4634
Oneida WI 54155

Hours:
Center base: 8:00 a.m.- 2:30 p.m.
Home base: 8:00 a.m.- 3:30 p.m.

FACE is a family literacy program that encourages parents to become employed or pursue further education and also helps parents promote their children’s development so they are prepared to succeed in school. Home-based services available to expectant parents, and center-based services available for parents of infants and toddlers up to 36 months. Children aged 3 – 5, and parents of children aged 3 – 5 with unmet academic needs.

ONEIDA NATION EARLY INTERVENTION PROGRAM
P.O. Box 365 Phone: 490-3890
Oneida WI 54155

Offers services for Native American families with children between birth and five years of age who may have developmental delays — physical, social or speech/language.
**ONEIDA NATION HEAD START PROGRAM**
2801 W. Mason  Phone: 496-5200
Green Bay  WI  54313

*Services for Native American children between ages 3 – 5 and their families.*

**ONEIDA NATION HEADQUARTERS / NORBERT HILL CENTER**
www.oneidanation.org
N 7210 Seminary Road  Phone: 869-2214
Oneida  WI  54155

*Oversees education and job training programs. Houses Economic Development and Tribal Government offices. Services for those who are at least one-fourth Oneida Indian.*

**ONEIDA RECREATION**
Oneida Family Fitness  Phone: 490-3730
2640 West Point Road
Green Bay  WI  54304

Oneida Recreation  Phone: 869-1088
2913 Artley Street
Oneida  WI  54155

Oneida Family Recreation  Phone: 833-0010
N6457 County Highway H
DePere  WI  54115

*Family fitness, adventure, and recreation programs for adults and children offered at the above locations. Call for information on programs and hours of operation. Memberships available to Oneida Tribal employees, Oneida Tribal members, other Tribal affiliations and the general public.*
**ONEIDA NATION SOCIAL SERVICES**  
www.oneidanation.org  
2640 West Point Road  Phone: 490-3700  
Green Bay WI 54304

*Social services include: Indian child welfare, foster care licensing, and domestic violence counseling, child care services, community support, emergency food and shelter, prevention services, TANF and home energy assistance.*

**ONEIDA NATION VOCATION REHABILITATION SERVICES PROJECT**  
www.oneidanation.org  
2640 West Point Road  Phone: 490-6800  
Oneida WI 54155

*Assistance to individuals with physical and emotional barriers to employment. Native American specific.*

**OPTIONS FOR INDEPENDENT LIVING**  
www.optionsil.com  
555 Country Club Road  Phone: 490-0500  
Green Bay WI 54313  1-888-465-1515 (toll free)  
P O Box 11967  TTY 490-0600  
Green Bay WI 54307-1967

*A non-profit organization providing a variety of services and resources for individuals with disabilities, i.e. information and referral, advocacy, independent living skills training, peer support, benefits counseling, computer and home accessibility assessments, and adaptive equipment try-out and assessments. Visit our web for a virtual tour of our home accessibility features.*
Because they’re low in calories and high in fiber, fruits and vegetables can help you control your weight. By eating more fruits and vegetables and fewer high-calorie foods, you’ll find it much easier to control your weight.
Be physically active at least 30 minutes most days of the week. Children and teenagers should be physically active for 60 minutes everyday, or most every day.
PLANNED PARENTHOOD
www.ppwi.org
302 N. Adams Street  Phone: 432-0031
Green Bay WI 54301  Hours: 10:00 a.m. – 6:00 p.m.
     Monday, Tuesday, Wednesday
     8:00 a.m. – 3:00 p.m.
     Thursday, Friday
Reproductive health care including cervical cancer screening, STP
screening and birth control.

POSITIVE PARENTING PROGRAM (part of ASPIRO)
1673 Dousman Street  Phone: 498-2599
P O Box 12770
Green Bay WI 54307-2770
Provides intensive, supportive in-home services for families in which
one or both parents have cognitive limitations.

PRENATAL CARE COORDINATION
Family Services of NEW
www.familyservicesnew.org
1822 Riverside Drive  Phone: 436-4416 x 113
Green Bay WI 54301
Case management services for pregnant teens.
N.E.W. Community Clinic  Phone: 437-9773
622 Bodart Street  Fax: 537-0984
Green Bay WI 54301
Case management for pregnant women who qualify.
Oneida Nation Health Center  Phone: 869-2711
525 Airport Drive
Oneida WI 54155
Case management for Tribal members.
Use a food thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that meat is cooked thoroughly. Ground beef should be cooked to at least 160° F, chicken breasts to 170° F, whole poultry to 180° F, and steaks to 145° F for medium rare and 160° F for medium. Cook fish until it is opaque and flakes easily with a fork. Heat leftovers thoroughly to at least 165° F.
RSVP OF BROWN COUNTY (Retired and Senior Volunteer Program)
www.volunteergb.org
984 9th Street  Phone: 429-9445
Green Bay  WI  54304

Provides information to people, 55 years and older, on rewarding and flexible volunteer opportunities at nearly 150 community service agencies. RSVP also operates two service programs in area schools: a tutoring program that trains and places volunteers as reading tutors in elementary schools and a series of puppet shows that teach positive living skills to second-grade students. RSVP is part of the Volunteer Center of Brown County.

RUTH HELF FAMILY CENTER
Encompass Early Education and Care, Inc.
1200 Doty Street  Phone: 436-7543
Green Bay  WI  54301

The Ruth Helf Family Center's Crisis/Respite Program is used by families involved with the Child Protection and Foster Care Units of the Brown County Department of Human Services. All families involved in the programs at the Ruth Helf Family Center are there by court-order. The focus of the program is to strengthen parenting skills. Parent/Child Interaction Group meets once a week for three hours, providing parents the opportunity to observe, learn, and demonstrate appropriate parenting skills. Individual parenting is done on a weekly basis for approximately 1½ hours and can be done either at the Ruth Helf Family Center or in the client's home.

Choose liquid calories wisely. Sweetened drinks add calories but don’t reduce hunger like solid foods do. Satisfy your thirst with water and be careful of calories from alcohol which add up quickly.
**ST. VINCENT DE PAUL SOCIETY STORE**

www.svdpgb.org

1529 Leo Frigo Way Phone: 435-4040

Green Bay WI 54302 435-9938

*Programs include: Paul’s Pantry food distribution, emergency non-governmental assistance, clothing, furniture and other household item distribution.*

**SAFE PLACE FOR NEWBORNS**

Bellin Health, St. Mary’s Hospital Medical Center and St. Vincent Hospital have joined with Brown County Human Services to create a safe haven for unwanted newborns up to 72 hours old. The Safe Place for Newborns program provides a mother – who might otherwise abandon her newborn – with the option of anonymously leaving her unharmed baby with a hospital employee. By doing so, she would not have to fear prosecution. A person other than the mother, acting with the mother’s permission, also can bring a newborn to the hospital. When a newborn is left at a Safe Place, the person who brings the baby in also receives a packet that includes a medical background questionnaire she/he can complete and return to the hospital.

*For further information, call:*

St. Vincent Hospital Phone: 433-8384

Emergency Center and Cancer Center

St. Mary’s Hospital Medical Center Phone: 498-4281 days
Case Management or 498-4212 nights and weekends

Bellin Hospital Phone: 433-8583

Women’s Services
Skipping breakfast is not a good way to cut calories. Most people more than make up for it by eating more throughout the day. One habit common to many people who have lost weight and keep it off is eating breakfast every day.
Energize your day with a balanced breakfast of whole grain cereal or bread, fresh fruit and low fat yogurt. Add 2 Tablespoons of nuts for added protein.
SEXUAL ASSAULT CENTER
www.familyservicesnew.org.
300 Crooks Street Phone: 436-8899
Green Bay WI 54301 (24 hour)

Confidential/free services offered for anyone who has been sexually assaulted or abused. Counseling referral for victims, family and friends. Advocacy help with legal process, law enforcement and obtaining medical attention. Also provides “kids can” preschool prevention program. Support groups also offered. Spanish and Hmong translator available – call ahead. Community education available. Twenty-four hotline.

SHARE (Self Help and Resource Exchange)
www.sharewi.org Phone: 1-800-548-2124

Anyone can become a SHARE participant by registering with a host site, purchasing $18.00 cash or food stamps plus shipping and handling costs, and pledging two hours of community service. Food packages are valued at $30 - $35 and include meat, fruit, vegetables and staples. May also order from the SHARE select menu.

Distribution sites:
Ashwaubenon
Ashwaubenon Community Center Phone: 532-6647
936 Anderson Drive
Green Bay WI 54304

West Side Green Bay
Grace Freewill Baptist Church Phone: 436-0730
520 South Oakland Avenue
Green Bay WI 54303
SOCIAL SECURITY ADMINISTRATION
www.socialsecurity.gov
1561 Dousman Street    Phone:  433-3904
Green Bay  WI  54303     1-800-772-1213
Hours:  9:00 a.m. – 4:00 p.m.
Application/processing of Social Security Cards is free. Offers
information and handles supplemental security income (SSI),
Medicare, Retirement and Disability benefits. Spanish, Korean and
Hmong translators available Monday through Friday.

SUPPORT GROUPS
See topic listing and phone numbers for area support groups in the
back of this book. The Crisis Center of Family Services has a more
complete listing available. Contact them at 436-8888.

SYBLE HOPP SCHOOL
http://www.co.brown.wi.us/handicapped_school/
755 Scheuring Road    Phone:  336-5754
DePere  WI  54115
The Syble Hopp Programs provide educational programming to
meet the needs of children with disabilities from age 3 to 21. The
participating high schools in Brown County are: Ashwaubenon,
Denmark, De Pere, Howard/Suamico, Pulaski, West De Pere and
Wrightstown. Syble Hopp meets the exceptional education needs of
children in early childhood, elementary, and middle school. These
programs are provided at Syble Hopp School and through programs
located in schools in the various districts. A full range of other
support services including physical therapy, occupational therapy,
speech therapy, etc. is available as needed.
Follow the rainbow for good health — the more color on your plate, the better! Choose fruits and veggies from each of the color groups (green, yellow and orange, purple and blue, red, and white) every day to get a variety of nutrients.
**UNITED AMERINDIAN CENTER**

www.unitedamerindian.org

407 Dousman Street  Phone: 436-6630
Green Bay  WI  54303  Fax: 433-0121

Hours:  8:00 a.m. – 12:00 p.m.  
1:00 p.m. – 4:30 p.m., Monday - Friday

*Non-profit organization providing medical transportation, alcohol, drug, mental health assessments and counseling primarily for American Indians residing in Brown County.  Low income apartment rentals.  Host site for Community and Volunteer Services.*

**UNITED HMONG/ASIAN AMERICAN COMMUNITY CENTER, INC.**

401 Ninth Street  Phone: 432-8900
Green Bay  WI  54304

*Provides general support services, outreach and networking for Southeast Asian families.  Also provides elderly programs and after school and summer youth programs; cultural preservation and ESL classes.  Laotian and Hmong interpreters available with notices.*

**UNITED MIGRANT OPPORTUNITY SERVICES (UMOS)**

300 South Koeller Street  Phone: 1-800-279-8667 (UMOS)
Suite E  Oshkosh  WI  54902

*Employment training for migrant/seasonal farm workers seeking permanent employment or seeking to continue their education.  Translating services, emergency food, shelter and medical assistance if funding is available.*
2-1-1: Get Connected, Get Answers! A Community Change Initiative of the Brown County United Way.

What is 2-1-1? It is an easy-to-remember, non-emergency telephone number that connects people with community services and volunteer opportunities. Every hour of every day, someone in Brown County is seeking important information. 2-1-1 is an efficient and effective means of connecting residents to available resources. Call 2-1-1 and the Call Center will help.

UNIVERSITY OF WISCONSIN – GREEN BAY
www.uwgb.edu
2420 Nicolet Drive Phone: 465-2400
Green Bay WI 54311

A four-year college. Offers academic services and programs leading to a college degree. Offers services for returning adult students. International Center is a resource center for international study-abroad and exchange programs.

UNIVERSITY OF WISCONSIN – GREEN BAY
VETERANS EDUCATION BENEFITS INFORMATION
www.uwgb.edu (Click on A to Z and Veteran’s Services)
Student Services Phone: 465-2065
Room 1000
Green Bay WI 54311

Provides veterans with information on educational benefits available to them.
**URBAN HOPE ENTREPRENEUR CENTER**

www.urbanhopegb.org

2701 Larsen Road Phone: 884-9707
Green Bay WI 54303

*An resource center committed to empowering and revitalizing people and their communities through entrepreneurship. The program includes a small business start-up and management series, and encourages economic development by helping entrepreneurs launch their ventures.*

**U.S. DEPARTMENT OF AGRICULTURE – MEAT AND POULTRY HOTLINE**

www.fsis.usda.gov

Phone: 1-888-674-6854 Hours: 9:00 a.m. – 3:00 p.m.

Thanksgiving: 7:00 a.m. – 1:00 p.m.

*Provides answers to questions about proper meat and poultry handling. Also Ask Karen on website is an automated response system available 24/7.*

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES – FOOD AND DRUG ADMINISTRATION**

211 N. Broadway Phone: 433-3924
Suite 202
Green Bay WI 54303

*Handles consumer complaints and investigation for food, drugs, cosmetics, health devices, etc.*

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*A balanced eating plan with all food groups promotes good health, can help you lose weight and prevent health problems such as diabetes, heart disease and high blood pressure.*
Add dried fruit to your salad! You’ll benefit from their antioxidants that may help protect against cancer and heart disease.
By substituting whole grains for refined grains like white bread, cakes, cookies and chips, you add much-needed fiber that will fill you up so you’re more likely to eat a reasonable portion size. Choose whole grain pastas, bread, cereals and crackers.
Replaces monthly cash benefits with services that support work, help in keeping a job, child care, health care, job access loans, transportation and more. Works with employers and community organizations to make subsidized jobs, work experience service jobs, and other paid work-readiness placements. For persons with limited English skills, translators are available.

Food and formula vouchers and information for women who are pregnant or breastfeeding and children up to age 5. Must meet income and nutritional requirements. Vouchers for fruits and vegetables at the farmer’s market are available during summer months. Spanish and Hmong translators available.
The Bay Beach Wildlife Sanctuary is a beautiful 700-acre urban wildlife refuge. It is also Green Bay's largest city park. The Sanctuary is open to the public all year and has no admission fee. It features live animal exhibits, educational programs and displays, hiking and walking trails and excellent live animal viewing opportunities.

Wisconsin Department of Corrections – Division of Community Corrections

Probation and parole office supervises adult probationers received from courts and parolees released from state correctional institutions. Spanish translation available.

Unit 403
200 N. Jefferson Street
Suite 328
Green Bay WI 54301
Phone: 448-5406
Fax: 448-5379

Unit 412
130 E. Walnut Street
Suite 302
Green Bay WI 54301
Phone: 448-5418
Fax: 448-5422

Unit 406 Intake
200 N. Jefferson Street
Suite 201
Green Bay WI 54301
Phone: 448-5383
Fax: 448-5416

Unit 413
2646 N. Packerland Drive
Green Bay WI 54313
Phone: 492-5760
Fax: 492-5762
WISCONSIN DEPARTMENT OF HEALTH AND FAMILY SERVICES – DIVISION OF LONG TERM CARE
OFFICE FOR BLIND AND VISUALLY IMPAIRED
www.dhfs.state.wi.us/blind
200 N. Jefferson Street Phone: 448-5086
Suite 511
Green Bay WI 54301
Community education, information and referral, advocacy and independent living skills training for persons who are blind/visually impaired.

WISCONSIN DEPARTMENT OF HEALTH AND FAMILY SERVICES – DIVISION OF LONG TERM CARE
OFFICE FOR DEAF AND HARD OF HEARING
www.dhfs.state.wi.us/
200 N. Jefferson Street Phone: 448-5295
Suite 511 TTY: 888-241-9430
Green Bay WI 54301
Community education, information and referral, advocacy and independent living skills for persons who are deaf/hard of hearing.

WISCONSIN DEPARTMENT OF REVENUE
www.dor.state.wi.us/
200 N. Jefferson Street Phone: 448-5179
Suite 526 Hours: 7:45 a.m. – 1:00 p.m.
Green Bay WI 54301
Monday – Thursday
April 16 – December 31
7:45 a.m. – 4:30 p.m.
Monday – Thursday
January 2 – April 15
Offers taxpayer assistance.
WISCONSIN DEPARTMENT OF WORKFORCE DEVELOPMENT – DIVISION OF VOCATIONAL REHABILITATION
www.dwd.state.wi.us/dvr
701 Cherry	Phone: 448-6760
Green Bay  WI  54301  1-800-228-2637
TTY: 1-866-223-5678

Helps disabled with vocational rehabilitation and provides employment related services to people with disability.

WISCONSIN EQUAL RIGHTS DIVISION
www.dwd.state.wi.us/er
201 E. Washington Street	Phone: 1-608-266-6860
Room A300
P O Box 8928
Madison  WI  53708-8928

Enforces laws prohibiting discrimination in employment, housing and public accommodations, and the state’s family and medical leave law. The division also enforces laws pertaining to the minimum wage, overtime pay, wage payment, employment of minors, notification of business closings and sets prevailing wage rates for public construction projects.

WISCONSIN INTERFAITH NEEDS RESPONSE, INC.
201 W. Walnut Street	Phone: 366-8465
Suite 301	E-mail: rich.winr@tds.net
Green Bay  WI  54303

Wisconsin Interfaith Needs Response has opened an office for its Donated Wheels Program. WINR is a faith-based non-profit organization that provides personal transportation to low-income families. People interested in donating or receiving a vehicle may contact Richard Suslick, Brown County Coordinator.
Wisconsin Job Center
www.browncountyjobcenter.org
Wisconsin Job Center  Phone: 448-6760
701 Cherry Street  TTY: 920-448-6468
Green Bay  WI  54301  Hours: 7:45 a.m. – 4:30 p.m.

A combination of employment support agencies:  Job Service,
NWTC, WIA, Job Corps, NEWCAP, Curative Rehab Center, DVR,
VA., Forward Services, W-2, emergency assistance and refugee
assistance.  Hmong/Lao and Spanish translators.

Wisconsin Legislators

United States Senate
Herb Kohl (D)
330 Hart Senate Office Building  Phone: (202) 224-5653
Washington DC  20510  Fax:  (202) 224-9787
District Office: Appleton  Phone: (920) 738-1643

Russell Feingold (D)
506 Hart Senate Office Building  Phone: (202) 224-5323
Washington DC  20510  Fax:  (202) 224-2725
District Office: Green Bay  Phone: (920) 465-7805

United States House of Representatives
Steven Kagen (D-8th District)
1232 Longworth Building  Phone: (202) 225-5665
Washington DC  20515  Fax:  (202) 225-5729
District Office: Green Bay  Phone:  (920) 437-1954
(Wisconsin Legislators continued)

WISCONSIN STATE SENATE

Robert Cowles (R-2nd Senate District)
319 South Capitol Phone: (608) 266-0408
Madison WI 53707-7882

Dave Hansen (D-30th Senate District)
18 South Capitol Phone: (608) 266-5670
Madison WI 53707-7882

Alan Lasee (R-1st Senate District)
130 South Capitol Phone: (608) 266-3512
Madison WI 53707-7882

WISCONSIN STATE ASSEMBLY

Frank Lasee (R-2nd District Assembly District)
105 West Capitol Phone: (608) 266-9870
Madison WI 53708-8952

Phil Montgomery (R-4th Assembly District)
129 West Capitol Phone: (608) 5840
Madison WI 53708-8953

Thomas Nelson (D-5th Assembly District)
5 North Capitol Phone: (608) 266-2418
Madison WI 53708-8953

James Soletski (D-88th Assembly District)
418 North Capitol Phone: (608) 266-0485
Madison WI 53708-8953

Karl Van Roy (R-90th Assembly District)
123 West Capitol Phone: (608) 266-0616
Madison WI 53708-8953

To find your State Senate and Assembly district, on the internet go to Wisconsin State Legislature and click on Who Represents Me?
WORK PERMITS

Youth work permits issued at the following locations. Call for details. School sites are available during the school year only.

Aging and Disability Resource Center of Brown County
300 S. Adams Street Phone: 448-4314
Green Bay WI 54301 Hours: Monday – Friday
8:30 a.m. – 12 Noon
1:00 p.m. – 3:45 p.m.

Bay Port High School
2710 Lineville Road Phone: 662-7000
Green Bay WI 54313 Hours: Monday – Friday
8:00 a.m. – 2:30 p.m.
(Howard/Suamico residents only)

Brown County Clerk’s Office
305 E. Walnut Street Phone: 448-4018
Green Bay WI 54301 Hours: Monday – Friday
8:00 a.m. – 4:00 p.m.

DePere High School
1700 Chicago Street Phone: 337-1020
DePere WI 54115 Hours: Monday – Friday
7:30 a.m. – 3:45 p.m.

East High School
1415 E. Walnut Street Phone: 448-2138
Green Bay WI 54301 Hours: Monday – Friday
7:00 a.m. – 3:15 p.m.

Family Services
300 Crooks Street Phone: 436-6800
Green Bay WI 54301 Hours: Monday – Thursday
8:00 a.m. – 5:00 p.m.
Friday: 8:00 a.m. – 4:00 p.m.

Southwest High School
1331 Packerland Phone: 492-2618 x 3
Green Bay WI 54313 Hours: Monday – Friday
7:15 a.m. – 3:00 p.m.
Work Permits continued

West DePere High School
665 Grant Street Phone: 338-5208
DePere WI 54115 Hours: Monday – Friday
8:00 a.m. – 3:00 p.m.
(West DePere students only)

West High School
966 Shawano Avenue Phone: 492-2600
Green Bay WI 54303 Hours: Monday - Friday
7:15 a.m. – 3:15 p.m.

A WOMAN’S PLACE (St. Mary’s Hospital)
www.stmgb.org
1727 Shawano Avenue Phone: 498-4205
Green Bay WI 54303 Hours: Monday – Friday
7:30 a.m. – 5:00 p.m.

A Woman’s Place is a health resource center for women and their families, which offers a consumer lending library, classes and support groups. It also offers women’s rehab services, natural family planning and fertility awareness, and reproductive cancer screenings for women through the Marti Spittell Endowment Fund and the Wisconsin Well Woman Program. We house the American Cancer Society Loan Closet. Hispanic Health Educator available.

Make your Beverages Count! For both flavor and nutrition, round out your meal with: an 8 - ounce glass of skim milk, a four-ounce glass of fruit juice, tomato juice/V8 or a smoothie. For an ideal thirst quencher, choose WATER.
YMCA
www.greenbayymca.org

Downtown
235 N. Jefferson Street  Phone: 436-9622
Green Bay  WI  54301

Broadview  West Side
380 Broadview Drive  601 Cardinal Lane
Green Bay  WI  54301  Green Bay  WI  54313

East Side
1740 S. Huron Road
Green Bay  WI  54311

Non-profit organization to enhance lives of men, women and children by providing quality programs and activities. Scholarships available. No child turned away because of family's inability to pay. Also have before- and after-school care and summer camps. Spanish translator available at downtown location only.

YWCA
www.ywcagreenbay.org

230 S. Madison Street  Phone: 432-5581
Green Bay  WI  54301

Non-profit organization serving the changing needs of woman and their families since 1919. Swimming, dance, tumbling, gymnastics classes offered. Certified Daycare; Health and Fitness Training Center; Teen Parent Program provides case management for teen pregnancy prevention, pregnant and parenting teens; Encore– an exercise and support program for women with breast or cervical cancer offered at no cost for those recently diagnosed; The Power Within – exercise and group support for men and women with any form of cancer; Women’s Closet provides free work-appropriate clothing for women in need.
SUPPORT GROUPS

The Crisis Center of Family Services has a more complete listing of support groups in the area. Their number is 436-8888.

Alcohol Anonymous 469-9999

Al-Anon 430-1420
For family members of alcoholics

American Cancer Society Navigator Program 338-1541

Bellin Psychiatric Groups 433-3630
Various groups for addictive and compulsive behaviors.

The Bridge 465-6878
A meeting facility for members of the 12-step program for alcoholics and their families, drug abusers, overeaters and gamblers. Also a drop-in center. Smoke free.

Golden House Support Groups 435-0100
Groups for women and children who are, or have been victims of abuse.

MUMS National Parent-to-Parent Network 336-5333
For parents who have a child with a disability or rare disorder.

Narcotics Anonymous 1-866-285-7830

National Alliance for the Mentally Ill (NAMI) 430-7460
For people with mental illness, their families and friends.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Overeaters Anonymous</td>
<td>465-1312</td>
</tr>
<tr>
<td>Recovery, Inc.</td>
<td>336-6432</td>
</tr>
<tr>
<td><em>For adults with nervous or emotional problems.</em></td>
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</tr>
<tr>
<td>Survivors of Suicide (S.O.S.)</td>
<td>437-7527</td>
</tr>
<tr>
<td><em>To help cope with the loss of a loved one through suicide.</em></td>
<td></td>
</tr>
<tr>
<td>Wisconsin Family Ties</td>
<td>1-800-422-7145</td>
</tr>
<tr>
<td><em>For parents of children with social, emotional or behavior disorders.</em></td>
<td></td>
</tr>
<tr>
<td>Vietnam Veterans Support Group</td>
<td>436-6800</td>
</tr>
</tbody>
</table>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

**Grains – Make half your grains whole**

- Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.
- 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal or cup of cooked rice, cereal or pasta.

**Eat 6 oz. every day.**

*(Continued on page 79)*
Vegetables – *Vary your veggies*

- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.
- Eat more orange vegetables like carrots and sweet potatoes.
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

**Eat 2½ cups every day.**

Fruits – *Focus on fruits*

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

**Eat 2 cups every day.**

Milk – *Get your calcium-rich foods*

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products.
- If you don’t or can’t consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

**Get 3 cups every day (for kids aged 2 – 8, it’s 2).**

Meat and Beans – *Go lean with protein*

- Choose low-fat or lean meats and poultry.
- Bake it, broil it, or grill it.
- Vary your protein routine – choose more fish, beans, peas, nuts and seeds.

**Eat 5½ oz. every day.**

*(Continued on page 80)*
Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium).

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
- Consume less than 2300 mg. (about 1 teaspoon) of sodium per day.
**Additions:**

**MUMS: National Parent-to-Parent Network**

[www.netnet.net/mums](http://www.netnet.net/mums)

150 Custer Court Phone: 336-5333
Green Bay WI 54301-1243 Parents only please

*MUMS is a national Parent-to-Parent organization for parents or care providers of a child with any disability, rare or not so rare disorder, chromosomal abnormality or health condition. The main purpose is to provide support to parents in the form of a networking system that matches them with other parents whose children have the same or similar condition.*

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**THE FINANCIAL INFORMATION AND SERVICE CENTER**

Goodwill Industries West Goodwill Industries East
2814 South Oneida 1301 Brosig
Green Bay WI 54304 Green Bay WI 54311
Phone: 1-800-366-8161

*The Financial Information and Service Center, a Consumer Credit Counseling Service provides financial counseling, debt management services, and bankruptcy counseling and education to clients who present with a wide range of money problems. Sponsored by Goodwill, offices are located at the East and West side Goodwill Stores. To find out how to contact the office nearest you, call 1-800-366-8161.*