

**COMMUNITY RESOURCE
HANDBOOK
for
BROWN COUNTY**

*Fall 2009 -
Fall 2011*



**Brown County
University of Wisconsin-Extension
Nutrition Education Program
1150 Bellevue Street
Green Bay, WI 54302-2259
Phone: 920-391- 4610**



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.

The Community Resource Handbook is continually updated on the web. It will be reprinted with an addendum in 2010. The next complete update will be printed in Fall 2011.

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 920 - 391-4614.

*Look for this publication on the web at:
www.browncountyextension.org and click on the
Community Resource Handbook link.*

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 920-391-4614.

Brown County Nutrition Education Program Staff

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Brown County University of Wisconsin-Extension

Wisconsin Nutrition Education Program

1150 Bellevue Street

Green Bay, WI 54302-2259

920-391-4610

Visit us online at

www.browncountyextension.org

**All phone numbers are (920) area code,
unless otherwise noted.*

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◆ 2-1-1: GET CONNECTED, GET ANSWERS!

2-1-1 is an easy-to-remember and universally recognizable number that makes a critical connection between individuals and families seeking services or volunteer opportunities and the appropriate community-based organizations and government agencies. 2-1-1 makes it possible for people to navigate the complex and ever-growing maze of over 1,700 human service agencies and programs available throughout Brown County. By making services more easily accessible, 2-1-1 encourages prevention and fosters self-sufficiency.

The 2-1-1 service provides information on:

***Basic Human Needs Resources:** Food banks, shelters, rent assistance*

***Physical and Mental Health Resources:** Healthcare and crisis intervention, support groups, counseling*

***Employment Supports:** Job training, transportation assistance, education programs*

***Support for Children, Youth and Families:** Childcare after school programs, Head Start, family resource centers, mentoring, tutoring, protective services*

***Volunteer Opportunities and Donations:** Volunteer Center of Brown County, Habitat for Humanity, St. Vincent de Paul*

The Brown County United Way has also spearheaded the concept of 2-1-1 PLUS (Partner, Link, Unite, Support) Sites to help those without phones or Internet service gain access to 2-1-1. 2-1-1 PLUS Sites are located within existing public locations (e.g., hospitals, non-profits and shelters) that offer Brown County residents walk-in help and guidance on how to get connected to 2-1-1.

2-1-1 Walk-in Plus Sites:

A Woman's Place at St. Mary's Hospital, Aging and Disability Resource Center, Bellin Health, Brown County Health Department, Brown County United Way, Encompass Early Education & Care (7 sites), Family and Childcare Resources of N.E.W., Green Bay Area Chamber of Commerce, Green Bay Police Dept., Harmony Café, Howe Neighborhood Family Resource Center, Integrated Community Solutions, Literacy Green Bay, NeighborWorks Green Bay, NWTC, Options for Independent Living, The Gathering Place, The Salvation Army, United Hmong/Asian American Community Center, Volunteer Center of Brown County, WI Job Center.

◆ ACCESS

(www.access.wisconsin.gov)

Wisconsin Department of Health and Family Services

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!

Open a web browser and go to www.access.wisconsin.gov and click “Am I Eligible”.

Click the “Begin ACCESS” button to continue.

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.

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.

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.

◆ **ACCESS – BROWN COUNTY HUMAN SERVICES
DEPARTMENT**

www.co.brown.wi.us

111 N. Jefferson Street
Green Bay, WI 54301

Phone: 448-6095

Fax: 448-6166

Hours: 8:00 a.m. – 4:30 p.m.

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
Green Bay, WI 54301

Phone: 433-3372 x 100

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 – 17.

◆ **AGING AND DISABILITY RESOURCE CENTER OF
BROWN COUNTY**

www.adrcofbrowncounty.org

300 S. Adams
Green Bay, WI 54301

Phone: 448-4300

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. Free or 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
Fax: 437-1040

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: 432-2600

24-hour immediate support information and referral for local programs.

◆ **ALZHEIMER'S ASSOCIATION OF GREATER WISCONSIN**

www.alz.org (national), www.alz.org/gwwi (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.



Calculate an appropriate Healthy Food Budget for your family, based on USDA's Low-Cost Food Plan. This easy-to-use calculator, offered by Iowa State University Extension, helps to create a budget for what is a reasonable amount to spend to feed your family healthy meals. (www.extension.iastate.edu/foodsavings/fooddollar/).

◆ **AMERICAN CANCER SOCIETY**

www.cancer.org

3311 S. Packerland
DePere, WI 54115

Phone: 338-1541
Hours: 8:00 a.m. – 4:30 p.m.

Cancer information, resource and education services. ACS Patient Services Program– works with families dealing with cancer; assesses an individual's needs and leads them on in the cancer journey by matching their needs to services and resources in their own community.

National hotline: 1-800-227-2345 (24 hours)

◆ **AMERICAN FOUNDATION OF COUNSELING SERVICES**

130 E. Walnut Street
Suite 706
Green Bay, WI 54301

Phone: 437-8256
Hours: Mon. and Wed.
8:00 a.m. – 6:00 p.m.
Tue., Thurs. & Fri. 8:00 a.m. – 5 p.m.

Offers many counseling services and groups. Includes counseling for parents with children who have attention deficit disorders; sexual abuse treatment; divorce adjustment; and coping with stress. Social skills and self-esteem groups offered for children. Couples therapy available.

◆ **AMERICAN RED CROSS – LAKELAND CHAPTER**

www.arclakeland.org

2131 Deckner Avenue
Green Bay, WI 54302

Phone: 468-8535
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
Green Bay, WI 54303

Phone: 498-2599
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.

◆ **AURORA BAY CARE MEDICAL CENTER**

www.aurorahealthcare.org/events

Community Education

2845 Greenbrier Road
P O Box 8900
Green Bay, WI 54308-8900

Phone: 288-8000
1-888-863-5502

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.

Cook enough for several meals and freeze leftovers.

Place enough food for 1-2 meals in each container.



◆ **BADGERCARE PLUS**

Brown County Human Services Phone: 448-7654
Sophie Beaumont Bldg. Hours: 8:00 a.m. – 4:30 p.m.
111 N. Jefferson Street
Green Bay, WI 54301

*BadgerCare Plus is a program for children under 19 years of age and families in Wisconsin who need and want health insurance. It is for all kids, regardless of income. It also offers access to comprehensive, affordable health care to many families and pregnant women in Wisconsin. BadgerCare is designed for people who do not currently have access to health insurance. It is not designed to replace private insurance. Apply at Brown County Human Services or online at access.wisconsin.gov. **Express sites include and offer immediate temporary cards to access BadgerCare Plus benefits:** Prevea Prenatal Care Coordinators, Forward Services, NEWCAP and the New Community Clinic. Call for details.*

◆ **BAY AREA HUMANE SOCIETY AND ANIMAL SHELTER**

www.bayareahumanesociety.com

1830 Radisson Street Phone: 469-3110
Green Bay, WI 54302 Hours: Mon. – Fri. Noon – 7:00 p.m.
Saturday – Noon – 5:00 p.m.

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
Green Bay, WI 54303

Phone: 498-1985

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

◆ **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.



Minimize waste, by buying only the amounts
your family will eat.

◆ **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.bgcgb.org

311 S. Oneida Street Phone: 494-7090
Green Bay, WI 54303
1451 University Avenue Phone: 494-7090
Green Bay, WI 54302

Open to all youth ages 7 -18. Annual membership fee \$5.00. Technology Zone with computers, homework help, and teen employment training. Athletic Dept. with rock wall, basketball, baseball and flag football leagues. Art and music dept. with photography, painting, sculpting and acoustic and electric instruments. Teen dept. with leadership and character building programs. Bilingual staff available.

◆ **THE BRIDGE**

2514 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.



Mix it yourself. 100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.

◆ **BROWN COUNTY CHILD SUPPORT AGENCY**

www.co.brown.wi.us/child_support

305 E. Walnut Street

Phone: (414) 615-2588

Northern Building - Room 450

Hours: 8:00 a.m. – 4:30 p.m

P O Box 23600

Green Bay, WI 54305-3600

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 and medical support orders and enforcement of the orders. For individuals receiving or paying child support they can access their account information at www.childsupport.wisconsin.gov

BROWN COUNTY EQUAL OPPORTUNITIES IN HOUSING COMMISSION (CORPORATION COUNCIL)

305 E. Walnut Street

Phone: 448-4006

Green Bay, WI 54301

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

◆ **BROWN COUNTY HEALTH DEPARTMENT**

www.co.brown.wi.us/health

610 S. Broadway

Phone: 448-6401

Green Bay, WI 54303

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. Fees may apply for some adult vaccines.

Grow your own vegetables. Invest a little in seeds, and get a lot of vegetables in return. Try indoor pots or greenhouse growing for the cooler months. For more information please visit: www.cdc.gov/Features/Growing_Vegetables/



◆ **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 Service: *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: 448-7654
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, De Pere	448-4407
Denmark, 450 N. Wall Street, Denmark	863-6613
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

◆ **BROWN COUNTY MENTAL HEALTH CENTER**

www.co.brown.wi.us

2900 St. Anthony Drive Phone: 391-4700
Green Bay, WI 54311

New Address as of 10/12/2009:

3150 Gershwin Dr.
Green Bay, WI 54311

The Brown County Mental Health Center provides inpatient, outpatient, nursing home, and community/contract services. Inpatient services are provided in two specialty units serving 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

(Brown County Public Schools continued)

Howard/Suamico School District

www.hssd.k12.wi.us/

2700 Lineville Road Phone: 662-7878
Green Bay, WI 54313

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: 863-4299
Denmark, WI 54208

Unified School District of De Pere

www.depere.k12.wi.us/

1700 Chicago Street Phone: 337-1032
De Pere, WI 54115

West De Pere School District

www.wdepsd.com

930 Oak Street Phone: 337-1393
De Pere, WI 54115

Wrightstown Community School District

www.wrightstown.k12.wi.us/

351 High Street Phone: 532-5551
P O Box 128
Wrightstown, WI 54180



Create a **meal plan** for the week that uses similar fruits and vegetables, prepared in different ways. Make the most out of the produce that you buy.

◆ **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

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.

◆ **BROWN COUNTY UNIVERSITY OF WISCONSIN -
EXTENSION**

www.browncountyextension.org

1150 Bellevue Street

Phone: 391-4610

Green Bay, WI 54302

Educational programs for youth and families to help 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.

(Brown County University of Wisconsin-Extension continued)

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 300
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.

◆ **BUREAU OF MIGRANT LABOR SERVICES**

<http://www.dwd.state.wi.us/migrants/>

WI Job Center Phone: 448-6781
701 Cherry Street
Green Bay, WI 54301

Enforcement of migrant labor laws, inspection of migrant labor camps and certifications, monitors recruiters of migrant workers.

◆ **CAR SEAT SAFETY PROGRAM**

Brown County Health Department

610 S. Broadway

Phone: 448-6432

Green Bay, WI 54303

Hours: 8:00 a.m. – 4:30 p.m.

Injury prevention program. A community health educator will assist parents with correct installation of their child's car seat. Car seats will be available for a reduced cost for low-income families. Appointments required.

De Pere Health Department

335 South Broadway

Phone: 339-4054

De Pere, WI 54115

Hours: 8:00 a.m. – 4:30 p.m.

Injury prevention program. A public health nurse will educate parents on the proper use of their child's car seat. Call ahead.

◆ **CASA – Court Appointed Special Advocates**

414 E. Walnut Street

Phone: 437-2272

Suite 281

E-mail: casabc@tds.net

Green Bay, WI 54301

The mission of CASA is to speak for the best interests of abused and neglected children in the courts. We promote and support quality volunteer representation for children to provide each child a safe, permanent, nurturing home.



Enjoy the comforts of home more often. Eating at restaurants can increase the amount you spend on food. Include fruits and vegetables in quick, simple meals that you prepare at home.

◆ **CENTER FOR CHILDHOOD SAFETY**

www.centerforchildhoodsafety.org

1870 Cofrin Drive Phone: 448-7135
Green Bay, WI 54302

Performs car seat safety checks. Also coordinates Safety Town (summer). Bicycle helmet safety - limited helmets available.

◆ **CENTRO COMUNITARIO EPISCOPAL**

825 N. Webster Avenue Phone: 857-9246
Green Bay, WI 54301

Centro Comunitario Episcopal is a project of the Greater Green Bay Episcopal Ministry Group to address the needs of the Latino community. It is made up of four churches: St. Paul's Episcopal in Suamico; Church of the Holy Apostles in Oneida; Church of the Blessed Sacrament in Green Bay and St. Anne's in DePere. Programs include Money Management Classes and Latin Tutor Program to help children with homework.

◆ **CEREBRAL PALSY, INC.**

www.cp-center.org

2801 S. Webster Phone: 337-1122
Green Bay, WI 54301 Hours: 8:00 a.m. – 5:30 p.m.

Promotes community involvement, inclusion and works to enhance the quality of life of all persons. Offers support, innovative, quality care and therapy to individuals and families who have been affected by temporary or permanent physical, sensory, and/or speech needs or conditions. Services include physical, occupational and speech therapies for children and occupational therapy for adults.

Note: all referrals for children under age three go through Brown County Birth-to-Three program 448-6095. Also offers service coordination, adult day services, supported employment, assistive technology, inclusive childcare, aquatic exercise, advocacy and information assistance. Staff is skilled in dealing with many conditions including but not limited to: cerebral palsy, muscular dystrophy, spina bifida, arthritis, back pain, post stroke, post surgical, chronic pain, fibromyalgia, amputees, diabetes, head injury, developmental delays and accident recovery.

◆ **CHILDREN AND YOUTH WITH SPECIAL
HEALTH CARE NEEDS - SERVICE
COORDINATION**

www.co.brown.wi.us (click on Maternal and Child Health link)

Brown County Health Department

610 S. Broadway Street Phone: 448-6430
Green Bay, WI 54303

A Public Health Nurse 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.

◆ **CONSUMER PROTECTION BUREAU**

www.datcp.state.wi.us

200 N. Jefferson Street Phone: 448-5110
Suite 146A 1-800-422-7128 (Hotline)
Green Bay, WI 54301 7:45 a.m. – 4:30 p.m

Provides general consumer information such as landlord/tenant, advertising, product safety and telecommunications problems. Oversees the Wisconsin No Call list, which can be reached at 1-866-966-2255. Also offers Privacy Protection – access through www.privacy.wi.gov. Written information available in Spanish and Hmong.

◆ **COUNTRY KIDS, INC. – PEDIATRIC THERAPY SERVICES**

1142 Orlando Drive
De Pere, 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
Green Bay, WI 54301

24 Hour Crisis Hotline: 436-8888

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
Green Bay, WI 54301

Phone: 431-0345

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 prosthodontic specialists on staff. 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 recipients are charged a minimal co-pay. Restorative clinic for WMA recipients on an emergency basis only.

◆ **DE PERE DEPARTMENT OF PUBLIC HEALTH**

www.de-pere.org/health


335 S. Broadway Phone: 339-4054
De Pere, WI 54115

Services City of De Pere 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 7201	662-7959
Denmark Schools	Pulaski Schools
863-4175	822-6021
De Pere Schools	West De Pere Schools
983-2456	337-1393 x 8012
Green Bay Schools	Wrightstown School
448-2102	532-0525 x 6114



Clearly label your foods in the freezer and refrigerator with the contents and date to stay within a safe time frame.

◆ **EARLY HEAD START**
(Family Services of Northeast Wisconsin)

www.familyservicesnew.org

PO Box 22308

300 Crooks Street

Green Bay, WI 54301

Phone: 436-4360 x 1388

A federally funded home visitation program offered to low income parents of infants and /or toddlers. The home visits focus on child development, health, nutrition, safety, emotional development/mental health, parent involvement, and connecting families to community resources. All families on the EHS program get to participate in the weekly play groups.

◆ **EARNED INCOME CREDIT (EIC)**

www.dor.state.wi.us (Search for Earned Income Credit)

Department of Revenue

200 N. Jefferson Street

Suite 526

Green Bay, WI 54301

Phone: 448-5179

(608) 266-2772

Hours: 7:45 a.m. – 1:00 p.m.

Monday – Thursday

Homestead Credit (for both home owners and renters) may be available for those with low to moderate income. EIC refund inquiries may be made toll free at 1-866-947-7363 (must have amount of refund, social security number, and year filed for).

◆ **EL HISPANO**

529 S. Jefferson St.

Green Bay, WI 54301

Phone: 437-1215

Fax: 480-5703

E-mail: elhispanowis@yahoo.com

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



For the best buy on protein, purchase dry beans, peas and lentils and learn how to cook them. For more info: <http://www.centralbean.com/cooking.html>

◆ **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

1673 Dousman

Phone: 405-9083

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

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, excellence, 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.



Canned fruits and vegetables will last a long time and can be a healthy addition to a variety of meals.

Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.

◆ **ENERGY ASSISTANCE PROGRAM**

Integrated Community Solutions

www.ics-gb.org

2605 S. Oneida

Suite 106

Green Bay, WI 54304

Phone: 498-3737

Fax: 498-3614

Hours: October – May 15

M, W, Th, F 8 a.m. – 4:30 p.m.

Tuesday 8 a.m. – 6 p.m.

Summer: 8 a.m.– 4:30 p.m. M - F

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.efcnw.com

Main Office:

1004 First Street, Suite 5

Stevens Point, WI 54481

Phone: 1-800-924-9932

Branch Office:

1800 Appleton Road

Menasha, WI 54952

Phone: 920-968-3000

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



Cut your fruits and vegetables at home. Pre-cut produce can cost much more than whole fruits and vegetables.

◆ **FAIR HOUSING CENTER OF NORTHEAST WISCONSIN** www.fairhousingwisconsin.com (Milwaukee home office site)

4650 W. Spencer St. Phone: 920-560-4620
Suite 2
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 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.

Family Childcare Resources of Northeast Wisconsin

201 W. Walnut Phone: 432-8899
Suite 100 Hours: 8:00 a.m. – 4:30 p.m.
Green Bay, WI 54303 Monday – Thursday
Friday 8:00 a.m. – Noon

*Committed to educate, support and provide resources for families and early childhood professionals to ensure a high quality, safe environment for all children to grow happy and healthy. **Services offered:** Childcare Resources and Referrals, Parenting Young Children classes, Adult/Child Playgroup, Citizenship Classes, ELL Classes through Literacy Green Bay, Supernanny Home Visits, Parents as Teachers Home Visits, Stop-In-And-Play, various workshops and events, 2-1-1 Plus site, Resource room and various volunteer opportunities.*

(Family Resource Centers continued)

Fort Howard Family Resource Center (of Family Childcare Resources of Northeast Wisconsin)

(Located within Ft. Howard Elementary School)

520 Dousman Street

Phone: 448-2256 x 301

Green Bay, WI 54303

Hours: 8:00 a.m. – 12:45 p.m.

Monday - Thursday

Programs and services available: Parenting Young Children education classes; workshops; 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. Spanish translators and programs.

Heritage FRC

(Located within Heritage School)

1250 Swan Road

Phone: 337-1035 x 5510

De Pere, WI 54115

Hours: M-F 8:00 a.m. – 2:45 p.m.

Call ahead for information about programs offered.

Howe Neighborhood FRC

526 S. Monroe Street

Phone: 448-7340

Green Bay, WI 54301

Contact: Toni Loch

Programs and services available are: Early Childhood Programming, parenting class, dental clinic, ELS, , Literacy Programs, educational and entertainment programming for children and adults and programs for seniors. Bilingual Spanish staff available.



Homemade soup is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.

◆ **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/AODA and sexual abuse treatment, Early Childhood Development, At-Risk Youth Programs, crisis services, self-sufficiency services, and sexual assault prevention. Bilingual support available.

◆ **THE FINANCIAL INFORMATION & SERVICE CENTER, INC. (FISC)**

A program of Goodwill NCW, Inc.

1660 W. Mason Street Phone: John 569-1597
Green Bay, WI 54303 Eileen 569-1598
Toll Free: 1-800-366-8161

The Financial Information & Service Center, Inc., a Consumer Credit Counseling Service, provides financial counseling, debt management services, bankruptcy counseling, housing counseling, and education to clients with a wide range of money problems. Sponsored by Goodwill, offices are located at the Goodwill Store on West Mason Street.



Don't shop hungry. Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget and avoid spending money set aside for fruit and vegetables on less healthy temptations.

◆ **FOOD PANTRIES**

Call for information on days and times.

7th Day Community Service Center, 1414 Shawano Avenue, GB
.....494-5245

Aids Resource Center, 445 S. Adams Street, Green Bay ...437-7400

Calvary Lutheran Church, 1301 S. Ridge Road, GB494-2431

Denmark Food Pantry, Park St. Shelter House, Denmark ..863-8725

DePere Christian Outreach Food Pantry, 347 Libal St.
DePere338-9718

First Presbyterian Church, 200 S. Ashland, Green Bay.....437-8121

First United Methodist, The Good Will Place, 501 Howe Street,
Green Bay437-9252

Giving Tree, 1217 Cardinal Lane, Green Bay.....662-8123

Good Samaritan (*Students Only*).....883-7387

Grace Lutheran Church, 321 S. Madison, Green Bay432-0308

Manna for Life, 1545 University Avenue, Green Bay.....437-3629

Oneida Food Distribution Program, Oneida869-1041

Paul’s Pantry, 1520 Leo Frigo Way, Green Bay.....433-0343

Pulaski Community Pantry, Inc.132 Front St. Pulaski822-6050

Resurrection Lutheran Church, 1024 Shawano Ave., GB ..497-7052

St. Bernard Church, 2040 Hillside Lane, Green Bay.....468-4811

St. John Lutheran, 2700 Babcock Rd, Green Bay499-1142

St. Mark Evangelical Lutheran, 2066 Lawrence Drive,
DePere.....336-2485

St. Patrick’s Food Pantry, 211 N. Maple St.
(West side only), Green Bay437-3911

St. Peter and Paul Catholic Church, 1420 Harvey,
Green Bay435-7548

St. Willebrord Church, 209 S. Adams Street, Green Bay...435-2016

Salvation Army, 626 Union Court, Green Bay497-7053

Trinity Lutheran Church, 330 S. Broadway, Green Bay437-8124

◆ **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

◆ **FORWARD SERVICES - See Wisconsin Job Center**

◆ **FOSTER GRANDPARENT PROGRAM**

www.encompasschildcare.org

(Click on Volunteers link).

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 (55 years and older) with children. 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, mileage reimbursement, and the love and affection of a child. The children receive one-on-one care and the attention of a caring adult.

◆ **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

626 S. Irwin St.

Phone: 433-3372

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.

Monday, Tuesday, Friday,
Saturday

11 a.m. – 8:00 p.m.

Wednesday and Thursday

E-mail: lthegatheringin@new.rr.com

The Gathering Place, Inc. is one of five Recovery Centers in the State of Wisconsin, serving adults with severe and persistent mental illnesses and co-occurring disorders. The Gathering Place welcomes all who are seeking to further their recovery. Members have the support of peers and a supportive place for growth and empowerment.



Pick your own at local farms. Late summer and early fall is a great time to pick your own fruits and vegetables. This can be a fun and less expensive way to buy in bulk and freeze, can, or dry for later.

◆ 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.goldenhousegb.org

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
1660 W. Mason Street Phone: 569-1596
Green Bay, WI 54303
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. (See Harmony Café on page 83.)

◆ **GOVERNMENT BENEFITS WEBSITE**

Overall government benefits information is easily accessed through the website 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 Solutions 498-3737. See listing on page 35.

◆ **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.

◆ **GREEN BAY METRO**

www.greenbaymetro.org

901 University Avenue Phone: 448-3450
Green Bay, WI 54302

Bus schedules and routes, monthly passes and tokens.

◆ **GREEN BAY VET CENTER**

1600 S. Ashland Avenue
Green Bay, WI 54304

Phone: 435-5650
Hours: 8:00 a.m. – 4:30 p.m.
Monday – Friday
(Evening hours by appointment).

Provides counseling and readjustment services for any veterans that have served in a war zone. Serves veterans that have experienced sexual trauma during their military service. Serves families with bereavement counseling if they have lost a service member during their military service.

◆ **HARMONY CAFÉ (Part of Goodwill Industries)**

1660 W. Mason Street
Green Bay, WI 54303

Phone: 569-1593
Hours: Monday – Saturday
7:00 a.m. – 9:00 p.m.
Drive thru – 5:30 a.m. – 8:00 p.m.
Sunday 10:00 a.m. - 6:00 p.m.

Non-profit coffee house offering programming such as open MIC, support groups, art show opportunities. Gain skills focusing on volunteer work and leadership development. Proceeds return back to the community.

◆ **HEAD START CESA 7 – Ashwaubenon, DePere, Howard/Suamico School Districts**

217 N. Madison Street
Green Bay, WI 54303

Phone: 430-1153
Fax: 430-1158

Child and family development program enrolling 0-5 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.

◆ **HEALTHY FAMILIES**

(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 5 years. Parenting skills, child development, and community resources are emphasized. Self-referral, hospital physicians, public health, or prenatal care coordination. It helps new parents meet challenges of parenting. 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: 498-5444
P.O. Box 19042 1-800-422-6982
2740 W. Mason Street
Green Bay, WI 54307-9042

GED is a series of five tests at \$25 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.

◆ **HOUSE OF HOPE**

(St. Vincent DePaul / Homes and Shelters)

1660 Christiana Street Phone: 884-6740
Green Bay, WI 54303

Residential Shelter for homeless pregnant and/or parenting women ages 18 – 24 and their children. Please call for in-take procedure.

◆ **INTEGRATED COMMUNITY SOLUTIONS (ICS)**

www.ics-gb.org

2605 S. Oneida St. Phone: 498-3737
Suite 106 Fax: 498-3614
Green Bay, WI 54304 Hours: October – May 15
M, W, Th, F 8 a.m. – 4:30 p.m.
Tuesday 8 a.m. – 6 p.m.
Summer: 8 a.m. – 4:30 p.m. M - F

Rental assistance to income eligible families. Other programs include: energy assistance, weatherization, first-time homebuyer assistance and family self-sufficiency program. Hmong and Spanish translators available.

◆ **INTENSIVE IN-HOME COUNSELING FOR FAMILIES**

www.familyservicesnew.org

626 S. Irwin St.

Phone: 433-3372

P O Box 22308

Green Bay, WI 54305-2308

Intensive services to children, adolescents and their families for the purpose of prevention, early intervention and avoiding out-of-home placements. Families learn to face important issues in the familiar setting of their home.

◆ **JACKIE NITSCHKE CENTER, INC.**

630 Cherry Street

Phone: 435-2093

Green Bay, WI 54301

Fax: 435-2580

Adult residential/inpatient, intensive outpatient and after care treatment for alcohol and chemical dependency.

◆ **LA LECHE LEAGUE OF GREEN BAY**

www.llofwi.org

A Woman's Place

727 Shawano Avenue

Green Bay, WI 54303

Leaders:

Mindy: 430-8776

Lindsey: 544-9833

Meeting Times:

1st Monday/month @ 9 a.m.

3rd Thursday/month @ 6 p.m.

Provides education, information, support and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend the monthly group meetings or call a leader for breastfeeding help. Spanish contacts available.



Buy frozen fruits and vegetables in large bags to stretch your budget (e.g., green beans and blueberries). Avoid those with added sugar, salt, or sauce.

◆ **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. General legal services provided, as well.

◆ **LAWYER REFERRAL AND INFORMATION SOURCE**

www.legalexplorer.com

P O 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.

◆ **LEGAL ACTION OF WISCONSIN, INC.**

www.legalaction.org

201 W. Walnut Street

Suite 203

Phone: 432-4645

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.libertasgb.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.

◆ **LITERACY GREEN BAY**

www.literacygreenbay.org

424 S. Monroe Avenue Phone: 435-2474
Green Bay, WI 54301

Literacy services (reading, writing, math, oral English, citizenship, ESL classes, one-on-one tutoring, small group instruction) to English speaking and non-English speaking adults. Children First Family Literacy Program for adults studying for GED/HSED or learning English and their children infant to 8 years. Day care for students attending classes. Child tutoring for the children of adult learners. Spanish interpreter available.

◆ **LOVE LIFE**

West side location

St. Joseph Catholic Church Phone: 497-1087
938 Ninth Street (*Entrance at 13th Avenue*)
Green Bay, WI 54304

East side location

Peace United Methodist Church
919 Schwartz Street Phone: 468-5414
Green Bay, WI 54302

An ecumenical outreach ministry that assists low-income families in meeting basic infant needs by donating items such as diapers, layettes, baby clothing and furniture. Hours: 1:00 p.m. – 4:00 p.m., Thursdays.

◆ **LUTHERAN COUNSELING AND FAMILY SERVICES**

www.lcfswi.org

210 S. Oneida Phone: John Mueller (715) 853-5501
Green Bay, WI 54303 1-888-867-4840 (Toll Free Hotline)

Counseling agency within a Christian atmosphere, but accepts all denominations. Accepts most insurance, MA and also has a sliding fee scale.

◆ **LUTHERAN SOCIAL SERVICES**

www.lsswis.org

Adoption Services

3003 N. Richmond Street Phone: (920) 730-1326
Suite A Phone: 800-577-4100
Appleton, WI 54911

Hmong Elder Outreach: Contact: Chong Pao Xiong
702 Morley Rd. Phone: 405-5355 Ext. 31
Green Bay, WI 54303 Cell: 360-4510
Fax: 405-5350
Email: cpxiong@lsswis.org

Counseling for older adults and their family caregivers, outreach services and activities for Hmong elders.

Community Integration Services, Corporate Guardianship Program, Representative Payee Program

702 Morley Rd. Phone: 405-5355
P.O. Box 12324
Green Bay, WI 54307

***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.

◆ **MARION HOUSE**

840 N. Taylor Street Phone: 496-1478
Green Bay, WI 54303

Marion House is a great place for teen moms to grow and develop into loving and caring parents and adults. The social and economics for a teen mom can be very challenging and the staff at Marion House makes it possible for the girls and their children to flourish and grow in ways that normally would not be available to them.

◆ **MARION HOUSE TRANSITIONAL LIVING PROGRAM**

842 N. Taylor Street Phone: 884-2446
Green Bay, WI 54303

Marion House Transitional Living Program helps single moms (18 and over) meet the challenges of parenting in a supportive environment.

◆ **MEAL SITES**

Aging Disability and Resource Center

Eastside Green Bay Locations:

Aging & Disability Resource AddLife Center

300 S. Adams Street

Reservations call: (920) 448-4303

Port Plaza Towers

304 N. Adams Street

Reservations call: (902) 432-6787

Monroe Plaza

400 N. Monroe

Reservations call: (920) 437-9553

Westside Green Bay Locations:

Mason Manor

1424 Admiral Court

Reservations call: (920) 492-4991

(Meal Sites continued)

Badger Terrace

130 Badger Lane

Reservations call: (920) 494-2060

Fort Howard Apartments

141 North Chestnut

Serving Tuesday & Wednesday only

Reservations call: (920) 448-4544

Other Brown County Meal Sites

De Pere Community AddLifeCenter

600 Grant Street, De Pere

Reservations call: (920) 983-1675

Denmark AddLife (Senior) Center

141 Highridge, Denmark

Reservations call: (920) 863-8097

Pulaski AddLife (Senior) Center

430 S. St. Augustine, Pulaski

Reservations call: (920) 822-8100

Boys & Girls Club (Members Only)

Serve breakfast, lunch and afternoon snack.

Serve after school dinner.

NEW Community Shelter

Weekends and holidays: 11:30 a.m. – 12:30 p.m.

Everyday Dinner: 5:00 p.m. – 6:00 p.m.

Saint John the Evangelist Congregation Homeless Shelter

For nightly guests at the shelter dinner is served from 6:00 p.m. – 7:30 p.m. Open November 1st through April 30th.

The Salvation Army

Free Lunch: 11:30 a.m. – 12:30 p.m., Monday – Friday

(Meal Sites continued)

Summer Food Service Program

When: *Mid June through mid August, Monday through Friday.*

Cost: *FREE to students 18 years and younger.*

Where: *Must be eaten at the qualifying park. Please visit www.gbfoodservice.com/base/summer.shtml or call 391-2407.*

Why: *Learning does not end when school lets out. Neither does the need for good nutrition. The summer food program provides an opportunity to continue a child's physical and social development while providing nutritious meals.*

West Side Moravian Church Breakfast Program

The 4th Wednesday of every month Moravian Church hosts a free breakfast for the community to anyone in need of food or community is welcome. Hours: 8:00 a.m. – 10 a.m.

◆ **MEDIATION CENTER OF GREATER GREEN BAY**

130 E. Walnut Street

Phone: 438-7067

Suite 510

P.O. Box 752

Green Bay, WI 54305-752

Helps individuals to resolve conflict. Resolves conflicts for families, neighborhoods, the elderly and racial/ethnic disputes. Resolves conflict between employees and employers.



If you have extra produce and won't use it soon, learn to freeze it for longer storage.

Visit <http://learningstore.uwex.edu/pdf/B3278.PDF> to learn how to freeze safely.

◆ **MEDICAL ASSISTANCE/BADGER CARE PLUS**
Brown County Human Services Department

www.co.brown.wi.us

111 North Jefferson Phone: 448-7654
Green Bay, WI 54301 Hours: 8:00 a.m. – 4:30 p.m.

Medical assistance for families, elderly, blind or disables, low-income or pregnant women. Applications can be mailed, completed in person or completed on-line at access.wisconsin.gov. Bilingual staff is available.

◆ **MEDI-VANS OF GREEN BAY**

1846 Industrial Drive Phone: 465-4488
Green Bay, WI 54302

Transportation for the disabled and elderly. ADA paratransit provider.

◆ **MOM'S TIME OUT**

Meeting site: Phone: 468-1122
Celebration Church/Bayside
3475 Humboldt Road
Green Bay, WI 54311

Allows moms to take time out while children are being cared for. Provides an opportunity for personal growth and fellowship with other moms. Speakers on various topics, such as parenting support issues. Childcare is free, but donations are accepted.



Get creative with your leftover fruits and vegetables. Make salsa from your tomatoes and

smoothies from your fruits! To learn how, visit:

www.fruitsandveggiewsmatter.gov

◆ **MOPS (Mothers of Preschoolers) OF NORTHEAST WISCONSIN**

www.mops.org

Green Bay Community Church

Phone: 434-9225

www.gbcommunitychurch.com

(Click on Calendar Link for dates)*

600 Cardinal Lane
Green Bay, WI 54313

Meeting hours:
1st and 3rd Thursday
9:30 a.m. – 11:15 a.m.

**Begins September through December. Starts again January through March. No summer hours. Check the MOPS website for other local meeting places.*

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, websites, the daily MOMSense Radio program, and the MOPS to Mom Connection.

◆ **MULTICULTURAL CENTER OF GREEN BAY**

217 N. Madison
Green Bay, WI 54301

Phone: 438-1660

A non-profit organization that helps promote cultural cooperation, unity and understanding by fostering the development of organizations representing the diverse peoples of greater Green Bay and providing cultural outreach and education to the entire community. Diverse cultural programming. Sponsors a Multicultural children Family Festival yearly. Holds an annual Unity Celebration.

◆ **MUMS: NATIONAL PARENT-TO-PARENT NETWORK**

www.netnet.net/mums

150 Custer Court
Green Bay, WI 54301-1243

Phone: 336-5333
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.

◆ **NATIONAL CANCER INSTITUTE CANCER INFORMATION SERVICE**

www.cancer.gov

Suite 3036A
6116 Executive Boulevard
MSC 8322
Bethesda, MD 20892-8322

Phone: 1-800-422-6237
Hours: 9:00 a.m. – 4:30 p.m.

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.

◆ **NATIONAL RUNAWAY SWITCHBOARD**

www.1800RUNAWAY.ORG

3080 N. Lincoln Avenue
Chicago, IL 60657

Phone: 1-800-RUNAWAY (786-2929)

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.

◆ **NEIGHBORWORKS GREEN BAY**

www.nwgreenbay.org

437 S. Jackson Street
Green Bay, WI 54301

Phone: 448-3075

Fax: 448-3078

Hours: 8:30 a.m. – 4:30 p.m.

Monday – Friday

Homebuyer's assistance, home buying seminar, information and referrals, and housing services. Spanish speaking staff.

◆ **NEVILLE PUBLIC MUSEUM**

www.nevillepublicmuseum.org

210 Museum Place
Green Bay, WI 54303

Phone: 448-4460

Hours: Sunday: Noon – 5:00 p.m.

Monday, Tuesday, Friday, Saturday:
9:00 a.m. – 5:00 p.m.

Wednesday, Thursday

9:00 a.m. – 8:00 p.m.

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. Free admission on Thursday evening from 6:00 – 8:00 p.m. Spanish staff available.



Maximize your time and money. Cut coupons for foods, such as fruits and vegetables, only on your grocery list.

◆ **N.E.W. COMMUNITY CLINIC**

www.newcommunityclinic.org

622 Bodart Street
Green Bay, WI 54301

Phone:437-9773
Fax: 437-0984

WIC East:437-8368

WIC West: ..431-0243

Health Care for Homeless: 437-7206
NWTC 498-5436

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.

◆ **N.E.W. CURATIVE REHABILITATION, INC.**

www.newcurative.org

2900 Curry Lane
P O Box 8027
Green Bay, WI 54308-8027

Phone: 468-1161
Hours: 8:00 a.m. 4:30 p.m.
Monday – Friday

Providing comprehensive and individualized adult day services for people who are elderly or have disabilities/special needs. Services include day care, dementia care, and memory assessment clinic, pre-screen driving assessments, rehabilitative therapies – both land and water-based, wellness programs, employment and job placement, brain injury programs and support group, and supportive community-based care. Spanish translator available.

◆ **NEW COMMUNITY SHELTER**

www.newcommunityshelter.org

301 Mather Street Phone: 437-3766
Green Bay, WI 54303

*Provides emergency shelter, transitional living apartments, and supportive services to adult men and women. Breakfast is provided for residents. See **Meal Sites** for Free meal times offered at the shelter.*

◆ **NEW ZOO**

www.newzoo.org

4378 Reforestation Road Phone: 448-7841
Suamico, WI 54313 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 \$3; adults \$5; family \$15. Wednesdays in summer 4:00 p.m. – 8:00 p.m. free.

◆ **NEWCAP, INC.**

www.newcap.org

Employment and Training:

701 Cherry Street Phone: 448-7206
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. **Job and Business Development Program:** helps low income and FSET individuals start their own business. Provides assistance with a business plan, marketing skills and lending information.*

(NEWCAP continued)

Women's Health Services:

610 S. Broadway Phone: 430-1350
Green Bay, WI 54303

Provides family planning, physical exams, pap tests, STD 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 who are within 60% of the State – County median 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 *Explore Careers*)

2740 W. Mason Street Phone: 498-5422
Green Bay, WI 54303 Contact: Susan Maumblow

Career and college education information, assessment of interests and skills. Job seeking skills and job locations. Assists in resume and cover letter critiquing and provides mock interviews.

◆ **NORTHEAST WI TECHNICAL COLLEGE (NWTC) VETERANS EDUCATION BENEFITS INFORMATION**

www.nwtc.edu (Click on *Financial Aid 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.

◆ **ONEIDA NATION BEHAVIORAL HEALTH**

2640 West Point Road Phone: 490-3790
Green Bay, WI 54304

Provides counseling services, intensive outpatient group therapy; tobacco cessation; AODA assistance.

◆ **ONEIDA NATION CENTER FOR SELF-SUFFICIENCY**

2640 West Point Road Phone: 490-6800
Green Bay, WI 54304 Fax: 490-6803
Hours: 8:00 a.m. – 4:30 p.m.
Appointment required

Provides energy assistance to anyone living on the Oneida reservation regardless of tribal enrollment; food stamps and Medical Assistance to anyone residing within the reservation boundaries; Crisis/Diversion services to Oneida enrolled members and enrolled members of other tribes living on the Oneida reservation; and Community Support and Catastrophic Funding to Oneida enrolled members regardless of residency.

◆ **ONEIDA NATION COMMUNITY HEALTH CENTER**

www.oneidanation.org

525 Airport Drive Phone: 869-2711
Oneida, WI 54155

Provides comprehensive outpatient and inpatient services to Tribal members living on or near the reservation.



Store-brands can be a great budget choice for many forms of fruits and vegetables.

◆ **ONEIDA NATION DOMESTIC ABUSE PROGRAM**

Oneida Nation Social

Services Building
2640 West Point Road
Green Bay, WI 54304

Phone: 490-3701
or
1-888-490-2457 x 3700

Individual/group counseling for men, women and children affected by family violence. Support, legal advocacy, and resources for victims of family violence. Community Outreach/Education. Men's Re-education Program works with perpetrators of violence and meets requirements for Probation and Parole.

◆ **ONEIDA NATION EARLY INTERVENTION PROGRAM**

P.O. Box 365
Oneida, WI 54155

Phone: 490-3890

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 ELEMENTARY SCHOOL FAMILY AND CHILD EDUCATION (FACE)**

N7125 Seminary Road
Oneida, WI 54155

Phone: 869-4634

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 HEAD START PROGRAM**

2801 W. Mason Phone: 496-5200
Green Bay, WI 54313

Norbert Hill Center (NHC) Phone: 869-4369
N7210 Seminary Road
Oneida, WI 54155

Oneida Child Care Center Phone: 869-1645
525 Airport Drive

Services for Native American children between ages 3 – 5 years of age who may have developmental delays – physical, social or speech/language.

◆ **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. For enrollment call 869-6200.



Be creative! To get the most out of your purchase, enjoy your fruits and vegetables in different ways. For example, you can use fruits for dessert. Try baking apples or poaching pears with some cinnamon. For more information, please visit: <http://apps.nccd.cdc.gov/dnparecipe/RecipeSearch.aspx>

◆ **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
De Pere, 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.

◆ **OUTREACH HEALTHCARE**

879 Mather Phone: 437-7206
Green Bay, WI 54303

Provides health care medical case management and mental health referral for homeless, people living in shelters, or temporary living. Full-time Spanish translator available.

◆ **PALS PROGRAM**

www.co.brown.wi.us

(Click on Departments, then Human Services, then Volunteer Programs & Services, then PALS Program)

111 N. Jefferson Street Phone: 448-6023
P O Box 22188
Green Bay, WI 54305-2188

Provides an adult role model/friend or family match to children ages 3 – 7 who are from single-parent or special needs families. Once matched, the relationship may continue regardless of age. Volunteers spend a couple of hours, 3 or 4 times a month, with the child in recreational or learning activities. Parental or community referrals accepted. Monthly group activities offered for matches and waiting list children.

◆ **PARK AND RECREATION DEPARTMENTS**

Park activities, swimming pools and lessons, organized sports leagues, and instruction recreation programs. Call the local recreation department for information.

Allouez:	448-2804
Ashwaubenon:	492-2331
Bellevue:	468-5225
Brown County Park Department:	448-4466
De Pere:	339-4067
Green Bay:	448-3365
Howard/Suamico:	434-4640


◆ **PAUL’S PANTRY**

www.paulspantry.org

1520 Leo Frigo Way Phone: 433-0343
Green Bay, WI 54302

Mailing address:
1529 Leo Frigo Way
Green Bay, WI 54302

Free food can be picked up Monday, Tuesday, Wednesday and Friday 11:30 a.m. – 1:30 p.m.; Saturday 10:30 a.m. – 12:00 Noon. No food distribution on Thursday or Sunday. For low-income individuals and families; social security number, proof of income, proof of residency and Wisconsin picture ID required. A Spanish translator is usually available. Non-profit organization. This pantry does not provide means – pantry is grocery-store style. Families between 1-3 people are welcome once per week, 4 and over are welcome twice per week and 7 and over are welcome 3 times per week if necessary.

 **When trying new fruits and vegetables, buy in small amounts. Taste test before you change your grocery list.**

◆ **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 & Wednesday
8:00 a.m. – 4:00 p.m.
Thursday
9:00 a.m. – 5:00 p.m.
Friday

*Reproductive health care including cervical cancer screening,
STD 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 110
Green Bay, WI 54301

Case management services for pregnant teens.

N.E.W. Community Clinic Phone: 437-9773
622 Bodart Street Fax: 437-3294
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.

◆ **PROTECTIVE SERVICES FOR CHILDREN**

Brown County Human Services Department

111 N. Jefferson Street Phone: 448-6000
P O Box 22188
Green Bay, WI 54305-2188

Investigates reports of child abuse/neglect. Provides ongoing services in severe cases.

◆ **PSYCHIATRIST SERVICES**

Brown County Human Services Department

111 N. Jefferson St. Phone: 448-6095
P.O. Box 22188 *Call first, Appointments only*
Green Bay, WI 54305-2188

Outpatient psychiatric care for adults without insurance and some people who receive M.A. Outpatient case management available. Sliding fee scale.

◆ **PUBLIC DEFENDER – STATE OF WISCONSIN**

www.wisspd.org

139 S. Washington St. Phone: 448-5433
Green Bay ,WI 54301

Legal representation in a criminal matter if unable to afford a lawyer of your own. Must meet financial guidelines.



Learn basic food math. Taking the time to make a food budget before grocery trips can make food buying decisions easier. Simple food math can help you decide if the watermelon or the bunch of grapes is a better buy.

◆ **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 twice 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.



Buy fruits and vegetables in season at farmers' markets or at your local grocery store. Choose locally grown produce when available. It is usually fresher and supports local farmers and producers, as well.

◆ **ST. VINCENT DE PAUL SOCIETY STORE**

www.svdpgb.org

1529 Leo Frigo Way
Green Bay, WI 54302

Phone: 435-4040 (business)
435-9938 (store)

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

◆ **SAFE PLACE FOR NEWBORNS**

Aurora Bay Care Medical Center, 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

Aurora Bay Care Medical Center

Phone: 288-4060

◆ **THE SALVATION ARMY**

www.sagreenbay.org

626 Union Court
Green Bay, WI 54303

Phone: 497-7053
Hours: Monday, Wednesday,
Thursday, Friday
9:00 a.m. – 4:30 p.m.
Tuesday,
9:00 a.m. 6:00 p.m. (by appointment)
For Emergency Services

Food pantry, clothing, rental assistance, utility assistance, transitional housing, transportation, medical, and seasonal assistance. Please call for an appointment. Offers pastoral care. Youth services, senior citizen's activities and recreational programs for all ages. Lunch – Monday through Friday: 11:30 – 12:30. Spanish translator available.

◆ **THE SALVATION ARMY THRIFT STORE**

www.sagreenbay.org

1125 W. Mason Street
Green Bay, WI 54303

Phone: 884-2968
Hours: Monday – Saturday
10:00 a.m. – 6:30 p.m.

Clothing, furniture, household items, appliances, etc. Antiques and collectibles. Will pickup furniture. The entrance to the Men's Closet is located at 719 Redwood Drive. A partnership of the Rotary Club of Green Bay and the Salvation Army, the Men's Closet provides free, work-appropriate casual and business clothing for men in need.



Ethnic grocery stores offer many new fruits and vegetables. Try one or two new fruits or vegetables to expand the tastes and varieties in your diet.

◆ SENIOR HOUSING

Senior or disabled, affordable 1 bedroom apartment. All utilities included. Free cable at some locations. Call for a tour and/or requirements today. Equal Housing Opportunity.

Monroe Plaza

400 Monroe Avenue,
Green Bay, WI 54301 Phone: 437-9553

Badger Terrace

130 Badger Lane
Green Bay, WI 54303 Phone: 494-2060

Fort Howard Apartments

141 North Chestnut
Green Bay, WI 54303 Phone: 448-4544

Mason Manor

1424 Admiral Court
Green Bay, WI 54303 Phone: 492-3790

Meadows North

2060 Van Dueren
Green Bay, WI 54301 Phone: 469-5125

Nicolet Terrace

850 Morning Glory Road
De Pere, WI 54115 Phone: 336-0755

Port Plaza Towers

304 North Adams Street
Green Bay, WI 54301 Phone: 432-6787

Villa West

1650 9th Street
Green Bay, WI 54304 Phone: 499-8342



Be physically active for at least 30 minutes most days of the week.

◆ **SEXUAL ASSAULT CENTER**

www.familyservicesnew.org

300 Crooks Street

Phone: 436-8899

Green Bay, WI 54301

(24 hour hotline)

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 hour hotline.



Regular physical activity is important for your overall health and fitness—plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

◆ SOCIAL SECURITY ADMINISTRATION

www.socialsecurity.gov

1561 Dousman Street
Green Bay, WI 54303

Phone: 433-3904
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
De Pere, WI 54115

Phone: 336-5754

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.

◆ TAXPAYER INFORMATION

1-800-829-1040 for US Internal Revenue Service only. See Wisconsin Department of Revenue for Wisconsin tax information.

◆ **TITLE VII INDIAN EDUCATION**

200 S. Broadway Phone: 448-2144
Room 311
Green Bay, WI 54303

Provides support services to American Indian students, families and district staff in the Green Bay Area Public Schools to meet the unique educational and cultural related academic needs. Services at targeted schools include: tutoring, cultural awareness and education, cultural groups, student prevention/education groups, academic counseling, reading program, mediation between school and families and attendance.

◆ **UNEMPLOYMENT COMPENSATION OFFICE**

www.dwd.state.wi.us/ui

Department of Workforce (608) 266-3100
Development 1-800-822-5246
Division of Unemployment Insurance
P O Box 7905
Madison, WI 53707

Provides information regarding unemployment benefits.

◆ **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. Bilingual staff.

◆ **UNITED WAY**

www.browncountyunitedway.org

1245 Main Street Phone: 432-3393
PO Box 1593 Fax: 432-7144
Green Bay, WI 54305-1593

*Advancing the common good is not only about helping one person at a time, but also about changing systems to help all of us. We are all connected and interdependent. We all win when a child succeeds in school, when families are financially stable, when people are healthy. **Brown County United Way** measures unmet needs through 2-1-1 and compares those to the needs identified by other groups in our community. Our goal is to create long-lasting changes by addressing the underlying causes of community problems. As a “neutral” organization, we are uniquely positioned to bring together or “convene” government, non-profit agencies, corporations, labor groups, foundations, the media, and academia. The Community Partnership for Children was convened to provide all parents with the tools they need from the time their babies are born, so that every child can enter school ready to learn and grow.*

◆ **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**

<http://www.uwgb.edu/registrar/veterans/index.asp>

Student Services Phone: 465-2065
Room 1000
Green Bay, WI 54311

Provides veterans with information on educational benefits available to them and how to apply.

◆ **URBAN HOPE ENTREPRENEUR CENTER**

www.urbanhopegb.org

2701 Larsen Road
Green Bay, WI 54303

Phone: 884-9707

A 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, foodborne illnesses, food manufacturer recalls and food safety during power outages. Also **Ask Karen** on the website is an automated response system available 24/7.*

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

211 N. Broadway
Suite 202
Green Bay, WI 54303

Phone: 433-3924

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



If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

◆ **U.S. DEPARTMENT OF HOMELAND SECURITY –
CITIZEN AND IMMIGRATION SERVICES**

www.uscis.gov

310 E. Knapp Street
Milwaukee, WI 53202

Phone: 1-800-375-5283

Processes all immigrant and non-immigrant benefits provided to visitors of the U.S. including: family-based petitions; employment-based petitions; asylum and refugee processing; naturalization; special status programs' document issuance and renewal.

◆ **U.S. DEPARTMENT OF VETERAN AFFAIRS**

www.va.gov

Milwaukee Regional Office Phone: 1-800-827-1000
5400 W. National Avenue
Milwaukee, WI 53214

Provides benefits information and assistance.

◆ **VETERANS EMPLOYMENT AND TRAINING
COUNSELING**

<http://www.browncountyjobcenter.org/vets.htm>

701 Cherry St.
Green Bay, WI 54301

Phone: 448-6778,

Fax: 448-5013

Hours: 7:45 a.m. – 04:30p.m.

Employment Assistance, priority access to new job orders, aptitude testing, career counseling, assistance with resumes and cover letters.



**Children and teenagers should be physically active for
60 minutes every day, or most days.**

◆ **VICTIM WITNESS ASSISTANCE PROGRAM**

www.doj.state.wi.us/cvs/referrals/county.asp?type (Click on Brown County – click on Brown County Victim/Witness Assistance Program)

District Attorney's Office Phone: 448-4371
300 E. Walnut Street Fax 448-4189
Green Bay, WI 54301

Offers information and advocacy for victims and witnesses whose cases are being prosecuted by the District Attorney's Office. Spanish translator available.

◆ **THE VOLUNTEER CENTER OF BROWN COUNTY**

www.volunteergb.org

984 9th Street Phone: 429-9445
Green Bay, WI 54304

Mobilizes volunteers of all ages to impact serious community needs and enhance the quality of life for Brown County residents. Special programs for volunteers 55 years and older, volunteers with disabilities, service learning for teens and college-age students, and business/corporate volunteers. Training and consulting available to strengthen volunteer programs.

◆ **W-2**

www.browncountyjobcenter.org

(Forward Services - located at Wisconsin Job Center)

701 Cherry Street Phone: 448-6760
Green Bay, WI 54301

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.

◆ **WAYS TO WORK**

(Family Services of Northeast Wisconsin)

www.familyservicesnew.org

300 Crooks Street

Phone: 436-4360 ext. 1397

Green Bay, WI 54301

Ways to Work is a proven, nationwide program that provides small loans to low-income parents who cannot get loans elsewhere. The purpose of the loan is to help families pay for the purchase of a car or car repairs to assist in sustaining employment.

◆ **WELLSPRING**

413 Dousman Street

Phone: 433-9995

Green Bay, WI 54303

Hours: 9:00 a.m. – 2:30 p.m.

Mon., Wed., Thurs. & Fri.

Tues. 9:00 a.m. – 12:45 p.m.

Wellspring - A Place of Peace for Women - is a day-time drop-in center for women in downtown Green Bay. Wellspring provides peer support, personal growth opportunities, resources and referrals to women who need a sense of safety, belonging and encouragement. Depression and domestic abuse support groups are offered on Tuesdays from 1:00 to 2:30 p.m. There is no charge for services.

◆ **WIC (WOMEN, INFANTS AND CHILDREN)**

www.dhfs.state.wi.us/wic Click on Contact Us – Click on local
WIC Clinic

N.E.W. Community Clinic

(East Side)

622 Bodart Street

Phone: 437-8368

Green Bay, WI 54301

E-mail: east02@netnet.net

(West Side)

610 S. Broadway

Phone: 431-0243

Green Bay, WI 54303

E-mail: west02@netnet.net

(WIC continued)

Oneida Community Center

525 Airport Road

Oneida, WI 54155

Phone: 869-4829

E-mail: sbeck@oneidanation.org

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.

◆ **WILDLIFE SANCTUARY**

www.baybeachwildlife.com

1660 East Shore Drive

Green Bay, WI 54302

Phone: 391-3671

Hours: 8:00 a.m. – 7:30 p.m.

April – 15 through Sept. 15

8:00 a.m. – 4:30 p.m.

Sept. 16-April 14

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. Trails close at 4:30 p.m. year round. Gift shop open from noon to 4 p.m.

The High and Low of Daily Values of Nutritional Facts



- 5 percent or less is low — try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high — try to aim high in vitamins, minerals and fiber

◆ **WISCONSIN DEPARTMENT OF CORRECTIONS –
DIVISION OF COMMUNITY CORRECTIONS**

www.wi-doc.com

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

Unit 403 Intake

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

Unit 412

200 N. Jefferson Street
Suite 211
Green Bay, WI 54301
Phone: 448-5383
Fax: 448-5422

Unit 406

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
P O Box 13457
Green Bay, WI 54307-3457
Phone: 492-5760
Fax: 492-5762

◆ **WISCONSIN DEPARTMENT OF HEALTH
SERVICES – DIVISION OF LONG TERM CARE**

OFFICE FOR BLIND AND VISUALLY IMPAIRED

www.dhfs.state.wi.us/blind

200 N. Jefferson Street
Suite 511
Green Bay, WI 54301

Phone: 448-5086

Community education, information and referral, advocacy and independent living skills training for persons who are blind/visually impaired.

◆ **WISCONSIN DEPARTMENT OF HEALTH SERVICES –
DIVISION OF LONG TERM CARE OFFICE FOR DEAF
AND HARD OF HEARING**

www.dhfs.state.wi.us/sensory/

555 Country Club Road Phone: 490-8270 x 107
Green Bay, WI 54307-1967 Contact: Marge Liberski
TTY: 920-490-0600

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/

Department of Revenue Phone: 448-5179
200 N. Jefferson Street (608) 266-2772
Suite 526 Hours: 7:45 a.m. – 1:00 p.m.
Green Bay, WI 54301 Monday – Thursday

Offers taxpayer assistance.

◆ **WISCONSIN DEPARTMENT OF WORKFORCE
DEVELOPMENT – DIVISION OF VOCATIONAL
REHABILITATION (Wisconsin Job Center)**

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.



Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

◆ **WISCONSIN EQUAL RIGHTS DIVISION**

www.dwd.wisconsin.gov/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 SENIOR FARMERS MARKET NUTRITION PROGRAM**

300 S. Adams Street Phone: 448-4300
Green Bay, WI 54301 Fax: 448-4306

The Senior Farmers Market Nutrition Program offers eligible low income seniors the opportunity to purchase food such as fresh fruits, vegetables and herbs from certified farmers. They will be given a voucher which can be used between June 1 and Oct 31 at participating farmers markets and roadside stands.

◆ WISCONSIN JOB CENTER

www.browncountyjobcenter.org

Wisconsin Job Center
701 Cherry Street
Green Bay, WI 54301

Phone: 448-6760
TTY: 920-448-6468
Hours: 7:45 a.m. – 4:30 p.m.

The Job Center is a collaborative effort of local and state agencies providing employment, supportive, educational and training services for job seekers and employers in the community.

Services provided: *Employer Services including JobNet Business, Work-Based Training Incentives, Labor Market Information, Tax Credit information; **Job Center Partner Agencies include:** Trade Adjustment Assistance, Veteran Services, Division of Vocational Rehabilitation, Migrant Services, Forward Service Corporation (W-2, Emergency Assistance, Supportive Housing Program), NEWCAP, Refugee Service, Disability Navigator Program (N.E.W. Curative Rehabilitation Center of Green Bay), and Wisconsin Investment Act Programs. Hmong/Lao and Spanish translators. The Brown County Job Center Web Site (www.browncountyjobcenter.org) provides information for job seekers as well as employers.*



Become a smart shopper by reading food labels to find out more about the foods you eat. **The Nutrition Facts panel** found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

◆ WISCONSIN LEGISLATORS

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

UNITED STATES SENATE

<http://www.senate.gov>

Herb Kohl (D)

330 Hart Senate Office Building Phone: (202) 224-5653
Washington, DC 20510 Fax: (202) 224-9787
District Office: Appleton Phone: (920) 738-1640

Ronald Johnson (R)

2 Russell Courtyard Phone: (202) 224-5323
Washington, DC 20510

UNITED STATES HOUSE OF REPRESENTATIVES

<http://www.house.gov>

Reid Ribble (R-8th District)

1513 Longworth HOB Phone: (202) 225-5665
Washington, DC 20515 Fax: (202) 225-5729
District Phone: (920) 380-0061

WISCONSIN STATE SENATE

<http://legis.wisconsin.gov>

Robert Cowles (R-2nd Senate District)

Room 118 South, State Capitol, Madison WI 53707-7882
1-800-334-1465 Sen.Cowles@legis.wisconsin.gov

Dave Hansen (D-30th Senate District)

Room 5 South, State Capitol, Madison WI 53707-7882
1-866-221-9395 Sen.Hansen@legis.wisconsin.gov

Frank Lasee (R-1st Senate District)

Room 104 South, State Capitol, Madison WI 53707-7882
(608) 266-3512 Sen.Lasee@legis.wisconsin.gov

(Wisconsin Legislators continued)

WISCONSIN STATE ASSEMBLY

<http://www.legis.state.wi.us/asmhome.htm>

Andre Jacque (R-2nd Assembly District)

Room 9 West, State Capitol, Madison WI 53708-8953

Phone: (608) 266-9870 Rep.Jacque@legis.wi.gov

Chad Weininger (R-4th Assembly District)

Room 10 West, State Capitol, Madison WI 53708-8953

Phone: 1-888-534-0004 Rep.Weininger@legis.wi.gov

Jim Steineke (R-5th Assembly District)

Room 304 North, State Capitol, Madison WI 53708-8953

Phone: 1-888-534-0005 Rep.Steineke@legis.wi.gov

John Klenke (D-88th Assembly District)

Room 21 North, State Capitol, Madison WI 53708-8953

Phone: 1-888-529-0033 Rep.Klenke@legis.wi.gov

Karl Van Roy (R-90th Assembly District)

Room 204 North. State Capitol, Madison WI 53708-8953

Phone: 1-888-534-0090 Rep.VanRoy@legis.wi.gov

◆ **A WOMAN'S PLACE (St. Mary's Hospital)**

www.stmgb.org

1727 Shawano Avenue

Phone: 498-4205

Green Bay, WI 54303

Hours: Monday – Friday

8:00a.m. – 4:30 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 Loan Closet, which provides wigs, mastectomy bras and other items free of charge to cancer patients. Hispanic Health Educator available.

◆ **WORK PERMITS**

Youth work permits issued at the following locations. The fee is \$10.

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. – 3:45 p.m.

Bay Port High School

2710 Lineville Road
Green Bay, WI 54313

Bay Port Students & School Year

Phone: 662-7000
Hours: Monday – Friday
8:00 a.m. – 2:30 p.m.

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.

De Pere High School

1700 Chicago Street
De Pere, WI 54115

Year Around

Phone: 337-1020
Hours: Monday – Friday
7:30 a.m. – 3:45 p.m.

East High School

1415 E. Walnut Street
Green Bay, WI 54301

School Year Only

Phone: 448-2092
Hours: Monday – Friday
7:00 a.m. – 3:15 p.m.

Southwest High School

1331 Packerland
Green Bay, WI 54313

School Year Only

Phone: 492-2618 x 3
Hours: Monday – Friday
7:15 a.m. – 3:00 p.m.

West De Pere High School

665 Grant Street
De Pere, WI 54115

Year around for West De Pere

Phone: 338-5208
Hours: Monday – Friday
8:00 a.m. – 2:30
Closed Friday in summer.

(Work Permits continued)

West High School

966 Shawano Avenue
Green Bay, WI 54303

School Year Only

Phone: 492-2600 x 3
Hours: Monday - Friday
7:15 a.m. – 3:00 p.m.

◆ **YMCA**

www.greenbayymca.org

Downtown

235 N. Jefferson Street
Green Bay, WI 54301

Phone: 436-9622

Broadview

380 Broadview Drive
Green Bay, WI 54301

West Side

601 Cardinal Lane
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.



Check sell by dates. Buy the freshest food possible. It lasts longer. Then be sure to **use foods with the earliest expiration dates first.**

◆ **YWCA**

www.ywcagreenbay.org

230 S. Madison Street
Green Bay, WI 54301

Phone: 432-5581

*Non-profit organization serving the changing needs of woman and their families since 1919. Swimming, tae-kwon do, and tumbling classes offered. Certified Daycare; Health and fitness training Center – includes land and water exercise, such as yoga, Pilates, hula hooping and water aerobics.; **Encore**– an exercise and support program for women with breast or cervical cancer offered at no cost for those recently diagnosed; **Women’s Closet** provides free work-appropriate clothing for women in need; **TechGYRLS** – assists girls in excelling in science, technology, engineering and math (STEM); **Swim to Grow** – program to help at risk youth enjoy swimming and other activities for free.*

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.

(SUPPORT GROUPS Continued)

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.

Recovery, Inc. 336-6432

For adults with nervous or emotional problems.

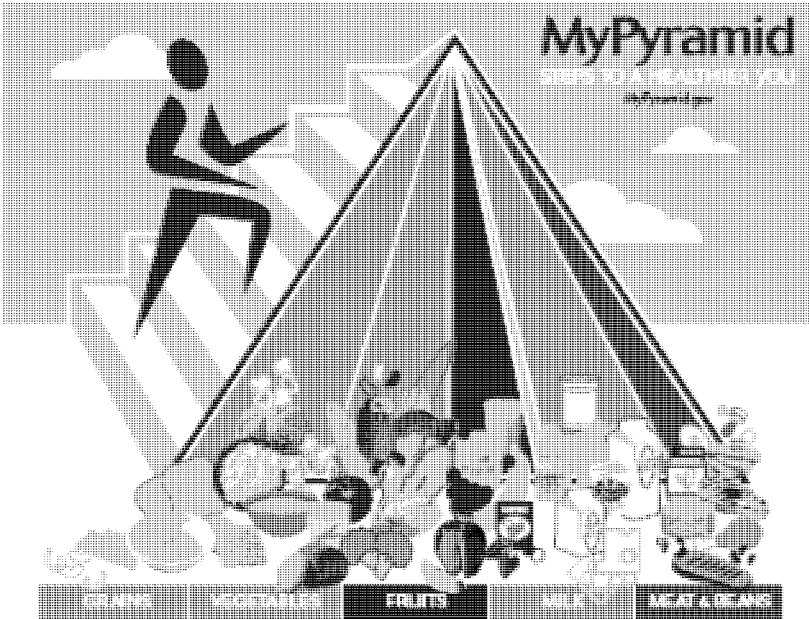
Survivors of Suicide (S.O.S.) 437-7527

To help cope with the loss of a loved one through suicide.

Wisconsin Family Ties 1-800-422-7145

For parents of children with social, emotional or behavior disorders.

MyPyramid.gov – STEPS TO A HEALTHIER YOU



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 1/2 cup of cooked rice, cereal or pasta.

Eat 6 oz. every day.

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.

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.



**The New American Plate is 2/3 (or more)
vegetables, fruits, whole grains and beans and 1/3
(or less) animal protein.**

