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.

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. All counseling providers are nonprofit organizations.

If you know of agencies that should be added or changed, or if you would like to order additional handbooks, please contact Karen Early, Brown County University of Wisconsin-Extension Nutrition Education Coordinator, at 920-391-4614.

Look for this publication on the web at: www.browncountyextension.org
Click on Nutrition Education Program.
Then, 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 assessments 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, Nutrition Education Program Coordinator for Brown County UW-Extension at 920-391-4614.
Brown County Nutrition Education Program Staff

Karen Early, M.S., R.D., Program Coordinator
Betsy Bartelt, Program Assistant
Cathy Huntowski, Nutrition Educator
Dee Thetford, Nutrition Educator
Liliana Ramirez, Nutrition Educator

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

Wisconsin Nutrition Education Program (WNEP)

The Wisconsin Nutrition Education Program in Brown County is an obesity prevention and food security program. We work with partners to enhance local food systems or environments that support healthy eating and physically active lifestyles by low income residents through community food security initiatives and nutrition education programs. Educational programs help learners learn to choose and prepare nutritious meals and snacks and balance food intake with physical activity, provide age appropriate nutrition for children and adults, to use safe food handling, preparation sand storage practices and to manage their food resources using thrifty shopping practices for nutritious foods. Programs are planned in March for the following program year beginning in October. Please call Karen Early at 391-4614 to request programs.

*All phone numbers are (920) area code, unless otherwise noted.
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- **Green Bay Head Start Parent Center**
- **Healthy Families**
- **Howe Neighborhood Family Resource Center**
- **La Leche League of Green Bay**
- **Marion House Transitional Living Program**
- **MOPS (Mothers of Preschoolers) of Northeast WI**
- **Positive Parenting Program – ASPIRO, Inc.**
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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 to 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 1,800 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 also has 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, nonprofits and local agencies) that offer Brown County residents walk-in help and guidance on how to get connected to 2-1-1.

2-1-1 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)

Your key to health and nutrition programs:
ACCESS is an internet tool that can help you see if you might be able to get state or federal health, nutrition and other benefits, including:

- FoodShare
- BadgerCare Plus or Medicaid
- SeniorCare and other prescription drug assistance programs
- WIC – Special Supplemental Nutrition Program for Women, Infants and Children
- Free/Reduced-Price School Meals
- The Emergency Food Assistance Program (TEFAP)
- Child Care
- Home Energy Assistance
- Tax Credits
- Wisconsin Works (W-2)

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 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 a 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 online application, contact Member Services at 1-800-362-3002 or the Bay Lake Consortium Call Center (a service of Brown County Human Services) at 1-888-794-5747.
♦ AGING & DISABILITY RESOURCE CENTER OF BROWN COUNTY (ADRC)

[Contact information for ADRC]

ADRC is a nonprofit organization serving residents of Brown County 60 years or older, adults with disabilities and caregivers. Provides information tailored to an individual’s situation, maintains resources on a range of services related to aging or living with a disability, helps people understand long-term care options available and assists with applications for programs. Education and prevention programs, social and recreational activities, caregiver supports, community dining, nutrition education, homebound meals and volunteer opportunities.

♦ AIDS RESOURCE CENTER (ARCW)

[Contact information for ARCW]

Comprehensive medical, dental, mental health and pharmacy services are available for anyone with HIV regardless of their ability to pay or insurance status. Social work case management, food pantry, legal services, housing support and benefits advocacy are also available to HIV patients and clients. Free, confidential and anonymous HIV testing as well as comprehensive and appropriate HIV prevention education and programming are available.

🍎 Balance calories. Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.
♦ ALCOHOLICS ANONYMOUS HOTLINE
(Green Bay Area Central Office)
www.greenbayaa.org
Phone: 432-2600
24-hour immediate support information and referral for local programs.

♦ ALZHEIMER’S ASSOCIATION – GREATER WISCONSIN CHAPTER
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)

Information, education and services for those affected by Alzheimer’s or dementia and their families. TrialMatch program matches Alzheimer’s patients to clinical trials. 24/7 Helpline provides information and advice and offers translation services in more than 170 languages.

♦ AMERICAN CANCER SOCIETY
www.cancer.org
790 Marvelle Lane Phone: 338-1541
Green Bay, WI 54304 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)

Foods to eat more often. Eat more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.
AMERICAN FOUNDATION OF COUNSELING SERVICES
www.americanfoundationonline.org
130 E. Walnut St., 7th floor Phone: 437-8256
Green Bay, WI  54301 Hours: 8:00 a.m. – 6:30 p.m.
www.americanfoundationonline.org
Green Bay, WI  54301 Phone: 437-8256
Monday & Wednesday
8:00 a.m. – 5:00 p.m.
Tues., Thurs. & Fri.

Counseling Services: AFCS offers many counseling services and groups to individuals, couples and families, including counseling for depression, grief, anxiety, ADHD, abuse issues and more.

Foster Care Services: AFCS is a state-licensed child placing agency and provides intensive out-of-home placement for children that have been the victims of abuse or neglect or for children with delinquency issues.

AMERICAN RED CROSS OF NORTHEAST WISCONSIN
www.redcross.org/newisconsin
2131 Deckner Avenue Phone: 468-8535
Green Bay, WI  54302 Hours: 8:00 a.m. – 4:30 p.m.
Provides disaster relief to individuals affected by disaster, an emergency communications link to U.S. Armed Forces and their families and 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, Nursing Assistant training and other injury control training for the community and workplace; and collects blood and blood products to help save people’s lives.

Satisfy your sweet tooth in healthy way. Indulge in a naturally sweet dessert dish – fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon. For more fruit
◊ **ASPIRO**

[Website Link]

1673 Dousman Street  
Phone: 498-2599  
Green Bay, WI 54303  
Fax: 498-2652  
Hours: 7:30 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. Programs include: Adult Day Services, Citizen Advocacy, Community Employment, Early Intervention, Positive Parenting, Residential Options and Respite Care. In addition, ASPIRO offers job training and recreation activities for adults.

◊ **AURORA BAY CARE MEDICAL CENTER**

[Website Link]

Community Education

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

Offers a number of community education classes such as Infant and Child CPR, a class to prepare children aged 3 – 9 years to become a big brother or sister, Breastfeeding Basics, Caring for Your Newborn, a program for soon-to-be dads, Preparing for Labor and a parenting class, “1-2-3 Magic Parenting.” There is a fee for most classes and registration is required. An interpreter can be provided upon request. Call for more information.

**Choose cheeses with less fat.** Many cheese are high in saturated fat. Look for “reduced-fat” or “low-fat” cheeses or try a soft, unripen cheese that is naturally lower in fat, such as cottage cheese, part-skim ricotta, mozzarella or farmer cheese.
BADGERCARE PLUS
Brown County Human Services   Phone:  1-888-794-5747
111 N. Jefferson Street     Phone:  1-855-293-1822
Green Bay, WI  54301   Hours:  8:00 a.m. – 4:30 p.m.

BadgerCare Plus is a program for children under 19 years of age regardless of income and families in Wisconsin who need insurance. It also offers access to comprehensive, affordable health care to many families and pregnant women in Wisconsin. It is not designed to replace private insurance. Apply at Brown County Human Services or visit access.wisconsin.gov to check your benefits, make changes or apply online. The following express sites include and offer immediate temporary cards to access BadgerCare Plus benefits: Prevea Prenatal Care Coordinators, Forward Service Corporation, NEWCAP and the N.E.W. Community Clinic. Call for details.

BAY AREA HUMANE SOCIETY AND ANIMAL SHELTER
www.bayareahumanesociety.org
1830 Radisson Street     Phone:  469-3110
Green Bay, WI 54302   Hours:  Noon – 7:00 p.m., M – F
                                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. Off-site adoption center at Pet Smart, 825 Pilgrim Way, Ashwaubenon.

BAY BEACH AMUSEMENT PARK
www.baybeach.org
1313 Bay Beach Road     Phone:  448-3365
Green Bay, WI  54311   24-7 Information: 448-3367

There is no admission charge and parking is free. Ride tickets are 25¢ each, with the rides requiring one or two tickets per rider (Zippin Pippin roller-coaster requires 4 tickets). Tickets can be purchased from the ticket office on the park grounds during regular operation hours. Open May – September. Call for hours.
BEJA SHRINERS
1950 Bond Street  Phone: 498-1985
Green Bay, WI  54303
Children with orthopedic conditions, burns, spinal cord injuries and cleft lip and palate can receive specialized pediatric care at Shriners Hospitals regardless of their family’s ability to pay.

BELLIN HEALTH ON-CALL
www.bellin.org
Phone: 445-7373
Bellin Health On-Call is a free health information and referral service for the public staffed by registered nurses 24 hours a day. Provides referral service to doctors in the Green Bay area. Interpreters available.

BIG BROTHERS/BIG SISTERS OF NORTHEASTERN WISCONSIN
www.bbbsnew.org
1345 W. Mason Street  Phone: 498-2227
Green Bay, WI  54303
Big Brothers Big Sisters’ mission is to make a positive difference in the lives of youth through professionally supported mentoring relationships with measureable impact. We match youth and mentors (volunteer Big Brothers, Big Sisters or Big Couples) through one of two programs. Community-based matches get together in the community once a week for a few hours to enjoy everyday activities. Site-based matches meet once a week during the school year over lunch or after school to work on homework or play games at the youth’s school. Hmong and Spanish translators are available.

Avoid oversized portions. Use a smaller plate, bowl and glass. When eating out, choose a smaller size option, share a dish or take home part of your meal.
♦ **BIRTH-TO-THREE**

*www.co.brown.wi.us/human_services*

111 N. Jefferson Street  
Green Bay, WI  54301  
Phone:  448-7890  
Fax:  448-7680  
Hours:  8:00 a.m. – 4:30 p.m.  
Monday – Friday

*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. Eligibility is not based on income guidelines and there is no waiting list.*

♦ **BOYS and GIRLS CLUB OF GREEN BAY**

*www.bgcgb.org*

**West Side:**  
311 S. Oneida St.  
Green Bay, WI  54303  
Phone:  494-7090

**East Side:**  
1451 University Ave.  
Green Bay, WI  54302  
Phone:  494-7090

School Year Hours:  2:45 p.m. - 9:00 p.m., Mon. – Fri.  
Summer Break Hours: 9:00 a.m. - 5:00 p.m., Mon. – Fri.

*Open to all youth ages 7 - 18. Annual membership fee $10.00. Technology Zone with computers, homework help, and teen employment training. Athletic Dept. with rock-climbing 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. Free meal program for club members. See Meal Sites on page 44.*

**Eat seafood twice a week.** Eat seafood in place of meat or poultry twice a week. Select a variety of seafood – include some that are higher in oils and low in mercury, such as salmon, trout, herring and tuna. Albacore ("white") tuna has more mercury than canned light tuna.
THE BRIDGE

2514 Jenny Lane
Green Bay, WI  54302

Phone:  465-6878

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.

BROWN COUNTY CHILD SUPPORT AGENCY

www.co.brown.wi.us/child_support

305 E. Walnut Street
Northern Building - Room 450
P.O. Box 23600
Green Bay, WI 54305-3600

Phone:  (414) 615-2588
Fax:   448-4101

Mailing Address: 
Hours:  8:00 a.m. – 4:30 p.m.
Monday – Friday

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. Individuals receiving or paying child support can access their account information online at childsupport.wisconsin.gov

BROWN COUNTY HEALTH DEPARTMENT

www.co.brown.wi.us/health

610 S. Broadway, Room 201
Green Bay, WI  54303

Phone:  448-6400

The purpose of the Brown County Health Department is to encourage and promote individual and community health and well-being for persons who live in, work or visit Brown County. The Brown County Health Department, in collaboration with community partners, accomplishes its mission by providing services relating to: communicable disease surveillance and control, prevention of chronic diseases/disability, maternal/child health promotion, school health, management of environmental hazards, licensing and inspection visits, laboratory services and preparation for emergency situations in our community. Immunization appointments are offered daily. Call 448-6400 to schedule or learn about eligibility requirements.
The Brown County Human Services Department provides child protection, Birth to Three, juvenile justice, adult protection and outpatient psychiatric services; targeted case management for adults with chronic mental illness; AOWI assessment and AODA outpatient counseling. Economic support services – including applications for medical assistance, FoodShare/food stamps and child care – are also provided within this division.

**Key Phone Numbers**

- Switchboard: 448-6000
- Child Protection Referrals: 448-6035 or 448-6036
- Economic Support (Benefits Info): 1-800-794-5747
- Economic Support (Other Info): 448-6460
- Outpatient Mental Health & AODA: 391-4720
- Shelter Care: 391-4625

**BROWN COUNTY LIBRARY**

[www.browncountylibrary.org](http://www.browncountylibrary.org)

*Call the nearest branch for hours and programs.*

**Central Library**, 515 Pine Street 448-4400
Ashwaubenon, 1060 Orlando Dr. 492-4913
Kress Family, 333 N. Broadway, De Pere 448-4407
Denmark, 450 N. Wall Street. 863-6613
East Green Bay, 2255 Main St. 391-4600
Weyers-Hilliard, 2680 Riverview Dr., Howard 448-4405
Pulaski, 222 W. Pulaski St.. 822-3220
Southwest Green Bay, 974 Ninth St. 492-4910
Wrightstown, 615 Main St.. 532-4011
♦  BROWN COUNTY COMMUNITY TREATMENT CENTER

www.co.brown.wi.us/human_services
3150 Gershwin Dr.      Phone: 391-4700
Green Bay, WI  54311    Crisis Center: 436-8888

Provides inpatient, outpatient, nursing home and community/contract services. Inpatient services are provided for adults and alcohol/other drug abusers. Outpatient services are provided for the mentally ill and/or substance abusers, including: Individual, Family or Group Therapy, Medication Management Evaluation, Case Management, Occupational Therapy, Court-Ordered Assessments. Emergency hospital admissions are screened by the Crisis Center of Family Services: 436-8888.

♦  BROWN COUNTY SCHOOLS

Brown County has eight public school districts. In addition, four other school districts located in neighboring counties serve portions of Brown County (Brillion, Kaukauna, Luxemburg-Casco and Reedsville). Visit the websites or call for enrollment information. Some school districts offer free parenting classes.

PUBLIC SCHOOLS DISTRICTS

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

**Howard-Suamico School District**
www.hssd.k12.wi.us
2700 Lineville Road
Green Bay, WI  54313
Phone: 662-7878

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

**Pulaski Community Public School District**
connect.pulaski.k12.wi.us
143 West Green Bay St.
Pulaski, WI  54162
Phone: 822-6000
(Brown County Schools continued)

School District of Denmark
www.denmark.k12.wi.us
450 North Wall Street
Denmark, WI  54208
Phone:  863-4299

West De Pere School District
www.wdpsd.com
400 Reid Street, Suite W
De Pere, WI  54115
Phone:  337-1393

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

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

PRIVATE SCHOOLS

Brown County is also home to more than two dozen parochial and private schools. Please check the phone book for those or visit www.cesa7.org/content/greenbay

The Green Bay Area Catholic Education System (GRACE) is the largest private school system in the Green Bay Area, encompassing 10 schools and serving 23 parishes. More than 2,500 students in grades Pre-K through 8 attend GRACE schools. Family tuition assistance is available.

To learn more about GRACE, or to inquire about enrollment, visit www.gracesystem.com or call 499-7330. GRACE’s administrative office is located at 1087 Kellogg Street, Green Bay, WI 54303.

Track food and calorie intake. Limit eating while watching television, which can result in overeating. If you choose to eat while watching television, portion out a small serving.
**BROWN COUNTY SHELTER CARE**

www.co.brown.wi.us/human_services

2980 St. Anthony Drive    Phone: 391-4625 or 391-4626
Green Bay, WI 54311    Fax: 391-4628

Shelter Care is a temporary, 20-bed, 24-hour non-secure detention facility for youth ages 10 to 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 Protective Services or Juvenile Court Services units. Provides around-the-clock supervision and learning and recreational programs designed to help at-risk youth develop positive social and daily living skills.

**BROWN COUNTY UNITED WAY**

www.browncountyunitedway.org

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

United Way’s goal is to create long-lasting changes by addressing the underlying causes of community problems. A neutral organization, United Way brings together government, non-profit agencies, corporations, labor groups, foundations, the media and academia. United Way measures unmet needs through 2-1-1 (see page 1).

**BROWN COUNTY UNIVERSITY OF WISCONSIN - EXTENSION**

www.browncountyextension.org

1150 Bellevue Street    Phone: 391-4610
Green Bay, WI 54302

Wisconsin Nutrition Education Program (WNEP)
Karen Early 391-4614    Please see page iii

(UW-Extension continued on next page)
(Brown County University of Wisconsin-Extension Cont.)

Family Living Programs
Judy Knudsen 391-4651

Family Living Programs respond to community needs with research-based education and partnerships that support Brown County families and communities. Education is provided in the areas of nutrition, food safety and food preservation, family financial management, human development, poverty awareness, and diversity education. Educational info is available on the Brown County UW-Extension website, or through presentations available throughout the county.

Horticulture Program
Vijai Pandian 391-4611

Brown County UW-Extension’s horticulture program offers many educational programs on landscape and gardening for the general public and commercial entities. The program trains Master Gardener Volunteers to provide horticulture support and leadership to local organizations and communities. Plant diagnostic consultations on lawn care, trees and shrubs, vegetable gardening, and plant, insect and disease identification are offered through this program. Soil test and advance diagnostic services are also available for a fee. For more info, contact the horticulture help desk at 391-4615.

Community Gardens Program
Margaret Franchino 391-4660

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 Abby Puckhaber at the Extension office.

4-H
Melinda Pollen 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.
♦ CAR SEAT SAFETY PROGRAM
www.co.brown.wi.us/health

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 certified technician 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.

♦ BROWN COUNTY VETERANS SERVICE
www.co.brown.wi.us/veterans/
305 E. Walnut St. 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 PROGRAM MANAGEMENT AND SPECIAL POPULATIONS
http://www.dwd.wisconsin.gov/migrants/
WI Job Center Phone: 448-6781
701 Cherry Street
Green Bay, WI 54301

Enforcement of migrant labor laws, including wages, hours and working conditions; inspection of migrant labor camps and certifications; monitors recruiters of migrant workers.
CASA ALBA MELANIE, HISPANIC COMMUNITY RESOURCE CENTER
www.casaalba.org
314 S. Madison St. Phone: 445-0104
Green Bay, WI 54301 E-mail: melanie@casaalba.org

Casa ALBA is a center for information and referral, connecting Spanish-speaking persons and service providers. Direct referrals are made for most needs including consultation for immigration matters, legal, medical, educational, health, and family concerns. Some courses are offered in Spanish in cooperation with local colleges, and various activities have been developed through community initiative (sewing, crafts, music, healthy cooking, etc.)

CATHOLIC CHARITIES
www.newcatholiccharities.org or www.gbdioc.org
1825 Riverside Drive Phone: 272-8234
P.O. Box 23825 Hours:8:00 a.m. – 4:30 p.m. M, TU, F
Green Bay, WI 54305-3825 8:00 a.m. – 8:00 p.m. W, TH

Call or visit website for summer hours.
Multi-service agency offering personal, family and community services, including mental health counseling, domestic violence treatment groups, financial management and housing counseling, adoption and pregnancy counseling, teen parent services and immigration and refugee resettlement and outreach to diverse populations through our Family Strengthening program. Sliding fee scale.

Pay attention to feelings of hunger. Eat when you are hungry and only until you are satisfied, not full.
♦ CASA OF BROWN COUNTY
Court Appointed Special Advocates
www.casabc.org
414 E. Walnut Street Phone: 437-2272
Suite 281 E-mail: connie@casabc.org
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.

♦ CENTER FOR CHILDHOOD SAFETY
www.centerforchildhoodsafety.org
1870 Cofrin Drive Phone: 448-7135
Green Bay, WI 54302

Performs car seat safety checks. Coordinates Safety Town (summer). Bicycle helmet safety – limited helmets available. Also apart of Safety Community Collaborative, Distributing Pack and plays to families in need.

♦ CEREBRAL PALSY, INC.
www.cp-center.org
2801 S. Webster Phone: 337-1122
Green Bay, WI 54301 Fax: 337-1126
Hours: 8:00 a.m. – 5:30 p.m.

Offers essential services and innovative, quality care 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 (all referrals for children under age three go through Brown County’s Birth to Three program: 448-7890); occupational therapy for adults; adult day services; assistive technology; inclusive childcare (for children with and without special needs); aquatic swim and exercise; service coordination; and outreach services. Staff is skilled in dealing with many conditions: cerebral palsy, muscular dystrophy, spina bifida, developmental delays, autism spectrum disorders, arthritis, back pain, post-stroke, post-surgical, chronic pain, fibromyalgia, amputees, diabetes, head injury and accident recovery.
CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS – SERVICE COORDINATION

www.co.brown.wi.us/health  (click on Family Health link)

Brown County Health Department
610 S. Broadway Street  Phone: 448-6400
Green Bay, WI  54303  Fax: 448-6449

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, genetic conditions, heart problems, ADHD, etc). Services provided include case management, education, support, advocacy, liaison with medical providers and finding resources to meet the family’s needs. Spanish and Hmong interpreters are available.

COMING HOME PROJECT
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/coming-home

300 Crooks Street  Phone: 436-4360 x 1260
Green Bay, WI 54301

A community-based after school and summer program that promotes positive self-esteem, good decision-making, and positive peer relationships among youth, ages 8-21. Provides recreational and social opportunities as well as homework and other academic assistance. All services are free of charge; program is open to any youth who wishes to participate.

COMMUNITY ACTION FOR HEALTHY LIVING
www.cahl-wi.org

109 E. Eighth Street, Suite 200  Phone: (920) 462-4188
Kaukauna, WI 54130  Fax: (920) 462-4197

A resource for tobacco prevention and advocacy. CAHL’s mission is to reduce tobacco, alcohol and other substance abuse and exposure while promoting healthy lifestyles.
CONSUMER PROTECTION BUREAU

www.datcp.state.wi.us
Bureau of Consumer Protection Phone: 608-224-4953
2811 Agriculture Drive 1-800-422-7128 (Hotline)
P.O. Box 8911 Hours: 7:45 a.m. – 4:30 p.m.
Madison, WI 53708-8911

Provides general consumer information such as landlord/tenant, advertising, product safety and telecommunications problems. Handles home improvement and motor vehicle repair complaints. Oversees the Wisconsin No Call list, which can be reached at 1-866-966-2255 or online at nocall.wisconsin.gov. Also offers Privacy Protection, accessed online at www.privacy.wi.gov. Written information available in Spanish and Hmong.

THE COUNSELING CLINIC

(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/counseling-clinic
300 Crooks Street Phone: 436-4360 x 1217
Green Bay, WI 54301

A full-service outpatient counseling clinic providing individual and family counseling, group counseling and support groups, play therapy and specialized children's therapy, specialized counseling to cope with substance abuse and/or sexual assault and psychological/psychiatric assessment and consultation as needed. Our professional therapists can assist with nearly any issue you or your loved ones may be facing.

COUNTRY KIDS, INC. – PEDIATRIC THERAPY SERVICES

1142 Orlando Drive Phone: 339-0700
De Pere, WI 54115

Pediatric therapy clinic which provides physical and occupational therapy for children with special needs, birth to 18 years. In addition to traditional therapy services, Country Kids offers innovative treatment programs, including hippotherapy (using the horse as the treatment surface). Private insurance, medical assistance and private pay are accepted.
♦ CRISIS CENTER OF FAMILY SERVICES  
www.familyservicesnew.org/crisis-center  
300 Crooks Street  24 Hour Crisis Hotline: 436-8888  
Green Bay, WI  54301  

Provides short-term crisis counseling for people of all ages in Brown County. Services are available by phone, at the center, or at any location within the county. Translators available. Also provides community education and outreach and information and referrals for other community programs.

♦ DAY TREATMENT FOR CHILDREN AND ADOLESCENTS  
(Family Services of Northeast Wisconsin)  
www.familyservicesnew.org/day-treatment  
626 S. Irwin Ave.  Phone: 433-3372 x 119  
Green Bay, WI  54301  

Provides counseling and case management services for children and youth, ages 7 to 18, who are exhibiting problematic behaviors. This structured program offers individual and family counseling, group therapy specific to the needs of the child and academic assistance.

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

Provides comprehensive dental services to patients with or without insurance. Pediatric dentistry, oral surgery, periodontic, orthodontic and prosthodontic specialists on staff. Accepts most dental insurance. For those without insurance, CarePlus Dental Plans are 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 Community tab, then click the Dental Clinic link)

NWTC
2740 W. Mason Street Phone: 498-5450
Green Bay, WI 54303

Services provided for a minimal fee, including exam, cleaning, X-rays, sealants and fluoride treatment. Open weekdays during the school year. WMA recipients are charged a co-pay. Non–WMA patient = $30.

♦ DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

www.dbsasupport.com or www.dbsalliance.org

(See meeting locations below) Phone: 412-1009

Weekly support groups for people who have a mood disorder. Opportunity to share challenges and struggles and receive peer support and encouragement. Educational events teach coping skills. Weekly support group for family and friends.

Support groups for people with depression or bipolar disorder:
Bellin Psychiatric Center Wednesdays, 6:30 p.m. - 8:00 p.m.
301 E. St. Joseph Ave.

Family & Childcare Resource Fridays, 1:30 p.m. - 3:00 p.m.
Center of N.E.W.
201 W. Walnut St., Suite 100

Treat the family with fun physical activity. When it comes time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family. Also, invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active.
DE PERE HEALTH DEPARTMENT

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

Promotes individual and community health through various programs. Links city of De Pere residents to essential services. Immunizations are also offered to children who do not have private insurance that covers vaccines. Children need to be <19 to be eligible. Donations are welcomed, but vaccines will be given regardless of ability to pay. Adult vaccines available as well. Please call for information.

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 5001

Early childhood screening is provided as part of the Child Find Program, which requires states to identify, locate and evaluate all children with disabilities. For more information, visit www.ectacenter.org

Drink water instead of sugary beverages. Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories.
♦ EARLY HEAD START
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/early-head-start
300 Crooks Street          Phone:  436-4360 x 1388
Green Bay, WI 54301

A federally funded home visitation program offered to low-income parents of infants and/or toddlers. Home visits focus on child development, health, nutrition, safety, emotional development/mental health, parent involvement and connecting families to community resources. Weekly playgroups are also offered to all participating families.

♦ EL HISPANO
www.elhispanowis.com
529 S. Jefferson St.          Phone:  437-1215
Suite 203            E-mail: elhispanowis@yahoo.com
Green Bay, WI 54301

The main Spanish newspaper serving Green Bay and the Fox Cities. El Hispano is distributed free-of-charge in local Hispanic grocery stores, religious institutions and other businesses throughout Northeast Wisconsin. Published bi-weekly.

Enjoy your food but eat less. Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you’ve had enough.
ENCOMPASS EARLY EDUCATION AND CARE, INC.

www.encompasseec.org

Encompass Administrative Office
1823 South Webster
Green Bay, WI 54301

Child Care Centers: Phone #
Arlene B. Walter Center, 338 Hartung (E. Green Bay) 468-9235
Bellin Health Center, 1823 S. Webster (Allouez) 436-7540
Carol B. Bush Center, 500 Pine Street (Downtown) 436-7557
Children’s Learning Center, 1673 Dousman (West Side) 405-9083
De Pere Center, 2000 Lawrence Drive (W. De Pere) 336-1541
The Cornerstone, 345 N. Broadway (W. Green Bay) 436-7554
The Rosebush, 1275 University (E. Green Bay) 436-7549

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. All six centers are nationally accredited by the National Association for the Education of Young Children. Reduced rates for qualifying parents at Arlene B. Walter, The Rosebush, De Pere Center and The Cornerstone.

EPILEPSY FOUNDATION OF CENTRAL AND NORTHEAST WISCONSIN

www.epilepsywisconsin.org

Main Office: Branch Office:
1004 First Street, Suite 5 1800 Appleton Road
Stevens Point, WI 54481 Menasha, WI 54952
Phone: 1-800-924-9932 Phone: (920) 968-3000

Monthly support groups, emergency medication assistance, patient education materials and first aid presentations.
EXCEPTIONAL EQUESTRIANS

www.exceptionalequestrians.org
1130 Orlando Drive Phone: 347-3174
De Pere, WI 54115 Fax: 347-3175

Exceptional Equestrians is a 501(c)(3) nonprofit organization offering equine based therapy services to children with special needs ages birth to 18. Exceptional Equestrians offers hippotherapy (1:1 therapy using the horse as the treatment surface) and therapeutic riding (group riding with goals centered on teamwork, communication, motor development and skill-building). Registration fees are posted on our website. Scholarship assistance is available.

FAIR HOUSING CENTER OF NORTHEAST WISCONSIN

www.fairhousingwisconsin.com
(Milwaukee home office site)
4650 W. Spencer St. Phone: 560-4620
Suite 20
Appleton, WI 54914
Toll-free statewide complaint intake: 1-877-647-3247

Helps with investigation of housing discrimination and makes referrals to WI Equal Rights Division, HUD or local attorneys.

Know what to look for the ingredients list. Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredients list and choose products that name a whole grain ingredient first on the list. Look for: whole wheat, brown rice, bulgur, buckwheat, whole-grain cornmeal, whole oats, whole rye, wild rice, millet, whole barley or quinoa.
FAMILY RESOURCE CENTERS

Ashwaubenon FRC

*(Located within Cormier School)*

2280 S. Broadway  Phone: 448-2875 x 7010
Ashwaubenon, WI  54304

*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  Fax: 432-6677
Green Bay, WI 54303  Hours: 8:00 a.m. – 4:30 p.m., Monday – Thursday
8:00 a.m. – Noon, Friday

*Services offered:* Childcare resources and referrals, Adult/Child Bilingual Playgroup, Citizenship Classes, ELL Classes through Literacy Green Bay, Supernanny Home Visits, Parents as Teachers Home Visits, various workshops and events, 2-1-1 Plus site, Resource Room and various volunteer opportunities.

Fort Howard Family Resource Center

*(of Family & Childcare Resources of N.E.W.)*

*(Located within Ft. Howard Elementary School)*

520 Dousman Street  Phone: 448-2256
Green Bay, WI  54303  Hours: 8:00 a.m. – 12:45 p.m.
Monday – Thursday

*Programs and services available:* Parenting Young Children 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; citizenship classes support groups. Spanish translators and programs.

*(Family Resource Centers continued on next page)*
Howe Community Resource Center
526 S. Monroe Street  Phone: 448-7340
Green Bay, WI 54301  Contact: Toni Loch

Programs and services available are: Parenting classes, Parenting home visiting program, parent/child playgroup, pediatric dental clinic, family events and activities, weekly senior bingo, monthly nutrition programs.

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

A non-profit, human services agency that protects, heals and cares for the children and families of Northeast Wisconsin. Offers more than 30 programs that support the people of our communities during challenges and transitions in their lives. Program areas include: Crisis Services, Counseling and Treatment Services, Early Childhood Development, At-Risk Youth Programs and Self-Sufficiency Programs. Bilingual support may be available.

THE FINANCIAL INFORMATION & SERVICE CENTER, INC. (FI$C)
A program of Goodwill NCW, Inc.
1660 W. Mason Street  Phone: 569-8596
Green Bay, WI 54303  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.
FOOD PANTRIES

Call for information on days and times.

7th Day Adventist Community Service Center,
1414 Shawano Avenue, Green Bay ....................... 494-3530
9th Street Christian Center, 512 9th Street, GB .......... 884-7555
AIDS Resource Center, 445 S. Adams Street, GB ...... 437-7400
Calvary Lutheran Church, 1301 S. Ridge Road, GB ..... 494-2431
Denmark Food Pantry, 425 E. Grand Ave., Denmark ... 863-8725
De Pere Christian Outreach, 347 Libal St. (St. Anne’s
Episcopal Church), De Pere ............................... 338-9718
Faith Tabernacle Outreach, 2442 University Ave., GB .. 246-1812
or ........................................................................ 883-1350
First Presbyterian Church, 200 S. Ashland, Green Bay .... 437-8121
First United Methodist Church (FUMC) Good Will Place,
501 Howe Street, Green Bay .................................. 437-9252
Giving Tree, 1217 Cardinal Lane, Howard ............... 662-8123
Grace Lutheran Church, 321 S. Madison, Green Bay .... 432-0308
Manna for Life, 1599 University Avenue, Green Bay .... 437-3629
Oneida Food Distribution Program, Oneida ................. 869-1041
Paul’s Pantry, 1520 Leo Frigo Way, Green Bay .......... 433-0343
Pulaski Community Pantry, Inc., 132 Front St. Pulaski .... 822-6050
Resurrection Lutheran Church, 1024 Shawano Ave.
(Shawano & O’Brien), Green Bay ............................. 497-7052
St. Bernard Parish, 2040 Hillside Lane, Green Bay ...... 468-4811
St. John Lutheran, 2700 Babcock Rd, Green Bay ........ 499-1142
St. Mark Lutheran Church, 2066 Lawrence Drive,
De Pere .................................................................. 336-2485
St. Patrick’s Food Pantry, 211 N. Maple Ave.
(West side only), Green Bay ................................. 437-3911
St. Willebrord Church, 209 S. Adams St., Green Bay ... 435-2016
Salvation Army, 626 Union Court, Green Bay .......... 593-2379
Trinity Lutheran Church, 330 S. Broadway, Green Bay .. 437-8124
Zion Lutheran Church of Wayside, 8378 County Road W,
Greenleaf .............................................................. 864-7330
♦ FOODSHARE / FOOD STAMPS

www.co.brown.wi.us/human_services
Brown County Human Services Phone: 1-888-794-5747
Department Fax: 1-855-293-1822
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 mail or online. To check your benefits, make changes or apply online, visit access.wisconsin.gov

♦ FORWARD SERVICE CORP - See W-2 listing (p. 71).

♦ FOSTER GRANDPARENT PROGRAM

www.encompasssec.org
(Click on Support Encompass – Volunteers link).
1300 Bellevue Street Phone: 469-0283 x 110
Green Bay, WI  54302

A federal and state funded program that brings together seniors (55 years and older) with children. 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.freedomhouseministries.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.
THE GATHERING PLACE

1001 Cherry Street
Green Bay, WI 54301
Phone: 430-9187
Hours: 11:00 a.m. – 4:00 p.m.
Monday, Friday, Saturday
11:00 a.m. – 8:00 p.m.
Tuesday, Wednesday, Thursday

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. We are a community of peers. Our members come to the center for friendship, support, and understanding.
http://www.facebook.com/pages/The-Gathering-PLACE-INC/465043530260347 Please check out our daily events.

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 violence victims and their children.
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
(Call this number for BBA – ask for Cindy Flauger)

Provides a variety of work experiences and training opportunities to persons with special needs. Provides store certificates to individuals in times of need through our GoodNeighbor Program – persons need to be referred by other human service agencies. Operates retail outlets to support programs. Offers volunteer programs. (See Harmony Café on page 35.) Provides in-home therapy services for children with autism through our Beyond Boundaries of Autism (BBA) Program.

GREEN BAY/BROWN COUNTY HOUSING AUTHORITY

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

The Scattered Site Housing Rehabilitation Program provides safe, sanitary housing to low- and moderate-income families. The units are quality single family duplexes that range in size from 2 to 4 bedrooms. For rental assistance, call Integrated Community Solutions at 498-3737. See listings on pages 26 and 38.

Nuts are a healthy source of fat. Choose unsalted nuts as a snack, add to cereal and in main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a salad.
♦ GREATER GREEN BAY HABITAT FOR HUMANITY

www.greenbayhabitat.org
P.O. Box 10263 Phone: 593-3921
811 Packerland Dr. Fax: 593-3925
Green Bay, WI 54307 Hours: 8:00 AM – 4:30 PM
Monday – Friday

Our Mission: Habitat for Humanity believes that every man, woman and child should have a decent, safe and affordable place to live.

Our Services: We build houses using volunteer labor and donations. Our partner families purchase these houses through no-profit, no-interest mortgage loans. Partner families must demonstrate: 1) Ability to pay; 2) Willingness to partner; 3) Current inadequate housing.

Spanish and Hmong translation service is available by appointment. See our website or call us for more information on partner families, volunteer opportunities and donation options. Greater Green Bay Habitat for Humanity is an equal housing opportunity provider and lender.

♦ GREEN BAY HEAD START PARENT CENTER

617 N. Irwin Phone: 448-7312
Green Bay, WI 54304 Hours: 7:30 a.m. – 3:30 p.m.
Evening events scheduled monthly on calendars.

Head Start parent meeting and activity center. All parents, grandparents and significant others are welcome to meet, greet, share and learn.

Make half your plate fruits and vegetables.
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as a dessert.
GREEN BAY METRO
www.greenbaymetro.org
901 University Avenue Phone: 448-3450
Green Bay, WI 54302

Bus schedules and routes; daily, weekly and monthly passes; ADA Paratransit Services. Busses operate Monday through Saturday and for all home NFL games.

**ADA Paratransit:** Transportation for people with disabilities who are unable to use the regular fixed-route bus system. Doctor verification required. $3.00 per one way trip. Paratransit ID card required. Call 448-3452 for more information or download an application form by visiting www.greenbaymetro.org

**Reduced Fare Program:** Reduced fares for people who have a qualifying disability or who are age 65 or older. Reduced Fair ID card required. Call 448-3452 for more information or download an application form by visiting www.greenbaymetro.org

**U-Pass Program:** St. Norbert College and UWGB students, faculty and staff can ride Green Bay Metro busses free of charge by presenting a valid college ID to the bus operator.

**Cut back on foods and drinks with added sugars or caloric sweeteners (sugar-sweetened beverages).** Drink few or no regular sodas, sports drinks, energy drinks and fruit drinks. Eat less cake, cookies, ice cream, other desserts and candy. If you do have these foods and drinks, have a small portion. These drinks and foods are the major sources of added sugars for Americans.
♦ GREEN BAY VET CENTER
1600 S. Ashland Avenue   Phone: 435-5650
Green Bay, WI 54304   Hours: 8:00 a.m. – 4:30 p.m.
   Monday – Friday
   (Evening hours by appointment).

Provides free counseling and readjustment services for combat veterans and their families. 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.

♦ HEAD START CESA 7 – Ashwaubenon, De Pere, Howard-Suamico School Districts
217 N. Madison Street   Phone: 430-1153
Green Bay, WI 54303   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 include education, health, nutrition, special needs, family services and parent involvement.

Increase vegetable intake. Add dark-green, red and orange vegetables to soups, stews, casseroles, stir fries and other main and side dishes. Use dark, leafy greens, such as romaine lettuce and spinach to make salads. Add vegetables to sandwiches, such as sliced peppers, mushrooms, tomatoes and cucumbers.
♦ **HEAD START – Green Bay School District**

200 S. Broadway  
Room 144  
Green Bay, WI  54303

Phone: 448-2226  
headstart@gbaps.org

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 WI, Inc.)*

[www.familyservicesnew.org](http://www.familyservicesnew.org)

1822 Riverside Drive  
Green Bay, WI  54301

Phone: 436-4416 x 124

Comprehensive home visitation program offering support and services to first time parents beginning at pregnancy or at the time of birth and continuing for up to 4-5 years. Parent-child interaction, child development, safety, nutrition and health are emphasized. Linkage to community resources also provided. Healthy Families helps new parents meet the challenges of parenting. Full-time Hmong and Spanish speaking staff.

♦ **HERITAGE HILL STATE HISTORICAL PARK**

[www.heritagehillgb.org](http://www.heritagehillgb.org)

2640 S. Webster Avenue  
Green Bay, WI  54301

Phone: 448-5150

History comes alive. Open daily Memorial Day through Labor Day and September Saturdays. Offering special events for Halloween and Christmas, other special events and workshops. Visit our website or call for scheduled events and activities. Entrance fee. Group rates available.

Create a rainbow of flavor with fruit. At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries or grapes in a tossed salad.
HIGH SCHOOL EQUIVALENCY/GED® Testing

www.nwtc.edu
NWTC Phone: 498-5444
2740 W. Mason Street 1-800-422-6982
Green Bay, WI 54307-9042

HSED/GED® Test candidates must be at least 18 ½ years old or have proof that the class in which they have entered 9th grade has graduated. The Wisconsin Department of Instruction requires all candidates to complete a Pre-program Exam, Career Plan and attend an Orientation. These are administered free of charge at NWTC. At this time, the GED Test series contains five tests at $25 each and a $15 State Credentialing Fee. 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. **NOTE:** The GED Test series will be changing in 2014, please contact NWTC with any questions or concerns that you may have regarding these changes.

GED®, GED Testing Service®, are registered trademarks of the American Council on Education® and may not be used or reproduced without the express written permission of the American Council on Education.

THE HOME IMPROVEMENT LOAN PROGRAM

www.green-bay.org
100 N. Jefferson Street       Phone: 448-3402
Room 608                     Contact: Kevin King
Green Bay, WI  54301

The HOME Improvement Loan Program is a zero interest, deferred payment loan for low- to moderate-income single family households who reside in the City of Green Bay. You can borrow up to $25,000 to upgrade your home.

**Check the label for fiber.** Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value. Excellent sources contain 20% or more.
◆ 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 intake procedure.

◆ HOUSING ASSISTANCE PROGRAM
Integrated Community Solutions (ICS)

www.ics-gb.org
2605 S. Oneida St. Phone: 498-3737
Suite 106 Fax: 498-3614
Green Bay, WI 54304 Contact: DonElla Payne
Hours: 8:00 a.m. – 4:30 p.m.
Monday – Friday

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.

◆ JACKIE NITSCHKE CENTER, INC.
630 Cherry Street Phone: 435-2093
Green Bay, WI 54301 Fax: 435-2580

Adult residential, intensive outpatient and after care treatment, including one-on-one meetings and assessments for alcohol and chemical dependency.

◆ LA LECHE LEAGUE OF GREEN BAY

www.lllofwi.org
Meeting Times
A Woman’s Place 3rd Thursday/month @ 6 p.m.
1727 Shawano Avenue Green Bay, WI 54303

Leaders:
Ashley: 321-8694 Email: ashley_armstrong_05@yahoo.com

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 for breastfeeding help. Spanish contacts available.
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, including wills, estates, real estate and business.

Lawyer Referral and Information Service

www.legalexplorer.com
P.O. Box 7158 Phone: 1-800-362-9082
Madison, WI 53707

A legal assistant will analyze your potential legal problem and refer you to an attorney or law firm in the appropriate area of law serving your geographic area. Also see the “Modest Means Program,” a reduced-fee legal services program operated by the State Bar of Wisconsin (page 45).

Legal Action of Wisconsin, Inc.

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

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

Libertas

www.libertasgb.org Phone: 498-8600
1701 Dousman Street
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 and their children infant to 6 years. Day care for students attending classes. Child tutoring for the children of adult learners. Spanish interpreter available.

♦ **LOGISTICARE**

https://facilityinfo.logisticare.com/wifacility/Home.aspx

Phone: 1-866-907-1493

Provides Medicaid and BadgerCare Plus recipients with non-emergency transportation to medical appointments. Call at least 48 hours in advance. Be prepared to provide the following information: date and time of appointment; health care provider’s name, telephone number and address; and ForwardHealth member identification number.

♦ **LOVE LIFE**

**West Side Location**

St. Joseph Catholic Church  Phone: 497-1087
1224 12th Avenue  *(Love Life entrance is on the corner of Ninth St. & 13th Ave.)*
Green Bay, WI 54304

**East Side Location**

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

An ecumenical outreach ministry that assists low-income families in meeting basic infant/toddler needs by donating items such as diapers, layettes and baby clothing. Hours: 1:00 p.m. – 4:00
LUTHERAN COUNSELING AND FAMILY SERVICES OF WISCONSIN

www.lcfswi.org
210 S. Oneida
Green Bay, WI 54303
Phone: John Mueller 412-5237
Toll Free Hotline: 1-888-867-4840
Hours: Flexible on Wednesdays and Thursdays.

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 & Counseling Services
3003 N. Richmond St. Adoption: (920) 730-1326 x 1322
Suite B Counseling Services: (920) 730-1321
Appleton, WI 54911

Adoption Services: Lutheran Social Services operates four adoption programs: U.S./domestic, international, birth and special needs adoptions. LSS is the largest nonprofit, licensed child placement agency in the State of Wisconsin and Upper Michigan. Call for more information. Counseling for individuals, couples and groups provided by state-certified professionals. AODA/mental health services. Medical assistance accepted. Sliding fee scale available.

Corporate Guardianship & Representative Payee Programs
1620 S. Ashland Ave., Suite 104 Phone: 435-1367
Green Bay, WI

Mailing Address:
P.O. Box 12324
Green Bay, WI 54307-2324

Corporate Guardianship 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.
MARION HOUSE
840 N. Taylor Street  Phone: 496-1478
Green Bay, WI 54303

A place for teen moms to grow and develop skills to become loving and caring parents and adults. The social and economic aspects 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* helps single moms (18 to 21) meet the challenges of parenting in a supportive environment.

MEAL SITES

**Senior Meal Sites**

*ADRC Eastside Green Bay Locations:*
Aging & Disability Resource AddLife Center
300 S. Adams Street
Reservations call: (920) 448-4303

Monroe Plaza
400 N. Monroe
Reservations call: (920) 437-9553

*ADRC Westside Green Bay Locations:*
Mason Manor
1424 Admiral Court
Reservations call: (920) 492-4991

(Meal Sites continued on next page)

Eat a variety of foods from the proteins food group each week. This group includes seafood, beans and peas, and nuts, as well as lean meats, poultry and eggs. Choose ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin before cooking or eating.
(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 Senior Meal Sites
De Pere Community AddLife Center
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

Adult and Family Meal Sites

Manna for Life
1545 University Avenue Phone: 437-3629
Monday - Friday: 11:00 a.m. - 1:00 p.m.

NEW Community Shelter
301 Mather Street Phone: 437-3766
Weekends and holidays: 11:30 a.m. – 12:30 p.m.
Everyday Dinner: 5:00 p.m. – 6:00 p.m.

The Salvation Army
626 Union Court Phone: 497-7053
Free Lunch: 11:30 a.m. – 12:30 p.m., Monday – Friday

(Meal Sites continued on next page)
(Meal Sites continued)

West Side Moravian Church Loaves & Fishes
Community Meal Program
1707 South Oneida Street  Phone: 499-4433
Breakfast on the 4th Saturday of every month.
Hours: 8:00 a.m. – 10:00 a.m.

Meal Programs for Youth

Boys & Girls Club (Members Only)
West Green Bay:  311 S. Oneida St.  Phone: 494-7090
East Green Bay:  1451 University Ave.  Phone: 494-7090

Afternoon snack and dinners served Monday - Friday
during the school year. Breakfast, lunch and afternoon
snack served Monday - Friday during summer break and
on days when school is not in session. Children and youth ages
7 to 18 can become members for a $5 annual fee.

Green Bay Public School Summer Meal Program

When:  Mid June through mid August, Monday through Friday.
Cost:  FREE to students 18 years and younger.
Where:  Call 391-2407 for a list of specific locations and times
or visit www.gbfoodservice.com/base/summer.shtml
Why:  Learning does not end when school lets out. Neither
does the need for good nutrition. The summer food
program provides nutritious meals to continue a child’s
physical and social development throughout the
summer.

♦ MEDIATION CENTER OF GREATER GREEN BAY

130 E. Walnut Street  Phone:  438-7067
Suite 510  mediationGGB@yahoo.com
P.O. Box 752
Green Bay, WI  54305-0752

Helps individuals to resolve conflict. Resolves conflicts for
families, neighborhoods, the elderly and racial/ethnic disputes.
Resolves conflict between employees and employers.
MEDICAL ASSISTANCE/BADGER CARE PLUS
Brown County Human Services Department
www.co.brown.wi.us/human_services
111 North Jefferson  Phone: 1-888-794-5747
Green Bay, WI  54301  Fax: 1-855-293-1822
Green Bay, WI  54301  Hours:  8:00 a.m. – 4:30 p.m.

Medical assistance for families, elderly, blind or disabled, low-income or pregnant women. Applications can be mailed, completed in person or completed online. To check your benefits, make changes or apply online, visit access.wisconsin.gov. Bilingual staff is available.

MODEST MEANS PROGRAM
State Bar of Wisconsin
www.legalexplorer.com
State Bar of Wisconsin  Phone: 1-888-529-7599
Modest Means Panel
P.O. Box 7158
Madison, WI 53707-7158

The Modest Means Program is a reduced-fee legal services program designed for people whose income is too high to qualify for free legal services but too low to pay a lawyer’s standard rate. Eligibility is based on household size and income. For more information, visit the Modest Means Web site located at http://www.legalexplorer.com/lawyer/lawyer-notafford.asp or call 1-888-529-7599.

Save Some Time. Cook extra brown rice or barley when you have time. Freeze half to heat and serve later as a quick side dish. For information on cooking barley, visit http://www.idahobarley.org/barleyfoods.htm
MOPS (Mothers of Preschoolers) OF NORTHEAST WISCONSIN
www.mops.org

Green Bay Community Church
www.gbcommunitychurch.com
600 Cardinal Lane
Green Bay, WI 54313
Phone: 434-9225

Celebration Church East Green Bay
www.celebrationchurch.tv
3475 Humboldt Road
Green Bay, WI 54311
Phone: 468-1122
gbmopseast@gmail.com

Meeting days and times: 1st and 3rd Thursday, 9:30 a.m. – 11:15 a.m.
*Meetings are held September through April. No summer hours. Check the MOPS website for other local meeting places.

A nonprofit organization dedicated to encouraging, equipping and developing mothers of preschoolers to realize her potential as a woman, mother and leader. Moms attend MOPS groups to experience friendship, receive mothering support and to grow personally and spiritually.

MULTICULTURAL CENTER OF GREATER GREEN BAY
www.multiculturalgreenbay.org
217 N. Madison Phone: 438-1660
Green Bay, WI 54301

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.

Switch to fat-free or low-fat (1%) milk. They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
♦ **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**  
NCI Office of Communications  
Phone:  1-800-4CANCER (422-6237)  
Public Inquiries Office  
Hours:  9:00 a.m. – 9:00 p.m.  
6116 Executive Blvd., Suite 300  
Bethesda, MD  20892-8322

*Free public service of National Cancer Institute. Trained specialists provide latest information on cancer screening, diagnosis, current treatment options, research studies and advances. Service provided in Spanish and English.*

♦ **NATIONAL RUNAWAY SWITCHBOARD**

**www.1800runaway.org**  
3080 N. Lincoln Avenue  
Chicago, IL  60657  
Phone:  1-800-RUNAWAY (786-2929)

*The National Runaway Switchboard is the federally-designated hotline and website for runaway and homeless youth. Responds to at-risk youth and their families 24 hours a day. Helps connect at-risk/homeless youth with local resources, including shelter, food, medical assistance and counseling. Offers non-judgmental support, respects confidentiality and collaborates with volunteers.*
NEIGHBORWORKS GREEN BAY

www.nwgreenbay.org
437 S. Jackson Street       Phone:  448-3075
Green Bay, WI  54301       Fax:  448-3078

Hours:  8:30 a.m. – 4:30 p.m.
Monday – Friday

NeighborWorks strengthens neighborhoods and improves lives by rehabilitating housing, enhancing neighborhood character and promoting and preserving home-ownership. Services: Homebuyer preparation classes and counseling, budgeting help, loans to homebuyers, post-purchase counseling, foreclosure prevention, housing renovation, homes for sale and apartments for rent. Spanish and Hmong service available. See website for homes available and class schedule. Call to register. An equal housing opportunity provider and lender.

NEVILLE PUBLIC MUSEUM

www.nevillepublicmuseum.org
210 Museum Place       Phone:  448-4460
Green Bay, WI  54303

Hours:  Tu es.-Sat.: 9am-5pm, Sept.-May
Tues.-Sat.: 10am-6pm, June-August
Sunday: Noon-5pm all year
Also open on first Wednesday of every month from 5p.m. – 8p.m.

Enjoy historic artifacts in the permanent exhibit, plus changing exhibits about history, art, science and culture. Participate in hands-on activities in the Discovery Room for children. Admission charged: Adult (ages 16 and up) $5; children (ages 6-15) $3; age 5 and under free. Free admission on first Wednesday of every month from 5:00pm to 8:00 p.m.

Foods to eat less often. Cut back on foods high in solid fats, added sugars and salt., including cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.
♦ N.E.W. COMMUNITY CLINIC

www.newcommunityclinic.org
622 Bodart Street      Phone: .......437-9773
Green Bay, WI  54301    Fax: ........ 437-3294

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 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      Phone:  468-1161
P.O. Box 8027       Hours:  8:00 a.m. 4:30 p.m.
Green Bay, WI  54308-8027    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.

Reduce sodium intake. Use little or no salt when cooking or eating. Trade in your salt shaker for the pepper shaker. Spices, herbs and lemon juice can be used as alternatives to salt to season foods.
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
4418 Reforestation Road     Phone: 434-7841
Green Bay, WI 54313

Hours: 9:00 a.m. – 6:00 p.m.
April, May, Sept., Oct.
9:00 a.m. – 4:00 p.m.
November – March
9:00 a.m. – 8:00 p.m.
June – August

Animal exhibits in natural habitat, including giraffes, snow leopards, lions, red pandas, penguins, red wolves, lynx, reptiles and much more. Park, picnic facilities and hiking trails available. Fees: 2 and under free; ages 3 – 15 and seniors $4; adults $6; family $20. Half-price admission in January and February as well as every Wednesday during the last two hours of operation.

NEWCAP, INC.

www.newcap.org

Community Health Services:
1381 W. Mason Street     Phone: 430-1350
Green Bay, WI 54303

Provides family planning, physical exams, pap tests, STD screening, birth control methods and pregnancy tests.
(Continued on next page)
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) CAREER SERVICES

www.nwtc.edu/careers  email: careers@nwtc.edu
2740 W. Mason Street  Phone:  498-6250
Green Bay, WI  54303  Contact:  Jennifer Pigeon

Free services available to students, alumni and community members. Provides career and college education information, assessment of interests and skills via a variety of career assessments. Also provides resume and cover letter writing assistance, practice (mock) interviews, job search strategies, portfolio development, networking, labor market information, LinkedIn expertise and a variety of job search engines/job boards. Schedule an appointment or walk in today. School year hours: Mon-Thurs 8am-7pm and Friday 8a-5p. Summer Hours: Mon-Thurs 8am-6pm and Friday 8a-4:30p.

♦ NORTHEAST WI TECHNICAL COLLEGE (NWTC) VETERANS EDUCATION BENEFITS INFORMATION

www.nwtc.edu (Click on Financial Aid and Veterans Benefits)
2740 W. Mason Street  Phone:  498-6292
Green Bay, WI  54303

Provides veterans with information on educational benefits available to them.
ONEIDA NATION BEHAVIORAL HEALTH
www.oneidanation.org/healthcenter/
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; TANF Crisis/Diversion services to Oneida-enrolled members in Brown and Outagamie counties and enrolled members of other tribes living within the Oneida reservation; and Community Support and Catastrophic Funding to Oneida enrolled members regardless of residency.

ONEIDA NATION COMMUNITY HEALTH CENTER
www.oneidanation.org/healthcenter
525 Airport Drive    Phone: 869-2711
Oneida, WI  54155
Provides comprehensive outpatient and inpatient services to Tribal members living on or near the reservation.

Show by example. Eat vegetables, fruits and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.
♦ ONEIDA NATION DOMESTIC ABUSE PROGRAM

Oneida Nation Social
Services Building  Phone: 490-3701
2640 West Point Road  1-888-490-2457
Green Bay, WI  54304


♦ ONEIDA NATION EARLY INTERVENTION PROGRAM

P.O. Box 365  Phone: 490-3890
Oneida, WI  54155

Offers services for Native American families with children between birth and six 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  Phone: 869-1676 ext. 634
P.O. Box 365  Hours
Oneida, WI  54155  Center base: 8:30 a.m. - 2:30 p.m.

FACE is a national literacy based program designed to focus on Native American families who are eligible to be enrolled in a BIA school. FACE Center base is open to Native American children ages 3-5. FACE Home base is for families whose children are ages prenatal to 5 years of age. Annual screenings for hearing, vision and developmental assessments are also provided.
♦ ONEIDA NATION HEAD START PROGRAM

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

Early Head Start Office:  Phone: 490-3942
1250 Packerland Drive
Cottage #3
Green Bay, WI 54304

Serves low-income Native American children and families with special needs. Head Start provides educational services for children between the ages of 3 and 5 years. Early Head Start provides child and family development services for infants and toddlers up to age 3 and pregnant women.

♦ 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.

♦ 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

(Continued on next page.)
(Oneida Recreation continued)

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, child support, foster care licensing, 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: 490-3710  
Green Bay, WI  54304

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

♦ OPEN DOOR YOUTH SERVICES
(Family Services of Northeast Wisconsin)

www.familyservicesnew.org/open-door  
300 Crooks Street  Phone: 436-4360 x 1287  
Green Bay, WI  54301

Provides 24/7 services to runaways and other youth in crisis where and when it is needed. A primary goal of the program is to resolve conflict and reunite runaway youth with their families as quickly as possible.
♦ 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 in 17 Northeast WI Counties, including Brown. Services provided: information and referral, advocacy, independent living skills training, peer support, benefits counseling, home accessibility assessments, and adaptive equipment try-out and assessments.

♦ OUTREACH HEALTHCARE - NEW COMMUNITY CLINIC

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

Provides health care, medical case management and mental health referrals for homeless adults and children. Full-time Spanish and Hmong translators available.

♦ PALS PROGRAM

www.co.brown.wi.us/human_services

(Click on 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 and up who are referred by the Child Protective Services Unit of Brown County Human Services. 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.
◊ 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
Danmark: ........................................................... 362-7982
De Pere: ............................................................. 339-4060
Green Bay: .......................................................... 448-3365
Hobart: ............................................................... 869-1011
Howard Parks: ................................................... 434-4060
Howard Recreation: ............................................ 434-4640
Pulaski: .............................................................. 822-5192
Suamico: ............................................................. 434-8410
Wrightstown: ...................................................... 532-5567

◊ PAUL’S PANTRY

http://paulspantry.org
1520 Leo Frigo Way Phone: 433-0343
Green Bay, WI 54302 Hours: 11:30 a.m. – 1:30 p.m.
Mon.-Wed. & Fri.
Mailing address: Saturday: 10:30 a.m. – 12:00 Noon.
1529 Leo Frigo Way No food distribution Thurs. & Sun.
Green Bay, WI 54302

A grocery-store style food pantry 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. 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.

Try something new. You never know what you may like. Choose a new vegetable – add it to your recipe or look up how to fix it online.
✦ PLANNED PARENTHOOD

www.ppwi.org.
2605 S. Oneida Street Phone: 432-0031
Suite 107 Hours: 10:00 a.m. – 6:00 p.m.
Green Bay WI 54304 Monday & Wednesday
8:00 a.m. – 4:00 p.m., Thurs.
9:00 a.m. – 5:00 p.m., Friday

Reproductive health care, including cervical cancer screening,
STD screening and birth control. Medicaid and Wisconsin Family
Planning Waiver accepted.

✦ POSITIVE PARENTING PROGRAM - ASPIRO, Inc.

1673 Dousman Street Phone: 593-4324
Green Bay, WI 54303

Provides intensive, supportive in-home services for families in
which one or both parents have cognitive limitations.

✦ POST-ADOPTION RESOURCE CENTER

Family Services of Northeast Wisconsin

www.familyservicesnew.org/parc
300 Crooks Street Phone: 436-4360 ext. 1264
Green Bay, WI 54301

Provides support, education and resources, and information &
referral services to individuals and families whose lives have been
impacted by adoption. Birth parents, adoptees, adoptive parents,
and adoption professionals are all welcome to access PARC
services free of charge.

Take your time. Savor your food. Eat slowly;
enjoy the taste and textures, and pay attention to
how you feel. Be mindful. Eating very quickly may cause
you to eat too much.
♦ PROTECTIVE SERVICES FOR CHILDREN

Brown County Human Services Department
111 N. Jefferson Street     Phone:  448-6035
P.O. Box 22188
Green Bay, WI  54305-2188

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

♦ PSYCHIATRIC SERVICES

Brown County Human Services Department
www.co.brown.wi.us/human_services
3150 Gershwin Drive     Phone: 391-6940
Green Bay, WI  54311     Call first. Appointments only.

*Outpatient psychiatric care for adults. Outpatient services include initial assessment and diagnosis and medication management. Sliding fee scale available.*

♦ 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.*

The **Healthy Dining Finder** is an online database featuring nutrition information from more than 60,000 restaurants and fast food chains. The database helps consumers find fast food options that emphasize lean proteins, fruits, vegetables, whole grains and unsaturated fats. [http://www.healthydiningfinder.com/](http://www.healthydiningfinder.com/)
RSVP OF BROWN COUNTY (Retired and Senior Volunteer Program) - Volunteer Center of Brown County

www.volunteergb.org
984 Ninth Street Phone: 429-9445
Green Bay, WI  54304

Flexible and rewarding volunteer opportunities for people 55 years and older at nearly 150 community service agencies. RSVP also operates 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.

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

For families involved with child protection and foster care units of the Brown County Human Services Department. All families that are involved in the program are there by a court order. At the time of the court-ordered referral, the children may be placed outside the home into a foster home due to abuse or neglect. The center works with families through parenting classes and does weekly supervised visits.

ST. JOHN THE EVANGELIST HOMELESS SHELTER
www.StJohnHomelessShelter.org
411 St. John Street Phone: 436-9344
Green Bay, WI  54301 Open Nov. - April, 5 p.m. - 9 a.m.

St. John the Evangelist Homeless Shelter is a not-for-profit nightly, low-barrier emergency shelter for adult men and women with absolutely no other housing or shelter options. The shelter provides a warm, safe, welcoming place to stay. Open Nov.- April.

Reward with attention, not food. Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras” – such as candy or cookies – as replacement foods.
ST. VINCENT DE PAUL SOCIETY
www.svdpgb.org
1529 Leo Frigo Way  Phone: 432-2579
Green Bay, WI  54302  Email: psc@netnet.net

PSC Walk-in Hours: 10:00 a.m. - 1:00 p.m., Mon. - Wed. & Fri.
Closed to walk-ins on Thursdays. In addition to walk-in hours,
appointments can be made by contacting our office at 432-2579.

SVdP Store Hours: 9:30 a.m. - 4:00 p.m. (Mon., Thurs. & Fri.);
9:30 a.m. - 6:00 p.m. (Tues.); 9:30 a.m. to 8:00 p.m. (Wed.);
8:30 a.m. to noon. (Saturday)

St. Vincent de Paul (SVdP) operates a thrift shop open to the
public. SVdP's Personal Service Center (PSC) provides vouchers
to low-income, needy families/individuals for clothing, furniture
and household items and emergency assistance with rent, utilities,
prescriptions/medical supplies, transportation, etc., when all other
mainstream resources have been exhausted. Typically, vouchers
are not available for narcotic and/or psychotropic prescription
medication and, unless special circumstances exist, this is a one-
time assistance. An interview is required to determine eligibility.

SAFE PLACE FOR NEWBORNS
www.safeplacefornewborns.org

Green Bay hospitals and Brown County Human Services are
working together to create a safe haven for unwanted newborns
up to 72 hours old. Wisconsin’s “Safe Haven” law allows a
mother – who might otherwise abandon her newborn – to
anonymously leave her unharmed baby with a hospital employee
without fearing prosecution. A person other than the mother,
acting with the mother’s permission, also can bring a newborn to
the hospital. The newborn receives needed care and medical
attention and is placed in a foster care program for adoption.

For further information, call:
St. Vincent Hospital (Emergency Room)  Phone: 433-8384
St. Mary’s Hospital (Birthing Center)  Phone: 498-4212
Bellin Hospital Her Health Hotline  Phone: 433-7494
Aurora Bay Care Medical Center  Phone: 288-4060
THE SALVATION ARMY

www.sagreenbay.org

626 Union Court Phone: 497-7053
Green Bay, WI 54303 Hours: 9:00 a.m. – 4:30 p.m., M - F

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 citizens’ activities and recreational programs for all ages. A free lunch is served Monday through Friday, 11:30 a.m. – 12:30 p.m. Spanish translator available.

THE SALVATION ARMY THRIFT STORE

www.sagreenbay.org/thriftstore.asp

1125 W. Mason Street Phone: 884-2950
Green Bay, WI 54303 Hours: 10:00 a.m. – 6:30 p.m., M - F
Saturday: 10:00 a.m. – 4:00 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 & business clothing for men in need.

THE SALVATION ARMY RAY AND JOAN KROC CORPS COMMUNITY CENTER

www.gbkroccenter.org

1315 Lime Kiln Road Phone: 884-5007
Green Bay, WI 54311 Hours: 5:30 a.m. – 9:30 p.m., M - F
Saturday: 6:00 a.m. – 9:00 p.m.
Sunday: 12:00 p.m. – 4:30 p.m.
(Fitness center opens at 7:00 a.m.)

Recreational, spiritual, worship and social activities for all ages. Facilities include an aquatics center with play structure, leisure river and raft slide, NBA sized gymnasium, game room, computer lab, art room, auditorium/chapel, multipurpose rooms, child watch area, fitness center, dance studio and outdoor playing fields. Church services held at 10:30 a.m. on Sunday mornings. Community education classes such as English Language Learners and GED Preparation courses are also available.
SENIOR HOUSING

Federally subsidized housing for seniors or individuals with disabilities. Unless otherwise noted, residents must be age 62 or older or disabled. Call for a tour and/or requirements today. Equal Housing Opportunity.

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

Brookdale Apartments*
430 S. St. Augustine #14
Pulaski, WI 54162
Phone: 822-3887

Danish Villa
160 Highridge
Denmark, WI 54208
Phone: (608) 784-1381

Fort Howard Apartments
141 North Chestnut Avenue
Green Bay, WI 54303
Phone: 448-4544

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

Meadows North
2060 Van Deuren Street
Green Bay, WI 54302
Phone: 433-0888
Office: 1253 S. Irwin (54301)

Mirmar Apartments**
1240 University Avenue
Green Bay, WI 54302
Phone: 498-3737
Office: 2605 S. Oneida, Suite 106
Green Bay, WI 54304

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

Nicolet Terrace
850 Morning Glory Lane
De Pere, WI 54115
Phone: 336-0755

Pleasant View Apartments
310 S. Clay
Wrightstown, WI 54180
Phone: (608) 784-2935

*Housing for people age 55 or older or disabled.

**Accepts only individuals with limited mobility.

The ADRC of Brown County maintains a list of federally subsidized apartments. For more information, visit www.adrcofbrowncounty.org Click on, “Help Finding Services.” Then, go to Housing Options and click on the “Federally Subsidized Apartment List” hyperlink.
♦ SEXUAL ASSAULT CENTER

www.familyservicesnew.org/sac
300 Crooks Street  Phone: 436-8899
Green Bay, WI  54301  (24-hour hotline)

Provides 24/7 services to victims of sexual assault or abuse and their families and friends. All services are confidential and free of charge, including crisis intervention and supportive counseling, follow-up assistance for as long as it is needed, medical advocacy and legal advocacy. Also provides prevention education in the community.

♦ SOCIAL SECURITY ADMINISTRATION

www.ssa.gov
1561 Dousman Street  Phone: 1-888-862-4811
Green Bay, WI  54303  Hours: 9:00 a.m. – 3:30 p.m.

Application/processing of Social Security Cards is free. Offers information and handles supplemental security income (SSI), Medicare, Retirement, Disability and Survivors benefits. Free interpreter services available.

♦ SUPPORT GROUPS – See topic listing and phone numbers for area support groups in the back of this book (pages 84 & 85). Contact the Crisis Center of Family Services at 436-8888 for a more complete listing.

♦ SYBLE HOPP SCHOOL

http://www.co.brown.wi.us/handicapped_school/
755 Scheuring Road  Phone: 336-5754
De Pere, WI  54115

The Syble Hopp Programs provide educational programming to meet the needs of children with disabilities from age 3 to 21. The participating high schools in Brown County are: Ashwaubenon, Denmark, De Pere, Howard-Suamico, Pulaski, West De Pere and Wrightstown. Syble Hopp meets the exceptional education needs of children in early childhood, elementary and middle school.
♦ TAXPAYER INFORMATION
U.S. Internal Revenue Service
www.irs.gov
1-800-829-1040 (tax assistance for individuals)
1-800-829-4933 (tax assistance for businesses)

For Wisconsin tax information, see Wisconsin Department of Revenue listing on page 76.

♦ TELECOMMUNICATIONS EQUIPMENT PURCHASE PROGRAM (TEPP)
www.tepp.wipfli.com
Public Service Commission Phone: 608-274-1980
P.O. Box 7854 TTY: 608-274-4448
Madison, WI 53707-7854 Email: tepp@wipfli.com

TEPP helps people with disabilities buy equipment they need in order to use telephone services. Serves hard of hearing, deaf, speech impaired or mobility/motion impaired. Voucher amounts range from $100 for hard of hearing individuals to $7,200 for people who are deaf and blind. No age or income limit. Apply for a TEPP voucher online at https://tepp.wipfli.com/ApplicationForm or you can request an application form by writing to the address listed above.

♦ TITLE VII INDIAN EDUCATION
200 S. Broadway, Room 311 Phone: 448-2000
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.
♦ TRANSITIONAL LIVING PROGRAM
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/transitional-living
815 Klaus Street  Phone: 438-1616 x 2102
Green Bay, WI 54302
Assists homeless young people in gaining self-esteem and
learning the skills necessary to become self-sufficient and live
independently. Helps participants find safe living
arrangements, teaches life skills such as budgeting and
housekeeping and helps with employability skills and obtaining
employment.

♦ UNEMPLOYMENT INSURANCE OFFICE
www.dwd.wisconsin.gov/ui
Wisconsin Department of  Phone: 1-800-494-4944
Workforce Development Claims: 1-800-822-5246
Division of Unemployment
Insurance
P.O. Box 7905
Madison, WI 53707
Provides information regarding unemployment benefits.

Engage in physical activity. Choose moderate-intensity
activities, which include walking briskly, biking, dancing,
general gardening, water aerobics and canoeing.
You can replace some or all of your moderate-intensity activity with
vigorous activity. With vigorous activities, you get similar health
benefits in half the time it takes you with moderate ones. Vigorous
activities include aerobic dance, jumping rope, race walking,
jogging, running, soccer, swimming fast or swimming laps and
riding a bike on hills or riding fast.
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.

UNIVERSITY OF WISCONSIN – GREEN BAY
ADULT DEGREE PROGRAMS
www.uwgb.edu/adultdegrees
Office of Adult Degree Programs  Phone: 465-2423
David A. Cofrin Library  Toll-free: 1-800-621-2313
Suite 206
2420 Nicolet Drive
Green Bay, WI 54311

Helps working adult and distance learners to earn two- and four-year college degrees and certificates online, in the evening and on weekends. Transfer credit is welcome and students with a two-year Associate Degree from a regionally accredited technical or community college can start at UW-Green Bay at junior status. Several degree and certificate programs can be completed online, without ever having to come to campus during the week day. Individual advising and career counseling is available and Federal Financial Aid, scholarships, employer tuition reimbursement, Tribal and Veterans funding is accepted.

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

A university offering a comprehensive list of academic services and programs leading to both bachelor’s and master’s degrees. Variety of community programming. Active music and performing arts. Art gallery. Arboretum and natural areas. Division I athletics. Facility rentals available.
The Division of Outreach and Adult Access at UW-Green Bay provides programs, services, and events which are available to the public, either for credit or non-credit, with many programs at low- or no-cost to participants. Services include: college degrees for adults, college credit in high school, conference services, continuing education for teachers, emergency management, entrepreneurship and business training, corporate training, Spanish immersion, grandparents’ university, learning in retirement, summer camps, and much more.

Summer Camps

Provides summer camp offerings for middle and high school students in areas of music, studio arts, sciences, sports and pre-college.

Veterans Education Benefits Information

Provides veterans with information on educational benefits available to them and how to apply.
A resource center committed to empowering people and their communities through entrepreneurship. The signature series, “Stepping Up to New Opportunities”, a 12-week course emphasizing starting-up, re-booting and business growth is available mornings and evenings in fall and spring. Call for more information.

Provides answers to questions about the proper handling, storage and preparation of meat, poultry and egg products. Provides information about foodborne illnesses, food manufacturer recalls and food safety during power outages. Spanish-speaking food safety specialists available. Ask Karen – an automated response system – is available 24/7 and can be accessed by visiting fsis.usda.gov

Handles consumer complaints and investigation for food, drugs, cosmetics, health devices, etc.
♦ U.S. DEPARTMENT OF HOMELAND SECURITY –
  CITIZENSHIP AND IMMIGRATION SERVICES

www.uscis.gov
310 E. Knapp Street   Phone: 1-800-375-5283
Milwaukee, WI  53202  Office Hours: Monday - Thursday
Call to schedule an appointment.

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. Help is
available by telephone Monday - Friday, 8:00 a.m. - 8:00 p.m.

♦ U.S. DEPARTMENT OF VETERAN AFFAIRS

www.va.gov
Milwaukee VA Regional Office   Phone: 1-800-827-1000
5400 W. National Avenue   Hours: Open for interviews
Milwaukee, WI  53214  Mon. - Fri., 8:30 a.m. - 4:00 p.m.

Provides benefits information and assistance.

♦ VETERANS EMPLOYMENT AND TRAINING SERVICES

www.browncountyjobcenter.org
701 Cherry St.   Phone: 448-6778 or 448-6776
Green Bay, WI 54301  Fax:  448-5013
Hours:  7:45 a.m. – 4:30p.m.

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

♦ VICTIM WITNESS ASSISTANCE PROGRAM

www.doj.state.wi.us/cvs/referrals/county.asp?type=VW
District Attorney’s Office   Phone: 448-4194
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.
THE VOLUNTEER CENTER OF BROWN COUNTY

www.volunteergb.org
984 Ninth 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. The volunteer center also can help orchestrate projects for families, church groups, community organizations, etc. Training and consulting available to strengthen volunteer programs.

W-2
(Forward Service Corporation)

www.browncountyjobcenter.org
Wisconsin Job Center Phone: 448-6760
701 Cherry Street Green Bay, WI 54301

Forward Service Corporation provides monthly cash benefits with services that support finding employment, help in keeping a job, transportation costs, job access loans and more. Staff develops relationships with employers and community organizations to create access to jobs, work experience service jobs and other paid work readiness placements. For persons with limited English skills, translators are available.

Make your garden salad glow with color.

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage or watercress. Your salad will not only look good but taste good, too.
♦ WELLSPRING

www.lsswis.org
413 Dousman Street Phone: 433-9995
Green Bay, WI 54303 Hours: 9:00 a.m. – 4:00 p.m.
Phone: 433-9995
Monday – Friday

Wellspring is a place of peace for women. It is a nonprofit day time
drop-in center. Wellspring provides safety, security and belonging
through peer support, personal growth opportunities, resource and
referral so women may heal, connect, grow and be successfully on
their feet again. No charge for services. Wellspring is a program of
Lutheran Social Services of WI & Upper Michigan, Inc.

♦ WIC (WOMEN, INFANTS AND CHILDREN)

www.dhs.wisconsin.gov/wic Contact the nearest WIC project

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

Oneida Community Health Center
525 Airport Drive Phone: 869-4829
Oneida, WI 54155 E-mail: shiggs@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 farmers’ market are available during summer
months. Spanish and Hmong translators available.

Select fruit for dessert. Eat less of high-calorie
desserts.
WILDLIFE SANCTUARY

www.baybeachwildlife.com
1660 East Shore Drive       Phone: 391-3671
Green Bay, WI   54302       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.

WILLOW TREE CORNERSTONE CHILD ADVOCACY CENTER (Family Services of Northeast Wisconsin)

www.familyservicesnew.org/cac
503 S. Monroe Ave.       Phone: 436-8881
Green Bay, WI 54301

Provides a refuge for abused children and their families to seek help and heal throughout the investigation and prosecution of their case. All components involved in child abuse cases, including the medical exam, forensic interview, victim advocacy and ongoing therapy, are located within this one centralized facility to increase ease and comfort for the child.

Eat Fresh and Local. Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe. To learn about which fruits and vegetables are in season and view a list of local farmers markets, visit the Fresh Farm Atlas of Eastern Wisconsin online at http://www.farmfresheastwi.org/.
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 414**
200 N. Jefferson Street
Suite 211
Green Bay, WI 54301
Phone: 448-5418
Fax: 448-5422

**Unit 406**
200 N. Jefferson Street
Suite 328
Green Bay, WI 54301
Phone: 448-5383
Phone: 492-5760

**Unit 413**
2646 N. Packerland Drive
Green Bay, WI 54313
P.O. Box 13457
Green Bay, WI 54307-3457

**WISCONSIN DEPARTMENT OF HEALTH SERVICES—DIVISION OF LONG TERM CARE OFFICES FOR THE BLIND AND VISUALLY IMPAIRED**

Indoor living skills training for people who are blind or visually impaired. Community education, information and referral and advocacy.
WISCONSIN DEPARTMENT OF HEALTH SERVICES –
DIVISION OF LONG TERM CARE OFFICE FOR DEAF
AND HARD OF HEARING

www.dhs.wisconsin.gov/sensory

Community education, information and referral, advocacy and
independent living skills for people who are deaf or hard of
hearing. See website for more information.

Options for Independent Living also provides assistance to
individuals who are deaf or hard-of-hearing (see listing on page
56). For information, contact Calvin Richtig at Options for
Independent Living: 490-0500 Ext. 130. Also see the
Telecommunications Equipment Purchase Program (TEPP)
listing on page 65.

WISCONSIN DEPARTMENT OF REVENUE

Www.revenue.wi.gov

200 N. Jefferson Street Phone: 448-5179
Suite 140 Hours: 7:45 a.m.—1:00 p.m.
Green Bay, WI 54301 Monday—Friday
Provided extended hours for tax season

Offers taxpayer assistance. No income taxes prepared; only
homestead credit claims.

WISCONSIN DEPARTMENT OF WORKFORCE
DEVELOPMENT—DIVISION OF VOCATIONAL
REHABILITATION (Wisconsin Job Center)

www.dwd.wisconsin.gov/dvr

701 Cherry Street Phone: 448-6760
Green Bay, WI 54301 1-800-228-2637
TTY: 1-866-223-5678

Provides vocational rehabilitation and employment-related services
to people with disabilities.
**WISCONSIN EQUAL RIGHTS DIVISION**

www.dwd.wisconsin.gov/er  
201 E. Washington Avenue  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 HOME ENERGY ASSISTANCE PROGRAM (WHEAP)**

Brown County Human Services Economic Support  
http://www.co.brown.wi.us/departments/page_089372e20a2f/?department=dd09bd30c78e&subdepartment=a20fd9bbae3  
111 N. Jefferson Street  Phone: 448-6460  
Green Bay, WI 54305  Hours: 8 a.m.—4:30 p.m.  
Monday—Friday

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance with heating costs and non-heating electric costs. A one-time payment is available between October 1 and May 15 of each year. Most fuel types are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. A household may qualify for crisis assistance if you have no heat, have received a disconnect notice from the heating vendor or are nearly out of bulk fuel and cannot afford to purchase more. WHEAP furnace assistance can provide services to eligible homeowners if the furnace or boiler stops operating. Contact our office immediately if you are experiencing a no heat situation.
**WISCONSIN SENIOR FARMERS MARKET NUTRITION PROGRAM**

300 S. Adams Street  
Green Bay, WI 54301  
Phone: 448-4300  
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.jobcenterofwisconsin.com](http://www.jobcenterofwisconsin.com) (state)

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 and Tax Credit information.

**Job Center Partner Agencies include:** Division of Vocational Rehabilitation, Family Services of Northeast Wisconsin, Forward Service Corporation, Job Corps, Job Service-Wisconsin, Migrant Services, NEWCAP, N.E.W. Curative Rehabilitation and Northeast Wisconsin Technical College. Hmong/Lao and Spanish translators.
♦ WISCONSIN LEGISLATORS

UNITED STATES SENATE

http://www.senate.gov

Tammy Baldwin (D)
717 Hart Senate Office Building  Phone:  (202) 224-5653
Washington, DC  20510  Fax:      (202) 224-9787

Ronald Johnson (R)
386 Senate Office Building       Phone:  (202) 224-5323
Washington, DC  20510  Fax:      (202) 228-6965

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

To find your State Senate and Assembly district on the internet, go to Wisconsin State Legislature and click on Find My Legislators.

Mailing Address for WI State Senators:
P.O. Box 7882
Madison, WI 53707-7882

Robert Cowles (R-2nd Senate District)
1-800-334-1465     Sen.Cowles@legis.wisconsin.gov

Dave Hansen (D-30th Senate District)
1-866-221-9395     Sen.Hansen@legis.wisconsin.gov

Frank Lasee (R-1st Senate District)
(608) 266-3512     Sen.Lasee@legis.wisconsin.gov
(Wisconsin Legislators continued)

Mailing address for WI State Assembly representatives:
(Reps A-L)  P.O. Box 8952, Madison, WI 53708
(Reps M-Z)  P.O. Box 8953, Madison, WI 53708

Garey Bies, R-1st Assembly District
Toll-free:  1-888-482-0001  Rep.Bies@legis.wisconsin.gov

Andre Jacque, R-2nd Assembly District
Phone:  608-266-9870   Rep.Jacque@legis.wisconsin.gov

Alvin Ott, R-3rd Assembly District
Toll-free:  1-888-534-0003  Rep.Ott@legis.wisconsin.gov

Chad Weininger, R-4th Assembly District
Toll-free:  1-888-534-0004  Rep.Weininger@legis.wisconsin.gov

Jim Steineke, R-5th Assembly District
Toll-free:  1-888-534-0005  Rep.Steineke@legis.wisconsin.gov

John Klenke, R-88th Assembly District
Toll-free:  1-888-534-0088  Rep.Klenke@legis.wisconsin.gov

John Nygren, R-89th Assembly District
Phone:  608-266-2343  Rep.Nygren@legis.wisconsin.gov

Karl Van Roy, R-90th Assembly District
Toll-free:  1-888-534-0090  Rep.VanRoy@legis.wisconsin.gov

VOTER IDENTIFICATION CARD
As of October 2014, the United States Supreme Court issued an
order blocking implementation of Wisconsin’s voter ID law.
The case has been appealed to the Supreme Court, and the order
will remain in effect until the Supreme Court issues a further
order. Under Wisconsin law, a free Photo ID card is available
to anyone who does not hold a valid driver’s license.

To learn more about how to apply for a WI Photo ID, visit the
Wisconsin Department of Transportation’s website at
www.dot.wisconsin.gov/drivers/drivers/apply/idcard.htm
Photo ID cards can be obtained from any DMV Service Center.

Green Bay Service Center Hours:  8:30 a.m. - 4:30 p.m., M, Tu, & F
942 Vanderperren Way    Wednesday:  8:00 a.m. - 4:00 p.m.
Green Bay, WI 54304-5344 Thursday:    10:00 a.m. - 5:30 p.m.
Homestead Credit (for both homeowners and renters) may be available for those with low to moderate income. Earned Income Credit (EIC) is available to certain working individuals who qualify for the federal EIC and have at least one qualifying child. To learn more about the credits, search “earned income credit” or “homestead credit” on the department’s website at www.revenue.wi.gov. To check on the status of your refund, call toll-free at 1-866-947-7363 (you must have the amount of refund claimed for the tax year and your social security number ready when you call).

No income tax preparation; only homestead credit claims.

Want to know more about MyPlate?

Here is some basic information about what makes a healthy diet.

MyPlate shows five food groups that make a healthy diet. These five groups are fruits, vegetables, grains, protein foods, and dairy. Plan your meals by picturing what goes on each family member’s plate, cup, or bowl.

Half the meal is fruits and vegetables that are rich in color. At least half the grains are whole grains. All of the dairy products are low fat. Protein foods are low fat meat, poultry, and seafood, as well as beans and peas, eggs, soy products, nuts, or seeds.
♦ A WOMAN’S PLACE (St. Mary’s Hospital)

www.stmgb.org
1727 Shawano Avenue Phone: 498-4205
Green Bay, WI 54303 Hours: 8:00 a.m. – 4:30 p.m.
Green Bay, WI 54303 Monday – Friday

A Woman’s Place is a health resource center for women and their families, which offers a customer lending library, classes and support groups, natural family planning and fertility awareness, reproductive cancer screenings, the Pink Cap Fund, and the Wisconsin Well Woman Program. We have a Loan Closet, which provides wigs, mastectomy bras and other items free of charge to cancer patients. We serve the Latino community through the Hispanic Health Education and Outreach Program.

♦ WOMEN’S RECOVERY JOURNEY

Family Services of Northeast Wisconsin
www.familyservicesnew.org/womens-recovery
300 Crooks Street Phone: 436-4360 x 1279
Green Bay, WI 54301

An Integrated Intensive Outpatient Program for women in need of treatment for AODA (Alcohol and Other Drug Abuse) and/or other mental health issues. Our purpose is to help women recover from their addiction and become better able to care for themselves and their families.

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. Visit one of the following websites to learn more about Pick Your Own opportunities:

Vegetables: www.wisconsinfreshproduce.org
Cherries: www.wisconsincherries.org
Berries: www.wiberries.org
Apples: www.waga.org
WORK PERMITS

Youth work permits issued at the following locations. The fee is $10. Call 608-266-6860 for a complete list of locations.

Aging and Disability Resource Center of Brown County
300 S. Adams Street
Green Bay, WI 54301
Phone: 448-4314

Bay Port High School
2710 Lineville Road
Green Bay, WI 54313
Phone: 662-7000

Boys and Girls Club
311 S. Oneida Street
Green Bay, WI 54303
Phone: 494-7090

Brown County Clerk’s Office
305 E. Walnut Street
Green Bay, WI 54301
Phone: 448-4016

De Pere High School
1700 Chicago Street
De Pere, WI 54115
Phone: 337-1020

Denmark High School
450 N. Wall Street
Denmark, WI 54208
Phone: 863-4200

East High School
1415 E. Walnut Street
Green Bay, WI 54301
Phone: 448-2138

Oneida Tribe of Indians of Wisconsin
Human Resources
909 Packerland Drive
Green Bay, WI 54303
Phone: 496-7900

Preble High School
2222 Deckner Avenue
Green Bay, WI 54302
Phone: 391-2400

Pulaski High School
1040 S. St. Augustine St.
Pulaski, WI 54162
Phone: 822-6800

Southwest High School Career Center
1331 Packerland Drive
Green Bay, WI 54303
Phone: 492-2618 ext. 3

West De Pere High School
665 Grant Street
De Pere, WI 54115
Phone: 338-5200

West High School
966 Shawano Avenue
Green Bay, WI 54303
Phone: 492-2600

Wrightstown High School
351 High Street
Wrightstown, WI 54180
Phone: 532-5551
YMCA

www.greenbayymca.org

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

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

East Side
1740 S. Huron Road
Green Bay, WI 54311

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

YWCA

www.ywcagreenbay.org Phone: 432-5581
230 S. Madison Street Green Bay, WI 54301

A nonprofit human services agency dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. YWCA Green Bay-De Pere supports the health and well-being of women and children with a Health & Fitness Training Center, water fitness classes and two 88° pools that accommodate all ages and abilities. The YWCA Child Care and Learning Center offers state-licensed child care for children ages 6 weeks to 12 years. The YWCA is also a collaborative partner with the Green Bay School District for its 4-year-old Kindergarten program. Programs for youth include swimming lessons, tae kwon do and Babysitting Clinics.

(continued on next page)
(YWCA continued)

YWCA community service programs include: The Women’s Closet, which provides free, work-appropriate clothing for women in need; Women’s Empowerment Center, providing women with classes to obtain their GED; ENCORE, an exercise and networking program for women with cancer; TechGYRLS®, a program for middle school girls that nurtures an existing interest in STEM areas (science, technology, engineering and math); Swim-to-Grow, which offers life-saving swimming lessons to at-risk school children; Life, Inc., to help middle school boys and schools explore and develop careers that are right for them; and the After School Program, a program for children 6-12 that provides homework help and deals with life issues such as peer pressure, alcohol and drugs and bullying.

SUPPORT GROUPS

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

Alcoholics Anonymous Hotline 432-2600

Al-Anon 430-1420
For family members of alcoholics
Toll-free: 1-888-425-2666

American Cancer Society Cancer Information Specialists 1-800-227-2345

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

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

Depression and Bipolar Support Alliance 412-1009
Weekly support group meetings held on Wednesdays and Fridays for people who have a mood disorder. Monday evening support group for family and friends.

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.

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.

A Woman’s Place Latino Women Support Group 497-3886
For Spanish speaking women of all ages. Free.

Be a good food role model. Try new foods yourself. Describe its taste, texture and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.
ChooseMyPlate.gov – STEPS TO A HEALTHIER YOU

The ChooseMyPlate.gov website features practical information and tips to help you focus on the key behaviors below.

Balancing Calories:
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase:
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce:
- Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Cut back on foods high in solid fats and added sugar.
ChooseMyPlate.gov – STEPS TO A HEALTHIER YOU

Amounts listed are for a 2,000-calorie diet. To find the amounts that are right for you, visit ChooseMyPlate.gov

Fruit & Vegetables – Make half your plate fruit and vegetables.

Eat 2.5 cups of vegetables and 2 cups of fruit daily.

- **Choose vegetables rich in color:** Eat red, orange and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes.

- **Keep a supply on hand:** In addition to fresh fruits and vegetables, buy frozen, canned or dried fruits and vegetables, so that you always have a supply on hand. Buy fruits that are canned in water or 100% juice.

- **Snack on fruits and veggies:** Keep raw, cut-up vegetables handy for quick snacks. Use fruit as snacks, salads or desserts.

- **Fruit equals fiber:** Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

- **Include potassium-rich fruits:** Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots and orange juice.

Meat & Beans – Vary your protein food choices.

Eat 5.5 ounces of protein daily.

- **Variety is key:** Choose a variety of foods, including seafood, beans and peas, nuts, lean meats, poultry and eggs. Eat seafood in place of meat or poultry twice a week. Incorporate plant sources of protein into your diet, such as beans and peas, soy products, nuts and seeds.

- **Low-fat and lean:** Keep meat and poultry portions small and lean. Try grilling, broiling, poaching or roasting. These methods do not add extra fat.
Amounts listed are for a 2,000-calorie diet. To find the amounts that are right for you, visit ChooseMyPlate.gov

**Dairy – Switch to skim or 1% milk.**

Get 3 cups of dairy daily (for kids aged 2-8, it’s 2 cups)

- **Switch to skim or 1% milk**: They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

- **Can’t drink milk?** If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium.

**Grains – Make half your grains whole grains.**

Eat 6 oz. of grains every day.

- **Make half of your grains whole**: Eat at least 3 oz. of whole grains every day. Whole grains products include cereals, breads, crackers, rice or pasta.

- **Look for whole grain ingredients**: When buying grain products, look for whole grain ingredients such as whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, whole rye, wild rice, millet and others.

- **Avoid refined and white grains**: To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

- **Know your portion sizes**: 1 oz. is about one slice of bread, 1 cup of breakfast cereal or 1 cup of cooked rice, cereal or pasta.

Visit ChooseMyPlate.gov for more information