



To improve the quality of life, by providing resources and services within  
our communities

**WIC PROGRAM, PRENATAL CARE COORDINATION, FIRSTBREATH, BIRTH – 3 NUTRITION THERAPY, FIT FAMILIES**

1805 N. 14<sup>th</sup> Street, Suite 4, Superior, WI 54880  
(715) 394.2750; FAX (715) 394.4651; [wic@northwest-csa.org](mailto:wic@northwest-csa.org)

# Northwest Wisconsin Community Services Agency WIC & Healthy Beginnings+ a Prenatal Care Coordination Program

## Community Resource Manual

**NWCSA  
Administrative Office  
1118 Tower Ave  
Superior, WI 54880  
715-392-5127  
Fax number 715-398-5511**

**WIC & PNCC  
Offices located at  
1805 North 14<sup>th</sup> Street Suite #4  
Superior, WI 54880  
715-394-2750  
Fax number 715-394-4651**

June 2017



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## **Abortion / Adoption Services**

- **Adoption Records Search 608-266-7163**
  - Answer services with option to speak to a specialist
  - Record Search and Outreach Service for adoptees 18 years and up, adoptive parents and birth parents
  - Web site: <https://dcf.wisconsin.gov/adoption/search>
- **Adoption Services Inc. 877-335-6750**
  - Resources if you are pregnant and exploring adoption
  - Wisconsin – 2439 S. Oneida Street Appleton, WI 54915 Ph # 920-735-6750
  - Web site: [www.adoptionservicesinc.com](http://www.adoptionservicesinc.com)
- **Lutheran Social Services – Superior 715-394-4173**
  - Special needs adoption with offices in Eau Claire and Wausau handling domestic and international adoption
  - Eau Claire location 1320 West Claremont Ave. Suite 200 Eau Claire, WI 54701 Ph. # 715-552-2450
  - Web site: <http://www.lsswis.org/LSS.htm>
- **Lake Superior Life Care Center: Superior 715-394-4102 Duluth 218-727-3399**
  - A pregnancy resource center
  - 1823 Belknap Ave Superior, WI 54880 M & Th 8-3
  - Please call moving. Duluth, MN 55802
  - Web Site: <http://www.lslccduluth.org/default.aspx>
- **optionline.org**
  - A 24-hour help- telephone/ chat to assist with pregnancy choices and information to support the choices: parenting, adoption, and abortion)
  - call 1-800-712-HELP (4357) or text “HELPIE” to313131
  - Web site: [optionline.org](http://optionline.org)
- **Options/ Abortion Assistance 1-715-838-9991**
  - Funds may be available to fund abortion
  - Web site: [www.fundabortionnow.org/](http://www.fundabortionnow.org/)
- **National Abortion Federation 1-877-257-0012 and for funds call 1-800-772-9100**
  - Call to find a provider for abortion
  - Web site: <http://prochoice.org/>

## **Addiction and Substance Abuse Behaviors**

- **Alcoholics Anonymous: 715-394-1189** 1609 John Ave Superior, WI 54880
  - Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.



- To find local area meetings call Alano Serenity Club on 1216 Belknap in Superior WI 54880 at 715-392-8340
- or 331 East 1<sup>st</sup> Street Duluth MN 55805 at 218-727-8117
- **Bayfield County AODA-**
  - Dept of Human Services 715-373-6133 ext 123 Rachael
  - Bayfield Crisis Line 715-682-8217
- **Douglas County Human Services: 715-395-1304**
  - Mental Health/AODA unit
  - 1316 North 14<sup>th</sup> Street Superior WI 54880
  - Monday – Friday 8am-4:30pm
- **First Breath: 715-394-2750**
  - Offered at the NWCSA- WIC program
  - A free program to help pregnant women in WI quit smoking
  - Non-judgmental, one-on-one support
  - Self-help and educational materials for you, your family, and friends
  - Follow-up support after delivery
  - Access to the WI Tobacco Quit Line services
  - Incentives and gifts
  - <https://www.wwhf.org/first-breath/>
- **Gamblers Anonymous**
  - use this site to find local support group meetings
  - web site: <http://www.gamblersanonymous.org/ga/content/about-us>
- **Human Development Center (HDC) 715-392-8216**
  - 1500 North 34<sup>th</sup> Street Suite 200 Superior, WI 54880
  - 715-395-2259 – crisis line to be used after hours
  - Adult and Adolescent Chemical Dependency Outpatient Treatment
  - Web site: <https://www.humandevelopmentcenter.org>
- **Lake Superior Treatment Center- Superior: 715-392-9300 Duluth: 218-336-9300**
  - 1507 Tower Ave #307 Superior, WI 54880 Fax # 715-392-8041
  - 202 West Superior St Suite 700 Duluth, MN 55802
  - Addiction Treatment & Recovery Center
  - Alcohol and Drug Assessments & Opiates/Suboxone Treatment
  - Both day and evening outpatient treatment sessions available
  - DUI/DWI Information and Referrals
- **My Baby and Me 715-394-2750**
  - Offered at the NWCSA-WIC Program
  - A free program to help pregnant women in Wisconsin quit drinking
  - Non-judgmental, one-on-one support
  - Self-help and educational materials for you, your family, and friends
  - Follow-up support after delivery
  - Incentive gifts
- **National Alcohol Substance Abuse Information Center 1-800-784-6776**
  - National alcohol substance abuse info center



- Web site: <http://www.addictioncareoptions.com/>
- **National Line Gambling Problem 1-800-426-2535**
  - National gambling addiction info center
  - Web site: [www.wi-problemgamblers.org](http://www.wi-problemgamblers.org)
- **Red Cliff Alcohol and Drug Program (AODA)**
  - **Mishomis House 715-779-3741**
  - 37390 North Bradum Road Bayfield, WI 54814
- **SAMHSA Federal Substance and Mental Health Services 1-800-662-4357**
  - Administration Treatment and Referral Service
  - Web site: <http://www.samhsa.gov/>
- **National Organization of Fetal Alcohol Syndrome**
  - If you are pregnant and urgently need help to stop drinking, you can find treatment here in addition to contacting NOFAS for support.
  - 1-800-66-NOFAS (66327)
  - Web site: <http://www.nofas.org/>

### Aids Resources

- **ARCW (Aids resource center of WI) 1-800-359-9272**
  - WI State hotline info on testing sites-1-877-242-0282
  - Dedicated to providing quality medical, dental and mental health social services for people living with HIV
  - AIDS local resource center 715-394-4009
  - 1507 Tower Ave Suite 230 Superior, WI 54880
  - Web site: <http://www.arcw.org>

### Attorney Services/ Legal Assistance and Referral

- **Attorney Referral Services 1-800-362-9082**
  - Web site <http://www.wisbar.org>
  - Consult fee \$20.00. Services not free, ask about a reduced fee service
- **Douglas County Human Services: 715-395-1304**
  - Services provide to youth and family under child protection
  - 1316 North 14<sup>th</sup> Street Suite 400 Superior WI 54880
  - Monday – Friday 8am-4:30pm
- **Discrimination Equal Employment Opportunity Commission**
  - toll free 1-800-669-4000 or fax# 414-297-4133 or
  - Web site: [www.eeoc.gov](http://www.eeoc.gov)
- **Douglas County WI Child Support 715-395-1420**
- **WI Judicare Inc. 401Fifth Street Suite 200 Wausau, WI 54403 Mail to P.O. Box 6100 Wausau, WI 54402-6100**
  - Non- profit law firm dedicated to providing equal access to justice for northern WI residents.
  - Phone # 715-842-1681 or toll free # 1-800-472-1638 Fax # 715-848-1885
  - Local judicare help at NWCSA (paperwork available) 715-392-5127
  - Web site: <http://www.judicare.org/>

### Breastfeeding



- **LaLeche League: Breastfeeding support and information: hotline 218-499-9504**
  - Groups meet every 1<sup>st</sup> Tuesday of the month at 6:30 and every 3<sup>rd</sup> Wed of the month at 10 am  
Located at the First United Methodist Coppertop Church 230 E Skyline Parkway in Duluth
- **Breastfeeding WIC Peer Counseling: 715-394-2750**
  - **1805 North 14<sup>th</sup> Street, Suite 4, Superior, WI 54880**
  - Mother to mother support for breastfeeding success
  - Breastfeeding education, support, and advice
  - Certified Lactation Counselors and Certified Lactation Specialists available.
- **Break time for nursing moms it's the LAW**
  - 1-866-487-9243 or TTY 1-877-889-5627 M-F 8 am to 5 pm
  - To file a complaint against an employer with the Federal Dept. of Labor go to <http://www.dol.gov/wecanhelp/howtofilecomplaint.htm>
  - In WI mothers have the right to breastfeed state statute 253.165
  - web site: [www.dol.gov/whd/nursingmothers/](http://www.dol.gov/whd/nursingmothers/)
- **Saint Luke's Breast Feeding Support Group**
  - A monthly support group giving moms an opportunity to talk with each other and with a certified lactation nurse Babies welcome. No registration no charge call with questions 218-249-5983
  - 5-6 pm at the SLH Clinic Building 329 A 1011 East First Street, Duluth
  - Ask for an International Board Certified Lactation Consultant (IBCLC)
  - <http://www.slhduluth.com/Hospital/Birthing-Center.aspx>
  - Childbirth Education 218-249-5527: offering breastfeeding classes
  - <http://www.slhduluth.com/Classes-and-Programs/Childbirth-Education.aspx>
- **Essentia Breastfeeding Clinic located at 407 East 3<sup>rd</sup> Street Duluth, MN 55803**
  - 218-786-4477 breastfeeding clinic number
  - Weekly Drop in at Essentia Lake Walk North every Tuesday 1-3 pm no registration and IBCLC will always be there with a pump and scale.
  - Clinic offers Breastfeeding advice from International Board Certified Lactation Consultants (IBCLC), they have pumps for rent or purchase bra fitting and purchase, and are knowledgeable about breastfeeding advice for children with special needs and adoptive breastfeeding.
  - <http://essentiahealth.org/main/Classes.aspx> or call for breastfeeding classes 218-786-4478
- **Northland Breastfeeding Coalition- 715-394-2750 fax # 715-394-4651 located at 1805 North 14<sup>th</sup> Street Suite 4 Superior, WI 54880**
  - We serve the following areas/ counties: Aitkin (MN), Ashland and Bayfield (WI), Carlton(MN), Cook (MN), Douglas (WI), Itasca (MN), Koochiching (MN), Lake (MN) and St. Louis (MN)
  - Pamphlets available with all local area resources available on the web site
  - Like us on Facebook: Northland Breastfeeding Coalition
  - Website: [northlandbreastfeedingcoalition.org](http://northlandbreastfeedingcoalition.org)
- **Breastfeeding Support in the Twin Ports 715-394-2750**



- Meeting at the Superior WI every second Tuesday of the month from 10-12 at the Library and every third Thursday of the month from 1:30-3:30 at the WIC office.
- Like us on face book: Breastfeeding Support in the Twin Ports

### **Car Seats**

- **Douglas County Sheriff's Department John Parenteau**
  - Call 715-395-1381 to set up an appointment
  - Car seats installation and inspection available
  - *Help is available for those who truly cannot afford to purchase a car seat, done on an honor system*

### **Child Abuse Reporting**

- **Douglas County Human Services: 715-395-1304 or 911 in an emergency after hours and holidays**
  - Child Protection Investigative Services

### **Child Birth Classes**

- **St. Luke's: 218-249-5527**
  - <http://www.slhduluth.com/Classes-and-Programs/Childbirth-Education.aspx>
- **Essentia: 218-786-4478**
  - <http://essentiahealth.org/main/Classes.aspx>
- **Morning Star 218-722-2700**
  - 1730 East Superior St. Duluth, MN 55812

### **Child Care Resources**

- **Child Care Subsidy Program 715-395-1304**
  - Wisconsin's Child Care Subsidy program, Wisconsin Shares, helps families pay for child care. If the parent is eligible, child care can be subsidized for children under the age of 13 (up to 19 if special needs). <http://dcf.wi.gov/childcare/wishares/eligibility.htm>  
<http://dcf.wisconsin.gov/childcare/WISHARES/default.htm>
  - Douglas County Department of Health and Human Services, Superior
    - Web site: <http://www.douglascountywi.org/index.aspx?nid=262>
- **UWS Superior Child Care Subsidy**
  - The UW-Superior Child Care Subsidy Program is money granted to enrolled UW-Superior students with children.
  - Eligibility will be determined, and based on: 1) student status and 2) number and ages of children in care.
  - Web site: <http://www.uwsuper.edu> or <https://www.uwsuper.edu/campuslife/childcare/upload/2015-2016-Child-Care-Subsidy-Application-2.pdf>
- **Northwest WI Connection Family Resources 715-634-2299 or toll free 1-800-733-KIDS fax # 715-634-8743 15896 West 3<sup>rd</sup> Street Hayward, WI 54843**
  - Mission – to support and strengthen families and care givers by building a long lasting foundation through education, information, referrals, and shared opportunities.
  - Web site: <http://www.wisconsinchild.org/>



- **Northern Lights Family Resource Center**
  - 715-395-5657 1201 North 28<sup>th</sup> Street Superior, WI 54880
  - Parent and Child Development/Enrichment Classes, Information and Referrals, Workshops, Playtime, Parenting Support
  - Monday – Thursday 8:30am – 3:30 pm
  - Web site: [www.facebook.com/NLFRC](http://www.facebook.com/NLFRC) or [http://family-resource-center.superior.schoolfusion.us/modules/groups/integrated\\_home.phtml?gid=2245784&sessionid=2dc001edf8c457df0c5a4bd59216a6d6](http://family-resource-center.superior.schoolfusion.us/modules/groups/integrated_home.phtml?gid=2245784&sessionid=2dc001edf8c457df0c5a4bd59216a6d6)
- **Superior Douglas County YMCA 715-392-5611**
  - 9 N 21st Avenue Superior, WI 54880
  - Preschool
  - Hours vary. Wrap around care for those few hours before or after school
  - Scholarships available at NWCSA to income eligible families.
- **Boys and Girls Club- Superior, WI: 715-394-5766 fax # 218-727-7121 located at 710 Catlin Court Superior, WI 54880 Branch Director Tim Stratioti tstratioti@bgcnorth.org**
  - Ages 6-18 years
  - Monday- Friday, after school- 8:30 pm with meal served at 5:30 early release from school and vacation days 10-5:30
  - Summer hours 10 am- 5:30 pm with a lunch and a snack offered
  - Yearly fee, fee can be waived if needed
  - Homework help, music, cooking, art, gardening, sports, and theatre club
  - Web site: <https://www.bgnorth.org>
- **Head Start (Family Forum): 715-392-9896 or 1-800-392-4473**
  - 1507 Tower Ave Suite 312 Superior WI 54880
  - No Cost, income eligible
  - 4 days / week, and 4 hour programs am classes offer breakfast and lunch, pm classes offer lunch and a snack.
  - 4K-dually enrolled in head start and pre-K kids to age 5
  - Early Head Start: pregnant moms and babies to age 3, home based
  - Bussing available.
  - Web site: <http://www.familyforum.org/>
- **Young Star a WI child care rating program**
  - a current and extensive listing of certified and licensed group and or family day care centers in our area.
  - Web site: <https://dcf.wisconsin.gov/youngstar/>

### **Clothing and Household Resources**

- **Goodwill: 715-392-1726**
  - Address: 2911 Tower Ave, Superior, WI 54880
  - Hours: Monday – Friday 9am – 7pm Saturday 9am – 6pm Sunday closed
- **The Salvation Army Superior Thrift 715-394-5331**
  - 1705 Belknap Street, Superior, WI
  - 10-6 Monday – Saturday





- Furniture voucher from church 715-394-7001
- **NWSCA The Free Store 715-392-5127**
  - 1118 Tower Avenue Superior WI 54880
  - Monday - Thursday 8am-11:45 & 12:45-4:30
  - Donated clothing and household items available to clients free of charge including professional career clothing for new jobs or job interviews.
- **North Bay ReStore Free Closet 715-398-6308 1316 east 5<sup>th</sup> Street Superior, WI 54880**
  - Provides gently used apparel for children
  - Appointment needed or drop in Wed at 5:30 during the school year
  - No income requirement
  - <http://northbaychurch.org>
- **Saint Vincent DePaul-715-398-4039** leave a message or call 211 for other available resources
- **Lake Superior Life Care Center- Superior 715-394-4102 Duluth 218-727-3399**
  - 1823 Belknap Ave, Superior, WI 54880 Mon – Thurs 8-3
  - Please call as moving, Duluth MN 55802
  - <https://www.facebook.com/LakeSuperiorLCC/>
  - Doctor day twice per month: men women and children call for an appt.
  - Limited ultra sound
- **Slumber Land Furniture 218-722-9138**
  - 4742 Maple Grove Road, Hermantown, MN
  - Mon- Fri 10-9 Sat 10-8 and Sum 11-6
  - Will give a free new bed with a Social Worker referral
- **Threads of Hope 715-394-3472**
  - Free Children's clothes closet Monday – Thursday 9am-1 pm & Tuesday evenings 5-7 pm
  - Location: Our Savior's Lutheran Church, 1924 Wyoming Ave., Superior
  - Winter time free coat and boot give away
  - Fall time back pack drive with school supplies given

### **Community Information**

- **United Way** 1-800-543-7709 local dial 651-291-0211
- 24-hour information and community service referral
- Dial 211 on land line if directed to Milwaukee ask to be redirected to Duluth, MN
- Call 1-800-543-7709 from a cell phone.
- [www.211unitedway.org](http://www.211unitedway.org)

### **Counseling and Mental Health**

- **Disaster Distress Help Line 1-800-985-5990 or text "TalkWithUs" to 66746**
  - <http://disasterdistress.samhsa.gov/>
  - Open 24- hours- a –day, 7- days- a –week
  - Toll free confidential and multilingual for members of society overwhelmed by natural or man-made disasters and victims of mass violence and or tragedy
- **Child Development Project (UWS) Dr. Geidner 218-310-1693 fax # 1-888-724-4599**



- 1500 N. 34th St. Suite 300 Superior, WI 54880
- Free behavioral health services for children birth to 12 years
- Program includes assessment, evaluation, consultation, dyadic therapy, play therapy, individual therapy, groups and maternal health.
- Referrals for Postpartum depression, preschool behavior problems, infant mental health, bonding and attachment, postpartum psychosis, depression, stress and trauma, and anxiety
- No child denied service
- **Douglas County Health & Human Services: 715-395-1304 fax 715-395-1370**
  - Mental Health/AODA unit
  - 1316 North 14<sup>th</sup> Street Superior WI 54880
  - Monday – Friday 8am-4:30pm
- **Human Development Center Day time 715-392-8216 fax # 715-392-6055 Fax all referrals to 218-730-2367 attn intake. The follow up number for referrals is 218-302-8708**
  - Crisis Number 715-395-2259
  - 1500 North 34<sup>th</sup> Street Suite 200 Superior, WI 54880
  - <http://www.humandevlopmentcenter.org/locations/douglas/>
- **Lake Superior Community Health Center**
  - 3600 Tower Avenue Superior, WI 54880
  - Mental Health 715-392-1955
  - Heath Care Access Office 715-392-1955
  - Bring with: Photo ID, Insurance Card, Current Medications, Proof of Income
  - <http://www.lschc.org/index.php>
- **Miller Dwan 218-727-8762 general office 1-800-342-1388 Essentia health clinic number Adult mental health 218-786-1186 adolescent mental health 218-786-1116**
  - Essentia Health Crisis Line 218-623-1800
  - 502 E 2<sup>nd</sup> Street Duluth MN
  - Support and therapy service inpatient programs for adults, adolescents and children, medication evaluation, stabilizing during acute phase of mental illness, social services consult.
- **National Suicide Prevention Life Line (and Vet’s Crisis Line)**
  - 1-800-273-8255
- **UWS student Mental Health**
  - Marcovich Wellness Center 1729 Belknap and Caitlin P.O. Box 2000 Superior, WI 54880 715-395-8236 fax 715-394-8108 hours 8am- 4:30 pm

### Disability

- **North Country Independent Living 715-392-9118 or toll free 1-800-924-1220 located at 69 North 28<sup>th</sup> Street Suite 28 Superior, WI 54880 web site <http://northcountryil.org/>**
  - Info and Referral & advocacy & benefit counseling
  - Independent living skills training
  - Personal care program
  - Transportation program
  - Peer support and public education technology and accessibility
- **Birth to Three 715-395-1304 located at 1316 N 14<sup>th</sup> suite 400, Superior, WI**



- Early intervention program for infants and toddlers with developmental delays or disabilities. Screening and evaluation available with direct service.
- **Children's and Youth Special Health Care Needs (CSYHCN) Program-1-800-400-3678**
  - Free and confidential assistance to parents of children with special health needs
  - Serving children birth -21 with long term chronic physical, developmental, behavioral or emotional illness or condition.
  - <https://www.dhs.wisconsin.gov/cyshcn/regionalcenters.htm>
- **Disability Rights WI <http://www.disabilityrightswi.org/>**
  - Madison area # 1-800-928-8778 Milwaukee area # 414-773-4646, and Rice Lake area# 715-736-1232 located at 217 West Knapp St. Rice Lake, WI 54868
- **Autism Society 1-800-3-AUTISM 1-800-328-8476 <http://www.autism-society.org>**

### Douglas

- **American Indian Doula-**
  - 218-279-4109 Alison
- **Every Day Miracles 612-353-6293 fax 612-353-6437**
  - There is a cost for this service
  - Tue- Thursday 9-3
  - <http://www.everyday-miracles.org/>

### Emergency Funds

- **Samaritan Fund -218-310-9049**
  - Located at Faith United 1531 Hughitt Av, Superior, WI
  - \$50Funds for utilities, rent, co-pays and Rx gas vouchers, birth certificates, driver licensing. Need valid ID (and proof of car insurance for gas voucher)
  - open 10 am- 2 pm
- **Saint Vincent DePaul 715-398-4039 leave a message**
- **Mercy Fund at Central Assembly 715-394-5567 ask for Pastor Corrine**
  - Help with rent and utilities
  - Food shelf Thursday 1-3 pm
- **Salvation Army -715-394-7001**
  - Help with utility's in emergency situations

### Employment Assistance

- **Job Center of Wisconsin 715-392-7800 fax # 715-392-7891 state wide 1-888-258-9966**
  - 1805 North 14<sup>th</sup> Street Suite 1 Superior WI
  - Office Hours Monday- Friday 7:45am-4:30pm
  - Operated by the Wisconsin Department of Workforce Development and the Wisconsin Job Center system is a Wisconsin-centered employment exchange, linking employers in all parts of the state and in communities that border Wisconsin with anyone looking for a job.
  - <http://www.wisconsinjobcenter.org/>
  - Also in this office: WI Job Service, WI Division of Vocational Rehabilitation, Veterans Employment and Training Services, CEP, and Work Force Connections (W-2)
- **Wisconsin Works (W-2) 855-792-5439 fax # 715-232-2240**



- 1805 North 14th Street, Suite 1 Superior, WI 54880
- The Wisconsin Works (W-2) program is available to parents of minor children whose family income is below 115% of the Federal Poverty Level (FPL). Each W-2 eligible participant meets with a Financial and Employment Planner (FEP).
- <http://dcf.wisconsin.gov/w2/>
- **Unemployment assistance 414-438-7700 or 608-232-0678**
  - <https://ucclaim-wi.org>
- **CEP, Inc 715-392-6127 located at 1805 N. 14<sup>th</sup> Street, Superior, WI M-F 8-4:30**
  - Training opportunities for job seekers and employers. Life enhancing programs for young people and virtual job fairs and job skills enhancement.
  - [www.nwcep.org](http://www.nwcep.org)
- **Skills Enhancement at NWCSA 715-392-5127**
  - 1118 Tower Ave. Superior, Wi 54880
  - Monday – Thursday 8am – 4:30 pm

### **Energy Assistance**

- **Douglas County Human Services 715-395-1651 after Oct. 1<sup>st</sup>, 2016 Call 1-800-432-8947 gas and electric as well as crisis situations**
  - 1316 North 14<sup>th</sup> Street Suite 400 Superior WI 54880
  - Monday – Friday 8am-4:30pm
  - Have ID, income verification, and social security numbers
  - Wisconsin Home Energy Assistance Program (WHEAP)
  - <http://www.homeenergyplus.wi.gov/>

### **Family Planning and Reproductive Services**

- **Douglas County Health Department: 715-395-1304**
  - 1316 North 14<sup>th</sup> Street Suite 324 Superior WI 54880
  - Monday – Friday 8am-4:30pm
  - Children and Youth Special Health Care Needs Program
  - New Baby Visits
  - Prenatal Care Coordination Program
  - Wisconsin Well Woman Program
- **Health Care Clinic (Sexual and Reproductive Health & Family Planning Services): 715-394-4117 Located at 69 North 28<sup>th</sup> Street East Suite 9 Superior, WI 54880**
  - Family planning
  - Birth control
  - Reproductive health (PAP smear, Breast exams)
  - Confidential STD testing
  - Pregnancy testing
  - <http://www.hcclinic.org/>
- **Lake Superior Life Center Superior 715-394-4102 and Duluth 218-727-3399**
  - 1408 Tower Ave, Superior, WI 54880
  - Pregnancy testing, ultrasounds, emergency diapers and formula
- **Lake Superior Community Health Center 715-392-1955**



- **24 Hour Help line 1-800-712-Help** (can refer you to local free and confidential pregnancy testing centers)
- **UWS students:** Sexual and Reproductive Health and Family Planning are referred to Health Care Clinic listed above. 715-394-4117 A free service to UWS students must show a valid UWS student ID. (UWS will not cover the cost of a birth control method)

### **Financial Services**

- **Catholic Charities: 715-394-6617**
  - 1416 Cumming Ave Superior, WI 54880
  - Monday – Thursday 8:00- 5:00
  - First time home buyer education
  - <http://ccbsuperior.org/>
- **Douglas County Human Services: 715-395-1304**
  - Economic Support
  - 1316 North 14<sup>th</sup> Street Superior WI 54880
  - Monday – Friday 8am-4:30pm
- **LSS Financial Counseling 715-394-4173**
  - Financial Counseling Supervisor
  - 1507 Tower Ave Sw 212
  - Justine D.
  - Online counseling: [www.conqueryourdebt.org](http://www.conqueryourdebt.org)
- **UW Extension 715-395-1363**
  - Courthouse Room 107 1313 Belknap Street Superior, WI 54880
  - Family Education, family living and nutrition education, horticulture and agriculture, 4-H, and community development
- **W-2 1-855-792-5439**
  - Can assist with: food share, health care, child support, emergency assistance, community job service, w-2 transitions, case management, custodial parent of an infant, minor parent’s services, noncustodial parents, pregnant woman, learnfare, children’s services network, emergency payments, child care, job access loans, transition, and w-2 education and training
- **WI Job Service state wide call center: 1-888-258-9966 or local 715-392-7800**

### **Food Resources**

- **Douglas County Food Share 715-395-1304**
  - 1316 N 14<sup>th</sup> Street Suite 400 Superior WI
  - <http://access.wisconsin.gov>
- **Women Infants and Children (WIC)-715-394-2750**
  - 1805 N 14<sup>th</sup> St, Suite 4, Superior, WI
  - Serving pregnant women infants and children to age 5; providing nutrition education by RD’s, breastfeeding support by professionals, and supplemental nutritious foods.
- **Faith United Methodist Church Food Shelf 715-394-9608**
  - 1531 Hughitt Avenue
  - Tuesdays 4-6:30
- **Superior Salvation Army Food Shelf 916 Hughitt Av. Superior, WI 54880 715-394-7001**



- Tuesday – Friday 1-3pm
- 2<sup>nd</sup> Tuesday of the month produce drop 1-2:30pm
- Wednesday and Friday- soap and pet 10:30- 11:30
- Bring your Picture ID
- **Northwest Community Services Agency Food Shelf 715-392-5127**
  - 1118 Tower Avenue
  - Tuesdays, Wednesdays, and Thursday 1-3:30pm
  - Bread Table Monday- Thursday 8am-4:30 pm
  - Commodity Supplemental Food Program (CSFP) for Seniors
    - Sign up at the Senior Center between 8 am-4:30 pm Monday—Friday or call 715-394-3644 for more information
- **Rural Care and Share Food Shelf 715-364-2495**
  - 9523 E Hwy 2 Poplar WI at Peace Lutheran Church
  - 3<sup>rd</sup> Saturday at 9-11am
- **Gordon Area Food Pantry 715-376-4798**
  - 9709 E County Road Y at community town hall
  - Wednesdays at 9am – 12pm
- **Rural Care and Share Food Shelf 715-372-4779**
  - 68160 South George Street, Iron River, WI at Our Saviors Lutheran church
  - 3<sup>rd</sup> Saturday of the month at 9am – 11 am
- **Hope Community Church Church 715-394-9475**
  - 1604 Banks Avenue
  - 5:30 – 7 pm on the last Thursday of each month free community meal
- **Faith United Methodist Church community meal 715-394-9608**
  - 1531 Hughitt Avenue
  - Every 1<sup>st</sup> and 2<sup>nd</sup> (& 5<sup>th</sup>) Sunday of the month at 4pm free community meal
- **United Presbyterian Church 715-392-4751**
  - 229 N 28<sup>th</sup> Street Superior WI
  - 4pm on the 3<sup>rd</sup> Sunday of each month free community meal
- **First Evangelical Covenant community meal 715-392-4051**
  - 3311 Hammond Avenue
  - 4<sup>th</sup> Sunday of the month at 4pm free community meal
- **Solid Rock Safe Haven Shelter 715-392-6264**
  - 1004 North 6<sup>th</sup> Street Superior WI
  - Lunch and Dinner is provided to the public at 12:00 noon and 5:00 p.m. Monday through Friday & Saturday dinner only from 4-5. Closed to the public Sundays.
- **Ruby's Panty Food Share** Not in Superior, WI can check surrounding areas.
  - <https://www.rubyspantry.org/>
- **Sharing One's Surplus [715-364-2738](https://www.wisconsin.gov/foodshare)**
  - Mission Covenant Church 5161 S County Rd P Poplar, WI
  - 2<sup>nd</sup> Saturday of the month
  - Ticket sale 9:30am - Distribution 10am



- \$30 cash only
- no income requirements
- Bring 2-3 large coolers or containers for the food.

### **Foster Care**

- **Douglas County Human Services: 715-395-1304**
  - Foster Care
  - 1316 North 14<sup>th</sup> Street Superior WI 54880
  - Monday – Friday 8am-4:30pm
- **Kinship care** is a living arrangement where a minor child is residing with a relative. This can be court ordered or voluntarily. Those who are eligible may qualify for monthly payments to help with the care of the child(ren).
  - Kinship care
  - Contact Human Services at (715) 395-1304.

### **Gay, Lesbian, Bisexual, Transgender**

- **Safe and Supportive Staff Superior Wisconsin Schools**
  - Non-Discrimination Officer: Kaelean Arbidson-Kicks (715) 394-8719, ext. 146
  - Superior Senior High: Kyle Smith, History Teacher (715) 394-8720, ext. 180
- **Duluth, Superior GLBTAQI PRIDE**
  - P O Box 3198, Duluth, MN 55803-3198
  - Co-chair Nathan Westerberg 218-590-0429
  - Secretary- Joe Morales

### **Health Care Resources and Medical Assistance**

- **Badger Care (WI IM Consortia- Great Rivers): 1-888-283-0012**
  - To apply for Badger Care and or Food Share  
<https://access.wisconsin.gov/> available 24 hours a day  
See if you are eligible, apply for benefits, or log in to your account
- **Douglas County Health Department: 715-395-1304**
  - 1316 North 14<sup>th</sup> St Suite 324 Superior WI 54880
  - Monday – Friday 8am-4:30pm
  - Adult and Children’s Immunizations
  - Childhood Lead Poisoning Prevention and Intervention Program
  - Children and Youth Special Health Care Needs Program
  - Communicable Diseases Investigation, Surveillance, and Case Management
  - Community Health Assessment- Improvement Plan
  - Influenza Information Center
  - New Baby Visits
  - Prenatal Care Coordination Program
  - Public Health Preparedness
  - Tuberculosis Screening and Case Management
  - Wisconsin Well Woman Program
  - Basic home safety inspection: lead, water quality, and air quality
- **Lake Superior Community Health Center in Superior (also a location in Duluth 218-722-1497)**



- Medical Care 715-392-1955
- Dental Care 715-394-5411
- Mental Health 715-392-1955
- Health Care Access Office 715-392-1955
- Bring with: Photo ID, Insurance Card, Current Medications, Proof of Income
- <http://www.lschc.org/index.php>
- 3600 Tower Avenue Superior, WI 54880
- **Saint Luke's Hospital 218-249-5555 or Toll Free 800-321-3790**
  - 915 East First Street Duluth MN
  - <http://www.slhduluth.com/>
- **Essentia Hospital Superior 715-817-7100 Toll Free 800-342-1388**
  - 24/7 Nurse On-Line Support: 218-786-3110 or 800-714-4646
  - 3500 Tower Avenue Superior, WI 54880-5335
- **Essentia Duluth 218-786-4000 Toll Free 888-825-5818**
  - 407 East Third Street Duluth, MN 55805
- **Ashland Birth Center** fax 715-292-6472 contact person Sativa Jones (715) 292-6367

### Health and Wellness

- **Women Circling Women Pre-Natal Yoga-715-364-8509**
  - [circlingwomen@aol.com](mailto:circlingwomen@aol.com)
- **Superior Douglas County Family YMCA-715-392-5613**
  - 9 N 21<sup>st</sup> Av, Superior, WI
  - Reduced memberships through NWCSA -715-392-5127

### Housing

- **Website: <http://www.publichousing.com/city/wi-superior>**
- **Catholic Charities: 715-394-6617**
  - Monday – Thursday 7:30- 5:00
  - <http://ccbsuperior.org/>
- **Superior Housing Authority 715-394-6601**
  - The Superior Housing Authority (SHA) is a public agency that helps people who meet income and other eligibility guidelines secure affordable, safe and quality housing in the City of Superior.
  - Section 8 voucher program allowing housing anywhere in Douglas County that has passed inspection and is approved Rosewood and Norththenaire
  - Park Place, Catlin courts, and Bay View Courts
  - Office 1219 North 8th St. Superior, WI 54880
  - Our normal office hours are Monday - Thursday 8:00am - 4:30pm.
  - Mailing Address P.O. Box 458, Superior, WI 54880
  - Email: [info@superiorhousing.org](mailto:info@superiorhousing.org)
  - <http://www.superiorhousing.org/>
- **NWCSA 715-392-5127**
  - 1118 Tower Avenue Superior, WI 54880
  - Application can be found at





- <http://www.northwest-csa.org/services/affordablehousing.htm>
- **Bachand Group 715-392-4363**
  - B-8 Aspen Court Superior WI
  - Focus on all forms of governmental subsidized housing
  - <http://www.bachandgroup.com/index.php>
- **Bartley Manor 715-392-4861**
  - Bartley Manor is a Family low income housing apartment subsidized by the federal government's HUD (Housing and Urban Development Division).
- **Superior Townhouses 715-392-4363**
  - Superior Townhomes is a Family low income housing apartment subsidized by the federal government's HUD (Housing and Urban Development Division).
- **Home Buyer low income loans U.S. Dept of Agriculture Rural Development 715-635-8228**
  - 800 Front Street Spooner, WI 54801 web [www.rurdev.usda.gov/wi](http://www.rurdev.usda.gov/wi)
- **WHEDA loans 1800-334-6873 or 1800-628-4833**
  - <http://www.wheda.com/root/Utility/Contact/Default.aspx?id=269>

**North West Community Services Agency 715-392-5127 fax 715-392-5511**

- 1118 Tower Av, Superior, WI web site [www.northwest-csa.org](http://www.northwest-csa.org)
- Skills enhancement
- Food pantry and bread table
- Taste of the month
- Free store and professional closet
- Emergency assistance
- 72-hour care
- Affordable housing
- Transactional housing
- Emergency shelter
- Solid rock safe haven (men's shelter)
- Volunteer income tax (VITA)
- Soup kitchen and community garden
- Women Infants and Children WIC
- Farmer's market
- Judicare
- Retired senior volunteer program (RSVP)
- Memory Lane
- YMCA membership
- Superior Amateur Hockey (SAHA) scholarships
- Commodity Supplemental Food Program (CSFP) for Seniors

**Parenting Resources**

- **MOPS Mothers of Preschoolers**



- MOPS is a place for encouraging relationships, practical help, and support
- Meets every second and fourth Thursday of the month at 9-11am September – May
- Central Assembly of God church 3000 Hammond Ave Superior, WI
- 715-394-5567
- **Text for baby text4baby.org**
  - -text Baby to 511411 for free messages on your cell phone to help you through your pregnancy and your baby's first year.
- **Lake Superior Life Center 715-394-4102 or 218-727-3399**
  - 1418 Tower Ave, Superior, WI 54880
  - 24 Hour Help line 1-800-712-Help
  - Pregnancy testing, ultrasounds, emergency diapers and formula, rental assistance
- **Northern Lights Family Resource Center Superior, WI**
  - 715-395-5657
  - <https://www.facebook.com/NLFRC>
- **Superior Public Library**
  - 715-394-8860
  - 1530 Tower Ave, Superior WI

### **Poison Control Center of WI 1-800-222-1222**

### **Phone Service Assistance**

- **Life Line Phone Service 888-641-8722**
  - Lifeline is a federal program that helps eligible individuals pay for wireless or home telephone service. Most telephone companies lower the phone bill each month and some companies provide free wireless minutes each month.
  - [www.lifelinesupport.org](http://www.lifelinesupport.org)
- **Safe Link Wireless 1-800-Safelink (723-3546)**
  - Free wireless phone with 350 minutes per month and unlimited texting
  - To qualify must be on government assistance such as Badger Care, Food Share, Wisconsin Works, SSI – OR – others see brochure
  - Sign up on line [www.safelink.com](http://www.safelink.com) use promo code cw10011000
- **Quicklink Wireless [www.QLinkWireless.com](http://www.QLinkWireless.com)**
  - Free phones and minutes to those on govt. programs: food share, Medicaid, section 8 etc.

### **Pregnancy Testing**

- **Douglas County Human Services: 715-395-1304**
  - Free confidential testing and counseling
  - 1316 North 14<sup>th</sup> Suite 324 Street Superior WI 54880
  - Monday – Friday 8am-4:30pm
  - Appointment not necessary
- **Health Care Clinic (Family Planning): 715-394-4117**
  - Family planning/ birth control
  - Reproductive health (PAP smear, Breast exams)
  - Confidential STD testing
  - Pregnancy testing



- <http://www.hcclinic.org/>
- **Lake Superior Life Care Center 218-727-3399**
  - 1408 Tower Ave, Superior, WI 54880
  - 24 Hour Help line 1-800-712-Help
  - Pregnancy testing, ultrasounds, emergency diapers and formula

### **Preschool Programs**

- **Superior Community Preschool School District of Superior**
  - 715-394-8700 x170
  - Email [info@superior.k12.wi.us](mailto:info@superior.k12.wi.us)
  - Cathedral
  - Cooper
  - Family Forum Head Start
  - Four Corners
  - Great Lakes
  - New Horizon's Child Center
  - Noah's Ark
  - Superior Children's Center
  - Newborn to School
  - YMCA
  - Northern Lights
  - Lake Superior School
  - Bryant
- **Precious Angels Child Care and Preschool 218-391-1983**
  - 2910 N 21st Street Superior WI
  - Child care services are provided for children 6 weeks to 12 years old.
  - Guaranteed Kindergarten readiness with On-Site Preschool Program.

### **Runaway Crisis-24-hour Phone Line 715-394-9177**

### **School and Education**

- **Wisconsin Indian Head Technical College 1-800-243-WITC**
  - <http://www.witc.edu/>
- **Life House 102 West 1<sup>st</sup> Street Duluth, MN 1-800-786-2929 or Amber 218-722-7431 ext. 112**
  - Help getting your GED (will help to pay for the four modules at \$20 per test totaling \$80 dollars.
  - Very portable as can study off site and use soft wear off site
  - Computer lab on site available for student use as well as licensed teachers
- **University of Wisconsin Superior 715-394-8101**
  - <http://www.uwsuper.edu/index.htm>
- **Superior School District 715-394-8700**
  - [www.superior.k12.wi.us](http://www.superior.k12.wi.us)
- **UW Extension Program 715-395-1363**
  - Information on cooking/classes
- **NWCSA Skills Enhancement Program 715-392-5127**
  - 1118 Tower Avenue Superior WI 54880



- The Skills Enhancement Program helps individuals who are working at least 20 hours/ week in low-income jobs to develop skills needed to obtain better paying jobs. The program helps pay for tuition, books, childcare and transportation costs associated with going to school while attending classes.

### **Sexual and Domestic Abuse**

- **CASDA (Center Against Sexual and Domestic Abuse):**
  - **715-392-3136 or 1-800-649-2921**
  - 45-day shelter for women and children fleeing domestic and or sexual and or child abuse
  - Paralegal on staff, some limited free services and some services based on sliding fee scale
  - Confidential services
  - Support groups and children's play groups
  - Bayfield County Outreach Monday- Thursday: 715-373-0870
  - <http://www.casda.org/>
- **North Central Windows Program 218-590-1651**
  - 1810 North 16<sup>th</sup> Street Superior
  - North Central Windows Program is an Art Enrichment leadership group that offers creative expression as a healing journey for abused women and their children in area crisis shelters, transitional homes and outreach centers across the northern region of Minnesota, Wisconsin and Michigan.
- **National sexual assault hotline 1-800-656-4673**
- **Domestic Abuse Intervention Services 1-800-747-4045**
  - 24-hour help line with talk/support and safety planning
- **W-2 can help you face domestic violence issues -1-855-792-5439**
- **Human Sex Trafficking Hotline 1-888-373-7888**
  - <https://humantraffickinghotline.org/>

### **Shelters**

- **CASDA (Center Against Sexual and Domestic Abuse):**
  - **715-392-3136 or 1-800-649-2921**
  - 45-day shelter for women and children fleeing domestic and or sexual and or child abuse
  - Paralegal on staff, some limited free services and some services based on sliding fee scale
  - Confidential services
  - Support groups and children's play groups
  - Bayfield County Outreach: 715-373-0870
  - <http://www.casda.org/>
- **PAVSA 218-726-1931 will help those denied by CASDA**
- **Harbor House 715-392-4157 fax 715-392-3637**
  - **(Referrals need to go through Methodist Church 715-394-9608)**
  - Office line **DO NOT** give this number out to clients: 715-392-1074
  - 30-day shelter for women and or men with minor children, extension can be offered
  - Housing counseling and budget planning
  - Case management- help residents set attainable goals offered 2 times per week
  - <http://www.harborhouseecs.org/>



- **Solid Rock Safe Haven for Men 715-392-6264**
  - 1004 N. 6th Street Superior, WI 54880
  - A homeless shelter for adult men that assists them in becoming self sufficient through finding suitable [employment](#) and a permanent residence. The shelter provides 3 meals per day, bed, laundry, phone and clothing for residents.
  - Check in for men needing shelter is from 4:00 - 8:00pm
- **UW – Superior Residence Life 715-394-8438**
  - Residence Life can offer temporary emergency housing for registered UWS students with rates based on circumstances. Please keep in mind that if you have unclaimed loans in your financial aid award, you may need to accept them to offset the cost of running the dorms.
  - Restrictions: This offer is for single students only as there is no family housing on campus. Students with a history of violence or drug abuse may not be allowed in the dorms.

### **Transportation**

- **Courtesy Cab-218-590-9222**
- **MTM 1-866-907-1493**
  - Rides for non-emergency Medicaid and Badger Care Appointments.
  - Rides can be scheduled form 7am- 6pm M-F

### **Web sites**

- Academy of Nutrition and Dietetics
  - 1-800-877-1600
  - [www.eatright.org](http://www.eatright.org)
- American Academy of Pediatrics
  - [www.aap.org](http://www.aap.org)
- American Academy of Pediatrics Parenting
  - [www.healthychildren.com](http://www.healthychildren.com)
- Food Allergy Research and Education FARE
  - [www.foodallergy.org](http://www.foodallergy.org)
- WIC
  - [www.wichealth.org](http://www.wichealth.org)
- <http://www.exploresuperior.com/>





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