

## HOUSING RESOURCES / EMERGENCY HOUSING

### Community Action Coalition (CAC) [angiea@cacscw.org](mailto:angiea@cacscw.org)

Provides access to housing security programs, help with applying for subsidized housing, life skills such as financial literacy, education attainment, and career services.

Appointments only - Call hotline at **608-246-4730 ext. 450**

### Tenant Resource Center **608-257-0006**

[tenantresourcecenter.org](http://tenantresourcecenter.org)

### The Beacon **608-826-8040**

A day center for people experiencing homelessness.

Assistance includes: preventative healthcare, housing, employment, daily meals/snack, shower and laundry facilities, mail center, transportation to/from, computer lab, ID assistance, telephone, case management.

Open daily: 8am-5pm

615 East Washington Avenue, Madison, WI

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

## WARMING / COOLING SPACE

### Stoughton Library **608-873-6281**

Hours: Mon-Thur 9am-9pm, Fri-Sat 9am-5pm  
Sun 1pm-5pm (Sep-May)

304 S. 4th St, Stoughton, WI

### Stoughton Area Senior Center **608-873-8585**

Hours: M-F 8am – 4:30pm  
248 W. Main St, Stoughton, WI

## COMMUNITY MEALS

### Our Daily Bread

Hours: Last Sunday of the month, 4:30pm  
First Lutheran Church, 310 E. Washington St, Stoughton, WI

### The Gathering Table Facebook or **608-213-9264**

Free meal, two times per month. Food, fun, & fellowship.

Hours: First and third Mon, 5:30pm-6:30pm  
Senior Center, 248 W. Main St, Stoughton, WI

## CRISIS INTERVENTION / MENTAL HEALTH / COUNSELING

### Crisis Text Line Text HOME to **741741**

Free, 24/7 support for people in crisis

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

### DAIS (Domestic Abuse Intervention Services) **608-251-4445**

### Journey Mental Health Center (24hr crisis) **608-280-2600**

25 Kessel Court, Madison, WI (new client) **608-280-2720**

### Rape Crisis Center (24hr help line) **608-251-7273**

(Spanish speakers) **608-258-2567**

### Stoughton Family Counseling **608-873-6422**

1520 Vernon St, Stoughton, WI

### Oceanhawk Counseling Alternatives **608-873-7838**

3185 Deer Point Dr, Suite A, Stoughton, WI

### Big Heart Counseling (Kurt Buehring) **608-203-9688**

Professional counseling for couples, individuals, & families.

100 Bus Park Cir #110, Stoughton, WI

## HEALTH / MEDICAL CARE

### Neighborhood Free Health Clinic (NFHC) **608-205-0505**

Free professional medical and counseling services for uninsured or financially limited adults. Free health hygiene pantry available to all patients.

1520 Vernon St, Stoughton, WI • [neighborhoodfreehealthclinic.org](http://neighborhoodfreehealthclinic.org)  
(Cindy Anderson) [office@neighborhoodfreehealthclinic.com](mailto:office@neighborhoodfreehealthclinic.com)

### Stoughton Health **608-873-6611**

900 Ridge St, Stoughton, WI • [www.stoughtonhealth.com](http://www.stoughtonhealth.com)

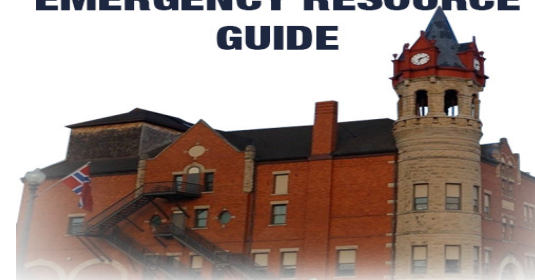
### Community Health and Wellness Center **608-873-2332**

Free blood pressure checks, screenings, classes, library of health resources

### WIC (Women Infants Children) – Madison **608-267-1111**

UPDATED: 11/20/2020

## EMERGENCY RESOURCE GUIDE



## Stoughton, WI

## GENERAL ASSISTANCE

### Stoughton Area Resource Team (START) **608-577-5650**

Provides a confidential, caring way to link Stoughton residents under age 55 with community resources, offers advocacy, and provides support in housing, utilities, transportation, health and employment

1520 Vernon St, Stoughton • [Cthompson@startstoughton.org](mailto:Cthompson@startstoughton.org)  
[Lbraund@startstoughton.org](mailto:Lbraund@startstoughton.org)

### Dane County Department of Human Services Joining Forces for Families (JFF) **608-873-2180**

Problem solving, advocacy, resource, and referral services  
343 E Main St, Stoughton • [harter.sandy@countyofdane.com](mailto:harter.sandy@countyofdane.com)

### 2-1-1 (United Way Helpline) **211** (cell phone) **246-HELP**

Provides connection to food, housing, employment, health care and more

### Stoughton Area Senior Center **608-873-8585**

Provides senior outreach services for city of Stoughton residents age 55+  
248 W. Main St, Stoughton, WI

### Dane County Job Center / Capital Consortium **888-794-5556**

Connection to employment and financial assistance, FoodShare, health insurance, child care, medical

### Stoughton Police Department **608-873-3374**

For after hour or weekend emergencies  
321 S. 4th St, No.1, Stoughton, WI

## FOOD AND SUPPLIES

### City of Stoughton Food Pantry **608-873-8103**

Hours: Mon-Wed: 10am – 2pm  
Thur: 10am-2pm & 4pm-6pm, Fri: closed  
First Sat of the month: 9am-11am  
Call for appointment  
520 S. 4<sup>th</sup> St, Stoughton, WI

### Personal Essentials Pantry (PEP) **608-620-3250**

Hours: 1<sup>st</sup> & 3<sup>rd</sup> Thursday each month 1pm-5pm  
343 E. Main St, Stoughton, WI

### United Methodist Food Pantry **608-873-3273**

Hours: Tue 9am-11am & 5pm-7pm  
Wed 9am-11am  
Call for appointment  
525 Lincoln Ave, Stoughton, WI

## CLOTHING / FURNITURE

### St. Vincent De Paul Store **608-873-3655**

*Applications available for free clothing & furniture voucher*  
1509 US Hwy 51, Stoughton, WI

### The Clothing Center - Free clothing

Hours: Wed 9:30am-11:30am  
Covenant Lutheran Church, 1525 N. Van Buren St,  
Stoughton, WI  
[lauraclothingcenter@yahoo.com](mailto:lauraclothingcenter@yahoo.com)

## DENTAL

### Familia Dental

*Dentistry for kids and adults, walk-ins welcome, payment plans available, emergency appointments available.*

3003 E. Washington Ave, Madison, WI **608-224-9159**  
1260 Milton Ave, #140, Janesville, WI **608-757-0057**

### Dental Hygiene Clinic at MATC **608-258-2400**

## TRANSPORTATION

### Volunteer Ride Programs **608-873-6112**

- **RSVP Driver Service** - Medical rides outside the city of Stoughton for people over the age of 60
- **Affordable Transportation Program** - Provides transportation services to Stoughton area residents in need to the two local food pantries and to/from Madison for significant appointments
- **Vets helping Vets** - Medical rides for Veterans to the VA Hospital

Hours: M-F call between 9am and 4pm  
48hr notice recommended

### Stoughton Transit/Taxi **608-873-7233**

## SHOWER / LAUNDRY

### Road Ranger - Paid shower **815-580-4842**

2762 County Hwy N, Cottage Grove, WI

### Viking Laundry

*\$1.00 wash every Wednesday 8am-8pm (select washers only)*  
1425 E. Main St, Stoughton, WI

**The Laundry Basket** - *\$1 wash every day on select washers*  
977 N Page St, Stoughton, WI

## UTILITIES

### Energy Services, Inc. of Dane County **608-267-8601** (for appointments) **608-333-0333**

*Help with utility disconnection or past due bill*

## CHILDREN'S SERVICES

### Early Head Start **608-695-4455**

*Home visitation program for pregnant women or families with a child under the age of 3 who meet federal income guidelines*

### Head Start **608-877-0466**

*Free preschool services for families with children age 3-5 who meet federal income guidelines*  
315 Mandt Parkway, Stoughton, WI

### Public Health Pregnancy Support Program **608-243-0319** **608-235-4078**

*Free personal nurse for pregnant women that can give support, advice, information, and resources*

### Stoughton Area Youth Center **608-877-9980**

*Eligibility: 5<sup>th</sup> grade and up*  
Hours: 3-6pm (school days)  
12-4pm (non-school days & early release)  
567 E. Main Street, Stoughton, WI

## SERVICES FOR VETERANS

**Veteran's Affairs** (housing support) **608-280-2095**  
(general / hospital) **608-256-1901**  
2500 Overlook Terrace, Madison, WI

## PHONE / FAX / PRINTING SERVICES

### Safelink Wireless – Free cell phone **800-723-3546**

**Phone (free):** Stoughton Police Department, Dane County Human Services

**Fax (for a fee):** McGlynn Pharmacy, Days Inn, The UPS Store, Dane County Human Service Building, JFF

### Computer and Printing:

Free: Dane County Human Services  
For a fee: Stoughton Public Library, Stoughton Hospital, Senior Center, JFF, UPS