



RESOURCES FOR FAMILIES

Pregnancy Helpline & Sharing Center:
(608) 222-0008
24 hour helpline that has a variety of services. Does not refer to abortion services. Sharing Center has a variety of items including free new pack'n plays with delivery.
pregnancyhelpline.net/

Society of St. Vincent de Paul:
(608) 257-0919
2033 Fish Hatchery Rd.,
Madison
Food pantry, prescription assistance, and portable cribs made available to low income families.
svdpmadison.org/how-we-help/

Car Seat Program:
Email:
safekids@uwhealth.org
Or text: (608) 333-6087
Low price car seats and free car seat checks by appointment.
uwhealthkids.org/safekids

Project Babies:
(608) 770-9588
Provides portable bassinets, baby clothing, diapers, wipes and other items as needed.
Projectbabies.org

Blackhawk Church:
1st call: (608) 828-4232
2nd call: (608)669-3171
Delivers box of baby items.
1) Leave a message a couple weeks before due date, will not receive a call back
2) Call again when mother goes into labor

Baby Depot:
(608) 441-7680
Offers baby items if available.

Wisconsin Shares Child Care Subsidy Program:
1 (888) 794-5556
Helps families pay for child care so parents and caretakers can work, go to school, or get training.
access.wisconsin.gov

4C's:
(608) 271-9181
Community Coordinated Child Care helps find safe and accredited child care.
4-c.org

Play and Learn:
English (608) 204-6784
Spanish (608) 204-7918
Hmong (608) 212-4683
Free program that provides 2 hours of fun learning activities for children 0-5 and their parents.
earlyed.madison.k12.wi.us

Madison Children's Museum:
(608) 256-6445
Discovery learning and creative play. Now with online learning!
madisonchildrensmuseum.org

Birth to 3 Program:
Madison School District:
(608) 252-1320
Outside of Madison:
(608) 273-3232
Developmental screening and support for children ages 0-3 in the Madison School District.
dhs.wisconsin.gov/birthto3

Head Start/ Early Head Start:
(608) 275-6740
Parenting support and preschool education for families.
reachdane.org

Early Childhood:
(608) 663-8486
Screening and special education for children ages 3-5 in Madison School District.
specaled.madison.k12.wi.us/early-childhood-special-education

Rise:
(608) 241-5150
(608) 250-6634
Provides parenting support, home visiting, and information.
risewisconsin.org

Respite Center:
(608) 244-5700
Provides 24 hour emergency child care in a crisis, and planned care when looking for work, housing, or if in need of a break.
risewisconsin.org

Parental Stress Line:
1 (800) 632-8188
Confidential listening support to parents 24 hours/day over the phone.

Postpartum Support International:
1 (800) 944-4773
Text: 503-894-9453
Online support groups, therapy referrals, and helpline
postpartum.net/psi-blog/psi-covid-19-resources

Bereaved Parents of Madison Inc:
1 (920) 643-0217
Support for families after miscarriage, stillbirth and infant death.
Bereavedparentsofmadison.com

Pregnancy Options Wisconsin: Education, Resources, & Support:
(608) 514-1714
P.O.W.E.R.S offers all options pregnancy support and counseling.
Pregnancyoptionswi.org



MENTAL HEALTH & SUBSTANCE USE

Behavioral Health Resource Center:
(608) 267-2244
Information and referrals for mental health and substance abuse.
danebhrc.org/

Journey Mental Health Center:
(608) 280-2700
Mental health and substance use services.
journeymhc.org

First Breath:
(608) 251-1675
Free program to help all people quit smoking.
www.hf.org/first-breath/

Wisconsin Tobacco QuitLine:
1 (800) 784-8669
Information on how to quit smoking.
quitline.wisc.edu/

DAIS:
(608) 251-4445 or
1 (800) 747-4045
Domestic Violence Support
Abuseintervention.org

NAMI Dane County:
(608) 249-7188
Support for individuals and families with mental illness.
Namidanecounty.org

Comprehensive Community Services:
(608) 242-6415
For those with MA and a mental health and/or substance use issue needing rehab services.
risewisconsin.org

The Rainbow Project:
(608) 255-7356
Help for parents with children who have behavioral or emotional challenges.
TheRainbowProject.net

Crisis Text Line:
Text HOME to 741741



www.publichealthmdc.com
health@publichealthmdc.com
608-266-4821

January 2022

COMMUNITY RESOURCES 2022

United Way of Dane County has a 24 hour helpline

Call 211 anytime





HEALTHCARE

Public Health
Madison & Dane County:
 (608) 266-4821
COVID-19: 243-0302
Breastfeeding: 234-0449
STI/HIV: 243-0411
Well Woman: 242-6385
East: 2705 E. Washington Ave., Madison
South: 2230 S. Park St., Madison

-COVID-19 testing & tracing
 -Immunizations & vaccines
 -Nursing services during pregnancy
 -Breastfeeding support
 -Infectious disease control
 -STI clinic / HIV testing
 -Well Woman Program (free mammograms and Pap tests for women who have limited income and little or no health insurance)
publichealthmdc.com

Access Community Health Center:
 (608) 443-5480
East: 3434 E. Washington Ave., Madison
South: 2202 S. Park St., Madison
Wingra Family Medical Center: (608) 263-3111
 1101 S. Park St., Madison

Medical clinic. Accepts insurance and BadgerCare Plus/Medicaid, and provides lower cost care for those without insurance.
accesscommunityhealthcenters.org

Planned Parenthood
 (844) 493-1052
East: 3706 Orin Rd., Madison
South: 2222 S. Park St. upstairs, Madison

Low cost reproductive health care. Offers abortion services. Accepts BadgerCare Plus/Medicaid.
plannedparenthood.org/health-center/wisconsin

South Side MEDiC Clinic:
 (608) 265-4972

By appointment services offered by UW School of Medicine and Public Health for those who don't have insurance or a primary care doctor. No emergency or sexual health concern visits.
med.wisc.edu/education/medic/clinics/#southside

Neighborhood Free Health Clinic:
 (608) 205-0505
 1520 Vernon St., Stoughton
 Tuesday 4:30-8pm

For adults living around Stoughton Hospital, with low income, and no health insurance or high deductibles.
neighborhoodfreehealthclinic.org/



HEALTH INSURANCE

BadgerCare Plus:
 1 (888) 794-5556
 1819 Aberg Ave., Madison

Medicaid for adults and children who are from a lower income family. Can be used for pregnancy or emergency services for immigrants. No one is ever reported to INS.
access.wisconsin.gov

Marketplace Plans:
 1 (800) 318-2596

Health insurance plans for those not eligible for BadgerCare Plus, Medicaid or Medicare.
healthcare.gov

Covering Wisconsin:
 (608) 261-1455

Provides health coverage options and materials to help find the best insurance for each individual.
coveringwi.org



UNDOCUMENTED RESOURCES

Undocumented Resource List:

Many resources for undocumented people in one website.
undocudanecounty.wixsite.com/mysite



LEGAL SERVICES

Wisconsin Law School Immigrant Justice Clinic:
 (608) 890-0678

Legal services including rental housing, employment, and public benefits law.
Law.wisc.edu/eij/

Rise Law Center:
 (608) 256-1015

Family & immigration law
riselawcenter.org

Centro Hispano:
 (608) 255-3018

Immigration Services Program, with cost.
micentro.org/immigration-services

Community Immigration Law Center:
 (608) 640-4444

Immigration legal services -reduced fee & free.
cilcmadison.org



DENTAL

Access Community Health Center:
 (608) 443-5482

Accepts insurance, BadgerCare Plus/Medicaid, and lower cost for uninsured.
accesscommunityhealthcenters.org

Affordable Dental Care, Inc.
 (608) 622-4002

50% discount for all dental services, accepts adults and children.
affordablesmiles.org

Familia Dental:
East: (608) 819-9104
West: 1 (708) 202-0662

Accepts Medicaid and offers lower cost care for uninsured individuals.
familiadental.com

Madison College Dental Hygiene Clinic:
 (608) 258-2400
 1705 Hoffman St., Rm 151, Madison

Accepts Medicaid/BadgerCare, provides preventive dental care by dental hygiene students.
madisoncollege.edu/dental-hygiene-clinic

More Smiles Wisconsin:
 (608) 665-2752

Emergency dental services and other services to uninsured/BadgerCare recipients.
moresmileswi.org

Celebrate Smiles:
 (608) 852-2781

Full dental care in Madison and Sun Prairie elementary schools.
accesscommunityhealthcenters.org

Bridging Brighter Smiles:
 1 (262) 896-9891

Preventative dental care in school districts outside Madison.
bridgingbrightersmiles.org



FOOD ASSISTANCE

FoodShare Helpline:
 1 (877) 366-3635

Volunteers will help you learn if you are eligible for FoodShare.

FoodShare Program:
 (608) 242-7441

Assistance to purchase food at grocery stores.
access.wisconsin.gov/

WIC:
 (608) 267-1111

Women, Infant, & Children nutrition program
publichealthmdc.com



HOUSING & UTILITIES

Community Action Coalition:
 (608) 237-1255

Information and referral to community housing resources & housing search assistance
cacsw.org

Tenant Resource Center:
 (608) 257-0006

Housing counseling, mediation services and information on community resources
tenantresourcecenter.org

Housing Navigation Services:
 (608) 826-8093
 The Beacon: Office 201
 615 E. Washington Ave

Assistance with housing applications, guidance, and planning
danecountyhomeless.org/housingnavigation/services

Homeless Services Consortium of Dane County:
 (608) 266-6254

For those who are homeless or in danger of losing housing.
tinyurl.com/danehome

Energy/Utility Assistance:
 (608) 267-8601

Help with heating/electric costs and energy crisis.
danecountyhumanservices.org/Employment/energy_assistance.aspx

Home Energy:
 (608) 257-0006

Home Energy Plus Program
energybenefit.wi.gov/

Energy Services Inc.:
 1 (800) 506-5596

Call if you have **NO** heat. Protecting the lives of WI residents through cold winters and hot summers
esiwi.com

Assurance Wireless
 1 (888) 321-5880

Free cell phone with minutes and texting for low income households who qualify.
assurancewireless.com/lifeline-services/states/wisconsin-lifeline-free-government-phone-service

Lifeline
 (608) 267-3595

Discounted phone and internet services for low income families.
psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx