

OUR LIFE... OUR COURSE...



Your Waukesha County **Family Resource Directory**

Developed in cooperation with:

- Waukesha County Public Health Division
- Wisconsin Division of Maternal and Child Health Title V Services Block Grant

Calendars (2015-16)

You can find more calendars on inside back cover.

October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	4
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

March 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Calendars (2016)

You can find more calendars on inside front cover.

April 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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May 2016

SUN	MON	TUE	WED	THU	FRI	SAT
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2016

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

YOUR CHILD’S HEALTH

Between birth and age 18, your child may see their physician up to 28 times, just for well-child visits, in addition to other appointments for health conditions. Sometimes, talking to your child’s doctor is simple, but you may feel overwhelmed by an ongoing health condition or behavioral problems. Since the average appointment is just 16 minutes long, plan ahead to make the most of every precious minute with your child’s doctor.

Key Questions to Ask at Routine Visits

- Is my child’s weight in a healthy range for his/her age and height? Should I be concerned?
- Is my child reaching their developmental milestones? Social and emotional milestones?
- How is my child’s blood pressure? Does my child need a cholesterol check? If the numbers are high, what should I do?
- How is my child’s vision and hearing?
- What immunizations does my child need?

Talking About Illness and Physical Symptoms, or Behavioral Symptoms

- Take notes on worrisome symptoms that come and go.
- When does it appear, how long it lasts, factors that may be an influence
- Family health history may be a clue
- Keep up-to-date on health conditions, treatments, drug reactions, allergies your child may have to discuss with new doctors
- Describe your child’s behavior – what you observe, as well as any from your child’s teacher, coaches, babysitter or daycare providers.
- Be HONEST
- DON’T BE AFRAID TO ASK QUESTIONS

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FAMILY RESOURCES IN WAUKESHA COUNTY

FOR ALL AGES, FOR ALL STAGES
Where life takes you, no one knows...



*...but, every stage of life offers
opportunities, challenges, and needs.*

There is a growing awareness in public health of the impact that exposures to social, economic, and environmental factors have on individuals throughout the course of their life. The stress that may develop during these critical periods in life influences health at later stages. By increasing protective factors to reduce these risks, the resulting interventions can enable people of all ages to live a healthier and more productive life. We can assure more optimal health outcomes for people by focusing on these determinants of good health throughout one's lifespan, or "Life Course" and linking our community's needs to existing services available.

A LIFETIME OF GOOD HEALTH CAN BE YOURS...

YOUR OWN HEALTH

Part of learning how to take charge of your health requires understanding your risk factors for different diseases. These are things in your life that can increase your chances of getting certain diseases – some are beyond your control:

Examples:

- Family History
- Gender (if you are a Male or Female)
- Ancestry
- Age

Some risk factors you can control include:

- What you eat
- How much physical activity you get
- Use of tobacco products
- Alcohol or illegal drug use
- Staying safe

In addition, preventative health screening tests and immunizations are among some of the most important things you can do for yourself. These include:

- General Health Checkup (annual physical) Blood Pressure Test
- Cholesterol Test Glucose (Diabetes) Test
- Clinical Breast Exam and Mammograms Pelvic, Pap, Chlamydia Test
- Colorectal Exam (Colonoscopy) Skin Cancer Screening
- Eye, Ear Exam
- Oral and Dental Exam

Addiction Resource Council, Inc.

741 N Grand Suite 300 – Waukesha WI
(262) 524-7921

24- HOUR CRISIS LINE (262) 524-7920

www.addictionresourcecouncilwaukeshawi.org

Provides education, programming, and referrals for Waukesha County residents and families struggling with abuse, addiction, and alcoholism.

Cornerstone Counseling Services

741 N Grand Ave, #302 – Waukesha WI
(272) 542-3255 or (262) 789-1191

www.cornerstonecounseling.com

Private outpatient clinics providing a complete range of services through individual and group therapy for all ages – addressing mental health and/or substance abuse issues.

Alcoholics Anonymous (in Southern Wisconsin)

Central Office (414) 771-9119

www.aamilwaukee.com

Offers a message of recovery to general public, also provides information on events, meetings, and workshops for recovering alcoholics.

Narcotics Anonymous

Wisconsin Region – Milwaukee /Waukesha Services

P.O. Box 511458 • Milwaukee, WI 53203

24-Hour Line (1-866-913-3837)

www.wisconsinna.org

Silimar in design to Alcoholics Anonymous 12-Step Program. Designed to help those dealing with drug addiction / recovering addicts. No dues or fees.

Genesis House

A Service of Lutheran Social Services

1002 Motor Avenue • Waukesha, WI

(262) 544-0711

Long-term treatment (over 30 days) for substance abuse recovery. Serving adult males.

211 IMPACT – FIRST CALL FOR HELP

CALL 2-1-1

(or 1-866-211-3380)

FREE and CONFIDENTIAL.

24 HOURS A DAY, 7 DAYS A WEEK

www.impactinc.org

Connects you to the right place for information and assistance on these services for Waukesha County residents. Every day people need help to locate basic needs like food/shelter, medical & mental health, employment support, financial, legal, & crisis services.

**WOMEN'S HEALTH –
DEPARTMENT OF HEALTH AND HUMAN SERVICES**

(800) 994-9662

www.womenshealth.gov

For information on health and wellness issues of concern for women and their families

GENERAL NEEDS

Food, Housing, Medical, Economic, Transportation



WAUKESHA COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES

514 Riverview Avenue – Waukesha WI 53188

(262) 548-7212

General Information and Referral (Door 1)

(262) 896-8430

Public Health Information and Referral (Door 2)

www.waukeshacounty.gov

The Waukesha Co. Dept. of Health / Human Services is a county agency providing a wide range of confidential services for individual and families' needs in Waukesha County. These include: mental health, AODA abuse, aging & disability, veterans services, child/adolescent/family services, economic support

MENTAL HEALTH / DISABILITIES / AODA



Waukesha County Health and Human Services

Mental Health Intake

514 Riverview Ave – Waukesha WI

(262) 548-7212

Mental Health Center – 1501 Airport Rd – Waukesha WI

(262) 548-7666

www.waukeshacounty.gov

CRISIS INTERVENTION

(262) 548-7666 OR AFTER HOURS CALL 211

Mental health, drug / alcohol addiction outpatient services; Inpatient adult psychiatric hospital.

Waukesha County Health and Human Services

Aging and Disability Resource Center (ADRC)

514 Riverview Ave – Waukesha, WI

Located in the Waukesha County Health & Human Services Building,
(Door 1)

(262) 548-7848

www.waukeshacounty.gov

Information, advice, support in accessing services; help in determination of eligibility for programs and benefits.

Interfaith Senior Program

210 NW Barstow St, Suite 101 – Waukesha, WI
(262) 549-3348
www.interfaithwaukesha.org

Assistance with daily activities through a network of area volunteers

Find-A-Ride Waukesha

www.find-a-ridewaukesha.org

Programs that assist the elderly and disabled in securing free and reduced fare transportation, in addition to specialized transport services for disabled individuals.

UW-Waukesha

(262) 521-5040 or (262) 521-5460
www.waukesha.uwc.edu

Offering non-credit classes for enrichment, as well as no tuition / audit classes for seniors based on availability and approval

A Place for Mom

(888) 704-7782
www.aplaceformom.com

Senior living specialists who offer personalized assistance and advice for your unique needs and budget – also educational materials available online.

WAUKESHA COUNTY FOOD ASSISTANCE

Emergency Food Pantry of Waukesha County

Various locations – call specific locations for location, hours, and specific requirements – may require current ID, social security card, and income information to receive services.

- Eagle (St. Theresa Church)(262) 594-2296
- Hartland(262) 367-6373
- Kettle Moraine.....(262) 968-6466
- Menomonee Falls(262) 251-6848
- Mukwonago..... (262) 363-3452
- New Berlin.....(262) 789-8040
- North Lake(262) 966-0366
- Oconomowoc.....(262) 567-7054
- Pewaukee(262) 893-8241
- Sussex.....(262) 246-9860

Waukesha – Food Pantry of Waukesha County

1301 Sentry Drive – Waukesha WI
(262) 542-5300
(Salvation Army location 547-7367)
www.foodpantryofwaukesha.org

Waukesha County WIC (Women, Infants, and Children)

514 Riverview Ave – Waukesha WI
Located in the Waukesha County Health & Human Services Building /
Public Health Center (Door 2)
(262) 896-8440
www.waukesha.gov/publichealth

A federally funded nutrition program providing supplemental food, nutrition education and referrals to other agencies for moderate to low-income persons.

Community Meal Programs

(Various locations – call specific location for location, hours)

- Hope Center – Waukesha (262) 549-8726
- Loaves & Fishes – Waukesha
- Salvation Army – Waukesha..... (262) 547-7367
- Lake Country Bread of Life – Hartland (262) 367-2439
- Community Banquet – Menomonee Falls

Senior Dining Programs

Waukesha County Aging & Disability Resource Center –
 Senior Dining Program
 514 Riverview Ave – Waukesha WI
 Located in the Waukesha County Health & Human Services Building,
 (Door 1)
(262) 548-7826

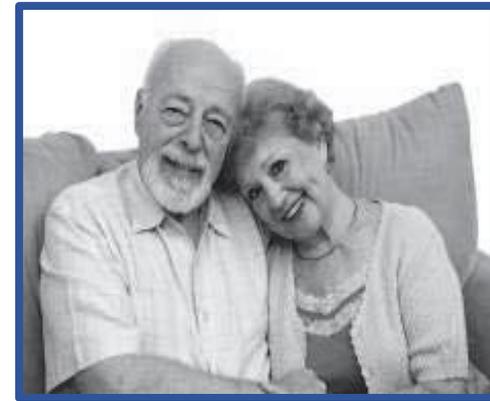
www.waukeshacounty.gov/ADRC

Various locations – reservations required one day in advance – call main office (262) 548-7826 or specific location to reserve, for location, days, and hours)

Senior Dining Program Locations

- Brookfield..... (262) 782-1636
- Butler (262) 783-5506
- Hartland..... (262) 367-5689
- Menomonee Falls (262) 251-3406
- Mukwonago (262) 363-4458
- Muskego (262) 679-3650
- New Berlin (262) 784-7877
- Oconomowoc..... (262) 567-5177
- Sussex..... (262) 246-6747
- Waukesha..... (262) 547-8282

ADULTS / SENIORS



**Waukesha County Health and Human Services
Aging and Disability Resource Center (ADRC)**

514 Riverview Ave – Waukesha WI
 Located in the Waukesha County Health & Human Services Building
 (Door 1)
(262) 548-7848

www.waukeshacounty.gov/adrc

A central source of information, assistance, and access to community resources for older individuals and people with disabilities.

Senior Resources, Inc.

Germantown, WI 53022-0285
(262) 253-0901

www.seniorresourcesonline.com

Comprehensive information on adult day services, care coordination (medical and non-medical), medical equipment, hospitals, nursing facilities, hospice

Al-Anon Family Groups of Southeastern Wisconsin

6737 W Washington Suite 2125 – West Allis WI

(414) 257-2415

www.alanon-wi.org

Offering programs of recovery for families and friends of alcoholics

Cornerstone Counseling Services

Locations throughout southeastern Wisconsin

(262) 789-1191

www.cornerstonecounseling.com

Individual and group therapy for numerous presenting concerns and age groups.

Home Delivered Meals

Waukesha County Aging & Disability Resource Center

514 Riverview Ave – Waukesha WI

Located in the Waukesha County Health & Human Services Building,

(Door 1)

(262) 548-7848

www.waukeshacounty.gov/ADRC

Call to apply for delivery service

The Caring Place

810 N. East Ave

(262) 542-6388

Meals on Wheels

(262) 928-2314 (or ADRC (262) 542-7848

thecaringplacewaukesha.org

Provides therapeutic Home Delivered Meals

WAUKESHA COUNTY HOUSING ASSISTANCE

Catholic Charities and Social Services

717 N East Ave – Waukesha WI

(262) 547-2463

E-mail – info@ccmke.org

Outreach services that link people in times of crisis to needed services and programs available for the following: food/clothing, translation / interpretation, outreach to minority populations and refugee resettlement services, medical care, *affordable housing and assistance*.

Community Action Coalition – Waukesha County

2312 N. Grandview Blvd. #102 – Waukesha, WI

(262) 354-4017

E-mail – cacwauk@cacscw.org

www.cacwcw.org

Open by Appointment.

Wide variety of services to help people develop capacity, knowledge, and skills necessary to improve their economic and social circumstances. Housing / Homeless Prevention, Shelters, Financial, and Food Support Services.

Waukesha Housing Authority

600 Arcadian Ave Waukesha WI
(262) 542-2262
www.whaonline.com

Emergency housing and assistance

Outreach program that includes rental deposit assistance, mortgage payment assistance, housing /shelter, Case management and needs assessment.

The Women’s Center

505 N. East Ave – Waukesha WI
(262) 547-4600
www.twcwaukesha.org
(262) 542-3828
24 Hour Crisis Line

Offers temporary housing or transitional living program, domestic violence shelter and education.

HOPE Center

502 N East Ave – Waukesha WI
(262) 549-8726
www.hopecenterwi.org

Offering basic needs of financial assistance, food, clothing, and furniture, with focus on prevention of homelessness in the community.

MEDICAL AND HEALTH SERVICES

Federal Health Insurance Marketplace

Phone Help: 1-800-318-2596
www.healthcare.gov

Application for coverage in the federal health insurance program through online application, mail application, or in person with Navigator services.

Norris Adolescent Center

W247 S10395 Center Drive – Mukwonago WI
(262) 662- 5900
www.norriscenter.org

Education, support, and treatment in anger management, sexuality, substance abuse, and severe emotional disturbance for males and females, ages 12 – 18 years. Providing both residential treatment and outpatient services.

Rogers Memorial Hospital

34700 Valley Road – Oconomowoc WI
800-767-4411
www.rogershospital.org

Specialized programs for children and teens, concerns including anxiety, depression, bipolar, obsessive-compulsive, and eating disorders.

Healing Hearts of Waukesha County

(262) 751-0874
www.healingheartsofwaukeshaco.org

Grief and peer support for those children and families experiencing the loss of a loved one through death, divorce, abandonment, incarceration.

Addiction Resource Council, Inc.

741 N Grand Ave, Suite 300 – Waukesha WI
(262) 524-7921
www.addictionresourcecouncilwaukeshawi.org

Supportive programming for those families dealing with substance abuse, addiction, and alcoholism.

Wisconsin Department of Children and Families

Southeastern Regional Office
141 NW Barstow – Waukesha WI
(262) 521-5100
www.wisconsinccr.org

Information on resources and referral agencies for licensed child care Facilities. Help to improve the economic and social wellbeing of Wisconsin children, youth, and families

School District of Waukesha – Guidance and Counseling

(262) 970-1102
District Student Services (or call individual schools directly)
www.waukesha.k12.wi.us

Crisis assistance, individual and family counseling, and career counseling

Parents United

(262) 965-2001
www.parentsunitedwi.org

Information, support, educational presentations for school district families throughout Waukesha County

Parents Place

1570 E Moreland Blvd – Waukesha WI
(262) 549-5575
www.ppacinc.org

Parent mentoring, educational classes on adolescents/teens/parenting

Pathways Counseling Center

13105 W Bluemound Rd #100 – Brookfield WI
(262) 641-9790
www.pathwayscounseling.com

Individual & child/teen/family therapy

Hispanic Health Resource Center – ProHealth

211 NW Barstow Street, Suite 109 – Waukesha, WI
(262) 928-4181
www.ProHealthCare.org

Offers community health programs and resources for Hispanic families including child development, women’s health screenings, chronic disease management & prevention, family exercise classes, and senior groups.

St. Joseph’s Medical/Dental Clinic

826 N East Ave – Waukesha, WI
(262) 544-6777
www.sjmdc.net

Medical care, medication, patient education and support services provided free or low-cost for uninsured/low-income residents of Waukesha County.

Community Outreach Nursing & Education – ProHealth Care

721 American Avenue, Suite 508 – Waukesha WI
www.ProHealthCare.org

ProHealth Care Community Outreach nurses assist individuals and families to access medical care or other health-related resources.

Community Outreach Health Clinic

W180N8085 Town Hall Rd – Menomonee Falls WI
(262) 257-3393
www.communitymemorial.com

Serving adults and minors under 18 accompanied by parent/guardian those who cannot afford private health care – by appointment or walk in services

Lake Area Free Clinic

856 Armour Ct – Oconomowoc, WI
(262) 569-4990
www.lakeareafreeclinic.org

Provides high quality free medical services to those who are uninsured or unable to pay. By appointment or walk in services.

Waukesha Community Health Center

309 E North St – Waukesha WI
(262) 408-2530
Call for appointments
www.prohealthcare.org

Provides high quality health care services to all ages & diverse populations facing language, cultural, or financial barriers to receiving health care. For those with or without insurance (sliding fee program) also Urgent care – same day appointments.

Waukesha County Community Dental Clinic

Barstow Building
210 NW Barstow St, Suite 305 – Waukesha WI
(262) 522-7645
www.wccdentalclinic.org

Providing quality oral health care services to low-income children and pregnant women in Waukesha County who are unable to afford dental treatment or on Medicaid.

Also emergency treatment for adults.

Waukesha County Public Health Center

514 Riverview Ave – Waukesha WI
(262) 896-8430
www.waukeshacounty.gov/publichealth

Providing a wide range of public health services including communicable disease prevention, immunizations, maternal/child health, physical assessments/health checks, WIC (Women, Infant, and Children nutrition program).

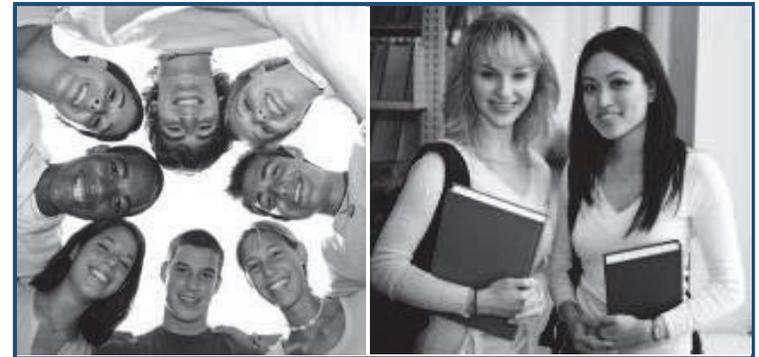
TRANSPORTATION

Find a Ride Waukesha

Interfaith Senior Programs
(262) 549-3348
www.FindaRideWaukesha.org

**ADOLESCENTS / TEENS / YOUNG
ADULTS**

Child Care / Programs, Risky Behaviors and Concerns, Future Planning,
Training / Education / Jobs



Waukesha County Public Library

321 W Wisconsin Ave – Waukesha WI
(262) 524-3680
(262) 524-3692

www.waukesha.lib.wi.us

Children’s Programming for Children w/Disabilities Access
(262) 524-2746

Educational and enrichment programs for children and families

La Casa de Esperanza

410 Arcadian Ave – Waukesha WI
(262) 547-0887
www.lacasadeesperanza.org

Before and after school programs (ages 5 – 13)

Summer programs (ages 5-18)

Waukesha School District

222 Maple Ave – Waukesha, WI
(262) 970-1000

www.waukesha.k12/wi.us/district/programsServices

Offers early childhood programming, ages 3 – 6 years to meet individual learning needs and styles. Other programs offered at all levels, elementary, middle school, high school – including cognitive, emotional/behavioral, and learning disabilities, hearing and visual impairment, speech and language programming.

Parents United

(262) 965-2001

www.parentsunitedwi.org

Educational presentations and support for all school district families throughout Waukesha County.

Wisconsin Department of Children and Families

Southeastern Regional Office
141 NW Barstow – Waukesha WI
(262) 521-5100

www.dcf.wisconsin.gov/childcare

Information and access to certified quality child care providers in community

Waukesha Metro Transit

Public Bus Transportation
2311 Badger Drive – Waukesha WI
(262) 524-3636

www.waukeshametro.org

Transportation to City and Town of Waukesha, Service to Brookfield Square, and WCTC in Pewaukee. Application for **reduced fare program is available to elderly & disabled.**

Call (262) 524-3636 for application forms.

Specialized Transportation

These services are subsidized for those elderly/disabled who are eligible. Contact directly:

Specialized Transportation Locations

- Waukesha County Metro Transit Metrolift (262) 524-3636
- Waukesha County Transit Paratransit Service (262) 524-3636
I-94 – Milwaukee Corridor
- Aging Disability Center County Taxi Program (262) 548-7848
- Aging Disability Center RideLine Program (262) 650-1000
(MedaCare Vans)
- Elmbrook Senior Taxi..... (262) 785-1200
- Menomonee Falls Senior Shuttle Bus (262) 251-4230
- Mukwonago – Seniors on the Go Taxi (262) 363-5700
- Muskego Senior Taxi (262) 679-4754
- New Berlin Senior Taxi (262) 814-1611
- Oconomowoc Silver Streak..... (262) 567-6404
- Sussex Senior Shuttle (262) 246-6447

Waukesha County Health & Human Services

Volunteer Transportation Services

514 Riverview Drive – Waukesha WI
Located in the Waukesha County Health & Human Services Building,
(Door 1)
(262) 548-7284

Must be a client of Waukesha County Health and Human Services – referral needed.

ECONOMIC AND EMPLOYMENT ASSISTANCE

Workforce Development Center

WCTC Pewaukee Campus
892 Main Street – Pewaukee WI
(262) 695-7800
www.wfdc.org

Offers assistance, workshops, education on resume development, interviewing, etc. that assists those in need of employment

Wisconsin Works (W-2) in Waukesha County

ResCare, Inc.
892 Main Street – Pewaukee WI
(855) 458-0001

Provides employment preparation, case management, and cash assistance for parents of minor children with family income below federal poverty level.

LaCasa de Esperanza, Inc

410 Arcadian Ave – Waukesha WI
(262) 547-0887
www.lacasadeesperanza.org

Programming to help community members in social and economic participation – with emphasis on the HISPANIC population. Provides training and education for employment.

Parents Place

1570 East Moreland Blvd – Waukesha, WI
(262) 549-5575
www.ppacinc.org

Provides positive role models, parent support workers, prevention & enrichment, education classes for parents and children

Lutheran Social Services

2831 N. Grandview, Suite 209 – Pewaukee, WI
(414) 304-3600
www.lsswis.org

Parenting services offered, including **Birth-to-3** (early intervention for infants /toddlers with developmental delays/disabilities and families) child care, counseling, child abuse education

La Casa de Esperanza, Inc

410 Arcadian Ave – Waukesha WI
(262) 542-3045
www.lacasadeesperanza.org

Child development and language programming, after-school tutoring/supervision, Early Head Start program (children with disabilities, children 6 weeks to 36 months).

Easter Seals of Southeast Wisconsin

505 Northview Rd – Waukesha WI
(262) 547-6821
www.wi-se.easterseals.com

Offers programs for children at risk, developmental screening, and early intervention for children with disabilities; autism services, and child care services

CHILD / PARENTS / FAMILY SERVICES

Parenting Support / Concerns



HOPE Network for Single Mothers

Good Shepherd Church
17658 Christman Road, Rm 201 – Menomonee Falls WI
(262) 251-7333
www.hopenetworkingc.org

Provides emotional, educational, and material (clothing, baby equipment bedding, portable crib program, housewares, books/toys) supportive services to single pregnant women, mothers and children; also offers

Network News Resource Publication

Safe Babies Healthy Families

(262) 524-4120
HOTLINE (262) 548-4000

Postpartum depression screening, positive parenting skills education, child development screening, life skills coaching, mom's support groups, childcare assistance.

Family Service of Waukesha County

101 W Broadway (2nd Floor) – Waukesha WI
(262) 547-5567
www.fswaukesha.org

Among other counseling services offered, budget counseling for individuals experiencing financial difficulties – assessment of consumer credit for identification/resolution.

LEGAL

Family Legal Clinic

Waukesha County Courthouse
515 W Moreland Blvd – Waukesha WI
Room C-153
Wednesdays from 3 – 4:30 PM
(262) 548-7544
www.waukeshacounty.gov/courts

Twenty minutes of FREE legal advice with a volunteer attorney regarding family court related questions.

If you leave a message you will need to include the following information:

- Name
- Phone Number
- Case Number
- Other Party Name(s)
- Children(s) Names
- Reason for Consultation

E-mail: selfhelp@waukeshacounty.gov

HEALTHY LIFESTYLE PRE-PREGNANCY

Healthy Lifestyle / Health Habits



Waukesha County Public Health Division

514 Riverview Ave – Waukesha WI

Located in the Waukesha County Health & Human Services Building /
Public Health Center (Door 2)

Main Number: (262) 896-8430

Toll Free: 1-800-540-3620

Nurse Call Center: (262) 896-8430

www.waukeshacounty.gov/publichealth

Serving all Waukesha County residents – infants, children, and adults of all ages including: Walk-In health services for preventive health information, health screenings, lab screenings, immunizations, sexually transmitted disease testing/treatment, pregnancy testing, prenatal education and case management, nutrition/activity classes.

Catholic Charities and Social Services

717 N East Ave – Waukesha WI

(262) 547-2463

www.ccmke.org

Pregnancy support, adoption services, outreach to minority populations and refugee resettlement services.

Bethany Christian Services

N14 W23755 Stone Ridge Drive – Waukesha WI

(262) 547-6557

www.bethany.org

Free pregnancy counseling and information, parenting resources

Safe Place for Newborns

Crisis Line 1-877-440-2229

www.safeplacefornewborns.com

Program for safe care of newborns in danger of abandonment (up to 3 days old).

PREGNANCY / PRENATAL

While pregnant, taking care of yourself and baby



Waukesha County Public Health Division

514 Riverview Ave – Waukesha WI

Located in the Waukesha County Health & Human Services Building /
Public Health Center (Door 2)

(262) 896-8430

www.waukeshacounty.gov/pregnancy

Public Health Nurses here to help you with all your medical and educational needs regarding pregnancy, including pregnancy testing, prenatal and postpartum care coordination, and teen pregnancy.

Safe Babies Healthy Families

137 Wisconsin Avenue, Suite 200 – Waukesha WI

(262) 524-4120

www.safebabieshealthyfamilies.org

Pregnancy Hotline

(262) 548-4000

M-F 8 am – 4 pm

Providing prenatal education, support and referrals. Childbirth education classes. Adoption counseling and referral assistance.

Pregnancy Hotline is a confidential line for Waukesha and Milwaukee counties – pregnancy, parenting, insurance, Information and referrals.

Planned Parenthood of Wisconsin, Inc.

426 W Main St – Waukesha WI

(262) 544-0708

302 N Jackson St – Milwaukee WI

(Main Regional Office)

(414) 271-8045

www.ppwi.org

Providing sexual and reproductive health education and related services, including women's and men's health, breast/cervical cancer screening, birth control, sexually transmitted disease testing and treatment, pregnancy testing

Safe Babies Healthy Families

137 Wisconsin Avenue, Suite 200 – Waukesha WI 53186

(262) 524-4120

www.safebabieshealthyfamilies.org

Programs include healthy eating, substance abuse/effects, support groups, life skills coaching, prenatal education and management

Wisconsin Women's MCH Health Hotline

1-800-722-2295

Access to information and referral on a variety of women's health needs & issues, including prenatal, pregnancy concerns – Medicaid, childcare needs

DIETETIC / NUTRITION COUNSELING / PHYSICAL ACTIVITY

UW-Extension – Nutrition Education Program

515 W Moreland Blvd, Administration Center (Rm G22) – Waukesha WI

(262) 548-7787

www.uwex.edu/ces/cty/waukesha

Provides information and education on nutrition issues, weight control, and also resources for increasing physical activity.

Waukesha County Area Hospitals

Waukesha County area hospitals have registered dieticians on staff that can assist with nutrition concerns and counseling.

Many insurance plans cover the cost of dietetic counseling.

Waukesha Memorial Hospital.....(262) 928-1000

725 American Ave. Waukesha WI

Elmbrook Memorial Hospital

Diabetes resource line(262) 687-2887

19333 W North Ave – Brookfield WI

Community Memorial HospitalOutpatient Medical

Care Connection Nutrition Therapy

W180 N8085 Town Hall Road **1-800-246-8332 or**

Menomonee Falls WI **(262) 251-1001**

Rogers Memorial Hospital

34700 Valley Rd – Oconomowoc WI

(800) 767-4411

www.rogershospital.org

Waukesha Family YMCA

320 E. Broadway Waukesha, WI

(262) 542-2557

www.ymcacwc.org

Waukesha Family YMCA Locations

Mukwonago Family YMCA..... (262) 363-7950

245 E Wolf Run – Mukwonago WI

www.ymcacwc.org/mukwonago

YMCA at Pabst Farms (262) 567-7251

1750 E. Valley Rd Oconomowoc, WI

www.ymcaatpabstfarms.org

Tri-County Branch YMCA (262) 255-9622

N84 W17501 Menomonee Ave

Menomonee Falls, WI

www.ymcamke.org/location/tricounty

Waukesha County Parks and Land Use Dept(262) 548-7790

Administration Bldg

1320 Pewaukee Rd – Waukesha WI

www.waukeshacounty.gov

City of Waukesha Recreation Programs(262) 522-9356

1900 Aviation Drive – Waukesha WI

<http://www.ci.waukesha.wi.us/prerecreation2>