

Family Services Network of Forest County UA

MISSION

Family Services Network of Forest County supports healthy families and strong communities through education and networking.



FOREST COUNTY

This guide is intended to help families connect to the resources and services they need. Inclusion in this Resource Guide does not constitute endorsement nor does omission imply disapproval.

Updated: October 2014

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AA HOTLINE

www.northwoodsaa.org

Phone: 715-367-7920

ABC FOR HEALTH

1-800-585-4222

This program assists families in figuring out how to pay for health care. It helps those with no insurance, who have been denied benefits, are just confused with all the red tape, or with any other services they may require assistance with regarding insurance or health care issues.

A-BINOOJII DAYCARE

3091 Sand Lake Road
Crandon, WI 54520

Phone: 715-478-3290

Monday- Thursday
Hours: 7:00 a.m.-5:00 p.m.

ACCESS

www.access.wisconsin.gov

Hours: M – F 8 am-5pm

Access is a website for people living in Wisconsin to find out if they are eligible for assistance buying food, prescription drugs, low- or no-cost health care, or special tax credits.

AFFORDABLE CARE ACT HEALTH INSURANCE

www.healthcare.gov

AIDS RESOURCE CENTER OF WISCONSIN

www.arcw.org

1105 Grand Avenue, Suite 1
P O Box 26
Schofield WI 54476
Hours: M – F 8:30 am-4:30 pm

Phone: 800-551-3311

Information and referral, confidential testing, support and case management services. Serves Northern Wisconsin. Call for eligibility information or email info@arcw.org. No cost.

ASPIRUS GENERAL CLINIC

www.aspirus.org

110 East Fifth Avenue

Antigo WI 54409

Hours: M-F – 8 am-5 pm

Phone: 715-623-2351

We provide Family Practice, General Surgery, Internal Medicine, OB/GYN, Pediatrics, and Psychiatry.

Accepts Medicare, Medicaid, private insurance, and private pay.

BABY SIGNS® PROGRAM

www.babysignsprogram.com

Rhineland WI 54501

Phone: 715-254-1376

Fax: 715-254-1038

Email: christine.wilberding@babysignsprogram.com

Babies have a lot to say even before they can actually speak. With the Baby Signs Program, babies and toddlers can communicate, using simple, easy-to-learn signs, what they see, what they need and even how they feel. Serves Forest, Langlade, Lincoln, Oneida & Vilas Counties.

BRIDGE COMMUNITY DENTAL OF ANTIGO AND MERRILL

www.bridgeclinic.org

Antigo Medical Building

1111 Langlade Road

Antigo, WI 54409

Hours: Mon- Fri. 8am-5pm

Phone: 715-627-4383

St. Vincent DuPaul Community Care Center

401 West Main Street

Merrill, WI 54452

Hours: Tues.-Fri. 8am-5pm

Phone: 715-539-8181

Federally Qualified Health Clinics

All insurances and Medicaid/Medicare accepted and anyone that does not have dental coverage.

We provide general dentistry, no root canals or dentures, partials/ bridges. We are now open to all counties. Our main clinic in Wausau does provide dentures, partials, and bridges and front teeth root canals.

COMMUNITY MENTAL HEALTH

1831 North Stevens Street

P O Box 895

Rhineland WI 54501

Hours vary

Phone: 715-365-7000

Fax: 715-365-7029

Eagle River Office:
603B East Wall Street

Phone: 715-479-4479

Outpatient Mental Health Services offering counseling for children, teens and adults, couples, group and family therapy. Psychiatrist on staff for client medication reviews. Serving Forest, Oneida and Vilas Counties. Call for eligibility information. Sliding Fee Scale, Insurance, Medical Assistance, or Medicare

CRANDON PUBLIC LIBRARY

<http://wvls.lib.wi.us>

110 West Polk Street
Crandon WI 54520

Phone: 715-478-3784
Fax: 715-478-5537

Hours: Mon.-Tues. 9-5, Wed.-Thur. 9-7, Fri. 9-5, and Sat. 9-12 noon

Books, large type books, books on tape, genealogy, computer services, internet access; Storybook Hour, Book Club; Summer reading program, programs during National Library Week.

CRANDON SCHOOL DISTRICT

www.crandon.k12.wi.us

9750 U.S. Highway 8
Crandon WI 54520

Phone: Superintendent 715-478-3339
Elementary School Office 715-478-3723
High/Middle School Office 715-478-3713
Guidance Office 715-478-3714
Fax: District Office 715-478-5130
High School Office 715-478-5570

DICKINSON COUNTY HEALTHCARE SYSTEM

www.dchs.org

1721 South Stephenson Avenue
Iron Mountain, MI 49801

Phone: 906-774-1313

We provide an acute care hospital with 97 beds and 24/7 emergency department and hospitalist programs. We support a network of primary care and specialty clinics with an 82 member medical staff.

DICKINSON-IRON DENTAL CENTER

211 South Fourth Street, Suite B
(lower level of Falls Clinic Building)
Crystal Falls MI 49920

Phone: 906-875-6133

Dental only

EAGLE RIVER MEMORIAL HOSPITAL

201 Hospital Road
Eagle River WI 54521

Phone: 715-479-7411

EDITH EVANS COMMUNITY PUBLIC LIBRARY

<http://wvls.lib.wi.us/laonapl/>

5216 Forest Avenue
P O Box 127
Laona, WI 54541

Phone: 715-674-4751
Fax: 715-674-5904

Hours: Winter (Sep. – May) Mon. 8-3, Tues. 8-5, and Wed.-Fri. 8-3; Summer (June-Aug.) Mon. 8-2, Tues. 8-5, and Wed.-Fri. 8-2

Story Time (Summer); Member of Wisconsin Valley Library Service and V-Cat <http://wvls.lib.wi.us>

ELMER GREEN ASSOCIATES, INC.

112 East Fifth Avenue
(located in Langlade Memorial Hospital)
Antigo WI 54409

Phone: 715-627-2296

Hours: M-Th – 8:30 am-6:30 pm; evenings and other times by appointment

Counseling services for individuals, family, marriage, groups, etc. All major insurances, Medical Assistance, and BadgerCare

EWEN MEDICAL-DENTAL CENTER

Highway M-28
Ewen MI 49925

Phone: Medical 906-988-2210
Dental 906-988-2468

FAMILY AND CHILD LEARNING CENTERS OF NORTHEAST WISCONSIN, INC.

www.familyandchild.org

Corporate Office:
1860 North Stevens Street
P O Box 459
Rhineland WI 54501

Phone: 715-369-5688
800-247-3135

Crandon Head Start Center
Crandon School
9750 US HWY 8 West
Crandon, WI 54520
Center Manager: Kim Winkleman

Phone: 715-478-6105

Email: kwinkleman@familyandchild.org

Wabeno Head Start Center
4108 Quinlan Street

Phone: 715-473-5033

Wabeno WI 54566
Director: Jean Mertens

Email: jmertens@familyandchild.org

Head Start and Early Head Start under the categories of education and family development; Eligibility – 100% of Federal Poverty Guidelines; serving infants, toddlers, preschoolers and pregnant women and their families

FAMILY COURT COMMISSION

715-478-3085

Assistance with divorce and child support issues in Forest County for low income families. Posted on the door are the directions for accessing the required Government forms and also some forms in a pocket envelope on her door.

FAMILY RESOURCE CONNECTION

www.familyresourceconnection.org

Ministry Riverside Clinic
1020 Kabel Avenue
Rhineland WI 54501
Hours: M-F – 8 am-4:30 pm

Phone: 715-361-2890
888-266-0028
Fax: 715-361-2892

Play is a key component in the development of children. Parent/child attachment can be facilitated through play.

Play Shoppe is a group-based parent education and support program for children, birth to school age, and their parents or caregivers to come together for a play adventure. It is offered twice a week in Rhineland. Parents have an opportunity to strengthen their parenting skills and learn new ways to enhance their child's development. When families come to Play Shoppe, they make new friends and learn about community services – they get connected.

Music Garden is a music and movement program created to stimulate the development of children and is based on early brain development research. Music Garden offers parents and children an assortment of activities to promote language, social interaction, coordination and imagination. Sessions are designed to meet the developmental needs of children from birth to age five.

Sprouts, for ages newborn to 1½ years and their parents, meet on Tuesdays and Jumping Beans, for children 1½ to five years, meet on Thursdays and/or Fridays.

Family Visiting is an individualized, home-based parenting education and support program. Individuals may begin visits prenatally, at the time of birth or when a question about child development arises. During a home visit, the Family Visitor and parents share thoughts on many topics including early brain development, play, safety, family routines and setting appropriate limits. Expectant parents have an opportunity to learn more about their pregnancy, baby's development, good health practices and how to prepare for the birth of their child. The Family Visitor helps each family set and meet individual goals. A variety of goals have been set by families including: completing high school, earning a living wage, reading to my child three times a week and "being the best parent I can be."

The Family Strategist meets with families of school age children. Families are met and a parenting plan is created. The Strategist works as a coach, encouraging families to try new ideas, strategies, or resources.

Families are referred from a variety of sources and they can also self-refer by calling our office. By tracking the source of referral, we are able to measure the effectiveness of our outreach efforts and make revisions as needed.

Programs are open to all families in Forest, Oneida and Vilas Counties and are offered at no cost.

FIRST IMPRESSIONS PEDIATRIC DENTISTRY

www.fidkids.com

Rhineland Office:
780 East Timber Drive
Rhineland WI 54501

Phone: 877-842-4649

Wausau Office:
413 North 17th Avenue
Wausau WI 54401

Phone: 715-842-4649

Provides all aspects of pediatric dental care for children infancy through adolescence. Accepts WI MA.

FOOD PANTRY AT NAZARENE CHURCH

5216 Spruce Street
Laona WI 54541

Phone: 715-674-2335

Available for those unemployed or disabled. Call for more information.

FOREST COUNTY AGING & DISABILITY RESOURCE CENTER

300A South Lake Street
Crandon WI 54520

Phone: 715-478-2162

Fax: 715-478-2182

The Aging & Disability Resource Center is a service unit that provides information and “links” to available resources and services. Staff members can assist in many areas including, but not limited to: advocacy, paperwork, referrals, accessing benefits, benefit appeals, housing, and long-term care options.

FOREST COUNTY CHILD SUPPORT AGENCY

200 E. Madison
Crandon, WI 54520

Phone: 715-478-2157

Fax: 715-478-7717

sboney@co.forest.wi.us

FOREST COUNTY DEPARTMENT OF SOCIAL SERVICES

Forest County Courthouse
200 East Madison
Crandon WI 54520
Hours: M-F – 8 am-4:30 pm
Chuck Sekel, Director

Phone: 715-478-3351

Fax: 715-478-2847

Email: csekel@forestcountydss.com

Assistance in accessing a variety of social services programs including FoodShare (formerly Food Stamps), Child Protective Services (abuse and neglect investigations and ongoing services), juvenile delinquency services, first time offender program, child care certification and child care assistance, Brighter Futures, Medical Assistance, Community Options Program (COP), Medicaid Waiver Programs (CIP II and COP-W). Adults Protective Services, Supportive Home Care, SSI-E Certifications, Guardianship Services. Call for eligibility/fee information.

FOREST COUNTY HEALTH DEPARTMENT

Forest County Courthouse
200 East Madison Street
Crandon WI 54520
Hours: M-F – 8:30 am-4:30 pm

Phone: 715-478-3371
Fax: 715-478-5171

Healthy moms and babies program which include prenatal care coordination, breastfeeding support, newborn baby visit, child development information, well water testing, and safe sleep education. Also provides car seat safety, Wisconsin Well Woman Program, WIC (women, infant, and children) food and nutrition program, oral health programs, immunizations, and disease control.

FOREST COUNTY POTAWATOMI AODA DEPARTMENT

5519 Wej Mo Gek Court
Crandon WI 54520
Hours: M-F –9 am-5 pm

24/7 Phone: 715-478-4370
Immediate Help & Resources
Langlade Hospital Emergency Room: 715-623-2331
St. Mary's Behavioral Health Center: 715-361-2000
Crisis Hotline: 888-299-1188

The FCP AODA Department is a Native American outpatient treatment program providing an effective and unique treatment experience that is culturally sensitive for Native and non-Native Americans struggling with addiction. Our goal is to provide chemical dependency treatment services to Native and non-Native Americans who are affected by or afflicted with the disease of chemical dependency.

FOREST COUNTY POTAWATOMI CHILD SUPPORT AGENCY

P O Box 340
5415 Everybody's Rd.
Crandon WI 54520
Hours: M-F – 7 am-5 pm

Phone: 715-478-7260
Fax: 715-478-7331

This program manages over 525 child support and paternity cases serving more than 600 children.

FOREST COUNTY POTAWATOMI COMMUNITY GTE-GA-NES PRESCHOOL ("LITTLE GARDEN") AND DAYCARE

7695 Lois Crowe Lane
P O Box 340
Crandon WI 54520
Hours: M-F – 9 am-1 pm (closed for the Summer)

Phone: 715-478-7350
or 715-478-7359
Fax: 715-478-7360

Gte-Ga-Nes Preschool is family-focused. The family is viewed as the most important influence in a child's life. Parents are invited to become integrally involved in the development of the program's curriculum and are encouraged and welcomed in the classroom at any time. We have two classrooms with 20 children in each. The program is for children ages 3 to 6 years of age. (The child should be 3 years old by September 1st.)

Our goal is to provide a high quality, developmentally appropriate program to help prepare your child for kindergarten. We use the Wisconsin Early Learning Standards, as well as the Federal Performance Standards as a guide for the Preschool program.

We provide a clean, safe, healthy environment for children, so they will enjoy the learning process. We have a speech therapist who works with the children on a daily basis, a Language and Culture Worker works with the children twice a week, and a Nutritionist works on healthy eating and healthy snack habits. Tribal members have first priority.

FOREST COUNTY POTAWATOMI DOMESTIC VIOLENCE & SEXUAL ASSAULT SHELTER

P O Box 186
Crandon WI 54520

24 Hour Hotline: 715-478-7200
Fax: 715-478-7237

The FCP Domestic Violence Shelter is dedicated to providing services to all Anishinabe women, their families and the surrounding communities in Forest County. We also provide referrals, education and intervention to those who choose not to seek shelter.

FOREST COUNTY POTAWATOMI ECONOMIC SUPPORT

Employment Skill Services
5415 Everybody's Road (Old Exec Bldg)
Crandon WI 54520

Phone/Fax: 715-478-7200

Employment counseling, job seeking skills, life skills classes, emergency assistance, career exploration, drivers license services, resume developing, turbo typing, most interviews, work experience.

FOREST COUNTY POTAWATOMI FAMILY RESOURCE CENTER

www.fcpotawatomi.com

8000 Potawatomi Trail
Crandon WI 54520
Hours: M-Th – 7am-5pm

Phone: 715-478-7200
or 800-960-547
Fax: 715-478-7323

The Family Resource Center represents a collaborative effort to increase the participation of tribal members in programs that emphasize family togetherness. They work in tandem with FCP Indian Child Welfare services, Temporary Assistance for Needy Families (TANF), and other partners to provide Potawatomi families and children with a holistic system of services. They provide referrals, direct client services, supportive programming, and community events in order to connect tribal families with appropriate resources and support. Call for information on available programs.

FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER

www.fcpotawatomi.com

KE WED NOK – WA SE GISH GOK Center

8201 Mish Ko Swen Drive
Crandon, WI 54520
Hours: M-F – 7 am-5:30 pm

Phone: 715-478-4300
Fax: 715-478-4499

Mission: Patient centeredness to promote quality healthcare in a professional and traditional way for Native Americans, their families, and surrounding community in a trusting, respectful, and confident manner for the wellness and future of the community.

Our services include community health, dental, endocrinology (diabetes/thyroid), mental health, optometry, AODA, pediatrics, physical therapy, podiatry, primary care-family practice, pharmacy, radiology, and speech therapy.

FOREST COUNTY POTAWATOMI HONORING OUR CHILDREN PROGRAM

5409 Everybody's Road
P O Box 396
Crandon WI 54520
Hours: M-F – 8 am-5 pm

Phone: 715-478-4398

HOC program is for Tribal Members, either mother, father or children need to be an enrolled member. We work with the families to reduce SIDS, home visits, office visits. Breastfeeding support and educational events with various topics.

FOREST COUNTY POTAWATOMI INSURANCE DEPARTMENT

5415 Everybody's Road
Crandon, WI 54520
Hours: Mon-Fri- 7 am- 5pm

Phone: 715-478-4707

Certified application counselors open to the public

FOREST COUNTY POTAWATOMI MENTAL HEALTH SERVICES

FCP Health & Wellness Center
5416 Everybody's Rd.
Crandon WI 54520
Hours: M-F, 7:30 am- 5 pm

Phone: 715-478-4332

We offer behavioral health services and psychological assessments/testing for adults and children. This also includes psychotherapy, art therapy, AODA assessments and intensive outpatient services. We offer individual and group treatment options.

FOREST COUNTY POTAWATOMI TRIBAL HOUSING HOME LOAN PROGRAM & WISCONSIN POTAWATOMI HOUSING AUTHORITY

5460 Kak Yot Lane

Phone: 715-478-7270

Crandon WI 54520
Hours: M-F – 7 am-4:30 pm

In 2003 the Forest County Potawatomi Community housing departments merged into one, thereby consolidating housing resource and knowledge for Tribal Members 18 and older.

The FCP Housing Dept. assists in the attainment of home ownership by providing mortgage loan (funded by the Tribe) for the construction of a new home, purchasing an existing home, refinancing existing mortgages, and technical assistance thereby required in such real estate transactions.

The Wisconsin Potawatomi Housing Authority (WPHA) funded by the Native American Housing Assistance and Self-Determination Act (NAHASDA) provides home improvement loans, rental units, and Mutual Help on homes, home building maintenance, construction crew for small home improvement projects, an Elderly Complex and Assisted Care Facility. Our facility offers a Building Trades Program. It is a 1-year state-certified Wisconsin Technical College diploma program, where students perform all aspects of construction beginning with an empty building site. Students plan, layout, work with inspectors, subcontractors, and housing officials in order to build a house for a homeowner. Yet another service is in-house inspectors for contract/proposal review, construction monitoring, home design, and contractor.

FOREST COUNTY VETERANS SERVICE OFFICE

Forest County Courthouse
200 East Madison Street
Crandon WI 54520
Hours: M-F – 8:30 am-4 pm

Phone: 715-478-3722

Free benefit claims counseling and information and referral to Veterans, their dependents and survivors.

FORWARD SERVICE CORPORATION

Wisconsin Works (W-2) & Food Stamp Employment and Training (FSET)

201 B N. Lake Ave
Crandon WI 54520
Hours: Tuesdays and Fridays – 8 am-4:30 pm
<http://www.fsc-corp.org/>

Phone: 715-478-5490
Email: ktupper@fsc-corp.org
Fax: 715-478-5488

Wisconsin Works (W-2) – W2 replaced AFDC in 1997. W2 services low-income parents with minor children and is based on work participation and personal responsibility. Under W2, there is no entitlement to assistance, but there is a place for everyone who is willing to work to their ability. Each W2 eligible participant meets with a Case Manager who helps the individual develop a self-sufficiency plan to determine his/her place on the W2 employment ladder. There are financial and non-financial eligibility requirements.

Food Stamp Employment and Training (FSET) – This program is for individuals receiving Food Share benefits and is designed to assist eligible individuals to actively look for employment in order to become self-sufficient. Services also include job search assistance, job seeking skills; resume development, referral to other appropriate services and some supportive services.

Emergency housing assistance: 1 time per year payment for families that are facing a financial crisis that is deemed beyond their control and are either homeless or facing homelessness with an eviction notice.

GOODMAN-ARMSTRONG CREEK SCHOOL DISTRICT

<http://goodman.wi.schoolwebpages.com>

#1 Falcon Crest Drive
P O Box 160
Goodman WI 54125

Phone: 715-336-2575
Fax: 715-336-2576

GREAT LAKES INTER-TRIBAL COUNCIL, INC.

www.glitc.org

2932 Highway 47 North, P O Box 9
Lac du Flambeau WI 54538
Hours: M-F – 8 am-4 pm

Phone: 715-588-3324
800-472-7207

Services all Tribal Communities.

GRESHAM, STANLEY W., D.D.S.

Ironwood MI

Phone: 906-932-2730

Sees adults and children.

HEADWATERS, INC.

www.headwatersinc.org

1441 East Timber Drive, P O Box 618
Rhineland WI 54501
Hours: M-F – 8 am-4 pm

Phone: 715-369-1337
Fax: 715-369-1793

Work/Day services vocational evaluation and supported employment services for adults with developmental delays.

Birth to 3 Early Intervention services-developmental screening, evaluation and care coordination or families of children with developmental delays. Eligibility is determined through screening. Serves Forest, Vilas, and Oneida Counties. Free for most families.

HOWARD YOUNG MEDICAL CENTER

240 Maple Street
Woodruff WI 54568

Phone: 715-356-8000

HUMAN SERVICE CENTER

705 East Timber Drive
Rhineland WI 54501

Phone: 715-369-2215
800-236-8787
Email: ac@thehumanservicecenter.org

Developmental disabilities, mental health services, emergency assistance through crisis advisors program provided to residents of Vilas, Forest & Oneida Counties.

IMPACT COUNSELING

158 South Anderson Street, P O Box 158
Rhineland WI 54501
Hours: M-F – 8 am-5 pm; program operates 8 am-3 pm, 5 days/week

Phone: 715-362-6390
Fax: 715-362-6391
Email: lori@icsclinics.org

Outpatient mental health; day treatment for children and adolescents. Intensive psychotherapeutic services, 4 hours/day, 5 days/week. Group, individual and family therapy are components of the program. Psycho-education is provided in the areas of personal development, anger/emotion/ aggression management, family issues, communication and AODA and health issues. Serves adolescents between 5 – 18 with emotional and/or behavioral difficulties who live within a one hour drive of Rhineland. MA/BadgerCare is the only insurance that currently covers day treatment services.

JOB CORPS

www.jobcorps.gov

Phone: 715-674-2311
Fax: 715-674-7640

Blackwell Job Corps Civilian Conservation Center Phone:
4155 County Hwy H
Laona, WI 54541

KIDS IN NEED

P O Box 895
Rhineland WI 54501
Hours: Vary

Hotline: 800-622-9120
Phone: 715-365-7003
Fax: 715-365-7029
Administrative email: kidsinneed@charterinternet.com
Informational email: kin4u@charterinternet.com

24 Hour Hotline. Crisis counseling for runaway issues and other adolescent concerns. Service to runaways and families. Weekly supervised service project, tutoring, mentoring, family mediation and crisis intervention. Serves youth under age 18 in Forest, Oneida and Vilas Counties. Services are free.

KOINONIA RESIDENTIAL TREATMENT CENTER

1991 Winnebago Street
P O Box 1550
Rhineland WI 54501
Hours: 24/7

Phone: 715-362-5745
800-864-3009
Fax: 715-362-2819
Email: inquire@koinoniaaoda.org

Residential treatment for addicted adults; individual and group therapy; addictions, and living skills training, special interest group meetings. Serves adults in Forest, Oneida & Vilas Counties. Call for fee information.

KOLLER BEHAVIORAL HEALTH

(A Service of Ministry Health Care)

www.ministryhealth.org

311 Elm Street, P O Box 470

Woodruff WI 54568

Hours: M-Th – 8 am-4:30 pm; F – 8 am-4 pm

Phone: 715-356-8540

Crandon Office:

400 West Glen Street

(in Ministry Medical Group Clinic)

AODA Services available Monday & Wednesday, phone for appointment. Mental Health Services available

Thursday, phone for appointment.

Phone: 715-356-8540

Eagle River Office:

930 Wall Street

(in Ministry Medical Group Clinic)

Services available Tuesday & Thursday, phone for appointment.

Phone: 715-356-8540

Rhinelanders Office:

1020 Kabel

(in Riverside Clinic)

Phone: 715-361-2804

or 715-361-2805

Offers alcohol and drug assessment programs, referral services, outpatient counseling, affected family member services, prevention services; mental health services available in Woodruff location. Call for eligibility information. Services Forest, Oneida, and Vilas Counties. Medicaid and most insurance companies accepted; sliding fee scale.

LANGLADE MEMORIAL HOSPITAL

112 East 5th Street

Antigo WI 54409

Phone: 715-625-2331

LAONA SCHOOL DISTRICT

www.laona.k12.wi.us

5216 Forest Avenue, P O Box 100

Laona WI 54541

High School: 715-674-2143

Elementary Office: 715-674-3801

LUTHERAN SOCIAL SERVICES

Rhinelanders Office:

235 North Stevens Street

Rhinelanders WI 54501

Phone: 715-362-4546

Toll free: 800-236-0011

Hours: W & Th – 9 am-6 pm

Antigo Office:

612 Clermont Street

Antigo WI 54409

Hours: M-Th – 8 am-6 pm

Phone: 715-627-0371

Toll free: 800-236-0011

Offers individual, couple, and family counseling, marriage counseling, adolescents, Employee Assistance Program, stress management, adoption services. Medicaid, Medicare, BadgerCare, Sliding fee scale–self pay based on income.

MARATHON COUNTY HEALTH DEPARTMENT

www.co.marathon.wi.us/cyshcn.asp

1200 Lake View Drive, Room 200

Wausau, WI 54403

Julia Stavran, Program Director

Jane Hess, Community Health Worker

Phone: 715-261-1900

Toll Free: 866-640-4106

Fax: 715-261-1901

Northern Regional Center for Children and Youth with Special Health Care Needs (CYSHCN). Provides access to information, health benefits counseling, care coordination, education related concerns, professional resource directory, parent-to-parent support, help with transitions, transportation, emotional support. Serves Ashland, Forest, Bayfield, Florence, Iron, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Sawyer, Taylor, Vilas, and Wood Counties

MARSHFIELD CLINIC COUNSELING CENTER

9792 Highway 70 West

Minocqua WI 54548

Hours: M & W – 8 am-8 pm; T & Th – 8 am-5 pm; F – 8 am-noon

Phone: 715-356-1793

Fax: 715-358-7863

Services include outpatient mental health counseling for children, adolescents, and adults. Marriage counseling and family therapy. Call for eligibility requirements. Serves Forest, Iron, Lincoln, Oneida, Price and Vilas Counties. Most insurance companies and Medicaid.

MENTAL HEALTH CRISIS LINE

Staffed 24 hrs/7 days a week

Phone: 888-299-1188

MIDSTATE INDEPENDENT LIVING CONSULTANTS

Stevens Point Office

3262 Church Street, Suite 1

Stevens Point, WI 54481

Phone: 715-344-4210

Toll Free: 1-800-382-8484

Fax: 715-344-4414

Wausau Office

415 W. Campus Dr.

Wausau, WI 54401

Phone: 715-675-7600

Toll Free: 1-800-311-5044

Fax: 715-298-2335

Website: www.milcinc.net

E-mail: milc@milc-inc.org

Working for persons with disabilities towards empowerment to make informed choices.

MINISTRY BEHAVIORAL HEALTH

(A Dept. of St. Mary's Hospital)

www.ministryhealth.org

Ministry Riverside Clinic

1020 Kabel Avenue

Rhineland WI 54501

Hours: M-Th – 9 am-5 pm; F – 9 am-noon

Phone: 715-361-2805

800-779-2881

Fax: 715-361-2920

Inpatient and outpatient care for persons who are experiencing emotional and mental difficulties, and alcohol and other drug problems. Serves Northern Region. Private insurance, Medicaid, Medicare, and private pay.

MINISTRY HEALTH CARE/SACRED HEART/ST. MARY'S

2251 North Shore Drive

Rhineland WI 54501

Phone: 715-361-2000

MINISTRY MEDICAL GROUP

Crandon Office

400 West Glen Street

Hours: Mon. & Wed. 7 am-7 pm; Tues., Thurs. & Fri. 7 am- 5 pm; Sat. 8 am- 11 am

Phone: 715-478-3318

Laona Office

4876 Mill Street, P O box 397

Laona, WI 54541

Hours: Mon- Fri. 8 am- 4:30 pm

Phone: 715-674-5233

Fax: 715-674-5516

NEWCAP, INC.

www.newcap.org

212 North Lake Avenue

Crandon WI 54520

Hours: 7:30 am-4 pm

Phone: 715-478-3871

Fax: 715-478-2725

Energy assistance, weatherization, food pantry, family planning, Keep Wisconsin Warm funds, Judicare, coats, seeds, plants.

NEW HOPE SHELTER & TRANSITIONAL HOUSING

www.newhopeshelter.net

601 North Summit Drive
Crandon WI 54520
Micah Dewing, Director

Phone: 715-478-3669

Email: director@newhopeshelter.net

Short term emergency residential program that provides homeless families, single women, and single men with up to 90 days of shelter and case management services to Forest County and the surrounding areas of northern Wisconsin.

NICOLET AREA TECHNICAL COLLEGE BASIC EDUCATION

3rd Floor, LRC
5364 College Drive, P O Box 518
Rhineland WI 54501

Phone: 800-544-3039
or 715-365-4455

Email: academicsuccess@nicoletcollge.edu

Hours: M, W – 8 am-4 pm; Tu, Th – 8 am-8 pm; F 8 am-12 noon. Hours available at outreach locations in Crandon, Eagle River, Lac du Flambeau, Minocqua, Mole Lake, Rhineland, Stone Lake, and Tomahawk; please call for days and times at these locations.

Instruction in basic skills improvement for students before program entry or while enrolled in a college program, instruction in workplace skills, preparation for GED/HSED, instruction for English Language Learners, basic skills contracts with business and industry, basic education for Job Corp students; contracts with high schools for alternative services for students who are at-risk, basic education for students who are incarcerated, career exploration and employability courses, instruction for personal enrichment. Serves adults residing in NATC district or students attending NATC. Services are free of charge. Students are responsible to pay for GED/HSED tests (unless under high school contract); college prep courses - \$4.00 plus book fees; funds are available for students with financial needs.

NORTH CENTRAL HEALTH CARE-LANGLADE CENTER

www.norcen.org

1225 Langlade Road
Antigo WI 54409
Hours: M-F – 8 am-4:30 pm

Phone: 715-627-6694
Fax: 715-627-6645

Provides individual and couples counseling, family therapy, assessment and evaluations, OWI assessments and treatment, AODA treatment, psychiatric evaluations, medication monitoring, group therapy, psychologist evaluations, behavior management and employee assistance. All commercial insurance, Medicaid, Medicare, BadgerCare accepted. Langlade County residents eligible for sliding fee scale dependent on client's annual household income.

NORTHWOODS DENTAL PROJECT

www.vilaspublichealth.com

302 W. Pine Street
Eagle River, WI 54521

Phone: 715-479-3758

NORTHERN ADVANTAGE JOB CENTER

51A North Brown Street
Rhineland WI 54501
Hours: M-F – 8 am-4:30 pm

Phone: 715-365-1500
Fax: 715-365-2646

TrANS (Transportation Alliance for New Solutions) – 120 hour (six weeks) classroom/hands-on training program designed to teach minorities and women about the road construction industry as laborers. Free program requires full attendance, 18 years old, valid drivers license, reliable transportation, can pass 6th grade reading and math level, is willing to work hard and willing to relocate. Classes are held throughout the year in Mole Lake, Lac du Flambeau, or Rhineland. For screening or application, call 715-478-7633.

WIA (Workforce Investment Act) Youth Program – For youth ages 14 -21, economically disadvantaged with barriers to employment. Designed to help youth upgrade skills necessary to enter into the world of work. Activities may include pre-employment skills, paid and unpaid work experience, job shadowing, leadership skills, support services, case management and referral to other programs or organizations, if appropriate. Call 715-365-1500 for more information.

WIA (Workforce Investment Act) Adult Program – Core Services are offered to anyone looking for labor market information, or looking for employment, through the use of job center resources. Free workshops are available monthly. Call 715-365-1500 for more information or to reserve your place. Intensive and Training Services are for economically eligible individuals age 18 and over, with limited work history, limited work experience, or limited training and education. An intense assessment is done to determine barriers, work history, education history, family situation, and interest area. Tuition/ book reimbursement may be provided if individual is entering an approved program through the technical college, and upon completion, will result in a credential. Program must be in an occupation area in which there is a demand and will result in employment that will provide a living wage and sufficient annual income. For more information, call 715-365-1500.

NORTHERN HEALTH CENTERS, INC.

15397 Highway 32, P O Box 179
Lakewood, WI 54138

Medical Hours: M-F – 8 am-6 pm; Sat – 8 am-12noon

Dental Hours: Mon. – 7:30 am-7 pm; Tues-Thurs.- 7 am-6 pm; Fri. – 8 am-5 pm

Phone: 715-276-6321
Fax: 715-276-1428

Oconto Dental Satellite Clinic
820 Arbutus Ave.
Oconto, WI 54153

Hours: Mon.- 7 am-7pm; Tues. & Wed.- 7 am- 6 pm; Thurs. & Fri.- 7 am – 5 pm

Phone: 920-516-7107
Fax: 920-835-2919

Northern Health Centers offers a full range of programs and services to meet the health needs of all people. We offer medical, dental, and behavioral health services regardless of your ability to pay. Patients may qualify for our Sliding Fee Scale based on family size and income as determined by Federal Income Poverty Guidelines. We service all people in the counties of Forest, Oconto, Langlade, Marinette, and Florence.

Our services include primary medical care, pediatric and adolescent care, adult and geriatric care Newcap family planning, immunizations, nutrition/health education, diabetic counseling, foot care, urgent care, counseling and mental health services, family dentistry, prevention, restorative, and emergency, Wisconsin

Well Woman Program, X-ray services on site, diagnostic lab services, free blood pressure screenings, lesion removal, and referrals for specialty care.

NORTHERN INCOME MAINTENANCE CONSORTIUM (MEDICAID)

www.access.wi.gov

Phone: 1-888-794-5722

Fax proof/verification: 1-855-293-1822

Apply for benefits, report changes, ask questions, or make an appointment.

NORTHERN MENOMINEE HEALTH CENTER

N16088 US Hwy 2/41
P O Box 159
Spaulding MI 49886

Phone: 800-270-2905

or 906-497-5263

Pharmacy: 906-497-5516

Medical & Dental; only emergency services for those over 21 years of age.

NORTHERN REGIONAL CENTER FOR CHILDREN AND YOUTH WITH SPECIAL HEALTHCARE NEEDS (CYSHCN)

www.northernregionalcenter.org

1000 Lake View Drive, Suite 100
Wausau, WI 54403
Julia Stavran, Program Director

Phone: 715-261-1906

Toll free: 866-640-4106

Fax: 715-261-1901

Email: Julia.stavran@co.marathon.wi.us

Hours: 8 am- 4:30 pm

The Northern Regional Center for CYSHCN provides free and confidential services to children and youth from birth up to age 22, their families, and the service professionals who are working with them. Children with special needs are those that have a chronic condition that requires special health or educational services. No diagnosis is required. The condition may be physical, emotional, developmental, or behavioral.

The Northern Regional Center serves families from Ashland, Bayfield, Florence, Forest, Iron, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Sawyer, Taylor, Vilas, and Wood counties.

The Regional Center services include problem solving, parent support, health benefits consultation, transition to adult services and information and referral assistance to connect families to the services that are available to them for health, educational, financial, and legal needs. The Regional Center also provides some training and consultation for service providers.

NORTHLAND CHILDBIRTH EDUCATION ASSOCIATION

P O Box 534

Phone: 715-369-2750

Rhineland WI 54501
Thursday evenings 6:30 – 8:30 (5 sessions run throughout the year)

Providing prenatal classes to expectant parents in the Northwoods area. Classes cover information on labor, delivery, birth and postpartum; relaxation and breathing techniques; infant care, and breastfeeding. Six week session is \$45.00 (financial assistance available).

NORTHWEST CONNECTION FAMILY RESOURCES

<http://www.wisconsinchild.org>

P O Box 456
Rhineland WI 54501

Phone/Fax: 715-369-9255
Cell: 715-493-4150
Hayward Office: 800-733-KIDS
Email: nwchild5@charter.net

This program provides referrals and consultations for families looking for child care; training and technical assistance for child care providers and prospective providers; grant administration for agencies and child care programs; community information concerning young children and services offered; data reports on child care programs, needs in the community, rates; resource library, resource kits for families and child care providers; representation on local and state committees. Services are for any family or child care provider in this area, including Florence, Forest, Oneida, and Vilas Counties, and Forest County Potawatomi, Lac du Flambeau Lake Superior Band of Chippewa, and Sokaogon Chippewa Tribes. Most services are free.

NORTHWOODS DENTAL PROJECT

www.vilaspublichealth.com

302 W. Pine Street
Eagle River, WI 54521

Phone: 715-479-3758

NORTHWOODS GUIDANCE CENTER

(The Human Service Center)
705 East Timber Drive
Rhineland WI 54501
Hours: 8 am-4:30 pm; some evening hours available by appointment

Phone: 715-362-7463
800-236-8788
Fax: 715-369-2214

Offers outpatient psychotherapy services for individuals, couples, children and families. Group therapy, psychiatric evaluations and medication monitoring by a psychiatrist. Call for eligibility information. Services available to residents of Forest, Oneida and Vilas Counties. Sliding fee scale available for clients without group insurance or medical.

NORTHWOODS SAVES

3375 Airport Road - #10, Lower Level
Rhineland WI 54501

Phone: 715-365-2752
877-675-4673

Hours: Flexible hours, call for an appointment

Fax: 715-365-2760

Non-profit; no cost to individuals and families of the Northwoods.

NU ROC COMMUNITY HEALTHCARE

www.nu-roc.com

3576A Nu-Roc Lane
Laona WI 54541

Phone: 715-674-4477

ON DIFFERENT GROUND

Howard Young Health Care
415 Menominee Street, P O Box 967
Minocqua WI 54548
Hours: Call for information

Phone: 715-356-7574
800-577-9996
715-356-4938

Outreach program for older adults and people with disabilities, which offers an alternative to traditional alcohol and other drug (AODA) and mental health services. Provides in-home services. Forest, Oneida, and Vilas Counties.

POISON CONTROL CENTER

www.aapcc.org

Phone: 800-222-1222

PRICE-DECKER CLINIC, LLC

21-B South Brown Street
Rhineland WI 54501
Hours: M-F – 8 am-(ending time based on needs of clients)

Phone: 715-362-5437
715-362-2014
Email: terrypd@charterinternet.com

Provides mental health treatment to children, youth, families, and individuals using best practice methods of treatment to help clients facilitate change and improve the quality of their own lives. Services all people in the Northwoods area. Private insurance, MA, private pay. No sliding fee scale.

SCC TRANSPORTATION

To schedule your ride --

Phone: 715-478-7517

Weekly Schedule – Morning and afternoon runs available

Monday Mole Lake to Crandon (RT)
Wednesday Mole Lake to Crandon to Rhineland (RT)
Friday OPEN – Riders choice – Call 478-7517

Pick Up Points (one morning run and one afternoon run):

Sokaogon Chippewa Elderly Complex – Mole Lake	8:30 am	1:00 pm
Old Grand Royale Casino Parking Lot – Mole Lake	8:40 am	1:10 pm
Court Yard Square next to old Chamber office – Crandon	9:00 am	1:30 pm

NEWCAP rear parking lot – Crandon

9:10 am

1:40 pm

Cost is \$3.00 per person (seating is limited). Schedule may change based on the demand of ridership and we may service M-F if the need arises. Any questions, please contact 715-478-7517.

SHARE (SELF HELP AND RESOURCE EXCHANGE)

Headquarters Office:

13111 West Silver Spring, P O Box 403
Butler WI 53007

Phone: 800-548-2124

Distribution once a month on a Saturday.

Crandon/Laona at NEWCAP Office
212 North Lake, Crandon – 9:30 – 10:00 am

Phone: 715-478-3871
or 715-784-0164

Wabeno at Madonna Hall
1793 N Branch, Hwy 32, Wabeno – 10:00 – 10:30 am

Phone: 715-473-5676

Non-profit food buying club that helps people save money on food; traditional SHARE package saves 30-50%. Volunteering is encouraged but not mandatory.

SOKAOGON CHIPPEWA ECONOMIC SUPPORT

10808 Sokaogon Drive
Crandon WI 54520
Amanda Ackley
Hours: M-F – 9 am-4 pm

Phone: 715-478-3265
Fax: 715-478-7618
Email: esa@newnorth.net

Provides certification & training of child care providers & child care assistance for families in Forest County. Call for fees.

SOKAOGON CHIPPEWA HEALTH CLINIC

(Alcohol and Other Drugs of Addiction Services)
3144 VanZile Rd.
Crandon, WI 54520
Hours: M-F – 8 am-4:30 pm

Phone: 715-478-5180
Fax: 715-478-5904

Services include family practice, internal medicine, laboratory, podiatry, dental, AODA counseling, mental health counseling, benefit assistance (Medicare, Medicaid, and Social Security), Diabetic education, honoring our children program, prenatal care coordination services, contract health services, community health nurses, well-child exams, immunizations, family planning services, and WIC.

Outpatient alcohol and other drugs of addiction counseling for individuals, couples, families-11 years of age and older, includes anger management, relationship and family conflicts (including domestic violence) and smoking cessation. Serves Mole Lake Native individuals and families. Call for information on fees.

Mental Health services are available for Sokaogon Chippewa Tribal members on Tuesdays and Thursdays from 8:00-4:30. Must call to make an appointment.

SOKAOGON CHIPPEWA HEALTH CLINIC/HONORING OUR CHILDREN

3144 VanZile Rd., Mole Lake
Crandon, WI 54520
Teri Hunt, LPN CLC CPST, Project Coordinator/MCH Nurse

Phone: 715-478-5180
Email: tlhlpnclc@yahoo.com

Provide access to prenatal, post partum, well child and interconceptional health care and education to reduce infant mortality and morbidity in the Native American Population. Immunization coordination, car seat safety, breastfeeding education.

SOKAOGON CHIPPEWA HOUSING

Mole Lake Reservation
3265 Indian Settlement Road
Crandon, WI 54520

Telephone 715- 478-2001
Fax 715-478-2865

THE GENERAL CLINIC

110 East Fifth Avenue
Antigo Wi 54409
Hours: M-F, 8am-5pm

Phone: 715-623-2351

Psychiatry, Medicare, Medicaid, private insurance, private pay.

THE RURAL DENTAL HEALTH PROJECT

Antigo Medical Building
1111 Langlade Road
Antigo Wi 54409

Phone: 715-627-4383

Community Care Center
401 West Main Street
Merrill Wi 54452

Phone: 715-627-4383

Services adults and children in Forest, Langlade, Lincoln, and Oneida Counties. Accepts the Forward Card.

TRANSITIONS CENTER LLC

22 North Pelham Street, P O Box 622
Rhinelander WI 54501

Phone: 715-365-6696
Fax: 715-365-6768

Hours: M-Th – 8 am-7 pm; F – 8 am-4 pm; Sat – 10 am-4 pm

Email: transitionscenter@frontiernet.net

Outpatient mental health counseling for individuals, couples and families; alcohol and other addictions therapy, including drug abuse, problem gambling, eating disorders, sex and work problems, relationship and family conflicts; individuals and family treatment for adolescents; Employee Assistance Programs; domestic violence men's group; AODA adult group. Service area – 50 mile radius of Rhinelander. Call to inquire for eligibility. Insurance, medical assistance, private pay, some sliding fee scale.

TRI-COUNTY COUNCIL ON DOMESTIC VIOLENCE & SEXUAL ASSAULT, INC.

www.tri-countycouncil.org

200 East Madison Avenue, P O Box 158
Crandon WI 54520

Hours: M-F – 8 am-4 pm; back-up advocate available anytime

Phone: 715-478-3780

24-Hour Crisis Line: 800-236-1222

Email: tcforest@newnorth.net

Offices also in:

Rhinelander – 3716 Country Drive, Suite 1

Phone: 715-362-6841

Eagle River – 150 Hospital Road

Phone: 715-479-2912

Supportive services: domestic violence, sexual assault, elder abuse, child physical/sexual abuse, stalking, adult survivors of childhood abuse, families of homicide/violent crimes victims. Crisis intervention: temporary safe housing, food, support, and advocacy for victims of domestic abuse and their children, emergency transportation. Advocacy services: legal, criminal justice support, Judicare assistance, crime victims compensation, medical/personal, safety planning, information and referrals. Serves residents in Forest, Vilas and Oneida Counties. Services are confidential and free of charge.

TRI-COUNTY WOMEN'S OUTREACH PROGRAM

Minocqua Community Building
415 Menominee Street, P O Box 967
Minocqua WI 54548

Hours: M-Th – 8 am-4 pm; F – 8 am-12 noon

Phone: 715-358-6224

877-801-3485

Utilizes a wrap-around process to provide strength-based services to women with substance abuse issues. These services promote empowering women to develop necessary skills for an increased quality of life. Services Forest, Oneida and Vilas Counties.

USDA RURAL DEVELOPMENT

www.rurdev.usda.gov/wi

603B Lakeland Road
Shawano WI 54166

Hours: M-F – 8 am-4:30 pm

Phone: 715-524-2148

Fax: 715-526-6121

Email: RD.Shawano@wi.usda.gov

Offers home loan financing (no restrictions on size or amenities, but based on individual case for eligible loan amounts). Repair loans up to \$20,000 at 1%, and grants up to \$7,500 lifetime, for current home owners.

USDA Rural Development is State- and Nation-wide. Home buying programs are no down payment programs. Closing costs and repairs to home can be included in loan. Eligibility is determined by income guidelines per household size, asset limitations and credit history. Services eligible applicants in any rural area, the Rhinelander office services, Oneida, Vilas, Florence, Forest, Lincoln and Langlade Counties.

UNIVERSITY OF WISCONSIN-EXTENSION

www.uwex.edu/ces/cty/forest

Forest County Courthouse
200 East Madison Street
Crandon WI 54520
Hours: M-F – 8:30 am-4:30 pm

Phone: 715-478-7792
Fax: 715-478-2015
Wisconsin Relay (DD) 711

Offers educational programs for children through adults to help families build skills in parent education, nutrition, family financial management, horticulture, youth development, 4-H, and leadership. Serves Forest County with free or low-fee programs.

Community and Youth Development Educator

Steve Nelson

Phone: 715-478-7797

Email: steve.nelson@ces.uwex.edu

4-H is for youth third grade to one year past high school graduation. Cloverbuds is for children 5 years old through second grade.

Family Living Education Program

Jennette Gunville

Phone: 715-528-5490 Ext. 118

Email: jennette.gunville@ces.uwex.edu

Contact: Family Living Agent, serving Vilas, Forest, and Florence Counties,
330 Court Street, Eagle River WI 54521

Educational programs promoting family strengths and helping communities become positive environments for family life.

WABENO PUBLIC LIBRARY

<http://wvls.lib.wi.us/wabenopl/>

4556 North Branch Street, P O Box 340
Wabeno WI 54566

Phone/Fax: 715-473-4131

Hours: Mon. closed, Tues. 10-5, Wed. 12 noon-5, Thur. 12 noon-5, Fri. 10-5, and Sat. 9-12 noon

Summer program, nice collection of audio books, two public access computers, nice collection videos mainly for children, rotating collection of 100 large print books. Member Wisconsin Valley Library Service: <http://wvls.lib.wi.us/>. Open to everyone.

WABENO SCHOOL DISTRICT

www.wabeno.k12.wi.us

P O Box 460

Wabeno WI 54566

Administration Office: 4346 Mill Lane

Phone: 715-473-2592

Elementary School Office: 4346 Mill Lane
For Administration Office & Elementary School Office
High School Office: 4235 North Branch Street
For High School Office

Phone: 715-473-3633
Fax: 715-473-5201
Phone: 715-473-5122
Fax: 715-473-3406

WASMOGISHEK FOOD PANTRY

601 North Summit Drive
Crandon WI 54520

Phone: 715-478-3669

WETZEL-RASMUSSEN COUNSELING SERVICES

N11230 Antigo Street
Elcho WI 54428

Phone: 715-275-3934
Fax: 715-275-4510

Hours: M-F starting at 9 am; by appointment only except in case of emergency

Outpatient mental health counseling for individuals, couples, or families. In services and workshops on a variety of mental health topics for groups and communities. Services Elcho and surrounding area. Call for fee information.

WISCONSIN FIRST STEP

<http://www.mch-hotlines.org/>

Toll free: 800-642-7837

Wisconsin First Step links parents and professionals to five Regional Children and Youth with Special Health Care Needs Centers across the state. These centers provide the following services for children birth to 21:

- *Easy access to diagnosis-specific resources*
- *Parent support and connections to local resources*
- *Links to local resources and service providers*

WISCONSIN HOUSING & ECONOMIC DEVELOPMENT AUTHORITY (WHEDA)

www.wheda.com

Milwaukee Office
140 S. 1st Street, Suite 200
Milwaukee, WI 53204

Phone: 414-227-4039
Fax: 414-227-4704
Toll Free: 1-800-628-4833
Email: info@wheda.com

Madison Office
201 W. Washington Avenue, Suite 700
Madison, WI 53703

Phone: 608-266-7884
Fax: 608-267-1099
Toll Free: 1-800-334-6873

Fixed rate financing for home loans by working with local lenders for low to moderate income families. Local representative serves Florence, Forest, Iron, Langlade, Lincoln, Oneida and Vilas Counties.

YMCA OF THE NORTHWOODS

www.ymcaofthenorthwoods.org

2005 Winnebago Street East
Rhinelander WI 54501

Phone: 715-362-9622

Current offerings in Forest County include: Go-shin Karate – ages 6 years and older at Crandon Elementary School, \$17 members/ \$38 general public; Cardio Combination & Pilates – ages 10 and older at Co-Vantage Credit Union, free members/ \$25 general public.