

Questions?



Email: contactus@couleecap.org
Website: www.couleecap.org
Phone: 1-866-904-4508

Last Updated 03/18/25

Counties Served: Crawford
La Crosse, Monroe, & Vernon

Homeless Assistance



Couleecap homeless programs provide assistance to currently homeless individuals and households. To learn more and see if you qualify:

All Counties: Megan Gruber, Megan.Gruber@couleecap.org or 608-424-8876

Homeless Prevention



Funds for this program are provided by the State of Wisconsin Bureau of Supportive Housing, and types of assistance vary by county. To learn more and see if you qualify:

Crawford County: Andrew Storey, Andrew.Storey@couleecap.org or 608-455-6159
Motel vouchers, security deposit, first month's rent, and eviction prevention assistance

Monroe County: Andrew Storey, Andrew.Storey@couleecap.org or 608-455-6159
Motel vouchers, security deposit, and first month's rent

Vernon County: Andrew Storey, Andrew.Storey@couleecap.org or 608-455-6159
Motel vouchers, security deposit, first month's rent, and eviction prevention assistance

Social Security Outreach, Access, and Recovery



Couleecap provides assistance in applying and navigating the application process for Social Security Disability benefits. Eligible persons are individuals who are homeless and have a diagnosed mental illness.

All Counties: Tina Tryggestad, Tina.Tryggestad@couleecap.org or 608-796-2725

Rental Properties Crawford County



Kickapoo Ridge/Crooked River Townhomes – 2 and 3 bedroom townhomes in Gays Mills for low-income and market-rate households.

Contact: Melissa Bakkestuen, Melissa.Bakkestuen@couleecap.org 608-632-6122

Rental Properties La Crosse County



8th Street Apartments – 2 bedroom apartments in City of La Crosse for low-income households.

Contact: Melissas Bakkestuen, Melissa.Bakkestuen@couleecap.org or 608-632-6122

Rockland Duplexes – 3 bedroom duplexes in Rockland for low-income households.

Contact: Melissa Bakkestuen, Melissa.Bakkestuen@couleecap.org or 608-632-6122

Units in City of La Crosse – 1 and 2 bedroom apartments in City of La Crosse for low-income households.

Contact: Melissa Bakkestuen, Melissa.Bakkestuen@couleecap.org or 608-632-6122

Rental Properties Vernon County



Hillcrest Manor Apartments – 1 bedroom apartments in Ontario for low-income, elderly households.

Contact: Horizon Management Group, Inc., apartments@hmgapt.com or 608-337-4735

Oak Street – 2 bedroom units in Viroqua for low-income households.

Contact: Melissa Bakkestuen, Melissa.Bakkestuen@couleecap.org or 608-632-6122

Energy Efficiency



Weatherization Program

If you qualify for the Wisconsin Home Energy Assistance Program (WHEAP) through your county you may qualify for the Weatherization Assistance Program. The program helps individuals or families improve the energy efficiency of their residences. Weatherization can be done for homeowners or renters. Common services include insulating attics and sidewalls, air-sealing the structure, furnace inspections, and energy conservation measures such as lighting and refrigerator replacement. Work is done at no cost for qualifying households.

All Counties: programservices@couleecap.org or 608-352-9717

HVAC



HE+ and HVAC Program

If you qualify for the Wisconsin Home Energy Assistance Program (WHEAP) through your county and own your home, you may qualify for the HVAC program. The program may provide help with repair and replacement of non-operational or unsafe furnaces and central air conditioning units.

All Counties: programservices@couleecap.org or 608-352-9717

Water**Water Conservation Program**

If you qualify for the Wisconsin Home Energy Assistance Program (WHEAP) through your county and own your home, you may qualify for the Water Conservation Program. The program may provide help with repair or replacement of leaky, unsafe, or non-working water heaters as well as supply leaks with fixtures, toilets, and/or piping.

All Counties: programservices@couleecap.org or 608-352-9717

Homeownership**Homeownership Counseling**

Guidance and assistance for individuals interested in eventual homeownership from a HUD certified housing counselor. No income or time frame restrictions.

All Counties: Contact homeownership@couleecap.org or 608-769-2315

Homeownership Programs

Helps income-eligible homebuyers purchase their first home, with down payment and closing cost assistance available.

All Counties: Contact homeownership@couleecap.org or 608-769-5756

Home Rehabilitation

Helps low and moderate income homeowners repair their homes. The focus is on repairs that make the home safe, sanitary, and energy-efficient.

All Counties: Contact homerepairs@couleecap.org or 608-796-9062

Business Start-up & Development**Business Development**

Technical assistance to business start-ups and entrepreneurs. Help is available for developing business plans.

All Counties: Brad Morescki, Brad.Morescki@couleecap.org or 608.461.9675

Alex Rodriguez, Alex.Rodriguez@couleecap.org or 608-304-7978

Employment & Training**Skills Enhancement Program**

Increases family earned income and benefits by assisting with the training needs of low-income workers. Provides support and financial assistance for tuition, childcare, and transportation expenses related to returning to school.

All Counties: Jody Jack-Tranberg, Jody.Jack-Tranberg@couleecap.org or 608-447-0507

Med Skillz**Med Skillz Program**

Provides financial assistance to individuals completing their degree in the medical field. Med Skillz provides financial assistance that pays towards tuition, books, class fees, uniform or equipment costs, child care, and transportation expenses related to returning to school.

All Counties: Jody Jack-Tranberg, Jody.Jack-Tranberg@couleecap.org or 608-447-0507

Food and Clothing**Emergency Food Pantry**

Provides food to residents with an emergency need and who qualify within income guidelines.

Crawford County: Jann Sturmer, Jann.Sturmer@couleecap.org or 608-326-2463

Hours: Monday – Friday | 10:00 a.m.-3:00 p.m.

Monroe County (Sparta and Norwalk): Theresa Rogalla, Theresa.Rogalla@couleecap.org or 608-424-4187

Sparta Hours: Mondays and Thursdays | 10:00 a.m.-3:00 p.m.

Norwalk Hours: Wednesdays | 12:00 p.m. – 2:00 p.m.

Bargain Boutique – Thrift store in Prairie du Chien that allows individuals to buy quality and affordable donated items. Items provided in an emergency situation.

Crawford County: Jann Sturmer, Jann.Sturmer@couleecap.org or 608-326-2463



*Couleecap is an equal opportunity employer and service provider.
Auxiliary aids and services are available upon request.
Couleecap is a United Way member agency.*

