

## Questions?



Email: [contactus@couleecap.org](mailto:contactus@couleecap.org)  
Website: [www.couleecap.org](http://www.couleecap.org)  
Phone: 1-866-904-4508

Last Updated 11/18/2024

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](mailto: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](mailto: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](mailto: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](mailto: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.

**La Crosse County:** Tina Tryggestad, [Tina.Tryggestad@couleecap.org](mailto: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: Ashley Taylor, [Ashley.Taylor@couleecap.org](mailto:Ashley.Taylor@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: Ashley Taylor, [Ashley.Taylor@couleecap.org](mailto:Ashley.Taylor@couleecap.org) or 608-632-6122

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

Contact: Ashley Taylor, [Ashley.Taylor@couleecap.org](mailto:Ashley.Taylor@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: Ashley Taylor, [Ashley.Taylor@couleecap.org](mailto:Ashley.Taylor@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](mailto:apartments@hmgapt.com) or 608-337-4735

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

Contact: Ashley Taylor, [Ashley.Taylor@couleecap.org](mailto:Ashley.Taylor@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](mailto: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](mailto:programservices@couleecap.org) or 608-352-9717

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**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](mailto:programservices@couleecap.org) or 608-352-9717

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**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](mailto: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](mailto:homeownership@couleecap.org) or 608-769-5756

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**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](mailto:homerepairs@couleecap.org) or 608-796-9062

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**Business Start-up & Development****Job & 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](mailto:Brad.Morescki@couleecap.org) or 608.461.9675

**Alex Rodriguez,** [Alex.Rodriguez@couleecap.org](mailto:Alex.Rodriguez@couleecap.org) or 608-304-7978

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**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](mailto:Jody.Jack-Tranberg@couleecap.org) or 608-447-0507

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**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](mailto:Jody.Jack-Tranberg@couleecap.org) or 608-447-0507

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**Transportation****Work-N-Wheels Program**

Provides zero interest auto loans and repair loans to qualified low-income households. Participants must be currently employed and need a personal vehicle to get to and from their place of employment. Participants must agree to participate in Wisconsin Rideshare when possible.

**All Counties:** Krista Heinz, [Krista.Heinz@couleecap.org](mailto:Krista.Heinz@couleecap.org) or 608-423-6624

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**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](mailto: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](mailto: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](mailto:Jann.Sturmer@couleecap.org) or 608-326-2463

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