



WESTERN DAIRYLAND PRESENTS

# A HEAD START TO HEALTH

A VIRTUAL HEALTH FAIR



[WWW.WDHEADSTART.ORG](http://WWW.WDHEADSTART.ORG)

This virtual health fair was created to highlight the services and resources available to families in our area. You will find services related to all aspects of health, for all ages, many at low or no cost! Western Dairyland Head Start wants to support the health and wellness of our families and recognize the incredible organizations and resources in our community.



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# Head Start

Head Start programs promote the school readiness of children ages 3 to 5 by supporting their development in a comprehensive way. Head Start provides quality education, health programs, and social services to its families. In addition to early childhood education, children will learn healthy habits such as hand washing and how to brush their teeth.

For more information and enrollment, visit their website:

<https://www.wdheadstart.org>

## Health Services

- Health and development screenings
- Nutritious meals
- Oral health support
- Mental health support
- Physical health
- Connecting families with medical, dental, and mental health services

## Locations

- Altoona Early Learning Center
- Eau Claire Truax Head Start
- Eau Claire Head Start Center
- Independence Head Start Center
- Arcadia Early Learning Center
- Blair Early Learning Center
- Black River Falls Head Start Center
- Cochrane-Fountain City Early Learning Center
- Naples Head Start Center Mondovi



# Early Head Start

Early Head Start serves families and children, prenatal to age 3, by providing educational home visits, organized play groups, and year-round support to facilitate healthy child development. Comprehensive prenatal and postpartum care is also available for pregnant women.

For more information and enrollment, visit their website:

<https://www.wdheadstart.org/early-head-start>

## Locations:

- Eau Claire Truax Head Start
- Independence Head Start Center
- Black River Falls Head Start Center
- Cochrane-Fountain City Early Learning Center



**Start Earlier!**

# Women, Infants, & Children (WIC)

WIC serves pregnant, breastfeeding and non-breastfeeding and postpartum women, infants, and children up to the age of five. WIC provides nutrition education, breastfeeding education and support, supplemental nutritious foods, and connections to other community services.

There's no waiting list and plenty of help for everyone eligible!  
For more information and enrollment, call or visit their websites:

## Eau Claire County

(715) 839-5051

<https://www.eauclairewi.gov/government/our-divisions/health-department/clinics/wic-benefits-programs>

## Jackson County

(715) 284-4301 ext. 382

<https://www.co.jackson.wi.us/index.asp?SEC=06CF049B-870F-447C-AA31-2506A04E896D>

## Trempealeau County

(715) 299-6472

[https://co.trempealeau.wi.us/departments/health\\_department/wic\\_women\\_infants\\_children/index.php](https://co.trempealeau.wi.us/departments/health_department/wic_women_infants_children/index.php)

## Buffalo County

(715) 299-6472

<https://cms9files.revize.com/trempealeauncounty/Document%20Center/Department/Health/WIC/WIC%20Flyer.pdf>



# Immunizations

Eau Claire, Jackson, Trempealeau, and Buffalo County offer free and reduced-cost immunizations for those who are uninsured, underinsured, or meet other requirements. For children 18 and under, all regular-schedule immunizations are free. Adult vaccines are available for a fee.



Call your county health department to set up an appointment or visit their website for more information.

## **Eau Claire County**

(715) 839-4718

<https://www.eauclairewi.gov/government/our-divisions/health-department/clinics/immunization-clinics>

## **Jackson County**

(715) 284-4301 ext. 452

<https://www.co.jackson.wi.us/index.asp?SEC=A6D68E79-6EE4-4611-AD25-4FDB2249BC7A>

## **Trempealeau County**

(715) 538-2311 ext. 220

[https://co.trempealeau.wi.us/departments/health\\_department/health\\_services\\_resources/immunizations.php](https://co.trempealeau.wi.us/departments/health_department/health_services_resources/immunizations.php)

## **Buffalo County**

(608) 683-6329

<https://www.buffalocounty.com/428/Public-Health-Nursing>

# Kinship Care

Kinship Care is the full-time care, nurturing, and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child. Financial assistance is available for caregivers as well as support for other challenges caregivers may face.

For more information and county-specific contacts, visit their website:

(715) 839-6830

<https://jfw7571.wixsite.com/wiscokinship/county-information>





# Reproductive Health

## Family Planning Clinic

Eau Claire City-County Health Department provides high quality, low-to-no cost sexual health services at its Family Planning Clinic. These include STD testing and treatment, birth control, pregnancy testing, emergency contraception, and reproductive health exams.

(715) 839-6988

<https://www.eauclairewi.gov/government/our-divisions/health-department/clinics/family-planning-clinic>



## Reproductive Health Centers

Operated by Planned Parenthood of Wisconsin, these clinics provides in-person and telehealth services at affordable prices for those with or without insurance. Services include emergency contraception, birth control, HIV services, LGBTQ services, men's health care, women's health care, pregnancy testing, STD testing and treatment, and education.

### Eau Claire

(715) 833-2279

<https://www.plannedparenthood.org/health-center/wisconsin/eau-claire/54701/eau-claire-health-center-2694-91860>

### La Crosse

(800) 657-5177

<https://www.plannedparenthood.org/health-center/wisconsin/la-crosse/54603/la-crosse-9001-91860>

### Blair

(800) 657-5177

[https://www.plannedparenthood.org/health-center/wisconsin/blair/54616/blair-health-center-9002-91860?utm\\_campaign=blair-health-center&utm\\_medium=organic&utm\\_source=local-listing](https://www.plannedparenthood.org/health-center/wisconsin/blair/54616/blair-health-center-9002-91860?utm_campaign=blair-health-center&utm_medium=organic&utm_source=local-listing)

# Car Seat Programs

Properly installed car seats are the best way to keep your child safe in the event of an accident. Our local health departments provide free car seat checks to ensure proper installation and fit. Child car seats may also be available to families for free or for a reduced cost.

Call to make an appointment or to ask about car seat availability:

**Eau Claire County**  
(715) 839-5051

**Jackson County**  
(715) 284- 4301 ext. 301

**Trempealeau County**  
(715) 538-2311 ext. 220



# Dental Care Services

Establishing good dental habits at a young age will help your child have healthy teeth for life. Children who have good dental hygiene tend to keep those habits through adulthood, experience fewer dental problems, and perform better in school.

List of free and reduced cost dental care in the area:

<https://cms9files.revize.com/trempealeaucounty/Document%20Center/Department/Health/Free%20and%20Reduced%20Cost%20Clinics.pdf>

List of dentists that accept Badger Care Plus insurance:

<https://cms9files.revize.com/trempealeaucounty/Document%20Center/Department/Health/Dental%20Directory.pdf>

Black River Falls Dental Center

(715) 532-2919

<https://www.healthcenterclinics.org/center/family-health-center-black-river-falls-dental-center/>



# Mental Health Services

## **West Central Wisconsin Behavioral Health Clinic**

West Central provides services of licensed psychiatrists, counselors, and psychotherapists to provide assessment and diagnosis of mental health disorders and alcohol and other drug abuse services.

(715) 538-9134

<http://www.tchcc.com/wcwbh-clinic/>

## **Marriage & Family Health Services**

MFHS offers a full range of assessments and therapeutic services for children, teens, adults, couples, and families.

(715) 832-0238

<https://www.marriageandfamilyhealthservices.com/contact>

## **The Wellness Shack**

The Wellness Shack provides support, advocacy, education, and a place for recovery for adults living with mental illness.

(715) 855-7705

<http://www.wellnessshack.org>

## **Jackson County Behavioral Health Division**

This division provides comprehensive mental health services, substance use services, and services for children with special needs.

(715) 284-4301 ext. 312

<https://www.co.jackson.wi.us/index.asp?SEC=419E0C6E-2DF7-46CF-A021-6C223D2736A4>



# Breastfeeding Support

## **Western Wisconsin Breastfeeding Coalition**

WWBC provides lists of breastfeeding friendly businesses and childcare as well as resources that support breastfeeding in our area.

<http://wwbcoalition.org/resources/>

## **WIC**

WIC can provide breastfeeding support, education, and lactation counseling. Breastfeeding supplies, such as pumps, are also available depending on location and eligibility.

Call your local WIC clinic for more information (page 6)

## **La Leche League**

LLL offers breastfeeding support by providing free meetings, support between meetings, education, and by creating communities.

<https://lllusa.org/about-us/>



# Women's Health Services

## Wisconsin Well Woman Program

The Wisconsin Well Woman Program provides preventative health screenings for women with little or no health insurance. These include Pap tests and mammograms for women 45 to 64, 35-44 with breast symptoms, and those over 65 without Medicare coverage.

Enrollment for Eau Claire, Jackson, and Trempealeau County residents:  
(715) 839-4718

<https://www.eauclairewi.gov/government/our-divisions/health-department/health-and-nutrition/cancer-screenings-breast-cervical>

Enrollment for Buffalo County residents:  
(608) 785-9723



# General Health Services

## **The Chippewa Valley Free Clinic**

The free clinic provides services to address long-term illnesses, minor short-term illnesses, vaccinations, lab tests, vision, dental, and prescriptions.

(715) 839-8477

<http://cvfreeclinic.org>

## **Trempealeau County Wellness Thursday**

Wellness Thursdays include blood pressure tests, blood tests, immunizations, child physicals, TB tests, nail care, and pregnancy tests, at low or no cost. Call to make an appointment.

(715) 538-2311 ext. 220

[https://co.trempealeau.wi.us/departments/health\\_department/health\\_services\\_resources/wellness\\_thursday.php](https://co.trempealeau.wi.us/departments/health_department/health_services_resources/wellness_thursday.php)

## **Scenic Bluffs Community Health Center**

The health center provides numerous services, including medical, dental, chiropractic, behavioral health, massage therapy, and more.

(608) 654-5100

<https://www.scenicbluffs.org>

## **Federally Qualified Health Centers**

These community health centers, located throughout Wisconsin, provide primary care services and other services for sliding-scale fees.

<https://www.dhs.wisconsin.gov/forwardhealth/fqhc.pdf>



# Food Pantries

## St. Francis Food Pantry

1221 Truax Blvd., Eau Claire, WI 54703  
(715) 839-7706

[www.stfrancisfoodpantry.org](http://www.stfrancisfoodpantry.org)

## Buffalo County Food Pantry

St. John's Lutheran Church  
709 S Second St., Alma, WI 54610  
(608) 685-4341

## Jackson County Food Pantry

Gebhardt School  
411 Gebhardt Rd., Black River Falls  
(715) 896-3601

[www.FMPfoodbank.org](http://www.FMPfoodbank.org)

## Independence Food Pantry

23688 Adams St. Independence, WI  
54747  
(715) 985-3055

## Reaching Out Ministries Food Pantry

W15822 Simonson Rd. Whitehall, WI  
54773  
(715) 896-0604

## Blair Food Pantry

126 S Peterson Ave. Blair, WI 54616  
(608) 989-2818

## Mondovi Area Food Pantry

125 E Hudson St. Mondovi, WI 54755  
(715) 926-3115

## Fall Creek Community Cupboard

704 Kennedy Ave. Fall Creek, WI 54742  
(715) 877-2330

## Ruby's Pantry

United Church of Christ  
50965 Industrial Rd. Osseo, WI 54758  
(715) 577-7372

<https://www.rubyspantry.org/location/95>

## Strum Area Food Pantry

109 Elm St. Strum, WI 54770  
(715) 695-3511

## Trempealeau County Food Pantry

County Health Care Center  
W20410 Highway 121  
Whitehall, WI 54773  
(715) 836-7511 ext. 1188

## AND MORE!

[https://www.fmpfoodbank.org/find\\_food/](https://www.fmpfoodbank.org/find_food/)





# Parenting Support Services

## Birth to Three

Birth to Three is a program that serves children under the age of three with developmental delays and disabilities and their families. They provide evaluation, education, and support for raising your child.

**Eau Claire County**  
(715) 839-6216

**Jackson County**  
(715) 284-4301 ext. 301

**Trempealeau**  
(715) 538-2311

**Buffalo County**  
(715) 672-8941

## Nurse Home Visiting Programs

A public health nurse will visit with pregnant women and after birth to provide support, assessment, education, and referrals to other care. Programs vary in length from 2 months postpartum to 2 years postpartum.

**Buffalo County**  
(608) 685-6329

**Jackson County**  
(715) 284-4301 ext. 301

**Eau Claire County**  
(715) 495-1149

