

## HOUSING RESOURCES / EMERGENCY HOUSING

**Community Action Coalition (CAC)** [nicolev@cacscw.org](mailto:nicolev@cacscw.org)  
Provides access to housing security programs, help with applying for subsidized housing, life skills such as financial literacy, education attainment, and career services.  
[cacscw.org](http://cacscw.org) **608-237-1255**

**Tenant Resource Center** **608-257-0006**  
[tenantresourcecenter.org](http://tenantresourcecenter.org)

**The Beacon** **608-826-8040**  
A day center for people experiencing homelessness. Assistance includes: preventative healthcare, housing, employment, daily meals/snack, shower and laundry facilities, mail center, transportation to/from, computer lab, ID assistance, telephone, case management.  
Open daily: 8am-5pm  
615 East Washington Avenue, Madison, WI  
[thebeaconhelps.org](http://thebeaconhelps.org)

## WARMING / COOLING SPACE

**Stoughton Library** **608-873-6281**  
Hours: Mon-Thur 9am-9pm, Fri-Sat 9am-5pm  
Sun 1pm-5pm (Sep-May)  
304 S. 4th St, Stoughton, WI • [stoughtonpubliclibrary.org](http://stoughtonpubliclibrary.org)

**Stoughton Area Senior Center** **608-873-8585**  
Hours: M-F 8am – 4:30pm  
248 W. Main St, Stoughton, WI • [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

## COMMUNITY PROGRAMS

**Stoughton Resettlement Assistance Program (SRAP)** **608-361-8919**  
Assisting refugees from around the world to resettle in South Central Wisconsin; promoting stability and opportunity to build a new life  
<https://stoughtonresettlement.org>

## CRISIS INTERVENTION / MENTAL HEALTH / COUNSELING

**988 Suicide & Crisis Lifeline** Call **988**  
Free, confidential, 24/7 support [988lifeline.org](http://988lifeline.org)

**Crisis Text Line** Text **HOME** to **741741**  
Free, 24/7 support [crisistextline.org](http://crisistextline.org)

**DAIS (Domestic Abuse Intervention Services)** **608-251-4445**  
2102 Fordem Ave, Madison, WI • [abuseintervention.org](http://abuseintervention.org)

**Journey Mental Health Center** (24hr crisis) **608-280-2600**  
25 Kessel Court, Madison, WI (new client) **608-280-2720**

**Rape Crisis Center** (24hr help line) **608-251-7273**  
[thercc.org](http://thercc.org) (Spanish speakers) **608-258-2567**

**Oceanhawk Counseling Alternatives** **608-873-7838**  
3185 Deer Point Dr, Suite A, Stoughton, WI

**Big Heart Counseling** (Kurt Buehring) **608-203-9688**  
Professional counseling for couples, individuals, & families.  
100 Bus Park Cir #110, Stoughton, WI

## HEALTH / MEDICAL CARE

**Neighborhood Free Health Clinic (NFHC)** **608-205-0505**  
Free medical, counseling and PT services for uninsured and financially limited adults. New pediatric dental screening ages 1-5. Health hygiene pantry available to all patients.  
1520 Vernon St, Stoughton, WI • [neighborhoodfreehealthclinic.org](http://neighborhoodfreehealthclinic.org)  
(Divya Navi) [coordinator@neighborhoodfreehealthclinic.com](mailto:coordinator@neighborhoodfreehealthclinic.com)

**Stoughton Health** **608-873-6611**  
900 Ridge St, Stoughton, WI • [stoughtonhealth.com](http://stoughtonhealth.com)

**Community Health and Wellness Center** **608-873-2332**  
Blood pressure check, screenings, classes, health resources  
3162 County Hwy B, Stoughton, WI • [stoughtonhealth.com/chwc/](http://stoughtonhealth.com/chwc/)

**WIC (Women Infants Children) – Madison** **608-267-1111**

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## GENERAL ASSISTANCE

**Stoughton Area Resource Team (START)** **608-577-5650**  
Provides support to those in need by linking Stoughton Area School District residents under the age of 55 with community resources and provides support for stable housing and other areas of basic needs  
135 W Main St, Suite 102, Stoughton • [startstoughton.org](http://startstoughton.org)  
(Laura Braund) [lbraund@startstoughton.org](mailto:lbraund@startstoughton.org)

**Dane County Department of Human Services Joining Forces for Families (JFF)** **608-873-2180**  
Problem solving, advocacy, resource, and referral services  
343 E Main St, Stoughton • [harter.sandy@countyofdane.com](mailto:harter.sandy@countyofdane.com)

**2-1-1 (United Way Helpline)** **211**  
(cell phone) **246-HELP**  
Provides connection to food, housing, employment, health care and more

**Stoughton Area Senior Center** **608-873-8585**  
Provides senior outreach services for city of Stoughton residents age 55+  
248 W. Main St, Stoughton, WI

**Dane County Job Center / Capital Consortium** **608-405-4400**  
Connection to employment and financial assistance, FoodShare, health insurance, child care, medical

**Stoughton Police Department** **608-873-3374**  
For after hour or weekend emergencies  
321 S. 4th St, No.1, Stoughton, WI

## FOOD AND SUPPLIES

### City of Stoughton Food Pantry **608-873-8103**

Hours: Mon-Wed: 10am – 2pm  
Thur: 10am-2pm & 4pm-6pm, Fri: closed  
First Sat of the month: 9am-11am  
Call for appointment  
520 S. 4<sup>th</sup> St, Stoughton, WI • [stoughtonfoodpantry.org](http://stoughtonfoodpantry.org)

### Personal Essentials Pantry (PEP) **608-982-7174**

Hours: 1<sup>st</sup> & 3<sup>rd</sup> Thursday each month 1pm-5pm  
Call for appointment - Needed for disbursement  
343 E. Main St, Stoughton, WI • [pepstoughton.org](http://pepstoughton.org)

### United Methodist (SUMC) Food Pantry **608-205-0112**

Hours: Tue 9am-12pm, 4pm-6pm (church) **608-873-3273**  
Wed 9am-11am  
Call for appointment  
525 Lincoln Ave, Stoughton, WI • [stoughtonumc10.org](http://stoughtonumc10.org)

## CLOTHING / FURNITURE

### St. Vincent De Paul Store **608-873-3655**

Applications available for free clothing & furniture voucher  
1509 US Hwy 51, Stoughton, WI • [svdpmadison.org](http://svdpmadison.org)

### The Clothing Center – Free, gently used clothing

Hours: For current hours, visit [stoughtonclothingcenter.com](http://stoughtonclothingcenter.com)  
Or email for appt. [contact@stoughtonclothingcenter.com](mailto:contact@stoughtonclothingcenter.com)  
Covenant Lutheran Church, 1525 N. Van Buren St,  
Stoughton, WI (rear entrance)

## DENTAL

### Familia Dental

Dentistry for kids and adults, walk-ins welcome, payment plans available, emergency appointments available  
3003 E. Washington Ave, Madison, WI **608-244-8050**  
1260 Milton Ave, #140, Janesville, WI **608-757-0057**  
[famiadiadental.com](http://famiadiadental.com)

### Dental Hygiene Clinic at MATC **608-258-2400**

## TRANSPORTATION

### Volunteer Ride Programs **608-873-6112**

- **Affordable Transportation Program** - Provides transportation services to Stoughton area residents in need to the two local food pantries and to/from Madison for significant appointments • [atpstoughton.org](http://atpstoughton.org)
- **Vets helping Vets** - Medical rides for Veterans to the VA Hospital

Hours: M-F call between 9am and 4pm  
48hr notice recommended

**RSVP Driver Service** (direct request line) **608-205-9422**  
Medical rides outside the city of Stoughton for people over the age of 60, coordinated by Stoughton Senior Center

### Stoughton Transit/Taxi **608-873-7233**

## SHOWER / LAUNDRY

### Road Ranger - Paid shower **815-580-4842**

2762 County Hwy N, Cottage Grove, WI

### Viking Laundry **608-609-6433**

\$1.00 wash every Wednesday 8am-8pm (select washers only)  
1425 E. Main St, Stoughton, WI

## SERVICES FOR VETERANS

### Veteran's Affairs (housing support) **608-280-2095** (general / hospital) **608-256-1901**

2500 Overlook Terrace, Madison, WI • [va.gov/madison-health-care/](http://va.gov/madison-health-care/)

### Supportive Services for Veterans Families **608-237-1255**

SSVF offers services to veteran households with limited incomes, including housing stability and VA / non-VA services that support family well-being  
Intake form: [cacs.w.org/intake/](http://cacs.w.org/intake/)

## CHILDREN'S SERVICES

### Early Head Start **608-843-4503**

Home visitation program for pregnant women or families with a child under the age of 3 who meet federal income guidelines

### Head Start **608-877-0466**

Free preschool services for families with children age 3-5 who meet federal income guidelines  
315 Mandt Parkway, Stoughton, WI • [reachdane.org](http://reachdane.org)

### Public Health Pregnancy Support Program **608-243-0319** **608-235-4078**

Free personal nurse for pregnant women that can give support, advice, information, and resources

### Stoughton Area Youth Center **608-877-9980**

Eligibility: 5<sup>th</sup> grade and up • [stoughtonareayouthcenter.org](http://stoughtonareayouthcenter.org)  
Hours: 3-6pm (school days)  
12-4pm (non-school days & early release)  
567 E. Main Street, Stoughton, WI

## UTILITIES

### Energy Services, Inc. of Dane County **608-333-0333**

(WI Home Energy Assistance Program - WHEAP)  
Help with utility disconnection or past due bill • [esiwi.com](http://esiwi.com)

## PHONE / FAX / PRINTING SERVICES

### Safelink Wireless – Free cell phone **800-723-3546**

Phone (free): Stoughton Police Department

Fax (for a fee): McGlynn Pharmacy, Days Inn, The UPS Store, JFF

### Computer and Printing:

For a fee: Stoughton Public Library, Stoughton Hospital, Senior Center, JFF, UPS