

Dear Hintgen Families:

This is Mr. Schmidt, School Counselor at Hintgen. As we prepare for an additional amount of time away from school, we want to reassure you that we remain dedicated to serving your family and providing for your child's school counseling needs through alternative means and resources. We recognize that the next few weeks/months may be a stressful time for many families and some children are likely to need support as well. We will continue to find creative ways to support your child as needed during this time. Please call (608) 789-6807 or email at rschmidt@lacrossesd.org.

City of La Crosse supplemental list of community resources during COVID-19. Go to: <https://www.cityoflacrosse.org/your-government/departments/community-development-and-housing> and click on "Covid-19: Community Resources."

Food Distribution

We continue to do our best to reach families in need with some non-perishable food bags as often as we can. If you would like a food bag sent to your home, please email me and we will be in touch. Also, please remember to utilize the daily free breakfast and lunch from the district. In addition, below, there is a list of resources for area meals and food pick up. *Please note this is changing daily. It would be best to call before going.*

AREA MEALS

**Come for Supper *Carry-out only
Our Saviors Lutheran Church**
612 Division Street
La Crosse, WI 608-782-3468
Tuesdays at 5 pm

The Food Basket

Mon 3:30-5:30, Tues 9:00-11:00, Wed
9:00-11:00 and 2:00 -4:00, Thurs 9:00
- 11:00;

Holmen's Hope

419 1st Ave W
Holmen, WI 608-781-4722
Last Tue of Month 5 pm- 7 pm

Salvation Army

223 8th Street N
La Crosse, WI 608-782-6126
Breakfast M-F 7:30/Sat. & Sun. 8:30
Lunch M-F 11:30/Sat. & Sun. 12:30
Dinner 4:30pm (Tues. & Sun.
residents only)

OTHER RESOURCES

La Crosse County Health Dept.-WIC

300 4th Street N -2nd Floor
La Crosse, WI 608-785-9865
Mon-Fri 8:30 am – 4:30 pm

La Crosse Co FoodShare

300 4th Street N
La Crosse, WI 1-888-627-0430

New Horizons Shelter & Outreach

1223 Main Street
La Crosse, WI 608- 791-2600

FOOD RESOURCES

First Free Evangelical Church

123 Mason Street
Onalaska, WI
Call 608-782-6022 for an
appointment (drive thru food
pantry), Tuesday & Thursday
10am-2pm

Onalaska United Methodist Church

212 4th Ave N
Onalaska, WI 608-783-3380
remains open Monday-Friday from
8am - 2:30pm to serve the
community with food pantry needs.

From The Heart Food Pantry

1010 Sill Street
La Crosse, WI 608-782-2526
Monday 5pm

Kane Street Community Garden

***spinach ready now**
901 Kane Street
La Crosse, WI
608-386-3319/608-793-1002
Mon. 5:00pm

La Crescent Area Food Shelf

486 South 6th Street

La Crescent, MN 507-895-1155
Wednesday 2 pm – 5 pm
Every 2nd Saturday 9am - Noon

Place of Grace Pantry

919 Hood Street
La Crosse, WI 608-782-6224
Tue 12pm-2pm
Thurs 3-6pm
available Tuesdays 2-4 pm and
Thursdays 4-6 pm (have had a
decrease in usage)

River of Life Church

1214 County Road PH
Onalaska, WI 782-2780
***We are open 10 to 2 every
thursday. Call 782-2780 so we can
have your food ready. No one is
allowed in the building. We bring
your food to your car during this
crisis.**

WAFER *only prepackaged boxes available

403 Causeway Blvd
La Crosse, WI 608-782-6003
Mon-Fri 10 am -12:45 pm
Mon/Tue/Thurs 4 – 7:45 pm

Stoddard Area Food Pantry-open
March 31st, April 7th, 14th and the
21st; 2:30-5:30, pre bagged only,
delivered to the car

Foodshare: All households with children who were receiving free or reduced price meals at school before their school closed, are eligible to receive cash benefits through the Supplemental Nutrition Assistance Program (SNAP), even if they were not receiving SNAP previously. States currently are developing procedures to provide those benefits through Electronic Benefits Transfer (EBT) cards. Go to: <https://www.benefits.gov/benefit/1592> to see if you qualify.

Transportation by City Buses

MTU will not be delivering April bus passes. Buses will be running hourly and no passes will be needed. They are boarding from the back of the bus and keeping a 6 ft distance. Since the fare box is at the front of the bus by the driver, they are not collecting fares, so people can ride the bus at no cost at this time.

Internet Access

The district is currently compiling a list of information for those who are having trouble getting internet. Please be on the lookout for that in the weeks to come. For now, there is some available internet at a low cost for families through Charter: <https://www.spectrum.com/browse/content/spectrum-internet-assist>
Or call: [\(608\) 478-4501](tel:6084784501)

Housing Support

If you are having trouble paying rent with Landlord problems, please call Coulee Tenants United at (608) 305-4645 or email couleetenantsunited@gmail.com. Coulee Tenants United is committed to the fight for fair, affordable, and universal housing. If you've been treated unfairly by your landlord, please contact them as soon as possible.

If you recently identified as someone who may be considered homeless, please reach out to me and we will work together to make sure you have shelter. If you would like to remain confidential, please go to: <https://www.ilresources.org/homeless-outreach-referral/> or call (608) 787-1111 and someone will be in contact with you as soon as possible!

Financial Resources

The coronavirus, also known as COVID-19, is impacting households, communities, and businesses. A new national survey shows that 1 in 5 households in the US have already had their income cut or stopped altogether. The frequently asked questions below highlight some common financial challenges as a result of the COVID-19 pandemic. The answer to each question has links to government websites and the types of assistance that might be available. We will be adding additional information as new policies and resources are put into place.

<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>

Great Rivers 211 Impact – First Call for Help

Dial 211 and get connected to resources that can help you through many different life crises. If using a cell phone, dial (414) 773-0211 or toll free (866) 211-3380. Spanish and Hmong Counselors are available as well. Or go to: <https://www.greatrivers211.org/gr211/>. 24-hour mental health crisis intervention, information, referral and listening support are also available. For more information, visit www.impactinc.org.

Couleecap: COVID-19 Financial Assistance Program

For low-to-moderate wage workers whose employment has been ended or reduced due to the COVID-19 public health emergency. This program will provide limited financial assistance for critical expenses, emergency budgeting help, and referrals to programs available to people in need. Residents seeking assistance can complete an application at www.Couleecap.org. For phone assistance, residents may contact **Sara Berger at 608-632-6512** but given the volume of calls Couleecap is receiving, online assistance will be faster.

Social-Emotional Learning for Kids

1. Howard B. Wigglebottom read alouds for kids K-2: <https://wedolisten.org/Books-and-Lessons>
2. Sanford Harmony at home. Available at no cost, Sanford Harmony is a social emotional learning program for Pre-K-6 grade students designed to foster communication and understanding, connection, and community both in and outside the classroom and develop boys and girls into compassionate and caring adults: <https://www.sanfordharmony.org/harmony-at-home/>
3. Simple Activities for Children and Adolescents From National Child Traumatic Stress Network: https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf
4. Confident parents, confident kids. A site for parents actively supporting kids' social and emotional development. There is a list of resources that may be used during school closures: <https://confidentparentsconfidentkids.org/>
5. Second Step For Families. Early learning storybooks for all units, activities for families to do at home, Mind Yeti mindfulness sessions, ParentTeen Connect, and Imagine Neighborhood Podcast: <http://email.cfchildren.org/y0zWe4YA0c0NZV400I00030>
6. The Big Life Kids Journal: Big Life Kids podcast helps kids develop a growth mindset: <https://biglifejournal.com/pages/podcast>
7. PBS Learning. Great tools for learning about the arts, science, math, and health in a positive, social and emotional learning environment: <https://wisconsin.pbslearningmedia.org/student/>