

Family Forum, Inc.

Head Start & Early Head Start

Community Resource Manual

2023-2024

This Manual Belongs To.....

Family Forum, Inc.
Main Office
1500 N. 34th Ave., Suite 200
Superior, WI 54880
Phone: 715.392.9896
Fax: 715.392.5883

Family Forum, Inc.
Ashland Office
220 3rd St. W., Suite B
Ashland, WI 54806
Phone: 715.682.3156
Fax: 715.682.9464

Douglas County

Early Head Start 715.395.5666

Center #1 715.392.6286

Center #2 715.392.9848

Center #4 715.372.8060

Website: www.familyforum.org



Offering:

- Center based program for children 6 weeks to 36 months at Center 1 – Superior site only
- Center based program is for children between the ages of 3 through 5 years
- Home based program is available to children and their families prenatal through age 5
- Superior Community Preschool Program (SCP 4K)
- Service to children with disabilities
- School readiness curriculums based on the WI Early Learning Standards
- Healthy meals and snacks
- Safe transportation for part day center-based programs

Center # 1*** 1500 N. 34th St., Suite 400 Superior, WI 54880 Phone: 715.392.6286 Fax: 715.395.6113	Early Head Start 1500 N. 34th St., Suite 500 Superior, WI 54880 Phone: 715.395.5666 Fax: 715.395.6113
Center # 2*** 518 Grand Avenue Superior, WI 54880 Phone: 715.392.9848 Fax: 715.392.9849	Center # 4 *** 5613 S. Hill Drive Brule, WI 54820 Phone: 715.372.8060 Fax: 715.372.8033

*** In *** Indicates 4K Site

EMERGENCY CONTACT INFORMATION

Police/Sheriff: _____

Fire Department: _____

Ambulance: _____

Hospital: _____

Doctor/Clinic: _____

Dentist: _____

Child's School: _____

Nearest Relative: _____

Nearest Neighbor: _____

Veterinarian: _____

Work: _____

Your home address and phone #: _____

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STATE WIDE INFORMATION AND REFERRAL – 211**Cell phone users dial 1.800.543.7709****Sprint and Qwest cell users dial 211**

Adoption

<p>Catholic Charities Post Adoption Resource Center Toll Free: 888-212-4357</p>	<ul style="list-style-type: none"> • Education, supportive resources, and a referral network to adoptive families in 33 northern, central, and western Wisconsin counties • http://parc.cclse.org/
<p>Lutheran Social Services of Wisconsin and Upper Michigan, Inc. 115 N. 6th Street, Wausau, WI 54403 715-849-3344 888-746-2850</p>	<ul style="list-style-type: none"> • Adoption and foster care services • Multiple office locations throughout Wisconsin including Wausau, Eau Claire, and Lacrosse • Call or visit their website for more information • http://www.lsswis.org
<p>Wisconsin Adoption Information Center 6682 West Greenfield, Suite 310 Milwaukee, WI 53214 800-762-8063 414-475-1246</p>	<ul style="list-style-type: none"> • Information about adoption for adolescents and adults experiencing unplanned pregnancies, birth fathers wanting to know their rights, prospective adoptive parents, social workers and the general public • http://www.wiadoptioninfocenter.org

Adult Education

<p>Douglas County - UW Extension 1313 Belknap St., Room 107 Superior, WI 54880 Phone: 715.395.1363</p>	<ul style="list-style-type: none"> • http://douglas.uwex.edu
<p>Lake Superior College 2101 Trinity Road Duluth, MN 55811 Phone: 218.733.7600 or 800-432.2884 TDD/TTY: 218.733.7705</p>	<ul style="list-style-type: none"> • www.lsc.edu
<p>Northern Lights Family Resource Center 1201 N. 28th St., Room C115 Superior, WI 54880 Phone: 715.395.5657</p>	<ul style="list-style-type: none"> • Parenting Education Classes • Support Groups for parents and grandparents • Weekly play groups • www.superior.k12.wi.us
<p>University of Wisconsin-Superior (UWS) P.O. Box 2000 1600 Catlin Avenue Superior, WI 54880</p>	<ul style="list-style-type: none"> • www.uwsuper.edu

Phone: 715.394.8101	
Northwood Technical College-Superior (WI) 600 N. 21st Street Superior, WI 54880 Phone: 715.394.6677	<ul style="list-style-type: none"> • Adult Basic Education Program - GED/HSED exams • www.witc.edu

Budget Counseling

Lutheran Social Services of Wisconsin 424 West Superior Street, Suite 600 Duluth, MN 55802 Phone: 888-577-2227 or 218-529-2227	Provide assistance with: <ul style="list-style-type: none"> • Establishing a Budget • Consolidating Your Payments • Rebuilding After Bankruptcy • Improving Your Credit Score • Becoming Financially Literate • www.lssmn.org/debt/
University of Wisconsin-Extension Douglas County 1313 Belknap St. Room 107 Superior, WI 54880 Phone: 715.395.1363	Provide assistance with: <ul style="list-style-type: none"> • Basic Budgeting • Family Financial Management • First Time Homeowners Education • Poverty Awareness • http://douglas.uwex.edu
Tax Credits: Federal – 800.829.1040 (800.TAX.1040) www.IRS.gov State – 866.947.7363 (866.WIS.RFND) www.revenue.wi.gov State Earned Income Credit (EIC) – WI Department of Revenue, Madison (608) 266.2772 Homestead Credit – WI Department of Revenue, Madison (608) 266.8641 Working Families Credit – WI Department of Revenue, Madison (608) 266.2772	

Child Care/Respite

Northwest Connection Family Resource Address: 15896 W. 3rd Street, Hayward WI 54843 Phone: 715634-2299 Web: wisconsinchild.org WI Shares: Great Rivers Consortium 888-283-0012	
Wisconsin Department of Children & Families Early Care & Education	<ul style="list-style-type: none"> • Information on Wisconsin Child Care Providers and Programs Supporting Families • Regulated Child Care and YoungStar Public Search Web: http://childcarefinder.wisconsin.gov • Information About Child Care Regulation Web: www.dcf.wisconsin.gov/childcare
Care.com	<ul style="list-style-type: none"> • Online Resource

	<ul style="list-style-type: none"> • Child Care, Pet Care, Senior Care, Housekeeping • www.care.com
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Child Support

Child Support 715.395.1327 715.305.1420	
Wisconsin Child Support Collection Trust Fund P.O. Box 74200 Milwaukee, WI 53274 800-991-5530	<ul style="list-style-type: none"> • responsible for processing all child support collections • work with posting, adjusting and issuing payments.

Community and Leisure

Imogene McGrath Memorial Library 11628 E County Road B Lake Nebagamon, WI 54849 Phone: 715.374.3477	<ul style="list-style-type: none"> • Hours: Mondays 10:00 a.m – 12:00 p.m. & • Thursdays 4:00 p.m. - 6:00 p.m.
Joan Salmen Memorial Library 9420 E. Main Solon Springs, WI 54873 Phone: 715.378.4452	<ul style="list-style-type: none"> • Hours: Mondays 2pm – 7pm & Thursdays 9:30am – 2:30 pm
Northern Lights Family Resource Center 1201 N 28th St., Room E108 Superior, WI 54880 Phone: 715.395.5657	http://www.superior.k12.wi.us/schools/family_resource_center
Parks and Recreation Department, City of Superior 1316 N. 14th Street Superior, WI 54880 Phone: 715-395.7270	http://www.ci.superior.wi.us/index.aspx?nid=172

Boys and Girls Club Superior Middle School 3626 Hammond Avenue Superior, WI 54880	715-394-8740 ext 31212
North Bay Community Church 1316 E. 5th St.	<ul style="list-style-type: none"> • www.northbaychurch.org

Phone: 715.398.6308	
Early Childhood & Family Education Cooper Elementary School 1807 Missouri Ave. Superior, WI 54880 Phone: 715.394-8790 extension 51504	www.superior.k12.wi.us/cms/one.aspx?portalId=173699&pageId=1117979
Superior Public Library 1530 Tower Ave. Superior, WI 54880 Phone: 715.394.8860 Child & Youth Services: 715.394.8867	Branch Libraries - web: http://superiorlibrary.org/about/branch-libraries http://superiorlibrary.org/
YMCA Youth Programs 9 N 21st Street Superior, WI 54880 Phone: 715.392.5611	<ul style="list-style-type: none"> • www.superiorymca.org

Cultural Resources

Adult Learning Center - English as a Second Language 215 N 1st Ave E Duluth, MN 55802 Phone: 218.336.8790	
Center for American Indian Resources 211 W 4th Street Duluth, MN 55806 Phone: 218.726.1370	
Great Lake Inter-Tribal Council (GLITC) 2932 Highway 47 North P.O. Box 9 Lac du Flambeau, WI 54538 Phone: 715.588.3324	<ul style="list-style-type: none"> • www.glitc.org
Fond du Lac Human Services 927 Trettel Lane Cloquet, MN 55720 Phone: 888.888.6007	<ul style="list-style-type: none"> • www.fdlrez.com
University of Wisconsin-Superior Office of Multicultural Affairs Old Main 230 P.O. Box 2000 230 Belknap & Catlin Ave. Phone: 715.394.8084	<ul style="list-style-type: none"> • http://www.uwsuper.edu/oma/index.cfm

Dental

<p>All Family Dental (Pediatric Dentist) 3131 Stein Boulevard Eau Claire, WI 54701 Phone: 715.835.7172 or 800.826.7226</p>	<ul style="list-style-type: none"> • www.allfamilydental.org
<p>Dr. Neal B. O’Shaughnessy Dental 1507 Tower Ave, Suite 410 Superior, WI 54880</p>	<ul style="list-style-type: none"> • 715-392-6213
<p>Ever Smiles Pediatric Dentistry 4419 Air Base Rd. Hermantown, MN 55811 Phone: 218.728.2117</p>	

<p>Lake Superior Community Health Center - Dental Clinic 2222 East 5th Street. Superior, WI 54880 Phone: 715.394.5411</p>	<ul style="list-style-type: none"> • www.lschc.org
<p>Northwoods Community Health Center – Dental Clinic DDS 15954 Rivers Edge Hayward, WI 54843 Phone: 715-934-2224</p>	<ul style="list-style-type: none"> •
<p>Superior Family Dental 1301 Tower Ave. Superior, WI 54880</p>	<ul style="list-style-type: none"> • 715-392-5151
<p>To find a dentist call: 1-800.dentist</p>	<ul style="list-style-type: none"> • www.wda.org

Disabilities

<p>Aging & Disability Resource Center (ADRC) 1316 N 14th St. Suite 327 Superior, WI 54880 Phone: 715.395.1234 or 866. 946.ADRC (2372) TTY 715.395.1663</p>	<p>Provides Information on:</p> <ul style="list-style-type: none"> • services, resources, and programs for adults with disabilities • children with disabilities transitioning to adulthood • Elderly in need of assistance • http://www.douglascountywi.org/683/Aging-Disability-Resource-Center
<p>Challenge Center Inc. 39 N 25th Street East Superior, WI 54880 Phone: 715.394.2771 or 888.429.0914 Fax/TDD: 715.394.2100</p>	<ul style="list-style-type: none"> • Adult Day Services • Work Services • Residential Services • www.challenge-center.org

<p>Division of Vocational Rehabilitation, Wisconsin Job Center – Superior 1805 N 14th Street Superior, WI 54880 Phone: 715.392.7896 or 800.228.2513 TTY: 888.877.5939</p>	<ul style="list-style-type: none"> • www.dwd.state.wi.us/dvr
<p>Douglas County Health & Human Services – Birth to Three 1316 N. 14th St Superior, WI 54880 Phone: 715.395.1304 Email: birthtothree@douglascountywi.org</p>	<ul style="list-style-type: none"> • early intervention program for infants and toddlers with developmental delays or disabilities • http://www.douglascountywi.org/2761Birth-To-Three
<p>Douglas County CLTS (Children’s Long Term Support Program) 1316 N. 14th St Superior, WI 54880</p>	<ul style="list-style-type: none"> • 715-395-1341 • Helps children with disabilities and their families through supports and services that help children grow and live their best lives.

<p>indiGO 2911 Tower Ave, Suite 9 Superior, WI 54880 Phone: 715.392.9118 V/TTY: 800.924.1220</p>	<ul style="list-style-type: none"> • provides a wide variety of services and programs to those people with disabilities • serves individuals in Ashland, Bayfield, Burnett, Douglas, Iron, Price, Sawyer and Washburn Counties • indigowi.org
<p>Polinsky Medical – Children’s Services 530 E 2nd Street Duluth, MN 55805 Phone: 218.786.5360 TTY: 218.786.5332</p>	<ul style="list-style-type: none"> • offer occupational, physical, speech therapy • provide services in neuropsychology <p>www.essentiahealth.org/PolinskyMedicalRehabilitationCenter/PediatricRehabilitationServices</p>
<p>Social Security Administration (SSI) 4221 Tower Avenue Superior, WI 54880 Phone: 877.628.6578 or TTY 715.395.2234</p>	<ul style="list-style-type: none"> • Hours: Mon & Tues 9-4, Wed 9-12, Thurs & Fri 9-4 • www.ssa.gov
<p>Stride Services for Disabled Riders (DTA) 2401 W Michigan Street Duluth, MN 55806 Phone: 218.722.3327 DTA: 218.722.7283</p>	<ul style="list-style-type: none"> • dial-a-ride transportation service for qualified individuals with disabilities in the Twin Ports. • operates in accordance with the Americans with Disabilities Act (ADA). • operates within 3/4 of a mile from the DTA’s regular routes in the City of Superior and within the city boundaries of both Duluth and Proctor • www.duluthtransit.com

<p>Scottish Rite Language Clinic 24 W. 2nd Street Duluth, MN 55802 Phone: 218.720.3911 Fax: 218.720.3928</p>	<ul style="list-style-type: none"> • Provides services to young children (birth – 9 years) in need of improving communication abilities and increasing their learning potential • Provides services for children diagnosed with being on the autism spectrum • http://www.scottishriteclinicduluth.org/
<p>Superior Vocations Center Inc. 2320 Hill Ave Superior, WI 54880 Phone: 715.392.6171</p>	<ul style="list-style-type: none"> • Offers multiple opportunities to individuals with disabilities • www.superiorvocations.com
<p>Superior School District - Student Services Department 3025 Tower Ave Superior, WI 54880 Phone: 715.394.8700 Wisconsin Coalition for Advocacy – 877.338.3724</p>	<ul style="list-style-type: none"> • Offers Growing Up Healthy free screenings for children ages 6 months to 5 years old who reside in the School District of Superior. • Wisconsin Department of Public Instruction Special Education Team 800.441.4563 www.dpi.state.wi.us/sped/index.html • www.superior.k12.wi.us

<p>Wisconsin FACETS (Family Assistance Center for Education, Training & Support) Phone: 877.374.0511</p>	<ul style="list-style-type: none"> • Offers programs for children and young adults, their families and the professionals working with them • Offers free workshops in person, over the telephone and on our website to parents of children with disabilities and the professionals working with families • www.wifacets.org
<p>Wisconsin Disability Rights Phone: 800.928.8778</p>	
<p>Wisconsin Coalition for Advocacy Phone: 1.877.338.3724</p>	
<p>Wisconsin First Step Phone: 877.855.7296</p>	<ul style="list-style-type: none"> • statewide Information and Referral (I&R) hotline that serves families with children and youth who have special needs • www.mch-hotlines.org

Domestic Violence

In an emergency, please contact your local police department (911)

<p>CASDA (Center Against Sexual and Domestic Violence, Inc.) 318 21st Ave E. Superior, WI 54880 Phone: 715.392.3136 Fax: 715.392.8463</p>	<ul style="list-style-type: none"> • Services: Douglas, Bayfield, Washburn and Ashland Counties • 24-hour Help Line 1.800.649.2921 • Emergency Shelter • www.casda.org
<p>Domestic Violence Hotline</p>	<ul style="list-style-type: none"> • www.ndvh.org

TTY: 800.787.3224	
Douglas County Department of Health and Human Services 1316 N 14th Street Superior, WI 54880 Phone: 715. 395.1304	<ul style="list-style-type: none"> • www.douglascountywi.org
Safe Haven Shelter P.O. Box 3558 Duluth, MN 55803 Phone: 218.728.6481	<ul style="list-style-type: none"> • Twenty-four hour crisis shelter for battered women and their children • Resource Center: 218.623.1000 or 877.880.3094 • Legal Resource: 218.623.1003 • www.safehavenshelter.org
Harbor House Crisis Center Faith United Methodist Church 1531 Hughitt Avenue Superior, WI 54880 Phone: 715.394.9608	<ul style="list-style-type: none"> • Services Douglas County residents • Provides emergency shelter for thirty (30) days • www.harborhousecs.org

Employment & Job Training

Division of Vocational Rehabilitation – Job Center of Superior Wisconsin 1805 N. 14th St., Suite 1 Superior, WI 54880 Phone: 715.392.7896 or 800.228.2513 TTY: 888.877.5937	<ul style="list-style-type: none"> • Provides employment service and counseling to people with disabilities • Provides or arranges for services to enable an individual to go to work • www.dwd.wisconsin.gov
Job Center of Superior Wisconsin 1805 N. 14th St., Suite 1 Superior, WI 54880 Phone: 715.392.7800 Web: http://www.wisconsinjobcenter.org/	<ul style="list-style-type: none"> • Hours: Monday to Friday 7:45am– 4:30pm
Wisconsin Department of Workforce Development Unemployment Compensation – Unemployment Insurance Web: http://dwd.wisconsin.gov/uiben/	<ul style="list-style-type: none"> • Everything is done and filed online. However, if you REALLY cannot access internet call 414.435.7069 to file a new application or reopen an existing claim .
Workforce Connections 2615 East Ave. South Suite 103 Lacrosse, WI 54601 Phone: 1.800.742.5627 Web: www.workforceconnections.org	

Food & Nutrition

Central Assembly of God Church	<ul style="list-style-type: none"> • Mercy Fund (Limited)
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<p>3000 Hammond Avenue Superior, WI 54880 Phone: 715.394.5567</p>	<ul style="list-style-type: none"> • Rental Assistance • Food shelf • Hot meals
<p>Douglas County Health and Human Services Douglas County Food Share Program 1316 N 14th St., Suite 400 Superior, WI 54880 Phone: 715.395.1304 or 1.888.283.0012</p>	<ul style="list-style-type: none"> • Food Stamps • https://access.wisconsin.gov/
<p>Faith United Methodist Church Food Pantry 1531 Hughitt Avenue Superior, WI 54880 Phone: 715.394.9608</p>	<p>Food Pantry:</p> <ul style="list-style-type: none"> • Hours: Tuesday 4:00 p.m. – 6:30 p.m. • Must provide photo ID and fill out paperwork. • No income requirement <p>Offers hot meals:</p> <ul style="list-style-type: none"> • Offered the 1st, 2nd and 5th Sunday of each month at 4:00 p.m.
<p>First Evangelical Covenant Church 3311 Hammond Avenue Superior, WI 54880 Phone: 715.392.0451</p>	<p>Offers hot meals:</p> <ul style="list-style-type: none"> • 4th Sunday of each month at 4:00 p.m
<p>Northwest Community Services Agency (NWCSA) Food Shelf 1118 Tower Avenue Superior, WI 54880 Phone: 715.392.5127</p>	<p>Food Pantry:</p> <ul style="list-style-type: none"> • offered Mondays and Thursdays from 9:00 a.m. - 11:30 a.m. • http://www.northwest-csa.org/
<p>Salvation Army 916 Hughitt Avenue Superior, WI 54880 Phone: 715.394.7001</p>	<p>Food Pantry:</p> <ul style="list-style-type: none"> • Food Pantry occurs Wednesdays and Fridays 12:00 p.m. – 2:00 p.m. Must show proof of identity and address • Emergency Financial Assistance (based on funding)
<p>Solid Rock Soup Kitchen 1004 N. 6th Street</p>	<p>Offers hot meals:</p> <ul style="list-style-type: none"> • Monday – Saturday at Noon and 5:00 p.m.

<p>Superior, WI 54880 Phone: 715.392.6264</p>		
<p>The Ruth Diner 1419 Belknap Street Superior, WI 715.392.2833</p>	<p>FREE COMMUNITY Dinner Mon-Sun 5:00-5:45</p>	
<p>United Presbyterian Church 229 N. 28th Street Superior, WI 54880 Phone: 715.392.4751</p>	<p>Offers hot meals:</p> <ul style="list-style-type: none"> • 3rd Sunday of each month at 4:00 p.m. 	
<p>UW-Extension, Family Living/Nutrition Education 1313 Belknap St. Room 107 Superior, WI 54880 Phone: 715.395.1363</p>	<ul style="list-style-type: none"> • www.uwex.edu/ces/cty/douglas 	
<p>Women, Infant and Children (W.I.C) 1805 N 14th St. Suite 4 Superior, WI 54880 Phone: 715.394.2750</p>	<ul style="list-style-type: none"> • Offers food vouchers and nutritional guidance to pregnant and breastfeeding women, infants and children under 5 years of age • www.wichealth.org 	

Government - City

<p>Superior City Hall 1316 N. 14th St Superior, WI 54880 TTY for all offices 715.394.395.7521</p>	<ul style="list-style-type: none"> • Hours 8:00 a.m. – 4:30 p.m., Monday through Friday • www.ci.superior.wi.us
<p>City Attorney 715.395.7214</p>	
<p>City Clerk</p>	

715.395.7200	
Building Inspection 715.395.7288	<ul style="list-style-type: none"> • Mon-Fri 8-4:30
Douglas County Humane Society 138 Moccasin Mike Rd. 715.398.6784	<ul style="list-style-type: none"> • Mon-Fri 10-6; Sat 10-3
Engineering Services 715.395.7300	<ul style="list-style-type: none"> • Sidewalks, Alleys, Street Lights, Traffic Signals
Environmental Services (Wastewater Treatment Plant) 715.394.0392	<ul style="list-style-type: none"> • Storm water Billing Hotline 715.394.2761 (Pollution Reporting) • Sewage Billing Hotline 715.395.5833
Erosion Control, Surveying, Utility Locates 715.395.7594	
Fire Department Main 3326 Tower Ave. 715.394.0227	<ul style="list-style-type: none"> • Please call headquarters only
Landfill 715.398.7222	<ul style="list-style-type: none"> • Mon 8-3:40 Sat 7-11 • SAMP/Landfill Tech 715.395.7506
Mayor 715.395.7212 Fax 715.395.7590	
Parks & Rec 715.395.7270	
Public Works Phone: 715.395.7334	
Police Police Desk (M-F 8am-4:30pm) 715.395.7234	<ul style="list-style-type: none"> • Non-Emergency –need an officer 911 • Parking Tickets 715.395.7560 • Animal Control 715.395.7280
Street Department 715.394.0244	<ul style="list-style-type: none"> • Mon-Fri 7-3:30 • Garbage Cans, Solid Waste Collection, City Street Maintenance

Government – County

Douglas County Offices and Courthouse 1313 Belknap Street Superior, WI 54880 Phone: 715.395.1341 Fax: 715.395. 1312	<ul style="list-style-type: none"> • www.douglascountywi.org
Administration 715.395.1429	

Court System	<ul style="list-style-type: none"> • Circuit Court, Branch I 715.395.1471 • Circuit Court, Branch II 715.395.1207 • Clerk of Courts 715.395.1203 • District Attorney 715.395.1218 • Judicial Court Commissioner 715.395.1474 • Probate & Juvenile Court 715.395.1229 • Victim-Witness Services 715.395.1349
Health & Human Services 715.395.1304	
Information Services 715.395-7491	
Planning & Zoning 715.395.1380 (Township) 715.395.7288 (Village)	
Register of Deeds 715.395.1359	
Sheriff's Department 715.395.1371 Jail 715.395.1375 Tip Line: 715.395.7468	
Veterans Services Office 715.395.1331	

Housing & Fuel Assistance

Bartley Manor 3920 Tower Avenue Superior, WI 54880 Phone: 715.392.7453	Woodland Way 3806 Tower Avenue Superior, WI 54880 Phone: 877.279.8347	<ul style="list-style-type: none"> • Web: http://www.meridiangroupinc.net/
Catholic Community Services Housing Management 1100 Weeks Avenue Superior, WI 54880 Phone: 715.394.2012 or 888.276.0246		<ul style="list-style-type: none"> • Locations in Superior, Duluth, Lake Nebagamon, Iron River, and Solon Springs • www.ccbhousing.org

Douglas County Rural Housing Authority 1313 Belknap Street Superior, WI 54880 Phone: 715.395.1380	http://www.douglascountywi.org/index.aspx?NID=331
Douglas County – Wisconsin Home Energy Assistance Program (WHEAP) 1316 N. 14th St., Suite 400 Superior, WI 54880 Phone: 715.395.1542	<ul style="list-style-type: none"> • www.homeenergyplus.wi.gov • Fuel Assistance
Energy Services, Inc	Payment of furnace parts or replacement of furnace 1-800-506-5596

One Roof Duluth	Financial help with furnace issues, will work with Douglas County residents 218-727-5372
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indiGO 2911 Tower Ave. Suite 9 Superior, WI 54880 Phone: 715.392.9118 TTY: 800.924.1220 Email: info@indigowi.org	<ul style="list-style-type: none"> • indigowi.org
Northwest Community Services Agency (NWCSA) 1118 Tower Ave Superior, WI 54880 Phone: 715.392.5127	<ul style="list-style-type: none"> • Emergency Shelters • Solid Rock Safe Haven • Emergency Assistance • Hotel Vouchers • Rental Assistance • Homeless Prevention and Rapid Re-housing • Food Pantry offered Mondays and Thursdays 9am-11:30am • http://www.northwest-csa.org/
Salvation Army 916 Hughitt Avenue PO Box 485 Superior, WI 54880 Phone: 715.394.7001	<ul style="list-style-type: none"> • Emergency Assistance for Shelter • Food Pantry Hours Wednesdays and Fridays 12pm-2pm • www.usc.salvationarmy.org
Solid Rock Safe Haven 1004 N. 6th Street Superior, WI 54880 Phone: 715.392.6264	<ul style="list-style-type: none"> • homeless shelter for adult men that assists them in becoming self-sufficient through finding suitable employment and a permanent residence • provides 3 meals per day, bed, laundry, phone and clothing for residents • Check in for men needing shelter is from 4:00 – 8:00 p.m. • http://www.northwest-csa.org/services/solidrocksafehaven.htm
Superior Housing Authority 1219 N 8th St. - P.O. Box 458 Superior, WI 54880 Phone: 715.394.6601 or 888.682.2374	<ul style="list-style-type: none"> • Low Income Housing • www.superiorhousing.org •

Superior Townhouses – Aspen and Linden Courts B8 Aspen Court Superior, WI 54880 Phone: 715.392.4363	<ul style="list-style-type: none"> • Low Income Housing
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Legal

Lawyer Referral (Wisconsin)	<ul style="list-style-type: none"> • http://www.wisbar.org/
Wisconsin Crime Victim Compensation Phone: 800.446.6564	
Wisconsin Judicare, Inc. P.O. Box 6100 300 3rd St., Suite 210 Wausau, WI 54402 Phone: 715.842.1681 or 800.472.1638	<ul style="list-style-type: none"> • www.judicare.org
Wisconsin Public Defender 1316 N. 14th St., Suite 401 Superior, WI 54880 Phone: 715.392.7866	<ul style="list-style-type: none"> • www.intranet.opd

Medical/Mental Health

Aging & Disability Resource Center for Douglas County 1316 N. 14th St., Suite 327 Superior, WI 54880 Phone: 715.395.1234 or 866.946.2372 TTY: 715.395.1663	<ul style="list-style-type: none"> • Promoting the potential to achieve the highest level of independence, well-being and self-esteem • http://www.douglascountywi.org/683/Aging-Disability-Resource-Center
Child Development Project Dr. James Geidner 1500 N 34th St., Suite 300 Superior, WI 54880 Phone: 218.310.1693	<ul style="list-style-type: none"> • Serves infants, young children, prenatal women (3rd trimester) and families • Dedicated to developing innovative therapies for infants and young children • All children are served regardless of income, race, color or creed • http://www.developmentonline.org/
Creative Counseling Group LLC 3215 Tower Ave Suite 108 Superior, WI 54880 Phone: 715.718.5606	<p>Offering:</p> <ul style="list-style-type: none"> • Individual Counseling • Couples & Marriage Counseling • Family Counseling • Group Counseling • http://ccgcounseling.com/

Douglas County Health & Human Services Department 1316 N. 14th Street Suite 400 Superior, WI 54880 Phone: 715.395.1304	<p>Offering services in:</p> <ul style="list-style-type: none"> • Community Health • Environmental Health • Influenza Information Center • Public Health Nursing • Public Health Preparedness • Mental Health Services • www.douglascountywi.org
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<p>Douglas County Department of Health & Human Services HIV/PARTNER SERVICES 1409 Hammond Avenue Superior, WI 54880 Phone: 715.395.1304</p>	<ul style="list-style-type: none"> • Free and confidential service provided to anyone who is HIV (Human Immunodeficiency Virus) positive or a partner of someone HIV positive • https://www.douglascountywi.org/597/HIVPartner-Services
<p>Wisconsin Department of Health Services Non-Medical Emergency Transportation</p>	<ul style="list-style-type: none"> • Provides Transportation to medical appointments • 1-866-907-1493
<p>Health Care Clinic 1406 Belknap St Superior, WI 54880 Phone: 715.394.4117 or 800.433.8330</p>	<ul style="list-style-type: none"> • HCC offers affordable and comprehensive reproductive health care to everyone in Northern Wisconsin regardless of sex, gender, age, income, marital status, race, religion, national origin, or sexual orientation <p>Services include:</p> <ul style="list-style-type: none"> • Birth Control • Counseling on reproductive issues • Family Planning • STD Testing and Treatment • www.hcclinic.org
<p>Human Development Center (HDC) - Douglas County Office 1500 N 34th Street Suite 100 Superior, WI 54880 Phone: 715.392.8216 WI Crisis Number: 715.395.2259</p>	<ul style="list-style-type: none"> • Community Support Program (CSP) – Wisconsin Employment Connection Program Jill’s Place Project Reach Out Psychiatry • https://www.humandevlopmentcenter.org/
<p>Lake Superior Community Health Center Medical, Dental, Behavioral Health 2222 East 5th Street. Superior, WI 54880 Phone: 715.392.1955 (medical & dental) Phone: 715.395.5380 (substance abuse & behavioral health)</p>	<ul style="list-style-type: none"> • Nurse Care Line: 218.786.3110 or 800.714.4646 • Mental Health Crisis Line: 612.379.6363 or 866.379.6363 • Web: www.lschc.org •
<p>Lake Superior Life Care Center 1823 Belknap St. Superior, WI 54880 Phone: 715.394.4102 <u>24 Hour Help: Option Line – 1-800-712-HELP (or 4357) or Text “HELPLINE” TO 313131</u></p>	<ul style="list-style-type: none"> • Hours: Monday-Thursday 9 a.m. – 3 p.m. • Pregnancy testing • Peer Counseling • Limited OB Ultrasounds • Free non-emergency medical clinic • All services are by appointment • https://www.lslccduluthsuperior.org/

<p>Planned Parenthood: Duluth Clinic 1001 East Central Entrance #200 Duluth, MN 55811 Phone: 218.722.0833 Toll Free: 800.230. PLAN</p>	<p>Offering services in:</p> <ul style="list-style-type: none"> • Birth Control • HIV • LGBTQ • Men's & Women's Health Care • Morning-After Pill (Emergency Contraception) • Pregnancy Testing & Services • STD Testing, Treatment & Vaccines • www.plannedparenthood.org (you can book an appointment online)
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<p>Wisconsin Maternal and Child Health Hotline Phone: (800) 722.2295</p>	<ul style="list-style-type: none"> • 24 hours a day/7 days a week • https://www.dhs.wisconsin.gov/mch/index.htm
<p>Vivent Health 1507 Tower Ave, Suite 230 Superior, WI 54880 Phone: 71.394.4009 or 1.800.359.9272</p>	<ul style="list-style-type: none"> • Serving everyone affected by HIV through our comprehensive, integrated prevention, care and treatment programs • https://viventhealth.org/
<p>Essentia Health Clinics – Duluth & Superior</p>	
<p>Duluth Family Medicine Clinic 330 North 8th Avenue East Duluth, MN 55805 Phone: 218.723.1112</p>	<p>Essentia Health-Lakeside Clinic 4621 East Superior Street Duluth, MN 55804 Phone: 218.786.3550 or 1.844.232.9262</p>
<p>Essentia Health-Duluth Clinic 1st Street Building 420 East First Street Duluth, MN 55805-1951 Phone: 218.786.8364</p>	<p>Essentia Health-Lakewalk Clinic 1502 London Road Duluth, MN 55812 Phone: 218.576.0100</p>
<p>Essentia Health-Duluth Clinic 2nd Street 502 East 2nd Street Duluth, MN 55805 Phone: 218.786.8364</p>	<p>Essentia Health St. Mary's-Superior Clinic 3500 Tower Avenue Superior, WI 54880-5335 Phone: 715.395.5454 or 715.817.7100</p>
<p>Essentia Health-Duluth Clinic 3rd Street 400 East Third Street Duluth, MN 55805-1951 Phone: 218.786.8364</p>	<p>Essentia Health-West Duluth Clinic 4212 Grand Avenue Duluth, MN 55807-2737 Phone: 218.786.3500</p>

<p>Essentia Health – Clinics and Hospital 400 E Third Street Duluth, MN 55805 Phone: 218.786.8364 Urgent Care: 218.786.6000 Web: www.essentiahealth.org</p>	<ul style="list-style-type: none"> • 24/7 Nurse On-Line Support: 218.786.8790 or 1-800-714-4646 • After hours for all Clinics: (218) 786.8364
<p>Essentia Health-St. Mary's Children's Hospital 400 E. Third Street</p>	

Duluth, MN 55805 Phone: 218.786.4000	
Essentia Health St. Mary's – Superior Clinic, Emergency Room & Hospital 3500 Tower Avenue Superior, WI 54880 Phone: 715.817.7000 Web: www.essentiahealth.org	<ul style="list-style-type: none"> • 24/7 Nurse On-Line Support: 218.786.8790 or 1-800.714.4646
Essentia Health Convenient Care-Superior 2202 E. 2nd St. Superior, WI 54880 Phone: 715.817.7990	
Essentia Health Urgent Care– West Duluth Clinic 4212 Grand Avenue Duluth, MN 55807 Phone: 218.786.3336	<ul style="list-style-type: none"> • Web: www.essentiahealth.org
Essentia Health – Duluth (Miller Dwan Building Referral Center and Behavioral Health Inpatient Services) 502 E 2nd Street Duluth, MN 55805 Phone: 218.727.8762 or 800.342.1388	<ul style="list-style-type: none"> • Web: www.essentiahealth.org • Hours: 24 hours a day, seven days a week • Rehabilitation • Mental health programs • Burn care • Inpatient and same-day surgery
Essentia Health-Polinsky Medical Rehabilitation Center 530 East Second Street Duluth, MN 55805 Phone: 218.786.5360	
Essentia Health-Amber Wing 615 Pecan Avenue Duluth, MN 55811 Phone: 218.355.2100	
St. Luke's Hospital 915 E. 1st Street Duluth, MN 55805 24 Hour Emergency Service: 218.249.5616 Phone: 218.249.5555 1.800.321.3790 TTY Emergency Calls: 218.249.5463 TTY Non-Emergency Calls: 218.249.5480	<ul style="list-style-type: none"> • Web: www.slhduluth.com
St. Luke's Hospital Urgent Care 915 E. 1st Street Duluth, MN 55805 Phone: 218.249.6095	St. Luke's Q Care - Cub Foods 619 West Central Entrance Duluth, MN 55811 Phone: 218.249.4987

Denfeld Medical Clinic Urgent Care 4702 Grand Avenue Duluth, MN 55807 Phone: 218.249.6888	
St. Luke's Mental Health Clinic- Outpatient Services 220 N. 6th Ave E Duluth, MN 55805 Phone: 218.249.7000 or 800.355.8495	<ul style="list-style-type: none"> • For Mental Health Inpatient Services, you'll need a referral from a health care provider. • If you or someone you know is having a mental health emergency call 911 • www.slhduluth.com

St. Luke's Clinics – Duluth & Superior	
Denfeld Medical Clinic 4702 Grand Avenue Duluth, MN 55807 Phone: 218.249.6800	P.S. Rudie Medical Clinic 26 E. Superior St., Suite 205 Duluth, MN 55802 Phone: 218.249.4300

Lester River Medical Clinic 6351 E. Superior Street Duluth, MN 55804 Phone: 218.249.4500	St. Luke's Pediatric Associates 1012 E. 2nd Street, Level 5 Duluth, MN 55805 Phone: 218.249.7870
Mariner Medical Clinic 109 N. 28th St. East Superior, WI 54880 Phone: 715.395.3900	

Parenting

Lake Superior Life Care Center 823 Belknap Street Superior, WI 54880 Phone: 715.394.4102	<ul style="list-style-type: none"> • Hours: Mondays-Thursday 9:00 a.m. – 3:00 p.m. • http://www.lslccduluthsuperior.org
Futures without Violence Confidential Available 24/7 Child help: 1.800.422.4453 (call or text) Web: www.childhelp.org	<ul style="list-style-type: none"> • If you are feeling frustrated or angry with your child or just need to talk. • Treatment referral service for substance abuse and mental health issues: 1.800.662.4357 Live online chat: www.childhelphotline.org

Northern Lights Family Resource Center 1201 N 28th Street, Room E108 Superior, WI 54880 Phone: 715.395.5657 familyresources@superior.k12.wi.us	<ul style="list-style-type: none"> • http://www.superior.k12.wi.us/schools/family_resource_center
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Schools

<p>Superior School District Administrative Office 3025 Tower Avenue Superior, WI 54880 Phone: 715.394.8700 Fax: 715.394.8708</p>	<ul style="list-style-type: none"> • Web: http://www.superior.k12.wi.us/ • *** Indicates 4K Site
<p>Superior Community Preschool Office District Office Building 3025 Tower Avenue Contact: Jennifer Willoughby Director of Early Childhood and Family Education 715-394-8700 extension 10184</p>	<p>Homeless Student Services – SMS 3626 Hammond Avenue Contact: Carrie Hennessey Phone: 715-394-8738</p>
<p>Special Education District Administration Building 3025 Tower Avenue 715.394.8704</p>	<p>Transportation Office District Administration Building 3025 Tower Avenue 715.394.8706</p>
<p>Superior Elementary Schools</p>	
<p>Bryant Elementary *** 1423 Central Avenue Phone: 715.394.8785 Fax: 715.394.8735</p>	<p>Great Lakes Elementary *** 129 N. 28th Street Phone: 715.395.8500 Fax: 715.395.8505</p>
<p>Cooper Elementary *** 1807 Missouri Avenue Phone: 715.394.8790 Fax: 715.394.8793</p>	<p>Lake Superior Elementary *** 6200 E. 3rd Street Phone: 715.398.7672 Fax: 715.398.3131</p>
<p>Four Corners Elementary *** 4465 E County Road B Phone: 715.399.8911 Fax: 715.399.0119</p>	<p>Northern Lights Elementary 1201 N. 28th Street Phone: 715.395.6066 Fax: 715.395.6072</p>
<p>Superior Middle & High Schools</p>	
<p>Superior Middle School 3626 Hammond Avenue Phone: 715.394.8740 Fax: 715.395.8483</p>	<p>Superior High School 2600 Catlin Avenue Phone: 715.394.8720 Fax: 715.394.8760</p>

Additional Superior Community Preschool – 4K Sites	
Cathedral School 1419 Baxter Avenue, Superior Phone: 715.392.2976 Web: www.superiorcathedralschool.org Contact: Kristen Revering Email: k.revering@superiorcathedralschool.org	
New Horizon’s Children’s Center 69 N. 28th Street, Superior Phone: 715.392.4211 Web: www.newhorizonschildrenscenter.com Hours: Monday – Friday 6:00 am – 6:00 pm	Superior Children’s Center 2416 Hill Avenue, Superior Phone: 715.395.1933 Hours: Monday – Friday 6:30 am – 6:00 pm
Newborn 2 School 1419 Hill Avenue, Superior Phone: 715.392.2499	YMCA Childcare Center 9 N. 21st Street, Superior Phone: 715.392.5611 Web: www.superiorymca.org

Maple School District Office 4751 S. County Road F P.O. Box 188 Maple, WI 54854 Phone: 715.363.2431 Fax: 715.363.2191 Web: http://www.nw-tigers.org	4K Contact for Maple and Iron River Mrs. Evans Phone: 715.364.2431 Email: bevans@nw-tigers.org Web: www.nw-tigers.org/District/Portal/4-year-old-kindergarten
Northwestern Elementary School 10465 E. Highway 2 P.O. Box 76 Poplar, WI 54864 Phone: 715.364.2431 Fax: 715.364.2270	Northwestern Middle School 10523 E. U.S. Highway 2 P.O. Box 46 Poplar, WI 54864 Phone: 715.364.2218 Fax: 715.364.2540
Northwestern High School 4751 S. County Road F Maple, WI 54854 Phone: 715.363.2434 Fax: 715.363.2523	

Superior Private Schools	
Cathedral School 1419 Baxter Ave Superior, WI 54880 Phone: 715.392.2976 Pre-K Phone: 715.392.3900	<ul style="list-style-type: none"> Web: http://www.superiorcathedralschool.org/

<p>Maranatha Academy 4916 Hwy 35 Superior, WI 54800 Phone: 715.399.8757</p>	<ul style="list-style-type: none"> • Web: http://www.maranathaacademy.net/
<p>Wisconsin Parents Association Home Schooling Association P.O. Box 2502 Madison, WI 53701-2502 Voice Mail: 608.283.3131 – leave a message. A WPA representative will return your call. Email: wpa@homeschooling-wpa.org Web: www.homeschooling-wpa.org WPA Regional 1 Coordinator: Linda Rhinehart Pringle Phone: 715.373.5331</p>	<ul style="list-style-type: none"> • provides encouragement, support & accurate information about home schooling, learning resources and laws that affect home schoolers • Services Ashland, Bayfield, Burnett, Douglas, Iron, Sawyer and Washburn Counties

Thrift Stores

<p>Earth Exchange 1713 Belknap Street Superior WI 54880 Phone: 715.392.0620</p>	<p>Our Saviors Lutheran Church 1924 Wyoming Avenue Superior WI 54880 Phone: 715.394.3472 Open 9:00 a.m. -1:00 p.m. Mon-Thurs Use 20th St entrance Free clothing available</p>
<p>Goodwill - Superior 2911 Tower Avenue Superior WI 54880 Phone: 715.392.1726</p>	<p>Goodwill – Duluth 700 Garfield Avenue Duluth, MN 55802 218.722.3050</p>
<p>Salvation Army Thrift Store – Superior 1705 Belknap Street Superior WI 54880 Phone: 715.394.5331</p>	<p>Salvation Army Thrift Store – Duluth 2102 W. Superior Street Duluth, MN 55806 218.722.7723</p>

Transportation

<p>Douglas County SAFE KIDS Superior Fire Department – Contact Joe Tribbey Phone: 715.395-1680</p>	
<p>Douglas County Sheriff’s Office – Child Passenger Safety Program Phone: 715-395-1371</p>	

Wisconsin's Child Safety Seat Law – effective date June 1st, 2006

Web: www.dot.wisconsin.gov/safety/vehicle/child/laws.htm

Children must be in a car seat until they reach age 4 and in a booster seat until they reach age 8 more than 80 pounds in weight, or more than 4 ft. 9in. tall.

Tiered structure applies:

Less than 1 year old, or less than 20 lbs. must be in a rear-facing child seat in the back seat (if so equipped)

Age 1 to age 4, or less than 40 lbs. must be in a forward-facing child seat in the back seat (if so equipped)

Age 4 to age 8, between 40-80 lbs., and no more than 4 ft. 9 ins. Must be in a booster seat

The fines remain the same, although tiered for ages 0-4 and ages 4-8

The exemption allowing temporary removal of a child from a restraint to attend to personal needs has been removed

The exemption for physical, medical or body size condition still applies to booster seats and seat belts.

Specific questions about child seat/booster seats can be directed to:

WINS (Wisconsin Information Network for Safety)

Phone: 866.511.9467 Web: www.wcpsa.com

<p>Duluth Transit Authority (DTA) 2402 W Michigan Street Duluth, MN 55806 Phone: 218.722.7283 – Schedule & Route</p>	<ul style="list-style-type: none"> Information - Web: www.duluthtransit.com
<p>North County Independent Living 2911 Tower Ave. Suite #9 Superior, WI 54880 Phone: 715.392.9118 V/TTY: 800.924.1220</p>	<ul style="list-style-type: none"> Web: www.northcountryil.com
<p>Northwest Community Service Agency 1118 Tower Avenue Superior, WI 54880 Phone: 715.392.5127</p>	
<p>Stride Services for Disabled Riders (DTA) 2402 W Michigan Street Duluth, MN 55806 Phone: (218) 722.3327</p>	<ul style="list-style-type: none"> Web: www.duluthtransit.com/stride.htm
<p>Wisconsin Division of Motor Vehicles Superior Service Center 1701 N 4th Street Superior, WI 54800 Phone: 800.924.3570</p>	<ul style="list-style-type: none"> Web: www.dot.wisconsin.gov
<p>Taxi Services</p>	<ul style="list-style-type: none"> Courtesy Cab Co. - 218.590.9222 Dwarf King Taxi Co. - 218.434.5464
<p>Wisconsin Department of Health Services Non-Medical Emergency Medical Transportation</p>	<p>Provides transportation to medical appointments 1-800-506-5596</p>

Northwoods Technical College	Will do auto repair work at no cost for labor, low cost for replacement parts 715-394-6677 (Terry Glanville)
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Treatment Programs

Alcoholics Anonymous 1609 John Ave Superior, WI 54880 Phone: 218 727-8117	
FIRST BREATH PROGRAM Smart Phone Text: 97779 Message: fbinfo	<ul style="list-style-type: none"> • www.joinfirstbreath.org
HDC – St. Louis County Main Office 1401 E 1st Street Duluth, MN 55805 Phone: 218.728.4491 or 888.412.9764	<ul style="list-style-type: none"> • www.hdchrc.org • Eating Disorder Treatment
HDC Outpatient Chemical Dependency Services 1401 E 1st St. Duluth MN 55805 Phone: 218 728-4491 24 Hours Emergency Phone: 715.395.2259	<ul style="list-style-type: none"> • www.hdchrc.org
Lakeview Health Help Line Phone: 800.993.3869	<ul style="list-style-type: none"> • Web: www.recoveryconnection.org
Miller-Dwan Medical Center Chemical Dependency Services 502 E 2nd Street Duluth, MN 55805 Phone: 218.786.8376	<ul style="list-style-type: none"> • After hours and weekends: 218.723.0099 • Web: www.smdc.org
Serenity Club 1216 Belknap Street Superior, WI 54800 Phone: 715.392.8340	
Superior Treatment Center Inc. 1810 Belknap Ave Superior, WI 54880 Phone: 715.392.9300	
The Emily Program 26 E. Superior Street, Suite 315 Duluth, MN 55802 Phone: 888-364-5977 or 218-722-4180	<ul style="list-style-type: none"> • Web: www.emilyprogram.com • Eating Disorder Treatment
WI Mental Health/Substance Abuse Treatment Programs	<ul style="list-style-type: none"> • Web: www.step12.com/wisconsin.html
Wisconsin Tobacco Quit Line – 800.QUIT.NOW 1-800-784-8669	