

Handbook for Help

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**Families
of children ages birth to 5**

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PARKS AND RECREATION RESOURCES

PARKS AND RECREATION DEPARTMENTS
(See p. 6)

PARENTING PROGRAMS

FAMILY RESOURCE CENTERS (See p. 1)

HEAD START (See p. 4)

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT (See p.1)

PARENTING CLASSES/RESOURCES

Fort Atkinson Memorial Health Services
(920) 568-5000 or 1-800-421-4677
Call for listing of classes.

Jefferson County Health Department
(920) 674-7275

Jefferson County Human Services Department
(920) 674-3105

Jefferson Family Center
(920) 674-5577

Provides families with young children information about parenting groups for developmentally delayed parents, activities that enable them to make positive parenting decisions, and which build on their individual family strengths.

UW-Extension Jefferson County
(920) 674-7295

Research based publications, audio/visuals and parenting curriculum available.

Dodge County
(920) 386-3790

Watertown Family Center
(920) 261-2450

Provides families parenting workshops, classes on parenting your 1-4 year old, and infant massage. Activities which assist them with making positive-parenting decisions and which build on their individual family strengths.

PARENTING THE FIRST, SECOND AND THIRD YEARS (See p. 5)

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HOME VISITOR PROGRAM

(See p. 5)

IMMUNIZATION CLINICS

(See p. 5)

JEFFERSON COUNTY HEALTH DEPARTMENT/PUBLIC HEALTH NURSES

Jefferson County Health Department

N3995 Annex Road

Jefferson

(920) 674-7275 or (800) 371-3090

Nurses are available to all Jefferson County families to answer questions about pregnancy, nutrition, developmental changes of the infant, and childbirth.

Other services include:

WIC

Maternal

Child health

Healthier lifestyle programs

Communicable disease control

Parent-child enhancement series (parenting)

School nursing

Health promotion for preschool children

Home Health care

Personal care

Physical, occupational and speech therapies, nutritional counseling

Environmental health and general health information

Health-check and Well Child clinics

Immunizations

Prenatal care coordination

Environmental health services affecting the general public, human health hazards, lead poisoning and lead hazards in the environment, radon and asbestos in buildings, trash, garbage and junk, rats and other vermin, rabies control and animal bites, solid waste, water pollution. Health services are available to all regardless of income, ethnicity, race, creed or religion, or the ability to pay for service.

LEAD PAINT/LEAD PAINT POISONING

(See p. 1)

PLANNED PARENTHOOD (See p. 6)

POST PARTUM VISITS

Watertown Department of Public Health

(920) 262-8090

PRENATAL CARE

Pregnant women are eligible for prenatal care coordination services aimed at low-birth weight babies and assuring a healthy pregnancy.

Jefferson County Health Department

(920) 674-7275 or 1-800-371-3090

Watertown Health Department

(920) 262-8090

Dodge County Human Services and Health Department

(920) 386-3670

PRENATAL CARE COORDINATION

Offered to all pregnant women including women eligible for Medical Assistance or Healthy Start. In-home visits provide information on growth and development, nutrition, health, safety, area resources, and proper prenatal care in order to assure the delivery of a healthy baby.

Call your local health department.

Jefferson County Health Department

(920) 674-7275

Watertown Health Department

(920) 262-8090

PRENATAL CLASSES

Classes for care of the mother/fetus health, labor coaching, etc.

Fort Atkinson Memorial Health Services

(920) 568-5000

Watertown Memorial Hospital

(920) 261-4210

ROCK RIVER FREE CLINIC (See p. 6)

WELL CHILD CLINICS

(See p. 6)

HEALTH AND CHILDCARE

ABC FOR HEALTH

Benefits for families of children with long-term illnesses and disabilities. Provides help for parents of children with special needs with issues such as eligibility, waiting lists, and health care issues.

Advocacy Benefits Counseling
1-800-585-4222

ALPHA PREGNANCY HOTLINE
(See p. 4)

CHALLENGED KIDS PARENT NETWORK

Jefferson County Early Intervention Program, Children with Special Health Care Needs Project and other parents of special needs children to help answer your questions, suggest resources and services that might assist your family and offer encouragement.

Jefferson County Health Department
(920) 674-7275

CHILD CARE PROVIDERS

For more information on referrals, applications, for childcare funding, and lists of certified/licensed childcare providers, call:

Workforce Development Center of Jefferson County
(920) 674-7500

Dodge County Human Services and Health Department
(920) 386-3750

Early Childhood Program (Watertown)
(920) 262-1460

CHILDREN WITH SPECIAL HEALTH CARE NEEDS (See p. 4)

COMMUNITY COORDINATED CHILDCARE (See p. 4)

DAYCARE FOR SICK CHILDREN
(See p. 4)

DENTAL HEALTH PROGRAM

Offers supplemental fluoride to Jefferson County children and their siblings enrolled in Head Start or WIC who do not have fluoride in their drinking water. Call for information.
APPOINTMENTS REQUIRED!

Jefferson County Health Department
(920) 674-7275 or 1-800-371-3090

Watertown Health Department
(920) 262-8090

EPILEPSY FOUNDATION OF SOUTHERN WISCONSIN (See p. 4)

FAMILY SUPPORT PROGRAM (See p. 2)

HEALTH CHECK CLINICS

Preventative program for those ages 0-21 with a valid medical assistance (MA) card. Services include health, dental health screening, diagnosis, and referral for treatment and immunizations.

APPOINTMENTS REQUIRED!

There is a small fee for non-MA clients.

Jefferson County Health Department
N3995 Annex Road
Jefferson
(920) 674-7275 or (800) 371-3090

Watertown Health Department
515 S. First Street
Watertown
(920) 262-8090

HEALTHY START (See p. 2)

ABUSE AND SAFETY

CHILD ABUSE AND NEGLECT

Jefferson County Human Services Department

(920) 674-3105

Ask for the Intake Department.

Dodge County Human Services and Health Department

(920) 386-3750

Ask for the Intake Department.

DOMESTIC ABUSE ASSISTANCE

PADA (920) 674-6768

FAMILY RESOURCE CENTERS

Centers are friendly places for parents and family members to call or visit when they are seeking support and/or information on parenting issues including parenting. Volunteers welcome.

Jefferson – N3995 Annex Road
(920) 674-5577

Watertown – 415 S. Eighth St.
(920) 261-2450

Watertown East Community Center
1153 Boughton St., Apt. 12H
(920) 206-1260

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT

N3995 Annex Rd.
Jefferson (920)674-3105

LEAD PAINT/LEAD PAINT POISONING

The Environmental Protection Agency requires that all prospective home buyers and renters must be told if the residence they are purchasing or leasing contains lead-based paint.

For information call:

Community Action Coalition for South Central Wisconsin (CAC)
(920) 262-9667

Dodge County Human Services/ Health Department
(920) 386-3670

Jefferson County Head Start
(920) 674-5577

Jefferson County Health Department
(920) 674-7275

POISON CONTROL CENTER

Fort Atkinson Memorial Health Services
(800) 228-3702 or (920) 568-5333

UW Hospital Poison Center
(800) 815-8855

Poison Information Center
(920) 568-5333

SAFETY SEAT CHECK

Fort Atkinson Memorial Health Services
(920) 568-5300

Jefferson County Health Department
(920) 674-7275

Watertown Health Department
(920) 262-8090

Watertown Memorial Hospital
(920) 262-4374

Watertown Police Department
(920) 261-6660

CHILD SUPPORT AND FINANCIAL ASSISTANCE

CHILD SUPPORT PROGRAM

Help with obtaining paternity judgments, child support court orders and enforcing existing child support court orders.

Jefferson County Courthouse
320 S. Main Street, Rm 219
Jefferson (920) 674-7255

Dodge County Child Support Agency
127 E. Oak Street
Juneau (920) 386-3640

Statewide (800) 991-5530

COMMUNITY ACTION COALITION

Provides housing counseling, lists of available housing units, information about fair housing and landlord/tenant rights and responsibilities. Administers WHEDA Program vouchers, emergency assistance and eviction prevention programs for qualified households.

Appointments required!

Jefferson County Office
114 E. Main Street
Watertown, WI 53094
(920) 262-9667

DAY CARE SUBSIDIES

You may be eligible for help in paying for childcare while you work or train for work. Income guidelines apply.

Workforce Development Center of Jefferson County
(920) 674-7500

**Dodge County Human Services/
Health Department**
(920) 386-3760

ENERGY ASSISTANCE

Energy Services
108 N. Main Street
Fort Atkinson, WI 53538
(920) 568-0604

FAMILY SUPPORT PROGRAM (FSP)

FSP is for families who have a child with severe disabilities living at home and is designed to meet the individual needs of the family; not just the child. FSP provides information and assistance in finding services and community resources. There may be waiting lists for services.

**Jefferson County Human Services
Department**
(920) 674-3105

HEALTHY START

Program for early prenatal care and medical care for low-income infants and children through age 6. Designed to provide early care to women who have limited money for health care. Families with higher income may qualify if they have medical or daycare expenses.

Workforce Development Center of Jefferson County (920) 674-7500

Dodge County Residents call:
(920) 386-3670

WATERTOWN FAMILY AID

514 S. First Street
Watertown, WI 53094
(920) 261-9059

Serves only Watertown residents.

EARLY EDUCATIONAL PROGRAMS

BIRTH TO THREE

Provides developmental and supportive services to children from birth to age three and their families. To be eligible for this program, a child must have a diagnosed developmental disability or a 25% delay in one or more areas of development. A Parent Support Group is available for parents.

**Jefferson County Human Services
Department**
(920) 674-3105

**Dodge County Human Services and
Health Department**
(920) 386-3670

CHILD FIND (See p. 4)

EARLY CHILDHOOD EXCEPTIONAL EDUCATIONAL NEEDS PROGRAM (ECEEN)

Screening to assure that a child (ages 3-5) exhibiting a developmental delay in speech/language, gross/fine motor skills, learning and/or behavioral, social, emotional functioning receives early intervention. Call the following office for information:

Cambridge
403 Church Street
(608) 423-4345

Fort Atkinson
201 Park Street
(920) 563-7804

Jefferson
206 Taft Street
(920) 675-1000

Johnson Creek
111 South Street
(920) 699-2811

Lake Mills
615 Catlin Drive
(920) 648-2762 ext 1160

Palmyra-Eagle
PO Box 901
(262) 495-7116

Waterloo
785 North Monroe
(920) 478-3633

Watertown
111 Dodge Street
(920) 262-1460

Whitewater
504 Court
(262) 472-8711

HEAD START (See p. 4)

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT (See p. 1)

PRESCHOOLS

Contact the following for a list of preschools and daycare providers.

**Workforce Development Center of
Jefferson County**
(920) 674-7500

WIC (WOMEN, INFANTS AND CHILDREN) (See p. 3)

UW-Extension Jefferson County

Workforce Development Center
864 Collins Road
Jefferson
(920) 674-7295

UW-Extension Dodge County

127 E. Oak Street
Juneau
(920) 386-3790

PARKS AND RECREATION DEPARTMENTS

Many communities offer sports programs, swimming lessons (parent/tot classes, too), tumbling classes, dance programs and many family trip opportunities. Contact your local department for fees, scholarships, and program information.

Cambridge (608) 246-3896
Fort Atkinson (920) 563-7781
Jefferson (920) 674-7720
Palmyra (262) 495-3181
Watertown (920) 262-8098
Whitewater (262) 473-0520

PLANNED PARENTHOOD

Affordable reproductive healthcare, birth control, and pregnancy testing. Testing for sexually transmitted diseases.

Johnson Creek
202C Village Walk Lane
(920) 699-4720

Beaver Dam Clinic
96 Stoddard Street (920) 885-3528

RESPIRE CARE FOR DISABILITIES

Watertown Memorial Hospital
(920) 262-4374

Fort Atkinson Memorial Health Services
(920) 568-6500

Jefferson County Health Department
(920) 674-7275 or 1-800-371-3090

Jefferson County Human Services Department
(920) 674-8186

ROCK RIVER FREE CLINIC

The clinic offers non-emergency care for persons who meet specific financial criteria but do not have medical insurance.

Jefferson County Health Department
N3995 Annex Rd.
Jefferson
(920) 674-7275

Hours: Every Thursday from 5-8 p.m., excluding holidays.

WATERTOWN FAMILY AID (See p.2)

WELL CHILD CLINICS

Appointments Necessary – For immunizations only, call to see when nurses are available at the Jefferson County Health Department.
(920) 674-7275

CLOTHING AND FOOD ASSISTANCE

CLOTHING FOR CHILDREN

“**Koats for Kids**” – Coats are available to Jefferson County residents in October yearly.

For more information call:
(920) 674-2196

COMMUNITY ACTION COALITION (See p. 2)

FOOD PANTRIES

Deerfield/Cambridge – (608) 764-5935

Fort Atkinson – (920) 563-9555

Hand of Helping - (920) 206-9910 (Daytime)

Jefferson – (920) 674-6822.

Johnson Creek – (920) 699-2471. Leave a message if no answer.

Lake Mills – (920) 648-2800

Palmyra – (262) 495-4540

Rome/Sullivan – (262) 593-2380

Waterloo/Marshall area – (920) 478-3041

Watertown – (920) 261-7226

Whitewater - (262) 473-4257 or
(262) 473-5231

FOOD STAMPS – QUEST CARD

The Quest Card is used as money to buy food. It replaced food stamps. Helps low-income people with the purchasing of food. Income and asset guidelines apply.

Workforce Development Center of Jefferson County - (920) 674-7500

Dodge County Human Services and Health Department - (920) 386-3760

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT (See p. 1)

WIC (Women, Infants, and Children) Supplemental Food Program

Provides nutritious supplemental foods, nutrition education, breast feeding support, and health referrals for women, infants, and children. WIC is available to pregnant and breast feeding women, teenage mothers, infants and children up to age 5. Call for qualifications.

Jefferson County Health Department
(920) 674-7189

Dodge County Human Services and Health Department - (920) 386-3680

COMMUNITY RESOURCES

ALPHA PREGNANCY HELP LINE

Pregnancy testing, confidential counseling, education, and information about pregnancy options and birth control.
(920) 261-9207 or 1-800-924-6073

CHILD FIND

Preschoolers 3-5 with special needs can get free, confidential help from their local school district. If you have a concern about your child's development; call the Early Childhood coordinator at your local school district.

CHILDREN WITH SPECIAL HEALTH CARE NEEDS

Provides consultation and some financial assistance to any family of a child under age 21 who has special health care needs. Examples of chronic illnesses or disabilities include cystic fibrosis, heart conditions, spina bifida, cerebral palsy, sickle cell anemia, cleft lip/palate, leukemia, muscular dystrophy, severe asthma, and juvenile diabetes.

Special Needs Family Center

1-800-234-KIDS (5437)

Jefferson County Health Department

(920) 674-7275 or 1-800-371-3090

COMMUNITY ACTION COALITION

(See p. 2)

COMMUNITY COORDINATED CHILD CARE (4C's)

A childcare resource and referral agency serving Dane, Dodge, Jefferson, Sauk, and Columbia counties. Parent referrals, provider support, resource information, and child nutrition programs.

(608) 271-9181 or 1-800-750-KIDS

DAYCARE FOR SICK CHILDREN

Watertown Memorial Hospital
125 Hospital Drive
Watertown, WI (920) 261-4210

DOMESTIC ABUSE ASSISTANCE (See p. 1)

EPILEPSY FOUNDATION OF SOUTHERN WISCONSIN

Community education and direct client services for people with epilepsy and their families. Seizure recognition and first aid in-services for schools and businesses. Extensive epilepsy library. Client services tailored to meet the needs of the individual. Can provide payment for epilepsy medication for up to one month per year.

1-800-693-2287

FAMILY RESOURCE CENTERS (See p. 1)

FIRST CALL FOR HELP

(920) 563-9555

FOOD PANTRIES (See p. 3)

GRIEF COUNSELING

Fort Atkinson Memorial Health Services
1-800-421-4677

Watertown Memorial Hospital
1-800-472-4210

HEAD START – JEFFERSON COUNTY

Comprehensive family and preschool program for income eligible children ages 3 to 5. Program encourages the growth and development

of children, parent involvement, education, health, and nutrition. For enrollment information and income guidelines, call the Jefferson office. Jefferson County Centers are located at:

Jefferson – N3995 Annex Road
(920) 674-5577

Hebron – N2313 County Hwy D.
(262) 593-5979

Watertown – 415 S. Eighth Street
(920) 261-8716

Waterloo – 348 W. Madison Street
(920) 478-3594

HOME VISITOR PROGRAM

Home visitation services are voluntary, family-centered and tailored to meet the needs of individual families. Services can include help for the family in meeting its immediate needs, emotional support to help new parents cope with the stresses of parenting a newborn, teach basic child-rearing skills, and link families to medical providers to ensure that immunizations and well-care visits are on schedule.

Jefferson County Health Department
N3995 Annex Road, Jefferson
(920) 674-7275 or 1-800-371-3090

Watertown Health Department
515 South First Street, Watertown
(920) 262-8090

Fort Atkinson Memorial Health Services
611 E. Sherman Avenue
(920) 568-5000

Watertown Memorial Hospital
125 Hospital Drive
(920) 261-4210

Dodge County Health Department
143 E. Center Street
Juneau
(920) 386-3750

IMMUNIZATION CLINICS

Flu shots are also available at the agencies listed below.

Jefferson County Health Department
N3995 Annex Road
Jefferson
(920) 674-7275

Watertown Health Department
515 South First Street
Watertown
(920) 262-8090

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT (See p. 1)

JEFFERSON COUNTY LITERACY COUNCIL

The Jefferson County Literacy Council promotes literacy throughout Jefferson County by providing literacy effectively on the job and in everyday life. Offers literacy and language skills.

621 W. Racine
Jefferson
(920) 675-0500

LOCAL LIBRARIES

Many libraries have story hours and/or lap sits so you and your child can enjoy the wonders of reading. Contact your local library for information.

Cambridge	(608) 423-3900
Fort Atkinson	(920) 563-7790
Jefferson	(920) 674-7733
Johnson Creek	(920) 699-3741
Lake Mills	(920) 648-2166
Palmyra	(262) 495-4605
Waterloo	(920) 478-3344
Watertown	(920) 262-4090
Whitewater	(262) 473-0530

PARENTING THE FIRST, SECOND AND THIRD YEARS

Parenting the First Year, Parenting the Second Year and Parenting the Third Year newsletters are available for purchase from: