

Handbook for Help

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Birth to 5 Committee of**

Jefferson County
Delinquency
Prevention
Council

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**For more information contact:
920-563-2437**



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"A Life in the Community For Everyone"

SAMHSA

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PARKS AND RECREATION RESOURCES

PARKS AND RECREATION DEPARTMENTS

(See p. 6)

PARENTING PROGRAMS

PRENATAL CLASSES

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

Fort Atkinson Memorial Health Services

(920) 568-5000
www.forthhealthcare.com
Spanish speakers on call

Watertown Memorial Hospital

(920) 261-4210
www.watertownmemorialhospital.com
Spanish speakers available

WELL CHILD CLINICS

(See p. 6)

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
www.forthhealthcare.com
Spanish speakers on call
Call for listing of classes.

Jefferson County Health Department

(920) 674-7275
920) 674-7213 (Spanish) (Leave message for return call)

Jefferson County Human Services Department

(920) 674-3105
www.co.jefferson.wi.us
Spanish speakers sometimes available

UW-Extension Jefferson County

(920) 674-7295
www.uwex.edu/ces/cty/jefferson/
Research based publications, audio/visuals and parenting curriculum available.

Dodge County

(920) 386-3790
www.uwex.edu/ces/cty/dodge
Spanish speakers sometimes available

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. 6)

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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

1541 Annex Road

Jefferson

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

(920) 674-7213 (Spanish) (Leave message for return call)

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

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

Jefferson County Health Department

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

(920) 674-7213 (Spanish) (Leave message for return call)

Watertown Department of Public Health

(920) 262-8090

www.ci.watertown.wi.us

Spanish speakers sometimes available

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

(920) 674-7213 (Spanish) (Leave message for return call)

Watertown Health Department

(920) 262-8090

www.ci.watertown.wi.us

Spanish speakers sometimes available

Dodge County Human Services and Health Department

(920) 386-3670

www.co.dodge.wi.us

Spanish speakers available

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

(Pregnancy testing available)

Watertown Health Department

(920) 262-8090

www.ci.watertown.wi.us

Spanish speakers sometimes available

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
www.safetyweb.org
Spanish speakers available

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
(920) 674-7213 (Spanish) (Leave message for return call)

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
www.co.jefferson.wi.us/workforce/
Spanish speakers sometimes available

Dodge County Human Services and Health Department

(920) 386-3750
www.co.dodge.wi.us
Spanish speakers available

Early Childhood Program (Watertown)

(920) 262-1460
www.watertown.k12.wi.us
Spanish speakers available

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

COMMUNITY COORDINATED CHILD-CARE (See p. 4)

DENTAL HEALTH PROGRAM

Offers supplemental fluoride to Jefferson County children and their 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
(920) 674-7213 (Spanish) (Leave message for return call)

Watertown Health Department

(920) 262-8090
www.ci.watertown.wi.us
Spanish speakers sometimes available

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!

Jefferson County Health Department

1541 Annex Road
Jefferson
(920) 674-7275 or (800) 371-3090
(920) 674-7213 (Spanish) (Leave message for return call)

Watertown Health Department

515 S. First Street
Watertown
(920) 262-8090
www.ci.watertown.wi.us
Spanish speakers sometimes available

HEALTHY START (See p. 2)

ABUSE AND SAFETY

CHILD ABUSE AND NEGLECT

Jefferson County Human Services Department
(920) 674-3105
www.co.jefferson.wi.us
Ask for the Intake Department. Specify child. Spanish speakers sometimes available.

Dodge County Human Services and Health Department

(920) 386-3750
www.co.dodge.wi.us
Ask for the Intake Department/specify child

DOMESTIC ABUSE ASSISTANCE

PADA People Against Domestic & Sexual Abuse

Crisis Line 24 - Hours/7 Days
1-800-228-7232
(920) 674-6768
www.padaajc.org
Spanish speakers available.

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.

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

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT

1541 Annex Road
Jefferson (920) 674-7231
www.co.jefferson.wi.us
Spanish speakers sometimes available.

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, Inc. (CAC)
(920) 262-9667
www.cacscw.org
Spanish speakers available.

Dodge County Human Services/ Health Department

(920) 386-3670
www.co.dodge.wi.us
Spanish speakers available.

Jefferson County Health Department

(920) 674-7275
(920) 674-7213 (Spanish) leave message for a return call.

Watertown Health Department

(920) 262-8090
www.dodge.co.wi.us

POISON CONTROL CENTER

1-800-222-1222

SAFETY SEAT CHECK

Fort HealthCare
(920) 568-5300
www.forthealthcare.com
Spanish interpreters available.

Jefferson County Health Department

(920) 674-7275
(920) 674-7213 (Spanish) leave message for a return call.

UW Health Partners Watertown Regional Medical Center

(920) 262-4267
www.watertownmemorialhospital.com
Spanish speakers available

Watertown Family Center

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

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
child.support.wisconsin.gov
Spanish speakers available

Dodge County Child Support Agency

210 W. Center Street
Juneau (920) 386-3640
www.co.dodge.wi.us/childsupport

Statewide (800) 991-5530

childsupport.wisconsin.gov
Spanish speakers available

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
www.cacscw.org
Spanish speakers available

DAY CARE SUBSIDIES

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

Workforce Development Center of Jefferson County

(920) 674-7500
www.co.jefferson.wi.us/workforce/
Spanish speakers are sometimes available

Dodge County Human Services/ Health Department

(920) 386-3760
www.co.dodge.wi.us
Spanish speakers available

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) 674-8120
(920) 674-3105 (Spanish) leave message for return call
www.co.jefferson.wi.us

HBC SERVICES

Provides home buyer counseling services.
118 S. Main
Jefferson, WI 53549
(920) 674-5611
www.hbcservices.org

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. Presumptive Eligibility Family Planning Waiver.

Workforce Development Center of Jefferson County

(920) 674-7500
www.co.jefferson.wi.us/workforce/

Dodge County Residents call:

(920) 386-3760
www.co.dodge.wi.us
Spanish speakers available

WATERTOWN FAMILY AID

514 S. First Street
Watertown, WI 53094
(920) 261-9059
Serves only Watertown residents with food and clothing vouchers.

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

www.co.jefferson.wi.us
(920) 674-3105
Spanish speakers sometimes available

Dodge County Human Services and Health Department

(920) 386-3670
www.co.dodge.wi.us
Spanish speakers available

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
Spanish speakers available

Fort Atkinson

201 Park Street
(920) 563-7804

Jefferson

206 Taft Street
(920) 675-1000
Spanish speakers available

Johnson Creek

111 South Street
(920) 699-2811
Spanish speakers available

Lake Mills

120 E. Lake Park Place
(920) 648-2338

Spanish speakers available

Palmyra-Eagle

PO Box 901
(262) 495-7116
Spanish speakers available

Waterloo

785 North Monroe
(920) 478-3633
Spanish speakers available

Watertown

111 Dodge Street
(920) 262-1460
Spanish speakers available

Whitewater

504 Court
(262) 472-8700
Spanish speakers available

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
www.co.jefferson.wi.us
Spanish speakers sometimes available.

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:

UW-Extension Jefferson County

Workforce Development Center
864 Collins Road
Jefferson
(920) 674-7295
www.uwex.edu/ces/cty/jefferson

UW-Extension Dodge County

127 E. Oak Street
Juneau
(920) 386-3790
www.uwex.edu/ces/cty/dodge
Spanish speakers sometimes available

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.

Fort Atkinson (920) 563-7781

www.fortparksandrec.com

Jefferson (920) 674-7720

www.jeffersonwis.com

Palmyra (262) 495-3181

Watertown (920) 262-8098

www.ci.watertown.wi.us

Whitewater (262) 473-0520

www.ci.whitewater.wi.us

PLANNED PARENTHOOD

Affordable reproductive healthcare, birth control, and pregnancy testing. Testing for sexually transmitted diseases. Apply for presumptive eligibility and family planning waiver.

Johnson Creek

480 Village Walk Lane
(920) 699-4720
www.ppwi.org

Beaver Dam Clinic

96 Stoddard Street (920) 885-3528
www.ppwi.org

RESPIRE CARE FOR DISABILITIES

Watertown Memorial Hospital

(920) 262-4374
www.watertownmemorialhospital.com
Spanish speakers available

Fort Atkinson Memorial Health Services

(920) 568-6500
www.forthhealthcare.com
Spanish speakers on call

Jefferson County Health Department

(920) 674-7275 or 1-800-371-3090
(920) 674-7213 (Spanish) (leave message for return call)

Jefferson County Human Services

Department
(920) 674-8186
www.co.jefferson.wi.us
Spanish speakers sometimes available

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 (920) 674-7213 (Spanish)
(leave message for return call)

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

WATERTOWN FAMILY AID (See p.2)

WELL CHILD CLINICS/IMMUNIZATIONS/HEALTH CHECK

Appointments Necessary – Sites in Jefferson, Fort Atkinson, Waterloo, Palmyra, Sullivan. Free preventative health check up for infants and children to Kindergarten age. For immunizations only, call the Health Department for nurse availability.
(920) 674-7275
(920) 674-7213 (Spanish)
(Leave message for return call)

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) 262-9667

OTHER CLOTHING RESOURCES

St. Vincent de Paul
Jefferson - (920) 674-4546
Fort - (920) 568-1266

Twice is Nice - (920) 674-6868

COMMUNITY ACTION COALITION

(See p. 2)

FOOD PANTRIES

Deerfield (608) 764-5935
www.dccenter.org

Cambridge - (608) 423-8108

Fort Atkinson – (920) 563-9555

Hand of Helping - (920) 206-9910 (Daytime)
www.handofhelping.org

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) 593-8745 or
(262) 593-8918

Waterloo/Marshall area – (920) 478-3041 or
(920) 478-3335
Spanish speakers on call

Watertown – (920) 261-7226

Whitewater - (262) 473-6120 or
(262) 473-4257
(262) 473-0524

Spanish speakers sometimes available

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
www.co.jefferson.wi.us/workforce/
Spanish speakers sometimes available

Dodge County Human Services and Health

Department - (920) 386-3760
www.co.dodge.wi.us
Spanish speakers available

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. (920) 674-7189

Jefferson County Health Department

(920) 674-7275 674-7213 (Spanish)
(leave message for return call)

Dodge County Human Services and Health

Department - (920) 386-3680
www.co.dodge.wi.us
Spanish speakers available

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
Spanish speakers on call

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)
www.specialneedsfamilycenter.org
Spanish speakers available

Jefferson County Health Department

(920) 674-7275 or 1-800-371-3090
(920) 674-7213 (Spanish) (leave message for return call)

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
www.4-c.org
Spanish speakers available

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
www.epilepsyfoundation.org/southwisc
Spanish speakers available

FAMILY RESOURCE CENTERS

(See p. 1)

FIRST CALL FOR HELP

(920) 563-9555

FOOD PANTRIES (See p. 3)

GRIEF COUNSELING

Fort Atkinson Behavioral Health

1-800-421-4677
(920) 563-7995
Spanish speakers on call

Directions Counseling Center

1-800-472-4210
(920) 262-4819

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 – 120 S. Sanborn (East Elementary)

(920) 674-2625
Spanish speakers available

Hebron – N2313 County Hwy D.

(262) 593-5979
Spanish speakers available

Watertown – 415 S. Eighth Street

(920) 261-8716
Spanish speakers available

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
920-674-7213 (Spanish)
(Leave message for return call)

Watertown Health Department

515 South First Street, Watertown
(920) 262-8090
www.ci.watertown.wi.us
Spanish speakers sometimes available

Fort Atkinson Memorial Health Services

611 E. Sherman Avenue
(920) 568-5000
www.forthhealthcare.com
Spanish speakers on call

Watertown Memorial Hospital

125 Hospital Drive
(920) 261-4210
www.watertownmemorialhospital.com
Spanish speakers available

Dodge County Health Department

143 E. Center Street
Juneau
(920) 386-3750
www.co.dodge.wi.us
Spanish speakers available

IMMUNIZATION CLINICS

Flu shots are also available at the agencies listed below.

Jefferson County Health Department

N3995 Annex Road
Jefferson
(920) 674-7275 • (920) 674-7213 (Spanish)
(Leave message for return call)

Watertown Health Department

515 South First Street
Watertown
(920) 262-8090
www.ci.watertown.wi.us
Spanish speakers sometimes available

JEFFERSON COUNTY HUMAN SERVICES DEPARTMENT (See p. 1)

LITERACY COUNCIL of JEFFERSON COUNTY

The Literacy Council of Jefferson County promotes literacy throughout Jefferson County by providing literacy effectively on the job and in everyday life. Offers literacy and language skills.
118 S. Main St., Suite B
Jefferson
(920) 675-0500
www.jclc.us
Spanish speakers available

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

Spanish speakers available
www.scls.lib.wi.us/cbr/index.html

Fort Atkinson (920) 563-7790

Spanish speakers available
www.fortlibrary.org

Jefferson (920) 674-7733

Spanish speakers available
www.jefferson.lib.wi.us

Johnson Creek (920) 699-3741

www.johnsoncreeklibrary.org

Lake Mills (920) 648-2166

www.lakemills.lib.wi.us

Palmyra (262) 495-4605

www.palmyra.lib.wi.us

Waterloo (920) 478-3344

www.waterloo.lib.wi.us

Watertown (920) 262-4090

www.watertown.lib.wi.us

Whitewater (262) 473-0530

www.whitewater.lib.wi.us