



# **AND COMMUNITY RESOURCES FOR WAUSAU**

**HANDBOOK**

CREATED BY:

MEGAN LECHLEITNER AND MARIO

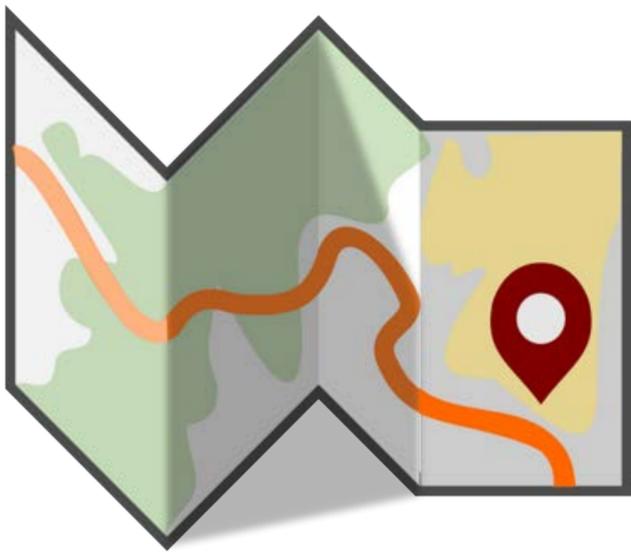
DUWE

*Healthcare*

How to take care of your health  
Marathon County Literacy Council  
515 N 3rd Street, Wausau, WI 54403

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# Clinic Locations

## Bridge Street Clinic

The Bridge Street Clinic provides basic medical care, dental services, and behavioral health care for all ages.

1810 N 2nd St, Wausau, WI 54403

(715) 848-4884

<http://www.bridgeclinic.org>



## Wausau Free Clinic

The Free Clinic provides basic care, medical tests, and medicine **all at no cost.**

903 N 3rd Street, Wausau, WI 54403

(715) 869-4922

<https://www.wausaufreeclinic.com>



## Marshfield Clinic

Marshfield Clinics and hospitals provide treatment/care for medical problems.

### Marshfield Main Location:

2727 Plaza Dr, Wausau, WI 54401

715-847-3000

[Marshfieldclinic.org](http://Marshfieldclinic.org)

**Marshfield Clinic Walk-In:** 2727 Plaza Dr., Wausau, WI

8am-5pm M-F, 8am-3pm Weekends

715-847-3281



# Aspirus

Aspirus Clinics and hospitals provide treatment/care for medical problems.

## **Aspirus Main Location:**

333 Pine Ridge Blvd, Wausau, WI 54401

715-847-2121

Aspirus.org



## **Aspirus Family Walk-In:** 2720 Plaza Dr., Ste

1100, Wausau, WI

Open 7am-7pm M-F, 8am-4pm Weekends

715-847-2472

**For all locations of the Aspirus clinics, walk-ins,  
and hospitals, please visit**

**<https://www.aspirus.org/find-a-location>**

# Marathon County Public Health Department

The Marathon County Public Health Department provides services such as breastfeeding help, free shots, helping children's needs, hearing and vision help, and much more.

1000 Lakeview Dr, Suite 1100, Wausau, WI 54403

Entrance = Door #22

715-261-1967 or 1-800-236-0153

Appt are required

715-261-1965 for Spanish

715-261-1966 for Hmong

[marathoncountyhealthdepartment.org](http://marathoncountyhealthdepartment.org)



# Transit

The Metro Ride is a system of buses that travel the city to help people get from place to place.

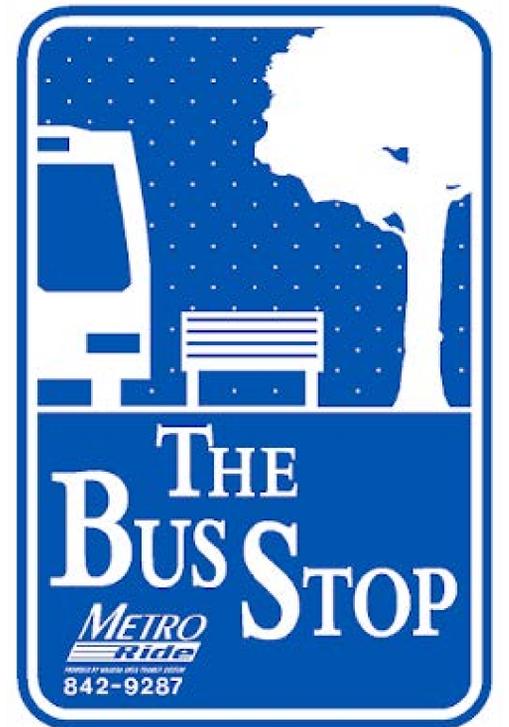
**Planning your trip:** All of the bus routes have a name, letter, and a color to help you match the maps with the schedule.

**To catch a bus:** Go to the street with the route you wish to ride and find the bus stop sign. Signs are usually found on every other block. Wait by the sign for your bus to arrive.

**Paying your fare:** Pay the driver as you board the bus. Cash and tokens may be inserted into the top of the cash box. Costs can range from \$1.75 for one adult to free for children under 5 years of age. Change is not given.

**When on board:** Take your seat quickly because the bus will start moving. You may request to have the driver wait if needed.

**Getting off the bus:** About one block away from where you wish to get off the bus, pull the cord found above or alongside the windows.



PASSENGER FARES Effective 1/1/2020	
<b>ADULTS</b>	
Cash	\$1.75
Tokens	10 for \$11.00
Monthly Pass	\$42.00
<b>SENIORS/DISABLED</b> - With Medicare Card or ID issued by Metro Ride	
Cash	\$.85
Monthly Pass	\$21.00
<b>STUDENTS</b> - Age 5 through senior high school	
Cash	\$1.50
Tickets	10 for \$9.50
Monthly Pass	\$21.00
Youth Freedom Pass	\$28.00
<b>CHILDREN</b> - Under age 5 accompanied by an adult	
Free	
<b>PARATRANSIT</b>	
Cash	\$2.50



**Hours of Operation** Monday - Friday: 6:30 am - 6:30 pm  
Metro Ride does not run on Saturdays, Sundays, or on the following  
Holidays: New Year's Day (January 1); Memorial Day (End of May);  
Independence Day (July 4); Labor Day (Beginning of September);  
Thanksgiving Day (4th Thursday in November); Christmas Day  
(December 25).

## Metro Ride

420 Plumer Street  
Wausau, WI 54403  
715-842-9287

[metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us)

email: [metroride@ci.wausau.wi.us](mailto:metroride@ci.wausau.wi.us)



**Monthly Pass:** If you ride the bus often, buy a monthly pass to ride the bus as much as you would like.

**Reduced Fare Card:** Anyone who shows a Medicare card will have reduced bus costs. To apply for a card, visit <https://www.ci.wausau.wi.us/Departments/MetroRide/PassengerFares.aspx> Complete the application and send to Metro Ride.

# English

## Schedule for all Routes

### Monday-Friday

Each route departs from and arrives back at the Downtown Wausau Transit Center every half-hour at :00 and :30 from 6:30am to 6:30pm. Routes are scheduled to be at the locations marked 1, 2, 3, and 4 approximately at the times shown (may be slightly later, but should not be earlier). If your bus stop is between these points, use these times to gauge when the bus will arrive. Please arrive at your stop a few minutes early.

Location on map →	Transit Center 1	2	3	4	Transit Center 1
AM					
	7:00	7:07	7:15	7:22	7:30
	7:30	7:37	7:45	7:52	8:00
	8:00	8:07	8:15	8:22	8:30
	8:30	8:37	8:45	8:52	9:00
	9:00	9:07	9:15	9:22	9:30
	9:30	9:37	9:45	9:52	10:00
	10:00	10:07	10:15	10:22	10:30
	10:30	10:37	10:45	10:52	11:00
	11:00	11:07	11:15	11:22	11:30
	11:30	11:37	11:45	11:52	12:00
PM	12:00	12:07	12:15	12:22	12:30
	12:30	12:37	12:45	12:52	1:00
	1:00	1:07	1:15	1:22	1:30
	1:30	1:37	1:45	1:52	2:00
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	5:30	5:37	5:45	5:52	6:00
	6:00	6:07	6:15	6:22	6:30



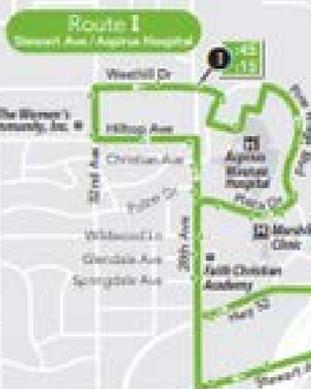
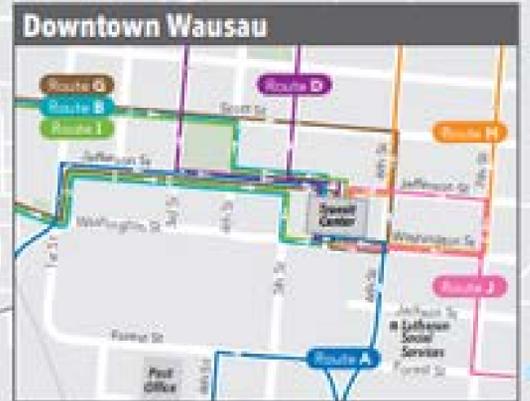
## Transit System Map

Effective July 1, 2021

### Detours and delays

From time to time, we run behind schedule, generally because of traffic or weather conditions.

At times we must detour from the regular route because we cannot use a street or streets on which we usually operate. When there are significant delays or when a route has to be detoured, Metro Ride will make every effort to ensure that the public is informed.



### Map Guide

- Bus Route
- Bus Stop Location
- One-Way portion of Route
- Schedule Timepoint
- Number identifies location on map and schedule
- Times indicate approximate time after each hour that bus leaves that location, 6:30am - 6:30pm

Schedules, routes and fares subject to change. See [metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us) for updates.

Map for reference only. Information is believed to be accurate but accuracy is not guaranteed.

715-842-9287  
[metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us)  
 email: [metroride@ci.wausau.wi.us](mailto:metroride@ci.wausau.wi.us)

### Lub sij hawm teem tsog rau txhua Cov Kev

#### Hnub Monday-Hnub Friday

Tshuab txoj kev teem ntawm thiab cov qab los tsog ntawm Lub Chaw Muab Kev Pab Cuam Thaum Mus Los Hauv Wausau Lub Plev Nroog. Hnub tshuab nraib-teem thaum: 00 thiab -30 los txoj thaum 6:30 teem saev-ntawm tsog 6:30 teem saev ntu. Cov kev tau muab teem sij hawm kom los nyob rau ntawm cov chaw uas tau cim 1, 2, 3 thiab 4 kev yees li ntawm lub sij hawm tau qhia tawm (tuaj yees tom qab me ntau, tab sis yuav tias ntawm dua ntau). Yog tias koj qhov chaw nraib tsheb npav yog nyob muab nraib ntawm cov chaw no, siv cov sij hawm no los ntawm web thaum twg lub tsheb npav yuav los tsog. Thov tuaj tsog ntawm koj qhov chaw nraib tsheb uas ntaj li olo pob tsheb.

Location on map →	Transit Center 1	2	3	4	Transit Center 1
AM					
7:00	6:37	6:45	6:52	7:00	7:30
7:30	7:07	7:15	7:22	7:30	8:00
8:00	7:37	7:45	7:52	8:00	8:30
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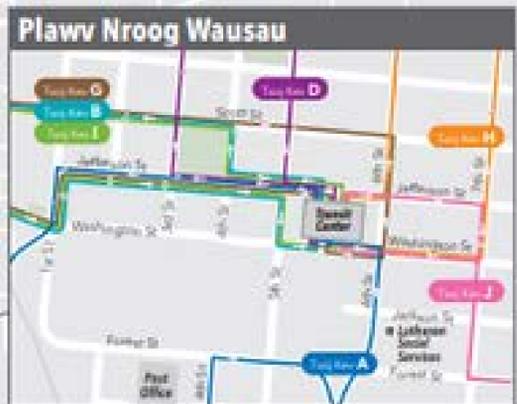


Daim Duab Qhia Chaw Rau Lub Laj Npau Thauj  
Siv Tau Hauv Lub Xya Hli Ntuj Tim 1, 2021

### Cov kev lug thiab cov kev ncuu

Lo saug mus rau ib saug, pob khav tom qab lub sij hawm teem tsog. Saem ntau vim rau qhov muaj tsheb ceas los sis cov xam tsheb ntawm huab cua.

Cov lub sij hawm pob yuav tawm tau lug los ntawm txoj kev ib towm vim tias pob tias tuaj yees siv txoj kev los sis cov kev haw qhov uas teem ntau pob uas hauj kam. Thaum muaj cov kev ncuu teem ceas los sis thaum txoj kev yuav teem tau muab lug, Metro Ride yuav ua tshuab qhov kev siv zog los uas kom ntau txoj kev cov paj xam tau tsheb kev qhia.



### Qhov Chaw Muab Kev Pab Cuam Thaum Mus Los (Transit Center)



Cov kev uas muab muab tsheb ntawm qhov kev tsog yuav ua tau ntau qhov chaw muab kev pab cuam thaum mus los hauv Wausau Lub Plev Nroog. Thaum muaj kev tsog hauv Wausau Lub Plev Nroog, kev tsog hauv Wausau Lub Plev Nroog yuav ua tau ntau qhov chaw muab kev pab cuam thaum mus los hauv Wausau Lub Plev Nroog.

### Phau Ntawv Qhia Txog Daim Duab Qhia Chaw

- Txoj Kev Tshab Npav
- Qhov Chaw Nraib Tshab Npav
- Feem ntawm Txoj Kev Ib Ncuu Kev
- Sij hawm teem tsheb teem tsog

Cov sij hawm, cov kev tag thiab cov sij yuav xav hloov pauv. Saib hauv [metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us) rau cov kev hloov pauv tsheb.

715-842-9287  
[metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us)  
email: [metroride@ci.wausau.wi.us](mailto:metroride@ci.wausau.wi.us)

## Horario de todas las rutas

### De lunes a viernes

Cada ruta sale y vuelve al Centro de Tránsito del centro de Wausau cada media hora a las :00 y a las :30 desde las 6:30 a. m. hasta las 6:30 p. m. Las rutas están programadas para estar en los lugares marcados con 1, 2, 3 y 4 aproximadamente a las horas indicadas (puede ser un poco más tarde, pero no debería ser antes). Si su parada se encuentra entre estos lugares, utilice estas horas para calcular cuándo llegará el autobús. Llegue a su parada con unos minutos de anticipación.

Location on map →	Transit Center 1	2	3	4	Transit Center 1
AM					
	7:00	6:37	6:45	6:52	7:00
	7:30	7:07	7:15	7:22	7:30
	8:00	8:07	8:15	8:22	8:30
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	5:30	5:37	5:45	5:52	6:00
	6:00	6:07	6:15	6:22	6:30



## Mapa del sistema de transporte

A partir del 1 de julio de 2021

### Desvíos y retrasos

De vez en cuando, nos retrasamos, generalmente a causa del tráfico o de las condiciones meteorológicas.

A veces debemos desviarnos de la ruta habitual porque no podemos utilizar una o varias calles por las que solemos circular. Cuando se produzcan retrasos importantes o cuando haya que desviar una ruta, Metro Ride hará todo lo posible para que el público esté informado.

### Centro de Wausau



### Centro de Tránsito



Los transbordos entre rutas pueden realizarse en el Centro de Tránsito del centro de la ciudad, y son válidos para un recorrido en una ruta diferente. Un transbordo no puede utilizarse para un recorrido de ida y vuelta.

Si tiene previsto hacer un transbordo a otro autobús, pídale al conductor un transbordo gratuito cuando pague su pasaje, e indique la ruta a la que va a hacer el transbordo.

### Guía del mapa

- Ruta de autobús
- Ubicación de la parada de autobús
- Parte de la ruta de ida
- Punto de horario en el cronograma
- Si el número indica la ubicación en el mapa y el cronograma
- Los números indican el horario aproximado después de cada hora en la que el autobús llega a una ubicación, de 6:30 a. m. a 6:30 p. m.

Los horarios, las rutas y los pasajes están sujetos a cambios. Consulte [metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us) para ver las actualizaciones.

El mapa es solamente para referencia. Se considera que la información es precisa, pero no se garantiza su exactitud.

715-842-9287  
[metroride.ci.wausau.wi.us](http://metroride.ci.wausau.wi.us)  
 email: [metroride@ci.wausau.wi.us](mailto:metroride@ci.wausau.wi.us)

# HEALTH PROVIDERS

Choosing a doctor can be a challenge, especially if you are from a different community. Asking for opinions from friends and neighbors is a good way to start, but you have to pick which doctor is going to be the best fit for you.

## Providers:

### One That is Going to Treat Your Needs

It is important to pick a provider you can trust and communicate well with. Make sure you choose a doctor who you feel comfortable with.

### One Who Works With Your Insurance

If you have health insurance, start by finding out which providers are covered by your plan in your area. If you do not have health insurance, talk with your future doctor about future costs.

### Location

How far away is the clinic or hospital? Will it be easy to get to either using a car or bus?

### Will the Doctor Be Available When You Need an Appointment?

What hours are they open? Are they open weekends, evenings, or have emergency hours? Can you talk to them on the phone?



# HOW TO ESTABLISH A PROVIDER

After finding a provider that fits your needs:

1

Call the office of the provider

2

Have the receptionist transfer you to the provider or provider's nurse

3

Schedule a meeting with the provider

4

Talk with them to decide if they are right for you



## How to Book Your Appointments:

- 1 Call the clinic/hospital that you want to attend
- 2 Tell the receptionist your provider's name and your reason to see them
- 3 Select the best date and time available for you

Use a translator if you do not speak good English

**If your need is immediate, go to the walk-in clinic**

**If your need is an emergency, go to the closest emergency room**

For Emergencies: please dial 911

Walk-In Clinic or Urgent Care:

Aspirus Family Walk-In- 2720 Plaza Dr., Ste 1100, Wausau, WI

Open 7am-7pm M-F, 8am-4pm Weekends

715-847-2472

Marshfield Clinic Walk-In: 2727 Plaza Dr., Wausau, WI

8am-5pm M-F, 8am-3pm Weekends

715-847-3281

# PREPARING FOR YOUR APPOINTMENT

## Before going to your appointment:

- If possible, ask someone to go with you to help you understand and remember answers to your questions
  - Bring questions that you may have about your health
    - Take notes. If you do not understand what the doctor or nurse is saying, ask them to repeat it or write it down for you
    - Have the doctor or nurse write down the next steps they want you to take for your health
  - After the appointment, the office will give you a summary of what happened during the appointment. Be sure to ask for a copy and confirm that your next appointments are listed on the paper



# Levels of Healthcare for Health Concerns

**Walk-In Clinic:** They offer same-day care for minor illnesses and health care needs for both adult and child patients

**Urgent Care:** They are for when you cannot wait to make an appointment with your doctor, but you do not need emergency services

**Emergency Room:** Always go to the ER when your life is at risk. The staff is ready for any critical situation 24/7

Chest pain, difficulty breathing, weakness/numbness on one side, slurred speech, fainting/change in mental state, serious burns, head or eye injury, concussion/confusion, fever with a rash, seizures, facial cuts, severe cuts, broken bones or dislocated joints, severe cold/flu symptoms, vaginal bleeding with pregnancy

## Emergency Room

Fever without a rash, vomiting or continual diarrhea, stomach pain, wheezing or shortness of breath, dehydration, moderate flu-like symptoms, sprains and strains, small cuts that may require stitches

## Urgent Care

Sports physicals (no labs), mild flu-like symptoms, cough and congestion symptoms, sore throat, ear pain, eye redness, painful urination, rashes without fever

## Walk-In Clinic

Information obtained by:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/emergency-vs-urgent-care-whats-the-difference>

While this is a general guideline, please consult with your doctor



## Recommendations:

- Measles, Mumps, and Rubella (MMR)
- Varicella (chicken pox)
- Polio (IPV)
- Hepatitis A (HepA)
- Hepatitis B (HepB)
- HPV
- Pneumococcal
- Tetanus (Td, Dtap, tDap)
- Meningitis
- Influenza
- Covid-19
- Shingles

## Information:

- Vaccines help your body by strengthening its ability to fight disease.
- It is recommended for children to receive: MMR, varicella, polio, HepA, and HepB vaccines
- It is recommended for adolescents to receive: HPV, Meningitis (preteens with a booster around age 16)
- It is recommended for all individuals to receive: Tetanus, DTaP for children, Tdap for preteens, Td or Tdap for adults (every 10 years)
- It is recommended for all individuals to also receive: Influenza (seasonally in the fall), COVID-19 with boosters; speak with your healthcare provider about receiving boosters, Pneumococcal, Shingles (above 50 if you have had varicella)

For questions about vaccinations, please contact Marathon County Health Department  
1000 Lakeview Dr, Suite 1100, Wausau, WI  
54403  
Entrance = Door #22  
715-261-1967 or 1-800-236-0153  
[marathoncountyhealthdepartment.org](http://marathoncountyhealthdepartment.org)





# PHARMACY LOCATIONS

**CVS Pharmacy**

102 Central Bridge St, Wausau, WI 54401  
(715) 842-0744

**Walmart Pharmacy**

226100 Rib Mountain Dr, Wausau, WI 54401  
(715) 359-6877

**County Market Pharmacy**

220 S 18th Ave, Wausau, WI 54401  
(715) 842-3541

**Walgreens**

504 S 17th Ave, Wausau, WI 54401  
(715) 848-8730

105 Central Bridge St, Wausau, WI 54401  
(715) 845-8279

**Young's Pharmacy**

310 E Bridge St, Wausau, WI 54401  
715-845-5203

2106 Grand Ave, Wausau, WI 54401  
715-845-3713

555 S 72nd Ave, Wausau, WI 54401  
(715) 842-0791

**Aspirus Pharmacy**

425 Pine Ridge Blvd Suite 103, Wausau, WI 54401  
(715) 847-2547

1901 Westwood Center Blvd, Wausau, WI 54401  
(715) 355-9573

**Pick 'n Save Pharmacy**

205 Central Bridge St, Wausau, WI 54401  
(715) 679-8250

**Marshfield Clinic Pharmacy**

2727 Plaza Dr, Wausau, WI 54401  
(715) 847-3302

**Sam's Club Pharmacy**

226200 Rib Mountain Dr, Wausau, WI 54401  
(715) 355-0161

**Hamann Cathy**

2106 Grand Ave, Wausau, WI 54403  
(715) 845-3713

**Jonathan Lancaster**

105 Central Bridge St, Wausau, WI 544012945  
(715) 845-8279

To save more money on your prescriptions: <https://www.goodrx.com/>

# Health Insurance



## What is health insurance?

An agreement where your health insurer pays some or all of your healthcare costs in exchange for a

**premium.** Terms

**Premium:** payment to your health insurer to have insurance

**Deductible:** the amount you pay before your health insurer starts paying

**Coinsurance:** the percentage of the costs you pay after your deductible is reached

**Copay:** the amount you pay a healthcare provider for a single service

**Max out-of-pocket:** maximum amount of money you will pay in a health insurance plan year (also called "Copay")

**Benefit period:** the time period when services are covered

# STEPS TO ENROLL

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## 1 TALK WITH A GUIDE

There are people in the community who want to help you apply for health insurance. Speak with a health insurance navigator at locations like the Wausau Free Clinic to help guide you. You can also call 211 to find people who can help you.

## 2 KNOW YOUR INFORMATION

Have your information ready for household members including Social Security numbers and income information; call 211 for complete information about documents needed to apply for coverage through the ACA Marketplace or through BadgerCare

## 3 DETERMINE YOUR NEEDS

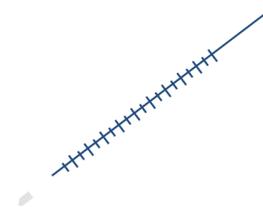
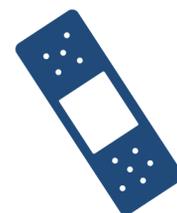
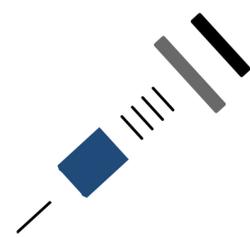
Determine the health needs of you and your family as well as what you can afford. The health insurance plan you choose is your decision based on what you need covered. Based on your income level, you may qualify for low-cost plans.

## 4 DOES YOUR CLINIC ACCEPT YOUR HEALTH INSURANCE?

Every healthcare clinic accepts different kinds of insurance. It is necessary that the clinic you wish to get medical help from accepts your insurance plan. Call your clinic or doctor to find out which insurance they accept.

## 5 PAY

Once you decide on a plan, the last step is to pay and sign-up. You must pay your health insurer every month to keep your plan.



# Health Insurance Companies in Wausau

Ask the Wausau Free Clinic or Bridge St. Clinic for more help to enroll

## **UMR**

150 W Wausau Ave, Wausau, WI 54401  
(866) 881-0800

## **Bankers Life**

1 Corporate Dr # 106, Wausau, WI 54401  
(715) 842-0497

## **M3 Insurance**

1 Corporate Dr #600, Wausau, WI 54401  
(715) 849-9400

## **Steckling Agency**

2905 N 12th St, Wausau, WI 54403  
(715) 432-0569

## **Provident Insurance Group**

227310 Rib Mountain Dr, Wausau, WI 54401  
(715) 842-3464

## **Central Financial Services**

115 N 6th St #1/2, Wausau, WI 54403  
(715) 845-3131

## **Mark Hafferman, Insurance Agent | Liberty Mutual Insurance**

2000 Westwood Dr, Wausau, WI 54401  
(715) 261-5480

## **Spectrum Insurance Group**

5228, 815 S 24th Ave #200, Wausau, WI 54401  
(715) 845-2500

## **Bartelt Insurance Services LLC**

1022 Merrill Ave, Wausau, WI 54401  
(715) 298-3255

## **UnitedHealth Group**

115 W Wausau Ave, Wausau, WI 54401  
(855) 828-2150

## **Benefits Design Group & Co**

2003 Grand Ave, Wausau, WI 54403  
(715) 848-4267

## **Senior Specialists Insurance**

2100 Grand Ave, Wausau, WI 54403  
(715) 843-5851

## **Zipperer Financial**

115 Forest St #3, Wausau, WI 54403  
(715) 845-8036

## **IB Insurance**

101 Grand Ave, Wausau, WI 54403  
(800) 472-1544  
327 N 17th Ave # 101, Wausau, WI 54401  
(800) 472-1544

## **Advantage Insurance Services**

1500 Grand Ave, Wausau, WI 54403  
(715) 849-2500

## **Greater Insurance Services**

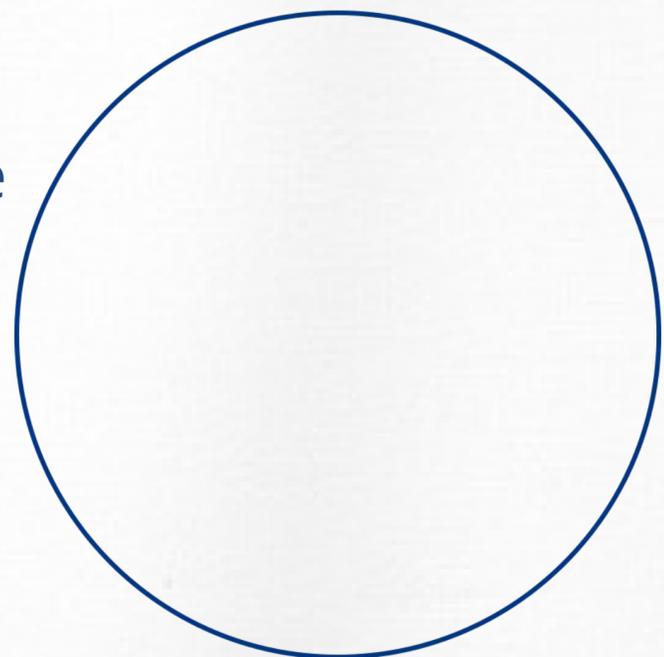
609 Scott St, Wausau, WI 54403  
(715) 393-4015





## WHY IS YOUR MENTAL HEALTH IMPORTANT?

Your mental health is important at all parts of your life. It affects your emotional, physical, and social health. It also helps determine how we handle our stress, talk to others, and make healthy choices for ourselves and others.





## Counseling Services

With a little bit of therapy, a mental health counselor can help you work through difficult feelings and stress that may affect your daily life. We can face many problems in life alone or with loved ones. However, if you feel some issues in life are not getting any better even with your best efforts, therapy could be useful.

### **The top reasons to get counseling include:**

Obtained by: <https://www.dbhutih.org/reasons-to-see-a-therapist/>

1. You are having unexpected mood swings
2. You are experiencing a big change
3. You are having harmful thoughts
4. You are feeling alone
5. You are using alcohol or drugs to deal with issues
6. You feel like you need to talk to someone

### **Common Mental Illnesses:**

Below are the top 10 most common mental health disorders according to the American Psychological Association (APA).

- Anxiety
- Depression
- Trauma and Sensory-Related
- Personality
- Alcohol and drugs-Related and Addictive
- Disruptive, impulsive control and Conduct
- Bipolar and Other Related
- Obsessive Compulsive Disorder and Other Related
- Neurocognitive
- Somatic Symptom and Other Related

## Resources



- **NAMI Northwoods**
  - 535 S 3rd Ave, Wausau, WI 54401
  - (715) 432-0180
- **North Central Health Care**
  - 1100 Lake View Dr, Wausau, WI 54403
  - (715) 843-6120
- **Peaceful Solutions Counseling**
  - 731 N 1st Ave, Wausau, WI 54403
  - (715) 675-3458
- **True North Counseling and Wellness, LLC**
  - 500 N 3rd Street Suite 208-3 & 4, Wausau, WI 54403
  - (715) 370-8863
- **Charis Counseling LLC**
  - 2620 W Stewart Ave Suite #310, Wausau, WI 54401
  - (715) 848-0525
- **Evans Counseling LLC**
  - 2714 Stewart Ave, Wausau, WI 54401
  - (715) 849-3988
- **Behavioral Health Clinic**
  - 630 S 36th Ave, Wausau, WI 54401
  - (715) 842-9500
- **The Caring Tree- Child and Family Counseling**
  - 227400 Rib Mountain Dr Suite D, Wausau, WI 54401
  - (715) 301-0667
- **Center for Human Development**
  - 631 Forest St, Wausau, WI 54403
  - (715) 842-0944
- **The Centre for Well-Being**
  - 901 N 6th St, Wausau, WI 54403
  - (715) 848-5022
- **Marathon Residential and Counseling Services Inc**
  - 1611 N 7th St, Wausau, WI 54403
  - (715) 842-3240
- **Elmergreen Associates Counseling Center**
  - 114 Grand Ave, Wausau, WI 54403
  - (715) 845-7175

# VICTIM ADVOCACY

## A SAFE PLACE

**Domestic Abuse:** a pattern of behavior used to gain power or control a partner using any of the following:

- **Emotional/Verbal Abuse:** hurting someone's emotions through language and verbal control
- **Isolation:** keeping someone away from support or social involvement
- **Threats/Intimidation:** making someone afraid through looks, actions, destroying property, or harming pets
- **Economic/Financial Abuse:** holding back money, job, or bank accounts
- **Physical Abuse:** pushing, punching, kicking, choking, or other bodily harm against someone
- **Sexual Abuse:** forcing or pressuring any sex act or activity upon another person without consent

## Victim Advocacy

### Programs in Wausau:

- The Women's Community
- Peaceful Solutions Counseling

To provide information on options, help process decisions, provide help, and explain and support survivors



# The Women's Community

A Safe Place: Services For Victims of All Genders and Ages

## Programs

### **Sexual Assault Victim Services-**

Provides support to victims (all ages) of sexual assault, adult survivors of child sexual abuse, non-offending parents, and sexual harassment victims

### **Asian Refugee-**

Provides specialized services to Southeast Asian victims of sexual and domestic abuse

### **Transitional Living-**

Provides long-term supportive services to victims and their children as they work towards safety and self-sufficiency

### **Children's and Youth Services-**

Services provided to child/youth victims of physical and sexual abuse, teens in abusive relationships, and those exposed to violence in the home

### **Services to Males-**

Services are provided to men and boys who are victims of and/or affected by domestic and/or sexual abuse

### **LGBTQ+ Services-**

Nonjudgmental supportive services to those in the LGBTQ+ community

### **Abuse Later in Life**

Provides support services to victims of domestic abuse and sexual assault for ages 60+

### **Domestic Abuse and Shelter Programs:**

Provides support services to victims of domestic abuse and their children, including and emergency shelter

### **Latinx Advocate Program:**

Provides specialized services to Spanish-speaking victims of sexual and domestic abuse, labor and sex trafficking

### **Justice Systems Program:**

Provides support and advocacy for clients engaged in the criminal justice or civil legal systems.

**Mission: The mission of the Women's Community, Inc. is to provide specialized services and resources to people in central Wisconsin affected by domestic violence, sexual assault, stalking and human trafficking. Our goal is to help individuals and families attain greater emotional and economic self-sufficiency**

3200 Hilltop Ave.,  
Wausau, WI 54401-4026

715-842-5663

Fax: 715-842-7051

[info@womenscommunity.org](mailto:info@womenscommunity.org)

[womenscommunity.org](http://womenscommunity.org)

[facebook.com/womenscommunity](https://www.facebook.com/womenscommunity)

[instagram.com/thewomenscommunityinc](https://www.instagram.com/thewomenscommunityinc)

# SPECIAL NEEDS RESOURCE LIST

## **Marathon County Special Education**

1200 Lake View Dr # 350, Wausau, WI 54403  
(715) 261-1980

Provides high-quality special education programs and services to six school districts including Abbotsford, Athens, Edgar, Marathon, Rosholt, and Spencer

## **Northern Regional Center for Children and Youth with Special Health Care Needs**

1000 Lake View Dr Ste 100, Wausau, WI 54403  
(715) 261-1906

Resource for families with children (0-22) who have any type of disability or need help finding a diagnosis. Offers parent support with loans from our resource library, scholarships to training and conferences, peer support from staff with lived experiences, and referrals to our statewide Parent-to-Parent support network.

## **Opportunity Inc. of Wausau**

388 River Dr, Wausau, WI 54403  
(715) 842-8700

Offers supported living, adult day services, specialized transportation, respite care, and inclusive child care

## **Adaptive Communities Inc**

1915 N 6th St, Wausau, WI 54403  
(715) 571-0040

Social activity center for adults with special needs, ages 18 to 64. They provide a safe, fun setting to hang out, learn life skills, and enhance the quality of life for their members.

## **Aging & Disability Resource Center of Central Wisconsin**

2600 Stewart Ave, Wausau, WI 54401  
(715) 261-6070

Information regarding options for transition services for youth with disabilities and long-term care programs

## **Marathon County Birth To Three**

1200 Lake View Dr, Wausau, WI 54403  
(715) 848-4580

Provides you and your child with the extra support you need within your natural environment and daily routines

## **GiGi's Playhouse**

3910 Schofield Ave Suite 3, Weston, WI 54476  
wausau@gigisplayhouse.org

Offers foundational learning opportunities for individuals with Down syndrome, their families and the community

# Family Planning

To improve pregnancy planning and spacing and prevent unwanted pregnancy

**Benefits:** Pregnancy when you are ready to have a baby, healthier baby when you have time for a baby, and healthier mother when you are ready to be a mother

**Healthfirst:** services include- pap smears, vaginal checks, colposcopies, UTI testing and treatment, yeast infection and treatment, pregnancy testing, STI/STD testing and treatment, contraceptives, condoms, long acting reversible contraceptives, emergency contraceptives, and health education

**When is the best time to have a child?**

- Between your mid 20s and early 30s
- In a solid relationship or have support to have a child on your own
- Ready to put your job on hold
- Have enough money to support a child

**Effects of bad family planning:**

- Risks of having an unsafe pregnancy
- Unstable situation with money
- Child does not get enough attention and love from parents
- Lead to an abortion
- Poor self-confidence





# HEALTHFIRST

Healthfirst is dedicated to providing services to women and men of all ages and income levels

## Health Services:

- Prescription birth control pills, patches, rings, and condoms
- Long active reversible contraception including IUDs and Implants
  - Depo-Provera Injections
  - Emergency contraception

## Tests:

- Sexually transmitted infections
  - HIV
  - Pregnancy
  - Pap smear
  - Labs (TSH, lipids, glucose, etc.)

## Annual Exams:

- Pelvic
- Breast
- Testicular
- Pap Smear

## Education:

- Community Presentations
- Individual Sessions

## Healthfirst Accepts

Private insurance

Medicaid

BadgerCare Plus

Family Planning Only Services (FPOS) Reproductive healthcare coverage for eligible Wisconsin men and women at no charge  
Sliding fee-scale

## Contact Information:

800-246-5743

[www.healthfirstnetwork.org](http://www.healthfirstnetwork.org)

216 S 3rd Ave, Wausau,  
WI 54401

# Health Benefits of *Eating Healthy* For Your Body

Strong bones and teeth

Reduces cancer risks

Improves stomach health

Better mood

Reduces risk of Diabetes

Improves memory

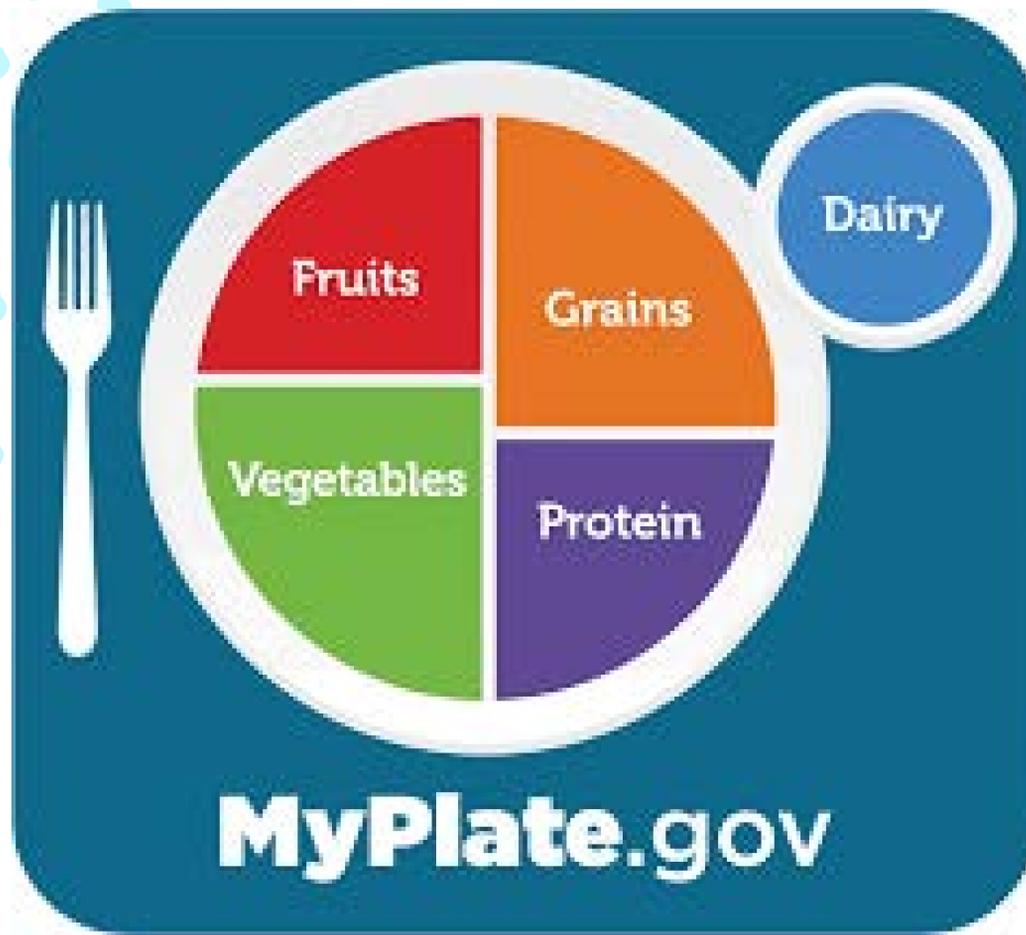
Weight loss

Can help prevent heart disease, high blood pressure, and strokes

A better night's sleep



## *A Healthy Diet*



### Get a variety of dairy.

- Yogurt, milk, and cheese

### Avoid too much junk food

- Includes- chips, candy, soda, fast food

### Choose healthy snacks

- Fruit, whole grain crackers, lower fat yogurt, nuts, etc.

### Take your time eating

- Prevents overeating

### Eat a variety of vegetables

### Eat a variety of fruit

- (not high sugar fruit juices)

### Eat whole wheat or whole grain

- Limit white flour grains

### Enjoy healthy proteins

- Fish, chicken, lean meats, beans, nuts, and eggs

### USDA recommends 8 cups of water each day

The Women, Infant and Children Program provides nutritional services and breastfeeding help

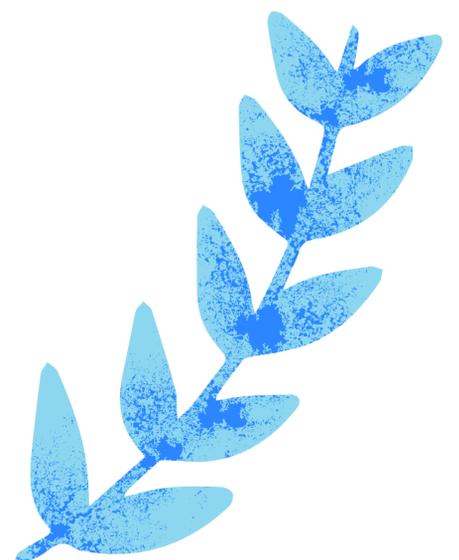
- Provides food at no cost
  - monthly, healthy foods package including: formula for infants, nutrition education, and if needed, breastfeeding support from certified lactation consultants
- Offers Fit Families Programs for 2-4 year old(s)

Available in: Marathon County in Wausau, Mosinee, Athens, Spencer, Stratford, Lincoln County in Merrill and Tomahawk, Langlade County in Antigo, Taylor County in Medford, Rib Lake and Gilman

**Who Qualifies:**

Those who are in foster care under the age of 5, women who are pregnant, postpartum up to 6 months, breastfeeding up to 12 months postpartum, and children birth through 5 years of age who meet income

216 S 3rd Ave, Wausau, WI 54401  
(800) 246-5743





# The Neighbor's Place

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**The Neighbor's Place** distributes nonperishable & fresh food, pet food & hygiene supplies (personal care, cleaning products, adult depends, etc.)

**The Babies' Place** increases awareness of diaper needs in our community and provides access to diapers, education, and resources to families

## Programs:

- Food Bank and Food Pantry
- Wheels Again
- Community Gardens
- Community Learning Center

**Pantry Hours:** Mon, Tues, Thurs: 10:30am-1:30pm,  
Wednesday: 1:30pm-4:30pm.



**The Neighbors' Place**

745 Scott St., Wausau, WI 54403, 715/845-1966

*"People helping people"*

745 Scott St,  
Wausau, WI 54403

(715) 845-1966

<https://neighborsplace.org/>

# Salvation Army

The Salvation Army of Marathon County provides programs and services which meet the physical, emotional, and spiritual needs of the community from its church and family service office in Wausau, Wisconsin. The Salvation Army is regarded as a stable and respected partner in service to the residents of the entire community.

202 Callon Street, Wausau, Wisconsin 54401

(715) 845-4272

<https://centralusa.salvationarmy.org/wausau/>

or

103 S 2nd St, Wausau, WI 54401

(715) 845-7104

<https://centralusa.salvationarmy.org/wausau/>

Transitional Living Center



## What we do:

- Overcome Poverty
- Cure Hunger
- Provide Housing
- Brighten the Holidays
- Help Disaster Survivors
- Share God's Love
- Combat Addiction



# Dental Care

A healthy mouth is needed for a healthy body

## Why is oral care important?

Like other areas in the body, your mouth is full of bacteria. While most of them are harmless, your mouth is the beginning to your body. Some of these bacteria can harm your body

## Diseases that can occur without good dental care

- Heart Disease
- Dementia (Brain)
- Throat and Lung Infections
- Mouth Diseases
- Diabetes
- Cancer

Bridge Community  
Health Clinic



**(715) 848-4884**



**1810 North 2nd Street  
Wausau, WI - 54403**



**<https://www.bridgeclinic.org/>**



## Practicing good oral health

- Brush your teeth twice a day with toothpaste
  - Brushing should take about 2 minutes
- Stick to a healthy diet and limit sugars
- Schedule regular dental cleanings and check ups
- Avoid tobacco use
- Floss daily

# Veteran Resources



## You are not alone

There are resources available for empowering veterans & families of the fallen to develop character in future generations

### Marathon County Veterans Service Office

Provides help preparing claims/applications for benefits, information on VA health benefits, VA insurance, VA education benefits, burial and death benefits, and State veterans' benefits

(715) 261-1141 or (800) 236-0153

[www.co.marathon.wi.us](http://www.co.marathon.wi.us)

### Homeless Veterans Hotline

Connects homeless and at-risk veterans with housing solutions, health care, community employment services, and other supports

(877) 424-3838

[www.va.gov/homeless](http://www.va.gov/homeless)

### Montgomery-Plant-Dudley American Legion Post 10

Volunteer veterans group provides assistance to local veterans. Services include limited financial assistance for gas or rent, physical support such as moving assistance or minor home repairs, and moral support

(715) 581-5210

[www.wausaupost10.com](http://www.wausaupost10.com)

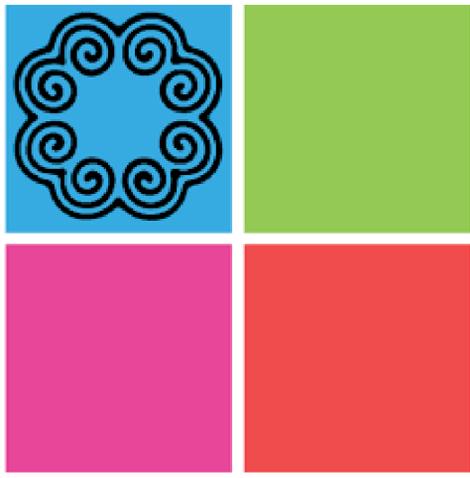
### Wausau Veteran Center

605 S 24th Ave #24, Wausau, WI 54401

(715) 842-1724

Hours: 8am-4:30pm Monday-Friday





# Hmong American Center

**Personalized services to the  
Hmong community & all  
refugees**

**1109 6th St, Wausau WI 54403  
(715) 842-8390**

**<https://www.hmongamericancenter.org/about-us/>**

## Health Programs

- **Hmong & Hispanic Network (H2N)**
  - information exchange between public health, health systems, resource agencies, and community members
- **Food services**
  - cultural dining site
  - food vouchers
- **Project Resiliency**
  - Mental Health Services
- **Tobacco Prevention Services**



## Direct Client Services

- **Find Housing**
- **Job Placements**
- **Applying for Medicare/Medicaid**
- **Applying for Food Stamps**
- **Registering to Vote**
- **Immigration & Citizenship Services**
- **Interpreting & Translation Services**

**See their  
website for  
Youth and  
Additional  
programs**

# Wausau Emergency Contacts

Zong 6:43 PM 63%

All Missed

Edit

## Recents

- (715) 261-7800  
Wausau Police Department 3:02 PM
- 715-261-7900  
Wausau Fire Department 2:26 PM
- 844-227-3929  
24-Hour Nurse Line: Marshfield Clinic 1:54 PM
- 1-800-222-1222  
Poison Control 1:50 PM
- (888) 426-4435  
Animal Poison Control 8:38 AM
- 800-450-7280  
Wausau Water Works Yesterday
- 800-450-7280  
WPS Natural Gas Company Yesterday
- 800-450-7240  
WPS Electricity Company Yesterday
- 211  
Essential Community Services Yesterday

# Emergency Information

Please print off and fill out

For Emergencies, Call

**911**

**1-800-222-1222**



Poison Control

**(715) 261-7800**



Police Department

**(715) 261-7900**



Fire Department



Hospital

## Emergency Contact Info

Name	Name
Relationship	Relationship
Cell Phone	Cell Phone
Work Phone	Work Phone

## Children

①

②

③

④

Name				
Age				
Health Concerns				

## Doctor

## Dentist

## Insurance

Name	Name	Company
Phone	Phone	Policy No.
Address	Address	

## House Info

Our Address	
First Aid Kit	Gas On/Off Valve
Breaker Panal	Water On/Off Valve
Fire Extinguisher	Emergency Cash

As the parent or authorized representative, I hereby give consent to the child care provider \_\_\_\_\_ to obtain all emergency medical or dental care prescribed by a duly licensed physician (M.D.), osteopath (D.O.), or dentist (D.D.S.) for the named minor child(ren) while in care.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



Marathon County Literacy Council  
515 N 3rd Street, Wausau, WI 54403  
(715) 679-6170  
<https://mclitofwausau.org>  
[mclitofwausau@gmail.com](mailto:mclitofwausau@gmail.com)