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Resource Referral

This national “help line” was developed by United Way. It is now available throughout the WITC district. Dial 211 directly from your home hard-line phone or your cell phone. Here is the web site that explains it further. After you open the page, then click on “here” for more details.

- Free & confidential
- Available 24/7
- [http://www.211.org/](http://www.211.org/)


Volunteer Opportunities

Programs listed below need volunteers all the time. If you have an hour or two and are willing to help someone, please call:

Ashland County Aging Unit        715-682-4414
400 Chapple Avenue, Suite 100
Ashland, WI  54806
8-4:30 M-F

Home Delivered Meals-Drivers
Deliver meals by car or foot. Drivers must have vehicle and insurance.
Hours: 10:45 am-12:30 pm

Nutrition Program
Help site managers with set-up, reservations and clean-up.
Openings 9 am-1 pm

Faith in Action Program
Qualified volunteers provide companionship, lawn mowing, snow removal, shopping, and chores for 60+ Seniors.

Transportation
Volunteers for medical transport out of town. Drivers must have vehicle and insurance.

Office Work
Anytime during the day till 4:30 p.m. Do copying, filing, sorting and distribution for the senior sites.

Chequamegon Humane Association, Inc.
Old Airport Road, PO Box 93        715-682-9744
Ashland, WI  54806
www.CHAadopt.org

Alcohol and Drug Resources

Inpatient

Behavioral Health Services of MMC
Inpatient mental health, therapy counselors
1635 Maple Lane        715-685-5500
Ashland, WI  54806
Outpatient        715-685-5370

Hazelden Betty Ford Foundation
Pleasant Valley Rd. PO Box 11        651-213-4000
Center City, MN  55012-0176         800-257-7810
Smoking cessation, inpatient mental health, renewal center, extended care on site

Miller-Dwan Chemical Dependency Services
502 East 2nd Street        218-786-5829
Duluth, MN  55805
Dependence services
Mental Health Crisis Line        888-826-0099

Outpatient

SAMHSA-Substance Abuse and Mental Health Services Administration         800-662-4357

Ashland

Alcohol and Drug Info. Referral Center
Dave Beeksma, Director        715-682-5207
502 W Main, Suite 305
Ashland, WI  54806
24 hrs. on call
Part of NorthLakes Community Clinic

Alcoholics Anonymous/        715-682-4460
Adult Children of Alcoholics
310 Stuntz Avenue
Ashland, WI  54806

Behavioral Health Services of MMC
(See Inpatient)        715-685-5400
800-472-2800
Bad River

Bad River Alcoholic Program 715-682-7116
Bad River Community Center
PO Box 39
Odanah, WI 54861

AODA Services 715-682-7116
Bad River Community Center
PO Box 39
Odanah, WI 54861

Bayfield

Red Cliff Alcohol & Drug Abuse Program 715-779-3741
88385 Pike Road Hwy. 13
Bayfield, WI 54814

Hayward

Sawyer County Info. & Referral on Alcohol & Other Drug Abuse 715-634-8270
10610 Main Street
Hayward, WI 54843
Sawyer Co. Health & Human Serv.
800-569-4162

Social Services

Ashland County Human Services Department 715-682-7004
630 Sanborn Avenue
Ashland, WI 54806

Bad River Department of Social & Family Services 715-682-7127
P O Box 55
Odanah, WI 54861

Bayfield County Department of Human Services 715-373-6144
117 E 5th Street
Washburn, WI 54891

Red Cliff Human Services 715-779-3706
Hwy 13
Bayfield, WI 54814
Public Health

Ashland County Health Department
630 Sanborn Avenue 715-682-7004
Ashland, WI 54806

Bad River Tribal Health Center
Community Health Nurse 715-682-7111
53585 Nokomis Rd
Odanah, WI 54861
Deb Tutor, Health and Clinic Director

Bayfield County Health Department
117 East 6th Street 715-373-6109
PO Box 403
Washburn, WI 54891
Terri Kramolis, Director

Red Cliff Community Health Center
Community Health Nurse 715-779-3707
36745 Aiken Rd
Bayfield, WI 54814
Patricia Deragon, Health Director

Campus Support
682-4591

College Health Nurse –
Liz Van Hooser 3133

Counselor –
Dede Maki 3116

Counselor –
Scott Leonard 3117

Financial Aid –
Kelly Dunn 3119

General Information –
Student Services 3188

Student Services Instructor –
Kary Reinerio 3132

Student Services Instructor –
Theresa Ottman 3430

Peer Tutoring –
Dede Maki
Scott Leonard 3116

Disabilities Specialist –
Donna Jones-Ilsley 3157
**Clothing**

*Bargain Hut*  
420 Chapple Avenue  
Ashland, WI  54806  
Good used clothing and other things

*Goodwill*  
1910 East Lakeshore Drive  
Ashland, WI  54806  
Used clothing and household items

*Thrift Shop*  
208 Main Street W  
Ashland, WI  54806  
Used clothing and household items

*ABC Thrift Shop*  
118 E Bayfield Street  
Washburn, WI  54891

**Provisions**

*Bad River Commodity Foods*  
73451 Maple St  
Odanah, WI  54861

*Bad River Food Shelf*  
PO Box 39  
Odanah, WI  54861

*Honoring Our Children*  
PO Box 39  
800-472-7207  
Odanah, WI  54861

*New Day Shelter/Northwoods Women, Inc.*  
PO Box 88  
715-682-9565  
Ashland, WI  54806  
800-924-4132

*The Brick*  
420 Ellis Avenue  
715-68-BRICK  
Ashland, WI  54806

*Red Cliff Food Distribution Program*  
88385 Pike Road  
Bayfield, WI  54814  
Summer food program June – Labor Day  
Lunches for Bayfield Public School alternative to school lunch program.  
Live on or near reservation—income standards same as Foodshare program

*Salvation Army*  
715-682-7062  
Ashland Police Department  
601 Main Street W  
Ashland, WI  54806

*WIC (Women, Infants & Children)*  
216 W 3rd St Suite 100  
715-682-6661  
Ashland, WI  54806
Chequamegon Health & Fitness Center
419 Chapple Avenue 715-682-8590
Ashland, WI  54806
Racket & Volleyball, Aerobics, Weight training, Treadmills (Trainers available)
2 Tanning beds – cost
Memberships available – based on age. Call for details & hours.

Curves for Women 715-373-2955
316 Superior Ave
Washburn, WI  54891
30 minute circuits; Stretching.
Pricing Packages-call for hours & details.

Snap Fitness 715-682-0141
1804 E Lake Shore Drive
Ashland, WI  54806
10% discount for WITC staff and students.

Ignite Fitness Studio 715-292-0679
320 W Main St
Ashland, WI
Modern studio with the newest fitness classes

The Spot 715-292-6556
116 N 14th Ave
Ashland, WI
Fitness center, yoga studio and bar

Humble Bee Yoga Studio 715-292-5582
325 Washington Ave
Washburn, WI
Yoga studio occasionally offering drumming and dancing classes

Community Health Centers & Clinics
Bad River Health Clinic 715-682-7133
1 Maple St
Odanah, WI  54861

Chequamegon Clinic/St. Luke’s 715-685-6600
415 Ellis Avenue 888-860-2322
Ashland, WI  54806

Duluth Clinic-Ashland 715-685-7500
1625 Maple Lane 800-373-1163
Ashland, WI  54806

Health Care Clinic—Family Planning 715-682-9596
313 3rd Street West
Ashland, WI  54806

Lake Superior Community Health Center 715-392-1955
3600 Tower Avenue
Superior, WI  54880

MainStreet Clinic 715-682-5601
1001 Main Street W
Ashland, WI  54806
M-F 9 am-5 pm

Red Cliff Community Health Center 715-779-3707
88455 Pike Road
Bayfield, WI  54814

NorthLakes Community Clinic 715-372-5001
7665 US Hwy 2
Iron River, WI  54847 888-834-4551

NorthLakes Community Clinic—Dental 715-685-2200
719 E Main Street
Ashland, WI  54806

Northwoods Community Health Center— 715-934-2224
Hayward
11128 N State Hwy 77
Hayward, WI  54843
### Chiropractic

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Phone Number</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wakefield Chiropractic</strong></td>
<td>715-762-2950</td>
<td>500 Birch Street, Park Falls, WI 54552</td>
</tr>
<tr>
<td><strong>Chiropractic Clinic, SC</strong></td>
<td>715-682-4033</td>
<td>1219 Main Street W, Ashland, WI 54806</td>
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<tr>
<td><strong>Gilbaugh Chiropractic Office, SC</strong></td>
<td>715-682-5333</td>
<td>1022 E Lake Shore Dr, Ashland, WI 54806</td>
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<tr>
<td><strong>Hickman Chiropractic</strong></td>
<td>715-682-5656</td>
<td>400 E Lake Shore Dr, Ashland, WI 54806</td>
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<tr>
<td><strong>Hyopponen Family Chiropractic</strong></td>
<td>715-292-6699</td>
<td>601 Lake Shore Dr, Ashland, WI</td>
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### Fitness

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone Number</th>
<th>Address Details</th>
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<tbody>
<tr>
<td><strong>AmericInn Motel</strong></td>
<td>715-682-9950</td>
<td>3009 E Lakeshore Drive, Ashland, WI 54806</td>
</tr>
<tr>
<td><strong>Bad River Heart Watch Program</strong></td>
<td>715-685-7858</td>
<td>PO Box 250, Odanah, WI 54861</td>
</tr>
<tr>
<td><strong>Bayfield Recreation Center</strong></td>
<td>715-779-5408</td>
<td>140 S Broad Street, Bayfield, WI 54814</td>
</tr>
<tr>
<td><strong>Bretting Center—Ashland Leisure Services</strong></td>
<td>715-682-7059</td>
<td>400 4th Avenue W, Ashland, WI 54806</td>
</tr>
</tbody>
</table>
Energy Assistance

Wisconsin Home Energy Assistance Program (WHEAP)

Ashland County Health & Human Services
630 Sanborn Avenue 715-682-7004
Ashland, WI 54806
Financial eligibility. Time frame Oct-May 15
Call for application.

Bayfield County Health & Human Services
117 E. 5th St. PO Box 100 715-373-6144
Washburn, WI 54891
Financial eligibility-call for appointment.

Bad River Social Services 715-682-7127
72772 Elm Street
Odanah, WI 54861

Eye Care

Sateren Eye Care, SC 715-682-4666
218 Main Street W
Ashland, WI 54806

Northern Waters Ophthalmology
2111 Beaser Avenue 715-682-0363
Ashland, WI 54806 800-924-0363

Massage Therapy

Ashland-
Main Street Massage 715-681-0717
114 Main St

Perfect Touch Therapeutic Massage
Vaughn Public Library 715-373-5836
3rd Floor Suite 308

Escape By The Lake 715-682-4455
1314 Lake Shore Dr

Washburn-
Shine Massage & BodyWork 715-373-1000
126 W Bayfield St

Evergreen Massage 715-373-5491
Northern Lights Rehab
502 E 4th St

Bayfield-
Superior Body Massage & Spa 715-209-0428
33 1st St

Enso Wellness Center & Day Spa 715-209-5553
33645 Hwy 13
Counseling Services

Bay Area Mental Health Center 715-373-2233
101 Thompson Road
Washburn, WI 54891
   Barbara Snyder, MSED, LPC
   Todd Swanson, MSED, LPC
   Jan Kasperson, LCSW, MSW
   Duane Majeres, MS, LP
   Mary Beth Appel, MSED, LPC

Behavioral Health Services of MMC
1635 Maple Lane 715-685-5400
Ashland, WI 54806
   Karen Belany, OTR
   Marsha Breesser, SAC, PCTL
   Dan Gardner, PhD, MSCP
   Jay Giancola, CSA
   Steve Hopper, LMFT
   Jocelyn Langholz, LCSW
   David Lewis, MSW
   Sara Marsh, LCSW
   Hazxel McClaire, LPCSASA, ICS
   Sherri Paulson, LCSW
   Sande Principe, CSAC
   Debra Weber, MSE, LPC

Carole Kjellander, Ph.d 715-685-9614
214 12th Avenue E 715-292-6399
Ashland, WI 54806

Northland Counseling Services 715-373-0160
21 W Omaha Street
Washburn, WI 54891
   Cally Kilger, MSW, ACSW, CSAC
   DeAna Nelson, MS, LPC-IT, SAC-IT

Employment

Job Center 715-682-4889
422 W Third St Suite 200
Ashland, WI 54806
   www.jobcenterofwisconsin.com
   www.wisconsinjobcenter.org

Northwest Wisconsin Concentrated Employment Program (CEP)
Employment and Training Services
422 W Third St, Suite 200 715-682-9141
Ashland, WI 54806

Division of Vocational Rehabilitation – DVR
823 W Main Street, Suite 1 715-682-7252
Ashland, WI 54806 800-387-0315
Herbster
Bayfield Co Sheriff Dept.  715-373-6120

Highbridge
Ashland Co Sheriff Dept.  800-472-6927

Iron River
Police  715-372-5457

LaPointe
Police  715-747-6913
Ashland Co Sheriff Dept.  800-472-6927

Marengo
Police  715-682-7062
Ashland Co Sheriff Dept.  800-472-6927

Mason
Bayfield Co. Sheriff Dept.  715-373-6120

Mellen
Police  715-274-5141
Ashland Co Sheriff Dept.  800-472-6927

Odanah
Ashland Co Sheriff Dept.  800-472-6927

Port Wing
Bayfield Co Sheriff Dept.  715-373-6120

Washburn
Police  715-373-6164
Bayfield Co Sheriff Dept.  715-373-6120

Road Conditions-Toll Free  866-511-9472
Dial 511

Website: www.dot.wisconsin.gov/travel/road/winter-roads.htm

Northland Counseling Services  715-682-2141
1619 3rd Street West
Ashland, WI 54806
Antoinette Basile, MSEd, RAPCI
Curi Perrine, MSW, LCSW
Howard Patterson, MS, LCSW
Domestic Abuse

Center Against Sexual &
Domestic Abuse, Inc. LM
Kim Marble-Follis, DV Outreach Advocate
PO Box 41 715-373-0870
Washburn, WI  54891
Referrals-call for appointment
24 Hr. Crisis Line 800-649-2921

Bad River Domestic Abuse 715-682-8379
72772 Elm St.
Odanah, WI  54861

Indian Child Welfare-Bad River
PO Box 39 715-682-7135
Odanah, WI  54861

Red Cliff Family Violence Protection
37280 Community Rd 715-779-3734
Bayfield, WI  54814

New Day Shelter/Northwoods Women, Inc.
PO Box 88 715-682-9565
Ashland, WI 54806
Crisis Line 800-924-4132

Emergency Response

ALL EMERGENCIES DIAL 911

Ashland Crisis Line 866-317-9362
MMC-BH Crisis Line 715-682-8217

Ashland
Non-Emergencies
Fire 715-682-7052
Police 715-682-7023

Bayfield
Police 715-779-5097

Butternut
Park Falls Police 715-762-2436

Cable
Ashland Co. Sheriff Dept. 800-472-6927
Or Ashland City Police 715-682-7023

Cornucopia
Bayfield Co. Sheriff Dept. 715-373-6120
Washburn Police 715-373-6164
Bayfield Police 715-779-5097

Drummond
Bayfield Co Sheriff Dept. 715-373-6120

Glidden
Ashland Co Sheriff Dept. 800-472-6927

Grandview
Bayfield Co Sheriff Dept. 715-373-6120