

Caring for yourself

Caring for yourself is so important for your physical and emotional health. Here are just a few resources available to support your self-care.

Free virtual fitness programs – Below is a sample of virtual fitness programs available; we are not endorsing a specific fitness program.

- [Online Yoga Classes](#)
- Gentle Yoga recording can be found on YouTube, search Yoga with Adriene
- Signature Dance and Planet Fitness offer free videos and virtual classes to help relieve stress and stay active. Search for these businesses on Facebook or the Internet for details.
- Search the Internet for free online exercise classes for more virtual fitness programs.

Reducing stress

- [Headspace](#) for free online or app guided meditation exercises for stress reduction.

Children and families

This section includes information on resources for childcare, parenting, baby supplies, indoor/outdoor activities and voter registration.

Childcare assistance

- [Childcare Search](#) with Interactive Map throughout the State of WI, DCF recognized providers.
- [Wisconsin Department of Children and Families](#) with childcare resources for healthcare providers, essential personnel and families navigate childcare, (608-422-7000)
- [LaCausa](#) provides crisis nursery and respite care 24 hours a day/365 days a year for children ages birth to 12 years old, located at 522 W. Walker St., Milwaukee, (414) 902-1620

Parenting resources

- The [Wisconsin Birth to 3 Program](#) is committed to serving children under the age of 3 with developmental delays and disabilities and their families, Milwaukee County Program Referral Line (414) 289-6799, 1220 W. Vliet Street Suite 300
- [Department of Children and Families](#) resources are focused on Wisconsin children and youth, (608) 422-7000
- [The Parenting Network](#) to provide remote parenting support via phone, Skype or Zoom, (414) 671-0566

Baby supplies

- [Ayuda Mutua MKE](#) provides home delivery of food and diapers for homebound individuals in 53204 and 53215 zip codes
- [Birthright Milwaukee](#) for needed baby items, (414) 672-5433
- The [WIC Program](#) aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk, The WIC program provides financial support for items such as milk and formula. State SNAP Information (800) 362-3002; State EBT Information (877) 415-5164
- [Metcalf Park](#) Care Packages for diapers and hygiene products, (414) 616-1688

Indoor/outdoor activities

- [Action for Healthy Kids](#) online resources for recreation and learning
- [The American Birkebeiner Ski Foundation](#) for recreation and exercise, (715) 634-5025
- [30 Days of Families Learning Together](#) is a guidebook to family literacy activities
- [Safe and Sound](#) is hosting youth discussion online every afternoon

Voting and identification resources

- [Absentee Ballot request](#) for registered Wisconsin Voters, (866) 868-9472
- [Voter Register](#) to vote online, (866) 868-9472

Children and families

This section includes information on services for school meal programs, food pantries, meal services, meal delivery and pet food.

School meal programs

- **[Food Banks & MPS Pick Up Locations](#)** in Milwaukee County
https://www.google.com/maps/d/viewer?mid=1ZZJSmpJNj4dVUzEuHnX3-w5vji_bhAB&map%3Bll=43.04251371907889%2C-87.9786964904552&map%3Bz=13&map%3Bfbclid=IwAR2arYWBLu7bGrNiQ2i6s83sR_55AJ7l_jZy6hM4rVnHHSRWQvmV1M2iCoM&ll=43.03795164733713%2C-88.00169474900245&z=12
- **[MPS Food](#)** and enrichment activities pick up, (414) 475-8370
<https://mps.milwaukee.k12.wi.us/en/District/Newsrooms/Covid-19-Updates/Translated-Resources.htm>
- **[Meals for Kids](#)** when schools are closed in Milwaukee County, (800) 362-3002
<https://www.fns.usda.gov/meals4kids>
- **[Grab n Go lunch for students](#)** in South Milwaukee. (414) 766-5000
http://www.sdsm.k12.wi.us/for_families/school_nutrition

Food

- The **[WIC Program](#)** aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk. The WIC program provides financial support for items such as milk and formula. State SNAP Information (800) 362-3002; State EBT Information (877) 415-5164
<https://www.fns.usda.gov/wic>
- **[Fondy Farmers Market](#)**, connects Greater Milwaukee to local, fresh food – from farm to market to table – so that children learn better, adults live healthier, and communities celebrate cultural food traditions, 2200 W. Fond du lac Ave, Milwaukee, (414) 562-2282
<https://fondymarket.org/>
- **[Pete's Fruit Market](#)** is a Milwaukee grocery store that is aimed at providing nutritious food options and health eating classes, 1400 S Union St., Milwaukee and 2323 N Doctor M.L.K. Jr Dr., Milwaukee, (414) 383-1300
<https://petesfruitmarket.com/>
- **[Tandem](#)** provides free community meals, (414) 885-1919
<https://www.tandemmke.com/?fbclid=IwAR1qg8hY6temcMaSffiaLg-3kXP5SaQqkOMZLeqR2aNFQ2TxkasPiq13XcM&map%3Bwelcome=>
- **[Metcalfe Park Care Packages](#)** for Metcalfe Park neighborhood, (414) 616-1688
<https://metcalfeParkbridges.org/covid-19-efforts/>
- **[Ayuda Mutua MKE](#)** provides home delivery of food and diapers for homebound individuals in 53204 and 53215 zip codes
<https://docs.google.com/forms/d/e/1FAIpQLSeCgYDhxy0Cx798f2tAd19-ss2CZX9JVlaJAbnyYnA5si3XHQ/viewform>
- **[Food Pantry of Waukesha County](#)** free food for Waukesha residents
<https://www.waukeshafoodpantry.org/blog/post/the-food-pantry-response-to-covid-19>
- **[FoodShare](#)** state supported food resource for unemployed
<https://access.wisconsin.gov/access/>

- **Boys and Girls Club** meal service and program activities
<https://www.bgcmilwaukee.org/member-resources/>
- **Hunger Task Force** free local food bank, (414) 777-0483
<https://www.hungertaskforce.org/what-we-do/get-help-now-covid-19/>
- **Milwaukee County Department of Aging** free or donation meals for seniors, (414) 289-6073 or (414) 379-3569
<https://county.milwaukee.gov/files/county/department-on-aging/PDF/MCDACOV19Updates031920.pdf>
- **Stockbox** is food source for 60 and over with limited income, (414) 777-0483
<https://www.hungertaskforce.org/get-help/help-for-seniors/>
- **Forward Health – Pandemic EBT or P-EBT benefits** and **Snap eligible food items**
<https://www.ebtedge.com/gov/portal/PortalHome.do>
<https://www.fns.usda.gov/snap/eligible-food-items>

Grocery delivery service

- **ERAS** grocery delivery in Milwaukee and Waukesha, (262) 539-3348
<https://eras.org/>
- **Senior Center Lunches** curbside or delivery for people 60 or older, (414) 289-6874
<https://county.milwaukee.gov/EN/Department-on-Aging/Senior-Centers-Dining>
- **Instacart** grocery delivery and curbside pickup
<https://www.instacart.com/grocery-delivery/wi/near-me-in-milwaukee-wi>
- **Wholefoods/Amazon** Prime free grocery delivery with Amazon Prime membership
<https://www.wholefoodsmarket.com/grocery-delivery-and-pickup>

Pet food

- **Wisconsin Humane Society Food Pantry** for pet food for families in need, Milwaukee Campus (414) 264-6257, see website for other locations
<https://www.wihumane.org/services/pet-food-for-families-in-need>

Health

This section includes resources for Covid-19, medicine resources and delivery, mental health, Insurance, local Health Departments and medical resources.

Covid-19

- [Testing locations](#) in Wisconsin
- [Covid-19 Prevention](#), Wisconsin Department of Health Services provides information on how to prevent getting and spreading Covid-19
- [Mask-up](#) provides information on the importance of wearing a mask to protect you and others from spreading Covid-19, you can also request a mask
- [Covid-19](#) information sheet provided by Children's Wisconsin
- [Covid-19](#) information sheets provided by the Medical College of Wisconsin, available in multiple languages

Loss of health insurance

- [Health care insurance options](#) To understand health insurance options, (414) 270-4677 or (608) 261-1455
- [Children's Community Health Plan](#) (CCHP) HMO that provides access high quality health care and services to members living in WI, Medicaid (800) 482-8010; Together with CCHP, (877) 900-2247

Medication & Medication Delivery

- [Eli Lilly](#) for individuals with commercial insurance or those without insurance to fill their monthly prescription of insulin for \$35, (800) 545-5979
- [Novo Nordisk](#) for individuals that have lost their health insurance due to Covid-19, free insulin for 90 days, (800) 545-5979
- [RxAssist](#) for patient assistance programs to manage your medications
- [NeedyMeds](#) for help with the cost of medications, (800) 503-6897
- [RxHope](#) resources to help people obtain critical medications
- [Hayat Pharmacy](#) provides free home delivery for prescription medications in Milwaukee area
- [CVS Pharmacy](#) provides free home delivery of prescriptions during Covid-19 or contact your local pharmacist at CVS
- [Walmart Pharmacy](#) provides free home delivery of prescriptions during Covid-19 or contact your local pharmacist at Walmart
- [Walgreens](#) provides free home delivery of prescriptions during Covid-19 or contact your local pharmacist at Walgreens

Mental health

- [SAMHSA Disaster Distress Helpline](#) for confidential crisis counseling and support for emotional distress related to natural or human-caused disasters, multiple languages, (800) 985-5990
- Milwaukee County Behavioral Health Crisis Line for confidential crisis counseling and support to people experiencing emotional distress, available 24 hours/7 days a week (414) 257-7222
- NAMI of Waukesha County from text support Waukesha County teens and young adults ages 13-25, M-F, 11 am – 3 pm; text (262) 993-6903
- [Milwaukee Coalition for Children's Mental Health](#) for resources focused on improving children's mental health, (414) 336-7971
- [Mental and Behavioral Health](#) services available through Children's Wisconsin, for more information or to schedule an appointment, please call our intake line at (414) 266-3339 or visit the website. The Mental and Behavioral Health team has been caring for children, youth, and their families via telehealth through this pandemic. We are slowly transitioning back to in-person appointments and are continuing to offer telehealth visits for both therapy and medication management to new and existing patients. We plan to continue to make telehealth available after the pandemic is over for families who prefer this method of care. These video appointments are available through our private and secure electronic parent portal called MyChart. Telehealth for mental and behavioral health services is a service covered by most insurance companies including Medicaid.
- [Caregiver or community member](#) seeking mental health care for yourself, call your insurance carrier to find out more about what is covered, or contact one of free resource available on the website if you are uninsured.

State, county and local health

- [Local Health Department](#), find your local Health Department contact information
- [Well Badger Resource Center](#) for health services referral for individuals, families and professionals; state-wide service, (800)642-7837

Medical resources

- [Quit Smoking](#) resources and hotline to quit smoking, (800) 784-8669
- [American Cancer Society](#) resources for cancer patients, their families and caregivers. (800) 227-2345
- [ForwardHealth](#) provides a single point of access to many of the resources within Department of Health Services health care and nutritional assistance benefit programs

Housing

This section includes information on resources for housing support, utilities, and housing supplies.

Housing

- [U.S. Department of Housing and Urban Development](#) for foreclosure and temporary hold or top of eviction. Milwaukee Office , (414) 297-3214, 310 W. Wisconsin Ave, Ste. 950
- [Community Advocates](#) to help individuals and low income families with basic needs, (414) 449-4777
- [Hebron Housing Services](#) provides a safe shelter for those in crisis, located in Waukesha County, (262) 549-8722
- [Impact 211 Homelessness-Coordinated Entry to Shelter](#) providing emergency shelter and homeless services, 211 or (866) 211-3380
- [Wisconsin Rental Assistance Program](#) will provide up to \$3,000 per household for rental payments and/or security deposits. Payments are made directly to the landlord, Milwaukee, Ozaukee & Washington Counties contact Social Development Commission at (414) 326-2888. See website for other counties.

Utilities

- [We Energies](#)-energy and payment assistance, including payment plans, (866) 432-8947
- [Regulated Utilities](#) emergency orders
- [Energy Assistance](#) providing energy assistance, (414) 270-4653, emergency situation, call 211
- [Affordable Rental Associates](#) has multiple apartments available, (414) 643-5635
- [Spectrum](#)-provides free or discounted internet to qualified households, (855) 243-8892
- [Cell phone discounts](#) are offered by various cell phone companies. Search here to see if your cell phone company has a discount available.

Housing supplies

- [St. Vincent de Paul Society](#) for housing supplies, furniture and clothing, see website for locations
- [Goodwill](#) for housing supplies, furniture and clothing, see website for locations

Jobs

This section includes information on resources to help you look for work. This includes unemployment, job assistance and small business resources.

Finding work

- [Wisconsin Department of Workforce Development](#)-full listing of employment and training services, including job centers, migrant seasonal work; youth apprentices, Milwaukee (414) 874-0318, state-wide contact numbers on website
- [Job Centers of Wisconsin](#)-job listings and services, including resume writing and online workshops,, (888) 258-9966
- [Employ Milwaukee](#)-job seeking programs for youth and adults, including job placement, apprenticeship and training, (414) 270-1700

Unemployment support

- [Unemployment benefits during COVID-19](#)-Frequently asked questions for people filing for unemployment and employers, (608) 266-3131
- Apply for unemployment benefits-
<https://my.unemployment.wisconsin.gov/Claimant/Logon/TermsAndConditions>
(608) 266-3131
- [Unemployment Assistance](#) – Care Act is a program that provides payment to workers not traditionally eligible for unemployment benefits who are unable to work as a result of COVID-19 Coronavirus public health emergency, (608) 266-3131
- [Federal Pandemic Unemployment Compensation \(FPUCC\)](#) - Temporary emergency increase of \$600 per week in unemployment benefits through the week of 7/25/20, (608) 266-3131

Small business resources

- [Wisconsin Economic Development Corporation](#)-grants up to \$20,000 for small businesses, (608) 210-6700
- [Small Business Administration](#)-coronavirus relief options for small businesses, (800) 827-5722

Learning at home

This section includes information on resources to support home schooling, summer learning programs, live stream/virtual activities, age/grade level resources and GED preparation.

Home schooling/online resources

- [Wide Open School](#) learning from home resources
- [MPS](#) online learning resources and toolbox (414) 475-8393
- [Homeschool 4 Me](#) for 300,000 plus printable worksheets for all ages

Summer programs

- MPS Summer Academy for current [8th graders and high school students](#) or; [K-7th grade](#), 7/6/20 – 7/31/20, (414) 475-8027

Live stream/virtual activities

- [The Milwaukee County Zoo](#) posts live feeds/videos of animals, (414) 771-3040
- [Discovery World](#) live stream of aquarium, (414) 765-9966
- [an Diego Zoo](#) for virtual walking tours, games and activities for all ages
- [Travel to Paris](#) to see works of art at The Louvre with a virtual field trip

Age/grade level activities

- [Brainfuse](#) free video tutoring lessons for all ages
- [Yellowstone National Park Tour](#) geography and zoology and for all ages
- [MathScore](#) for basic math, algebra and geometry for all ages
- [Zearn](#) educational interactive games for K-5
- [PBS Kids](#) learn math geography and other subjects through play for toddler-early elementary
- [Suessville](#) to read, play games and hangout with Dr. Suess for toddler through elementary
- [Starfall](#) for phonics and reading for toddler through elementary
- [English and Spanish](#) free printable reading and math activity packs for kindergarten, elementary and middle school
- [Breakout Education](#) for educational games K-12 grade
- [Scholastic at Home](#) provides projects to keep kids reading, thinking and growing for kindergarten through elementary
- [CommonLit](#) reading passages, comprehension and discussion questions for grades 3-12
- [Switch Zoo](#) play games and learn about animals for elementary grades
- [Fun Brain](#) for math and reading games for elementary and middle school
- [Vocabulary Lessons](#) available in various languages to support vocabulary and grammar elementary and middle school

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- [Bunk History](#) provides digital archives of history for elementary through high school
- [Geometry](#) help for middle and high school
- [Chemistry](#) for high school chemistry topics
- [ACT and SAT](#) test preparation resources for high school students

GED resource guide

- [YWCA Adult Education Program](#) for services to support individuals in improving their academic skills, earn high school level credential and GED, (414) 374-1800

Money

This section includes information on resources in the Milwaukee area to help you manage your taxes, student loan forbearance, Covid relief payments.

- [Milwaukee Enrollment Services \(Miles\)](#)-state of Wisconsin resources for food access, employment/training assistance and childcare benefits.
- [Internal Revenue Service \(IRS\)](#)-Tax filing date adjustments and Economic Impact payments, (800) 919-9835
- [My Free Taxes](#)-free service provided by United Way and H&R Block to get support filing taxes
- [Coronavirus Student Loan Forbearance](#)-information on payment and interest waiver for federal student loans due to COVID-19, (800) 433-3243
- [Covid Financial Relief Payments](#) – Payments began 4/12/2020 and will continue to be made throughout the coming months for eligible taxpayers, (800) 433-3243

Safety

This section includes information on resources in the Milwaukee area that help you stay safe in your home and your community. This includes domestic violence, gun safety and human trafficking.

Domestic violence

- [Milwaukee Women's Center](#)-provide domestic violence, addiction, mental health, housing and poverty support to women, men and children, (414) 671-6140
- [Sojourner Family Peace Center](#)-24 hour domestic violence hotline and support services, including shelter, (414) 933-2722
- [Umos Latina Resource Center](#)-provides services to victims of domestic violence, sexual assault and human trafficking, (414) 389-6500, emergency crisis (414) 389-6510

Community violence

- [Project Ujima](#)-services to youth and adult crime victims, includes hospital-based, home-based and community-based services, (414) 453-1400

Gun safety

- [Gun safety](#) resources to keep your children safe

Human trafficking

- [Milwaukee Joint Human Trafficking Task Force](#)-collaborative of community groups providing comprehensive, coordinated services for survivors of trafficking, (414) 933-2722
- [Polaris project](#)-operates the U.S. National Human Trafficking hotline, (888) 373-7888

Transportation

This section includes information on resources in the Milwaukee area that help you get to what you need. This includes public transportation and ride services.

Public transportation

- [Milwaukee County Transit System](#)-riding restrictions and social distancing, 24/7 automated information hotline at (414) 344-6711
- [The Hop](#)-free essential travel on streetcar route, updated schedule. Lost & Found (414) 286-6217

Ride services

- [Transit Plus](#)-transportation for people with a disability who cannot use the bus, (414) 344-6711
- [Medicaid and Badger Care Non-emergency medical transportation](#)-rides for members to medical appointments, (866) 907-1493
- Also check with your insurance carrier, many provide transportation for doctor appointments

Car buying programs

- [Free charity cars](#)-provides people with grants for used cars, (800) 242-7489
- [Auto Loan Access Program](#)-provides low interest car loans with budget and credit help, (414) 374-1800