

BRIDGEPROJECT

Resource Guide

UPDATED SEPTEMBER 2026

www.bridgeproject.org

[The Zilber Family Foundation](#) and [The Bridge Project](#) have joined forces in an innovative collaboration to introduce Milwaukee's first unrestricted cash program.

Launched in New York in 2021, The Bridge Project provides mothers and their babies with regular, unrestricted cash assistance. By investing directly and flexibly in early childhood, the program aims to break the cycle of stress and poverty passed down through generations, and enhance socioeconomic mobility of families. Our goal is to build a foundation for prosperity that transcends generations. Milwaukee is the first location beyond New York State introducing The Bridge Project to its residents.

Regardless of whether you are a part of our program or just passing through, this resource guide is meant to provide a list of support services and programs for all mothers in Milwaukee.

Below is a list of resources* spanning the following major categories:

- **Direct services:** includes prenatal support, early childhood focused organizations, benefits assistance, financial coaching, and more
- **Healthcare:** includes clinics accepting Medicaid and educational materials
- **Material goods:** includes organizations providing baby items such as diapers, formula, and wipes
- **Food:** includes access to free food through food banks and more

**The following list is not comprehensive and we will continue to add to it as we learn of new resources.*

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BENEFITS SCREENING / MANAGEMENT

City of Milwaukee Health Department

Maternal and child health programs at the City of Milwaukee Health Department provide home visiting, health access, nutrition, health education, pre/post-natal and community outreach services – targeting families impacted by high infant mortality, health, social and economic disparities. Includes support for fathers.

How to Contact:

Call: (414) 286-8620

BREASTFEEDING SUPPORT

African American Breastfeeding Network

Breast-feeding support, Doula services, infant loss support group services.

How to Contact:

Fill out this [intake form](#)

Call: (414) 207-6728

Seeds of Health WIC Program

Women, Infants, and Children (WIC) provides healthy foods, nutrition education, breastfeeding promotion and support, and referrals to health services and other resources to those who are pregnant, breastfeeding, or postpartum, as well as infants and children up to age five.

How to Contact:

Call: (414) 385-5611

DOULA SUPPORT

A Miracle Happened

Pregnancy, birth, and postpartum services.

How to Contact:

Email: vanessajohnson@nurturingmiracles.com

Call: (414) 768-2268

African American Breastfeeding Network

Breast-feeding support, Doula services, infant loss support group services.

How to Contact:

Fill out [this form](#)

Call: (414) 207-6728

Our Daily Bread Community Outreach Center Inc

Free prenatal care services to pregnant mothers who receive Medicaid Badger Insurance, access to parenting classes, nutritional classes, doula, and baby supplies.

How to Contact:

Call: (414) 301-3732

FINANCIAL LITERACY

Bank On Greater Milwaukee

Access to safe and affordable banking products and financial education.

How to Contact:

Visit: bankonmilwaukee.org

Riverworks Development Corporation

Financial Empowerment Center offers free financial coaching/assistance.

How to Contact:

Call (414) 882-7430 or [sign up online](#)

YWCA Southeast Wisconsin

Financial coaching and high school completion.

How to Contact:

Call: (414) 374-1800

HOUSING

Cathedral Center, Inc.

Serving unaccompanied women and families with children experiencing homelessness

How to Contact:

Call: (414) 831-0394

Community Advocates Rental Assistance Programs

Community Advocates provides a range of programs and services for tenants and landlords in Milwaukee and Waukesha counties. They include:

Community Advocates Tenant/Landlord Programs: For tenants and landlords dealing with housing instability or lack of resources that could lead to eviction.

Milwaukee Rental Housing Resource Center: The RHRC walk-in clinic, located in the Community Advocates building at 728 N. James Lovell Street, Milwaukee, Wisconsin, 53233, operates Monday through Friday, from 10 a.m. to 3 p.m. During these hours, tenants and landlords can consult with an intake specialist on a first-come, first-served basis. The intake team will assess needs and offer resources or referrals for rent and utilities assistance, landlord/tenant dispute resolution through neutral mediation, and relocation services.

How to Contact:

Sign up Online: Visit the RHRC, go to RentHelpMKE.org, or call (414) 895-RENT (7368) for more information.

Hope House of Milwaukee

A variety of housing programs, from rent assistance to shelter.

How to Contact:

Call: (414) 645-2122

Milwaukee County Healthy Start

Maternal child-health navigators can connect to resources including mental and behavioral health support, housing, prenatal care, fatherhood services, housing, insurance, etc.

How to Contact:

Fill out [this form](#)

Milwaukee Rental Housing Resource Center

Offering assistance to renters with housing challenges.

How to Contact:

Email: dheffner@communityadvocates.net

Nia Imani

Nia Imani strengthens family stability through safe housing, credible resources, and community connections that give families the space to pause, stabilize, and move toward stronger futures with clarity and on their own terms.

How to Contact:

Call: (414) 933-1637

Email: admin@niaimanifamily.org

Rooted and Rising

Housing and early childhood education.

How to Contact:

Email: info@rootedandrisingwp.org

SUPPORT GROUPS

African American Breastfeeding Network

Breast-feeding support, Doula services, infant loss support group services

How to Contact:

Website intake form: aabnetwork.org/werise-doula-care

Call: (414) 207-6728

Easterseals Southeast Wisconsin

The Safe Babies Healthy Families program's mission is to support families to ensure safe and healthy children through education, support and resources ultimately ending destructive cycles that can last for generations. We offer prenatal services, childbirth education, parenting programs and play groups

How to Contact:

Call: (414) 477-0988

MATERIAL GOODS / FOOD ASSISTANCE

Capuchin Community Services

Food, clothing, health services, etc.

How to Contact:

Call: (414) 933-1300

Care NET

Free diapers, wipes and baby clothing for our clients. Providing free lab quality pregnancy tests, verification ultrasounds, diapers, wipes and baby clothing to clients.

How to Contact:

Call: (414) 962-2212

Catholic Charities

Pregnancy support coordination and resources.

How to Contact:

Call: (414) 771-2881 - *All services may be accessed through this number*

Email: childwelfare@ccmke.org - *For Pregnancy and Parenting Support/Supported Parenting and the diaper bank*

Cross Lutheran Church

Food pantry.

How to Contact:

Call: (414) 344-1746

Feeding America - Nurturing Collective

Essential care packages for BIPOC expectant parents.

How to Contact:

Email: vanessajohnson@nurturingmiracles.com

Fondy Food Center

Farmers market that takes SNAP benefits.

Schedule:

EARLY SEASON

Saturdays, May 11th - June 29th, 9:00am to 12:00pm

REGULAR SEASON

Thursdays, Saturdays, Sundays, July 6th - October 31st, 7:00am to 2:00pm

LATE SEASON

Saturdays, November 2nd-16th, 9:00am to 12:00pm

Location:

2200 W Fond du Lac Ave
Milwaukee, WI 53206

Food For Health

Food For Health believes in the power of food to fuel health. The program combines nutrient dense meals with coaching and education offered alongside high-quality pre and postnatal care delivered by trusted providers.

The 8-month maternal health program serves pregnant people who are interested and in need of healthful food and support to focus on the health for mom and baby. Participants typically enter the program in their second trimester. They each receive 10 fresh, nutrient-dense, locally, and lovingly prepared fresh meals each week, delivered to their homes, health coaching, biometrics screenings, and educational support to ensure a healthy birth for mom and baby. The program continues for 2 months post-delivery to provide support during those challenging first couple of months and begin to build long-term, sustainable lifestyle change. The cost to participate is \$112/week.

How to Contact:

Call: (414) 501-5273

Email: info@foodforhealth.org

NourishMKE

Food centers in four Milwaukee locations.

Locations:

[NourishMKE's Food Centers](#)

HOPE Network for Single Mothers

Infant supplies.

How to Contact:

Call: (262) 251-7333

Hunger Task Force

Food resources.

How to Contact:

Call: (414) 777-0483

Milwaukee Community Crossroads

Choice food pantry and infant needs for 53204.

Location and Hours:

807 S. 14th St.

Monday – Thursday, 1:00 p.m. to 3:00 p.m.

Contact:

Call: (414) 902-5391

Milwaukee Diaper Mission

Free diapers and period supplies.

How to Contact:

Email: hello@milwaukeediapermission.org

Missionary Currie for Women & Children Inc.

Resources for women and families, community resources and referrals

How to Contact:

Visit: missionarycurrieinc.org

Our Daily Bread Community Outreach Center Inc

Free prenatal care services to pregnant mothers who receive Medicaid Badger Insurance, access to parenting classes, nutritional classes, doula, and baby supplies.

How to Contact:

Call: (414) 301-3732

Seeds of Health WIC Program

Women, Infants, and Children (WIC) provides healthy foods, nutrition education, breastfeeding promotion and support, and referrals to health services and other resources to those who are pregnant, breastfeeding, or postpartum, as well as infants and children up to age five.

How to Contact:

Call: (414) 301-3732

United Way of Greater Milwaukee & Waukesha County

Diaper Bank Hub

How to Contact:

Visit: unitedwaygmwc.org/Diaper-Bank-Hubs

Women's Support Center of Milwaukee, Inc.

Ultrasounds, baby supplies, parenting classes, etc.

How to Contact:

Call: (414) 934-8888

MENTAL HEALTH**Community Advocates - Milwaukee Women's Center**

Comprehensive services and treatment for women, men, and children whose lives have been affected by domestic violence, addiction, mental health issues, homelessness, and poverty.

How to Contact:

Call: (414) 671-6140 to learn more about their services or to speak to a domestic violence crisis counselor 24/7

Mental Health Emergency Center

Emergency mental health services.

How to Contact:

Call: (414) 257-7222

Milwaukee County Healthy Start

Maternal child-health navigators can connect to resources including mental and behavioral health support, housing, prenatal care, fatherhood services, housing, insurance, etc.

How to Contact:

Fill out this [intake form](#)

Mom's Mental Health Initiative

A nonprofit organization dedicated to helping moms navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources and providing peer-driven support.

How to Contact:

Fill out this [intake form](#)

Penfield Children's Center

Early intervention therapy that includes occupational therapy, physical therapy, and speech therapy to children from birth.

How to Contact:

Call: (414) 344-7676

Postpartum Support International (PSI)

Perinatal mental health resources.

How to Contact:

Call or Text our HelpLine at 1-800-944-4773 (4PPD)

PRENATAL CARE / HEALTHCARE

APS Medical

Pregnancy tests and ultrasounds.

How to Contact:

Text: INFO to (414) 465-2246;

Call: (414) 727-8177; or

Complete the [online form](#).

Care NET

Free diapers, wipes and baby clothing for our clients. Providing free lab quality pregnancy tests, verification ultrasounds, diapers, wipes and baby clothing to clients.

How to Contact:

Call: (414) 962-2212

Children's Wisconsin Hospital

Home visiting programs offer various resources and tools to participants.

How to Contact:

Please request a referral form from: connectors@chw.org

Call: (414) 231-4827

City of Milwaukee Health Department

Maternal and child health programs at the City of Milwaukee Health Department provide home visiting, health access, nutrition, health education, pre/post-natal and community outreach services – targeting families impacted by high infant mortality, health, social and economic disparities. Includes support for fathers.

How to Contact:

Call: (414) 286-8620

Easterseals Southeast Wisconsin

The Safe Babies Healthy Families program's mission is to support families to ensure safe and healthy children through education, support and resources ultimately ending destructive cycles that can last for generations. We offer prenatal services, childbirth education, parenting programs and play groups.

How to Contact:

Call: (414) 477-0988

Gerald L. Ignace Indian Health Center

Medical care including prenatal and postnatal care, pediatrics, family medicine, mental health, dental care, physical therapy and physical fitness/exercise, benefits eligibility screening and health insurance enrollment (including Badgercare and Foodshare), and pharmacy. We also have a number of culturally specific programs for the Native American community. We serve all regardless of income or insurance status, and serve the diverse communities of Milwaukee's south side and beyond.

How to Contact:

Call: (414) 383-9526

Milwaukee County Healthy Start

Maternal child-health navigators can connect to resources including mental and behavioral health support, housing, prenatal care, fatherhood services, housing, insurance, etc.

How to Contact:

Fill out this [intake form](#)

Mindful M.O.M.

Medicaid supported maternal services.

How to Contact:

Email: info@mindfulmomllc.com

Call: (414) 477-7471

Next Door Milwaukee

Doula Monitrice Pregnancy, Birth, Postpartum & Holistic Health Education & Support; including Social Determinants of Health, Support, Health Monitoring, Case Management, Referrals & Resources; until 12 weeks postpartum-Services Bilingual Spanish.

How to Contact:

Fill out this [intake form](#)

Nurturing Womb

Nurturing Womb is a PNCC that offers parenting support via their Care Coordinators. Prenatal care coordination (PNCC) is a Wisconsin Medicaid and BadgerCare Plus benefit that helps pregnant people get the support and services they need during and right after pregnancy. The goal of prenatal care coordination is to connect pregnant people to medical, social, and educational services to improve birth outcomes.

How to Contact:

Fill out this [registration form](#)

Our Daily Bread Community Outreach Center Inc.

Free prenatal care services to pregnant mothers who receive Medicaid Badger Insurance, access to parenting classes, nutritional classes, doula, and baby supplies.

How to Contact:

Call: (414) 301-3732

Penfield Children's Center - Growing Together

Growing Together combines quality healthcare, education, and social support in a supportive group setting. It offers accessible safe and reliable pregnancy and postpartum healthcare through Froedtert Hospital's newly constructed maternal mobile clinic. The mobile clinic will be available for Growing Together participants at Penfield for the entirety of their pregnancy. Penfield will be hosting group sessions that focus on building social support networks, connecting participants with community resources and exploring topics relating to pregnancy and infant care. Mothers are able to gain incentives through participation that include baby items and self care items. Penfield is also able to aid mothers who need additional resources and support. Those who wish to participate and already have an established healthcare provider for their pregnancy are welcome to join.

How to Contact:

Email: GrowingTogether@penfieldchildren.org

Planned Parenthood of Wisconsin

In-person and virtual healthcare.

How to Contact:

Make an appointment [online](#) or call 1-800-230-PLAN

Progressive Community Health Centers

Free/low cost healthcare clinics.

How to Contact:

Call: (414) 935-8000

Seeds of Health WIC Program

Women, Infants, and Children (WIC) provides healthy foods, nutrition education, breastfeeding promotion and support, and referrals to health services and other resources to those who are pregnant, breastfeeding, or postpartum, as well as infants and children up to age five.

How to Contact:

Call: (414) 301-3732

Sixteenth Street Community Health Centers

Prenatal care and family support services.

How to Contact:

Milwaukee: (414) 672-1353

Waukesha: (262) 408-2530

Women's Care Center

Women's Care Center provides free, confidential counseling, support and education for pregnant women. Free pregnancy testing and ultrasounds help determine viability and dates (prenatal medical care and abortions not provided).

How to Contact:

Call: (414) 223-2610

Email: counselor@womenscarecenter.org

Women's Support Center of Milwaukee, Inc.

Ultrasounds, baby supplies, parenting classes, etc.

How to Contact:

Call: (414) 934-8888

UniteWI

Community Care Coordination: The care coordinator plays a critical role in guiding and supporting the participant. The care coordinator spends time with the client to understand their needs and will develop a personalized plan that can include:

Clinical care and services: providing pregnancy and postnatal care, and doula services.

Mental health and substance use screening: addressing mental health and substance use concerns, providing referrals, and connecting people to services.

Health and wellness goals: helping participants in setting and achieving health and wellness objectives.

Education: providing classes on a variety of topics like pregnancy and infant care, parenting, fatherhood, and nutrition.

Immunizations: education about preventing disease and connecting participants to vaccine services.

Intimate partner violence screening: addressing relationship violence to ensure the safety and well-being of families.

Service linkage: helping participants access other services such as transportation and housing.

How to Contact:

Call: (414) 435-0506

OTHER

4C for Children

Childcare search hub

How to Contact:

Visit: 4cfc.org

Birth Workers United

Wellness services for pregnant women.

How to Contact:

Email: birthworkersunited@gmail.com

Centers for Independence (FCI) formerly, MCFI

Crisis resources, behavioral health, children's services (medical daycare), and homecare

How to Contact:

Call: (414) 937-2020

City of Milwaukee Office of Early Childhood Initiatives

Initiatives support quality early education for all children by partnering with advocates, educators, and parents to provide access to resources, training, and educational materials. We create spaces for families to engage in their child's learning, building a strong foundation for lifelong success.

How to Contact:

Call: (414) 286-5437

COA: Youth and Family Services: Early Childhood Development

Early Education Centers provide a safe and nurturing environment in which children ages six weeks to five years can learn and develop the skills for future academic and social success.

How to Contact:

Fill out an [enrollment form](#)

CORE El Centro

Offering sliding scale integrative natural health services focused on empowerment, healing, safety, and reducing barriers to access.

How to Contact:

Call: (414) 384-2673

Text: (414) 436-5361

Empowering Families of Milwaukee Program

Home visiting for birthing parents and families.

How to Contact:

[Interest Form](#)

Call: (414) 286-6800

Hmong American Women's Association

Referral resource.

How to Contact:

Call: (414) 930-9352

Email: support@hawamke.org

JobsWork MKE, Inc.

Employment services.

How to Contact:

Call: (414) 249-5948

Email: info@jobsworkmke.org

Journey House

Adult education, childcare and employment services.

How to Contact:

Call: (414) 647-0548

Email: info@journeyhouse.org

La Causa

Early Childhood Programming, crisis nursery and respite care

How to Contact:

Call: (414) 647-8750

Legal Action of Wisconsin

Free legal services, including court representation, housing, employment, debt & taxes, public benefits, family court and victim support.

How to Contact:

Call: (855) 947-2529

Fill out [this form](#)

Legal Aid Society of Milwaukee

Free legal services, including court representation, eviction services, children's and family court, consumer protection, estate planning, social security appeals, and immigration.

How to Contact:

Call: (414) 727-5300

Fill out [this form](#)

Malaika Early Learning Center

Early childhood education.

How to Contact:

[Enroll on website](#)

Phone: (414) 562-4997

Email: info@malaikaelc.org

Meta House

Substance treatment for mothers and families

How to Contact:

Call: (414) 962-1200

Milwaukee Community Landtrust (MCLT)

Home sales to low and moderate income Milwaukee residents, and homeowner education support

How to Contact:

Call: (414) 635-3530

New Beginnings: A Home for Mothers

Provides a loving and supportive place for single mothers to start a new life. This Christian-based residential setting is designed to help new mothers become responsible parents – by raising their new babies in a caring environment.

How to Contact:

[Fill out this form](#)

The Parenting Network

Parenting classes.

How to Contact:

Call: (414) 671-0566

Sojourner Family Peace Center

Domestic violence help.

How to Contact:

Call: (414) 933-2722

St. Ann Center

Early Childhood Programming and Adult Day Care Center

How to Contact:

Call: (414) 210-2450

The Table - Alice's Garden

Community referral resource.

How to Contact:

Email: venicewb@gmail.com

UMOS Community Pathways

Food Security, Mental & Physical Health, Rental & Mortgage Assistance

How to Contact:

[Submit Application](#)

Call: (414) 389-6000

Toll-free: 1 (800) 279-8667

United Community Center

Residential substance abuse treatment program for women and their children.

How to Contact:

Call: (414) 643-8530

Voces de la Frontera

ICE emergency hotline, legal aid and community resources

How to Contact:

Call: (414) 643-1620

ICE Hotline: 1 (800) 427-0213

Wisconsin Community Services

Case management services to women with substance use history that are pregnant and/or have a child under the age of 5. We help with transportation,

linkage to community resources and providers, peer support, assistance with applying for housing programs, food pantries, etc.

How to Contact:

Fill out this [intake form](#)

WI Dept. of Children & Families

WI Shares Child Care Subsidy Program, childcare search hub, community resources, refugee programming

How to Contact:

Call: (608) 422-7000

Wisconsin Women's Health Foundation

First Breath is Wisconsin's free program to help people make positive changes to their tobacco, alcohol and substance use during pregnancy and beyond.

How to Contact:

Call: (608) 251-1675