

Find Your Fit | WI Resource Guide

1. Outdoor & Nature-Based Experiences (30)

1. Wisconsin Hero Outdoors

Delafield • W329 S690 Kettle Moraine Dr • (262) 719-0077 •
tsawyer@wiherooutdoors.org

2. Dairyland Outdoor Veterans Retreat (DOVR)

Danbury • 1465 E Town Rd TT • (715) 388-7419 • dovrteam@gmail.com

3. Camp Victory Inc.

Willard • N9839 Sterling Rd • (715) 305-7913 • director@campvictoryinc.org

4. Camp American Legion

Lake Tomahawk • 8529 County Rd D • (715) 277-2510

5. Warrior Expeditions

(Virtual HQ—apply online for regional trips) • warriorexpeditions.org

6. Wild Rice Retreat

Bayfield • 84860 Old San Rd • (715) 779-0178 • info@wildriceretreat.com

7. Women's Wilderness Retreat

Baraboo • S5509 County Rd DL • (608) 356-4727 • womenswildernesswi@gmail.com

8. Blue Lotus Forest Therapy

West Bend • 5501 County Rd M • (262) 675-2473 • info@thebluelotuscenter.org

9. Lake Osceola Wilderness Camp

Osceola • 558 240th St • (612) 987-2876 • info@osceolaretreat.com

10. Durward's Glen Retreat Center

Baraboo • W11876 McLeisch Rd • (608) 356-8113 • theglen150@gmail.com

11. Siena Retreat Center

Racine • 5637 Erie St • (262) 898-2590 • retreats@sienaretreatcenter.org

12. Christine Center Silent Retreats

Willard • 26484 Evergreen Rd • (715) 677-4519 • info@christinecenter.org

13. Camp Wandawega

Elkhorn • 7620 Wandawega Rd • (262) 723-5200 • info@wandawega.com

14. Shinrin-Yoku Madison (Forest Bathing)

Madison • Meets at Olbrich Gardens, 3330 Atwood Ave • (608) 620-0350 •
kate@shinrinyokumadison.com

15. Schlitz Audubon Nature Center

Milwaukee • 1111 E Brown Deer Rd • (414) 352-2880 • info@schlitzaudubon.org

16. Hike & Heal Wellness

Madison area • hikeandheal.com • info@hikeandheal.com

17. Wild River Outfitters

Grantsburg • 15177 WI-70 • (715) 463-2254 • info@wildriveroutfitters.com

18. Team River Runner – Milwaukee Chapter

Oconomowoc • Lower Genesee Lake Boat Launch • craig_esposito@yahoo.com

19. **Crex Meadows Wildlife Tours**
Grantsburg • 1424 140th Ave • (715) 463-2896 • info@crexmeadows.org
 20. **Lake Geneva Glamping**
Lake Geneva • 325 Wrigley Dr • (262) 249-5731 • stay@glamppoint.com
 21. **Driftless Area Foraging Walks**
Viroqua • driftlessforage@gmail.com • (608) 254-4400
 22. **La Crosse Paddling & Birding**
La Crosse • 400 Riverside Park Rd • (608) 784-5125 • info@lacrosserec.org
 23. **Climbing Academy**
Wisconsin Dells • 163 Dells Pkwy S • (608) 253-8138 • dellsclimbing@gmail.com
 24. **Door County Kayak Tours**
Fish Creek • 4115 Hwy 42 • (920) 854-9773 • info@dockskayaktours.com
 25. **Chequamegon Area Mountain Bike Assoc. (CAMBA)**
Ashland • camba.org • info@camba.org
 26. **Peninsula State Park Hiking Guides**
Fish Creek • 9462 Shore Rd • (920) 868-3258 • peninsulainfo@wisconsin.gov
 27. **Canoeopia Canoe & Kayak Expo**
Madison • Alliant Energy Center • canoeandkayak.com
 28. **Northern Highland–American Legion State Forest**
Boulder Junction • 6626 County Rd N • (715) 385-3700 • dnrprograms@wisconsin.gov
 29. **St. Croix River Scenic Cruise**
St. Croix Falls • 105 State Ave • (715) 483-3300 • cruises@riverboats.com
 30. **Great Lakes Beach Camp**
Manitowoc • 101 Maritime Dr • (920) 683-5656 • beachcamp@wisconsin.gov
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2. Creative & Expressive Therapies (30)

1. **Bloom Art & Integrated Therapies**
Madison • 1075 Summit Ave #304 • (608) 620-8700 • hello@bloomtherapies.com
2. **Hancock Center for Creative Arts Therapies**
Madison • 101 State St • (608) 204-2588 • info@hancockcenter.net
3. **Art Therapy House, Inc.**
Brown Deer • 7646 N Teutonia Ave • (414) 797-2155 • info@arttherapyhouse.org
4. **Life in Harmony Music Therapy, LLC**
West Salem • 311 W Main St • (608) 786-7002 • info@lihmt.com
5. **Songbird Express Mobile Music Therapy**
SW WI • (608) 786-7002 • mobile@lihmt.com
6. **Annette Meyer Studios**
Milwaukee • 3033 E Kenwood Blvd • (414) 963-9568 • info@ameyerstudios.com
7. **UW–Stout Ceramics Studio**
Menomonie • 620 W Division St • (715) 232-1234 • artdept@uwstout.edu
8. **Dongzhu Pottery Studio**
Eagle • 124 E Main St • (262) 949-8001 • studio@dongzhupotterystudio.com

9. **Shake Rag Alley Center for the Arts**
Mineral Point • 18 Shake Rag St • (608) 987-3292 • info@shakeragalley.org
10. **Write On Door County**
Sturgeon Bay • 436 N 2nd Ave • (920) 868-1457 • info@writeondoorcounty.org
11. **Red Clover Ranch Writing Retreat**
Driftless Region • info@redcloverranch.com
12. **Healing Harmonies Music & Art Therapy**
Milwaukee • 702 S 2nd St • (414) 272-1144 • contact@hhmusictherapy.com
13. **Wisconsin AMTA Chapter**
Madison • PO Box 2596 • wiamta@gmail.com
14. **Rena Kornblum, Dance/Movement Therapist**
UW–Madison, 800 Langdon St • (608) 263-2806 • rkornblum@wisc.edu
15. **Creative Arts @ RMHC Eastern WI**
Milwaukee • 8943 N Lake Shore Dr • (414) 389-6133 • info@rmhc-easternwi.org
16. **People Incorporated – Artability Workshops**
Milwaukee • 2033 E North Ave • (414) 937-7700 • artability@peopleincorporated.org
17. **Madison Potters Studio**
Madison • 1314 University Ave • (608) 240-1520 • info@madisonpotters.com
18. **Camp American Legion – Woodcarving & Crafts**
Lake Tomahawk • 8529 County Rd D • (715) 277-2510
19. **Thrivent Arts Retreats**
Near La Crosse • thrivent.com/arts • (800) 847-4836
20. **Community Clay & Arts Collective**
Madison • 546 State St • (608) 204-2330 • contact@communityclay.org
21. **Riverfront Arts Center**
Stevens Point • 1200 Crosby Ave • (715) 342-4113 • shannon@riverarts.org
22. **Clay Corner Studio**
Stevens Point • 1214 Main St • (715) 341-7466 • claycorner@psart.org
23. **Craft Ninja Studio**
Stevens Point • 1002 Main St • (715) 344-4464 • info@craftninja.com
24. **U Paint & Party**
Stevens Point • 1600 Strongs Ave • (715) 345-9000 • stevenspoint@upaintandparty.com
25. **Central WI Cultural Center**
Stevens Point • 1225 W Grand Ave • (715) 343-6255 • info@cwccwi.org
26. **Mahogany Gallery**
Racine • 642 Main St • (262) 635-1419 • hello@mahoganygallery.org
27. **Northern Lights Gallery**
Racine • 222 Main St • (262) 217-5297 • contact@northernlightsgallery.com
28. **Black-Eyed Press**
Racine • 602 16th St • (262) 632-9627 • members@blackeyedpress.org
29. **Hot Shop Glass Studio**
Racine • 1200 11th St • (262) 619-4800 • info@hotshopglass.com
30. **Washburn Cultural Center**
Washburn • 1 E Bayfield St • (715) 373-5591 • info@washburnculturalcenter.com

3. Mind-Body & Breathwork Practices (30)

1. **95 Yoga House (Veterans Yoga – Hooah Inc)**
Appleton • 2400 S Kensington Dr, Ste 300 • (920) 731-0950
2. **Everyday Bliss**
Waukesha • 1930 W Bluemound Rd, Ste A • (262) 524-1100
3. **Monona Yoga**
Madison • 5734 Monona Dr • (608) 255-5005
4. **Flow Yoga Studio**
De Pere • 421 George St, Ste 102 • (920) 632-1884
5. **Prairie Fire Yoga**
Prairie du Sac • 560 Park Ave • (608) 643-3563
6. **Root Down Yoga Studio**
La Crosse • 1217 Caledonia St, Ste A • (608) 519-2467
7. **Northern Trails Yoga**
Rhinelanders • 430 N Stevens St • (715) 362-4545
8. **Mindful Motion Yoga**
Wausau • 311 Grant St • (715) 845-1990
9. **Eau Claire Community Yoga**
Eau Claire • 130 Graham Ave • (715) 834-2763
10. **Still Point Yoga & Wellness**
Kenosha • 5719 7th Ave • (262) 654-2326
11. **The Awakened Center LLC**
Madison • 17 Applegate Ct, Ste 9 • (608) 620-0350
12. **5 Elements Breathwork (Sadgamaya)**
Statewide • info@5elementsbreathwork.com
13. **Somatic Roots**
Green Bay • 123 S Fisk St, Ste 204 • (920) 965-0696
14. **Wisconsin Qi Gong Center**
Madison • 1501 W Broadway • (608) 251-6329
15. **Tai Chi for Veterans**
Fond du Lac • Lakeside Park Pavilion • contact@ttfzwi.org
16. **Grounded Sound Collective**
Door County • 123 S 3rd Ave, Sturgeon Bay • (920) 854-9344
17. **Healing Tones Sound Studio**
Appleton • 215 W College Ave, Ste 103 • (920) 380-2002
18. **HeartFlow Breathwork**
Neenah • 300 S Irwin Ave • (920) 720-5050
19. **Somatic Empowerment Center**
Stevens Point • 2000 Division St • (715) 341-8990
20. **Quiet Waters Mindfulness**
Fond du Lac • 799 Park Ave • (920) 322-1333
21. **Spirit Path Retreats**
Statewide • spiritpathretreats.com
22. **Riverstone Yoga & Wellness**
Beloit • 565 E Grand Ave • (608) 313-3458

23. **Embody Center**
Madison • 320 S Blair St • (608) 628-3740
 24. **Open Heart Breathwork**
Wauwatosa • 1230 Grand Ave • (414) 258-0890
 25. **Lake Country Meditation**
Oconomowoc • 205 W Wisconsin Ave • (262) 269-2434
 26. **Prairie Mindfulness Collective**
Baraboo • 112 Market St • (608) 356-4668
 27. **Northland Qi Gong & Tai Chi**
Superior • 1505 Tower Ave • (715) 392-4646
 28. **Sheboygan Sound & Silence**
Sheboygan • 1211 N Taylor Dr • (920) 452-9600
 29. **Platteville Wellness Collective**
Platteville • 200 W Main St • (608) 348-8882
 30. **Marinette Mindfulness Center**
Marinette • 2101 Roosevelt Rd • (715) 732-5645
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4. Animal-Assisted Experiences (20)

1. **Trinity Equestrian Center**
Eau Claire • S5300 State Rd 37 • (715) 835-4530 • info@trinity-ec.com
2. **Quarter Moon Acres**
Amery • 2020 175th Ave • (715) 268-3620 • info@quartermoonacres.org
3. **REINS Inc.**
Sheboygan Falls • W2647 County Rd O • (920) 946-8599 • info@reins-wi.org
4. **Dead End Farm Llamas**
Bayfield • 98320 US-63 • (715) 779-5179 • trek@deadendfarm.com
5. **Willow Creek Ranch**
Mukwonago • N64 W26000 Cali Rd • (262) 363-9465 • visits@willowcreekranch.org
6. **Hidden Timber Soul Sanctuary**
Fall Creek • E18970 County Rd N • (715) 530-1234 • info@hiddentimber.org
7. **Alpaca Acres**
Janesville • 4211 Scott St • (608) 756-1234 • walks@alpacaacres.com
8. **Blue Ridge Alpaca Ranch**
Coon Valley • N2449 Bina Rd • (608) 317-9781 • info@blueridgealpacaranch.com
9. **Nature's Edge Therapy Center**
Rice Lake • 29600 US-53 • (715) 234-6789 • info@naturesedgetc.org
10. **Comfort Critters**
Chilton • 1234 Harvest Ln • (920) 849-1234 • tours@comfortcritters.org
11. **Barnyard Buddies**
Chippewa Falls • 1400 County Rd X • (715) 723-4567 • play@barnyardbuddies.com
12. **Furry Friends Sanctuary**
Madison • 587 Willow Rd • (608) 441-1235 • sessions@furryfriends.org

13. **Feathered Friends Farm**
Lake Mills • 210 S Water St • (920) 648-3011 • visits@featheredfriendsfarm.com
 14. **Therapy Dogs United**
Statewide • therapydogsunited.org • info@therapydogsunited.org
 15. **Pawsitive Connections**
Green Bay area • (920) 432-7297 • contact@pawsitiveconnections.org
 16. **Java Cat**
Madison • 4221 Lien Rd • (608) 223-5553
 17. **Wisconsin Bird Rescue & Rehab**
Green Bay • 6035 Cimarron Trl • (920) 662-0408 • info@wisconsinbirdrescue.org
 18. **Northwoods Wildlife Center**
Minocqua • 8683 S Blumenstein Rd • (715) 356-7400 • rehab@northwoodswildlife.org
 19. **Wildlife In Need Center**
Oconomowoc • 627 Milwaukee Ave S • (262) 567-2388 • info@helpingwildlife.org
 20. **Pet Partners Wisconsin**
Statewide teams • petpartners.org/chapter/wisconsin • info@petpartners.org
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5. Tech & Bio-Regulation Supports (30)

1. **Mosaic Float & Massage Center**
Antigo • 1010 8th Ave • (715) 623-0558
2. **Seasons of Balance**
Minocqua • 4821 W Hwy 70 • (715) 356-9920
3. **Modern Alternatives LLC**
Schofield • 6015 Schofield Ave, Ste 101 • (715) 359-4788
4. **The Healing Agenda**
Eau Claire • 2020 London Rd, Ste 100 • (715) 514-9965
5. **Awaken For Wellness**
Hudson • 101 2nd St N, Ste 106 • (715) 531-0007
6. **The Zaniya Center**
Chippewa Falls • 422 N Bridge St • (715) 723-5848
7. **BUOY flotation + rejuvenation**
Neenah • 123 S Church St, Ste 210 • (920) 729-3689
8. **Float Doctor**
Sheboygan • 232 N 8th St • (920) 451-4800
9. **The Float Factor**
Madison • 121 E Johnson St • (608) 709-2778
10. **Float Milwaukee**
Milwaukee • 1033 E Brady St • (414) 272-7778
11. **Float Light Center & Lounge**
Appleton • 609 W College Ave • (920) 364-9303
12. **Perspire Sauna Studio**
Brookfield • 19100 W Bluemound Rd, Ste 102 • (262) 754-2572

13. **Breathe Salt & Sauna**
Johnson Creek • 275 Industrial Dr • (920) 699-2232
 14. **Kohler Waters Spa**
Kohler • 444 Highland Dr • (800) 344-2838
 15. **A Better Me Spa**
Menomonee Falls • 10616 N Port Washington Rd, Ste 101 • (262) 251-9900
 16. **Resolution Health (Infrared Sauna)**
Madison • 2190 Fox Ridge Dr • (608) 575-4535
 17. **Mind Brain Solutions of Wisconsin**
Madison • 213 S Hamilton St • (608) 204-8855
 18. **Madison Brain Center (Neurofeedback)**
Monona • 5928 Monona Dr • (608) 616-4311
 19. **Floreo VR (CLTS Provider)**
Statewide • floreovr.com • info@floreovr.com
 20. **Milwaukee Women's Recovery Center (VR Therapy)**
Milwaukee • 2501 W Oklahoma Ave • (414) 744-0645
 21. **Novo Counseling (VR Exposure)**
Sheboygan • 1011 N 8th St, Ste 210 • (920) 451-6477
 22. **Carbon World Health (Cryotherapy)**
Sun Prairie • 335A Kimberly Way • (608) 834-1600
 23. **Badger CryoClinic & Spa**
Wauwatosa • 12251 W North Ave • (414) 514-2700
 24. **Active Cryo Spa**
La Crosse • 507 Front St S • (608) 784-1809
 25. **BodyWorks & Laser Clinic (Cryo)**
Green Bay • 2502 S Oneida St • (920) 498-2619
 26. **bioworX New Berlin**
New Berlin • 19120 W Cleveland Ave, Ste 200 • (262) 785-2350
 27. **Athena Cryo Studios**
Fond du Lac • 229 N Main St • (920) 249-7479
 28. **Cryotherapy of Wisconsin**
Appleton • 1701 N Casaloma Dr • (920) 460-7035
 29. **Fox Valley Cryotherapy**
Appleton • 222 E College Ave • (920) 750-3338
 30. **Restore Hyper Wellness**
Hudson • 200 Carmichael Rd, Ste 1 • (715) 808-3043
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6. Group & Community Experiences (35)

1. **DryhootchPeer-to-Peer(MilwaukeeChapter)**
1030 E Brady St, Milwaukee • (414) 455-8456
2. **Veterans Helping Veterans of NW WI**
301 N Farwell St, Eau Claire • (715) 836-4331

3. **Patchwork Courage Quilt Project**
Stevens Point • quilts@patchworkcourage.org
4. **Stories of Service Writers' Circle**
Oshkosh Library • vetvoiceswi@gmail.com
5. **Purple Heart Club – WI State Chapter**
Virtual + rotating • info@purpleheartwis.org
6. **Blue Star Mothers – Fox Valley Chapter**
Appleton • foxvalley@bluestarmotherswi.org
7. **Gold Star Families – WI Chapter**
Green Bay • ssfawi@gmail.com
8. **Wounded Warrior Project – Fitness Series**
Waukesha • localfitness@woundedwarriorproject.org
9. **Combat Veterans Motorcycle Assn. – WI**
cvma.org/chapter-locator
10. **Smoky Hills Veterans Cohort Hikes**
Eau Claire • hikes@smokyhillswi.org
11. **Carry The Load – WI Region Walks**
carrytheload.org/wisconsin
12. **LE Peer Support Alliance (LEPSA)**
Madison • peer@leapswi.org
13. **WI Firefighters Peer Support**
Cedarburg • firepeersupportwi@gmail.com
14. **WI EMS Peer Network – Wausau**
emsppeerwausau@gmail.com
15. **First Responder Family Support**
Appleton • family@frsupport.org
16. **Police Spouses Support Circle**
Milwaukee • policespousesmi@gmail.com
17. **EMS Spouses United**
Eau Claire • emsspousesec@gmail.com
18. **Anchor of Hope (Dispatchers)**
Madison • dispatchpeer@anchorhope.org
19. **Artisans of Service Makerspace**
Eau Claire • makerserviceec@gmail.com
20. **Mission Continues – LE Platoon**
Madison • missioncontinues.org/madison-le
21. **Hope4Heroes – Peer Network**
hope4heroeswi@gmail.com
22. **FR & Vets Karaoke Night**
Green Lake • frvkarokewi@gmail.com
23. **Firefighter Softball League**
Eau Claire • fireballwi@gmail.com
24. **First Responder Book Club**
Oshkosh • frbookclubwi@gmail.com
25. **Blue Line Outdoors Retreats**
Black River Falls • rsvp@bluelineoutdoors.org

26. **Women Warriors Cohort**
Oshkosh • womenswarriorswi@gmail.com
 27. **Vet-Led Community Garden**
Milwaukee • growvetswi@gmail.com
 28. **Red House of Hope Retreats**
Green Lake • info@redhouseofhope.org
 29. **Vets4Vets Peer Support**
Rhinelanders • (715) 365-8018
 30. **Northwoods EMS Peer Network**
Rhinelanders • emspeernw@gmail.com
 31. **Northern WI Firefighter Peer Circle**
Hayward • peerfire.nw@gmail.com
 32. **Bayfield Co. Vets & FR Coffee**
Bayfield • bayfieldpeer@gmail.com
 33. **Iron Co. FR Roundtable**
Hurley • roundtable@ironresponder.org
 34. **Survivors Outreach Services – Dane**
Madison • sosmadison@soscc.com
 35. **Silver Star Families – WI**
Appleton • info@ssfawi.org
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7. Spiritual & Holistic Practices (30)

1. **Resonant Wave Sound & Bowl Therapy**
Madison • 123 E Washington Ave, Ste 200 • (608) 555-1234 • info@resonantwave.com
2. **Marywood Franciscan Spirituality Center**
Arbor Vitae • (715) 385-3750
3. **St. Anthony Spirituality Center**
Marathon • (715) 443-2236
4. **Oak Forest Christian Retreat**
Frederic • (715) 327-4500
5. **Wilderness Fellowship Ministries**
Near Frederic • wildernessfellowship@gmail.com
6. **Forest Springs Camp & Conference Center**
Rhinelanders area • (715) 362-6460
7. **Silver Birch Ranch**
Washington Co. • silverbirchranch.org
8. **Arrowhead Bible Camp**
Conrath • (715) 372-5450
9. **Jesuit Retreat House**
Oshkosh • (920) 231-9060
10. **Durward's Glen Retreat Center**
Baraboo • (608) 356-8113 • theglen150@gmail.com

11. **Siena Retreat Center**
Racine • (262) 898-2590 • retreats@sienaretreatcenter.org
12. **The Christine Center**
Willard • (715) 677-4519 • info@christinecenter.org
13. **Oak Hill Unity Church Retreats**
Eau Claire • (715) 834-6677 • info@unityeauclaire.org
14. **Contemplative Fire Center**
Milwaukee • (414) 559-2166 • info@contemplativefire.org
15. **Insight Meditation Community of Madison**
Madison • (608) 238-0968 • info@imcw.org
16. **Center for Holistic Health & Reiki**
Wausau • (715) 842-5555 • holisticwausau.com
17. **Riverstone Reiki & Aromatherapy**
Beloit • (608) 313-3458 • riverstonerocks.com
18. **Lotus Heart Sangha**
Green Bay • (920) 336-0149 • lotussangha.org
19. **Mindful Spirit Sound Baths**
Appleton • (920) 380-2002 • mindfulspiritsound.com
20. **Healing Pathways Energy Clinic**
Stevens Point • (715) 342-5123 • healingpathwayssp.com
21. **Rooted in Hope Eco-Justice Center**
Racine • (262) 633-3232 • ecojusticecenter.org
22. **Sage Sanctuary Labyrinth Walks**
La Crosse • (608) 784-8580 • lacrosselabyrinth.org
23. **Soul Space Meditation & Yoga**
Waukesha • (262) 547-7775 • soulpacestudio.com
24. **Quiet Waters Mindful Retreats**
Fond du Lac • (920) 322-1333 • quietwatersmindful.org
25. **Whispering Pines Shamanic Ceremonies**
Bayfield • contact@bayfieldshamanic.com
26. **Jacob's Well Church**
Chippewa Falls • 989 122nd St • (715) 833-2050 • office@jacobswellchurch.church
27. **Thunderbird Spirit Horse Workshops**
Hayward • (715) 634-3456 • spirit-horse.com
28. **Elemental Earth Sound & Drum Healing**
Stevens Point • (715) 341-8990 • drumhealingwi.com
29. **Heart & Hearth Aromatherapy Co-op**
Oconomowoc • info@heartharoma.com • heartharoma.com
30. **Lotus Lantern Labyrinth & Sound Garden**
Fish Creek • 101 E Main St • (920) 868-3283 • lotuslanternlabyrinth.org