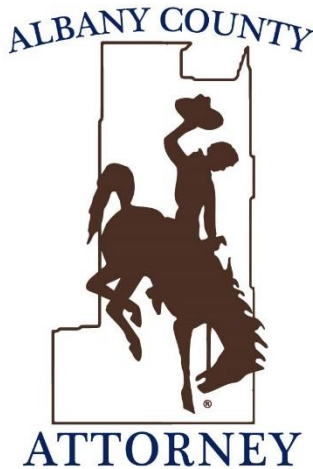


Community Resources Guide

(Albany County, WY and Surrounding Areas)



ALBANY COUNTY & PROSECUTING ATTORNEY'S OFFICE

Peggy A. Trent, County & Prosecuting Attorney

VICTIM WITNESS PROGRAM

410 Grand Avenue, Suite 105

Laramie, Wyoming 82070

A reference guide of non-profit and government resources available in Laramie, WY (Albany County) and many throughout the surrounding region including Cheyenne (Laramie County), Rawlins (Carbon County), and Fort Collins, CO.

Print Date: October 1, 2018

The Laramie Soup Kitchen in consultation with several area non-profits developed this Guide in the hopes that all organizations and businesses offering assistance to residents or transients throughout the Laramie community would adopt this resource.

To maintain the most accurate information, a revised version will be sent monthly. Please confirm your agency name is included in every category for which you offer services and that your agency description is correct in the alphabetical listing that follows. To submit revisions/additions or join the distribution list, email Resources@LaramieSoupKitchen.org by the 20th of each month.

We encourage you to customize the Guide for your agency by importing your logo and contact information into the text box on the cover or by affixing a label after printing. Remember to select "flip on short edge" in your print settings, which is not the typical default and only print enough copies to distribute during the month until the revised file is sent. While the LaramieLink maps are in color, the Guide can easily be printed black/white.

Able to help keep a Spanish version of this Guide current?
Contact Ted at 307-460-1605.

RESOURCES BY NEED/LOCATION

❖ BREASTFEEDING.....

Laramie

- Breastfeeding Success, LLC
- Ivinson Memorial Hospital
- Laramie Physicians for Women & Children
- Mothers of Preschoolers (MOPS)
- Public Health, Albany County
- Women, Infants, & Children (WIC), Albany County

Cheyenne

- LaLeche League: Cheyenne
- Women, Infants, & Children (WIC), Laramie County

Rawlins

- Women, Infants, & Children (WIC), Carbon County

Fort Collins

- LaLeche League: Fort Collins

❖ CAR SEAT & SAFETY.....

Laramie

- Laramie Fire Department

❖ CHILDCARE.....

Laramie

- Basic Beginnings
- C.H.I.L.D. Associations
- Department of Family Services (DFS), Laramie
- Developmental Preschool & Daycare
- Head Start of Laramie
- Wyoming Children's Law Center, Inc.

Rawlins

- Excel Preschool
- Project Reach Preschool
- Wee Folks Place

Fort Collins

Department of Family Services (DFS), Fort Collins

❖ **CHILDREN & YOUTH SERVICES**

Laramie

- Albany County Public Library
- Big Brothers Big Sisters
- Boys Town National Hotline
- Cathedral Home for Children
- Cathedral Home for Children, Extended Families
- Cathedral Home for Children, Youth Crisis Center
- Child Support Services of Wyoming
- Family Promise, Albany County
- Head Start of Laramie
- Laramie Recreation Center
- Step-by-Step Family Therapy
- University of Wyoming: Early care and Education Center
- University of Wyoming: Learning Resource Center
- Wyoming Children’s Law Center, Inc.
- Wyoming Tutoring Club

Cheyenne

- Big Brothers Big Sisters
- Boy and Girls Club
- Cheyenne Family YMCA
- Child Support Services of Wyoming
- Department of Family Services (DFS), Cheyenne
- Family Promise of Cheyenne
- Grace for 2 Brothers
- Interfaith Family Support
- Prevent Child Abuse Wyoming
- Protection & Advocacy System, Inc.
- Stride Learning Center
- Wrap Around Wyoming
- Wyoming Tutoring Club
- Youth Alternatives

Rawlins

- Big Brothers Big Sisters, Rawlins
- Big Brothers Big Sisters, Saratoga
- Bold Step Independent Living
- Boy Scouts of Carbon County
- Boys and Girls Club
- Cathedral Home for Children, Youth Crisis Center
- Cathedral Home for Children, Extended Families
- Department of Family Services (DFS), Rawlins

Fort Collins

- Children, Youth, and Family Division

❖ **CLOTHING**

Laramie

- Clothing Cottage of St. Matthew’s
- Goodwill
- Interfaith-Good Samaritan
- Laramie Foster Closet
- NU2U

Cheyenne

- Goodwill

Fort Collins

- Salvation Army

❖ **COUNSELING/REHAB/SUPPORT GROUPS**.....

Laramie

- A Better Way Counseling & Consulting, LLC
- Alcoholics Anonymous (AA)
- Alliance for Growth Counseling & Consulting
- Alpen Glow Wellness, Inc.
- Cathedral Home for Children, Youth Crisis Center
- Catholic Charities of Wyoming
- Clinic for Mental Health and Wellness
- Douglas Scambler, PhD
- Iverson Memorial Hospital, Behavioral Health

Iverson Memorial Hospital, Crisis Line

Journeys LLC

Narcotics Anonymous

Pathways Mental Health Professionals

Peak Wellness Center

Pendley & Associates

Season’s Psychiatric Clinic

Snowy Range Consulting, LLC

Step-by-Step Family Therapy

University of Wyoming

 UW Counseling Center (for students)

 UW Crisis Line (UW police)

 UW Psychology Clinic

Wyoming Children’s Law Center, Inc.

Wyoming Quit Tobacco Program

Cheyenne

 Pathfinders

 Recover Wyoming

Rawlins

 Alcoholics Anonymous, Rawlins

 Alcoholics Anonymous, Saratoga

 Cathedral Home for Children, Youth Crisis Center

❖ **DENTISTS ACCEPTING MEDICAID**

Laramie

 Children’s Dental: Medicaid Accepted

 Children’s Dentistry

 Laramie Dental Arts

 Pediatric Dentistry

 Adult Dental: Medicaid Accepted

 LCCC Dental Clinic

Cheyenne

 Children’s Dental: Medicaid Accepted

 Lorenz Family Dentistry

Pediatric Dentistry
Adult Dental: Medicaid Accepted
Beverly, Rick
Gentle Touch Dentistry
Zumo, Thomas J.

❖ **DISABILITY SERVICES**

Laramie

ARK Regional Services
Children’s Special Health Services
Developmental Preschool & Daycare
Hospice of Laramie
Public Health, Albany County
Wyoming Children’s Law Center, Inc.
Wyoming Independent Living Rehabilitation
Wyoming Institute for Disabilities (WIND)

Cheyenne

Cheyenne Respite Program
Protection & Advocacy System, Inc.
Social Security Administration
University of Wyoming, Disability Support Services

❖ **DOMESTIC VIOLENCE**

Laramie

SAFE Project
Sexual Assault & Forensic Nurse Program
Wyoming Coalition Against
Domestic Violence and Sexual Assault

Cheyenne

Prevent Child Abuse Wyoming
Sexual Assault Services
Victim Witness Program

Rawlins

COVE (Family Violence Program)

Fort Collins

Crossroads Safe house

❖ **EDUCATIONAL SERVICES**

Laramie

- Albany County Public Library
- Albany County School District
- Climb Wyoming
- Head Start of Laramie
- Hilde Project
- Laramie County Community College/Albany County
- University of Wyoming
- Wyoming Children’s Law Center, Inc.
- Wyoming Cowboy Challenge Academy
- Wyoming Tutoring Club
- WyoTech

Cheyenne

- Climb Wyoming
- Dad’s Making a Difference
- Division of Vocational Rehab
- Laramie County Head Start
- Laramie County School District #1
- LCCC Transitional Services
- Step-by-Step Family Therapy
- Wyoming Cowboy Challenge Academy
- Wyoming Tutoring Club

Rawlins

- Carbon County Higher Education- Vocational Campus
- Carbon County Higher Educational Center
- Carbon County School District #1
- Carbon County School District #2
- University of Wyoming, Carbon County Ext. Service
- Wyoming Department of Education

❖ **EMERGENCY SERVICES**

Laramie

Albany County Detention Center
Albany County Sheriff's Department
American Red Cross
Boys Town National Hotline
Cathedral Home for Children, Youth Crisis Center
Department of Family Services (DFS), Laramie
Fire Department (emergency)
Interfaith-Good Samaritan
Ivinson Memorial Hospital
Laramie Police Department (emergency)
Laramie Suicide Prevention Hotline
National Helpline
National Suicide Prevention Lifeline
Peak Wellness Center
Safe 2 Tell Wyoming
SAFE Project
Wyoming Children's Law Center, Inc.
Wyoming Poison Control

Rawlins

Carbon County Sheriff's Office
Carbon County Victim/witness Program
Cathedral Home for Children, Youth Crisis Center
Encampment Police Department
Hanna Marshall's office
Rawlins Animal Shelter
Rawlins Emergency Management
Rawlins Police Department
Rawlins Police Department, Victim Assistance

❖ **EMPLOYMENT**

Laramie

Climb Wyoming
Worker's Compensation
WY Department of Workforce Services, Laramie

Wyoming State Workforce Services Dept.
Cheyenne
Climb Wyoming
Job Corps
WY Department of Workforce Services, Cheyenne
Rawlins
WY Department of Workforce Services, Baggs
WY Department of Workforce Services, Hanna
WY Department of Workforce Services, Rawlins
WY Department of Workforce Services, Saratoga

❖ **FOOD/NUTRITION**

Laramie
Cent\$ible Nutrition, Laramie
Department of Family Services (DFS), Laramie
Feeding Laramie Valley
Interfaith-Good Samaritan
Laramie Soup Kitchen
University of Wyoming Cooperative Extension Service
USDA Food Commodities
Women, Infants, & Children (WIC), Albany County
Cheyenne
Cent\$ible Nutrition, Cheyenne
First Baptist Church
Meals on Wheels
Needs, Inc.
St. Christopher's Episcopal Church
St. Joseph's Catholic Church
St. Mary's Cathedral
Women, Infants, & Children (WIC), Laramie County
Rawlins
Carbon County/Transient Concerns
Cent\$ible Nutrition, Rawlins
St. Vincent de Paul Society

USDA Commodities Distribution

Women, Infants, & Children (WIC), Carbon County

Fort Collins

Food Bank for Larimer County

Fort Collins Rescue Mission

❖ **HEALTH/HOSPITAL SERVICES**

Laramie

Albany Community Health Clinic

Downtown Clinic

Enroll Wyoming

Grand Avenue Urgent Care

Hospice of Laramie

Ivinson Memorial Hospital

Laramie Physicians for Women & Children

Laramie Reproductive Health

National Acupuncture Detoxification Assoc. (NADA)

Premium Health at Home

Public Health, Albany County

Quality Home Health

Stitches Acute Care Center

Summit Home Health

University of Wyoming, AWARE

University of Wyoming, Speech & Hearing Clinic

University of Wyoming, Student Health Service

Vital Arts Clinic

Women, Infants, & Children (WIC), Albany County

Wyomed Laboratory, Health Fair

Wyoming Health Fairs

Cheyenne

Peak Wellness Center

UPLIFT

Women, Infants, & Children (WIC), Laramie County

WY Guardianship

Wyoming Health Fairs

Rawlins

Alanon Family Group

Carbon County Counseling Center

Carbon County Memorial Hospital

Cathedral Home for Children, Youth Crisis Center

Energy Basin Clinic

LS Counseling

Medicine Bow Health Center

Platte Valley Medical Center

Prevention Management Organization of Wyoming

Project Prevention

Public Health, Carbon County - Rawlins

Public Health, Carbon County - Saratoga

Rawlins Clinic

South Central Wyoming Health Care & Rehabilitation

Uplift Counseling

Valley View Rehabilitation & Care Center

Women, Infants and Children (WIC), Hanna

Women, Infants and Children (WIC), Rawlins

Women, Infants and Children (WIC), Saratoga

Casper

Jason's Friends Foundation

Colorado

Brent Eley Foundation

Ronald McDonald House

❖ HEALTH SERVICES/FINANCIAL ASSISTANCE.....

Laramie

Department of Family Services (DFS), Laramie

Laramie Lions Club

Wyoming Donated Dental Services

Wyoming Kid Care (CHIP)

Cheyenne

Crossroads Clinic
Healthworks
Laramie County Health Department
Levimir Insulin Detemir

❖ **HOUSING**

Laramie

Cheyenne Housing Authority, Laramie
Family Promise, Albany County
Interfaith-Good Samaritan
Low-Income Apartments
 Connemara Apartments
 Rainbow Vista Apartments
 River Run Apartments
 University Heights
 University of Wyoming Housing Office

Senior Housing

 Eppson Center for Seniors
 Laramie Square Apartments

Wyoming Family Home Ownership Program

Cheyenne

Homeless Services

 Cheyenne Housing Authority, Cheyenne
 COMEA Homeless Shelter
 Family Promise of Cheyenne

Low-income Housing

 Capital Greens at Harmony Apartments
 Cheyenne North Apartments
 Cheyenne Station Apartments
 Fox Farm Townhomes Apartments
 Frontier Apartments
 Lexington Hills Apartments
 Mountainside Apartments
 Windwood Manor Apartments

Mobile Home Parks

 Cimmaron Village

 DBL Holdings

 West Winds Mobile Home Park

Wyoming Family Home Ownership Program

Rawlins

 Low-Income Housing

 Bittercreek Apartments

 Buffalo Run Residential

 Hanna Housing Authority

 JoAnn Chavez

 Shandon Park Apartments

 Stagecoach Apartments

 Senior Housing

 Cathy Gardens

❖ **HOMELESS SERVICES**

Cheyenne

 COMEA Homeless Shelter

 Community Action

 WY Coalition for the Homeless

❖ **INFORMAL SERVICES**

Laramie

 Albany County Public Library

 Cathedral Home for Children, Extended Families

 Catholic Charities of Wyoming

 Laramie Chamber Business Alliance

 St. Matthew’s Episcopal Cathedral

 St. Paul’s Newman Center

 United Way of Albany County

 Wyoming 2-1-1

Cheyenne

 Bethel Outreach Ministries

 Bethesda Center of Evangelism

Catholic Charities of Wyoming
Destiny Church
Element Church
Family Harvest Church
First Christian Church
First Presbyterian
First United Methodist Church
Frontier United Methodist Church
Grace United Methodist Church
St. Joseph’s Catholic Church
St. Mary’s Cathedral
St. Thomas Episcopal Church
Wyoming 2-1-1

❖ **LEGAL SERVICES**

Laramie

Child Support Services of Wyoming
Downtown Clinic
Equal Justice Wyoming
Legal Aid of Wyoming, Inc.
Low-Income Taxpayer Clinic
University of Wyoming Legal Services
University of Wyoming Students’ Attorney
Wyoming Children’s Law Center, Inc.
Wyoming Coalition Against
 Domestic Violence and Sexual Assault
Wyoming Interactive Self-Help Center

Cheyenne

Child Support Enforcement
Child Support Services of Wyoming
Equal Justice Wyoming
GreenPath Debt Solutions
Legal Aid of Wyoming, Inc.
Low-Income Taxpayer Clinic

Protection & Advocacy System, Inc.
Veterans Legal Assistance Project
Wyoming Interactive Self-Help Center
Fort Collins
Colorado Legal Services

❖ **PHYSICIANS**

Laramie

Aspen Creek Naturopathic Clinic
Family Care Clinic
Family Physicians of Laramie
Ivinson Memorial Hospital
 Family Medicine
 Internal Medicine
 Pediatric & Family Care
Laramie Pediatrics
Laramie Physicians for Women and Children
Snowy Range Health Center

Cheyenne

Cheyenne VA Medical Center
University of Wyoming, Family Medicine Residency

❖ **PREGNANCY**

Laramie

Catholic Charities of Wyoming
Heart to Heart Pregnancy Center
Laramie Reproductive Health
Public Health, Albany County

Cheyenne

Bethany Christian Services of Wyoming
Catholic Charities of Wyoming
Family Planning
LifeChoice
Wyoming Children’s Society

Rawlins

Best Beginnings

Western Wyoming Family Planning

Fort Collins

Healthy Communities Medicaid/CHP+ Outreach Prog.

❖ **RECREATION/MUSEUMS**

Laramie

Albany County Public Library

American Heritage Center

Laramie Dance Center

Laramie Ice & Event Center

Laramie Plains Civic Center

Laramie Plains Museum

Laramie Public Art Coalition

Laramie Recreation Center

Laramie Swim Club

University of Wyoming Art Museum

University of Wyoming Geology Museum

University of Wyoming Entomology (Insect) Museum

University of Wyoming Planetarium

University of Wyoming, Williams Botany Conservatory

Wyoming School of Gymnastics

Wyoming Territorial Park

Rawlins

Hanna Recreation

Rawlins Family Recreation Center

❖ **RENT ASSISTANCE**

Laramie

Interfaith Good Samaritan

St. Matthew's Episcopal Cathedral

St. Paul's Newman Center

Cheyenne

Bethel Outreach Ministries

Bethesda Center of Evangelism

First Presbyterian Church
St. Joseph's Catholic Center

❖ **SENIOR SERVICES**

Laramie

Eppson Center for Seniors
Foster Grandparent Program
Laramie Square Apartments
Wyoming Independent Living Rehabilitation

Cheyenne

Foster Grandparent Program
Retired Senior Volunteer Program (RSVP)
WY Senior Citizens Inc.

Housing

Wyoming Independent Living
Laramie County Senior Center

Rawlins

Carbon County Senior Services
Housing
Cathy Gardens

❖ **TRANSPORTATION & TRAVEL ASSISTANCE**

Laramie

Albany County Detention Center
Disabled American Veterans (DAV)
GreenRide Airport Shuttle (for DIA)
Greyhound Bus Station
Interfaith-Good Samaritan
LaramieLink Bus (see end of Guide)
Medicaid Travel Assistance
P.A.T.S.
Safe Ride
St. Matthew's Episcopal Cathedral
St. Paul's Newman Center
University of Wyoming, Trans Park

Cheyenne

- Disabled American Veterans (DAV)
- GreenRide Airport Shuttle (for DIA)
- Medicaid Travel Assistance
- Cheyenne Transit Program
- COMEA Homeless Shelter

Rawlins

- Carbon County Cab
- Rawlins C.A.T.S. Bus

❖ **UTILITY ASSISTANCE**

Wyoming

- Affordable Telephone Services
- Black Hills Energy
- Energy Share Program
- Low-Income Energy Assistance (LIEP)
- Rocky Mountain Power
- Telephone Assistance Program (TAP)
- Wyoming Energy Council, Inc.

Laramie

- Salvation Army
- (also Cheyenne and Rawlins)

Fort Collins

- House of Neighborly Service

❖ **VETERAN SERVICES**

Laramie

- Disabled American Veterans (DAV)
- Veterans of Foreign Wars (VFW)
- WY Department of Workforce Services, Laramie

Cheyenne

- Disabled American Veterans (DAV)
- Veteran Affairs (VA) Medical Center
- Veterans Legal Assistance Project
- Veterans of Foreign Wars (VFW)

Volunteers of American Northern Rockies
WY Department of Workforce Services, Cheyenne
Rawlins
Carbon county Veterans
WY Department of Workforce Services, Rawlins

ALPHABETICAL LISTING OF RESOURCES

- **A Better Way Counseling & Consulting, LLC** - 307-316-4574
121 E Grand Ave., Suite 216, Laramie, WY
Trauma, PTSD, mental illness, grief. Alcohol & substance use disorder counseling under “Ascension Health Network, LLC”. Sliding fee or Insurance. Habla Español.
- **Affordable Telephone Services** ----- 888-926-CARE
Financial assistance for telephone service for low-income families and individuals through the Lifeline and Toll Limitations Programs
- **Alanon Family Group** ----- 307-324-5431
508 W. Pine St., Rawlins, WY
Hours: Sat 10:00AM
Located in the Jeffery Center (downstairs Episcopal Church). Support groups for families, children or friends of alcoholics
- **Albany Community Health Clinic** ----- 307-460-9039
920 E Sheridan St., Suite A, Laramie, WY
Hours: M W Th F 8AM-12PM, 1-5PM; T 10AM-2PM, 3-7PM
High-quality affordable medical care. Sliding fee.
- **Albany County Detention Center** ----- 307-755-3521
420 E Ivinson Ave.
Emergency shelter, fuel, or food voucher for non-Albany County residents. Must appear in person. Only one assistance each year. Contact **Interfaith-Good Samaritan** for additional support or if Albany County resident.
- **Albany County Public Library** ----- 307-721-2580

310 S 8th St., Laramie, WY

Hours: M F 1-6PM, Tu W Th 10AM-7PM, Sat 1-5PM

Media includes books, audiobooks, large print, newspapers, magazines, DVDs, and CDs. E-books, e-magazines, e-audiobooks, Chilton, and test prep also available. Internet access; free notary services; community meeting rooms; and programming for babies through adults.

• **Albany County School District**----- 307-721-4400

1948 Grand Ave., Laramie, WY

Public Schools in Albany County

• **Albany County Sheriff's Department**----- Dial 911

Non-emergency----- 307-755-3520

525 Grand Ave., Suite 101, Laramie, WY

• **Alcoholics Anonymous (AA)**-----

12-step recovery group for individuals who want to stop drinking.

Laramie ----- 307-399-0590

Civic Center, 710 E Garfield St., Room 260, Laramie, WY

St. Matthew's Episcopal – Hunter Hall, 104 S 4th St., 2nd floor

Trinity Lutheran Church, 107 S 7th St., basement

First Baptist Church, 15th and Canby, south door

Hours: Meetings scheduled seven days a week.

Rawlins ----- 307-324-5232

3rd & Spruce, Rawlins, WY

Hours: M 10:00AM, T 8:00PM, F 10:00AM

Support group (Open candlelight and open book) for people in recovery from alcohol abuse.

Saratoga ----- 307-326-8458

214 E Constitution, Saratoga, WY

Hours: W, F 7:30PM

- **Alliance Growth Counseling & Consulting** ---- 307-742-4769

1052 N 3rd St., Suite. B1, Laramie, WY

Holistic approach to counseling.

- **Alpenglow Wellness, Inc.** ----- 307-760-1998

121 Grand Ave., Suite 216, Laramie, WY

Adolescents, adults and couples; life coaching,
alternative therapies, life transition and mid-life issues.

- **American Heritage Center** ----- 307-766-4114

Centennial Complex, 2111 Willett Dr., Laramie, WY

www.uwyo.edu/ahc

- **American Red Cross** ----- 307-745-5505

5500 Bishop Blvd., Cheyenne, WY (Cheyenne/Laramie)

- **ARK Regional Services** ----- 307-742-6641

1150 N 3rd St., Laramie, WY

Promoting a meaningful life for adults and children with
developmental disabilities.

- **Aspen Creek Naturopathic Clinic** ----- 307-742-6275

1277 N 15th St., Laramie, WY

- **Basic Beginnings**

1474 N 19th St., Laramie, WY ----- 307-745-5755

3520 Garfield St., Laramie, WY ----- 307-742-9332

Basic Beginnings is a childcare center dedicated to
ensuring a safe and nurturing environment where
children can grow and learn and where parents, teachers
and the community work together in the best interest of
each unique child in a respectful and supportive
partnership. Basic Beginnings is dedicated to being a

Wyoming leader in the early childhood industry for exemplary employment practices, effective training and mentoring of staff, and a work environment that encourages long-term retention of employees.

- **Best Beginnings** ----- 307-328-2607

P.O. Box 1013, Rawlins, WY

Prenatal program for first time pregnant women

- **Bethany Christian Services of WY**----- 307-214-3051

5200 Ridge Rd., Cheyenne, WY

Free pregnancy counseling. Safe environment to consider your life-affirming options. Financial assistance and connections to long-term resources.

- **Bethel Outreach Ministries** ----- 307-635-7615

314 E 6th St., Cheyenne, WY

Assists recently incarcerated individuals with housing, utilities, food, clothing, jobs, etc.

- **Bethesda Center of Evangelism** ----- 307-638-9585

1517 Walnut Dr., Cheyenne, WY

Hours: M-F 10AM- 3PM

Assists with rent payments, utilities, and motel rooms.

Call to make an appointment.

- **Beverly, Rick (Adult Dental)**----- 307-638-8071

2120 Logan Ave., Cheyenne, WY

- **Big Brothers Big Sisters**

Mentoring services, after-school programs, and family support services for youth ages 5-17.

Cheyenne ----- 307-514-3383

1603 Capitol Ave., Cheyenne, WY

Laramie ----- 307-742-2227

1010 S 6th St., Laramie, WY

Rawlins ----- 307-324-3613

517 W Cedar St., Rawlins, WY

Saratoga ----- 307-326-3222

106 W. Bridge, P.O. Box 1824, Saratoga, WY

- **Bittercreek Apartments** (low-income)----- 307-324-4120

434 E. Hugus St., Rawlins, WY

- **Black Hills Energy** ----- 307-638-3361

1301 W 14th St., Cheyenne, WY

Hours M-F 9AM-5PM

Provides utility assistance. Call for more information.

- **Bold Step Independent Living** ----- 307-721-1589

Carbon Building, Room 151 C, Rawlins, WY

Provides independent living skills for you currently or previously in a court ordered out of home placement

- **Boy Scouts of America: Carbon Co.** ----- 307-328-1634

1609 Nevada, Rawlins, WY

To provide the boys in the community with leadership, skill, development and positive outdoor experiences

- **Boys and Girls Club: Cheyenne** ----- 307-778-6674

515 W Jefferson Rd., Cheyenne, WY

Hours: M-F 10:00AM-7:00PM

- **Boys and Girls Club: Rawlins** ----- 307-324-8905

P.O. Box 2063, Rawlins, WY

After school program for social and personal development skills for boys and girls ages 6-18

- **Bows Town National Hotline**-----1-800-448-3000

-----TDD: 1-800-448-1833

24-hour, short-term, crisis intervention hotline and referral. English, Spanish, and 140+ languages supported.

- **Breastfeeding Success, LLC**----- 307-223-1155
Annette Fogle, IBCLC
- **Brent Eley Foundation** ----- 720-343-2806
11980 E 16th Ave., Aurora, CO
Offers housing and tactical support for families with children; who are traveling to Denver to seek treatment for life threatening cancer.
- **Buffalo Run Residential** (low-income) ----- 307-328-0289
808 W. Buffalo St., Rawlins, WY
One, two and three bedroom apartments to applicants who qualify at less than 50% of area median income.
- **Capital Greens at Harmony Apt.** (low-income) 307-635-7422
940 W College Dr., Cheyenne, WY
Accepts Cheyenne Housing Authority
- **Carbon County Cab, Rawlins**----- 307-324-9442
- **Carbon County Higher Education Center** ----- 307-328-9204
705 Rodeo, Rawlins, WY
Hours: M-Th 8:00AM – 8:00PM, F 8:00AM- 4:00PM
Provides adult basic education, GED tutoring and test site, English as a second language courses, college credit classes through Western Wyoming College and noncredit classes.
- **Carbon County Counseling Center** ----- 307-324-7156
721 W Maple, Rawlins, WY
Mental health and substance abuse programs, emergency services
- **Carbon County Higher Education-Vocation Campus**

812 E Murray, Rawlins, WY ----- 307-328-9274

Hours: M, T, W, TH 8:00AM – 8:00PM, F 8:00AM – 4:00PM

• **Carbon County Memorial Hospital** ----- 307-324-2221

2221 Elm Street, P. O. Box 460, Rawlins, WY

Acute care, extended care, in-patient services (Medical, Surgical, Obstetrics, and ICU), out-patient services (Surgical, Emergency, Children’s Clinic, Urology, Cardiology, Obstetrics, Gynecology, Gastroenterology, Ophthalmology, Audiology and ENT), & home health care services are also available.

• **Carbon County School District #1** ----- 307-328-9200

615 Rodeo P. O. Box 160, Rawlins, WY

Hours: M-F 8:00AM to 5:00PM

• **Carbon County School District #2** ----- 307-326-5271

315 N 1st St., P. O. Box 1530, Saratoga, WY

Hours: M-F 8:00AM to 5:00PM

• **Carbon County Senior Services** ----- 307-328-2863

545 15th St., Rawlins, WY

Senior services, congregate meals, home-delivered meals, bus service (Rawlins/Saratoga). Additional locations in: Saratoga, Baggs, Hanna, Medicine Bow, Dixon, Elk Mountain, Encampment/Sagebrush. Call for other locations.

• **Carbon County Sheriff’s Office** ----- 307-324-2776

415 West Pine, Courthouse, Rawlins, WY

• **Carbon County Transient Concerns** ----- 307-328-4530

P.O. Box 1842, Rawlins, WY

Assist Carbon County residents with food, prescription drugs and other necessary needs. Emergency help & transportation assistance for transients.

- **Carbon County Veterans** ----- 307-324-7156
721 W Maple St., Rawlins, WY

Free counseling for veterans and their immediate family.

- **Carbon County Victim/ Witness Program** ----- 307-328-7713
415 West Pine St., PO Box 190, Rawlins, WY

Assistance for victims of all crimes includes; emergency on-scene crisis response, case status information, notification and orientation to the criminal justice system; impact statements and requests for restitution; applying for crime victim compensation and making appropriate referrals to other agencies in order to obtain additional sources of assistance.

- **Cathedral Home for Children**----- 307-745-8997
4989 N 3rd St., Laramie, WY

Hours: M-F 9:00AM-5:00PM

Dedicated to helping traumatized youth and their families by providing community prevention programs, residential placement, education, and aid for youth transitioning back into society. Residential treatment center for youth, age 12 to 18, including the deaf or hard of hearing, who require a combination of therapeutic, educational, and clinical services in a group care setting.

- Extended Families, Laramie ----- 307-742-3302

515 S 5th St., Laramie, WY

Hours: M-F 9:00AM-5:00PM

Promotes client resiliency and family unity by providing high fidelity wraparound, case management, and life skills training to youth and families within the community. The program is strength based, providing learning opportunities for clients to develop life skills to coordinate service care needs, lessen dependence on professionals, and build upon internal resources and natural supports. Services are free of charge to eligible clients.

Extended Families, Rawlins ----- 307-742-3302

Buffalo Building, Suite 151 C, Rawlins WY

See description above.

Youth Crisis Center, Carbon County----- 307-328-5641

1130 Dailey St., Rawlins, WY

Provides a safe, therapeutic, compassionate, and structured environment for youth while families work through the crisis with them. Shelter care, 24-hour hotline, family support, and group home beds for clients in Department of Family Services care. Carbon County also provides a Diversion Program.

Youth Crisis Center, Laramie ----- 307-742-5936

960 N 5th St., Laramie, WY

See description above. Also houses the Albany County Expelled and Suspended (ACES) voluntary program that helps kids stay on track academically.

• **Catholic Charities of Wyoming** ----- 800-788-4606

Mental health counseling. Diapers, senior housing, homeless youth assistance, etc. Assists with rent

payments, utilities, and other. Confidential adoption and pregnancy counseling.

Cheyenne ----- 307-637-0554

507 E 18th St., Cheyenne, WY

Hours: M-F 8:00AM-5:00PM

Laramie ----- 307-399-0435

2020 Grand Ave., Suite 401, Laramie, WY

Hours: M-F 8:00AM-5:00PM

• **Cathy Gardens** (senior housing) ----- 307-324-3272

548 15th St., Suite 210, Rawlins, WY

• **Cent\$ible Nutrition** -----

Helping families eat better for less, classes designed to help stretch your grocery budget while providing nutritious meals for your family.

Cheyenne ----- 307-633-4383

310 W 19th St., Cheyenne, WY

Hours: M-Th 8:30AM-6:30PM, F 8:30AM-5PM

Rawlins ----- 307-328-2642

UW Carbon County Extension Office

Carbon Bldg, Room 393, Rawlins, WY

Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).

University of Wyoming Cooperative ----- 307-766-5375

<https://www.facebook.com/UWCNP/>

• **Cheyenne Family YMCA** ----- 307-634-9622

1426 E Lincolnway, Cheyenne, WY

Hours: M-F 5AM-9PM, Sat. 7:00AM-8:00PM, Sun. 12:00-4PM

• **Cheyenne Housing Authority** -----

Housing assistance (Section 8 subsidized and public housing). Apply online or in person. Will not allow most felonies- violent offenders, drug offenders, sexual assault, or registered sex offenders. www.cheyennehousing.org

Cheyenne ----- 307-633-8333

3304 Sheridan Ave., Cheyenne, WY

Hours: M T Th F 8:30AM-5:00PM, W 8:30AM-12:00PM

Laramie ----- 307-745-4409

1264 N 4th St., Laramie, WY

Hours: M W F 9AM-4PM, Closed 12-1PM; T Th 1-4:30PM

- **Cheyenne North Apartments** (low-income)----- 307-778-8385
4941 King Arthur Way, Cheyenne, WY

Income Based. Will not allow violent offenders, drug offenders, sexual assault, or registered sex offenders.

- **Cheyenne Respite Program** ----- 307-286-1205
P.O. Box 254, Cheyenne, WY

- **Cheyenne Station Apartments** (low-income) --- 307-778-4196
1607 Taft Ave., Cheyenne, WY

Income Based. Will not allow violent offenders, drug offenders, sexual assault, or registered sex offenders.

- **Cheyenne Transit Program** ----- 307-637-6253
322 W Lincolnway, Cheyenne, WY

- **C.H.I.L.D. Associations** ----- 307-742-3370
Home daycare referrals.

- **Child Support Enforcement** ----- 307-777-6948
<http://dfsweb.wyo.gov/child-support-enforcement>

Works to find parents, establish paternity, child support/medical support, and enforce or modify the same. \$25 application fee.

- **Child Support Services of Wyoming** -----

Services include locating the non-custodial parent and custodial parent, establishing paternity, issuing court orders for child and/or medical support, collection of child support, enforcement of support obligations.

Cheyenne ----- 307-635-3365
2020 Carey Ave., Suite 601, Cheyenne, WY

Laramie ----- 307-742-5688
1771 Centennial Dr., Suite 210, Laramie, WY
- **Children, Youth, & Family (CYF)** ----- 970-498-7000

200 W Oak St., Fort Collins, CO

Works with children who are at risk of being abused or have been abused or neglected. Also with children who are beyond their parent's control, have delinquent behavior, and/or have violated the law. CYF has a number of specialized programs devoted to serving the children and families of Larimer County.
- **Children's Dentistry** ----- 307-742-5437

2710 E Harney St., Suite 102, Laramie, WY

New patients accepted up to the age of 17 years old.
- **Children's Special Health Services** ----- 800-438-5795
- **Cimmaron Village (Mobile Home Park)** ----- 307-632-0722

300 E Prosser Rd., Cheyenne, WY
- **Climb Wyoming** -----

Helping low-income single mothers on their path to economic self-sufficiency. Programs that train and place women in demand occupations and careers.

www.climbwyoming.org

Cheyenne ----- 307-778-0094

123 17th St., Cheyenne, WY

Laramie ----- 307-742-9346

217 S 1st St., Suite 3, Laramie, WY

• **Clinic for Mental Health and Wellness**

504 S 4th St., Laramie, WY ----- 307-755-1000

All ages, couples & families; anxiety and depression,
behavior therapy for children and adolescents.

• **Clothing Cottage of St. Matthew's** ----- 307-745-0625

310 University Ave., Laramie, WY

Hours: T-F 10AM-5:30PM, Sat 12PM-4PM

Inexpensive clothing, shoes, and accessories for families
as well as vouchers.

• **Colorado Legal Services** ----- 970-493-2891

Provides access to high quality, civil legal services to
low-income persons in Colorado. Helps with public
benefits/government programs, unemployment,
Medicaid, Food Stamps, TANF, childcare assistance,
Social Security disability, eviction prevention, public
housing/Section 8, and utility disconnections.

• **COME Homeless Shelter** ----- 307-632-3174

1504 Stinson Ave., Cheyenne, WY

Emergency shelter serving men, women, and families.
Also assists travelers passing through Cheyenne with
food, gas, and bus tickets.

• **Community Action** ----- 307-635-9291

211 W 19th St., Cheyenne, WY

• **Connemara Apartments (low-income)**----- 307-755-5000

2110 Binford St., Laramie, WY

Hours: M-F, 10AM-3PM

- **COVE (Family Violence Program)** ----- 307-324-7071
415 West Buffalo St., Rawlins, WY---- Hotline: 1-800-705-7993
Crisis Intervention support services for victims of domestic violence and substance abuse, emergency shelter services and clothes, legal support and referrals.
- **Crossroads Clinic** ----- 307-632-8064
100 Central Ave., Suite 100, Cheyenne, WY
- **Crossroads Safehouse** ----- 970-482-3535
421 Parker St., Fort Collins, CO Hotline: 1-888-541-7233
Hours: 24 hours a day, 7 days a week for those in need
Located between Peterson and Whedbee on Parker St, one block south of Prospect Ave. Parking is available on Parker.
- **Dad’s Making a Difference** ----- 307-777-3717
1510 E Pershing Blvd., Cheyenne, WY 307-777-3639
- **DBL Holdings (Mobile Home Park)** ----- 307-778-4999
1508 S Greeley Hwy, Cheyenne, WY
- **Department of Family Services (DFS)**-----
Child protection, Supplemental Nutrition Assistance Program (SNAP), child support enforcement, Medicaid, adoption, foster care, financial and social services.
Childcare assistance for eligible families; recruitment of foster parents.

Cheyenne ----- 307-777-7564
2300 Capitol Ave., Cheyenne, WY
Hours: M-F 8:00AM-5:00PM

Laramie ----- 307-745-7324
3817 Beech St., Suite 200, Laramie, WY
Hours: M-F 8:00AM- 5:00PM

Fort Collins ----- 970-498-6990

1501 Blue Spruce Dr., Fort Collins, CO

Rawlins ----- 307-328-0612

215 W Buffalo, Suite 359, Rawlins, WY

- **Destiny Church** ----- 307-634-4657

711 Warren Ave., Cheyenne, WY

Hours: M-F 9AM-3PM

Clothing and some house items available.

- **Developmental Preschool & Daycare**----- 307-742-6374

715 E Shields St., Laramie, WY

Childcare for children from birth through 9 years old.

Sliding scale fee based on income. Early intervention services offered i.e., special education and speech-language, occupational and physical therapy screenings and hearing and vision screenings for all children residing in the Laramie community.

- **Disabled American Veterans (DAV)**----- 307-778-7577

Free rides to/from the Cheyenne VA Medical Center.

- **Division of Vocational Rehab** ----- 307-777-7364

1510 E Pershing Blvd., Cheyenne WY

- **Douglas Scambler, PhD** ----- 307-460-0120

504 S 4th St., Laramie, WY

Infants, toddlers & children; Autism, developmental displays, ADHD, anxiety, depression & behavioral problems.

- **Downtown Clinic**----- 307-745-8445

611 S 2nd St., Laramie, WY

Hours: T 9AM-3PM (primary care), 5-6PM (Rx refill pickup)

W 2:00-7:00PM (primary care/counseling clinics)

4th W 5:00-7:00PM (legal clinic)

Th 9AM-1PM (nursing clinic, lab & Rx pick-up)

- Free non-emergency healthcare for men/women who do not qualify for Medicaid/Medicare, VA Benefits, or other health insurance coverage. Must meet income guidelines. Smoking cessation and specialty clinics also available.
- Legal Clinic: Divorce/custody; landlord/tenant issues; debt/consumer problems. No traffic violations or criminal matters. No appointment necessary.

Call **Equal Justice Wyoming** for more information.

- **Element Church** ----- 307-635-1316
600 E Carlson St., Suite 201, Cheyenne, WY
Hours: M-Th 10AM-4PM

Gas card or some food for non-members available.

- **Encampment Police Department** ----- 307-327-5909
P. O. Box 633, Encampment, WY

- **Energy Basin Clinic** ----- 307-325-6596
1008 Feldspar Ct., Hanna, WY

Provides medical care through outpatient clinic

- **Energy Share Program** ----- 877-461-5719
1401 Parkway, Suite 300, Cheyenne, WY

Emergency assistance with energy bills to avoid disconnects. Available Dec.-May, subject to funding.

- **Eppson Center for Seniors** ----- 307-745-5116
1560 N 3rd St., Laramie, WY

Provides lifelong support for independent living through programs that enhance seniors' quality of life. Low-cost opportunities to improve social integration, creativity,

nutrition, physical well-being. Provides transportation, information, and in-home services.

- **Equal Justice Wyoming** -----1-877-432-9955

www.legalhelp.wy.gov

307-777-8383

Hours: M-F, 9AM-4PM

Statewide legal services hotline. Help eligible WY residents connect with legal resources and find ways to address their legal needs including support/resources for those representing themselves in court.

- **Excel Preschool** ----- 307-326-5839

204 W Spring, Saratoga WY

Providing screening, developmental services, preschool, family services, and referrals. Ages birth -5 years.

- **Family Care Clinic** ----- 307-745-0085

504 E Lyons St., Laramie, WY

- **Family Harvest Church** ----- 307-638-8880

320 W 23rd St., Cheyenne, WY

Hours: M-Th 9:30 - 11:30AM

Hotel (1 night) & food cards available. Call for an appointment.

- **Family Physicians of Laramie** ----- 307-742-3242

2710 E Harney St., Suite #202, Laramie, WY

MD, APRN, FNP-C

- **Family Promise**-----

A community response to homeless families with children. Shelter, meals, and supportive services to help families achieve sustainable independence.

Albany County----- 307-742-6480

215 S 11th St., Laramie, WY (United Presbyterian Church)

Cheyenne ----- 307-772-8770

2950 Spruce Dr., Cheyenne, WY

- **Feeding Laramie Valley** ----- 307-223-4399

968 N 9th St., Laramie, WY (LaBonte Park)

Hours: M-F 9AM-4PM; Sat 10AM-Noon (summer only)

Fresh food sharing: collection and distribution to individuals, families, and organizations. Community gardening: installation, sponsorship, coordination and mentoring.

- **Fire Department (emergency)**----- Dial 911

Non-emergency----- 307-721-5332

209 S 4th St., Laramie, WY

- **First Baptist Church** ----- 307-632-9334

1800 E Pershing Blvd., Cheyenne, WY

Hours: M-F 9AM-4PM

Provides food boxes 1x/per week. Please bring photo ID verifying residency.

- **First Christian Church** ----- 307-634-7878

219 W 27th St., Cheyenne, WY

Call for appointment. Gas vouchers available.

- **First Presbyterian** ----- 307-638-3345

220 W 22nd St., Cheyenne, WY

Utility assistance of \$100 or less.

- **First United Methodist Church** ----- 307-632-1410

108 E 18th St., Cheyenne, WY

Hours: M-F 9AM-3PM

Hotel (1 night) & food cards available

- **Fort Collins Rescue Mission** ----- 970-224-4302

316 Jefferson St., Fort Collins, CO

- **Foster Grandparent Program** -----

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.

Cheyenne ----- 307-634-1265

510 W 29th St., Cheyenne, WY

Laramie ----- 307-223-1051

968 N 9th St., Laramie, WY
- **Food Bank for Larimer County** ----- 970-493-4477

1301 Blue Spruce Dr., Fort Collins, CO
- **Fox Farm Townhomes Apt.** (low-income) ----- 307-514-2633

515 W Prosser Rd., Cheyenne, WY

Min. & Max. income. Qualifications apply.
- **Frontier Apartments** (low-income)----- 307-274-0565

1901 Central Ave., Cheyenne, WY

Studios and 1 bedroom apartments. Utilities included.
- **Frontier United Methodist Church** ----- 307-778-3098

1888 E 4th Mile Rd., Cheyenne, WY

Hours: M-F 9AM-2PM

Rent and utility assistance: \$100 or less.
- **Gentle Touch Dentistry** (Adult Dental) ----- 307-632-0565

219 E 20th St., Suite 440, Cheyenne, WY
- **Goodwill: Cheyenne** ----- 307-634-0823

612 W 17th St., Cheyenne, WY
- **Goodwill: Laramie** ----- 307-460-9566

1575 N 4th St., Laramie, WY

Hours: M-Sat 9AM-9PM, Sun 10AM-9PM

- **Grace for 2 Brothers**----- HOTLINE: 1-800-273-8255
----- Text WYO to 741741
1607 Capitol Ave., Suite 330, Cheyenne, WY----- 307-256-3344
Suicide prevention through awareness and education.
- **Grace United Methodist Church** ----- 307-634-7472
2950 Spruce St., Cheyenne, WY
IFS Program. Call 307-772-8770
- **Grand Avenue Urgent Care** ----- 307-760-8602
3236 E Grand Ave., Suite B
- **GreenPath Debt Solutions** ----- 307-922-0887
2232 Dell Range Blvd., Suite 316, Cheyenne, WY
- **GreenRide Airport Shuttle** (for DIA) ----- 307-459-4433
Shuttle service to or from Denver International Airport.
- **Greyhound Bus Station, Laramie** -----800 231-2222
Diamond Shamrock, 1952 Banner Rd, Laramie, WY
Located in West Laramie off Curtis St., near the Best
Western and Super 8 Motel. Tickets can ONLY be
purchased by phone or online. No tickets are sold by the
gas station. Times vary based on ticket purchase.
www.greyhound.com
- **Hanna Housing Authority** (low-income) ----- 307-325-9054
2021 Beryl Dr., Hanna, WY
- **Hanna Marshall's Office** ----- 307-325-9444
301 S Adams, Hanna, WY
- **Hanna Recreation** ----- 307-325-9402
8000 Highway 72, Hanna, WY
Hours: M-F 7-11AM, 3-11PM, Sat 1-8:30PM
25-yard indoor pool, hot tub and sauna, racquetball,
aerobics, weight room, gyms for basketball, coed softball,

soccer, coed volleyball, Utah Jazz Jr. basketball, cardio vascular equipment.

- **Head Start of Laramie** ----- 307-742-6792
365 W Grand Ave., Laramie, WY (Laramie Community Ctr.)
Free early childhood education (preschool) program for children ages 3-5; priority given to low-income families or those with high risk factors. Applications accepted year-round.
- **Healthworks Pharmacy** ----- 307-635-3618
2508 E Fox Farm Rd., Suite 1A, Cheyenne, WY
Hours: M-F 8:30AM- 5:30PM
Sliding scale fee on medications and medical assistance.
- **Healthy Communities Medicaid/CHP+ Outreach Program**
1525 Blue Spruce Dr., Fort Collins, CO ----- 970-498-6754
Helping families with children under age 21 and pregnant women apply for Medicaid and/or the Child Health Plan Plus (CHP+). Also helps families on Medicaid/CHP+ understand benefits and find medical, dental, vision, mental health, and specialty services.
- **Heart to Heart Pregnancy Center** ----- 307-745-3444
----- Emergency: 1-800-712-HELP
920 E Sheridan St., Laramie, WY
Christian ministry providing free pregnancy testing and ultrasounds, unplanned pregnancy and post-abortion grief counseling, and adoption referral. Infant clothing, diapers, and car seats can be earned by attending parenting classes.
- **Hilde Project** ----- 307-760-1482
104 S 4th St., Laramie, WY

Empowering women to achieve self-sufficiency through education, skill development, and mentoring. Currently offering classes to help women develop sewing skills.

- **Hospice of Laramie**----- 307-745-9254
1754 Centennial Dr., Laramie, WY
Bereavement services.
- **House of Neighborly Service, Loveland**----- 970-667-4939
Emergency services to individuals and families.
Assistance with utility bills up to \$100.
- **Interfaith Family Support** -----307-772-870
2950 Spruce Dr., Cheyenne, WY
- **Interfaith-Good Samaritan** ----- 307-742-4240
710 Garfield St., Room 127, Laramie, WY (Civic Center)
Hours: M-F 11AM-6PM, open to 8PM T W; Sat 12-2PM
 - Emergency shelter, food, and financial assistance toward partial rent, utility payments, gasoline, and prescription drug costs (limited basis). Assists with travel costs in town via the P.A.T.S. bus, as well as emergency bus tickets out of town. Budgeting and coping classes.
 - Food Pantry: personal hygiene items, paper goods, diapers, baby food, winter outerwear, and blankets.
USDA Food Commodities, call for schedule
- **Iverson Memorial Hospital**----- 307-742-2141
255 N 30th St., Laramie, WY
 - Behavioral Health ----- 307-755-4370
 - Crisis Intervention (24-hr Crisis Line) ----- 307-742-0285
 - Emergency Room ----- 307-755-4406
 - Sexual Assault & Forensic Nurse Program
 - Family Care ----- 307-755-4710

- Family Medicine, (DO)----- 307-460-9497
 204 McCollum St., Suite 102, Laramie, WY
- Internal Medicine, (MD)----- 307-745-8999
 3116 E Willett Dr., Laramie, WY
- Pediatric & Family Care, (MD, DNP)----- 307-755-4540
- **Jason’s Friends Foundation**----- 307-235-3421
 340 West B St., Suite 101, Casper, WY
 Non-medical assistance (travel/financial) for families of children with brain/spinal cord tumors & other childhood cancer/ Provides advocacy, financial help & encouragement (for children under 21 years old and parent must be a resident of Wyoming).
 - **JoAnn Chavez (low-income)**----- 307-328-4540
 P.O. Box 953, Rawlins, WY
 Section 8 Rental Assistance.
 - **Job Corps** ----- 307-632-3656
 1510 E Pershing Blvd., #1028, Cheyenne, WY
 - **Journeys LLC**----- 307-240-2973
 920 E Sheridan St, Suite B, Laramie, WY
 Licensed Professional Counselor (MS, LPC, NCC)
 - **LaLeche League: Cheyenne**-----
 1st Thurs., 6:30PM, location varies
 Support group for breastfeeding mothers.
www.facebook.com/La-Leche-League-of-Laramie-County-599719160039151/
 - **LaLeche League: Fort Collins** -----
www.fortcollinslll.org
 - **Laramie Chamber Business Alliance** ----- 307-745-7339
 800 S 3rd St., Laramie, WY

Information on Laramie businesses, education, activities, recreation, etc.

- **Laramie County Community College (LCCC)** -----
Albany County Campus----- 307-721-5138
1125 Boulder Dr., Laramie, WY
Wide range of certificate and Associate Degree programs. College preparation, general education courses, and a selection of academic and career/technical degree programs available. The Teaching and Learning Center offers adult basic education/GED, basic computer skills, English for speakers of other languages and career skills.
Main Campus ----- 307-778-5222
1400 E College Dr., Cheyenne, WY
Dental Clinic (Adult Dental) ----- 307-778-1141
Low cost cleaning and exams from \$16 - \$44.
Call for appointment
Transitional Services----- 800-522-2993
- **Laramie County Family Planning** ----- 307-633-4040
100 Central Ave., Cheyenne, WY
- **Laramie County Head Start** ----- 307-634-5829
711 Warren Ave., Cheyenne, WY
- **Laramie County School District** ----- 307-771-2100
2810 House Ave., Cheyenne, WY
- **Laramie County Senior Center** ----- 307-635-2435
2101 Thomes Ave., Cheyenne, WY
- **Laramie Dance Center**----- 307-742-6767
All ages welcome. www.laramiedancecenter.com
- **Laramie Dental Arts** (Family Dental)----- 307-745-5020
352 N 4th St., Laramie, WY

Hours: M T Th 8AM-4PM, W 8AM-6PM, F 8AM-1PM

- **Laramie Fire Department**----- 307-721-5332
209 S 4th St., Laramie, WY 82070

Installation of infant and youth car seats. Instruction on safe usage & updates information on car seat recalls.

- **Laramie Foster Closet** ----- see below
Storage Container at First Christian Church, 2130 Garfield St.
Appointment Only

For Licensed Foster Families in Albany County, only.

Contact DFS representative Briana Montoya

- **Laramie Ice & Event Center** ----- 307-721-2161
3510 Garfield St., Laramie, WY

www.ci.laramie.wy.us

- **Laramie Lions Club**
P.O. Box 716, Laramie, WY
www.laramielions.org

Vision/eyeglasses assistance. Pick up application at any eye doctors office or Department of Family Services.

- **Laramie Pediatrics, (MD, FNP)**----- 307-745-3704
1252 N 22nd St., Laramie, WY

- **Laramie Physicians for Women & Children**---- 307-745-8991
2710 Harney St., Suite 100, Laramie, WY

(MD, PNP, FNP, IBCLC)

Children's Clinic----- 307-721-3118

- **Laramie Plains Civic Center**----- 307-745-8000
710 Garfield, Laramie, WY

Gyms available for recreational opportunities. Call for more information.

- **Laramie Plains Museum**----- 307-742-4448

603 Ivinson Ave., Laramie, WY

Tours of the Victorian Mansion and Carriage House.
Guided tours last approximately one hour. Extended
summer hours.

- **Laramie Police Department (emergency)**----- Dial 911
Non-emergency (24/7) ----- 307-721-2526
620 E Plaza Ct., Laramie, WY
- **Laramie Public Art Coalition** ----- 307-223-5722
Free public art tours and presentations. Call for schedule.
- **Laramie Recreation Center**----- 307-721-5269
920 Boulder Dr., Laramie, WY
 - Classes and recreational opportunities for children and adults. Indoor/outdoor leisure pools, gymnasium, exercise equipment, indoor playground, teen center. Special activities planned throughout the year. Childcare available during certain times for a fee. Call for schedules and registrations. www.ci.laramie.wy.us
 - School Age Child Care (SACC): Safe and supervised after-school program offered during the school year to children K-6 grade. Sliding fee scale based on income and family size.
- **Laramie Reproductive Health** ----- 307-745-5364
1252 N 22nd St., Laramie, WY
Reproductive health care; contraception; STD education, rapid HIV testing; pregnancy testing & counseling; birth control education; contraceptive supplies. Peri-menopausal counseling and services. Breast cancer screening. Sliding fee scale, free/reduced cost services on certain days, or insurance can be billed.

- **Laramie Senior Housing**----- 307-721-5915
404 S 30th St., Laramie, WY
- **Laramie Soup Kitchen** ----- 307-460-1609
Lower Level of St. Matthews Episcopal Cathedral
3rd St. & Ivinson Ave., Laramie, WY
Hours: M-F 8:00AM-2:00PM; Lunch 10:30AM-1:30PM
Nutritious meals, opportunities for social interaction, and local resource information. All are welcome to enjoy meals at no cost in our friendly and safe environment.
- **Laramie Square Apartments (Senior Housing)** 307-745-5116
1560 N 3rd St., Laramie, WY
Section 8 housing for seniors.
- **Laramie Suicide Prevention Hotline**----- 307-977-7777
----- TALK or TEXT
- **Laramie Swim Club**----- 307-742-0017
Swimming club for children ages 3 through high school.
- **Legal Aid of Wyoming**----- 877-432-9955
1813 Carey Ave., Cheyenne, WY ----- 307-432-0807
Hours: M-F 9AM – 4PM
Free legal representation to those who qualify
- **Levemir (Insulin Detemir)**----- 866-310-7549
Levemir.com
Works with clients on cost & payment for insulin.
- **Lexington Hills Apartments** (low-income) ----- 307-635-9191
514 Desmet Dr., Cheyenne, WY
Accepts CHA
- **LifeChoice** ----- 307-632-6323
623 W 20th St., Cheyenne, WY
Hours: M T 10:00AM – 4:00PM, W 12:00 - 6:00PM

Pregnancy resources available

- **Lorenz Family Dentistry**----- 307-635-5560
2200 Logan Ave., Cheyenne, WY
Children under 18, call to see how you qualify. Medicaid for adults will cover emergency extractions only.
- **Low-Income Energy Assistance (LIEAP)** ----- 800-246-4221
lieapinfo@thealignnteam.org
Heating and free home weatherization assistance.
Apply from Oct. 1- Feb. 28
- **Low-Income Taxpayer Clinic** -----1-877-432-9955
Assistance through **Legal Aid of Wyoming, Inc.** for low-income clients who have a dispute with the Internal Revenue Service.
- **LS Counseling** ----- 307-324-8820
1800 Edinburgh St., Rawlins, WY
Psychoeducational and counseling business that offers clinically comprehensive services
- **Meals on Wheels** ----- 307-635-5542
2015 S Greeley Hwy, Cheyenne, WY
- **Medicaid Travel Assistance** -----1-800-595-0011
https://wymedicaid.portal.conduent.com/client/Travel_Assistance.html
Travel authorization call center. Possible reimbursement for travel to medically necessary appointments. Must be on Medicaid.
- **Medicine Bow Health Center** ----- 307-379-2222
514 Idaho, P.O. Box 37, Medicine Bow, WY
Hours: M-F 9:00AM-5:00PM
Provides medical care through an outpatient clinic
- **Mothers of Preschoolers (MOPS)**----- 360-362-2717

Snowy Range Evangelical Free Church

2552 N 15th St., Laramie, WY

Hours: 1st & 3rd Thurs., 9:00-11:00AM; childcare 8:45AM

September through May

- **Mountainside Apartments** (low-income) ----- 307-772-4800

4109 Pershing Blvd., Cheyenne, WY

Credit check is required for all. Adult-fees apply.

Applicants must qualify through Affordable Housing Program.

- **Narcotics Anonymous** ----- 307-742-8121

1215 E Gibbon St., Rm. 116, Laramie, WY

Hours: T W at 7:00PM; F at 8:00PM; Sun at 7:00PM

Support group for people in recovery from narcotics abuse.

- **National Acupuncture Detoxification Association (NADA)**

Free Stress Relief Clinics----- 307-460-2771

Ear acupuncture to help relieve stress, increase calmness, reduce anxiety, have better sleep, and reduce cravings for tobacco, drugs and alcohol. People can come to clinics as often as they would like. Always free of charge.

Inner Balance Healing Center

312 E Custer, Laramie WY, Hours: M 12:00-1:00PM

Albany County Public Library

310 S 8th St., Laramie WY, Hours: T 12:00-1:00PM

A Better Way Counseling & Consulting

121 Grand, Suite 216, Laramie WY, Hours: Th, 5:30-6:30PM

Pendley & Associates

1277 N 15th St., Laramie WY, Hours: F 12:00-1:00PM

Fire Station #2 Community Room

1558 N 23rd St., Laramie WY, Hours: Sat, 10:00-11:00AM

- **National Helpline** ----- 1-800-662-HELP (4357)
Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **National Suicide Prevention Lifeline**-----1-800-273-8255
----- Text WYO to 741741
- **Needs, Inc.** ----- 307-632-4132
900 Central Ave., Cheyenne, WY
Access to emergency food, clothing, school supplies, and some household items once a month. Must reside within Laramie County (please provide verification), photo ID, BC, SSC, and proof of income.
- **NU2U 307-742-3979**
320 S 5th St., Laramie, WY
Hours: M-Sat 10AM-7PM, Sun 10AM-5PM
Adult and children’s clothing, accessories, and maternity clothes. Also used furniture.
- **Pathfinders** ----- 800-621-5489
1920 Thomas Ave., Suite 300, Cheyenne, WY
Drug Rehabilitation
- **Pathways Mental Health Professionals** ----- 307-721-0700
1575 N 4th St., # 103, Laramie, WY
Hours: M-F 8AM-5PM
Counseling for children, adolescents, adults, couples, and families. Psychiatric medication management.
Medicaid & Medicare accepted.
- **P.A.T.S** ----- 307-745-1511

(Public Assistance Transportation System)

1560 N 3rd St., Laramie, WY

Hours: M-F, 8AM-4PM, Sat, 9AM-1PM

Public transportation for senior citizens, the disabled, and the transportation disadvantaged. Call at least 24 hours ahead for an appointment, or catch city-wide bus at designated stops.

- **Peak Wellness Center** -----
24- hour personal crisis/suicide hotline; individual, family, and group counseling; substance abuse program, adult rehabilitation, support groups; counseling for eating disorders. Sliding fee scale.
Cheyenne ----- 307-634-9653
2526 Seymore Ave., Cheyenne, WY
Laramie ----- 307-745-8915
1263 N 15th St., Laramie, WY
Hours: Clinic M-F 8AM-8PM; Walk-in M-F 9AM-3PM
Anger Management Group: Domestic abuse counseling for abusive partners/spouses
- **Pediatric Dentistry: Cheyenne**----- 307-778-7100
1439 Stillwater Ave., Suite 7, Cheyenne, WY
Medicaid for children under 19 years accepted.
- **Pediatric Dentistry: Laramie** ----- 307-745-5055
204 McCollum Dr., Suite 103, Laramie, WY
Sees through the age of 18.
- **Pendley & Associates**----- 307-742-6222
1277 N 15th St., Laramie, WY
Infants, toddlers, child, adolescent, adult, couples and family counseling. Healing, maintaining wellness & life

renewal services. Therapists trained in many specific healing and wellness modalities.

- **Platte Valley Medical Center** ----- 307-326-8381
P. O. Box 650, Saratoga, WY
Hours: M-F 9AM-5PM, 24 Hour emergency services.
Provides medical care through outpatient clinic
- **Premium Health at Home** ----- 307-745-8710
1277 N 15th St., Laramie, WY
CNA's, RN's, Physical Therapy, Psychiatric Services
- **Prevent Child Abuse Wyoming** ----- 307-637-8622
1401 Airport Pkwy, Suite 225, Cheyenne, WY
Coordinating prevention efforts in Wyoming to reduce incidents of child neglect, physical, emotional, and sexual abuse.
- **Prevention Management Organization of WY**- 307-684-7933
777 Fort St., Suite A, Buffalo, WY
Provides communities with the resources, tools and support they need to achieve their prevention goals.
Offices statewide; check website for locations.
- **Project Prevention** ----- 307-328-3969
P.O. Box 1213, Rawlins, WY
Provides prevention Information on Alcohol, Tobacco and other Drugs.
- **Project Reach Preschool** ----- 307-324-9656
1801 Edinburgh, Rawlins, WY
Providing screening, developmental services, preschool, family services and referrals. Ages birth through 5 years.
- **Protection and Advocacy System, Inc.** ----- 307-632-3496
7344 Stockman St., Cheyenne, WY

www.wypanda.com

Protecting the rights of persons with disabilities.

- **Public Health** -----
 - Albany County ----- 307-721-2561
609 S 2nd St., Laramie, WY
Hours: M-F 8:00–11:30AM, 1:00–5:00PM
 - Services for children up to the age of 19 with developmental delays, generic problems, chronic ear infections, etc. Program assists in finding and paying for medical care and transportation as well as connecting individuals and families with community resources.
 - Free Assistance to nursing mothers provided by trained lactation educators. Home visits as needed.
 - Immunizations for adults and children, strep testing, and STI testing.
 - Maternal and Child Health Services:
Best Beginnings/Welcome Home/Nurse Family Partnership. Early pregnancy information, presumptive Eligibility for Equality Care (financial assistance for eligible pregnant women).
 - Carbon County - Rawlins ----- 307-328-2607
215 West Buffalo, Room 136, Rawlins, WY
 - Carbon County - Saratoga ----- 307-326-5371
201 S River St., Saratoga, WY
 - Laramie County ----- 307-633-4000
100 Central Ave., Cheyenne, WY
- **Quality Home Health** ----- 307-742-9035
2523 Garfield, Suite D, Laramie, WY

Provides minimal skilled nursing services; CNA's/
HCBS/DD Waiver/ Private Insurance. 24-hour care.

- **Rainbow Vista Apartments** (low-income) ----- 307-745-5044
2111 Rainbow Ave., Laramie, WY
- **Rawlins Animal Shelter** ----- 307-328-4534
2711 E Murray, Rawlins, WY
- **Rawlins C.A.T.S. Bus** ----- 307-320-5267
City Hall, Rawlins, WY
Provides transportation to residents of Rawlins
- **Rawlins Clinic** ----- 307-324-2294
1906 E Cedar, Rawlins, WY
Hours: M-F 8AM-6PM
Urgent Care, Occupational Medicine & Testing -
OccMed, Mental Health, Women's Health, Cardiology
- **Rawlins Emergency Management** ----- 307-328-2750
924 3rd St. Rawlins, WY
Public information, search and rescue, preparedness tips,
homeland security and WY disaster readiness.
- **Rawlins Family Recreation Center** ----- 307-324-PLAY
1616 Harshman St., Rawlins, WY
Hours: M-Sat 5:30AM-9:30PM, Sun 12-6PM
Racquetball, Volleyball, Handball, Aerobics classes,
Weight Room, Basketball, Indoor tennis, Indoor shooting
range, Soccer, Softball, Football, Baseball. Seasonal
leagues and tournaments are available.
- **Rawlins Police Department** ----- 307-328-4530
21 5th St., Rawlins, WY

Victim Assistance: Helping victims cope with the crisis at hand. An advocate for witnesses and victims in the criminal justice system.

- **Recover Wyoming** ----- 307-421-7261
122 W Lincolnway, Cheyenne, WY
Addiction Support
- **Retired Senior Volunteer Program (RSVP)** ---- 307-633-8333
3304 Sheridan St., Cheyenne, WY
- **River Run Apartments (low-income)**----- 307-742-6393
1228 S 17th St., Laramie, WY
- **Rocky Mountain Power** ----- 888-221-7070
Partners with families for utility assistance.
- **Ronald McDonald House** ----- 303-832-2667
1300 E 21st Ave., Denver, CO
“Home away from home”- temporary lodging facility for families of hospitalized children under age 18.
- **Safe 2 Tell Wyoming** -----1-844-996-7233
www.safe2tellwy.org
Statewide bystander tip-line for confidentially reporting concerns in Wyoming. Answered by the Wyoming Highway Patrol communications center.
- **SAFE Project** -----HOTLINE: 307-745-3556
319 S Lincoln (office)----- 307-742-7273
108 Knight Hall, UW Campus office ----- 307-766-3434
24-hour hotline; crisis intervention; options counseling; referral services; emergency food and shelter for victims of domestic violence, sexual assault, stalking, child abuse, or elder abuse.
- **Safe Ride** ----- 307-766-7433

Laramie, WY

TH to SAT, nights

- **Salvation Army**-----
Cheyenne ----- 307-634-2769
 601 E 20th St., Cheyenne, WY
 Food: T-W 9AM-12PM, Lunch: 12PM daily, Hygiene: M-F 9AM-3PM, Rent/Utilities: Eviction or shut off notice required (limited), Energy Share: October-April.
Laramie ----- leave a message: 307-399-8750
 ----- laramie.salvation.army@gmail.com
 Lower Level of St. Matthews Episcopal Cathedral
 3rd St. & Ivinson Ave., Laramie, WY
 Hours: F 10:30AM – 1:00PM
 Assists with utility payments.
- Fort Collins ----- 970-207-4472
 3901 S Mason St., Fort Collins, CO
- Rawlins ----- 307-324-4951
 1801 Edinburgh, Rawlins, WY
 Provides assistance with food, clothing, travel and shelter. Also provides Senior Citizen prescriptions.
- **Season’s Psychiatric Clinic** ----- 307-755-6463
 311 S 2nd St., Laramie, WY
 Serving children, families and young adults
- **Sexual Assault Services & Safehouse** ----- 307-637-7233
 3001 Pershing Blvd., Suite 140, Cheyenne, WY
- **Shandon Park Apartments** (low-income) ----- 307-324-8422
 3020 Lerwick Dr., Rawlins, WY
- **Snowy Range Consulting, LLC**----- 307-745-5414
 526 S Regency Dr., Laramie, WY

Mark Watt, PhD, JD

All ages including older adults; forensic ADHD and educational assessment.

- **Snowy Range Health Center** (APRN) ----- 307-460-9888
2523 E Garfield St, Suite B, Laramie, WY 82070
- **Social Security Administration**----- 800-772-1213
3001 Pershing Blvd., Suite 140, Cheyenne, WY
Federal disability benefit application
- **South Central WY Health Care & Rehabilitation**
542 16th St., Rawlins, WY ----- 307-324-2759
Hours: M-F 8:00AM-5:00PM
Eligibility: Medicare, Medicaid, etc.
Provides a warm, homelike atmosphere, with nursing, rehab, social and support services including daycare, respite care, and short term and long term stays for adults who need nursing home care.
- **St. Christopher's Episcopal** ----- 307-632-4488
2602 Deming Blvd., Cheyenne, WY
Hours: F 8:30- 11:30AM
Weekly Food Assistance. No ID required.
- **St. Joseph's Catholic Church** ----- 307-634-4625
603 House Ave., Cheyenne, WY
Hours: M-F 10:00AM-4:00PM
Rent and utility assistance \$100 or less. Provides food boxes 1x/per week. Must provide ID with local address or other document to verify address.
- **St. Matthew's Episcopal Cathedral**----- 307-742-6608
104 S 4th St., Laramie, WY
Hours: M & F 8:00AM - 2:00PM

Offers various resource assistance programs.

Call for an appointment.

- **St. Mary's Cathedral** ----- 307-635-9261
100 W 21st St., Cheyenne, WY
Hours: M-F 9:00AM-3:00PM
Rent and utility assistance provided. Sack Lunches
Monday - Saturday 9:00AM-11:00AM.
- **St. Paul's Newman Center** ----- 307-745-5461
1800 E Grand Ave., Laramie, WY
Hours: T F 10:30AM - 11:30PM
Offers various resource assistance programs up to \$100
per month. Call for an appointment.
- **St. Thomas Episcopal Church** ----- 307- 324-5447
508 West Pine, Rawlins, WY
Provides gas, oil, food and lodging on a limited basis.
- **St. Vincent De Paul Society** ----- 307-324-7002
219 W Pine P.O. Box 1654, Rawlins, WY
Families in need can request one food box per month.
Transient bags for persons in need who are traveling
through Rawlins - distributed by the Rawlins Police
Department. Basic items for residents of the local nursing
home who qualify.
- **Stagecoach Apartments** (low-income) ----- 307-328-1069
715 Washington St., Rawlins, WY
- **Step-by-Step Family Therapy**----- 307-221-3707
Laramie, WY
Infant/toddler mental health, to age 8. Families with
young people and children with disabilities; Parenting
education.

- **Stitches Acute Care Center** ----- 307-721-1794
3810 Grand Ave., Laramie, WY
- **Stone Meadow Health & Wellness (FNP)** ----- 307-745-8298
204 McCollum St., Suite 203, Laramie, WY
- **Stride Learning Center** ----- 307-632-2991
326 Parsley Blvd., Cheyenne, WY
- **Summit Home Health** ----- 307-721-2827
204 McCollum Dr., Suite 106, Laramie, WY
CNA's, RN's, Case Management, Life Line. Accepts insurances, Medicaid, Medicare, or private pay.
- **Telephone Assistance Program (TAP)**----- 307-777-5846
Discount monthly fees for SNAP, LIEAP, Medicaid or other social services recipients
- **United Way of Albany County** ----- 307-745-8643
710 E Garfield St., Room 116, Laramie, WY
Fighting for health, education, and financial stability of every person in every community. Raises and distributes funds to 16 partnering agencies in the Laramie area.
- **University Heights (low-income)** ----- 307-742-2524
1622 S 17th St., Laramie, WY
- **University of Wyoming**-----
Admission Office----- 307-766-5160
146 Knight Hall, Laramie, WY
AWARE ----- 307-766-2187
341 Knight Hall, Laramie, WY
Provides information on alcohol and other drugs, prevention of drug abuse, early intervention and referral.
- Carbon County Extension Service ----- 307-328-2642
393 Carbon Bldg., Rawlins, WY

Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).

Counseling Center (for students) ----- 307-766-6820

44 Education Bldg. Laramie, WY

Offers free, confidential individual & marriage counseling, as well as counseling for: depression, anxiety, sexuality, family issues, abuse, and many more topics.

Crisis Line (UW police) ----- 307-766-5179

341 Knight Hall, Laramie, WY

Hours: M-F 8:00AM- 5:00PM

Free services for UW students, including group & individual counseling, eating disorders, drug education & prevention/consultation & outreach services.

Disability Support Services ----- 307-766-3073

109 Knight Hall, Laramie, WY

Provides academic support services and disability-related accommodations for UW students.

Early Care & Education Center ----- 307-766-4816

250 N 30th, Laramie, WY

The UW Early Care and Education Center is a state of the art facility serving families of the University of Wyoming as well as the Laramie community.

Family Medicine Residency, Cheyenne ----- 307-777-7911

820 E 17th St., Cheyenne, WY

Providing family medicine, prenatal care, labor, and delivery. Costs based on sliding fee schedule.

Housing Office (for students) ----- 307-766-3176

Learning Resource Center ----- 307-766-2527

Education Building, Rm 222, Laramie, WY

Hours: M-F 8:00AM – 5:00PM

Resources for kids, teens, teachers, and other educators.

Legal Services (for low-income clients) -----

Laramie, WY

Civil Legal Services Clinic ----- 307-766-2104

Family and Child Legal Advocacy Clinic ---- 307-766-3747

Estate Planning Practicum----- 307-766-6441

Museum - Art ----- 307-766-6622

Centennial Complex, 2111 Willett Dr., Laramie, WY

Call for hours. Free admission. Children’s art programs,
seasonal programs. Museum store.

Museum – Geology ----- 307-766-3386

Geology Bldg., Laramie, WY; Call for Hours

Museum – Entomology (Insect) ----- 307-766-5338

4018 Agriculture Bldg., Laramie, WY; Call for Hours

Planetarium----- 307-766-6150

Physical Sciences, Laramie, WY; Call for Hours

Psychology Clinic ----- 307-766-2149

Free Therapy for students, non-students, children and
families. Testing for learning disabilities and ADHD for a
fee.

SAFE Project ----- 307-766-3434

108 Knight Hall, Laramie, WY

See full description “• **SAFE Project**”

Safe Ride ----- 307-766-7433

Laramie, WY; TH to SAT, nights

Speech & Hearing Clinic ----- 307-766-6427

160 Health Sciences Bldg., Laramie, WY

Complete evaluation and treatment of speech and hearing. Audiology clinic also provides services with hearing aids and alternative means of communication.

Open to the public.

Student Health Services (for students) ----- 307-766-2130

Students' Attorney (for students) ----- 307-766-6347

128 Knight Hall, Laramie, WY

Legal Advice limited to full-time students

Trans Park----- 307-766-9800

Fixed route shuttle service throughout UW campus. Free to all users. Para-transit transportation available within Laramie city limits and 2-mile adjacent areas for individuals with permanent/temporary disabilities.

Williams Botany Conservatory ----- 307-766-4393

South of the Aven Nelson Bldg., Laramie, WY

Hours: M-F 10:00AM – 4:00PM

Live plant collection. Group tours by appointment.

• **UPLIFT** ----- 307-778-8686

3701 Ridge Rd., Cheyenne, WY

Family Support specialists serving to best meet the needs of children, youth, and their families.

• **Uplift Counseling** ----- 307-324-5899

501 West Buffalo, P.O. Box 911, Rawlins, WY

Mental Health Evaluations, DUI/Chemical Dependency Assessments, Anger Management, Child Play Therapy, Conflict Resolution, Depression, Domestic Violence, Group Therapy, Parenting Skills, Individual Therapy, Mood Disorders, Vocational Rehabilitation Therapy, Psychiatric Services.

- **USDA Commodities Distribution** -----
Laramie: Interfaith-Good Samaritan ----- 307-742-4240
 710 Garfield St., Room 127, Laramie, WY (Civic Center)
 One Thursday a month 2:00-5:00PM, call for dates
Sinclair ----- 307-324-2408
 400 Lincoln, Sinclair, WY
 First Wednesday of each month 2:30-6:00PM
- **Valley View Rehabilitation & Care Center** ---- 307-326-8212
 207 Holly Ave., P. O. Box 630, Saratoga, WY
 Hours: M-F 8AM-5PM
 24-hour nurse care. Nursing home care & outpatient care
- **Veteran Affairs (VA) Medical Center** ----- 307-778-7550
 2360 E Pershing Blvd., Cheyenne, WY
VA Mobile Telehealth Clinic -----1-888-483-9127
 2901 Armory Rd., Laramie, WY Ext. 3816
 Hours: W, Th 9AM - 4PM
- **Veterans Legal Assistance Project** ----- 307-777-8383
 Connects low-income veterans with legal resources and
 volunteer attorneys. See **Equal Justice Wyoming**.
- **Veterans of Foreign Wars (VFW)** -----
 Assists veterans with shelter, medical, items (wheel
 chairs, crutches, etc.), and transportation
Cheyenne, Post 1881 -----307 638-8886
 2816 E 7th St., Cheyenne, WY
Cheyenne, Post 4343 -----307 632-0950
 3216 S Greeley Hwy, Cheyenne, WY
Laramie, Post 2221 ----- 307-745-4918
 2142 E Garfield St., Laramie, WY
- **Victim Witness Program: Cheyenne** ----- 307-772-2124

Domestic Violence

- **Vital Arts Clinic** – Roger Andrews ----- 307-214-9510
Full body acupuncturist. Sliding scale. Discounted rates with more than one appointment.
 - **Volunteers of American Northern Rockies** ---- 307-672-0475
3116 Old Faithful Rd., Suite 200, Cheyenne, WY
 - **Wee Folks Place** ----- 307-325-6579
789 Miners Plaza, Room 8, Hanna, WY
Parent involved preschool Head Start Program (Hanna, Medicine Bow, Elk Mountain, Shirley Basin).
 - **West Winds Mobile Home Park** ----- 307-635-6557
505 Williams St., Cheyenne, WY
 - **Western Wyoming Family Planning** ----- 307-324-9395
617 W. Pine, P. O. Box 1127, Rawlins, WY
Every other Tuesday. Offers counseling, medical, contraceptive care, pap smears, pregnancy testing, testing and treatment of sexually transmitted diseases.
Program is strictly confidential.
 - **Windwood Manor Apartments** (low-income) - 307-632-7664
2500 Windwood Dr., Cheyenne, WY
Utilities included. Accepts CHA. Minimum income required.
 - **Women, Infants, and Children (WIC)**
Nutrition Education, Food Assistance, Prenatal Care
Education, Infant/Child Care Education
- Albany County ----- 307-721-2535
609 S 2nd St., Laramie, WY
Hours: M Th 8AM-5PM, T 8AM-6PM, W 8AM-4PM,
Closed on Fridays

- Free nutrition education; provides supplemental foods to promote good health for pregnant, breastfeeding & postpartum women and infants. Services for children 0-5 years old.
- Encourages breastfeeding through information, inspiration, and referrals. Offers enhanced food packages for up to one year for women who qualify.

Hanna ----- 307-328-2606
 2021 Beryl Ct., Hanna, WY

Laramie County ----- 307-777-7494
 Wyoming Department of Health
 6101 Yellowstone Rd., Suite 420, Cheyenne, WY

Rawlins ----- 307-328-2606
 Carbon Building, Room 38, 215 West Buffalo, Rawlins, WY

Saratoga ----- 307-328-2606
 201 South River, Saratoga, WY

- **Wrap Around Wyoming** ----- 307-274-0300
 P.O. Box 2007, Cheyenne, WY
 Helping families cope with mental health issues and other challenging behaviors, enabling your child to reach their full potential.

- **Wyomed Laboratory, Health Fair** ----- 307-721-5111
 204 McCollum St., Laramie, WY
 Hours: W 7:30AM – 10:00AM
 Low-cost blood screenings.

- **Wyoming 2-1-1** ----- 211
 Hours: M-F 8AM – 6PM
 Statewide service that connects callers, at no cost, to information about critical health and human services

available. For help navigating the Health Insurance Marketplace, call or visit EnrollWyo.org.

- **Wyoming Children’s Law Center, Inc.** ----- 307-632-3614
112 S 5th St., Laramie, WY
Legal assistance in cases involving children & vulnerable adults, including school issues, custody/guardianship, and guardian ad litem services. Family Tree services provides parent/guardian assistance with parent plans, supervised visits/exchanges, court ordered mediation, education, and counseling. Sliding fee scale.
- **Wyoming Children’s Society**----- 800-584-9384
314 E 21st St., Cheyenne, WY
Assists birth mothers with personal adoption choices and expenses; parenting resources; pregnancy support counseling. www.wyomingcs.org
- **Wyoming Coalition Against Domestic Violence & Sexual Assault** ----- 307- 755-5481
710 E Garfield St., Suite #218, Laramie, WY
Statewide program providing legal services to low-income victims of domestic violence, sexual assault, dating violence, and stalking.
- **Wyoming Coalition for the Homeless** ----- 307-634-8499
907 Campbell Ave., Cheyenne, WY
- **Wyoming Cowboy Challenge Academy** ----- 307-836-7500
1502 Hwy 26, Bldg 505, Guernsey, WY
Hours: M-F 8:00AM to 5:00PM
Voluntary program for at-risk youth, age 16 to 18. A 22-week residential program followed by one year of home mentoring. HiSET/GED prep or high school class credit.

- **Wyoming Department of Education** ----- 307-777-7673
 Services for the Visually Impaired ----- 307-324-5333
 215 W Buffalo Carbon Bldg., Room 325, Rawlins, WY
 Hours: M-F 8:00AM to 5:00PM

Counseling, adaptive living, Braille, communication, assistive technology, consultation with other agencies on best practices for serving the needs of the visually impaired and multi-disabled, loan closet of independent living aids.

- **Wyoming Department of Workforce Services** -----
www.wyomingworkforce.org

➤ Vocational Rehabilitation: Services for persons with physical/mental disabilities resulting in a substantial impediment to employment. Includes counseling, medical exams and services, evaluation, physical aids, job training and placement, as well as employment support services: youth and adult training programs; dislocated worker programs. www.wyjobs.state.wy.us

➤ Veterans' Employment and Training (VETS)
 Offers employment and training services to eligible veterans through a non-competitive Jobs for Veterans State Grants Program

Baggs (Outreach) ----- 307-324-2238
 350 Whipoorwill Dr., Baggs, WY

Cheyenne ----- 307-777-3700
 Worker's Compensation----- 307-777-7441
 1510 E Pershing Blvd., Cheyenne, WY

Hanna (Outreach) ----- 307-324-2238
 301 S Adams St., Hanna, WY

Laramie Workforce Center ----- 307-742-2153
Worker’s Compensation----- 307-755-6261
3817 Beech St., Suite 100, Laramie WY
Hours: M-F 8AM- 5PM

Rawlins ----- 307-324-2238
212 West Buffalo Street, Suite 312, Rawlins, WY

Saratoga (Outreach)----- 307-324-2238
1110 E Spring Ave., Saratoga, WY

- **Wyoming Donated Dental Services**----- 888-449-9670
Comprehensive dental care for those people with a serious disability, advanced age, or medical problems who lack adequate income to pay for needed dental care.

- **Wyoming Energy Council, Inc.** ----- 307-742-0313
Home energy assessments/solutions, increasing energy efficiency. Indoor air, water & lead testing. Radon mitigation measurements.

- **Wyoming Family Home Ownership Program** - 307-514-5831
821 W Pershing Blvd., Cheyenne, WY
Hours: M-F 8:00AM-4:00PM

- **Wyoming Guardianship** ----- 307-635-8422
P.O. Box 2778, Cheyenne, WY
Payee services for Social Security

- **Wyoming Health Fairs** ----- 307-472-3711
Low-cost blood screenings and wellness programs.

Cheyenne -----
611 E Carlson St., #112, Cheyenne, WY
Hours: T, W, Th 7:00AM-10:00AM

Laramie -----
2835 Grand Ave., Laramie, WY

Hours: T, W, Th 7:00AM-10:00AM

- **Wyoming Independent Living** ----- 307-721-4071
1050 N 3rd St., Suite B1, Laramie, WY
Advocacy, skills training for independent living, information, referrals, and peer support. A place for people with disabilities to gather for various activities, support, and services.
- **Wyoming Independent Living Rehabilitation Inc.** -----
1609 E 19th St., Cheyenne, WY ----- 307-637-5127
Mobility aids, bathroom aids, limited home modification
- **Wyoming Institute for Disabilities (WIND)**---- 307-766-2761
147 Health Science Bldg., University of Wyoming Campus
Community training, education, and technical assistance for individuals with developmental disabilities, their families, professionals, and UW students.
- **Wyoming Interactive Self-Help Center** -----
<https://wise.courts.state.wy.us>
Helpful information and instructions to fill out legal forms for filing in WY Courts. Free service.
- **Wyoming Kid Care (CHIP)** ----- 855-294-2127
Health insurance for eligible families and children
- **Wyoming Poison Control** ----- 800-222-1222
Information on toxic substances; 24-hour hotline.
- **Wyoming Quit Tobacco Program** ----- 1-800-QUIT-NOW
Free/low-cost assistance for tobacco users who want to quit. Quitwyo.org
- **Wyoming School of Gymnastics** ----- 307-745-8302
803 Skyline Dr., Laramie, WY
- **Wyoming Senior Citizens Inc.** ----- 307-634-1010

3120 Old Faithful Rd., Suite 200, Cheyenne, WY

- **Wyoming Territorial Park**----- 307-745-6161

975 Snowy Range Rd., Laramie, WY

Open first weekend in May through September.

Children under 12 are free.

- **Wyoming Tutoring Club** -----

An education center providing long-term, individualized academic assistance to students of all ages and abilities.

Cheyenne ----- 307-514-4016

1439 Stillwater Ave., #13, Cheyenne, WY

Laramie ----- 307-745-6284

2907 E Garfield St., Unit 12, Laramie, WY

- **WyoTech** ----- 307-742-3776

4373 N 3rd St., Laramie, WY

Automotive technology; diesel technology, body, fender and paint technology, automotive trim and upholstery; Associate of Applied Science degree; Associate of Occupational Studies degree, as well as street rod building and auto customization.

- **Youth Alternatives** ----- 307-637-6480

1328 Talbot Ct., Cheyenne, WY

- **Zumo, Thomas J (Family Dental)**----- 307-638-0957

3315 Warren Ave., Cheyenne, WY

Accepts Medicaid for children and adults.

• **LaramieLink Bus**-----

Fixed Bus Route

Hours: M-F 6:30AM-6:30PM, every 40 minutes

Summer Hours: M-F 6:30AM-6:00PM, every 40 minutes

Fixed route shuttle service linking the UW and LCCC campuses with the Laramie community. Free to all users.



See maps on following pages.

Dial-A-Ride ----- 307-766-7433

Hours: M-F 6:30PM-2:00AM; Sat-Sun 10:00AM-10:00PM

Summer Hours: Does not operate during the summer

Rides to/from any destination on the LaramieLink fixed route and any point on the UW campus. ADA accessible vehicles available upon request.

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|  | <p>STOP EASTBOUND & WESTBOUND Academic Year: 6:30 AM - 6:30 PM EVERY 40 MINUTES Summer: 6:30 AM-6:00 PM EVERY 40 MINUTES</p> <hr/> <ol style="list-style-type: none">1. Downtown (1st and Grand)2. Gateway Plaza (Westbound Only)3. Civic Center (Eastbound Only)4. Wyoming Union5. Spanish Walk Apartments/IMH6. Ridley's 7. LCCC 8. Walmart |
|  | <p>On-Call: Academic Year: Monday - Friday: 6:30 PM - 2:00 AM Weekend: 10:00 AM - 10:00 PM</p> |



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| <p><i>Where's my bus?</i></p> <p>Track the UW buses in real time with TransLoc Transit Visualizing Systems</p> <p>uwyo.transloc.com</p> |
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UW LARAMIELINK BUS ROUTE

-  LaramieLink Route
-  Indicates Route Stop

