

RESOURCE DIRECTORY

A list of low-cost/no-cost & other resources in Laramie

Activities for children & youth-----	2
Child Care -----	3
Clothing -----	4
Counseling Services (mental health)-----	5
Dental-----	5
Disabilities -----	5
Domestic Violence-----	6
Education -----	7
Employment-----	9
Financial (help with utilities, phone etc.)-----	10
Food & Nutrition-----	11
Housing-----	12
Legal-----	13
Medical (including optical)-----	14
Parent Education/Services-----	16
Transportation-----	17
Veterans-----	17

ACTIVITIES FOR CHILDREN AND YOUTH

After School Tutoring

Albany County School District Main office -----721-4445

801 South 24th St. Laramie, WY 82070

Each school should be able to offer your child tutoring. Please call your child's school to arrange tutoring.

Albany County 4-H-----721-2571

3520 S. 3rd St, Suite A. Laramie, WY 82070

For ages 8-18. 4-H is a youth development program that gives youth leadership skills while participating in activities like archery, cooking, photography, science, working with animals, geology and many other subjects.

Albany County Public Library-----721-2580

Offer programs for kids (book babies, story time, movies,), teens(movies, reading contests, **homework help**, video games), adults, older adult and summer reading.

Big Brothers/Big Sisters (BBBS)-----742-2227

518 Ord St. Laramie, WY 82070

www.bbbscr.org/joinPrograms.asp

Provides children an additional opportunity for adult friendships with a positive role model with the goal of increasing self-esteem, improving peer relationships and strengthening communication skills. Also offers a Parent Support Group and opportunities for volunteers.

City of Laramie Parks and Recreation-----721-5269

920 Boulder Dr., PO Box C, Laramie, WY 82073

Offer sports and other activities for all ages with sliding scale fee and scholarship opportunities. Program guides can be picked up at the rec center or are available on-line

The HUB (part of BBBS) -----742-2227

<http://www.facebook.com/laramiehub>

The HUB program serves as a fun and safe place to hang out, participate in recreational games and activities, arts and crafts, cooking, video gaming, and cool community service projects. Open Monday through Friday from 3pm to 7pm during the school year. In the summer, The Hub is open Tuesday through Friday from 12pm to 6pm.

Laramie Recreation Center-----721-5269

920 Boulder Dr., Laramie WY 82070

Offers SACC (after school child care up to age 12), and other recreation opportunities for all ages (swimming, basketball courts, etc.) **Multiple Pass and Activity Scholarships** are available to qualifying families and individuals in Albany County. These scholarships will be awarded based upon income and family size using the SACC sliding fee scale. Offers kid's night out and teen nights.

CHILD CARE

Basic Beginnings Preschool and Child Care Center-----745-5755
1474 N. 19th Street, Laramie, WY 82072

Child Care Finder-----1-800-578-4017
<http://www.cnswyoming.org/index.htm> 1-307-638-2091

Department of Family Services – Albany County Office (DFS)-----745-7324
2020 E Grand Ave Suite 400, Laramie WY 82072
Processes applications for child care assistance and referrals to Child Care Finder

Developmental Preschool and Day Care Center-----742-6374
715 Shields Street, Laramie, WY 82072

Hilltop Christian Child Care and Preschool-----742-2822
1517 Canby Street, Laramie, WY 82070

Kiddie Cottage-----742-2777
2123 E Garfield St, Laramie, WY 82070

Kids Connection-----742-0127
506 South 21st, Laramie, WY 82070 Includes after school program (High Adventure) up to 12 years of age

Kids Just Wanna Have Fun Child Care Center-----745-8910
Offers summer program for Junior High students as well as year round child care for all ages
1404 Skyline, Laramie, WY 82070

Laramie Head Start -----742-6792
710 Garfield St. Suite 171, Laramie, WY 82070
laamieheadstart@qwestoffice.net

Laramie Youth Crisis Center -----742-5936
960 N. 5th St. Laramie, WY 82070 www.cathedralhome.org
Provides the **ACES Program** in which suspended or expelled students complete their days at the Crisis Center and receive credit for their classes.

The Open School-----745-7256
414 S. 24th St. Laramie, WY 82070

University of Wyoming Early Care and Education Center-----766-4816
250 South 30th St. Laramie, WY 82071

CLOTHING

The Clothing Cottage-----745-0625

310 University Ave. Laramie, WY 82070

Provides clothing free or for a nominal charge for men, women, and children and assistance for people whose homes have been damaged by fire. Also provides soft goods such as linens, drapes/curtains, towels, pillows, and blankets on a need basis. Also offers small furniture, kitchen items and other miscellaneous items. Open Tuesday-Friday from 11am-5pm and Saturday 11am-3pm.

Interfaith Good Samaritan-----742-4240

710 Garfield St. Suite 127, Laramie, WY 82070

Provides emergency assistance to families in need of clothing, food, shelter, medical needs and/or transportation.

Nu2U -----721-3070

116 E. Custer St. Laramie, WY 82070

Used clothing for men and women, used furniture and home accessories.
Open Monday-Friday 10am-6pm and Saturday 10am-5pm.

Salvation Army Thrift Store-----745-7233

11 S. 2nd St. Laramie, WY 82070

Thrift store providing used clothing and household supplies. Open Monday-Saturday 9am-5pm.

COUNSELING SERVICES

Cathedral Home for Children, Inc. -----745-8997

4989 N. 3rd St. PO Box 520, Laramie, WY 82072 www.cathedralhome.org

Residential treatment center for children 12-19 years of age. On-ground public school and individual and group counseling.

Laramie Youth Crisis Center -----742-5936

960 N. 5th St. Laramie, WY 82070

www.cathedralhome.org

Short-term emergency care, respite and shelter for children and youth. Provides the **ACES Program** in which suspended or expelled students complete their days at the Crisis Center and receive credit for their classes. Also offers Extended Families, a family preservation/support program. Also offers Bold Step, an assistance program to young children transitioning from home, foster care, group homes or treatment facilities.

Peak Wellness center-----745-8761

1263 North 15th St

Offers services for youth and their families for both emotional problems and substance abuse. **Offers sliding scale fees.**

Psychology Clinic (UW)-----766-2149
Room 307 in the Biological Science Building, University of Wyoming
Open to the public **offers sliding scale fees**

Wings for Pegasus(therapy)-----760-0504
17 Lakeview Road, Laramie WY
A non-profit agency offering Equine therapy for children and families **Offers sliding scale fees**

DENTAL

Dental Health Services-----1-307-777-7945
4020 House Ave. Cheyenne, WY 82002
Dental treatment for children not able to pay for recommended treatment and who meet income guidelines and are not covered by Equality Care or CHIP. Will help up to \$1000. Income and dental needs determined by application. All treatment plans must be submitted for pre-authorization after initial eligibility examination. For ages birth to 18.

Dr. Henry -Pediatric Dentistry-----745-5055
204 McCollum Dr. Suite 103, Laramie, WY 82070
Located in Cheyenne, Dr. Henry travels to Laramie to see patients. **Accepts Medicaid.** Call and schedule an appointment at any time.

Children's Dentistry -----1-307-635-9251
6900 Yellowtail Rd. Cheyenne, WY 82009. 1-855-996-5437
Currently located in Cheyenne. Possibly In September of 2011 a Laramie location will be open. **Accepts Medicaid.**

Dr. Jennifer Doser -----745-5647
303 South 8th Street, Laramie WY
Accepts Medicaid, serves adult and children

DISABILITIES

Ark Regional Services-----742-6641
1150 N. 3rd St. Laramie, WY 82072 www.arkregionalservices.com
Services for adults (age 16 and above) and case management for children with developmental disabilities. Includes personal and social adjustment, support employment and residential services. Also provides Ark Recycling Services.

Developmental Preschool and Day Care Center-----742-6374
715 Shields St. Laramie, WY 82072
Daycare provides children with disabilities. Also includes various types of therapeutic services.

Division of Vocational Rehabilitation (DVR) -----745-3160
710 Garfield St. Suite 110 Laramie, WY 82070
Services are available to any person who has a physical or mental disability, which results in a substantial impediment to employment, and who wishes to return to work.

Education Resource Center, Albany County School District -----721-4460
Office of Special Services, 509 South 9th St. Laramie, WY 82070
Provides activities, consultation and technical assistance in identifying and educating children with disabilities. Serves children aged birth to 21

Laramie Area Special Olympics-----Trudy Snyder -742-7090
109 Lyons St. Laramie, WY 82072
September through May, sports training programs for individuals ages 8 through adult with development disabilities.

Parent Education Network (PEN) -----1-800-660-9742
There is currently no office in Laramie – Cheyenne’s number is 307-635-3536
www.parentseducationnetwork.org
PEN offers a variety of services to assist parents in managing a child’s learning and attention difficulties.

Parent Information Center (PIC) -----1-800-660-9742
5 North Lobban, Buffalo, WY 82834 www.wpic.org
PIC serves parents of children with disabilities, ages birth to 21. Provides support, information, resources, workshops and networking.

Services for the Visually Impaired-----307-777-7274
Hathaway Building, Room 144, Cheyenne, WY 82001
Services include eligibility determination, talking book services, consultation services to school and clients, loaning of education materials, low vision equipment, in home training, support group contacts, orientation and mobility, deaf/blind services for assessment of children, and the Wyoming Lions Summer School for the visually handicapped which is sponsored by the Department of Education.

UPLIFT-----1-888-875-4383
4007 Greenway Suite #200, Cheyenne, WY 82001 (serving Laramie) www.upliftwy.org
Services for children and youth who struggle with emotional, behavioral and mental disorders. Provides support, education, advocacy, information and referral for the most underserved disability group.

Wyoming Institute for Disabilities (WIND) -----766-2761
 PO Box 4298 Laramie, WY 82071 <http://wind.uwyo.edu/wfsn/default.htm>
 Provides a variety of services to people with disabilities, including children. This includes technology for education and everyday living (through their WATR program). Call to find out what services they can offer you.

Wyoming Independent Living and Rehabilitation-----721-7275
 305 N. 1st St., Laramie WY 82072
 Provide skills training for independent living, information and referral, peer counseling, individual systems advocacy, limited funding for home modifications, and loan closet of adaptive equipment for persons with significant disability that interferes with independent living.

DOMESTIC VIOLENCE

Albany County SAFE Project -----24 hour hotline 1-800-230-3556
 319 South Lincoln St, Laramie WY 82070 742-7273
 The mission of SAFE is “to advocate for victims of domestic abuse, sexual assault, rape, and incest, and to create change through education and awareness to eliminate violence”. We also serve victims of child abuse, elder abuse, and stalking.

EDUCATION

Albany County School District #1

Elementary:

Beitel-811 S. 17 th St. Laramie, WY 82070	721-4436
Indian Paintbrush-1653 N. 28 th St. Laramie, WY 82072	721-4490
Linford -120 S. Johnson St. Laramie, WY 82070	721-4439
Rock River School – 262 N. Morris Rock River, WY 82083	1-307-378-2271
Slade – 1212 Baker St. Laramie, WY 82072	721-4446
Snowy Range Academy 4037 E. Grand Ave. Laramie, WY 82072	745-9930
Spring Creek – 1203 Russell, Laramie, WY 82070	721-4410
UW Lab school College of Education, Room 132, Laramie, WY 82070	766-2155

Secondary:

Laramie Junior High School – 1355 N. 22 nd St. Laramie, WY 82072	721-4430
Laramie High School – 1275 N. 11 th St. Laramie, WY 82072	721-4420
Rock River School – 262 N. Morris, Rock River, WY 82083	1-307-378-2271
Whiting Alternative High School – 509 S. 9 th St. Laramie, WY 82070	721-4449
UW Lab School College of Education, Room 132, Laramie, WY 82070	766-2155

Albany County School District Support Services:

Administration Office – 1948 Grand Ave. Laramie, WY 82070	721-4400
Maintenance and Operations - 804 Skyline Drive, Laramie, WY 82070	721-4475
Educational Resource Center – 801 S. 24 th St. Laramie, WY 82070	721-4460
Laramie Extended Ed. Program – 1275 N. 11 th St. Laramie, WY 82072	721-4477

School Lunch – 419 S. 8 th St. Laramie, WY, 82070	721-4482
Special Services – 804 S. 24 th St. Laramie, WY 82070	721-4466
Transportation – 804 Skyline Dr. Laramie, WY 82072	731-4470

Laramie Area Progressive Homeschoolers (LAPH) -----721-9099
 Laurie Homer- coordinator

St. Laurence School-----742-6363
 608 S. 4th St. Laramie, WY 82070

Cooperative Extension Service-----721-2571
 Fairgrounds, 3520 S. 3rd St. Suite A, Laramie, WY 82070
 Provides lifelong learning for Wyoming residents through a variety of publications and classes. Subject areas include: Agriculture, Family and Community Service, Youth activities through the 4-H program with over 50 project areas. A variety of agricultural testing and certification programs are also offered. Food and Fiber Production and marketing Education for rural and urban clientele.

Drug and Alcohol Education Classes-----745-8915
 1263 N. 15th St. Laramie, WY 82072
 Peak Wellness Center offers classes for adults and adolescents.

Laramie County Community College/Albany County Campus-----721-5138
 1125 Boulder Dr. Laramie, WY 82072 www.lccc.wy.edu/
 Branch campus offering fee or low cost career guidance, adult literacy, English as a second language and GED instruction. Affordable tuition for college-level programs in a variety of academic and career oriented degrees. Financial aid and academic advising available.

Laramie Extended Education Program-----721-4477
 Laramie High School, 1275 N. 11th St. Laramie, WY 82072
 Offers a variety of evening classes for high school students and adults who are interested in developing skills in computers, art, welding, and woodworking. Academic classes are offered in English, Math and Social Studies. Registration is held in September, January and March.

The Teaching and Learning Center-----1-307-772-4263
 1225 Boulder Dr. Laramie, WY 82070 (LCCC) 721-5138
 Adult basic education classes, GED classes, English as a second Language, Citizenship Instruction and assets classes (which teach employment training skills) and career planning. Located at the Laramie Community College, Albany County Branch.

University of Wyoming -----766-1121
 University Information www.uwyo.edu
 Admissions Office, Knight Hall 766-5160
 Multicultural Resource Center, Student Union 766-6463
 Office of Multicultural Affairs 766-6228
 Office of Student Life 766-3296

Student Financial Aid, Knight Hall	766-2116
Career Services Center	766-2398
Adult Student's Center/Women's Center	766-6258
Education Opportunity Center	766-6189
Noncredit Classes	766-6802
Upward Bound and math/Science Initiative Project	766-6189
Disability Support Services	766-6189
Enrichment Classes	766-6802

Wyoming Technical Institute-----742-3776

4373 N. 3rd St. Laramie, WY 82072

Programs of study include automotive technology, diesel tech, body, fender and paint technology automotive trim and upholstery, Associate of Applied Science degree, Associate of Occupational Studies degree, and street rod building and auto customizing.

Wyoming Women's Business Center-----1(888) 524-1947

University of Wyoming, Education Annex Building, 13th & Lewis, Room 155 &158

Provides assistance to women in Wyoming to start a business including business counseling, training and technical assistance. They also offer a cash match program for moderate to low-income families buying a home. Offer online training for Microsoft Excel, Word, etc.

EMPLOYMENT

Laramie Workforce Center-----742-2153

112 S. 5th St. PO Box 948, Laramie, WY 82073

www.wyomingworkforce.org

Job placement, vocational counseling (help writing resumes, job interviews, applications etc.), Workforce Investment Act (WIA) placement, Job Corps information, veteran's employment services, unemployment insurance call center, free job seeking workshops, NAFTA/TAA processing, information, direction and referral, assessment and testing activities, and forms for Worker's Compensation claims.

Department of Family Services, Albany County Office -----745-7324

2020 Grand Ave. Suite 400 Laramie, WY 82070

<http://dfsweb.state.wy.us/>

Offers the POWER (personal opportunities with employment responsibilities) program and SASFA (State Adult Student Financial Aid program).

University of Wyoming Human Resources Department -----766-2215

UW Wyoming hall, Room 139, PO Box 3422, Laramie WY 82071

Available to those interesting in obtaining staff or student employment at UW.

WYAPSE-----1-307-778-1857

University of Wyoming, PO BOX 4298, Laramie, WY 82071

For persons with disabilities, family members, employers and supported employment professionals. Promotes employment opportunities, advocates for changes in policy which will enhance employment

opportunities for persons with disabilities and promotes professional development of the providers of disability services.

Division of Vocational Rehabilitation (DVR) -----745-3160

710 Garfield St. Suite 110 Laramie, WY 82070

Services are available to any person who has a physical or mental disability, which results in a substantial impediment to employment, and who wishes to return to work.

Wyoming State Employment Department – Worker’s Comp Division -----742-2943

710 Garfield St. Suite 119, Laramie, WY 82070

Injured workers information ad claims processing

Climb Wyoming-----742-9346

www.OurFamiliesOurFuture.org

Offered to SINGLE MOTHERS, 16-21 years old, income eligible and Laramie are residents. You can become job ready, get paid work experience, ear a GED if needed refresh basic skills and meet new friends.

Wyoming Women’s Business Center-----1(888) 524-1947

University of Wyoming, Education Annex Building, 13th & Lewis, Room 155 &158

Provides assistance to women in Wyoming to start a business including business counseling, training and technical assistance. They also offer a cash match program for moderate to low-income families buying a home. Offer online training for Microsoft Excel, Word, etc.

FINANCIAL **(Utilities, phone, food, etc.)**

Consumer Credit Counseling Service-----1-800-424-2227

126 W. Harvard, Suite 5, Fort Collins, Co 80525

Non-profit program that provides counseling, education, and debt management to people of all income levels who need advice on how to manage money and get out of debt. Counseling fees assessed on a sliding scale basis. Call to make appointments and you can make arrangements to meet in Cheyenne.

Department of Family Services, Albany County Office -----745-7324

2020 E. Grand Ave. Suite 400 Laramie, WY 82072

Processes applications for financial assistance through the Temporary Assistance for Needy Families (TANF) program, SNAP (food stamps) and child care assistance.

Hospital Bills-----742-2141

IMH- ask for a financial counselor. If you owe more than \$500 and it was not an elective procedure they may be able to help. You must call while your accounts are still with IMH (before collections) to get help.

Interfaith Good Samaritan -----742-4240

710 Garfield St. Suite 127, Laramie, WY 82070

Provides emergency assistance to families in need of food, shelter medical needs and/ or transportation. Coordinated with human services agencies, churches, and volunteer groups to provide serves and funding.

LIEAP (Low Income Energy Assistance Programs) -----1-800-246-4221

400 E. 1st St. Suite 206, Casper, WY 82601

Apply for home heat assistance. Applications are taken from October 1 to February 28th.

Salvation Army-----745-7233

100 S. 2nd St. Laramie, WY 82070

Assistance with food, lodging, clothing, gasoline and minor auto repairs. For emergency/ crisis situations rather than for income maintenance. Also provides a thrift store and some utilities assistance in the winter as funds are available. Assistance for obtaining medications or eyeglasses available on a limited basis.

Telephone Assistance Programs or Lifeline-----745-7324

<http://psc.state.wy.us> Applications can be picked up at DFS

Wyoming Energy Savers (WES) -----1-307-265-0603

Loan program to address the need for essential, cost effective energy efficiency home improvements, such as new furnaces, insulation, weather stripping, programmable thermostats and storm windows. Must be income eligible. Call for more information.

FOOD AND NUTRITION

Albany County Extension Office – Home Economist -----721-2571

PO Box 1209, Laramie, WY 82073 (Fairgrounds)

Provides nutrition education programs and referrals: 4-H youth programs, also provides horticulture info, food safety and financial management. (Offered through UW cooperative extension)

Cent\$ible Nutrition Program-----766-5375

www.uwyo.edu/centsible

1-800-219-4646

Program offered through the Cooperative Extension Program at the University of Wyoming that offers tips for healthier family eating for less cost. Gain skills for healthier lifestyle through a healthy diet and exercise.

Department of Family Services, Albany County Office -----745-7324

2020 Grand Ave. Suite 400 Laramie, WY 82070

<http://dfsweb.state.wy.us/>

Processes applications for the Federal SNAP (Food Stamp) Program, TANF (Temporary Assistance for Needy Families), TEFAP (The emergency food assistance program), TAP (telephone assistance program)

Epson Center for Seniors/ Meals on Wheels-----745-5116
1560 N. 3rd St. Laramie, WY 82072
Provides meals Sunday through Friday at the Center and meals on Wheels for home delivery.

Interfaith Good Samaritan -----742-4240
710 Garfield St. Laramie, WY 82070
Provides referrals and emergency food assistance of canned foods and breads. USDA Food Commodities will be distributed monthly. If you have any questions, please call Elaine at (307) 742-4240.

Laramie Soup Kitchen-----721-4723
104 S. 4th St. Laramie, WY 82070 (Basement of Episcopal Church)
Free meals Monday through Saturday from 11:30am to 1:00pm. Sack lunches available on Saturdays for Sunday.

Salvation Army-----745-7233
100 S. 2nd St. Laramie, WY 82070
Emergency Food assistance, dependent upon funding. Commodities distribution dates published in the local newspaper.

SHARE Laramie-----742-2617
1215 Gibbons St. Laramie, WY 82072
A nonprofit community food network, open to everyone, that offers quality food at substantial savings, while encouraging volunteerism. Foods include high quality meat, fresh fruit, staples, and vegetables. Call for more information.

WIC Program (Women, Infants and Children) -----721-2535
609 S. 2nd St. Laramie, WY 82070
A nutritional supplemental program for pregnant women, infants and children at nutritional risk. Must meet federal income guidelines.

HOUSING

Cheyenne Housing Authority-----745-4409
1264 N 4th St., Laramie, WY 82072
Section 8 housing and low-income housing. Usually has a waiting list.

Habitat for Humanity -----745-4130
302 S. 2nd St., Laramie, WY 82072

Autumn Ridge -----742-9551

752 Evans St., Laramie WY 82070
Income restrictions apply- 2,3,4 bedroom apartments

Rainbow Vista Low Income Housing -----745-5044

211 Rainbow, Laramie, WY 82072
Usually has a waiting list.

River Run Apartments-----742-6393

1228 S. 17th St, Laramie, WY 82070
Rent is usually about \$100 less than current Laramie rates. Based on household size and the median income level for residents in Albany County.

Springbrook Apartments-----745-3864

415 S. 26th St, #15, Laramie WY 82070
Low-income & middle –income housing units sponsored by St. Paul’s United Church of Christ. Contact manager for information and application Process.

University Heights Low-Income Housing-----742-2524

1622 S. 17th St.
usually has a waiting list.

Senior Housing -----721-5915

404 S. 30th St.
normally has a waiting list.

Interfaith-Good Samaritan -----742-4240

710 Garfield St. Suite 127, Laramie, WY 82070
Can assist with first month’s or past due rent to prevent homelessness. Assistance is offered after all other forms of assistance have been exhausted.

Shelters

COMEIA Shelter----- (307) 632-3174

1504 Stinson Ave., Cheyenne, WY 82001
Homeless shelter, two family rooms.

Catholic Charities Shelter----- (970)484-5010

460 Linden Center Dr., Ft Collins, CO 80524

Open Door Mission ----- (970)224-4302

316 Jefferson St., Ft. Collins, CO 80524

LEGAL

Albany County Public Defender-----742-6604

1002 S. 3rd St., Suite 200, Laramie WY 82070
Serves low-income in Albany County who have been accused of committing a crime.

Child Support Services----- 742-5688
2020 E. Grand Ave, Suite350
Child Support Enforcement for State of Wyoming

Free Online Legal Help----- (888)634-1566
Cheyenne www.WyomingLawHelp.Org

Legal Aid of Wyoming Inc.-----1-877-432-9955
info@lawyoming.org
A non-profit law firm dedicated to providing free legal assistance to low-income citizens of Wyoming.

UW Legal Services Clinic -----766-2104
Provide some legal services at low-cost. For civil cases only; divorce, child support, guardianships, domestic relationships, etc. must meet income guidelines.

Wyoming Legal Services-----1-888-634-1566
1603 Capital Avenue, Room 405 Majestic Bldg., Cheyenne, WY 82001
Provides services for low-income individuals. Must meet income eligibility guidelines. Providers with Wind River Legal Services.

Wyoming coalition against domestic violence and sexual assault -----755-5481
710 Garfield St., Suite 220, Laramie, WY 82070
Provides legal and financial assistance to victims of domestic violence and sexual assault

MEDICAL

Albany County Community Medical Fund: Interfaith Good Samaritan -----742-4240
710 Garfield St. Laramie, WY 82070
For adults or children with acute medical or dental needs, with priority to those under the age of 19. Pays for doctor or dentist fees and prescription costs. Only for those who have exhausted all other resources and meet federal poverty guidelines.

Laramie Reproductive Health -----745-5364
413 S. 21st St. Laramie, WY 82070
Services for men and women include: reproductive health care, contraception, STD education, testing and treatment, pregnancy testing and counseling and birth control education.

Albany County Public Health Services-----721-2561

609 S. 2nd St. Laramie, WY 82070

Maternal-Child and Family Health Programs:	Adult Health Services
Best Beginnings for Wyoming Babies	Level of Care (LT 101)
Nurse-Family Partnerships	Home and Community Based Services (HCBS)
Welcome Home	Additional Services
Children’s Special Health Care Needs Breastfeeding Support	Education regarding services, health promotion, diseases and medical conditions
Premature Baby Program	Child protection referrals
Communicable Disease Programs:	Adult protection referrals
Tuberculin Testing	Dental health services referrals
Strep Screening	Referrals to and information about community services
HIV & Hepatitis Counseling and Testing	
Vaccinations/Immunization Clinics	

Albany County Tobacco Prevention/ Wyoming Quitnet-----1-800-784-8669
www.actp.tripod.com or www.wy.quitnet.com

In partnership with the American Cancer Society, Wyoming Quit Tobacco Program provides free or low-cost cessation medications, counseling and education to people who are ready to quit smoking or spit tobacco.

Kid Care CHIP & Equality Care-----1-877-KIDSNOW(543-7669)

6101 Yellowstone Rd, Suite 186A, Cheyenne, WY 82002

Health Insurance for children (through 18), pregnant women, for uninsured and meeting eligibility guidelines. **Apply at DFS**

Downtown Clinic-----745-8445

611 S. 2nd St. Laramie, WY 82070

Provides free non-emergency acute and chronic care. Serves individuals without the financial resources to access medical care, persons not eligible for Medicaid, Medicare, or insurance coverage for a visit.

Walk-ins and appointments welcome. Located in the Public Health Office, open Wednesdays from 3:00 PM until 7:00 PM. Sign in at 3:00 PM

Eppson Center for Seniors-----745-5116

1560 N. 3rd St. Laramie, WY 82072

Recreation and wellness activities and programs for seniors, also provides in-home services in cases of illness.

Heart to Heart Pregnancy Center -----745-3444

414 East Canby St., Laramie, WY 82072

Pregnancy counseling, free pregnancy tests, confidential, & support services. Hours are Monday & Tuesday 10am to 6pm and Wednesday & Thursday 10am to 4pm.

Hospice of Laramie-----745-9254

1262 N. 22nd St. Unit A, Laramie, WY 82072

Nonprofit, volunteer organization, providing compassion and practical assistance to terminally ill individuals and their families. Support groups and medical equipment available. Medicare and Medicaid certified.

Interfaith Good Samaritan-----742-4240

710 Garfield St. Suite 127 Laramie, WY 82070

Provides emergency assistance to families in need of food, clothing, shelter, medical needs and/or transportation.

Ivinson Memorial Hospital-----742-2141

255 N. 30th St. Laramie, WY 82070

<http://ivinsonhospital.org>

Provides complete medical, surgical, obstetric, psychiatric, and emergency services.

Laramie Lions and Lioness Sight Conservation Committee-----745-4874

PO Box 716 Laramie, WY 82073

Assists those in need of eye care or glasses. Write for more information

University of Wyoming Speech/Language/Hearing Clinic-----766-6426

UW Health Science Building Room 265

Offers sliding scale fees and accepts Medicaid with a doctor referral.

Wyoming Medicaid-----1-888-996-8786

DFS 2020 E Grand Ave., Suite 400, Laramie WY 82072

Health insurance for uninsured children birth to age 18 who meet income requirements. For assistance with travel expenses to appointments out of town, call 1-800-595-0011 (WY health department)

PARENT EDUCATION/SERVICES

Extended Families----- 742-5936

960 N. 5th St, Laramie, WY 82072

Offered through the Laramie Youth Crisis Center. A family preservation program that provides youth and their families with in-home assistance to help resolve interfamily conflicts, strengthen family relations and promote safe, stable living conditions while helping families achieve autonomy.

Parent Education Network (PEN) -----1-800-660-9742

There is currently no office in Laramie – Cheyenne’s number is 307-635-3536

www.parentseducationnetwork.org

PEN offers a variety of services to assist parents in managing a child’s learning and attention difficulties.

Positive Parenting Class-----742-5936

960 N. 5th St, Laramie WY 82072

Designed around the assumption that today's children are influenced by peers, school and TV. Parenting may be difficult and frustrating and these classes are offered to teach new parenting skills.

Laramie Youth Crisis Center -----742-5936

960 N. 5th St. Laramie, WY 82070

www.cathedralhome.org

Short-term emergency care, respite and shelter for children and youth. Provides the **ACES Program** in which suspended or expelled students complete their days at the Crisis Center and receive credit for their classes. Also offers Extended Families, a family preservation/support program. Also offers Bold Step, an assistance program to young children transitioning from home, foster care, group homes or treatment facilities.

MOPS (mothers of preschool children) -----742-0153

Or LaramieMOPS@hotmail.com

A group of moms with kids from birth through kindergarten where you can meet other mothers and share experiences. Here you'll experience authentic community, mothering support, personal growth and spiritual hope, all to help you be the best mom possible.

TRANSPORTATION

PATS (Eppson Center Transportation) ----- 742-1511

1560 N. 3rd St.

Provide door-to-door rides \$2.00 each way. Operates Monday through Friday 9 AM-4 PM. Please call at least one day in advance to make reservation. City Route Bus \$2.00 each ride.

Interfaith Good Samaritan -----742-4240

710 Garfield St. Laramie, WY 82070

Can sometimes assist with the purchase of a bus pass. If you have any questions, please call Elaine at (307) 742-4240.

VETERANS

Cheyenne VA----- (307) 778-7550 or (888) 483-9127

2360 E. Pershing Blvd., Cheyenne, WY 82001

Veterans Administration-----1-800-827-1000

2360 E. Pershing Blvd. Cheyenne, WY 82001

www.va.gov

Assistance for all VA benefits including: health, medical, dental care, loans, education, drug treatment, civil services preference, vocational rehabilitation for disabled, job referral, burial benefits, & death payments for dependents.

Laramie Workforce Center-----742-2153

112 S. 5th St. PO Box 948, Laramie, WY 82073

www.wyomingworkforce.org

Job placement, vocational counseling (help writing resumes, job interviews, applications etc.), Workforce Investment Act (WIA) placement, Job Corps information, veteran's employment services,

unemployment insurance call center, free job seeking workshops, NAFTA/TAA processing, information, direction and referral, assessment and testing activities, and forms for Worker's Compensation claims.