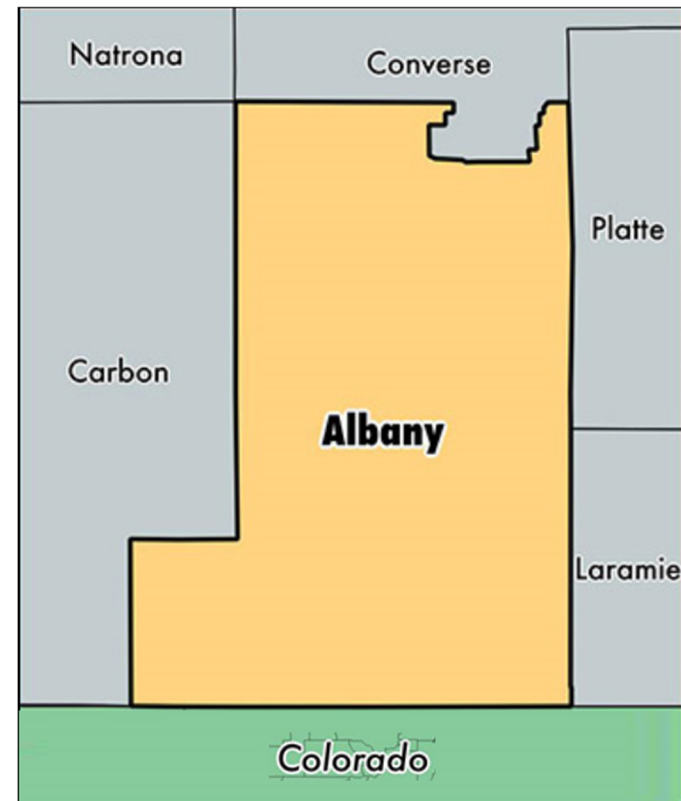


# Community Resources Guide

(Albany County, WY and Surrounding Areas)



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:** January 1, 2020

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.

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 maintain the most accurate information, a revised version will be sent monthly. We encourage you, then, to only print enough copies for distribution this month and replace any remaining copies once the revised file is sent. Since the Guide is designed to be printed as a booklet, remember to select "flip on short edge" in your duplex print settings, which is not the typical default. While the maps are in color, they are reasonably legible if printed black/white.

To submit revisions/additions or to join the distribution list, email [Resources@LaramieSoupKitchen.org](mailto:Resources@LaramieSoupKitchen.org) by the 25<sup>th</sup> of each month.

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



**Free & Confidential Information about the health and human services offered throughout Wyoming.**

- ♦ Basic Human Needs
- ♦ Physical & Mental Health Resources
- ♦ Financial Stability & Employment Support
- ♦ Support for Wyoming's Senior, Disabled & Veteran Populations
- ♦ Support for Wyoming's Children, Youth & Families
- ♦ Support for Community Crisis or Disaster Recovery
- ♦ Volunteer Services & Opportunities

**Call 2-1-1**

**Monday through Friday • 8:00 a.m. to 6:00 p.m.**

**[www.wyoming211.org](http://www.wyoming211.org)**

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## RESOURCES BY NEED/LOCATION

### ❖ BREASTFEEDING.....

#### Laramie

- Heart to Heart Pregnancy Center
- Ivinson Memorial Hospital
- Laramie Physicians for Women & Children
- Mothers of Preschoolers (MOPS)
- Public Health, Albany County
- Women, Infants, & Children (WIC), Albany County

#### Cheyenne

- La Leche League: Laramie County
- Women, Infants, & Children (WIC), Laramie County

#### Rawlins

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

#### Fort Collins

- La Leche League: Fort Collins

### ❖ CAR SEAT & SAFETY .....

#### Laramie

- Heart to Heart Pregnancy Center
- Laramie Fire Department

### ❖ CHILDCARE.....

#### Laramie

- Basic Beginnings
- 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 .....

**NOTES:**

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Laramie

- Albany County Public Library
- Big Brothers Big Sisters
- Boy Scouts of America
- 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
- Healthy Kids Rx
- Laramie Recreation Center
- Parents as Teachers
- 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 Scouts of America
- Boys 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
- Parents as Teachers
- Prevent Child Abuse Wyoming
- Protection & Advocacy System, Inc.
- Stride Learning Center
- Wyoming Tutoring Club
- Youth Alternatives

Rawlins

- Big Brothers Big Sisters, Rawlins

Big Brothers Big Sisters, Saratoga  
 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

Laramie Foster Closet

Laramie Interfaith

NU2U

Cheyenne

Goodwill

Fort Collins

Salvation Army

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

Laramie

A Better Way Counseling & Consulting, LLC

Al-Anon (District 10)

Alcoholics Anonymous (AA)

Alliance for Growth Counseling & Consulting

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

LIV Health, Wyoming Office

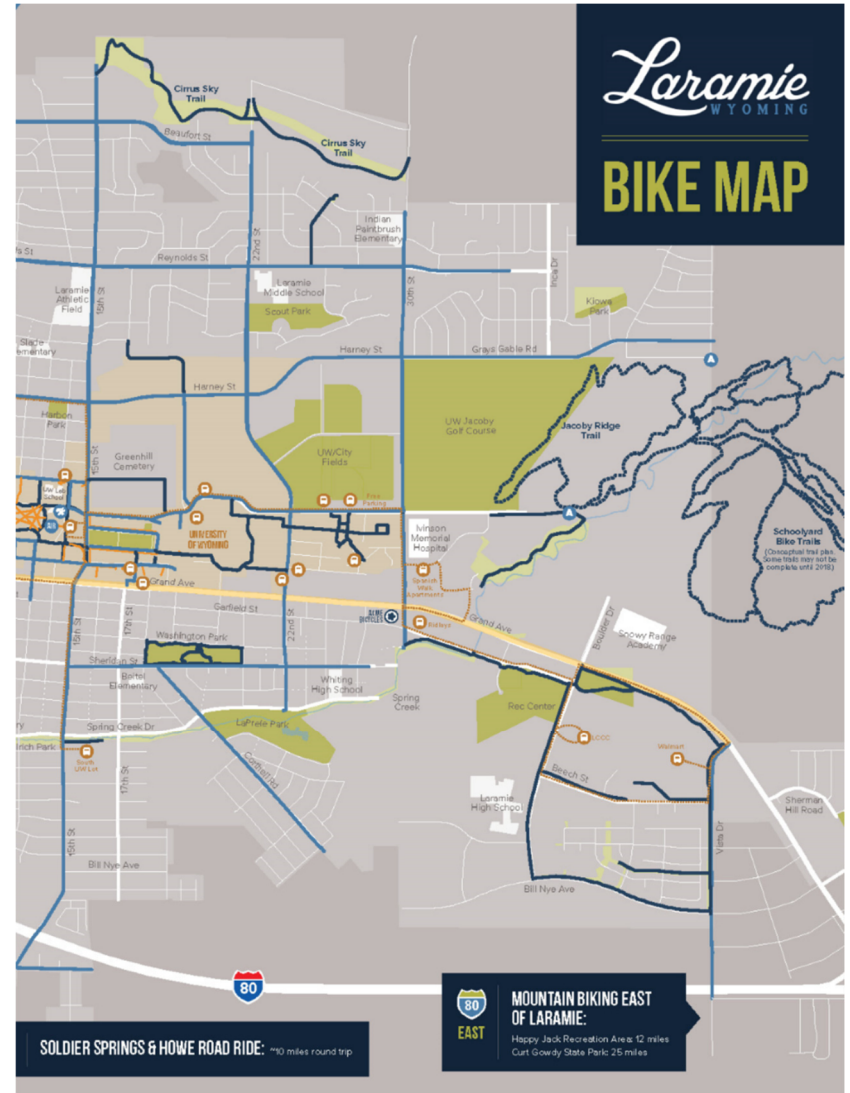
Narcotics Anonymous

Parents and Friends of Lesbians and Gays (PFLAG)

Pathways Mental Health Professionals

Peak Wellness Center

Pendley & Associates



Cycling not recommended on Grand Ave. or 3<sup>rd</sup> Street

LaramieBikeNet.org



- 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

- Al-Anon (District 10)
- Division of Vocational Rehab
- Pathfinder
- Recover Wyoming

Rawlins

- Al-Anon (District 9)
- 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
- Developmental Preschool & Daycare
- Hospice of Laramie
- Premier Advocacy Services
- Public Health, Albany County
- Wyoming Children’s Law Center, Inc.
- Wyoming Independent Living Rehabilitation
- Wyoming Institute for Disabilities (WIND)

Cheyenne

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

❖ DOMESTIC VIOLENCE .....

Laramie

- Albany County Victim Witness Program
- SAFE Project
- Sexual Assault & Forensic Nurse Program
- Wyoming Coalition Against Domestic Violence and Sexual Assault

Cheyenne

- Prevent Child Abuse Wyoming
- Safehouse Services
- Cheyenne Police Department, Victim Assistance

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
- Heart to Heart Pregnancy Center
- Hilde Project

# TRAFFIC LAWS

In Wyoming, a person riding a bicycle has all the rights and responsibilities as a motor vehicle driver. Obey all signs, lane markings and traffic control devices.

Stop at stop signs and red lights. Yield to pedestrians. The posted speed limit should be obeyed by all roadway users.

Keep at least one hand on the handlebars at all times.

Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or lanes of roadways set aside for the use of bicycles.

Avoid bicycling while under the influence of alcohol or controlled substances. Violations are the same for cyclists and motorists.

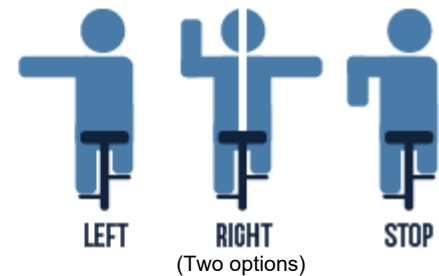
Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable (or safe).

Bicycling on sidewalks is prohibited except where the sidewalk is part of a designated and marked bicycle path.

A front white light (emitting >500') and rear red reflector attached to the bicycle are required when bicycling at night.

Every bicycle shall be equipped with a brake which will enable the operator to make the braked wheels skid on dry, level, clean pavement.

## HAND SIGNALS FOR TURNING





## LARAMIE BICYCLING INFORMATION:

# TIPS FOR THE ROAD

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Bright, reflective clothing increases visibility. Use a helmet to protect your brain! Your helmet should be snug but not tight. It should sit level on your head (not tilted back) with the front edge no more a width of approximately 2 fingers above your eyebrows.

Be aware of low angle sun during fall and spring as motorists may not see you.

Use hand signals to let pedestrians, cyclists and drivers know your intentions. Make eye contact with motorists to make sure they are aware of your presence.

Take the full travel lane if the road is too narrow for motorists to pass. Avoid weaving around parked cars. Riding predictably increases safety for all roadway users.

Be aware of your surroundings. Avoid using earphones, texting or talking on a cell phone while riding.

"Sharrows" (shared roadway markings) are placed on roadways that are links in the bicycling network. They indicate where bicyclists can ride safely and alert motorists to the presence of bicyclists.

When biking in a park or shared use path, be mindful of other path users. Paths are designed for low speed use. Stay to the right when using a path. Pass on the left and use an audible warning when passing. Ride single file during congested conditions.

Cross railroad tracks at a 90° angle (perpendicular). Tracks can be slippery when wet. Ride around storm and sewer gratings.

Securely lock your bike with a U-lock or cable lock. Secure detachable items and leave your bike where others can keep an eye on it.

Bikes operated or parked on UW property are required to have a \$5 permit, which can be acquired through the UW Police Department.

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  
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 Center  
Carbon County School District #1  
Carbon County School District #2  
University of Wyoming, Carbon County Ext. Service  
Wyoming Cowboy Challenge Academy  
Wyoming Department of Education, Vision Outreach

## ❖ EMERGENCY SERVICES .....

### Laramie

Albany County Detention Center  
Albany County Homeland Security Emergency Mngmt.  
Albany County Sheriff's Department  
Albany County Victim Witness Program  
American Red Cross  
Boys Town National Hotline  
Cathedral Home for Children, Youth Crisis Center  
Department of Family Services (DFS), Laramie  
Fire Department (emergency)  
Ivinson Memorial Hospital  
Juntos Wyoming  
Laramie Interfaith

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  
 Juntos Wyoming  
 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.

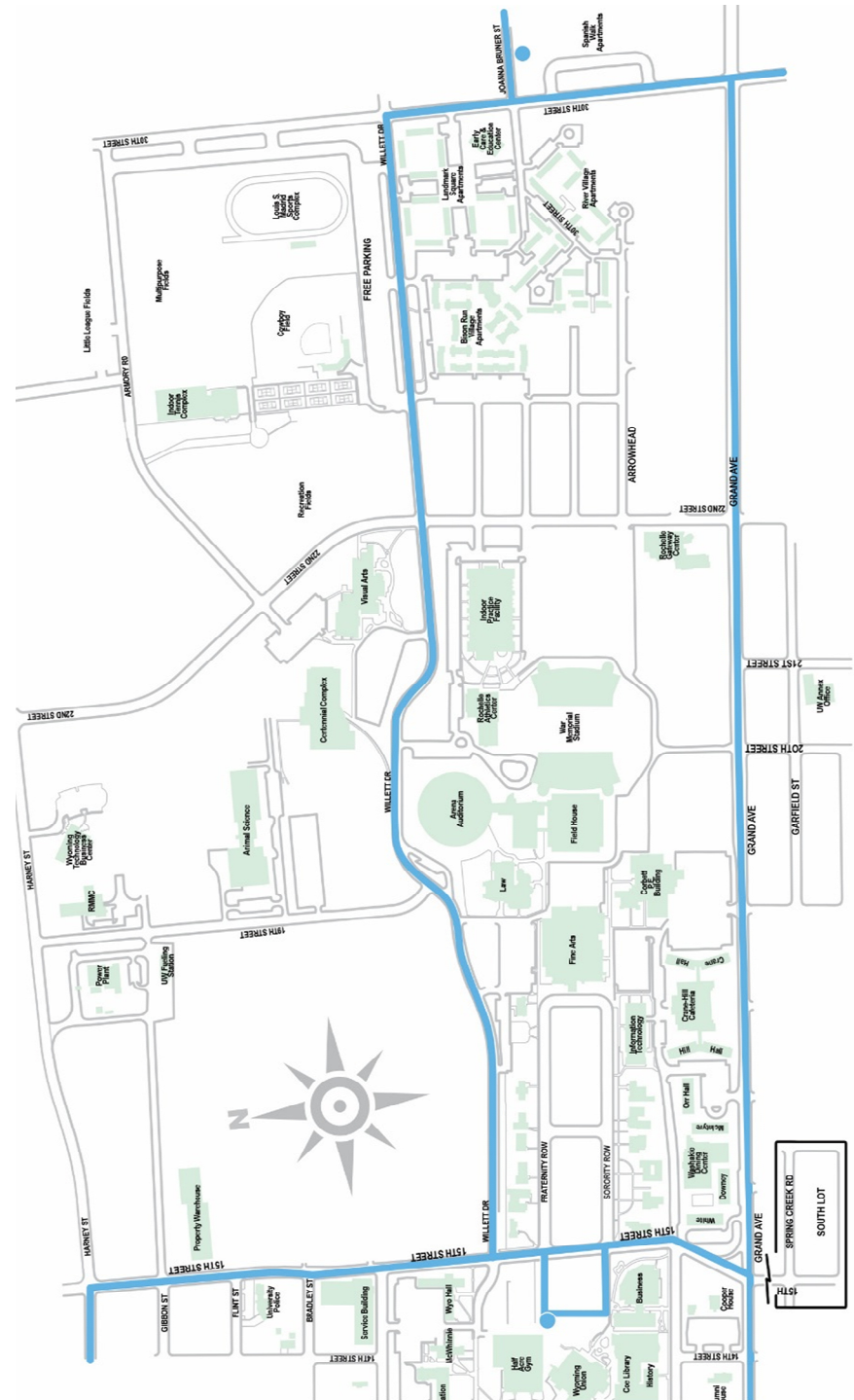
Cheyenne

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

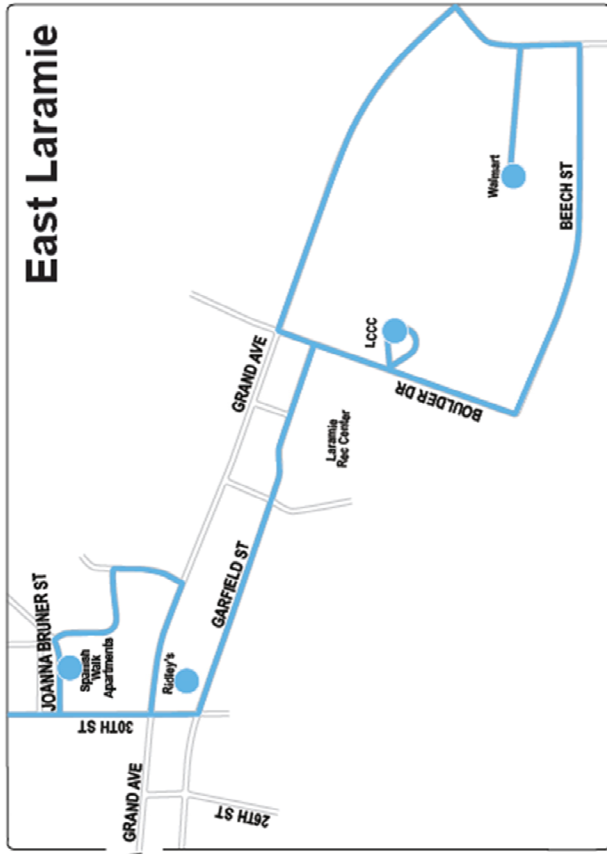
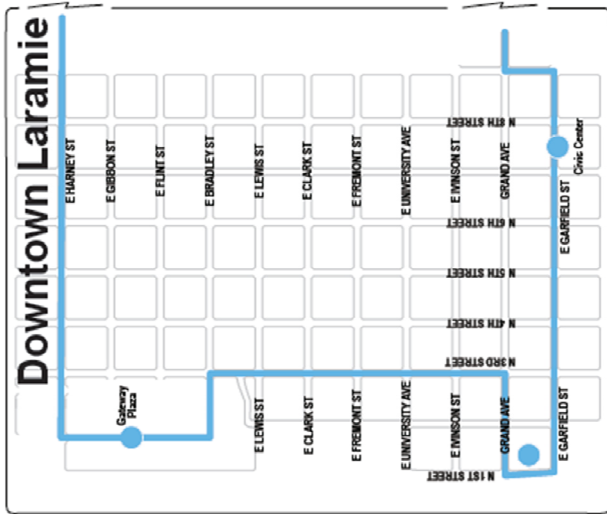
❖ **FOOD/NUTRITION** .....





# UW LARAMIELINK BUS ROUTE

- LaramieLink Route
- Indicates Route Stop



## Laramie

- Cent\$ible Nutrition, Laramie
- Department of Family Services (DFS), Laramie
- Feeding Laramie Valley
- Laramie Interfaith
- 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

- Cent\$ible Nutrition, Rawlins
- St. Vincent de Paul Society
- USDA Commodities Distribution
- Women, Infants, & Children (WIC), Carbon County

## Rock River

- Rock River Mobile Food Pantry

## 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
- Heart to Heart Pregnancy Center
- Hospice of Laramie

Iverson Memorial Hospital  
 Laramie Physicians for Women & Children  
 Laramie Reproductive Health  
 LIV Health, Wyoming Office  
 National Acupuncture Detoxification Assoc. (NADA)  
 Premier Advocacy Services  
 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  
 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**

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  
 Project Prevention  
 Public Health, Carbon County-Rawlins  
 Public Health, Carbon County-Saratoga  
 Rawlins Clinic  
 South Central Wyoming Health Care & Rehabilitation

• **LaramieLink Bus** -----

Fixed Bus Route

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

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

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.

LARAMIELINK	<b>STOP EASTBOUND &amp; WESTBOUND</b> <b>Academic Year: 6:30 AM - 6:30 PM</b> EVERY 40 MINUTES <b>Summer: 6:30 AM-6:00 PM</b> EVERY 40 MINUTES
	<ol style="list-style-type: none"> <li>1. Downtown (1st and Grand)</li> <li>2. Gateway Plaza (Westbound Only)</li> <li>3. Civic Center (Eastbound Only)</li> <li>4. Wyoming Union</li> <li>5. Spanish Walk Apartments/IMH</li> <li>6. Ridley's 7. LCCC 8. Walmart</li> </ol>

	On-Call: <b>Academic Year:</b> <b>Monday - Friday: 6:30 PM - 2:00 AM</b> <b>Weekend: 10:00 AM - 10:00 PM</b>
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<i>Where's my bus?</i> Track the UW buses in real time with <b>TransLoc</b> <small>Transit Visualizing Systems</small> <a href="http://uwyo.transloc.com">uwyo.transloc.com</a>	
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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.

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 Kid Care (CHIP)

Cheyenne  
Crossroads Clinic  
Healthworks  
Levimir Insulin Detemir  
Public Health, Laramie County

❖ **HOUSING** .....

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

My Front Door  
Senior Housing  
Eppson Center for Seniors  
Legacy Senior Apartments  
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

My Front Door

Rawlins

Low-Income Housing

- Bittercreek Apartments
- Buffalo Run Residential
- 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

Home energy assessments/solutions, increasing energy efficiency. Indoor air, water & lead testing. Radon mitigation measurements.

• 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 7AM-10AM

Laramie -----

2835 E Grand Ave., Laramie, WY

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

• Wyoming Independent Living ----- 307-721-4071

1050 N 3<sup>rd</sup> 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 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

- Rawlins -----307-324-5333  
 215 W Buffalo St., Carbon Bldg., Rm 325, Rawlins, WY
- **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 Workforce Center -----307-324-3485  
 Vocational Rehab -----307-324-2238  
 212 W Buffalo St., Carbon Bldg., Rm 312, Rawlins, WY
- Saratoga (Outreach)-----307-324-2238  
 1110 E Spring Ave., Saratoga, WY
- **Wyoming Energy Council, Inc.**-----307-742-0313

- Free Wi-Fi (in Laramie)
- Heart to Heart Pregnancy Center
- 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
- 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

- Albany County Victim Witness Program
- Child Support Services of Wyoming
- Downtown Clinic
- Equal Justice Wyoming
- Juntos Wyoming
- Legal Aid of Wyoming, Inc.
- University of Wyoming Legal Services
- University of Wyoming Students' Attorney
- Wyoming Children's Law Center, Inc.
- Wyoming Coalition Against Domestic Violence and Sexual Assault

Cheyenne

Cheyenne Police Department, Victim Assistance  
 Child Support Enforcement  
 Child Support Services of Wyoming  
 Equal Justice Wyoming  
 GreenPath Debt Solutions  
 Juntos Wyoming  
 Legal Aid of Wyoming, Inc.  
 Protection & Advocacy System, Inc.  
 Veterans Legal Assistance Project

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

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.

- **Wyoming Children’s Society** -----307-632-7619  
 314 E 21st St., Cheyenne, WY

Assists birth mothers with personal adoption choices and expenses; parenting resources; pregnancy support counseling.  
[www.wyomingcs.org](http://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 8AM to 5PM

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**-----307-777-7675  
 ----- Vision Outreach Services 307-857-9268

Hours: M-F 8AM-5PM

2300 Capitol Ave., Hathaway Bldg., Rm 129, Cheyenne, WY

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.



Nutrition Education, Food Assistance, Prenatal Care  
Education, Infant/Child Care Education

Albany County ----- 307-721-2535

609 S 2nd St., Laramie, WY

Hours: M T, Th 8AM-5PM, 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 ----- 307-325-6398

1008 Feldspar Ct., Hanna, WY

Laramie County ----- 307-634-6180

421 E 17<sup>th</sup> St., Cheyenne, WY

Rawlins ----- 307-328-2606

Carbon Building, Room 38, 215 West Buffalo, Rawlins, WY

Saratoga ----- 307-326-5371

201 South River, Saratoga, WY

• **Wyomed Laboratory, Health Fair**----- 307-721-5111

204 McCollum St., Laramie, WY

Hours: W 7:30AM – 10AM

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](http://EnrollWyo.org).

• **Wyoming Children’s Law Center, Inc.**----- 307-632-3614

112 S 5<sup>th</sup> St., Laramie, WY

LifeChoice

Wyoming Children’s Society

Rawlins

Best Beginnings

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

Laramie Interfaith

St. Matthew’s Episcopal Cathedral

St. Paul’s Newman Center

Cheyenne

Bethel Outreach Ministries

First Presbyterian Church

❖ **SENIOR SERVICES** .....

Laramie  
 Eppson Center for Seniors  
 Foster Grandparent Program  
 Legacy Senior 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  
 Bicycling in Laramie  
 Disabled American Veterans (DAV)  
 Good Vibes Garage  
 GreenRide Airport Shuttle (for DIA)  
 Greyhound Bus Station  
 Laramie Interfaith  
 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  
 Cheyenne Transit Program  
 COMEA Homeless Shelter  
 Disabled American Veterans (DAV)

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  
 Crisis Line ----- 1-800-273-8255, press 1  
 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 7<sup>th</sup> 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
- **Volunteers of America: Northern Rockies** ----- 844-486-2838  
 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
- **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)**

- 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 10AM-4PM  
 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: Laramie Interfaith -----307-742-4240  
 712 E Canby St., Laramie, WY  
 Generally one Wednesday a month 2-5PM, call for dates  
Sinclair -----307-324-2408  
 400 Lincoln, Sinclair, WY  
 First Wednesday of each month 2:30-6PM
  - **Valley View Rehabilitation & Care Center** -----307-326-8212

- GreenRide Airport Shuttle (for DIA)  
 Medicaid Travel Assistance  
 St. Joseph's Catholic Center  
 Rawlins  
 Carbon County Cab  
 Rawlins C.A.T.S. Bus
- ❖ **UTILITY ASSISTANCE** .....
- Wyoming  
 Black Hills Energy  
 Energy Share of Wyoming  
 Low-Income Energy Assistance (LIEP)  
 Rocky Mountain Power  
 Telephone Assistance Program (TAP)  
 Union Wireless – Lifeline Program  
 Wyoming Energy Council, Inc.
- Laramie  
 Salvation Army  
 (also Cheyenne and Rawlins)
- Fort Collins  
 House of Neighborly Service
- ❖ **VETERAN SERVICES** .....
- Laramie  
 American Legion Post 14  
 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 Counseling Center  
 WY Department of Workforce Services, Rawlins

Housing Office (for students) -----307-766-3176  
Learning Resource Center -----307-766-2527  
 Education Building, Rm 222, Laramie, WY  
 Hours: M-F 8AM – 5PM  
 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-----307-766-6416

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.

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) -----307-766-2187  
 341 Knight Hall, 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 8AM- 5PM  
 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  
 821 E 18th St., Cheyenne, WY  
 Providing family medicine, prenatal care, labor, and delivery. Sliding fee.

## ALPHABETICAL LISTING OF RESOURCES

- **A Better Way Counseling & Consulting, LLC** -----307-200-9421  
 121 E Grand Ave., Suite 216, Laramie, WY  
 Mental health counseling. Accepts Medicaid/Medicare and other insurance.
- **Al-Anon**-----www.wyomingal-anon.org  
 District 9-----307-321-4115  
 District 10 Hotline -----307-632-7706  
 Support groups for families, children, or friends of alcoholics.
- **Albany Community Health Clinic** -----307-766-3313  
 After hours medical assistance -----307-632-2434  
 1174 N 22<sup>nd</sup> St., Laramie, WY  
 Hours: M W Th F 8AM-5PM; T 9AM-7PM  
 Accepts Medicare/Medicaid and most insurance.
- **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 **Laramie Interfaith** for additional support or if Albany County resident.
- **Albany County Homeland Security Emergency Management**  
 -----307-721-1815  
 2020 E Grand Ave., Suite 421, Laramie, WY  
Mailing Address: 525 E Grand Ave., Suite 202, 82070  
 Emergency planning, training programs, and preparedness. Maintains the Emergency Operations Center and coordinates the Emergency Alert System.
- **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 E Grand Ave., Laramie, WY  
Public Schools in Albany County
- **Albany County Sheriff’s Department**----- Dial 911  
Non-emergency -----307-755-3520  
525 E Grand Ave., Suite 101, Laramie, WY
- **Albany County Victim Witness Program** -----307-721-1845  
410 E Grand Ave., Suite 105, Laramie, WY  
Assistance for victims of all crimes including: notification of court events/case status, filing victim restitution & compensation claims, emergency financial aid for urgent needs, and referrals to other services.
- **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 4<sup>th</sup> St., 2<sup>nd</sup> floor  
Trinity Lutheran Church, 107 S 7<sup>th</sup> St., basement  
First Baptist Church, 15<sup>th</sup> and Canby, south door  
Hours: Meetings scheduled seven days a week.  
Rawlins -----307-324-5232  
District Hotline -----307-324-8871  
222 W Spruce St., Rawlins M 10AM, T 8PM, F 10AM  
Harvest Time Ministries, 822 W Walnut St., W 5PM  
Saratoga -----307-326-8458  
214 E Constitution, Saratoga, MWF 7PM
- **Alliance Growth Counseling & Consulting**-----307-742-4769

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 E Grand Ave., Laramie, WY  
Hours: M-F 8AM-8PM, Sat 9AM-6PM, Sun 9AM-4PM  
Minor emergencies, family medicine, and women’s health. No appointment necessary.
- **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
- **Union Wireless – Lifeline Program** -----888-926-CARE  
Federally administered financial assistance program that provides communication services at a discount to low-income households that qualify.
- **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

- **St. Joseph’s Catholic Church** -----307-634-4625  
603 House Ave., Cheyenne, WY (Church)  
206 Van Lennen, Cheyenne, WY (Food Pantry)  
Food Pantry Hours: M-Th 10AM-1PM  
Food Pantry and limited traveler’s assistance. 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  
Assistance Hours: W 9:30AM-11:30AM  
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 9AM-3PM  
Rent and utility assistance provided. Sack Lunches Monday-Saturday 9AM-11AM.
- **St. Paul’s Newman Center** -----307-745-5461  
1800 E Grand Ave., Laramie, WY  
Hours: T 10:30AM-11:10AM, Th 2:30PM-3:30PM  
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

1050 N 3rd St., Suite. B1, Laramie, WY  
Holistic approach to counseling.

- **American Heritage Center**-----307-766-4114  
Centennial Complex, 2111 Willett Dr., Laramie, WY  
www.uwyo.edu/ahc
- **American Legion Post 14**-----307-745-5845  
417 E Ivinson Ave., Laramie, WY  
Support and advocacy for veterans, active military, and their families.
- **American Red Cross**-----307-638-8906  
5500 Bishop Blvd., Cheyenne, WY (Cheyenne/Laramie)  
Helping communities prepare for, respond to, and recover from emergencies.
- **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 19<sup>th</sup> St., Laramie, WY -----307-745-5755  
3520 Garfield St., Laramie, WY-----307-742-9332  
Childcare & education programs for children aged 6 weeks through 12 years.
- **Best Beginnings** -----307-328-2660  
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** -----307-635-7619

314 E 6th St., Cheyenne, WY

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

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

2120 Logan Ave., Cheyenne, WY

- **Bicycling in Laramie** -----LaramieBikeNet.org  
Map and other information at end of Guide

- **Big Brothers Big Sisters**

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

Cheyenne -----307-514-3383

5917 Sunset Dr., Cheyenne, WY

Laramie -----307-742-2227

1010 S 6<sup>th</sup> 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** -----888-890-5554

1301 W 24th St., Cheyenne, WY

Hours M-F 9AM-5PM

Provides utility assistance. Call for more information.

- **Boy Scouts of America** -----

Find Scouting Near You----- <https://beascout.scouting.org/>

Scouting is a fun, hands-on learning and achievement program that puts boys and girls in the middle of the action, preparing them for today – and for life.

- **Boys and Girls Club** -----

An afterschool program that helps young people reach their full potential as productive, caring, and responsible citizens.

For boys & girls age 6 to 18.

Hours: F 11AM – 1:30PM

Assists with utility payments.

Fort Collins -----970-207-4472

3901 S Mason St., Fort Collins, CO

- **Season’s Psychiatric Clinic** -----307-755-6463

311 S 2nd St., Laramie, WY

Serving children, families and young adults

- **Safehouse Services** -----307-634-8655

714 W Fox Farm Rd., 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 8AM-5PM

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.



321 Ave. D, Rock River Town Hall

A monthly food pantry for the residents of Rock River, WY.

Food Bank delivery days and hours available online.

- **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-Noon, Lunch: daily at Noon, Hygiene: M-F 9AM-3PM, Rent/Utilities: Eviction or shut off notice required (limited), Energy Share of Wyoming: Dec-May.  
Laramie ----- leave a message: 307-399-8750  
----- laramie.salvation.army@gmail.com  
712 E Canby St., Laramie, WY (at Laramie Interfaith)

Cheyenne -----307-778-6674

515 W Jefferson Rd., Cheyenne, WY

Hours: M-F 7:30AM-6PM

Rawlins -----307-324-8905

725 E Brooks St., Rawlins, WY

- **Boys 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.
- **Brent Eley Foundation**-----720-343-2800  
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. #4A, 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** -----307-328-9274  
1650 Harshman St., Rawlins, WY  
Hours: M-Th 8AM – 8PM, F 8AM- 4PM  
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  
On Call 24/7 for emergency services -----307-354-7156  
721 W Maple, Rawlins, WY  
Hours: M-F 8AM – 5PM

Outpatient mental health and substance abuse center. Sliding Fee and free to all veterans and their immediate family.

- **Carbon County Memorial Hospital**-----307-324-2221  
2221 Elm St., 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 8AM to 5PM
- **Carbon County School District #2** -----307-326-5271  
315 N 1<sup>st</sup> St., P. O. Box 1530, Saratoga, WY  
Hours: M-F 8AM to 5PM
- **Carbon County Senior Services** -----307-324-6919  
545 15<sup>th</sup> 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 Victim/Witness Program** -----307-328-7713  
----- Dispatch (after hours) 307-324-2776  
415 West Pine St., PO Box 190, Rawlins, WY  
Assistance for victims of all crimes including: emergency on-scene crisis response, case status, information on court procedures, accompanying victims & witnesses to court hearings, filing victim compensation claims, and referrals to other agencies for immediate needs.
- **Cathedral Home for Children** -----307-745-8997

- **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 3<sup>rd</sup> St. Rawlins, WY  
Public information, search and rescue, preparedness tips, homeland security and WY disaster readiness.
- **Rawlins Family Recreation Center** -----307-324-7529  
1616 Harshman St., Rawlins, WY  
Hours: M-Th 5:30AM–8PM, F 5:30AM–7PM, Sat 7AM–3PM  
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  
215 5th St., Rawlins, WY  
Victims Advocate: 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
- **Rock River Mobile Food Pantry** -----  
-----wyomingfoodbank.org/mobile-pantries-wyoming/

Protecting the rights of persons with disabilities.

- **Public Health** -----  
Albany County ----- 307-721-2561  
609 S 2nd St., Laramie, WY  
Hours: M-F 8–11:30AM, 1–5PM
  - 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 Health Department ----- 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

4989 N 3rd St., Laramie, WY

Hours: M-F 9AM-5PM

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 5<sup>th</sup> St., Laramie, WY

Hours: M-F 9AM-5PM

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 E 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 8AM-5PM

Laramie -----307-399-0435

2020 E Grand Ave., Suite 401, Laramie, WY

Hours: M-F 8AM-5PM

- **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

<https://wyoextension.org/laramiecounty/>

Laramie -----307-721-2571

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

<https://wyoextension.org/albanycounty/>

Rawlins -----307-721-2571

Carbon Bldg, Room 393, Rawlins, WY

<https://wyoextension.org/carboncounty/>

Education, Agricultural Education, Family & Nutrition

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

University of Wyoming State Office -----307-766-5375

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

1208 S River St., Saratoga, WY

Hours: M-F 8AM – Noon, 1-5PM; 24 hour emergency.

Provides medical care through outpatient clinic

- **Premier Advocacy Services**-----307-414-0384

1465 N 4<sup>th</sup> St., Suite 111, Laramie, WY

Case management and support services to individuals with intellectual/developmental disabilities and acquired brain injuries.

- **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.

- **Project Prevention** -----307-328-3969

215 W Buffalo St., 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](http://www.wypanda.com)

Alcohol and 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. \$3 per one-way ride.
- **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.  
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

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

- **Cheyenne Family YMCA** -----307-634-9622  
1426 E Lincolnway, Cheyenne, WY  
Hours: M-F 5AM-9PM, Sat. 7AM-8PM, Sun. Noon-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](http://www.cheyennehousing.org)  
Cheyenne -----307-633-8317  
3304 Sheridan Ave., Cheyenne, WY  
Hours: M T Th F 8:30AM-5PM, W 8:30AM-Noon  
Laramie -----307-745-4409  
1265 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 Police Dept. Victim Assistance** -----307-637-6506  
----- Dispatch (after hours) 307-637-6525  
415 W 18<sup>th</sup> St., Cheyenne, WY  
Assistance for victims of all crimes including: emergency on-scene crisis response, case status, information on court procedures, accompanying victims & witnesses to court hearings, filing victim compensation claims, and referrals to other agencies for immediate needs.
- **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

- **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  
 2015 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.
- **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.climbwyo.org](http://www.climbwyo.org)  
Cheyenne -----307-778-0094  
 123 17th St., Cheyenne, WY

- 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.
- **Parents and Friends of Lesbians and Gays (PFLAG)** -----  
 ----- pflaglaramie@gmail.com  
 602 E Garfield St., Laramie, WY  
 St. Paul's United Church of Christ - basement  
 Hours: 2<sup>nd</sup> Thursday of the month at 6:30PM  
 Uniting people who are LGBTQ+ with families, friends, and allies. Committed to advancing equality through support, education, and advocacy.
- **Parents as Teachers**-----  
 Free early childhood home visitation program enrolling expecting families and children birth to two years old.  
Cheyenne -----307-438-1259  
 1401 Airport Parkway, Cheyenne, WY  
Laramie -----307-256-3485  
 2020 E Grand Ave., Suite 413, Laramie, WY
- **Pathfinder** -----307-635-0256  
 1920 Thomes Ave., Suite 320, Cheyenne, WY

Hours: 1<sup>st</sup> & 3<sup>rd</sup> Thurs., 9-11AM; 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.

- **My Front Door** -----

100 W 4<sup>th</sup> St., Cheyenne, WY ----- 307-514-5831

302 S 2<sup>nd</sup> St., Suite 212, Laramie, WY ----- 307-745-4130

Hours: M-F 9AM-4PM

A home ownership program for qualifying low-income families.

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

1215 E Gibbon St., Rm. 202, Laramie, WY

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

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 Noon-1PM

Albany County Public Library

310 S 8<sup>th</sup> St., Laramie WY, Hours: T Noon-1PM

A Better Way Counseling & Consulting, LLC

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

Pendley & Associates

1277 N 15<sup>th</sup> St., Laramie WY, Hours: F Noon-1PM

Fire Station #2 Community Room

1558 N 23<sup>rd</sup> St., Laramie WY, Hours: Sat, 10-11AM

- **National Helpline**----- 1-800-662-HELP (4357)

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 Thrift Boutique**----- 307-745-0625

310 E University Ave., Laramie, WY (St. Matthew's)

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

Inexpensive clothing, shoes, and accessories for families.

- **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.

- **COMEA 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**-----970-482-3502  
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 8AM – 5PM  
Laramie -----307-745-7324  
3817 Beech St., Suite 200, Laramie, WY  
Hours: M-F 8AM- 5PM  
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  
1771 Centennial Dr., Laramie, WY  
    Childcare for children from birth through 9 years old. Sliding  
    fee based on income. Early intervention services offered i.e.,

623 W 20th St., Cheyenne, WY

Hours: M T 10AM – 4PM, W Noon-6PM

Pregnancy resources available

- **LIV Health, Wyoming Office**-----307-630-4729  
    Case management and in-home counseling services.
- **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
- **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  
    Home-delivered meals and other in-home services.  
    Thrift Store Hours: M Th F Noon-5PM; Sat 10AM-3PM
- **Medicaid Travel Assistance**----- 1-800-595-0011  
[https://wymedicaid.portal.conduent.com/client/Travel\\_Assistance.html](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 9AM-5PM  
    Provides medical care through an outpatient clinic
- **Mothers of Preschoolers (MOPS)**-----  
    Snowy Range Evangelical Free Church -----307-742-0153  
2552 N 15<sup>th</sup> St., Laramie, WY



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. & Iverson Ave., Laramie, WY  
Hours: M-F 8AM-2PM; 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 Suicide Prevention Hotline** ----- 307-977-7777  
----- TALK or TEXT
- **Laramie Swim Club** -----  
[www.facebook.com/LaramieSwimClub/](http://www.facebook.com/LaramieSwimClub/)  
Swimming club for children ages 3 through high school.
- **Legacy Senior Apartments** ----- 307-742-2011  
Michelle McCune, Temporary Property Mgr. ----- 307-635-1771  
1621 Crystal Ct., Laramie, WY  
48 apartments for seniors age 62 and over.  
Opening late Fall 2019.
- **Legal Aid of Wyoming** ----- 877-432-9955  
1813 Carey Ave., Cheyenne, WY ----- 307-432-0807  
Hours: M-F 9AM – 4PM  
Free legal assistance to low-income individuals living in Wyoming.
- **Levemir (Insulin Detemir)** ----- 866-310-7549  
[Levemir.com](http://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

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** ----- 307-314-2345  
507 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- 1PM (primary care), 5-6PM (Rx refill pickup)  
W 3PM-7PM (primary care/counseling clinics)  
4<sup>th</sup> W 5PM-7PM (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** ----- 307-326-8316  
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 of Wyoming**-----  
1401 Parkway, Suite 300, Cheyenne, WY  
Emergency assistance with energy bills to avoid disconnects between December and May.  
Cheyenne Salvation Army-----307-634-2769  
Albany/Carbon County Residents-----303-866-9296  
Other areas call ----- 1-877-461-5719
- **Eppson Center for Seniors**-----307-745-5116  
1560 N 3<sup>rd</sup> 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  
2300 Capitol Ave., Cheyenne, WY  
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

- **Laramie Plains Civic Center** -----307-745-8000  
710 E Garfield St., Laramie, WY  
Gyms available for recreational opportunities. Call for more information.
- **Laramie Plains Lions Club** -----  
Vision/eyeglasses assistance. Pick up application at any eye doctors office or Department of Family Services.
- **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 based on income and family size.
- **Laramie Reproductive Health** -----307-745-5364  
1252 N 22nd St., Suite A, 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,

2101 Thomes Ave., Cheyenne, WY

- **Laramie Dance Center** -----307-742-6767  
170 N 2<sup>nd</sup> St., Suite B, Laramie, WY  
All ages welcome. [www.laramiedancecenter.com](http://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-5PM, 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** -----561-729-2945  
710 E Garfield St., Suite 344, Laramie, WY (Civic Center)  
For Licensed Foster Families in Albany County, only.
- **Laramie Ice & Event Center** -----307-721-2161  
3510 Garfield St., Laramie, WY  
[www.ci.laramie.wy.us](http://www.ci.laramie.wy.us)
- **Laramie Interfaith**-----307-742-4240  
712 E Canby St., Laramie, WY  
Hours: M-F 11AM-6PM, Sat Noon-2PM
  - Emergency shelter, food, and partial financial assistance toward rent, utility payments, 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.
  - Food Pantry and personal hygiene items, paper goods, diapers, baby food, winter outerwear, and blankets.  
USDA Food Commodities, call for schedule.
- **Laramie Pediatrics, (MD, FNP)** -----307-745-3704  
1252 N 22nd St., Suite B, 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

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 11<sup>th</sup> 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) -----307-288-5111  
515 W Prosser Rd., Cheyenne, WY  
Min. & Max. income. Qualifications apply.
- **Free Wi-Fi** (in Laramie) -----  
Albany County Public Library, 310 S 8<sup>th</sup> St.  
Computers available during library hours  
American Legion, 417 E Ivinson Ave.  
Chalk N' Cheese, 209 S 2<sup>nd</sup> St.  
Coal Creek Coffee, 110 E Grand Ave. (ask for password)  
Coal Creek Coffee, 2317 E Grand Ave. (ask for password)  
Eppson Center for Seniors, 1560 N 3<sup>rd</sup> St.  
FedEx Office, 2124 E Grand Ave.  
Grounds Coffee, 171 N 3<sup>rd</sup> St.  
Hilton Garden Inn, 2229 E Grand Ave.  
LCCC Campus, 1125 Boulder Dr. (computer lab in library)  
Laramie Workforce Center, 3817 Beech St., #100

- **La Leche League**-----  
Information and encouragement to breastfeeding mothers through mother-to-mother support.  
Laramie County (Cheyenne)----- Kristen-307-275-2798  
www.facebook.com/lloflaramiecounty/  
Fort Collins ----- Jerica – 970-980-6773  
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-----307-778-1288
- **Laramie County Family Planning** -----307-633-4040  
100 Central Ave., Cheyenne, WY
- **Laramie County Head Start** -----307-634-5829  
521 W Jefferson Rd., Cheyenne, WY
- **Laramie County School District** -----307-771-2100  
2810 House Ave., Cheyenne, WY
- **Laramie County Senior Center** -----307-635-2435

- **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.
- **Ivinson Memorial Hospital** -----307-742-2141  
255 N 30th St., Laramie, WY  
Behavioral Health -----307-742-0285  
Crisis Intervention (24-hr Crisis Line) -----307-742-0285  
Emergency Room -----307-755-4410  
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).
- **Job Corps** -----307-287-6260  
1510 E Pershing Blvd., #1028, Cheyenne, WY
- **Juntos Wyoming**-----  
Español -----307-631-0046  
English-----307-286-7384  
Rapid response for people being confronted or detained by ICE or law enforcement. Legal support services for immigrants who feel their rights have been violated.

- Must be work related; Workforce Account required  
Library Sports Grill & Brewery, 201 E Custer St.  
McDonalds, 1666 Snowy Range Rd.  
McDonalds, 3000 E Grand Ave.  
Mulligan’s Pub & Package Store. 1115 S 3<sup>rd</sup> St.  
New Mandarin Chinese Restaurant, 1254 N 3<sup>rd</sup> St.  
Night Heron Bookstore, 107 E Ivinson Ave.  
O’Dwyers Public House, 1622 E Grand Ave.  
Perkins Restaurant & Bakery, 204 S 30<sup>th</sup> St.  
Sonic Drive-In, 2510 E Grand Ave.  
Speedgoat Burrito & Taco Shop, 213 E Grand Ave.  
Spic and Span Laundromat, 272 N 4<sup>th</sup> St. (ask for password)  
Starbucks Coffee, 3112 E Grand Ave.  
Starbucks Coffee – Safeway, 554 N 3<sup>rd</sup> St.  
Sweet Melissa’s Vegetarian Café, 213 S 1<sup>st</sup> St.  
Taco John’s, 2114 E Grand Ave.  
University of Wyoming, throughout campus (uwyo guest)
- **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 Four Mile Rd., Cheyenne, WY  
Hours: M-F 9AM-2PM  
Rent and utility assistance: \$100 or less.
- **Gentle Touch Dentistry** (Adult Dental) -----307-632-0565  
1716 Warren Ave., Cheyenne, WY
- **Good Vibes Garage**-----307-399-2820  
5010 S Chaparral Dr., Laramie, WY  
Hours: M-F 8AM – 5PM  
Auto repair shop with income-based pricing.
- **Goodwill: Cheyenne** -----307-634-0823  
612 W 17<sup>th</sup> St., Cheyenne, WY
- **Goodwill: Laramie**-----307-460-9566

1575 N 4th St., Laramie, WY

Hours: M-Sat 9AM-9PM, Sun 10AM-6PM

- **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 D  
Hours: M-F 9AM-8PM, Sat 9AM-6PM, Sun 9AM-4PM  
Minor emergencies, sports physicals, x-rays, family medicine,  
women's health. No appointment necessary.
- **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](http://www.greyhound.com)
- **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 - Lincoln Community Center

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 fee for 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.
- **Healthy Kids Rx** -----307-760-5898  
CrossFit 7220, 411 S 20<sup>th</sup> St., Laramie, WY  
Promoting healthy lifestyles for at-risk youth through year-  
round after school and summer classes at no cost for all  
Albany County youth.
- **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 4<sup>th</sup> St., Laramie, WY  
Empowering women to achieve self-sufficiency through  
education, skill development, and mentoring. Currently  
offering classes to help women develop sewing skills.