

**Wyoming**



**Get Connected. Get Help.™**

**LARAMIE COUNTY FAMILY RESOURCE GUIDE**

**2020-2021**

## LARAMIE COUNTY FAMILY RESOURCE GUIDE

### Table of Contents

<b>AFTERSCHOOL RESOURCES</b> .....	3
<b>CLOTHING/SUPPLIES/PERSONAL ITEMS</b> .....	4
<b>EDUCATION</b> .....	4
<b>EMPLOYMENT</b> .....	5
<b>EMPLOYMENT/JOB TRAINING</b> .....	7
<b>FINANCIAL ASSISTANCE</b> .....	8
<b>FOOD</b> .....	9
<b>HEALTH</b> .....	11
<b>HOMEOWNER ASSISTANCE</b> .....	14
<b>HOTLINES</b> .....	15
<b>HOUSING/SHELTER</b> .....	16
<b>LEGAL</b> .....	17
<b>MENTAL HEALTH &amp; COUNSELING</b> .....	18
<b>NUTRITION</b> .....	21
<b>OTHER FAMILY SUPPORTS</b> .....	22
<b>PARENTING RESOURCES</b> .....	25
<b>TELECOMMUNICATIONS</b> .....	26
<b>TRANSPORTATION</b> .....	27
<b>YOUTH PROGRAMS</b> .....	27

This resource guide has been produced by Wyoming 2-1-1. The purpose of this Family Resource Guide is to connect Laramie County parents and families with community resources. While this guide lists information on many programs and agencies, it does not include all resources available to you in Laramie County.

If you would like more information on the services listed in this guide, please dial **2-1-1** or 1-888-425-7138 and talk to one of our Community Resource Specialists. They can assist you with your questions and any other needs you may be looking for. You can also visit [www.wyoming211.org](http://www.wyoming211.org) to review resources and search the database of services available in Laramie County.

\*\*Language translation services are available. Individuals with hearing and speech disabilities can call Wyoming Relay at 7-1-1 (1-800-877-9965) to indirectly access Wyoming 2-1-1.



United Way  
of Laramie County

Shelly Bybee, Community Schools Resource Coordinator, is also available to assist you and your family on your particular needs. You may reach Shelly at [shelly@unitedwayoflaramiecounty.org](mailto:shelly@unitedwayoflaramiecounty.org).

## AFTERSCHOOL RESOURCES

### After School for Kids (ASK)

ASK After School for Kids  
525 Randall Avenue Suite 4  
Cheyenne, WY 82001  
307-369-4553  
<https://afterschoolforkids.org/>  
After School Programs operate 3:35 - 6 pm M-F during the school year. ASK follows LCSD#1 school calendar and guidelines.  
Laramie County School District #1 enrolled student  
Call 307-369-4553 or email [Askprogram.15@gmail.com](mailto:Askprogram.15@gmail.com)

### BEAST Foundation

Recreation Program  
2900 Sunflower Road  
Cheyenne, WY 82009  
307-514-0070  
<https://beastfoundation.org/recreation-program>  
4-6 pm on days school is in session gym open at times determined by the renter's need  
For after-school rec program - Kindergarten through 8th grade  
Information Packet Insurance Waiver signed

### BEAST Foundation

STEM Enrichment  
2900 Sunflower Road  
Cheyenne, WY 82009  
307-631-6320  
<https://beastfoundation.org/>  
3 pm - 6 pm everyday that school is in session  
Any child that is interested in Science and Math  
Information Packet must be completed including insurance waiver

### Bodylines Dance Theatre

Adaptive Dance and Movement Program  
Class held at the Unitarian Universalist Church Gym  
3005 Thomes Avenue  
Cheyenne, WY 82001  
307-630-5177  
<https://www.facebook.com/bodylinesdance/>  
Class time is Fridays 5:30 to 6:30  
Children 5 years old and older with disabilities or delays  
Telephone or referral

### Boy Scouts of America

Boy Scouts of America  
<https://www.scouting.org>  
Please search website for local councils.

### Boys & Girls Club of America

Boys & Girls Club of Cheyenne - Cole  
515 West Jefferson Road  
Cheyenne, WY 82007  
307-631-1938  
<http://www.bgcchey.org>  
3:30pm-6pm Monday through Friday (school year)  
Call, walk-in, online application

### Boys & Girls Club of America

Boys & Girls Club of Cheyenne - Jefferson Rd.  
515 West Jefferson Road  
Cheyenne, WY 82007  
307-778-6674  
<http://www.bgcchey.org>  
2pm-7pm Monday thru Friday (school year) 7:30am-6pm Monday thru Friday (Summer)  
Call, walk-in, online application

### Boys & Girls Club of America

Boys & Girls Club of Cheyenne - LCCC  
515 West Jefferson Road  
Cheyenne, WY 82007  
307-778-1319  
<http://www.bgcchey.org>  
2pm-7pm Monday thru Friday (school year)  
Call, walk-in, online application

### Cheyenne Family YMCA

Saturday Day Camp O-Zone Center  
1426 East Lincolnway  
Cheyenne, WY 82001  
307-634-9622  
<http://www.cheyenneyymca.org>  
Held every Saturday, 9am - 3:30 pm  
Open to the Public, Pre-registration Required,

### Girl Scouts of Montana and Wyoming

Girl Scouts of Montana and Wyoming  
800-736-5243  
<http://www.gsmw.org>  
Monday through Friday 8am - 5pm  
Call to find a troop near you

### UW Extension

UW Extension - Laramie County  
307-633-4383  
<https://www.wyoextension.org/laramiecounty/>  
8am-5pm Monday thru Friday

## CLOTHING/SUPPLIES/PERSONAL ITEMS

### **Black Dog Animal Rescue, Inc.**

Pet Food Assistance  
2407 East 9th Street  
Cheyenne, WY 82001  
307-514-4024  
<http://www.bdar.org>  
Monday through Friday 9:00am - 5:00pm Closed  
Saturday and Sunday  
Telephone, Walk-In, Appointment, Referral

### **Goodwill Industries of Wyoming Inc.**

Personal Care  
612 West 17th Street  
Cheyenne, WY 82001  
307-634-0823  
<https://www.goodwillwy.org>  
Individuals age 2 and older with physical or cognitive impairments or other significant barriers to independent living success.

### **Needs, Inc.**

Thrift Store  
900 Central Avenue  
Cheyenne, WY 82007  
307-632-4132  
<http://needsinc.org>  
10am-2pm Monday, Tuesday, Thursday, and Friday,  
closed Wednesday

### **OneReach**

Household Toiletries  
1300 Cherry Street  
Cheyenne, WY 82007  
307-316-3224  
<https://www.onereachcity.com>

### **Our Savior Lutheran Church**

Swaddling Clothes  
5101 Dell Range Boulevard  
Cheyenne, WY 82009  
307-632-2580  
<https://oursaviorcheyenne.org/about-us/swaddlingclothes/?fbclid=IwAR2MUaMDYkOxZAJlPXWx69psrsmxBcWnMOqKT-0iJ1GtY9Hufh57FNGcvHw>  
Church hours Monday through Thursday 8:30am - 3:30pm Giveaways are generally the 2nd Saturday each month. Please watch Facebook for giveaway dates. Message through Facebook for needs or to ask questions about the program.

### **Seasonal Resources**

Toys for Tots - Laramie County  
678-215-7584

[https://www.toysfortots.org/request\\_toys/toys-city-county.aspx?txtState=WYOMING](https://www.toysfortots.org/request_toys/toys-city-county.aspx?txtState=WYOMING)  
October 7th, 14th, 21st and 28th, 2019 12pm - 6pm

### **Shepherd's Closet**

Clothing & Household Goods - Burns  
327 South Main Street Burns Plex  
Burns, WY 82053  
307-547-3335  
Monday-Thursday 8:00am to 4:00pm; Friday 8:00am to 12:30pm; Saturday 8am to 12pm  
For anyone in need  
Walk in

### **True Vine Community Church**

Supply Closet  
110 Central Avenue  
Cheyenne, WY 82007  
307-514-0124  
<https://www.TrueVineCCWy.com>  
Wednesday and Thursday 10:00 - 2:30  
Must be willing to come to our Church to pick up items.  
Telephone, Walk-In, Appointment, Referral Depending on the services needed general requirements are a photo id, and a bit of paperwork.

## EDUCATION

### **Educational Opportunity Center (EOC)**

Student Support - Cheyenne - South East Wyoming  
1400 East College Drive LCCC Pathfinder Bldg. Rooms 431 and 432  
Cheyenne, WY 82007  
307-778-4379  
<http://www.uwyo.edu/seo/eoc/regional-centers.html>  
8am-5pm Monday thru Friday  
Completed application

### **Laramie County Community College**

Academic and career & technical education  
1400 East College Drive  
Cheyenne, WY 82007  
307-778-5222  
<https://www.lccc.wy.edu/>

### **Laramie County Community College**

Adult Basic Education - ACES  
1400 East College Drive  
Cheyenne, WY 82007  
307-637-2450  
<http://www.lccc.wy.edu/academics/services/adulteducation>  
9am-8pm Monday thru Thursday  
Must be 16 years old or older.  
Appointment

#### **Laramie County Community College**

Extended Education Classes  
1400 East College Drive  
Cheyenne, WY 82007  
307-245-3595  
<http://www.lccc.wy.edu/about/easternLaramieCounty.aspx>  
Administrative Offices open M-TH 10 a.m. - 2 p.m. and Friday by appointment. Services are schedule Mornings through Evenings as needed.

#### **Laramie County Community College**

F.E. Warren Air Force Base Outreach Center  
1400 East College Drive  
Cheyenne, WY 82007  
307-773-2113  
<https://www.lccc.wy.edu/>

#### **STRIDE Learning Center**

Early Intervention/Developmental Preschool - Parsley Blvd Location  
5801 Yellowstone Road  
Cheyenne, WY 82009  
307-632-2991  
<http://www.stridekids.com>  
8am-4pm Monday thru Friday  
Child must be under the age of 6 and have a developmental screening completed to determine eligibility.  
Telephone, walk-in, appointment, referral

#### **STRIDE Learning Center**

Early Intervention/Developmental Preschool - Yellowstone Rd Location  
5801 Yellowstone Road  
Cheyenne, WY 82009  
307-638-6100  
<http://www.stridekids.com>  
8am-4pm Monday thru Friday  
Child must be under the age of 2 and have a developmental screening completed to determine eligibility.  
Telephone, walk-in, appointment, referral

#### **The Array School of Technology & Design**

Education  
106 East Lincolnway Suite 420  
Cheyenne, WY 82001  
307-274-4500  
<https://www.arrayschool.com/>  
Administration Hours: Monday through Friday 8:30am - 5:00pm  
Class Hours: Monday through Friday 9am - 5pm

#### **Wyoming Child and Family Development, Inc. (WCDF)**

Early Childhood Program - Cheyenne  
301 West B Street  
Casper, WY 82601  
307-634-9378  
<https://www.wyomingchild.org>  
8:00 am - 5:00pm Monday through Friday  
All children must be screened at free developmental screenings by appointment

#### **Wyoming Military Department**

WYNG Educational Assistance Plan  
1026 Blackburn Street Suite 1  
Cody, WY 82414  
307-777-8160  
<https://veteranseducation.wyo.gov/state-tuition-assistance/Welcome-page>

#### **Wyoming State Advocates in Leadership**

Education of People with Developmental Disabilities  
1810 Capitol Avenue  
Cheyenne, WY 82001  
307-514-5700  
<https://wyosail.org/>  
Mon-Fri 9 to 3 Call first  
Individual with Developmental Disability 18 and older or other interested parties  
Telephone, Walk-In, Appointment, Can meet with you by video  
Contact information Sheet or Membership Application

## **EMPLOYMENT**

#### **Adecco Staffing, USA**

Employment Agency - Cheyenne  
307-632-4476  
<https://www.adeccousa.com/locations/cheyenne-wyoming-staffing-agencies/>  
Monday through Friday 8:00am - 5:00pm

#### **Chronically Capable**

Employment  
<http://www.wearecapable.org>

#### **Elwood Staffing**

Elwood Staffing - Cheyenne  
1011 East Lincolnway  
Cheyenne, WY 82001  
307-638-8710  
<https://www.elwoodstaffing.com>  
Monday through Friday 8:00am - 5:00pm  
Closed from 12 - 1pm for lunch  
1. Applications completed via [www.elwoodjobs.com](http://www.elwoodjobs.com)  
2. Schedule interview with local office  
3. Complete hire

documents & pre-employment drug screening4. Get placed on assignment

#### **Experience Works**

Experience Works Senior Community Service  
Employment Program (SCSEP)  
888-278-9109  
<http://www.experienceworks.org>  
Monday through Friday, 8 a.m. to 4:30 p.m.  
- Age 55 and older - Unemployed - Family income at 125% of federal poverty level  
Contact us to start eligibility and enrollment process.

#### **Express Employment Professionals**

Employment Agency - Cheyenne  
307-632-0567  
<https://www.expresspros.com/cheyennewy/>  
Monday through Friday 8:00am - 5:00pm

#### **FlexJobs Corporation**

Employment Website  
866-991-9222  
<https://www.flexjobs.com/>

#### **Glassdoor**

Employment Website  
415-339-9105  
<https://www.glassdoor.com/index.htm>

#### **Goodwill Industries of Wyoming Inc.**

Supported Employment  
612 West 17th Street  
Cheyenne, WY 82001  
307-634-0823  
Services for this program can be offered at anytime that a participant needs to work and that a worksite is open for business.  
Individuals age 18 and older with physical or cognitive impairments or other significant barriers to vocational success.

#### **HireQuest Inc.**

Employment  
1803 Warren Avenue  
Cheyenne, WY 82001  
307-369-4518  
<https://www.hirequestllc.com>  
Monday through Friday 5:30am - 6:00pm  
Saturday 6:00am - 9:00am  
Closed Sunday

#### **Indeed**

Employment Website  
<https://www.indeed.com/>

#### **Jobs for Felons Hub**

Felon Employment Search  
<https://www.jobsforfelonshub.com/>

#### **LinkedIn**

Employment Website  
855-655-5653  
<https://www.linkedin.com/>

#### **LinkUp**

Employment Website  
866-359-9360  
<https://www.linkup.com/>

#### **Magic City Enterprises Inc.**

Employment Services  
1780 Westland Road  
Cheyenne, WY 82001  
307-637-8869  
<https://mcewyo.org/>  
Office Hours: 8:00am - 4:30pm Monday through Friday

#### **Monster Worldwide, Inc.**

Employment Website  
978-461-8000 800-666-7837  
<https://www.monster.com/>  
Monday through Friday 9:00am - 5:30pm EST

#### **Mountain Regional Services Inc.**

Supported Employment - Cheyenne  
307-638-9515  
<https://www.mrsi.org>  
M-F 8-5  
Eligible for Medicaid Home and Community Based Waivers  
Application located at [www.mrsi.org](http://www.mrsi.org)

#### **PeopleReady**

Employment - 17th location  
316 West 17th Street  
Cheyenne, WY 82001  
307-778-6060  
<https://www.peopleready.com>  
Monday through Friday 5:30am - 6:00pm

#### **Rudloff Solutions**

Job Board  
<https://www.rudloffsolutions.com/job-boards>

#### **Scouted**

Employment Website  
<https://scouted.io/>

**Skills'Kin**

Disability Employment  
7105 Diamond Creek Way  
Warren Air Force Base, WY 82005  
307-638-9511  
<https://www.skills-kin.org>  
Monday through Friday 7:00am - 3:30pm  
Must be over the age of 18 and have the ability to gain base access

**Snagajob**

Employment Website  
877-354-2266  
<https://www.snagajob.com/>

**The Ladders**

Employment Website  
866-800-4640  
<https://www.theladders.com/>  
Monday through Friday 9:00am - 5:00pm

**United States Department of Veterans Affairs**

Vocational Rehabilitation and Employment  
2360 East Pershing Boulevard  
Cheyenne, WY 82001  
307-433-2744  
<https://www.benefits.va.gov/vocrehab/index.asp>  
8:00-3:30, M-F  
Veteran must have a 10% Service Connected Disability (SCD) or a 20% service-connected disability memo rating to be found eligible to apply.  
Fill out VAF 28-1900 and submit to the VR&E office.  
You can apply on ebenefits,  
<https://www.ebenefits.va.gov/ebenefits/homepage>.  
We will confirm eligibility and reach out to schedule an appointment.

**Wyoming Department of Workforce Services**

Fraud Reporting Unemployment/Workers' Compensation  
851 Werner Court Suite 120  
Casper, WY 82601  
888-996-9226  
<http://wyomingworkforce.org/contact/fraud/>

**Wyoming Department of Workforce Services**

Unemployment Insurance  
851 Werner Court Suite 120  
Casper, WY 82601  
307-473-3789 888-674-7699  
<https://wyui.wyo.gov/benefits/home.do>  
24 hours Call center hours are now Monday through Friday 7:00am - 6:00pm  
Will be determined by Department.

If you have ever filed for unemployment, you will need the pin number that you originally had. If you need to reset your pin number please either email or message through Facebook.

**Wyoming Department of Workforce Services**

Vocational Rehabilitation - Cheyenne  
851 Werner Court Suite 120  
Casper, WY 82601  
307-777-7364 800-967-5996  
<http://wyomingworkforce.org/vr/>  
The criteria for determining eligibility for Vocational Rehabilitation Services are as follows: The individual has a physical or mental impairment; The impairment constitutes or results in a substantial impediment to employment; The individual shall be pre  
Call for information, appointment, and application. We have 36 offices across the state to help you.

**Wyoming Department of Workforce Services**

Worker's Compensation  
851 Werner Court Suite 120  
Casper, WY 82601  
307-777- 888-996-9226  
7441  
<http://wyomingworkforce.org/>  
Monday through Friday 8am - 5pm

**Wyoming Department of Workforce Services**

Workforce Center - Cheyenne  
851 Werner Court Suite 120  
Casper, WY 82601  
307-777-3700  
<http://www.wyomingworkforce.org/>  
If you have ever filed for unemployment, you will need the pin number that you originally had. If you need to reset your pin number please either email or message through Facebook.

**EMPLOYMENT/JOB TRAINING****Climb Wyoming**

Climb Wyoming - Laramie County  
123 East 17th Street  
Cheyenne, WY 82001  
307-778-0094  
<http://www.climbwyoming.org>  
9am-5pm Monday thru Friday  
Single mother, low income  
Telephone, walk-in

**Job Corps - Wyoming**

Job Corps - Cheyenne  
5221 Yellowstone Road

Cheyenne, WY 82009  
307-287-6260 800-733-5627  
<http://www.recruiting.jobcorps.gov>  
Monday through Friday, 8 a.m. to 4:30 p.m.  
Call for an orientation appointment.

#### **Wyoming Department of Workforce Services**

DADS Making a Difference  
851 Werner Court Suite 120  
Casper, WY 82601  
307-777-3639  
<http://www.wyomingworkforce.org/workers/employment/dads>  
9am-5pm Monday thru Friday  
To qualify for the program, you must be: A custodial or non-custodial father Low-income and struggle making enough money to support yourself and your family At least 18 years old Drug-free Motivated to making a change in your life Able to dedicate yourself  
Pick up a Dads Making a Difference program application available at the address below; or download and print the Application Form. When complete, turn the application in to the Dads Making a Difference offices located in the address below. Once your appli

## **FINANCIAL ASSISTANCE**

#### **Catholic Charities of Wyoming**

Mother/Child Assistance  
507 East 18th Street  
Cheyenne, WY 82001  
307-637-7906 800-788-4606  
<http://www.charitieswyoming.org>  
9am-5pm Monday thru Friday  
Please call for specific requirements.  
Telephone, walk-in

#### **COMEIA House**

ESG CV1 Housing Fund  
1504 Stinson Avenue  
Cheyenne, WY 82001  
307-632-3174  
<http://www.comeashelter.org/>  
Some income guidelines but contact for further information. Must be impacted by COVID to be eligible. Must fill out an application. If not in Laramie County then the application can be done through email.

#### **Family Harvest Church**

Hotel/Motel, Bills and Food Assistance  
320 West 23rd Street  
Cheyenne, WY 82001  
307-638-8880  
<http://fhccheysenne.org>  
Office is open Monday through Thursday 9:00am - 3:00pm Call on Thursdays to schedule appointment

Valid ID  
Please call on Thursdays to make an appointment for Mondays.

#### **Grace United Methodist Church**

Emergency Financial Assistance  
2950 Spruce Drive  
Cheyenne, WY 82001  
307-634-7472  
<https://www.cheyennegraceumc.com>  
Can call Monday through Wednesday. Intake will be done over the phone. Only helping one household per week.  
Utility or rent bill and/or late/disconnect notice, valid ID. Telephone - must schedule an appointment

#### **GreenPath Debt Solutions**

GreenPath Debt Solutions  
2232 Dell Range Boulevard Suite 316  
Cheyenne, WY 82009  
800-550-1961  
<http://www.greenpath.com>  
Monday to Friday 8am to 5pm, other times by appointment  
Call for appointment

#### **Modest Needs**

Online Self-Sufficiency Grant Program  
844-667-3776  
<http://www.modestneeds.org/index.asp>  
24 hours a day, 7 days a week  
At least 1 adult member of the home must be employed at the time of the application. The primary source of income must be either earned from employment or received through child support, Veteran's Benefits or retirement income such as SSI. Grants can no  
Online. Paperwork mailed will not be submitted for assistance. Must fill out online application to receive assistance.

#### **Salvation Army**

Energy Share of Wyoming  
303-860-5572  
<http://www.energyshareofwyoming.org/>  
All other sources of assistance have been exhausted, including applying for LIEAP.  
Applications must include documented attempts to find alternate sources (i.e. letters of denial and memoranda states the need for additional assistance.

#### **The Salvation Army - Cheyenne**

General Assistance  
601 East 20th Street



Cheyenne, WY 82001  
307-634-2769  
<http://www.imsalvationarmy.org/>  
9am to 4pm Monday thru Thursday; 10-1 Friday  
Must have some form of income coming into the home.  
Walk-In, Appointment, Referral

#### **Upsolve**

Personal Bankruptcy Assistance  
347-850-2656  
<http://upsolve.org>

#### **Wyoming Department of Family Services**

Low Income Energy Assistance Program (LIEAP)  
2300 Capitol Avenue Third Floor  
Cheyenne, WY 82001  
800-246-4221  
<https://www.lieapwyo.org/>  
8am-5pm Monday thru Thursday, 8am - 4pm Friday  
Priority is given to families with members over the age of 60, members under the age of 6, and those with disabilities. Recipients must meet income guidelines to receive funds.  
Online, walk-in

## **FOOD**

#### **COMEIA House**

Hot Meals  
1504 Stinson Avenue  
Cheyenne, WY 82001  
307-632-3174  
<http://www.comeashelter.org>  
6am - Breakfast; 6pm - Dinner  
Must be alcohol free. Breathalyzer tests will be administered upon entrance to the building.  
Walk-in Only

#### **Element Church**

Food Pantry  
600 East Carlson Street  
Cheyenne, WY 82009  
307-635-1316  
<https://elementchurch.life/>  
Sunday 10:00am - 1:00pm  
Food is available 2 times per month.  
No requirements other than a name and phone number or email so they can inform people if there is a recall on the food that is distributed.

#### **Fellowship Baptist Church**

Food Pantry  
1317 Avenue C  
Cheyenne, WY 82007  
307-634-0196

<http://www.fellowshipbaptistchurchofcheyenne.com/>  
1st Wednesday of the month  
Anyone in need of food.

#### **Friday Food Bag Foundation**

Friday Food Bag  
600 East Carlson Street Suite F  
Cheyenne, WY 82009  
307-771-2174  
The social worker at the school identifies the children most in need to receive Friday Food Bags.

#### **Homestyle Direct**

Home Delivered Meals  
2032 Highland Avenue East  
Twin Falls, ID 83301  
866-735-0921  
<http://www.homestyledirect.com>  
Telephone, Walk-in, referral, on-line

#### **Laramie County Senior Services**

Senior Meals - Main Activity Center  
4125 Cox Court  
Cheyenne, WY 82001  
307-635-2435  
<http://www.cheyennehousing.org>  
Monday to Friday, 11:00am to 1:00pm

#### **Laramie County Senior Services**

Senior Meals - Stanfield Manor  
4125 Cox Court  
Cheyenne, WY 82001  
307-635-2435  
<http://www.cheyennehousing.org>  
Monday to Friday, 11:30am to 12:30pm

#### **Laramie County Senior Services**

Senior Meals - Foxcrest  
4125 Cox Court  
Cheyenne, WY 82001  
307-635-2435  
<http://www.cheyennehousing.org>  
Monday to Friday, 11:30am to 1pm

#### **Laramie County Senior Services**

Senior Meals - Indian Hills Manor  
4125 Cox Court  
Cheyenne, WY 82001  
307-635-2435  
<http://www.cheyennehousing.org>  
Monday to Friday, 11:30am to 12:30pm

#### **Meals on Wheels Association of America**

Meals on Wheels of Cheyenne  
2015 South Greeley Highway  
Cheyenne, WY 82007  
307-635-5542  
<http://www.mealsonwheelsofcheyenne.com>  
6:30am-2:30pm Monday thru Friday  
Must be a home bound person over the age of 18.  
Telephone, in-home appointment

#### **Needs, Inc.**

Emergency Food Box  
900 Central Avenue  
Cheyenne, WY 82007  
307-632-4132  
<http://needsinc.org>  
Food Boxes: 8:30 -4:00 Monday thru Thursday 8:30-3:00 Friday Lobby Hours: 8:30 -4:30 Monday thru Thursday 8:30-3:30 Friday  
Must be at or below 130% of Federal Poverty Guidelines. Must be a Laramie County Resident for thirty days or more.  
Telephone, walk-in, on-line

#### **North Christian Church**

Feed A Family - Monthly Food Bag Distribution  
603 East Carlson Street Suite 305  
Cheyenne, WY 82009  
307-632-2331  
4pm-7pm 3rd Tuesday of each month  
Walk-in

#### **OneReach**

Free Meals  
1300 Cherry Street  
Cheyenne, WY 82007  
307-316-3224  
<http://onereachcity.com/>  
Serving at AnB Bank 1pm till 3pm Second and Fourth Sunday of the month.

#### **Saint Joseph's Food Pantry**

Food Bank  
206 Van Lennen Avenue  
Cheyenne, WY 82007  
307-634-4625  
Monday through Thursday 10am-1pm  
Telephone

#### **Seasonal Resources**

Holiday Baskets - Laramie Co.  
307-632-4132  
<http://needsinc.org>

Food Boxes: 8:30 -3:30 Monday thru Thursday 8:30-2:30 Friday Lobby Hours: 8:30 -4:30 Monday thru Thursday 8:30-3:30 Friday  
Must be at or below 130% of Federal Poverty Guidelines. Must be a Laramie County Resident for thirty days or more.

#### **Seasonal Resources**

Holiday Baskets - Laramie Co.  
307-634-4625  
Monday through Thursday 10am-1pm

#### **Seasonal Resources**

Holiday Meal - Laramie Co.  
307-632-3174  
6:00pm dinner  
Must be alcohol free. Breathalyzer tests administered upon entry. Anyone is welcome for a meal.

#### **Seasonal Resources**

Thanksgiving Meal - Laramie Co.  
307-635-1316  
November 23rd at 10:00am they ask that people stay in their cars in line and one food bag will be distributed to each car. If your household needs more than one food bag they will ask that you go to the end of the line to get in line for another bag to en  
No sign ups or requirements

#### **Seasonal Resources**

Christmas Eve Meal - Laramie Co.  
307-634-2769  
December 24 12pm  
Call for homebound individuals for a meal for delivery

#### **Seasonal Resources**

Christmas Meal Assistance - Laramie Co.  
307-632-5004  
November 29th - December 13th, 2019 (excluding Sundays) between 9:00am - 6:00pm  
Simply call 632-5004 on those days/times and provide some basic information to see if you qualify!  
Call to apply for financial help.

#### **St. Christopher's Episcopal Church**

Food Bank  
2602 Deming Boulevard  
Cheyenne, WY 82001  
307-632-4488  
<https://www.stchrischeyenne.org>  
8:30 to 11:30 a.m. Friday

### **Support Our Students**

Food and Hygiene Assistance  
700 East 19th Street  
Cheyenne, WY 82001  
307-421-8296  
<https://forms.gle/vqiWFW86zu1PMQKb8>  
Please go to website (Google Document) to fill out your information to receive assistance.

### **The Salvation Army - Cheyenne**

Food Boxes  
601 East 20th Street  
Cheyenne, WY 82001  
307-634-2769  
<http://www.imsalvationarmy.org/>  
Tuesday 9:30-11, Wednesday through Friday 9-11  
Walk-In, Appointment, Referral

### **The Salvation Army - Cheyenne**

Hot Lunch  
601 East 20th Street  
Cheyenne, WY 82001  
307-634-2769  
<http://www.imsalvationarmy.org/>  
Monday to Friday 11:15pm to 11:45am  
They are continuing to do lunch @ normal times 11:15 to 11:45 but it will be to go boxes. They are also still distributing food boxes. But have limited supplies.

### **True Vine Community Church**

Food Pantry  
110 Central Avenue  
Cheyenne, WY 82007  
307-514-0124  
<http://www.truevineccwy.com>  
Tuesday, Wednesday and Thursday 10:00am - 2:30pm  
Sunday 9:00am - 1:00pm

### **Wyoming Department of Education**

Summer Food Service Program  
2300 Capitol Avenue Hathaway Building, 2nd Floor  
Cheyenne, WY 82002  
<http://edu.wyoming.gov>  
Varies by location Please contact Wyoming 211 for up to date locations.\*211 Staff\* Please refer to Summer Food Service Program listing  
None, free for all youth at participating locations

### **Wyoming Department of Family Services**

DFS - Cheyenne  
2300 Capitol Avenue Third Floor  
Cheyenne, WY 82001  
307-777-7921  
<http://dfsweb.wyo.gov/>  
Monday through Friday 8:00am - 5:00pm

Each application is reviewed pursuant to federal regulations and no two households are alike.  
Local offices in each county to help you access Family Services programs.

### **Wyoming Department of Health**

Laramie County WIC Offices  
307-634-6180  
<http://www.health.wyo.gov/familyhealth/wic/EligibilityGuidelines.html>  
Monday to Thursday, 8 a.m. to 6:30 p.m.; Friday 8 a.m. to 5 p.m. Please look for WIC using the south doors accessible from the parking lot.  
- Wyoming resident- Pregnant, postpartum, or breastfeeding women, an infant, or child under 5 years of age-The household income meets eligibility guidelines  
(<http://www.health.wyo.gov/familyhealth/wic/EligibilityGuidelines.html>)-You are automatically inco  
Call or stop in to be "pre-screened" and gather basic contact information. Schedule an appointment or come to Walk-Ins on Thursday.

### **Wyoming Hunger Initiative**

Wyoming Hunger Initiative  
<https://www.nohungerwyo.org/resources>  
Please see website for additional food resources throughout Wyoming.

## **HEALTH**

### **Affinity Family Practice**

Community Clinic  
903 South Greeley Highway, Suite A  
Cheyenne, WY 82007  
307-514-1523  
<https://www.affinityfamilypractice.com>  
Mondays and Wednesdays: 10am-6pm  
Tuesdays and Thursdays: 9am-5pm  
Fridays: 9am-1pm  
Every 1st and 3rd Sunday of each month: 9am-1pm  
Private, Medicare, Medicaid, TriCare

### **Bethany Christian Services**

Pregnancy Counseling/Adoption  
5200 Ridge Road  
Cheyenne, WY 82009  
307-214-6372  
<https://www.impregnant.org>  
By appointment

### **Campbell County Memorial Hospital**

Ask a Nurse  
1500 Butler-Spaeth Road Hillcrest Elementary School  
Gillette, WY 82716  
307-688-1111

<http://www.ccmh.net/>  
24 hours a day, 7 days a week

#### **Catholic Charities of Wyoming**

Adoption/Pregnancy Counseling  
507 East 18th Street  
Cheyenne, WY 82001  
307-637-0554 800-788-4606  
<http://www.charitieswyoming.org>  
Telephone, online

#### **Centers for Medicare & Medicaid**

Medicare  
PO Box 1270  
Lawrence, KS 66044  
800-633-4227  
<https://www.medicare.gov/>  
If you're over 65 (or turning 65 in the next 3 months) and not already getting benefits from Social Security, you need to sign up to get Medicare Part A (Hospital Insurance) and Part B (Medical Insurance). You won't get Medicare automatically.  
Sign up for Medicare online or contact Social Security. Social Security will review your records to see if you qualify for Medicare.

#### **Cheyenne VA Medical Center**

Medical Service  
3219 East Pershing Boulevard  
Cheyenne, WY 82001  
307-778-7550  
[https://www.cheyenne.va.gov/services/Medicine\\_Service.asp](https://www.cheyenne.va.gov/services/Medicine_Service.asp)  
Monday through Friday 8:00am - 4:30pm  
Enrolled in VA Healthcare  
Most services require a consult from a VA Primary Care Provider. Veterans should discuss options with their Primary Care Provider.  
All except Tri-Care, Medicare, Medicaid

#### **Community Action of Laramie County**

Eyeglasses/Eye Exams  
1920 Evans Avenue  
Cheyenne, WY 82001  
307-635-9291  
<http://www.calc.net>  
8am-5pm Monday thru Friday  
Telephone

#### **Community Action of Laramie County**

Health Clinic - Crossroads Clinic  
1920 Evans Avenue  
Cheyenne, WY 82001  
307-632-8064

[http://www.calc.net/crossroads\\_clinic.asp](http://www.calc.net/crossroads_clinic.asp)  
M,T,W 7:00am - 4:00pm TH 7:00am - 12:00pm 4:00pm - 7:00pm F 7:00am - 11:30am  
Private, Medicaid, Medicare

#### **Encompass Health**

Home Health Care - Cheyenne  
1401 Airport Parkway Suite 220  
Cheyenne, WY 82001  
307-778-3000  
<https://www.encompasshealth.com/locations/cheyennehomehealth/for-our-patients>  
8 - 5 Monday through Friday. Closed Federal Holidays  
Private, Medicare

#### **Express Urgent Care**

Express Urgent Care  
7124 Commons Drive Suite C  
Cheyenne, WY 82009  
307-426-4060  
<https://expresscarecheyenne.com/>  
Monday through Friday 8:00am - 7:00pm Saturday and Sunday 9:00am - 4:00pm  
Private, Medicaid, Medicare, TriCare

#### **EyeCare America**

EyeCare America  
877-887-6327  
<http://www.EyeCareAmerica.org>  
Those 65 or older who have not seen an Eye Doctor for three or more years.  
Go online to see if you qualify for a free eye exam.

#### **Good Rx**

Prescription Discount Cards & Coupons  
855-723-1225  
<https://www.goodrx.com/>  
Go online to get your free card. This is not insurance, provides discounts only. Also offers coupons.

#### **Health Medical Institute**

Medical Clinic  
611 East Carlson Street Suite 117  
Cheyenne, WY 82009  
307-514-0510  
9-6 Monday through Thursday 9-1 Fridays  
Must be 18 or older.  
Telephone, Walk-In, Appointment, Referral Release of information paperwork completion  
Private, Medicare, Medicaid

#### **Healthcare.gov**

Health Insurance Marketplace  
800-318-2596

<https://www.healthcare.gov>  
24 hours a day, 7 days a week  
Determined through the application  
Online application process, creation of an account with an email address

#### **HealthReach Urgent Care Clinic**

HealthReach  
2030 Blue Grass Circle  
Cheyenne, WY 82009  
307-635-3500  
<https://healthreachwyo.com/>  
Monday through Friday 7:00am - 9:00pm Saturday and Sunday 8:00am - 5:30pm  
Private, Medicare, Medicaid, TriCare

#### **HealthWorks**

Health Clinic  
2508 East Fox Farm Road Suite 1A  
Cheyenne, WY 82007  
307-635-3618  
<http://www.wyhealthworks.org>  
Monday through Friday 7:15 am to 6:00 pm  
Call for information or appointment. Walk-ins accepted  
Private, Medicaid, Medicare, Sliding Fee Scale

#### **HealthWorks**

HealthWorks Pharmacy  
2508 East Fox Farm Road Suite 1A  
Cheyenne, WY 82007  
307-632-1397  
<http://www.wyhealthworks.org>  
8:30am-5:30pm Monday thru Thursday; 8:30am-5pm Friday  
Walk-in and Appointments  
Call to confirm

#### **Laramie County Community College**

Dental Hygiene Clinic  
1400 East College Drive  
Cheyenne, WY 82007  
307-778-1141  
<https://www.lcc.wy.edu>

#### **Lions of Wyoming District 15**

Eye Exam & Glasses Assistance - Lions Club of Wyoming  
307-222-8460  
<http://www.lionsofwyoming.org>

#### **NextCare**

NextCare Urgent Care  
4140 Laramie Street  
Cheyenne, WY 82001  
307-637-2800  
<https://nextcare.com/locations/wy/college-drive/>

Monday through Friday 8:00am - 8:00pm Saturday and Sunday 9:00am - 4:00pm  
Private, Medicare, Medicaid, Tricare

#### **Rx Outreach**

Prescription Assistance  
877-727-9908 888-796-1234  
<https://www.rxoutreach.org>  
M-F 7:00 am -5:30 pm CST  
Income guidelines, Must be at or below 300% of the Federal Poverty Level. Call or see website for specific information.

#### **Sensational Kids Pediatric Therapy Clinics**

Pediatric Therapy Services - Cheyenne  
307-634-2109  
<https://www.sheridansensationalkids.com>  
Visit with your child's physician about your concerns and request a prescription for Occupational Therapy, Physical Therapy and/or Speech Therapy. Your physician can fax the referral for the Sheridan, Cheyenne or Casper office to: 307-683-4005 Call us to Private, Medicaid

#### **Sight for Students Program**

Vision Testing  
PO Box 1967  
Cheyenne, WY 82003  
[http://wyomingoptometricassociation.com/sight\\_for\\_students\\_program.php](http://wyomingoptometricassociation.com/sight_for_students_program.php)  
Must be referred to program by school nurse. See Description for eligibility  
Family income is 200% or less than poverty level Child is not enrolled in Medicaid, Kid Care or other vision insurance Child is 18 years of age or younger or has not graduated from high school Child or parent is US citizen or resident alien with a social se  
Must not have Medicaid, Kid Care Chip or other vision insurance.

#### **Stitches Acute Care Center**

Stitches - Cheyenne  
1919 Central Avenue  
Cheyenne, WY 82001  
307-514-9888  
<https://stitchescare.com/>  
Monday through Friday 8:00am - 7:00pm Saturday 9:00am - 5:00pm Sunday 9:00am - 4:00pm  
Private, Medicare, Medicaid, TriCare

#### **United Way of Natrona County**

FamilyWize Prescription Drug Discount Card  
1701 East 1st Street  
Casper, WY 82601

307-237-9367  
<http://www.unitedwaync.com/familywise-0>  
9am to 5pm

#### **University of Wyoming**

University of Wyoming Family Medicine  
462 North 10th Street  
Laramie, WY 82072  
307-632-2434  
<http://www.uwyo.edu/uw-fam-cheyenne>  
8am-7pm Monday, 8am-5pm Tuesday thru Friday,  
Closed daily from 12pm-1pm  
Telephone, walk-in  
Private, Medicaid, Medicare, TriCare, Sliding Fee Scale

#### **Wyoming Children's Society**

Pregnancy Support Services  
314 East 21st Street  
Cheyenne, WY 82001  
307-632-7619 1-800-584-9384  
<https://www.wyomingcs.org>  
Someone is available to answer the phone 24 hours a day.

#### **Wyoming Department of Health**

Kid Care CHIP - Children Health Insurance Program  
855-294-2127  
<https://www.wesystem.wyo.gov>  
8am-5pm Monday thru Friday  
Please visit  
<https://health.wyo.gov/healthcarefin/mcicaid/programs-and-eligibility/> for income guidelines.  
Telephone, Walk-In, Online

#### **Wyoming Department of Health**

24/7 Nurse Line - Wyhealth...Get Plugged In!  
888-545-1710  
<https://www.wyhealth.net/tpa-ap-web/?page=WYHMS%20publicNurseline>  
24 hours a day/ 7 days a week  
Medicaid Patients - a Medicaid number is required

#### **Wyoming Department of Health**

EqualityCare (Medicaid)  
855-294-2127  
<http://www.wesystem.wyo.gov>  
Eligibility is generally based on family income and family structure and sometimes resources and/or healthcare needs. Federal regulations define more than fifty groups of individuals that may qualify for Medicaid coverage.

#### **Wyoming Department of Health**

Wyoming Immunization Program (WyVIP) (WIP)  
307-777-7621  
<http://www.health.wyo.gov/familyhealth/immunization/index.html>  
Children of parents/legal guardians who are Wyoming residents (parents have a physical Wyoming address listed in their medical record) are eligible for all available WyVIP vaccine at any participating healthcare provider regardless of insurance status. T

#### **Wyoming Health Council**

Wyoming Health Council  
400 East 1st Street Suite 313  
Casper, WY 82601  
307-439-2033 1-800-584-9192  
<http://www.wyhc.org/>  
Monday through Friday 8am - 5pm  
Visit our website for a list of Title X Family Planning Clinics in Wyoming, educational information and resources! At Title X clinics, people living with low incomes are our priority. Services are provided on a sliding fee scale based on the patient's family income.

#### **Wyoming Health Fairs**

Weekly Blood Screenings - Cheyenne  
611 E. Carlson, Suite 112  
Cheyenne, WY 82009  
307-472-3711 800-979-3711  
<https://wyominghealthfairs.com/>  
Tuesday - Friday 7:00am – noon Saturday 7:00am - 10:00am

#### **Wyoming Rx Card**

Wyoming Rx Card  
800-726-4232  
<http://www.WyomingRxCard.com>  
Website available 24 hours a day. Customer service available Monday through Friday 9am - 5pm  
No enrollment forms, no restrictions, no age or income restrictions, no waiting periods, no eligibility required, no exclusions, covers pre-existing conditions, no claim forms to file, no annual or lifetime limits. No personal information is collected.  
Website available 24 hours a day to download cards.

## **HOMEOWNER ASSISTANCE**

#### **Foreclosure International Group**

Foreclosure Prevention, Evictions and lease option purchase  
770-256-7881  
<https://figwww.com/>

**Habitat for Humanity**

Home Ownership Program - Laramie Co.  
1721 Ames Avenue  
Cheyenne, WY 82001  
307-637-8067  
<http://www.cheyennehabitat.org>  
9am-5:30pm Monday thru Saturday  
Applicant must be a US citizen, have an adequate need for housing, have the ability to pay the mortgage and a willingness to participate in the building of a home.  
Telephone, walk-in

**My Front Door**

Wyoming Family Home Ownership Program - Cheyenne  
100 West 4th Street  
Cheyenne, WY 82007  
307-514-5831  
<https://www.myfrontdoor.org/>  
Monday through Saturday 8am - 5pm  
Lower-income working families with children under 18.

**Wyoming Housing Network, Inc.**

Homebuyer Education and Counseling  
2345 East 2nd Street  
Casper, WY 82609  
307-233-8518  
<http://www.whninc.org>  
8am-5pm Monday thru Friday  
Must be a current or potential Wyoming homeowner  
Telephone, online, appointment

**Wyoming Housing Network, Inc.**

Foreclosure Prevention Counseling  
2345 East 2nd Street  
Casper, WY 82609  
307-233-8511  
<https://whninc.org/housing-counseling/foreclosure-counseling/>  
8am-5pm Monday thru Friday  
Must be a Wyoming homeowner at risk of foreclosure.  
Telephone, online, appointment

**Wyoming Housing Network, Inc.**

Rental Counseling  
2345 East 2nd Street  
Casper, WY 82609  
307-233-8518  
<http://www.whninc.org>  
8am-5pm Monday thru Friday  
Must be a Wyoming resident  
Telephone, online

**Wyoming Housing Network, Inc.**

Financial Capabilities Education Program  
2345 East 2nd Street  
Casper, WY 82609  
307-233-8213  
<http://www.whninc.org>  
8am-5pm Monday thru Friday  
Must be a Wyoming resident  
Telephone, online

**Wyoming Housing Network, Inc.**

Reverse Mortgage Counseling (HECM)  
2345 East 2nd Street  
Casper, WY 82609  
307-233-8513  
<http://www.whninc.org>  
8am-5pm Monday thru Friday  
Participant must be over the age of 62. Must meet income requirements to waive enrollment fee  
Telephone, online

**HOTLINES****American Association of Poison Control Centers**

National Poison Center Hotline  
800-222-1222  
<https://www.poisonhelp.org>  
24 hours a day, 7 days a week

**Central Wyoming Counseling Center**

Suicide Prevention Lifeline  
307-776-0610 800-273-8255  
<http://www.cwcc.us>  
Sunday through Thursday 4:00pm - 12:00am

**Human Trafficking Hotline**

888-373-7888

**Love Is Respect - National Teen Dating Abuse Hotline**

866-331-9474  
<http://www.loveisrespect.org>  
24 hours a day, 7 days a week

**National Center for Missing and Exploited Children**

800-843-5678  
<http://www.missingkids.com>

**National Domestic Violence Hotline**

800-799-7233  
<https://www.thehotline.org>  
24 hours a day, 7 days a week



**National Runaway Safeline**

773-880-9860 800-786-2929  
<http://www.1800runaway.org>  
24 hours a day, 7 days a week

**National Suicide Prevention Lifeline**

National Suicide Prevention Hotline  
800-273-8255  
<https://suicidepreventionlifeline.org/>  
24 hours a day, 7 days a week

**RAINN**

National Sexual Assault Hotline  
800-656-4673  
<http://www.rainn.org/about-national-sexual-assault-telephone-hotline>  
24 hours a day, 7 days a week

**StopBullying.gov**

<http://www.StopBullying.gov>  
Log on for resources such as recognizing the signs of bullying, where to get help, LGBT resources, and how to identify cyber-bullying.

**StrongHearts Native Helpline**

Domestic Violence Helpline  
844-762-8483  
<https://www.strongheartshelpline.org>  
6am-9pm MST, seven days a week (open every day)

**The Trevor Project**

LGBTQ Suicide Prevention Hotline  
866-488-7386  
<https://www.thetrevorproject.org/>  
24/7

**Safe 2 Tell Wyoming**

844-996-7233  
<https://safe2tellwy.org/index.php>  
Website and Phone open 24/7

## HOUSING/SHELTER

**Accessible Space Inc.**

Heritage Court Apartments  
3912 Gregg Way  
Cheyenne, WY 82009  
800-466-7722  
Monday through Friday 8am-4pm

**COME A House**

Homeless Services  
1504 Stinson Avenue  
Cheyenne, WY 82001

307-632-3174  
<http://www.comeashelter.org/>  
6:00 am - 10:00 PM daily  
Must be alcohol free. Breathalyzer tests will be administered upon entrance to the building  
Walk-in only

**Community Action of Laramie County**

Transitional Housing  
1920 Evans Avenue  
Cheyenne, WY 82001  
307-635-9291  
<http://www.calc.net>  
8am-5pm Monday thru Friday  
Must have income to apply for single occupancy.  
Family housing, must have income or CHA voucher.  
Family housing requires 3 people (at least 2 children)  
Telephone, walk-in

**Goodwill Industries of Wyoming Inc.**

Independent Living for Youth (THRIVE)  
612 West 17th Street  
Cheyenne, WY 82001  
307-634-0823  
<https://www.goodwillwy.org>

**Hope House**

Hope House  
333 North Lincoln Street  
Casper, WY 82601  
307-247-2500  
<https://www.hopehousewy.com>  
9:00am - 5:00pm 7 days a week  
Men desiring a safe sober structured recovery community of like minded men must submit an application, referral letter and a personal statement and a release of information to obtain additional documentation such as a PSI or ASI.  
Once accepted the resident will provide a \$200 deposit to hold their room and arrange for an orientation meeting with the director or house manager.

**Housing & Community Development Office**

Hand/HOME Program  
2101 O Neil Avenue Room 102  
Cheyenne, WY 82001  
307-637-6255  
<http://www.cheyennecity.org>  
Monday to Friday 8am to 5pm  
Must reside within the city limits. Must own home,  
Must be low income  
Telephone, Walk-in, Referral, Mail



**Magic City Enterprises Inc.**

Habilitation Services  
1780 Westland Road  
Cheyenne, WY 82001  
307-637-8869  
<https://mcewyo.org/>  
Monday through Friday 8:00am - 4:30pm

**Overture**

Supported Living  
1607 Capitol Ave. Suite 423 Paramount Building  
Cheyenne, WY 82001  
307-222-0704  
<https://www.overturesvs.com>  
Monday through Friday 8-5  
Participants must have a diagnosed developmental/intellectual disability.  
Telephone, Appointment, Referral, Email Approved on the DD Waiver, or private insurance company.  
Yes Private, Medicaid

**Safehouse Services**

Safehouse Services  
714 West Fox Farm Road  
Cheyenne, WY 82007  
307-637-7233  
<http://www.wyomingsafehouse.org>  
Office 8am-4pm Monday thru Friday Crisis line 24/7  
Must be the victim of domestic violence, sexual assault, stalking, human trafficking or other intimate violence.  
Telephone, walk-in

**U.S. Department of Housing and Urban Development**

HUD.gov Affordable Apartment Search  
307-261-6250  
<http://www.hud.gov/apps/section8/step2.cfm?state=WY%2CWyoming>  
Go online for information or call Casper Field Office.  
Staff who answer the main office telephone will be able to respond to or direct your calls to the appropriate person.

**Unaccompanied Students Initiative**

Homeless Youth Shelter  
910 West Fox Farm Road  
Cheyenne, WY 82007  
307-220-2391  
<https://www.usinitiative.org>  
8 am to 5 pm  
Students must be enrolled in high school or GED program  
Community Referral or from LCSD#1 Homeless Liaison connect with us and complete intake paperwork

**Volunteers of America Northern Rockies**

Freedom Hall Transitional Housing  
104 South Wolcott Street Suite 601  
Casper, WY 82601  
307-673-0779  
<https://www.voanr.org/freedom-hall>  
Must be honorably discharged veteran

**Wyoming Community Development Authority**

Low Income Rental Directory  
155 North Beech Street  
Casper, WY 82601  
<http://www.wyomingcda.com/rental-map/>  
24 hours a day, 7 days a week

**Wyoming Department of Agriculture**

Single Family Housing Repair Loans & Grants  
2219 Carey Avenue  
Cheyenne, WY 82001  
307-856-7524  
<https://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants>  
<https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfp&NavKey=property@11>

**Wyoming Department of Education**

Homeless Education - School District Liaisons  
2300 Capitol Avenue Hathaway Building, 2nd Floor  
Cheyenne, WY 82002  
307-777-3672  
<https://edu.wyoming.gov/in-the-classroom/federal-programs/homeless-ed/>  
8am-5pm Monday thru Friday  
Child/student must be living in a shelter, hotel/motel, vehicle, campground, on the street, in an abandoned building, substandard housing or sharing the housing of others.

**LEGAL****Equal Justice Wyoming**

Legal Self-Help Resources  
2300 Capitol Avenue 1st Floor  
Cheyenne, WY 82002  
<https://www.legalhelp.wy.gov>  
Website gives basic legal information

**Laramie County Community Partnership**

Legal Assistance  
2508 East Fox Farm Road 1A  
Cheyenne, WY 82007  
307-432-5057  
Monday through Friday 9:00am - 4:30pm  
Low-income (below 200% of Federal Poverty Guidelines)

Telephone, walk-in, referral

#### **Wyoming Children's Law Center, Inc.**

Wyoming Children's Law Center, Inc.

112 South 5th Street

Laramie, WY 82070

307-632-3614

Monday to Friday 8am to 5pm

Family Tree Program services are free. Legal Services are based on income. Families at 200% of poverty or below are able to receive free services and those above 200% are charged on a sliding fee schedule.

Telephone, referral, other applications can be mailed, faxed, or emailed. After the completion of the application process, intake appointments (either in person or via telephone) will be scheduled by Center staff.

#### **Wyoming Coalition Against Domestic Violence and Sexual Assault**

Legal Program

710 East Garfield Street Suite 218

Laramie, WY 82070

307-755-0992

<https://www.wyomingdvsa.org/legal-program>

Monday through Friday 9:00am - 5:00pm

To be a survivor of domestic violence/sexual assault/stalking

Application can be found on our website:

[https://www.wyomingdvsa.org/legal-](https://www.wyomingdvsa.org/legal-program)

program. Application can also be mailed, emailed or picked up at your local domestic violence and sexual assault shelter. Ask about our options call.

#### **Wyoming Protection & Advocacy System, Inc.**

Legal Services

7344 Stockman Street

Cheyenne, WY 82009

307-632-3496 1-800-624-7648

<http://www.wypanda.com/>

Monday through Friday 8am-5pm

People with disabilities. We follow federal law requirements.

Telephone, Walk-In, Appointment, Referral

#### **Wyoming State Bar**

Modest Means Program

4124 Laramie Street PO Box 109

Cheyenne, WY 82001

307-432-2107

<https://www.wyomingbar.org/for-the-public/hire-a-lawyer/modest-means-program/>

Citizens whose household incomes are between 200% – 300% of the Federal Poverty Guidelines.

Complete the Modest Means Program Client Application and return it to the Wyoming State Bar. The MMP Program Coordinator will review your application to ensure you meet the income qualifications.

## **MENTAL HEALTH & COUNSELING**

#### **Aspire Case Management**

Case Management

123 West 1st Street #700B

Casper, WY 82601

307-577-0722

<https://aspirecasemanagement.com>

Monday through Friday 9:00am - 5:00pm

#### **Berry Counseling & Consulting, LLC.**

Community Counseling

236 Western Hills Boulevard

Cheyenne, WY 82009

307-630-2980

Cash or self payment at full fee only.

#### **BreakThrough Counseling & Conflict Mediation, LLC**

Counseling Services

1616 East 19th Street Suite 1

Cheyenne, WY 82001

307-514-2781

<https://www.breakthroughccm.com/>

MONDAY - FRIDAY: 8:00 am - 5:00 pm SATURDAY & SUNDAY: Closed

Private, Tri-Care, Employee Assistance Programs

#### **Capitol Counseling, LLC**

Counseling Services

1918 Thomes Avenue

Cheyenne, WY 82001

307-631-5574

<https://capitolcounseling.net/>

Mon to Fri: 8am-5pm Saturday and Sunday: Closed

Private, Medicaid, Tri-Care, Self Pay at full fee

#### **Caroljean Bongo, PsyD LLC**

Counseling and Evaluation Services

2909 Bent Avenue

Cheyenne, WY 82001

307-760-1871

<http://bongopsyd.com/>

Monday -Friday 9:00 am to 6:00 pm

Documents will be emailed or mailed to you when you schedule your first appointment.

Private, Medicare, Medicaid, Tri-Care

**Catholic Charities of Wyoming**

Behavioral Health Services  
507 East 18th Street  
Cheyenne, WY 82001  
307-637-7906 800-788-4606  
<http://www.charitieswyoming.org>  
8am-5pm Monday thru Friday  
Telephone, walk-in, online

**Cheyenne VA Medical Center**

Mental Health Intensive Case Management  
3219 East Pershing Boulevard  
Cheyenne, WY 82001  
307-778-7550  
[https://www.cheyenne.va.gov/services/Mental\\_Health\\_Intensive\\_Case\\_Management.asp](https://www.cheyenne.va.gov/services/Mental_Health_Intensive_Case_Management.asp)  
Monday through Friday 8:00am - 4:30pm  
All except Tri-Care, Medicare, Medicaid

**Cheyenne VA Medical Center**

Mental Health/Substance Abuse Treatment Program  
3219 East Pershing Boulevard  
Cheyenne, WY 82001  
307-778-7550 888-483-9127  
[https://www.cheyenne.va.gov/services/Mental\\_Health.asp](https://www.cheyenne.va.gov/services/Mental_Health.asp)  
Monday through Friday 8:00am - 4:30pm  
Enrolled in VA Healthcare  
Veterans may check in to Primary Care, and request a Mental Health consult.  
All except Tri-Care, Medicare, Medicaid

**City of Cheyenne**

Family Counseling  
1328 Talbot Court  
Cheyenne, WY 82001  
307-637-6480  
<http://youthalternatives.net>  
8am-6pm Monday, Wednesday, Thursday; 8am-8pm Tuesday; 8am-5pm Friday  
Child/youth must be between the ages of 5 and 18 years.  
Telephone

**City of Cheyenne**

Pathfinder  
1328 Talbot Court  
Cheyenne, WY 82001  
307-635-0256  
9am-5pm Monday thru Friday closed daily Noon-1pm  
By Appointment Only

**EmpRes Healthcare Management**

Granite Rehabilitation and Wellness  
1210 Canyon Hills Road  
Thermopolis, WY 82443  
307-634-7901  
<https://www.empres.com/location/granite-rehab-wellness/>  
Private, Medicare, Medicaid

**Finding Peace Counseling LLC**

Mental Health Counseling  
1603 Capitol Avenue Suite 510  
Cheyenne, WY 82001  
307-939-2620  
<https://findingpeacewy.com/>  
9am-6pm Monday through Friday  
Telephone, Appointment  
Yes, Private, Medicaid

**Grace For 2 Brothers Foundation**

Suicide Loss Support  
1607 Capitol Avenue Suite 330  
Cheyenne, WY 82001  
307-256-3344  
<http://www.gracefor2brothers.com>  
6:30pm-8pm 3rd Monday of each month  
Walk-In

**Heidi Overall, LMFT**

Counseling Services  
520 East 18th Street  
Cheyenne, WY 82001  
307-287-1456  
Private, Medicaid, Tri-Care, Sliding Fee Scale

**HOPE LLC**

Counseling Services  
2909 Bent Avenue  
Cheyenne, WY 82001  
307-631-6791  
<https://www.hopesbeacon.com/>  
3:00 PM TO 6:00 PM – MONDAY9:00 AM TO 7:00 PM – TUESDAY9:00 AM TO 6:00 PM - WEDNESDAY9:00 AM TO 7:00 PM - THURSDAY9:00 AM TO 2:00 PM – FRIDAY  
Private, Medicaid, Tri-Care, Medicare, Sliding Fee Scale

**Karen Aurand Counseling**

Counseling Services  
520 East 18th Street  
Cheyenne, WY 82001  
307-220-1241  
Private, Medicaid, Sliding Fee Scale

**Kathleen Farstad, LPC**

Counseling Services  
721 East Lincolnway  
Cheyenne, WY 82001  
307-630-4501  
Private, Medicaid, Tri-Care

**Laramie County Community College**

Counseling & Campus Wellness  
1400 East College Drive  
Cheyenne, WY 82007  
307-778-4397  
<https://www.lccc.wy.edu>  
Monday through Friday 8:00am - 5:00pm

**Lifesong Counseling**

Counseling Service  
1520 Logan Avenue  
Cheyenne, WY 82001  
307-640-7647  
<https://www.lifesong-counseling.com/>  
Private, Medicaid, Tri-Care, Cash or Self-payment at full fee

**National Alliance on Mental Illness - NAMI**

Mental Illness Resources  
137 West 6th Street  
Casper, WY 82601  
307-265-2573 888-882-4968  
<http://www.namiwyoming.org/>  
Telephone, Walk-in, Referral

**New Insights Counseling**

Counseling Services  
1001 West 31st Street  
Cheyenne, WY 82001  
307-634-6883  
<http://www.flemingassociates.net/>  
Monday through Thursday 8:00am - 5:00pm Friday  
8:00am - 12:00pm  
Private Insurance, Cash or self-payment at full-fee only

**Northern Star Counseling**

Mental Health Counseling  
821 West Pershing Boulevard  
Cheyenne, WY 82001  
307-421-9314  
<http://www.northernstarcounseling.com>  
Monday to Friday 8 am to 7 pm  
Clients need to have a desire for change and treatment.  
Minor clients require parental consent.  
Telephone, Appointment, Referral, Online  
Private, Medicaid, KidCare CHIP, Tri-Care

**Parents of Addicted Loved Ones**

Substance Use Disorder: Family Support  
11225 North 28th Drive Suite B109  
Phoenix, AZ 85029  
480-300-4712  
<https://meetings.palgroup.org/meetings>  
Office Hours and days Monday through Friday  
8:00am - 5:00pm MST Phone contact open daily  
8:00am - 8:00pm MST Meetings are generally held  
in the evenings or weekends in the local  
communities.  
Open to everyone 18 years and older who is dealing  
with an addicted loved one  
Simply attend a posted meeting.

**Peak Wellness Center, Inc.**

Mental Health Services - Laramie County  
510 West 29th Street  
Cheyenne, WY 82001  
307-634-9653  
<http://www.peakwellnesscenter.org>  
Monday to Friday 8am to 5pm plus other hours by  
arrangement. Several after hour groups.  
Services are accessible to everyone in the region.  
Call for application, intake appointment and  
information. Walk-in appointments are also welcome  
(Monday and Thursday 1pm to 3pm, Wednesdays 8am  
to 10am)  
Private, Medicaid, Medicare, TriCare, Sliding Fee Scale

**Peak Wellness Center, Inc.**

Youth and Family Services  
510 West 29th Street  
Cheyenne, WY 82001  
307-632-9362  
<http://www.peakwellnesscenter.org>  
8am-5pm Monday thru Friday  
Services are accessible to everyone in the region.  
Call for application, intake appointment and  
information.  
Medicaid, Medicare, and most health insurance

**Recover Wyoming**

Recovery Support  
122 West Lincolnway  
Cheyenne, WY 82001  
307-421-7261  
<http://www.recoverwyoming.org>  
Recovery support to help citizens in building long-term  
recovery from addictions. Services provided include  
referrals, recovery coaching, computers for use,  
overdose prevention, opioid reversal prevention, all  
recovery meetings and a safe place to be and

**Roger Ludwig, PC**

Counseling Services  
2315 Dunn Avenue  
Cheyenne, WY 82001  
307-637-5004  
<http://rogerludwig.com/>  
9:00 am to 6:00 pm Monday through Thursday  
9:00 am to 5:00 pm Friday  
Private, Medicaid, Tri-Care, Various Employee Assistance Programs

**Serenity Counseling & Mental Health**

Counseling Services  
747 Patches Road  
Carpenter, WY 82054  
307-509-9890  
Private, Medicaid, Sliding Fee Scale

**Sherri Rubeck, MA LPC**

Counseling Services  
2315 Dunn Avenue  
Cheyenne, WY 82001  
307-221-9791  
Private, Medicaid, Sliding Fee Scale

**Specialty Counseling & Consulting, LLC**

Mental Health Counseling - Cheyenne  
4025 Rawlins Street  
Cheyenne, WY 82001  
307-426-4797  
<https://www.specialtycounseling.com>  
8-5 Monday through Friday and by appointment  
Telephone, Walk-In, Appointment, Referral  
Intake / Insurance information  
Private, Medicare, Medicaid, Tri-Care

**Thrive Counseling Services, LLC**

Counseling Services  
1920 Thomes Avenue Suite 310  
Cheyenne, WY 82001  
307-369-4710  
<https://thrivecounselingservicescheyyenne.com/>  
Private, Medicare, Medicaid, Tri-Care, Sliding Fee Scale

**Time to Thrive Counseling & Consulting**

Counseling Service  
520 East 18th Street  
Cheyenne, WY 82001  
307-274-8717  
<https://www.candiseleiningner.com/>  
Private, Medicaid, Tri-Care

**Titan Elite Coaching**

Counseling Services  
5736 Blue Bluff Road  
Cheyenne, WY 82009  
307-772-1185  
[www.titanelitecoaching.com](http://www.titanelitecoaching.com)  
Cash or self-payment at full-fee only

**Wallace Counseling**

Counseling Services  
1807 Capitol Avenue, Suite 101A  
Cheyenne, WY 82001  
307-630-7875  
<http://wallacecounseling.com/>  
Private, Medicaid, TriCare, Cigna, BCBS, UHC, Beacon Health, Kaiser Permanente

**MENTAL HEALTH****Yellowstone Behavioral Health Center**

Wallace H. Johnson Group Home  
2538 Big Horn Avenue  
Cody, WY 82414  
307-587-5112  
<https://www.ybhc.org/>  
The Office Hours for the Wallace H. Johnson Group Home are: M-F 9am – 5pm  
Private, Medicare, Medicaid

**NUTRITION****Cheyenne VA Medical Center**

Nutrition and Food  
3219 East Pershing Boulevard  
Cheyenne, WY 82001  
307-778-7550  
[https://www.cheyenne.va.gov/services/Nutrition\\_and\\_Food.asp](https://www.cheyenne.va.gov/services/Nutrition_and_Food.asp)  
Monday through Friday 8:00am - 4:30pm  
Enrolled Veterans  
Walk-in Clinics available

**Crave Nutrition RD LLC**

Medical Nutrition Therapy  
2232 Dell Range Boulevard Suite 282  
Cheyenne, WY 82009  
307-222-9271  
<https://cravenutritionrd.com>  
By appointment only. Tuesday, Wednesday 9-5;  
Thursday 9-7; Friday 9-1  
Adults aged 18+

**Wyoming Department of Health**

F.E. Warren WIC Office  
255 North Russell Avenue  
Douglas, WY 82633  
307-773-3963

<http://www.health.wyo.gov/familyhealth/wic/EligibilityGuidelines.html>

- Wyoming resident- Pregnant, postpartum, or breastfeeding women, an infant, or child under 5 years of age-The household income meets eligibility guidelines  
(<http://www.health.wyo.gov/familyhealth/wic/EligibilityGuidelines.html>)-You are automatically inco

## OTHER FAMILY SUPPORTS

### **Bethel Outreach Ministries**

Reentry Services  
1620 Snyder Avenue  
Cheyenne, WY 82001  
307-635-7619  
<https://www.betheloutreachministries.org>  
Incarceration within the last six months, and incarcerated for more than two months.  
Telephone, Walk in, Referral

### **Bridges of Wyoming**

Home and Community Based Services - Cheyenne  
1921 House Avenue  
Cheyenne, WY 82009  
307-823-3599  
<https://wyoming.bridges.us/>  
Monday through Friday 9:00am - 5:00pm

### **Cheyenne Family YMCA**

Fitness Facility  
1426 East Lincolnway  
Cheyenne, WY 82001  
307-634-9622  
<http://www.cheyenneymca.org>  
Monday through Friday 5am - 9pm; Saturday 7am - 8pm; Sunday Noon - 4pm  
A YMCA membership gives you so much more than access to the facility. Memberships can be paid in full for one year or monthly deduction from checking account or debit/credit card. Some programs require additional fees."Open Doors" program is our financial

### **Cheyenne Regional Medical Center**

Home Away from Home  
2600 East 18th Street 2nd Floor  
Cheyenne, WY 82001  
307-633-7061  
[http://crmcwy.org/patients\\_visitors/visitors.aspx?id=2030](http://crmcwy.org/patients_visitors/visitors.aspx?id=2030)  
Rooms are assigned on a first-come, first-served basis except for persons with specific reservations. There is a two-room maximum per patient family (4 beds). Reservations are strongly encouraged. If at all possible, please check in between the hours of 8

### **City of Cheyenne**

Wyoming Kinship Advocacy  
1328 Talbot Court  
Cheyenne, WY 82001  
307-637-6480  
9:00 a.m. -2:00 p.m. Monday -Friday with national holidays off  
Telephone, Walk-In, Appointment, Referral

### **Community Action of Laramie County**

Grandparent Support - Kinship Support Services  
1920 Evans Avenue  
Cheyenne, WY 82001  
307-635-9291  
<http://www.calc.net>  
8am-5pm Monday thru Friday  
Age 55 plus or older, Grandparent and kin raising grandchildren.  
Telephone, in-home available if needed

### **Friends of Man**

Friends of Man - Assistance to People In Need  
PO Box 937  
Littleton, CO 80160-0937  
303-798-2342  
<https://www.friendsofman.org>  
Monday through Friday 10:00 am - 6:00 pm MST  
Low income individuals in need who are referred by a case worker or other professional. For details visit [www.friendsofman.org](http://www.friendsofman.org)  
Must be referred through a professional: caseworkers, case managers, health care workers, social workers, counselors, teachers, clergy. Applications not accepted from family, friends or the vendor.

### **Goodwill Industries of Wyoming Inc.**

Goodwill Wyoming - Cheyenne Mason Way  
612 West 17th Street  
Cheyenne, WY 82001  
307-459-6464  
<https://www.goodwillwy.org/>  
9:00am - 9:00pm Monday through Saturday 10:00am - 6:00pm Sunday

### **Goodwill Industries of Wyoming Inc.**

Goodwill Wyoming - Cheyenne Nationway  
612 West 17th Street  
Cheyenne, WY 82001  
307-634-7751  
<https://www.goodwillwy.org/>  
9:00am - 9:00pm Monday through Saturday 10:00am - 6:00pm Sunday

**Goodwill Industries of Wyoming Inc.**

HERO

612 West 17th Street

Cheyenne, WY 82001

307-634-0823

<https://www.goodwillwy.org>

8am-5pm Monday thru Friday

Children between the ages of 0-18 years of age who have been affected by an incarcerated parent as well as their caregivers

Telephone, Walk-In, Appointment, Referral

**Goodwill Industries of Wyoming Inc.**

Reentry Plus

612 West 17th Street

Cheyenne, WY 82001

307-634-0823

<https://www.goodwillwy.org>

**Goodwill Industries of Wyoming Inc.**

Respite

612 West 17th Street

Cheyenne, WY 82001

307-634-0823

<https://www.goodwillwy.org>

Individuals age 2 and older with physical or cognitive impairments or other significant barriers to independent living success.

**Housing & Community Development Office**

Sidewalk Program

2101 O Neil Avenue Room 102

Cheyenne, WY 82001

307-637-6255

<http://www.cheyennecity.org>

Monday to Friday 8am to 5pm

Must reside within the city limits. Must own home,

Must be low income.

Telephone, Walk-in, Referral, Mail

**LIV Health**

LIV More

415 West 27th Street

Cheyenne, WY 82001

307-630-4729

<https://livhealth.org/liv-more/>

**LIV Health**

Case Management Services

415 West 27th Street

Cheyenne, WY 82001

307-630-4729

<https://livhealth.org>

Monday through Friday 9-5

Private, Tri-Care, Medicare, Medicaid, Sliding Fee Scale

**Magellan Healthcare**

Behavioral Health Support- High Fidelity Wraparound

PO Box 20520

Cheyenne, WY 82003

307-459-6160 855-883-8740

<http://www.magellanofwyoming.com>

8am-5pm Monday thru Friday

Medicaid Eligible

Telephone, Walk-In, Appointment, Referral Complete

application on [www.magellanofwyoming.com](http://www.magellanofwyoming.com)

**Peak Wellness Center, Inc.**

Foster Grandparent Program

510 West 29th Street

Cheyenne, WY 82001

307-634-1265

<http://www.peakwellnesscenter.org>

Monday to Friday 8am to 5pm

Must be over the age of 55, must have an annual income of less than 200% of poverty level, must be physically and mentally able to serve children 15 - 40 hours per week, and must be able to pass a criminal history background check.

Telephone, walk-in, referral. Interested persons can call for an application and an interview.

**Safe Kids Wyoming**

Safe Kids - Cheyenne

214 East 23rd Street

Cheyenne, WY 82001

307-432-2679

<https://www.safekidswyoming.org>

Monday through Friday 8am - 4pm

Call for appointment. Can also call for general information or questions.

**Seasonal Resources**

Adopt a Family - Laramie Co.

307-635-9291

Deadline to sign up is November 8th.

**Seasonal Resources**

Christmas Angel Tree - Laramie Co.

307-634-2769

October 21 - November 1 Monday - Friday 9am - 11am

Call to apply for assistance.

**Seasonal Resources**

Christmas Decorations - Laramie Co.

307-632-4132

December 7 10am - 2pm

Come by during operating hours.



**Servpro**

Servpro of Cheyenne  
1234 East C Street  
Casper, WY 82601  
307-514-9011  
<https://www.servprocheyyenne.com/>  
24/7 Emergency Service  
Not a free service. Call for prices. Does work with insurance.

**The ARC of Laramie County**

Inclusive Programming  
1302 Crook Avenue  
Cheyenne, WY 82001  
307-632-1209  
<http://www.arcoflaramiecounty.org>  
Monday - Thursday 9am-2pm  
Must be a member  
Telephone, walk-in

**The Arc of Natrona County**

Respite, Personal Care, Companion Service,  
Homemaking  
337 North Wolcott Street  
Casper, WY 82601  
307-577-4913  
<http://www.arcofnatronacounty.org/>  
Monday to Friday 8am to 5pm  
Wyoming Medicaid Waiver eligible  
Telephone, Walk-in, Appointment, Referral

**Volunteers of America Northern Rockies**

Wyoming Rapid Response Fund  
104 South Wolcott Street Suite 601  
Casper, WY 82601  
307-672-0475  
<https://www.voanr.org/wyoming-rapid-response-fund>  
Funds are applied for by a referral partner agency on behalf of the family/individual in need, and any resources are then paid out to service providers.

**Wrap Around Wyoming**

Case/Care Management  
PO Box 1086  
Lander, WY 82520  
307-349-9745  
4-21 years of age with Medicaid, or qualify for the Children's Mental Health Waiver  
Call for referral  
Medicaid

**Kinship Connections of Wyoming**

Kinship Navigator Program  
1401 Airport Parkway Suite 225

Cheyenne, WY 82001

Dial 2-1-1 or 888-425-7138

<https://www.wykinshipconnections.org>

Monday through Friday 8:00am - 5:00pm

Any non-parent providing full time care for children in their home. A kinship caregiver may be a grandparent, other relative or non-relative who has a relationship or bond with a child.

Simply dial 2-1-1. You will then be connected to a welcoming and knowledgeable Information and Referral Specialist and let them know you would like to be connected to Kinship Connections. After the Information and Referral Specialist gathers some informat

**Wyoming Cares**

Medical Equipment Assistance  
341 East E Street Suite 125  
Casper, WY 82601  
307-237-7035  
<http://www.wyomingcares.org>  
Monday through Friday, 9:30 a.m. to 4:30 p.m.  
None  
Telephone, Walk-In, Referral

**Wyoming Child Support Program**

Child Support Services of Wyoming - Cheyenne Office  
1771 Centennial Drive Unit 210  
Laramie, WY 82070  
307-635-3365  
<https://childsupport.wyo.gov/>

**Wyoming Cowboy Challenge Academy**

Residential Academy  
1502 U.S. 26 Building 505  
Guernsey, WY 82214  
307-836-7500  
<https://wycowboychallenge.org/>  
Monday through Friday 8am - 5pm

**Wyoming Department of Health**

State Respite Program  
255 North Russell Avenue  
Douglas, WY 82633  
307-777-3443  
<http://www.health.wyo.gov/ddd/respitecare/index.html>  
In order to meet the qualifications for the program your child must be under the age of 21 and have a developmental disability. A developmental disability is defined as a severe, chronic disability which is attributable to a mental, emotional or physical Completion of application required



**Wyoming Free Tax Service**

MyFreeTaxes.com  
215 West Buffalo Street Rawlins Library  
Rawlins, WY 82301  
866-698-9435  
<https://www.MyFreeTaxes.com>  
10 am – 10 pm EST / 7 days per week until April 30,  
2020. May 1 – October 31, 2020 10 am – 6 pm EST / M-  
F

**Wyoming Free Tax Service**

Wyoming Free Tax Service - LCCC- Cheyenne  
Monday through Friday 6:00am - 1:00pm for drop off  
only. They will call you back when the taxes are  
completed.  
To qualify for our help, we recommend that the TOTAL  
of your income not be more than approximately  
\$54,000 to \$66,000.  
Drop Off

**Wyoming Independent Living, Inc.**

Supportive Services - Cheyenne  
1050 North 3rd Street Suite B1  
Laramie, WY 82072  
307-637-5127  
<http://www.wilr.org>  
Monday through Friday 8am - 5pm  
Any Wyoming resident that is 55 years or older who is  
blind or visually impaired (20/50 best eye with  
corrective lenses or restricted field of view 20 degrees  
or less). No income eligibility requirements.  
Call for information and in-home appointment

**Wyoming Institute for Disabilities - WIND**

Wyoming Family Mentorship Program  
1000 East University Avenue Department 4298  
Laramie, WY 82071  
307-766-2311 888-989-9463  
[http://www.uwyo.edu/wind/family\\_mentorship/index.html](http://www.uwyo.edu/wind/family_mentorship/index.html)  
Monday through Friday, 8:00 a.m. - 5:00 p.m.

**Wyoming Institute for Disabilities - WIND**

Act Early Wyoming  
1000 East University Avenue Department 4298  
Laramie, WY 82071  
307-766-2311 888-989-9463  
<http://www.uwyo.edu/wind/wyactearly/>  
Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Wyoming Institute for Disabilities - WIND**

UW Project ECHO  
1000 East University Avenue Department 4298  
Laramie, WY 82071

307-766-2977  
<http://www.uwyo.edu/wind/echo/families-autism/index.html>

**Wyoming Institute for Disabilities - WIND**

Wyoming Assistive Technology Resources  
1000 East University Avenue Department 4298  
Laramie, WY 82071  
888-989-9463  
<http://www.uwyo.edu/wind/watr/index.html>  
Monday through Friday 8am - 5pm  
Call for information, application, or appointment

**Wyoming Institute for Disabilities - WIND**

Wyoming Telehealth Network  
1000 East University Avenue Department 4298  
Laramie, WY 82071  
307-766-2766 888-989-9463  
<https://wytn.shinyapps.io/WyTNPProviders/>  
Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Yola and Boogy Fund**

Animal Foster Assistance/Pet Food  
5807 North College Drive  
Cheyenne, WY 82009  
307-631-3814  
<http://Yolaspetsfund.org>  
24 hours a day, 7 days a week  
Telephone

**PARENTING RESOURCES****Cheyenne Regional Medical Center**

Prepared Child Birth Classes  
2600 East 18th Street 2nd Floor  
Cheyenne, WY 82001  
307-633-7576  
<https://www.cheyenneregional.org/service/motherbaby/maternal-prenatal-education/>  
Call for information on the classes that can help you.  
Prepared Childbirth ClassesPreconception ClassesEarly  
Childbirth Education Sibling ClassChildbirth for Young  
Parents (less than 20 years old)Online Child Birth Class  
for those unable to travel

**Laramie County Community Partnership**

Parent Leadership Training Institute of Laramie County  
2508 East Fox Farm Road 1A  
Cheyenne, WY 82007  
307-773-8241  
<http://www.LaramieCountyPartnership.org>  
8am-5pm Monday thru Friday  
Participants must be a Wyoming resident.

Telephone, walk-in

#### **Parent Information Center**

Parent Information Center  
500 West Lott Street Suite A  
Buffalo, WY 82834  
307-684-2277 1-800-660-9742  
<http://www.wpic.org>  
Monday to Friday: 8am - 5pm  
Parents, grandparents, educators, and service providers  
of children with a disability.  
Call for information or appointment.

#### **Parent Information Center**

Parents Helping Parents of Wyoming  
500 West Lott Street Suite A  
Buffalo, WY 82834  
800-660-9742  
<http://www.wpic.org>  
Monday to Friday: 8am - 5pm  
Call, walk-in, or go online for information.

#### **St. Mark's Episcopal Church**

Baby and Me  
1908 Central Avenue  
Cheyenne, WY 82001  
307-634-7709  
Wednesday's from 10:15am to 11:45am  
Any mother and/or father with an infant (birth to 12  
months) Especially for first time parents. Parents with  
an infant and an older child are welcome to attend, but  
will need to have child care for the older child.  
Walk In, Parents simply complete a form at first visit  
with name, contact information.

#### **WHMI Strong Families Strong Wyoming**

WHMI Strong Families Strong Wyoming  
316 West 17th Street  
Cheyenne, WY 82001  
307-514-4450 1-866-996-3267  
<http://www.wyofams.org>  
Monday to Friday 9am to 5pm  
Must be legal adults, website registration  
Call for information

#### **WyoCARE**

WyoCARE  
1482 Commerce Drive Unit X  
Laramie, WY 82070  
307-745-5131  
<http://www.wyocare.org>  
web-based and email

#### **Wyoming Children's Society**

Parenting Group  
314 East 21st Street  
Cheyenne, WY 82001  
307-632-7619  
<http://www.wyomingcs.org>  
Every Monday for 8 weeks, 5 to 7 pm  
- Parents who have children who are 2-10 years old (will  
consider other ages on a case by case basis)- Parents  
who have children with behavior concerns- Parents  
who are looking to build confidence and skills  
Call

## **TELECOMMUNICATIONS**

#### **EnTouch Wireless**

Wireless Phone Service  
866-488-8719  
<https://www.entouchwireless.com/states/wyoming-lifeline-free-phone-service>  
Support Hours: Monday through Friday 8:00am -  
10:00pm Central Time Saturday 8:00am - 8:00pm  
Central Time Sunday 10:00am - 7:00pm Central Time  
Eligible Programs for Lifeline in Wyoming Supplemental  
Nutrition Assistance Program (SNAP) Supplemental  
Security Income (SSI) Medicaid Veterans Pension or  
Survivors Benefit Federal Public Housing Assistance  
(FPHA) Food Distribution Program on Indian Reser  
Before starting your enTouch Lifeline application you  
will need to qualify for Lifeline service through the  
National Verifier. Please see website to learn more.

#### **Tempo**

Wireless/Home Phone and Lifeline  
877-822-8501  
<https://mytempo.com/>  
The Tempo Lifeline wireless plan is a Lifeline supported  
service, a government assistance program. Only eligible  
customers may enroll in the program. Service is limited  
to one discount per household, consisting of either  
home phone or wireless service.

#### **Wyoming Department of Family Services**

Telephone Assistance Program  
2300 Capitol Avenue Third Floor  
Cheyenne, WY 82001  
307-777-5846  
<https://dfs.wyo.gov/assistance-programs/home-utilities-energy-assistance/telephone-assistance-lifeline/>  
8am-5pm Monday thru Friday  
Telephone, walk-in

#### **Wyoming Institute for Disabilities - WIND**

iCanConnect  
1000 East University Avenue Department 4298

Laramie, WY 82071  
307-766-6187 888-989-9463  
<http://www.uwyo.edu/wind/wydeafblind/index.html>  
Monday - Friday, 8:00 a.m. to 5:00 p.m.

## TRANSPORTATION

### Angel Flight West

Mercy Transportation  
3161 Donald Douglas Loop South  
Santa Monica, CA 90405  
310-390-2958 888-426-2643  
[www.angelflightwest.org](http://www.angelflightwest.org)  
Monday through Friday, 8:30am to 4:30pm. The organization can be reached 24 hours per day, seven days per week through the hotline number. Service hours vary.  
Call or visit website to apply. The program requires that people call and give one week's notice whenever possible.

### City of Cheyenne

Cheyenne Transit Program  
1328 Talbot Court  
Cheyenne, WY 82001  
307-637-6253  
<http://www.cheyennecity.org/Transit>  
6am-7pm Monday thru Friday and 10am-5pm Saturday  
General Public Transportation. ADA Paratransit service is available for those who qualify.  
Telephone, walk-in

### Miracle Flights for Kids

Medical Air Transportation  
702-261-0494  
<http://www.miracleflights.org>  
7:30am-5pm Monday thru Thursday  
Flights are subject to household income eligibility with supporting documentation.  
Telephone, referral, online

### Pilots for Christ International - Wyoming Chapter

Transportation  
PO Box 94  
Gillette, WY 82717  
307-622-7249  
<https://www.pilotsforchrist-wy.org/>  
Eligible Passengers include: Ambulatory persons who can be certified as medically capable of sitting in a small aircraft to and from areas of treatment. Non-ambulatory patients who qualify and do not require in-flight medical treatment.

### Wyoming Cares

Medical Transportation Assistance  
341 East E Street Suite 125  
Casper, WY 82601  
307-237-7035  
<http://www.wyomingcares.org>  
Monday through Friday, 9:30 a.m. to 4:30 p.m.  
Telephone, Walk-In, Referral

## YOUTH PROGRAMS

### City of Cheyenne

Special Friends Mentoring Program  
1328 Talbot Court  
Cheyenne, WY 82001  
307-637-6480  
<http://youthalternatives.net>  
8am-6pm Monday, Wednesday, Thursday; 8am-8pm Tuesday; 8am-5pm Friday  
Telephone

### Goodwill Industries of Wyoming Inc.

Wendy's Wonderful Kids  
612 West 17th Street  
Cheyenne, WY 82001  
307-634-0823  
<https://www.goodwillwy.org>  
Children between the ages of 0-18

### Greater Wyoming Big Brothers Big Sisters

Youth Mentoring - Cheyenne Office  
1603 Capitol Avenue Suite 510  
Cheyenne, WY 82001  
307-514-3383  
<http://www.wyobbbs.org>  
Hours vary-please call ahead  
Children must be between the ages of 5 and 16 and volunteers must be age 17 and older.  
Telephone, walk-in, appointment, referral

### Joey's Foundation, Inc.

Youth Mentoring  
109 South Main Street Suite B  
Sheridan, WY 82801  
307-763-0897  
<http://joeysflyfishing.com/>  
8am-2pm Monday thru Thursday  
Child must be between the age of 5 and 18 years old.  
Financial aid is available to those who qualify.  
Telephone, email

**Meadowlark Academy**

Youth Residential Treatment Center  
3304 I-80 Service Road  
Cheyenne, WY 82009  
307-829-7355  
<http://meadowlark-academy.com/>  
Must be referred from local juvenile courts and social service agencies.

**UPLIFT**

Youth Support Group  
3701 Ridge Road  
Cheyenne, WY 82001  
307-778-8686  
<http://www.upliftwy.org/>  
5:30pm-7pm last Tuesday of each month  
Walk-in

**Normative Services, Inc.**

Youth Services Program  
5 Lane Lane  
Sheridan, WY 82801  
307-674-6878 800-473-1667  
<http://www.normativeservices.com/>  
If you wish to learn more about Normative's referral process or initiate steps toward a referral, please call 307-674-6878 or 800-473-1667, or write to [nsi.admissions@sequelyouthservices.com](mailto:nsi.admissions@sequelyouthservices.com).

**Our Military Kids**

Our Military Kids  
6861 Elm Street Suite 2A  
McLean, VA 22101  
703-734-6654  
<http://www.ourmilitarykids.org>  
Monday through Friday 7am - 3pm  
Family income is not a consideration in determining whether a child is eligible to receive a grant.  
Our Military Kids does not award grants for day care, tuition reimbursement, or mission trips. Only those activities listed in the "Activities Covered" section of our website will be eligible for grants from Our Military Kids. If you do not see the activi

**Tutoring Club**

Tutoring Club of Cheyenne  
307-514-4016  
<https://www.tutoringclub.com/cheyennewy/>  
Monday through Thursday 3:00pm - 7:00pm Other times available by appointment

**UPLIFT**

UPLIFT Cheyenne Office  
3701 Ridge Road  
Cheyenne, WY 82001  
307-778-8686  
<http://www.upliftwy.org>  
7:30am-4:30pm Monday thru Friday  
Telephone, walk-in