

# Community Resource Book 2016-2017

Absaroka Head Start  
Riverton Center

2420 Rose Lane/PO Box 6171 Riverton, Wyoming  
82501

307-856-5078

Website: [Abshs.org](http://Abshs.org)

## Staff

Dorie Woodward  
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Jen Smith  
Andria Brown



**Clothing**

Neat Repeat	2441 Peck	856-5576
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**Community Service Organizations**

Community Resource Center	625 Madison Ave	463-0622
Elks Club BPOE #1693	205 E Main St	856-3600
Fremont County Good Samaritan Center	917/921 E. Washington Ave	856-5435
Fremont County Fair Board	1010 Fairgrounds Rd	856-6611
Fremont County Family Planning	325 W. Main St, Suite D	856-7212
Fremont County Library Riverton Branch	1330 W. Park Ave	856-3556
Fremont County Shrine Club	P.O. Box 176	856-7559
Riverton Rendezvous Committee	816 N. Federal Blvd	856-2227
Riverton Rotary	P.O. Box 218	856-0952
Riverton Chamber of Commerce	213 W Main	856-4801
Riverton Jaycees	4410 Airport Rd	856-1818
Habitat for Humanity	P.O. Box 1543	857-2997
Help for Health Hospice	1240 Collegeview Dr.	856-1206
Volunteers of America/Center of Hope	223 W Adams	856-9006
Wild West Winter Carnival	P.O. Box 1044	856-5576
Wyoming Association for Creative Youth	423 E. Madison	856-6808
Wyoming PBS Foundation	115 N 5 <sup>th</sup> St E	857-0200

**Crisis Intervention**

Abba House Crisis Pregnancy Center	108 South 7 <sup>th</sup> East	856-0999
Alcoholics Anonymous & Alanon	St James Episcopal Church 519 East Park	856-2369
Aspen Psychological Services	103 N 5 <sup>th</sup> E	463-0890
Battered Women Info & Advocacy	P.O. Box 1127	856-4734
Blue Sky Counseling	625 E. Madison	851-3955
Child Protection (Dept of Family Services)	120 North 6 <sup>th</sup> East	856-6521
Fremont Alliance (Family Violence Center)	510 East Washington	856-0942
Crisis Line/Adult abuse prevention and reporting		856-4734
Fremont Counseling	1100 Majors Ave.	856-6587
Fremont County Alcohol Crisis Center	223 West Adams	856-9006
Fremont County Group Home	11 Minter Lane	856-2643
Serving juveniles ages 10-18 who are in crisis		
Fremont County Good Samaritan Center	921 East Washington	856-5435
Homeless Shelter/Salvation Army		
Sacred Shield	P.O. Box 217, St. Stephens	857-3965
Turtle Shelter	4 Great Plains Road, Arapahoe	856-5254
Wyoming Counseling Services PC	902 N 8 <sup>th</sup> W	857-3111

**Day Cares**

Happy Kids Day Care	1107 W Main	856-5111
Casey's Country Child Care	5 Hutchinson Rd	851-5585
Little Buckaroos	1613 N 8 <sup>th</sup> St. W	840-3512
Small World Children's Center	College View Drive	856-4275

Smart Start Qualify Child Care	1022 N 8 <sup>th</sup> St. W	856-1120
Nennyopolis	212 E Washington	851-7848
Rays of Sunshine	740 W Pershing	307-480-8252

### Dentists

Dr. Paul Axthelm	325 West Main	856-8197
Rendezvous Dental-		
Dr. Colton Crane/Dale Sackett	312 N 8 <sup>th</sup> W	332-2201
Benchmark Dental- Spencer Smith, Brock Olson	621 North 8 <sup>th</sup> West	856-9725
Dr. Christopher Moss	203 E. Main, Suite 205	867-2020
Dr. Thomas Loften	806 West Main	857-5768
Riverton Dental Center PC-		
Dr. Guy Menefee, Gossett	325 West Main, Suite G	856-5210
Dr. Paulsen	Casper, Wyoming	266-1997
Dr. Michael Shane	8125 Highway 789 (Lander)	332-3181
Dr. Todd Sutton	345 Garfield (Lander)	332-5230
Riverton Smiles- Dr. Wagner/ Dr. Hauck	1224 E Jackson	856-3463

### Doctors

Fremont County Pediatric- Barnes,	115 Wyoming (Lander)	332-2185
	511 N. 12 <sup>th</sup> E.	856-2185
Wind River Clinic		
Dr. Fisher	1005 College View Drive	857-5247
Indian Health Services	#14 Great Plains, (Arapahoe)	856-9281
Riverton Community Health Center	511 North 12 <sup>th</sup> East Suite B (sliding scale)	856-6685
Western Family Care	1620 Riverview Road	856-6591

### Education

CWC Displaced Homemakers Program	CWC, 2660 Peck Ave.	855-2125
Adult Basic Education	CWC, 2660 Peck Ave.	855-2193
Literacy Program (Library)	1330 West Park Ave.	856-0275
Riverton Branch Library	1330 West Park Ave.	856-3556

### Employment

E-Temp Employment Agency	510 East Main	857-0252
Employment Resources Center	422 East Fremont	856-9231
Job Corps	422 East Fremont	856-9231

### Emergency Number

American Red Cross	1-307-638-8906
Spencer Polleck- Cheyenne	421-0630
Emergency	911
Family Violence Center	856-4734

Sage West Hospital	2100 West Sunset Drive	856-4161
Poison Control Center		1-800-222-1222
Riverton Police Department		856-4891
Fremont County Sheriff		856-7200
Wyoming Highway Patrol		1-800-442-9090

### Food Assistance Programs

Christian Storehouse Food Bank	219 N. 3 <sup>rd</sup> E.	856-5435
Food Stamps (D.F.S.)	120 North 6 <sup>th</sup> East	856-6521
Northern Arapahoe Food Distribution	12 Givens Road	856-6058
TEFAP Commodities	921 E. Washington	856-5435
W.I.C. (Women, Infants, & Children)	877 North 8 <sup>th</sup> West, Suite #6	857-3199

### Health Agencies

Cent\$ible Nutrition		857-3660
Fremont Counseling	1110 Major Ave	856-6587
Indian Health Services	#14 Great Plains (Arapahoe)	856-9281
Kid Care		1-877-543-7669
Public Health Nurse	322 North 8 <sup>th</sup> West	856-6979
Best Beginnings for Babies		
HIV Testing		
Immunizations		
Breast Feeding Support		
Birth Control Resources		
Diabetes Education		
Respite Care		1-307-777-5660
Title 19 (D.F.S.)	120 North 6 <sup>th</sup> East	856-6521
Western Wyoming Family Planning	325 West Main	856-7212

### Housing

Brookhaven Apartments	302 Spire Drive	856-6823
College Hill Apartments	3002 College Hill Drive	856-5100
Fremont Country Good Samaritan Center (Homeless Shelter)	921 East Washington	856-5435
Habitat for Humanity	519 East Park	857-2997
Restore	305 East Main	857-2997
Riverton Manor Apartments	820 North 1 <sup>st</sup> Street	856-3514
Woodridge Apt.	1302 Redwood	856-9155 or 857-4167

### Optometrists

Tracy Ammann	704 East Fremont	856-9000
B.J. Kister & Dr. Walton	400 East Adams	856-3937
Riverton Vision Center	300 North Broadway	856-9451
Dr. Brian Ballard/Dr. James Hinkle/Dr. Chris Frazier		
Eyes on Fremont LLC	111 S Broadway	856-9000
Dr. Shelly Cadman		

### **Public Assistance**

Department of Family Service	120 North 6 <sup>th</sup> East	856-6521
Social Security	877 North 8 <sup>th</sup> West, Suite #5	1-800-453-8853

### **Safety**

Injury Prevention	303 N Broadway Ave	856-2821
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### **Special Services**

Child Development Services (CDS)	1202 East Jackson	856-4337
Division of Vocational Rehabilitation	609 East Madison	856-2393
Parent Information Center (PIC)		857-1337
Special Needs Family Support Group		856-1614
Uplift		857-6601
WY Dept. - Services for Visually Impaired	205 North 5 <sup>th</sup> East	856-5652
Parents as Teachers	303 Main Street 100 Lander	438-1259

### **Transportation**

Riverton Senior Citizen's Center Bus		856-3546
Wind River Transportation Authority	2554 Airport Dr.	856-7118

### **Utility Assistance**

Energy Share of Wyoming		1-877-461-5719
L.I.E.A.P (Low Income Energy Assistance)/NOWCAP Weatherization		1-800-246-4221
Link – Up America		1-800-244-1111

## **WEBSITES FOR PARENTS AND CHILDREN**

*GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET: [www.earlyliteracymatters.org](http://www.earlyliteracymatters.org)*

*GO TO THIS PARENTS AS TEACHERS SITE FOR LOTS OF GREAT INFORMATION AND ACTIVITIES FOR PARENTS: [www.patnc.org](http://www.patnc.org)*

*THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION:*  
[www.earlychildhood.com](http://www.earlychildhood.com)

*THIS USER-FRIENDLY SITE OFFERS ADVICE FOR PARENTS ON MANY TOPICS:*  
[www.parentsoup.com](http://www.parentsoup.com)

ON THIS SITE, **PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES:** [www.pbskids.org](http://www.pbskids.org)

FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS: [www.kinderplanet.com/index.htm](http://www.kinderplanet.com/index.htm)

VISIT **GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS:** [www.getreadytoread.org/research.html](http://www.getreadytoread.org/research.html)

THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES: [www.proactiveparent.com](http://www.proactiveparent.com)

Absaroka Head Start: [www.abshs.org](http://www.abshs.org)

**If you do not have internet access at home, you can access these sites and others free at your local library or at the center during work hours.**

## WEB SITES FOR PARENTS

- ★ <http://www.parenting.org>: The group of professionals who represent Girls and Boys Town National Resources and Training Center Created this Web site to offer practical parenting advice on a range of topics. Girls and Boys Town has provided amazing services to boy and girls for decades.
- ★ <http://parenting.ivillage.com>: This Web site has helpful information and advice for parents dealing with children at all developmental stages. They offer ideas on crafts, consumer information, and helping Mom pamper herself more. They offer advice and information and extensive list of topics.
- ★ <http://www.positiveparenting.com>: “Positive Parenting is dedicated to providing resources and information to help make parenting more rewarding, effective and fun!” This Web site, created by well-educated professionals, offers audio files for parents to listen to on certain topics as well as mp3 files, which parents can download and listen to at their leisure. The Web site also offers classes.
- ★ <http://parenting.aol.com>: This Web site is an extension of Parenting Magazine. The articles and topics are extensive and comprehensive, and you can search by the age of the child(ren) you have in your home. They also offer a homework/learning helpline.
- ★ <http://www.parenthood.com>: This Web site highlights adoption, family finances, special needs children, and grand parenting.
- ★ <http://www.americanbaby.com>: American Baby magazine Web site concentrates on

conception and pregnancy, and contains volumes of information on newborns through age two. The Web site also offers a newsletter with free membership.

- ★ <http://www.fathermag.com>: This Web site for fathers offers information on “Fathering on the fringe,” “The Joy of Fathering,” “The Importance of Fathers,” “Custody and Divorce,” “Second Wives and Second Families,” “Fathers and Sons,” “Fathers and Daughters,” “Single Fathers,” and more.
- ★ <http://www.tnpc.com>: This Web site is produced through The National Parenting Center, which was founded in July of 1989. Their mission statement states that they began this Web site “with the intention of providing the most comprehensive and responsible parenting advice to parents everywhere. The advice provided is furnished by some of the world’s most respected authorities’ in the field of child rearing and development. “The Web site offers a unique teen and child personality quiz that attempts to help you understand your child better.
- ★ <http://www.familyeducation.com>: This site deals exclusively with education concerns that a family might be faced with. The site gives parents advice from Dr. Seuss, guides parents through choosing the right school, helps parents with handling parent-teacher conferences, offers homework help, and provides information on applying to college. The resources are categorized by age and interest.
- ★ <http://childparenting.about.com>: This Web site offers a broad selection of information covering discipline, health issues, development, family issues, and so on, as well as a great deal of academic support with homework help lines, advice on computers, helping children succeed in school, and effective study tips. The site also guides parents in selecting toys, gifts, and other family consumer needs.
- ★ <http://www.kidshealth.org>: Kids Health provides doctor-approved health information about children through adolescence. Kids Health has separate areas for kids, teen, and parents and includes tons of features, article, animations, games, and resources, All the information is created and developed by experts in children and teen health.
- ★ <http://www.ed.gov>: This site offers various links to help your child academically (for example , “Helping Your Child Learn History Of Science”). Search for parents.”
- ★ <http://www.internet4-classroom.com>: This site offers information for parents to help their children. Links include reading, discipline, family, and schoolwork.
- ★ <http://www.futureofchildren.org>: This site offers different journals you can read about issues children are facing such as obesity, social mobility, and son on.
- ★ <http://www.magickeys.com>: This site offers free stories you can read to your children and has books such as phonics, home schooling, children’s books, and puzzles.
- ★ <http://www.sesameworkshop.org>: Sesame Street games and short stories about Sesame Street characters facing certain fears and issues such as fire safety, immunizations, first day of school, and son on are the highlights of this Web Site.
- ★ <http://www.childrensmusic.org>: This site offers resources for parents to monitor their children’s music. It has age-appropriate music for children and gives comprehensive list of children’s recording artists.
- ★ <http://www.storyplace.org>: This site is a digital library for children offered in English and

Spanish with links for selecting age-appropriate activities and stories.

- ★ <http://www.chkd.org>: This site has information for parents on positive discipline and how to reduce stress with newborns and small children. It also gives information on health and other issues such as CPR.
- ★ <http://www.stophitting.com>: This site gives information on how to stop spanking; and offers alternative ways for disciplining.
- ★ <http://www.postiviediscipline.com>: On this site, supported by Oprah, you can get information on positive discipline and ask questions and get a doctor's responses.
- ★ <http://www.foreverfamilies.net>: Guiding children, family challenges, and issues facing families are topics that can be addressed on this site. It covers behavioral problems, keeping tabs on teens, and strengthening relationships.
- ★ <http://www.aapolicy.aappublications.org>: This site gives developmental approaches to discipline, strategies for effective discipline, and recommendations on how to change behavior. <http://www.nncc.org>: This site promotes positive behavior and gives you links to help children who have multiple problems such as abuse.
- ★ <http://www.practicalparent.org.uk>: This support site for parents and teachers includes a discussion board where you can ask questions and get answers on child behavior, and parenting tips such as stress and how it affects your child and their behavior.
- ★ <http://www.parentingweb.com>: This site discusses discipline versus punishment, and help steer parents and teachers to guide children to responsible behavior.