

Absaroka Head Start



Community Resources 2018-2019

We want to welcome all our families to Head Start! We look forward to working with you and your child and hope you find the year enjoyable. If you need to contact us, all staff will be available at 527-6454.

MISSION: To provide building blocks for children and families for a lifetime of success

VISION: Building leaders for today and tomorrow

VALUES:

1. Individuals are respected and valued.
2. Open and honest communication is fostered.
3. Cultural diversity is respected.
4. A non-judgmental atmosphere will be created and non-judgmental attitudes will be demonstrated.
5. Equal educational opportunities are provided for all children and families, regardless of race, gender, religion, ethnicity, sexual preference or disability.
6. Personal and professional growth opportunities are provided for staff and families.
7. Openness to and acceptance of progressive positive change is demonstrated.
8. Every individual has intrinsic worth. The opinions, experiences, and feelings of others are given consideration.

Main Office: Absaroka Head Start

P.O. Box 952

Worland, Wyoming 82401

Phone: 307-347-4192

Fax: 307-347-4777

Website: www.abshs.org

High Scope Curriculum

High Scope is based on active learning. Active learning means students have direct, hands-on experiences with people, objects, events, and ideas. Children plan their activities, carry them out, and talk with others about what they have done and what they have learned.

Parent Area

Mailbox for parents, resource information, schedules, and menus are found in our parent's corner. Another great resource for our parents is the Absaroka Head Start website: **www.abshs.org**.

Volunteer Calendar

We encourage you to volunteer as it is a great time to be with your child and it greatly helps us out. The calendar is posted in the parent corner. If you are unable to volunteer please find your own replacement for that day; another family member or someone from the community who can take your place. We are meeting our 80% in-kind towards federal monies for the time parents spend in our classroom. Please sign the in-kind sheet when you visit our center.

Resource Book

If there is any information you need and cannot find it in this Resource book, please feel free to ask one of the staff members. There is a Resource File in the Parent Area that has a lot more resources. If you cannot find your Resource Book, **There is also a copy in the parent corner.**

Sign-In/Sign-Out

We ask that you sign your child in and out every day. The sheet has your child's name on it. It is filled out as follows: write in the day of the week, the date, circle the meals your child will be eating (B for breakfast, L for lunch, or S for snack,) and then sign your child in. When you come in to pick up your child, you can sign him or her out for the day. **The sign in/sign out sheets are in the mailbox cart.**

NEWSLETTER

We send out a monthly newsletters filled with our activities, field trips, days without school, and other important information. It is also has ideas for furthering your child's interest in wanting to learn so they become school ready. When you are excited and interested, your child will learn from your interest and want to learn more. We follow the Big Horn School District #4 calendar.

Absaroka Head Start-Cody Center

1701 29th Street, P.O. Box 474

Cody, WY 82414

Center Supervisor/Teacher Terri Johnson
Teacher Aide..... Courtney Hood
Cook Agnes Bruce

Schedule

Our arrival time for children is 8:30 AM and pick up time is 12:30 PM.

IMPORTANT INFORMATION

We have an open door policy, but we keep our doors locked for the children's safety. Please knock hard and loud on the door, or ring the doorbell.

Come and volunteer! Your children would enjoy you coming and being with us because it makes them feel so special.

Come sign up and volunteer on our volunteer calendar monthly.

Please give us referrals for children who might want to come to Head Start as we are recruiting all year round.

Family Well-Being		
Safety	Address	Number
Domestic Violence/Sexual Assault/Victim Services		
Battered Woman	uspring.com/battered_woman	
Crisis Intervention	335 North Gilbert	307- 754-7959
Cedar Mountain Center: Cody	707 Sheridan Ave.	307- 578-2421
Domestic Violence & Sexual Assault		587-3545
Department of Family Services	1301 Rumsey Ave.	307-587-6246
Legal Aid	www.lawyoming.org	877-432-9955
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls	Riverview Dr.	307-527-8700
Fire Hall	1101 E. South St.	307-754-2211
WY Poison Control		1-800-222-1222
Housing Stability		
Low Income Rentals		
Crystal Cove		527-6698
Grandview		888-387-7368
Mountain View Manor		587-5244
Shamrock Apts.		888-387-7368
Shoshone Court		527-7639
Habitat for Humanity		527-9339
Real Estate		
American West Realty & Management	1527 Rumsey Ave.	587-9608
BHHS Brokerage West, Inc. Real Estate	1432 Sheridan Ave	587-6234
Canyon Real Estate	1327 Rumsey Ave.	527-7092
Coldwell Banker Antler's Realty	802 Canyon Ave.	587-5533
Mossy Oak Properties of Wyoming	1025 12 th St.	587-4959
Peaks to Prairie Realty	1276 Sheridan Ave.	587-8778
Park County Board of Realtors	1132 Beck Ave.	587-8418
LIEAP		(800) 246-4221
Rocky Mountain Power (Electricity)		888-221-7070
Pacific Power (Electricity)		800-715-9238
Health		
Park County Public Health	Old Courthouse basement	527-8570
Hospital		
Hospital West Park Hospital	707 Sheridan Ave.	527-7501
Medical Clinics		
Free Clinic		527-7501
Urgent Care		587-7207

West Park Urgent Care	424 Yellowstone Ave.	587-7202
Big Horn Basin Children's Clinic Dr. Charles Jamieson	1220 Sunshine Ave.	587-5545
Billings Clinic (Cody)	201 Yellowstone Ave.	527-7561
Dentists		
Marginal Dental	www.health.wyo.gov	307-777-7945
Dr. Walton/ Dr. Reusch	1619 South Park Dr.	587-2951
Dr. Moore	1426 Stampede Ave.	587-6028
Dr. Hill	1110 Beck Ave.	527-4455
Dr. Devon Holeman	726 Allen Ave Ste A	587-3000
Dr. Taylor	1114 Rumsey Ave.	527-7571
Landers, James DDS	956 12th St	587-5588
Paulson, Roy DDS-Casper Children's Dentistry	102 N. Kenwood St.	266-1997
Vision		
Dr. Bell and Dr. Hartley/Basin Vision	1531 Bleistein Ave.	587-4206
Dr. Barry Welch-Suite 110	424 Yellowstone Ave.	587-5535
Pharmacies		
Albertsons Pharmacy	1825 17 th St.	527-7426
Coe Pharmacy	424 Yellowstone Ave.	578-2900
Medical Center Pharmacy	698 Yellowstone Ave.	527-6221
Walgreens Pharmacy	1585 Sheridan Ave.	587-2017
Walmart Pharmacy	321 Yellowstone Ave	527-5746
Prevention		
Poison Control	www.poison.org	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
Mental Health		
Yellowstone Behavioral Health Center	2538 Big Horn Ave.	587-2197
Hope House		587-3008
Alcohol Anonymous	1220 12th Street	307- 587-3024
UPLIFT (children & youth)		888-875-4383
Rimrock Foundation-Billings, MT	1231 N. 29th St.	(800) 227-3953
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627
Employment		
State of WY-Small Business Dev. Counselor		1-800-969-8639
Wyoming Workforce Development	wyomingworkforce.org	
Powell Workforce Services		307-587-4241
King Temporary Services	1735 Sheridan Avenue	587-2024
Express Employment Professionals	2706 Big Horn Avenue,	587-1111

Suite C		
Financial Stability		
Bank of the West	1130 Sheridan Ave.	587-2243
Big Horn Federal Savings Bank	1701 Stampede Ave.	587-5521
First Bank of Wyoming	1426 Sheridan Ave.	587-7117
Pinnacle Bank	1507 8th St. or 627 Yellowstone Ave	527-7186 527-2998
Sunlight Federal Credit Union	1702 17 th St.	587-4915
Wells Fargo Bank	1401 Sheridan Ave. or 1825 17th St	587-4237 587-9542
Caring Program for Children (Non-Medicaid)	Casper Office	(800) 544-9364
KidCareCHIP/Equality Care Office		
Food/Clothing		
Park County WIC		527-8580
Cody Cupboard		586-3732
Grace Baptist Church Food Bank		587-6262
Manna House		587-0700
Food Stamps DFS		587-6246
Cent\$ible Nutrition		527-6246
Bargain Box Clothing Store	1231 13 th St.	587-6333
Cody Senior Thrift Store	613 16 th St.	587-6221
Deja Vu Thrift Store	1644 Alger Ave.	
Positive Parent-Child Relationships		
Nurturing Relationships		
Cody Rec Center/ Aquatic	1402 Heart Mt. Street	587-0400
City Park	901-999 Beck Ave.	
Dacken Park	1802 22 nd St.	
Don Little Park	426 River View Dr.	
Glendale Park	1906 14 th St.	
Highland Manor Park	2500 Carter Ave.	
Horseshoe Park	1302 Horseshoe Dr.	
Hugh Smith Park	131 19 th St.	
Mentock Park	901 Blackburn	
River View Park	901 River View Dr.	
★ 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 down load 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 <i>THIS USER-FRIENDLY SITE OFFERS ADVICE FOR PARENTS ON MANY TOPICS</i> : www.parentsoup.com	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES</i> : www.pbskids.org	★	★
★ 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. The offer ideas on crafts, consumer information, and helping Mom pamper herself more. They offer advice and information and extensive list of topics.	★	★
Day Care/Preschools		
A Little Paradise	2001 Mountain View Dr.	587-4732
A Step Ahead Daycare	831 Outlook Ct	587-1284
Christ the King Preschool & Daycare	1207 Stampede Ave.	587-5774
Cody Child Care Center	1301 Sheridan Ave.	587-5021
Small Wonders Child Care Center	2635 Sheridan Ave.	587-9229
Winsor Castle Childcare/ Preschool Center	1827 Stampede Ave.	578-8090
The Crane Academy	2132 Cougar Ave.	586-1865
Child Development Education/Parenting Skills		
Websites:		
<i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET: www.earlyliteracymatters.org</i>	*	*
<i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION: www.earlychildhood.com</i>	*	*
<i>VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS: www.getreadytoread.org/research.html</i>	*	*
<i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES: www.proactiveparent.com</i>	*	*
<i>FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS: www.kinderplanet.com/index.htm</i>	*	*
<i>If you do not have internet access at home, you can access these sites and</i>		

<i>others free at your local library or at the center during work hours.</i>		
Families as Educators		
Family Education		
Park County Library	1500 Heart Mountain Street	527-1880
Museum Buffalo Bill Center of the West	720 Sheridan Ave.	587-4771
Old Trail Town	1831 Demaris Dr.	587-5302
Heart Mountain Interpretive Center	1539 Rd. 19, Powell	307-754-8000
Buffalo Bill Dam Visitor Center	4808 N. Fork Hwy	527-6076
Websites:		
★ 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 give information on health and other issues such as CPR.	★	★
★ http://www.stophitting.com : Tins 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.aappoicy.aappublications.org : This site gives developmental approaches to discipline, strategies for effective discipline, and recommendations on how to change behavior. http://www.nccc.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 verses punishment, and help steer parents and teachers to guide children to responsible behavior.	★	★
Families as Learners		
Parent Training		
NWC- GED/Classes/ABE	231 West 6th Street	587-3376
Adult Literacy -Northwest College (NWC)	231 West 6 th Street	587-3376
Cody Middle School	2901 Cougar Ave.	587-4273
Cody High School	1225 10 th St.	587-4251
Family Engagement in Transition		
Children with Disabilities		
Children's Resource Center	808 North Street	527-7060
Parents As Teachers	www.patnc.org	
Division of Dev. Services Cheyenne 186E	6101 N. Yellowstone Rd.	(800) 510-0280
Kindergarten Transition		
Eastside Elementary	801 17 th ST.	587-4275
Sunset Elementary	3101 Sheridan Ave.	587-4279
Livingston Elementary	2001 12 th St	587-4271

Family Connections to Peers and Community		
Families/Peers/Community		
NOWCAP-Powell		754-5154
Northwest Family Planning		527-5174
Serenity Pregnancy Resource	1614 Beck Avenue	307-213-5025
Big Brothers/Big Sisters		866-935-3338
Boys and Girls Club		527-7871
Bright Futures Mentoring		527-6688
Child Support Enforcement	Old Courthouse Basement	527-8840
Cedar Mountain Center		578-2421
WY. Quit Line	800-QUIT-NOW	800-784-8669
Senior Center (wheel chair access)		587-6221
Cody Cab		272-8364
Town Taxi		250-8090
Phidippides- taxi/shuttle		527-6789
Disabled American Veterans		888-461-5000
Social Security		587-8155
Driver's License	808 Meadow Lane Ave.	587-3346
Churches		
Assembly of God Church	1532 Bleistein Ave	307-527-7339
Bible Believers Baptist Church	1826 Stampede Ave.	307-254-4591
Christ the King Lutheran	1207 Stampede Ave	307-587-3025
Christ Episcopal Church	825 Simpson Ave.	307-587-3849
Jesus Christ of Latter-day Saints	1719 Wyoming Ave.	307-587-5794
Church of St. Anthony	1333 Monument St.	307-587-3388
Church of the Nazarene	808 Skyline Dr.	307-587-4397
Cody Bible Church	2137 Cougar Ave.	307-527-4488
Cody Christian Church	2637 Sheridan Ave.	307-527-7431
Cody United Methodist Church	1405 Beck Ave.	307-587-4430
Cody Seventh-Day Adventist Church	1608 19 th St.	307-431-2774
First Baptist Church	801 Gerrans Ave.	307-587-3687
First Presbyterian Church	2025 23 rd St.	307-587-2647
Harvest Church	1601 Stampede Ave.	307-213-9733

Families as Advocates and Leaders		
Leadership Development		
Park County School District #1 Admin.	919 Cody Ave.	307-527-6332
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	307- 777-7415
Park County Circuit Court	1002 Sheridan Ave.	307- 527-8690
Park County Attorney	1002 Sheridan Ave.	307-527-8660
Senate District 18- Henry Hank	Hank.Coe@wyoleg.gov	(307) 587-4655
Governor Matt Mead	governor.wyo.gov	
US Senator John Barrasso 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	senator_jbarrasso@barrasso.senate.gov	
US Senator Mike Enzi 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	Senator_menzi@enzi.senate.gov	
US Representative Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	https://cheney.house.gov/contact/email	