

Absaroka Head Start



Community Resources 2019-2020

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 856-5078.

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

Absaroka, Inc. is an EOE

Creative Curriculum

The Foundation helps teachers create a high-quality learning environment and build a thorough understanding of best practices. *Daily Resources* help teachers plan and manage every moment of their day. Through studies, which are hands-on, project-based investigations, *The Creative Curriculum® for Preschool* helps teachers build children's confidence, creativity and critical thinking skills, and promote positive outcomes.

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/CALENDAR

We send out a monthly newsletter and calendar 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 Fremont School District #25 school calendar.

Absaroka Head Start-Riverton Center

2420 Rose Lane/PO Box 6171

Riverton, Wyoming

Center Supervisor/Teacher Jennifer Smith
Teacher Aide.....Janet Votruba
Teacher/Health Aide..... Minnie Erickson
Cook.....Sherri Rogers

Schedule

Our arrival time for children in the morning session is 8:05 **AM** and pick-up time is
3:15 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		
Abba House Crisis Pregnancy Center	2420 Watt Court	856-0999
Powell Crisis Intervention	335 North Gilbert/Powell	307- 754-7959
Cody Crisis Intervention Services	1220 13 th St.	307-587-3545
Battered Women info & Advocacy	510 East Washington	856-4734
Fremont Alliance (Family Violence Center)	510 East Washington	856-0942
Fremont County Alcohol Crisis Center	223 West Adams	856-9006
Department of Family Services	877 N. 8 th West	856-6521
Legal Aid	www.lawyoming.org	877-432-9955
Police/Sheriff/Ambulance/Fire		911
Riverton Police Department		856-4891
Fremont County Sheriff		856-7200
Poison Control		1-800-222-1222
Housing Stability		
Esterbrook Apartments https://www.apartments.com/esterbrook-apartments-riverton-wy/qg3y4qx/	1415 W. Park Ave	
Fremont County Good Samaritan Center Homeless Shelter	921 East Washington	856-5435
Sacred Shield-St Stephens	PO Box 217	857-3965
Northern Arapahoe Tribal Housing	Great Plains Road #11	856-8712
Habitat for Humanity/Restore	305 E. Main	857-6430
Brookhaven Apartments	302 Spire Drive	856-6823
College Hill Apartments	3002 College Hill Dr.	856-5100
Fremont Country Good Samaritan Center (Homeless Shelter)	921 East Washington	856-5435
Riverton Manor Apartments	820 North 1 st Street	856-3514
Woodridge Apt.	1302 Redwood	856-9155
Wind River Realty	309 N Broadway Ave	(307)856-3999
Link – Up America		1-800-244-1111
Energy Share of Wyoming/Salvation Army		1-303-866-9296
LIEAP	www.lieapwyo.org	(800) 246-4221
Rocky Mountain Power (Electricity)		888-221-7070
Health		
Public Health	322 North 8 th West	856-6979
Hospital		
Sage West Hospital	2100 West Sunset Drive	856-4161
Medical Clinics		

Fremont County Pediatric- Barnes	704 E. Fremont Ave	856-2185
Wind River Clinic-Dr. Fisher	1005 College View Drive	857-5247
Indian Health Services, (Arapahoe)	-#14 Great Plains	856-9281
Riverton Community Health Center	2002 W Sunset Dr #2	463-7160
Western Family Care	219 S. 2 nd W. St.	856-6591
Dentists		
Dr. Paul Axthelm	325 West Main	856-8197
Rendezvous Dental-Riverton	312 N 8th W	856-2778
Benchmark Dental- Broch Olsen	621 North 8 th West	856-9725
Oak Haven Dr. Christopher Moss	203 E. Main, Suite 205	857-2020
Dr. Thomas Loften	806 West Main	857-5768
Riverton Dental Center PC	325 West Main, Suite G	856-5210
Dr. Roy Paulson	102 N. Kenwood St. Casper	307-266-1997
Riverton Smiles- Dr. Wagner/ Dr. Hauck	1224 E Jackson	856-3463
Vision		
B.J. Kister & Dr. Walton Home Hometown Eyecare and Optical	400 East Adams	856-3937
Riverton Vision Center- Dr. Brian Ballard/Dr. James Hinkle/Dr. Chris Frazier	300 North Broadway	856-9451
Eyes on Fremont LLC- Dr. Shelly Cadman	111 S Broadway	856-9000
Walmart Vision and Glasses	1733 North Federal	857-4491
Pharmacies		
Walgreens	845 N. Federal Blvd	307-857-6023
Walmart - Pharmacy	1733 N Federal Blvd	(307) 856-3269
Smith's	1200 W Main St	(307) 856-4934
Poison Control	www.poison.org	1-800-222-1222
Wyoming Cancer Resource Services		877-344-5364 307-789-8771
Wyoming Quit-line		800-784-8669
Mental Health		
Aspen Psychological Center	103 N. 5 th E.	463-0890
Alcoholics Anonymous & Alanon St. James Episcopal Church	519 East Park	856-2369
Blue Sky Counseling	625 E. Madison Ave. #6	851-3955
Adult abuse prevention and reportin	510 E. Washington Ave.	856-4734
Fremont Counseling	1110 Majors Ave.	856-6587
Wyoming Counseling Services PC	902 N 8th W	857-3111
Lactation Counselor/Bereavement Doula (miscarriage and infant loss services)		307-840-4364
Employment		
Wind River Job Corps	4200 Airport Rd.	857-9700 1-800-733-5627

State of Wyoming-Small Business Dev. Counselor	213 W. Main	307-851-2029
Wyoming Workforce Development	wyomingworkforce.org	
Riverton Workforce Services	422 East Fremont	856-9231
Vocational Rehabilitation Division	609 E. Madison Ave. #3	307-856-2393
Financial Stability		
U.S. Bank	215 N Broadway Ave	856-0937
Wells Fargo Bank	616 N. Federal Blvd	857-2620
Bank of the West	123 E Main St	856-4181
Social Security	215 Big Bend Ave.	1-800-772-1213
Caring Program for Children (Non-Medicaid)	Casper Office	(800) 544-9364
First Interstate Bank	323 E. Main	856-2211
Central Bank and Trust	220 N. Federal	856-4320
Wyoming Community Bank	1700 N Federal Blvd	857-9000
Atlantic City Federal Credit Union	1701 N Federal Blvd	856-1701
Food/Clothing		
Christian Storehouse Food Bank		856-5435
Food Stamps (D.F.S.)	877 N 8 th St W	856-6521
Northern Arapahoe Food Distribution	#12 Givens Road	856-6058
TEFAP Commodities	921 E. Washington	856-5435
W.I.C. (Women, Infants, & Children) Suite #6	877 North 8 th West	857-3199
Neat Repeat	2441 Peck	856-5576
Cent\$ible Nutrition	814 S. Federal Blvd.	857-3660
Positive Parent-Child Relationships		
Nurturing Relationships		
ParksCity Park	901 E Fremont Ave	857-7749
Jaycee Park	W Sunset Dr	857-7749
Riverton Museum	700 E Park Ave	856-2665
Fremont County Pioneer	1443 Main St.	332-4137
Wind River Heritage Center	1075 S. Federal Blvd	856-0706
www.wildwestwintercarnival.org	P.O. Box 1044	856-5576
Wyoming Association for Creative Youth	423 E. Madison	856-6808
★ 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 <i>THIS USER-FRIENDLY SITE OFFERS ADVICE FOR PARENTS ON MANY TOPICS: www.parentsoup.com</i>	★	★
★ <i>ON THIS SITE, PBS CHARACTERS LEAD CHILDREN THROUGH GAMES AND LEARNING ACTIVITIES: www.pbskids.org</i>	★	★

★ 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		
Happy Kids Day Care	1107 W Main	856-5111
Casey's Country Child Care	5 Hutchinson Rd	851-5585
Small World Children's Center	1008 College View Drive	856-4275
Smart Start Qualify Child Care	1022 N 8 th St. W	856-1120
Nennyopolis	911 E. Roosevelt	851-7848
Child Development Education/Parenting Skills		
Websites:		
Child Development Service		
* <i>GO TO THIS SITE CREATED FOR YOU TO ASK QUESTIONS ABOUT THE ACTIVITIES IN THIS BOOKLET:</i> <u>www.earlyliteracymatters.org</u>	*	*
* <i>THIS SITE IS HELPFUL FOR PARENTS TO GATHER INFORMATION:</i> <u>www.earlychildhood.com</u>	*	*
* <i>VISIT GET READY TO READ FOR NUMEROUS EARLY LITERACY ACTIVITIES FOR PARENTS AND TEACHERS:</i> <u>www.getreadytoread.org/research.html</u>	*	*
* <i>THIS WEBSITE IS DESIGNED FOR PARENTS INTERESTED IN LEARNING ABOUT READING DIFFICULTIES:</i> <u>www.proactiveparent.com</u>	*	*

* FOR THE KIDS – THIS SITE DESCRIBES CRAFTS, GAMES AND OTHER FUN IDEAS: www.kinderplanet.com/index.htm	*	*
<u>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.</u>		
Families as Educators		
Family Education		
Riverton Branch Library	1330 West Park Ave.	856-3556
Wyoming PBS Foundation	2660 Peck Ave.	855-2373
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	★	★

<p>this site, supported by Oprah, you can get information on positive discipline and ask questions and get a doctor's responses.</p>		
<p>★ http://www.aappoicy.aappublications.org: This site gives developmental approaches to discipline, strategies for effective discipline, and recommendations on how to change behavior.</p>	★	★
<p>★ http://www.practicalparent.org: 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.</p>	★	★
<p>★ https://www.parenting.com : This site discusses discipline verses punishment, and help steer parents and teachers to guide children to responsible behavior. Also sells items</p>	★	★
Families as Learners		
Parent Training		
Adult Basic Education	CWC, 2660 Peck Ave.	855-2193
Literacy Program (Library)	1330 West Park Ave.	856-3556
Central Wyoming College	2660 Peck Ave.	855-2000
Riverton Middle School	840 Major Ave	856-9443
Riverton High School	2001 W Sunset	856-9491
Frontier Academy	124 N. 5 th West	856-9192
Family Engagement in Transition		
Children with Disabilities		
Child Development Services (CDS)	1202 East Jackson	856-4337
Parents As Teachers	www.parentsasteachers.org	
Parent Information Center	www.pic.org	
Division of Dev. Services	324 E. Washington Ave.	856-4648
Kindergarten Transition		
Ashgrove Elementary	510 N 1 st	856-2626
Jackson Elementary	720 W Jackson Ave	856-9495
Rendezvous Elementary	413 N 4 th W	857-7070
Aspen Early Learning	1620 E. Sunset Ave.	867-2625

Willow Creek Elementary	1200 W. Monroe Ave.	856-6004
Family Connections to Peers and Community		
Families/Peers/Community		
Elks Club BPOE #1693	205 E Main St	856-3600
Fremont County Fair Board	1010 Fairgrounds Rd	856-6611
Fremont County Family Planning-Suite D	325 W. Main St.	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 www.rivertinrondezvous.com		856-2227
Riverton Rotary	www.rivertonrotary.com	
Riverton Jaycees	4410 Airport Rd	307-751-9389
Help for Health Hospice	1240 College View Dr.	856-1206
Volunteers of America/Center of Hope	223 W Adams	856-9006
Fremont County Group Home-Serving juveniles ages 10-18 who are in crisis	11 Minter Lane	856-2643
CWC Displaced Homemakers Program	CWC, 2660 Peck Ave.	855-2125
American Red Cross		307-638-8906
Spencer Polleck- Cheyenne		421-0630
Wyoming Highway Patrol		800-442-9090
Cent\$ible Nutrition	814 S. Federal Blvd.	857-3660
Indian Health Services-(Arapahoe)	#14 Great Plains	856-9281
Kid Care/Diabetes Education		855-294-2127
Respite Care		307-777-5660
Title 19 (D.F.S.)	877 N 8 th St W(2 floor)	856-6521
Western Wyoming Family Planning	325 West Main Suite D	856-7212
Injury Prevention	303 N Broadway Ave	856-2821
Division of Vocational Rehabilitation	609 East Madison	856-2393
Special Needs Family Support Group		856-1614
Uplift	222 Railway Plaza	857-6601
WY Dept. - Services for Visually Impaired	205 North 5 th East	857-9267
Riverton Senior Citizen's Center Bus		856-3546
Wind River Transportation Authority	2554 Airport Dr.	856-7118
Dubois Museum-Dubois	909 W Ramshorn	455-2284
Churches		
First Assembly of God	701 E Adams	856-3637
Way of The Cross Assembly of God	635 S 2 nd W	856-0111

Calvary Baptist Church	429 Sunset Dr.	856-6320
First Baptist Church	840 N 1 st	856-2319
Set Free Church	620 W. Adams	463-2095
Hillcrest Baptist Church	1002 W Main	856-3635
United Baptist Church	1201 E Pershing Ave	856-4410
Families as Advocates and Leaders		
Leadership Development		
School District #25 Admin.	121 N 5 th W	856-9407
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	307-777-7673
Riverton Chamber of Commerce	213 W Main	856-4801
Fremont County Clerk		857-3675
Fremont County Attorney		857-3653
Fremont County Court House	450 N 2 nd	800-967-2297
Senate District 26- Eli Bebout	Eli.Bebout@wyoleg.gov	307-777-7881
Governor Matt Mead	governor.wyo.gov	307-777-7434
US Senator John Barrasso 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	senator_ibarrasso@barrasso.senate.gov	307-261-6413
US Senator Mike Enzi 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	Senator_menzi@enzi.senate.gov	202-224-3424
US Representative Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	https://cheney.house.gov/contact/email	307-463-5482