



# Lander Community Resource Handbook 2023-2024



The Parent Family and Community Engagement Framework (PFCE) blue column is embedded in this resource handbook to help you meet your Family Outcomes. If there is any information you need and cannot find it, please feel free to ask one of the staff members. **There is a copy on our website under your respective “Center” tab.**

[Lander — Absaroka Head Start \(absaroka.org\)](http://absaroka.org)

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, please call 332-5559.

**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](http://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.

ReadyRosie links with the Creative Curriculum that helps families deepen and scale their family engagement efforts in the education of their child. Teachers will use mobile technology to build powerful partnerships between families for "Ready Families, Ready Educators, Ready Children".

### *Parent Area*

There is some required information like schedules, menus, and safety precautions on the parent wall at our center. You can get most of your information on our Facebook page "Absaroka Head Start-Lander". Please check it daily to keep updated. Another great resource for our parents is the Absaroka Head Start website:

<https://www.abshs.org/resources> *If you do not have internet access at home, you can access sites and others free at your local library or at the center during work hours.*

### *Volunteer*

We encourage you to volunteer services and attend parent activities as it is a great time to be with your child and it greatly helps us out. We are meeting our 80% in-kind towards federal monies for the time parents spend volunteering. Please sign the in-kind sheet when you visit our center.

### *Sign-In/Sign-Out*

**We ask that you sign your child in and out every day.** The sheet includes previously entered information, including your child's name and the date. Please sign your name and the time during drop-off and pickup, on the correct date.

### *Newsletter/Calendar*

We send out a monthly newsletter and community calendar filled with our activities and other important information. It 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. There are Community Calendar events posted on the center's Facebook page. We follow Fremont County School District #1 school calendar.

**Absaroka Head Start-Lander Center**

**626 Washington Street**

**P.O. Box 15**

**Lander, WY 82520**

**Regional Coordinator.....Peggy Wolf**  
**Teacher (4-year-old classroom) ..... Cherokee Hornecker**  
**Teacher Aide.....Katherine Black**  
**Family Health Services Aide ..... Jennifer Sparks**  
**Cook..... Rebecka Shepard**

**Schedule**

Our arrival time for children in the **morning** class is **8:15 AM and** pick up time is **3:30 PM.**

**IMPORTANT INFORMATION**

We have an open-door policy; however, for children’s safety, we keep our doors locked. Please knock hard and loud on the door, ring the doorbell, or call the center.

Please help us Recruit! Please give referrals for children who might want to come to Head Start as we recruit year-round.

<b>Family Well-Being</b>		
<b>Safety</b>	<b>Address</b>	<b>Number</b>
<b><i>Domestic Violence/Sexual Assault/Victim Services</i></b>		
Battered Woman <a href="http://uspring.com/battered-woman">uspring.com/battered woman</a>		307-332-7215
Crisis Intervention		307-332-7215
Family Violence		307-332-7215
Fremont County Group Home		307-332-5490
Department of Family Services	201 N. 4 <sup>th</sup> St.	307-332-6380
Legal Aid of Lander	<a href="http://www.lawyoming.org">www.lawyoming.org</a>	307-233-3517
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls		307-332-3131
Admin / Investigations		307-332-3401
Fire Hall		307-332-2209
WY Hwy. Patrol/Auto Accidents & Emergencies		800-442-9090
WY Poison Control		800-222-1222
Court's County		307-332-3239
<b><i>Housing Stability</i></b>		
Good Samaritan Center (Homeless)		307-856-5435
Sunrise Villa Apartments	159 Jefferson St.	307-335-5495
Dillon Vista Apartment	105 Dillon Dr.	307-332-2050
Lander Mall Apartments – Retail	345 Main St.	307-332-2000
Blue Ridge Apartments	1024 East Main	307-335-3202
Public Works		307-332-3956
City Of Lander (Water)	240 Lincoln St.	307-332-2870
Rocky Mountain Power (Electricity)		888-221-7070
Pacific Power (Electricity)		800-715-9238
Source Gas (Natural Gas) 150 Casper WY 307-	900 Werner	359-0409
LIEAP		800-246-4221
<b><i>Health</i></b>		
Public Health Nurse <b>Rm. 350</b>	450 N. 2 <sup>nd</sup> St.	307-332-1073
<b><i>Hospital</i></b>		
Sagewest Medical (Hospital)	1320 Bishop Randall	307-332-4420
<b><i>Medical Clinics</i></b>		
Fremont Community Health	511 N. 12 <sup>th</sup> St.	307-463-7160
Lander Medical Clinic & Western Family Care	745 Buena Vista Dr.	307-332-2941
Fremont County Pediatric & Allergy Clinic	115 Wyoming St	307-332-2185
Fremont Orthopedic Associates	815 E. Main St.	307-332-9720
Susan Pearson M.D.	8195 Hwy 789	307-332-1551
Lander Valley Family Practice	930 Buena Vista Dr.	307-332-3050
St. John's	175 1st. Street	307-332-2189
Indigent Care Program	<a href="http://www.ncsc.org">www.ncsc.org</a>	307-332-4420
Popo Aggie Women's Clinic	1460 W. Main St.	307-332-2223

Lander Woman's Care	535 Main Suite A	307-335-7720
Wyoming Urology-Dr. Michael McManus	1510 W. Main St.	307-332-2271
Encompass Health -Home Health & Hospice	230 N 1 <sup>st</sup> . street	307-332-2922
One Stop Help Center	860 S. 3 <sup>rd</sup> St.	307-332-2877
Western Wyoming Family Planning	<a href="http://www.wwff.info">www.wwff.info</a>	1-800-856-7211
Rocky Mt. Oncology	15 Shrine Club Rd	307-332-0324
Wind River Heart Clinic	150 Chase Dr.	307-206-1071
Wind River Ear, Nose, Throat	15 Shrine Club rd.	307-2061440
Steamboat Orthopedic & Spine	8185 Wy-789 Hwy	307-206-9300
Pain Care center	329 Main Street	307-212-6270
<b><i>Dentists</i></b>		
Main Street Dental	850 Main St.	307-332-2201
Marginal Dental <a href="http://www.health.wyo.gov">www.health.wyo.gov</a>		307-777-7945
Family Dental	933 W. Main St.	307-332-3434
Fremont Family Dental – Main Street Dental	850 Main St.	307-332-2201
Mountain Dental	345 Garfield St.	307-332-5230
Lander Dental Group	799 S. 2 <sup>nd</sup> St.	307-332-7710
Wind River Dental Care Michael Shane, Jeffery Hammond DDS, PC	8125 Hwy 789	307-332-3181
BenchMark Dental-Riverton	621 N. 8 <sup>th</sup> St.	307-856-9725
Casper Children's Dental-Riverton	1900 W. Sunset Drive	307-266-1997
Olsen Orthodontics <a href="http://www.olsenortho.com">www.olsenortho.com</a>	799 S 2 <sup>nd</sup> St Unit B	(307) 332-9136
Gentle Dental Care	850 Main St, Lander	(307) 332-2201
<b><i>Prevention</i></b>		
Injury Prevention	153 N. 4 <sup>th</sup> St.	307-332-2821
Poison Control	<a href="http://www.poison.org">www.poison.org</a>	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
Protection and advocacy system, Inc	195 S 5 <sup>th</sup> Street	307-332-8268
<b>Mental Health</b>		
<b>Fremont Counseling</b>		307-332-0193
Wyoming Life Resource Center	8204 N. Hwy 789	307-335-6700
AA (Alcoholics Anonymous)	280 Wood St	307-266-9578
Cynthia B. Stevens M.D. PC	172 Rosewood Ave,	307-332-2417
Fremont County Prevention	165 S. 5 <sup>th</sup> St.	307-335-5585
Frank Wheeler, M.D. Psychiatry & Neurology	830 Lincoln St.	307-332-9577
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627
Child and Adult Counseling (Jeanie Hede)		307-330-4867
<b>Employment</b>		
State of Wyoming-Small Business Dev. Counselor		1-800-969-8639
Wyoming Dept. of Vocational Rehab Riverton	609 E. Madison Ave.	307-856-2393
Lander Workforce Center/Claims & Benefits	1295 12 <sup>th</sup> St.	307-332-9224
Employer Service	277 Main St	307-332-9336

Wyoming Workforce Services	<a href="https://dws.wyo.gov/">https://dws.wyo.gov/</a>	
Job Corps Admissions Office	309 Main St B	307-332-2896
Fremont County Transportation	450 N. 2 <sup>nd</sup> St. #310	307-857-3692
<b>Financial Stability</b>		
Wyoming Community Bank	685 Main St.	307-335-7233
Bank Of the West	303 Main St.	307-332-4212
First Interstate Bank	8118 WY 789	307-332-7500
Atlantic City Federal Credit Union (ACFCU)	1005 South 11 <sup>th</sup> St.	307-332-5151
Meridian Trust Federal Credit Union	873 Main St.	307-635-7878
Central Bank & Trust	285 Main Street	307-332-4730
<b>Food/Clothing</b>		
Cent\$ible Nutrition/ <a href="http://www.uwyo.edu/centsible">www.uwyo.edu/centsible</a>	450 N. 2 <sup>nd</sup> St.	307-332-1030
Lander Care & Share Food Bank	281 Garfield St.	307-332-7364
Neat Repeat	356 Main St.	307-332-3999
United Methodist Thrift Store	245 Washakie St.	307-332-4110
W.I.C. ( <a href="http://www.wicprograms.org">www.wicprograms.org</a> )	450 N. 2nd St.	307-332-1034
One Stop Help Center	860 S. 3 <sup>rd</sup> St.	307-332-2877
<b>Positive Parent-Child Relationships</b>		
<b>Nurturing Relationships</b>		
Ambassador Park	Highway 789	
Antelope Park	Jct. of Hwy 287	
Bike Park	Baldwin Cr Rd	
Centennial Park	2 <sup>nd</sup> & Main St.	
City Park Office	405 Fremont St	307-332-4647
Dillon Park	Dillon Subdivision	
Goodrich Park	Goodrich Addition	
Jaycee Park	1 <sup>st</sup> & Main St.	
Kristopher George Soccer Complex	Baldwin Creek Rd	
Lander Rodeo Grounds	Rodeo Drive	
McManus Park –City Park	Across bridge	
Lander Skate Park –Ice Rank		307-332-3486
Northside Park –	8 <sup>th</sup> & Jefferson	
Sinks Canyon	Camping	
Museum of the American West	1445 w. Main St.	307-335-8789
Lander Children Museum	465 Lincoln Street	307-332-1341
Provides resources and information to help make parenting more rewarding, effective, and fun! <a href="http://www.positiveparenting.com">http://www.positiveparenting.com</a>		
Concentrates on conception and pregnancy and contains volumes of information on newborns through age 19. <a href="http://www.cdc.gov/parents/infants/index.html">www.cdc.gov/parents/infants/index.html</a>		

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. <a href="http://www.fathermag.com">http://www.fathermag.com</a>		
Produced through “The National Parenting Center”. <a href="http://www.tnpc.com">http://www.tnpc.com</a>		
Offers parents advice on various topics <a href="http://www.parents.com">www.parents.com</a>		
PBS characters lead children through games and learning activities. <a href="http://www.pbskids.org">www.pbskids.org</a>		
Created to offer practical parenting advice on a range of topics. <a href="http://www.parenting.org">http://www.parenting.org</a>		
<b>Day Care/Preschools</b>		
Kay Steers	South 5 <sup>th</sup>	(307)332-2831
Just Like Home Day Care	690 Wood St.	(307)332-9401
Del Street Kids Klub	N. Lane	(307)332-4641
Sharon Brinda		307-332-5960
Academy of the Winds -Preschool	780 Von Bieker Dr.	307-241-5775
Preschool Child Development	100 Push Root Ct.	307-332-5508
Chris Cub Club LLC- preschool	105 Smith St.	307-332-2152
Little Curious Minds-preschool	465 Lincoln Street	307-332-1341
Sugar & Spice -Daycare & preschool		307-332-4266
<b>Child Development Education/Parenting Skills</b>		
<b>Websites:</b>		
Literacy: <a href="http://www.earlyliteracymatters.org">www.earlyliteracymatters.org</a>		
Gather information about child development. <a href="http://www.earlychildhood.com">www.earlychildhood.com</a>		
<b>Families as Educators</b>		
<b>Family Education</b>		
Fremont County Public Library	451 N. 2 <sup>nd</sup> St	332-5194
Lander Children’s Museum	465 Lincoln St.	(307)332-1341
<b>Websites:</b>		
Deals exclusively with education concerns that a family might be faced with, 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. <a href="http://www.familyeducation.com">http://www.familyeducation.com</a>		
Offers a broad selection of information covering		



discipline, health issues, development, family issues, academic support with homework help lines, advice on computers, helping children succeed in school, and effective study tips. <a href="http://childparenting.about.com">http://childparenting.about.com</a>		
Offers various links to help your child academically (for example, “Helping Your Child Learn History of Science”). Search for parents <a href="http://www2.ed.gov">http://www2.ed.gov</a>		
Offers free stories you can read to your children and has books such as phonics, home schooling, children’s books, and puzzles. <a href="http://www.magickeys.com">http://www.magickeys.com</a>		
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. <a href="http://www.sesameworkshop.org">http://www.sesameworkshop.org</a>		
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. <a href="http://www.childrensmusic.org">http://www.childrensmusic.org</a>		
Digital library for children offered in English and Spanish with links for selecting age-appropriate activities and stories. <a href="http://www.storyplace.org">http://www.storyplace.org</a>		
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. <a href="http://www.chkd.org">http://www.chkd.org</a>		
Information on how to stop spanking; and offers alternative ways for disciplining. <a href="http://www.stop hitting.com">http://www.stop hitting.com</a>		
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. <a href="http://www.practicalparent.org.uk">http://www.practicalparent.org.uk</a>		
Discusses discipline verses punishment and help steer parents to guide children to responsible behavior. <a href="http://www.momlovesbest.com">http://www.momlovesbest.com</a>		
<b>Families as Learners</b>		
<b>Parent Training</b>		
Central Wyoming College <a href="http://www.cwc.edu">www.cwc.edu</a>	427 Main St.	307-332-3394
Wyoming Catholic College/ <a href="http://www.wyomingcatholiccollege.com">www.wyomingcatholiccollege.com</a>	306 Main St.	307-332-2930

Wind River Tribal College/ <a href="http://www.windrivertc.org">www.windrivertc.org</a>	Ft. Washakie, WY	307-335-8243
Baldwin Creek/Elementary grades 4-5 Landerschools.org	250 Smith St.	307-332-6967
GED/ <a href="http://www.cwc.edu">www.cwc.edu</a>	427 Main St.	307-332-3394
Lander Middle School	775 Jefferson St.	307-332-4040
Lander High School	350 Baldwin Creek	307-332-3640
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Child Development (CDS)	100 Push Root Ct.	307-332-5508
Parents As Teachers	<a href="http://www.patnc.org">www.patnc.org</a>	
Fathers in the field	645 Main Street	307-332-0901
SunRise School/ <a href="http://www.boces5.org">www.boces5.org</a> Hudson	273 S. Ohio Ave.	307-332-3774
<b>Kindergarten Transition</b>		
K-3 Gannett Peak Landerschools.org	863 Sweetwater St.	307-332-4711
<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
Auto License Department		307-332-1104
Cemetery		307-332-9584
City Hall / City Clerk		307-332-2870
Community Center (Booking)		307-332-2870
County Clerk – Titles		307-332-2405
DMV		307-332-9858
Century Link (Phone) Riverton	501 E. Monroe	307-856-8385
Charter (Cable Service)	617 W. Main	1-877-273-7626
Fremont Broadcasting (Satellite Service)	1530 W. Main St.	307-332-5683
Fremont Communications	925 Lincoln St.	307-332-3338
Union Wireless (1330 Cellular)	1530 Main St.	307-332-5683
Verizon Wireless	700 Main St.	307-332-5064
City Plumbing	340 Main St.	307-332-5816
Bill Jones (Plumbing & Heating)	1500 Main St.	307-332-5442
Clarks Landscaping		307-332-7759
Perfect Power Electric	1320 W. Main	307-332-7184
Fremont Electric Inc	580 Fremont St.	307-349-4896
Sprout's Green House	8591 Hwy 789	307-332-3572
Wyoming Solid Waste-Riverton	730 S. Broadway	307-856-5354
Wyoming Windows	3011 Hwy 287	307-332-2372
Maz's House & Mobile Home Movers Homes	420 Fremont St.	307-332-4997
Artery Construction	57 Tweed Lane	307-332-9494
Bonneville Builders LLC	2147 N. 2 <sup>nd</sup>	307-330-4036

Florquist Construction	88 Tweed Lane	307-332-9268
SDI	158 Tweed Lane	307-335-7809
Phat foam Insulation	191 Tweed Lane	307-349-4806
Rocky Mountain Pre-Mix	51 Lower North Fork	307-332-2753
Inter-Mountain Builder-Concrete	Mortimore Lane	307-332-6119
Ellis Concrete Inc	65 Sandy Ct.	307-349-1788
Dry Mountain Water – potable water	8 Calvert In	307-332-3167
Bullington trucking-potable water	915 Monroe	307-850-5165
National Runaway Switchboard		1-800-786-2929
Child Support Enforcement		307-332-1141
Rural Development-Ex: 4	<a href="https://www.rd.usda.gov">https://www.rd.usda.gov</a>	307-856-7524
<b>Churches</b>		
The Orchards Church	183 Main St.	307-554-0448
Bethel Lutheran	626 Shoshone Street	307-332-4320
Church of Jesus Christ of Latter-Day Saints:	653 Cascade Street	307-332-2439
Church Of the Nazarene	201 Amoretti	307-332-2207
Faith Lutheran	1600 Sinks Canyon Rd	307-332-2192
Covenant Presbyterian Church	875 Fremont St.	307-332-3834
First Baptist Church	339 Sweetwater	307-332-5063
First United Methodist Church	262 N.3 <sup>rd</sup> . Street	307-332-3188
Holy Rosary Catholic Church	163 Leedy Dr	307-332-4952
Hudson Community Church	23 Country Garden Ln	307-349-4132
Jehovah's Witness	835 E. Main St.	307-332-2057
Living Water Fellowship	425 Lincoln St	307-332-9250
Lander Evangelical Free Church	1215 US-287	307-332-6767
The Rock Church	150 Baldwin Creek Rd	307-332-2636
Trinity Episcopal Church	860 S.3 <sup>rd</sup> Street	307-332-6808
Grace Bible Church	1290 E. Main St.	307-332-4713
New Hope Community Church	630 Mt. Hope Dr.	(307)332-6808
Lander Independent Baptist Church	1290 E. Main	307-332-1321
Trinity Assembly of God	860 S 3 <sup>rd</sup> Street	307-332-2275
Seventh Day Adventist	202 Eugene St.	307-332-3088
St. Andrews Episcopal Church	Atlantic City	307-332-6161
Wind River Community Church	120 Valley View Dr.	307-332-6808
Word Of Faith Family Church	515 S 2 <sup>Nd</sup> Street	307-332-8707
Wind River Indian Assembly of God	Ethete	307-332-8159
<b>Families as Advocates and Leaders</b>		
<b>Leadership Development</b>		
Superintendent	400 Baldwin Creek	307-332-4711
Parent Liaison Matt Jacobson	863 Sweetwater Street	307-335-0446
National Outdoor Leadership School	502 Lincoln St.	307-332-4784
District Court		307-332-1134

Municipal Court		307-332-8179
Chamber of Conference	160 N 1 <sup>st</sup> St.	307-332-3892
Governor Mark Gordon	<a href="http://governor.wyo.gov">governor.wyo.gov</a>	
US Senator John Barrasso 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	<a href="https://www.barrasso.senate.gov/public">https://www.barrasso.senate.gov/public</a>	
US Senator Cynthia Lummis, 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	<a href="https://www.lummis.senate.gov/">https://www.lummis.senate.gov/</a>	202-224-3424
US Representative Harriet Hageman 1531 Longworth -House Office Building Washington, DC 20515	<a href="http://Hageman.House.gov">http://Hageman.House.gov</a>	