



# Powell 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.**  
[Powell — 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 754-2013.

**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-Powell." 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 wonderful time to be with your child and it helps us out greatly. 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 time during drop-off and pickup, on the correct date.

### *Newsletter/Calendar*

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

## **Absaroka Head Start-Powell Center**

883 E. 7th Street  
Powell, WY 82435

**Regional Coordinator..... Miranda Bruins**  
**Powell 1 -Teacher ..... Kelsiann Howard**  
**Powell 1 -Teacher Aide..... Nichole Nicholson**  
**Powell 1 - Family & Health Services Aide ..... Alex Lowrance**  
**Powell 2 -Teacher..... Melinda Ballard**  
**Powell 2 -Teacher Aide..... Cassandra Smith**  
**Powell 2 - Family & Health Services Aide ..... Deb Anderson**  
**Cook..... Rylee Nichols**  
**Cook Aide..... Marie Bahr**

### **Schedule**

**Class begins at 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>		
Crisis Intervention	335 North Gilbert	307- 754-7959
Family Violence		
Cedar Mountain Center: Cody	707 Sheridan Avenue	307- 578-2421
Department of Family Services	109 West 14 <sup>th</sup>	307 754-2245
Legal Aid	<a href="http://www.lawyoming.org">www.lawyoming.org</a>	
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls	250 N. Clark St.	307-764-8400
Admin /Investigations		
Fire Hall	1101 E. South St.	307-754-2211
WY Poison Control		1-800-222-1222
<b>Housing Stability</b>		
<b>Rentals</b>		
Donna Adams		307- 754-2967
Marge Cook		307- 754-4420
Andy Fisher		307- 527-7887
Gil Gillam		307- 754-9483
Holly Griffin		307- 754-7092
Chuck Hassler		307- 254-0401
Glen Holm		307- 754-5811
Gary Ladd		307- 754-9740
Merlin Olson		307- 754-5911
Eva Sanders		307- 754-3450
Andrew Whitlock		307- 754-9437
<b>Real Estate</b>		
Gold Key Properties	246 N Absaroka St	307-754-9591
Heart Mountain Realty	306 N Bent St	307- 754-9631
Powell Valley Realty	846 E Washington St	307-754-5707
Real Estate Connection	133 S. Bent St.	307- 754-2800
Running Horse Realty- Street #1	469 S. Mountain View	307- 754-9400
Wyoming Real Estate Network	306 North Bent Street	307- 548-9500
LIEAP		(800) 246-4221
Rocky Mountain Power-Electricity		888-221-7070
Pacific Power-Electricity		800-715-9238
<b>Health</b>		
Park County Public Health Nurse	109 W 14th St	307- 754-8870
Public Health	413 North Ingalls St.	307- 754-3552

Park County Annex	109 W 14th St	307- 754-8870
<b>Hospital</b>		
Powell Valley Hospital	777 Ave H	307- 754-2267
<b>Medical Clinics</b>		
Powell Valley Health Center	777 Avenue H	307- 754-7257
Haberland, Lyle F MD	808 E 5 <sup>th</sup> Street	307- 754-4262
307 Health	250 North Evarts	307- 764-3721
Heritage Health	128 N Bent	307- 764-4107
Express Care Clinic-Street A	450 Mountain View	307- 754-7708
Billings Clinic (Cody)	201 Yellowstone Ave.	307- 527-7561
<b>Dentists</b>		
Akin, Larry D. DDS	175 N Bernard	307- 754-3391
Chenoweth, Ashley DDS -Dental Wellness	641 Wyoming Ave	307-271-0771
Ginest, Melvin N DDS	215 S Division	307- 754-5502
Hoffman, Cordelia E and Kenneth A DDS	303 N Division	307- 754-4554
Hoffman, Jason DDS	255 S Division	307- 754-8080
Hull, Rock DMD	136 N. Bent Street	307- 764-2378
Landers, James DDS	956 12th St	307- 587-5588
Paulson, Roy DDS-Casper Children's Dentistry	102 N. Kenwood St.	307- 266-1997
Williams, Scott DDS	303 N Division	307- 764-2378
<b>Vision</b>		
Big Horn Eye Care -Dr. Kent Kienlen	401 S Bent St	307-754-7254
Heart Mountain Eye Care	255 W 3rd St	307- 754-7151
Powell Vision Clinic & Sensory Learning Center	106 S Absaroka St	307-754-2020
<b>Pharmacies</b>		
Albertson's Pharmacy	1005 W Coulter Ave	307-271-3160
Powell Drug	140 N Bent Street	307- 754-2031
PVHC Pharmacy	777 Ave H	307-754-2267
Walmart Pharmacy	321 Yellowstone Ave	307- 527-5746
<b>Prevention</b>		
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
<b>Mental Health</b>		
Yellowstone Behavioral Health Center	627 Wyoming Avenue	307- 754-5687
Positive Progressions LLC	125 S Division Street	307- 254-2321
Alcohol Anonymous- Cody	1220 12th Street	307- 587-3024
Rimrock Foundation-Billings, MT	1231 N. 29th St.	(800) 227-3953
Division of Vocational Rehab		877-473-7207
Job Corps (Youth)		800-733-5627

<b>Employment</b>		
State of Wyoming-Small Business Dev. Counselor		1-800-969-8639
Wyoming Workforce Services	<a href="https://dws.wyo.gov/">https://dws.wyo.gov/</a>	
Powell Workforce Services-NWC	North Cheyenne St.	307-754-6436
<b>Financial Stability</b>		
Bank of the West	105 East 2nd Street	307- 754-2281
Big Horn Federal	151 E 1st St	307- 754-9501
River Rail Federal Credit Union	246 N Absaroka St	307- 754-9814
First Bank of Wyoming	245 E 1st St	307- 754-2201
Caring Program for Children (Non-Medicaid)	Casper Office	(800) 544-9364
KidCare CHIP/Equality Care Office	109 West 14 <sup>th</sup>	307- 754-2245
<b>Food/Clothing</b>		
WIC	109 West 14 <sup>th</sup>	307- 754-8880
St. John's Thrift Shop	308 Mountain View St.	307- 754-4000
Powell Valley Loaves and Fishes	109 W 14 <sup>th</sup> Street	307-754-8800
Commodities @ American Legion	143 S Clark Street	307-754-3411
Food Bank of the Rockies	<a href="http://www.foodbankrockies.org">www.foodbankrockies.org</a>	303-371-9250
Habitat for Humanity Restore	265 N Bent Street	307-254-7004
Back Alley Boutique	225 N Bent Street	307-250-7275
Downhome Discount	410 S Clark	307-764-2306
<b>Furniture</b>		
Sleep in Heavenly Peace	Facebook Page	
Mountain Spirit Restore	509 Gateway Drive	307-254-7004
Mountain Spirit Habitat for Humanity	265 N Bent Street	307-271-7121
Bargain Box Furniture Store	1537 Beck Ave, Cody	307-587-6333
Haskell's Furniture	3019 Big Horn Ave, Cody	307-527-5990
Aaron's	540 Yellowstone Unit B, Cody	307-587-7173
<b>Positive Parent-Child Relationships</b>		
<b>Nurturing Relationships</b>		
Parks Office- parks@cityofpowell.com	503 Homesteader Court	307-754-9417
Powell Aquatic Center	1065 Coulter Ave	307- 754-0639
Powell Recreation District	501 Homesteader CT	307- 754-5711
Riley Arena Center-Cody	1400 Heart Mountain St	307- 587-1681
JK Grover Park	West Baldrige Drive	
Washington Park	351 West 2 <sup>nd</sup> Street	
Homesteader Park	1049 East Coulter	

Westside Park	950 Avenue K	
Southside Park	755 East Jefferson	
Beartooth Park	411 Beartooth Drive	
Veterans Memorial	10/U.S. Hwy. 14	
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>		
Child Care Finder	375 N. Cheyenne St.	307- 754-8457
Imagination Station Preschool	169 North Cheyenne	307- 250-2291
Little Learners	883 East 7 <sup>th</sup> Street	307- 272-0206
Immanuel Christian Preschool	217 East 5th Street	307- 754-7162
Little Learners Preschool	1241 Rosewood Ln	307- 272-0206
Noah Ark Daycare	720 Road 7	307- 351-7745
Powell Children's Center	128 North Ferris	307- 254-4776
The Learning Garden	620 Avenue A	307- 754-2825
New Life Church Preschool- Little Hands & Feet	185 S Tower Blvd	307-754-0424
<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>		
Park County Library	217 E 3Rd St	307- 754-8828
Homesteader Museum	324 E 1 <sup>st</sup> Street	307-754-9481
Heart Mountain Internment Camp	1539 Road 19	307-754-8000
<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 so 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 a		

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.stophitting.com">http://www.stophitting.com</a> .		
Discussion board where you can ask questions and get answers on child behavior and parenting <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>		
Northwest Community College GED/Classes/ABE	231 West 6th Street	307- 754-6000
<b>Adult Literacy</b> -Northwest College	231 West 6 <sup>th</sup> Street	307- 754-6000
Powell Middle School	369 East 3rd Street	307- 754-5716
Powell High School	1151 East 7th St	307- 764-6181
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Children’s Resource Center	558 East 2nd St.	307- 754-2864
Parents As Teachers	<a href="https://parentsasteachers.org">https://parentsasteachers.org</a>	
Division of Dev. Services Cheyenne 186	6101 N. Yellowstone Rd.	(800) 510-0280
<b>Kindergarten Transition</b>		
Parkside Elementary School	125 S Douglas	307- 764-6182
Southside Elementary School	532 E Madison Street	307- 764-6183
Westside Elementary School	956 Avenue K	307- 764-6184

<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
Angels Home Furnishings' -Cody	713 16th Street	307- 527-1113
Bargain Box	1644 Alger Avenue	307- 587-6666
Powell Valley Hospice	777 Ave H	307- 754-7750
Farm Bureau Insurance	762 East 3rd St	307-754-5769
Farmers Insurance	114 North Bent Street	307- 754-9285
Nelson Insurance	109 N Clark St Clark	307-754-7211
Progressive	109 N Clark St	307- 754-7211
State Farm	249 N. Clark Street	307- 754-9541
Heart Mountain Photography	1828 Lane 11 1/2	307-754-3904
T.J. Portrait Studio	101 North Bent St	307- 754-5731
American Red Cross-Park County Chapter	115 North Bent Street	307- 754-8188
Child Support Authority – Park Co	1054 Road 9	307-754-5678
Migrant Health	109 West 14 <sup>th</sup>	307- 754-8830
NOWCAP Services of Northwest WY	615 East 7th Street	307- 754-5252
Women’s Wellness		307- 754-9511
Boys and Girls Club	615 E. 7th St	307- 754-5252
Big Brothers Big Sisters of Park County	815 East 5th Street	307- 754-0202
Family Chiropractic	815 E 5th Street	307- 754-3338
Fike Chiropractic	401 S Bent St # A	307- 754-5777
Tobin Chiropractic	178 West North Street	307- 754-9008
Big Horn Basin Hearing Inc.- Cody	403 East 2nd Street	307- 754-3436
Basin Law Group LLC Bankruptcy	1535 Bluestein Avenue	307- 527-6475
Tracy J. Copenhaver	117 N Bent St	307-271-1001
Darrah, Darrah & Brown PC Insurance	224 N Clark Street	307-754-2276
Wilkerson & Bremer PC Attorney	254 E 2 <sup>nd</sup> Street	307-754-2254
Kahl Law Office Attorney	200 N Bent Street	307-754-2500
Jessica Loeper PC Personal Injury Attorney	249 E 2 <sup>nd</sup> Street #2	307-754-2603
<b>Churches</b>	178 S Bernard Street	307-754-3900
Church of Jesus Christ of LDS		
Church of Nazarene	525 W Seventh St	307- 754-2110
Community of Christ	364 W Park St	307- 754-4842
St. John’s Episcopal Church	305 S Evarts St	307- 754-7917
Hope Lutheran Church	308 Mountain View St.	307- 754-4000
Immanuel Lutheran Church	588 Avenue H	307- 754-4040
First United Methodist Church	223 East 5th Street	307- 754-3168
New Life of Christian Fellowship	137 West 2nd Street	307- 754-3160
Presbyterian Church	107 North Bent Street	307- 754-4423

Seventh Day Adventist	329 N Bent St	307- 754-2491
<b>Families as Advocates and Leaders</b>		
<b>Park County School District #1 Admin.</b>	<b>111 South Day Street</b>	
Park County Circuit Court	109 W. 14 <sup>th</sup>	307- 754-3494
Park County Attorney	109 W. 14th	307- 754-8890
Senate District 19-R. Ray Peterson	109 W. 14th	307-754-8860
Governor Mark Gordon		(307) 548-6405
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>	
US Representative Harriet Hageman1531 Longworth -House Office Building Washington, DC 20515	<a href="http://Hageman.House.gov">http://Hageman.House.gov</a>	