



# 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.** [Riverton — Absaroka Head Start \(abshts.org\)](http://Riverton — Absaroka Head Start (abshts.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 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](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 Riverton". 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 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 the Fremont School District #25 school calendar.

**Absaroka Head Start-Riverton Center**

**2420 Rose Lane/PO Box 6171**

**Riverton, Wyoming**

**Regional Coordinator.....Peggy Wolf**  
**Teacher.....Jennifer Smith**  
**Teacher Aide.....Minnie Erickson**  
**Family & Health Services Aide.....Stephanie Pitt**  
**Cook.....Janet Votruba**

**Schedule**

Arrival time for children in the morning session 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>		
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 <sup>th</sup> St.	307-587-3545
Battered Women info & Advocacy	510 East Washington	856-4734
Fremont Alliance (Family Violence Center)	510 East Washington	856-0942
Center of Hope/Volunteers of America	223 West Adams	856-9006
Department of Family Services	877 N. 8 <sup>th</sup> West	856-6521
Legal Aid	<a href="http://www.lawyoming.org">www.lawyoming.org</a>	877-432-9955
Police/Sheriff/Ambulance/Fire		911
Riverton Police Department		856-4891
Fremont County Sheriff		856-7200
Poison Control		1-800-222-1222
<b>Housing Stability</b>		
Home Source	804 W. Main Street	856-4663
ReMax All Star Realtors	938 S. Main St.	856-7827
Cornerstone Group Realty	215 S. Broadway Ave.	856-1818
Realty Broker	611 W. Main St.	856-7414
Esterbrook Apartments <a href="https://www.apartments.com/esterbrook-apartments-riverton-wy/qg3y4qx/">https://www.apartments.com/esterbrook-apartments-riverton-wy/qg3y4qx/</a>	1415 W. Park Ave	856-7011
Sacred Shield-St Stephens	PO Box 217	857-3965
Northern Arapahoe Tribal Housing	501 Ethete Rd	332-5318
Habitat for Humanity/Restore	305 E. Main	857-6430
Brookhaven Apartments	314 Spire Drive	856-6823
College Hill Apartments	3002 College Hill Dr.	856-5100
Riverton Manor Apartments	820 North 1 <sup>st</sup> 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
Black Hills Energy		(888)890-5554
LIEAP	<a href="http://www.lieapwyo.org">www.lieapwyo.org</a>	(800) 246-4221
Rocky Mountain Power (Electricity)	1315 E Park Ave	888-221-7070
<b>Health</b>		
Public Health	818 S. Federal Blvd.	857-3620
<b>Hospital</b>		

Sage West Hospital	2100 West Sunset Drive	856-4161
<b>Medical Clinics</b>		
Fremont County Pediatrics	511 N 12 <sup>th</sup> St E	856-2185
Wind River Clinic-Dr. Fisher	1005 College View Drive	857-5247
Wind River Family and Community Healthcare	511 N. 12 <sup>th</sup> St E	856-9281
Riverton Community Health Center	1035 Rose Ln	463-7160
Western Family Care	219 S. 2 <sup>nd</sup> W. St.	856-6591
<b>Dentists</b>		
Grahman Family Dental	325 W. Main St. Unit G.	856-5210
Rendezvous Dental-Riverton	831 W. Sunset	856-2778
Benchmark Dental- Broch Olsen	621 N. 8 <sup>th</sup> W	856-9725
Oak Haven- Jeffery Hammond	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
Arrow Mountain Dental- Dr. Hauck	1224 E Jackson	856-3463
Apple Valley Dental	709 E Fremont Ave	307-463-0483
<b>Vision</b>		
B.J. Kister & Dr. Walton Hometown Eyecare and Optical	Home 400 E. Adams	856-3937
Riverton Vision Center- Dr. James Hinkle/Dr. Chris Frazier	300 N. Broadway	856-9451
Eyes on Fremont LLC- Dr. Shelly Cadman	111 S Broadway	856-9000
Walmart Vision and Glasses	1733 N. Federal	857-4491
<b>Pharmacies</b>		
Pioneer Pharmacy	832 W. Main St.	463-8400
Walgreens	845 N. Federal Blvd	857-6023
Walmart - Pharmacy	1733 N Federal Blvd	856-3269
Smith's	1200 W Main St	856-4934
Palace Pharmacy	1255 W Main St	332-2270
Poison Control	<a href="http://www.poison.org">www.poison.org</a>	1-800-222-1222
Wyoming Cancer Resource Services		877-344-5364 307-789-8771
Wyoming Quit-line		800-784-8669
<b>Mental Health</b>		
Aspen Psychological Center	103 N. 5 <sup>th</sup> 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 reporting	510 E. Washington Ave.	856-4734
Fremont Counseling	1110 Majors Ave.	856-6587

Wyoming Counseling Services PC	902 N 8th W	857-3111
<b>Employment</b>		
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 Services	<a href="https://dws.wyo.gov/">https://dws.wyo.gov/</a>	
Riverton Workforce Services	422 East Fremont	856-9231
<b>Financial Stability</b>		
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
<b>Food/Clothing</b>		
Christian Storehouse Food Bank	303 Webbwood Rd	856-5435
Food Stamps (D.F.S.)	877 N 8 <sup>th</sup> St W	856-6521
Northern Arapahoe Food Distribution	12 Givens Road	856-6058
TEFAP Commodities	921 E. Washington	856-5435
WIC (Women, Infants, & Children) Suite #6	877 N. 8 <sup>th</sup> W.	857-3199
Neat Repeat	706 College View Dr	856-5576
Twice but Nice Thrift	118 N Federal Blvd	840-3440
307 Thrift	401 E Main St	463-0260
Rose and Rain Treasures	240 Railroad Ave	463-0389
Centsible Nutrition	814 S. Federal Blvd.	857-3660
<b>Positive Parent-Child Relationships</b>		
<b>Nurturing Relationships</b>		
Riverton City 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
<a href="http://www.wildwestwintercarnival.org">www.wildwestwintercarnival.org</a>	P.O. Box 1044	856-5576
Wyoming Association for Creative Youth	423 E. Madison	856-6808
Provided 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>		
Happy Kids Day Care	1107 W Main	856-5111
Casey’s Country Child Care	5 Hutchinson Rd	851-5585
Redwolf Child Care Center	192 Red Wolf Place	857-2199
Small World Children’s Center	1008 College View Drive	856-4275
Smart Start Qualify Child Care	1022 N 8 <sup>th</sup> St. W	856-1120
Busy Bee’s Daycare	302 W Adams Ave	840-6277
Great Plains Head Start -Arapahoe	11 Great Plains Rd	856-3807
Shoshone & Arapahoe Early Head Start	13 Great Plaines Rd	856-6035
Stop N PlayHome Daycare	1211 Timber Ln	463-0036
We Care Daycare	N 15 <sup>th</sup> St E	851-0914
<b>Child Development Education/Parenting Skills</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>		



Riverton Branch Library	1330 West Park Ave.	856-3556
Wyoming PBS Foundation	2660 Peck Ave.	855-2373
<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.stophitting.com">http://www.stophitting.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>		
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 <sup>th</sup> West	856-9192
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Child Development Services (CDS)	1202 East Jackson	856-4337
Parents As Teachers	<a href="https://parentsasteachers.org">https://parentsasteachers.org</a>	
Parent Information Center	<a href="https://www.wpic.org/">https://www.wpic.org/</a>	
Division of Dev. Services	324 E. Washington Ave.	856-4648
<b>Kindergarten Transition</b>		
Ashgrove Elementary	510 N 1 <sup>st</sup>	856-2626
Jackson Elementary	720 W Jackson Ave	856-9495
Rendezvous Elementary	413 N 4 <sup>th</sup> W	857-7070
Aspen Early Learning	1620 E. Sunset Ave.	856-2625
Willow Creek Elementary	1200 W. Monroe Ave.	856-6004

<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
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	<a href="http://www.rivertonrendezvous.com">www.rivertonrendezvous.com</a>	856-2227
Riverton Rotary	<a href="http://www.rivertonrotary.com">www.rivertonrotary.com</a>	
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 <sup>th</sup> 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
Special Needs Family Support Group		856-1614
WY Dept. - Services for Visually Impaired	320 W. Main	856-5652
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
<b>Churches</b>		
First Assembly of God	701 E Adams	856-3637
Way of The Cross Assembly of God	635 S 2 <sup>nd</sup> W	856-0111
Calvary Baptist Church	429 Sunset Dr.	856-6320
First Baptist Church	840 N 1 <sup>st</sup>	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
<b>Families as Advocates and Leaders</b>		
<b>Leadership Development</b>		
School District #25 Admin.	121 N 5 <sup>th</sup> W	856-9407
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	307-777-7673
Riverton Chamber of Commerce	111 N 1 <sup>st</sup> Street	856-4801
Fremont County Clerk		857-3675
Fremont County Attorney		857-3653
Fremont County Court House	450 N 2 <sup>nd</sup>	800-967-2297
Governor Mark Gordon	<a href="http://governor.wyo.gov">governor.wyo.gov</a>	307-777-7434
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>	307-261-6413
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 Liz Cheney 1114 Longworth -House Office Building Washington, DC 20515	<a href="https://cheney.house.gov/contact/email">https://cheney.house.gov/contact/email</a>	307-463-5482