



# Sheridan 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.** [Sheridan — Absaroka Head Start \(abshts.org\)](http://Sheridan — 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 673-2637.

**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-Sheridan". 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 Sheridan County School District #2 calendar.

**Absaroka Head Start-Sheridan Center**

**395 Phoenix Ave  
Sheridan, WY 82801**

**Professional Development Specialist..... Julie Kaufman  
Regional Coordinator.....Monica Granger  
Full Day Teacher .....Hannah Munn  
Full Day Teacher Aide.....Amanda Colwell  
Family Health Services Aide.....Amanda Colwell  
Cook ..... Donna Hart**

**Schedule**

**Full Day Services from 8:15 AM to 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>		
24 hour Crisis Hotline		800-684-2030
Department of Family Services- Advocacy and Resource Center	247 Grinnell St., Suite 100 136 Coffeen Ave	307-672-2404 307-672-3222
Police/Sheriff/Ambulance/Fire		911
Police/Sheriff Department	45 W 12th Street	307-672-2413
Compass Center for Families/CASA	1981 Double Eagle Dr	307-675-2272
Public Defender-Sheridan	2 N Main St Ste 207	307-672-8156
Probation and Parole	65 Coffeen Ave	307-672-5411
Justice of the Peace	224 South Main St.	307-674-2935
WY Highway Patrol/Auto	307-777-4321	800-442-9090
WY Poison Control		800-222-1222
<b>Housing Stability</b>		
Cheyenne Housing Authority	1876 S Sheridan Ave	307-672-0475
Active Agent Real Estate LLC	2530 Weeping Willow Ct	307- 696-7101
Chase Brothers Properties	45 E Loucks St, #109	307- 675-1964
ABC Realty Company	856 Coffeen Ave.	307- 674-7458
Minick Realty	1949 Sugarland Dr #211	307- 673-1477
BHJ Realty Incorporated	101 S Main St	307- 672-5838
Century 21	101 S Main St.	307- 672-5838
Powder Horn Realty	161 State Highway 335 12 Buckskin Drive	307- 674-9545
ERA Carroll Realty	306 N Main St.	307-672-8911
AmeriGas	49 Kooi St.	307-674-4968
Powder River Energy Corp	1095 Brundage Lane	800-442-3630
Energy Share Bill MCDonald	307-683-0551	307-672-2444
LIEAP		800-246-4221
<b>Health</b>		
Public Health Nurse	297 S. Main St.	307-672-5169
<b>Medical Clinics</b>		
Sheridan Health Center Free Clinic	31 E Whitney St	307-674-6995
Goose Creek Pediatrics-Sheridan	1701 W. 5 <sup>th</sup> St.	307-672-7700
Northeast Wyoming Pediatric Associates, Dr. Oss, Dr. Sanderson, Dr. Shauna E. Ejtehad	916 Jackson Ave.	307- 675-5555
Primary Care- Sheridan Hospital	61 S Gould St, Sheridan, WY 82801	307-675-2690
Cedar Health Medical Clinic	813 Highland Ave.	307-673-5501
Urgent Care Clinic-Sheridan Memorial Hospital	1435 Burton Street	307-675-5850
<b>Hospital</b>		

Sheridan Memorial Hospital	1401 W. 5 <sup>th</sup> St.	307-672-1000
<b><i>Pharmacy</i></b>		
Osco Drug (Albertsons)	1865 Coffeen Ave	307- 672-8908
Walgreens	1766 Coffeen Ave	307- 674-1936
Walmart - Pharmacy	1695 Coffeen Ave Main	307- 674-7417
Hospital Pharmacy West	1333 W 5th St Ste 107	307- 673-3188
<b><i>Dentists</i></b>		
Leroy Family Dental	532 Val Vista Street	307-674-6444
Joseph R Mccolley, DDS	642 Val Vista Street	307- 674-9222
Grinnell Street Dental	108 E Grinnell Plaza	307- 672-7567
Family Dental	23 E Brundage St.Ste 5	307- 674-9661
Coffeen Plaza Dental	1003 Coffeen Ave	307- 674-6330
Creekside Dental	2056 S Sheridan Ave	307- 674-9222
Sugarland Dental PC	941 Sugarland Dr. Ste A	307- 673-5522
Garner-DDS-Family Dental LLC	23 E Brundage St, #5	307- 674-9661
Bennion Lambourne Orthodontics	1274 N. Main Street	307-672-6917
Big Horn Pediatric Dentistry	531 Coffeen Avenue	307-674-5437
<b><i>Vision</i></b>		
Groshart Eye Clinic	25 E. Grinnell Plaza	307-674-7611
Sheridan Eye Care Center	116 S Main St.	307-675-2020
WyoVision	1450 Sugarland Dr.	307-673-5177
Walmart Vision Center	1695 Coffeen Ave	307-673-2500
Eye Care of the Big Horns	1033 Coffeen Ave	307-674-0444
<b>Mental Health</b>		
Alpine Roots Counseling	1949 Sugarland Dr Ste 221	307-227-6305
Fortis Therapy	1949 Sugarland Dr Ste 221	307-675-1275
Volunteers of America Northern Rockies	1221 W. 5 <sup>th</sup> St.	307-674-4405
Peldo Pamela-Peldo Counseling Services Marriage & Family Counselor	1 East Alger Street	307-675-1999
Barbara MS Schutte LPC Marriage & Family Counselor	23 N Scott St, Ste 28 Temporarily closed as of 8/22/22	307-673-4804
Cloud Peak Initiatives Incorporated	151 W Brundage St.	307- 674-1668
Bighorn Psychological	909 Long Drive Ste A	307-675-1805
Inspire Psychological	632 Coffeen Ave.	307-655-5510
Sensational Kids	918 W. Brundage Ln.	307-673-4420
Alcoholics Anonymous	4 N. Brook St.	307-672-6257
<b>Employment</b>		
Department of Employment	1 South Scott Street #2	307-672-7849
Sheridan Workforce Center	247 E Grinnell Ste 200	307-672-9775
Job Service Center	247 E Grinnell Ste 200	307-672-9775
Unemployment Insurance	P.O. Box 2760 Casper, WY	307-235-3264
Wyoming Workforce Services	<a href="https://dws.wyo.gov/">https://dws.wyo.gov/</a>	
<b>Financial Stability</b>		

Bank of the West	2 N Main St.	307-674-4411
First Federal Savings Bank	671 Illinois St.	307-674-0464
First Interstate Bank	4 S Main St	307-674-7411
First Northern Bank of Wyoming	29 N Gould St.	307-673-7777
Wells Fargo Home Mortgage	424 N Main St	307-672-0705
US Bank	203 S Main St.	307-672-7290
Security State Bank	2070 Coffeen Ave.	307-672-8080
Social Security	2268 North Main Street	307-672-5390 or 800-772-1213
Division of Vocational Rehabilitation	247 E Grinnell Street	307-674-7529
Worker's Safety and Compensation Claims and Benefits	247 E Grinnell Street Ste 200	307-672-9775 or 307-672-7849
<b>Food/Clothing</b>		
Holy Name Catholic Church Thrift	345 E Burkitt St.	307-674-8806
Two-Bit Swap Shop	532 N Main St.	307-672-7186
4Lunch Together Soup Kitchen M-F Noon-1 pm	102 S Connor St	
People Assistance -Food Assistance	2560 N Main St	307-674-1509
<b>Positive Parent-Child Relationships</b>		
<b>Nurturing Relationships</b>		
Kendrick Park	Badger St.	
Sheridan County YMCA	417 N Jefferson St.	307-674-7488
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:</b>	<b>Address:</b>	<b>Phone:</b>
ABC Preschool and Childcare Center	1314 Lewis St.	307-672-6222
Big Horn Babies	415 S. Brooks St.	307-620-0827
Big Horn Kinder Camp	24 Creighton St. (Big Horn)	307-461-8017
Big Steps Early Learning Center	751 Avoca Ave	307-675-1814
Bright Futures Childcare Center	540 Avoca Ave	307-672-2956
Child Development Center R2	1881 South Sheridan Ave	307-673-2700
Children's Center	863 Highland Ave.	307-674-9750
Family-Tree House	501 Sioux St.	307-763-3500
First Light Early Education Center	366 E. Brundage St.	307-673-0403
Harmony Childcare Center	1856 E. Brundage Ln.	307-673-0998
Holy Name Pre-Kindergarten	121 S. Connor St.	307-672-2021
I Can Preschool	185 Jefferson St.	307-751-1511
Kids Haven	326 Coffeen Ave.	307-673-2831
Kozy Korner Daycare	569 E. Heald St.	307-763-1745
Little Monkeys	1343 Cove Ct.	307-752-4533
Marion Day Care and Learning Center	710 Marion St.	307-672-5408
Mountain Climbers Children Center	1738 Kroe Ln.	307-763-0498
Noah's Ark Preschool	135 Crescent Dr.	307-672-3221
Rhondas Daycare	1060 Adair Ave.	307-673-5233
Sheridan YMCA Daycare	417 N. Jefferson St.	307-672-5774
Tongue River Child's Place (Ranchester)	84 Dayton St.	307-655-2226
Wee Cottage Daycare	441 Florence Ave.	307-751-1952
Wyo Kidz Childcare	1235 N. Main St.	307-763-3687
<b>Child Development Education/Parenting Skills</b>		
Literacy: <a href="http://www.earlyliteracymatters.com">www.earlyliteracymatters.com</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>		
Sheridan County Fulmer Public	335 W Alger St.	307- 674-8585
Story Branch Library	20 North Piney Road	307- 683-2922
Tongue River Branch Library	145 Coffeen Ave.	307-655-9726
Fort Phil Kearny State Historic Site	528 Wagon Box Road	307-684-7629
Sheridan County Museum	850 Sibley Cir.	307-675-1150
Bozeman Trail Gallery	190 N Main St.	307-672-3928



<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 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.chk.org">http://www.chk.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>		
Sheridan College/GED Center	1 Whitney Way	307-675-0505
University of WY Outreach	3401 Coffeen Ave.	307-672-8737
Sheridan Junior High School	500 Lewis St.	307-672-9745
Sheridan High School	1056 Long Dr.	307-672-2495
<b>Family Engagement in Transition</b>		
<b>Children with Disabilities</b>		
Child Development Center	1881 S Sheridan Ave.	307- 673-2700
Sheridan School Special Education	201 N Connor St	307-674-7405
Parents As Teachers: <a href="http://www.wpic.org">www.wpic.org</a>	238 N. Main St. STE 5 or 500 West Lott Street Ste A	307-684-2277
<b>Kindergarten Transition</b>		
Sagebrush Elementary School	1685 Hillpond Dr.	307- 672-9059
Meadowlark Elementary School	1410 De Smet Ave.	307-672-3786
Henry A. Coffeen Elementary School	1053 S Sheridan Ave.	307-674-9333
Big Horn Elementary (Big Horn)	333 WY-335	307-674-8190
Highland Park	2 Mydland Rd.	307-672-2113
Tongue River Elementary (Ranchester)	1351 Dayton St.	307-655-2206
Woodland Park	1010E. Woodland Park	307-674-7937
<b>Family Connections to Peers and Community</b>		
<b>Families/Peers/Community</b>		
Driver's License (Closed on Wed.)	1949 Sugarland Dr. #168	307-672-5924
Senior Center-The Hub	211 Smith St.	307-672-2240
Sheridan Emergency Service		800-638-3278
Legal Aid of Wyoming		877-432-9955

Montana Dakota Utilities Natural Gas		800-638-3278
Farmer's CO-OP	1450 Coffeen Ave.	307-674-7463
Carson's Appliance Service- Sheridan	72 East Ridge Road	307-675-1994
AmeriGas Propane, Inc.	49 Kooi St.	307-674-4968
Ed's Compounding-Naturopath	362 Coffeen Ave.	307- 672-7705
Duane's Appliance Service and Repair	40 E. 5 <sup>th</sup> St.	307-672-8101
Ross Refrigeration	1250 S. Sheridan Ave.	307-683-7764
WIC	1309 Coffeen Ave. #A	307-672-5174
Habitat for Humanity on Marion St	1981 Double Eagle Ste C	307-672-3848
Peter D's RV Park Campground	1105 Joe St.	307-673-0597
Wyoming Girls School	3500 Big Horn Ave,	307-674-7476
Martin Luther Grammar School	1325 Burton Street	307-674-6434
Big Horn Elementary/High School	333 State Highway 335	307-674-8190
<b>Churches</b>		
Immanuel Lutheran Church	1300 W 5th St.	307-674-6434
First Baptist Church	3179 Big Horn Ave.	307-674-6693
Church of Christ	1769 Big Horn Ave.	307-461-9789
Christian Science Church	455 Sumner St.	307-672-2041
Cornerstone Community Church	4351 Big Horn Ave.	307-672-8126
First Presbyterian Church	2121 Colonial Dr.	307-672-1717
First Christian Church	102 S Connor St.	307-674-6795
First Congregational Church	100 W Works St.	307-672-2668
Good News Bible Church	218 W Burkitt St.	307-673-4837
Holy Name Catholic Church	260 E. Loucks St.	307-672-2848
Old Apostolic Lutheran Church	111 Metz Rd.	307-672-6337
Sheridan Wesleyan Church	404 W Brundage Ln.	307-672-0612
The Rock Church	1100 Big Horn Avenue	307-673-0939
Sheridan First Nazarene Church	907 Bellevue Ave.	307-851-5699
<b>Families as Advocates and Leaders</b>		
<b>Leadership Development</b>		
Sheridan School Dist. Superintendent	201 N Connor Ste 100	307-674-7405
Sheridan County Clerk	225 S. Main	307-674-2500
Sheridan Chamber of Commerce	54 S. Main St.	307-672-2485
Senate District 20- David Kinskey		307- 751-6428
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>	
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