



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.**
<https://www.abshts.org/all-centers/cody>

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 527-6454.

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 and 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-Cody”. Please check it daily to keep updated. Another great resource for our families 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 Park County School District #6 calendar.

Absaroka Head Start-Cody Center

1701 29th Street, P.O. Box 474

Cody, WY 82414

Center Supervisor/Teacher..... Delaney Johnston
Teacher Aide..... Ashley Chenoweth
Family and Health Service Aide.....Amanda Ledesma
Cook.....Sharon Minske
Reginal Coordinator.....Janet Olson

Schedule

Our arrival time for children 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 all year round.

Family Well-Being		
Safety	Address	Number
<i>Domestic Violence/Sexual Assault/Victim Services</i>		
Crisis Intervention (shelter also)	1220 13 th Street	587-3545
Cedar Mountain Center: Cody	707 Sheridan Ave.	527-7501
Domestic Violence & Sexual Assault	1220 13 th Street	587-3545
Department of Family Services	1301 Rumsey Ave.	587-6246
Legal Aid www.lawyoming.org	1001 14 th St. #A	877-432-9955
Police/Sheriff/Ambulance/Fire		911
Police For All Other Calls	1131 11 th St.	527-8720
Fire Hall	1125 11 th St.	527-8550
WY Poison Control		1-800-222-1222
First Stop Park county Help Center	https://www.firststophelpcenter.org/	
Housing Stability		
Low Income Rentals		
Buck Creek Apartments	1015 E. Monroe St.	223-4747
Cedar Bluff Apartments	2732 Cougar Ave.	429-2290
Cedar Mountain Apartment	2289 Pioneer Ave.	587-7270
Crystal Cove Apartments	1619 Bighorn Ave.	527-6698
Grandview Apartments	2102 Pioneer Ave.	527-4448
Kier Property Management	Low income housing	877-543-7648
Meadow Lane Village	807 Meadow Ln. Ave.	587-5357
Mountain Spirit Habitat for Humanity	1761 29 th St.	527-9339
Mountain View Manor	1001 11 th St.	587-5244
Shamrock Apartments	1149 29 th St.	527-4448
Shoshone Court	2111 Pioneer Ave	527-7639
Summit Apartments	1714 Stampede Ave.	587-4280
Willow Creek Apartments	2530 Cougar Ave.	296-1875
Pioneer Apartments	2301 Pioneer Ave	307-586-4205
Real Estate		
American West Realty & Management	1527 Rumsey Ave.	587-9608
BHHS Brokerage West, Inc. Real Estate	1432 Sheridan Ave	587-6234
Canyon Real Estate	1327 Rumsey Ave.	527-7092
Coldwell Banker Antler's Realty	802 Canyon Ave.	587-5533
Mossy Oak Properties of Wyoming	1025 12 th St.	587-4959
Peaks to Prairie Realty	1276 Sheridan Ave.	587-8778
Park County Board of Realtors	1132 Beck Ave.	587-8418

LIEAP	Wyoming Low Income Energy Assistance Program - Home (lieapwyo.org)	(800) 246-4221
Rocky Mountain Power (Electricity)	226 W. Yellowstone Ave.	888-221-7070
Pacific Power (Electricity)	226 W. Yellowstone Ave.	800-715-9238
307 Real Estate	1025 12 th St.	587-4959
Eagle Real Estate	1234 Sheridan Ave.	587-5266
Sage Realty	1131 13 th St. #103	587-4764
Western Real Estate	1143 Sheridan Ave.	587-5584
Health		
Park County Public Health (basement)	1002 Sheridan Ave.	527-8570
Hospital		
Cody Reginal Health Hospital	707 Sheridan Ave.	527-7501
Medical Clinics		
Heart Mountain Free Clinic (Thursdays)	1735 Sheridan Ave.	272-1753
Billings Clinic Cody	201 Yellowstone Ave.	527-7561
Cody Regional Health Walk In Clinic	424 Yellowstone Ave. #120	578-2903
Big Horn Basin Children's Clinic	1220 Sunshine Ace. St. 101	587-5545
Dentists		
Dr. Walton/ Dr. Reusch @	1619 South Park Dr.	587-2951
Dr. Hill @Hill Family Dentistry	1110 Beck Ave.	527-4455
Dr. Devon Holeman @ Dental Excellence	726 Allen Ave Ste A	587-3000
Dr. Taylor @Taylor Dental	1114 Rumsey Ave.	527-7571
Dr. Bennion @ Big Horn Dental Specialists	2910 Bighorn Ave.	587-5451
Dr. Josh George @ Heart Mountain Dental	1426 Stampede Ave.	587-6028
Dr. Rector @Rocky Mountain Dental	2910 Big Horn Ave a	587-5588
Vision		
Family Vision Clinic	1708 Stampede Ave. #B	587-2404
Basin Vision	620 19 th St.	587-4206
Dr. Barry Welch-Suite 110	424 Yellowstone Ave.	587-5535
Lyons Club (John Long) Assistance with buying glasses	Cody Lions Club Wyoming » Committees	
Pharmacies		
Osco (Albertsons) Pharmacy	1825 17 th St.	527-7426
Medical Center Pharmacy	698 Yellowstone Ave.	527-6221
Walgreens Pharmacy	1585 Sheridan Ave.	587-2017
Walmart Pharmacy	321 Yellowstone Ave	527-5746
Prevention		
Poison Control	www.poison.org	1-800-222-1222
Wyoming Cancer Resource Services		877-437-2702
Wyoming Quit-line		800-784-8669
Mental Health		

Yellowstone Behavioral Health Center	2538 Big Horn Ave.	587-2197
Hope House (Day program at YBHC)	1002 Rumsey Ave.	587-3008
Alcohol Anonymous	1220 12th Street	587-3024
UPLIFT (children & youth)		800-492-3199
Rimrock Foundation-Billings, MT	1231 N. 29th St.	888-771-6276
Positive Progressions LLC- accepts Medicaid Powell and Cody location	125 S Division Street Powell	(307) 754-7970
Veritatis Splendor Counseling	Cody WY	213-4341
Fern Ridge Counseling, LLC- Neisha Potter	1001 14 th St	587-7601
Aspen Counseling Services LLC- Demetria Bales	702 Platinum Ave	307-213-9954
Heritage Health		307-754-4107
Cody Regional Health		578-2919
Rockey Mountain Wellness- Ashley Skates		307-250-1224
Wyo Hooves- Heather Bales- Equine		307-899-1047
Wyoming Lifeline (Suicide Prevention)		1-888-273-8255 or Text "WYO" to 741-741
Life's Journey Counseling	1120 Beck Ave	307-587-2785
Employment		
State of WY-Small Business Development Center Network	111 S. Day St. (Powell)	307-754-2139
Wyoming Workforce Services	https://dws.wyo.gov/	
Workforce Services	1026 Blackburn St.	587-4241
King Temporary Services	1735 Sheridan Avenue	587-2024
Express Employment Professionals	2705 Big Horn Ave. Suite C	587-1111
Division of Vocational Rehab	1026 Blackburn St	527-7174
Financial Stability		
Bank of the West	1130 Sheridan Ave.	587-2243
Big Horn Federal Savings Bank	1701 Stampede Ave.	587-5521
First Bank of Wyoming	1426 Sheridan Ave.	587-7117
Pinnacle Bank	1702 Sheridan Ave.	527-7186
Sunlight Federal Credit Union	1702 17 th St.	587-4915
Wells Fargo Bank	1401 Sheridan Ave. or 1825 17th St	587-4237 587-9542
Caring Program for Children (Non-Medicaid)	Casper Office	(800) 544-9364
Valley Credit Union	1902 Cougar Ave	307-587-2274
Food/Clothing		
Park County WIC	1501 Stampede Ave.	527-8580
Cody Cupboard	602 15 th St.	586-3732
Grace Baptist Church Food Bank	4 Southfork Rd.	587-6262

Manna House	2343 Mountainview Dr.	587-0700
Food Stamps DFS	1301 Rumsey Ave	587-6246
Centsible Nutrition	1301 Rumsey Ave.	527-6246
Bargain Box Clothing Store	1231 13 th St.	587-6333
Cody Senior Thrift Store	613 16 th St.	587-6221
2 nd Hand Rose	1819 17 th St.	586-3370
Deja Vu Thrift Store	1644 Alger Ave.	307-586-2332
Second Chances	507 16th St	
Crisis/Emergency Needs		
Knights of Columbus		307-527-5626
Presbyterian Church	2025 23rd St	307-587-2647
Episcopal Church	825 Simpson Ave	307-587-3849
St Anthony's	1333 Monument St	307-587-3388
Positive Parent-Child Relationships		
Nurturing Relationships		
Cody Rec Center/ Aquatic	1402 Heart Mt. Street	587-0400
City Park	901-999 Beck Ave.	
Dacken Park	1802 22 nd St.	
Don Little Park	426 River View Dr.	
Glendale Park	1906 14 th St.	
Highland Manor Park	2500 Carter Ave.	
Horseshoe Park	1302 Horseshoe Dr.	
Hugh Smith Park	131 19 th St.	
Mentock Park	901 Blackburn	
Shoshone Park	1402 Heart Mountain St.	
Dorse Miller Park	2400-2498 Newton Ln.	
River View Park	901 River View Dr.	
Mothers of Preschoolers (MOPS)	2025 23 rd St. 1 st and 3 rd Wednesdays	http://www.mops.org/groups/cody
Provides resources and information to help make parenting more rewarding, effective, and fun! http://www.positiveparenting.com		
Concentrates on conception and pregnancy and contains volumes of information on newborns through age two. http://www.americanbaby.com		
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. http://www.fathermag.com		
Produced through “The National Parenting Center”. http://www.tnpc.com		
Offers parents advice on various topics www.parentsoup.com		
PBS characters lead children through games and learning activities. www.pbskids.org		
Created to offer practical parenting advice on a range of topics. http://www.parenting.org		
Day Care/Preschools		
A Step Ahead Daycare	831 Outlook Ct	587-1284
Christ the King Preschool & Daycare	1207 Stampede Ave.	587-5774
Cody Child Care Center	1301 Sheridan Ave.	587-5021
Small Wonders Child Care Center	2635 Sheridan Ave.	587-9229
Winsor Castle Childcare/ Preschool Center	1827 Stampede Ave.	578-8090
The Crane Academy	2132 Cougar Ave.	586-1865
Little Explorer	825 Simpson Ave.	250-5328
The Seedlings Center	1008 8 th St.	527-7796
Child Resource Center	808 N. St.	527-7784
Serendipity Daycare	1801 29 th St.	272-4217
True North Academy	1601 Stampede Ave.	899-1183
Tiny Tots Preschool- At Rec Center	1402 Heart Mountain St. dcottonware@cityofcody.com	587-0400
Child Development Education/Parenting Skills		
Websites:		
Literacy: www.earlyliteracymatters.org		
Gather information about child development. www.earlychildhood.com		
Families as Educators		
Family Education		
Museum Buffalo Bill Center of the West	720 Sheridan Ave.	587-4771
Park County Library	1500 Heart Mountain St.	527-1880
Old Trail Town	1831 Demaris Dr.	587-5302
Heart Mountain Interpretive Center	1539 Rd. 19, Powell	307-754-8000
Buffalo Bill Dam Visitor Center	4808 N. Fork Hwy	527-6076
Websites:		
Deals exclusively with education concerns that a family might be faced with, gives parents advice from Dr.		

<p>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://www.familyeducation.com</p>		
<p>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. http://childparenting.about.com</p>		
<p>Offers various links to help your child academically (for example, “Helping Your Child Learn History of Science”). Search for parents http://www2.ed.gov</p>		
<p>Offers free stories you can read to your children and has books such as phonics, home schooling, children’s books, and puzzles. http://www.magickeys.com</p>		
<p>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.sesameworkshop.org</p>		
<p>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.childrensmusic.org</p>		
<p>Digital library for children offered in English and Spanish with links for selecting age-appropriate activities and stories. http://www.storyplace.org</p>		
<p>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. http://www.chkd.org</p>		
<p>Information on how to stop spanking; and offers alternative ways for</p>		

disciplining. http://www.stophitting.com		
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. http://www.practicalparent.org.uk		
Discusses discipline verses punishment and help steer parents and teachers to guide children to responsible behavior. http://www.momlovesbest.com		
Families as Learners		
Parent Training		
NWC- GED/Classes/ABE	231 West 6th Street	587-3376
Adult Literacy -Northwest College (NWC)	231 West 6 th Street	587-3376
Cody Middle School	2901 Cougar Ave.	587-4273
Cody High School	1225 10 th St.	587-4251
Heart Mountain Academy	919 Cody Ave	307-527-1028
Family Engagement in Transition		
Children with Disabilities		
Children's Resource Center	808 North Street	527-7060
Parents As Teachers	https://parentsasteachers.org	
Division of Dev. Services	6101 N. Yellowstone Rd Cheyenne, WY 186E.	(800) 510-0280
Parent Information Center wpic.org	238 N. Main St, Suite 5 -Buffalo	(307) 684-2277
Kindergarten Transition		
Eastside Elementary	801 17 th ST.	587-4275
Sunset Elementary	3101 Sheridan Ave.	587-4279
Livingston Elementary	2001 12 th St	587-4271
Wapiti Elementary	3167 North Fork Hwy	587-3947
Family Connections to Peers and Community		
Families/Peers/Community		
NOWCAP-Cody	1321 ½ 17 th St.	578-8283
Northwest Family Planning	1231 Rumsey Ave	527-5174
Serenity Pregnancy Resource	1614 Beck Avenue	307-213-5025
Big Brothers/Big Sisters	Po box 368, Powell	(307)213-3263
Youth Club of Park County	308 16 th St.	527-7871
Bright Futures Mentoring	1735 Sheridan Ave #238	527-6688

Park County 4H office	1002 Sheridan Ave.	527-8560
Child Support Enforcement	Old Courthouse Basement	527-8840
Cedar Mountain Center	707 Sheridan Ave	578-2421
WY. Quit Line	800-QUIT-NOW	800-784-8669
Senior Center (wheelchair access)	613 16th St	587-6221
Cody Cab		272-8364
Town Taxi		250-8090
Disabled American Veterans		888-461-5000
Social Security	1285 Sheridan Ave #265	587-8155
Driver's License	1501 Stampede Ave.	587-3346
<i>Boy Scouts of America – Big Horn Basin District</i> wyoscouts.org/districts/big-horn		307-699-1064
Park County 4H Office	1002 Sheridan Ave	527-8560
Girl Scouts of Cody		527-8560
Bible Believers Baptist Church	1826 Stampede Ave.	254-4591
Christ the King Lutheran	1207 Stampede Ave	587-3025
Christ Episcopal Church	825 Simpson Ave.	587-3849
Jesus Christ of Latter-day Saints	1407 13th St	307-587-5794
Church of St. Anthony	1333 Monument St.	3587-3388
Church of the Nazarene	808 Skyline Dr.	587-4397
Cody Bible Church	2137 Cougar Ave.	527-4488
Cody Christian Church	2637 Sheridan Ave.	527-7431
Cody United Methodist Church	1405 Beck Ave.	587-4430
Cody Seventh-Day Adventist Church	1608 19 th St.	431-2774
New Life Church	1825 Rumsey Ave.	586-8274
First Baptist Church	801 Gerrans Ave.	587-3687
First Presbyterian Church	2025 23 rd St.	587-2647
Harvest Church	1601 Stampede Ave.	307-213-9733
Families as Advocates and Leaders		
Leadership Development		
Cody Newcomers Club	Meets at the Irma Hotel	586-4101
Park County School District #6 Admin.	919 Cody Ave.	307-527-6332
WY Dept. of Education- Cheyenne	Hathaway Bld. 2nd Floor	307- 777-7415
Park County Circuit Court	1002 Sheridan Ave.	307- 527-8690
Park County Attorney	1002 Sheridan Ave.	307-527-8660
US Senator John Barrasso, 109 Hart -Senate Office Bldg. Washington, DC 20510-5003	https://www.barrasso.senate.gov/public	
US Senator Cynthia Lummis, 290 Russell-Senate Office Bldg. Washington, DC 20510-5002	https://www.lummis.senate.gov/	202-224-3424

US Representative Harriet Hageman1531 Longworth -House Office Building Washington, DC 20515	http://Hageman.House.gov	
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