SWEETWATER COUNTY RESOURCES (December 2011)

Best Beginnings Program (Supervised by Community Nursing)	922-5390 872-3944	Info & referrals for pregnant women & their families; financial asst. to begin prenatal care; home visits; parenting classes.
Community Nursing (Call first for an appointment.)	922-5390 872-3944	Home visiting for first-time parents; immunization clinics; drop-in clinics; HIV testing; home health visits; pregnancy & birth ed.
Better Solutions (accept Equality Care)	382-3058	Counseling; psych & drug/alcohol evaluations.
Broadway Bargains	362-8128	Thrift store at 429 Broadway.
Casper Community Health Center	307-233-6000	Low income health care.
Casper Dental Department	307-265-3622	Low income dental care.
Catholic Church	362-2611	Emergency services/one-time charitable assistance.
Catholic Social Services	389-0829	Adoption counseling & services.
Cent$ible Nutrition	352-6775 or 872-6310	Free cooking classes; housed by WWCC.
Child Care Finder	800-578-4017 ext 2; ext 5	Free assistance in locating day care services. (local #382-2689)
Child Development Center	352-6871 -3290	Early developmental screening; services for children (0-5) with disabilities; parenting education; home-based services.
Child Support Division	800-742-3098 or 875-4725	Child support enforcement services. (140 Commerce Dr #F, GR)
Climb Wyoming	382-0771	Job training for single mothers.
Consumer Counseling (Family Financial)	877-292-8444	Negotiation with credit card companies; budget planning and counselling by phone, internet & mail from Evanston. (Non-profit org.)
Dentists (accept Equality Care.) Dr. T Carlson (2701 Foothill Blvd) Drs. Clifford & Olguim (Mtn View exit)	 362-2220 786-2273	Dr. Hunsaker (1401 Gateway Blvd) 362-7671 Dr. Kunzler (Mtn View exit) 786-4500 Dr Romney (Pediatric) 362-3125 Dr Taylor 382-2707
Dept. of Family Services	352-2500 -2877	EqualityCare programs (Medicaid); POWER program; SNAP; day care asst; family social services; Link-up America applications.
Dept. of Vocational Rehabilitation	362-2770	Services to assist returning to work; education and training.
Energy Share **(SW-WRAP, RSHA, Comm. Nursing)**		Assistance for past due electric & gas bills for persons in crisis.
Family Planning	362-6813	Pregnancy tests; pelvic exams; birth control supplies; STD testing.
Family Resource Center	875-3791 or 362-6549	Parenting classes; many programs for children and their families.
"First Call for Help" SW-WRAP	**877-435-7851 or 875-3338** (fc4h@swwrap.com) 875-2196	**Information and referral service run by SW-WRAP** (Southwest Wyoming Recovery Access Programs). Phones answered 24/7. Substance abuse/Co-dep. recovery "wrap-around" services.
Food Bank (Walk-in Mon/Tues/Fri 10-12 PM & Wed 2-4 PM in RS.)	382-7332 or 875-9600	Free supplemental food (bi-monthly) to low-income families. Food p/u in RS 2nd & 4th Thurs (10-2:45 & 4-5:45) p/u in GR 1st & 3rd Thurs (10-4:45); emergency food.
Head Start	352-3430 or 875-6925	Pre-kindergarten education through school district.
Hospice	362-1990 or 872-6315	Bereavement counseling; free library on grief issues.
L.I.E.A.P.	800-246-4221	Low income energy asst program: help with winter heating costs. Referrals to NOWCAP for weatherization services.
Lions Club (Dave Rauzi 382-5196/work # 872-6416)		Contact for assistance with eye exams & glasses.

Low Income Housing:	382-5596	Bicentennial Apartments (Madison Drive)
	352-1471	Rock Springs Housing Authority (Coat Bank in bldg.)
	382-5335	Springview Manor Apartments (Walnut Street)
	875-7760	Rockview Apartments (Bridger Dr., Green River)
Mid Income Housing:	382-7755	Carrington Point (Cascade Dr)
Memorial Hospital	362-3711 875-7730	Childbirth & breastfeeding classes; financial assistance for low-income families to pay incurred hospital bills.

Parenting Classes/Support Groups:

Commonsense Parenting Program	352-6677	Six-hour parenting program facilitated by Southwest Counseling.
Love & Logic	872-3290 or 352-6871	Different age groups taught by Social Worker/CDC.
Nurturing Program (Prenatal Group)	922-5390	Taught by Best Beginnings Coordinator/Community Nursing.
Nurturing Program (Parents of children 0-7)	922-5390	Taught by Best Beginnings Coordinator/Community Nursing.
Nurturing Program	875-3791 or 362-6549	Different Nurturing programs taught by Family Resource Center.

Physicians:

Family Doctors:	Big Horn Urgent Care	382-2466	Castle Rock Med Clinic	872-4500
Insta-Care Clinic:	(Burnett & Turner)	382-3064	(Dr's & PA's)	362-9120
Dr. Hunter (& PA's)		382-7414	Memorial Hospital Clinic (Dr's & PA's)	352-8125
Dr. Poyer		362-0083	(second clinic phone line)	382-9101
			Dr. Fontanilla (Psychiatrist)	352-8125
Dr. Rice		362-1861	Dr. Stachon	382-8644
Pediatrics:	Dr. S Motaparphi	872-4500	Dr. Vicencio (MHSC Clinic)	352-8193
	Dr. Yeshlur	362-5500		
Obstetrics:	Women's Health Center	362-1861	Dr. Allyn, Dr. Kattan; Dr. Etman; Starla Yerkovich CNM	
	Wyo. Health Initiative	382-3060	Financial asst. for teen prenatal services; other teen pg services.	

Quit Tobacco Program	1-800-784-8669	Free/low-cost quit program using Nicotine Replacement Therapy.

Salvation Army **922-5390/872-3944, 875-3338, 352-1471** Low-income emergency assistance up to $100/family.
(Access services through Community Nursing, RS Housing Authority, or SW-WRAP. MHSC does vouchers **only** for patients.)

Social Security Adm.	800-772-1213 or 362-4634	SSDI, SSI, Death Benefits & Retirement applications/services.
Southwest Counseling Services	352-6677 872-3205	Counseling/therapy for any issue; out-patient and in-patient substance abuse treatment; Psychiatric treatment; "sliding-scale" fees.
Star Bus **New "Fixed Route" Bus System**	382-7827 or 875-7827	Low-income transportation: 7 AM to 5 PM – Mon through Fri. (If needed, call one day in advance to schedule pick-up time.)
Western Wyo. Community College	382-1600 -2278	Financial Aid; career assessment; Non-traditional career programs; student housing & non-infant daycare.
(WWCC) Equal Opportunity Center	382-1818	Academic, vocational and financial aid information/assistance.
WIC	352-6783	Supplemental food/nutritional info for perinatal women & children. (Mon – Fri/8:00 AM – 12:00 & 1:00 – 5:00 PM)
Workforce Services	352-2601 or 875-2300	Employment referrals; education & training services.
Wyoming Children's Society	800-584-9384	Adoption counseling & services.
Wyoming Legal Services	800-442-6170	Legal aid for Social Security benefit denials & landlord disputes.
www.WyomingLawHelp.org	888-634-1566	Public service for legal information.
YWCA	352-6635 or 872-3251	Big Brothers/Big Sisters; Day Care Center (6:45 AM – 6:30 PM)
YWCA-SASH	352-6630 or 872-3252 (Crisis Line) 352-1033 or 872-3250	Crisis line; shelter for victims of domestic violence/sexual assault; advocacy; limited transportation & emergency services.