

## SWEETWATER COUNTY RESOURCES (January 2019)

<b><u>Best Beginnings Program</u></b>	922-5390	Support & Info for pregnant women & their families; <b>PE &amp; Medicaid applications</b> ; Mom/Baby support; <b>parenting classes</b> .
(Community Nursing program)	872-3944	Special Support for first-time moms; immunization clinics/walk-in clinics (limited hours); HIV/STI & TB testing; pregnancy tests.
<b><u>Community Nursing</u></b>	922-5390	
<b>333 Broadway #110</b>	(Call for an appointment.)	
Center for Families & Children (CFC)	382-3124	Many legal, family/support services; shelter for DV/SA victims; limited transportation. (2620 Commercial Way #5, RS)
(YWCA program)	Crisis line: 352-1030	
Cent\$ible Nutrition	352-6775 or 872-6310	Free cooking classes; housed by WWCC.
Child Development Center	352-6871	Early developmental screening; services for children (0-5) with disabilities; parenting education; home-based services; Preschool.
	872-3290	
Child Support Division	800-742-3098 or 875-4725	Child support enforcement services. (140 Commerce Dr #F, GR)
Climb Wyoming (4020 Dewar Dr #B)	382-0771	Job training for single mothers.
<b><u>Counseling/Therapy/Treatment</u></b> (accept Medicaid)		
<u>Access, Balance &amp; Change Counseling</u>	382-6330	Counseling; substance abuse evaluation & IOP. (126 Elk St).
<u>Better Solutions</u>	382-3058	Counseling; psych & drug/alcohol evaluations. (4000 Dewar Dr)
<u>High Point Counseling</u> (Carey Larson)	212-8014	Counseling; play therapy/trauma therapy (2632 Foothill Blvd #101)
<u>Southwest Counseling Services</u>	352-6677	Counseling/therapy for any issue; out-patient and in-patient substance abuse treatment; Psychiatric treatment; "sliding-scale" fees.
	872-3205	Multiple groups incl. Intensive Family-Based Group & DV Group.
	352-6680	Renee Schroeder MS – certified family & trauma therapist.
<u>Sweetwater Counseling</u> (NO Medicaid)	307-389-4674	Counseling; weight management, fitness & nutrition.
<u>Wellness Associates</u>	307-630-3466	
<b><u>Dentists</u></b> Dr. Carlson (White Mtn. Dental)	362-2220	Drs. Clifford & Dr. Olguin (Mtn View exit) 307-786-2273
Dr. Jones – Pediatric (1208 Hilltop Dr #209)	362-3395	Dr. Romney - Pediatric 362-3125
<b>Casper Community Dental Clinic</b>	<b>307-265-3622</b>	<b>Dental services on a "sliding-scale" fee or accept insurances.</b>
Department of Family Services	352-2500	Day Care Assistance program; POWER program; SNAP;
	875-2877	Family Social Services; LIEAP & Link-up America applications.
Dept. of Vocational Rehabilitation (DVR)	362-2770	Services to assist returning to work; education and training.
Energy Share (SFRC, Community Nursing)		Crisis assistance for <u>past due winter</u> electric & gas bills only.
Family Financial (Evanston)	877-292-8444	Negotiation with credit card companies; budget counseling by phone.
Family Planning (WW Reproductive Health)	362-6813	Pregnancy tests; pelvic exams; birth control supplies; STI testing.
Family Resource Center (SFRC)	875-3791/ <b>362-6549</b>	Many programs for children and their families; emergency services.
Food Bank	382-7332 or 875-9600	Free supplemental food (bi-monthly) to low-income families.
(Walk-in Mon/Fri 10-12 PM in RS.)		Food p/u in RS 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs (10-2:45 & 4-5:45)
(Diaper Bank/United Way)		Food p/u in GR 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs (10-4:45)
Head Start	352-3430 or 875-6925	Pre-kindergarten education for low-income families.
Hospice	362-1990 or 872-6315	Bereavement counseling; free library on grief issues.
Inside Connection (SWPRC)	362-5277	Unplanned pregnancy services: Tues/Wed/Thurs 10 am – 4 pm. Classes: Prenatal/Childbirth/Parenting 0-3/Fatherhood group
Job Corps	800-733-5627	Education & training: Live-in centers.
L.I.E.A.P.	800-246-4221	Low income energy asst program: help with winter heating costs.
(applications @ <a href="http://dfsweb.state.wy.us/">http://dfsweb.state.wy.us/</a> )		Referrals to NOWCAP for weatherization services.

Lions Club (Darlene 382-2230) Bruce Thompson 350-7939 Contact for assistance with eye glasses.

Loaves & Fishes soup kitchen M-F, 12-12:45, Catholic Church on Bridger Ave. (Catholic Church 362-2611 for assistance.)

<b>Low Income Housing:</b>	382-5596	Bicentennial Apartments (Madison Drive)
	352-1471	Rock Springs Housing Authority (Coat Bank in bldg.)
	875-7760	Rock Butte Apartments (Bridger Dr., Green River)
<b>Low Income (over 52 or disabled)</b>	875-1616	Green Rock Village (for disabled persons)
<b>Mid Income Housing:</b>	382-7755	Carrington Point (2475 Cascade Dr.)

**Parenting Classes/Support Groups:**

Inside Connection	362-5277	Pregnancy & Parenting lessons through age 2 (35 months)
Love & Logic	872-3290 or 352-6871	Taught by CDC Social Workers.
Nurturing Program (children 0-9)	922-5390	Taught by Best Beginnings Coordinator/Community Nursing.
Parents as Teachers	371-8490	Program for pregnant women and parents of children 0-36 months.

<b>PHYSICIANS:</b> Community Health Center	212-5116	2620 Commercial Way #140 (including dental/behavioral health)
Memorial Hospital (MHSC)	362-3711 or 875-7730	Childbirth & breastfeeding classes; billing/financial asst.
MHSC Physicians Group	352-8125	3000 College Dr (Doctors & PA's)
Dr. Donaldson (internist) 1577 Dewar Dr.#8	362-0707	

<b>Family Doctors:</b> Cedars Health Clinic	382-2466	Castle Rock Med Clinic(Dr's & PA's)	872-4500 or 362-9120
Health Dimensions - Louanna Bradley FNP	362-5116	Dr. Hunter Family Practice (& PA's)	382-7414
Dr. Poyer (& PA)	362-0083	Red Desert Insta-Care Clinic:(Dr's & PA's)	382-3064
Dr. Stachon	382-8644		

<b>OB/GYN:</b> MHSC Clinic	352-8383 or 352-8319	Dr. Grewal, Dr. Kattan, Dr. Wheeler (OB/GYN) Starla Leete CNM
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<b>PEDIATRICS:</b> Dr. Fauntleroy	362-9120 or 872-4500	Health Dimensions/Teresa LeBlanc FNP-C	362-5116
MHSC Clinic- <b>CURRENTLY VACANT</b>	212-7717	Dr. Yeshlur (Gateway Blvd)	362-5500

Postpartum Support Intl. Hotline	800-944-4773	<a href="http://www.postpartum.net/Contact-Us.aspx">www.postpartum.net/Contact-Us.aspx</a>
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Quit Tobacco Program	800-784-8669	Free/low-cost quit program using Nicotine Replacement Therapy.
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Salvation Army (SFRC)	362-6549	Low-income <u>emergency</u> assistance up to \$150/family/year.
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Social Security Adm (Rock Springs)	855-881-0211	SSDI, SSI, Death Benefits & Retirement applications/services.
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Suicide Prevention Hotline	800-273-8255	<a href="http://www.suicidepreventionlifeline.org/">www.suicidepreventionlifeline.org/</a>
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Star Bus	382-7827 or 875-7827	Low-income transportation: 7 AM to 5 PM – Mon through Fri.
(RS "Fixed Route" Bus System)		(If needed, call one day in advance to schedule pick-up time.)

Thrift Stores: <b>Broadway Bargains</b>	362-8128	Thrift store at 429 Broadway
<b>Eileen's Attic</b>	362-3834	Thrift store at 507 5 <sup>th</sup> Street
<b>Goodwill Industries</b>	382-8000	1254 Dewar Dr.
<b>St. John's (GR)</b>	875-5955	68 E 2 <sup>nd</sup> S, Green River
<b>New Life Ministries</b>		Corner of 5 <sup>th</sup> & K Street

Western Wyo. Comm. College	875-2278 or 382-1600	Financial Aid; career assessment; non-traditional career programs;
(EOC for financial aid assistance-Amber	307-220-2232)	student housing & non-infant daycare; traditional degree programs.

WIC	352-6783	Supplemental food/nutritional info for perinatal women & children.
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Workforce Services	352-2601 or 875-2300	Employment referrals; education & training services.
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Wyoming Legal Aid	877-432-9955	Legal aid for Social Security benefit denials & landlord disputes.
<a href="http://www.lawwyoming.org">www.lawwyoming.org</a>	<a href="http://www.legalhelpwyo.org">www.legalhelpwyo.org</a>	Public service for legal information & divorce/custody issues.

YWCA (1035 Jackson St)	352-6635 or 872-3251	Financial Empowerment Ed; Day Care Center (5:45 AM – 6:30 PM)
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