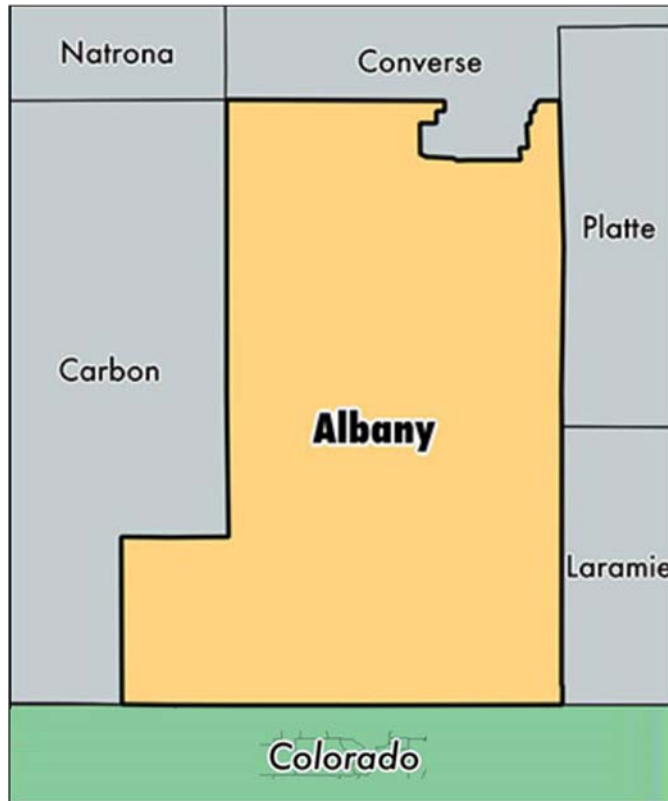


Community Resources Guide

(Albany County, WY and Surrounding Areas)



The Laramie Soup Kitchen in consultation with several area nonprofits developed this Guide in the hopes that all organizations and businesses offering assistance to those in need would adopt & distribute this resource.

Please confirm your agency name is included in every category for which you offer services and that your agency description is correct in the alphabetical listing that follows.

To maintain the most accurate information, a revised version will be sent monthly. We encourage you, then, to only print enough copies for distribution this month and replace any remaining copies once the revised file is sent.

- **Booklet** Version: The Guide is designed to be printed as a booklet, just remember to select "flip on short edge" in your duplex print settings, which is not the typical default.
- **Sequential** Version: To print for a 3-ring-binder or to post electronically.

While the maps are in color, they are reasonably legible if printed black/white.

To submit revisions/additions or join the distribution list, email Resources@LaramieSoupKitchen.org by the 25th of each month. Note: This email is only checked toward the end of each month.

A reference guide of nonprofit and government resources available in Laramie, WY (Albany County) and many throughout the surrounding region including Cheyenne (Laramie County), Rawlins (Carbon County), and Fort Collins, CO.

Print Date: September 5, 2024

Wyoming



Get Connected. Get Help.™

Free & Confidential Information about the health and human services offered throughout Wyoming.

- ◆ Basic Human Needs
- ◆ Physical & Mental Health Resources
- ◆ Financial Stability & Employment Support
- ◆ Support for Wyoming's Senior, Disabled & Veteran Populations
- ◆ Support for Wyoming's Children, Youth & Families
- ◆ Support for Community Crisis, COVID-19 & Disaster Recovery
- ◆ Volunteer Services & Opportunities

Call 211 or Text zip code to 898211

Monday-Thursday 8AM-6PM • Friday 8AM-5PM

www.wyoming211.org

NATIONAL SUICIDE PREVENTION LIFELINE

CALL: 988

OR

CALL: 1-800-273-TALK (8255)

TEXT: WYO TO 741-741

A graphic for the National Suicide Prevention Lifeline. It features a green background with a white mountain range silhouette at the bottom. On the left, a black banner contains the text "WITH HELP COMES HOPE". Below this, the text "The Lifeline is FREE, confidential, and always available." is written in white. At the bottom left, the slogan "We can all help prevent suicide." is written in yellow. On the right, the text "NATIONAL SUICIDE PREVENTION LIFELINE" is written in large, bold, black letters, with "SUICIDE" being the largest. Below this, the phone number "1-800-273-TALK (8255)" and the website "suicidepreventionlifeline.org" are listed in white on a green background.

Resources by Need/Location iii

- ❖ BICYCLE MAINTENANCE AND REPAIR iii
- ❖ BREASTFEEDING iii
- ❖ CAR SEAT & SAFETY iii
- ❖ CHILDCARE iii
- ❖ CHILDREN & YOUTH SERVICES iv
- ❖ CLOTHING v
- ❖ COUNSELING/REHAB/SUPPORT GROUPS v
- ❖ DENTISTS ACCEPTING MEDICAID vi
- ❖ DISABILITY SERVICES vii
- ❖ DOMESTIC VIOLENCE vii
- ❖ EDUCATIONAL SERVICES vii
- ❖ EMERGENCY SERVICES viii
- ❖ EMPLOYMENT ix
- ❖ FOOD/NUTRITION x
- ❖ HEALTH/HOSPITAL SERVICES x
- ❖ HEALTH SERVICES/FINANCIAL ASSISTANCE xii
- ❖ HOUSING & HOMELESS SERVICES xii
- ❖ INFORMAL SERVICES xiii
- ❖ LEGAL SERVICES xiv

- ❖ NATIONWIDE SERVICES xiv
- ❖ PHYSICIANS xv
- ❖ PREGNANCY SERVICES xv
- ❖ RECREATION/MUSEUMS xvi
- ❖ RENT ASSISTANCE xvii
- ❖ SENIOR SERVICES xvii
- ❖ STATEWIDE SERVICES xvii
- ❖ TRANSPORTATION & TRAVEL ASSISTANCE xviii
- ❖ UTILITY ASSISTANCE xix
- ❖ VETERAN SERVICES xix

Alphabetical Listing of Resources 1

Public Transportation 43

Laramie Bicycling Information 46

Resources by Need/Location

❖ BICYCLE MAINTENANCE AND REPAIR

Laramie

All Terrain Sports
Pedal House

❖ BREASTFEEDING

Laramie

Heart to Heart Pregnancy Center
Ivinson Memorial Hospital
Laramie Breastfeeding Coalition
Laramie Pediatrics
Laramie Physicians Women & Wellness Clinic
Mothers of Preschoolers (MOPS)
Pediatric and Family Care
Public Health, Albany County
Stork Support
Women, Infants, & Children (WIC), Albany County

Cheyenne

La Leche League: Laramie County
Women, Infants, & Children (WIC), Laramie County

Rawlins

Women, Infants, & Children (WIC), Carbon County

Fort Collins

La Leche League: Fort Collins

❖ CAR SEAT & SAFETY

Laramie

Heart to Heart Pregnancy Center
Ivinson Memorial Hospital-Women's Health Clinic
Laramie Fire Department
Stork Support

❖ CHILDCARE

Laramie

Basic Beginnings
Department of Family Services (DFS), Laramie
Developmental Preschool & Daycare

Head Start of Laramie
Stork Support
Wyoming Children's Law Center, Inc.

Rawlins

Excel Preschool
Project Reach Preschool
Wee Folks Place

Fort Collins

Department of Family Services (DFS), Fort Collins

❖ CHILDREN & YOUTH SERVICES

Laramie

Albany County Public Library
Baby Buffaloes of Laramie
Big Brothers Big Sisters
Boy Scouts of America
Boys Town National Hotline
Cathedral Home, Community Resource Center
Cathedral Home, Residential Care
Cathedral Home, Youth Crisis Center
Family Promise, Albany County
Head Start of Laramie
Healthy Kids Rx
Hospice of Laramie
Laramie Recreation Center
Parents as Teachers
Step-by-Step Family Therapy
Stork Support
Trevor Project
Unaccompanied Students Initiative
University of Wyoming: Early care and Education Center
University of Wyoming: Learning Resource Center
Wyoming Children's Law Center, Inc.
Wyoming Tutoring Club

Cheyenne

Big Brothers Big Sisters
Boy Scouts of America
Boys and Girls Club
Cheyenne Family YMCA
Child Support Services of Wyoming

Department of Family Services (DFS), Cheyenne
Family Promise of Cheyenne
Parents as Teachers
Prevent Child Abuse Wyoming
Protection & Advocacy System, Inc.
Stride Learning Center
Unaccompanied Students Initiative
Wyoming Tutoring Club
Youth Alternatives

Rawlins

Big Brothers Big Sisters, Rawlins
Boys and Girls Club
Cathedral Home, Community Resource Center/Independent Living
Department of Family Services (DFS), Rawlins
Volunteers of America (VOA), Youth Crisis Center

Fort Collins

Children, Youth, and Family Division

❖ **CLOTHING**

Laramie

Clothing Cottage of St. Matthew's
Goodwill
Wyoming Kids Closet
NU2U

Cheyenne

Cheyenne Foster Closet
Goodwill

Fort Collins

Salvation Army

❖ **COUNSELING/REHAB/SUPPORT GROUPS**

Laramie

A Better Way Counseling & Consulting, LLC
Al-Anon (District 10)
Alcoholics Anonymous (AA)
Cathedral Home, Community Resource Center
Cathedral Home, Youth Crisis Center
Clinic for Mental Health and Wellness
Douglas Scambler, PhD
Drug & Alcohol Addiction Rehab Centers

Hospice of Laramie
Iverson Memorial Hospital, Behavioral Health
Iverson Memorial Hospital, Crisis Line
LIV Health, Wyoming Office
Mountain Peak Therapy
Narcotics Anonymous
Parents and Friends of Lesbians and Gays (PFLAG)
Pendley & Associates
Season's Psychiatric Clinic
Snowy Range Consulting, LLC
Specialty Counseling & Consulting
Step-by-Step Family Therapy
Trevor Project
University of Wyoming
 UW Counseling Center (for students)
 UW Crisis Line (UW police)
 UW Psychology Clinic
Wyoming Children's Law Center, Inc.
Wyoming Quit Tobacco Program

Cheyenne

Al-Anon (District 10)
Division of Vocational Rehab
Pathfinder
Recover Wyoming

Rawlins

Al-Anon (District 9)
Alcoholics Anonymous, Rawlins
Alcoholics Anonymous, Saratoga
Volunteers of America (VOA), Youth Crisis Center

❖ **DENTISTS ACCEPTING MEDICAID**

Laramie

Children's Dental: Medicaid Accepted
 Children's Dentistry
 Laramie Dental Arts
 Pediatric Dentistry
Adult Dental: Medicaid Accepted
 LCCC Dental Clinic

Cheyenne

Children's Dental: Medicaid Accepted

Pediatric Dentistry
Adult Dental: Medicaid Accepted
Beverly, Rick
Gentle Touch Dentistry
Zumo, Thomas J.

❖ **DISABILITY SERVICES**

Laramie

Ark Regional Services
Developmental Preschool & Daycare
Public Health, Albany County
Wyoming Assistive Technology Resources (WATR)
Wyoming Children's Law Center, Inc.
Wyoming Independent Living Rehabilitation
Wyoming Institute for Disabilities (WIND)

Cheyenne

Protection & Advocacy System, Inc.
Social Security Administration
University of Wyoming, Disability Support Services

❖ **DOMESTIC VIOLENCE**

Laramie

Albany County Victim Witness Program
National Domestic Violence Hotline
National Sexual Assault Hotline
SAFE Project
Sexual Assault & Forensic Nurse Program
Wyoming Coalition Against
Domestic Violence and Sexual Assault

Cheyenne

Prevent Child Abuse Wyoming
Safehouse Services
Cheyenne Police Department, Victim Assistance

Rawlins

COVE (Family Violence Program)

Fort Collins

Crossroads Safe house

❖ **EDUCATIONAL SERVICES**

Laramie

Albany County Public Library
Albany County School District
Climb Wyoming
Head Start of Laramie
Heart to Heart Pregnancy Center
Laramie County Community College/Albany County
My Front Door
National Security Education Association
University of Wyoming
Wyoming Children's Law Center, Inc.
Wyoming Tutoring Club
WyoTech

Cheyenne

Climb Wyoming
Dad's Making a Difference
Laramie County Head Start
Laramie County School District #1
LCCC Transitional Services
My Front Door
Step-by-Step Family Therapy
Wyoming Tutoring Club

Rawlins

Carbon County Higher Education Center
Carbon County School District #1
Carbon County School District #2
University of Wyoming, Carbon County Ext. Service
Wyoming Department of Education, Vision Outreach

❖ **EMERGENCY SERVICES**

Laramie

Albany County Detention Center
Albany County Homeland Security Emergency Mngmt.
Albany County Sheriff's Department
Albany County Victim Witness Program
American Red Cross
Boys Town National Hotline
Cathedral Home, Youth Crisis Center
Department of Family Services (DFS), Laramie
Fire Department (emergency)
Ivinson Memorial Hospital

Juntos Wyoming
Laramie Interfaith
Laramie Police Department (emergency)
National Domestic Violence Hotline
National (SAMHSA) Helpline (substance abuse & mental health)
National Sexual Assault Hotline
National Suicide Prevention Lifeline
Safe 2 Tell Wyoming
SAFE Project
Trevor Project
Veterans Crisis Line
Wyoming Children’s Law Center, Inc.
Wyoming Poison Control

Rawlins

Carbon County Sheriff’s Office
Carbon County Victim/Witness Program
Volunteers of America (VOA), Youth Crisis Center
Encampment Police Department
Hanna Marshal’s office
Juntos Wyoming
Rawlins Animal Shelter
Rawlins Emergency Management
Rawlins Police Department
Rawlins Police Department, Victim Assistance

❖ **EMPLOYMENT**

Laramie

Climb Wyoming
Worker’s Compensation
WY Department of Workforce Services, Laramie
Wyoming State Workforce Services Dept.

Cheyenne

Climb Wyoming
Job Corps
WY Department of Workforce Services, Cheyenne

Rawlins

WY Department of Workforce Services, Baggs
WY Department of Workforce Services, Hanna
WY Department of Workforce Services, Rawlins
WY Department of Workforce Services, Saratoga

❖ **FOOD/NUTRITION**

Laramie

Cent\$ible Nutrition, Laramie
Department of Family Services (DFS), Laramie
Feeding Laramie Valley
Laramie Connections
Laramie Interfaith
Laramie Soup Kitchen
University of Wyoming, Food Share Pantry
USDA Food Commodities
Women, Infants, & Children (WIC), Albany County

Cheyenne

Cent\$ible Nutrition, Cheyenne
Meals on Wheels
Needs, Inc.
St. Christopher’s Episcopal Church
St. Joseph’s Catholic Church
Women, Infants, & Children (WIC), Laramie County

Rawlins

Cent\$ible Nutrition, Rawlins
St. Vincent de Paul Society
USDA Commodities Distribution
Women, Infants, & Children (WIC), Carbon County

Rock River

Rock River Food Pantry

Fort Collins

Food Bank for Larimer County
Fort Collins Rescue Mission

❖ **HEALTH/HOSPITAL SERVICES**

Laramie

Albany Community Health Clinic
BestMed Urgent Care
Downtown Clinic
Drug & Alcohol Addiction Rehab Centers
Enroll Wyoming
Grand Avenue Urgent Care
Heart to Heart Pregnancy Center
Hospice of Laramie

Ivinson Memorial Hospital
Laramie Physicians Women & Wellness Clinic
Laramie Reproductive Health
LIV Health, Wyoming Office
National Sexual Assault Hotline
Premium Health at Home
Public Health, Albany County
Quality Home Health
Summit Home Health
University of Wyoming, AWARE
University of Wyoming, Speech & Hearing Clinic
University of Wyoming, Student Health Service
Women, Infants, & Children (WIC), Albany County
Wyomed Laboratory, Health Fair
Wyoming Free Acurecovery Clinics
Wyoming Health Fairs

Cheyenne

UPLIFT

Women, Infants, & Children (WIC), Laramie County

WY Guardianship

Wyoming Health Fairs

Rawlins

Carbon County Counseling Center

Carbon County Memorial Hospital

Volunteers of America (VOA), Youth Crisis Center

Energy Basin Clinic

LS Counseling

Medicine Bow Health Center

Platte Valley Medical Center

Project Prevention

Public Health, Carbon County-Rawlins

Public Health, Carbon County-Saratoga

Rawlins Clinic

South Central Wyoming Health Care & Rehabilitation

Uplift Counseling

Valley View Rehabilitation & Care Center

Volunteers of America Mental Health Services

Women, Infants and Children (WIC), Hanna

Women, Infants and Children (WIC), Rawlins

Women, Infants and Children (WIC), Saratoga

Casper

Jason's Friends Foundation

Colorado

Brent Eley Foundation

Ronald McDonald House

❖ **HEALTH SERVICES/FINANCIAL ASSISTANCE**

Laramie

Department of Family Services (DFS), Laramie

Laramie Lions Club

Wyoming Kid Care (CHIP)

Cheyenne

Crossroads Clinic

Healthworks

Levimir Insulin Detemir

Public Health, Laramie County

Cheyenne Regional Medical Center

❖ **HOUSING & HOMELESS SERVICES**

Laramie

Cheyenne Housing Authority, Laramie

Family Promise, Albany County

Laramie Interfaith

Low-Income Apartments

Connemara Apartments

Glacier Place Apartments

Rainbow Vista Apartments

River Run Apartments

University Heights

University of Wyoming Housing Office

My Front Door

Senior Housing

Legacy Senior Apartments

Unaccompanied Students Initiative

Cheyenne

Cheyenne Housing Authority, Cheyenne

COME Homeless Shelter

Community Action of Laramie County

Family Promise of Cheyenne

Low-income Housing

Capital Greens at Harmony Apartments
Cheyenne North Apartments
Cheyenne Station Apartments
Fox Farm Townhomes Apartments
Frontier Apartments
Lexington Hills Apartments
Mountainside Apartments
Windwood Manor Apartments

Mobile Home Parks

Cimmaron Village
DBL Holdings
West Winds Mobile Home Park

My Front Door

Unaccompanied Students Initiative
WY Coalition for the Homeless

Rawlins

Low-Income Housing

Bittercreek Apartments
Buffalo Run Residential
Shandon Park Apartments
Stagecoach Apartments

Senior Housing

Cathy Gardens

❖ **INFORMAL SERVICES**

Laramie

Albany County Public Library
Cathedral Home, Community Resource Center
Catholic Charities of Wyoming
Free Wi-Fi and/or Bathrooms (in Laramie)
Heart to Heart Pregnancy Center
Laramie Chamber Business Alliance
Laramie Pridefest
Visit Laramie
Wyoming 2-1-1

Cheyenne

Bethel Outreach Ministries
Catholic Charities of Wyoming
Destiny Church
Element Church

Family Harvest Church
First Christian Church
First United Methodist Church
Frontier United Methodist Church
Grace United Methodist Church
St. Joseph's Catholic Church
Wyoming 2-1-1

❖ **LEGAL SERVICES**

Laramie

Albany County Victim Witness Program
Child Support Services of Wyoming
Downtown Clinic
Equal Justice Wyoming
Juntos Wyoming
Legal Aid of Wyoming, Inc.
University of Wyoming Legal Services
University of Wyoming Students' Attorney
Wyoming Children's Law Center, Inc.
Wyoming Coalition Against
Domestic Violence and Sexual Assault
Wyoming Free Legal Answers

Cheyenne

Cheyenne Police Department, Victim Assistance
Child Support Enforcement
Child Support Services of Wyoming
Equal Justice Wyoming
GreenPath Debt Solutions
Juntos Wyoming
Legal Aid of Wyoming, Inc.
Protection & Advocacy System, Inc.
Veterans Legal Assistance Project
Wyoming Free Legal Answers

Fort Collins

Colorado Legal Services

❖ **NATIONWIDE SERVICES**

American Red Cross
Boy Scouts of America
Boys Town National Hotline

Drug & Alcohol Addiction Rehab Centers
Levemir (Insulin Detemir)
Meals on Wheels
Medicaid Travel Assistance
National Domestic Violence Hotline
National Security Education Association
National Sexual Assault Hotline
National Suicide Prevention Lifeline
Ronald McDonald House
Salvation Army
Social Security Administration
Telephone Assistance Program
Trevor Project
Union Wireless – Lifeline Program
Veterans Crisis Line
Veterans Legal Assistance Program
Veterans of Foreign Wars (VFW)

❖ PHYSICIANS

Laramie

Aspen Creek Naturopathic Clinic
Family Care Clinic
Family Physicians of Laramie
Iverson Memorial Hospital
 Family Medicine
 Internal Medicine
 Pediatric & Family Care
 Women’s Health Clinic
Laramie Pediatrics
Laramie Physicians Women & Wellness Clinic
Snowy Range Health Center

Cheyenne

University of Wyoming, Family Medicine Residency
Veteran Affairs (VA) Medical Center

❖ PREGNANCY SERVICES

Laramie

Baby Buffaloes of Laramie
Catholic Charities of Wyoming
Heart to Heart Pregnancy Center

Iverson Memorial Hospital-Women’s Health Clinic
Laramie Physicians Women & Wellness Clinic
Laramie Reproductive Health
Public Health, Albany County

Cheyenne

Bethany Christian Services of Wyoming
Catholic Charities of Wyoming
Family Planning
LifeChoice
Wyoming Children’s Society

Rawlins

Best Beginnings

Rock Springs

Inside Connection – Pregnancy Resource Center

Fort Collins

Healthy Communities Medicaid/CHP+ Outreach Prog.

❖ RECREATION/MUSEUMS

Laramie

Albany County Public Library
American Heritage Center
Laramie Dance Center
Laramie Ice & Event Center
Laramie Plains Civic Center
Laramie Plains Museum
Laramie Public Art Coalition
Laramie Recreation Center
Laramie Swim Club
University of Wyoming Art Museum
University of Wyoming Geology Museum
University of Wyoming Entomology (Insect) Museum
University of Wyoming Planetarium
University of Wyoming, Williams Botany Conservatory
Visit Laramie
Wyoming School of Gymnastics
Wyoming Territorial Park

Rawlins

Hanna Recreation
Rawlins Family Recreation Center

❖ RENT ASSISTANCE

Laramie

Laramie Interfaith

Cheyenne

Bethel Outreach Ministries

❖ SENIOR SERVICES

Laramie

Eppson Center for Seniors & SATS

Foster Grandparent Program

Hospice of Laramie

Legacy Senior Apartments

Wyoming Senior Citizens Inc. - Home Services Program

Wyoming Independent Living Rehabilitation

Cheyenne

Foster Grandparent Program

Retired Senior Volunteer Program (RSVP)

Wyoming Senior Citizens Inc.

Housing

Wyoming Independent Living

Laramie County Senior Center

Rawlins

Carbon County Senior Services

Foster Grandparent Program

Housing

Cathy Gardens

❖ STATEWIDE SERVICES

Alcoholics Anonymous

Bethany Christian Services of Wyoming

Big Brothers Big Sisters

Catholic Charities of Wyoming

Cent\$ible Nutrition

Climb Wyoming

Cyber Wyoming Alliance

Department of Family Services

Disabled American Veterans (DAV)

Drug & Alcohol Addiction Rehab Centers

Energy Share of Wyoming

Equal Justice Wyoming

GreenPath Dept Solutions

Juntos Wyoming

Legal Aid Wyoming

Mothers of Preschoolers (MOPS)

Mountain Peak Therapy

Parents and Friends of Lesbians and Gays (PFLAG)

Recover Wyoming

Safe 2 Tell Wyoming

Rocky Mountain Power

Retired Seniors Volunteer Program (RSVP)

Women, Infants, and Children (WIC)

Wyoming 211

Wyoming Coalition Against Domestic Violence & Sexual Assault

Wyoming Coalition for the Homeless

Wyoming Department of Workforce Services

Wyoming Health Fairs

Wyoming Poison Control

Wyoming Quit Tobacco Program

❖ TRANSPORTATION & TRAVEL ASSISTANCE

Laramie

Bicycling in Laramie

Disabled American Veterans (DAV)

Good Vibes Garage

GreenRide Airport Shuttle (for DIA)

Greyhound Bus Station

Laramie Connections

Laramie Interfaith

LaramieLink Bus (see end of Guide)

Medicaid Travel Assistance

S.A.T.S. (see Eppson Center for Seniors)

Safe Ride

University of Wyoming, Trans Park

Cheyenne

Cheyenne Transit Program

COMEA Homeless Shelter

Disabled American Veterans (DAV)

GreenRide Airport Shuttle (for DIA)

Medicaid Travel Assistance

St. Joseph's Catholic Center
Rawlins

Carbon County Cab
Rawlins C.A.T.S. Bus

❖ UTILITY ASSISTANCE

Wyoming

Black Hills Energy
Energy Share of Wyoming
Low-Income Energy Assistance (LIEP)
Rocky Mountain Power
Telephone Assistance Program (TAP)
Union Wireless – Lifeline Program
Wyoming Energy Council, Inc.

Laramie

Salvation Army
(also Cheyenne and Rawlins)

Fort Collins

House of Neighborly Service

❖ VETERAN SERVICES

Laramie

American Legion Post 14
Disabled American Veterans (DAV)
Downrange Warriors, virtual courses
Isaac Loves His Hooman
Veterans Crisis Line
Veterans of Foreign Wars (VFW)
WY Department of Workforce Services, Laramie

Cheyenne

Community Action of Laramie County
Disabled American Veterans (DAV)
Veteran Affairs (VA) Medical Center
Veterans Legal Assistance Project
Veterans of Foreign Wars (VFW)
Volunteers of American (VOA), Northern Rockies
WY Department of Workforce Services, Cheyenne

Rawlins

Carbon County Counseling Center
WY Department of Workforce Services, Rawlins

Alphabetical Listing of Resources

- **A Better Way Counseling & Consulting, LLC**-----307-200-9421
121 E Grand Ave., Suite 216, Laramie, WY
➤ Mental health counseling. Accepts Medicaid/Medicare and other insurance.
- **Alcoholics Anonymous (AA)**-----
➤ 12-step recovery group for individuals who want to stop drinking with in person and online meetings.
Laramie -----307-399-0590
Civic Center, 710 E Garfield St., Room 260, Laramie, WY
St. Matthew's Episcopal – Hunter Hall, 104 S 4th St., 2nd floor
Trinity Lutheran Church, 107 S 7th St., basement
First Baptist Church, 15th and Canby, south door
Hours: Meetings scheduled seven days a week.
Rawlins -----307-324-5232
District Hotline -----307-324-8871
222 W Spruce St., Rawlins
Hours: M 10AM, T 8PM, F 10AM
Harvest Time Ministries, 822 W Walnut St.
Hours: W 5PM
Saratoga -----307-326-8458
214 E Constitution, Saratoga,
- **Al-Anon**-----
District 9 (Rawlins) -----307-321-4115
District 10 (Cheyenne, Laramie) Hotline -----307-631-4877
➤ Support groups for families, children, or friends of alcoholics.
- **Albany Community Health Clinic**-----307-766-3313
After hours medical assistance-----307-632-2434
1174 N 22nd St., Laramie, WY
Hours: M-F 8AM-5PM
➤ Accepts Medicare/Medicaid and most insurance.
- **Albany County Detention Center**-----307-755-3521
420 E Ivinson Ave.
- **Albany County Homeland Security Emergency Management** --307-721-1815

2374 W. Jefferson St., Laramie, WY 82070

Hours: M-F 8AM-5PM

- Emergency planning, training programs, and preparedness. Maintains the Emergency Operations Center and coordinates the Emergency Alert System.
- **Albany County Public Library**-----307-721-2580
310 S 8th St., Laramie, WY
Hours: Six Days a Week 10am-6pm, Closed Wednesday
 - Media includes books, audiobooks, large print, newspapers, magazines, DVDs, and CDs. E-books, e-magazines, e-audiobooks, Chilton, and test prep also available. Internet access; free notary services; community meeting rooms; and programming for babies through adults.
- **Albany County School District**-----307-721-4400
1948 E Grand Ave., Laramie, WY
Hours: M-Th 8AM-4:30PM F 8AM-4PM
 - Public Schools in Albany County.
- **Albany County Sheriff's Department** -----Dial 911
Non-emergency-----307-755-3520
525 E Grand Ave., Suite 101, Laramie, WY
Hours: M-F 9AM-5PM
- **Albany County Victim Witness Program** -----307-721-1845
112 S 5th St., Laramie, WY
Hours: M-F 8AM-5PM
 - Assistance for victims of all crimes including: notification of court events/case status, filing victim restitution & compensation claims, emergency financial aid for urgent needs, and referrals to other services.
- **American Heritage Center** -----307-766-3756
Centennial Complex, 2111 Willett Dr., Laramie, WY
Available to visit by appointment: M-F 9AM-Noon, 1-4PM
 - An educational center with American history with a myriad of subjects available by appointment due to COVID.
- **American Legion Post 14** -----307-745-5845
417 E Iverson Ave., Laramie, WY

Hours: M-W 3-9PM, Th 3-10PM, F Noon-10PM, Sat Noon-8PM, Sun 11AM-5PM

- Support and advocacy for veterans, active military, and their families.
- **American Red Cross** -----Headquarters: 1-800-733-2767
-----Cheyenne: 307-757-3426
-----After Hours: (307) 222-8272
5500 Bishop Blvd., Cheyenne, WY (Serves Cheyenne and Laramie)
Hours: M-F 8:30AM-5PM
 - Helping communities prepare for, respond to, and recover from emergencies.
- **Ark Regional Services**-----307-742-6641
1150 N 3rd St., Laramie, WY
Hours: M-F 8AM-5PM
 - Promoting a meaningful life for adults and children with developmental disabilities.
- **Aspen Creek Naturopathic Clinic** -----307-742-6275
204 McCollum St. Laramie, WY 82070
Hours: T-F 9AM-5PM or by appointment
 - Alternative and natural healthcare methods using naturopathic methods helping people find remedies to health issues. Willing to work with low-income on a case-by-case basis.
- **Baby Buffaloes of Laramie**-----307-314-4443
 - Serves families of children prenatally through their 3rd birthday, providing a no-cost in-home parenting coach for support, education, and connections to community resources.
- **Basic Beginnings** -----
1474 N 19th St., Laramie, WY -----307-745-5755
Hours: M-F 6:30AM-6PM
3520 Garfield St., Laramie, WY -----307-742-9332
Hours: M-F 7AM-3PM
 - Childcare & education programs for children aged 6 weeks through 12 years.
- **Best Beginnings** -----307-328-2660
Hours: M-F 8AM-Noon, 1-5PM
 - Prenatal program for first time pregnant women.
- **BestMed Urgent Care** -----307-721-1794

3810 E Grand Ave., Laramie, WY

Hours: M-F 8AM-7PM, Sat 9AM-5PM, Sun 9AM-4PM

- Minor emergencies, family medicine, and women’s health. No appointment necessary.

• **Bethany Christian Services of WY**-----307-214-3051

State Wide

- Free pregnancy counseling. Safe environment to consider your life-affirming options. Financial assistance and connections to long-term resources.

• **Bethel Outreach Ministries** -----307-635-7619

314 E 6th St., Cheyenne, WY

- Assists recently incarcerated individuals with housing, utilities, food, clothing, jobs, etc.

• **Beverly, Rick DDS LLC** -----307-638-8071

2120 Logan Ave., Cheyenne, WY

Hours: M-W 7:30AM-4:30PM, Th 7:30AM-Noon, F 7:30AM-2:30PM

- A family oriented dental office providing well rounded care to patients.

• **Bicycling in Laramie**-----LaramieBikeNet.org

- Map and other information at end of Guide.

• **Big Brothers Big Sisters**

- Mentoring services, after-school programs, and family support services for youth ages 5-17. Locations throughout the state.

Cheyenne -----307-514-3383

100 W 4th St., Cheyenne, WY

Hours: M-Th 9:30AM-4 :30PM

Laramie -----307-742-2227

1010 S 6th St., Laramie, WY

Hours: M-F 10AM-Noon, 1-5:30PM

Rawlins -----307-460-7082

• **Bittercreek Apartments (low-income)**-----307-324-4120

434 E. Hugus St., Rawlins, WY

• **Black Hills Energy** -----888-890-5554

1301 W 24th St., Cheyenne, WY

Hours: M-F 9AM-5PM

- Provides utility assistance. Call for more information.

• **Boys and Girls Club** ----- (307) 778-6674

- An afterschool program that helps young people reach their full potential as productive, caring, and responsible citizens. For boys & girls age 6 to 18.

Cheyenne -----307-778-6674

515 W Jefferson Rd., Cheyenne, WY

Hours: M-F 7:30AM-6:30PM

Rawlins -----307-324-8905

725 E Brooks St., Rawlins, WY

Hours: M-F 3-6PM, Out of School Hours 7:30AM-6PM

• **Boys Town National Hotline**----- 1-800-448-3000

----- TDD: 1-800-448-1833

- 24-hour, short-term, crisis intervention hotline and referral. English, Spanish, and 140+ languages supported.

• **Boy Scouts of America** -----

Find Scouting Near You -----<https://beascout.scouting.org/>

- Scouting is a fun, hands-on learning and achievement program that puts boys and girls in the middle of the action, preparing them for today – and for life.

• **Brent Eley Foundation** -----720-343-2800

11980 E 16th Ave., Aurora, CO

Hours: M-F 9AM-5PM

- Offers housing and tactical support for families with children; who are traveling to Denver to seek treatment for life threatening cancer.

• **Buffalo Run Residential (low-income)**-----307-328-0289

808 W. Buffalo St. #4A, Rawlins, WY

- One-, two- and three-bedroom apartments to applicants who qualify at less than 50% of area median income.

• **Capital Greens at Harmony Apt. (low-income)**-----307-635-7422

940 W College Dr., Cheyenne, WY

- Accepts Cheyenne Housing Authority.

• **Carbon County Cab, Rawlins** -----307-324-9442

Box 1204 Rawlins, WY 82301

- 24-hour cab service, including long distance.

• **Carbon County Higher Education Center** -----307-328-9274

1650 Harshman St., Rawlins, WY

Hours: M-Th 8AM – 5PM, F 8AM- 4PM

- Provides adult basic education, GED tutoring and test site, English as a second language courses, college credit classes through Western Wyoming College and noncredit classes.
- **Carbon County Counseling Center** -----307-324-7156
On Call 24/7 for emergency services-----307-354-7156
721 W Maple, Rawlins, WY
Hours: M-F 8AM – 5PM
 - Outpatient mental health and substance abuse center. Sliding Fee Scale and free to all veterans and their immediate family.
- **Carbon County Memorial Hospital** -----307-324-2221
2221 Elm St., Rawlins, WY
 - Acute care, extended care, in-patient services (Medical, Surgical, Obstetrics, and ICU), out-patient services (Surgical, Emergency, Children’s Clinic, Urology, Cardiology, Obstetrics, Gynecology, Gastroenterology, Ophthalmology, Audiology and ENT), & home health care services are also available.
- **Carbon County School District #1** -----307-328-9200
615 Rodeo St. Rawlins, WY
Hours: M-F 8AM-5PM
- **Carbon County School District #2** -----307-326-5271
315 N 1st St., Saratoga, WY
Hours: M-F 8AM-5PM
- **Carbon County Senior Services** -----307-328-0320
545 15th St., Rawlins, WY
Transportation Hours: M-F 7:30am-3:30pm
 - Senior services, congregate meals, home-delivered meals, bus service in areas around Rawlins/Saratoga. Call for more locations.
- **Carbon County Sheriff’s Office** -----307-324-2776
415 West Pine, Courthouse, Rawlins, WY
Hours: M-F 8AM-5PM
- **Carbon County Victim/Witness Program** -----307-328-7713
----- Dispatch (after hours) 307-324-2776
 - Assistance for victims of all crimes including: emergency on-scene crisis response, case status, information on court procedures, accompanying victims & witnesses to court hearings, filing victim

compensation claims, and referrals to other agencies for immediate needs.

- **Cathedral Home** -----307-745-8997
4989 N 3rd St., Laramie, WY
Hours: M-F 9AM-5PM
 - Dedicated to helping traumatized youth and their families by providing community prevention programs, residential placement, individual and family therapy for those who require a combination of therapeutic, educational, and clinical services in a group care setting.
- **Community Resource Center** -----307-742-3302
515 S 5th St., Laramie, WY
Hours: M-F 9AM-5PM
 - Promotes client resiliency and family unity by providing case management, learning opportunities for clients to develop life skills to coordinate service care needs. Services are free of charge to eligible clients.
- **Youth Crisis Center** -----307-742-5936
960 N 5th St., Laramie, WY; 24-Hour Hotline
 - See description above. Also houses the Albany County Expelled and Suspended (ACES) voluntary program that helps kids stay on track academically.
- **Catholic Charities of Wyoming** -----800-788-4606
 - Mental health counseling. Diapers, senior housing, homeless youth assistance, etc. Assists with rent payments, utilities, and other. Confidential adoption and pregnancy counseling.
- **Cheyenne** -----307-637-0554
507 E 18th St., Cheyenne, WY
Hours: M-F 8AM-5PM
- **Cathy Gardens (senior housing)** -----307-324-3272
----- Toll Free Advisor: (855) 999-4938
548 15th St., Suite 210, Rawlins, WY
 - Senior living with assistance and in-home care agency.
- **Cent\$ible Nutrition** -----
Hours: M-F 8AM-5PM
 - Helping families eat better for less, classes designed to help stretch your grocery budget while providing nutritious meals for your family.

- Cheyenne -----307-633-4383
1400 E. College Drive Pathfinder Bldg, Room 406D Cheyenne, WY
Hours: M-Th 8:30AM-6:30PM, F 8:30AM-5PM
- Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).
- Laramie -----307-766-5375
1000 E. University Avenue Dept. 3354, Laramie, WY
Hours: M-F 8AM-5PM
- Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).
- Rawlins -----307-328-2642
Carbon Bldg, Room 393, Rawlins, WY
- Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).
- University of Wyoming State Office -----307-766-5375
- **Cheyenne Family YMCA** -----307-634-9622
1426 E Lincolnway, Cheyenne, WY
Hours: M-Th 5AM-9PM, Sat 7AM-5PM, Sun Closed
 - **Cheyenne Foster Closet**-----307-316-2876
6101 Yellowstone Rd. Suite B100 Cheyenne, WY 82001
 - Provides clothes and other needs for Licensed Foster Families in the Cheyenne area.
 - **Cheyenne Housing Authority** ----- www.cheyennehousing.org
 - Housing assistance (Section 8 subsidized and public housing). Apply online or in person. Will not allow most felonies- violent offenders, drug offenders, sexual assault, or registered sex offenders.
- Cheyenne -----307-633-8317
3304 Sheridan Ave., Cheyenne, WY
Hours: M, T, Th-F 8:30AM-5PM, W 8:30AM-Noon
- Laramie -----307-745-4409
1265 N 4th St., Laramie, WY
Hours: M, W, F 9AM-4PM Closed Noon-1PM, T and Th 1-4PM
- **Cheyenne North Apartments** (low-income) -----307-778-8385
4941 King Arthur Way, Cheyenne, WY
 - Income Based. Will not allow violent offenders, drug offenders, sexual assault, or registered sex offenders.

- **Cheyenne Police Dept. Victim Assistance**-----307-637-6507
Dispatch (after hours)----- 307-637-6525
415 W 18th St., Cheyenne, WY
 - Assistance for victims of all crimes including: emergency on-scene crisis response, case status, information on court procedures, accompanying victims & witnesses to court hearings, filing victim compensation claims, and referrals to other agencies for immediate needs.
 - **Cheyenne Regional Medical Center** -----
Dasa Robertson (Insurance Marketplace Navigator) -----307-432-3648
214 East 23rd ST. Cheyenne, WY
 - Dasa is an Enroll Wyoming Navigator equip to aid people in finding suitable and affordable health insurance and coverage.
 - **Cheyenne Station Apartments** (low-income)-----307-778-4196
1607 Taft Ave., Cheyenne, WY
 - Income Based. Will not allow violent offenders, drug offenders, sexual assault, or registered sex offenders.
 - **Cheyenne Transit Program** -----307-637-6253
322 W Lincolnway, Cheyenne, WY
Hours: M-F 6AM-7PM, Sat 10AM-5PM
 - **Child Support Enforcement** -----307-777-7564
 - Works to find parents, establish paternity, child support/medical support, and enforce or modify the same.
 - **Child Support Services of Wyoming** -----
 - Services include locating the non-custodial parent and custodial parent, establishing paternity, issuing court orders for child and/or medical support, collection of child support, enforcement of support obligations.
- Cheyenne -----307-635-3365
2015 Carey Ave., Suite 601, Cheyenne, WY
- **Children, Youth, & Family (CYF)** -----970-498-7000
1501 Blue Spruce, Drive, Fort Collins, CO 80524
2555 Midpoint Drive, Fort Collins, CO 80525
2573 Midpoint Drive, Fort Collins, CO 80525
 - Works with children who are at risk of being abused or have been abused or neglected. Also, with children who are beyond their parent's

control, have delinquent behavior, and/or have violated the law. CYF has a number of specialized programs devoted to serving the children and families of Larimer County.

- **Children’s Dentistry** -----307-742-5437
2710 E Harney St., Suite 102, Laramie, WY
Hours: Th and F 8AM-3PM
 - New patients accepted up to the age of 17 years old.
- **Cimarron Village** (Mobile Home Park) -----307-632-0722
300 E Prosser Rd., Cheyenne, WY
- **Climb Wyoming** ----- www.climbwyoming.org
 - Helping low-income single mothers on their path to economic self-sufficiency. Programs that train and place women in demand occupations and careers.
Cheyenne -----307-778-0094
123 17th St., Cheyenne, WY
Laramie -----307-742-9346
217 S 1st St., Suite 3, Laramie, WY
- **Clothing Cottage Thrift Boutique** -----307-745-0625
310 E University Ave., Laramie, WY (St. Matthew’s)
Hours: W-Sat Noon-4PM
 - Inexpensive clothing, shoes, and accessories for families.
- **Colorado Legal Services** -----970-493-2891
211 West Magnolia Street, Ft. Collins 80521
Walk in hours: M-F 8:30AM-Noon and 1-4:30PM
 - Provides access to high quality, civil legal services to low-income persons in Colorado. Helps with public benefits/government programs, unemployment, Medicaid, Food Stamps, and other programs. Call for more details.
- **COMEA Homeless Shelter** -----307-632-3174
1504 Stinson Ave., Cheyenne, WY
 - Emergency shelter serving men, women, and families. Also assists travelers passing through Cheyenne with food, gas, and bus tickets.
- **Community Action of Laramie County** -----307-635-9291
1920 Evans Avenue, Cheyenne, WY 82001

- Supports self-sufficiency through access to healthcare, education, temporary housing, case management, and advocacy through community partnerships.
- **Connemara Apartments** (low-income) -----307-755-5000
2110 Binford St., Laramie, WY
Hours: M-F 8AM-5PM
- **COVE (Family Violence Program)** -----307-324-7071
711 W Pine St, Rawlins, WY 82301 ----- 24/7 Hotline: 307-324-7071
Hours: M-F 8AM-5PM
 - Crisis Intervention support services for victims of domestic violence and substance abuse, emergency shelter services and clothes, legal support and referrals.
- **Crossroads Clinic** -----307-632-8064
100 Central Ave., Suite 100, Cheyenne, WY
Hours: M-Th 7AM-Noon, M-W 1-4PM, Th 4:30-7:30PM, F 7-11:30AM
 - Provides primary medical care, mental health services, and substance abuse services.
- **Crossroads Safehouse** -----970-482-3502
421 Parker St., Fort Collins, CO-----Hotline: 1-888-541-7233
Hours: 24 hours a day, 7 days a week for those in need
 - Located between Peterson and Whedbee on Parker St, one block south of Prospect Ave. Parking is available on Parker.
- **Cyber Wyoming Alliance** -----307-314-2188
 - Community resource programs include a Senior Alert Program, Cyber-in-a-Box, educational games for kids (great for lunch programs), and other services for community cyber security needs.
- **Dad’s Making a Difference** -----307-777-3717
5221 Yellowstone Rd. Cheyenne, WY-----307-777-3639
 - A training to work program for low-income workers.
- **DBL Holdings** (Mobile Home Park) -----307-778-4999
3008 Terry Rd Cheyenne, WY, 82007
- **Destiny Church** -----307-634-4657
711 Warren Ave., Cheyenne, WY
Hours: M-F 9AM-4:30PM
 - Clothing and some house items available.
- **Department of Family Services (DFS)** -----

- Child protection, Supplemental Nutrition Assistance Program (SNAP), child support enforcement, Medicaid, adoption, foster care, financial and social services. Childcare assistance for eligible families; recruitment of foster parents.
- Cheyenne -----307-777-7564
2300 Capitol Ave., Cheyenne, WY
Hours: M-F 8AM – 5PM
- Laramie -----307-745-7324
3817 Beech St., Suite 200, Laramie, WY
Hours: M-F 8AM - 5PM
- Fort Collins -----970-498-6990
1501 Blue Spruce Dr., Fort Collins, CO
- Rawlins -----307-328-0612
Carbon Building, 215 W Buffalo, Suite 359, Rawlins, WY
- **Developmental Preschool & Daycare**-----307-742-6374
1771 Centennial Dr., Laramie, WY
 - Childcare for children from birth through 9 years old. Sliding fee based on income. Early intervention services offered i.e., special education and speech-language. Call for more details.
- **Disabled American Veterans (DAV)**-----307-433-2752
2360 E Pershing Blvd, Cheyenne, WY 82001
 - Free rides to/from the VA Medical Center in Cheyenne.
- **Division of Vocational Rehab** -----307-777-7364
2617 East Lincolnway #B., Cheyenne WY 82002
 - Helping people with disabilities, both physical and mental to find employment.
- **Douglas Scambler, PhD** -----307-314-2345
507 S 4th St., Laramie, WY
 - Infants, toddlers & children; Autism, developmental displays, ADHD, anxiety, depression & behavioral problems.
- **Downrange Warriors** -----307-578-8484
 - Offer mental health and support services for veterans and their families dealing with PTSD.
- **Downtown Clinic** -----307-745-8445
611 S 2nd St., Laramie, WY
Hours: T & Th 9AM - 3PM, W 2PM - 7PM; Rx pickup: Th 5 - 6PM

- Free non-emergency healthcare for men/women who do not qualify for Medicaid/Medicare, VA Benefits, or other health insurance coverage. Includes primary care, nursing, social work, specialty care, counseling, medications, vaccinations, and referrals.
- Legal Clinic: Divorce/custody; landlord/tenant issues; debt/consumer problems. No traffic violations or criminal matters.
Call **Equal Justice Wyoming** for more information----- 1-877-432-9955
- **Drug & Alcohol Addiction Rehab Centers**----- 1-800-681-3128
-----<https://www.addictions.com/rehabs/wyoming/>
- Free mental health and substance abuse resources for people at any stage of their recovery journey, including resources/treatment, warning signs, how to talk to a family member, definitions of different types of treatment, and a local treatment center directory.
- **Element Church** -----307-635-1316
600 E Carlson St., Suite 201, Cheyenne, WY
Hours: M-Th 10AM-3PM, Sun 9-10AM, 11AM-Noon.
 - Food Pantry and children’s playground resources.
- **Encampment Police Department** -----307-326-8316
 - In case of Emergency call **911**.
- **Energy Basin Clinic** -----307-325-6596
1008 Feldspar Ct., Hanna, WY
 - Provides medical care through outpatient clinic.
- **Energy Share of Wyoming**-----
822 W. 23rd Street, Cheyenne, WY 82001
 - Emergency assistance with energy bills to avoid disconnects between December and May.
- Cheyenne Salvation Army -----307-634-2769
Albany/Carbon County Residents -----303-866-9296
Other areas call ----- 1-877-461-5719
- **Eppson Center for Seniors & SATS** -----307-745-5116
1560 N 3rd St., Laramie, WY
Hours: M-F 8AM-4PM
Lunch served M-F 11:30AM-12:30PM

- Low-cost opportunities to improve social integration, creativity, nutrition, physical well-being. Provides transportation, home delivered meals, and some weekend activities.
- Senor Assisted Transportation Services (SATS)-----307-745-1511
Hours: M-F 8:30AM-3:30PM
Transportation service for eligible individuals 60+. Application required. Rides must be scheduled 48 hours in advance.
- **Equal Justice Wyoming** ----- 1-877-432-9955
-----307-777-8383
2300 Capitol Ave., Cheyenne, WY
Hours: M-F 9AM-4PM
 - Statewide legal services hotline. Help eligible WY residents connect with legal resources and find ways to address legal issues including support/resources for those representing themselves in court.
- **Excel Preschool** -----307-326-5839
204 W Spring, Saratoga WY
Hours: M-F 8AM-4PM
 - Providing screening, developmental services, preschool, family services, and referrals. Ages birth -5 years.
- **Family Care Clinic** -----307-745-0085
204 McCollum St., Suite 104, Laramie, WY
Hours: M-F 8AM-5PM
 - Providing patient centered care in order to provide quality and well-rounded health care to the Albany County community.
- **Family Physicians of Laramie** -----307-742-3242
2710 E Harney St., Suite #202, Laramie, WY
Hours: M-Th 8AM-5PM
 - Providing a variety of health services to the Laramie community with experienced providers to all ages and life stages.
- **Family Promise**-----
 - A community response to homeless families with children. Shelter, meals, and supportive services to help families achieve sustainable independence.
- Albany County ----- 307-742-6480
215 S 11th St., Laramie, WY (United Presbyterian Church)
Hours: M, W, F 9AM-12PM, T, Th 9AM-4PM

- Cheyenne -----307-772-8770
2950 Spruce Dr. (basement), Cheyenne, WY
Hours: M-F 8AM-5PM
- **Feeding Laramie Valley** -----307-223-4399
968 N 9th St., Laramie, WY (LaBonte Park)
Hours: M-F 9AM-4PM; Sat 10AM-Noon (summer only)
 - Fresh food sharing: collection and distribution to individuals, families, and organizations. Community gardening: installation, sponsorship, coordination and mentoring.
- **Fire Department (emergency)**----- Dial 911
Non-emergency-----307-721-5332
209 S 4th St., Laramie, WY
- **First Christian Church** -----307-634-7878
219 W 27th St., Cheyenne, WY
Hours: M-F 9AM-2:30PM, Sun 10AM-Noon
 - Call for appointment to speak about adverse situations and get counseling.
- **Fort Collins Rescue Mission**-----970-224-4302
316 Jefferson St., Fort Collins, CO
 - Helping people experiencing homelessness and addiction through emergency meals, shelter, and long-term programs.
- **Foster Grandparent Program**-----
 - Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.
- Albany County -----307-223-1051
968 N 9th St., Laramie, WY
- Cheyenne -----307-634-1265
510 W 29th St., Cheyenne, WY
- **Food Bank for Larimer County** -----970-493-4477
1301 Blue Spruce Dr., Fort Collins, CO
- **Fox Farm Townhomes Apt. (low-income)**-----307-288-5111
515 W Prosser Rd., Cheyenne, WY
 - Min. & Max. income. Qualifications apply.
- **Free Wi-Fi 📶 and/or Bathrooms ★** (in Laramie)-----

- Unless otherwise stated, available only during operating hours. Refer to organization's listing for more details.
- Albany County Public Library, 310 S 8th St. (computer lab) ☎ ★
- American Legion, 417 E Iverson Ave. (for veterans) ☎ ★
- Eppson Center for Seniors, 1560 N 3rd St (60 and older) ☎ ★
- LCCC Campus, 1125 Boulder Dr. (computer lab in library) ☎ ★
- Laramie Soup Kitchen, 3rd & University Ave ☎ ★
- Portable restroom available 24/7 in parking lot.
- Laramie Workforce Center, 3817 Beech St., #100 ☎
- Must be work related; Workforce Account required.
- Spic and Span Laundromat, 272 N 4th St. (ask for wi-fi password) ☎ ★
- Truck Stops, Gas Stations (ask clerk), and Rest Areas ★
- University of Wyoming, throughout campus (uwyo guest) ☎ ★
- Visit Laramie, 800 S. 3rd St. ★
- **Frontier Apartments** (low-income)-----307-274-0565
1901 Central Ave., Cheyenne, WY
- Studios and 1-bedroom apartments. Utilities included.
- **Frontier United Methodist Church** -----307-778-3098
1888 E Four Mile Rd., Cheyenne, WY
Hours: M-F 9AM-2PM
- Rent and utility funding programs application assistance.
- **Gentle Touch Dentistry** (Adult Dental)-----307-632-0565
1716 Warren Ave., Cheyenne, WY
Hours: M-F 8AM-5PM
- Providing preventative dental services as well as emergency needs.
- **Glacier Place Apartments** -----307-459-2545
3912 Beech St. Laramie, WY 82070
- Low-income housing available for those who qualify.
- **Good Vibes Garage** -----307-399-2820
5010 S Chaparral Dr., Laramie, WY
Hours: M-F 8AM – 5PM
- Auto repair shop with income-based pricing.
- **Goodwill: Cheyenne** -----307-634-0823
612 W 17th St., Cheyenne, WY
Hours: M-F 8AM-5PM
- Thrift Store: secondhand clothes, home goods, furniture, etc.

- **Goodwill: Laramie** -----307-460-9566
1575 N 4th St., Laramie, WY
Hours: M-Sat 9AM-7PM, Sun 10AM-6PM
- Thrift Store: secondhand clothes, home goods, furniture, etc.
- **Grace United Methodist Church** -----307-634-7472
2950 Spruce St., Cheyenne, WY
Hours: M-Th 8:30AM-12:30PM
- Rental and Utility assistance up to \$100.
- **Grand Avenue Urgent Care**-----307-760-8602
3236 E Grand Ave., Suite D, Laramie, WY
Hours: M-F 9AM-8PM, Sat 9AM-6PM, Sun 9AM-4PM
- Minor emergencies, sports physicals, x-rays, family medicine, women's health. No appointment necessary.
- **GreenPath Debt Solutions** -----307-922-0887
2232 Dell Range Blvd., Suite 316, Cheyenne, WY
- **GreenRide Airport Shuttle** (for DIA) -----307-459-4433
- Shuttle service to or from Denver International Airport.
- **Greyhound Bus Station, Laramie** -----800-231-2222
1770 N. McCue St., Laramie, WY 82072
- Tickets can ONLY be purchased by phone or online. No tickets are sold by the gas station. Times vary based on ticket purchase.
- **Hanna Marshal's Office** -----307-325-9444
301 S Adams, Hanna, WY
- **Hanna Recreation** -----307-325-9402
8000 Highway 72, Hanna, WY
Hours: M-F 8AM-Noon, M-Th 4-8PM, Sun 1-5PM
- 25-yard indoor pool, hot tub and sauna, racquetball, aerobics, weight room, gyms for basketball, coed softball, soccer, coed volleyball, Utah Jazz Jr. basketball, cardiovascular equipment.
- **Head Start of Laramie** -----307-742-6792
365 W Grand Ave., Laramie, WY - Lincoln Community Center
Hours: M-F 8AM-3PM
- Free preschool program for children ages 3-5; priority given to low-income families or those with high risk factors. Applications accepted year-round.
- **Healthworks Pharmacy**-----307-635-3618

2508 E Fox Farm Rd., Suite 1A, Cheyenne, WY

Hours: M-F 8:30AM-5:30PM

- Sliding fee for medications and medical assistance.

- **Healthy Communities Medicaid/CHP+ Outreach Program**

1525 Blue Spruce Dr., Fort Collins, CO -----970-498-6754

- Helping families with children under age 21 and pregnant women apply for and learn more about Medicaid and/or the Child Health Plan Plus (CHP+).

- **Healthy Kids Rx** -----307-760-5898

CrossFit 7220, 411 S 20th St., Laramie, WY

- Promoting healthy lifestyles for at-risk youth through year-round after school and summer classes at no cost for all Albany County youth.

- **Heart to Heart Pregnancy Center**-----307-745-3444

----- Emergency: 1-800-712-HELP

920 E Sheridan St., Laramie, WY

- Christian ministry providing free pregnancy testing and ultrasounds, unplanned pregnancy and post-abortion grief counseling, and adoption referral. Infant clothing, diapers, and car seats can be earned by attending parenting classes.

- **Hospice of Laramie** -----307-745-9254

1754 Centennial Dr., Laramie, WY

Hours: M-F 8AM-5PM

- Professional health care for people nearing the end of their life and resources/counseling groups to support the dying, their families, youth, and friends.

- **House of Neighborly Service, Loveland** -----970-667-4939

1511 E. 11th St. Suite 100, Loveland, CO 80537

Hours: M-Th 9AM-4PM, First Thursday of month Noon-4PM

- Emergency services to individuals and families. Assistance with utility bills up to \$100.

- **Inside Connection – Pregnancy Resource Center**-----307-362-5277

----- 24/7 Hotline 1-800-712-4357

731 C St., Bldg. B, Rock Springs, WY

Hours: M, W, & Th 10AM-4PM

- Free and confidential services for women and men who are dealing with unexpected pregnancies.

- **Isaac Loves His Hooman** -----

----- <https://isaacloveshishooman.org/>

1465 N 4th St., Suite 110, Laramie, WY

- Matches service dogs to eligible veterans and first responders.

- **Iverson Memorial Hospital**-----307-742-2141

255 N 30th St., Laramie, WY

Behavioral Health -----307-742-0285

Crisis Intervention (24-hr Crisis Line) -----307-742-0285

Emergency Room -----307-755-4410

- Sexual Assault & Forensic Nurse Program

Family Care-----307-755-4710

Family Medicine, (DO)-----307-460-9497

204 McCollum St., Suite 102, Laramie, WY

Internal Medicine, (MD)-----307-745-8999

3116 E Willett Dr., Laramie, WY

Pediatric & Family Care, (MD, DNP)-----307-755-4540

Women’s Health Clinic -----307-755-4540

- **Jason’s Friends Foundation**-----307-235-3421

340 West B St., Suite 101, Casper, WY

Hours: M-F 8:30AM-2:30PM

- Non-medical assistance (travel/financial) for families of children with brain/spinal cord tumors & other childhood cancer. Provides advocacy, financial help & encouragement (for children under 21 years old and parent must be a resident of Wyoming).

- **Job Corps** -----307-287-6260

1510 E Pershing Blvd., #1028, Cheyenne, WY

- Career training and education assistance programs for people between the ages of 16 and 24.

- **Juntos Wyoming**-----

English-----307-286-7384

Español -----307-631-0046

- Rapid response for people being confronted or detained by ICE or law enforcement. Legal support services for immigrants who feel their rights have been violated.

- **La Leche League** -----

- Information and encouragement to breastfeeding mothers through mother-to-mother support.
Fort Collins -----Jerica – 970-980-6773
- **Laramie Breastfeeding Coalition**-----307-721-2561
 - See descriptions under **Public Health** and **Women, Infants, and Children (WIC)**.
- **Laramie Chamber Business Alliance** -----307-745-7339
528 South Adams Street, Laramie, WY 82070
Hours: M-F 8:30AM-4:30PM
 - Information on Laramie businesses, education, activities, recreation, etc.
- **Laramie Connections** -----307-206-0607
920 E. Sheridan St. Laramie, WY 82070
Sunday Hot Meal Hours: Sun 4:30-5:30PM
Sunday Meal Location: 1517 E Canby St, Laramie, WY 82072
 - Free Sunday Meals, Transportation Services, Low Income Moving Services, Volunteer resourcing, and more. Call to schedule services.
- **Laramie County Community College (LCCC)**-----
Albany County Campus-----307-721-5138
1125 Boulder Dr., Laramie, WY
 - Wide range of certificate and Associate Degree programs. College preparation, general education courses, and a selection of academic and career/technical degree programs available. The Teaching and Learning Center offers adult basic education/GED, basic computer skills, English for speakers of other languages and career skills.
- Main Campus -----307-778-5222
1400 E College Dr., Cheyenne, WY
- Dental Clinic (Adult Dental) -----307-778-1141
 - Low-cost cleaning and exams from \$16-\$44.
Call for appointment.
- Transitional Services -----307-778-1288
- **Laramie County Family Planning** -----307-633-4040
100 Central Ave., Cheyenne, WY
 - Family planning and reproductive health services for people. Accepts Medicaid and most private insurance as well as a sliding fee scale.
- **Laramie County Head Start** -----307-634-5829

- 711 Warren Avenue, Cheyenne, WY
- Free preschool serving children ages 3-5.
- **Laramie County School District** -----307-771-2100
2810 House Ave., Cheyenne, WY
- **Laramie County Senior Services** -----307-635-2435
2101 Thomes Ave., Cheyenne, WY
Senior activities center free bingo, free rental home care equipment, free library for folks ages 60+. Call for more details.
- **Laramie Dance Center**-----307-742-6767
170 N 2nd St., Suite B, Laramie, WY
All ages welcome.
- **Laramie Dental Arts** (Family Dental)-----307-745-5020
352 N 4th St., Laramie, WY
Hours: M, T, Th 8AM-4PM, W 8AM-5PM, F 8AM-1PM
- **Laramie Fire Department**-----307-721-5332
209 S 4th St., Laramie, WY 82070
 - Installation of infant and youth car seats. Instruction on safe usage & updates information on car seat recalls.
- **Laramie Pridefest**-----307-314-2465
Laramie Plains Civic Center. Room 343
710 E. Garfield St. Laramie, WY 82070
 - Laramie Pridefest is dedicated to celebrating, honoring, and supporting Laramie’s LGBTQ+ community through events based programming.
- **Wyoming Kids Closet**-----561-729-2945
215 S 11th St, Laramie, WY 82070
Hours: M, W 3-7PM, F 8AM-Noon
 - For Licensed Foster Families in Albany County, only.
- **Laramie Ice & Event Center** -----307-721-2161
3510 Garfield St., Laramie, WY
- **Laramie Interfaith**-----307-742-4240
712 E Canby St., Laramie, WY
Pantry Hours: M&W 11AM-4:30PM, Tu&Th 11AM-6PM
 - Food Pantry and personal hygiene items, diapers, baby food, etc.
Client Services Hours: M-Th 9AM-1PM (Walk-In), By Appt: M-Th 2-4PM

- Partial/limited financial assistance toward rent, utility payments, and prescription drug costs. Assists with bus tickets out of town.
USDA Food Commodities: 1 Friday per month 11AM-4PM
- Income restricted food distribution (TEFAP). Visit website for more information including next distribution date.
- **Laramie Pediatrics, (MD, FNP)**-----307-745-3704
1252 N 22nd St., Suite B, Laramie, WY
- **Laramie Physicians Women & Wellness Clinic**-----307-745-8991
1277 N 15th St, Laramie, WY 82072
➤ (MD, PNP, FNP, IBCLC).
- **Laramie Plains Civic Center**-----307-745-8000
710 E Garfield St., Laramie, WY
➤ Gyms available for recreational opportunities. Call for more information.
- **Laramie Plains Lions Club**-----307 742-5960
➤ Vision/eyeglasses assistance. Pick up application at any eye doctors office or Department of Family Services.
- **Laramie Plains Museum**-----307-742-4448
603 Ivinson Ave., Laramie, WY
Hours: T-Sat 11AM-4:30PM
➤ Tours of the Victorian Mansion and Carriage House. Guided tours last approximately one hour. Extended summer hours.
- **Laramie Police Department (emergency)** ----- Dial 911
Non-emergency (24/7) -----307-721-2526
620 E Plaza Ct., Laramie, WY
- **Laramie Public Art Coalition**-----307-223-5722
➤ Free public art tours and presentations. Call for schedule.
- **Laramie Recreation Center**-----307-721-5269
920 Boulder Dr., Laramie, WY
Hours: M-F 5AM-8PM, Sat 7AM-6PM, Sun 11AM-6PM
➤ Classes and recreational opportunities for children and adults.
Indoor/outdoor leisure pools, gymnasium, exercise equipment, indoor playground, teen center. Special activities planned throughout the year. Childcare available during certain times for a fee. Call for schedules and registrations.

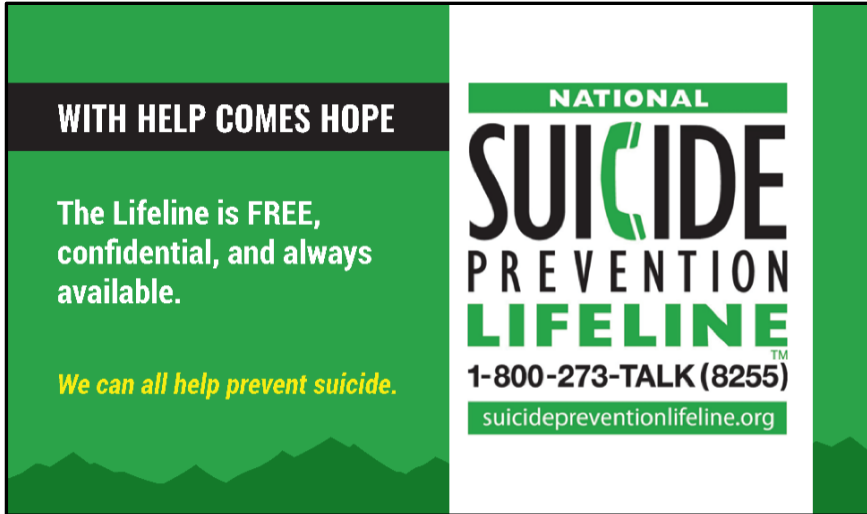
- School Age Child Care (SACC): Safe and supervised after-school program offered during the school year to children K-6 grade. Sliding fee based on income and family size.
- **Laramie Reproductive Health** -----307-745-5364
605 Skyline Rd. #201 Laramie, WY 82070
Hours: M-F 9AM-5PM
➤ Reproductive health care; contraception; STI testing; rapid HIV testing; pregnancy testing & counseling; birth control education; contraceptive supplies, and reproductive health education. Sliding fee scale.
- **Laramie Senior Housing**-----307-721-5915
404 S 30th St., Laramie, WY
Hours: M-F 8AM-5PM
➤ Apartments for seniors 55 and older.
- **Laramie Soup Kitchen** -----307-460-1605
Lower Level of St. Matthew’s Episcopal Cathedral
3rd St. & Ivinson Ave., Laramie, WY
Hours: M-F 8AM-2PM; Lunch 10:30AM-1:30PM
➤ Nutritious meals, opportunities for social interaction, and local resource information. All are welcome to enjoy meals at no cost in our friendly and safe environment.
- **Laramie Swim Club**-----
➤ Swimming club for children ages 3 through high school.
Contact via their website:
<https://www.teamunify.com/team/wylsc/page/system/contactus>
- **Legal Aid of Wyoming**-----877-432-9955
1920 Thomes Ave., Ste. 320, Cheyenne, WY 82001 -----307-432-0807
Hours: M-F 9AM – 4PM
➤ Free legal assistance to low-income individuals living in Wyoming.
- **Legacy Senior Apartments**-----
Sandra Malone-Community Mgr.-----307-742-2011
1621 Crystal Ct., Laramie, WY
Hours: M-F 8AM-5PM
➤ 48 apartments for seniors age 62 and over.
- **Levemir (Insulin Detemir)**----- 866-310-7549
➤ Works with clients on cost & payment for insulin.
- **Lexington Hills Apartments (low-income)**-----307-635-9191

514 Desmet Dr., Cheyenne, WY

- Accepts Cheyenne Housing Authority (CHA)
- **LifeChoice Pregnancy Care Center** -----307-632-6323
623 W 20th St., Cheyenne, WY
Hours: M, T 10AM – 4PM, W Noon-6PM
 - Pregnancy resources available.
- **LIV Health, Wyoming Office** -----307-630-4729
2622 Pioneer, Cheyenne, WY -----307-316-5375
Hours: M-F 8:30AM-4:30PM
 - Case management and in-home counseling services.
- **Low-Income Energy Assistance (LIEAP)**-----800-246-4221
822 W. 23rd St. Cheyenne, WY.
 - Heating and free home weatherization assistance.
- **LS Counseling** -----307-324-8820
1800 Edinburgh St., Rawlins, WY
Hours: M-Th 8AM-6PM, F 8AM-Noon.
 - Psychoeducational and counseling business that offers clinically comprehensive services
- **Medicine Bow Health Center** -----307-379-2222
514 Idaho, P.O. Box 37, Medicine Bow, WY
Hours: T-F 9AM-5PM
 - Provides medical care through an outpatient clinic.
- **Meals on Wheels** -----307-635-5542
2015 S Greeley Hwy, Cheyenne, WY
Thrift Store Hours: W-F 10AM-5PM, Sat 10AM-2PM
 - Home-delivered meals and other in-home services.
- **Medicaid Travel Assistance** ----- 1-800-595-0011
 - Travel authorization call center. Possible reimbursement for travel to medically necessary appointments. Must be on Medicaid.
- **Mothers of Preschoolers (MOPS)** -----
Snowy Range Evangelical Free Church-----307-742-0153
2552 N 15th St., Laramie, WY
Hours: T 9-11AM; childcare 8:45AM
 - September through May.
- **Mountainside Apartments (low-income)**-----307-772-4800
4109 Pershing Blvd., Cheyenne, WY

- Credit check is required for all. Adult-fees apply. Applicants must qualify through Affordable Housing Program.
- **Mountain Peak Therapy**-----307-264-0173
www.jhmountainpeaktherapy.com
 - Bilingual mental health remote counseling via Telehealth. Based out of Jackson, WY. Make an appointment online or over the phone. Has option for a sliding fee scale.
- **My Front Door** -----
100 W 4th St., Cheyenne, WY -----307-514-5831
904 S Colorado Ave., Laramie, WY-----307-745-4130
Hours: M-F 9AM-4PM
 - A home ownership program for qualifying low-income families & financial literacy education.
- **Narcotics Anonymous** -----866-801-6621
----- 24/7 Hotline: 800-407-7195
1215 E Gibbon St., Rm. 202, Laramie, WY
 - Support group for people in recovery from narcotics abuse.
- **National Domestic Violence Hotline** ----- 1-800-799-SAFE (7233)
-----<https://www.thehotline.org>
 - Free, confidential support to anyone experiencing domestic violence or seeking resources and information. Trained expert advocates available 24/7. English, Spanish, and other languages.
- **National (SAMHSA) Helpline**-----1-800-662-HELP (4357)
-----<https://www.samhsa.gov/find-help/national-helpline>
 - Free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **National Security Education Association (NSE)** -----888-298-1821
 - A research organization that provides digital and physical security education and resources.
- **National Sexual Assault Hotline**----- 1-800-656-HOPE (4673)
-----<https://hotline.rainn.org/online>
 - Connects to a trained staff member from a sexual assault service provider in the caller's area that offers access to a range of free services. Available 24/7 via phone or online chat.

- **National Suicide Prevention Lifeline**----- 1-800-273-TALK (8255)
-----Text WYO to 741-741
-----Call or Text 988
-----<https://988lifeline.org/>



- We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress. Also available: prevention and crisis resources for you or your loved ones.
- Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family/friends.
- **Needs, Inc.** -----307-632-4132
900 Central Ave., Cheyenne, WY
➤ Access to emergency food, clothing, school supplies, and some household items once a month. Must reside within Laramie County (please provide verification), photo ID, BC, SSC, and proof of income.
- **NU2U** -----307-742-3979
320 S 5th St., Laramie, WY
Hours: M-Sat 10AM-7PM, Sun 10AM-5PM
➤ Adult and children’s clothing, accessories, and maternity clothes.
- **Parents as Teachers** -----
➤ Free early childhood home visitation program enrolling expecting families and children birth to two years old.
Cheyenne-----307-438-1259

- 1401 Airport Parkway, Cheyenne, WY
Laramie -----307-256-3485
2020 E Grand Ave., Suite 413, Laramie, WY
- **Parents and Friends of Lesbians and Gays (PFLAG)** -----
Email ----- pflaglaramie@gmail.com
Website ----- <http://www.pflag.org/>
602 E Garfield St., Laramie, WY
St. Paul’s United Church of Christ – basement
Hours: 2nd Thursday of the month at 6:30PM
➤ Uniting people who are LGBTQ+ with families, friends, and allies.
Committed to advancing equality through support, education, and advocacy.
- **Pathfinder** -----307-635-0256
1920 Thomes Ave., Suite 320, Cheyenne, WY
➤ Alcohol and drug rehabilitation.
- **Pediatric Dentistry: Cheyenne**-----307-778-7100
1439 Stillwater Ave., Suite 7, Cheyenne, WY
➤ Medicaid for children under 19 years accepted.
- **Pediatric Dentistry: Laramie**-----307-745-5055
204 McCollum Dr., Suite 103, Laramie, WY
➤ Sees through the age of 18.
- **Pediatric and Family Care**-----307-755-4540
255 N 30th St, Laramie, WY 82070
Hours: M-F 8AM-5PM
➤ Appointment required.
- **Pendley & Associates**-----307-742-6222
1277 N 15th St., Laramie, WY
➤ Infants, toddlers, child, adolescent, adult, couples and family counseling. Healing, maintaining wellness & life renewal services.
Therapists trained in many specific healing and wellness modalities.
- **Platte Valley Medical Center** -----307-326-8381
1208 S River St., Saratoga, WY
Hours: M-F 8AM – Noon and 1-5PM, Emergency 24 hours
➤ Provides medical care through outpatient clinic.
- **Premium Health at Home** -----
➤ CNA’s, RN’s, Physical Therapy, Psychiatric Services.

- Laramie Office: -----307-745-8710
1262 N 22nd Street Suite B Laramie, WY 82072
- Rawlins Office: -----307-324-9356
1904 Edinburgh Street Rawlins, WY 82301
- **Prevent Child Abuse Wyoming** -----307-777-5452
2300 Capitol Ave., Suite B, 5th Floor, Cheyenne, WY 82001
 - Coordinating prevention efforts in Wyoming to reduce incidents of child neglect, physical, emotional, and sexual abuse.
 - **Project Prevention** -----307-328-3969
215 W Buffalo St., Rawlins, WY
 - Provides prevention Information on Alcohol, Tobacco and other Drugs.
 - **Project Reach Preschool** -----307-324-9656
1801 Edinburgh, Rawlins, WY
Hours: M-Th 8AM-3PM, F 8AM-Noon
 - Providing screening, developmental services, preschool, family services and referrals. Ages birth through 5 years.
 - **Protection and Advocacy System, Inc.** -----307-632-3496
7344 Stockman St., Cheyenne, WY
 - Protecting the rights of persons with disabilities.
 - **Public Health** -----
Albany County -----307-721-2561
609 S 2nd St., Laramie, WY
Hours: M-F 8–11:30AM, 1–5PM
 - Services for children up to the age of 19 with developmental delays, generic problems, chronic ear infections, etc. Program assists in finding and paying for medical care and transportation as well as connecting individuals and families with community resources.
 - Free Assistance to nursing mothers provided by trained lactation educators. Home visits as needed.
 - Immunizations for adults and children, strep testing, and STI testing.
 - Maternal and Child Health Services:
Best Beginnings/Welcome Home/Nurse Family Partnership. Early pregnancy information, presumptive Eligibility for Equality Care (financial assistance for eligible pregnant women).
 - See also **Women, Infants, and Children (WIC)**

- Carbon County-Rawlins-----307-328-2607
215 West Buffalo, Room 136, Rawlins, WY
- Carbon County-Saratoga-----307-326-5371
201 S River St., Saratoga, WY
- Laramie County Health Department -----307-633-4000
100 Central Ave., Cheyenne, WY
- **Quality Home Health** -----307-742-9035
2523 Garfield, Suite D, Laramie, WY
 - Provides minimal skilled nursing services; CNA’s/ HCBS/DD Waiver/ Private Insurance. 24-hour care.
 - **Rainbow Vista Apartments (low-income)**-----307-745-5044
2111 Rainbow Ave., Laramie, WY
 - **Rawlins Animal Shelter** -----307-328-4534
Airport Rd., Rawlins, WY
 - Providing a safe place for animals to search for their forever homes.
 - **Rawlins C.A.T.S. Bus** -----307-320-5267
City Hall, Rawlins, WY
 - Provides transportation to residents of Rawlins.
 - **Rawlins Clinic** -----307-324-2294
1906 E Cedar, Rawlins, WY
Hours: M-F 8AM-6PM
 - Urgent Care, Occupational Medicine & Testing-OccMed, Mental Health, Women’s Health, Cardiology.
 - **Rawlins Emergency Management** -----307-328-2750
924 3rd St. Rawlins, WY
 - Public information, search and rescue, preparedness tips, homeland security and WY disaster readiness.
 - **Rawlins Family Recreation Center** -----307-324-7529
1616 Harshman St., Rawlins, WY
Hours: M-Th 5:30AM–9PM, F 5:30AM–8PM, Sat and Sun 7AM–3PM
 - Racquetball, Volleyball, Handball, Aerobics classes, Weight Room, Basketball, Indoor tennis, Indoor shooting range, Soccer, Softball, Football, Baseball. Seasonal leagues and tournaments are available.
 - **Rawlins Police Department** -----307-328-4530
215 5th St., Rawlins, WY
Administrative Office Hours: M-F 8AM-5PM

- Victims Advocate: Helping victims cope with the crisis at hand. An advocate for witnesses and victims in the criminal justice system.
- **Recover Wyoming** -----307-421-7261
122 W Lincolnway, Cheyenne, WY
Hours: M-F 9AM-5PM
- Addiction Support.
- **Retired Senior Volunteer Program (RSVP)** -----307-633-8333
3304 Sheridan St., Cheyenne, WY
- Providing enriching experiences to people 55 and older while fulfilling community needs.
- **River Run Apartments** (low-income)-----307-742-6393
1228 S 17th St., Laramie, WY
- **Rock River Food Pantry** -----307-760-0431
321 Ave. D, Rock River Town Hall
- A food pantry for the residents of Rock River, WY. Food Bank delivery days and hours available online.
- **Rocky Mountain Power** -----888-221-7070
- Partners with families for utility assistance.
- **Ronald McDonald House** -----303-832-2667
1300 E 21st Ave., Denver, CO
Open 24 Hours
- “Home away from home”- temporary lodging facility for families of hospitalized children under age 18.
- **SAFE Project**-----HOTLINE: 307-745-3556
319 S Lincoln (office) -----307-742-7273
108 Knight Hall, UW Campus office -----307-766-3434
- 24-hour hotline; crisis intervention; options counseling; referral services; emergency food and shelter for victims of domestic violence, sexual assault, stalking, child abuse, or elder abuse.
- **Safe Ride** -----307-766-7433
Laramie, WY
Operates Thursday to Saturday Nights.
- Fort Collins -----970-207-4472
3901 S Mason St., Fort Collins, CO
- **Safe 2 Tell Wyoming** ----- 1-844-996-7233
320 West 25th Street Cheyenne, WY 82002----- (307) 777-8787

- Statewide bystander tip-line for confidentially reporting concerns in Wyoming. Answered by the Wyoming Highway Patrol communications center.
- **Season’s Psychiatric Clinic** -----307-755-6463
311 S 2nd St., Laramie, WY
- Serving children, families and young adults.
- **Safehouse Services**-----307-634-8655
714 W Fox Farm Rd., Cheyenne, WY
- Offers shelter, support groups, advocacy programs for healthy relationships. 24 hour crisis care and safety planning.
- **Shandon Park Apartments** (low-income) -----307-324-8422
3020 Lerwick Dr., Rawlins, WY
- **Salvation Army** -----
Cheyenne -----307-634-2769
601 E 20th St., Cheyenne, WY
- Food T-W 9AM-Noon, Lunch daily at Noon, Hygiene M-F 9AM-3PM, Rent/Utilities Eviction or shut off notice required (limited), Energy Share of Wyoming Dec-May.
- Fort Collins -----970-207-4472
3901 S Mason St., Fort Collins, CO
- **S.A.T.S**-----307-745-1511
(Senior Assistance Transportation System)
1560 N 3rd St., Laramie, WY
Hours: M-F 8AM-4PM, Sat 9AM-1PM
- Public transportation for senior citizens, the disabled, and the transportation disadvantaged. Call at least 24 hours ahead for an appointment. \$3 per one-way ride.
- **Snowy Range Consulting, LLC**-----307-745-5414
526 S Regency Dr., Laramie, WY
- Mark Watt, PhD, JD. All ages including older adults; forensic ADHD and educational assessment.
- **Snowy Range Health Center** (APRN)-----307-460-9888
100 S. 6th Street, Laramie, WY
- Providing patient centered health care services to families and individuals.
- **Social Security Administration**-----800-772-1213

3001 Pershing Blvd., Suite 140, Cheyenne, WY

- Federal disability benefit application.

Phone Service Only.

- **South Central WY Health Care & Rehabilitation**

542 16th St., Rawlins, WY -----307-324-2759

Hours: M-F 8AM-5PM

- Eligibility: Medicare, Medicaid, etc. Provides nursing, rehab, social and support services including daycare, respite care, and short term and long term stays for adults who need nursing home care.

- **Specialty Counseling & Consulting** -----307-459-3670

427 S 21st St, Laramie, WY 82070

Hours: F 8:30- 11:30AM

- Free limited consultation services by appointment.

- **St. Christopher's Episcopal** -----307-632-4488

2602 Deming Blvd., Cheyenne, WY

Hours: F 8:30- 11:30AM

- Weekly Food Assistance. No ID required.

- **St. Joseph's Catholic Church** -----307-275-0567

603 House Ave., Cheyenne, WY (Church)

206 Van Lennen, Cheyenne, WY (Food Pantry)

Food Pantry Hours: M-Th 10AM to 12:50PM

- Food Pantry. Must provide ID with local address or other document to verify address.

- **Stork Support** -----307-755-4540

- Provides car seats, covers, pack-and-plays, diaper bags, breast pumps, and other necessities to families in need.

- **St. Vincent De Paul Society** -----307-324-7002

219 W Pine P.O. Box 1654, Rawlins, WY

- Families in need can request one food box per month. Transient bags for persons in need who are traveling through Rawlins. By appointment only.

- **Stagecoach Apartments** (low-income)-----307-328-1069

715 Washington St., Rawlins, WY

- **Step-by-Step Family Therapy**-----307-221-3707

2404 Knoll Court Laramie, WY 82070

- Infant/toddler mental health, to age 8. Families with young people and children with disabilities; Parenting education.

- **Stone Meadow Health & Wellness** (FNP) -----307-745-8298
204 McCollum St., Suite 203, Laramie, WY

- **STRIDE Learning Center** -----307-632-2991
326 Parsley Blvd., Cheyenne, WY

- Family education and referral services to health care providers and child care providers.

- **Summit Home Health** -----307-721-2827
204 McCollum Dr., Suite 106, Laramie, WY

- CNA's, RN's, Case Management, Life Line. Accepts insurances, Medicaid, Medicare, or private pay.

- **Telephone Assistance Program (TAP)**-----307-777-5846

- Discount monthly fees for SNAP, LIEAP, Medicaid or other social services recipients.

- **Trevor Project**----- 1-866-488-7386

- Text "START" to 678678
-----<https://www.thetrevorproject.org>

- Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

- **Unaccompanied Students Initiative**-----307-220-2391

- Stable housing and support for teens experiencing homelessness. Resources for students to help them stay in school. Life skills training.

- **University Heights** (low-income)-----307-742-2524
1622 S 17th St., Laramie, WY

- **University of Wyoming**-----
Admission Office-----307-766-5160

146 Knight Hall, Laramie, WY

- AWARE -----307-766-2187

341 Knight Hall, Laramie, WY

- Provides information on alcohol and other drugs, prevention of drug abuse, early intervention and referral.

- Carbon County Extension Service -----307-328-2642

393 Carbon Bldg., Rawlins, WY

- Education, Agricultural Education, Family & Nutrition Education, 4-H, Cent\$ible Nutrition Classes (healthy, inexpensive meals).
Counseling Center (for students)-----307-766-2187
341 Knight Hall, Laramie, WY
- Offers free, confidential individual & marriage counseling, as well as counseling for: depression, anxiety, sexuality, family issues, abuse, and many more topics.
Crisis Line (UW police)-----307-766-5179
341 Knight Hall, Laramie, WY
Hours: M-F 8AM- 5PM
- Free services for UW students, including group & individual counseling, eating disorders, drug education & prevention/consultation & outreach services.
Disability Support Services-----307-766-3073
109 Knight Hall, Laramie, WY
- Provides academic support services and disability-related accommodations for UW students.
Early Care & Education Center-----307-766-4816
250 N 30th, Laramie, WY
- The UW Early Care and Education Center is a state-of-the-art facility serving families of the University of Wyoming as well as the Laramie community.
Family Medicine Residency, Cheyenne-----307-777-7911
821 E 18th St., Cheyenne, WY
- Providing family medicine, prenatal care, labor, and delivery. Sliding fee.
Food Share Pantry-----307-766-4022
341 Knight Hall, Laramie, WY Room 106
Hours: Tu & Th 2 - 5PM, Fri 11AM - 2PM
Summer Hours: Tu 11AM – 2PM, Th 1 – 4PM
- Food Pantry for UW students, staff, and faculty.
Housing Office (for students)-----307-766-3176
- Learning Resource Center-----307-766-2527
Education Building, Rm 222, Laramie, WY
Hours: M-F 8AM – 5PM
- Resources for kids, teens, teachers, and other educators.

- Legal Services (for low-income clients)-----
Laramie, WY
- Civil Legal Services Clinic-----307-766-2104
- Family and Child Legal Advocacy Clinic-----307-766-3747
- Estate Planning Practicum-----307-766-6416
- Museum-Art-----307-766-6622
Centennial Complex, 2111 Willett Dr., Laramie, WY
- Call for hours. Free admission. Children’s art programs, seasonal programs. Museum store.
- Museum – Geology-----307-766-3386
Geology Bldg., Laramie, WY; Call for Hours
- Museum – Entomology (Insect)-----307-766-5338
4018 Agriculture Bldg., Laramie, WY; Call for Hours
- Planetarium-----307-766-6150
Physical Sciences, Laramie, WY; Call for Hours
- Psychology Clinic-----307-766-2149
- Free Therapy for students, non-students, children and families. Testing for learning disabilities and ADHD for a fee.
- SAFE Project-----307-766-3434
108 Knight Hall, Laramie, WY
- See full description “• **SAFE Project.**”
- Safe Ride-----307-766-7433
Laramie, WY
TH to SAT, nights.
- Speech & Hearing Clinic-----307-766-6427
160 Health Sciences Bldg., Laramie, WY
- Complete evaluation and treatment of speech and hearing. Audiology clinic also provides services with hearing aids and alternative means of communication. Open to the public.
- Student Health Services (for students)-----307-766-2130
- Students’ Attorney (for students)-----307-766-6347
128 Knight Hall, Laramie, WY
- Legal Advice limited to full-time students.
- Trans Park-----307-766-9800
- Fixed route shuttle service throughout UW campus. Free to all users. Para-transit transportation available within Laramie city limits and 2-

mile adjacent areas for individuals with permanent/temporary disabilities.

Williams Botany Conservatory -----307-766-4393

South of the Aven Nelson Bldg., Laramie, WY

Hours: M-F 10AM-4PM

➤ Live plant collection. Group tours by appointment.

• **Union Wireless – Lifeline Program** -----888-926-CARE

➤ Federally administered financial assistance program that provides communication services at a discount to low-income households that qualify.

• **UPLIFT** -----307-778-8686

3701 Ridge Rd., Cheyenne, WY

Hours: M-F 7:30AM-4:30PM

➤ Family Support specialists serving to best meet the needs of children, youth, and their families.

• **Uplift Counseling** -----307-324-5899

1815 Daley St, Rawlins, WY 82301

➤ Mental Health Evaluations, DUI/Chemical Dependency Assessments, Anger Management, Child Play Therapy, Conflict Resolution, Depression, Domestic Violence, Group Therapy, Individual Therapy, Mood Disorders, and Vocational Rehabilitation Therapy.

• **USDA Commodities Distribution** -----

Laramie: Laramie Interfaith -----307-742-4240

712 E Canby St., Laramie, WY

➤ Visit website for more information including next distribution date.

Rock River -----307-760-0431

Address/Location See **Rock River Food Pantry**

➤ Visit website for more information including next distribution date.

Sinclair -----307-324-2408

400 Lincoln, Sinclair, WY

➤ First Wednesday of each month 2:30-6PM.

• **Valley View Rehabilitation & Care Center** -----307-326-8212

207 Holly Ave., P. O. Box 630, Saratoga, WY

Hours: M-F 8AM-5PM

➤ 24-hour nurse care. Nursing home care & outpatient care.

• **Veteran Affairs (VA) Medical Center** -----307-778-7550

Crisis Line-----1-800-273-8255, press 1

2360 E Pershing Blvd., Cheyenne, WY

VA Mobile Telehealth Clinic ----- 1-888-483-9127

2901 Armory Rd., Laramie, WY

Ext. 3816

Hours: W and Th 9AM-4PM

• **Veterans Crisis Line** -----1-800-273-TALK (8255), press 1

----- <https://www.veteranscrisisline.net>

➤ Free and confidential support available 24/7 to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.

• **Veterans Legal Assistance Project** -----307-777-8383

➤ Connects low-income veterans with legal resources and volunteer attorneys. See **Equal Justice Wyoming**.

• **Veterans of Foreign Wars (VFW)**-----

➤ Assists veterans with shelter, medical, items (wheel chairs, crutches, etc.), and transportation.

Cheyenne, Post 1881 ----- 307 638-8886

2816 E 7th St., Cheyenne, WY

Cheyenne, Post 4343 ----- 307 632-0950

3216 S Greeley Hwy, Cheyenne, WY

Laramie, Post 2221 -----307-745-4918

2142 arfield St., Laramie, WY

• **Visit Laramie** -----307-745-4195

800 S 3rd St., Laramie, WY 82070

Hours: M-F 8AM-5PM

➤ Information about recreation, tourism, activities, and events in Albany County.

• **Volunteers of America (VOA)** -----866-438-2862

Veteran Services-----844-486-2838

➤ Mental health, homeless, senior, adult, youth, veteran, and community health services including addiction treatment. Previously known as “Peak Wellness” in Laramie.

• **Wee Folks Place** -----s307-325-6579

789 Miners Plaza, Room 8, Hanna, WY

➤ Parent involved preschool Head Start Program (Hanna, Medicine Bow, Elk Mountain, Shirley Basin).

• **Women, Infants, and Children (WIC)**

- Nutrition Education, Food Assistance, Prenatal Care Education, Infant/Child Care Education.
Albany County -----307-721-2535
 609 S 2nd St., Laramie, WY
 Hours: M, T, Th 8AM-5PM, W 8AM-4PM
- Free nutrition education; provides supplemental foods to promote good health for pregnant, breastfeeding & postpartum women and infants. Services for children 0-5 years old.
- Encourages breastfeeding through information, inspiration, and referrals. Offers enhanced food packages for up to one year for women who qualify.
Hanna -----307-325-6398
 1008 Feldspar Ct., Hanna, WY
- Laramie County -----307-634-6180
 421 E 17th St., Cheyenne, WY
- Rawlins -----307-328-2606
 Carbon Building, Room 38, 215 West Buffalo, Rawlins, WY
- Saratoga -----307-326-5371
 201 South River, Saratoga, WY
- **West Winds Mobile Home Park** -----307-635-6557
 505 Williams St., Cheyenne, WY
- **Windwood Manor Apartments** (low-income) -----307-632-7664
 2500 Windwood Dr., Cheyenne, WY
 - Utilities included. Accepts CHA. Minimum income required.
- **Wyoming 211** ----- 2-1-1
 Hours: M-Th 8AM – 6PM, F 8AM – 5PM
 - Resource referrals and assistance.
- **Wyoming Assistive Technology Resources (WATR)** 307-766-6187
 1000 E. University Ave, Dept. 4298 Laramie, WY
 - Information, resources, and assistance for assistive technology to support people with disabilities ability to live, play, or work independently.
- **Wyoming Children’s Law Center, Inc.** -----307-632-3614
 710 E Garfield St., Suite 249, Laramie, WY
 - Legal assistance in cases involving children & vulnerable adults, including school issues, custody/guardianship, and guardian ad litem

- services. Family Tree services provides parent/guardian assistance with parent plans, supervised visits/exchanges, court ordered mediation, education, and counseling. Sliding fee.
- **Wyoming Children’s Society**-----307-632-7619
 314 E 21st St., Cheyenne, WY
 - Assists birth mothers with personal adoption choices and expenses; parenting resources; pregnancy support counseling.
- **Wyoming Coalition Against Domestic Violence & Sexual Assault** ----- 307- 755-5481
 710 E Garfield St., Suite 218, Laramie, WY
 - Statewide program providing legal services to low-income victims of domestic violence, sexual assault, dating violence, and stalking.
- **Wyoming Coalition for the Homeless** -----307-634-8499
 907 Campbell Ave., Cheyenne, WY
 Hours: M-F 9AM-3PM, Sat 9AM-1PM
 - Works with people experiencing homelessness in Cheyenne, WY.
- **Wyoming Department of Education** -----307-777-7675
 ----- Vision Outreach Services 307-857-9268
 2300 Capitol Ave., Hathaway Bldg., Rm 129, Cheyenne, WY
 Hours: M-F 8AM-5PM
 - Counseling, adaptive living, Braille, communication, assistive technology, consultation with other agencies on best practices for serving the needs of the visually impaired and multi-disabled, loan closet of independent living aids.
- Rawlins -----307-324-5333
 215 W Buffalo St., Carbon Bldg., Rm 325, Rawlins, WY
- **Wyoming Department of Workforce Services** -----
 ----- www.wyomingworkforce.org
 - Vocational Rehabilitation: Services for persons with physical/mental disabilities resulting in a substantial impediment to employment. Includes counseling, medical exams and services, evaluation, physical aids, job training and placement, as well as employment support services: youth and adult training programs; dislocated worker programs.
 - Veterans’ Employment and Training (VETS)

Offers employment and training services to eligible veterans through a non-competitive Jobs for Veterans State Grants Program.

Baggs (Outreach)-----307-324-2238

350 Whippoorwill Dr., Baggs, WY

Cheyenne-----307-777-3700

Worker's Compensation-----307-777-7441

1510 E Pershing Blvd., Cheyenne, WY

Hanna (Outreach)-----307-324-2238

301 S Adams St., Hanna, WY

Laramie Workforce Center-----307-742-2153

Worker's Compensation-----307-755-6261

3817 Beech St., Suite 100, Laramie WY

Hours: M-F 8AM- 5PM

Rawlins Workforce Center-----307-324-3485

Vocational Rehab-----307-324-2238

212 W Buffalo St., Carbon Bldg., Rm 312, Rawlins, WY

Saratoga (Outreach)-----307-324-2238

1110 E Spring Ave., Saratoga, WY

• **Wyoming Energy Council, Inc.**-----307-742-0313

710 E Garfield St # 249, Laramie, WY 82070

- Home energy assessments/solutions, increasing energy efficiency. Indoor air, water & lead testing. Radon mitigation measurements.

• **Wyoming Free Legal Answers**-----

-----//Wyoming.freelegalanswers.org

- Online portal for answers to legal questions if you qualify.

• **Wyoming Free Acurecovery Clinics**-----

- Ear acupuncture clinics designed to increase calmness, reduce anxiety, improve sleep, and reduce cravings for tobacco, drugs and alcohol. People can come to clinics as often as they would like. Always free of charge.

Albany County Public Library

310 S 8th St., Laramie, WY, Hours: Thursdays 12:30-1:30PM

The Collective

100 S 2nd St., Laramie, WY, Hours: Wednesdays at 6:00PM

• **Wyoming Guardianship**-----307-635-8422

- Payee services for Social Security.

• **Wyoming Health Fairs**-----800-979-3711

- Low-cost blood screenings and wellness programs.

Laramie-----

2835 E Grand Ave., Laramie, WY

Hours: T, W, Th 7AM-10AM

Cheyenne-----

611 E Carlson St., #112, Cheyenne, WY

Hours: T, W, Th 7AM-10AM

• **Wyoming Home Services Program**-----307-460-2015

221 Ivinson Ave, Laramie, WY

- Personal care, Homemaking, Respite, and Personal Emergency Response System care services eligible to those in need. Pricing based on a Sliding Fee Scale.

• **Wyoming Independent Living Rehabilitation Inc.**-----

1609 E 19th St., Cheyenne, WY-----307-637-5127

Hours: M-F 8AM-5PM

- Mobility aids, bathroom aids, limited home modification.

• **Wyoming Institute for Disabilities (WIND)**-----307-766-2761

147 Health Science Bldg., University of Wyoming Campus

- Community training, education, and technical assistance for individuals with developmental disabilities, their families, professionals, and UW students.

• **Wyoming Kid Care (CHIP)**-----855-294-2127

- Health insurance for eligible families and children.

• **Wyoming Poison Control**-----800-222-1222

- Information on toxic substances; 24-hour hotline.

• **Wyoming Quit Tobacco Program**-----1-800-QUIT-NOW

- Free/low-cost assistance for tobacco users who want to quit.

• **Wyoming School of Gymnastics**-----307-745-8302

803 Skyline Dr., Laramie, WY

• **Wyoming Senior Citizens Inc.**-----1-800-856-4398

- Helping to meet the needs of Wyoming's older residents. Home services offered in Laramie.

Cheyenne-----307-634-1010

3120 Old Faithful Rd., Suite 200, Cheyenne, WY

Laramie-----307-460-2015

221 E Ivinson Ave., Laramie, WY

• **Wyoming Territorial Park**-----307-745-6161

975 Snowy Range Rd., Laramie, WY

- Open first weekend in May through September. Children under 12 are free.

• **Wyoming Tutoring Club**-----

- An education center providing long-term, individualized academic assistance to students of all ages and abilities.

Cheyenne -----307-514-4016

1439 Stillwater Ave., #13, Cheyenne, WY

Laramie -----307-745-6284

2907 E Garfield St., Unit 12, Laramie, WY

• **WyoTech**-----307-742-3776

4373 N 3rd St., Laramie, WY

- Automotive technology; diesel technology, body, fender and paint technology, automotive trim and upholstery; Automotive degrees available.

• **Wyoming 2-1-1** ----- Call 211

----- Text zip code to 898211

Hours: M-F 8AM-6PM

- Statewide service that connects callers, at no cost, to information about critical health and human services available. For help navigating the Health Insurance Marketplace, call or visit EnrollWyo.org.

• **Youth Alternatives** -----307-637-6480

1328 Talbot Ct., Cheyenne, WY

- Provides family counseling.

• **Zumo, Thomas J (Family Dental)**-----307-638-0957

3315 Warren Ave., Cheyenne, WY

Hours: M, W, Th 8AM-6PM, T 8AM-8PM, F 8AM-5PM

- Accepts Medicaid for children and adults.

Public Transportation

• **LaramieLink Bus** -----

Fixed Bus Route

Hours: M-F 6:30AM-10PM, Sat and Sun 10AM-10PM Summer Hours: M-F 6:30AM-6PM, every 40 minutes

- Fixed route shuttle service linking the UW and LCCC campuses with the Laramie community. Free to all users.

See maps on following pages.

Dial-A-Ride -----307-766-7433

Hours: M-F 6:30PM-2AM, Sat-Sun 10AM-10PM

Summer Hours: Does not operate during the summer

For latest updates

- Rides to/from any destination on the LaramieLink fixed route and any point on the UW campus. ADA accessible vehicles available upon request.

LARAMIELINK	STOP EASTBOUND & WESTBOUND Academic Year: 6:30 AM - 6:30 PM EVERY 40 MINUTES Summer: 6:30 AM-6:00 PM EVERY 40 MINUTES
	<ol style="list-style-type: none"> 1. Downtown (1st and Grand) 2. Gateway Plaza (Westbound Only) 3. Civic Center (Eastbound Only) 4. Wyoming Union 5. Spanish Walk Apartments/IMH 6. Ridley's 7. LCCC 8. Walmart
LARAMIELINK DIAL-A-RIDE 766-RIDE (7433)	On-Call: Academic Year: Monday - Friday: 6:30 PM - 2:00 AM Weekend: 10:00 AM - 10:00 PM



Where's my bus?

Track the UW buses in real time with **TransLoc**
Transit Visualizing Systems

uwo.transloc.com

Laramie Bicycling Information

TIPS FOR THE ROAD

Bright, reflective clothing increases visibility. Use a helmet to protect your brain! Your helmet should be snug but not tight. It should sit level on your head (not tilted back) with the front edge no more a width of approximately 2 fingers above your eyebrows.

Be aware of low angle sun during fall and spring as motorists may not see you.

Use hand signals to let pedestrians, cyclists and drivers know your intentions. Make eye contact with motorists to make sure they are aware of your presence.

Take the full travel lane if the road is too narrow for motorists to pass. Avoid weaving around parked cars. Riding predictably increases safety for all roadway users.

Be aware of your surroundings. Avoid using earphones, texting or talking on a cell phone while riding.

"Sharrows" (shared roadway markings) are placed on roadways that are links in the bicycling network. They indicate where bicyclists can ride safely and alert motorists to the presence of bicyclists.

When biking in a park or shared use path, be mindful of other path users. Paths are designed for low speed use. Stay to the right when using a path. Pass on the left and use an audible warning when passing. Ride single file during congested conditions.

Cross railroad tracks at a 90° angle (perpendicular). Tracks can be slippery when wet. Ride around storm and sewer gratings.

Securely lock your bike with a U-lock or cable lock. Secure detachable items and leave your bike where others can keep an eye on it.

Bikes operated or parked on UW property are required to have a \$5 permit, which can be acquired through the UW Police Department.

TRAFFIC LAWS

In Wyoming, a person riding a bicycle has all the rights and responsibilities as a motor vehicle driver. Obey all signs, lane markings and traffic control devices.

Stop at stop signs and red lights. Yield to pedestrians. The posted speed limit should be obeyed by all roadway users.

Keep at least one hand on the handlebars at all times.

Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or lanes of roadways set aside for the use of bicycles.

Avoid bicycling while under the influence of alcohol or controlled substances. Violations are the same for cyclists and motorists.

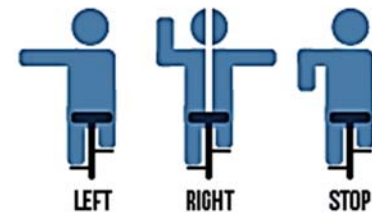
Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable (or safe).

Bicycling on sidewalks is prohibited except where the sidewalk is part of a designated and marked bicycle path.

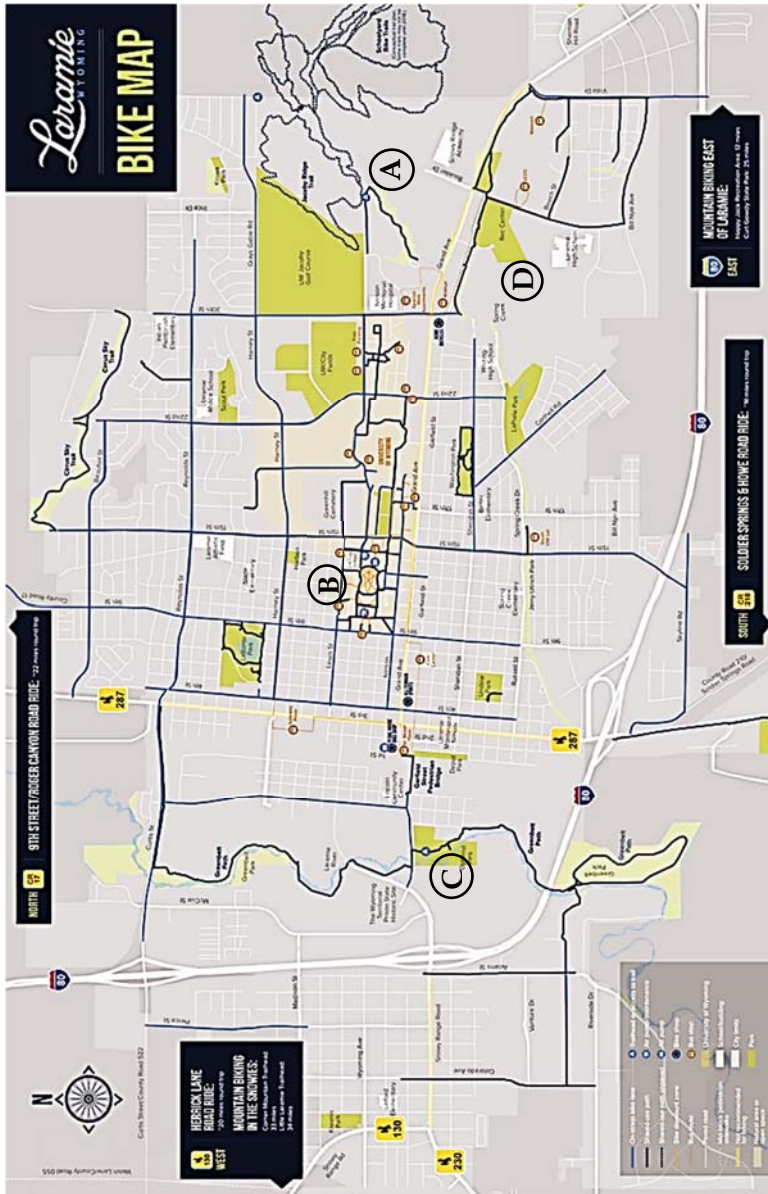
A front white light (emitting >500') and rear red reflector attached to the bicycle are required when bicycling at night.

Every bicycle shall be equipped with a brake which will enable the operator to make the braked wheels skid on dry, level, clean pavement.

HAND SIGNALS FOR TURNING



Full Map of Laramie bike routes. Each letter shows a specific area of town's bike trails and thoroughfares.

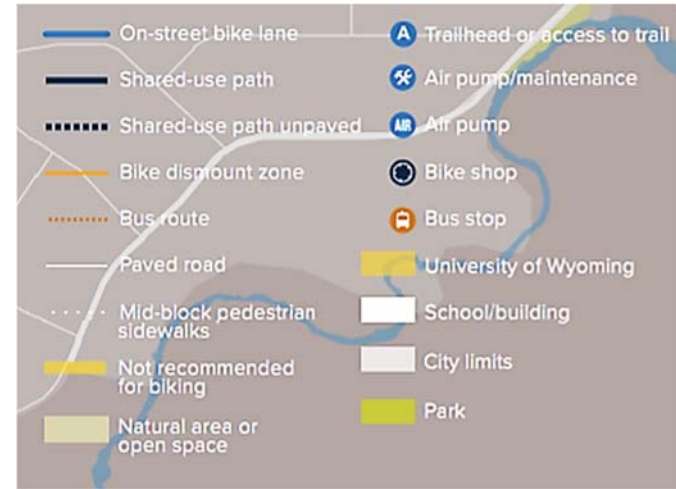




Ⓒ The Greenbelt Path also called the Laramie River Walk, is easiest to access by parking at Optimist Park and biking north or south from there.



Ⓓ There is a bike path that begins behind Ridley's and goes all the way to Walmart.



LaramieBikeNet.org

Many streets in Laramie have a bike lane, including Iverson Ave., Harney St., 4th St., and 9th St.
Cycling is **not recommended** on Grand Ave. or 3rd Street.

Bike Maintenance and Repair -----

- **All Terrain Sports** -----307-721-8036
412 Grand Ave, Laramie, WY
Hours: M-F 10AM-6PM, Sat and Sun 10AM-5:30PM
- **Pedal House** -----307-724-5533
207 S 1st St. Laramie, WY
Hours: T-F 10AM-6PM, Sat and Sun 9AM-4PM

