

# COMMUNITY RESOURCES

## Emergency Numbers

### Poison Control

(800) 222-1222

### National Suicide and Crisis Lifeline

9-8-8 or (800) 273-8255

TTY: dial 7-1-1 then 9-8-8

### LCCC Wellness Hub

(833) 434-1217

*\*After hours mental health support*

### Safehouse Services

(307) 637-7233

*\*24-hr crisis hotline for domestic violence, stalking, sexual assault*

### Veteran's Crisis Line

(800) 273-8255 (Select 1)

*\*24-hr crisis hotline for veteran's in crisis or those concerned about one*

### Crisis Text Line

Text HOME to 741-741

*\*24-hr support for suicidal ideation/anxiety/depression/self-harm/eating disorders*

### Child Protective Services

(307) 777-7921

8am - 5pm; Mon – Fri

*\*Request an intake worker to report a concern about abuse or neglect*

### The Trevor Project Crisis Line

(866) 488-7386 or text START to 678-678

*\*24-hr crisis line/support for those specifically within the LGBTQ community*

### National Domestic Violence Hotline

(800)-799-7233 or text START to 88788

TTY: (800) 787-3224

### AgriStress Helpline

(833) 897-2474 (phone or text)

*\*24-hr crisis support with special training for those within the agricultural, forestry, and fishing industries; state specific agricultural resources*

## Shelters/Housing/Utilities

### Comea Shelter

(307) 632-3174

Office: 8am – 4pm; Mon – Fri

1504 Stinson Avenue/82001

*\*Emergency check-in at 4pm every day w/dinner at 6pm; offers transitional programs for both singles & families*

### Family Promise

(307) 772-8870

8am – 5pm; Mon - Fri

*\*Provides shelter prevention through transitional housing; offers personal hygiene & infant diaper assistance*

### Safehouse

(307) 634-8655

Office: 8am – 5pm; Mon- Fri

*\*Provides shelter to victims of domestic violence, stalking, & sexual assault*

### Emergency Rental Assistance Program via Community Action due to Covid-19

1-877-996-3727

9am – 6pm; Mon – Fri

*\*Assists with back rent and utilities; current/future rent and utilizes up to 3 months*

*\*Must show financial loss is due to Covid-19*

*\*Apply online: [dfs.wyo.gov/erap](https://dfs.wyo.gov/erap)*

### Wyoming Coalition for the Homeless: Welcome Mat Day Center

(307) 634-8499

907 Campbell Ave/82001

*\*Day shelter open 9am – 3pm, Mon – Fri;*

*9am – 1pm on Sat; closed Sun*

### Cheyenne Housing Authority

(307) 633-8333

Office: 8:30am – 5pm, Mon/Tues/Thurs/Fri; 8:30am – 12pm, 1<sup>st</sup> & 3<sup>rd</sup> Wed of each month

*\*Housing assistance for low-income families, the disabled, & the elderly*

### Transitional Housing via Community Action

(307) 635-9291

Office: 8am – 5pm, Mon – Fri

*\*Singles & families must provide some form of income; veterans are exempt from this*

# COMMUNITY RESOURCES

## Salvation Army

(307) 634-2769

*\*Offers rental assistance on a case to case basis*

## PATH Program via Recovery Wyoming

(307) 421-7261

9am-5pm, Mon – Fri

122 W Lincolnway/82001

*\*Assists with housing for the homeless or those with immediate threat of becoming homeless*

## Volunteers of America

(307) 632-9362

8am – 5pm, Mon - Fri

510 W. 29<sup>th</sup> St/82001

*\*Assists homeless veterans or those with an imminent threat of becoming homeless; temporary financial assistance, case management; must have had an honorable discharge*

## Low Income Energy Assistance (LIEAP)

800-246-4221

822 W. 23<sup>rd</sup> St/82001

*\*Assists w/heating bills (Nov – May) for low-income families & individuals w/priority given to the elderly, disabled, & young children*

*\*Must apply online at <https://www.lieapwyo.org>*

## Black Hills Energy

(888) 890-5554

*\*Offers financial assistance programs*

## High West Energy

(307) 245-3261

8am – 5pm, Mon - Fri

## Food/Clothing

### Cheyenne Wyoming Clothing Ministry

Contact via Facebook

[facebook.com/Cheyenneclothingministry/](https://www.facebook.com/Cheyenneclothingministry/)

2021 E 20<sup>th</sup> St/82001

*\*Offers a variety of clothing*

### Destiny Church – Clothes Closet

(307) 634-4657

711 Warren Ave/82007

*\*Offers clothing on the 1<sup>st</sup> & 3<sup>rd</sup> Sat of each month from 9am – 12pm*

## Because Hope

(307) 514-1877

1620 Snyder Ave/82001

*\*Provides meals- breakfast & a sack lunch from 7am – 11am, dinner from 5:30 – 6:30pm*

*\*Provides clothing & a shower; full evening hours are from 5pm – 7pm*

## Salvation Army

(307) 634-2769

601 E 20<sup>th</sup> St./82001

*\*Provides daily food 9am – 11am, Mon – Fri;*

*Community lunch 11:30am – 12:30pm, Mon – Fri;*

*Provides food boxes every 2 weeks from 9am – 11am, Tues- Fri*

*\*Hygiene products once a month*

*\*NO longer provides clothing*

## LCCC (Western States Bank) Food Pantry

(307) 778-1119 – Zeke

Crossroads Building

*\*LCCC Student ID required; place order online*

*<http://lccc.wy.edu/life/foodPantry.aspx>*

## St. Joseph's Food Pantry

(307) 634-4625

206 Van Lennen Ave/82007

*\*Pick up 10am – 12:50pm, Mon – Thurs; ID & proof of residence are required*

## Needs, Inc.

(307) 632-4132

900 Central Ave/82007

*\*Food pantry open 8:30am – 6pm, Mon & Tues;*

*8:30am – 4pm, Wed & Thurs*

*\*Thrift store open 10am – 3pm, Mon – Thurs*

## Meals on Wheels

(307) 635-5542

Office: 6:30am – 2:30pm, Mon - Fri

2015 S Greeley Hwy/82007

*\*Must apply; Persons under 60 yrs may be eligible due to disability or medical circumstances, Sliding scale fee*

## Catholic Charities

(307) 637-0554

8am – 5pm, Mon – Fri

507 E 18<sup>th</sup> St/82001

*\*Offers basic infant needs (diapers/wipes/etc.)*

# **COMMUNITY RESOURCES**

## **Laramie County WIC Program**

(307) 634-6180

Office: 8am – 5pm, Mon, Wed, & Fri;

8am – 5:30m, Tues & Thurs.

421 E 17<sup>th</sup> St/82001

*\*Must call to set up application process; Assists pregnant, breastfeeding, & postpartum women, & families with children under the age of 5 yrs.*

## **SNAP – Food Stamps – Laramie County**

(307) 777-6313

*\*Must apply; call for more information*

## **Freely Given Cheyenne – Our Savior Lutheran Church**

(307) 632-2580

1501 Dell Range Blvd/82009

*\*Maternity, infant clothing/diapers/etc.; Shopping days 2<sup>nd</sup> Sat. of every month weather dependent; for updates check Freely Given Cheyenne on Facebook*

## **Healthcare: Medical/Vision/Dental**

### **Healthworks**

(307) 635-2618

7am – 6pm, Mon – Fri.

2508 E Fox Farm Rd #1A/82007

*\*Provides primary care, dental, psychiatry, & therapy; Fees are based on the sliding scale*

### **Healthworks Pharmacy**

(307) 637-7000

8am – 5pm, Mon – Fri

2508 E Fox Farm Rd #1B/82007

*\*Offers medication assistance to those who do not have medication covered by insurance*

*\*Must also be patient at the Healthworks Clinic using a sliding fee*

## **Laramie County Health Dept**

(307) 633-4000

8am – 5pm, Mon - Fri

100 Central Ave/82007

*\*Offers free immunizations for children; Family planning based on the sliding fee; assists with enrollment for medicare/medicaid; HIV & maternity services*

## **Kid Care CHIP**

(855) 294-2127

7am – 6pm, Mon - Fri

3001 E Pershing Blvd, Ste 125/ 82001

*\*Affordable health insurance for children/teens; must apply; covers medical/dental/vision/etc.*

## **Crossroads Clinic – Community Action**

CLINIC: (307) 632-8064

7am – 4pm, Mon – Wed; 7am – 12pm & 1pm – 4pm,

Thurs; 7am-11:30am, Fri

100 Central Ave, Ste 173

MOBILE CLINIC: (307) 996-6501

7:30am – 9:30am, Mon/Wed/Fri

Near Comea Shelter (1504 Stinson Ave)

*\*Clinic offers free Covid-19 testing; primary care & behavior therapy on a sliding fee scale*

*\*Mobile clinic offers wellness checks*

## **UW Family Medicine**

(307) 632-2434

8am – 5pm, Mon – Fri; closed 12pm – 1pm

820 E 17<sup>th</sup> St./82001

*\*Family medicine, x-rays, labs (through CRMC), & referrals; slide fee scale*

*\*Lab hours: 8:30am – 12:15pm & 1:30pm – 5:15pm, Mon – Fri*

## **LCCC Dental Hygiene Clinic**

(307) 778-1141

Hours Mon – Wed vary on the month

1400 E College Drive/Science Center 122

*\*Provide cleaning, x-rays, exams, sealants, etc.*

*\*Cleaning cost: \$16 - \$21, sealants: \$8, x-rays: \$10 - \$20*

## **Lions Club via Community Action**

(307) 635-9291

8am – 5pm, Mon – Fri

*\*Eye exam and glasses assistance*

## **Mental Health/Substance Abuse**

### **LCCC Wellness Hub**

(833) 434-1217

*\*After hours mental health support; Offers students 5 free urgent &/or non-urgent counseling sessions*

# COMMUNITY RESOURCES

## Volunteers of America – Muhr (formerly Peak Wellness)

(307) 672-0475

8am – 5pm

2526 Seymore Ave

*\*Veterans & therapy for all; general mental health and substance abuse counseling; sliding fee scale even with insurance*

## Volunteers of America – Churchill (formerly Peak Wellness)

(307) 634-9653

510 W 29<sup>th</sup> St/82001

*\*Homebase for veterans, psychiatry for all clients, pharmacy*

## Healthworks

(307) 635-2618

7am – 6pm, Mon – Fri.

2508 E Fox Farm Rd #1A/82007

*\*Provides primary care, dental, psychiatry, & therapy; Fees are based on the sliding scale*

## Recover Wyoming

(307) 421-7261

9am – 5pm, Mon - Fri

122 W Lincolnway/82001

*\*Assists with long-term recovery from addiction through recovery coaches, not a 12-step program, All Recovery meetings; referrals to community resources  
\*Sober space*

## Cheyenne Community Drug Abuse Treatment Council dba Pathfinder

(307) 635-0256

620 W 19<sup>th</sup> St/82001

*\*Outpatient/Intensive outpatient substance abuse treatment, counseling, relapse prevention, anger management, sliding fee scale*

*\*DUI education class, DUI assessments for court*

## St. Joseph's Counseling & Family Services

(307) 637-0554

8am – 5pm, Mon – Fri

507 E 18<sup>th</sup> St/82001

*\*Accepts Medicaid, sliding fee scale*

## Thrive Counseling Services

(307) 369-4710

9am – 6pm, Mon – Thurs; 9am – 5pm, Fri

1920 Thomes Ave, Ste 310/82001

*\*Provides therapy for anxiety/eating disorders/couples/trauma/etc.*

*\*Accepts Medicaid/Medicare, sliding fee scale*

## Harmony House

(307) 632-6433

Office: 8am – 5pm, Mon – Fri

2310 E. 8<sup>th</sup> St.

*\*nonmedical drug detox, open 24 hrs*

*\*residential treatment (60-90 days); must call to arrange intake*

## Grace for 2 Brothers

(307) 256-3344

9am – 5pm, Mon – Fri

1603 Capital Ave, Ste 212/82001

*\*Assists those in crisis or those who know someone in crisis; supports caregivers & survivors of suicide loss*

## Behavioral Health Services

(307) 633-7370

7am – 6pm, Mon – Thurs

2600 E 18<sup>th</sup> St/82001

*\*Offers individual & group therapy; couple counseling; Intensive outpatient treatment for mental health & chemical dependency*

## LIV Health

(307) 630-4729

9am-7pm, Mon – Fri; 10am – 6pm, Sat & Sun

2500 Dell Range Blvd/82009

*\*Offers **mental health urgent care**; substance abuse treatment, case management, general mental health counseling, & certain medications*

*\*Accepts Medicaid/Medicare, sliding fee scale*

## Speak Life Counseling

(307) 426-4204

10am – 6pm, Mon – Fri; 9am – 1pm, Sat.

1816 E 17<sup>th</sup> St/82001

*\*Offers marriage/family counseling and counseling to children 12 years and older, Christian-based option; Sliding fee scale option*

## Specialty Counseling & Consulting

(307) 426-4797

8 am – 5pm, Mon – Fri

4025 Rawlins St/82001

200 Dell Range Blvd/82009

*\*Offers multiple locations including Laramie and Northern CO, individual/family/group therapy*

*\* Accepts Medicaid/Medicare, discount for uninsured*

# **COMMUNITY RESOURCES**

## **Veteran Services**

### **VA Medical Center/Regional Office**

Main: (307) 778-7550

Mental health: (307) 778-7349

Open 24/7

2360 E Pershing Blvd/82001

*\*Provides primary care, dental, audiology, vision, speech, & various other specialties; onsite pharmacy; telehealth*

*\*Provides counseling, substance abuse counseling/therapy; caregiver support*

### **Volunteers of America – Churchill (formerly Peak Wellness)**

(307) 634-9653

510 W 29<sup>th</sup> St/82001

*\*Homebase for veterans, psychiatry for all clients, pharmacy*

### **Cheyenne Vet Center**

(307) 778-7370

8am – 4:30pm, Mon – Fri

2617 E. Lincolnway, Ste C/82001

*\*Provides counseling for sexual trauma, combat, and reintegration into civilian life; no cost to qualified individuals*

### **Veterans Legal Assistance Project via Equal Justice Wyoming**

(307) 777-8383

2300 Capital Ave, 1<sup>st</sup> Floor/82002

*\*Assists low-income veterans; Must apply*

## **Employment**

### **LCCC Career Services**

(307) 778-1351

8am – 5pm, Mon – Wed & Fri;

10am – 5pm, Thurs

Pathfinder, Rm 111

*\*Career development through resume building, interview preparation, self-assessments, etc.*

### **Express Employment Professionals**

(307) 632-0567

8am – 5pm, Mon – Fri

2205 E Pershing Blvd/82001

*\*Assists w/finding temporary, part-time, or full-time employment, career development*

### **Elwood Staffing**

(307) 638-8710

8am – 5pm, Mon – Fri

1011 E Lincolnway/82001

*\*Assists placing temporary, temp-to-hire, and direct hire employment for general, professional, & skilled trades staffing*

### **Adecco Staffing**

(307) 632-4476

8am – 5pm, Mon – Fri

1817 Carey Ave/82001

*\*Offers skills training, career counseling, military alliance for veterans and military spouses, resume building*

### **Cheyenne Workforce Center**

(307) 777-3700

8am – 4pm, Mon – Fri

5221 Yellowstone Rd/82002

*\*Assists job seekers w/career counseling, resume building, mock interviews, on-the-job training, clothing for interviews*

*\*Website: wyomingatwork.com*

### **Supported Employment via Goodwill WY**

(307) 634-0823

*\*Assists those with disabilities in finding & maintaining a job*

*\*Transportation can be provided as necessary*

### **Dads Make a Difference Program**

(307) 777-3639 or (307) 777-3454

5221 Yellowstone Rd/82009

*\*Training-to-work program for low-income fathers, job placement assistance, life-skills training; must apply*

### **People Ready**

(307) 778-6060

5:30am – 6pm, Mon – Fri

7am – 11am, Sat

316 W 17<sup>th</sup> St/82001

*\*Focuses on high-demand labor, supports various blue-collar industries*

# **COMMUNITY RESOURCES**

## **Job Corps**

(307) 286-6260 or 800-733-5627  
1510 E Pershing Blvd, #1028 /82001  
*\*for ages 16-24 years; career training, assists w/employment, transitional support services, etc.*

## **Legal Services**

### **Legal Aid of Wyoming**

(307) 432-0807 or (877) 432-9955  
8am – 5pm, Mon – Fri  
1920 Thomes Ave, Ste 320 /82001  
*\*Provides legal aid for low-income individual; does not represent defendants in criminal cases*

### **Equal Justice Wyoming**

(307) 777-8383  
2300 Capital Ave, 1<sup>st</sup> Floor/82002  
*\*Civil legal services for low-income individuals  
\*Extensive information & various legal forms at [equaljustice.wy.gov](http://equaljustice.wy.gov)*

### **Modest Means Program via WY State Bar**

(307) 432-2107  
*\*Reduced fee referral program; For moderate-income individuals who do not qualify for legal aid; Must apply*

### **WY State Bar**

(307) 632-9061  
8m – 5pm, Mon – Fri  
4221 Laramie St/82001  
*\*Lawyer referrals*

### **Wyoming Free Legal Answers**

<https://wyoming.freelegalanswers.org/>  
*\*Virtual legal advice for civil matters*

### **State of WY Public Defender**

307-777-7137  
2020 Carey Ave, Floor 3/82001  
*\*Offers free legal advice and free legal representation to defendants who cannot afford to hire an attorney, appointed by the court*

### **Federal Public Defender – Cheyenne**

307-772-2781  
8am – 5pm, Mon – Fri  
214 W Lincolnway, Ste 31A/82001  
*\*Represents criminal defendants, judge will appoint*

## **Children/Family Services**

### **Early Head Start**

(307) 634-9378  
*\*Call for current schedule  
\*Assists pregnant mothers & children from birth to 3 years; individualized to the child*

### **Head Start**

(307) 634-9378  
*\*Call for current schedule  
\*For low-income/at-risk children ages 3 – 5 yrs; provides developmental, hearing, vision, & health screening, 1 meal/snack included*

### **STRIDE Learning Center – Infant and Toddler Program**

(307)638-6100  
5801 Yellowstone Rd/82009  
*\*Birth – 2 years; developmental/vision/hearing screenings provided; year-round services*

### **STRIDE Learning Center – Preschool Program**

(307) 632-2991  
326 Parsley Blvd/82007  
*\*Ages 3 – 5 years; developmental/vision/hearing screenings provided; services typically based on school calendar; services include special education, speech/language, occupational therapy &/or physical therapy*

### **Safe Kids Laramie County via CRMC**

(307) 432-2679  
*\*Free car seat inspections, call to make an appointment*

### **Wyoming Child Support Program**

General Customer Service: (307) 777-6948  
Local: (307) 635-3365  
2015 Carey Ave/82001  
*\*Assists with collecting/setting up child support order; paternity establishment, locating a parent*

### **Love and Logic Early Childhood Parenting**

(307) 633-4069  
100 Central Ave/82001  
*\*Free 2-session class for new/expecting parents; offered monthly from 1 – 5pm  
\*Must call ahead to register; Limited class size*

# COMMUNITY RESOURCES

## Lifechoice Pregnancy Care Center

(307) 632-6323  
10am – 4pm, Mon – Tues  
12pm – 6pm, Wed  
623 W 20<sup>th</sup> St/82001

*\*Pregnancy decision coaching, pregnancy testing, STI testing & treatment, group classes for new parents, post abortion support, OB ultrasounds*

## Non-Emergency Numbers

### Police Department

(307) 637-6500  
To report a crime: (307) 637-6525

### Laramie County Sheriff's Office

(307) 633-4700

### Fire Department

(307) 637-6320

### Cheyenne Regional Medical Center

(307) 634-2273

### Wyoming Highway Patrol

(307) 777-4321  
Urgent/Report a drunk driver: (800) 442-9090

### WYDOT – Road/Travel Conditions

511 or (888) 996-7623

## Transportation Services

### Cheyenne Transit Program (bus)

(307) 637-6253  
Office: 8am – 5pm, Mon – Fri  
*\*Services provided Mon – Fri, 6am – 7pm & Sat, 10am – 5pm; curb to curb by reservation*  
*\*Cheyenne Transit app available for both Android and Apple*

### Taxi Cabs

All in One Shuttle: (307) 365-3856  
Cheyenne Chauffeur: (307) 275-4748  
Cowboy Shuttle: (307) 638-2468  
JK Shuttle Service: (307) 409-0011/409-0010  
T.I. Shuttle LLC: (307) 778-4066

## Rideshare Options – Require Mobile Apps

Lyft  
Uber

## Other Additional Resources

### Vital Statistics Services

(307) 777-7591  
Office: 8am – 4pm, Mon – Fri  
Counter Service: 12pm – 4pm, Tues/Thurs/Fri  
2300 Capital Ave/82002  
*\*Provides birth, death, marriage & divorce certificates that occurred in the state of WY only; fees apply*

### Driver's License Services - WYDOT

(307) 777-4800  
8am – 5pm, Mon – Fri  
1520 Etchepare Cir/82007

### Social Security Administration

(866) 336-7580  
9am – 4pm, Mon – Fri  
3001 E Pershing Blvd/ 82001  
*\*Due to Covid-19 policies, in-person by appointments only;*

### Wyoming Department of Family Services

State: (307) 777-7564 or (800) 457-3659  
Local: (307) 777-7921  
8am – 5pm, Mon – Fri  
1510 E Pershing Blvd/82001  
*\*Various assistance programs: food, housing, utilities, cash, childcare, foster care, adoption*

### Post Office - Main

(307) 772-7080  
4800 Converse Ave/82009  
7:30am – 5:30pm, Mon – Fri  
7am – 1pm, Sat  
*\*Provides passport services – appointment needed*

### Wyoming 211

Dial: 2-1-1 or (888) 425-7138  
8am – 6pm, Mon – Fr  
Website: <https://wy211.communityos.org/>  
*\*Lists local nonprofits and government services*

# **COMMUNITY RESOURCES**

## **Laramie County Senior Services via Cheyenne**

### **Housing Authority**

(307) 635-2435

8am – 5pm, Mon/Tues/Thurs/Fri

8:30am – 12pm, Wed

2101 Thomes Ave/82001

*\*Assists with medical supplies, caregiver support, housekeeping, meals, etc.*

## **Laramie County**

[www.laramiecountywy.gov](http://www.laramiecountywy.gov)

*\*Resource for County Clerk, County Commissioners, County Assessor, & various county departments*

## **City of Cheyenne**

(307) 637-6200

[www.cheyennecity.org](http://www.cheyennecity.org)

*\*Explore Cheyenne, city government info., & city services*

## **Wyoming State Officials**

Governor: Mark Gordon

Secretary of State: Chuck Gray

Senators: John Barrasso & Cynthia Lummis

Representative: Harriet Hageman