

# Community Resource Guide

## Healthcare Services

### Department of Family Services (DFS)

3817 Beech Street, Suite 200 (307) 745-7324  
Hours: Monday-Friday 8:00 A.M.-5:00 P.M. Assistance:  
Assists with Medicaid, Women Infants and Children,  
SNAP, LIEAP, etc.

### Albany County Public Health

609 S. 2<sup>nd</sup> St. (307) 721-2561  
Hours: Monday-Friday 8:00 A.M.-11:30 A.M. and 1:00  
P.M.-5:00 P.M. Assistance: Vaccinations, strep  
screening, nurse-family partnerships, etc.

### Downtown Clinic

611 S. 2<sup>nd</sup> St. (307) 745-8445  
Hours: Tuesday 9:00am-3:00pm, Wednesdays 2:00  
P.M.-7:00 P.M., Thursdays 9:00 A.M. to 1:00 P.M.  
(Medication Refills can be picked up on Thursdays from  
9:00 A.M.-1:00 P.M., & 5:00 P.M.-6:00 P.M.).  
Assistance: Free healthcare to adults with no  
healthcare.

### Stitches Acute Care Center

3810 Grand Avenue (307) 721-1794  
Hours: Monday-Friday 8:00-A.M.-8:00 P.M. Saturday  
9:00 A.M.-6:00 P.M and Sunday 9:00 A.M.-4:00 P.M.  
Assistance: Healthcare for minor emergencies, family  
medicine, and women's health. No appointment  
necessary.  
(307) 721-1794

### Grand Avenue Urgent Care

3236 Grand Avenue (307)-760-8602  
Hours: Monday-Friday 9:00-A.M.-8:00 P.M. Saturday  
9:00 A.M.-6:00 P.M and Sunday 9:00 A.M.-4:00 P.M.  
Assistance: Healthcare for minor emergencies, sports  
physicals, ex-rays, family medicine, and women's  
health. No appointment necessary.

### Lions Club

P.O. Box 716  
Laramie, WY 82073  
  
(307) 742-5960 (Eyesight Committee Rep)  
Assistance: Eye exams and glasses. Pickup an  
application at any eye doctor's office or visit with a  
school counselor or nurse.

### Albany County Community Health Clinic

1174 N. 22<sup>nd</sup> Street  
307-766-3313  
Sliding fee scale  
Offering video-based telehealth services and over-the-  
phone options  
<http://www.uwyo.edu/hs/albany-clinic/>

### Medicaid

Wyoming Department of Health (307) 777 7531  
6101 Yellowstone Road, Suite #210  
Cheyenne, WY 82009  
Hours: Monday-Friday 9:00am-5:00 pm  
Email: [www.wesystem.wyo.gov](http://www.wesystem.wyo.gov)



## Housing

### Cheyenne Housing Authority

1264 N. 4th St. Laramie, WY (307) 745-4409  
Hours: Monday-Friday 9:00 A.M.-4:00 P.M. (out from  
12:00 P.M.-1:00 P.M.). Unavailable every Wednesday  
from 12:00 P.M.-5:00 P.M. for training.  
Assistance: Applications for Section 8 Housing and low-  
income housing

### Family Promise

215 S. 11<sup>th</sup> St. Laramie, WY (307) 742-6480  
Hours: Tuesday and Thursday 9:00 A.M.-4:00 P.M.  
Assistance: Provides temporary housing for parents and  
children. Family support through case management to  
assist families towards self-sufficiency. Diaper bank  
open to all community members. Assistance with basic  
hygiene items. Laundry facility access with approval.  
**Assistance will be provided over the phone only-day  
center will not be open until further notice.**

### Low-Income Housing

See Attached Form for Housing Information

## Utility Assistance

### Low-Income Energy Assistance Program (Department of Family Services)

3817 Beech Street, Suite 200 (307) 745-7324  
Hours: Monday-Friday 8:00 A.M.-5:00 P.M. Assistance:  
Help with heating costs.  
Apply by phone: 1-800-246-4221 or Online:  
<http://dfsweb.wyo.gov/economic-assistance/lieap>

See Laramie Interfaith under Food Assistance

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## Clothing

### Goodwill Industries

1575 N. 4<sup>th</sup> St. (307) 460-9566 Hours: Monday-Saturday  
9:00 A.M. -7:00 P.M., Sunday 10:00 A.M.-6:00 P.M.

Assistance: Vouchers available for clothing.

### The Cottage-

310 E University Ave. (307) 745-0625

Hours: Tuesday-Friday 11:00 A.M. to 5:00 P.M. Saturday  
12:00 P.M.-4:00 P.M.

Emergency 307-343-5974

### NU2U

320 S. 5<sup>th</sup> Street (307) 742-3979

Hours: Mon-Sat 10:00 A.M.-7 P.M.,

Sun 11:00 A.M.-5:00 P.M.

Assistance: Clothes at reasonable cost.

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8:30 A.M.-3:30 P.M. Assistance: Door-to-door service within city limits. For those under the age of 60, the cost is \$3 per one-way ride. For those age 60 and older, a donation is suggested per ride. Call 24 hours in advance.



### Laramie Connections

Provides transportation assistance for appointments and local errands. Appointments can be set up through link.

<https://www.laramieconnections.com/book>

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## Domestic Violence

### Safe Project

319 S Lincoln St. (307) 742-7273

Hours: Monday -Friday 8:00 A.M.-3:00 P.M. Assistance:  
24-hour crisis hotline (307-745-3556) emergency services, community referrals, and advocacy

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## Food Assistance

### Laramie Soup Kitchen: Lower level of St. Matthew's Episcopal Cathedral

3<sup>rd</sup> and Ivinson (307) 460-1609

Hours: Monday-Friday 10:30 A.M.-1:30 P.M.

Assistance: Please ring the doorbell located at the main entrance and a staff member will take your order and bring you a to-go meal.



### Laramie Interfaith

712 E Canby St. (307) 742-4240

Hours: Monday-Thursday 11-6, Friday 11-5:30

Assistance: Provide community resources.

### USDA Food Commodities: Laramie Interfaith

712 Canby St. (307) 742-4240. Please call Interfaith for the dates and times each month. Assistance: Food commodities delivered

## Transportation

### Laramie Interfaith

See under Food Assistance



### Public Assisted Transportation Assistance

1560 N. 3<sup>rd</sup> St. (307) 745-1511 Hours: Monday-Friday

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## Social Services

### Department of Family Services

3817 Beech St., Suite 200 (307) 745-7324

### Social Security Administration

3001 E. Pershing Blvd

1-800-772-1213

Hours: Mon, Tues, Thurs, Fri 9:00 A.M.-4:00 P.M., Wed  
9:00 A.M.-12:00 P.M.

### Laramie Work Force Center

3817 Beech St., Suite 100 (307) 742-2153

Recommended that unemployment claims be filled out online through the Laramie Work Force website.

[wyui.wyo.gov](http://wyui.wyo.gov) Claims may also be filed by phone at 307-473-3789. PIN numbers must be reset if last used prior to June 2018.

### Child Support Services

1771 Centennial Drive, #210 (307) 742-5688

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