

MATERNAL MENTAL HEALTH RESOURCE GUIDE

FOR MOTHERS AND FAMILIES IN
PARK COUNTY

2026

2ND ADDITION

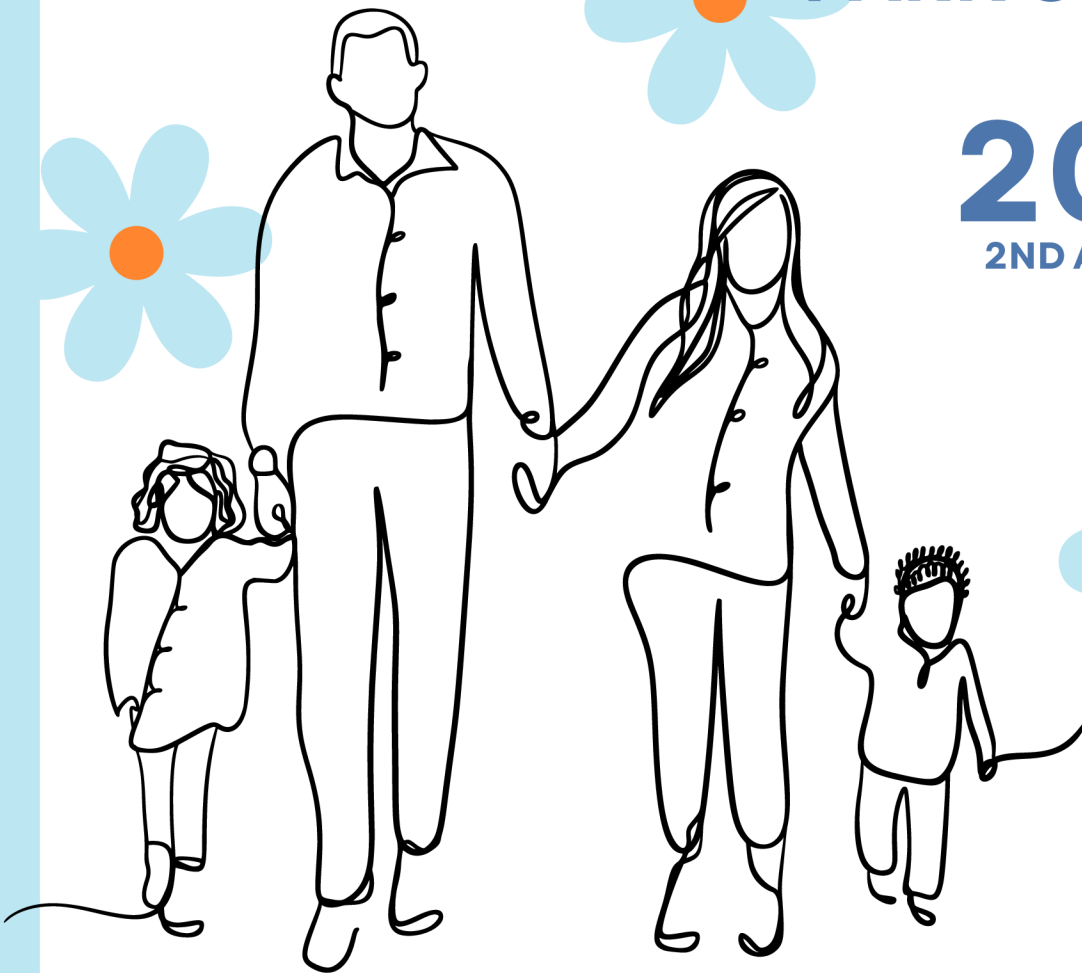


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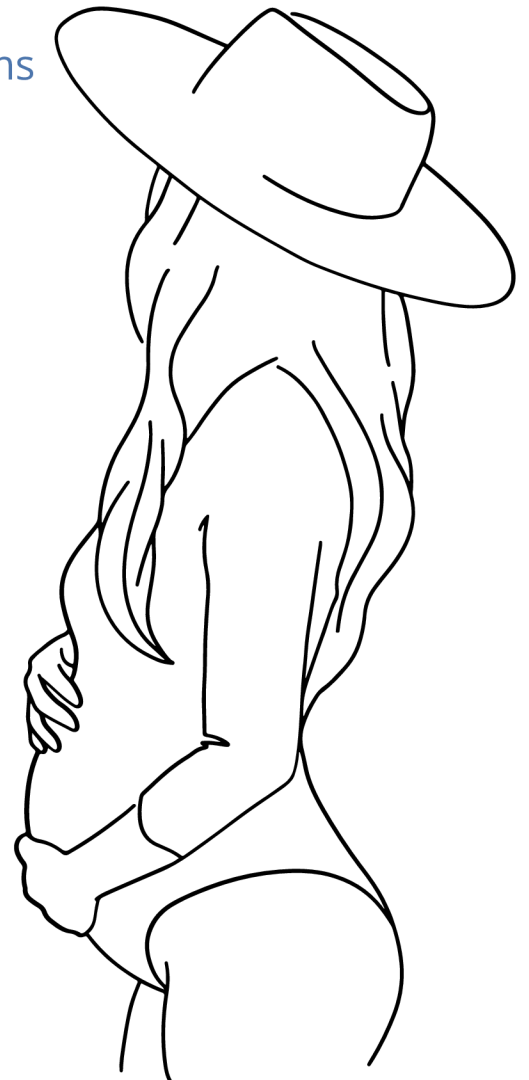
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BROUGHT TO YOU BY:



Breathe
&
Balance

PREVENTION & CRISIS CARE

Healthy Park County

Shabnam Khan - Community Prevention Specialist
1735 Sheridan Ave, Suite 209, Cody, WY 82414
(307) 869 - 5886



www.healthyparkcounty.org
Facebook.com/HealthyParkCounty

Healthy Park County is a community coalition promoting mental health, substance-use prevention, and family wellbeing through education, partnerships, and local resources that strengthen a healthier Park County.

Serenity Pregnancy Resource Center

Tonya Bartholomew, Executive Director
1826 Stampede Ave, Cody, WY 82414
(307) 213-5025



serenityprc.org

Instagram: @serenity.prc

Facebook.com/serenityprc

ALL of Serenity's services are FREE! We offer pregnancy tests, confirmation ultrasounds, STI testing, resource counseling, individual parenting classes, pregnancy loss and abortion support healing.

Wyoming Department of Family Services

Josh Dobson, Eligibility & Benefit Specialist
501 Stampede Ave, Suite 2095, Cody, WY 82414
(307) 587-6246



WYOMING DEPARTMENT
OF FAMILY SERVICES

www.dfs.wyo.gov
Facebook.com/wyomingdepartmentoffamilyservices

We administer a range of assistance programs and resources that offers families opportunities for success.

PREVENTION & CRISIS CARE



CRISIS INTERVENTION SERVICES

Crisis Intervention Services

Darlene Reed, Victim Advocate

1220 13th St, Cody, WY 82414

(307) 272-4754

1-877-864-9688 (24-Hour Crisis Line)

www.cis-park.org

[Facebook.com/crisisinterventionparkcounty](https://www.facebook.com/crisisinterventionparkcounty)

We help victims of domestic violence, stalking, sexual assault and their children cope with the initial crisis and aftermath of these violent crimes.

Ezekiel 37 Ministries

Kateland Rhodes Cody Program Manager - Case Manager

3304 Big Horn Ave, Cody, WY 82414

(406) 290-3047

jkrhodes0911@gmail.com

[Facebook.com/ezekiel37ministries](https://www.facebook.com/ezekiel37ministries)



E Z E K I E L 3 7 M I N I S T R I E S

Ezekiel 37 Ministries exist to help break the cycle of addiction within individuals and their families. We use faith-based and secular approaches to help restore the bonds within family units and individuals. We work alongside other agencies to assist those walking out their sobriety.

National Hotlines

911: **Universal Emergency Number**

Crisis Text Line (U.S.A.): Text CONNECT to 741741

Parent Hotline: 1-800-840-6537

988: **Suicide and Crisis Lifeline**

National Suicide Prevention Lifeline: [1-800-273-TALK](tel:1-800-273-TALK) (8255)

National Suicide Prevention Text Line: 1-800-799-4889

MEDICAL & MENTAL HEALTH PROVIDERS



Postpartum Support International

Megan Fallon- Outreach and Engagement Coordinator/
State Support Coordinator
1-800-944-4773

Socials: @postpartumsupportinternational

Postpartum Support International supports families and educates professionals on perinatal mental health, including pregnancy and postpartum mood disorders. It offers free resources like a helpline, online support groups and peer mentors.



Megan Fallon, LCSW, PMH-C

Megan Fallon-Owner/Therapist
337 Roberts St, Cody, WY 82414
(406) 281-1231
mfallonlcsw@gmail.com

<https://meetmonarch.com/therapist/megan-fallon-lcsw-lcsw-cody-wy>

Megan Fallon is a licensed mental health provider specializing in perinatal mental health care, anxiety, depression, and EMDR therapy.

Canyon Therapy

Amanda Kolstad, PT, DPT, CAPP-Ob, CAPP-Pelvic
(307) 250-3357

544 Yellowstone Ave, Cody, WY 82414
akolstadcht@gmail.com
canyontherapy.com
Facebook: @canyontherapy



Canyon Therapy offers occupational and physical therapy that spans the lifespan. Amanda Kolstad, PT, DPT, has a passion for treating pelvic health conditions, pregnancy, and postpartum.

MEDICAL & MENTAL HEALTH PROVIDERS

Wyoming Hand in Hand Home Visitation Program, Park County Public Health



Ronda Elias, RN, BSN
109 W 14th St, Powell, WY 82435
(307) 754-8871

Brianna Nothe, Public Health Nurse
1002 Sheridan Ave, Cody, WY 82414
(307) 527-8570

Serves: Cody, Powell, Clark & Meeteetse
Instagram: @parkcountypublichealth

From pregnancy through your child's second birthday, you and your family can receive no-cost visits—in your home, at your local public health nursing office (<https://health.wyo.gov/publichealth/nursing/phn-co-offices/>), or in another place you feel comfortable—with a friendly public health nurse in your community.

Advantage Rehab

819 Sheridan Ave, Cody, WY 82414
(307) 587-9866

443 W Coulter Ave, Powell, WY 82435
(307) 754-2019

www.physicaltherapywyoming.com

Instagram: @advantagerehab

www.facebook.com/advantagerehabphysicaltherapy

Advantage Rehab has therapists who specialize in pelvic health, treating pre-, peri- & post-partum moms, and anyone along the life cycle with pain, incontinence, weakness, etc.



MEDICAL & MENTAL HEALTH PROVIDERS

Cody Regional Health - Behavioral Health

Kristin Alcalá, Clinical Programming & SOR Grant Manager

707 Sheridan Ave, Cody, WY 82414

(307) 578-2526

www.CodyRegionalHealth.org

Socials: @CRHCommunity



**CODY
REGIONAL
HEALTH**

Cody Regional Health Behavioral Health supports families through counseling, education, and inclusive care—helping loved ones stay connected, understand treatment, and heal together throughout recovery and beyond.

Cody Regional Health's Milk Depot Breast Milk Donation Drop-off Location Mother's Milk Bank



www.milkbank.rmchildren.org

(877) 367-9091 Screening Call

707 Sheridan Ave, Cody, WY 82414

Cody Regional Health is proud to partner with the Mother's Milk Bank to serve as a Milk Depot, giving nursing mothers the opportunity to donate excess breast milk to help vulnerable infants.




MEDICAL & MENTAL HEALTH PROVIDERS

Women's Health & Nursery at Cody Regional Health

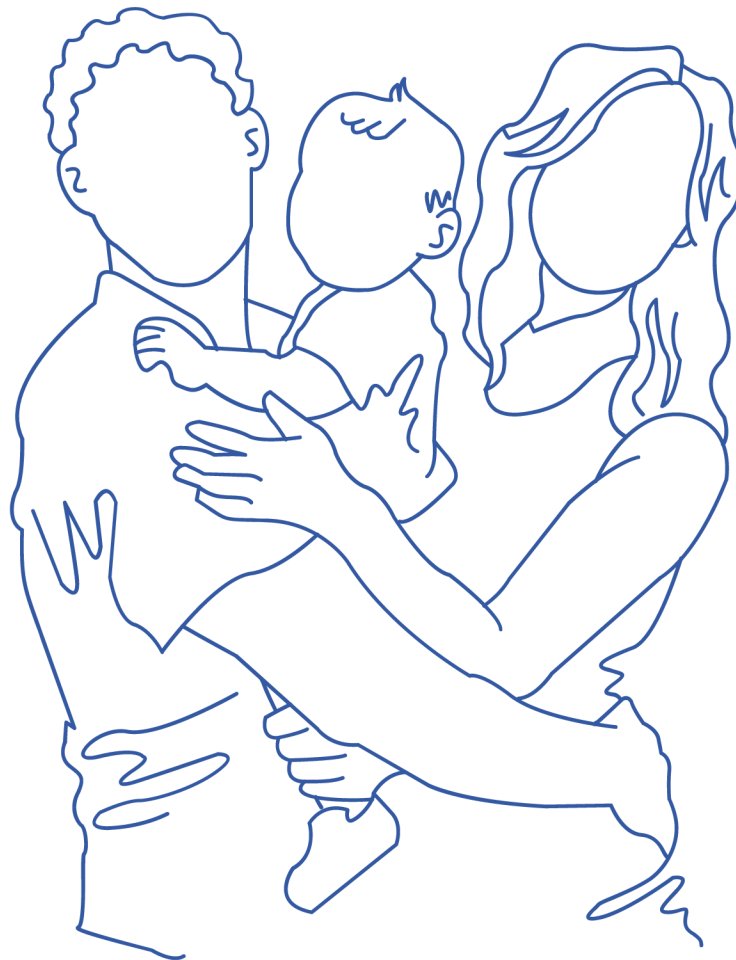
Appointments & Information:

Women's Health (Outpatient): (307) 578-2770

Labor & Delivery / Nursery: (307) 578-2210



Cody Regional Health provides comprehensive, compassionate care for women at every stage of life—from routine checkups to maternity and beyond. Our experienced team is here to support you with personalized care close to home.



HEALTH & WELLNESS

Breathe & Balance



Breathe & Balance

facebook.com/The Mama Hood Group
facebook.com/nikki.levine.50

Nikki Levine Bustos
814 19th St, Cody, WY 82414
(617) 794-9751
nikkilevinebustos@gmail.com
breathebalance.com
Instagram: @nikkibalance

Breathe & Balance is a holistic health & wellness practice specializing in ancient life skills thoughtfully adapted for modern communities. Nikki is a trauma informed educator with over 25 years of experience, supporting families & individuals in building stress management and emotional resilience from birth through life. At the heart of the work is compassionate doula care and maternal health advocacy guiding families through fertility, pregnancy, birth, postpartum, and beyond.

Infrared Bed Rejuvenation (RedBed)



Michelle Tidball
1920 17th St, Cody, WY 82414
(307) 578-6908
Hours 8 am to 6 pm Sunday-Friday
www.infraredbedrejuvenation.net

Infrared Light for Mental Healing:
Major Depressive Disorder, Anxiety Disorders, Seasonal Affective Disorder, Sleep Disorders, Post-Traumatic Stress Disorder, Bipolar Disorder, Stress Reduction, Improved Sleep, Enhanced Cognitive Function and Mood, Neuroprotection, as well as Energy Boost.

HEALTH & WELLNESS

Herbal Essentials



Back to Our Roots, LLC

Herbal Essentials "Back to Our Roots" LLC

Janice Sorenson and Melissa Sorenson
2113 Kerper Blvd. North, Cody, WY 82414

Janice: (307) 250-9324

Melissa: (307) 219-8312

We provide and teach people about home medicines, tinctures, salves, plants and more that are safe for all ages.



Mountain Roots Roling at Rocky Mountain Wellness Center

Kelly Phillips

337 Robert St, Cody, WY 82414

(406) 223-3849

www.mountainrootsroling.com

I offer Roling®—a hands-on bodywork therapy—to support the whole family: mothers through pregnancy and postpartum, children as they grow, and anyone seeking less pain, less tension, and a more balanced body.



Revive & Thrive Co. at Rocky Mountain Wellness Center

Kendall Dostart

337 Robert St, Cody, WY 82414

(770) 820-8494

Facebook: Kendall Dostart / Revive & Thrive Co.

For the Mom Who's Ready to Feel Like Herself Again. I help moms regulate, feel like themselves again, and thrive—through remote support and in-person aesthetic services in Cody, WY.

SUPPORT GROUPS & MINISTRIES FOR MOMS

Pop-up Play Cody

Ashley H. Floyd, Director

Meets @ Paul Stock Aquatic & Recreation Center

1402 Heartmountain St, Cody, WY 82414

(352) 514-9580

popupplaycody@gmail.com

Instagram: @popupplaycody

Facebook.com/groups/popupplaycody



We are a free, open-ended, active play group for preschoolers with mothers in mind that meets weekly during the school year.



Single Parent
Ministries

Single Parent Ministries

Dawn VanderWerf, Director

2420 Sheridan Ave, Suite F, Cody, WY 82414

(616) 215-9567

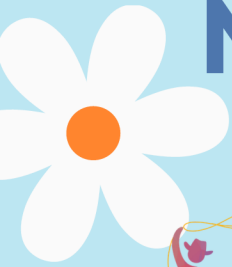
info@singleparentministries.org

singleparentministries.org

Offering guidance and community for those navigating the complexities of single parenting, including support groups, financial coaching, and more through our partnership with local churches. For more information and resources, visit us at our Cody office.



SUPPORT GROUPS & MINISTRIES FOR MOMS



**Parent
Information
Center**

A PROJECT OF PARENTS HELPING PARENTS OF WYOMING, INC

Parents Helping Parents of Wyoming

Krystyne Etheridge, Executive Director
PO Box 1010, Thermopolis, WY 82443
(307) 684-2277 Ext. 1

www.wpic.org

[Facebook.com/ParentsHelpingParentsofWyoming](https://www.facebook.com/ParentsHelpingParentsofWyoming)



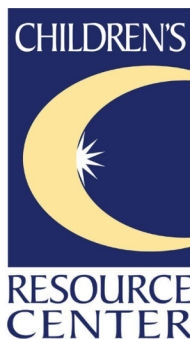
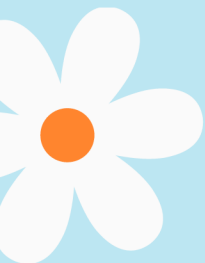
Our dedicated administrators and staff are the heart and soul of our organization. We offer free one-on-one support and a connected network of resources that help you constructively overcome challenges and seek positive outcomes for your special needs child.



Cody MOMS

Cody Bible Church
2137 Cougar Ave., Cody, WY 82414
allcodymoms@gmail.com
www.codymoms.com
[Facebook.com/codymoms](https://www.facebook.com/codymoms)

Previously known as Cody Mops, Cody Moms provides guidance and mentoring for moms regardless of experience or faith tradition.



Children's Resource Center (CRC)

2525 Cougar Ave, Cody, WY 82414
(307) 527-7060

www.crcwyoming.org

Instagram: @crcwyoming

[Facebook.com/children'sresourcecenterwyoming](https://www.facebook.com/children'sresourcecenterwyoming)

Children's Resource Center is an agency uniquely designed to serve children with or without developmental disabilities and their families.

CHILD CARE PROVIDERS

Babysitter's Training at the Cody Rec Center



Suzanne Palmer
1402 Heart Mountain St, Cody, WY 82414
(307) 527-3483
suzannep@codywy.gov
codywy.gov
Socials: @codyreccenter

The American Red Cross Babysitter's Training course provides youth who want to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. Designed for youth ages 11 to 15, the course helps participants develop leadership skills, build a babysitting business, keep themselves and others safe, and guide children's behavior. Participants also learn about basic child care and basic first aid.

Call Suzanne for a list of babysitters who have completed the course.

Christ the King Lutheran Preschool

Pastor Kenneth Mars, Headmaster PreK-2
Stacey Grenz, Director of PreK
(307) 587-3025, Church Office
(307) 587-5774 Preschool
(307) 250-3352
1207 Stampede Ave, Cody, WY 82414
<http://ctklutheranschool.org/>
[Facebook.com/CTKLutheranPreschoolCodyL](https://www.facebook.com/CTKLutheranPreschoolCody/)

CHRIST  **THE KING**
LUTHERAN SCHOOL

Christ the King Lutheran School currently offers PreK through 2nd grade. We support families by providing a safe and positive environment for children. We support mothers by nurturing children in Christian values, kindergarten readiness and beyond, and essential life skills.

CHILD CARE PROVIDERS



Dawesome Daycare

Debi Dawe
1502 26th St, Cody, WY 82414
(307) 272-8433

Private in home childcare and preschool. Please contact Debbie for questions.



Little Explorers Preschool

Amy Whalen, Director/Teacher
825 Simpson Ave, Cody, WY 82414
(360) 239-1432
Littleexplorerscody@gmail.com
Littleexplorerscody.org
Facebook.com/codylep

As a cooperative preschool, family involvement is central to our program, which not only benefits children but also supports mother's well-being through shared experiences and a strong sense of community.



AMERICAN MADE

American Made School

Samantha Williams, Director
1920 17th St, Cody, WY 82414
(307) 272-0414

www.americanmadeschool.com

Facebook: American Made Schoolhouse

American Made Schoolhouse supports maternal mental health by providing faith-based learning that eases the parenting load and empowers families through a like-minded community and teaching children how to walk as Jesus walked.

CHILD CARE PROVIDERS

Absaroka Head Start (POWELL)

Janet Olson, Regional Coordinator
883 East 7th St, Powell, WY 82435

(307) 754-2013

Jolson@abshs.org

Abshs.org

[Facebook.com/AbsarokaHeadStart&EarlyHeadStartCody/PowellRegion](https://www.facebook.com/AbsarokaHeadStart&EarlyHeadStartCody/PowellRegion)

Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. In addition to education services, programs provide children and their families with health, nutrition, social, and other services. We offer a free full-day program for eligible children ages 3-5.

Absaroka Head Start & Early Head Start (CODY)

Janet Olson, Regional Coordinator
1701 29th St, Cody, WY 82414

(307) 527-6454

Jolson@abshs.org

Abshs.org

[Facebook.com/AbsarokaHeadStart&EarlyHeadStartCody/PowellRegion](https://www.facebook.com/AbsarokaHeadStart&EarlyHeadStartCody/PowellRegion)

Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. In addition to education services, programs provide children and their families with health, nutrition, social, and other services. We offer a free full-day program for eligible children ages 3-5.



FITNESS TRAINING WITH CHILDCARE

Paul Stock Aquatic & Recreation Center Child Care

Kayla Rivers, Youth Coordinator

1402 Heart Mountain St, Cody, WY 82414

(307) 527-3490

codywy.gov

Socials: @codyrecenter

**REC CENTER
CHILD CARE**



Our child care program is available Monday - Friday. It's free for members and \$10 per child for non-members. While your little ones are having fun, consider signing them up for one of our youth programs.

Cedar Mountain CrossFit

Tim Newton, Owner (307) 899-2871

Victoria Newton, Owner (423) 557-6091

324 West Yellowstone Ave, Cody, WY 82414

cedarmountaincrossfit.com

Socials: @cedarmountaincrossfit



Cedar Mountain CrossFit offers childcare during some of our classes so that working and non-working parents can work out TOGETHER!

CrossFit Cody

Mindy McFadden, Partner/Owner/Trainer

804 Blackburn Ave, Cody, WY 82414

(801) 725-9732

CrossFitCody.com

Instagram: @crossfitcody1

[Facebook.com/CrossfitCody](https://www.facebook.com/CrossfitCody)

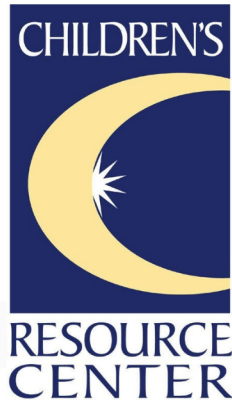


CROSSFIT CODY

CrossFit Cody has had a mission of supporting mothers for 15 + years by offering free childcare for our 8:30 am class; which benefits our mental health and physical health within a loving community.

CIVIC ORGANIZATIONS FOR FAMILIES

Children's Resource Center (CRC)



Mackenzie Scott, FSC
Family Service Coordinator
Ainsley Wlaschin, FSC
Family Service Coordinator
2525 Cougar Ave, Cody, WY 82414
(307) 527-7060
www.crcwyoming.org
Instagram: @crcwyoming
[Facebook.com/childrensresourcecenterwyoming](https://www.facebook.com/childrensresourcecenterwyoming)

Children's Resource Center is an agency uniquely designed to serve children with or without developmental disabilities and their families. We are committed to providing an individualized program for each child to develop physically, intellectually, socially, and emotionally. Children's Resource Center (CRC) serves children in Park, Big Horn, Hot Springs, and Washakie Counties with special instruction and education, occupational therapy, physical therapy, speech and language pathology, social and emotional development, and family service coordination. All services are free to every family.



Brooke Sieg

Park 6 Early Childhood Community Liaison
919 Cody Ave, Cody, WY 82414
(307) 272-0153
brookeseig@park6.org
[Facebook.com/CodyEarlyChildhoodLiaison](https://www.facebook.com/CodyEarlyChildhoodLiaison)

Building partnerships with families, early childhood providers, and the school district to ensure children's readiness skills for entering kindergarten.

CIVIC ORGANIZATIONS FOR FAMILIES

Park County Library

Holly Baker, Children's Services Director
1500 Heart Mountain St, Cody, WY 82414

(307) 527-1884

www.parkcountylibrary.org

Socials: @CodyKidsRead



The library offers much for moms! A welcoming space where kids can play and moms can visit, programming for kids of all ages, and an amazing variety of materials which may be borrowed for free.



Young Life

Keith Pryor (307) 899-5273

MaryCharles Pryor (307) 899-4597

Chrystal Hernandez (307) 250-2344

Young Life is a faith-based nonprofit organization dedicated to supporting young people in our community. Through engaging activities, mentorship, and outreach programs, Young Life creates opportunities for youth to build positive relationships, develop leadership skills, and explore their faith in a welcoming environment. For additional information, please refer to the contact listed above.

No Spot Left Behind

Samantha Williams, Owner
1920 17th St, Cody, WY 82414

(307) 899-5195

www.nospotwy.com

Instagram: @nospotwy

Facebook.com/NoSpotLeftBehindCleaningCo.



No Spot Left Behind supports maternal mental health by employing many stay-at-home moms in part-time positions and our line of work helps them to also maintain a clean and peaceful home environment.

CIVIC ORGANIZATIONS FOR FAMILIES



Cody Recreation Foundation Scholarship

PO Box 1531, Cody, WY 82414
(307) 527-3493

The scholarship program provides financial assistance to eligible individuals and families to help offset the cost of participation in facility programs and memberships. Scholarships may be awarded for up to \$387 toward a Family Membership, up to \$192 for an Individual Adult Membership, and up to \$500 toward Kidz on the Move and ASAP punch passes. Scholarship awards are intended to increase access to recreational, wellness, and youth development opportunities offered through the facility. All awards are subject to program guidelines and available funding.

Call the number above for more information!

Heartland Music Therapy Service, LLC, & Alpha Bell Music Service



Patricia Wormington
2236 Greever St, Cody, WY 82414
(307) 213-0229

patriciawormington@gmail.com

[Facebook.com/Alphabellmusicervice](https://www.facebook.com/Alphabellmusicervice)

[Facebook.com/Heartlandmusictherapyservices](https://www.facebook.com/Heartlandmusictherapyservices)

We offer music therapy and music learning service to the community. Music acts as a powerful tool for mental health by modulating emotions, offering a proactive & creative way to build resilience and boost mental wellness.

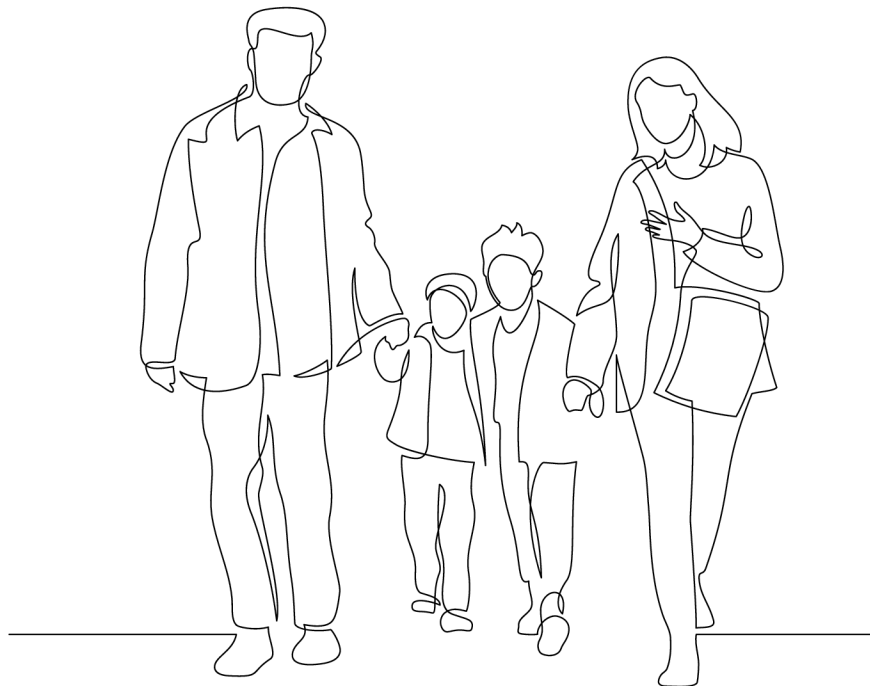
CIVIC ORGANIZATIONS FOR FAMILIES



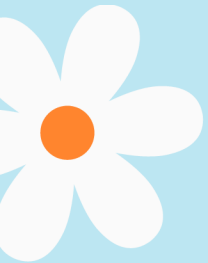
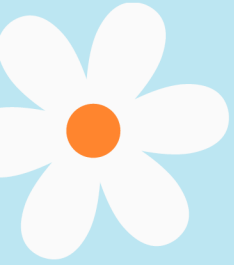
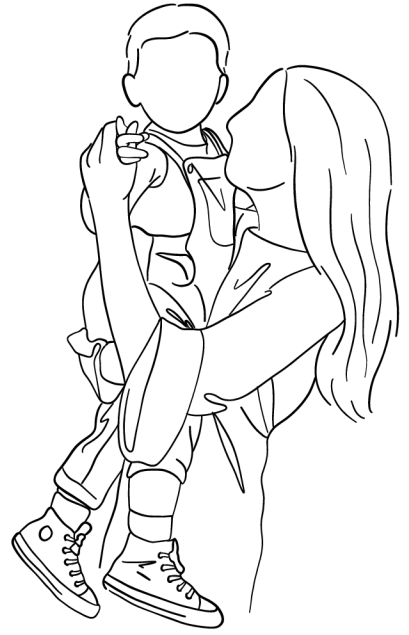
Adopt A Resident Program

Debi Dawe
(307) 272-8433

The Adopt A Resident Program is a heartwarming project, fully supported by community members, dedicated to bringing joy and support to elderly residents in long-term care facilities and low-income housing programs. Founded in 2020 during the COVID crisis by MZDEBIDAWE, our goal is to make a difference and bring smiles by celebrating holidays and providing essential items to residents who might otherwise go without—fostering a sense of community and care for those in need. This program exists because neighbors step up: individuals, families, businesses, and community groups donate items, sponsor residents, and volunteer their time to help assemble and deliver gifts. Every contribution—whether it’s a small donation, a handwritten card, or hours spent organizing—adds up to meaningful support and reminds residents that they are seen, valued, and remembered. Donations are greatly appreciated to purchase needs/gifts and are always delivered by volunteers throughout the year.

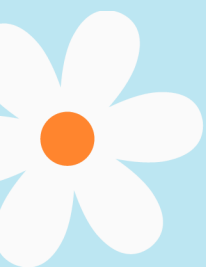
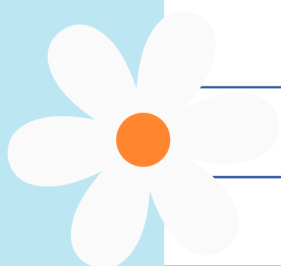
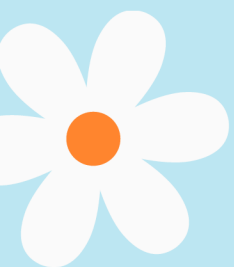


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NOTES:



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BROUGHT TO YOU BY:

Breathe



Balance



Scan for the most up-to-date
resource guide

STAY TUNED FOR THE ANNOUNCEMENT OF OUR 2027 EVENT!