

GENERATIONS | RESOURCE GUIDE | 2017-18

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food, clothing & shelter

EMERGENCY NUMBERS

Providence Psychiatric ER.....563-3200

Alaska 211.....211 or 1-800-643-5437

Anchorage Patrol & Safety Center

1500 E 3rd Ave.....343-4006

• Public Inebriates, 24/7

Warm-Line Services Thread.....563-1966

The warm-line is a support line around parenting techniques and child development issues. They do not provide ongoing counseling; however we will provide referrals to other appropriate agencies if callers are in the midst of a crisis or need more comprehensive social service assistance.

National Suicide Prevention

Lifeline..... 1-800-273-TALK (8255)

National Hopeline

Network.....1-800-SUICIDE (784-2433)

Alaska Careline (Alaska Suicide Prevention and Someone to Talk to

Line.....1-877-266-4357

Governor's Council on Disabilities and Special Education

1-888-269-8990

<http://www.hss.state.ak.us/gcdse>

Where to turn directory, a complete reference to disability services and supports in Alaska

Fire Stoppers

Hotline.....346-2888

CRISIS SERVICES

AWRC

Alaska Women's Resource Center

Phone: 279-5000

360 W Benson Blvd. Suite 200

A domestic violence program that offers individual and group counseling and education to women experiencing abusive relationships. Programs on substance abuse offered also.

AK 211

Phone: 211 or 1-800-478-2221

www.alaska211.org

Statewide directory of human services providers.

Animal Control

Phone: 343-8118 Main Line

343-8122 Customer Service

343-8119 Dispatch

4711 Elmore Road

Responds for requests for services regarding animal bites or attacks and injured animals. 11 am to 7pm M-F 10:00 am to 6 pm Sat-Sun.

APD

Anchorage Police Department

Phone: 786-8900 press "0" Responds to non-emergency calls.

AWAIC

Abused Women's Aid in Crisis

Phone: 279-9581

24-hour crisis line: 272-0100

100 W. 13th Ave.

www.awaic.org

Provides shelter and counseling to women and their children whose homes are unsafe due to violence. Provides domestic violence counseling sessions, education & support groups, one-on-one meetings with a case manager. Sliding fee scale: no one refused.

Eva Foundation

Phone: 632-5666

Fax: (800) 709-1750

1120 E. Huffman Road #324

www.evafoundationalaska.org

Helps survivors of abuse regain their self-confidence and independence to build a better life. The foundation provides esteem-building necessities to help recovering survivors secure an abuse-free future for themselves and their loved ones.

OCS

Office of Children's Services

Child Abuse Hotline

Phone: 269-4000

323 E 4th Ave. 99501

Fax: 269-3901

Takes and investigates reports of child abuse/neglect. The agency may respond to abuse/neglect reports with investigations or surveillance. Caregivers may be required to complete counseling, parenting classes or participate in a case plan. Criminal charges may be filed or the State may take legal custody of children and place them in foster homes or institutions.

Center for Men and Women

Phone: 272-4822

600 Cordova St.

Provide state approved domestic violence monitoring, individual and family counseling. Specializes in domestic violence intervention and anger management.

Mountain View Patrol

4627 Mountain View Dr.

Mobil unit that responds to complaints of noise, disturbances, or unsafe situations.

Responds within the Mt. View Community.

STAR

Standing Together Against Rape

Phone: 276-7279

Crisis Line: 1-800-478-8999

276-7273

1057 W. Fireweed Lane # 230

www.staralaska.com

Counseling, support, and advocacy for rape victims of either sex, any age. 24-hour crisis line. Serves victims of sexual assault, their families and friends. Offers legal referrals if requested, court advocacy and monitoring, support groups and counseling. Also offers specialized client and educational services for children, Alaska Natives, seniors and the developmentally disabled. Sliding fee scale.

Suicide Prevention Intervention Services

Hotline: 563-3200

4020 Folker St.

Anchorage Community Health Services, Inc.

24-hour crisis line for people at immediate risk of suicide. For more chronic depression or suicidal feelings, callers should call the main number for assistance (563-1000) No charge to call; sliding fee scale for those receiving regular therapy.

FOOD/CLOTHING RESOURCES

Abbott Loop Community Church

Phone.....349-9641
2626 Abbott Rd.

Abbot Loop Social Services

Food Line: 349-2005
2626 Abbott Rd.
Provides food, clothing and household items to those in need due to an emergency situation (example: house fire)
No Cost/Open Sunday 12:00 pm to 1:00 pm.

Anchorage Rescue Mission

563-5603
2823 E. Tudor Rd
Offers temporary aid to needy men and women, including shelter, 2 meals a day, household goods, bus tokens, clothing (residents only). Individuals only.
www.anchoragerescue.org

Anchorage Senior Center

258-7823
1300 E. 19th Ave.
Non-profit social functions for seniors. Provides health care, dining and classes. Lunch served from 11 am to 2 pm
Monday-Friday

Anchorage City Church

Phone.....344-2141
1301 100th Ave. (off Minnesota)
• Food 2nd Saturday, 9:00am-12noon

Beans Café (Day Shelter)

1101 East 3rd Ave.
Office.....274-9595
Pay Phone.....276-9302
Mon-Fri – 7:00am-5:30pm
Sat-Sun – 8:30am-5:30pm
• Food & Social Services

Downtown Soup Kitchen

Phone.....277-4302
434 E. 4th Avenue
The following Services are offered
Monday-Friday:
• Lunch 12:00-1:30pm
• Clothing 9:00-Noon
• Showers 9:00-11:30am

Eagle River Food Pantry

Phone: 694-5228
12836 Old Glenn Hwy
Provides food for Eagle River and Chugiak residents. Must have proof of residency

and income verification. Open M & F
10:00 am to 1:00 pm & Tuesday evening
5:30 pm to 7:30 pm.

Family Emergency Services

Phone: 277-2593
1712 A St.
Provides emergency food baskets. Food is available once a month. Proof of address and ID required. Open Monday-Thursday
8:30am-12:30pm

FISH

Friends in Service to Humanity

Phone: 277-0818
Delivers food to the needy on a one-time basis, up to 20 people per day, 1st come 1st serve. No on-going clients. Open only Monday, Wednesday & Friday. No Cost. Must call at 8:00am.

Food Bank of Alaska

Phone: 272-3663
2121 Spar Ave.
Provides referral services to food pantries in the municipality. Mon-Fri 8am-5pm
www.foodbankofalaska.org

Give & Take Cache

Phone349-2005
Food, clothing, household items
Sunday 1:00-2:00pm

God's Place

Phone: 272-0989
Phone: 274-3246
3609 Richmond Ave.
Mother Alice Lawrence provides food, clothing, counseling, showers, haircuts, furniture, bible study, and hugs to anyone in need. 1st come 1st serve. No cost; donations accepted. Walk-ins Monday-Thursday 4 pm to 6 pm Sundays: Offers food at Mt. View Recreation Center

Kids Kitchen

Phone: 274-8522
1021 E. 10th Ave.
www.kidskitchenak.com
Serves hot and nutritious meals to children ages 3-18. Open Monday-Friday 3-7pm. Dinner served at 4:30 pm. Call for information.

Lutheran Social Services

Phone: 272-0643
1303 W. 33rd
Provides food and referrals, administers Neighbor-to-Neighbor program. Provides transportation to/from medical appointments. Provides transportation back to villages for Native Alaskans stranded in Anchorage for medical reasons. Offers permanent housing for the

developmentally disabled and transitional housing for single men.

Food distributed Tuesday, Thursday & Friday 1-4 pm & Wednesdays 5:30-7pm at 1303 W. 33rd Ave. Walk-in clients
Monday-Friday 9 am to 4 pm

Mabel T. Caverly Senior Center. 276-1496

911 W. 8th Ave, Suite 104
• Various services for Seniors (ages 55 & over)

Mt. View Baptist Church.....279-4316

300 North Bragaw St.
• Emergency Food Register Tuesday
9:30am Distribution 2nd & 4th Tues
9:30-11:30am

Once Upon a Child

Phone: 562-8777
1016 W. Northern Lights Blvd.
Used baby and small children's clothing, toys, and equipment for sale.
www.ouac.com

Salvation Army Family Services

Family Emergency Services
1712 A St..... 375-3546
Financial..... 276-1609
• Emergency Prescription Voucher
Mon, Tues, Thurs, Fri 9:00-11:00am
• Emergency Food: Mon thru Thurs, 8:30-12:00pm

St. Christopher's Church

Phone: 333-5010
7208 Duben Ave. Food bank open every
Thursday 10 am to 12 pm

St. Francis House

Phone:276-5590
3710 E. 20th
www.cssalaska.org
Food available Monday, Tuesday and Thursday 11-3pm, Wednesday 10am to 1 pm and 4-6:30pm on the 4th Wednesday of every month. Requirements - photo identification for head of household and official identification for all household members (birth certificates, social security cards,

Salvation Army Thrift Shops

Phone: 561-5514
Phone: 344-1053
Phone: 274-2213
300 W. Northern Lights Blvd
501 E. Dimond Blvd
131 Bragaw Street

SPCA Thrift Shop

Phone: 562-1092
549 W. International Airport Rd. B2

Spenard Lions Club

Phone: 248-0832
2108 Roosevelt Dr.
Food Bank - open 2nd Saturday of every month from 10 am to 12 pm

Value Village

Phone: 337-2184
5437 E. Northern Lts.
522-9090 501 E. Dimond Blvd
A thrift department store.
www.valuevillage.com

NUTRITION

Alaska Cooperative Extension Service

Phone: 786-6300
1675 C St. Suite 100
www.uaf.edu/ces
Offers information on health, home, family and community development, food safety, horticulture, integrated pest management, 4H for youth development. Monday-Friday 8 am to 5 pm.

EFNEP

Expanded Food and Nutrition Education Program
Phone: 786-6300
1675 C St.
Free nutrition education program taught in the home or in a group setting.

WIC

Women, Infants and Children
825 L St.
Phone: 343-4668
Free healthy foods, nutritional information, and counseling. Health Screening and referrals available.

EMERGENCY HOUSING & SHELTERS

Abbott Loop Community Church

Phone.....349-9641
2626 Abbott Rd.

American Red Cross

Phone.....646-5401
235 East 8th Ave., Suite 200
• Disaster Assistance (Fire, Flood & Earthquake)

Anchorage Gospel Rescue Mission

2823 Tudor Rd.....563-5603
• Single Men & Women

- Recovery Program

Anchorage Patrol & Safety Center

1500 E 3rd Ave.....343-4006
• Public Inebriates, 24/7

Anchorage Rescue Mission

Phone: 563-5603
Fax: 563-3863
2823 E. Tudor Rd.
www.anchoragerescue.org
Temporary aid to single men and women. Provides 2 meals a day, clothing and household goods. Open Monday-Friday. Shelter for up to 30 days. Breakfast: 6:15 am to 6:45 am Dinner : 4:30 pm to 6:15 pm & (6:15-7:30 women only)

ASD Child in Transition/Homeless Project

Phone: 742-3833
Fax: 742-3830
5530 E. Northern Lights Blvd.
Specializes in educational assistance and supportive services for homeless families with children. Assists to keep homeless children attending their home school.

AWAIC (Abused Women's Aid In Crisis)

100 West 13th Ave.
24-Hour Crisis Line.....272-0100
Office.....279-9581
• Abused Women/Children/Men

AYPF Teen Center

Office: 929-2633
Fax: 279-2633
700 W. 6th Ave. Ste. 206
www.aypfalaska.org
Teen Center: Tuesday-Friday 1-5pm 929-2633
A professional staff backs the peer counselors at the outreach center and clinic in downtown Anchorage. Together they create a safe place where youth can receive health care, visit with one another in a relaxed environment, and learn about safer ways to live. No one makes judgments – the only goal is to help.

Beans Café & Day Shelter

Phone: 274-9595 (press 1)
Pay Phone: 276-9302
Fax: 277-5251
1101 E. 3rd Ave.
www.beanscafe.org
Provides day shelter for homeless people, offers transportation to job services and other agencies. Offers meals and crisis intervention referrals available. Weekly clinics through Anchorage Neighborhood Health Center;
Monday-Friday 7 am to 5:30 pm
Saturday-Sunday 8:30 am to 5:30 pm.

No cost.

Brother Francis Shelter

Phone: 277-1731
Fax: 272-4666
1021 E. 3rd Ave.
www.cssalaska.org
Emergency shelter for men and women (ages 18 and up) with mat bedding. Showers, washer/dryers, TV room, music, reading room, meeting room. Evening meal served, must arrive between 6:30pm and 7pm. No cost; donations accepted.

Catholic Social Services

Phone.....222-7300
3710 East 20th Ave.

Clare House

Phone: 563-4545
4110 Spenard Rd
www.cssalaska.org
-St. Francis House Food Pantry
Food: Mon thru Thurs 9:00am-1:00pm & 4th Wed of the month 4:00-6:30pm
-Homeless Family Services
Case management for homeless veterans & families. Clare House provides temporary, emergency 24-hour shelter for women and children. The program also provides meals, referrals for child care and substance abuse/mental health and case management services to help women in their transition from homelessness to independent living. Space is limited.

Cook Inlet Housing Authority

3510 Spenard Rd., Ste 100.....793-3000
Mon-Fri 7:30am-6:00pm
• Homeownership/Rental Properties

Cook Inlet Tribal Council

Phone..... 793-3600
(Services for Natives)
3600 San Jeronimo Dr.
• Employment Services.....793-3300
• Tribal TANF.....793-3300

Covenant House/Community Services Center

755 A St
Phone.....339-4431

Covenant House

Phone: 272-1255
Fax: 272-1466
755 A Street
Provides emergency short term care for up to 80 runaway/homeless youth aged 13 to 20. Open 24-hours/day, 7 days/week for youth in crisis. Open intake policy. Shelter, food, and clothing as well as small on-site clinic for basic medical

care. Counseling services available. No Cost.

www.covenanthouseak.org

Eagle Crest Residence Salvation Army

Phone: 276-5913

438 E. 9th Ave.

Provides low cost, clean and safe accommodations for men and women in a drug and alcohol free environment on a space-available basis. Open 24hr/day, 7 days/week Fees ranging from \$80-\$100 a week.

Lutheran Social Services

Phone: 272-0643

Fax: 272-5728

1303 W. 33rd

Provides housing for up to 6 males who must be homeless, ambulatory, 18 years of age or older, clean/sober for a minimum of 30 days and willing to seek full time employment. Minimum stay is 6 months with extension on a case by case basis. Hours open are 9 am to 4:00 pm M-F.

McKinnell Emergency Shelter

Phone: 276-1609

1712 A. St.

Salvation Army

Lodging and meals for homeless intact families and single men with children.

Case management services for residents.

Assistance with problem solving, transportation for clients, three meals per day, snacks, and referrals. First priority to men with children.

Safe Harbor Inn

Phone: 868-7373

1905 E. 4th Ave.

644-8525

207 Muldoon Rd.

Nonprofit motel offers secure lodging for homeless families and individuals with disabilities. Referral only, no walk-ins. \$520-\$550/month

Salvation Army, McKinnell House

1712 A St.....276-1609

- Two Parent Families, Men with Children, Women with Children

HOUSING/HOME OWNERSHIP

AHFC

Alaska Housing Finance Corporation.

4300 Boniface Pkwy

Phone: 338-6100

Fax: 338-9218

440 E Benson Blvd

330-6100 9am-4pm

www.ahfc.us

AHFC provides assistance to eligible Alaskans for low interest loans for home ownership. AHFC has many programs that offer Alaskans the opportunity to purchase their own home.

ALSS

Abbot Loop Social Services

Transitional Living

801 W 57th Ave #2

Phone: 349-9641

Transitional living program for single men looking to become self-sufficient. Support with food, clothing, employment training. Applications available Monday's, 9-11am. First come first served.

Habitat for Humanity

Phone: 272-0800

Fax: 272-1508

500 W. International Airport,

Rd. Suite E

www.hfanchorage.org

Builds homes that are sold to families in need at a no-profit price. Homeowners are selected based on need for housing, stability of income, and willingness to partner with the agency. No interest mortgage. Only accept applications during annual intake period.

Mailing address:

P.O. Box 200115 Anchorage, AK

99520

HUD

U.S. Dept. of Housing & Urban

Development

Phone: 677-9800

3000 C. St. # 401

www.hud.gov

HUD's programs target low to moderate income residents by funding rental assistance, homeless support, homeownership/housing opportunities, and job training.

Neighbor Works Anchorage

Phone: 677-8490

480 W. Tudor Rd.

www.nwanchorage.org

Rentals-Offers 8 properties providing 1,190 units of housing, a variety of options to those who are in need of quality affordable housing. Includes multifamily apartments, accessible units, and transitional housing. Buying-Home Buyers Affordability Program provides mortgage assistance to income eligible individuals.

Assists ADA certified persons to purchase a home and/or receive grant down payments. Funding provided through AHFC as available.



medical, dental & health



MEDICAL/HEALTH RESOURCES

Alaska AIDS Assistance Association

Phone: 263-2050
1-800-478-2437
1057 W. Fireweed Ln. Suite 102
Provides services to individuals and families living with HIV/AIDS. Free HIV testing, results within 20 minutes. Open Monday-Friday 9 am to 5 pm/testing hours are 9 am to 4:00 pm.
www.alaskan aids.org

Alaska Donated Dental Service

Phone: (877) 977-3802
Pro Bono Dental work for people with permanent disabilities, chronic mental illness, or 65 and older and medically fragile. Please call for information.

Alaska Health Care Clinic

Phone: 279-3500
3600 Minnesota Dr.
Physical exams and general medical care for adults and children. Provided by physicians assistance and nurse practitioners.

Alaska Independent Blind

Phone: 563-2525
1102 W. International Airport Rd.
Advocate agency for the blind.

Alaska Lung Association

Phone: 276-5864
500 W. International Airport Rd., Ste. A
Provides information on how to quit smoking, as well as an online quit smoking class and programs for children with asthma.
www.aklung.org

Alaska Native Medical Center

Phone: 563-2662
4315 Diplomacy Dr.
Provides comprehensive medical care to Alaska Native and American Indians who live in Alaska.
www.anmc.org

Alaska Tobacco Control Alliance

Phone: 450-2453
1-888-474-4635
www.alaskatca.org
A statewide organization that works to create conditions in Alaska to be tobacco-free.
Alaska Quit Line: 1-888-842-QUIT

Alaska Women's Health Services

Phone: 563-5151
Providence Hospital Campus
3620 Providence Drive, (C Tower) Ste 322
www.alaskawomenshealth.com
Offers confidential full obstetric/gynecological women's health services. Pregnancy testing, prenatal care (including high-risk), infertility services including artificial insemination, contraceptive services, breast exams, pap tests, venereal disease testing and treatment, as well as abortion counseling and other services.
www.akwomenshealth.com

Alzheimer's Resource Agency of Alaska

Phone: 561-3313
1750 Abbott Rd
Providing information, education, referral, respite, care coordination, and advocacy for those caring for persons with Alzheimer's disease and related disorders.
www.alzaska.org

American Cancer Society

Phone: 277-8610
3851 Piper St.
Suite U240
Volunteers with Road to Recovery Program provide free rides for cancer patients to and from treatment and doctor's appointments. One week's notice prior to appointment requested. Information on support groups available. Wigs donations are welcome & are given to cancer patients.

American Diabetes Association

Phone: 272-1424
801 Fireweed #103
www.diabetes.org
Education, referrals and support services dedicated to diabetes prevention and cure.

American Heart Association

Phone: 865-5300
www.heart.org
Program to reduce disability and death from heart disease and stroke.

Anchorage Neighborhood Health Center

4951 Business Park Blvd.....743-7200
• Medical Appts.....743-7201
• Dental Appts.....743-7202

Anchorage Neighborhood Health Center

Phone: 743-7200
Fax: 257-4644
www.anhc.org
4951 Business Park Blvd.
Medical and dental services for all ages. Free language interpreters available.

Located on bus route 12. Accepting Denali Kid Care, Medicaid and private insurance patients including self-pay. Sliding fee scale available to those who need it but must be income eligible.

Anchorage Project Access

Phone: 743-6600
2401 E 42nd Ave, Ste 104
Aims to increase access to health care for low-income, uninsured community members by using volunteer networks that create the necessary services for those in need.
www.anchorageprojectaccess.org

Consumer Direct Personal Care

Phone: 222-2652
615 E. 82nd Ave. # 101
Provides in-home self-care for people with disabilities or a disabling condition. Must qualify for Medicaid funding.

Denali Kid Care

Phone: 1-888-318-8890 or (907) 269-6529
3601 C St. # 120
Provides health care coverage for children and youth age 18 or younger, and for pregnant women who meet income guidelines. Coverage includes doctor's visits, dental, vision exams and glasses, speech therapy and other services. Many families who are over-income for Medicaid may qualify for this program.

Department of Health and Human Services

Main Phone: 343-4734
Immunizations: 343-4799
Nurse or Records: 343-4792
Reproductive Health Clinic
Phone: 343-4623
Fax: 249-7992
825 L. St. #102
Immunizations (bring immunization records) ages 0-18 free. 19 and older, sliding fee scale. Blood pressure checks, TB screening and follow-up, HIV and STD testing available. Limited adult vaccines. Bring any Medicaid or insurance with you.

Family Medical and Dental Centers

Phone: 333-1211
4361 Boniface Pkwy
Accepts Denali Kid Care and Medicaid. Experienced in treating children.

Just Kids

Phone: 333-5437
Fax: 333-5499
700 Muldoon Rd

Pediatric dentistry, experienced working with children who experience developmental disabilities. Accepts Denali Kid Care, Medicaid, and all military insurance as well as private.

La Touche Pediatrics

Phone: 562-2120
Fax: 562-6527
3340 Providence Dr. #452
1301 Huffman Rd. # 110
17101 Snowmobile Dr.
Provides health care coverage specialized for infants and children. Accepts Denali Kid Care & Medicaid.

Lupus Foundation of America

Phone: 338-6332
www.lupusalaska.org
A patient-oriented organization helping people with lupus and their families by providing information, referral, education, crisis intervention and support.

**Municipal Health Department
Community Health Services Division**

Phone: 343-4605
Fax: 343-6564
825 L. St.
WIC, immunizations, reproductive health clinic, food handling certification. Information and referral services on health care. Community Health Nurse: 343-4800

Muscular Dystrophy Association

Phone: 276-2131
www.mda.org
Conducts research on neuromuscular diseases, and offers comprehensive medical services through a network of clinics, and provides professional and public health education, support groups, & summer camps.

National Multiple Sclerosis Society

Phone: 562-7347
3831 Piper St Ste 410
www.nationalmssociety.org
Provides statewide client programs, self-help groups, public/professional education, advocacy, medical equipment loans, information, referrals, lending library, newly diagnosed programs and national research.

Providence Family Medicine Center

Phone: 562-9229
1201 E. 36th
Fax: 562- 1603
Offers immunizations, Medicaid accepted, provides medical care on a sliding fee

scale. Clinic hours: Monday-Friday 8 am to 5 pm.

Reproductive Health Clinic

Phone: 343-4623
825 L. St. # 102
Provides information on birth control for men and women, pap tests, annual exams, pregnancy tests and screening and counseling and treatment for STIs. Confidential services and a sliding fee scale. Call for information.

South Central Foundation

4501 Diplomacy Drive
729-2500 Behavioral Health
729-2000 Dental Clinic
729-8500 Vision Clinic
Health clinics intended for Alaska Natives and Native Americans, but will not discriminate. Medicaid accepted. Sliding fee scale; will not refuse services for inability to pay. Visit website for more info. on programs
www.southcentralfoundation.com

UAA Dental Program

Phone: 786-6929
Fax: 786-6937
UAA Allied Health Building #131
Provides dental hygiene and x-rays at reduced rates by dental students under direct supervision of instructors and licensed dentists. Preventative nutritional and dental counseling, fluoride treatment and sealants are available. For adults 18 years and older with no insurance and low income. Phone: 786-6960
Hygiene Clinic Exams, x-rays, cleanings, and sealants. 786-6983 or 786-6943
Dental Assisting Clinic X-rays, exams, fillings, sealants, night guards and crowns.

YWCA Breast and Cervical Health Check Program

ENCORE Plus
Phone: 644-9620
Works with the Breast & Cervical Health-Check providing eligible women age 18-64 breast exams, pap test and pelvic exams and mammograms (ages 40-64) at no cost. Also supports men and women with breast cancer by providing transportation and help with meeting basic needs.

**FAMILY PLANNING,
PREGNANCY &
CHILDBIRTH**

Department of Health & Human Services
825 L Street.....343-6718
-Family Planning Clinic.....343-4623
-Reproductive Health Clinic343-4623
▪ Family Planning
▪ Sexually Transmitted Disease
-Emergency Solutions Hotline343-4750
-Aging & Disability Resource Ctr
Phone.....343-7770
-TB Control Program343-4799
-WIC (Women, Infants & Children Nutrition).....343-4668
-Community Safety & Development
Phone.....343-4881
-Immunizations343-4799

Pathway Family Center

Phone: 770-5007
639 W. International Airport Rd, #16
Offers support services, counseling, maternity and baby clothes. Assists in obtaining prenatal care and referrals. Mon-Thurs 12-4:30pm Bring ID and \$2.00

Cradle Club Maternity Unit

AK Regional Hosp.
2801 Debarr Rd
Lactation consultant Martha Olson provides breastfeeding help and support as well as prenatal classes to families delivering at AK Regional.

Crisis Pregnancy Center

Phone: 337-9292
4231 Lake Otis Pkwy.
www.cpcanchorage.com
Many services offered. Pregnancy tests, information about abortion and alternatives, adoption and advocacy program, support information on dealing with parents, husbands and boyfriends. Referrals for legal assistance and community resources. Parenting classes. No cost for services. Monday-Thursday 10am - 4pm

Crossroads

Phone: 742-2424
3350 Commercial Dr. #101
An alternative school program for pregnant and parenting teens. It is an academic program that leads to a high school diploma, with an emphasis on maternal health and child development.

Heart to Heart Pregnancy & Family Resource Center (Eagle River)

Phone: 694-1747
17141 North Eagle River Loop Rd.
Provides counseling and support for pregnant women, free pregnancy tests, post abortion counseling and abortion



alternatives. Maternity clothing, baby clothing, cribs, diapers, and formula at no charge. Opens on the 2nd & 3rd Saturday of every month 12pm-4pm and Tues-Fri 12pm-4pm.

La Leche League International

www.llli.org

A nursing mom's friend since 1954. Provides support, education, and information. Meets once a month.

March of Dimes

Phone: 276-4111

Fax: 276-3375

3209 Denali St Suite 200

www.marchofdimes.org/Alaska

Works to prevent birth neuromuscular diseases and infant mortality. Provides monthly clinic support group to clients. Call for more information.

Northstar Lactation Services

Phone: 337-5245

Helps mothers' have full term pregnancies and provides education about problems that threaten the health of babies.

Planned Parenthood of the Great Northwest

Northwest

Phone: 563-2229

Fax: 563-7419

4001 Lake Otis Pkwy #101

Offers gynecological exams, pap tests, contraceptive services, education and information. Pregnancy testing, but no prenatal care. Treatment and referrals for gynecological problems, venereal disease screening, abortion counseling and referral. Educational counseling for birth control, vasectomy, abortion, PMS, blood work etc. Accepts Medicaid and private insurance.

Right to Life, Inc.

Phone: 276-1912

3400 Spenard Rd. #4

www.alaskarighttolife.org

Offers information and referrals about abortion alternatives, including adoption; offers free pregnancy tests, housing referrals for women with untimely pregnancies. Educational materials available. No cost.

SUBSTANCE ABUSE TREATMENT CENTERS

Akeela House, Inc.

Phone: 565-1200

1-800-478-7738

Fax: 562-5041

360 W Benson Ste 300

www.akeela.org

Provides long-term residential care for substance abusers age 15 though adult. Services include individual and group therapy, family counseling, vocational guidance and rehabilitation, financial management assistance and training. Office Hours: Monday-Friday 8am-5pm

Alaska's Tobacco Quit Line

1-800-QUIT-NOW

Or

1-888-842-QUIT

www.alaskaquitline.com

Call to talk to a supportive, caring quit coaches who work with you to develop your quit plan, optional follow-up calls available, as well as informational kids, and free nicotine replacement patches to qualified participants. All services are completely confidential. Referrals are available to local tobacco cessation services. No Charge.

AA

Alcoholics Anonymous

Phone: 272-2312

www.aa.org

12-step program for alcoholics who want to stop drinking. Provides a system of fellowship, encouragement and support. Call for current meeting times and places. Supported by donations, but no charge for services.

www.anchorageaa.org

Al-Anon Family Groups and Ala-Teen

Phone: 276-6646

4105 E. Turnagain Blvd., Suite D1

www.al-anon.alateen.org

Provides fellowship and support for friends and families of alcoholics.

Breakthrough

Providence

Phone: 212-6970

3760 Piper St #108

Offers outpatient alcohol and drug treatment program following a modified 12-step model. Co-dependent and other programs are available. Call for current program scheduling. Eligibility: adults experiencing chemical dependency problems. Fees vary; accepts third party and most insurance payments.

Center for Drug Problems

Phone: 276-6430

520 E. 4th Ave. # 102

Offers detoxification and substance abuse treatment for drugs such as cocaine, crack, and heroin. Counseling and support services (but no detox) available for alcohol. Accepts Medicaid and private insurance.

Clitheroe Center

Phone: 276-2898

Salvation Army

Provides residential and outpatient drug/alcohol treatment and detoxification for both men and women.

Dena A Coy

Phone: 729-5070

4130 San Ernesto Avenue

Provides residential and outpatient treatment programs for women and men. Children under three are able to accompany their mothers. Primarily serves Native Alaskans.

Ernie Turner Center

Phone: 550-2400

4330 Elmore St.

Offers a 6 month coed residential treatment program for adults, as well as a one week detox unit, day treatment program, emergency, after care and support services. Sliding fee scale, accepts Medicaid and private insurance.

Narcotics Anonymous

Phone: 1-866-258-6329

Phone: 277-5483

www.akna.org

12-step program for drug users who want to stop using. Provides a system of fellowship, encouragement and support. Call for current meeting times and places. Supported by donations, but no charge for services.

Akeela Inc. Stepping Stone

Phone: 565-1200

Fax: 258-6052

360 W Benson Ste 300

Is a substance abuse residential treatment program for women with or expecting a child. Must have a drug assessment completed within the past 6 months. No referral needed. Provides job training, life skills, assertiveness training, workshops for employment skills, financial and life management. Counseling available for sexual/physical abuse and incest victims. FEES: \$250 treatment fee, then \$450/month rent. Accepts Medicaid and insurance and can help with application for public assistance.

Volunteers of America ARCH & ASSIST

Phone: 279-9634

Fax: 276-5489

509 W 3rd Ave #103

www.voaak.org

ARCH: Residential 24-hour, 6-month inpatient alcohol and other drug treatment facility for adolescents age 12-18. ASSIST: Substance abuse outpatient counseling, regular and intensive programs for youth 12-18 years of age who want to change. Outpatient after-care treatment, information and referral coordination with other services. Sliding fee scale, Medicaid, private insurance, but will not refuse service for inability to pay.

COUNSELING, FAMILY SUPPORT & MENTAL HEALTH RESOURCES

Alaska CARES

3925 Tudor Centre Drive, Suite 100
(Behind ANMC)

Anchorage, Alaska 99508

Phone: 561-8301

Toll Free: 1 877-561-8301

FAX: 561-8170

24-Hour on-call: Anchorage Police Dept.
(907) 786-8900

Hours: Monday – Friday, 8:30 am -5:00 pm

Sexual Child Abuse and Response Evaluation Services: This is the organization where children are taken for initial physical examination for sexual abuse examination and interviews.

Alaska Counseling Services

Phone: 276-2978

2600 Denali St. #606 Provides counseling services for adults only.

Alaska Pacific Rim Counseling Services

Phone: 349-0077

Fax:

349-0078

920 W. Dimond Blvd.

Counseling services covering physical, sexual, and emotional abuse, family and marital relationships. Counseling for job stress, anxiety, anger, depression, and eating disorders.

www.akpacificrimcnslg.com

Alaska Parent Line

1-800-643-KIDS (5437)

Phone: 248-7676

3201 C St #110

Get answers to all your parenting questions from trained parent educators. Monday-Friday 9 am to 9 pm.

Alaska Youth Advocates

Phone: 929-2633

700 W. 6th Ave.

www.akyouthadvocates.org

Staff the POWER Teen Clinic, do street outreach and present on various social issues. POWER Teen Clinic: This is a clinic run by teens for teens with a public health nurse here to help. All services are free to teens (13-19 years old). We offer free birth control, pregnancy tests, and HIV as well as STD testing. We always have free food and drinks available. Get some free condoms, get tested, or stay warm and hang out.

Anchorage Community Mental Health Services

Phone: 563-1000

Crisis Line: 563-3200

4020 Folker St.

www.info@acmhs.com

Provides comprehensive mental health services emphasizing treatment and prevention. Outpatient, adult, family, and children. Emergency mental health, day treatment, after care, elderly day care, consultation, education, transitional residential facility, respite care and group therapy. No eligibility requirements. Accepts Medicaid; charges by a sliding scale based on income/family size.

APH

Alaska Psychiatric Hospital.

Phone: 269-7100

Fax: 269-7251

3700 Piper St.

State-operated psychiatric hospital provides acute care and intensive treatment for mentally ill persons requiring inpatient psychiatric service. APH service the seriously mentally ill, children, persons found not guilty by reason of insanity, and persons requiring long-term care for psychiatric disorders.

AWRC

Alaska Women's Resource Center

Phone: 279-0528 or 279-5000

Fax: 279-6754

505 W. Northern Lts #104

Domestic violence counseling, crisis intervention, employment and training, legal assistance, alcohol and drug assessments, pre-natal parenting programs.

Monday-Friday 9 am to 6 pm.

Booth Memorial Youth and Family

Phone: 279-0522

3600 E. 20th Ave.

Family Reunification Program:

Through education and supervised visitation, this program Services. Salvation Army works to reduce and prevent child abuse in order to reunite children in out-of-home placement with their parents. Referrals must be received through the Office of Children's Services.

Compassionate Friends

Phone: 248-1063

900 E Benson #147

A support group for parents and families for the loss of a child of any age. Contact Barb Stephl for more information.

Cuddler's Group at Providence Hospital

3200 Providence Dr, Bldg #5

Support group for mom's with newborn babies. Meets every Monday and Thursday 12-1pm.

Anchorage Community Mental Health Services

Phone: 563-1000

4020 Folker St.

Provides mental health care for elderly persons to assist them in remaining independent to avoid institutionalization. Offers individual, group, marital counseling, behavior therapy, counseling to the dying, rehabilitation, psychological evaluation, information and referrals. Offers psychiatric consultation to nursing homes, doctors, etc. "Daybreak" Alzheimer's daycare program and family support, pre-retirement counseling and education. Eligibility: persons 60 years and older, and their families. Sliding fee scale; no one turned away.

Eva Foundation

Phone: 632-5666

Fax: (800) 709-1750

1120 E. Huffman Road #324

www.evafoundationalaska.org

Helps survivors of abuse regain self-confidence and independence to build a better life. Provides esteem building necessities to help recovering survivors secure an abuse-free future for their self and their loved ones.

Hospice of Anchorage

Phone: 561-5322

2612 E Northern Lights Blvd.

Services for terminally ill people and their families. Bereavement support.

www.hospiceofanchorage.org

Identity, Inc.

Phone: 929-4528

Fax: 334-1992

336 E 5th Ave.

www.identityinc.org

Develops programs and activities to support lesbians, gay men, bisexual and trans-gendered individuals and other members of sexual minorities by encouraging positive social change and fostering acceptance.

Providence Behavioral Health

Phone: 212-6900

3760 Piper St. #1108

Individual and family counseling. Medicaid accepted.

M-F 8:30am-6pm

Men & Women's Center

Phone: 272-4822

Fax: 272-6395

600 Cordova St., Suite 3

Group counseling, stress and anger management. Domestic violence intervention. No Referral needed.

Military & Family Life Consultants**Program**

Off Post: 382-0597/382-8909

On Post: 317-4448

Phone: 382-1407

Provides free non-medical counseling services to members of the military and their families. Services can be provided on or off post to individuals, couples, families or groups. Services are confidential and private.

North Star Hospital

Phone: 258-7575

1-800-478-7575

2530 Debarr Rd

Serves children and adolescents only.

Provides 24-hour psychiatric emergency consultation, admission information/referral and crisis intervention.

Provides in-patient psychiatric care and outpatient substance abuse program.

Accepts Medicaid, private insurance.

Hosts several support groups including AA, Al-Anon, Narcotics Anonymous, and Women who love too much. Call for information.

Parents Reaching Out

Phone: 561-5322

www.parentsreachingout.net

Ongoing support group for assisting parents and grieving partners and families who have experienced prenatal and infant loss.

Psychological Services Center

Phone: 786-1795

UAA 3211 Providence Dr.

Provides short-term personal counseling.

Some groups in areas such as anxiety, depression, stress, loss, relationship difficulties. Also provides paraprofessional training in counseling for related skills such as crisis intervention, emotional support, and intake procedures.

Open Mon-Thur 8am-8pm Fri 8am-5pm

Must have an appointment to be seen.

Sliding Fee Scale.

Volunteers of America Grand families**Network Project**

Phone: 279-9634

Phone: 522-9866

1675 C St. Suite 201

Network of grandparents raising their grandchildren. Monthly support groups, monthly brunches, family activities and support and resource referrals. Respite funds are available for grandparents 55 years of age and over to provide a break from the daily stress of raising a grandchild. www.voak.org

NEUROPSYCHOLOGIST

ALASKA NEURO ASSOCIATES

4241 B Street, Suite 202

Anchorage, AK 99503

Accepts Medicaid

Phone : (907) 277-0100

Fax: (907) 222-0566

Website: www.alaskaneuro.com

Heather Macomber, Ph.D

Neuropsychologist, Russell Cherry, PsyD, Neuropsychologist

At Alaska Neuro Associates, Dr. Russell Cherry and Dr. Heather Macomber are dedicated to providing expert, pertinent, and timely neuropsychological evaluations to children, adolescents, adults, and elders facing challenges with cognition, mood and behavior, and symptoms of varied medical conditions.

PEDIATRIC NEUROPSYCHOLOGICAL SERVICES OF ALASKA, PC

800 E Dimond Blvd., Suite 3-625 (in the Dimond Mall, above the skating rink)

Anchorage, AK 99515

Phone: 306-6525

Fax: 929-3057

Website: <http://pnsapc.com/home.html>

Dr. Stephen Mailloux offers neuropsychological assessment and consultation for children and teens (and

young adults on occasion) with known or suspected medical or neurological disorders. If you have questions about our practice, or if you want to talk with our neuropsychologist, feel free to give us a call.

FULLER DIAGNOSTICS, LLC

2600 Denali Street

Anchorage, AK 99503

Phone: 561-0552

Website: <http://www.fulleralaska.com/>

Fuller Diagnostics, LLC provides neuropsychological services for individuals and agencies across the state of Alaska. Together we provide services for Alaskans across the life span. Dr. Kristi Fuller focuses on the assessment needs of children and Dr. Richard Fuller provides neuropsychological evaluations for adults of all ages. Maureen Young, LCSW provides individual and family treatment for children and adolescents, while Krista A. Pemberton, LCSW provides individual, marital, and family therapy for children, adolescents and adults. Damon Pemberton, LCSW provides individual and family therapy for adults and adolescents.

DR. LAWRENCE NORTON**PEDIATRIC NEUROPSYCHOLOGIST**

Denali Tower North

2550 Denali Street, Suite 1606

Anchorage, Alaska 99503

Phone: 334-9842

Fax: 907 334-9843

Email: doctornorton@me.comWebsite: www.drlawrencenorton.com

Dr. Lawrence Norton is a Pediatric Neuropsychologist serving the Anchorage and Mat-Su Valley areas. Dr. Norton offers neuropsychological and psychological evaluations to children and adolescents experiencing learning, attention, and processing, academic, cognitive, behavioral and/or emotional difficulties. Dr. Norton works closely with parents and schools to identify your child's needs and appropriate interventions to maximize your child's potential.

GRIEF CARE

LET'S TALK

Let's Talk is a support group for foster and adoptive parents facilitated by Krista James and Brenda Ursel. Meets the first Wednesday of every month. Please call Alaska Center for Resource Families at 279-1799 to

register. Childcare available but must be reserved in advance by calling 646-4858. Sponsored by Alaska Center for Resource Families and ChangePoint Church.

ANCHORAGE FORGET ME NOT GRIEF PROGRAM

2612 E Northern Lights Blvd · Anchorage, Alaska 99508-4119

Phone: 561.5322 (voice)

Fax: 561. 0334

Email: fmn@hospiceofanchorage.org

The Forget Me Not Grief program offers year-round peer support to all members of a grieving family. Children, teens and the adults who love them meet 2x a month on scheduled Thursday evenings. Participants experience comfort and encouragement as they share time, feelings and activities related to their grief with others in their age group. One basic rule of Forget Me Nots is the "I pass" rule. No one is pressured to share. Please note: A parent or caregiver must accompany a child or teen to the program and remain on site during the program. New families must complete an Intake and Orientation prior to attendance. Families join when they're ready and stay as long as they'd like. Please contact the FMN Program Coordinator with questions or for more information. We welcome your call.

ACRF Telephonic Rural Foster and Adoptive Parent Training and Support Group: ACRF is offering opportunities for foster and adoptive families to come together with other foster parents & ACRF staff for information and support twice a month. The support groups vary on dates please refer to <http://www.acrf.org/trainingcalendar.php?tn=6&l=teleconference> for the monthly schedule. Foster parents will receive training credit for attending by calling in. If you have questions about this support group/training opportunity for rural resource families, please call 1-800-478-7307.



education & employment



EMPLOYMENT & JOB TRAINING

Alaska Job Centers

Phone: 269-4800
Anchorage Midtown
3301 Eagle St Ste 101
Phone: 269-0000

Anchorage Muldoon
1251 Muldoon Rd
Phone: 269-6414

Anchorage Gambell
400 Gambell St

All opens M-F 8am-5pm.

One stop center offering professional resources to job seekers. Employment services; job listings, employment related workshops, job counseling and testing.

Many Federal, state and local non-profit services available. Gambell center provides childcare while clients are using the center. For a listing of workshops at each location visit ;

<http://jobs.alaska.gov>

Alaska Job Corps

Phone: 562-6200
4300 B St. Suite 100
National hotline: 1-800-733-jobs
Campus located at:
800 E Lynn Martin Dr.

Palmer, AK 99645

<http://alaska.jobcorps.gov>

No cost education and career technical training program. Provides work experience, vocational training and placement for unskilled youth workers (age 16 to 24). Assists with housing, obtaining GED, driver's education, and job placement. Must be low income. There is a waiting list for the program; length of time varies.

Anchorage School District

Apply via Website

Jobs within the Anchorage school district.

www.asd.k12.ak.us/depts/hr/employment

t

or

www.asdk12.org

ASSETS

Phone: 279-6617
Fax: 274-0636

2330 Nichols St.

Provides vocational training and assistance with employment and housing placement for adults with developmental and psychiatric disabilities.

www.assetsinc.org

Career Services Center (UAA)

Phone: 786-4513

3416 Seawolf Dr

www.uaacareerservices.com

Assists UAA students and potential students with career counseling, information, and vocational testing, workshops on resumes and interviewing, internships, job listings and placement assistance. No Cost.

Open M-F 8am-5pm.

Division of Vocational Rehabilitation

Phone: 269-3580

Fax: 26-3636

1016 W. 6th Ave. Suite 102

269-2060

4600 DeBarr Rd Suite 300

Assists eligible workers who have been professionally diagnosed with a long-term/permanent physical, health, learning, mental, or psychological disabilities. Provides assessment and career counseling and assistance getting job training, placement and occupational casework. No cost.

www.labor.state.ak.us/dvr

Local 71

(State of Alaska crafts/trades union)

Phone: 276-7211

2510 Arctic Blvd.

www.local71.com

State jobs in trades, labor and crafts. Only for experienced workers. No Job training.

Municipality of Anchorage Personnel Office

Job Hotline: 343-4451

632 W. 6th Ave

(City hall building)

www.muni.org/JOL/

Non-Appropriated Funds

Phone: 552-4563

8517 20 St. Ste. 109

Elmendorf AFB Jobs on military installations.

Rescare

Phone: (866) 737-2273

610 E 5th Ave.

Vocational training for people with disabilities and a full range of employment services offered to individuals with barriers to employment.

Salvation Army Older Alaskans Program

Phone: 349-0613

1712 A St.

Provides Meals on Wheels for seniors 60 years and older as well as C.H.O.R.E (light housekeeping) also has group meal sites

and activities. Provides transportation for disabled people over 60 to medical appointments. Free

Social Security Administration

Phone: 271-4799

222 W. 8th Ave., Suite A-11

Monday, Tuesday, Thursday, Friday 9am-4pm, Wednesday 9am-12pm

www.socialsecurity.gov

UAA Human Resource Services

Phone: 786-4608

Jobs at UAA (University of Alaska Anchorage)

www.uakjobs.com

U.S. Postal Service Employment

3201 "C" St. Suite 506

www.usps.com/careers

Frequently hires seasonal holiday workers.

Youth Work Permits

Phone: 269-4900

Phone: 334-2587

www.labor.state.ak.us

(click "worker" then "worker permit")

Youth work permits are required for youth 17 years of age or younger who have found a job and are ready to begin work; these permits are available through Wage and Hour office at 3301 Eagle St. Rm. 301 or any job center or at the website listed.

Also available at the Youth Job Center 2650 E Northern Lights Relocatable #3 behind the King Career Center.

EDUCATIONAL OPPORTUNITIES

Alaska Pacific University

Phone: 561-1266

Toll Free 1-800-252-7528

4101 University Dr.

Offers a wide range of college courses at the undergraduate and graduate levels. Seniors over 65 are eligible for an 80% discount on tuition.

ALP

Alaska Literacy Program

Phone: 337-1981

Fax: 338-3105

1345 Rudakof Cir., Suite 104

Teaches reading and writing skills. English as a second language classes & tutoring and computer skills. A family literacy program is available for low-income families with young children who want to learn English.

Anchorage School District

Title 1-Child in Transition/Homeless

Project

5530 E Northern Lights Blvd.

Phone.....742-3833

- Educational Assistance
- Supportive Services

Cook Inlet Tribal Council, Inc.: Health Profession Opportunity Grants [HPOG] Program

3600 San Jeronimo Drive, Suite 1

First Floor

Anchorage, Alaska 99508

Phone: 907-793-3322

www.citci.org

The HPOG Program provides education and training to income eligible individuals seeking a career in healthcare. HPOG participants are given the opportunity to obtain higher education, training, and support services needed to secure positions that offer the opportunity for advancement and sustainability, ultimately leading these individuals on a pathway to financial self-sufficiency.

Application and participation in the HPOG program involves four phases: application review, eligibility determination, academic advising/support services, and employment assistance.

General Eligibility Requirements:

- 18 year of age
- Citizen or legal permanent resident of the United States (Green Card or U.S. Passport)
- Alaska Native/American Indian (preference only – anyone is eligible)
- Verified low income status

Additional Program Requirements:

- High School Diploma/GED/Transcripts (assistance available for undergrads)
- Resume
- Letter of Interest
- Letter of Recommendation (Professional)

The HPOG program provides training and education in the following areas:

- Personal Care Assistant
- Certified Nursing Assistant
- Medical Assistant
- Associates of Science in Nursing (competitive)
- Medical Office Assistant

- Counselor/Behavioral Health Technician
- Dental Assisting
- Phlebotomy Technician
- Insurance Coding & Billing Specialist
- Emergency Trauma Technician
- Emergency Medical Technician
- CPR/BCLS/AED
- Recertifications

How to Apply: Stop by the HPOG Training and Education Center on the first floor of the Nat’uh Service Center and pick up a Student Application Package. Call 793-3322 for more information.

Cook Inlet Tribal Council, Inc.: Tribal Training Grant

Phone: 907-793-3300

www.citci.org

Needs-based grant; Provides short and long-term certification or vocational training to Alaska Native students residing within the Cook Inlet Region

Educational Opportunity Center

Phone: 786-6707

4500 Diplomacy Dr. Suite 105

Information, referrals, career testing, admission and financial aid information and counseling, assistance with forms, for potential first generation college students. No Cost.

www.uaa.alaska.edu/eoc

Nine Star Enterprises

Phone: 279-7827

125 W. 5th Ave

Main Location

www.ninestar.com

Has 6 different locations. Offers Adult Education Center for GED preparation, educational opportunities for people receiving ATAP or unemployment insurance. Provides workshops at several sites in Anchorage. English as a Second Language (ESL) classes and computer classes are available. Also high school completion and youth employment services, senior employment training program, and customer service training program.

UAA Advising and Testing Center

Phone: 786-4500

3901 Old Seward Hwy

University Ctr. Rm 112

Provides career advising to assist students and prospective students with career exploration. The center offers career exploration classes and career assessment

tools. Placement testing is also available for those returning to school.

UAA Native Student Services

Phone: 786-4000

3211 Providence Dr., Rasmuson Hall Rm 108

Counseling, referrals, fellowship and support services to Native Alaskan students to assist them in adapting to the demands of life as a student and resident of Anchorage.

University of Alaska Anchorage

3211 Providence Dr.

www.uaa.alaska.edu

786-1480-Admissions/registration

786-1586-Financial Aid Office

786-1626-Distance Education Services

Tuition waivers for Alaska residents 60

and older with one-year residency. Waiver

does not cover all classes.



childcare



CHILDCARE RESOURCES

Child/Adult Care Licensing

Phone: 343-4758
825 L St. 3rd Floor
Issues licenses to childcare centers and facilities, investigates complaints, and provides information and technical assistance to parents and care providers. Provides orientation classes for new home child care providers. Licenses adult quasi-institutional facilities. Files are open to the public.

Child Care Assistance Program AK Family Services

Phone: 644-5000
Fax: 644-5020
1251 Muldoon Rd #116
Assists qualifying low to moderate income families in paying 25%--97% of child care costs. Grants paid monthly directly to childcare providers. A delay before assistance begins is common.

Kids' Corps Early Head Start

Kids' Corps Head Start

Full Day Center

Phone: 222-1222
3350 Commercial Dr.
Phone: 333-5433
Muldoon Center
1251 Muldoon Rd
A comprehensive child development program for prenatal to 3 years old. Full day and home based. Eligibility based on income. A comprehensive child development program designed to meet individual children's needs. Services include: health, nutritional and developmental screenings, education, family services information and referrals. Parent involvement is encouraged. Serves children age 3 to 5 years. Eligibility based on income. Day Care assistance required.
www.kcialaska.org

Kids' Corps

Head Start

Part Day Centers

272-0133
East Center
3710 E. 20th Ave.
Phone: 646-7884
Mt. View Center
3350 Commercial Dr.
A comprehensive child development program for 3-5 year olds and their families. Children attend 4 days per week

for 3.5 hour per day. Eligibility based on income.

No fees.

www.kcialaska.org

Thread

Phone: 265-3100
Fax: 265-3191
3350 Commercial Dr., Suite 203
Assists parents/families in finding child care; carries full listings of all licensed day care centers and home providers in the Anchorage area. Also provides training classes for parents and child care providers. Charges by sliding fee scale (\$5 to \$50); free for those in qualifying programs (ATAP).
www.threadalaska.com

SCHOOL AGE CHILDREN RESOURCES

Alaska Baptist Family Service Center

Phone: 349-2222
Fax: 349-5335
1600 O'Malley
Offers residential program for young males and females. Serves males 9-13 years old and females 13-18 years.
www.akbaptist.com

Alaska Child and Family

Phone: 346-2101
Fax: 348-9230
4600 Abbott Rd.
Offers residential psychiatric treatment for youth age 6-18 with emotional and behavioral problems, and family enhancement program. Referrals through the Office of Children's Services and private sources. Accepts Medicaid, private insurance, and state funding. Some scholarship assistance available.
www.akchild@ak.net

Big Brother & Big Sisters of Alaska

Phone: 433-4600
1057 W. Fireweed, Suite 202
www.bbbsak.org
Offers opportunities for children (6-16 years) from single parent homes to develop a one-on-one friendship with a same-sex adult whom they can admire, and whose behavior sets a good example. Assigns big brothers and sisters with common interests and locations. Provides volunteer training and match supervision. Volunteers should be willing to give 3-5 hours a week for a minimum of 1 year. No cost.

Booth Memorial Youth and Family Services.

Phone: 279-0522
3600 E. 20th Ave.
Residential Treatment Program: Provides 24-hour basic care and supervision for young women who have a demonstrated need for treatment in a highly structured and supervised placement. Referrals must originate from the Office of Children's Services.
Emergency Stabilization Center: Emergency stabilization and crisis intervention services are provided with a multi-faceted approach to working with women 12-18 years of age. Short term shelter for teenage girls.
Fetal Alcohol Spectrum Disorder Project: A community-based educational outreach program staffed by certified FASD educators.

Boy Scouts of America Western Alaska Council

Phone: 337-9547
3117 Patterson St.
Offers day and weekend opportunities for social activities, camping, career awareness and exploration, and leadership skills. For boys 1st grade through 17 years. Costs vary.
www.scoutingalaska.org

Boys and Girls Clubs of Alaska

Phone: 297-5402
Mt. View Club
315 N. Price St.
Phone: 333-2582
Muldoon Club
1251 Muldoon Rd. #153
248-5437
Woodland Park Club
2300 W. 36th Ave.
Provides after-school and summer social and athletic opportunities for disadvantaged children. Goal is to develop leadership and good citizenship skills to instill a sense of competence, belonging and usefulness. Serves boys and girls age 4 to 18. Annual Membership fee. Scholarships available. Daycare available at the Woodland Park clubhouse. Transportation to activities. Call for details on current programs.
www.bgcalaska.org

Campfire Alaska

Phone: 279-3551
161 Klevin St., Suite 100
www.campfireak.org
Offers social and leadership opportunities through clubs, recreation centers, camps

and bush programs. Provides before and after school childcare programs and summer childcare programs for children 0 to 21 years of age. Fees vary by program. Child Care Assistance accepted.

Challenge Program

Alaska Military Youth Academy

Phone: 384-6015

PO Box 5727

Fort Rich , AK 99505

Admissions Office 375-5554

Residential program provides GED, high school credit, food, shelter, vocational skills training, life skills training in a military environment to youth 16-18 years of age. Residential program is 5 ½ months long with 1 year of post residential services. Participants submit an application, are interviewed and then given class assignment. Candidates must be Alaska residents without high school diplomas, who have not attended school for at least 30 days. Program cannot accept candidates with legal problems.

Camp Hope and FAScinating Families Camp

Phone: 279-9646

1675 C St., Suite 201

www.voagak.org

Camp Hope: Support, education, intervention and summer camps for youth impacted by substance abuse problems. Some partial and full scholarships available. FAScinating Families Camp: for families raising children with Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorders.

Charlie Elder House Catholic Social Services

Phone: 277-8622

CCS Main Line 276-5590

Long-term home like residence for homeless teen boys. No cost.

Covenant House

Phone: 272-1255

755 A Street

www.ak.covenanthouse.org

Provides emergency short-term care to as many as 40 runaway and homeless youth age 13 to 21. Facility is open 24 hours a day, 7 days a week for response to needs of youth in crisis situations. Open intake policy. Shelter, food and clothing as well as a small onsite clinic for basic medical care. Counseling service available. No Cost.

Crossroads

Phone: 742-2424

3350 Commercial Dr., Suite 101

An alternative school program for pregnant and parenting teens. It is an academic program that leads to a high school diploma, with an emphasis on maternal health and child development.

Girl Scouts of America Susitna Council

Phone: 248-2250

3911 Turnagain Blvd. E

www.girlscoutsalaska.org

Informal education programs and social opportunities for young woman including values and leadership education. There is a \$4 annual registration fee, plus weekly troop dues. Proven leadership development program for girls 5-17 years old.

Make a Wish Foundation

Phone: 258-9474

165 E 56th Ave #4

Fulfills the wishes of children with life-threatening illnesses.

www.akwish.org

SAVE Program Anchorage School District

Phone: 742-1250

410 E. 56th Ave.

Serves students up to age 19 in grades 10-12 who are having difficulty in traditional high schools, in order for them to earn high school diplomas. Provides individual instruction in non-graded small classes, vocational training, office occupations, career education center, work-study program, part-time employment, and counseling services for students. Counseling for parents of students who are experiencing a disability. Call for additional information. Volunteers of America



youth



EMPLOYMENT

ACPE Success Center

Phone: 800-441-2962

www.acpe.alaska.gov

All ages

College and Career Specialists assist students with career exploration, FASFA assistance, college and career applications, and scholarship searches and applications.

Alaska Job Center Network

Phone: 907-269-0000

www.jobs.alaska.gov

DOE

Alaska Job Corps

Phone: 800-733-JOBS

<http://alaska.jobcorps.gov>

16 to 24 y/o Students receive FREE educational and vocational training, parenting skills, and job placement assistance

Cook Inlet Tribal Council, Inc.: Alaska's People Career Development Center

Phone: 907-793-3300

www.citci.org

Open to all Alaska Native and American Indian individuals and their families seeking employment or training opportunities

Cook Inlet Tribal Council, Inc.: Youth Employment Program (YEP)

Phone: 907-793-3600

www.citci.org

14 to 24 y/o

185% CIB required

Internships, employment training and assistance provided Programs: AYS, RYS, and Youth Career Ready

Covenant House Alaska

Phone: 907-339-4259

www.ak.covenanthouse.org

16 to 24 y/o

Employment assistance & referrals, workshops, transportation assistance, internships & externships Program: Dena'ina House

Division of Public Assistance (DPA)

Phone: 907-269-6599

www.dhss.alaska.gov/dpa

18 to 24 y/o Job search assistance

Eagle River Job Center

Phone: 907-694-6904

www.jobs.state.ak.us/offices/eagleriver.htm

DOE

- Vocational Counseling
- Job Development and Referral
- Financial Assistance for Job Training
- Adult Basic Education Classes
- Job Skills Training
- Welfare to Work Assistance

MECA, Employment Connection

Phone: 907-248-6322

www.mecaalaska.com

Job development and placement assistance.

Nine Star Education & Employment Services

Phone: 907-279-7827

www.ninestar.com

14 to 24 y/o

2 Youth Employment programs

Youth Job Center

Phone: 907-334-2562

www.jobs.alaska.gov/youth

DOE

Various programs and resources

STAFFING AGENCIES

Adecco

Phone: 907-277-3275

www.adecco.com

DOE

AES (Alaska Executive Search)

Phone: 907-276-5707

www.akexec.com

DOE

Elite Employment Services

Phone: 907-276-8367

www.elite-employment.com

DOE

Express Employment Professionals

Phone: 907-272-8584

www.expresspros.com/anchorageak

DOE

Kelly Services

Phone: 907-561-5070

www.kellyservices.com

DOE

OPTI Staffing

Phone: 907-677-9675

www.optistaffing.com

DOE

People Ready

Phone: 907-258-8636

www.peopleready.com/locations/Anchor-age-AK-1886

DOE

Personnel Plus

Phone: 907-563-7587

www.perplus.com

DOE

Westaff

Phone: 907-646-2282

www.westaffalaska.com/ak

DOE

JOB BOARDS

Alaska Dispatch News (ADN): Alaska Career Builder

www.adn.com/classified/employment/

Alaska's Job Bank (ALEXsys)

www.jobs.alaska.gov

Alaska Native Hire

www.alaskanativehire.com

Career Builder

www.careerbuilder.com

Career Jet

www.careerjet.com

Groove Job

www.groovejob.com

Indeed

www.indeed.com

Internships

www.internships.com/student

LinkedIn

www.linkedin.com

Monster

www.monster.com

Snag-A-Job

www.snagajob.com

Teen Job Scene

www.teenjobscene.com

ANNUAL JOB FAIRS

Alaska Dispatch News Job Fair

March & September (Bi-annual)

www.adn.com/job-fair/

Contact: Brandi Nelson 257-4221,

seminars and employers for applicants

CIRI Annual Shareholder Job & Resource Fair

January (Annually)

www.ciri.com/shareholders/benefits/employment-resources/ciri-shareholder-job-and-resource-fair/

Open to CIRI shareholders and descendants (must bring shareholder or descendent ID cards)

Midtown Job Center: Mountain View Job Fair/Employer Expo

April

www.jobs.alaska.gov

10+ businesses in attendance Come dressed for success with your employability documents General employment applications will be provided

Youth Job Fair at Anchorage Muldoon Job Center

TBD

14 to 24 y/o summer jobs, internships, volunteer opportunities, and education programs

YOUTH EMPLOYERS

The Alaska Center: Trailside Discovery Camp

Phone: 907-274-KIDS

www.akcenter.org/trailside/trailside-discovery-camp-background

16+ y/o Industry: Childcare/Day Camp

Alaska Public Lands Information Center (Youth Conservation Corps)

Phone: 907-644-3663

www.alaskacenters.gov/ycc.cfm

15 to 18 y/o Industry: Environment Paid summer program

Alaska Youth Advocates

Phone: 907-929-2633

www.akyouthadvocates.org

15+ y/o Industry: Outreach

Cook Inlet Tribal Council, Inc.: Youth Employment Program

Phone: 907-793-3300

www.citci.org/employment-training/youth-service

14 to 24 y/o Internships, job placement
Industry: Administrative

MUNI: Youth Employment in Parks (YEP)

Phone: 907 343-4355

www.muni.org/Departments/parks/Pages/YEP.aspx

16 to 19 y/o Industry: Parks & Recreation
Must be a resident of the MUNI of Anchorage and engaged in High School or GED program

Southcentral Foundation: Responsible Adolescents in Successful Employment (RAISE)

Phone: 907-729-5015

www.scf.cc

14-19 y/o Alaska Native or American Indian Provides on-the-job work experience in the context of Native cultural values in health-related careers
Programs: Summer, Winter, Graduate

SUMMER INTERNSHIPS

Alaska Conservation Foundation: Ted Smith Conservation Internship Program

Phone: 907-276-1917

<http://alaskaconservation.org/internships>

Must be currently enrolled in an accredited college in the US or abroad or a recent grad Application period annually: January to February

Alaska Native Heritage Center

Phone: 907-330-8000

www.alaskanative.net

14+ y/o Internship Program
Industry: Tourism

Cook Inlet Region, Inc.: Summer Internship Program

Phone: 907-263-5562

www.ciri.com

Must be a CIRI shareholder or descendent
Min 2.0 GPA College Junior or Senior in a 4-yr degree program or recently graduated

State of Alaska: AK Dept of Fish & Game

dfg.careers@alaska.gov

<http://www.adfg.alaska.gov/index.cfm?adfg=join.internships>

16+ y/o, must be enrolled as a full-time student, min GPA of 2.0

SUPPORTIVE SERVICES/DISABILITY SUPPORT

ACCESS Alaska

Phone: 907-248-4777

www.accessalaska.org

Independent living services promoting total integration within the community of your choice.

AK Center for the Blind & Visually

Impaired: Independent Youth Program

Phone: 907-248-7770

www.alaskabvi.org

Summer Youth Program: High-tech equipment for blind and visually impaired at selected schools Vision rehabilitation, employment services, worksite assessments, rural outreach, and an Independent Youth Program

Alyeska Vocational Services

Phone: 907-562-7019

www.wvs.org

Job placement and resume assistance for individuals with disabilities

Arc of Anchorage

Phone: 907-277-6677

www.thearcofanchorage.org

12+ y/o Disability serves for those with intellectual and developmental disabilities Deaf & Hard of Hearing Center provides: Evaluation, training, counseling, placement, and Independent Living Program

ASSETS, Inc.

Phone: 907-279-6617

www.assetsinc.org

For those suffering from developmental & psychiatric disabilities and require vocational training and supported living services

CHOICES

Phone: 907-333-4343

www.choices-ak.org

For those suffering from severe psychiatric disorders

Cook Inlet Tribal Council, Inc.: Tribal Vocational Rehabilitation (TVR)

Phone: 907-793-3300

www.citci.org

Alaska Natives and American Indian individuals who experience disabilities that prevent them from obtaining or

maintaining employment. Applicant must present their CIB

Pathways

Phone: 907-562-1892

www.pathwayshealth.org

Job placement and resume assistance for individuals with disabilities

Salvation Army

Phone: 907-243-1181

www.alaska.salvationarmy.org

N/A

State of Alaska: Division of Vocational Rehabilitation

Phone: 800-330-6468

www.labor.state.ak.us/dvr/home.htm

FREE services to include: Medical exam to see if you qualify and to help plan your career. Counseling, especially about disability issues that affect you. Help choosing the job goal that's right for you. Referral to other agencies that can help you. Tests and other tools to better understand your talents, etc.

PROFESSIONAL CLOTHING/ATTIRE

Cook Inlet Tribal Council, Inc.: Youth Employment Program (Supportive Services)

Phone: 907-793-3600

www.citci.org

14 to 24 y/o 185%

CIB/BIA preference Supportive (financial) services for those actively seeking employment opportunities

Covenant House Alaska

Phone: 907-339-4259

www.ak.covenanthouse.org

16-24 y/o Clothing

Downtown Soup Kitchen

Phone: 907-277-4302

www.downtownsoupkitchen.org

15 to 24 y/o Clothing for job interviews, emergencies, and resource referrals

Pathways Anchorage

Phone: 907-770-5007

www.pathwaycenter.org

12 to 24 y/o Free clothing and household items

EDUCATION & VOCATIONAL TRAINING

COLLEGES AND UNIVERSITIES

Alaska Pacific University

Phone: 1-800-252-7528

www.alaskapacific.edu

Programs in Outdoor Studies, Sustainability, Earth Science, Marine Biology, and Counseling Psychology

Alaska Career College

Phone: 907-563-7575

www.alaskacareercollege.edu

Programs: Aircraft Dispatching, Business, and Therapeutic Massage

AVTEC - Alaska's Institute of Technology (Seward)

Phone: 907-224-3322

www.avtec.edu

Programs: Business & Office Technology, Combination Welding, Industrial Electricity, and Construction Technology

Central Texas College (JBER)

Phone: 907-428-1317

www.ctcd.edu

Distance Learning available Programs: Business Management, Criminal Justice and Information Technology

Charter College

Phone: 888-200-9942

www.chartercollege.edu

Program: Business, Healthcare, Information Technology, and Trades/Vocational

The CIRI Foundation

Phone: 907-793-3575

www.thecirifoundation.org

The "Education Resources Handbook" is an expansive handbook providing several resources related to job opportunities, secondary education assistance and programs, and tribal colleges in Alaska and nationwide

Cook Inlet Tribal Council, Inc.: Tribal Training Grant

Phone: 907-793-3300

www.citci.org

Needs-based grant; Provides short and long-term certification or vocational training to Alaska Native students residing within the Cook Inlet Region

Harvard University Native American Program

Phone: 617-495-4923

www.hunap.harvard.edu

Providing opportunities for Native American, Alaska Native, and Native Hawaiian students to include internships, scholarships, fellowships, grants, and career opportunities

Ilisagvik College

Phone: 907-852-1799

www.ilisagvik.edu/become-a-student

Programs: Early Childhood Education, Heavy Equipment Operations, and Inupiaq Studies

University of Alaska (Anchorage)

Phone: 907-786-1800

www.uaa.alaska.edu

16+ y/o UAA Native Student Services:

Provides Alaska Native Programs, Educational Outreach & Guidance, Workshops, and Student Advocacy

University of Alaska (Fairbanks)

Phone: 907-474-7034

www.uaf.edu

Programs in Engineering, Fisheries and Ocean Studies, and Liberal Arts

University of Alaska Southeast

Phone: 907-796-6100

www.uas.alaska.edu

16+ y/o Online programs available in Alaska Native Languages & Studies, Education, Management, and Sociology

Universal Technical Institute

Phone: 907-242-1777

www.uti.edu

16+ y/o Program: Transportation

Wayland Baptist University

Phone: 907-428-1496

www.wbu.edu

16+ y/o Programs: Applied Science, Nursing, and Business Admin

SECONDARY EDUCATION & ASSISTANCE PROGRAMS

ACPE Success Center

Phone: 800-441-2962

www.acpe.alaska.gov

Education planning and advocacy, career training, and financial aid services provided to students

The Alaska Center - AYEA

Phone: 907-274-3640

www.akcenter.org/ayeaa

Alaska Youth for Environmental Action (AYEA): Training in leadership skills and youth-led community action projects and campaigns

The Alaska Center: Trailside Discovery Camp

Phone: 907-274-KIDS
www.akcenter.org

4 to 16 Kid's summer camp and outdoor environmental stewardship education program

Alaska Commission on Post-Secondary Education

Phone: 800-441-2962
www.apce.alaska.gov

Provides outreach, success center services, and research assistance for colleges and careers

Alaska Cooperative Extension—Kaltag Fisheries Youth Development Project

Peter Stortz, Program Coordinator
ffpis@uaf.edu

12 to 18 y/o Program teaching fisheries management skills to train youth and ensure sustainable use of the resource

Alaska Job Corps

Phone: 907-562-6200
www.alaska.jobcorps.gov

16 to 24 y/o Year round vocational and academic training HS credits and GED classes

Alaska Joint Electrical Apprenticeship & Training Trust (AJEATT)

Phone: 907-337-9508
www.ajeatt.org

18+ y/o Programs: Wireman, Lineman, Telecommunications – Additional programs offered in Fairbanks

Anchorage Literacy Program

Phone: 907-337-1981
www.alaskaliteracyprogram.org

19 y/o and up FREE Reading and writing skills, teaches English and a second language

Alaska Military Youth Academy

Phone: 907-375-5556
www.akmya.org

16 to 18 y/o
Cadets are instructed in: Life Coping Skills, Academic Excellence, Job Skills, Responsible Citizenship, Leadership/Followership, Health and Hygiene, Physical Fitness, and Service to the Community. Cadets work towards completion of GED or High School Diploma

Alaska Native Heritage Center

Phone: 907-330-8000
www.alaskanative.net

12 to 24 y/o The Center has programs to support and educate older youth and to enhance their cultural identity. They also offer internships to help high-school aged youth with career goals and employment. Programs: The High School Program provides enriching learning activities for older teens emphasizing Native art, dance and Native Games. The Walking Two Worlds program gives Alaska Native middle-school students a guided path to high school graduation. The program includes homework time, cultural activities, group discussions, and socialization.

Alaska Teen Media Institute

Phone: 907-272-2864
www.alaskateenmedia.org

14 to 24 y/o Media skills training

American Red Cross

Phone: 907-646-5400
www.redcross.org

All ages Babysitting and Advanced Child Care Training (Online Courses \$29-\$35)

Anchorage Youth Court

Phone: 907-274-5986
www.anchorageyouthcourt.org

Juvenile Justice System empowering and educating students to serve in legal service industries.

Anchorage Youth Development Coalition

Phone: 907-277-4179
www.aydc.org

All ages Promotes & integrates strategies through youth advocacy, resources, networking, and training

ANSEP (Alaska Native Science and Engineering Program)

Contact specific program
www.ansep.net

Programs: Middle School Academy
STEM Career Exploration
Acceleration Academy
Summer Bridge
Jump Start

Big Brothers Big Sisters Alaska

Phone: 907-433-4628
www.bbbsak.org

Native American Mentoring, Hispanic Mentoring, Community-Based Mentoring & School-Based Mentoring

Boys & Girls Club Alaska

Phone: (907) 248-5437

www.bgcalaska.org/

13+ y/o Educational programs and career readiness

Boy Scouts of America, Great Alaska Council

Phone: 907-337-9547
www.scoutingalaska.org

5 to 21 y/o Cub Scouts (Grade 1-5); Boy Scouts (Grade 6-12); Venturing (boys or girls ages 13 to 21).

Challenge Alaska

Phone: 907-344-7399
www.challengealaska.org

Adaptive sports, therapeutic recreation, and education

Cook Inlet Tribal Council, Inc.: Youth Services

Phone: 907-793-3600
www.citci.org

14 to 24 y/o 185% CIB/BIA preference Programs: Youth Employment Program, Rising Star Program, TANF Youth Case Management and Supportive Services

Cook Inlet Tribal Council, Inc.: Youth Empowerment Services (YES)

Phone: 907-793-3300
www.citci.org

Programs: Building our Future, Partners for Success, Fab Lab, Schoolyard, Techno/Culture Camp, NYO Games Alaska, Tribal Scholarships

Cook Inlet Tribal Council, Inc. & Native Student Activities Grant Program:

Johnson O'Malley Grant (JOM)
Phone: 907-793-3301

www.citci.org

Financial Assistance: Student must be enrolled full-time in ASD K-12 Alaska Native and/or American Indian (CIB req'd) Covers: School supplies sports gear, school fees, band instruments, technology requests, and more.

Cook Inlet Tribal Council, Inc.: School Based Tutoring Program (Schoolyard)

Phone: 907-793-3301
www.citci.org

Student must be enrolled full-time in ASD 7th -12th grade Alaska Native and/or American Indian (CIB req'd). Covers: reading, writing, and math and other subjects depending on academic needs

Covenant House Alaska

Phone: 907-339-4259
www.ak.covenanthouse.org

16-24 y/o education assistance & vocational referrals, life skills, transportation assistance, tutoring

Educational Opportunity Center (UAA)

Phone: 907-786-6707

<https://www.uaa.alaska.edu/students/trio/educational-opportunity-center>

18+ y/o Entering or seeking postsecondary education Provides assistance and information for college admissions

Girl Scouts of Alaska

Phone: 907-248-2250

www.girlscoutsalaska.org

Grades K-12 Develop leadership skills, volunteer efforts, life skills, and outdoor activities

Independent Living Program, State of Alaska

Phone: 907-269-4017 or 907 465-8659

www.dhss.alaska.gov

16 to 21 y/o Youth must currently or have previously been in OCS or Tribal custody Offers up to \$5,000 per academic year to pay for tuition, fees, rent, childcare, bus passes, parking fees, and other living expenses.

King Career Center

Phone: 907-742-8900

www.asdk12.org/schools/kcc/pages

Grades 11 to 12 Providing 26 career pathway programs taught by industry professionals.

Mountain View Neighborhood Library

Phone: 907-343-2818

www.muni.org

FREE ESL Classes

Nine Star Education & Employment Services

Phone: 907-279-7827

www.ninestar.com

14 to 24 y/o Basic education, GED prep/testing, computer certification classes

Parachutes Teen Club & Resource Center

Phone: 907-562-2932

www.parachutesalaska.com

13 to 18 y/o 6-week job training program

Salvation Army Anchorage

Phone: 907-345-4048

www.salvationarmy.org

12 to 24 y/o Summer and day camps offered

YWCA Alaska

Phone: 907-664-9600

www.ywcaak.org/youth-empowerment

Youth Empowerment programming include multicultural female leadership, girls & boys groups promoting resiliency and positive communication skills, and Young People of Achievement Awards

BUSINESS ASSISTANCE

Alaska Small Business Development Center (ASBDC)

Phone: 866-900-4639

Address: 1901 Bragaw Street, Room 199 Anchorage, AK 99508

Website: <https://aksbdc.org/contact/>

Resources: On-going start-up workshops and events, tools, and advising

Anchorage Chamber's: Young Professionals Group

Phone: 907-272-2401

Address: 1016 West Sixth Ave, Suite 303 Anchorage, AK 99501

Website: www.anchoragechamber.org

21 to 39 y/o 8 month program (Young Entrepreneurs Academy) Monthly meetings every 2nd Tue

BuyAlaska

Phone: 907-786-7226

Address: 1901 Bragaw Street, Room 199 Anchorage, AK 99508

Website: www.buyalaska.com

Online community for businesses serving Alaskan residents

The National Center for American Indian Enterprise Development (NCAIED)

Phone: 480-545-1298

Address: National Center Headquarters 953 E. Juanita Avenue Mesa, AZ 85204

Website: www.ncaied.org

Resources: Management & Technical Assistance to Tribal & individually owned Indian businesses, Training & Resources, Trade Fairs & Fundraising, and Advocacy

Small Business Administration (SBA)

Phone: 907-271-4022

Address: 420 L Street, Suite 300 Anchorage, AK

Website: www.sba.gov

Resources: Funding, Tools, and Resources for Small Businesses

United National Indian Tribal Youth, Inc. (UNITY)

Phone: 480-718-9793

Address: 1 N. MacDonald Drive, Suite 212 Mesa, AZ 85201

Website: www.unityinc.org

Programs: 25 Under 25 Earth Ambassadors I Will Live Today's Native Leaders

Women's Small Business Workshop

Phone: 907-343-2818

Address: Mountain View Neighborhood Library In the Library Community Room 120 Bragaw Anchorage, AK Every Tuesday, 2p to 5p

HEALTH & WELLNESS

MEDICAL FACILITIES

Alaska Native Tribal Health Consortium

Phone: 907-563-2662

www.anthc.org

All ages Community health services, HIV/STD program (iknowmind.org)

Anchorage Native Medical Center

Phone: 907-563-2662

www.anmc.org

All ages Service areas: Primary Care, Pain Management, Ophthalmology, Pediatrics, Obstetrics & Gynecology, and more

Alaska Regional Hospital

Phone: 907-276-1131

www.alaskaregional.com

All ages Service areas: Family Birth Center, Cancer Care Center, Emergency Services, and more

Providence Hospital

Phone: 907-212-3130

www.alaska.providence.org

All ages Service areas:

Behavioral Health

- Cancer Services
- Children's Services
- Diabetes & Nutrition Services
- Emergency Services
- Heart & Vascular Services
- Imaging Services
- In-Home Services
- Laboratory Services
- Maternity Services
- Orthopedic Services
- Pharmacy Services
- Rehabilitation Services

Anchorage Neighborhood Health Center

Phone: 907-743-7200

www.anhc.org

All ages Sliding scale medical and dental work

Southcentral Foundation (Native Assistance)

Phone: 907-729-4955

www.southcentralfoundation.com

All ages Service areas: Alaska Native Health Advocate Resource, Behavioral Health, Health & Wellness Programs, Pediatrics, and Home-based Services (0+ y/o)

Dept of Health & Human Services

Phone: 907-343-4799

www.muni.org

All ages Child and adult immunizations, travel shots, TB tests, x-rays and health cards for employment, and family planning services

MENTAL HEALTH & SOCIAL SERVICES

Alaska Baptist Family Services

Phone: 907-349-2222

www.alaskabaptistfamilyservices.com

12 to 18 y/o (boys only) Provides residential treatment for those with a developmental age range of 9-18 y/o in addition to individual, family, and group counseling

Alaska Children’s Services

Phone: 907-346-2101

www.akchild.org

12 to 18 y/o Residential care and counseling for abused & emotionally disturbed children to include aftercare case management, intensive day treatment, and activity therapy

Alaska Island Community Services (AICS)

-Alaska Crossings

Phone: 907-874-2371

www.alaskacrossings.org

12 to 18 y/o Short-term intensive behavioral health program combining therapeutic interventions with outdoor activities

Alaska Mental Health Trust Authority

Phone: 907-269-7960

www.mhtrust.org

12+ y/o A comprehensive integrated mental health program to serve Trust beneficiaries

Alaska Psychiatric Institute

Phone: 907-269-7100

<http://hss.state.ak.us/dbh/api/default.htm>

Service Areas: Integrated Housing & Services, Prevention & Early Intervention,

Behavioral Health, and Residential Services

Anchorage Community Mental Health Services

Phone: 907-563-1000

www.acmhs.com

13 to 24 y/o Serve youth and young adults in transition from residential psychiatric care Mobile Team also available to come to your location and evaluate psychiatric needs

Arc of Anchorage

Phone: 907-277-6677

www.thearcofanchorage.org

12+ y/o Providing full array of disability services for those with intellectual and developmental disabilities

Cook Inlet Tribal Council, Inc.: Tribal Vocational Rehabilitation

Phone: 907-793-3300

www.citci.org

Alaska Natives and American Indians with disabilities residing in the Cook Inlet Region are provided with assistance to gain or maintain employment

Denali Family Services

Phone: 907-274-8281

www.denalifs.org

12 to 21 y/o Individual, family, and group therapy services as well as school-based guidance and after school activities

Good Samaritan Counseling Center Assoc.

Phone: 907-565-4000

www.goodsamak.com

Psychiatric Assessments and medication management for all ages

Lutheran Social Services/Native Outreach

Phone: 907-272-0643

www.lssalaska.org

Transportation for medical appts, transitional housing, food

National Alliance for the Mentally Ill (NAMI)

Phone: 907-272-0227

www.nami.org/sites/namianchorage

Group sessions and referrals taken

North Star Behavioral Health

Phone: 1-800-478-7575

www.northstarbehavioral.com

Inpatient and long-term residential treatment center

Providence Hospital: Discovery Unit

Phone: 907-212-4843

www.alaska.providence.org

13 to 18 y/o Inpatient treatment for short-term crisis intervention, stabilization, and transition to outpatient mental health services or residential treatment

Psychology Resources

Phone: 907-272-4407

www.mypsychologyresources.com

12+ y/o Cognitive behavioral therapy, psychodynamic therapy, family systems, applied behavior analysis, EMDR, and ASL services

Southcentral Foundation: Qu yana Clubhouse

Phone: 907-729-6500

www.scf.cc

21+ y/o For individuals diagnosed with chronic mental illness

UAA: Psychological Services Center

Phone: 907-786-1795

www.uaa.alaska.edu/psych/services

18+ y/o Offers counseling services to anyone, even individuals not associated with UAA. We operate on a sliding fee scale and offer 6 free sessions to full time students.

SUBSTANCE ABUSE TREATMENT

Alaska Dream Center

Phone: 907-746-3736

www.dreamcenterak.org

Faith-based addiction counseling, family & marriage counseling, life skills training, work therapy, and GED completion

Alaska Mental Health Consumer Web

Phone: 907-222-2980

www.akmhweb.org

Recovery-based drop in center

Cook Inlet Tribal Council, Inc.: Ernie Turner Center (ETC) Detoxification Services

Phone: 907-550-2400

www.citci.org

Open to all Alaska residents in the Anchorage area Medical and social detoxification services through 12-bed detoxification unit

Cook Inlet Tribal Council, Inc.: Ernie Turner (ETC) Residential Inpatient

Phone: 907-550-2400

www.citci.org

Open to individuals w/ mental health disorders and/or addictions who have been recommended for inpatient treatment. Six-month program

Cook Inlet Tribal Council, Inc.: Unsañ Jan Prevention & Youth Development

(Recovery Services)
Phone: 907-550-2400

www.citci.org/recovery/unsah-jan-prevention/

10 to 24 y/o Focus: Suicide prevention, drug and alcohol prevention, life skills & wellness development Programs:

- Youth Wellness Group
- safeTALK
- You are Not Alone
- QPR Gatekeeper
- Applied Suicide Intervention Skills Training

Homeward Bound

Phone: 907-279-7535

www.ruralcap.com

An alcohol program with priority on the homeless public. Providing case management, employment assistance, transitional housing, and daily living support

Narcotic Drug Treatment Center (NDTC)

Phone: 907-276-6430

www.ndtcak.org

18 to 24 y/o Provides individual and group counseling, outpatient services for Opiate abuse, methadone assisted therapy, referral services, HIV testing and education, and billing assistance

Nugen’s Ranch

Phone: 907-376-4534

www.nugensranchak.org

18 to 24 y/o Detoxification unit and long-term in house residential program along with AA/NA meetings, farm activities, work therapy, and counseling

Providence Hospital: Breakthrough

Phone: 907-562-7325

www.providence.org/alaska/

18 to 24 y/o Provide alcohol & drug outpatient counseling and individual and group counseling. Program: Alcohol Drug Information School (ADIS) – 12 hour class for those with a DWI or MIC

Salvation Army: Clitheroe

Phone: 907-243-1181

www.salvationarmy.org/clitheroe

18 to 24 y/o Multi-service agency that provides comprehensive alcoholism and drug treatment Programs: Intensive Rehabilitation Unit , Reflections, Correctional Substance Abuse program, Outpatient and Intake Center, Detox,

Transitional Care, and Medical Clinic (medical evaluation and treatment)

Southcentral Foundation: Dena A Coy Program

Phone: 907-729-6300

www.southcentralfoundation.com

Fetal Alcohol Syndrome (FAS) prevention program which offers substance abuse & mental health treatment for women.

Designed to allow women to remain in treatment throughout the duration of their pregnancy.

Southcentral Foundation: The Pathway Home

Phone: 907-478-3343

www.scf.cc

Alaska Native and American Indian Males who meet the criteria for severe emotional disturbance

Volunteers of America

Phone: 907-279-9634

www.volunteersofamerica.org

12 to 18 y/o Drug & Alcohol outpatient and residential treatment

Wisdom Traditions

Phone: 907-770-3656

www.awisdomcenter.com

18 to 24 y/o Substance abuse treatment and recovery services in a private, confidential, and comfortable outpatient setting

MEDICAL INSURANCE PROVIDERS

Alaska Medicaid TEFRA (Tax Equity and Fiscal Responsibility Act of 1982 via State of Alaska Dept. of Public Assistance)

Phone: 800-478-4372

www.qualishealth.org/patients-families/alaska-tefra

To qualify, your child must meet one of the following three "level of care" criteria:

- Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID)
- Nursing Facility (skilled and/or intermediate) (NF)
- Inpatient Psychiatric Hospital (IPH)

Each of these categories has specific criteria, so not all children who receive one of these three levels of care will qualify for Alaska Medicaid - TEFRA.

Denali KidCare (Medicaid)

Phone: 907-269-6529

www.dhss.alaska.gov/dpa/pages/medical/default.aspx

Medicaid, an entitlement program created by the federal government, is the primary public program for financing basic health and long-term care services for low-income Alaskans.

Social Security Disability Insurance

Phone: 1-800-772-1213

www.labor.state.ak.us/dvr/dds.htm

Disability Determination Services (DDS) is an agency of the state of Alaska. Under Social Security regulations, the DDS disability specialists, contract physicians, and psychologists determine eligibility of Alaskan applicants for two disability programs: Social Security Disability Insurance (SSDI) Supplemental Security Income (SSI)

SEXUALITY & HEALTHY RELATIONSHIPS

Anchorage Youth Development Coalition

Phone: 907-277-4179

www.aydc.org

All ages Promotes & integrates strategies through youth advocacy, resources, networking, and training

Catholic Social Services: Pregnancies Support Services

Phone: 888-625-7315

www.cssalaska.org/our-programs/pregnancy-support-services/#

Free counseling for pregnant mothers, adoptive parents, and assistance with locating resources including financial supports

Division of Public Health: Adolescent Health Program

Phone: 907-269-3466

www.dhss.alaska.gov/dph/wcfh/Pages/adolescent/default.aspx

Promoting healthy relationship and overall adolescent health and wellbeing Programs: Youth Alliance for a Healthier Alaska (YAHA) Fourth R – Healthy Relationships, traditional schools Alaska Promoting Health Among Teens (AKPHAT)

Four A’s (Alaskan AIDS Assistance Assoc.)

Phone: 907-263-2050

www.alaskanids.org

Provides services and events for testing for and preventing HIV & AIDS

Identity, Inc: Gay & Lesbian Community Service Center

Phone: 907-929-4528

www.identityinc.org/glcca/glcca.shtml

12 to 24 y/o Safe place for GLBTAs to meet, hang out, hold or attend group meetings, or use the resource library and computers

Planned Parenthood of Alaska

Phone: 907-563-7419

www.plannedparenthood.org/alaska

Services: General Health Care, HIV Testing, LGBT Services, Contraception Options, Pregnancy Testing & Services, and Vaccines

Reproductive Health Clinic

Phone: 907-343-4623

www.muni.org

Provides clinical services and health education to prevent infectious diseases, enables families and individuals to determine the timing and spacing of their children, and provide early detection of breast and cervical cancer

YOUTH IN CRISIS

Abused Women's Aid in Crisis (AWAIC)

Phone: 907-279-9581

(24-hour Crisis Line 907-272-0100)

www.awaic.org

All ages Shelter and resources for female victims of domestic violence

Alaska Network on Domestic Violence & Sexual Assault: Stand Up and Speak Alaska

Phone: 907-586-3650

www.andvsa.org

All ages Collective program with several members providing the following services emergency shelter, food & clothing, transportation, legal advocacy, counseling, support groups, community & rural outreach, and SART (Sexual Assault Response Team)

Alaska Women's Resource Center

Phone: 907-279-5000

www.akeela.org/awrc.htm

Services: Information & referral, substance abuse assessments & treatment, domestic violence counseling and advocacy, vocational counseling, parenting

American Red Cross

Phone: 907-646-5400

www.americanredcross.org

Temporary housing immediately following disasters (i.e. fire, flood, and earthquake)

Anchorage Gospel Rescue Mission

Phone: 907-563-5603

www.anchoragerescue.org

18+ y/o (for shelter) All ages for food and clothing Program: NewLife Recovery Program for men 18+ y/o

Beacon Hill: Safe Families for Children

Phone: 907-222-0925

www.beaconhillak.com

All ages Provides supportive services and resources for parents and young adults in crisis. Serves as an alternative to OCS placement and assists families in transition

Careline Crisis Intervention

Phone: 1-877-266-4357 or Text "4help" to 839863

www.carelinealaska.com

All ages Provides support for youth in crisis, grieving, or in need of emotional support

Catholic Social Services: Brother Francis

Shelter

Phone: 907-277-1731

www.cssalaska.org

18+ y/o Night shelter for single men & women. Provides dinner at 7pm, bus tokens, and meals

Catholic Social Services: Clare House

Phone: 907-563-4545

www.cssalaska.org

Shelter for women w/ children and pregnant women for up to 30 days. Provides meals and essential items for babies.

Children Advocacy Center (CAC): Alaska

C.A.R.E.S

Phone: 877-561-8301

<http://alaska.providence.org/locations/cares>

0 to 18 y/o Outpatient clinic providing sexual and physical abuse evaluations for children and young adults

Cook Inlet Tribal Council, Inc: Child & Family Services Dept

Phone: 907-793-3132

www.citci.org/child-family

Programs: Family Contact, Fathers' Journey, Flourishing Child, Foster Family Liaison, Intensive Family Preservation, Luqu Kenu Project

Covenant House Crisis Center

Phone: 907-272-1255

www.ak.covenanthouse.org

13 to 21 y/o Provide the food, shelter, bus passes, and care for homeless youth need along with life skills they need to put their lives on the right track down the road

Crisis Pregnancy Center

Phone: 907-337-9292

www.cpcanchorage.com

Cost-free Services: Adoption information & referrals, medical referrals, prenatal and parenting education, pregnancy tests, STD/STI testing for women

Lutheran Social Services of Alaska

Phone: 907-272-0643

www.lssalaska.org/programs

Transitional housing for men supporting residents as they work to develop healthy/stable lifestyles

Salvation Army Family Services: Family

Emergency Services

Phone: 907-375-3546

www.salvationarmy.org/alaska

Emergency prescription voucher, emergency food McKinnel House: Shelter for men w/ children & women w/ children

Southcentral Foundation: Denaa Yeets

Phone: 907-729-5260

www.scf.cc

18+ y/o Alaska Native or American Indian Provides supportive services to those who are at risk of suicide and for those affected family members

Southcentral Foundation: Willa's Way

Safe Home Program

Phone: 907-729-6300

www.scf.cc

Alaska Native and American Indian women and their children (ages 0-18 y/o) Safe home program for victims of domestic violence who are now homeless

Standing Together Against Rape (STAR)

Phone: 907-276-7279

www.staralaska.com

12 to 24 y/o Crisis intervention; hospital accompaniment by advocate for police interview and forensic exam; court accompaniment by advocate for legal proceedings; sexual assault education; community referrals; groups for teens and adults who have been sexually assaulted or abused

HOUSING & TRANSPORTATION

FINANCIAL ASSISTANCE

Alaska Community Development Corporation: Home Weatherization Program

Phone: 907-746-5680

www.alaskacdc.org

Direct provider of housing and energy efficiency programs throughout much of Alaska including Southeast, Southcentral, Copper River Valley, Bristol Bay and Aleutians

Alaska Housing Finance Corporation

Phone: 907-330-6100

www.ahfc.us

Rental Assistance, First-time Homebuyers Assistance, Energy Assistance

Alaska Housing Finance Corporation: HOME Tenant-Based Rental Assistance Program (TBRA)

Phone: 907-465-3023

www.ahfc.us/publichousing/rental-programs/low-income-alaskans-parole-or-probation-youth-aging-out-foster-care

For your aging out of foster care – rental assistance provided by the Office of Children’s Services via the Independent Living Program

Anchorage Housing Initiatives

Phone: 907-277-8226

Providing affordable rental properties to lower income tenants.

Cook Inlet Tribal Council, Inc.: ETSD – LIHEAP Program

Phone: 907-793-3300

www.citci.org

Must meet income eligibility criteria. Low-income Heating Assistance (LIHEAP) provides assistance with heating utility bills for low income Alaska Native and American Indian families that reside within the Municipality of Anchorage.

Cook Inlet Housing Authority, Inc.

Phone: 907-793-3000

www.cookinlethousing.org

Rental properties for low-income residents, Weatherization Assistance, Home buying Assistance

Heating Assistance Program (HAP)

Phone: 1-800-470-3058

www.heatinghelp.alaska.gov

Assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria – one time payment to household vendor

Low Income Home Energy Assistance Program (LIHEAP): Division of Public Assistance

Phone: 1-800-470-3058

<http://dhss.alaska.gov/dpa/Pages/hap/default.aspx>

Assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household’s vendor, sent to the vendor, and applied to the customer’s account as a credit. It is open to homeowners and renters.

Money Management International

Phone: 866-232-9080

www.moneymanagement.org

Pre-Purchase Education Workshops, Financial Management/Budget Counseling, Predatory Lending Education, and Homeless Counseling

Neighborhood Works

Phone: 907-243-1558

www.nwalaska.org

18 to 24 y/o Rental Assistance for low-income applicants, Homebuyers Assistance, Educational Workshops

US Dept of Housing and Urban Development: HUD

Phone: 907-677-9800

www.portal.hud.gov

Native American Programs, homes for sale, low-income housing resources and assistance

SHELTERS & TEMPORARY HOUSING

ASD: Child in Transition/Homeless Project

Phone: 907-742-3833

www.asdk12.org/depts/titleone/CITH

12 to 21 y/o Provides services throughout the district to youth who are experiencing homelessness

Covenant House Alaska

Phone: 907-272-1255

www.covenanthouseak.org

13 to 20 y/o Programs:

- Crisis Center
- Passage house
- Rights of Passage

RuralCAP

Phone: 907-279-2511

www.ruralcap.com

18 to 24 y/o Provides homeless, chronic inebriates with permanent housing as a 1st step to self-sufficiency and community reintegration Program: Karluk Manor

Salvation Army: Eagle Crest Residence

Phone: 907-276-5913

www.salvationarmy.org/alaska

Low-cost temporary housing with shared living quarters Alcohol/drug free

TRANSPORTATION

AnchorRIDES

Phone: 907-343-7433

<http://www.muni.org/departments/transit/anchorrises/Pages/default.aspx>

Dial-A-Ride transportation for eligible persons via pre-scheduled trip reservations

Cook Inlet Tribal Council, Inc.: Youth Services

Phone: 907-793-3300

www.citci.org

Supportive services offered to youth in our program to include bus passes and financial assistance related to employment opportunities

People Mover

Phone: 907-343-6543

<http://www.muni.org/Departments/transit/PeopleMover/Pages/default.aspx>

Public transportation

Share-A-Ride

Phone: 1-800-VAN-4-WORK

<http://www.muni.org/Departments/Transit/ShareARide/Pages/default.aspx>

Vanpooling w/ a group of 5 or more riders who work and travel at agreed upon times, days, and locations

CULTURE & COMMUNITY

CULTURE

Alaska Native Heritage Center

Phone: 907-330-8000

www.alaskanative.net

12+ y/o The Center has programs to support and educate older youth and to enhance their cultural identity. They also offer internships to help high-school aged youth with career goals and employment. The High School Program provides enriching learning activities for older teens emphasizing Native art, dance and Native Games. The Walking Two Worlds program gives Alaska Native middle-school students a guided path to high school graduation. The program includes homework time, cultural activities, group discussions, and socialization.

Arctic Studies Center

Phone: 907-929-9207

<http://naturalhistory.si.edu/arctic/html/aska.htm#more>

Native peoples, scholars and museum associates work together on a broad range of collaborative research, exhibitions and education programs

Cook Inlet Tribal Council, Inc.: Youth Services Section

Phone: 907-793-3600

www.citci.org

0 to 24 y/o This section of the Employment Training & Services Dept provides weekly Youth Wellness Groups and bi-weekly Cultural events for youth within the community. Enjoy Alaska Native and American Indian themed food, music, and activities

Cook Inlet Tribal Council, Inc.: Techno / Culture Camps

Phone: 907-793-3265

www.citci.org

Middle School and High School Anchorage residents Provide: Opportunities for Anchorage based Alaska Native youth. Increase cultural knowledge. Establish partnerships and collaborate with other villages in the Cook Inlet Region

Cook Inlet Tribal Council, Inc.: Fab Lab

Phone: 907-793-3265

www.citci.org

Provide: Increase STEM proficiency in school based programs Project based learning utilizing cultural context

Cook Inlet Tribal Council, Inc.: Native Youth Olympics (NYO)

Phone: 907-793-3183

www.citci.org/event-programs/nyo-games

Open to youth from all backgrounds, and fosters important values including teamwork, leadership, respect, and healthy lifestyles. Youth strive for their personal best while competing in traditional contests including the Alaskan High Kick, Seal Hop and many more.

First Alaskans Institute

Phone: 907-677-1700

www.firstalaskans.org

13 to 24 y/o Works to advance Alaska Natives through community engagement, information and research, collaboration, and leadership development. They offer summer internships, fellowships, and youth conferences.

COMMUNITY

Alpine Alternatives, Inc.

Phone: 907-561-6655

www.alpinealternatives.org

Skiing, summer camp, outings, horseback riding for the disabled. Sports camp for blind/visually impaired

AK Pride

Phone: 907-646-0868

www.akpride.com

12 to 22 y/o Breakdance clubs, media clubs, and music workshops seeking to connecting youth to success throughout and after high school

Alaska Youth & Family Network

Phone: 907-770-4979

www.ayfn.org

12 to 24 y/o Peer-navigation for families to include parenting classes, Friday night youth support groups for Anchorage & Mat-su

Boys & Girls Club of Greater Anchorage

Phone: 907-248-5437

www.bgcalaska.org

13+ y/o Educational programs and career readiness. 4 locations:

- 2300 West 36th Ave Anchorage, AK 99517
- 315 N Price Street Anchorage, AK 99508
- 11700 Old Glenn Hwy Eagle River, AK 99577

•1251 Muldoon Rd. Ste. 153 Anchorage, AK 99504

Cook Inlet Tribal Council: Fathers' Journeys Fatherhood Support Program

Phone: 907-793-3157

www.citci.org

This program is to equip fathers who are facing economic challenges or involvement in the child protection system with social, parenting, financial, and life skills that will enhance their effectiveness as parents and will improve the well-being for their families.

Cook Inlet Tribal Council: Schoolyard

Phone: 907-793-3480

www.citci.org

An after-school program connecting 12 to 19 year old Alaska Native and American Indian youth in Anchorage to skill-building opportunities in science, technology, engineering, and mathematics. Programming is complimented by Alaska Native cultural knowledge. Specific activities include high school test prep, youth leadership training, video-game development, Alaska Native dance, healthy relationship workshops, responsible social networking, and more.

Covenant House Alaska: Youth Enrichment Program

Phone: 907-339-4259

www.ak.covenanthouse.org/Youth-Enrichment

Structured creative and recreational activities for youth, as well as planned outings, that promote social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Access to community volunteer opportunities for individuals and groups. Participation in special community activities and events, such as Global Youth Service Day, First Friday Art Walks, youth-friendly music and spoken word open mics.

Fairview Community Center

Phone: 907-343-4131

www.muni.org

Forget Me Not: Grief Program

Phone: 907-561-5322

www.hospiceofanchorage.org

14+ y/o Support and encouragement for children, teens, and adults when grief becomes a part of life. Teens as young as 14 can also be trained to become a volunteer at trainings that are offered twice a year

Spenard Community Recreation Center

Phone: 907-343-4160

Website: www.muni.org

12 to 24 y/o Dance room, kitchen, gym, racquetball courts, weight room, arts and crafts room, and teen center

Stone Soup Group

Phone: 907-561-3701

Website: www.stonesoupgroup.org

All ages Offers "Parent Navigators", training, resources, and referrals to parents within the community. Specializes in assisting families with children with

Victims 4 Justice

Phone: 907-278-0977

Website: www.victimsforjustice.org

Support services and education of rights for the innocent victims of violent crimes. They also provide court accompaniment, grief support, and violent crimes compensation information

Young Men's Christian Association (YMCA)

Phone: 907-563-3211

Website: www.ymcaalaska.org

12 to 24 y/o They provide job training, placement educational training, computer training, and have a phone for teens to leave and receive message

Young Women's Christian Association (YWCA)

Phone: 907-644-9600

Website: www.ywcaak.org

12 to 24 y/o Programs include: small group after-school meet-ups called Youth Circles, a Multicultural Female Leadership Conference for middle school girls, and the Young People of Achievement Awards-an event honoring teens who have overcome major obstacles in their lives

Thread Alaska

Phone: 907-563-1966

Address: 3350 Commercial Dr. #203, Anchorage, AK 99501

Website: www.threadalaska.org

Helping parents find childcare and childcare providers, offers provider training and resources

Child Care Assistance Program

Phone: 907-343-6700

Address: 825 L Street, Room #215, Anchorage, AK 99501

Website: www.muni.org**Kids Corp, Inc: Head Start**

Phone: 907-272-0133

Address: 3710 East 20th Ave, Suite #2 Anchorage, AK 99508

Website: www.kcialaska.org

Federal and State funded program for pre-school children, home base option, pre-kindergarten for 4-5 y/o in a classroom setting

Alaska Children's Services

Phone: 907-346-2101

Address: 4600 Abbott Road Anchorage, AK 99507

Website: www.akchild.org

Residential care and counseling for abused & emotionally disturbed children.

Birthright

Phone: 907-276-3645

Address: 3721 East 20 th Ave. Anchorage, AK 99508

Website: www.birthright.org

Infant clothing, emergency supply of eight cloth diapers. Free pregnancy tests.

YOUTH 0-13

Cook Inlet Tribal Council, Inc.: Childcare Assistance

Phone: 907-793-3300

Address: 3600 Jeronimo Dr., Anchorage, AK 99508

Website: www.citci.org

0 to 13 y/o Alaska Native or American Indian or those who are income eligible. Parents must be employed a minimum of 20 hours per week or attending a college/univ or vocational training at least half-time



seniors, veterans & special need



GENERAL SENIOR RESOURCES

Adult Day Service Centers

Chugiak Senior Center-----688-2677
 Day Break-----346-2234
 Greenwood Lodge-----868-5297
 Hearts & Hands-----644-0480
 Serendipity-----279-0501
 Turnagain Social Club-----677-6770
 McKinley Adult Day Services-----258-5100

Referrals & Resources

Aging & Disability Resource Center (ADRC)-----343-7770
 Health & Human Services Resource Guidance-----211
 Older Persons Action Group—(OPAG) 276-1059

Assistive Technology (ATLA)-----563-2599

Community Mental Health

Alaska Psychiatric Institute-----269-7100
 AK Brain Injury Network-----274-2824
 Anch. Community Mental Health563-1000
 Providence Crisis Recovery-----563-5006
 Providence Hospital-----562-2211
 Southcentral-Foundation Behavioral Health----729-2500

Driving Evaluation

Providence Outpatient Rehab----212-6300

Emergency Services

EMERGENCIES-----911
 Adult Protective Services-----269-3666
 Community Mental Health-
 24-hour Crisis Line-----563-3200
 Disaster Registry-----343-1401

Eye Care Providers

Ophthalmic Associates-----276-1617
 AK Eye Care Centers-----272-2557
 Eyemart Express-----336-4000

Government and State

Adult Public Assistance-----269-6000
 Alaska Medicare Information
 Phone: 1-800-478-6065
 Long Term Care Ombudsman-----334-4480
 Office of Public Advocacy (guardianship)
 Phone: 269-3500
 VA (Information line)-----257-4710
 Adult Protective Services-----269-3666

Home Delivered Meal Programs

Health Court Foods-----336-0075
 Meals on Wheels (Salvation Army)
 Phone: 349-0613
 ReadyMade Dinners-----677-7763
 AK Dinner Factory-----677-6633

AK CSFP-Commodity Supplemental Food
 Phone: 272-3663

Health Clinics

Manuka Health Clinic-----222-6970
 AK Regional Senior Health Clinic-433-5100
 Anchorage Neighborhood Health Center
 Phone: 743-7200
 Alaska Center for the Blind -----248-7770
 Providence Senior Care Center--212-3420

Subsidy Program Providers

Alzheimer's Resource of Alaska--561-3313
 COMPASS Home Care-----885-6073
 Salvation Army-Older Alaskans---349-0613
 Serendipity-----279-0501
 Daybreak-----346-2234
 Mabel T. Caverly Senior Center (DEAP)
 Phone: 276-1496

In Home Service Organizations

COMPASS Home Care-----885-6073
 Carenet-----274-5620
 Comfort Keepers-----334-3000
 Consumer Direct Services-----222-2652
 Easter Seals-----277-7325
 Home Instead-----277-4663
 Home Well Senior Care-----868-3100
 Maxim-----770-0862
 Rescare Home-----770-9005
 Midnight Sun Home Care-----677-7890
 Trinion Quality Care-----644-6050
 TLC Home Care-----336-2273
 Preferred Care @ Home-----868-1919
 Revilla Home Care (transports too)
 Phone: 317-8368
 WellSpring Home Health----907-357-3655

Home Modifications & Grants

Rural Cap-----279-2511
 Access Alaska-----248-4777
 AK StairLift & Elevator-----245-5438
 Accessible Home Store-----562-2330

Hospice

Hospice of Anchorage-----561-5322
 Providence Hospice-----770-7078

Housing

Alaska Housing Finance Corp----338-6100
 Cook Inlet Housing Corp-----793-3000
 Neighbor works Anchorage-----677-8490

Legal Services

Alaska Legal Services-----272-9431
 Disability Law Center-----565-1002
 Amrit Kaur Khalsa-----348-9699
 Ernest Schlereth-----272-5549
 Ilona Bessenyey-----278-2000
 Kenneth Kirk-----279-1659
 Michael Gershel-----274-9099
 Paula Jacobson-----561-4905
 Patrice Icardi-----929-3032

Pradell & Associates-----279-4529

Loan Closets-Medical Equipment

Access Alaska-----248-4777
 Alzheimer's Resource of Alaska--561-3313
 Hospice of Anchorage-----561-5322

Alert Systems

Providence Lifeline-----273-0554
 Life Alert-----1-800-813-3104
 Lifeline (Midnight Sun) -----344-2273
 Project LifeSaver-----441-7379

Med-set Pharmacies & Medical Supplies

Anchorage Medset Pharmacy----770-6081
 Geneva Woods-----565-6100
 Procure Medical Equipment-----274-0770
 Interior Medical Supply-----561-8486

Medication Assistance

Anchorage Project Access-----339-8746

Neurologists/Neuropsychologists

Alaska NEURO Associates, LLC----277-0100
 Alaska Neurology Center-----565-6000
 Jay Makim MBBS, MD-----561-1565
 Mo Hillstrand, ANP-----263-2200
 Neurological Consultants of AK
 (Dr. Downs)-----277-1623
 Paul Craig, PhD-----274-8200

Providence Behavioral Medical Group

Phone: 212-6900

Payees

Community Payee Services-----561-9099
 Denali Payee Services-----277-8016

Senior Centers

Anchorage Senior Center-----258-7823
 Chugiak Senior Center-----688-2677
 Mabel T. Caverly Senior Center--276-1496

Mediation

Glenn Cravez -----276-3370
 Drew Peterson-----561-1518

Senior Volunteer Programs

Older Person's Action Group-----276-1059
 Volunteers of America- Senior Program
 Phone: 274-7787

Transportation Services

AnchorRides-----343-2550
 Quick Rides-----268-8266
 Lutheran Social Services-----272-0643
 Lifemed-medical only-----563-6633
 United-Non-Emergency-----222-7666

Traveling Professionals

"Epi" Nurse-Adult Vaccines-----269-8000
 Reflexology- Mary Reimann-----440-4238
 Podiatrist-Dr.Klecka -----223-3900

Podiatrist-Dr. Martina-----250-4412
Medical – Dr. Green-----243-4677
Notary-Paul Medcoff-----441-0332
Cyndy Kroon – Hair Design-----243-0343

Private Appointment Companions

Teresa-on-the-go-----227-5096
Juliana Mathias, RN-----333-7006
ProCare – Paulette Peterson-----317-0978
Desiree Thurman-----350-4887
Solstice ProCare-Yvonne Evans---727-5828
Lisa Spencer-----830-1971
Anchorage Errand Service-----312-8096
Wheel-Trans (Lisa Alegre) ----- 942-1090

Access Alaska

Phone: 248-4777
121 W. Fireweed Ln., Suite 105
www.accessalaska.org
Provides information and referrals to seniors who wish to remain in their homes. Specialists are available to teach independent living skills. Access Alaska coaches people how to be their own advocates. No Cost.

Adult Protective Services

Alaska Division of Senior Services
Phone: 269-3666
550 W 8th Ave.
Investigates reports of threat to “vulnerable adults” (18 years to senior) with physical, emotional and mental difficulties that render them unable to protect and provide for themselves. Agency is empowered to take legal custody of such adults or to assist in placing them with other agencies. Operates some quasi-institutional residential facilities.

Alzheimer’s Resource of Alaska

Phone: 561-3313
1750 Abbott Rd
www.alzalaska.org
Providing information, education, referral, respite, care coordination, and advocacy for those caring for persons with Alzheimer’s disease and related disorders.

Anchorage Senior Center

Phone: 770-2000
1300 E. 19th Ave.
www.anchorageseniorcenter.org
Provides social, health, physical fitness, recreation, and arts and crafts opportunities. Offers case management, library and educational resources, pro bono legal assistance, off-site swimming and touring, and a self-supporting restaurant that offers catering services. Also a source for voter registration, Notary Public, information and referral.

Serves seniors age 55 and older. \$40 annual membership \$70 couple; other fees vary by activity or service.

Chugiak Senior Center

Phone: 688-2677
22424 N. Birchwood Loop Road
www.chugiak.org
Provides meals to the public, transportation, information and referrals, recreation/social activities and outreach. Has 43 senior apartments, 20 assisted living apartments and adult day care services.

Geriatric Mental Health Services

Southcentral counseling Center
Phone: 563-1000
4020 Folker St.
Provides mental health care for elderly persons to assist them in remaining independent to avoid institutionalization. Offers individual, group, marital counseling, behavior therapy, counseling to the dying, rehabilitation, psychological evaluation, information and referrals. Offers psychiatric consultation to nursing homes, doctors, etc. “Daybreak” Alzheimer’s daycare program and family support, pre-retirement counseling and education. Eligibility: persons 60 years and older, and their families. Sliding fee scale; no one turned away.

Mabel T. Calverly Senior Center

Phone: 276-1496
911 W 8th Avenue
www.mabeltcalverly.org
Offers recreation, social activities, phone pal program, ceramics, arts and crafts, outings, cards, and potlucks. Offers information, referrals, outreach, counseling, and advocacy. Operates “Lifeline” program (24-hour emergency monitoring and rescue system), dental grants, and emergency services and transportation services. Charges \$25 annual membership fee.

Older Persons Action Group

Phone: 276-1059
325 E. 3rd Ave., Suite 300
www.opagak.com
Provides advocacy for older Alaskans. Also provides direct services including information and referrals and training programs in computer skills and health care.

RSVP

Retired and Senior Volunteer Program
Phone: 274-7787
1675 C St Ste 201

www.voaak.org

Provides volunteer opportunities for persons 55 and older in Anchorage and in the Mat-Su Borough. Provides needed community services and social activities. Transportation arranged and/or reimbursed. Over 150 work stations are available for seniors. No Charge.

Salvation Army Older Alaskans Program

Phone: 349-0613
1712 A St.
Provides home delivered meals, outreach, transportation, recreation and social activities.

Social Security Administration

Phone: 271-4455
222 W. 8th Ave.
Pays monthly benefits to retired workers (65+ years) or their surviving spouses and dependents. Pays monthly assistance checks for those certified by physician or appropriate professional as having a long-term (12 or more months), permanent or potentially terminal disability.

VETERAN’S RESOURCES

Catholic Social Services222-7300
3710 East 20th Ave.
- Homeless Family Services
Case management for homeless veterans and families

Dept of Military & Veterans Affairs, SOA Alaska VA Healthcare
1201 N. Muldoon Rd. 257-4700

Veterans Center/Resource
4400 Business Pkwy Ste B-34..... 563-6966

DISABILITY & SPECIAL NEED

Access Alaska
Phone: 248-4777
Fax: 263-1942
1217 E 10th Ave.
Provides information and referrals to people with disabilities who wish to remain in their homes. Specialists are available to teach independent living skills. Access Alaska coaches people how to be their own advocates. No Cost. M-F 8:00 am to 5:00 pm.

Alaska Center for the Blind

Phone: 248-7770

Fax: 248-7517

3903 Taft Dr.

Provides quality rehabilitation and training to persons who are blind and/or visually impaired, so that they may reach their highest level of independence.

www.alaskabvi.org

M-F 8:00 am to 5:00 pm

Alaska Independent Blind

Phone: 563-2525

Fax: 562-5951

1102 W. International Airport

Advocate agency for the blind. Can provide free internet radio for the blind.

www.blindaib.org**Alaska Youth and Family Network**

Phone: 770-4979

1-888-770-4979

Fax: 770-4997

740 Communication Ave.

Can provide information about education, health information, best practices in special education and behavioral health treatment, information on wellness and recovery management, where to turn for assistance. Can connect families of children with special needs with peer navigators to help you navigate the system and become an advocate for your child.

www.ayfn.org**Anchorage School District Early Intervention Services**

Phone: 742-2657

Fax: 742-2660

5530 E Northern Lights

Provides free screenings of 3 to 5 year-old children who may need special education services.

The ARC of Anchorage

Phone: 277-6677

2211 Arca Dr.

Provides many services to individuals who experience disabilities.

www.thearcofanchorage.org**ASSETS**

Phone: 279-6617

Fax: 274-0636

2330 Nichols St.

Provides vocational training and assistance with employment and housing placement for adults and children with developmental and psychiatric disabilities. Sign Language interpreters available.

www.assetsinc.org**Challenge Alaska**

Phone: 344-7399

3350 Commercial Dr. #208

Provides a wide range of sport and therapeutic recreation for people with disabilities. Social activities, outdoor recreation, alpine ski services and adaptive equipment loans.

www.challengealaska.org**Consumer Direct Personal Care Service**

Phone: 222-2652

615 E. 82nd Ave. # 101

Provides in-home self-care for people with disabilities or a disabling condition. Must qualify for Medicare/Medicaid funding.

www.consumerdirectak.com**Denali Family Services**

Phone: 274-8281

Fax: 274-4055

1251 Muldoon Road #116

Serves children who require intensive behavioral health care services and their families. Offers individual, family, and group psychotherapy services in combination with intensive case management and rehabilitation services. Activity therapists and afterschool programs designed to help special needs children. Sliding fee scale. Accepts Medicaid and Denali Kid Care.

Disability Law Center

Phone: 565-1002

1-800-478-1234

Fax: 565-1000

3330 Arctic Blvd. Suite 103

Statewide service providing advocacy with legal representation for individuals with physical or mental disabilities. M-F 8am-4:30pm

www.dlcak.org**Division of Vocational Rehabilitation**

Phone: 269-3580

Fax: 269-3636

1016 W. 6th Ave. #102

Phone: 269-2060

4600 Debarr Rd Ste 300

Assists eligible workers who have been professionally diagnosed with a long-term/permanent physical, health, learning, mental, or psychological disabilities. Provides assessment and career counseling and assistance getting job training, placement and occupational casework. No cost.

www.labor.state.ak.us/dvr**Hope Community Resources**

Phone: 1-800-478-0078

561-5335

540 W. International Airport Rd.

Provides services to individuals experiencing developmental disabilities from infancy to the elderly.

www.hopealaska.org**Programs for Infants and Children**

Phone: 561-8060

Fax: 563-3172

161 Klevin St. Ste 103

www.picak.org

Online developmental and social emotional screening tool for parents available at PIC's website. In person screening and evaluations, training and therapy for children birth to three years old whose parents are concerned with their development. Family oriented program. Provides special training and preparation for the child with disabilities, and assists families in coping with challenged children. Classes, therapy, transition preparation. Serves children 0-3. Sliding fee scale, no one refused.

Rescare

Phone: 258-3498

610 E 5th Ave.

Vocational training for people with disabilities and a full range of employment services offered to individuals with barriers to employment.

www.rescare.com**RELAYALASKA**

Phone: 1-800-770-8255

Text Telephone: 1-800-770-8973

Allows text telephone users and voice phone users the ability to communicate with each other through specially trained Communication Assistants.

STEP Center ASD Early Intervention Services

Phone: 742-3872

5530 E Northern Lights

Fax: 742-3867

Provides free screenings to determine if a child may need special education services. Is a disability information and resource center for students, educators, and parents. Has a lending library.

Stone Soup Group

Phone: 561-3701

Toll Free 1-877-786-7327

307 E Northern Lights Blvd., Suite 100

Provides resources and referrals for families and children with disabilities. May act as a liaison between families and the Anchorage School District.

www.stonesoupgroup.org

tribal resources

TRIBAL ELDER SERVICES

AGING AND DISABILITY RESOURCE CENTER (ADRC) (Municipality of Anchorage)

825 L Street, Ste 203 Department of
Health and Human Services

Phone: 343-7770

ADRC serves as a central source of
information about and assistance in
accessing the broad array of public and
private long-term care resources for
seniors and persons with disabilities.
The ADRC provides information regarding
all options for assistance and seeks to
insure individuals with long-term care
needs will live safely in the environment
of their choice.

SENIOR SERVICES PROGRAM (Municipality of Anchorage)

825 L Street, Ste, 203 Department of
Health and Human Services

Phone: 343-7770

The Senior Services Program coordinates,
administers programs and enhances
services to the senior population. Serves
as liaison with the Senior Citizens Advisory
Commission and area senior centers.

SENIOR CITIZENS ADVISORY COMMISSION (SCAC) (Municipality of Anchorage)

PO Box 196650/99519-6650 Department of
Health and Human Services

Phone: 343-4763

Advisory commission to the mayor and
assembly on matters relating to seniors.

ADULT PROTECTIVE SERVICES (State of Alaska)

Phone: 1-800-478-9996

550 West 8th Avenue Department of
Health and Social Services

Phone: 269-3666

Adult Protective Services responds and
investigates reports of harm and neglect
and helps to prevent or stop harm from
occurring to vulnerable adults defined as
any person over the age of 18. Also, assist
in linking clients to community resources;
providing guardianship or conservatorship
counseling; protective placement and
training of community providers.

ALZHEIMER'S RESOURCE OF ALASKA

1750 Abbott Road

Phone: 561-3313

A non-profit organization that provides
family consultations, care coordination,

in-home services and education programs
to family caregivers and health care
professionals. Your resource for
information and can refer you to services
in Alaska or the contiguous U.S.
Website: www.alzaska.org

ANCHORAGE PIONEERS HOME

923 West 11th Avenue

Phone: 276-3414

Assisted living, enhanced assisted living
and nursing care for those 65 and over
who have resided continuously in Alaska
for at least one year.

Website:

[http://hss.state.ak.us/dalp/anchorage/ap
hfoundation.htm](http://hss.state.ak.us/dalp/anchorage/ap
hfoundation.htm)

ANCHORAGE SENIOR ACTIVITY CENTER

1300 East 19th Avenue

Phone: 770-2000

The Anchorage Senior Activity Center is a
gathering place for adults 55+ and offers
opportunities for recreation, education,
and socializing. Services include:
Information and referral; notary service;
tax assistance; blood pressure clinics;
support groups; educational seminars;
fitness center; library and Arctic Rose
Restaurant. Call for hours of operation.
Website: www.anchorageseniorcenter.org

CHUGIAK-EAGLE RIVER SENIOR CENTER

22424 North Birchwood Loop Road,
Chugiak

Phone: 688-2677

Transportation, information and referral,
recreation/social, outreach and adult day
care services; 42 senior apartments, 20
assisted living apartments.

www.chugiak.org

ELDER PROGRAM (Southcentral Foundation)

6901 East Tudor Road, Ste 8

Phone: 729-6500

The Southcentral Foundation Elder
Program provides a comprehensive
approach in delivering services to address
the needs of Alaska Native and American
Indian elders, age 55 and older, who
reside in the Anchorage area. The
program provides a hot lunch program
(Monday to Friday), advocacy, information
and assistance and referral services. Light
housekeeping, in-home visits and
scheduled transportation are provided for
those who are eligible. Group outings and
health and social activities are scheduled
on a regular basis.

HOME BASED SERVICES (Southcentral Foundation)

4160 Tudor Centre Drive

Phone: 1-866-291-3017 / 729-2490

Available to customer/owners in the
Anchorage area, a variety of home-based
services are provided, including acute care
upon discharge from the hospital, chronic
care for the disease management and
medication management and palliative
care. Case management is available
for infants, children and adults of all ages.

MABEL T. CAVERLY SENIOR CENTER

911 West 8th Avenue, Ste 104

Phone: 276-1496

Provides advocacy, outreach, information,
referral, transportation, Phone Pal
program, Senior Companions, activities,
and DEAP Program (micro-grants for
dental work, eyeglasses, hearing aids and
prescription drugs) for seniors (55+ years).
www.mabeltcaverly.org

MATURE ALASKANS SEEKING SKILLS TRAINING (MASST)

1251 Muldoon Road, Ste 111

Phone: 269-2029

MASST is a work based training program
for older workers and provides subsidized,
part-time, community services work based
training for low income persons age 55 or
older.

MEDICARE INFORMATION OFFICE (State of Alaska)

Phone: 1-800-780-9972 / 269-3680

Medicare Information Office offers free
advice to Alaskans with Medicare
questions or concerns including Medicare
eligibility and enrollment; benefits and
claims issues; choosing a Medicare
Prescription Drug Plan and coordinating
with other health insurance choices. For
help with Alaska Medical Assistance
programs call the Recipient Helpline

OFFICE OF ELDER FRAUD AND ASSISTANCE

900 West 5th Avenue, Ste 525

Phone: 334-5989

Investigates claims about financial
exploitation of Alaskans 60 and older, and
seeks civil remedies on behalf of elders
unable to bring a complaint without
assistance.

OFFICE OF THE LONG TERM CARE OMBUDSMAN

3745 Community Park Loop, Ste 200

Phone: 1-800-730-6393 / 334-4480

The office of the Long Term Care
Ombudsman identifies, investigates and
resolves complaints made by or on behalf

of Alaskans who are 60 years of age or older. www.akoltco.org

OLDER PERSONS ACTION GROUP (OPAG)

325 East 3rd Avenue, Ste 300
Phone: 276-1059
Hours: Mon-Fri 9:00 am-3:00 pm. Provides advocacy, information and referral; offers Personal Care Attendant training; and publishes the "Senior Voice" newspaper monthly. Publishes a Directory for Older Alaskans. www.opagak.com

PRESTIGE CARE

9100 Centennial Drive
Phone: 333-8100
A 66 room center dedicated to enhancing the health and well-being of its residents. The Anchorage center offers a comprehensive range of care solutions; 24 hour Skilled Nursing, Physical Therapy, Occupational Therapy, Restorative Program and Social Services, all administered in a home style setting. Website: www.prestigecare.com

PROVIDENCE EXTENDED CARE CENTER

4900 Eagle Street
Phone: 562-2281
Providence Extended Care Center provides skilled care and rehabilitation services. It is the largest long-term care facility in Alaska with 190 beds.

PROVIDENCE SENIOR CARE CENTER

3300 Providence Drive, Building B, Ste 314
Phone: 212-3420
A primary care medical office for patients 55 years old and above.

SALVATION ARMY MEAL SERVICE

Phone: 349-0613
Salvation Army provides meals to eligible seniors at least 60 years of age; income is not a factor. (no charge) Public meal sites are 1712 A street and 9210 Jupiter. Meals on Wheels is daily delivery of hot meals, with frozen meals for the weekends and holidays to seniors physically limited in his or her ability to carry out normal activities of daily living.

SALVATION ARMY OLDER ALASKANS PROGRAM

Salvation Army Family Enrichment Center at Chester Creek
1712 A Street
Phone: 349-0613
Headquarters for all Salvation Army senior services including home delivered meals, assisted transportation, information and referral, home helpers, employment and adult day care.

SENIOR BENEFITS PROGRAM

855 West Commercial Drive, Wasilla
Phone: 1-888-352-4150 / 907-352-4150
A State of Alaska monthly cash benefit program for elders 65 or older on limited incomes.

SENIOR AND DISABILITIES SERVICES (State of Alaska)

550 West 8th Avenue
Phone: 1-800-478-9996 / 269-3666
Oversees programs for seniors; adults with physical disabilities; the Medicaid Choice Waiver Program; persons with developmental disabilities; vulnerable adults and assisted living home providers; rural long term care development and Aging and Disability Resource Centers. Information regarding services statewide.

U.S. SOCIAL SECURITY ADMINISTRATION

222 West 8th Avenue, Room A-11
Phone: 1-800-772-1213 / 1-866-772-3081
Information concerning Social Security, Medicare, Supplemental Security Income (SSI).

WAIVER CARE COORDINATION

(Southcentral Foundation)
4160 Tudor Centre Drive
Phone: 729-6365
Waiver Care Coordination assists eligible Elders or disabled adults with obtaining a full range of services so they can remain living as independently as possible. Through this program, customers can receive help applying for Medicaid and Waiver screening (for the Alaska CHOICE Medicaid Waiver Program), while also receiving coordination of support services and overall advocacy for their basic needs.

NATIVE RADIO

KNBA, FM 90.3 National Native News
9:00am, M-F 279-5622
Native Word of the Day – 3 times daily
For more programming information, www.knba.org

KSKA, FM 91.1 National Native News
9:00am, M-F 550-8400
AFN Convention Summaries
KAKM, Channel 7 Heartbeat Alaska
6:30pm on Sundays 550-8400
Native Call In 1-800-996-2848, produced by Patty 1-505-277-75201

NATIVE ARTWORK

ALASKA STATE COUNCIL ON THE ARTS

161 Klevin Street, Ste 102
Phone: 269-6610
Hours: Mon-Fri 8:00am-4:30pm Offers grants and workshops for individuals and communities and administers the Silver Hand program. Website: www.aksca.org [The following, as well as many tourist shops, may buy Alaska Native artwork.]

ALASKA NATIVE MEDICAL CENTER CRAFT SHOP

4315 Diplomacy Drive
Phone: 729-1122
Hours: Mon-Fri 10:00am-2:00pm, and 11:00am-2:00pm the 1st and 3rd Saturdays

EKLUTNA VILLAGE HISTORICAL PARK

Phone: 688-6026
Mon-Fri 10:00am-5:00pm and on weekends. Cultural tours and items on display.

ALASKA NATIVE HERITAGE CENTER

8800 Heritage Center Drive
Phone: 330-8000
Summer Hours; (Mid-May to September 1) 9:00am-5:00pm daily. Winter Hours: Saturdays 10:00am-5:00pm- open to the public. After school programs for Alaska Native High School Students; 3:00-5:00pm daily. Heritage Gifts buys and sells Native artwork. Two Native Artists Bazaars are scheduled, one in December and one in March. School Visits; K-12 classes can visit the Center to learn about Native cultures. Cultural Awareness Workshops. For more information call 330-8000 or toll free 800-315-6608 or ANHC's website: www.alaskanative.net

Alaska Native Cultural Activities

Music/Dance Groups in Anchorage;
Phone: 330-8000
Medicine Dream Pamyua Tlingit & Haida Dances Yanedahdah School/Chickaloon Yukon Knik Fiddlers King Island Dancers Sleeping Lady Drum Group Eklutna Pow Wows Native Youth Olympics, Athabaskan Dancers

ANCHORAGE MUSEUM AT RASMUSON CENTER

625 C Street
Phone: 929-9200
Visit the museum's Alaska Gallery to see art and artifacts made by Alaska Natives. Art classes available.

ALASKA NATIVE STUDIES PROGRAM

(University of Alaska Anchorage – UAA)

Arts & Sciences, SSB 378

Phone: 786-6135

Provides the student with an introduction to Alaska Native ways of knowing and seeing the world; an experiential and theoretical exploration of Alaskan Native cultures; a series of critical perspectives on traditional and contemporary Native experiences and politics.

THE CIRI FOUNDATION HERITAGE PROJECT GRANTS

3600 San Jeronimo Drive, Ste 256

Phone: 793-3575

Grants may be made to non-profit organizations, tribal organizations and individuals who are Alaska Native original enrollees of Cook Inlet Region, Inc. or their lineal descendants who are sponsored by a non-profit organization for projects that affect and/or involve Alaska Native beneficiaries of the Cook Inlet region and further the heritage goals of the foundation.

INDIAN EDUCATION PROGRAM (ASD Education Center)

5530 East Northern Lights Boulevard

Phone: 742-4445

The Title VII Indian Education Program supports schools as they provide opportunities for Native student to meet and exceed academic and cultural standards. We also seek to assist families with navigating our schools across the district.

NATIVE STUDENT SERVICES (NSS) (University of Alaska Anchorage – UAA)

Anchorage Rasmuson Hall, 3211

Providence Drive

Phone: 786-4000

Provides quality support services to Native and rural students which promotes their scholastic achievement, student retention and personal success. We foster academic excellence, career development, leadership skills, personal growth, college-transitioning, a sense of belonging, and the attainment of one's scholastic and life goals.

Website: <http://www.uaa.alaska.edu/nss/>

NATIVE NATION & STATEWIDE ORGANIZATIONS

ALASKA FEDERATION OF NATIVES (AFN)

1577 C Street, Ste 300

Phone: 274-3611

Hours: Mon-Fri 8:00am-Noon; 1:00pm-

5:00pm AFN is the largest statewide Native organization in Alaska. Its membership includes 178 villages (both federally-recognized tribes and village corporations), 13 regional Native corporations and 12 regional nonprofit and tribal consortiums that contract and run federal and state programs. Governed by a 37-member Board, which is elected by its membership at the annual convention held each October. AFN's mission is to enhance and promote the cultural, economic and political voice of the entire Alaska Native community.

ALASKA INTER-TRIBAL COUNCIL (AITC)

431 West 7th Avenue

Phone: 563-9334

Statewide, tribally-governed non-profit organization that advocates in support of Tribal governments throughout the state. Promotes indigenous self-determination by providing technical assistance to tribal governments, facilitating inter-governmental and inter-agency communication and collaboration, offering public education regarding Alaska Native cultures and tribal governments, and advocating on behalf of tribal initiatives and self-governance.

ALASKA NATIVE JUSTICE CENTER (ANJC)

3600 San Jeronimo Drive, Ste 264

Phone: 793-3550

ANJC serves as a bridge between Alaska Natives and Alaska's justice systems. We provide individuals with the resources necessary to resolve their circumstances and we offer support to all parties involved in legal issues.

COOK INLET TRIBAL COUNCIL (CITC)

3600 San Jeronimo Drive

Phone: 1-877-985-5900 / 793-3600

CITC stands for Cook Inlet Tribal Council. But more than that, CITC stands for people, partnership, and potential. Our mission is to work in partnership with our people to develop opportunities that fulfill our endless potential. We believe that when we work together, we can help each other develop our talents and strengths, and become successful and self-sufficient individuals, families, and communities. Website: www.citci.org

ALASKA VILLAGE INITIATIVES

1577 C Street, Ste 304

Phone: 1-800-478-2332 / 274-5400

A self-supporting corporation organized in 1968 by and for rural Alaskans; promotes the economic well-being of rural Alaskans through economic development, assistance, networking, advocacy, and education. Through the wisdom of our elders, the dreams of our youth and the vision of our parents, we embrace our cultures and strengthen our economies.

BUREAU OF INDIAN AFFAIRS (BIA)

3601 C Street, Ste 1100 (Frontier Building)

Phone: 271-4084

Principal bureau, within the federal government, responsible for the administration of federal programs for federally recognized Indian tribes, and for promoting Indian self-determination. The Bureau has a trust responsibility emanating from treaties and other agreements with Alaska Native groups. The BIA provides the kinds of services one expects from a local, city, county, state or federal government.

FAMILY WELLNESS WARRIORS INITIATIVE (FWWI)

3210 Lark Street

Phone: 729-5440

Its purpose is to equip organizations and individuals to effectively address the spiritual, emotional mental and physical effects of domestic violence, abuse, and neglect. Family Wellness Warriors Initiative targets the Alaska Native and American Indian populations of Alaska, but all individuals, regardless of race, gender, or religion are encouraged to apply for our events. Website: www.scf.cc

RURAL ALASKA COMMUNITY ACTION PROGRAM (RurAL CAP)

731 East 8th Avenue

Phone: 1-800-478-7227 / 279-2511

RurAL CAP is a private, statewide, nonprofit organization consisting of four divisions with many programs to improve the quality of life low income Alaskans. The Child Development Division programs facilitate parent involvement and community collaboration. Programs promote the basic tenet that parents are the child's first and best teacher. Services to children promote positive socio-emotional development, healthy practices, cultural richness and school readiness. The Community Development Division provides training education, resources and service opportunities to low income Alaskans to promote health and wellness, improve environmental conditions, save energy and build capacity. The Planning and Construction

Division assists rural Communities and low income people by increasing affordable housing opportunities, preserving and improving existing housing. The Supportive Housing Division provides services to chronic homeless alcoholics, many of whom have severe mental health and substance abuse problems. Website: www.ruralcap.com

DIRECTORY OF ALASKA NATIVE CORPORATIONS

Native Regional Corporations are divided into three categories: Alaska Native Claims Settlement Act (ANCSA) for-profit, non-profit, and health. Each corporation provides services and/or programs for its own shareholders in its respective region*. Please note, some of the non-profit corporations and health corporations have been merged, i.e., Copper River Native Association. This directory does not include the Indian Health Service 638 contractors.

*Both Cook Inlet Tribal Council and Southcentral Foundation provide services and/or programs for Alaskan Natives and American Indians in Anchorage (not to just its own shareholders).

Ahtna, Inc.

907- 822-3476
Copper River Native Association
907- 822-5241
Copper River Native Association
907- 822-5241

Aleut Corporation

907- 561-4300
Aleutian/Pribilof Islands Association
907-276-2700
Aleutian/Pribilof Islands Association
907-276-2700

Arctic Slope Regional Corporation

907- 349-2369
Arctic Slope Native Association
800-478-3033
North Slope Borough Health Corp
Corporation 907-852-0260

Bering Straits Native Corporation

907- 443-5252
Kawerak, Inc.
907-443-5231
Norton Sound Health Corporation

907-443-3311

Bristol Bay Native Corporation

800-478-5257
Bristol Bay Native Association
907-842-5257
Bristol Bay Area Health Corporation
907-842-5201

Calista Corporation

907- 279-5516
Assoc. of Village Council Presidents
907- 543-7300
Yukon-Kuskokwim Health
Corporation 907-543-6000

Chugach Alaska Corporation

907- 563-8866
Chugachmiut, Inc.
907-562-4155
Chugachmiut, Inc.
907-562-4155

Cook Inlet Region, Inc.

907- 274-8836
Cook Inlet Tribal Council
907-793-3600
Southcentral Foundation
907-729-4955

Doyon Limited

800-478-4755
Tanana Chiefs Conference
907-452-8251
Tanana Chiefs Conference
907-452-8251

Koniag, Inc.

907- 561-2668
Kodiak Area Native Association
907-486-9800
Kodiak Area Native Association
907-486-9800

NANA Corporation

907- 265-4100
Maniilaq Association
800-478-3312
Maniilaq Association
800-478-3312

Sealaska Corporation

907- 586-2621
Tlingit & Haida Central Council
907-586-1432
Southeast Alaska Regional Health
Consortium 907-463-4040

other support services

TRANSPORTATION RESOURCES

Anchor Rides

Phone: 343-7433

700 W. 6th Ave., Suite 109

Provides curb to curb transportation services for people unable to ride the people mover due to disabilities. Also provides transportation for seniors. Call or visit the website for eligibility information. www.muni.org/transit1/anchor.cfm

People Mover

Phone: 343-6543

peoplemover@muni.org

Public transportation via bus in the Anchorage area. Call or visit the municipality website for fare and route information. Online route listing available. www.muni.org/departments/transit

Share-a-ride

Phone: 562-7665

A car pool program organized by the municipality of Anchorage. Call or visit the municipality website for more information.

www.muni.org/departments/transit

Travel Training

Phone: 343-6332

www.muni.org/departments/transit

A program that teaches individuals and groups to safely and effectively use the People Mover transportation system. Program teaches reading bus time tables, planning routes, bus safety and more. No cost.

Taxi's in Anchorage

Phone: 222-2222

Phone: 276-1234

- Alaska Yellow Cab
- Anchorage Checker Cab

LEGAL ASSISTANCE

ACLU of Alaska Foundation

Phone: 258-0044

www.acluak.org

1057 W Fireweed Lane, Ste 207

Provides public education on civil liberties issues and provides legal and advocacy services for people in Alaska whose constitutional rights have been violated.

Alaska Court Family Law Self Help Center

Phone: 264-0851

1-866-279-0851

www.courts.alaska.gov/selfhelp.htm

Is a statewide service to help people represent themselves in family law cases. Explains court procedures, provides detailed information, and which forms are options in different situations.

Alaska Legal Services Corporation

Phone: 272-9431

1016 W. 6th Ave., Suite 200

Provides legal services for civil cases that are noncriminal for those with low-income. Also provide free legal clinics. www.alaskalawhelp.org

Alaska Native Justice Center

Phone: 793-3550

Fax: 793-3570

3600 San Jeronimo Ct, Suite 364

www.anjc.org

Legal advocacy services, one-on-one education for victims or defendants in the Alaska justice and child welfare systems. Intended primarily to Service Alaska Natives. Monday-Friday 8 am to 5 pm. Also has a program to prepare offenders for re-entry into the community after incarceration.

Disability Law Center

Phone: 565-1002

Fax: 565-1000

3330 Arctic Blvd. Suite 103

Statewide service providing advocacy with legal representation for individuals with physical or mental disabilities. www.dlcak.org

Equal Rights Commission of Anchorage

Phone: 343-4342

632 W. 6th Ave., Suite 110 (city hall)

Strives to eliminate discrimination in employment, housing, education, finance, public accommodations, and services of local government based on race, sex, pregnancy and parenthood, religion, physical handicap, marital status, color, age, or national discrimination through training and educational workshops. Complaints must be within ERC jurisdiction. No cost.

Office of Victim's Rights

Phone: 754-3460

1007 W. 3rd Ave., Suite 205

Agency of the Alaska Legislature that provides free legal services to victims of crime. Also to advance and protect those victims' rights in court when necessary and authorized by law. www.ovr.akleg.gov

Refugee Assistance—Immigration Services

Phone: 222-7300

3710 E 20th Ave.

www.cssalaska.org

Catholic Social Services: Assists with obtaining life skills to promote long-term family independence. Services include emergency cash and medical assistance, bilingual case management and cultural orientation programs.

U.S. Citizenship and Immigration Services

Phone: 271-4064

620 E. 10th Ave., Suite 102

Oversees lawful immigration, makes decisions regarding petitions and applications of potential immigrants. www.uscis.gov

Victims for Justice

Phone: 278-0977

Fax: 258-0740

1057 W. Fireweed Ln., Suite 101

Offers support to victims of crime, ensuring rights are not ignored within the judicial system, including monthly support groups, which address the stages of grief and coping with violent crime. Offers resources to the public concerning law and violence prevention. No Cost. www.victimforjustice.org

Violent Crimes Compensation Board

Phone: 1-800-764-3040

907-465-3040 Fax: 907-465-2379

P.O. Box 110230

Juneau, AK 99811

Helps to bring financial relief to innocent victims of violent crimes in Alaska. Fosters victim advocacy services and promotes recovery and healing.

EMERGENCY FINANCIAL ASSISTANCE

American Red Cross

Phone: 646-5400

235 E. 8th Ave.

Primarily offers emergency assistance to victims of disaster.

ASRAA

Association for Stranded Rural Alaskans in Anchorage

Phone: 272-0643

Lutheran Social Services

1303 W. 33rd St.

Offers emergency airfare, shelter, and transportation to individuals stranded in medical facilities with no way to get home due to financial hardship.

Cook Inlet Tribal Council, Inc.

Phone: 739-3600

3600 San Jeronimo Ct.

Employment assistance program provides grants to clients who are employed full time, but have not received their first paycheck. Adult vocational training funds training for jobs. Johnson O'Malley program has a social service program, which provides counseling and crisis assistance. Low-income home energy assistance program provides assistance to low-income households that contain at least one Native member; must be eligible for some other welfare program.

Eligibility: ¼ Alaska, American, or Hawaiian Native or family member of a Native.

Consumer Credit Counseling Services Inc.

Phone: 279-6501

208 E. 4th Ave.

www.moneymanagement.org

Offers individual and family counseling concerning financial matters and how to budget available funds. Works with clients to clear delinquent accounts and restore a good credit rating. Also offers group workshops.

Safety Links

Phone: 343-4694

Information and referrals to other resources, limited and partial financial assistance for one-time needs only, such as eviction notice, or deposits on rentals or utilities.

General Relief Assistance

Phone: 269-6599

400 Gambell St

269-6001

1251 Muldoon Rd.

State of Alaska Division of Public Assistance. Provides limited one-time financial assistance for shelter, utilities, food, clothing, or burial needs. Payments made directly to business or agency. Eligibility follows complex guidelines. ATAP and food stamps also available.

Heating Assistance Program

Phone: 269-5777

1-800-470-3058

Helps eligible families pay for winter heating costs.

Applications accepted October 1st - April 30th

Weatherization Program

Phone: 771-7800

Fax: 771-7890

557 E Fireweed Ste D

Provides weatherization of homes to families for emergency repairs and disability access grant. Program managed through Rural Cap. M-F 8am-5pm

YWCA of Anchorage

Phone: 644-9600

324 E. 5th Ave.

www.ywcaak.org

Women's micro lending program committed to providing training, networking, business counseling, and start-up loans of Anchorage entrepreneurial women. Also offers a series of workshops for women financial management. Many different services such as a women's wellness program available.

RECREATION

Alaska Museum of Natural History

Phone: 274-2400

201 N. Bragaw

An interactive museum for children and families. Open Tuesday-Saturday, 10 am to 5 pm. Admission: Adults: \$7, Military: \$5, Seniors: \$5. Children 3-12: \$4, Children under 3: Free

www.alaskamuseum.org

Alaska Zoo

Phone: 346-2133 or 346-3242

4731 O'Malley Rd.

Open 7 days a week, 10 am to 4:30 pm.

Fees: Children 0-3 free, 3-17: \$7, Military: \$10, Seniors: \$10, Adults: \$15

Anchorage Museum of History and Art

Phone: 929-9200

625 C St.

www.anchoragemuseum.org

Armed Services YMCA of Alaska

Phone: 562-4622

10449 Luke Ave 99506

www.asymca.ak.org

Provides social and recreational programs focusing on enlisted military personnel and their families.

Ben Boeke Ice Arena

Phone: 274-5715

534 E. 16th Ave.

Classes are available. Admission \$7, skate rental \$2 Family Rate \$10

Bowling

562-2695 Center Bowl

344-1544 Dimond Bowl

248-2634 Jewel Lake Bowl

3717 Minnesota Dr.

800 E. Dimond Blvd. (Dimond Center)

8801 Jewel Lake Rd.

Challenge Alaska

Phone: 344-7399

3350 Commercial Dr. #208

Provides a wide range of sport and therapeutic recreation for people with disabilities. Social activities, outdoor recreation, alpine ski services and adaptive equipment loans.

Dimond Ice Chalet

Phone: 344-1212

800 E. Dimond

(Dimond Center Mall)

Ice skating rink located in the Dimond Center Mall. Call for current skate session schedule. Admission-age 13 and over: \$5, Children 12 and under, military, seniors (55+), and college students: \$4 Rental-hockey skates or Figure Skates: \$3.50

Dimond Skateland

Phone: 349-8825

8100 Homer Dr.

Roller skating rink. Afternoon admission \$5, evening admission \$6, skate rental \$2. Call or visit website for schedule of sessions.

www.dimondskateland.com

Royal Roller Rink

Phone: 333-1413

6411 Debarr Rd.

Roller/inline skating rink. Call for schedule. Afternoons and Wednesday Night \$6 or \$7 with skates; Friday and Saturday Night \$9 or \$10 with skates. Saturday night is Family Skate Night \$7 each with a skating parent.

Swimming Pools

Phone: 343-4402

Swim Information Line

Bartlett Pool: 2500 N. Muldoon Rd

Chugiak Pool: 16525 South Birchwood Loop

Dimond Pool: 2909 W. 88th Ave.

East Pool: 4025 East 25th Ave.

Service Pool: 5577 Abbott Rd.

West Pool: 1700 Hillcrest Dr.

Social Security Administration

222 West 8th Ave. #661-866-772-3081

Rm. A-11

• SSI/Disability/Retirement

YMCA

Phone: 563-3211

5353 Lake Otis Pkwy

A fun and welcoming environment where children, teens, and adults can enrich their spirit, mind and body. The YMCA offers lap swim, open swim, water walking/jogging, swim lessons, youth sports, summer camps, a health and fitness center, before and after school care, day camp and residential camp options in the summer and teen programs. Call for more information.

DOMESTIC VIOLENCE

Anchorage Multi-Service Counseling & Assessment Center

4325 Laurel St., Ste 101A.....561-2805

- DV Monitoring, State Approved

AWAIC (Abused Women's Aid In Crisis)

100 West 13th Ave.

Crisis Line272-0100

Office.....279-9581

- Abused Women/Children

Center for Men & Women.....272-4822

600 Cordova St., Ste 3-149

Domestic Violence Restraining Order

303 K St..... 264-0615

- DV Restraining Order

HOT LINE..... 563-3200

- DV Monitoring, State Approved
- Individual & Family Counseling
- Specializing in:
 - DV Intervention
 - Anger Management

The Recovery Connection (LLC)

Phone: 332-7660

500 Muldoon Rd., Ste 9

STAR Rape Crisis

1057 W. Fireweed Lane, Suite 230... 276-7279

- 24 Hour Crisis Line.....276-7273

Victims for Justice.....278-0977

105 W Fireweed Lane, Ste 101

Serves victims of violent crime

Willa's Way Safe Home Program 729-6300

(Serves Native Women Only)

STATE OF ALASKA

Alaska Housing Finance Corp 330-6100

Family Investment Center

440 E. Benson Blvd.

- Assisted Rental Housing

Dept. of Revenue-Child Support Division

550 West 7th Ave., Ste 310.....269-6900

Department of Corrections

- Adult Probation – Parole Office

800 A St., Ste 100

- Community Work Service..... 334-2300

Department of Health & Social Services

- Adult Public Assistance 269-6599
400 Gambell St.

- Adult Protective Services ... 269-3666

- Senior & Disability Services
- Children's Services, Office of (OCS)
323 East 4th Ave.

- Child Protection/Adoption..... 269-4000

- Denali KidCare 269-6529

Dept. of Labor & Workforce Development

- Anchorage Job Centers

- Employment Services & Day Labor

3301 Eagle St. 269-4800

400 Gambell St..... 269-6414

1251 Muldoon Rd..... 269-0000

Eagle River..... 694-6904

Workforce Development 343-4057

- Vocational Rehabilitation

1016 West 6th Ave., Ste 102 269-3580

4600 DeBarr, Ste 300 269-2060

Insurance for Children & Pregnant

Women

3601 C St., Ste 120

- Heating Assistance Program 269-5777

- Hot Line..... 269-5777

- Message, Nov 1 – April 30

..... 1-800-470-3058

- Juneau..... 1-907-465-3058

- Public Assistance

400 Gambell St..... 269-6599

1251 Muldoon, Ste 111B..... 269-0001

HOT LINE..... 269-5777

- Food Stamps/Cash Assistance/Medicaid

- Denali KidCare Health

Med Assistance Hotline..... 644-6800

MENTAL HEALTH

Alaska Information Line

- Statewide Directory of Human Services Providers.....211

Alaska Mental Health Consumer Web

Recovery Based Drop-In Center

1248 Gambell St.....222-2980

Anchorage Community Mental Health

Services

- Psychiatric/Crisis Counseling

24 hr. Crisis Line.....563-3200

Non-Crisis.....563-1000

Behavioral Health Services

Phone.....729-2500

(Southcentral Foundation)

NAMI Anchorage

144 W. 15th Ave.....272-0227

- Mon-Thurs 11:00am-4:00pm

mental illness group sessions/referrals

The Professionals

Phone.....212-4900

- Physician Referral/Nurse Advice
- Health Info Library
- Hotline

MISC COUNSELING, SUPPORT & AND MENTAL HEALTH RESOURCES

ACCESS ALASKA, INC.248-4777

1217 E. 10th Ave.

Open M-F 8:00am-5:00pm

Serves people with disabilities (physical, developmental, cognitive or any other hidden disability)

AK CHILD & FAMILY

4600 Abbott Road

Anchorage, AK 99507

Phone: 346-2101

Fax: 348-9230

Email: acs@ak.org

Website: www.akchild.org

AK Child and Family provides psychiatric residential treatment for children and adolescents with moderate to severe emotional and behavioral disorders. AKCF programs are designed to bring people together to support the student as they build a healthier lifestyle.

Our range of services meets the student at whatever level of care they need.

Programs and Services: Home-Based Services (Community Programs): AKCF Community Programs is designed to assist students between the ages of 6-18 with emotional and behavioral problems who need a highly structured environment and 24-hour supervision. Our residential treatment program is housed on two campuses - Jesse Lee Campus and Maplewood Campus.

Therapeutic Foster Care: Therapeutic foster homes or treatment homes provide a safe, family environment. Treatment Homes are a short-term (3-12 month) placement generally utilized by students transitioning from residential or hospital treatment or have mental health needs that cannot be met in their own home. Residential Psychiatric Treatment: AKCF Residential Treatment is here to assist youth with severe emotional disturbances who need a highly structured environment and 24-hour supervision. Our residential treatment program is housed on two campuses - Jesse Lee Campus and Maplewood Campus. There are seven cottages total.

The Spiritual Life Program: The Spiritual Life Program is an essential part of Residential Treatment. Participation in Spiritual Life activities is voluntary but most students choose to take part in at least one or two of them during their stay. The Mike McDonald Partnership in Treatment Fund is a unique program to assist students and families who do not have other resources to pay for AK Child and Family services

ALASKA CHRISTIAN MINISTRIES

Phone: 272-8760

Locations: various locations throughout the community. Practical Positive

Parenting: Building a Strong Foundation for Your Family. Six weekly Parenting workshops include the following:

- Family Dinner
- Group Study for Family Needs
- Character Development
- Family Communication
- Behavior Change
- Positive Discipline
- Resource Tools for the Family
- Activities and Care for Children
- Sessions for Teens

ALASKA FAMILY BAPIST SERVICES

1600 O'Malley Road

Anchorage, AK 99507

Phone: 349-2222

Fax: 349-5335

www.alaskabaptistfamilyservices.com

ABFS' services are located in South Anchorage on its 15-acre residential campus, which provides the feeling of a remote campus while in the city of Anchorage. ABFS offers mental health services at two residential cottages. The pre-adolescent cottage serves children with a developmental age range of 9-13 years old. The adolescent cottage serves

those 14-18 years of age Programs and Services:

- **Girls Program:** Our girls program is for 14-18 year old females in need of 24-hour residential rehabilitation services. While treatment goals vary among each individual, average length of stay for a successful discharge ranges from 6-18 months. For questions regarding referrals or for more program information, please contact our girl's clinician, Anne Nytes at 349-2222 ext. 203.
- **Boys Program:** Our boys program is for 9-13 year old males in need of 24-hour residential rehabilitation services. While treatment goals vary among each individual, average length of stay for a successful discharge ranges from 6-18 months. During this time, our students are provided with structure and support that adapts over time as they progress through treatment. For questions regarding referrals or for more program information, please contact our Boys Clinician, David Banks at 349-2222 ext. 212.

ALASKA FAMILY SERVICES

1251 Muldoon Rd., Ste 116.644-5000

- Child Care Assistance

ALASKA WOMEN'S RESOURCE CENTER

Phone: 276-0528

505 W. Northern Lights Blvd.

ALASKA CENTER FOR RESOURCE FAMILIES

840 K Street, Suite 101

Anchorage, Alaska 99518

Phone: 279-1799

TOLL FREE: (866) 478-7307

Website: www.acrf.org

E-Mail: acrsc@nwresource.org

Programs and Services: Adoptive Family Support Services: For all Alaskan adoptive families, our professional staff will provide support to strengthen their families. We offer case management, assessment, referrals, information and services. We also offer two adoptive trainings regularly:

- **Building Families through Adoption** An intensive course designed specifically to address the important core issues including talking to children about adoption, grief and loss, attachment and

bonding, transracial adoption, and parenting traumatized children.

• **Adopting Through OCS** This course explores the nuts and bolts of adopting through the State of Alaska foster care system, discussing, home studies, adoption subsidies and finalizations. Good for new folks interested in adopting from foster care and for foster parents moving toward adoption with a current placement.

ALASKA PSYCHOLOGICAL SERVICES, LLC

741 Sesame Street, Suite 1B

Anchorage AK 99503

Phone: 334-1000

Fax: 337-8080

Website: www.akpsychservices.com

Hours: Monday – Friday, 8:00am – 5:00pm, with evening hours available for counseling services. Medicaid Accepted
Dr. Heather Russell, PsyD and Amy Barker, LCSW, CDC1 . Alaska Psychological Services, LLC is a mental health clinic located in midtown Anchorage. We offer clinical evaluations, FASD evaluations, psychotherapy and counseling for children, adolescents and adults, individuals, families and groups.

ALASKA YOUTH AND PARENT FOUNDATION

Power Teen Center/Clinic

700 West 6th Avenue, Suite 206 (Downtown Transit Center, 2nd Floor (6th & H Street)

Anchorage, AK, 99501

Phone: 929-2633

Fax: 279-2633

Website: www.aypfalaska.org

Peer Outreach Workers: 563-8336 (TEEN)

Email: power@akouthadvocates.org

Teen Center Hours: Tuesday – Friday, 1:00pm - 5:00pm (No Nurse Available Friday) Alaska Youth and Parent Foundation (AYPF) is a non-profit agency dedicated to serving the needs of runaway and homeless adolescents and their families. AYPF's Peer Outreach Workers, Education and Referral (POWER) program offers training to teens providing them with the skills to do street outreach, conduct prevention-based presentations to their peers and staff the free downtown POWER Teen Center/Clinic. This is a clinic run by teens for teens with a public health nurse here to help. All services are free for ages 13-24 years old. We offer free birth control, pregnancy tests, HIV & STD testing and much more including free food and drinks!

ALASKA YOUTH AND FAMILY NETWORK

740 Communications Avenue
Anchorage, AK 99503
Phone: 770-4979
Toll Free: 1-888-770-4979
Fax: 770-4997
Email: admin@ayfn.org
Website: www.ayfn.org
Programs and Services: Peer Navigation: AYFN offers one-on-one support for families experiencing a wide range of challenges. Whether you are looking for support navigating your child's education program, looking for medical or mental health services, educating yourself about new diagnoses and approaches, or working with Office of Children's Services, AYFN can provide someone to work with you. Our peer support services will connect you with trained Navigators who not only understand the challenges you are facing, but have walked through these circumstances themselves. Between knowing that you are not alone and finding the support you need, peer navigation uniquely supports families throughout Alaska.
Parent Support Groups: Friday nights, parents gather together to discuss the joys and frustrations of parenting families with behavioral, emotional, and developmentally challenged children. As a support group, we talk about a variety of issues, educate ourselves on resources and parenting skills, and connect with others like ourselves. Parent Groups are held at the same time as Children's and Youth Groups. Dinner starts at 5:30 pm and groups run from 6:00 to 8:00 p.m. There is no need to register ahead our groups are drop-in friendly.
Youth Support Groups: This group is a place for youth to have fun, meet new friends vent, or just a place to escape. Held on Friday evenings, dinner starts at 5:30 and group goes from 6:00-8:00pm.
Summer Groups: AYFN holds activities and groups during summer to youth ages 9-16. Call 770-4979 for a complete list of all the groups or go to their website for more information.

AKEELA, INC

360 West Benson, Suite 300
Anchorage, Alaska 99503
Phone: 565-1200
Toll Free: 1-800-478-7738
Fax: 258-6052
Website: www.akeela.us
Accepts Medicaid Akeela, Inc. is a non-profit organization offering a comprehensive array of services for the prevention and treatment of substance

abuse, and alcohol abuse, in Anchorage, Alaska and other communities throughout the state.

Programs and Services:

Akeela House Recovery Center: Akeela House is a 48-bed adult, co-ed, long-term, residential therapeutic community treatment program serving clients with an ASAM III.5 assessment. The majority are also dually diagnosed, so we also provide services for co-occurring disorders. The State funds 21 beds and we have contracts that support an additional four to five beds.

Akeela Outpatient Program: This is a fee for service program serving men and women who assess at the ASAM I or II.1 level.

Available are outpatient and intensive outpatient services that offers group and individual counseling for 12 to 18 weeks with an emphasis on relapse prevention. Assessment Center: Centrally located to all of Akeela's programs is a new full-service assessment center through which applicant clients needing mental health or substance use treatment services can receive the assessment appropriate to their needs and then be referred to the treatment service the meets their specific treatment requirements and can also provide service to other providers in the community. Transitional Housing:

Fourteen apartments providing 29 bedrooms are available providing affordable, safe, and drug and alcohol free living for clients coming out of our treatment programs. We support these units with a case manager who works to make sure they are staying clean and sober, coordinates other services for them and assists them to find employment. Family Programming: Stepping Stones Residential Program – Stepping Stones is a long-term treatment program serving women assessed at an ASAM III.3 level and the children who live with their mothers in 15 individual apartments. It serves individuals with co-occurring disorders and it provides day care for the children while mothers are attending treatment. Most of the women are involved with OCS and are working to regain and retain custody of their children.

OCS Case Management Program: The participants in this program are all referred by the Office of Children's Service because they are at risk of losing custody of their children unless they complete substance use disorder treatment and turn their family life around.

Included is intensive case management for families under the supervision of the Office of Children's Services.

Family Care Court: A division of the Therapeutic Court System, Family Care Court serves women in need of substance use disorder services whose children are wards of the State's Office of Children's Services. They are admitted for treatment at either our women's outpatient or our women's residential program. Family services are provided through this program including case management that includes home visits, and mental health treatment for children.

Mental Health Outpatient Services: We provide individual and group counseling and rehabilitation services for all ages. Included are psychiatric services and play and drama therapy with an emphasis on providing a family trauma program serving women and children suffering from trauma. This program also provides services to treatment clients in our Anchorage based substance use programs that need mental health services.

ALPINE ALTERNATIVES

2518 E Tudor Road, Suite 105
Anchorage, Alaska 99507
Phone: 561-6655
Fax: 563-9232
Email: alpinealternatives@arctic.net
Website: www.alpinealternatives.org
Alpine Alternatives is dedicated to making outdoor recreational opportunities available to Alaskans who experience disabilities. Our programs are designed to help people expand their horizons, master new skills, make new friends, and increase motor coordination. Most importantly, participants experience growth in self-confidence and independence that affects all aspects of an individual's life. Our services are open to all, regardless of type of disability or age. Our one-to-one ratio allows us to meet individual needs and abilities. Our goal is to help others reach their full potential.

Summer Programs:

Day Outings: Take a trip with us to the Alaska Wildlife Conservation Center, the Alaska Zoo, or the Museum of Natural History. Enjoy taking a hike on the Coastal Trail or Thunderbird Falls. Our Day Outing Program will take you where the fun is! Camp Alpine: During a 4 or 5 day stay, Alpine campers learn a variety of skills in a nurturing environment. Activities include hiking, canoeing, outdoor games, sports, nature identification and much more.

Camp Abilities Alaska is the state's first and only state-of-the-art sports camp for youth that experience visual impairment. Youth between the ages of 8-19, or still enrolled in the public education system, are eligible. The camp provides a 1:1 instructional ratio for each youth.

Winter Programs:

Adaptive Downhill Ski: After the snow flies, Alpine participants put on skis. Whether it be mono-skis, sit-skis, or outriggers, we have the adaptive equipment to serve all needs. 8-week sessions at Hilltop Ski Area are offered. Fees include equipment, lift tickets, and personalized instruction from Alpine instructors and volunteer "ski buddies".

ANCHORAGE COMMUNITY MENTAL HEALTH SERVICES, INC

Child and Family Services

4045 Lake Otis Parkway
Anchorage, AK 99508

Phone: 561-0954 (Family Services)

Website: www.acmhs.com

Accepts Medicaid. Child and Family Services Continuum provides a wide range of therapeutic services to severely emotionally disturbed children, adolescents and their families. The programs in the Continuum specialize in trauma informed and focused practices, early childhood intervention, intervention with older children and adolescents, and family intervention. The scope of services provide a comprehensive array of community based mental health services designed to enable children and adolescents to live successfully in their community.

Families are offered training and support to create more successful family communication and healthy home living environments.

Programs and Services:

Alaska Child Trauma Center: specializes in providing direct trauma-focused services to children ages 3-12 that have experienced complex trauma (child abuse, neglect, exposure to domestic violence or sexual abuse). The Child Trauma Center also works in partnership with Office of Children's Services and provides behavioral health assessments to children entering child protective services custody in Anchorage.

Family Services: provides multiple services to children, adolescents and families.

- Individual and family therapy
- Group therapy
- Play therapy

- Assessment and treatment planning/coordination
- Case management
- Skill development
- Psychoeducational services
- Child and adolescent psychiatry
- Home and community based services
- Independent living program for transitional aged youth

Little Tykes Therapeutic Services: provides comprehensive wrap around services for children ages 2-5 and their families.

Services are provided in a structured, safe, secure, nurturing environment led by mental health professionals. In Group Therapy the children learn to express and manage their emotions so that they will have healthier functioning in other areas of life including home, community, and school. Support services such as family therapy and caregiver group therapy by staff help parents to understand their children and to master relationship and communication skills to help their child develop into happy, healthy children.

On Target School Based Services: ACMHS staff are present in several Anchorage School District schools across the community with the goal of helping children with severe emotional disturbance be successful in school. Services include direct in-school services such as crisis intervention, skill development and therapy; after-school group skill development services; and family support services. On Target provides also therapeutic summer program and programs during vacation and in-services days.

Parenting With Love and Limits©: Intensive family preservation program which lasts 7-10 weeks, incorporating brief strategic family therapy, group therapy for teens and parents, and individualized in-home family coaching, serves families with youth 10-18 years of age. This program is a part of the Bring the Kids Home Statewide Initiative, aimed at keeping youth out of psychiatric residential care or successfully bringing them home from residential care.

Transitional Aged Youth Program: This program focuses on transition out of homelessness and into safe housing through a step by step process to independence. This housing portion of this program serves women between the ages of 18 and 24 who are homeless, seriously emotionally disturbed and motivated for treatment. Those who are enrolled in the program must also receive

counseling services through ACMHS Child and Family Services.

THE ARC OF ANCHORAGE

2211 Arca Drive
Anchorage, Alaska 99508
Phone: 277-6677
Fax: 272-2161

Website: www.thearcofanchorage.org

The Arc of Anchorage helps Alaskans who experience intellectual, developmental disabilities, or mental illness achieve lives of dignity and independence as valued members of our community. We offer a full array of services that cover the lifespan of the people we serve. In consultation with our staff, families choose the services that best meet their needs.

Supported Employment: This service assists adults in finding and keeping jobs in the community. Helps each individual gain the daily living and on-the-job skills necessary for successful employment.

After School Program: For youth experiencing a developmental or intellectual disability, ages 12-16. The program provides fun, skill building activities, homework help, arts and crafts, food preparation, sensory activities, and regular community outings. The program runs Monday through Friday from 2-6 pm and full days during some school breaks and in-services. Transportation is provided.

Recreation Services: Offers older teens and adults the opportunity to learn new skills, make friends, and participate in a wide variety of community activities. Anyone that is DD eligible and new to the Arc is welcome to register for classes after they complete an intake application. Registration is open year-round. Please contact us for a tour or arrange to visit a class to check out how much fun it is at the Rec Center!

Behavioral Health Services: This program serves children and adults with a mental illness or severe emotional disturbance (SED) in combination with a developmental disability.

Care Coordination: This service assists people with Medicaid waivers* and their families learn about and choose among services, based on their needs and goals. Once the plan for services is in place, Care Coordinators help the family put it into action and monitors implementation of the plan. (*Having a Medicaid waiver means the state of Alaska has agreed to pay for disability services delivered as part of an approved plan of care).

Community Living Services: Provides support that encourages independence and participation in the community, allowing adults with developmental disabilities to live on their own, with roommates, and/or staff. Also offers in-home assistance and respite care for children with developmental disabilities or complex medical conditions who live with their families or with foster families.

Kids on the Block: The Arc of Anchorage is proud to partner with Kids on the Block Inc., providing puppet presentations free of charge. Viewing Kids on the Block performance is an unforgettable educational experience. The “kids” vividly and effectively model relationships between people, both with and without disabilities, by using frank and often humorous communication of facts and feeling between the puppet characters and the audience. Each show is 40 minutes; you get to choose two of the following presentations: Autism, Bullying, Cerebral Palsy, Down Syndrome, Hearing Impairment, Sibling with a Disability, or Visual Impairment. Kids on the Block shows are available for K-5th. Call 277-6677 to schedule a show!

Nursing Services: Trains parents and care providers so they can create a safe, healthy environment that allows children with complex medical conditions to leave the hospital and live at home with their families. Provides intensive active treatment for adults to avoid institutionalization and continue living at home and participating in community life. Short Term Assistance and Referral (STAR): Provides information about the services available and connects people with the resources they need. Helps families apply for funding from the State of Alaska. Helps find solutions during crises and emergencies.

Deaf and Hard of Hearing Services: Daily support in a residential setting for students attending the State School for the Deaf and Hard of Hearing

CATHOLIC SOCIAL SERVICES

3710 East 20th Avenue
Anchorage, Alaska 99508
Phone: 222-7300
Fax: 258-1091

Email: info@cssalaska.org

Website: www.cssalaska.org

Brother Francis Shelter: provides temporary emergency night shelter for men and women; an evening meal, and use of shower and laundry facilities; advocacy and referrals for employment, housing, mental health issues, and

treatment options for alcohol and substance abuse.

Charlie Elder House: provides housing for homeless, teenage boys. At Charlie Elder House, boys learn to live independently, achieve academic success, maintain positive relationships, and contribute to the community. Charlie Elder House provides a therapeutic environment, case management services and counseling services in cooperation with Alaska Children’s Services.

Clare House: provides temporary, emergency 24-hour shelter for women with children and expectant mothers. Residents receive daily meals and referrals for child care, substance abuse/mental health, affordable permanent housing, employment and continuing educational opportunities. Case management services are an integral part of the program to help women in their transition from homelessness to independent living.

Pregnancy Support & Adoption Services: Pregnancy Support Services helps women with unplanned pregnancies make informed decisions about their children's future by providing counseling, information and education about parenting and adoption. The Adoption Program is a licensed child placement agency serving adoptive parents, birth parents and adoptees through child placement, education, counseling, home studies, post-placement services and continued family support.

Family Disability Services: provides care for individuals who experience developmental disabilities and offers a support system for their families. Trained providers care for clients in the consumers’ home or out in the community.

Homeless Family Services: This is a comprehensive case management program that helps homeless families with children. Homeless Family Services staff works with families to address specific barriers that prevent them from being self-sufficient while connecting them to the resources necessary to secure a place to call home. Homeless Family Services staff goes to the families wherever they may be, a camp site, a motel or a car. **Pregnancy Support & Adoption Services:** is a licensed child placement agency serving pregnant women, birth parents, adoptive parents and adoptees through child placement, education, counseling, and continued family support. The Permanent Families grant allows a partnership between Office of Children’s Services and CSS to provide home studies for potential

adoptive families for children who have been removed due to abuse and/or neglect.

Refugee Assistance & Immigration Services Program (RAIS): provides a bridge for refugees (individuals who have had to flee their countries of origin due to the tragedies of persecution and war) from their former life experiences to the new skills required for success in the United States. The program assists clients in obtaining a lifestyle that has sustainable financial support and in which the family’s basic needs are fully met on a long-term basis. RAIS offers a wide range of bilingual and bicultural services including case management, life skills orientation and job readiness classes.

St. Francis House: provides a 2-day emergency supply of food. Food Pantry Hours: Monday-Friday 9am-1pm, 4th Wednesday of each month open in the evening from 4pm-6:30pm. Food donations can be dropped off between the hours of 9am-5pm.

COOK INLET TRIBAL COUNCIL, INC.

3600 San Jeronimo Court. Suite 138
Anchorage, AK 99508

Phone: 793-3600

Fax: 1-877-985-5900

Website: www.citci.com

Cook Inlet Tribal Council, Inc. (CITC) provides social, educational and employment services to Alaska Natives and Native Americans living in the Cook Inlet region.

Family Contact: This program provides opportunities for children in foster care to spend time with their birth parents to help children cope with the separation, while helping parents learn and practice skills in a structured setting to restore relationships with their children. Eligibility: Parents and their children separated by foster care placement through OCS.

Father’s Journey: This program equips fathers with a variety of the social, financial, parenting and life skills needed to strengthen their roles as fathers in providing for the needs and well-being of their families. Eligibility: Fathers parenting children in their home, or who do not presently have children in their custody, but are looking to establish or rebuild relationships with their children.

Flourishing Child: In partnership with Cook Inlet Head Start and Anchorage Community Mental Health Services, the Flourishing Child program provides therapeutic intervention and in-home services for families and children enrolled

at Cook Inlet Native Head Start who have been exposed to violence. Cook Inlet Native Head Start is a nonprofit partner in Anchorage offering educational and social support services for Alaska Native children and their families. Eligibility: Children enrolled at Cook Inlet Head Start and recommended for services through the Cook Inlet Head Start staff.

Foster Family Liaison: This program provides culturally appropriate support primarily for state-licensed Alaska Native and American Indian foster families. The liaison can assist families in being successful foster parents; establishing a strong continuity of open communication between the protective service system and foster parents/children within the system; and assisting foster parents who may have difficulty navigating or accessing the child protective service system.

Eligibility: Alaska Native or American Indian foster families who are members of one of the eight federally recognized tribes in the Cook Inlet region, and reside within the Mat-us Valley or Anchorage service area.

Guardian Ad Litem: Child and Family Services partners with Alaska Court Appointed Special Advocates (CASAs) and the Office of Public Advocacy to recruit and train Guardian ad litem (GALs) who advocate for Alaska Native children in State of Alaska Office of Children's Services (OCS) Child in Need of Aid cases. The GAL's role is to recruit, train and supervise Alaska Native CASAs to represent and support children in these cases, and to improve services and outcomes for Alaska Native families with the foster care system. GALs recruit and supervise CASA volunteers. Eligibility: Alaska Native or Native American children in the care of OCS.

Intensive Family Preservation: This program provides individual and family therapy, case management and skill development to families in crisis. The goal is to achieve permanency planning for families while promoting child safety, permanency, cultural continuity and overall well-being. Our staff provides intensive services in the home Environment from a solution-focused and strength-based approach. Eligibility: Families involved with State of Alaska Office of Children's Services (OCS).

Luqu Kenu Project: This project assists families in crisis in improving their immediate situations through parenting and life skills strengthening, and helps in safely and quickly reunifying families whose children are placed in the foster

care system. The program provides screening integrated case management, and parenting and life-skills development. Eligibility: Alaska Native or American Indian families receiving Tribal TANF in need of additional support in keeping their children safe.

COUNSELING SOLUTIONS OF ALASKA

701 East Tudor Road, Suite 135

Anchorage, Alaska 99503

Phone: 644-8044

Fax: 644-8004

Website: www.counselingsolutionsak.com

Medicaid/Denali Kid Care is accepted for psychiatric services/medication management and psychological testing.

Counseling Services: We provide couples and family therapy for depression, grief and loss, anxiety/panic disorder, PTSD, relationships, parenting, co-dependency, communication skills, stress management, anger management/conflict resolutions, school problems, social skills training, child/adult abuse issues, ADHD, and life coaching/mentoring.

Psychological Testing/Assessment: We provide testing for ADHD, academic/learning/memory problems, depression/anxiety, personality and cognitive functioning.

Psychiatric Consultation/Medication

Management: For clients seeking psychiatric assistance our medical staff offer psychiatric evaluation and medication management.

COVENANT HOUSE ALASKA

755 A Street

Anchorage, Alaska 99501

Phone: 272-1255

Fax: 272-9548

Website: <https://ak.covenanthouse.org>

For Youth: If you're on the street or thinking about running away, Covenant House Alaska can help. Our doors are open 24 hours a day, 365 days a year and all services are completely free of charge. We'll offer you support guidance, encouragement and a listening ear. No matter what's going on in your life, we're here for you.

For Parents: We know being a parent of a teen is challenging. The good news is that you're not alone. We can offer information and assistance to help you better communicate and build a stronger relationship with your teen. We can provide referrals, crisis intervention and even free family mediation services. Through our three core programs and associated services, we're able to meet the basic living needs of kids at this critical

time in their lives, as well as provide them with support that facilitates their journey to becoming healthy, self-sufficient, contributing members of our community. These programs empower our youth in their journey from homelessness to a brighter future. We help them finish school, learn a skill, find a job, secure a place to live, reunite with their families, build a strong foundation and begin their lives again. Programs are designed to connect, protect, nourish, heal and transform lives. In short, we give our youth a sense of hope, so they can find the confidence and strength to move on to a better place.

Youth Engagement Center: This brand new facility puts everything under one roof, offering an array of programs and services, including access to health care, educational achievement, employment placement, housing assistance and enrichment activities. Through the Youth Engagement Center, youth have access to an array of programs and services: Street Outreach/Drop-in Center, Shelter Services, Youth Enrichment Program, Employment/Education Services, Housing, and Pastoral Ministry.

Transitional Living: Many homeless youth are not equipped to live independently. Our Transitional Living program teaches them essentials, such as how to find a job, save money, pay bills, cook healthy meals, even how to do the dishes. This program gives homeless youth a chance to learn how to live on their own successfully.

Youth in the Transitional Living program also have access to other Covenant House Alaska programs: Rights of Passage: serves homeless males and females, 18-20.

Passage House: serves parenting and pregnant women, 17-20 and their children.

Wellness Center: Life on the streets in Alaska can be tough, and homeless youth are highly susceptible to a wide variety of illnesses and injuries. Covenant House Alaska offers free health services through the Wellness Center, providing care and a safe haven for these vulnerable youths. Clinic hours are Monday through Friday 9am to 5pm. For more information, contact the nurse practitioner at 339-4249

CREATING SUCCESSFUL FUTURES: ANCHORAGE SCHOOL DISTRICT

Locations:

- College Gate Elementary (K-3)
742-1523
- Northwood ABC Elementary (1-3)
742-6942

5530 E Northern Lights Blvd.
Anchorage, AK 99504
Phone: 742-4254
Fax: 742-4251
Website:

www.asdk12.org/elementary/CSF

Creating Successful Futures (CSF) is a highly structured, districtwide, short-term program designed to empower students in grades K-3 to make safe and positive choices. Teaming with schools and parents, CSF teachers, counselors and assistants teach students the skills needed to achieve academic and social success. The CSF I program can provide assistance to students who have difficulty in getting along with others, who avoid work, and/or demonstrate behaviors that are having an adverse impact on their ability to be successful in the classroom and to build healthy, positive relationships with others.

Turnaround Model: The CFS program works best with students who, with intentional instruction, along with opportunities to practice newly learned skills, will be able to demonstrate the acquired skills in a relatively short period. Students in the program are provided with a classroom environment that has well-designed, research-based interventions that can bring about sufficient behavioral change in an 8-10 week period.

Social Emotional Learning (SEL): Some children may not learn acceptable behavior because they don't know what is appropriate, or they may have the knowledge but lack the practice. For other children, their emotional responses may get in the way of desirable behavior. SEL stands for Social Emotional Learning. It's the way a child develops the ability to experience, regulate and express emotion; form close relationships; explore the environment; and learn. The importance of social emotional development is sometimes overshadowed because of the emphasis on other issues. Some of the concentrated social skills students in the CSF program practice are: providing opportunities for safe choices, staying cool when upset, choosing to be responsible for your day, encouraging saying and doing nice things.

Referrals: The CSF program is coordinated by the executive director of Elementary Education. Questions about the program may be directed to the transitional counselors at their respective school sites or through Elementary Education. The referral form is available as a fillable PDF on the CSF website.

CRISIS/COMMUNITY PREGNANCY CENTER

4231 Lake Otis Parkway
Anchorage, AK 99508
Phone: 337-9292
Fax: 337-9262

Website: www.cpcanchorage.com
www.pregnancyinfo-ak.com

Hours: Monday – Thursday, 9am-4pm
All of the following services are offered free-of-charge and confidentiality.

Programs and Services:

- Pregnancy tests
- Limited obstetrical ultrasounds
- Limited sexually transmitted infections (STI) screening
- Peer counseling and guidance by trained counselors
- Information on pregnancy and abortion alternatives
- Physical, emotional and spiritual support
- Referrals for medical care, housing, social services and legal aid
- Earn While You Learn Education classes (parenting and life skills)
- Baby Cache (Baby bucks are earned during the Education Classes that can be spent in this baby store)
- Post-abortion counseling (Retreats and 8 week evening group sessions are held several times per year)
- Abstinence Education-Conferences, Youth Groups and School Presentations

DENALI FAMILY SERVICES

1251 Muldoon Rd., Suite 116
Anchorage, Alaska 99504
Phone: 274-8281
Fax: 274-4055

E-mail: info@denalifs.org

Website: www.denalifs.org

Denali Family Services serves children who require intensive behavioral health care services, their families and also individuals. Denali Family Services offers individual, family and group psychotherapy services in combination with intensive care coordination and rehabilitative services. The majority of the consumers served are children who experience mental illness. DFS maintains an active foster care program, licensing treatment foster homes, placing children in those homes and working in partnership with the foster parents and the DFS clinical staff to ensure the child is making progress toward his/her

treatment goals. The foster care program accepts a number of placements of children in OCS custody who are returning to Alaska after receiving residential treatment in the Lower 48.

Clinical Department: Provides several professional services to children and families in the Anchorage and Mat-Su communities.

These services include mental health assessment, individual, family and group therapies as well as medication management. We specialize in working with youth 3-21 who have previously been hospitalized, have been in residential care, are at risk of becoming hospitalized or receiving institutional care due to the severity of their behaviors, youth who are severely emotionally disturbed. Additionally we provide services to anyone in the community in need of counseling services.

Specialized Therapy Services: Sexually Reactive Youth: We also provide specialized therapeutic programs for children who have been sexually abuse, and/or exposed to adult sexual content, who exhibit challenges with boundaries or mimic these adult behaviors. These services include specialized teaching on boundaries, psycho-education on appropriate expressions of affection and sexuality based on the development level of the child, as well as social skill learning, to replace inappropriate social skills and meet areas the child may have missed socially. Sexually Offending Teens: We provide specialized therapeutic services for teens 13-18 years of age who have been convicted for a sexual offense, and a risk assessment has been conducted determining outpatient therapy as the needed level of care. This program is designed to be a specialized treatment program, and can also support teens whom have graduated from a sexual offense specific program in a residential setting.

Therapeutic Foster Care: We recruit and license child foster home for Severely Emotionally Disturbed (SED) children enrolled in services with DFS. DFS will license and train you to take care of these children in your home. We may also provide additional services to the foster child such as community or school support specialist, case management and clinician as needed. As a foster parent you are a part of the treatment team for the foster child. The goal is to help the child be successful in school and living in a community setting, learning acceptable behaviors. DFS has a 24 hour on-call

system to provide support, training and support groups that you may attend. Call 222-2311 if you are interested in becoming a therapeutic foster parent to Alaska's children in need of out of home care.

Case Management: is a service to help children and their families gain access to needed community services and supports, and help you achieve a lifetime of independent functioning. Transition to Independence Program: is a subsection of the case management department that focuses on providing services to teens and young adults between the ages of 14-24. The program works with youth and individuals they have identified as key players in their lives to help increase knowledge and skills in; education, housing, community life functioning, career and employment, personal effectiveness and well-being.

Intensive School and Community Based Services: This program provides one-on-one and small group services to DFS clients. We help manage difficult youth behavior while encouraging kids to learn skills that will help them cope with ongoing mental health challenges. Behavior Health Associates provide behavioral, social, and emotional coaching and teaching for children while engaging them in activities and supporting them in a variety of settings. Services provided: In-School Behavioral Health Associate Support, Summer, winter and spring break day programs, KARMA After School Program at Creekside Park Elementary School, Denali Explores preschool and early childhood program, Community-based and individualized services.

Training: Denali Family Services offers nationally recognized training in behavior management, mental health, emergency response, and sexual abuse prevention to all of our employees and foster parents using a unique blend of online and classroom-based courses.

FAITH CHRISTIAN COMMUNITY

4240 Wisconsin Street
Anchorage, Alaska 99517
Phone: 243-1777

Email: royalfamily@faithak.com
Website: www.faithak.com

Royal Family Kids' Camp: FCC partners with the Office of Children's Services and the faith-based community to sponsor Royal Family Kids' Camp. This is a one week residential camp that meets the unique and overwhelming needs of abused and neglected children.

The camp serves children ages 7-11. Contact Chris Scott for information and an application.

Website: www.anchorage.rfkc.org

FIRE STOPPERS ANCHORAGE

Fire Stoppers Hotline: 346-2888
Curiosity about fire is natural. Most children will, at some time in their youth, explore the element. Unfortunately, fires set by children can have devastating consequences. It doesn't matter if the fire is set with intent (arson), or if it is unintentional (curiosity), the unfortunate end result can be the same. When youth misuse fire, adults should pay attention to the behavior and call for help. The Anchorage Fire Department works with The Alaska Injury Prevention Center to provide an intervention program to help families. Fire Stoppers can help parents understand why a child is misusing fire, help families create a safe environment, provide education for the entire family to help mitigate the behavior, recommend other resources helpful in correcting the behavior. Fire Stoppers works hand in hand with many agencies and professionals in Anchorage. If a family needs assistance beyond education, Fire Stoppers can recommend other resources for families. It's everyone's responsibility to keep our community safe from fire. If you know a child or youth that misuses fire, contact the Fire Stoppers hotline.

FOCUS, INC.

11901 Business BLVD, Suite 209
Eagle River, AK 99577
Phone: 694-6002
Fax: 694-6022

Email: info@focusoutreach.org
Website: www.focusoutreach.org

Focus stands for Family Outreach Center for Understanding Special Needs. As an agency Focus provides support to people with disabilities. We provide support to their families and we believe we deliver a chance for a higher quality of life. Focus has over 30 years of experience providing services to families in Alaska.

Early Intervention/Infant Learning

Program: The Alaska statewide Early Intervention/Infant Learning Program (EI/ILP) assures that infant learning services are available for families with children under three years of age throughout Alaska. Early intervention services are federally regulated by the Individuals with Disabilities Education Act (IDEA). This federal law was first passed in 1986, offering some funding for states to

evaluate and then serve children they determined eligible for early intervention services. In Alaska EI/ILP is housed in the Office of Children's Services.

Therapy Services: The Focus clinic offers outpatient pediatric therapy services in speech, occupational therapy, and physical therapy. We offer family centered therapy services and parent participation and inputs are a vital part of our treatment sessions. Our team of therapists is able to address issues related to the diagnosis and areas of difficulty in; ADHD, Articulation and Motor Speech Disorder, Anxiety Disorder and other mental health problems, Asperger Syndrome, Autism Spectrum Disorder, Behavior issues related to sensory processing difficulties, Developmental Delays, Down Syndrome and other chromosomal anomalies, Expressive Language Delay, Gross motor and fine motor problems, Handwriting problems, Oral-Motor Feeding issues, Receptive Language Delay and Sensory Processing Difficulties.

Developmental Disabilities Services: The DD Services department of Focus serves a variety of needs for our families and clients. Through the funding sources of Medicaid Waivers and grants, Focus provides person centered supports to individuals and families. Most families utilize Daily and Hourly Respite services, as it is available via various funding sources. Respite care is designed to provide short term relief from caring for a family member with special needs. Medicaid Waivers provide access to funding that allows individuals to live at home and participate in their own community. Focus serves people of all ages who receive services through CCMC, MR/DD and APD. Waivers provide access to the following services and more: Care Coordination, In-Home Supports, Family Habilitation, Day Habilitation, Hourly and Daily Respite, Nursing Intensive Active Treatment, and more.

After School Program: The Focus After School Program (ASP) serves many working families with teens and young adult children receiving waiver and grant services. Many families experienced a gap in supports from the time that school ended until parents returned from work. The ASP was formed as a response to this need – providing a safe and structured way for young people to get involved in their local community. But, perhaps most importantly of all, for fun! The ASP group meets every school day from 2–6pm at the Focus building in Eagle River. For more

information or for a registration packet contact 694-6002 ext. 7251.

Summer Program: The Focus Summer Program is a day camp designed to meet the special needs of the people we serve. The program provides day habilitation and hourly respite services for young people with disabilities from age 6 to young adult. In operation for over a decade, the Summer Program meets the needs of many local families. The staff and participants work together to create a nurturing, supportive environment full of fun and meaningful activity. The Summer Program runs for nine weeks every summer, during the months of June and July. The program runs from 9:30am–4:00pm, Monday through Thursday. Each day starts and ends at the Beach Lake campground in Chugiak. Activities include soccer, softball, arts and crafts, games and special field trips out of town to Portage Glacier, H2Oasis and other fun local spots. To find out more about joining the Summer Program as a participant, care provider or a volunteer, contact 694-6002 ext. 7251.

Focus:art: Focus:Art is an Anchorage based program of Focus, Inc., that offers structured art classes and open studio time for adults who experience disabilities (ages 18+). If you are interested in checking out this program contact Erica Miller at 279-9213.

FOUR A'S (ALASKAN AIDS ASSISTANCE ASSOCIATION)

1057 W Fireweed, Ste 102263-2050
• Provides services for HIV & AIDS
Hot Line 1-800-478-AIDS

GOOD SAMARITAN PSYCHIATRIC SERVICES

3230 C Street, 2nd Floor
Anchorage, Alaska 99503
Phone: 565-4000
Website: www.goodsamak.com
Medicaid Accepted. Good Samaritan offers psychiatric assessment and medication management to all ages, through our MD and ANP providers. They follow a medical model of practice.

HOPE COMMUNITY RESOURCES

540 West International Airport Road
Anchorage, Alaska 99518
Phone: 561-5335 or 1-800-478-0078
Fax: 564-7429
Website: www.hopealaska.org

Tefra Medicaid for is available for Special Needs: Contact Hope Tefra Specialist for assistance. Hope Community Resources is a non-profit organization providing

community supports to over 1,400 individuals and families who experience intellectual and developmental disabilities. We provide services through regional offices located in Anchorage, Mat-Su, Dillingham, Kodiak, Juneau, Ketchikan, Seward, Barrow and the Kenai Peninsula. All of Hope's services and supports are individualized. Given the opportunity, Hope will work towards meeting the needs of most people requesting services. The following supports are just a few of the offerings that can be uniquely designed to support a full life.

Individualized Services: Family Matters: Understand the support and finding options available to you with the assistance of our knowledgeable staff. Short-Term Assistance and Referral (STAR) Program: Assists people in learning what is required to meet the state law definition of developmentally disabled, navigating the eligibility process and understanding what services, other than waiver, may be available. Hope's STAR Coordinator in Anchorage is Jamie Davis and she can be reach at jdavis@hopealaska.org or by phone at 907-433-4980.

Care Coordination: Assists people in developing person-center plans based upon their needs and dreams and the services available through a variety of providers. Responsible for ensuring services are in place and coordinates with other service providers, when appropriate, to insure implementation of the plan.

Community Health & Wellness: Supports people in choosing their own health professionals. Provides wellness supports to individuals who choose our supports. Self-Advocacy: Assists people in advocating for themselves as well as disability services. Opportunities to participate include: Speak For Change—a self-advocacy group supported by Hope and Key Coalition—a grassroots organization advocating for disability services.

Spiritual Wellness: Connects people with faith communities, renewing the spirit, coping with illness and grief, end of life planning and other spiritual needs. For more information on spiritual wellness, contact Rick Benjamin at rbenjamin@hopealaska.org or by phone at 907-433-4707.

Community Living Options:

In-home Supports: Sustain a healthy, thriving family through unique supports provided in your home.

Supported and Independent Living: Live, learn and grow in your chosen environment with individualized assistance in daily living activities.

Intentional Communities: Environments chosen by people who share a common vision of living, learning and recreating together. Hope has approximated these intentional communities through subsistence focused home in Bristol Bay and the Willow Ranch.

Foster Care: Supports children and adults in loving family settings when residing with their own family is not a viable option.

Respite: Offers a break through short-term care for your family member, utilizing trained professionals.

Recreational Opportunities:

Recreational Opportunities: Accessible and inclusive activities such as subsistence, art, media, theatre and camps that promote personal growth and encourage the discovery of personal gifts.

Behavioral/Mental Health Supports:

Behavioral Support: Manage challenging behaviors with specialized assistance to live as independently as possible.

Mental Health Supports: Develop healthy, sustainable relationships, while learning to live with mental health challenges and a developmental disability.

JBER MILITARY SUPPORT

5955 Zeamer Avenue
JBER, AK 99506
Phone: 580-5858
Fax: 580-8025
Phone (DSN): (317) 580-5858
Elmendorf AFB Community Resource
Referrals: Family Advocacy Strength Based Therapy Services (FAST): Licensed clinical social workers are available to assist couples and families experiencing marital difficulties including communication problems, anger management, and family of origin issues.
Victims Advocacy Services: Victim counseling and referral services, providing assistance with safety planning, reporting, legal and system advocacy.
On Line Support Group:
<http://groups.yahoo.com/group/AdoptionSupportGroupForMilitaryFamilies/>
Elmendorf AFB Counseling Support:
Life Skills Support..... 580-2181
Anxiety, depression, substance abuse.
Family Support Center..... 552-4943
Crisis assistance, info, referral, quality of life programs.
Chapel Center..... 552-4422

Pastoral counseling, emergency food.
After hours emergencies call Command
Post..... 552-3000

LOVE INC, ANCHORAGE.....274-5683
• Requests on Tues & Thurs 9:30am-
12noon

LOVE INC, EAGLE RIVER.....726-5683
• Requests on Weds & Thurs 10:00am-
2:00pm

NEIGHBOR-WORKS ALASKA
2515 A Street.....677-8490
• Affordable Housing

NEW HOPE ON THE LAST FRONTIER – LIFE SKILLS
1220 E Street Suite 100
Anchorage, Alaska 99501
Phone: 274-4673
Email: info@newhopeak.org
Website: www.newhopeak.org

Programs and Services Include:

- Food Pantry: Tuesdays – 10:30am-1:00pm
- Nine Star – Returning Citizens Center: Daily – 9:00am - 4:00pm
- Cordova House Community Service Hours: We work closely with Cordova Center to enable halfway house clients to obtain their hours for community service

PROGRAMS FOR INFANTS & CHILDREN

161 Klevin Street Suite 103
Anchorage, AK 99508
Phone: 561-8060
Fax: 563-3172
Email: pic@Alaska.org
Hours: Monday-Friday, 8:00 am to 5:00 pm

Early Intervention/Infant Learning

Program: The State of Alaska's Early Intervention/Infant Learning Program (EI/ILP) serves as a single point of entry for infants and toddlers whose families or others have concerns about their child's development. Under the Individuals with Disabilities Act (IDEA), EI/ILP is responsible for implementing services to young children, birth to three years, who experience developmental delays and disabilities.

Other Pic Services: PIC provides a variety of services such as early childhood education, social work, occupational, physical and speech/language therapy, as well as special instruction, vision, and audiology services. PIC services are provided in partnership with parents and

caregivers to provide training and support in promoting their child's development. Family service coordination is provided to help families navigate the systems and providers involved in their child's care. PIC uses a team-based early intervention model referred to as the "Primary Coaching Model".

Who is Eligible? Children whose assessment indicates a delay in one or more developmental areas, ranging from mild to severe. Children with a diagnosed medical condition or disability and children who are at risk for developing delays; premature infants or children exposed to drugs or alcohol prenatally.

PROVIDENCE HEALTH SERVICES

3760 Piper Street Suite 1108
Anchorage, AK 99501
Phone: 212-6900
Website: www.alaska.providence.org

Programs and Services:

Providence Behavioral Medicine Group offers outpatient mental health services for children, adolescents, and adults. The clinic staff includes psychiatrists, neuropsychologists, advanced nurse practitioners, licensed clinical social workers, licensed marriage and family therapists, licensed professional counselors and licensed psychological associates. Providence Medical Group Behavioral Health has deep experience working with children and families and schools in the Anchorage and surrounding areas for a variety of issues including:

- Childhood depression and anxiety
- ADHD (Attention/Deficit Hyperactivity Disorder)
- Adjustment problems
- School problems
- OCD (Obsessive Compulsive Disorder)
- Social Skills Deficits (including Asperger's Disorder)
- Post-Traumatic Stress Disorder from experiencing or witnessing a traumatic event
- Behavioral problems
- Family conflict including divorce
- Transition issues such as new school or starting college
- Bipolar Disorder
- Grief and loss

For more information about Providence child, adolescent and family services, call 212-6900.

Kohl's Cares: Thanks to the generous support of Kohl's Cares, The Children's Hospital at Providence holds a FREE

immunization clinic every first Saturday of the month. As everyone returns back to school, it's important that Alaska's children are current on all immunizations. Providence walk-in clinic is open from 10am to 1pm, located at 3340 Providence Drive, Suite A351. The clinic also offers free tetanus shots for adults. For more information call 212-4824 or visit www.alaska.providence.org/locations/pamc/services/childrens/Pages/immunize.aspx

Parenting with Providence: Our parenting and childbirth classes are taught by highly qualified professionals with specialized training in early childhood and prenatal education. We are here to support new and experienced parents in the wonderful and challenging journey of parenthood. Visit <http://providencealaska.netreturns.biz/Calendar/SearchResults.aspx?searchdays=30&topicid=3131882e-5516-46d5-a1ef-38d4d9d13f65>

See the event calendar and to register. The Discovery Unit: An acute, inpatient program for adolescents, 13-18 years old, who are in need of intensive crisis intervention, stabilization and behavioral health treatment. The unit is designed to provide a safe and therapeutic environment for those experiencing a crisis. For more information call 261-4843.

Crisis Intervention: Crisis care is provided through the Emergency Department at Providence Alaska Medical Center or the Crisis Line at 563-3200. Adolescents in crisis are evaluated by a psychiatric nurse practitioner or a licensed mental health counselor, who will conduct a mental status examination, meet with the parents/guardians and confer with the psychiatrist on-call or the adolescent's physician to determine if hospitalization is needed. If inpatient care is required, the adolescent will be admitted as quickly and smoothly as possible. If not recommended, the adolescent will be assisted through the immediate crisis and referred for outpatient therapy.

SALVATION ARMY: BOOTH MEMORIAL YOUTH & FAMILY SERVICES

3600 E 20th Avenue
Anchorage, AK 99508
Phone: 279-0522

Website: www.salvationarmy.org
Opened as a home for unwed mothers in 1965, Booth Memorial Youth & Family Services has evolved into a comprehensive, service provider for young women and families.

24 Hour Residential Program: This program serves adolescent girls (OCS referred ages 12-18). This 6-18 month program provides care and treatment to adolescent girls who are emotionally and behaviorally challenged. Provides twenty-four (24) hour basic care and supervision for young women who have a demonstrated need for treatment in a highly structured and supervised placement. Referrals for program placement must originate from the Office of Children's Services.

Residential Pre-Maternal Program: Referral through parents, schools, hospitals, etc. Provides pre-maternal residential care and related services to single pregnant teens. (Kimberly Stevens: Ext: 502)

Emergency Stabilization Center: Emergency Stabilization and Crisis Intervention services are provided with a multi-faceted approach to working with young women 12–18 years of age. Booth offers short-term shelter to teenage girls. Beds are available on a first come first serve basis every night. There is a bed capacity of six beds with a maximum stay of 60 days.

Family Reunification Program: Through education and supervised visitation, the Booth Family Reunification Program works to reduce and prevent child abuse in order to reunite children in out-of-home placements with their custodial parents. Referrals to this program are received through the Office of Children's Services and the Alaska Court System.

Community Education: Booth Youth and Family Services also offer childbirth education and parenting classes that are open to the community. All classes are offered on a sliding fee scale. Contact us for a current schedule.

Booth Outpatient and Aftercare

Substance Abuse Program: Funded by the State of Alaska Division of Behavioral Health, Booth provides outpatient and aftercare substance abuse services for adolescents in the residential and emergency stabilization programs.

Fetal Alcohol Spectrum Disorder (FASD) Project: This program offers a community-based educational outreach activities include presentations to Anchorage School District 8th grade students as part of their standard health education curriculum and classes for high-risk women at several residential facilities in the Anchorage area. A professionally certified FASD Educator staffs the program. To schedule educational presentations or staff training sessions,

please contact the main number.

SPECIAL EDUCATION SERVICES AGENCY

3501 Denali Street, Suite 101
Anchorage, Alaska 99503
Phone: 334-1300
Fax: 562-0545
TTY: 563-8284
Email: www.sesa.org

Autism Impairment Services (AI): Provides student-specific consultation in the areas of communication skills development; positive behavioral support; social skills development; instructional strategies; curriculum modification and accommodations, other individualized interventions as needed.

Hearing Impairment Services (HI): Provides Staff training through on-site and state wide in-services related to best practices for educating students with deafness or hearing impairments. Services include but are not limited to, manual communication, functional and proper use of amplification systems, inclusionary strategies, communication and language development, transition planning, and information resource and referrals.

Emotional Disturbance Services (ED) Provides staff training through on-site, regional and state wide in-services related to best practices for educating students with emotional and behavioral disorders. Provides functional behavioral assessment, positive behavioral support, social skills curricula, anger/stress management, inclusion, transition, information, education and advocacy.

Multiple Disabilities Services (MD) Provides staff training through on-site and regional in-services related to best practices for educating students with moderate and severe disabilities addresses such issues as; functional age appropriate curriculum, inclusionary strategies, positive behavior supports, community based instruction, integrating related services, transition planning, parental involvement, use of assistive technology tools.

Visual Impairment Services (VI): Staff training through on-site, regional and statewide in- services related to best practices for educating students with vision impairments. Provides vision screening, low vision issues, inclusionary strategies, orientation and mobility issues, specialized equipment, compensatory skills, and transition issues.

Dual Sensory Impairments (DSI): The purpose of DSI Services is to assist service providers and families in preparing learners with dual sensory impairments

for quality lives in their homes, schools, and communities. Some of the activities provided by DSI Services include: technical assistance to service providers and families through onsite consultation, in-service training, support to attend trainings specially addressing DSI issues, promotion of home-school partnerships and collaborative teaming, access to a parent navigator, an extensive lending library, and to resources and information.

SOUTH CENTRAL FOUNDATIONS

Behavioral Health Fireweed Clinic
4341 Tudor Centre Drive, 3rd Floor
Anchorage, AK 99508
Phone: 729-2500, Press option 2
Fax: 729-8552

www.southcentralfoundation.com

Programs and Services:

- Psychiatric evaluation
- Medication management
- Psychotherapy (group, family, couples, limited individual)
- Limited psychological assessment
- Neuropsychological assessment
- Support groups
- Crisis intervention

Willa's Way: A comprehensive safe home program for victims of domestic violence, Willa's Way serves Alaska Native and American Indian women and their children who are homeless due to domestic violence. Children under the age of 18, including boys, are considered for admission with their mother. In this supportive, confidential and safe environment, program participants learn to become self-sufficient. Call 729-6300 for more information. Comprehensive services include:

- Intense case management involving housing
- Mental health counseling
- Group counseling addressing a range of topics including parenting, domestic violence, relationships, community resources, life skills, health and wellness.

The Pathway Home: The Pathway Home is a voluntary, comprehensive, individualized mental health program for adolescents from 13 to 18 years old. Its mission is to create a loving and supportive community environment where Alaska Native children can develop into independent, service-minded and productive leaders. Referrals come from a variety of sources, including clinicians, case managers, social workers,

counselors, parents, teens or representatives of the state. Once in the program, The Pathway Home team of clinicians and employees help youth improve their mental and behavioral health, physical and spiritual wellness, and academic and/or vocational skills.

Through a combination of individual, group and educational settings, youth learn healthier methods of managing their behavior, handling conflict and anger, progressing in their recovery and improving relationships with family members. Call 729-5020 or Toll Free: (800) 478-3343 for more information.

Dena A Coy: Dena A Coy Residential Treatment Program serves pregnant, parenting and non-parenting women who are experiencing problems related to alcohol and other drugs and experiencing emotional and psychological issues.

Services include individual addiction and mental health counseling, case management, and group counseling. Group counseling addresses a range of topics including parenting, domestic violence, anger, relationships, symptom management, anxiety and depression, relapse prevention, community recovery skills, life skills and health and wellness. The duration of the program is related to the level of care and is clinically driven. Children under the age of 3 may be considered for admission with their mother. Call 729-5070 for more information.

Alaska Women's Recovery Project: The Alaska Women's Recovery Project (AWRP) provides community-based, peer-driven, peer-led recovery support activities for women of all ages and ethnic backgrounds and their families. Women involved in the AWRP are in various stages of recovery from alcoholism, substance use or co-occurring mental health disorders. All activities take place at the Gathering Place for Women Recovery Community Center, 4155 Tudor Centre Drive Suite 205 in Anchorage. Call 729-5190 for more information.

STONE SOUP GROUP

307 East Northern Lights Blvd. #100
Anchorage, Alaska 99503
Phone: 561-3701
Toll Free: 1-877-786-7327
Fax: 561-3702

Website: www.stonesoupgroup.org

We work to improve services for children with special health care needs. Working with parents and interagency groups, we develop projects to identify gaps and simplify access to the system, as well as

build capacity for in-state assessments and services.

Parent Navigation: Experienced parents of children with special needs help other parents navigate the system of resources, services, and education. Parent Training and Information Center: The official, federally-funded resource for parents of children receiving special education services statewide.

Behavior Support: Stone Soup Group (SSG) offers parents and professionals support in dealing with challenging behaviors. Often times, challenging behaviors are used by individuals with special needs to communicate when they can't express themselves in other ways. Recognizing this, SSG has developed Positive Solutions trainings and Positive Behavior Support (PBS) teams to understand these behaviors and use strategies to minimize them.

School Support: Navigating through the special education process can be overwhelming and complex. You don't have to go it alone. Our Parent Navigators will help equip you with the tools you need to understand the system, work with schools and advocate for your child.

School Support Services include:

- Parent navigation/consultations
- Support at school meetings
- Trainings regarding Individualized Education Plans (IEPs)
- Preparation before school- "Know Before You Go" classes, Infant Learning Program planning
- Support and information about Early Intervention and the Individuals with Disabilities Education Act (IDEA)
- Positive Behavior Support (PBS) for parents and educators

Transition Support: Whether it is making that first step entering school, or graduating and exploring post-secondary education opportunities, life transitions can be overwhelming for both children with special needs and their parents. Services and Parent Navigation at Stone Soup Group (SSG) can help parents and young adults gain greater independence in the areas of education, housing, finance, employment, medical needs and social needs Fetal Alcohol Spectrum Disorders (FASD): Stone Soup Group (SSG) is here to support families of children affected by prenatal alcohol exposure. We offer specialized parent navigation, classes and trainings. Browse this site, call or

schedule an appointment to learn more about FASD.

Autism: Autism or Autism Spectrum Disorders such as Asperger's, are developmental disabilities that affect an individual's behavior, social interaction and communication. There are varying degrees of autism; and based on where a child is on the spectrum they may display different behaviors. Though there is no "cure" for autism, an early diagnosis and an understanding of good communication techniques are essential to the child's developmental needs. Stone Soup Group (SSG) offers specialized training and parent navigation to help you and your child receive the support you need.

THE SPELL CLINIC, LLC

2150 East Dowling Road Suite C
Anchorage, AK 99507

Phone: 336- 323

Website: www.thespellclinic.com

Hours: Monday, Wednesday & Thursday 10:30am – 5:30pm; Tuesdays & Fridays 10:30am – 3pm; Closed Saturday & Sunday.

Accepts Medicaid. The SPELL Clinic is a licensed private practice dedicated to serving children and teens with communication needs. The clinic has been in business here in Anchorage since August 2002. We have recently expanded to welcome an occupational therapist, JoAnn Schnellbaecher, M.A., OTR and a part-time speech language pathologist, Crystal Rogers, M.S., CCC-SLP to share our space here at The SPELL Clinic. Our full-time experienced speech language pathologist, Christine Gravelly, M.S., CCC-SLP provides individual or group therapy to improve speech articulation, phonemic awareness, vocabulary, grammar, reading, writing, critical thinking & reasoning, receptive & expressive language and augmentative communication. One specialty of this clinic is phonemic awareness instruction (PA).

Traditional Speech Therapy: Working with children on articulations, language, voice and fluency.

Enrichment: Providing SAT and GRE preparatory classes, creative and technical writing classes.

Specific Language Disorders: Assists with comprehension and expression of oral and written language.

Social Language Therapy Literacy: Working with children to develop reading and writing skills for all ages.

VOLUNTEERS OF AMERICA ALASKA

509 W. 3rd Avenue Suite 103

Anchorage, AK 99501

Phone: 279-9634

Fax: 276-5489

Website: www.voaaak.org

Volunteers of America Alaska has helped Alaska's most vulnerable since 1981. Over the years, our services have grown to include programs that meet the needs of children, adolescents, families and seniors.

Programs and Services:

Affordable Housing: Volunteers of America Alaska believes housing is a powerful foundation for life, and we are increasing efforts to provide affordable housing throughout the state of Alaska.
Adolescent Treatment Services: Helping adolescents overcome substance addiction was Volunteers of America Alaska's first mission when founded in 1981. The call to help Alaskan adolescents struggling with addiction remains as necessary now as it was back then. The Volunteers of America Alaska helps over 600 families each year through our residential facility (ARCH) and outpatient program (Assist.)

Grandfamilies Network: Grandparents raising their grandchildren are a quickly growing population in Alaska. Our Grandfamilies Network Program offers these families a lifeline for support and services.

Outreach and Education: Volunteers of America Alaska's outreach and education program helps families impacted by substance abuse. Camp Hope offers a place for youth with parents addicted to drugs or alcohol a place to just be kids. In addition, our annual FAScinating Family Workshop helps families affected by Fetal Alcohol Spectrum Disorder.

Prevention and Intervention Services: Volunteers of America Alaska's goal is to prevent adolescent substance abuse before it escalates. Communities Mobilizing for Change on Alcohol (CMCA) is a grassroots, community effort to raise awareness and understanding of the harmful effects drugs and alcohol have on youth development. PRIME For Life provides a 20-hour alternative to suspension program for youth suspended from the Anchorage School District.

Restorative Justice Services:

Volunteers of America Alaska's Youth Restitution Program works to reduce recidivism among low-risk, first-time juvenile offenders in Anchorage.

BOBBIE L. JONES

PO Box 91847

Guardian ad litem and Supervised

Observer

Anchorage, Alaska 99509

Phone: 248-4305 Fax: 248-4304

Email: bobbiejonesgal@g-mail.com

- Rebecca Karstetter LLC
- rebeccakarstetter@gmail.com
- Bridgette Ellis
- ellisaklaw@gmail.com

matanuska-susitna valley

ADVOCACY

Alaska State Commission for Human Rights

Phone: (800) 478-4692

TTY: (800) 478-3177

Investigates complaints of discrimination based on race, national origin, sex, religion, marital status, color, pregnancy, parenthood, age, physical disability, mental disability in employment, housing, public accommodations, financing, and government services in the State of Alaska.

Alaska Child Support Services

Phone: (800) 478-3300

845 W Commercial Drive (907) 357-3550

Wasilla, AK 99654

www.csed.state.ak.us/

Alaska State Office of the Ombudsman

Phone: (800) 478-2624

<http://ombud.alaska.gov/>

Handles complaints concerning state agencies.

Alaska Legal Services

Phone: (907) 746-4636

634 S. Bailey Street Suite 102

Palmer, AK 99645

<http://www.alsc-law.org/>

<http://www.alaskalawhelp.org>

ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals.

Better Business Bureau

Phone: (800) 935-5100

Complaints about businesses and listing of good businesses.

Office of Public Advocacy (OPA)

Phone: (877) 957-3500

Civil (907) 707-1740

Criminal (907) 745-0435

Provides legal advocacy and guardianship services to vulnerable Alaskans. OPA advocates for abused and neglected children in protective proceedings, provides public guardianship for incapacitated adults, advocacy for victims of elder fraud, attorney services for respondents in adult guardianship proceedings, and for parents in child in need of aid cases.

Social Security Administration

Phone: (800) 772-1213

Service concerning lost/stolen cards/checks or other SS issues.

MAT-SU COMMUNITY COALITIONS

Alaska Wellness Coalition

Phone: (907) 299-4673

www.facebook.com/AlaskaWellnessCoalitions

A statewide prevention network comprised of community-based coalitions, throughout the state of Alaska, working towards similar prevention and wellness issues. Current initiative is a statewide media campaign to reduce underage drinking using strengths-based approach of Positive Community Norms (PCN).

Breathe Free Mat-Su Coalition

Phone: (907) 746-6131

www.breathefreematsu.org

Coalition of health care professionals and community citizens working toward the elimination of second-hand smoke exposure and smoking cessation.

Community Justice Coalition

Phone: (907) 761-7221

Trout House's Conference Room

2201 E. Parks Highway

Wasilla, AK 99654

Coalition of local law enforcement agencies, service providers, and community members committed to issues of health, education, safety and the prevention of substance abuse among youth in our community. Meet every third Wednesday of the month at 7:30 am.

Domestic Violence/Sexual Assault Task Force

Phone: (907) 746-8026

Alaska Family Services

1825 S. Chugach Street

Palmer, AK 99645

Building awareness about domestic violence in the Mat-Su Valley. Meets every third Tuesday of the month from 12:00pm-1:00pm. New attendees RSVP.

Early Childhood Partnership of Mat-Su (ECP)

Phone: (907) 745-5824

www.facebook.com/EarlyChildhoodMatSu

A Best Beginnings group, comprised of local agencies, community members, and educators, focused on serving the Mat-Su Borough's young children (0-5 year olds) and their families. Work towards engaging families and involving them in young children's learning, along with fostering

community recognition of the importance and value of early childhood education. ECP provides resources to licensed providers and early childcare educators.

Mat-Su Agency Partnership

www.mapartnership.org

A group that wants to cultivate a healthy Mat-Su community through interagency partnership.

Mat-Su Housing and Homelessness Coalition

Phone: (907) 232-4450

www.mschh.org

Coalition formed to advocate for sustainable community solutions to reduce homelessness in the Mat-Su Borough. For more information contact matsuhousing@gmail.com

Mat Valley Coalition

director@castlemountain.org

Group of citizens and organizations committed to protecting the quality of life in the Mat-Su Valley.

Thrive Mat-Su

Phone: (907) 745-5827

Mat-Su Regional Outpatient Center

950 E. Bogard Rd, Room 220

Wasilla, AK 99654

www.facebook.com/THRIVEMatSu

A coalition made up of local agencies, organizations, health professionals, students, and community members who are coordinating a data driven community response to prevent and reduce youth substance use. Meetings held every third Tuesday of the month from 1:30 pm – 3:00 pm.

ASSISTANCE

Alaska 2-1-1

www.alaska211.org

2-1-1 is a resource line to help you find services for child care, energy assistance, food, health care, job services, legal assistance, parenting help, public benefits, senior care, shelters, and much more.

Alaska Division of Public Assistance

Phone: (907) 376-3903

855 W Commercial Drive

Wasilla, AK 99654

<http://www.hss.state.ak.us/dpa/>

Promotes self-sufficiency and provides basic living expenses to Alaskans in need. Also provides financial assistance for general relief, chronic and acute medical

assistance, child care, food services (Alaska food stamp program), medical and dental insurance, and senior benefits.

Alaska Family Services

899 Commercial Drive, Wasilla
Phone: (907) 376-4080
1825 S. Chugach St., Palmer
Phone: (907) 746-4080
<http://www.akafs.org>

Behavioral health services, child care, family support and preservation, domestic violence and sexual assault, nutrition services, shelters.

Alaska Legal Services

Phone: (907) 746-4636
634 S. Bailey Street Suite 102
Palmer, AK 99645
<http://www.alsc-law.org/>
<http://www.alaskalawhelp.org>

ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals.

American Red Cross

Phone: (907) 357-6060
851 E. Westpoint Drive Suite B9
Wasilla, AK 99654
<http://alaska.redcross.org>
Emergency, disaster support, First Aid, CPR, and babysitting training. Blood-N-Fire

Ministries of Alaska

Phone: (907) 864-0463
7362 W. Parks Hwy #276
Wasilla, AK 99623
Emergency Food/Rent/Mortgage and Utilities assistance.

Catholic Social Services

Phone: (907) 745-8811
642 S. Alaska Street, Suite #206
Palmer, AK 99645
Provides assistance for Veterans who are homeless or about to become homeless.

Citizenship & Immigration Services

Phone: (800) 375-5283
Connect Palmer (907) 746-9675
202 S. Alaska Street
Palmer, AK 99645
<http://connectpalmer.org>
Provides access to Life Skills Programs offering individuals the opportunity to learn a practical life skill, Fire wood for families, and Sarah's House – a safe place for ladies to stay while going through some of Connect Palmer's programs.

Consumer Credit Counseling

Phone: (800) 478-6501

Denali Kid Care

Phone: (888) 318-8890
<http://www.hss.state.ak.us/dhcs/denaliikidcare/default.htm>
Provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

Frontline Mission

Phone: (907) 357-8600
2001 E. Palmer Wasilla Hwy
Wasilla, AK 99654
<http://www.frontlinemission.org/>
Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals) Wed. 6:00 pm – 7:00 pm – café (hot meals) inside the church.

Heating Assistance

Phone: (888) 804-6330
<http://www.hss.state.ak.us/dpa/programs/hap/>
Pays a portion of home heating expenses for individuals/family who qualify.

Hope Community Resources

Phone: (907) 357-3750
4901 E. Mayflower Lane Suite B
Wasilla, AK 99654
www.hopealaska.org
Provides services and support to people who experience disabilities.

Military Personnel and Family Benefits

<http://www.military.com/Benefits/0,14972,00,htm>
Housing, employment, education, medical and more.

MEA Operation Roundup

Phone: (907) 761-9317
<http://www.mea.coop/index.php/our-community/round-up>
Grants that provide assistance for an individual and/or family.

PF (Personal Fund Dividend) Office

Phone: (800) 733-8813

Salvation Army

Phone: (907) 745-7079
209 W Evergreen
Palmer, AK 99645
www.salvationarmy.org/alaska
Provides assistance for clothing, household goods, financial assistance (rent and utilities), food services, and emergency shelter.

Turn-A-Leaf

Phone: (907) 354-4660

400 N Yenlo
Wasilla, AK 99654
Provides emergency housing assistance (rent assistance, rent deposits, utility assistance, etc.) funds to those applicable.

Weatherization Assistance Program

Phone: (907) 746-5680

Alaska Community Development Corp.

1517 Industrial Way, #8
Palmer, AK 99645
http://alaskacdc.org/wa_prog.php
Enables low-income families to permanently reduce their energy bills by making homes more energy-efficient. Available to renters and homeowners throughout the state.

ALASKA NATIVE/AMERICAN INDIAN ASSISTANCE

Knik Tribal Council
Phone: (907) 373-7991
951 E. Bogard Rd, Suite 101
Wasilla, AK 99654
www.kniktribalcouncil.org
Child care assistance, education scholarships, job placement & equipment, dental, vision, sports/activities fees, report card incentive program, Indian child welfare advocate program, van transportation, housing assistance, snow removal assistance, and non-emergency medical transportation.

Chickaloon Village

Phone: (907) 745-0749
<http://www.chickaloon.org/>
16166 N. Glenn Hwy
Sutton, AK
Housing: (907) 745-0736
Transportation: (907) 745-0854
Health & Social: (907) 745-0704
Education: (907) 745-0793
Hours: Monday-Thursday 8 am – 5 pm
Behavioral health referrals, non-emergency medical transportation, elder services YNDAS (Athabaskan language and traditions school preschool thru 12th grade –open to general population) & Upper Education Scholarships Native Youth Olympics Team Sponsor, Youth Summer Jobs Program.

CLOTHING & FURNITURE

Alaska Family Services: Thrift Store

Phone: (907) 746-6200
403. S. Alaska Street
Palmer, AK 99645

Saving Grace Thrift Store

Phone: (907) 414-8643
3060 N Lazy Eight Ct
Wasilla, AK 99654
Open Friday and Saturday 10:00 am-6:00 pm.

Big Lake Community Clothing Closet

Phone: (907) 775-3238
2955 Big Lake Road
Big Lake, AK 99652
Provides clothing to individuals and/or families in need. Open Wednesdays 11:00am-3:00pm

Bishop's Attic II

Phone: (907) 745-4215
840 S. Bailey
Palmer, AK 99645
Thrift store and also offer no cost items in cases of disaster.

Blood-N-Fire Ministries of Alaska

Phone: (907) 864-0463
7362 W. Parks Hwy #276
Wasilla, AK 99623
Clothing and pantry open Mondays 2:00am – 5:00pm

Frontline Mission

Phone: (907) 357-8600
2001 E. Palmer Wasilla Hwy
Wasilla, AK 99654
<http://www.frontlinemission.org/>
Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals) Wednesday 6:00 pm – 7:00 pm – café (hot meals) inside the church.

Growing Spurts

Phone: (907) 376-4404
4931 Mayflower Lane
Wasilla, AK 99654
Gently used children, maternity, plus size clothing, infant equipment. May provide free items on a case by case basis for disaster relief.

Heart Reach Pregnancy Center

Phone: (907) 373-3456
924 Leather leaf Loop
Wasilla, AK, 99654

Baby cache, gently used clothing up to 4T, and maternity clothes. Christian faith based parenting classes are offered which earn participants discounts for clothing or baby gear.

Nugen's Ranch Thrift Store

Phone: (907) 376-4534
26731 W Point McKenzie Road
Wasilla, AK 99654
www.nugensranchak.org

Mouse House

Phone: (907) 376-6773
201 E. Swanson
Wasilla, AK 99654
A covenant consignment shop.

First Presbyterian Church

Phone: (907) 376-5053
1375 Bogard Road
Wasilla, AK 99654-6524
Furniture by appointment.

Good Shepherd Lutheran

Phone: (907) 376-3522
501 E Bogard Rd
Wasilla, AK 99654
Clothing vouchers available.

Salvation Army Thrift Store

Phone: (907) 376-7598
2301 Sun Mountain Ave.
Wasilla, AK 99654
Thrift Store. Clothing and furniture vouchers honored for disaster relief. Vouchers available from Palmer location.

Turn-A-Leaf

Phone: (907) 376-5708
400 N. Yenlo
Wasilla, AK 99654
Thrift store along with medical equipment loaner program and merchandise vouchers.

EDUCATION

ADULT EDUCATION & EMPLOYMENT

Adult Basic Education Center (HRC)

839 S. Dimond Palmer, AK 99645 (907) 745-5872
871 Commercial Drive Wasilla, AK 99654 (907) 373-5872
www.hrced.com
Offers adult basic education, GED preparation and testing, job search skills. Alaska Job Center Network

Phone: (907) 352-2500
Toll Free (888) 830-4473

Unemployment Insurance

Phone: (888) 252-2557
Westside Center, 877 Commercial Drive
Wasilla, AK 99654
www.jobs.state.ak.us
Provides business/employer connections, job seeker resources, job training, vocational rehabilitation, unemployment insurance, and labor market information.

Alaska Job Corp

Phone: (907) 861-8800
800 E Lynn Martin Drive
Palmer, AK 99645
www.alaska.jobcorps.gov
Provides career, technical, and academic training at no-cost to young men and women ages 16 through 24. Also offers a residential dorm program for students ages 16-24 with children.

Alaska Military Youth Academy (AMYA)

Phone: (907) 375-5554
JBER (Joint Base Elmendorf Richardson)
Phone: (877) 242-5643
Anchorage, AK
<http://dmva.alaska.gov/AMYA>
Cadets are instructed in: Life Coping Skills, Academic Excellence, Job Skills, Responsible Citizenship, Leadership/Followership, Health and Hygiene, Physical Fitness, and Service to the Community. Cadets work towards completion of GED or High School Diploma

Alaska Vocational Medical Training

Phone: (907) 373-6357
300 W Swanson Avenue
Wasilla, AK 99654

Alaska Department of Vocational Rehabilitation

Phone: (907) 352-2545
877 W Commercial Drive
Wasilla, AK 99654
Assist people with disabilities in obtaining and maintaining employment.

Charter College

Phone: (907) 352-1000
721 West Parks Hwy
Wasilla, AK 99654
<http://www.chartercollege.edu/>
Fast track career oriented degree and certification programs.

Family Nutrition Program

Phone: (907) 745-3423

UAF Cooperative Extension Service

809 S Chugach Street, Suite 2
Palmer, AK 99645

www.uaf.edu/ces

Offers FREE nutrition education for adults, youth, seniors and families that meet income criteria. Helps families and individuals learn how to plan, shop for and prepare healthy foods within a limited budget.

Families in Transition

Phone: (907) 746-9239

501 Gulkana

Palmer, AK 99645

www.matsuk12.us

Provides help with enrollment and support for students currently between homes.

Human Resources Company

Phone: (907) 745-5872

839 S Dimond Street

Palmer, AK 99645

www.hraced.org

Provides education and training along with adult education and literacy programs.

Matanuska-Susitna College

Phone: (907) 745-9746

Mile 2 Trunk Rd

Palmer, AK 99645

<http://www.matsu.alaska.edu>

An extended college of the University of Alaska Anchorage.

MECA Employment Connection

Phone: (907) 376-6322

165 E Parks Hwy Suite 205B

Wasilla, AK 99654

<http://www.mecaalaska.com/>

Administrative /clerical, temporary, part time, and permanent position.

Nine Star Education & Employment Services

Phone: (907) 373-3006

300 N. Willow

Wasilla, AK 99654

www.ninestar.com

Youth employment services.**North America Outdoor Institute**

Phone: (907) 376-2898

281 N. Main St. #101B

Wasilla, AK 99654

www.naoiak.org

Provides education and training for outdoor safety and environmental awareness.

Northern Susitna Institute

Phone: (907) 733-7111

PO Box 46

Talkeetna, AK 99676

www.northernsusitnainstitute.org

The Northern Susitna Institute, a collaborative nonprofit educational organization, provides students of all ages the opportunity to learn, share ideas and develop real life skills through creating, supporting, facilitating and implementing a variety of experience-based academic programs, workshops, conferences, and community partnerships.

UAF Cooperative Extension Services

Phone: (907) 745-3360

1509 S. Georgeson Drive

Palmer, AK 99645

<http://www.uaf.edu/ces/districts/matsu/>

Outreach educational delivery system in co-operation with UAF. Offer classes in gardening, canning and nutrition. Also facilitate women's support and are the coordinators of 4-H.

Wayland Baptist University: Valley Center

(907) 373-4828

1590 E. Financial Drive, Suite F105

Wasilla, AK 99654

www.wbu.edu

Offers regionally accredited Associates, Bachelors, and Masters Degrees.

CHILDCARE AND EARLY LEARNING**Alaska Family Services: Child Care**

Assistance Program

899 Commercial Drive, Wasilla

Phone: (907) 376-4080

1825 S. Chugach St., Palmer

Phone: (907) 746-4080

<http://www.akafs.org>

Assists low income families with the cost of child care while they are working and/or attending an approved training/educational courses.

CCS Early Learning (Head Start)

Phone: (907) 745-4040

2060 E. Industrial Dr.

Wasilla, AK 99654

<http://www.ccsalaska.org/index.html>

Provides comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school.

Childcare Licensing

Phone: (888) 268-4632

Dzuuggi Preschool

Phone: (907) 746-9230

501 North Gulkana

Palmer, AK 99654

Provides child development services to Alaska Native and American Indian children, with a special focus on helping preschoolers develop the early academics skills they will need to be successful in school.

Mat-Su Schools Foundation: Imagination Library

Phone: (907) 232-8517

PO Box 875201

Wasilla, AK 99687

<http://matsuimaginationlibrary.org>

Free book program for children 5 and under. The Imagination Library provides books to children in order to encourage them to read at an early age.

Matanuska-Susitna Borough School District

Phone: (907) 746-9200

501 Gulkana

Palmer, AK 99645

www.matsuk12.us

Widening the Net Preschool Program, which focuses on Kindergarten Readiness. For more info contact Head Start at 745-4040 or Kelly at 746-9202.

Mat-Su Services for Children and Adults

Phone: (907) 352-1200

1225 W. Spruce Avenue

Wasilla, AK 99654

www.mssca.org

Provides a wide range of home and community-based services for parents with questions about child development and/or safety.

Thread Alaska

Phone: (907) 373-5024

877 W. Commercial Dr

Wasilla, AK 99654

<http://www.threadalaska.org/>

Provides childcare referrals to early learning programs.

CHILDCARE**BIG LAKE**

Licensed providers accepting public assistance.

<https://dpasysops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx>

Big Lake Early Childhood Academy

Phone: (907) 892-6019

4.5 Big Lake Road, Big Lake Elementary School

Bright Minds Learning Center

Phone: (907) 892-2600
9871 W. Margin Way

PALMER

CCS Early Learning

Phone: (907) 745-4483
11672 Wright Way, Sutton

Close to Home Childcare & Learning Center

Phone: (907) 745-7181
1720 N. Loma Prieta Dr.

Lil Cubs Childcare

Phone: (907) 746-5499
1505 N. Golden Hills Circle

Little Friends Childcare

Phone: (907) 746-7095
1635 N. Old Glenn Hwy

Margaret's Little People

Phone: (907) 745-2719
1160 W. Josselin Lane

Miss Becky's Daycare

Phone: (907) 745-8537
4003 N. Forestwood Dr.

Mouse Trap Playschool

Phone: (907) 745-1803
517 S. Cobb Street

Palmer Lifeways

Phone: (907) 746-0077
612 1st Street

Pampered Moms

Phone: (907) 373-7173
1431 Downwind Dr #2

Profiles of Excellence

Phone: (907) 745-2349
260 S. Cobb St.

Rays Child Care

Phone: (907) 745-4875
Mile 3.5 Palmer-Wasilla Highway

Shanelle's Daycare

Phone: (907) 631-2390
2298 S. Butte Drive

Tree of Life Child Development Center

Phone: (907) 746-5338
268 E. Fireweed Ave.

Wee Care A Lot Child Care

Phone: (907) 746-1008
955 Josh Drive

TALKEETNA

Sunshine Station Child Care Center

Phone: (907) 733-5437
Mile 4.4 Spur Road

WASILLA

A Touch of Home Childcare & Learning Ctr

Phone: (907) 357-2237
260 E. Nelson Ave.

Alaska Children's Academy LLC

Phone: (907) 414-9932
2731 E. Beech Way

All About Kidz Child Care & Learning Center

Phone: (907) 357-8035
300 E Kalli Circle

Angels Daycare & Preschool

Phone: (907) 357-6601
7078 Birchleaf Dr.

Arctic Natural Early Education LLC

Phone: (907) 952-2977
4900 W. Clayton St.

Aunty Cheryl's Child Care

Phone: (907) 376-0902
1731 N. Lacy Loop

Blessings From the Lord Family Childcare

Phone: (907) 707-4331
6691 Kinsington Ave.

Burchell Learning Center

Phone: (907) 864-2600
1775 W. Parks Highway

Butterflies & Bullfrogs

Phone: (907) 376-7990
6401 Calista Drive

Carefree Kids, LLC

Phone: (907) 373-3950
3950 Carefree Drive

CCS Meadow Lakes Early Learning Center

Phone: (907) 373-7165
7362 W. Parks Highway #752

CCS Wasilla Early Learning Center

Phone: (907) 373-7795
2100 E. Foundry Way
Dee's Little Angels

Phone: (913) 240-5858
2010 S. Paddock Dr.

Denali Gymnastics & Fitness, INC.

Phone: (907) 373-3547
300 E Kalli Circle

Illuminations Child Care

Phone: (907) 373-3118
611 S. Knik-Goosebay Rd, Suite B & Suite F

Kidz Come 1st

Phone: (907) 357-9445
6390 S. Roosevelt Dr

Kidzone Early Learning Academy

Phone: (907) 376-5468
2450 Success Dr.

Kira's Kids N' Kritters

Phone: (907) 376-0636
1200 N. Clinton Circle

Lil' House on the Meadow

Phone: (907) 357-0095
3801 N. Coronado Street

Little Learner's Academy

Phone: (907) 841-1334
244 S. Sylvan Suite 109

Miss Tori's Tots

Phone: (907) 373-9609

South Settlers Bay Drive Neoptions

Phone: (907) 357-9237
4021 W. Kertulla Ct.

Nice Little Daycare

Phone: (907) 373-3837
2360 Ridgewood Drive

Noah's Ark Child Care

Phone: (907) 376-2345
2830 Brennass Way

Phoenix Child Care

Phone: (907) 232-1363
1718 N. Fanciful Place, Unit B

Pooh's Corner Day Care

Phone: (907) 357-1132
4909 N. Charley Dr.

Settlers Bay Early Learning Center

Phone: (907) 357-9600
5705 S. Settlers Bay Dr.

Rising Star Child Care & Learning Center

Phone: (907) 373-4875
1405 N. Wasilla Fishhook

Rock of Ages Daycare & Learning Center

Phone: (907) 357-6300
3060 Lazy Eight Court, Suite 7

Teresa's Child Care

Phone: (907) 373-5224
991 S. Vine Road

The Alaska Club Valley

Phone: (907) 376-3300
1720 E. Parks Highway

The Thornton House

Phone: (907) 355-4796
648 E. Mountain Ash Loop

EMERGENCY MEDICAL NEEDS

Unfortunately many families throughout our state experience emergency medical issues such as cancer, transplants, surgery, and more. With medical costs being so high we felt it best to give everyone some quick tips on things they can do to help offset the cost.

- **Angel Flight West**
 - Phone: 888-4-AN-ANGEL
www.angelflightwest.org Phone: (888-426-2643) Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs.
- **Get Airline Miles donated** from friends/family
- Hold Fundraisers – Casino night/Spaghetti Feed
- **Apply for the MEA Round-Up Grant**
Phone: 907-761-9317
<http://www.mea.coop/index.php/our-community/round-up>
- **Set up a bank account where people can make donations** to help with the cost of medical expenses. Contact the Providence Foundation Phone: 907-212-3600.
<http://alaska.providence.org/giving>
- **Contact Children's Miracle Network**
Phone: 801-214-7400.
<https://giveamiracle.childrensmiraclenetworkhospitals.org/>
- If you are a member of a church **talk to the pastoral staff about collecting donations** for your family.
- Also, during stressful times, our thoughts and energies are focused on our loved one(s) in need and it's

often difficult to think about the financial responsibilities that ensue. A tip for making that time a little easier is to contact your medical provider(s) ASAP and set up a payment plan, if needed, to avoid further stress.

FOOD & NUTRITION

Alaska Family Services: Women Infant and Children (WIC)

Phone: (907) 746-6242
1825 Chugach Street
Palmer, AK 99645

WIC in Wasilla

Phone: (907) 376-4080
899 W Commercial Drive
Wasilla, AK 99654
Promotes healthy eating and lifestyle habits that last a lifetime.

Big Lake Baptist

Phone: (907) 892-6646
10864 W. Parks Hwy
Big Lake, AK 99652
Wednesday 6:00 pm free dinner and food box. For food box call first.

Big Lake Community Food Pantry

Phone: (907) 841-4227

Faith Bible Fellowship of Big Lake

Mile 0.5 Hollywood Road
Big Lake, AK
Open Thursday 11:30 am – 1:30 pm.

Blood-N-Fire Ministries of Alaska

Phone: (907) 864-0463
7362 W. Parks Hwy #276
Wasilla, AK 99623

Family Christian Center

Phone: (907) 373-2617
203 W. Dogwood Avenue
Palmer, AK 99645
Provides food as needed.

Family Nutrition Program

Phone: (907) 745-3423
UAF Cooperative Extension Service
1509 S. Georgeson Dr.
Palmer, AK 99645
www.uaf.edu/ces
Offers FREE nutrition education for adults, youth, seniors and families that meet income criteria. Helps families and individuals learn how to plan, shop for and

prepare healthy foods within a limited budget.

Frontline Mission

Phone: (907) 357-8600
2001 E. Palmer Wasilla Hwy
Wasilla, AK 99654
<http://www.frontlinemission.org/>
Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals). Wednesday 6:00 pm – 7:00 pm – café (hot meals) inside the church.

Hilltop Assembly of God

Phone: (907) 892-6225
19777 W Parks Highway
Wasilla, AK 99654
www.hilltopag.org
Need to live in Houston area, call first.

King's Chapel

Phone: (907) 357-2065
1701 N. Lucille
Wasilla, AK 99654
Call for designated hours: 1 Saturday per month.

Manna Independent Baptist Church

Phone: (907) 745-3898
10151 E Palmer Wasilla Hwy
Palmer, AK 99645
Food distribution after services:
Wednesday 8:30pm and Sunday 12:30pm

Mat-Su Food Bank (dba Food Pantry of Wasilla)

Phone: (907) 357-3769
501 Bogard Rd
Wasilla, AK 99654
www.foodpantryofwasilla.org
Bring photo ID: Mat-Su residents only.
Monday-Friday: 10am-1pm. Call for information about Food 4 Kids program

Mat-Su Senior Services

Phone: (907) 745-5454
920 S. Chugach Street
Palmer, AK 99645
www.palmerseniors.org
Congregate and delivered meals provided for seniors 60 & over.

Mid-Valley Seniors

(907) 892-6114
11975 W. Mid-Valley Way
Houston, AK, 99694
Provides home delivery for seniors and congregated dinners.

Nugen's Ranch

Phone: (907) 376-4534
26731 W Point McKenzie Road
Wasilla, AK 99654

www.nugensranchak.org
Mondays and Fridays: 5:45 pm-7:00 pm

Our Lady of the Lake Catholic Church

Phone: (907) 892-6592
Mile 5.5 S. Big Lake Rd
Big Lake, AK 99652
www.archdioceseofanchorage.org/about/parishes/ol_lake.html
By appointment.

Palmer Church Of God

Phone: (907) 745-3022
Mile 40 Glenn Highway
Palmer, AK 99645
Food distribution after services: Sunday at 12:30 or by appointment.

Palmer Food Bank

Phone: (907) 746-3565
221 S Valley Way
Palmer, AK 99645
Mat-Su residents only: Mondays-Fridays 1:00 pm-5:00 pm

Salvation Army

Phone: (907) 745-7079
209 W. Evergreen
Palmer, AK 99645
Mondays and Wednesdays 10:00am-1:30pm

School Lunch Program

Phone: (907) 376-5813
801 N. Wasilla-Fishhook Rd
Wasilla, AK 99654
Turn in applications at child's school.

Sunshine Food Bank

Phone: (907) 892-6492
#1 Walstead Road, Mile 4.2
Talkeetna, AK 99676
Tuesdays: 10:00am-4:00pm.

Upper Susitna Food Pantry

Phone: (907) 733-3358
1600 E. Walstead
Talkeetna, AK 99676
Mailing Address:
PO Box 277
Talkeetna, AK 99676

Upper Susitna Seniors, Inc.

Phone: (907) 733-6200
HC 89 Box 592
Willow, AK 99688
Meals on wheels for seniors and home delivered meals for locals who are medically incapacitated.

Veteran's Center

Phone: (907) 376-4318
851 E. Westpoint Drive

Wasilla, AK 99654
Hours of Operation, Monday - Friday 8am - 4:30pm.

Wasilla Area Senior Center

(907) 376-3104
1301 Century Circle
Wasilla, AK 99654
Provides lunch to senior citizens of Mat-Su area:
Mondays-Fridays 11:30 am-12:30 pm.

Willow United Methodist Church

Phone: (907) 414-7555
67.8 Parks Hwy
Willow, AK 99688
Bring photo ID: must have Willow address.
Wednesdays 10:00am-2:00pm.

HEALTH

COUNSELING/MENTAL HEALTH

Adolescent Residential Center for Help (ARCH)

Phone: (907) 279-9634
Hiland Road
Eagle River, AK
www.voak.org/Services/Adolescent-Treatment/ARCH
Addresses substance abuse and co-occurring disorders. Provides intensive residential treatment program with individual, group, and family counseling, psychological services, adventure-based counseling, milieu therapy, on-site education, nutritional program and information. Accepts Medicaid, private insurance, sliding-fee scale. Serves ages 13-18 years.

Akeela Family Program

Phone: (907) 707-1291
561 Denali Street, Suite F
Wasilla, AK 99654
Akeela Palmer Community LSSAT
425 E. Dahlia, Suite H
Palmer, AK 99645
www.akeela.us
Offers substance abuse disorder assessments, co-occurring disorders, Level I Outpatient and Level II. Accepts Medicaid, private insurance, payment agreements, Tri-care, self-pay, and has a sliding fee scale. Serves ages 18+

Alano Club

Phone: (907) 376-8669
901 Snohomish
Wasilla, AK 99654

Alcoholics Anonymous and Narcotics Anonymous meetings and sober social events.

Alcoholics Anonymous Hotline

Phone: (907) 376-4777

Alaska Attachment & Bonding Associates

Phone: (907) 376-0366
619 S. Knik Goose Bay Road Ste J
Wasilla, AK 99654
<http://www.akattachment.org/>
Support healthy family attachment and bonds through education and advocacy.

Alaska Family Services

899 Commercial Drive, Wasilla
Phone: (907) 376-4080
1825 S. Chugach St., Palmer (907) 746-4080
<http://www.akafs.org>

Addresses substance use disorder, co-occurring substance use disorders, family/domestic violence, sexual assault. Intervention, referral, collaboration, and education including alcohol and drug treatment programs for adults and youth. All programs are designed to strengthen and support individuals and families. Alcohol Safety Action Program (ASAP), Domestic Violence/Sexual Assault Shelter, Family Support and Preservation Program, Family Violence Intervention Program. Accepts Medicaid, Medicare, private insurance, sliding fee scale, and Tricare. Serves ages 4 +.

Alaska Psychiatric Institute

Phone: (907) 269-7100
3700 Piper Street
Anchorage, AK
<http://dhss.alaska.gov/dbh/pages/api/default.aspx>

Addresses involuntary commitment, serious mental illness, serious emotional disturbances, and co-occurring disorders. Provides intensive acute-care residential treatment program with psychiatric inpatient services, psychoeducation and evidence-based practices including telehealth. Serves adolescents and adults.

Alaska Vocational Counseling Services

Phone: (907) 745-5066
8201 N Michaelson Street
Palmer, AK 99645
Provides mental health services including counseling and mental health facilities.

Alcohol Safety Action Programs (ASAP)

(907) 746-6260
1825 South Chugach Street
Palmer, AK 99645

Prevention and Early Intervention Programs.

Alpha Counseling Phone:
Phone: (907) 373-5595

Alzheimer's Association
Phone: (907) 746-3413
Trinity Barn Plaza
Mile 2.2 Palmer Wasilla Hwy
Palmer, AK 99645
In home respite, advocacy, referrals, support group, education.

Benteh Nuutah Valley Native Primary Care Center
Phone: (907) 631-7670
1001 Knik Goose Bay Road
Wasilla, AK 99654
<http://scf.cc/BHvnpcc.cfm>
Addresses serious mental illness, substance use disorders, co-occurring substance use disorders, general mental health. Provides psychiatric evaluation, medication management, psychotherapy (individual, learning circles, limited families and couples), group therapy, crisis intervention, case management, community resource referrals. Accepts Medicare, Tricare, private insurance, services are provided free of charge to Alaska Native/American Indian people. Serves all ages. Hours: Monday thru Friday 8:00am – 5:00pm.

Borealis Behavioral Health
Phone: (907) 745-7080

Careline Crisis Intervention Statewide
Phone: (877) 266-4357
National (800) 273-8255
Mental health and suicide prevention hotline. Text 4 Help to 839863 from (Tuesday – Saturday 3pm-11pm)

Co-Occurring Disorders Institute, Inc.
Phone: (907) 745-2634
11921 E Palmer-Wasilla Hwy
Palmer, AK 99645
www.codi-ak.org
Addresses serious emotional disturbance, and co-occurring substance use disorders. Provides services for ages 3-21 and their families. Services include integrated behavioral health assessments, individual therapy, group therapy, family therapy, social skills building groups, Parenting with Love and Limits, and teen programs taught in several area high schools. Accepts Medicaid, Medicare, Tricare, private insurance, and provides a sliding fee scale. Hours: Monday thru Friday 8:00am – 8:00pm.

Daybreak Mental Health Service Coordination
Phone: (907) 746-6019
550 S. Alaska Street, Suite 208
Palmer, AK 99645
Provides mental health services for serious mental illness and co-occurring disorders, supportive housing, service coordinating, case management, and tele psychiatry. Serves ages 18+.

Denali Family Services
Phone: (907) 376-3275
291 E Swanson Ave.
Wasilla, AK 99654
www.denalifs.org
Provides mental health services for severe emotional disturbance (SED), co-occurring disorders, assessment, individual and group therapy, case management, wraparound services including summer day programs for children with SED, medication management, recruitment and licensing for therapeutic foster care, transition to independence process for children coming out of foster care/child welfare system. Accepts Medicaid, private insurance, self-pay, and provides sliding-fee scale. Serves ages 3-21, Transition to Independence Program up to 24 years old.

Family Centered Services of Alaska
Phone: (907) 357-7519
Wasilla Behavioral Health
301 E. Danna Avenue
Wasilla, AK 99654
www.familycenteredservices.com
Addresses severe emotional disturbance and co-occurring disorders. Provides Therapeutic Foster Group Home, respite services, and clinical services, individual and group therapy, medication management, case management, and has programs that provide children experiencing low to moderate behavioral or mental health issues a place to live. Accepts Medicaid, private insurance, self-pay and provides a sliding-fee scale. Serves ages 5-21.

Frontline Residential Treatment
Phone: (907) 761-7400
3674 N. Clark Wolverine Rd.
Palmer, AK 99645
Psychiatric residential treatment facility (RTF) for children and adolescents.

Full Circle Counseling Solutions
Phone: (907) 864-0560
133 E. Swanson Ave.
Wasilla, AK 99654

Provides comprehensive mental health services to Alaska individuals and families. Provides individualized psychotherapeutic, behavioral, and rehabilitative support. Other services include integrated assessments, conflict resolution training, emotional development support, social and relationship skills development, advocacy and support, caregiver education, and more. Offers a sliding scale fee and payment plan for those with lower income levels.

Mat-Su Health Services: Behavioral Health Services
Phone: (907) 376-2411
1363 W. Spruce Ave.
Wasilla, AK 99654
www.mshsak.org
Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults with serious mental illness that creates a major disruption in work, life, relationships, or community, and children with serious mental illness that have significant and persistent (6 months or longer) life disruptions. Also provides crisis intervention services 24/7. Eligibility screening must be done for new clients. Crisis intervention hotline available 24/7. Clinic: Monday 8:00am – 5:00pm. Serves ages 4 years+.

Mat-Su Veteran's Affairs
Phone: (907) 631-3100
Community Based Outpatient Clinic
865 N. Seward Meridian Parkway, Suite 105
Wasilla, AK 99654
The clinic provides primary care and mental health care. Hours of Operation, Monday – Friday 7:30 am- 4:00 pm
National Foundation of Depression
www.ifred.org

North Star Behavioral Health
Phone: (907) 258-7575
Anchorage
Phone: (800) 478-7575
www.northstarbehavioral.com
North Star Hospital is an acute psychiatric hospital for children, preteens, and adolescents. Serves boys ages 4-17 and girls ages 13-17. Also has a residential treatment program for girls 13-17 years old, and children and preteen programs 6-12 years of age, and boys 11-17 years old. Address a variety of diagnoses and problems including psychotic disorders, mood disorders, PTSD, intermittent explosive disorder, oppositional defiance

disorder, anxiety disorders, and high risk behaviors and fetal alcohol spectrum disorder.

Nugen's Ranch (907) 376-4534

26731 Point Mackenzie Road
Phone: (800) 376-4535
Wasilla, AK 99654

<http://nugensranchak.org>

Addresses substance use disorders and co-occurring disorders. Provides AA/NA twelve step philosophy, individual group therapy, pharmacotherapy, professional medical/psychiatric services, family education and participation in recovery process, aftercare services, case management, and rehabilitative services. Accepts private insurance, and provides a sliding-fee scale for those without insurance. Serves ages 18+.

Playful Journeys, Inc.

Phone: (907) 376-9091
1261 S. Seward-Meridian Pkwy, Suite M
Wasilla, AK 99654

Private practice that specializes in trauma-informed behavioral health for children in the Mat-Su. Provides individual and family therapy. Accept private insurance and self-pay. Serves ages 0-18 years old.

Presbyterian Hospitality House

Phone: (907) 357-6445
1365 E. Parks Hwy, Suite 101
Wasilla, AK 99654

Addresses serious emotional disturbance, co-occurring substance use disorders. Provides residential care for youth, individual therapy, case management therapeutic foster care, and emergency shelter for troubled teens.

Providence Medical Group Mat-Su Behavioral Health

Phone: (907) 761-5800
2250 South Woodworth Loop, Suite 202
Wasilla, AK 99654

www.phhalaska.org

Addresses general mental health, serious mental health, severe emotional disturbance, substance use disorders, and co-occurring disorders. Provides assessment, individual and group therapy, medication management, case management, wraparound services, neurofeedback services. Accepts Medicaid, Medicare, private insurance, Tricare and provides a sliding-fee scale. Serves ages 4+.

Skip Hrin, PsyD

Phone: (907) 376-9520

Sunshine Community Health Center

Phone: (907) 733-2273
Behavioral Health Services

Talkeetna Clinic

4.4 Talkeetna Spur Road
Talkeetna, AK

Willow Clinic

Phone: (907) 495-4100
224091 Long Lake Road
Willow, AK

Address serious mental illness, severe emotional disturbance, co-occurring substance use disorders, general mental health. Provides assessment, individual, couples, and group therapy, outpatient mental health and substance abuse treatment, outpatient program for opioid addiction, case management, medication management, addiction recovery group, domestic violence group, tele-psychiatry for veterans. Accepts Medicaid, Medicare, private insurance, Tricare, and provides a sliding-fee scale. Serves ages 12+.

The Children's Place

Phone: (907) 745-2131
<http://thechildrens-place.org>

Addresses children who have been physically or sexually abused and are referred from Law Enforcement, the Office of Children's Services, and medical care providers. Provides comprehensive, non-invasive medical exams following sexual or physical assault, referrals, support, mental health services and follow up after the evaluation. Serves ages 0-18. Hours: Monday thru Friday 8:30am – 5:00pm. After hours contact Alaska State Troopers.

VA Suicide Prevention Hotline

Phone: (800) 273-TALK
Veteran's Center (907) 376-4318
851 E. Westpoint Drive
Wasilla, AK 99654

Counseling for Combat veterans. Hours of Operation, Monday- Friday 8:00 am - 4:30 pm

Volunteers of America

Phone: (907) 279-9634
Wasilla, AK 99654
www.voa.org/offices/volunteers-of-america-alaska

General Inquiries: voaak@voaak.org
Provides programs including parenting with love and limits (PLL), and transition to independence program (TIP) which prepares youth and young adults with EBD for their movement into adult roles. They cover: employment/career, education,

living situation, personal effectiveness, community life functioning. Accepts all insurance plans and provides sliding scale for families without insurance.

DENTAL

Aurora Dental

Phone: (907) 376-8400
4501 E. Snider Dr.
Wasilla, AK 99654

<http://www.auroradentalak.com/>

Serve adult, children, and Medicaid populations.

Mat-Su Dental

Phone: (907) 376-2456
951 Bogard Road #203
Wasilla, AK 99654

<http://www.matsudental.com/>

Serves all ages and Medicaid populations.

Same Day Dental

Phone: (907) 631-3630
1830 E. Parks Hwy., Suite A134
Wasilla, AK 99654

<http://samedaydental.net/>

Serve adult, children and Medicaid populations.

Sunshine Community Health Center

Phone: (907) 733-2273
34300 Talkeetna Spur Rd.
Talkeetna, AK

<http://www.sunshineclinic.org/general-preventative-dentistry>

Serves all ages and Medicaid populations.

MEDICAL

Adonai Diabetes & Endocrinology

Phone: (907) 357-2332
3331 E. Meridian Park Loop
Wasilla, AK 99654
Alaskan AIDS Assistance Association (800) 479-2437

1057 W. Fireweed, Suite 102
Anchorage, AK

<http://alaskanids.org>

Offers testing, cases management, housing, and counseling

Alaska Home Care

Phone: (907) 357-5431
1450 N Creste Foris Suite A
Wasilla, AK 99654

www.alaskahomecare.com

In-Home Personal Care Assistance, chore and respite care for the elderly, disabled, and special needs.

American Marine Hyperbaric Center

Phone: (907) 357-5400
 Provides hyperbaric oxygen therapy.
 (Pressurized oxygen treatments)

Imaging Associate's

Phone: (907) 357-1220
 1751 E Gardner
 Wasilla, AK 99654
 Provides MRI scanning, x-rays, nuke meds,
 and injections.

American Cancer Society

Phone: (800) 227-2345
 Provides cancer information and
 resources.

Alaska Statewide AIDS Helpline

Phone: (800) 478-AIDS

C'eyiits' Hwnax Life House Community Health Center

Phone: (907) 631-7665
 South Central Foundation
 16166 N. Glenn Hwy, Mile 61.5
 Sutton, AK 99674
 Hours: 8:00 am – 5:00 pm Monday
 through Friday. Provides medical services
 to both Alaska Native and non-Native
 people. Sliding fee scale depending on
 household income and ability to pay.

Consumer Direct Personal Care

Phone: (800) 357-7962
 131 E. Swanson Avenue Suite 1
 Wasilla, AK 99654
www.consumerdirectonline.net/alaska
 Provides home care services.

Family Health Center

Phone: (907) 745-1777
 425 E. Dahlia, Suite L
 Palmer, AK 99645
 Serves children and adults.

Geneva Woods Pharmacy

Phone: (907) 376-8200
 3674 Country Field
 Wasilla, AK 99654
www.genevawoods.com
 Accepts Medicare, Medicaid, and third
 party insurance. Assists patients that are
 uninsured or unable to pay. Full Service
 Pharmacy.

Immediate Care Alaska

Phone: (907) 357-4387
 4851 East Blue Lupine Road Suit B
 Pioneer Plaza
 Wasilla, AK 99654
www.immediatecareak.com
 Provides caregiver support and services
 along with home care services.

Mat-Su Health Services: Primary Care Clinic

Phone: (907) 376-2411
 1363 West Spruce Avenue
 Wasilla, AK 99654-5327
<http://www.bhs-mat-su.com/>
 Provides acute urgent care, postpartum
 and well-baby care, family planning,
 health maintenance, school physicals and
 immunizations, vision and hearing
 screenings, screening and care for
 diabetes and high blood pressure, early
 detection of breast and cervical cancer,
 oral health screening and fluoride
 treatments, minor dental procedures,
 senior care, limited laboratory
 procedures.

Mt. Pacific Medicare Helpline

Phone: (800) 497-8232

Mat-Su Public Health Center

Phone: (907) 352-6600
 3223 East Palmer-Wasilla Hwy Suite 3
 (907) 376-2437
 Wasilla, AK 99654
 Provides child services, women's clinic,
 family planning and more. All patients on
 sliding fee scale, call for an appointment.
 Immunizations available in Palmer at the
 Alaska Family Resource Center, call for
 schedule.

Mat-Su Regional Medical Center

Phone: (907) 861-6000
 2500 S. Woodworth Loop
 Palmer, AK 99645
<http://www.matsuregional.com>
 Provides general medical and surgical care
 for inpatient, outpatient, emergency room
 patients, and participates in the Medicare
 and Medicaid programs.

Mat-Su Regional Urgent Care

Phone: (907) 352-2880
 950 E. Bogard Rd., Suite 103
 Wasilla, AK 99654
 Open: Mon- Thurs 9am-7pm and Fri-Sun
 9am-5pm No appointment needed

Mat-Su Regional Homecare/Hospice

Phone: (907) 352-4800
 950 E. Bogard Rd., Suite 132
 Wasilla, AK 99654
 Home care allows a person with special
 needs to stay in their home. It serves the
 elderly, disabled, chronically ill and
 patients recovering from surgery. Hospice
 provides medical, psychosocial, and
 spiritual support to terminally ill and their
 families.

Mat-Su Veteran's Affairs Community

Based Outpatient Clinic
 Phone: (907) 631-3100
 865 N. Seward Meridian Parkway, Suite
 105
 Wasilla, AK 99654
<http://www2.va.gov/directory/guide/facility.asp?ID=5711>
 The clinic provides primary care and
 mental health care. Hours of Operation,
 Monday - Friday. 7:30 am - 4:00 pm
 Patient referrals (907) 631-3100
 Toll free (866) 323-8648
 Pharmacy Refills (877) 750-4790
 Suicide Prevention Hotline (800) 273-TALK
 Parent Facility--Anchorage VAMC (907)
 257-4700
 Or (888) 353-7574

Northwest Medical

Phone: (907) 357-9909
 1265 Seward Meridian Road Suite D
 Wasilla, AK 99654
www.nwmed.com/locations_wasilla.htm
 Provides medical equipment and supplies.

Odlund Family Practice

Phone: (907) 373-0850
 950 E Bogard Rd
 Wasilla, AK 99654
 Serves children and adults.

Palmer Chiropractic Clinic

Phone: (907) 745-0776

Poison Control-24/7

Phone: (800) 222-1222

Real Time II

Phone: (907) 357-2158
 1700 E. Bogard Road Bldg. A Suite 101
 Wasilla, AK 99654
www.realtimewasilla.com

SART (Sexual Assault Response Team)

Phone: (907) 746-8026
 Provides assistance to survivors of sexual
 assault, sexual harassment, dating
 violence and stalking. Counseling,
 advocacy, medical care, and referrals.

Sertoma – Mat-Su Club

Phone: (907) 352-8333
info@matsuhearing.org
 First Saturday of every month. 10:00am-
 1:00pm. First come first serve at Wasilla
 Physical Therapy – Located at 3750 E,
 Country Field Cir. Wasilla, AK 99654.
 Hearing health education, referrals, and
 free monthly hearing screenings.

Sexually Transmitted Infection (STI) Resource Center

Phone: (800) 230-6039
www.ashastd.org

Sunshine Community Health Center

Phone: (907) 733-2273
Mile 4.4 Talkeetna Spur Rd
Talkeetna, AK 99676

Turn-A-Leaf

Phone: (907) 376-5708
400 N. Yenlo
Wasilla, AK 99654
Provides access to medical equipment through loaner program.

Valley Native Primary Care Center

Phone: (907) 631-7800
1001 Knik-Goose Bay Rd.
Wasilla, AK 99654
<http://www.scf.cc>

Health education, referrals, and free monthly hearing screenings.

Sunshine Community Health Center – Willow

Phone: (907) 495-4100
Mile 67 Parks Highway
Willow, AK 99683
<http://www.sunshineclinic.org/>
Offers accessible, proactive, quality health and oral health screening and fluoride treatments, as well minor dental procedures, senior care, and limited laboratory procedures.

Valley Chiropractic Clinic, Inc.

Phone: (907) 373-2022
400 N Main St
Wasilla, AK 99654

Valley Internal Physicians

Phone: (907) 376-1633
950 E Bogard Rd, Ste 226
Wasilla, AK 99654

Wasilla Medical Clinic

Phone: (907) 373-6055
1700 E. Parks Hwy., #200
Wasilla, AK 99654
<http://www.alaskamedicalclinics.com/>
Provides walk in urgent care, convenient, high-quality preventative and acute outpatient medical services and health care. Also provides minor emergencies, general and family practice, X-rays, and lab on site

PREGNANCY/PRENATAL CARE

HeartReach Pregnancy Center

Phone: (907) 373-3456
924 Leatherleaf Loop
Phone: (800) 712-HELP (4357)
Wasilla, AK 99654
www.heartreachalaska.com
Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, clothing and more.

Heritage Birth Center

Phone: (907) 746-6644
7200 E. Valley Cir.
Palmer, AK 99645
<http://www.midwife.net/>
Family centered births/Prenatal care. Nutrition, information and careful monitoring. Lab work, ultrasounds, nutritional counseling, books and videos, labor and postpartum care, and newborn exams.

Mat-Su Midwifery

Phone: (907) 373-3420
2650 Broadview Avenue, Wasilla
<http://www.matsumidwifery.com>
Licensed midwives offering: prenatal massage, infant massage and lactation consultation. Nutrition classes and birth preparation classes.

Mat-Su Regional Hospital Palmer: Birthing Center

Phone: (907) 861-6645
2500 S. Woodworth Loop, Palmer
<http://www.matsuregional.com>
Childbirth and parenting education.

Pregnancy Hope-Line

Phone: (800) 508-HOPE (4673)
24 hour statewide help line.

Providence Nurse Family Partnership

Phone: (907) 273-0572
A program for low-income women who are having their first baby. When enrolled a registered nurse will visit throughout the pregnancy and continue to visit until the baby is 2 years old. They will discuss health, baby’s growth and development, labor and delivery, infant care, and many other topics.

Windsong Midwifery & Birth Center

Phone: (907) 373-2672
231 East Swanson Avenue, Wasilla
<http://www.windsongmidwifery.com>
Provides free baby heart tones, consultation, pregnancy tests, and nutritional information. Comprehensive maternity care for low risk pregnancies and childbirths, including lab work and ultrasounds in a relaxed and educational

environment. Childbirth classes are available.

SUBSTANCE ABUSE PREVENTION & TREATMENT

www.facebook.com/THRIVEMatSu
Phone: (907) 745-5827
24-HOUR CRISIS LINES
Medical Emergency 911

Alaska Family Services

Phone: (907) 746-8026

Mat-Su Health Services

Phone: (907) 376-2411

TOBACCO PREVENTION

Alaska Tobacco Quit Line

Phone: (800) QUIT-NOW
<http://alaskaquitline.com>
Phone: (800) 784-8669
Alaskans who use tobacco and want help to quit can now receive a free eight week supply of Nicotine Replacement Therapy.

FREE COMMUNITY SUPPORT GROUPS AND PROGRAMS

Addicted No More (Faith-Based)

Phone: (907) 373-3601
Word of Faith Assembly: Mondays 6:30pm

Alcoholics Anonymous

Phone: (907) 376-4777
12-step support groups for individuals with alcohol addiction.

Fresh Start Recovery (Faith-Based)

Phone: (907) 232-5797
Church on the Rock – Wasilla: Monday’s 7:00pm
Real Life Church – Palmer : Monday’s 7:00pm

Mat-Su Alano Club

Phone: (907) 376-8669

New Beginnings with Alateen

Phone: (907) 373-4357
300 Willow St.
Wasilla, AK 99654
Provides help and hope for 14-19 year olds affected by the alcoholism or addiction of a relative or friend. Every Thursday from 4-5 p.m. at the MYHouse drop-in center

Al-Anon Helpline

Phone: (907) 357-2550

Support group for family members of addicted persons.
Nar-Anon Family Group (907) 884-0451
Support for those affected by the addiction of a family member or friend.
Every Sunday 7:00pm. Mat-Su Alano Club, 901 Snohomish, Wasilla, AK.

Narcotics Anonymous
Phone: (907) 352-3733
12-step support group for individuals addicted to narcotics.

SUBSTANCE ABUSE TREATMENT & SERVICES

Adolescent Residential Center for Help (ARCH)
Phone: (907) 279-9634
Hiland Road
Eagle River, AK
www.voaaak.org/Services/Adolescent-Treatment/ARCH

Akeela Family Program
Phone: (907) 707-1291
561 Denali Street, Suite F
Palmer, AK 99645
Offers substance abuse disorder assessments, Level I Outpatient and Level II.I testing. Accepts Medicaid, insurance, and has a sliding fee scale.

Alaska Dream Center
Phone: (907) 746-3736
8117 E. New Hope Street
Palmer, AK 99645
Residential drug and alcohol treatment center for adult males.

Alcohol Safety and Action Program (ASAP)
Phone: (907) 746-6260
Provides substance abuse screening, case management and accountability for DUI and other alcohol/drug related misdemeanor cases.

Alaska Family Services
Phone: (907) 376-4000
Behavioral Health Treatment Center for outpatient services for adults, youth, women and children. Alcohol Drug Information Schools (ADIS) for youth and adults are also available.

Mat-Su Health Services
Phone: (907) 376-2411
Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

Olive Tree Counseling
Phone: (907) 357-6513
5730 E. Pilgrim Ct., Suite A
Wasilla, AK 99654
Faith-based counseling services.

Nugen's Ranch
Phone: (907) 376-4534
26731 W Point McKenzie Road
Wasilla, AK 99654
www.nugensranchak.org
Drug and Alcohol rehabilitation center for adults. Long-term residential substance abuse treatment program varying in length of stay from 6 months to 2 years.

Set Free Alaska
Phone: (907) 373-4732
7335 E. Palmer-Wasilla Highway
Palmer, AK 99645
Outpatient substance abuse treatment center that uses a mind-body-spirit approach to recovery. Treatment services include drug and alcohol substance abuse, Outpatient Program (OP), Intensive Outpatient program (IOP), Substance Abuse Aftercare Counseling, Assessments, Substance Abuse Education Classes (ADIS), Treatment of Co-Occurring Disorders, Tele-Health Assessments and Therapy. Medicaid, private insurance and sliding-fee scale accepted. Serves adults 18 and older, as well as Youth ages 14-17.

Sunshine Community Health Center
Phone: (907) 733-2273
Provides individual, couples, family, and group therapy.

The Recovery Connection
Phone: (907) 746-6660
Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.

VISION

Alaska Center for the Blind and Visually Impaired
Phone: (907) 248-7770
Valley Coordinator (907) 631-4077
3903 Taft Drive
Anchorage, Alaska 99507
www.alaskabvi.org
Provides assistance to people who are blind and/or visually impaired in the Mat-Su Valley.

Alaska Eye Care
Phone: (907) 376-5266
1700 Parks Hwy

Wasilla, AK, 99654
(Behind Arby's)
Takes Medicaid for exams and glasses.

Capstone Eye Clinic
Phone: (907) 357-9595
3122 E. Meridian Park Lp
Wasilla, AK 99654
Takes Medicaid for exams and glasses.

Classic Eyewear
Phone: (907) 376-9173
935 Westpoint Dr.
Wasilla, AK 99654
(Brown office building behind Midas)
Takes Medicaid for exams and glasses.

Eye Care America
Phone: (800) 391-EYES
Glaucoma & diabetes eye exams for elderly/children, may be free.

Lions Club
Phone: (907) 761-3750
Palmer
PO Box 393
Palmer, AK 99645
<http://e-clubhouse.org/sites/palmerak/>
Provide eye glasses, limited funds, and must qualify.
Wasilla
wasillalions@gmail.com
Provide eye glasses, limited funds, and must qualify.

WalMart Vision Center
Phone: (907) 376-0835
1350 S. Seward Meridian Parkway
Wasilla, AK 99654
Dr. Berg takes Medicaid for exams. Vision center offers 30% discount on full set of glasses for patients of Dr. Berg. Must present Medicaid card and Rx from Dr. Berg to receive discount.

Wolf Eye Center
Phone: (907) 376-2020
4505 E. Greenstreet Cir.
Wasilla, AK 99654
(Next to Enterprise Car Rental)
Takes Medicaid for exams and glasses.

HOUSING

HOMEOWNERS

Alaska Community Development Corporation
Phone: (907) 746-5680
1517 S. Industrial Way #8 (800) 478-8080
Palmer, AK 99645

<http://www.alaskacdc.org/>

Housing and energy efficiency programs.

Alaska Housing Finance Corporation

Phone: (907) 376-5744

851 Westpoint Dr, B6

Wasilla, AK 99654

<http://www.ahfc.state.ak.us/home/index.cfm>

Provides Alaskans with access to safe, quality, affordable housing.

Blood-N-Fire Ministries of Alaska

Phone: (907) 864-0463

7362 W. Parks Hwy #276

Wasilla, AK 99623

Rent and Mortgage assistance (when funds are available).

Creekwood Park

Phone: (907) 745-5926

1955 N. Creekwood Park Ave.

Palmer, AK 99645

Eagle Ridge Townhomes

Phone: (907) 746-2516

1775 Thuma Street

Palmer, AK 99645

Low income tax credit property

Habitat for Humanity Mat-Su

Phone: (907) 373-7278

900 Hyer Road

Wasilla, AK 99654

Coordinates community volunteers to construct homes for low income families.

Hunter Creek Apartments

Phone: (907) 746-2005

855 W. Fern Avenue

Palmer, AK 99645

Low income tax credit property

Knik Tribal Council

Phone: (907) 373-7991

951 E. Bogard

Wasilla, AK 99654

Home modernization & rehabilitation programs

Monday-Friday: 8:00am-5:00pm

NeighborWorks

Phone: (907) 745-6636

625 S. Cobb Street, Suite 100

Palmer, AK 99645

Provide services to make homeownership possible for families who have incomes less than 80% of the area median income.

Palmer Arms Apartments

Phone: (907) 841-3313

112 South Alaska Street

Palmer, AK 99645

Affordable housing.

Rural Development Corp

Phone: (907) 761-7705

800 W Evergreen, Suite 201

Palmer, AK 99645

Providing loans and grants for housing for single family homes and multi-family dwellings.

POPULATION SPECIFIC HOUSING

Seniors, Veterans, and Special Needs

Alaska Housing Finance Corporation

Phone: (800) 478-AHFC

www.ahfc.us

Provides an online locator for population specific housing.

Alaska Pioneer Homes

Phone: (907) 745-4241

250 East Fireweed Avenue

Palmer, AK 99645-6638

<http://www.hss.state.ak.us/dalp/palmer/default.htm>

Provides assisted living for older Alaskans and veterans.

Catholic Social Services

Phone: (907) 745-8811

642 S. Alaska Street, Suite #206

Palmer, AK 99645

Provides assistance for Veterans who are homeless or about to become homeless.

Mat-Su Senior Services

Phone: (907) 745-5454

Housing Line

Phone: (907) 761-5001

Chugach Estates Senior Housing

1102 S. Chugach Street

Palmer, AK 99645

Colony Estates Senior Housing

920 S. Chugach Street

Palmer, AK 99645

www.matsuseniors.com

Provides 55 units of senior housing for individuals 55 and over.

Meadow Lakes Seniors, Inc.

Phone: (907) 357-3999

1210 N. Kim Drive, Suite A

Wasilla, AK 99654

Northstar Assisted Living

Phone: (907) 357-2012

PO Box 872889

Wasilla, AK 99687

Senior Housing

Phone: (907) 376-5744

1201 N Lucille St Suite 104

Wasilla, AK 99654

Alaskan housing and finance programs to assist the elderly/disabled.

Sutton Manor

Phone: (907) 745-1372

Mile 61.5 Glenn Hwy

Sutton, AK

Low income housing for seniors.

Sunshine Senior Village

Phone: (907) 733-6200

16463 Helena Ave.

Talkeetna, AK 99676

A six-unit apartment complex for seniors. They have on and two bedroom apartments. Include utilities and covered parking.

Valley Residential Services

Phone: (907) 357-0256

1075 Check Street

Wasilla, AK 99654

Provides housing for adults with special needs as defined as those individuals with mental or developmental disabilities, individuals with low or moderate income or advanced in age.

Wasilla Senior Center (907) 376-3104

1301 Century Circle

Wasilla, AK 99654

<http://www.alaskaseniors.com/housing.html>

Provides 129 units of housing for seniors.

Williwaw I and II

Phone: (907) 376-5744

1201 Century Circle, B-4; PO Box 873347

Wasilla, AK 99687

Low cost housing for seniors.

SUBSIDIZED HOUSING

Alaska Housing Finance Corporation

Phone: (800) 478-AHFC

www.ahfc.us

Provides an online locator for vouchers.

Forest Apartments

Phone: (907) 745-3957

330 Cobb Street

Palmer, AK 99645

Forest Hills

Phone: (907) 357-0256

Valley Residential Services

PO BOX 871874
Palmer, AK 99645
HUD-VASH
Alissa Zank- Mat-Su
Phone: (907) 631-7649
Mary Joe Williams - Anchorage
Phone: (907) 273-4016
Karen Doss - Anchorage
Phone: (907) 273-4045
Provides housing vouchers to homeless veterans and their families. Must be eligible through the VA.

Knik Tribal Council
Phone: (907) 373-7991
951 E. Bogard
Wasilla, AK 99654
Monday-Friday: 8:00am-5:00pm

Northridge Apartments
Phone: (907) 745-3484
424 E. Dogwood Ave.
Palmer, AK 99645

Ridgecrest Park
Phone: (907) 376-9512
201 E. Kalli Circle
Wasilla, AK 99654

Valley Residential Services
Phone: (907) 357-0256
1075 Check Street
Wasilla, AK 99654
Provides low-income housing.

SHELTERS

Alaska Family Services: Domestic Violence Shelter
Phone: (907) 746-8026
403 S. Alaska Street
Palmer, AK 99645
<http://www.akafs.org/dvsa.html#shelter>
Safe Shelter for female victims of domestic violence and sexual assault with or without children is staffed 24-hours a day by professional, specially trained domestic violence advocates.

Family Promise of Mat-Su
Phone: (907) 357-6160
561 W. Nelson
Wasilla, AK 99654
<http://www.familypromisematsu.org/>
Provides compassionate care through shelter, meals, and case management to families without housing.

MY House
Phone: (907) 354-4357
300 N. Willow Street
Wasilla, AK 99654

www.myhousematsu.org
Provides emergency shelter for homeless youth. Provides hot meals every Friday night for homeless youth. Also has boutique and Gathering Grounds Coffee Shop.

Salvation Army
Phone: (907) 745-7079
209 W. Evergreen
Palmer, AK 99645
<http://www1.usw.salvationarmy.org/usw/>
www.usw.alaska.nsf/
Temporary/short-term hotel vouchers.

Turn-A-Leaf
Phone: (907) 354-4660
400 N Yenlo
Wasilla, AK 99654
Provides temporary/short term hotel vouchers

SUPPORT

FAMILY & PARENTING

AGAPE Foster Care Network
Phone: (907) 863-2144
Mile 40 Glenn Highway
Palmer, AK 99645-6619
Faith-based foster/adoptive parents support groups open to foster and adoptive families, and community board with available furniture and supplies. Located at Palmer Church of God. For more information contact Vickie at (907) 863-2144 or agapeak@att.net

Alaska Attachment and Bonding Associates
Phone: (907) 376-0366
619 S. Knik Goose Bay Road Suite J
Wasilla, AK 99654
www.akattachment.org
Provides family support services.

Alaska Center for Resource Families
Phone: (907) 376-4678
5050 Dunbar Street Suite A2
Wasilla, AK 99654
www.acrf.org
Provides adoption and foster care services including pre and post adoption support services and referrals.

Alaska Family Services: Family Support and Preservation
Phone: (907) 746-4080
Palmer Location
1825 S. Chugach St.

Palmer, AK 99654
Wasilla Location
165 E. Parks Hwy, Suite 101
Wasilla, AK 99654
<http://www.akafs.org/fsp.html#parenting>
Offers free 12-week parenting classes on a variety of topics every Wednesday.

Alaska Youth and Family Network
Phone: (907) 770-4979
www.ayfn.org
Provides peer navigation for mental health services in Mat-Su area. Offers case management and advocacy.

Alaskids Care Coordination Services
(877) 803-7767
Wasilla, AK 99687
akkromes@gci.net
Provides care coordination services for individuals receiving TEFRA Medicaid.

Big Brothers Big Sisters
Phone: (907) 376-4617
191 E. Swanson #204
Wasilla, AK 99654
www.bbbsak.org
Provides mentors to all children ages 6-18 who need and want a caring adult to offer support, guidance and assistance in an attempt to meet the developing needs of "at-risk" youth. Community and school based programs available.

Children's Place
Phone: (907) 357-5157
P.O. Box 871788
Wasilla, AK 99687
www.thechildrens-place.org
Safe place for children who are being abused. Also provides abuse and crisis intervention for children and families.

Co-Occurring Disorders Institute, Inc.
Phone: (907) 745-2634
11921 E Palmer-Wasilla Hwy
Palmer, AK 99645
www.codi-ak.org
Family support groups and care management. Behavioral Health Services: mental health screening, counseling, and substance abuse screenings for ages 3-21.

Families in Transition
Phone: (907) 746-9239
501 Gulkana
Palmer, AK 99645
www.matsuk12.us
Provides help with enrollment and support for students currently between homes.

HeartReach Pregnancy Center

Phone: (907) 373-3456

924 Leatherleaf Loop

Phone: (800) 712-HELP (4357)

Wasilla, AK 99654

www.heartreachalaska.com

Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, community referrals, clothing and furnishings for mother & baby.

LA Leche League of Mat-Su

Phone: (907) 357-6455

<http://www.llusa.org/web/MatSuValleyAK.html>

Childbirth education and preparation, mother to mother support, and lactation consultants.

MSSCA: Early Intervention/Infant Learning Program

Phone: (907) 352-1200

1225 W. Spruce Avenue

Wasilla, AK 99654

<http://www.mssca.org>

Provides family support services and infant learning program.

Office of Children's Services

Phone: (907) 357-9797

695 E. Parks Hwy

Phone: (800) 478-4444

Wasilla, AK 99654

<http://hss.state.ak.us/ocs>

Child protection services.

Safe Families for Children Alaska (SFFC)

Phone: (907) 222-0925

24/7 SFFC Helpline

Phone: (907) 277-0925

Is a resource for families facing crisis in Anchorage and the Mat-Su Valley who need a safe place for their children to stay while they establish stability. Parents do not lose custody of the children and can inquire about placement for their children by calling the 24/7 SFFC Helpline listed above. For general inquiries contact Beacon Hill – (907) 222-0925.

Child Help -National Child Abuse Hotline

Phone: (800) 422-4453

Anonymous help line. Call if you would like to talk to someone about child abuse and you can get the help or resources that you need.

SPECIAL NEED**Access Alaska**

Phone: (907) 357-2588

1075 Check St., Suite 109

Wasilla, AK 99654

<http://accessalaska.org>

Provides personal care services, support groups, independent living skills, advocacy, referrals, technical assistance and other services for any person experiencing physical or mental impairment.

Adult Protective Services

Phone: (800) 478-9996

550 West 8th Avenue

Phone: (907) 269-3666

Anchorage, AK 99501

<http://dhss.alaska.gov>

Provides services to help prevent/stop harm from occurring to vulnerable adults. (Vulnerable adult - A person 18 years of age or older who, because of incapacity, mental illness, mental deficiency, physical illness or disability, advanced age, chronic use of drugs, chronic intoxication, fraud, confinement, or disappearance, is unable to meet the person's own needs or to seek help without assistance)

Alaska Center for the Blind and Visually Impaired

Phone: (907) 248-7770

www.alaskabvi.org

Provides assistance to people who are blind and/or visually impaired in the Mat-Su Valley.

Disability Law Center

Phone: (800) 478-1234

330 Arctic Blvd., Suite 103

Phone: (907) 565-1002

Anchorage, AK 99503

www.dlcak.org/html/about-us/services.php

Provides advocates and attorneys after a person has been deemed eligible and a case has been opened. Advocates and attorneys can provide the following intervention strategies: professional assistance, negotiation/mediation, administrative remedies, legal remedies/consultation, and class action law suits.

Daybreak Inc.

Phone: (907) 745-6012

550 S. Alaska St.

Palmer, AK 99645

Provides case management/service coordination for adults who experience mental illness.

Immediate Care

Phone: (907) 357-4387

4851 E Blue Lupine Dr # B

Wasilla, AK 99654-8411

<http://www.immediatecareak.com/>

Provides personal care assistants, chore services, respite services, and home options for elders and individuals who experience disabilities.

Frontline Residential Treatment

Phone: (907) 761-7400

3674 N. Clark Wolverine Rd.

Palmer, AK 99645

Psychiatric residential treatment facility (RTF) for children and adolescents.

Hope Community Resources

Phone: (907) 357-3750

4901 E Mayflower Suite B

Wasilla, AK 99654

www.hopealaska.org

Provides individualized services to support individuals who range in age from infancy to the elderly; are of varied and diverse ethnic background; and experience mild to severe disabilities.

Little Treasures Home Daycare

Phone: (907) 745-8505

9850 Strand Drive

Palmer, AK 99645

Childcare with experience in providing care for severely emotionally disturbed children.

LINKS Parent Resource Center

Phone: (907) 373-3632

3161 E. Palmer Wasilla Highway, #2

Regan Building

Wasilla, AK 99654

<http://www.linksprc.org/index.htm>

Provides support and assistance to families caring for children and youth with special needs.

Mat-Su Aging and Disability Resource Center (ADRC)

Phone: (907) 373-3632

3161 E. Palmer Wasilla Highway, #2

Wasilla, AK 99654

(Same building as LINKS)

Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.

Mat-Su Health Services: Behavioral Health Services

Phone: (907) 376-2411

1363 W. Spruce Ave.
Wasilla, AK 99654
www.mshsak.org

Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults with serious mental illness that creates a major disruption in work, life, relationships, or community, and children with serious mental illness that have significant and persistent (6 months or longer) life disruptions. Also provides crisis intervention services 24/7. Eligibility screening must be done for new clients.

Mat-Su Services for Children and Adults

Phone: (907) 352-1200
1225 W. Spruce Avenue
Wasilla, AK 99687
www.mssca.org

Provides a wide range of and community based services for adults with developmental disabilities, families with children experiencing developmental delays or disabilities, and parents with questions about child development and/or child safety. Offers Acquired Traumatic Brain Injury (ATBI) Grant Services

NAMI (National Alliance on Mental Illness) Anchorage

Phone: (800) 478-4462
www.nami.org

Phone: (907) 272-0227
Provides support, education, and advocacy to people who experience mental illness and their families and friends.

Rescare Alaska

Phone: (907) 357-5627
892 E. USA Circle Suite 102
Wasilla, AK 99654

Provides personal care attendants, respite and chore services, care coordination, residential and day habilitation, group and assistant living homes, supported employment, intensive active treatment, and referral sources for elders and individuals who experience disabilities.

STRIDE

Phone: (907) 373-7716
4351 E. Bogard Rd. (907) 982-7716
Wasilla, AK 99654

Through a special partnership with horses, Southcentral Therapeutic Riding (STRIDE) offers a holistic approach to improve the bodies, minds and spirits of children and adults with special health needs.

RECREATION

CAMPS

Trailside Discovery Summer Kids Camp (907) 274-KIDS

<http://akcenter.org/trailside-discovery>
For ages 4-16, offers outdoor educational week-long camps through APU at Spring Creek Farms and in Palmer and Wasilla. Operates between May through August

FARMS

Pyrah's Pioneer Peak Farm

Phone: (907) 745-4511
4350 S. Bodenbug Loop
Palmer, AK 99645

Spring Creek Farm

Phone: (907) 746-2714
6404 N Lossing Rd.
Palmer, AK 99645

Reindeer Farm

Phone: (907) 745-4000
5561 S Bodenbug Loop Rd.
Palmer, AK 99645

Musk Ox Farm

Phone: (907) 745-4151
Mile 50 Glenn Highway
Palmer, AK 99645

DISC GOLF COURSES

Alcantra Disc Golf Course

Located behind the Alcantra Softball Complex at Larson Elementary School.

GOLF COURSES

Fishhook Golf Course

Phone: (907) 745-7274

Palmer Golf Course

Phone: (907) 745-4653

Settler's Bay

Phone: (907) 376-5466

Sleepy Hollow

Phone: (907) 376-5948

HORSE RENTALS/RIDING

D & S Alaska Trail Rides (Talkeetna)

Summer
Phone: (907) 733-2207
Winter

Phone: (907) 745-2208
www.alaskantrailrides.com

Flying G Ranch

Phone: (907) 745-7258

INDOOR FACILITIES

Alaska Club

Phone: (907) 376-3300
Wasilla
1720 E Parks Highway
Wasilla, AK 99654
Palmer
Phone: (907) 746-3305
12051 E Palmer-Wasilla Hwy
Palmer, AK 99645

AT&T Sports Center

Phone: (907) 7GO-PLAY
Phone: (746-7529)
1507 N. Double B Street
Palmer, AK 99645
www.attsportscenter.com
Large open courts. Hosts Lil' Kickers, Hoopers, and Tacklers.

Body Renew

Phone: (907) 376-7144
1325 E Palmer Wasilla Hwy Unit 108
Wasilla, AK 99654

Cooperative Extension Services

Phone: (907) 745-3360
1509 S. Georgeson Dr.
Palmer, AK 99645
Outreach educational delivery system in co-operation with UAF. Offers classes in gardening, canning and nutrition. Also facilitates women's support and are the coordinators of 4-H.

Curtis D. Menard Memorial Sports Center

Phone: (907) 357-9100
1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com
NHL-size ice arena, an indoor artificial turf court, a running/walking track, three community meeting rooms, and a kitchen facility. Also hosts, Turf for Tots.

Curves

Phone: (907) 357-2878
1051 E Bogard Road St. 2
Wasilla, AK 99654

Discover Dance Studio

Phone: (907) 373-2623
245 E Nelson Ave
Wasilla, AK 99654

Jay's Taekwondo

Phone: (907) 376-7433
1151 Shenandoah Ave Suite 1
Wasilla, AK 99654
Taekwondo and Women's Self Defense Lessons.

Okamoto's Karate

Phone: (907) 376-0333
1261 E. Blue Lupine
Wasilla, AK 99654
www.karate@alaska.net
Starts at ages 3 and up. 2 week mini membership, no cost vouchers available.

Rock-On Climbing

Phone: (907) 357-9196
1080 N. Wasilla Fishhook Rd
Wasilla, AK 99654
<http://rockonwasilla.com>
Indoor facility with climbing wall, slack lines, bouldering and more.

Sonja's Dance Studio

Phone: (907) 357-3933
5700 West Pilgrim Court
Wasilla, AK 99654

BOWLING ALLEY

North Bowl

Phone: (907) 357-6600
3250 E. Palmer- Wasilla Hwy
Wasilla, AK 99654

ICE ARENAS

Brett Memorial Ice Arena

Phone: (907) 376-9260

Palmer Ice Arena/MTA Events Center

Phone: (907) 746-4231

Big Lake Lions Ice Rink

Phone: (907) 892-6502

Menard Ice Rink

Phone: (907) 357-9100

MAT-SU LIBRARIES

www.matsulibraries.org

Big Lake Library

Phone: (907) 892-6475
3140 S Big Lake Rd
Big Lake, AK 99652
Job Center Affiliate: Work force development, afternoon story time, preschool story time, summer reading. Also offer computer, copying, and notary services.

Palmer Public Library

Phone: (907) 745-4690
655 S. Valley Way
Palmer, AK 99645
Internet access, Story Times for lap sit infants, two year olds and 3-5 years olds.

Sutton Public Library

Phone: (907) 861-7640
11301 North Chickaloon Way
Sutton, AK 99674
Summer Reading Program, Afterschool Program, Story Time, and Community Book Club.

Talkeetna Public Library

Phone: (907) 733-2359
Mile 13.5 Talkeetna Spur Rd/ PO Box 768
Talkeetna, AK 99676
Story Time, Community Book Club, and baby and me lap sit.

Trapper Creek Library Association

Phone: (907) 733-1546
Mile 1.5 W. Petersville Rd. / PO Box 13388
Trapper Creek, AK 99683
Story Time, Battle of the Books, and Community Book Club.

Wasilla Public Library

Phone: (907) 376-5913
391 N. Main St.
Wasilla, AK 99654
Summer reading program, Audio Books, Digital pipeline, and story times.

Willow Public Library

Phone: (907) 495-7323
23557 W. Willow Community Center Cr.
Willow, AK 99688
Story Time and summer reading program

MUSEUMS

Dorothy Page Museum

Phone: (907) 373-9071

Knik Historical Society

Phone: (907) 376-2005

Knik Museum

Phone: (907) 376-7755

Museum of Alaska Transportation and Industry

Phone: (907) 376-1211

Palmer Museum

Phone: (907) 746-7668

Talkeetna Historical Society

Phone: (907) 733-2487

Trapper Creek Museum

Phone: (907) 733-2557

SWIMMING POOLS

Palmer Swimming Pool

Phone: (907) 861-7671

Wasilla Swimming Pool

Phone: (907) 376-4222
(After 2 pm call) (907) 373-6897
Or (907) 861-7680

THEATERS

The Valley Cinema

Phone: (907) 357-3000
www.catheatres.com

Valley Performing Arts

Phone: (907) 373-0195
www.valleyperformingarts.org
Offering live performances from September to May each year. Student & Senior Discounts available. 12 Summer Theatre Arts Programs, ages 6-17, June-Aug. Scholarships are available.

Denali Arts Council

Phone: (907) 733-7929
www.denaliartscouncil.org
Live performance theatre.

TRAILS, PARKS, HIKING

Alaskans for Palmer Hay Flats

Phone: (907) 357-8711
2901 E. Bogard Road
Wasilla, AK 99654
www.palmerhayflats.org

Alaska State Trails

<http://dnr.alaska.gov/parks/aktrails/index.htm>

Big Lake Trails

Phone: (907) 892-7406
PO Box 520705
Big Lake, AK 99652
www.biglaketrails.org

Denali Nordic Ski Club

www.denalinordicskiclub.org

Mat-Su Borough Trails

www.matsugov.us/trails

Matanuska Glacier

Access Mile 101 Glenn Highway
Glacier View, AK

<http://www.travelalaska.com/Destinations/Parks%20and%20Public%20Lands/Matanuska%20Glacier.aspx>

Mat-Su CVB Trails

7744 E Visitors View Court
Palmer, AK 99645

www.alaskavisit.com/visitors/the-great-outdoors/trail-maps/

Mat-Su Fishing

7744 E Visitors View Court
Palmer, AK 99645

www.alaskavisit.com/visitors/the-great-outdoors/fishing/

Mat-Su Ski Club

Phone: (907) 745-7547
1150 S. Colony Way Suite 3
Palmer, AK 99645

glynn@mtaonline.net
www.matsuski.org

Mat-Su Ski and Snowboard Club

Phone: (907) 354-7545
9450 N. Palmer Fishhook Road
Palmer, AK 99645

www.matsusnow.org

Ski, Snowboard, and Snowshoe Trails

7744 E Visitors View Court
Palmer, AK 99645

www.alaskavisit.com/visitors/winter-vacations/ski-snowboard-and-snowshoe-trails/

Valley Mountain Bikers and Hikers

Phone: (907) 746-6010

P.O. Box 22
Sutton, AK 99674
trailhead@vmbah.org
www.vmbah.org

PARKS

To find out more information about Trails and Parks in the Matanuska area go to:

www.matsugov.us

CHRISTIENSEN LAKE PARK

Christiansen Lake Park is a small day-use park located on the west side of Christiansen Lake, east of the community of Talkeetna. There are several picnic sites, a swimming beach, three pavilions and a boat launch for small car top boats or canoes. The park is open daily from 8 a.m. to 10 p.m. during the summer (Memorial Day through Labor Day).

FISH CREEK PARK

(Big Lake) South Big Lake Road at Fish Creek. The 3-acre day use area provides access to Fish Creek. Organized facilities include a salmon observation deck (species prevalent during August), pavilion, tables, picnic area, restroom, fitness court, parking, playground and open lawn area.

HATCHER PASS

Hiking from Hatcher Pass Lodge to the remains of the mill at Independence Mine, Box Lake, and Skyscraper Mountain add to the attraction of this awe inspiring area. Hatcher Pass sits at the heart of a dazzling winter playground blessed with seven months of snow. Breathtaking slopes of the Talkeetna Mountains lure skiers of all abilities. Miles of groomed ski trails are set, some as high as 4,000 feet in the Gold Cord Bowl. Because of its advantageous location - 60 road miles north of Anchorage, four hours from the Alaska Range and Denali National Park, above the heart of the Matanuska - Susitna Valley - Hatcher Pass is a convenient base for visiting some of the most renowned attractions in Southcentral Alaska.

LAZY MOUNTAIN RECREATION AREA

(Lazy Mountain) turn onto Clark-Wolverine Road at mile 15.9 Old Glenn Highway; proceed to intersection, turn right on Huntley Road, proceed to Recreation Area at end of road. The area offers views of the Knik and Matanuska River watersheds, Cook Inlet, Pioneer Peak and various Buttes. Facilities include toilet, paved parking lot, horse and hiking trails. NOTE: A nearby spring is NOT approved for public consumption. The recreation area is best known for its trail that traverses from the parking area to the summit of Lazy Mountain. (non-motorized)

NANCY LAKE STATE RECREATION AREA

Nancy Lake State Recreation Area is different from most Alaskan park areas. It is one of the few flat, lake-studded landscapes in Alaska preserved for recreation purposes. The recreation area's clear waters are ringed with unspoiled forests, and provide tranquil settings for canoeing, fishing, hiking and camping. In winter, the rolling topography is ideal for cross-country skiing, dog mushing and snow machining. Nancy Lake State Recreation Area is a ninety-minute drive north of Anchorage along the Parks Highway. To enter the recreation area, turn west onto Nancy Lake Parkway at

Mile 67.3 of the Parks Highway. From there, the Nancy Lake Parkway travels 6.5 miles southwest to South Rolly Lake Campground; in winter the parkway is not plowed beyond the Winter Trailhead at mile 2.2. The community of Willow lies two miles north of this junction, and has a full range of services for the traveler.

MATANUSKA RIVER PARK - CAMPGROUND

(Palmer) Mile 17 Old Glenn Highway. Eighty-six (86) spaces for tents or RV's (20 caravan sites), central comfort station featuring flush toilets and hot showers, RV dump station, picnic tables, grills, four (4) park pavilions, playground equipment, horseshoe pit, a sand volleyball court, trails and river access, observation deck, parking areas, campfire area, firewood, and group camping area.

TALKEETNA RIVER PARK - CAMPGROUND

(Talkeetna) Located at the end of Main Street in downtown Talkeetna. This is a wooded area close to the river, with twelve (12) tent camping sites with picnic tables and fire rings. Close to many recreational amenities located downtown such as trails, river trips, fishing, train station, gift shops, and restaurants.

SPECTATOR SPORTS

Capitol Speedway

Mile 75.5 Parks Highway
Willow, AK 99688

www.capitolspeedway.org

Denali Destroyers

MTA Events Center
Palmer, AK 99654

<http://denalidestroyers.org>

Mat-Su Miners

Phone: (907) 745-6401

Hermon Brothers Field: AK State

Fairgrounds

Palmer, AK 99645

www.matsuminers.org

MTA Events Center

Phone: (907) 357-8257

Palmer, AK 99645

YOUTH ORGANIZATIONS

Big Brothers Big Sisters

Phone: (907) 376-4617

191 E. Swanson #204

Wasilla, AK 99654

Boys & Girls Club

Phone: (907) 357-2582
 3700 E. Bogard Rd
 Wasilla, AK 99654
www.bgcalaska.org

Boy Scouts

Phone: (907) 337-9547
 3117 Patterson Street
 Anchorage, AK 99504
www.scoutingalaska.org

Girl Scouts

Phone: (907) 376-3822
 Wasilla, AK 99654

Pillow for Kids

Phone: (907) 376-5326
 5510 E. Hemlock Drive
 Wasilla, AK 99654
<http://pillowsforkidsfoundation.org>
 Provides little scholarships for local children to participate in brain-training activities such as art, music, gymnastics, swimming, skiing, snowboarding, skating, horseback riding and martial arts.

Baseball/Softball**Palmer Little League**

PO Box 3878
 Palmer, AK 99645
www.eteamz.com/palmerlittleleague

Wasilla Youth Baseball/Softball

PO Box 870714
 Wasilla, AK 99687
info@wasillayouthbaseball.com

Basketball**Valley Youth Basketball Association**

1507 N Double B Street
 Palmer, AK 99645
information@vybb.com
<http://vybb.com>

Football**Pop Warner Football**

Phone: (907) 694-7850
 (Mat-Su Steelers and Mat-Su Seahawks)
www.alaskapopwarner.net

Gymnastics/Cheer**Denali Gymnastics**

Phone: (907) 373-3547
 300 E Kali Cir.
 Wasilla, AK 99654
<http://denaligymnastics.com>

Excel Gymnastics

Phone: (907) 746-3935
 6109 East Mt. Heather Way
 Palmer, AK 99645
<http://excelgymnastics.us>

Mat-Su Steelers Cheerleading

<http://hometeamsonline.com/teams/?u=MATSUSTEELERS&s=football&t=c>

Hockey**MAHA (Mat-Su Amateur Hockey Association)**

www.matsuhockey.com

PAHA (Pioneer Amateur Hockey Association)

www.palmerhockey.org

Jr. Avalanche Hockey

www.jralanchehockey.com

Soccer**Lil' Kickers**

Phone: (907) 746-7529
<http://www.attsportscenter.com/lil-kickers.html>

Matanuska Soccer Club

www.matanuskasoccerclub.org

Palmer Soccer Club

palmersoccerclub@hotmail.com
www.eteamz.com/PalmerSoccerClub/

Wasilla Youth Soccer

Phone: (907) 232-6425
 1830 E Parks Hwy, Ste A113
 Wasilla, AK 99654
soccer@wasillayouthsoccer.org
www.wasillayouthsoccer.org

Volleyball**AVA (Alaska Volleyball Association)**

Phone: (907) 622-1915
www.alaskavolleyball.org

Northern Lights Volleyball Club

Phone: (907) 745-2447
diane@northernlightsvolleyball.net
www.northernlightsvolleyball.net

SENIOR CITIZENS**Alaska Housing Finance Corporation (AHFC)**

Phone: (907) 330-8436
www.ahfc.us

Listing of assisted living homes/facilities in Anchorage, Eagle River, and Mat-Su.

Access Alaska

Phone: (907) 357-2588
 1075 Check Street Suite 109
 Wasilla, AK 99654
www.accessalaska.org
 ADL assistance, home management, daily and overtime. Respite day time.

Alzheimer's Resource of Alaska

Phone: (907) 746-3413
 Mile 2.2 Palmer Wasilla Highway
 Trinity Barn Plaza
 Palmer, AK 99645
www.alzalaska.org
 Provides advocacy and human rights resources along with caregiver support, disease information and prevention and support groups.

Comfort Keepers

Phone: (907) 745-3000
 1260 E. Westpoint Dr.
 Wasilla, AK 99654
 ADL assistance, home management, daily and overtime. Respite day time.

Hearts & Hands

Phone: (888) 644-0480 ext. 2
 Wasilla & Palmer Area
www.heartsak.com

Adult Daycare

Home Instead Senior Care
 Phone: (907) 277-4663
 440 W. Benson
 Anchorage, AK 99508
 ADL assistance, home management, daily and overtime. Respite daytime.

Immediate Care Alaska

Phone: (907) 357-4387
 4851 East Blue Lupine Road Suite B
 Pioneer Plaza
 Wasilla, AK 99654
www.immediatecareak.com
 Provides homemaker services along with caregiver support and services.

LV's Home Care

Phone: (907) 373-0503
 826 McMillan Ct
 Wasilla, AK 99654

Mat-Su Aging and Disability Resource Center (ADRC)

Phone: (907) 373-3632
 3161 E. Palmer Wasilla Highway, #2
 Wasilla, AK 99654
 (Same building as LINKS)

Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults. Open Monday-Friday 9:00 am – 5:00 pm. Offers Acquired Traumatic Brain Injury (ATBI) Grant Services

Mat-Su Regional Home Care

Phone: (907) 352-4800
950 E. Bogard Rd # 132
Wasilla, AK 99654
Medicare-certified home health care and hospice.

Mat-Su Senior Services (aka Palmer Senior Center)

Phone: (907) 745-5454

Care Coordination

Phone: (907) 745-5451
1132 S. Chugach Street
Palmer, AK 99645
www.matsuseniors.com
Provides adult day services, congregate and home-delivered meals, transportation, care coordination, caregiver support, housing, equipment loans, employment services, information and referrals, recreational activities and more.
pscc@mtaonline.net

Meadow Lakes Seniors, Inc.

Phone: (907) 357-3999
1210 N. Kim Drive, Suite A
Wasilla, AK 99654

Mid Valley Senior Center

Phone: (907) 892-6114
11975 W. Mid-Valley Way, Suite #A
Wasilla, AK 99654
www.mid-valleyseniors.org

Older Person's Action Group

Phone: (877) 274-0770

ProCare Home Medical

Phone: (907) 274 - 0770
713 Northway Drive
Wasilla, AK 99654
Care coordination.

Rescare Alaska

Phone: (907) 357-5627
892 E. USA Circle Suite 102
Wasilla, AK 99654
ADL assistance and home management.
Day time respite care.

Red Mountain Care Coordination

Phone: (907) 745-8117
9520 North Wolverine Road
Palmer, AK 99645

Care coordination.

Respect Your Elders

Phone: (907) 745-3687
2301 Colleen St
Palmer, AK 99645
Adult day care and respite.

Midnight Sun Home Care

Phone: (907) 677-7890
241 East 5th Avenue #204
Anchorage, AK 99501
Provides assisted living in the comfort of your own home while professional caregivers help with everyday tasks.

Social Security Administration

Phone: (800) 772-1213
Service concerning lost/stolen cards/checks or other SS problems.

Starfish Cares LLC

Phone: (907) 376-1922
201 E. Swanson Ave # 13
Wasilla, AK 99654

Care coordination.

Sunshine Transit
Phone: (907) 733-9279
www.sunshinetransit.org
Is a Medicaid/Medicaid waiver transport provider.

Upper Susitna Seniors, Inc.

Phone: (907) 733-6200
16463 East Helana
Talkeetna, AK 99676
Provides activities, exercise, crafting, congregate meals, and referrals.

Wasilla Senior Center

Phone: (907) 376-3104
1301 Century Circle
Wasilla, AK 99654
<http://www.wasillaseniors.com/>
Provide congregate and home delivered meals along with recreational activities.

Willow Area Seniors, Inc.

Phone: (907) 495-5222
HC 89 Box 57
Willow, AK 99688

Willow Personal Care Assistants

Phone: (907) 495-6778
PO Box 624
Willow, AK 99688

TRANSPORTATION

A Cab

Phone: (907) 775-7475
Accepts MASCOT vouchers.

Alaska Cab Valley

Phone: (907) 357-2727

Chickaloon Area Transit

Phone: (907) 745-1753

M.A.S.C.O.T

Phone: (907) 376-5000
<http://www.matsutransit.com/>
Valley wide public bus transportation

Mat-Su Senior Services

Phone: (907) 745-5454
Provides transportation for individuals 60+, individuals of any age on the Medicaid waiver, and accepts travel vouchers for Medicaid of individuals of any age.

Sunshine Transit

Tickets available at the Roadhouse, Sunshine Clinic, Flying Squirrel Bakery, Cubby's or Susitna Senior Center. 7:15 am (Roadhouse)-5:30 pm (Roadhouse).

Valley Mover

Phone: (907) 892-8800
<http://www.valleymover.com/>
Provides Mass Transit to the Mat-Su Valley with service to Palmer, Wasilla, Meadow Lakes, Knik and connections with Anchorage People Mover. Provides free rides to homeless and poverty level individuals.

Valley Cab

Phone: (907) 357-8294
Accepts Social Security travel vouchers, and soon to accept Medicaid and Denali Kid Care.

MEETING SPACES AVAILABLE TO THE COMMUNITY

Curtis D. Menard Memorial Sports Center

Phone: (907) 357-9100
1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com
Call for availability and pricing.

Evangelo's Restaurant & Banquet Facility

Phone: (907) 376-1212
2530 E, Parks Highway
Wasilla, AK 99654
Call number for availability and pricing.
Discount possible for non-profits.

Mat-Su Borough Public Safety Buildings

www.matsugov.us/des/fire/cmsfd/facility-use

Go to website to check calendar for availability and fee schedule.

Mat-Su Regional Outpatient Center, Room 220

Phone: (907) 861-6972
950 E. Bogard Rd
Wasilla, AK 99654
Call number provided for additional information and to schedule. Please note that Mat-Su Regional has priority use of this room and reserves the right to reschedule meetings as needed.

MTA

Phone: (907) 761-2511
480 Commercial Drive
Palmer, AK 99645
www.mtasolutions.com/about/membership/request-room
Lower level of the Palmer Headquarters available.

Northern Susitna Institute

Phone: (907) 733-7111
22510 Talkeetna Spur Road
Talkeetna, AK 99676
<http://northernsusitnainstitute.org>
Check website for rates (It is possible for local nonprofits to use the NSI building for meeting free of charge).

Palmer Public Library

Phone: (907) 745-4690
655 S. Valley Way
Palmer, AK 99645
www.cityofpalmer.org/vertical/Sites/%7BCEEE28AE-9003-4337-8BE2-A1961FF163ED%7D/uploads/MtgRmApplicationForm2014.pdf

Call for dates available and pricing.
Application and guidelines for Meeting Room use can be found at link provided.

Sutton Public Library

Phone: (907) 745-4467
11301 Chickaloon Way
Sutton, AK 99674

Willow Community Center

Phone: (907) 495-6633
238625 W. Willow Community Center Circle (Mile Post 69.7 on the Parks Hwy)
www.waco-ak.org/PFC.php#rates
Use of the Community Center is free (1) for WACO Committees, recognized Community Groups and activities that are part of the Community Enrichment Program. Other groups or charities may also be eligible for free or reduced rental – contact the Vice Chair or one of the PFC members.