



Mat-Su Valley Resource Guide

2015

United Way of Mat-Su
www.unitedwaymatsu.org



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BEST BEGINNINGS
Alaska's Early Childhood Investment



ADVOCACY

Alaska State Commission for Human Rights

TTY:

(800) 478-4692

(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

845 W Commercial Drive

Wasilla, AK 99654

www.csed.state.ak.us/

(800) 478-3300

(907) 357-3550

Alaska State Office of the Ombudsman

<http://ombud.alaska.gov/>

(800) 478-2624

Handles complaints concerning state agencies.

Alaska Legal Services

634 S. Bailey Street Suite 102

Palmer, AK 99645

<http://www.alsc-law.org/>

<http://www.alaskalawhelp.org>

(907) 746-4636

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

(800) 935-5100

Complaints about businesses and listing of good businesses.

Office of Public Advocacy (OPA)

Civil

Criminal

(877) 957-3500

(907) 707-1740

(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

(800) 772-1213

Service concerning lost/stolen cards/checks or other SS issues.

MAT-SU COMMUNITY COALITIONS

Alaska Wellness Coalition

(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

(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

(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

(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)

(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

(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

(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

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

855 W Commercial Drive

Wasilla, AK 99654

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

(907) 376-3903

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

1825 S. Chugach St., Palmer

<http://www.akafs.org>

(907) 376-4080

(907) 746-4080

Behavioral health services, child care, family support and preservation, domestic violence and sexual assault, nutrition services, shelters.

Alaska Legal Services

634 S. Bailey Street Suite 102

Palmer, AK 99645

<http://www.alsc-law.org/>

<http://www.alaskalawhelp.org>

(907) 746-4636

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**(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**(907) 864-0463**

7362 W. Parks Hwy #276

Wasilla, AK 99623

Emergency Food/Rent/Mortgage and Utilities assistance.

Catholic Social Services**(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**(800) 375-5283****Consumer Credit Counseling****(800) 478-6501****Denali Kid Care****(888) 318-8890**<http://www.hss.state.ak.us/dhcs/denalikidcare/default.htm>

Provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

Frontline Mission**(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.

Heating Assistance**(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**(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**(907) 761-9317**<http://www.mea.coop/index.php/our-community/round-up>

Grants that provide assistance for an individual and/or family.

PFD (Personal Fund Dividend) Office**(800) 733-8813****Salvation Army****(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**(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**(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

(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

(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 (Athabascan 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

(907) 746-6200

403. S. Alaska Street

Palmer, AK 99645

Saving Grace Thrift Store

(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**(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**(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**(907) 864-0463**

7362 W. Parks Hwy #276
Wasilla, AK 99623

Clothing and pantry open Mondays 2:00am – 5:00pm

Frontline Mission**(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**(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**(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**(907) 376-4534**

26731 W Point McKenzie Road
Wasilla, AK 99654

www.nugensranchak.org

Mouse House
201 E. Swanson
Wasilla, AK 99654

(907) 376-6773

A covenant consignment shop.

First Presbyterian Church
1375 Bogard Road
Wasilla, AK 99654-6524

(907) 376-5053

Furniture by appointment.

Good Shepherd Lutheran
501 E Bogard Rd
Wasilla, AK 99654

(907) 376-3522

Clothing vouchers available.

Salvation Army Thrift Store
2301 Sun Mountain Ave.
Wasilla, AK 99654

(907) 376-7598

Thrift Store. Clothing and furniture vouchers honored for disaster relief. **Vouchers available from Palmer location.**

Turn-A-Leaf
400 N. Yenlo
Wasilla, AK 99654

(907) 376-5708

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
871 Commercial Drive Wasilla, AK 99654
www.hrced.com

(907) 745-5872

(907) 373-5872

Offers adult basic education, GED preparation and testing, job search skills.

Alaska Job Center Network

Toll Free
Unemployment Insurance
Westside Center / 877Commercial Drive
Wasilla, AK 99654
www.jobs.state.ak.us

(907) 352-2500

(888) 830-4473

(888) 252-2557

Provides business/employer connections, job seeker resources, job training, vocational rehabilitation, unemployment insurance, and labor market information.

Alaska Job Corp

800 E Lynn Martin Drive
Palmer, AK 99645
www.alaska.jobcorps.gov

(907) 861-8800

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)

JBER (Joint Base Elmendorf Richardson)
Anchorage, AK

<http://dmva.alaska.gov/AMYA>

(907) 375-5554

(877) 242-5643

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

300 W Swanson Avenue
Wasilla, AK 99654

(907) 373-6357

Alaska Department of Vocational Rehabilitation

877 W Commercial Drive
Wasilla, AK 99654

(907) 352-2545

Assist people with disabilities in obtaining and maintaining employment.

Charter College

721 West Parks Hwy
Wasilla, AK 99654

<http://www.chartercollege.edu/>

(907) 352-1000

Fast track career oriented degree and certification programs.

Family Nutrition Program

UAF Cooperative Extension Service
809 S Chugach Street, Suite 2
Palmer, AK 99645

www.uaf.edu/ces

(907) 745-3423

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

501 Gulkana
Palmer, AK 99645

www.matsuk12.us

(907) 746-9239

Provides help with enrollment and support for students currently between homes.

Human Resources Company**(907) 745-5872**

839 S Dimond Street
Palmer, AK 99645
www.hrced.org

Provides education and training along with adult education and literacy programs.

Matanuska-Susitna College**(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**(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**(907) 373-3006**

300 N. Willow
Wasilla, AK 99654
www.ninestar.com

Youth employment services.

North America Outdoor Institute**(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**(907) 733-7111**

PO Box 46
Talkeetna, AK 99676
www.northersusitnainstitute.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

(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.

Unemployment Insurance

(888) 252-2557

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

www.matsufamilies.org

Alaska Family Services: Child Care Assistance Program

(907) 376-4080

899 Commercial Drive, Wasilla
1825 S. Chugach St., Palmer
<http://www.akafs.org>

(907) 746-4080

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)

(907) 745-4040

403 S. Alaska Street
Palmer, AK 99645
<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**(888) 268-4632****Dzuuggi Preschool****(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**(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**(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**(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**(907) 373-5024**

877 W. Commercial Dr
Wasilla, AK 99654
<http://www.threadalaska.org/>

Provides childcare referrals to early learning programs.

CHILD CARE: MAT-SU

Licensed providers accepting public assistance

<https://dpasysops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx>

BIG LAKE

- Big Lake Early Childhood Academy** (907) 892-6019
4.5 Big Lake Road, Big Lake Elementary School
- Bright Minds Learning Center**..... (907) 892-2600
9871 W. Margin Way

PALMER

- CCS Early Learning**..... (907) 745-4483
11672 Wright Way, Sutton
- Close to Home Childcare & Learning Center**.....(907) 745-7181
1720 N. Loma Prieta Dr.
- Lil Cubs Childcare**..... (907) 746-5499
1505 N. Golden Hills Circle
- Little Friends Childcare**..... (907) 746-7095
1635 N. Old Glenn Hwy
- Margaret's Little People**..... (907) 745-2719
1160 W. Josselin Lane
- Miss Becky's Daycare**..... (907) 745-8537
4003 N. Forestwood Dr.
- Mouse Trap Playschool**..... (907) 745-1803
517 S. Cobb Street
- Palmer Lifeways**..... (907) 746-0077
612 1st Street
- Pampered Moms**..... (907) 373-7173
1431 Downwind Dr #2
- Profiles of Excellence**..... (907) 745-2349
260 S. Cobb St.
- Rays Child Care**..... (907) 745-4875
Mile 3.5 Palmer-Wasilla Highway
- Shanelle's Daycare**..... (907) 631-2390
2298 S. Butte Drive
- Tree of Life Child Development Center**..... (907) 746-5338
268 E. Fireweed Ave.
- Wee Care A Lot Child Care**.....(907) 746-1008
955 Josh Drive

TALKEETNA

- Sunshine Station Child Care Center**..... (907) 733-5437
Mile 4.4 Spur Road

WASILLA

- A Touch of Home Childcare & Learning Ctr**..... (907) 357-2237
260 E. Nelson Ave.
- Alaska Children's Academy LLC**.....(907) 414-9932
2731 E. Beech Way

All About Kidz Child Care & Learning Center..... (907) 357-8035
300 E Kalli Circle

Angels Daycare & Preschool..... (907) 357-6601
7078 Birchleaf Dr.

Arctic Natural Early Education LLC (907) 952-2977
4900 W. Clayton St.

Aunty Cheryl's Child Care..... (907) 376-0902
1731 N. Lacy Loop

Blessings From the Lord Family Childcare..... (907) 707-4331
6691 Kinsington Ave.

Burchell Learning Center..... (907) 864-2600
1775 W. Parks Highway

Butterflies & Bullfrogs..... (907) 376-7990
6401 Calista Drive

Carefree Kids, LLC..... (907) 373-3950
3950 Carefree Drive

CCS Meadow Lakes Early Learning Center..... (907) 373-7165
7362 W. Parks Highway #752

CCS Wasilla Early Learning Center..... (907) 373-7795
2100 E. Foundry Way

Dee's Little Angels (913) 240-5858
2010 S. Paddock Dr.

Denali Gymnastics & Fitness, INC. (907) 373-3547
300 E Kalli Circle

Illuminations Child Care..... (907) 373-3118
611 S. Knik-Goosebay Rd, Suite B & Suite F

Kidz Come 1st (907) 357-9445
6390 S. Roosevelt Dr

Kidzone Early Learning Academy..... (907) 376-5468
2450 Success Dr.

Kira's Kids N' Kritters..... (907) 376-0636
1200 N. Clinton Circle

Lil' House on the Meadow (907) 357-0095
3801 N. Coronado Street

Little Learner's Academy..... (907) 841-1334
244 S. Sylvan Suite 109

Miss Tori's Tots..... (907) 373-9609
South Settlers Bay Drive

Neoptions..... (907) 357-9237
4021 W. Kertulla Ct.

Nice Little Daycare..... (907) 373-3837
2360 Ridgewood Drive

Noah's Ark Child Care..... (907) 376-2345
2830 Brennass Way

Phoenix Child Care..... (907) 232-1363
1718 N. Fanciful Place, Unit B

- Pooh's Corner Day Care**..... (907) 357-1132
4909 N. Charley Dr.
- Settlers Bay Early Learning Center** (907) 357-9600
5705 S. Settlers Bay Dr.
- Rising Star Child Care & Learning Center**..... (907) 373-4875
1405 N. Wasilla Fishhook
- Rock of Ages Daycare & Learning Center**..... (907) 357-6300
3060 Lazy Eight Court, Suite 7
- Teresa's Child Care**..... (907) 373-5224
991 S. Vine Road
- The Alaska Club Valley**..... (907) 376-3300
1720 E. Parks Highway
- The Thornton House**..... (907) 355-4796
648 E. Mountain Ash Loop

FOOD & NUTRITION

Alaska Family Services: Women Infant and Children (WIC) (907) 746-6242
1825 Chugach Street
Palmer, AK 99645

WIC in Wasilla (907) 376-4080
899 W Commercial Drive
Wasilla, AK 99654

Promotes healthy eating and lifestyle habits that last a lifetime.

Big Lake Baptist (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 (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**(907) 864-0463**

7362 W. Parks Hwy #276
Wasilla, AK 99623

Family Christian Center**(907) 373-2617**

203 W. Dogwood Avenue
Palmer, AK 99645

Provides food as needed.

Family Nutrition Program**(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**(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**(907) 892-6225**

19777 W Parks Highway
Wasilla, AK 99654
www.hilltopag.org

Need to live in Houston area, call first.

King's Chapel**(907) 357-2065**

1701 N. Lucille
Wasilla, AK 99654

Call for designated hours: 1 Saturday per month.

Manna Independent Baptist Church**(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) (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 (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 congregare dinners.

Nugen's Ranch (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 (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 (907) 745-3022
Mile 40 Glenn Highway
Palmer, AK 99645

Food distribution after services: Sunday at 12:30 or by appointment.

Palmer Food Bank (907) 746-3565
221 S Valley Way
Palmer, AK 99645

Mat-Su residents only: Mondays-Fridays 1:00 pm-5:00 pm

Salvation Army
209 W. Evergreen
Palmer, AK 99645

(907) 745-7079

Mondays and Wednesdays **10:00am-1:30pm**

School Lunch Program
801 N. Wasilla-Fishhook Rd
Wasilla, AK 99654

(907) 376-5813

Turn in applications at child's school.

Sunshine Food Bank
#1 Walstead Road, Mile 4.2
Talkeetna, AK 99676

(907) 892-6492

Tuesdays: **10:00am-4:00pm.**

Upper Susitna Food Pantry
1600 E. Walstead
Talkeetna, AK 99676

(907) 733-3358

Mailing Address:
PO Box 277
Talkeetna, AK 99676

Upper Susitna Seniors, Inc.
HC 89 Box 592
Willow, AK 99688

(907) 733-6200

Meals on wheels for seniors and home delivered meals for locals who are medically incapacitated.

Veteran's Center
851 E. Westpoint Drive
Wasilla, AK 99654

(907) 376-4318

Hours of Operation, **Monday - Friday 8am - 4:30pm.**

Wasilla Area Senior Center
1301 Century Circle
Wasilla, AK 99654

(907) 376-3104

Provides lunch to senior citizens of Mat-Su area:
Mondays-Fridays 11:30 am-12:30 pm.

Willow United Methodist Church
67.8 Parks Hwy
Willow, AK 99688

(907) 414-7555

Bring photo ID: must have Willow address.
Wednesdays 10:00am-2:00pm.



HEALTH

COUNSELING/MENTAL HEALTH

Adolescent Residential Center for Help (ARCH)

(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

(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**(907) 376-8669**

901 Snohomish
Wasilla, AK 99654

Alcoholics Anonymous and Narcotics Anonymous meetings and sober social events.

Alcoholics Anonymous Hotline**(907) 376-4777****Alaska Attachment & Bonding Associates****(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
1825 S. Chugach St., Palmer
<http://www.akafs.org>

(907) 376-4080**(907) 746-4080**

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**(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, psycho-education and evidence-based practices including telehealth. Serves adolescents and adults.

Alaska Vocational Counseling Services**(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

(907) 373-5595

Alzheimer’s Association

(907) 746-3413

Trinity Barn Plaza
Mile 2.2 Palmer Wasilla Hwy
Palmer, AK 99645

In home respite, advocacy, referrals, support group, education.

Ascent Treatment Counseling

(907) 357-6860

5461 E. Mayflower Lane, #1
Wasilla, AK 99654

Addresses general mental health, substance abuse, and co-occurring disorders. Provides Alaska outdoor therapy, mental health counseling, couples counseling, substance abuse counseling, alcohol/substance abuse counseling, group classes, grief and trauma counseling, mentoring, and alternative lifestyle component. Accepts private insurance, self-pay, military, and alumni discounts. Serves ages 18 years+. Hours: Monday – Wednesday 9:00am-6:00pm, Thursday 9:00am – 5:00pm.

Benteh Nuutah Valley Native Primary Care Center

(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

(907) 745-7080

Careline Crisis Intervention

**Statewide
National**

**(877) 266-4357
(800) 273-8255**

Mental health and suicide prevention hotline.
Text 4 Help to 839863 from (Tuesday – Saturday 3pm-11pm)

Co-Occurring Disorders Institute, Inc.**(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**(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**(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**(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**(907) 761-7400**

3674 N. Clark Wolverine Rd.
Palmer, AK 99645

Psychiatric residential treatment facility (RTF) for children and adolescents.

Full Circle Counseling Solutions**(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**(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**(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

Anchorage

www.northstarbehavioral.com**(907) 258-7575****(800) 478-7575**

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

26731 Point Mackenzie Road

Wasilla, AK 99654

<http://nugensranchak.org>**(907) 376-4534****(800) 376-4535**

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.

1261 S. Seward-Meridian Pkwy, Suite M

Wasilla, AK 99654

(907) 376-9091

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

1365 E. Parks Hwy, Suite 101

Wasilla, AK 99654

(907) 357-6445

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 (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 (907) 376-9520

Starting Point (907) 376-6116

230 E. Paulson, Suite 76

Wasilla, AK 99654

Outpatient after care, Alcohol/Drug Information School (ADIS), evaluations and referrals, drug and alcohol treatment, family education, and case management. Serves ages 12+.

Sunshine Community Health Center (907) 733-2273

Behavioral Health Services

Talkeetna Clinic

4.4 Talkeetna Spur Road

Talkeetna, AK

Willow Clinic (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, telepsychiatry for veterans. Accepts Medicaid, Medicare, private insurance, Tricare, and provides a sliding-fee scale. Serves ages 12+.

The Children's Place (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

(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

(907) 279-9634

Wasilla, AK 99654

Provides programs including parenting with love and limits (PLL), and transition to independence program (TIP). Accepts all insurance plans and provides sliding scale for families without insurance.

DENTAL

Aurora Dental

(907) 376-8400

4501 E. Snider Dr.
Wasilla, AK 99654
<http://www.auroradentalak.com/>

Serve adult, children, and Medicaid populations.

Mat-Su Dental

(907) 376-2456

951 Bogard Road #203
Wasilla, AK 99654
<http://www.matsudental.com/>

Serves all ages and Medicaid populations.

Same Day Dental

(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

(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 (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 (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 Hyperbarics Center (907) 357-5400

Provides hyperbaric oxygen therapy. (Pressurized oxygen treatments)

Imaging Associates (907) 357-1220

1751 E Gardner
Wasilla, AK 99654

Provides MRI scanning, x-rays, nuke meds, and injections.

American Cancer Society (800) 227-2345

Provides cancer information and resources.

Alaska Statewide AIDS Helpline (800) 478-AIDS

C'eyiits' Hwnax Life House Community Health Center (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

(800) 357-7962

131 E. Swanson Avenue Suite 1
Wasilla, AK 99654
www.consumerdirectonline.net/alaska

Provides home care services.

Family Health Center

(907) 745-1777

425 E. Dahlia, Suite L
Palmer, AK 99645

Serves children and adults.

Geneva Woods Pharmacy

(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

(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

(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 (800) 497-8232

Mat-Su Public Health Center (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 (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 (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 (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 (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 (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 (907) 373-0850
950 E Bogard Rd
Wasilla, AK 99654

Serves children and adults.

Palmer Chiropractic Clinic (907) 745-0776

Poison Control-24/7 (800) 222-1222

Real Time II (907) 357-2158
1700 E. Bogard Road Bldg. A Suite 101
Wasilla, AK 99654
www.realtimewasilla.com

Sertoma – Mat-Su Club (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 (800) 230-6039
www.ashastd.org

Sunshine Community Health Center (907) 733-2273
Mile 4.4 Talkeetna Spur Rd
Talkeetna, AK 99676

Turn-A-Leaf (907) 376-5708
400 N. Yenlo
Wasilla, AK 99654

Provides access to medical equipment through loaner program.

Valley Native Primary Care Center

(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

(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.

(907) 373-2022

400 N Main St

Wasilla, AK 99654

Valley Internal Physicians

(907) 376-1633

950 E Bogard Rd, Ste 226

Wasilla, AK 99654

Wasilla Medical Clinic

(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

924 Leatherleaf Loop
Wasilla, AK 99654

www.heartreachalaska.com

(907) 373-3456
(800) 712-HELP (4357)

Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, clothing and more.

Heritage Birth Center

7200 E. Valley Cir.
Palmer, AK 99645

<http://www.midwife.net/>

(907) 746-6644

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

2650 Broadview Avenue, Wasilla
<http://www.matsumidwifery.com>

(907) 373-3420

Licensed midwives offering: prenatal massage, infant massage and lactation consultation. Nutrition classes and birth preparation classes.

Mat-Su Regional Hospital Palmer: Birthing Center

2500 S. Woodworth Loop, Palmer
<http://www.matsuregional.com>

(907) 861-6645

Childbirth and parenting education.

Pregnancy Hope-Line

24 hour statewide help line.

(800) 508-HOPE (4673)

Windsong Midwifery & Birth Center

231 East Swanson Avenue, Wasilla
<http://www.windsongmidwifery.com>

(907) 373-2672

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

(907) 745-5827

24-HOUR CRISIS LINES

Medical Emergency	911
Alaska Family Services	(907) 746-8026
Mat-Su Health Services	(907) 376-2411

TOBACCO PREVENTION

Alaska Tobacco Quit Line http://alaskaquitline.com	(800) QUIT-NOW (800) 784-8669
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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) Word of Faith Assembly: Mondays 6:30pm	(907) 373-3601
Alcoholics Anonymous 12-step support groups for individuals with alcohol addiction.	(907) 376-4777
Fresh Start Recovery (Faith-Based) Church on the Rock – Wasilla: Monday’s 7:00pm Real Life Church – Palmer : Monday’s 7:00pm	(907) 232-5797
Mat-Su Alano Club	(907) 376-8669
Al-Anon Helpline Support group for family members of addicted persons.	(907) 357-2550
Narcotics Anonymous 12-step support group for individuals addicted to narcotics.	(907) 352-3733

SUBSTANCE ABUSE TREATMENT & SERVICES

Adolescent Residential Center for Help (ARCH) (907) 279-9634

Hiland Road

Eagle River, AK

www.voaak.org/Services/Adolescent-Treatment/ARCH

Akeela Family Program (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 (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) (907) 746-6260

Provides substance abuse screening, case management and accountability for DUI and other alcohol/drug related misdemeanor cases.

Alaska Family Services (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.

Ascent Treatment & Counseling Services (907) 357-6860

Alcohol and drug treatment, ASAP referrals.

Mat-Su Health Services (907) 376-2411

Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

Olive Tree Counseling (907) 357-6513

5730 E. Pilgrim Ct., Suite A

Wasilla, AK 99654

Faith-based counseling services.

Nugen's Ranch**(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**(907) 373-4732**

7335 E. Palmer-Wasilla Highway

Palmer, AK 99645

Addresses substance use disorders and co-occurring substance use disorders. Christian outpatient rehab center that uses a mind-body-spirit approach to recovery. Provides individual and group therapy, support group, assessments for youth and adults, relapse prevention groups, tele-health treatment. Accepts Medicaid, private insurance and provides a sliding-fee scale. Serves ages 18+ and assessment and referral for youth.

Starting Point**(907) 376-6116**

230 E. Paulson Ave. Suite 76

Wasilla, AK 99654

www.startingpointak.com

Alcohol and drug treatment for adults and adolescents, outpatient programs, and ADIS. Serves ages 12+.

Sunshine Community Health Center**(907) 733-2273**

Provides individual, couples, family, and group therapy.

The Recovery Connection**(907) 746-6660**

Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.

VISION

Alaska Center for the Blind and Visually Impaired

(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

(907) 376-5266

1700 Parks Hwy

Wasilla, AK, 99654

(Behind Arby's)

Takes Medicaid for exams and glasses.

Capstone Eye Clinic

(907) 357-9595

3122 E. Meridian Park Lp

Wasilla, AK 99654

Takes Medicaid for exams and glasses.

Classic Eyewear

(907) 376-9173

935 Westpoint Dr.

Wasilla, AK 99654

(Brown office building behind Midas)

Takes Medicaid for exams and glasses.

Eye Care America

(800) 391-EYES

Glaucoma & diabetes eye exams for elderly/children, may be free.

Lions Club

(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
1350 S. Seward Meridian Parkway
Wasilla, AK 99654

(907) 376-0835

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
4505 E. Greenstreet Cir.
Wasilla, AK 99654
(Next to Enterprise Car Rental)

(907) 376-2020

Takes Medicaid for exams and glasses.



HOUSING

HOMEOWNERS

Alaska Community Development Corporation
1517 S. Industrial Way #8
Palmer, AK 99645
<http://www.alaskacdc.org/>

(907) 746-5680
(800) 478-8080

Housing and energy efficiency programs.

Alaska Housing Finance Corporation
851 Westpoint Dr, B6
Wasilla, AK 99654
<http://www.ahfc.state.ak.us/home/index.cfm>

(907) 376-5744

Provides Alaskans with access to safe, quality, affordable housing.

Blood-N-Fire Ministries of Alaska

(907) 864-0463

7362 W. Parks Hwy #276
Wasilla, AK 99623

Rent and Mortgage assistance (when funds are available).

Creekwood Park

(907) 745-5926

1955 N. Creekwood Park Ave.
Palmer, AK 99645

Eagle Ridge Townhomes

(907) 746-2516

1775 Thuma Street
Palmer, AK 99645

Low income tax credit property

Habitat for Humanity Mat-Su

(907) 373-7278

900 Hyer Road
Wasilla, AK 99654

Coordinates community volunteers to construct homes for low income families.

Hunter Creek Apartments

(907) 746-2005

855 W. Fern Avenue
Palmer, AK 99645

Low income tax credit property

Knik Tribal Council

(907) 373-7991

951 E. Bogard
Wasilla, AK 99654

Home modernization & rehabilitation programs
Monday-Friday: **8:00am-5:00pm**

Palmer Arms Apartments

(907) 841-3313

112 South Alaska Street
Palmer, AK 99645

Affordable housing.

Rural Development Corp

(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

(800) 478-AHFC

www.ahfc.us

Provides an online locator for population specific housing.

Alaska Pioneer Homes

(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

(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

(907) 745-5454

Housing Line

(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.

(907) 357-3999

1210 N. Kim Drive, Suite A

Wasilla, AK 99654

Northstar Assisted Living

(907) 357-2012

PO Box 872889

Wasilla, AK 99687

Senior Housing

(907) 376-5744

1201 N Lucille St Suite 104

Wasilla, AK 99654

Alaskan housing and finance programs to assist the elderly/disabled.

Sutton Manor
Mile 61.5 Glenn Hwy
Sutton, AK

(907) 745-1372

Low income housing for seniors.

Valley Residential Services
1075 Check Street
Wasilla, AK 99654

(907) 357-0256

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
1301 Century Circle
Wasilla, AK 99654

(907) 376-3104

<http://www.alaskaseniors.com/housing.html>

Provides 129 units of housing for seniors.

Williwaw I and II
1201 Century Circle, B-4; PO Box 873347
Wasilla, AK 99687

(907) 376-5744

Low cost housing for seniors.

SUBSIDIZED HOUSING

Alaska Housing Finance Corporation
www.ahfc.us

(800) 478-AHFC

Provides an online locator for vouchers.

Forest Apartments
330 Cobb Street
Palmer, AK 99645

(907) 745-3957

Forest Hills
Valley Residential Services/PO BOX 871874
Palmer, AK 99645

(907) 357-0256

HUD-VASH

Alissa Zank- Mat-Su

(907) 631-7649

Mary Joe Williams - Anchorage

(907) 273-4016

Karen Doss - Anchorage

(907) 273-4045

Provides housing vouchers to homeless veterans and their families.
Must be eligible through the VA.

Knik Tribal Council**(907) 373-7991**

951 E. Bogard

Wasilla, AK 99654

Monday-Friday: **8:00am-5:00pm**

Northridge Apartments**(907) 745-3484**

424 E. Dogwood Ave.

Palmer, AK 99645

Ridgecrest Park**(907) 376-9512**

201 E. Kalli Circle

Wasilla, AK 99654

Valley Residential Services**(907) 357-0256**

1075 Check Street

Wasilla, AK 99654

Provides low-income housing.

SHELTERS**Alaska Family Services: Domestic Violence Shelter****(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**(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**(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**(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**(907) 354-4660**

400 N Yenlo

Wasilla, AK 99654

Provides temporary/short term hotel vouchers



SUPPORT

Family and Parenting

AGAPE Foster Care Network

(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

(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

(907) 376-4678

5050 Dunbar Street Suite A2
Wasilla, AK 99687
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 (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

(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

(907) 376-4617

1075 Check Street Suite 209
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

(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.

(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

(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

924 Leatherleaf Loop
Wasilla, AK 99654

www.heartreachalaska.com

(907) 373-3456
(800) 712-HELP (4357)

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

<http://www.llusa.org/web/MatSuValleyAK.html>

(907) 357-6455

Childbirth education and preparation, mother to mother support, and lactation consultants.

Office of Children’s Services

695 E. Parks Hwy
Wasilla, AK 99654

<http://hss.state.ak.us/ocs>

(907) 357-9797
(800) 478-4444

Child protection services.

MSSCA: Early Intervention/Infant Learning Program

1225 W. Spruce Avenue
Wasilla, AK 99654

<http://www.mssca.org>

(907) 352-1200

Provides family support services and infant learning program.

Child Help -National Child Abuse Hotline

(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 NEEDS

Access Alaska

(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

(800) 478-9996

550 West 8th Avenue

(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

(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

(800) 478-1234

330 Arctic Blvd., Suite 103

(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.

(907) 745-6012

550 S. Alaska St.

Palmer, AK 99645

Provides case management/service coordination for adults who experience mental illness.

Immediate Care**(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**(907) 761-7400**

3674 N. Clark Wolverine Rd.
Palmer, AK 99645

Psychiatric residential treatment facility (RTF) for children and adolescents.

Hope Community Resources**(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**(907) 745-8505**

9850 Strand Drive
Palmer, AK 99645

Childcare with experience in providing care for severely emotionally disturbed children.

LINKS Parent Resource Center**(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)**(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

(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

(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

(800) 478-4462

www.nami.org

(907) 272-0227

Provides support, education, and advocacy to people who experience mental illness and their families and friends.

Rescare Alaska

(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

(907) 373-7716

4351 E. Bogard Rd.
Wasilla, AK 99654

(907) 982-7716

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

(907) 745-4511

4350 S. Bodenbug Loop
Palmer, AK 99645

Spring Creek Farm

(907) 746-2714

6404 N Lossing Rd.
Palmer, AK 99645

Reindeer Farm

(907) 745-4000

5561 S Bodenbug Loop Rd.
Palmer, AK 99645

Musk Ox Farm

(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	(907) 745-7274
Palmer Golf Course	(907) 745-4653
Settler's Bay	(907) 376-5466
Sleepy Hollow	(907) 376-5948

HORSE RENTALS/RIDING

D & S Alaska Trail Rides (Talkeetna)	
Summer	(907) 733-2207
Winter	(907) 745-2208
www.alaskantrailrides.com	
Flying G Ranch	(907) 745-7258

INDOOR FACILITIES

Alaska Club	(907) 376-3300
Wasilla	
1720 E Parks Highway Wasilla, AK 99654	
Palmer	(907) 746-3305
12051 E Palmer-Wasilla Hwy Palmer, AK 99645	
AT&T Sports Center	(907) 7GO-PLAY (746-7529)
1507 N. Double B Street Palmer, AK 99645 www.attsportscenter.com	

Large open courts. Hosts Lil' Kickers, Hoopers, and Tacklers.

Body Renew	(907) 376-7144
1325 E Palmer Wasilla Hwy Unit 108 Wasilla, AK 99654	

Cooperative Extension Services**(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**(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**(907) 357-2878**

1051 E Bogard Road St. 2
Wasilla, AK 99654

Discover Dance Studio**(907) 373-2623**

245 E Nelson Ave
Wasilla, AK 99654

Jay's Taekwondo**(907) 376-7433**

1151 Shenandoah Ave Suite 1
Wasilla, AK 99654

Taekwondo and Women's Self Defense Lessons.

Okamoto's Karate**(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**(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**(907) 357-3933**

5700 West Pilgrim Court
Wasilla, AK 99654

BOWLING ALLEY

North Bowl

3250 E. Palmer- Wasilla Hwy
Wasilla, AK 99654

(907) 357-6600

ICE ARENAS

Brett Memorial Ice Arena

(907) 376-9260

Palmer Ice Arena/MTA Events Center

(907) 746-4231

Big Lake Lions Ice Rink

(907) 892-6502

Menard Ice Rink

(907) 357-9100

MAT-SU LIBRARIES

www.matsulibraries.org

Big Lake Library

3140 S Big Lake Rd
Big Lake, AK 99652

(907) 892-6475

Job Center Affiliate: Work force development, afternoon story time, preschool story time, summer reading. Also offer computer, copying, and notary services.

Palmer Public Library

655 S. Valley Way
Palmer, AK 99645

(907) 745-4690

Internet access, Story Times for lap sit infants, two year olds and 3-5 years olds.

Sutton Public Library

11301 North Chickaloon Way
Sutton, AK 99674

(907) 861-7640

Summer Reading Program, Afterschool Program, Story Time, and Community Book Club.

Talkeetna Public Library

Mile 13.5 Talkeetna Spur Rd/ PO Box 768
Talkeetna, AK 99676

(907) 733-2359

Story Time, Community Book Club, and baby and me lap sit.

Trapper Creek Library Association (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 (907) 376-5913
391 N. Main St.
Wasilla, AK 99654

Summer reading program, Audio Books, Digital pipeline, and story times.

Willow Public Library (907) 495-7323
23557 W. Willow Community Center Cr.
Willow, AK 99688

Story Time and summer reading program

MUSEUMS

Dorothy Page Museum (907) 373-9071

Knik Historical Society (907) 376-2005

Knik Museum (907) 376-7755

Museum of Alaska Transportation and Industry (907) 376-1211

Palmer Museum (907) 746-7668

Talkeetna Historical Society (907) 733-2487

Trapper Creek Museum (907) 733-2557

SWIMMING POOLS

Palmer Swimming Pool (907) 861-7671

Wasilla Swimming Pool (907) 376-4222

(After 2 pm call) (907) 373-6897

Or (907) 861-7680

THEATERS

The Valley Cinema (907) 357-3000

www.catheatres.com

Valley Performing Arts**(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**(907) 733-7929**www.denaliartscouncil.org

Live performance theatre.

TRAILS, PARKS, HIKING**Alaskans for Palmer Hay Flats****(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****(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

(907) 745-7547

1150 S. Colony Way Suite 3

Palmer, AK 99645

glynn@mtaonline.net

www.matsuski.org

Mat-Su Ski and Snowboard Club

(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

(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

CHRISTIANSSEN LAKE PARK

Christianssen Lake Park is a small day-use park located on the west side of Christianssen 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 snowmachining.

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

Hermon Brothers Field: AK State Fairgrounds
Palmer, AK 99645
www.matsuminers.org

(907) 745-6401

MTA Events Center

Palmer, AK 99645

(907) 357-8257

YOUTH ORGANIZATIONS

Big Brothers Big Sisters
1075 Check Street, Ste 209
Wasilla, AK 99654

(907) 376-4617

Boys & Girls Club
3700 E. Bogard Rd
Wasilla, AK 99654
www.bgcalaska.org

(907) 357-2582

Boy Scouts
3117 Patterson Street
Anchorage, AK 99504
www.scoutingalaska.org

(907) 337-9547

Girl Scouts
Wasilla, AK 99654

(907) 376-3822

Pillow for Kids
5510 E. Hemlock Drive
Wasilla, AK 99654
<http://pillowsforkidsfoundation.org>

(907) 376-5326

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 (907) 694-7850
(Mat-Su Steelers and Mat-Su Seahawks)
www.alaskapopwarner.net

Gymnastics/Cheer

Denali Gymnastics (907) 373-3547
300 E Kali Cir.
Wasilla, AK 99654
<http://denaligymnastics.com>

Excel Gymnastics (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.jravalanchehockey.com

Soccer

Lil' Kickers (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**(907) 232-6425**

1830 E Parks Hwy, Ste A113

Wasilla, AK 99654

soccer@wasillayouthsoccer.orgwww.wasillayouthsoccer.org**Volleyball****AVA (Alaska Volleyball Association)****(907) 622-1915**www.alaskavolleyball.org**Northern Lights Volleyball Club****(907) 745-2447**diane@northernlightsvolleyball.netwww.northernlightsvolleyball.net**100 Low Cost Ways to Have Fun with Your Kids**

1. Have a reading marathon.
2. Write stories together.
3. Play soccer.
4. Paint or draw together.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or beach.
8. Play board games.
9. Play kickball.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to a museum.
12. Go to a playground.
13. Play hide-and-seek.
14. Have a pillow fight.
15. Ride bikes.
16. Build sandcastles.
17. Rent a DVD and make popcorn.
18. Tell stories.
19. Have a scavenger hunt.
20. Make mazes or puzzles for each other to solve.
21. Play card games.
22. Garden together.
23. Bake cookies (let the kids help).
24. Go to the zoo.
25. Go to the library.
26. Shop at a thrift shop.
27. Create a blog together.
28. Create a scrapbook.
29. Make a movie using a camcorder and computer.

30. Learn to play music.
31. Finger paint.
32. Make play dough from scratch.
33. Make homemade mini pizzas.
34. Buy popsicles.
35. Make hand-painted T-shirts.
36. Set up a hammock, make lemonade, and relax.
37. Go to a pool.
38. Go to a public place, people watch, and make up imaginary stories about people.
39. Visit family.
40. Write letters to family.
41. Paint or decorate the kids' room.
42. Make milkshakes.
43. Play freeze tag.
44. Create a treasure hunt for them (leaving clues around the house or yard).
45. Decorate a pair of jeans.
46. Do a science experiment.
47. Play games online.
48. Teach them to play chess.
49. Learn magic tricks.
50. Create a family book, with information and pictures about each family member.
51. Fly kites.
52. Go snorkeling.
53. Barbecue.
54. Volunteer.
55. Donate stuff to charity.
56. Compete in a three-legged or other race.
57. Create an obstacle course.
58. Pitch a tent and sleep outside.
59. Roast marshmallows.
60. Play loud music and dance crazy.
61. Write and produce a play (to perform before other family members).
62. Paint each other's faces.
63. Have a water balloon fight.
64. Have a gun-fight with those foam dart guns.
65. Explore your yard and look for insects.
66. Go for a walk and explore the neighborhood.
67. Go jogging.
68. Take pictures of nature.
69. Play a trivia game.
70. Make up trivia questions about each other.
71. Make hot cocoa.
72. Play house.
73. Decorate the house with decorations you make.
74. Make popsicles.
75. Play school.

76. Do shadow puppets.
77. Make a comic book.
78. Play in the rain.
79. Make mud pies.
80. Blow bubbles.
81. Take turns saying tongue twisters.
82. Sing songs.
83. Tell ghost stories in the dark with a flashlight.
84. Build stuff with Lego's.
85. Give them a bubble bath.
86. Play with squirt guns.
87. Play video games together.
88. Play Wiffleball.
89. Play Nerf football.
90. Build a rocket from a kit.
91. Bake a cake and decorate it.
92. Play dress-up.
93. Thumb-wrestle, play mercy, or have a tickle fight.
94. Make a gingerbread house, or decorate gingerbread men.
95. Learn and tell each other jokes.
96. Play basketball.
97. Learn to juggle.
98. Walk barefoot in the grass and pick flowers.
99. Build paper airplanes and have a flying contest.
100. Prank call their grandparents, using disguised, humorous voice.



SENIOR CITIZENS

(For Senior Housing please see Population Specific Housing pg. 30)

Alaska Housing Finance Corporation (AHFC)

(907) 330-8436

www.ahfc.us

Listing of assisted living homes/facilities in Anchorage, Eagle River, and Mat-Su.

Access Alaska

(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

(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

(907) 745-3000

1260 E. Westpoint Dr.

Wasilla, AK 99654

ADL assistance, home management, daily and overtime. Respite day time.

Hearts & Hands

(888) 644-0480 ext. 2

Wasilla & Palmer Area

www.heartsak.com

Adult Daycare

Home Instead Senior Care

(907) 277-4663

440 W. Benson

Anchorage, AK 99508

ADL assistance, home management, daily and overtime. Respite daytime.

Immediate Care Alaska**(907) 357-4387**

4851 East Blue Lupine Road Suite B
Pioneer Plaza
Wasilla, AK 99654
www.immediatecareak.com

Provides homecare services along with caregiver support and services.

LV's Home Care**(907) 373-0503**

826 McMillan Ct
Wasilla, AK 99654

Mat-Su Aging and Disability Resource Center (ADRC)**(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**(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)
Care Coordination****(907) 745-5454****(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. pacc@mtaonline.net

Meadow Lakes Seniors, Inc.**(907) 357-3999**

1210 N. Kim Drive, Suite A
Wasilla, AK 99654

Mid Valley Senior Center**(907) 892-6114**

11975 W. Mid-Valley Way, Suite #A
Wasilla, AK 99654
www.mid-valleyseniors.org

Older Person's Action Group
ProCare Home Medical
713 Northway Drive
Wasilla, AK 99654

(877) 274-0770
(907) 274 - 0770

Care coordination.

Rescare Alaska
892 E. USA Circle Suite 102
Wasilla, AK 99654

(907) 357-5627

ADL assistance and home management. Day time respite care.

Red Mountain Care Coordination
9520 North Wolverine Road
Palmer, AK 99645

(907) 745-8117

Care coordination.

Respect Your Elders
2301 Colleen St
Palmer, AK 99645

(907) 745-3687

Adult day care and respite.

Midnight Sun Home Care
241 East 5th Avenue #204
Anchorage, AK 99501

(907) 677-7890

Provides assisted living in the comfort of your own home while professional caregivers help with everyday tasks.

Social Security Administration

(800) 772-1213

Service concerning lost/stolen cards/checks or other SS problems.

Starfish Cares LLC
201 E. Swanson Ave # 13
Wasilla, AK 99654

(907) 376-1922

Care coordination.

Sunshine Transit
www.sunshinetransit.org

(907) 733-9279

Is a Medicaid/Medicaid waiver transport provider.

Upper Susitna Seniors, Inc.
16463 East Helana
Talkeetna, AK 99676

(907) 733-6200

Provides activities, exercise, crafting, congregate meals, and referrals.

Wasilla Senior Center
1301 Century Circle
Wasilla, AK 99654
<http://www.wasillaseniors.com/>

(907) 376-3104

Provide congregate and home delivered meals along with recreational activities.

Willow Area Seniors, Inc.
HC 89 Box 57
Willow, AK 99688

(907) 495-5222

Willow Personal Care Assistants
PO Box 624
Willow, AK 99688

(907) 495-6778

TRANSPORTATION

A Cab

(907) 775-7475

Accepts MASCOT vouchers.

Alaska Cab Valley

(907) 357-2727

Chickaloon Area Transit

(907) 745-1753

M.A.S.C.O.T

<http://www.matsutransit.com/>

(907) 376-5000

Valley wide public bus transportation

Mat-Su Senior Services

(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

<http://www.valleymover.com/>

(907) 892-8800

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

(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

(907) 357-9100

1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com

Call for availability and pricing.

Evangelo's Restaurant & Banquet Facility

(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

(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 re-schedule meetings as needed.

MTA

(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

(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

(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

(907) 745-4467

11301 Chickaloon Way

Sutton, AK 99674

Willow Community Center

(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 Committes, 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.

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.

- **Contact Angel Flight West** **888-4-AN-ANGEL**
www.angelflightwest.org **(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** **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** **907-212-3600**
<http://alaska.providence.org/giving>
- **Contact Children’s Miracle Network** **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.**

