24 hour Crisis Lines:

Emergencies Dial 911
- Adult Protective Services: 800-478-9996
- Alaska Family Services: 866-746-4080
- Beacon Hill /Safe Families for Children: (907) 222-0925
- Compassionate Directions: 352-1200
- Cook Inlet Tribal Council: 793-3132
- Denali Family Services: 376-3275
- Family Centered Services: 357-7159
- HeartReach Center: (800) 712-HELP (4357)
- LINKS Parent Resource Center: 373-3632
- Mat-Su Health Services: 356-2411
- Mat-Su Services for Children & Adults: 352–1200
- Pediatric Resource Center of Alaska: 414-9554
- Reach907 (formerly Royal Family Kids): 982-9645 (mentoring for children in foster care)
- Stone Soup Group: (907) 561-3701
- Sunshine Community Health Center: 733-2273 (Talkeetna)
- thread Alaska: 373-5024

Children/Family Services
- Alaska Center for Resource Families: 1-800-478-7307 or 376-4678
- Alaska Family Services, Inc.: 746-4080
- Beacon Hill /Safe Families for Children: (907) 222-0925
- Compassionate Directions: 352-1200
- Cook Inlet Tribal Council: 793-3132
- Denali Family Services: 376-3275
- Family Centered Services: 357-7159
- HeartReach Center: (800) 712-HELP (4357)
- LINKS Parent Resource Center: 373-3632
- Mat-Su Health Services: 356-2411
- Mat-Su Services for Children & Adults: 352–1200

Emergency Shelters
- AFS Domestic Violence Shelter: 746-8026 /24/7 (866) 746-4080
  1825 S. Chugach St., Palmer
  For female victims of domestic violence and sexual assault with or without children; 24-hour staffing.
- Family Promise of Mat-Su: 357-6160
  561 W. Nelson, Wasilla
  Shelter, meals, and case management for families without housing. Pet boarding available.
- MY House: 373-4357
  300 N. Willow Street, Wasilla
  Provides emergency shelter for homeless youth ages 14-24.

Care Coordination & Case Management
- Alaska Behavioral Health: 563-1000
- ADRC-Wasilla: 373-3632
- Care Coordination Resource of Alaska: 746-3445
- Choices, Inc.: 333-4343
- Cook Inlet Tribal Council: 793-3300
- Daybreak, Inc.: 746-6019
- Denali Family Services: 376-3275
- Hope Community Resources: 357-3750
- Knik Tribal Council: 373-7991
- Mat-Su Health Services-Behavioral Health Team: 376-2411
- Southcentral Foundation-Benteh Nuutah: 631-7800
- Sunshine Community Health: 373-5807

Information & Referrals
- C’eyiit’s Hwanax Community: 631-7665
- Chickaloon Village-Sutton: 745-0749
- Cook Inlet Tribal Council: 373-7918
- Connect Mat-Su: 373-2628
- Knik Tribal Council: 373-7991
- LINKS Parent Resource Center: 373-3632
- ADRC-Wasilla: 373-3632

Mental Health and Suicide Prevention
(Tuesday – Saturday 3pm-11pm)
- Text 4 Help to 839863
- Crisis Text Line: 741-741 (Text START)
- Poison Control: (800) 222-1222
- SART (Sexual Assault Response Team): (866) 746-4080
- Crisis Line – Peer Support (Substance Abuse): 982-HOPE
- Standing Together Against Rape (STAR): 1-800-478-8999

24/7 Prescription Savings Card
BIN: 610194
CARD ID: FM200
GROUP ID: FM200
PCN: FW

United Way of Mat-Su: 373-5807
Food & Nutrition

Big Lake Baptist Church
892-6646 10864 W. Parks Hwy, Big Lake
Wednesday 6:00 pm free dinner and food box.
Please call for food boxes.

Big Lake Community Food Pantry
841-4227 Mile 0.5 Hollywood Road, Big Lake
Faith Bible Fellowship of Big Lake
Open Thursday 11:30 am – 1:30 pm.

Salvation Army Christian Center Food Pantry
232-6706 Mile 49 Glenn Highway, Palmer
Open Wednesday, 1-3PM
for Palmer and Butte residents.

Family Christian Center
373-2617 203 W. Dogwood Avenue, Palmer

5 Loaves 2 Fish Kitchen
376-3522 501 E. Bogard Road, Wasilla
Meal preparation and delivery to those in need.

Frontline Mission
357-8600 2001 E. Palmer Wasilla Hwy, Wasilla
Hot meals, food pantry, clothing: Thursday and Friday
10:30 am – 1:30 pm; Wed. 6:00 – 7:00 pm.

Grace Bible Church Food Pantry
354-0012 15748 Glenn Hwy.
Thursdays from 6 to 7 pm.

Hilltop Assembly of God
892-6225 19777 W Parks Highway, Wasilla
Need to live in Houston area, call first.

Kids Kupboard
360-9476 244 S. Sylvan Dr, Meadow Lakes
Hot meals on-site and cold lunches daily—Call for hot meal sites and schedules.

Manna Independent Baptist Church
745-3898 10151 E Palmer Wasilla Hwy, Palmer
Wednesday 8:00pm and Sunday 12:30pm.

Mat-Su Food Bank
357-3769 501 Bogard Rd., Wasilla
Bring photo ID: Mat-Su residents only. Monday-
Friday: 10am-1pm. Call for information about Food 4
Kids program.

Mat-Su Senior Services
745-5454 1132 S. Chugach Street, Palmer

Nugen’s Ranch
376-4534 26731 W Point McKenzie Road, Wasilla
Mondays and Fridays: 5:45 pm-7:00 pm.

Palmer Food Bank
746-3565 221 S Valley Way, Palmer
Mat-Su residents only: Mondays-Fridays 1:00-5:00.

Salvation Army
745-7079 12271 E. Palmer-Wasilla Hwy, Palmer
Mon and Tues 12pm-4pm; Wed 10:00am-1:30pm.

MSBSD School Lunch Program
376-5813 801 N. Wasilla-Fishhook Rd, Wasilla

Upper Susitna Food Pantry
892-6492 16004 E Walsted Rd., Talkeetna
Wed./Fri./Sat. noon-4pm

Wasilla Area Senior Center
376-3104 1301 Century Circle, Wasilla
Sunshine & Valley Transit can pickup and
deliver pre-paid groceries & prescriptions.
Call 864-5000

Housing, Rental, & Utilities Assistance

Alaska Family Services 746-4080
Blood N’ Fire Ministries 864-0463
Daybreak, Inc. 746-6019
Family Promise 357-6160
Knik Tribal Council 373-7991
Salvation Army Mat-Su 745-7079
St. Vincent DePaul 892-6492
UP Church 745-3822
Valley Charities, Inc. 354-4660
Wasilla Homeless Comm. 521-2949

Other Shelter

Alaska Family Services 746-4080
Choosing Our Roots 764-6233
Host homes for LGBTQ youth.

Catholic Social Services
745-8811

Connect Palmer
746-9675 202 S. Alaska Street, Palmer
Family Promise Mat-Su
357-6160 561 W. Nelson, Wasilla

Knik House
841-3090 7362 W Parks Hwy, Wasilla
MY House For ages 14-24
373-4357 300 N. Willow St., Wasilla

Valley Residential Services
957-0256

Treatment-Substance Abuse

Alaska Family Services 376-4000
AKEELA 225-4135
ALANO Club 376-8669
Alanon 357-2550

Alcohol Safety Action Program
746-6260

Cook Inlet Tribal Council Recovery Services 357-5400
Mat-Su AA Hotline 376-4777

Narcotics Anonymous
1-866-258-6329

Nugen’s Ranch 800-654-4673
Starting Point 376-6116

Set Free Alaska 373-4723
Teen Challenge of Alaska
800-559-9503
True North Recovery Services 313-1333

Transportation

A-Cab 775-7475
Alaska Cab 357-2727
Chickaloon Area Transit 745-1753

Knik Tribal Council 373-7974
Redi-Rides of Alaska 357-7500

Sunshine Community Transit
495-8411 for Wasilla/Willow Area
354-3885 for Talkeetna

Valley Cab 357-8294
Valley Transit 864-5000

Public Assistance Resources

Alaska Division of Public Assistance
376-3903 855 W Commercial Drive, Wasilla

Alaska Legal Services 888-478-2572

Animal Control 746-5500

Child Care Assistance Program
373-4450

Child Support Services Division 357-3550

Disability Law Center
(800) 478-1234

Heating Assistance Program
800-470-3058

Immigration Services 800-375-5283

Mat-Su Public Health Center 352-6600

Office of Children Services 357-9797

Veteran’s Center 376-4318

WIC Program
Palmer 746-6242 or Wasilla 376-4080

You may qualify for non-emergency medical transport. If you qualify for Medicaid, ask your doctor to request this when scheduling.

To download the full UWMS Mat-Su Valley Resource Guide, visit
unitedwaymatsu.org/