

MAT-SU

POCKET

RESOURCE GUIDE



United Way of Mat-Su

24 hour Crisis Lines:

Emergencies Dial 911

Adult Protective Services

800-478-9996

Alaska Family Services

Domestic Violence, Sexual Assault, Crisis
(866) 746-4080

Beacon Hill /Safe Families for Children

(907) 277-0925

Careline Crisis Intervention

Statewide (877) 266-4357

National (800) 273-8255

Child Abuse Reporting Hotline

800-478-4444

Fallen Up Ministries Hotline

815-SAVE

HeartReach Center

(800) 712-HELP (4357)

Mat-Su Health Services

Suicide and Mental Health Hotline

(907) 376-2411

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

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

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)

495-4100 (Willow)

thread Alaska

373-5024



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

Valley Native Primary Care 631-7800

Sunshine Community Health

Talkeetna (907)344-3338

Willow (907)495-4100

Information & Referrals

C'eyiits' 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



Get Connected. Get Answers.

United Way of Mat-Su 373-5807

Prescription Savings Card

BIN 610194
CARD ID FW200
GROUP ID FW200
PCN FW



Show this card to your pharmacist every time.

This is not insurance – discounts only



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 8:30pm 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
Weds./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

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

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

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/