2022 United Way of Mat-Su Mat-Su Valley Resource Guide

There is no greater power for change than a community discovering what it cares about.
- Margaret Wheatley
This resource guide is not intended to be used in emergencies. In case of an emergency please dial 911.

CRISIS ASSISTANCE: Agencies offering crisis assistance may have available emergency shelter, a crisis hotline, 24-hour peer support, and provide food, clothing, or a hot meal. Please note that if you are experiencing an emergency, you should call 911.

INFORMATION & REFERRAL: These organizations can refer you to area agencies for further assistance and give basic information on available resources.

The Resource Guide is organized so information on meeting emergent and basic needs appears first. If an icon appears by an organization’s name, they offer that service and may be able to assist you. If you need further assistance in navigating the Guide or locating resources, please call United Way of Mat-Su at (907)373-5807. You may also call Connect Mat-Su at (907)373-2628.
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Annually our community grants program supports 20 or more local agencies, whose missions meet the health & human services needs of our community. We ensure that these agencies are nonprofits in good standing with histories of serving the Valley and providing lasting impact.

COMMUNITY IMPACT GRANTS

Annually, a multitude of Valley agencies receive support through the UWMS Community Impact fund. We are thankful for the tireless work of so many Mat-Su agencies, nonprofits and individuals who strive to make the Valley a better place.

Over the years, the Community Impact Fund has supported agencies working in youth development, food banks and pantries, disability and accessibility resource providers, our local senior centers, and many more.

When you donate to United Way of Mat-Su, your generous support allows us to continue distributing these annual grants.

Visit unitedwaymatsu.org/our-work/grantees for more.

For more information on Community Impact Grants, contact Stephanie Allen: sallen@unitedwaymatsu.org (907)745-5821
I have never been so amazed with an organization as I am with United Way of Mat-Su! Three cheers to you for bringing the Valley together in a multitude of ways!

-Tina T.

$30,000 in grants supporting Education across the Valley, including before-and-afterschool programming, positive youth development, youth programs and activities, early childhood, and youth advocacy.

$35,000 in grants supporting Financial Stability for all Mat-Su residents, to agencies providing services meeting citizens’ basic needs, such as food and nutrition, shelter and safe transportation.

$31,000 in grants supporting good Health in the Valley, such as counseling and mental health services, handmade cloth masks, suicide prevention and awareness, medical exams, copays and deductibles. Supporting local nonprofits in the health, social and human services fields for over 30 years.

The past few years have challenged us all in ways we couldn’t have imagined. Through it all, one thing remains the same: the giving, compassionate spirit shown by Alaskans. Whether by supporting our efforts toward Education, Financial Stability & Health for all with a financial contribution, giving your time and energy through volunteerism, engaging in advocacy, checking on friends and neighbors, or all of the above, we’re proud to be part of a community that shows what we can achieve when we all Live United.

UWMS Pocket Resource Guide
Now available! This handy, wallet-sized guide is easy to carry and provides a quick resource reference. The Pocket Guide contains resources to meet crisis and immediate needs, such as food pantries, crisis hotlines, emergency shelter, family resources, and transportation. Call 745-5824 or email admin@unitedwaymatsu.org to schedule pickup or delivery.

BE[STRONG]. BE[THE CHANGE]. BE[YOU]!
From Be [You] Days at Colony and Wasilla middle schools to Be [You] nights at high school football and basketball games, students across the Valley help spread the good news that most Mat-Su teens don’t drink alcohol.
Crisis Assistance
In case of emergency, please call 911.
Beginning in July 2022, you may dial 988 to reach a trained crisis counselor if you are experiencing a mental health crisis. You may also call any of the agencies we have listed below.

1-800-478-9996
(907)746-8026 | akafs.org/dvsa.html
(907)277-0925 (for families in times of crisis)
1-866-746-4080
(907)815-SAVE (substance abuse peer support)
1-888-901-9876 (toll-free outside Anchorage)
(907)376-2411
(907)373-4450 | 899 W. Commercial Dr., Wasilla
(907)357-9797 | hss.state.ak.us/ocs
1-800-222-1222
1-877-266-4357 | Text 4 Help to 839863
1-800-478-8999
1-800-478-9996
1-800-478-8999
1-877-266-4357 | Text 4 Help to 839863
(907)982-HOPE (recovery support)

PUBLIC ASSISTANCE PROGRAMS
Please note applications for these programs may take time to process and for benefits to begin.

Mat-Su Office of Public Assistance (food, Medicaid and general relief) | (907)376-3903
Childcare Assistance Program-Wasilla | (907)373-4450 | 899 W. Commercial Dr., Wasilla
Heating/ Energy Assistance | (907)373-3903 | Home Weatherization Assistance | (907)746-5680
Long-Term Care | (907)269-8950 | 3601 C. St., Anchorage
Medicare Information Office | (907)269-3680 | 550 W 7th Ave., Suite 1230, Anchorage
Senior Benefits | (907)352-4150 | 855 W. Commercial Dr., Wasilla
Social Security Toll-Free Line | 1-800-772-1213
Women, Infants and Children (WIC) | (907)746-6242 Palmer | (907)376-4080 Wasilla
Public Assistance Programs:

There are several public, statewide programs for low-income individuals, providing assistance with a variety of services and needs. Read below for details of each. For each of these programs, you must provide proof of one or more of the following:

- Income eligibility-tax return, a current income statement or pay stubs
- SSI benefits statement, DMVA statement, retirement/pension benefits, unemployment or worker’s compensation, any other official document containing your income information.
- Proof of participation in: food stamps program, Medicaid, BIA General Assistance, SSI income, the Head-Start Program, Federal Public Housing Assistance.

General Relief Assistance:
GRA is intended to assist Alaskans in emergency situations, with basic needs such as shelter, utilities, food, and clothing. Limited funds for burial of a deceased person in need may also be available. Households must have an immediate, specific need and not have the ability to use other resources in order to be eligible. Find the application: http://dhss.alaska.gov/dpa/Pages/gra/default.aspx

Lifeline Phone Program: The Lifeline Phone program offers discounted wireless or landline phone services. You may only obtain one Lifeline benefit per household. To apply for Lifeline service, inquire at AT&T, MTA, GCI or Verizon and present the required proof of income/household information.

Medicaid Waiver/CAMA: The Chronic & Acute Medical Assistance program is designed to help those with specific illnesses obtain medical care. This program serves ages 21-64 who do not qualify for Medicaid, have little income and have inadequate or no health insurance. Income requirements: $300/one person or $400/two people. Contact the Division of Public Assistance Office at (800)780-9972 with questions.

Legal Referral Services: Anyone is welcome to contact the Alaska Lawyer Referral Service. When you call, you will speak with an assistant who cannot give you legal advice, but will take a brief description of your situation and refer you to a lawyer. This is NOT a free or reduced-fee service, but will charge only $125 for thirty minutes of consultation. You should be prepared to discuss further fees during this time. To be referred, please call (800)770-9999.

Alaska Legal Services:
Free Legal Clinics for Veterans: These clinics are for eligible (income-qualifying veterans) regarding civil legal matters. Please note: Criminal cases will not be accepted. You may register in advance to consult with a lawyer about: consumer debt/collections; family law; public assistance/benefits; child support; housing; healthcare; power of attorney. Call (907)222-4501 for appointment scheduling. Clinics are held in Anchorage. Must provide own transportation.

Other Legal Services: Alaska Legal Services offers client resources in a variety of legal areas including Consumer, Domestic Violence, Elder, Housing and Family Law. The Alaska Legal Services Landlord/Tenant Help Line is open Tuesdays and Thursdays from 6-8pm, by calling 855-743-1001. For more information on Alaska Legal Services’ Valley resources, please call the Palmer office at (907)746-4636, or the Wasilla Connect Mat-Su office at (907)373-3632.

State of Alaska Division of Vocational Rehabilitation: Offers free services designed to assist those with disabilities in obtaining job training, on-the-job training, job search and placement, and tutoring. You may need other services, which you may help pay for, such as books, supplies, transportation, work licensing, and tools. Contact the Wasilla branch office at (800)770-4124 or visit 913 W Commercial Drive, Wasilla to apply.
Information & Referrals
Use the numbers below to help you locate the most appropriate resources for your situation. To request copies of the Mat-Su Valley Resource Guide or Pocket Guide, contact UWMS at 745-5824. Connect Mat-Su’s online database has resources and info from around the Valley: connectmatsu.org.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-1-1 Information Helpline</td>
<td>Dial 211 or visit alaska211.org</td>
<td></td>
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<tr>
<td>United Way of Mat-Su</td>
<td>(907)745-5824</td>
<td>550 S. Alaska St., Suite #205, Palmer</td>
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<tr>
<td>Access Alaska Information and Referrals</td>
<td>1-800-770-4488</td>
<td></td>
</tr>
<tr>
<td>Alaska National Guard Family Assistance Center</td>
<td>Alcantra Armory</td>
<td>(907)373-9446</td>
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<tr>
<td>3401 E. Bogard Rd. Wasilla</td>
<td></td>
<td></td>
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<tr>
<td>Benteh Nuutah Valley Native Primary Care (Southcentral Foundation)</td>
<td>1001 Knik-Goose Bay Rd. Wasilla</td>
<td>(907)631-7800</td>
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<tr>
<td>Chickaloon Village-Sutton</td>
<td>(907)745-0749</td>
<td>chickaloon-nsn.gov</td>
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<tr>
<td>Cook Inlet Tribal Council (TANF Services location)</td>
<td>(907)373-7918</td>
<td></td>
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<tr>
<td>1744 N. Prospect Dr., Palmer</td>
<td></td>
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<tr>
<td>LINKS Parent Resource Center &amp; Mat-Su Aging &amp; Disability Resource Center</td>
<td>(907)373-3632</td>
<td>777 N. Crusey St. Wasilla</td>
</tr>
<tr>
<td>Knik Tribal Council</td>
<td>(907)373-7991</td>
<td>kniktribe.org</td>
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</table>

Connect Mat-Su | (907)373-2628 | specialist@connectmatsu.org |
connectmatsu.org

Connect Mat-Su is a comprehensive health and social services information and referral hub, ensuring that every person in the Mat-Su Borough has what is needed to live a healthy and fulfilling life. Connect Mat-Su is both a physical and virtual resource center linking residents with immediate access to the information, referrals, and direct assistance specific to the Mat-Su Borough.

Connect Mat-Su also offers:
- Online events calendar featuring events around the Mat-Su
- COVID-19 Resources page
- Basic Needs Support Fund
- Suggest a Service
Basic Needs
These agencies assist with basic needs and offer more than one type of help. For food pantries, bring valid ID showing your area of residence.

Alaska Housing Finance Corp. may have solutions for rental assistance, low-income housing, emergency housing or tenant needs. Visit ahfc.ous/tenants/rentalprograms for more information.

Mat-Su residents are encouraged to contact the Mat-Su Coalition on Housing and Homelessness to get involved in creating sustainable solutions to homelessness in the Mat-Su, as well as to volunteer, learn about resources or participate in coalition meetings and activities. Call (907)232-4450 or email matsuhousing@gmail.com.
BASIC NEEDS: Food, Shelter, Clothing

Salvation Army-Mat-Su Valley Corps | mat-suvalley.salvationarmy.org
12271 E. Palmer-Wasilla Hwy Palmer (907)745-7079 | Food and Clothing Pantry
Rental/Utilities Assistance

St. Vincent DePaul | Our Lady Of the Lake Church
4275 S Oscar Anderson Rd, Big Lake | (907)892-6492
Home Visits | 24-hour Food Pantry | Clothing | Rental Assistance
For Big Lake and Houston residents only.

Valley Charities | turn-a-leaf thrift store | valleycharities.org
400 N. Yenlo St | (907)354-4660
Clothing | Household Needs | Rental & Utilities

AMENITIES/WATER FILLUP
Here is a list of locations offering amenities like showers, laundry and/or water fillup. Remember to bring coins to operate laundry and showers. Bring your own water containers.

Butte Wash Tub LLC | 16490 Marilyn Dr., Palmer
City of Wasilla Bulk Water Station | 550 N. Weber Drive (across from IditaPark)
Idita-A-Wash | 745-7111 | 1150 S Colony Way Unit 9, Palmer
Midas-Palmer | 1225 N. Glenn Hwy., Palmer (in rear of building)
Talkeetna Roadhouse | 733-1351 | 13350 E. Main St., Talkeetna
Turner’s Corner | 745-6161 | 8238 Turner Rd., Palmer
Trapper Creek Watering Point | 8835 E. Devonshire Rd., Talkeetna
Valley Country Store-Trunk | 745-6161 | 4644 N. Trunk Rd.
(intersection of Trunk Rd. and Palmer Fishhook)
Wasilla Wash Day | 376-4141 | 745 Westpoint Dr., Wasilla
LOCAL FOOD PANTRIES
Visit only the food pantry in your ZIP code of residence and bring photo ID.
For information on hot meals, contact the pantry nearest you. Donations of non-perishable food items are always welcome!
Call your pantry to hear distribution times, dates and details.

Big Lake Baptist Church Pantry
10864 W. Parks Hwy Big Lake (907)892-6646

Big Lake Community Food Pantry | Faith Bible Fellowship of Big Lake
14225 W Kluane Dr, Big Lake (907)892-8545

Blood N Fire Ministries Food Pantry
244 Sylvan Rd. #21, Meadow Lakes | (907)864-0463

Hilltop Assembly of God | www.hilltopag.org
19777 W. Parks Hwy. Wasilla (907)892-6225
Houston-area residents only | Please call to arrange food pick-up.

Manna Independent Baptist Church
10151 E. Palmer-Wasilla Hwy. Palmer (907)745-3898

Mat-Su Food Bank | matsufoodbank.org
501 Bogard Rd. Wasilla (907)357-3769 | Food Pantry & Child Feeding Program
Senior Food Boxes

Palmer Food Bank
221 S Valley Way | (907)746-3565 | Mat-Su residents only

Palmer Christian Food Pantry
Mile 40 Glenn Hwy | (907)232-6706

SNAP (Supplemental Nutrition Assistance Program | (907)376-3903
Wasilla Public Assistance Office | 855 W. Commercial Dr., Wasilla

Summit Worship Center | 125 W. Riley Ave, Wasilla
(907)376-5732

Sutton Food Pantry | Grace Bible Church, Sutton
15772 N. Glenn Hwy. Sutton (907)354-0012

The Mat-Su Free Pantry located at Family Promise Mat-Su (561 Nelson Ave., Wasilla) has a selection of food and other items available to the public. Please remember to take only what you need and leave the Free Pantry as you found it!
**BASIC NEEDS: FOOD & MEALS**

**Salvation Army Mat-Su Valley Corps |** mat-suvalley.salvationarmy.org  
12271 E. Palmer-Wasilla Hwy Palmer | (907)745-7079

**Senior Food Box Program |** (907)272-3663  
Visit foodbankofalaska.org

**Senior Farmers Market Nutrition Program |** (907)465-3100

**Upper Susitna Food Pantry | Talkeetna Branch**  
16004 Walsted Rd. (907)733-3358

**Upper Susitna Food Pantry | Trapper Creek Branch**  
8252 E. Petersville Rd Trapper Creek | (907)733-3348  
Visit www.uppersusitnafoodpantry.org

**Willow Community Food Pantry |** (907)414-7555  
67.8 Parks Hwy. Wasilla | Must have a Willow address

**Women, Infants and Children (WIC)**  
907)746-6242 Palmer | (907)376-4080 Wasilla

**JUST FOR KIDS**

**Kids Kupboard |** www.kidskupboard.org | (907)360-9476 | lynette@kidskupboard.org  
Mobile child feeding program and year-round meals.  
Check Facebook and website for updates to meal sites and schedules.

**Food4Kids Program (run by Mat-Su Food Pantry) |** (907)357-3769  
SUMMER ONLY: Newcombe Park at Wasilla Lake, Wonderland Park, and Mat-Su Food Pantry locations.
Teach yourself, bring a friend, or get your children and family excited for these local programs! You can also get involved in other ways, such as helping to prepare and plant local community gardens. Read below to find out how!

**C’ENYAEXDE UGHELI COMMUNITY GARDEN:**
Community garden plots available for registration in spring. Membership and sign-up via website. Volunteers needed to be Garden Stewards. Visit palmercommunitygarden.org for more!

**GROW PALMER EDIBLE GARDENS:**
All around Palmer, you will find large cement planters, labeled garden beds, and potted plants bearing the Grow Palmer logo. In the spring, community members gather to prepare the soil and plant seeds. As plants grow, they can be harvested for eating by ANYONE. You might find: edible flower blossoms, red and green lettuce, fresh herbs, broccoli, Brussels sprouts and more.
*Learn more at facebook.com/growpalmer or email growpalmer@gmail.com!*

**CITY OF WASILLA GROW YOUR OWN GARDEN:**
These community garden plots are available for reservations through the City of Wasilla Public Works Department. Contact Public Works to inquire about availability. Each plot is 4x10'. Water available on-site. Call (907)373-9010 for details.

**MAT-SU EXPERIMENTAL FARM COOPERATIVE EXTENSION**
Many classes and seminars in food preservation, home cooking, food handler’s training, emergency preparedness, food storage, pest control and other topics are available through the Cooperative Extension year-round. Learn something new by attending a course! Course registration and schedule available at uaf.edu/ces/index.php

The Family Nutrition Program is also housed here. This program provides educational opportunities for those with limited resources, improving access to affordable, nutritious food. To fill out the form and have a Nutrition Educator contact you, find classes, recipes and resources, and learn more, please visit uaf.edu/ces/family/fnp or call (907)745-3423

**VISIT YOUR LOCAL U-PICK FARM OR FARM STAND (summer/fall)**
Lots of local farms offer fresh fruits, veggies, home-made goods and honey that you can pick yourself, or purchase! Look for signs showing that your chosen farm stand accepts the following: WIC, Senior Farmers Market Coupons, SNAP/EBT.

Arctic Organics | (907)746-1087 | www.arcticorganics.com
Bushes Bunches | (907)745-1115 | bushesbunches.com | 2605 Robin Ln., Palmer
Friday Flings Farmers Market | May-August in downtown Palmer | info@fridayfling.net
Monday Market at the Depot | Year-round, Mondays at the Palmer Train Depot
Pyrah’s Pioneer Peak Farm | 4350 S. Bodenburg Lp., Palmer | (907)745-4511
Sun Circle Farm Stand | 5605 N. Farm Lp., Palmer | www.suncirclefarm.com
Wasilla Farmer’s Market | Wednesdays at Wonderland Park
Willow Farmers Market | (907)360-7064 | www.whoak.org
HOUSING & HOMELESSNESS
Listed first in this section are agencies offering shelter in emergency situations (such as eviction or domestic violence). Next are agencies offering assistance with affordable housing or rental/mortgage assistance. Inquire with each about utilities assistance.

Alaska Family Services Domestic Violence Shelter | akafs.org/dvsa.html
(907)746-8026
Safe shelter for female victims of domestic violence, and children. 24-hour staffing with access to domestic violence advocacy.

Beacon Hill/Safe Families for Children | (907)277-0925
Assistance for parents in crisis; safe places for children.

Choosing Our Roots | (907)764-6233 | manager@choosingourroots.org
Safely housing queer youth. Safe homes, support and wrap-around services for ages 13-24.

Connect Palmer /Sarah’s House | connectpalmer.org
202 S. Alaska St., Palmer | (907)746-9675
Sober women’s living program, life and work skills programming, and personal care items locker.

Family Promise of Mat-Su | familypromisematsu.org
(907)357-6160
Shelter for families, pet boarding, rental assistance and family programs.

Knik House | bloodnfireak.org/knik-house
7362 W. Parks Hwy Wasilla | (907)357-0391 | knikhouse@mtaonline.net
Sober living for women, men, single parents and the re-entry population.

MYHouse | myhousematsu.org
300 N. Willow St. Wasilla | (907)373-4357
MYHouse offers transitional housing for youth ages 14-24. Job training, skills development, and assistance with basic needs.
American Red Cross of Alaska-Wasilla | (907)357-6060  
851 Westpoint Dr., Suite B9, Wasilla  
Disaster preparedness, training, disaster response.  
Housing assistance in cases of disaster/emergency.

True North Recovery Services-Sober Transitional Living | (907)313-1333  
Fill out application at tnrak.org

Valley Charities | (907)354-4660  
valleycharities.org  
Medical equipment lending, homelessness prevention, reentry program, training.  
Rental and utilities assistance.

Wasilla Homeless Committee | (907)521-2949  
Case management, clothing, household items, personal care items.  
Some monetary assistance. Voucher program.  
Request assistance online at wasillahomeless-committee.org/get-help

United Protestant Presbyterian Church | (907)745-3822  
palmerlogchurch.org | upchurch@mtaonline.net

AFFORDABLE HOUSING

Alaska Housing Finance Corporation | ahfc.us  
1201 N. Lucille St. Ste #104 Wasilla | (907)376-5744  
Providing Alaskans with access to safe, quality affordable housing

Chickaloon Native Village Family Housing | (907)745-0749  
https://www.chickaloon-nsn.gov/facilities-housing/

Knik Tribal Council | (907)671-6864  
kniktribe.org/housing  
Affordable rental units, rehab program. Mortgage assistance.

Valley Residential Services | (907)357-0256  
1075 Check St, #102, Wasilla | vrs@valleyres.org  
Manages many affordable housing units in the Valley.

Homeownership Assistance

Alaska Community Development Corporation | alaskacdc.org  
1517 S. Industrial Way #8 Palmer | (800)478-8080  
Homeownership and weatherization assistance programs

Habitat for Humanity-Mat-Su  
PO Box 876097 | 900 Hyer Spur Rd., Wasilla  
(907)373-7278

Neighborworks Alaska | (907)677-8490  
2515 A St., Anchorage

Rural Development Corporation  
800 W. Evergreen Ave Palmer | (907)761-7705
TRANSPORTATION
Ride fares, schedules, and route maps listed here are based on the most recently-published information. Call or check schedules before you ride. For details about a demand-response service, call the transport provider. Carry exact change for the bus and confirm assistance such as Medicaid vouchers before travel.

Public Transportation

A-Cab | (907)775-7475 | Accepts transportation vouchers

Alaska Cab | (907)357-2727 | alaskacabllc.com
Offers lockout service, jumpstarts and accepts Medicaid transportation vouchers

Alaska Ride-Share | (907)245-6501
Share rides with friends or coworkers to reduce costs, split driving duties and commute to and from work. Afterhours assistance is available for AK RideShare customers.
Call 1-800-826-4967.

Chickaloon Area Transit System | (907)745-1753 | chickaloontransit.com
For Chickaloon, Sutton and Palmer area passengers. Discounted rate available for seniors and students. Dispatchers will assist with all requests.

Chickaloon Village Traditional Council (for visits to Sutton Life House Clinic)
(907)745-0704 | lifehouseclinic.com/transportation

Grizzly Cab | (907)717-4027

Redi Rides of Alaska-Wasilla | (907)357-7500
Handicap-accessible vehicles. Must provide Plan of Care and proof of Medicaid waiver.

Sunshine Community Transit | (907)496-8411 Wasilla/Willow On-Demand
(907)354-3885 Talkeetna Driver | sunshinetransit.org
Talkeetna Spur, Wasilla, and Willow transportation. Accepts Medicaid waiver.

Valley Cab | (907)357-8294

Valley Shuttle Service | (907)376-8181
Airport transportation from the Valley to Anchorage.

Non-Emergency Medical Transport: If you are a Medicaid recipient, and have exhausted all other means of public transportation, you may qualify for non-emergency transportation to medical appointments. Ask your doctor to request a prior authorization for Non-Emergency Medical Transportation when scheduling.

Try carpooling! Many Valley residents park vehicles at the Trunk Rd. Park ‘n’ Ride, or the Blue Lupine & Seward Meridian Park ‘n’ Ride. Get together with friends to arrange carpooling around the Valley.
Valley Transit | (907)864-5000 | customerservice@valleytransitak.org

Connects to: People Mover Anchorage, Sunshine Transit, and Chickaloon Area Transit services.

All commuter buses are equipped with wheelchair ramps and bike racks. Demand response service available between the Valley and Anchorage.

Customer service call center open Monday-Friday from 6am-8pm. and Saturday 7:30am-4pm.

During COVID-19 response, Valley Transit can provide grocery delivery so long as items are prepaid. To set up a delivery, call demand-response customer service at 864-5000.

FREE FARE FRIDAYS: A fixed schedule of free fares for seniors and youth ages 17 and younger, as well as discounted rates on demand response daily.

Please read the Valley Transit Ride Guide ahead of your trip for important safety, service area and mapping, and rider rules.

| Valley — Anchorage | | | | | | | | |
|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| VT Park & Ride    | Big Lake East Lake Mall | Seward Meridian Park | Trunk Road Park & Ride | VA Clinic | Downtown Transit Center |
| **MONDAY-FRIDAY SCHEDULE** | | | | | | | |
| 4:40a             | 5:05a            | 5:10a            | 5:10a            | 6:30a           | 6:55a           |
| 4:55a             | 5:35a            | 5:45a            | 5:45a            | 6:30a           | 6:55a           |
| 6:00a             | 6:30a            | 6:40a            | 6:40a            | 7:30a           | 7:45a           |
| 6:25a             | 6:45a            | 6:55a            | 6:55a            | 7:40a           | 8:00a           |
| 7:25a             | 7:35a            | 8:05a            | 8:15a            | 9:05a           | 9:30a           |
| 11:40a            | 12:10p           | 12:50p           | 12:50p           | 1:00p           | 1:30p           |
| 12:50p            | 1:15p            | 1:45p            | 2:15p            | 3:10p           | 3:45p           |
| 1:55p             | 2:15p            | 2:45p            | 3:10p            | 3:45p           | 4:30p           |
| 3:10p             | 3:30p            | 4:10p            | 4:45p            | 5:15p           | 6:00p           |
| 4:30p             | 4:50p            | 5:40p            | 6:00p            | 6:45p           | 7:30p           |
| **SATURDAY SCHEDULE** | | | | | | | |
| 6:55a             | 7:05a            | 7:05a            | 7:35a            | 7:45a           | 8:15a           |
| 7:05a             | 7:35a            | 7:45a            | 8:15a            | 9:05a           | 9:35a           |
| 8:00a             | 8:30a            | 8:40a            | 9:05a            | 9:35a           | 9:45a           |
| 8:35a             | 9:20a            | 9:30a            | 9:45a            | 9:35a           | 10:00a          |
| 9:00a             | 10:15p           | 10:00a           | 10:00a           | 10:00a          | 11:00a          |
| 1:00p             | 1:45p            | 2:45p            | 3:45p            | 4:35p           | 5:35p           |
| 1:30p             | 2:15p            | 3:15p            | 4:10p            | 5:05p           | 6:00p           |
| 2:00p             | 2:45p            | 3:45p            | 4:45p            | 5:45p           | 6:45p           |
| 2:30p             | 3:35p            | 4:35p            | 5:35p            | 6:45p           | 7:30p           |
| 3:00p             | 4:05p            | 5:05p            | 6:05p            | 7:05p           | 8:00p           |
| 4:00p             | 6:00p            | 6:15p            | 7:00p            | 7:15p           | 8:00p           |
| 4:30p             | 6:30p            | 6:45p            | 7:30p            | 8:00p           | 8:45p           |
| 5:00p             | 7:00p            | 7:15p            | 8:00p            | 8:45p           | 9:30p           |
| 5:30p             | 7:30p            | 8:15p            | 8:45p            | 9:30p           | 10:15p          |
| 6:00p             | 8:00p            | 8:45p            | 9:30p            | 10:15p          | 11:00p          |
| **SCHEDULE** | | | | | | | |

Valley Transit operates Monday-Saturday with the exception of some holidays.

Valley Transit offers a commuter service between the Matanuska Susitna Valley & Anchorage & demand response service within the Valley.

Commuter Service Fares:
- $7 One way, $10 Day Pass,
- $120 Month Pass

For more information about Valley Transit including our demand & response service information visit our website at:

www.valleytransitak.org

You can also call us at (907)864-5000. Customer Service is open Monday-Friday 6am-8pm and Saturday from 7:30am-4pm.
ADULT EDUCATION, SKILLS DEVELOPMENT & SCHOLARSHIPS
AlaskaConnect is a year-round online training platform providing job skills, training and certifications on a wide range of topics. Visit AlaskaConnect.org. You can also visit Alaska @ Work to learn about careers that do not require four-year degrees: alaskaatwork.org.

Alaska Job Center & Unemployment Office | (907)352-2500
877 Commercial Dr., Wasilla | jobs.state.ak.us

Alaska Division of Vocational Rehabilitation | 1-800-770-4124
913 W. Commercial Dr., Wasilla | labor.alaska.gov/dvr

Alaska Military Youth Academy | (907)375-5554
Located on JBER | dmva.alaska.gov/AMYA

Alaska Works Partnership (Construction Education & Training) | alaskaworks.org
(907)569-4711

At Work AK | Alaska Dept. of Labor and Workforce Development Labor.Alaska.Gov

Charter College of Mat-Su | (907)352-1000
721 W. Parks Hwy., chartercollege.edu

Connect Palmer God’s Work Design Program | (907)746-9675

Mat-Su College | (907)745-9774
8295 E. College Dr., Palmer | matsu.alaska.edu

Nine Star Education & Employment Services | (907)373-3006
671 S. Knik-Goose Bay Rd Suite G, Wasilla | ninestar.com
Adult Basic Education program. ESL, ASVAB, college and career readiness.

Northern Industrial Training (NIT) | (907)357-6400
1740 N. Terrilou Ct, Wasilla | nitalaska.com

Wayland Baptist University-Valley | (907)373-4828
159 E. Financial Dr. Suite #F105, Wasilla

SCHOLARSHIPS
Alaska State Fair Scholarship Program | (907)746-7164 | kelly@alaskastatefair.org

MEA Alaska | www.mea.coop/ma-in-the-community/scholarships

MTA | (907)761-2639 | mtascholarships@mta-telco.com

Rotary Scholarships
Palmer Rotary | palmerrotary.org
Wasilla Sunrise Rotary | wasillasunriserotary.org

Mat-Su Health Foundation Scholarships: Visit www.healthymatsu.org/How-We-Fund.
COMMUNITY COALITIONS
Contact each group for membership information, meeting times and locations.

Mat-Su COAD seeks to alleviate the suffering caused by disasters through enhancing communication, cooperation, coordination & collaboration. We ensure the Mat-Su’s ability to prepare, respond, recover & mitigate during times of disaster.

Ph: (907)745-5827 E: impact@unitedwaymatsu.org

Alaska Wellness Coalition | (907)745-5821
www.alaskawellness.org

Breathe Free Mat-Su | (907)746-6131
breathefreematsu.org

Domestic Violence & Sexual Assault Task Force | (907)746-6213

Healthy Voices Healthy Choices (Volunteers of America Alaska) | (907)279-9640

Mat-Su Agency Partnership | mapartnership.org

Mat-Su Coalition on Housing & Homelessness | (907)232-4450 | matsuhousing@gmail.com

Mat-Su Food Coalition | (907)232-6536

Mat-Su Opioid Task Force | matsuopioidtaskforce@gmail.com
matsuopioidtaskforce.com

Mat-Su Reentry Coalition | (907)414-4077
barbara.mongar@valleycharities.org

Mat-Su Zero Waste Coalition | matsubagit@gmail.com

No More Mat-Su | nomorematsuak@gmail.com

Raising Our Children with Kindness (ROCK Mat-Su)
healthymatsu.org/focus-areas
(907)352-2863

Valley Awareness & Prevention of Suicide (VAPS)
(907)373-4357 or (907)352-6626
The EARLY CHILDHOOD PARTNERSHIP provides networking, grant funding, activities and support for parents, caregivers, childcare providers, and child development professionals.
Read below to see what we have to offer!

ECP works to offer support, resources and programming for families of young children, local childcare providers and educators, and early childhood development around the Valley. The Partnership consists of representatives from local agencies invested in early-childhood education, childcare providers and community members.

MEALS FOR MAT-SU LITTLES
We’d like to thank each and every volunteer and community member who’s supported the Meals for Mat-Su Littles project, as well as project sponsors Mat-Su Health Foundation, CCS Early Learning, and community donors.
Begun in December 2020, this grassroots project was designed by ECP to combat weekend food insecurity in Valley little ones. We packed sacks full of fun, nutritious snacks, to be distributed by local childcare centers to the children they serve.
Over 10,000 snack sacks have been distributed so far, reaching over 600 Valley little ones. Interested in volunteering for this and other Early Childhood Partnership projects? Register to volunteer at unitedwaymatsu.org/volunteer (don’t forget to check the box by Early Childhood Partnership!)

ECP has been honored to offer grants, reimbursements and other assistance to early childhood providers, as well as hosting Play Time at the Borough Gym in 2019, and providing ongoing support to families with young children.

Interested in joining the partnership? All who are invested in early childhood education and assisting families of young children are welcome!

Early Childhood Partnership of Mat-Su | 550 S. Alaska St., Suite 205
Palmer, AK 99645
Ph: (907)745-5824 | Email: admin@unitedwaymatsu.org
Facebook: @EarlyChildhoodMatSu
EXPECTING MOTHERS & FAMILIES WITH YOUNG CHILDREN

Whether pregnant with your first child, considering adopting a baby or young child, or parenting a child ages birth to 3 years, these resources may help you prepare, plan and provide the best care possible, create family connections or specialize in prenatal, perinatal, infant or child care.

Alaska Birth Collective | alaskabirthcollective.org
alaskabirthcollective@gmail.com

HeartReach Center | (907)373-3456
865 S. Seward Meridian Pkwy., Wasilla | heartreachalaska.com
Childbirth, pre-natal and parenting classes, referrals, baby store, mentoring, and parenting through adoption/marriage/single parenting counseling.
Pregnancy tests and ultrasounds.

Look At Me! (Mat-Su Services for Children & Adults | (907)352-1200 | mssca.org
Ongoing developmental screening and child development resources; home visits; parenting feedback; parent help.

Mat-Su Midwifery & Family Center | (907)373-3420
2650 Broadview Ave., Wasilla | matusmidwifery.com

Mat-Su Regional Hospital Birthing Center | (907)861-6445
2500 S. Woodworth Lp., Palmer

MotherWise Postpartum Mental Wellness Texts
To subscribe, text MOTHERWISE to 555888
Text messages will arrive every 3-4 days, for 3 months. Topics include the Baby Blues, Coping Skills, Returning to Work, Bonding with Baby, Building Support Networks, and more.

New Life Midwifery | (907)745-4766

Providence Nurse-Family Partnership | (907)212-6543 | Helping First-Time Parents Succeed
Free for women expecting their first baby, 28 weeks or less along. Must meet income requirements. For eligibility or other information, please call number above. Partners are welcome to participate!

ROCK Mat-Su | 777 N. Crusey St., Wasilla | (907)373-3632
Parent Cafes and parenting resources; social connections for families; Stewards of Children training.

Windsong Midwifery & Birth Center | (907)373-2672
4450 E. Crane Rd., Wasilla | windsongmidwifery.com
FAMILIES & CHILDREN:
LICENSED CHILDCARE PROVIDERS
The Child Care Program Office can assist you in finding licensed child care, applying for Child Care Assistance and

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<td>Valley Creative Minds</td>
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| WASILLA AREA                 |
| Early Head Start Center Wasilla (for ages 0-3) | (907)746-4483 |
| Head Start Center Wasilla (for ages 3-5)         | (907)373-7795 |
| Head Start Center Meadow Lakes (for ages 3-5)    | (907)373-7165 |

CCS Early Learning Centers
Administrative Office | (907)373-7000 phone | (907)373-7020 fax
ccssalaska.org

PALMER AREA
Head Start Center (for ages 3 to 5)
Palmer, AK | 99645 (907) 746-4483

Early Head Start Center (for ages 0 to 3)
Palmer, AK 99645 | (907) 746-4483

WASILLA AREA
Head Start Center Wasilla (for ages 3-5)
2100 E Foundry Way, Wasilla, AK 99654 | (907) 373-7795

Head Start Center Meadow Lakes (for ages 3-5)
7362 W Parks Hwy #752, Wasilla, AK 99623 | (907) 373-7165

Early Head Start Center Wasilla (for ages 0-3)
2060 E Foundry Way Unit A, Wasilla, AK 99645 | (907) 373-7736
FAMILIES & CHILDREN: Child Care

WASILLA AREA

A Touch of Home Center | (907)357-2237
260 E. Nelson Ave., Wasilla

Alaska Children’s Academy | (907)414-9332
Wasilla, AK

Alaska Sprouts & Seedlings | (907)232-7020
2451 W Snowcrest Dr. Apartment #1, Wasilla

All About Kidz Childcare & Learning Center
(907)357-8035
4280 Knik-Goose Bay Rd, Wasilla

Arctic Natural Early Education | (907)952-2977
1001 W. Seldon Rd., Wasilla

Carefree Kids, LLC | (907)373-3950
3950 E. Carefree Dr., Wasilla

Dee’s Little Angels | (907)521-3811
Multiple locations, call for more info.

Denali Gymnastics & Fitness, Inc | (907)373-3547
300 E. Kalli Cir., Wasilla

Edge Preschool | (907)376-3343
alina@edgepreschool.com

Good Time Daycare | (907)315-8859
3971 Wasilla Fishhook Rd., Wasilla

Grandma’s Little Angels | (907)671-1333
2650 E McNeese Pkway, Unit A, Wasilla

Great Places | (907)357-1122
300 W. Swanson Ave., Wasilla

Highly Favored Home Daycare | (907)414-3986
5855 E. Summit Cir., Wasilla

Karousel Kidz Learning Center | (907)376-7000
1508 Bogard Rd. Suite #9, Wasilla

Kidz Come 1st | (907)357-9445
6131 S Fawzi Cir., Wasilla

Little Angels Childcare | (913)240-5858
700 W. Wilder Ave., Wasilla

Little Explorers Childcare | (907)775-5320

Little Learners Academy | (907)357-1188

Mat-Su Jewish Preschool (Chabad Lubavitch)
(907)350-1787

My Favorite Preschool | (907)223-1049
1265 Seward Meridian Pkwy, Suite G, Wasilla

New Generations CDC | (907)373-3118
611 S Knik-Goosebay Rd, Wasilla

Rising Star Child Care | (907)373-4875
1405 N. Wasilla Fishhook Rd., Wasilla

Settlers Bay Early Learning | (907)357-9600
5705 S. Settlers Bay Dr., Wasilla

Shining Star Academy | (907)357-6160
Day and overnight care available.

Tender Loven Daycare | (907)357-9781
6554 E. Ptarmigan Cir., Wasilla

Valley Montessori | (907)414-7332
5461 E. Mayflower Ln., Wasilla
Licensed Childcare (listed alphabetically)
Meadow Lakes, Knik-Goose Bay & Talkeetna

Bright Minds Early Learning Center, LLC | (907)357-2600
172 S. Lamont Cir., Wasilla (Meadow Lakes)

Haven's Place | (907)373-8521
1465 N. Meadow Lakes Lp., Wasilla (Meadow Lakes)

Lil' House On the Meadow | (907)414-3063
3801 North Coronado St., Wasilla (Meadow Lakes)

Ms. Tori's Tots | (907)315-5388
3548 S. Johnsons Rd., Big Lake

Panda Play Place | (907)373-1986
10604 Kaye Lake Rd., Wasilla (Big Lake)

Sunshine Station Childcare Center | (907)733-5437
16004 E. Walsted Dr., Talkeetna

Teresa's Child Care | (907)373-5224
991 S. Vine Rd., Wasilla (Meadow Lakes)

Thread Alaska | Toll-Free 1-800-278-3723
www.threadalaska.org

Childcare referrals, including a complete profile of each provider. Current information on program vacancies, licensing and assistance with childcare selection. Provides parenting resources and community events. Call to learn more about the Help Me Grow program. (Identifies children at risk for developmental/behavioral difficulties, increasing access to existing resources and services.) Help with the SEED registry and professional development for early childhood workers.

Mat-Su Services for Children & Adults | (907)352-1200
1225 W. Spruce Ave., Wasilla

FAMILIES & CHILDREN: COUNSELING
Behavioral, emotional or mental healthcare providers and counselors who specialize in ages birth-18, and family therapy. Call for new patient intake and appointment availability.

Alpine Counseling | (801) 505-9186
https://alpinecounselingak.com/

Alaska Marriage & Family Center | (907)376-0776
601 N. Bunker Hill St. Suite E, Wasilla

Aurora Family Counseling | 907-982-4177

Borealis Behavioral Health, LLC. | (907)745-7080

CoDi (Compassionate Directions) | (907)745-2634
11921 E. Palmer-Wasilla Hwy, Palmer | codi-ak.org

Confidential Care | (907)357-1999
1689 S. Knik-Goose Bay Rd #700, Wasilla

Denali Family Services Mat-Su | (907)376-3275
291 E. Swanson Ave., Wasilla

Family Centered Services of Alaska-Wasilla | 800-478-2108
301 E. Danna Ave., Wasilla | fcsa@fcsa-ak.com

Full Circle Counseling Solutions | 1-888-966-8777
131 E. Swanson Ave., Suite #1, Wasilla

Lighted Path Therapy Services | (907)312-1202
901 N. Leatherleaf Lp #103, Wasilla

Mindful Exchanges | (907)745-7799

Playful Learning Pediatric Therapy | (907)317-5895 | playfulot@gmail.com
Wasilla Office- 613 S. Knik-Goosebay Rd.
Palmer Office-1901 N. Hemmer Rd., Ste 109

Providence Medical Group-Mat-Su | (907)761-5800
2250 S. Woodworth Lp., Suite #202, Wasilla

Ptarmigan Connections, LLC | (907)357-4400
3505 E. Meridian Park Lp., Suite #200, Palmer

Resilence Clinical Services (REACH907 Behavioral Health) | (907)745-6200
clinical@reach907ak.org

Set Free Alaska | (907)373-4732 | 7010 E. Bogard Rd., Wasilla
Every year, UWMS volunteers donate thousands of hours to projects in the Mat-Su Valley. Together, we distribute backpacks filled with needed school supplies at Stuff the Bus, assist Mat-Su residents with essential services during Project Homeless Connect, improve our parks and lend a helping hand to other local nonprofits.

We need YOU, because YOU are United Way of Mat-Su!

**Meals for Mat-Su Littles:** Dozens of Valley volunteers turned out in force in 2020 and 2021 to pack sacks full of fun, nutritious snacks and deliver them across the Mat-Su. These snack sacks helped to offset the effects of weekend food insecurity in daycare-aged children, providing help for families needing to stretch budgets and fill cupboards. Thank you, from the bottom of our hearts, to all ECP volunteers whose tireless work made this program a suc-

**Working Hard, Playing Hard!**
We’re hard at work improving local parks and playgrounds! Big progress has been made in particular at Hagen Park in Palmer, where we’ve installed play equipment for all ages. Our work at the Palmer Amoose-ment Park, Idit-A-Park and others continues, including cleanups, painting and refurbishing equipment, and supplying ground cover for safe, inviting local spaces.

Do you know of a Mat-Su park or playground that could use some extra love? Let us know! Call (907)745-5824 or email admin@unitedwaymatsu.org.

**Week of Caring**
We continued serving the Mat-Su with not just one day, but a week of caring. Dozens of volunteers from around the Valley pitched in to assist local nonprofits with tasks that might otherwise have gone unfinished. Many helping hands always make Week of Caring a huge success.

Volunteerism is the heart and soul of service. Delivering grocery boxes to homebound seniors. Providing snacks for little ones in need. Sewing masks to share with friends. Handing out a hot meal on a cold evening. Painting a beloved playground. Making an encouraging phone call or sending a kind text. These acts may seem small, but we are thankful for them all!

Register to volunteer at unitedwaymatsu.org/volunteer.
FAMILIES & CHILDREN: FAMILY SUPPORT

Agencies offering support and resources such as navigating services, or parenting resources. Resources for foster families, families adopting, and those needing supervise visitation appear here.

Alaska Center for Resource Families | 1-800-478-7307
5050 Dunbar St. Suite A2, Wasilla | acrf.org
Adoption and foster care support, referrals, resources and parent/caregiver training.

Alcantra Armory Family Assistance Center | (907)373-9446
3401 E. Bogard Rd., Wasilla

HeartReach Center | (907)373-3456
865 S. Seward Meridian Pkwy., Wasilla

LINKS Parent Resource Center | (907)373-3632
777 N. Crusey St., Wasilla | linksprc.org
LINKS is dedicated to providing information, training, and assistance to parents of children with disabilities, and their communities.

Pediatric Resource Center of Alaska | (907)414-9554
Admin@PRCAlaska.org

Alaska Youth & Family Network | (907)770-4979
740 Communications Ave., Anchorage | ayfn.org
Peer navigation support for mental health services, case management, and advocacy.

Alaska Attachment & Bonding Associates | (907)376-0366
619 S. Knik-Goose Bay Rd Suite J, Wasilla | akattachment.org
Supporting healthy family attachments and bonds through education, training and advocacy.

Beacon Hill/Safe Families for Children | (907)277-0925
beaconhillak.com
If you are a parent or caregiver in crisis who needs a safe place for your children, please call the 24-Hour Helpline.

Grandfamilies Network Project | (907)373-7795
www.grandfamilies.org

Presbyterian Hospitality House | (907)357-6445
Social/self-care skills; individual treatment/counseling, transition for youth into therapeutic foster care. Help for parents, agencies and life skills programs

Parents As Teachers | Alaska Family Services | (907)746-6304 or text (907)795-9199
Free early childhood, parent/guardian education, and family support. For families from pregnancy to age 5. Parent/family drug education, resources, child development workshops, school readiness.
MEETING UNIQUE NEEDS & DIFFERENT ABILITIES
Medical equipment, specialized education and opportunities, and assistance with visual or hearing challenges.

Access Alaska | (907)357-2588
1075 Check St. Suite #109, Wasilla | accessalaska.org
PCA services, independent living skills, and physical or mental impairment support.

Alaska Brain Injury Network Support Group | (907)357-2588
Mat-Su Health Services, 2nd Floor Conference Rm. | 1363 W. Spruce Ave., Wasilla
First and third Wednesday of every month, for TBI survivors and their families.

Alaska Center for the Blind & Visually Impaired | (907)771-4322
alaskabvi.org
Equipping Alaskans who are blind and visually impaired for success.

Challenge Alaska | (907)344-7399
3350 Commercial Dr., Suite 208, Anchorage, AK 99501 | challengealaska.org
Improving lives through adaptive sports, therapeutic recreation and education.

Comfort Keepers | (907)745-3000
Palmer, AK | www.comfortkeepers.com

Consumer Direct Care Network | (907)357-7962
131 E. Swanson Ave. #1, Wasilla | consumerdirectak.com
PCA services, chore and respite, rehabilitative services.

Daybreak, Inc. | (907)746-6019
550 S. Alaska St., Palmer
Case management and care coordination for adults with mental illness.

Genacta In-Home Care | (907)631-3078
591 N. Knik St, Wasilla | www.genacta.com

Hope Community Resources | (907)357-3750
4901 E. Mayflower Ln. #2, Wasilla | hopealaska.org
Assisted living, care coordination, employment opportunities, and respite care.

Mat-Su Services for Children and Adults (MSSCA) | (907)352-1200
1225 W. Spruce Ave., Wasilla | www.mssca.org
A range of home and community based services for individuals with disabilities (developmental, or intellectual), child safety, and child development.

Maple Springs Skilled Nursing & Rehab | maplespringsliving.com
(907)802-6645 | Please call for info on both Wasilla and Palmer locations
LifeWorks Alaska (Hearts & Hands) | (907)644-0480  
951 E. Bogard Rd., Suite 100, Wasilla  

Prime Care | (907)373-5350  
Wasilla | www.primecarealaska.net  

ReadyCare (ResCare) | (907)357-5643  
892 E Usa Cir. Suite 102, Wasilla | www.rescare.com  

Silver Fox Adult Day Services | (907)707-5677  

Stone Soup Group | (907)561-3701  
info@stonesoupgroup.org  
Parent navigation, activities, training and connections for families of children with special needs.  

Wellspring Home Health Wasilla | (907)357-3655  
wellspringhomehealth.com  

Willow Personal Care Assistants | (907)495-6778  

Additional Resources  

Alaska Relay Service:  
Connects standard telephone users to deaf, hard of hearing, and others using TTY phones.  
www.alaskarelay.com  

Assistive Technology of Alaska | 1-800-478-9996 | atlaak.org  
Adaptive and rehabilitative devices for those needing aid performing tasks, and training in how to use devices available.  

Gateway to the Arctic Camp | brian@g2arctic.org  
www.g2arctic.org | 40465 S. Parks Hwy., Talkeetna  
An agricultural camp providing programming for individuals with disabilities, inclusive job and internship opportunities.  

CARE COORDINATION:  

1st Choice Care Connection | (907)775-1303  
ABC Connections | (907)715-0759  
AlasKids | (907)373-7767 (TEFRA care coordination)  
Bear Paw Care Coordination (Houston area) | (907)223-3467  
Care Coordination Resources of Alaska | (907)746-3445  
Daybreak Mental Health Resources | (907)746-6019  
Individuals First Care Coordination | (907)982-9343  
Mat-Su Care Coordination | (907)841-2230  
Starfish Cares | (907)376-1922
MEDICAL, DENTAL & VISION
Many Valley providers accept Medicaid, Medicare or CareCredit. Check with your provider while making your appointment.
If you are uninsured and do not qualify for Medicaid, please visit www.healthcare.gov for options, and inquire with your provider about payment plans.

PRIMARY CARE & URGENT CARE

All Seasons Family Health Care | (907)376-4644
5461 E. Mayflower Ln. #4, Wasilla

Arctic Skye Family Medicine | (907)745-7944
561 S. Denali St, Palmer | akasfm.com

Capstone Urgent Care | (907)357-9560
3066 E Meridian Park Lp., Wasilla
Capstone Family Medicine Clinic | (907)357-9590
3122 E. Meridian Park Lp., Wasilla

Coho Family Medicine | (907)357-0820

Family Medicine of Alaska | (907)376-1276
1261 S. Seward Meridian Pkwy., Wasilla

Frontier Family Medicine | (907)373-3940
545 N. Knik St., Wasilla

Generations Medical Center | (907)357-4963
3505 E. Meridian Park Lp., Suite 100, Wasilla

Mat-Su Health Services Primary Care | (907)376-2411
1363 W. Spruce Ave., Wasilla | bhs-mat-su.com

Mat-Su Public Health Center | (907)352-6600
3223 E. Palmer-Wasilla Hwy, Suite #3, Wasilla | Sliding scale fees.

Mat-Su Urgent Care
5851 S. Knik-Goose Bay Rd., Wasilla | (907)864-1300
209 W. Evergreen Ave., Palmer | (907)861-1400

Now Health Holistic Medicine | (907)745-9355
625 S. Cobb St. #201, Palmer

Palmer Family Medicine PC | (907)746-2345
258 S. Alaska St., Palmer

Solstice Family Care | (907)352-1300
1700 E. Bogard Rd., Suite 100, Wasilla
MEDICAL, DENTAL, VISION

Sunshine Community Health Centers
Talkeetna | (907)733-2273 | 34300 Talkeetna Spur Rd., Talkeetna
Wasilla | (907)376-2273 | 950 E. Bogard Rd, Suite 233, Wasilla
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

Sutton C’eyiits' Hwanax Lifehouse Community Clinic | (907)631-7665
11495 N Callison St., Sutton

Urgent Care at Lake Lucille | (907)373-4200
185 E Parks Hwy., Wasilla

DENTAL CARE

Advanced Family Dentistry | (907)357-5018 | 1404 S. Seward Meridian Pkwy., Suite E, Wasilla

Aesthetic Family Dentistry | (907)357-6684 | 1551 W. Parks Hwy., Wasilla

Aurora Dental Care | (907)202-8517 | 4501 E. Snider Dr., Wasilla

General Family Dentistry | (907)745-3600 | 557 S. Alaska St., Palmer

Mat-Su Health Services Dental Clinic | (907)376-2411 | Sliding scale rates.

Palmer Dental Center | (907)745-8122 | 561 S. Denali St #B, Palmer

Pioneer Peak Dental Center | (907)745-6818 | 223 S. Alaska St., Palmer

Sunshine Community Health Centers:
Talkeetna | (907)733-2273 | 34300 Talkeetna Spur Rd., Talkeetna
Wasilla | (907)376-2273 | 950 E. Bogard Rd, Suite 233, Wasilla
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

Valley Dental Clinic | (907)376-3884 | 935 Westpoint Dr #201, Wasilla

Walther Dental Center | (907)376-9449 | 1700 E. Bogard Rd #B204, Wasilla

Wasilla Dental Center | (907)376-5315 | 351 W. Swanson Ave. #1, Wasilla

Willow Dental (Jason Lane, DDS) | (907)495-3685 | 23375 Beluga Ave., Willow

UAA DENTAL ASSISTING CLINIC | (907)786-6960

UAA dental clinics offer limited appointments throughout the academic year (September-April). Procedures are conducted by dental hygiene and dental assisting students with supervision. Appointments may be 2-3 1/2 hours long. Costs are less than private dental clinics, with new patient screening/x-rays priced at $25.00. Please contact the UAA Dental Clinic for more treatment information, fee schedules and to inquire about available appointments.
MEDICAL EQUIPMENT & SUPPLIES

101 Mobility Alaska | (907)213-2388 | 1051 E Bogard Rd, Suite 6, Wasilla

ACE Lending Closet | Austin’s Compassionate Exchange
(907)232-4848 | tina@acelendingcloset.com
Providing medical equipment and supplies at no charge to those in need.

Access Alaska Durable Medical Equipment Closet | (907)357-2588
www.accessalaska.org/dme-loan-closet

Alaska Mobility | (907)373-4050 | 5515 E. Fireweed Rd., Unit 1, Palmer

ProCare Home Medical | (907)357-7882
901 N. Leatherleaf Lp., Wasilla

turn-A-leaf Thrift Store (Valley Charities) | (907)376-5708
400 N. Yenlo St., Wasilla | www.valleycharities.org
Medical equipment lending program.

PHARMACIES

Carrs Pharmacy-Palmer | (907)761-1400 | 664 W. Evergreen Ave., Palmer
Carrs Pharmacy-Wasilla | (907)352-1160 | 595 E. Parks Hwy., Wasilla
CVS Pharmacy (Inside Target)-Wasilla | (907)631-7201 | 1801 E Parks Hwy., Wasilla
Fred Meyer Pharmacy-Palmer | (907)707-0400 | 535 W. Evergreen Ave., Palmer
Fred Meyer Pharmacy-Wasilla | (907)352-5033 | 1501 E Parks Hwy., Wasilla
Geneva Woods Pharmacy | (907)376-8200 | 3674 E. Country Field Cir. Suite C, Wasilla
Our Doctors Pharmacy | (907)376-5700 | 3190 E. Meridian Park Lp., Wasilla
Three Bears-Four Corners | (907)746-3891 | 8151 Palmer-Wasilla Hwy., Palmer
Three Bears-Knik-Goose Bay | (907)376-4500 | 3950 S. Knik-Goose Bay Rd., Wasilla
Wal-Mart Pharmacy | (907)376-9780 | 1350 S. Seward Meridian Pkwy., Wasilla

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**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**.

Proudly Partnered With United Way

**familywize®**
The smart way to save on prescriptions.
VISION & EYEWEAR

Alaska Eye Care Centers-Wasilla | (907)376-5266
1700 E. Parks Hwy. #300, Wasilla

Capstone Eye Clinic | (907)357-9595
3122 E Meridian Park Dr., Wasilla

The Eye Guys | (907)376-3917
285 E. Parks Hwy., Wasilla

Lodestar Family Eye Care, PC | (907)745-2273
625 S. Cobb St., Palmer

Palmer Vision Clinic | (907)745-4373
440 E. Evergreen Ave., Palmer

Valley Eye Associates | (907)373-0225
935 Westpoint Dr. #207, Wasilla

Vista Optical (Inside Fred Meyer) | (907)357-1455
1501 E. Parks Hwy. Suite #C, Wasilla

Vision Therapy Center | (907)357-8880
1265 S. Seward Meridian Pkwy, Wasilla

Wal-Mart Vision Center | (907)376-0835
1350 S. Seward Meridian Pkwy, Wasilla

Wolf Eye Center | (907)376-2020
4505 E. Greenstreet Cir., Wasilla

Lions Club Eyeglass Recycling:
Eligible applicants receive one pair of prescription eyeglasses. Available in limited quantities. Inquire about assistance with eye exams and vision screening for kids. DONATE YOUR EYEGLASSES! Gently-used eyeglasses for the Lions Club are accepted at many eye care clinics. Bring yours in at your next appointment!

Lions Club Vision & Eyeglass Programs:
Wasilla(907)761-3750 | wasillalions@gmail.com
Palmer-(907)354-3798 | lionbert.44@gmail.com

APPLY FOR CARE CREDIT TO COVER EXPENSES
Anyone may apply for a CareCredit line of healthcare credit. You may call 800-677-0718 or visit www.carecredit.com to apply. Your line of credit will be made available to you immediately using your ID and SSN, with a card mailed to you within 7-10 business days. Inquire while making appointments to see if your provider accepts CareCredit.
MENTAL & BEHAVIORAL HEALTH
This section lists services for all ages. Please ask whether a provider accepts your insurance when scheduling your appointment. If you or a loved one is experiencing thoughts of self-harm or suicide, please call the statewide Careline Crisis Intervention hotline at 877-266-4357 or the Mat-Su Health Services Suicide/Mental Health Hotline at (907)376-2411. You are valued!

Alaska Counseling Excellence | (907)373-5331
2801 E Palmer-Wasilla Hwy. #A, Wasilla

Alaska Family Services | (907)746-4080
1825 S. Chugach St., Palmer
Administers the Mat-Su ASAP program for alcohol safety/action, Families First Work Services, family support & domestic violence/sexual assault outreach.

Alaska Vocational & Counseling Services, Inc. | (907)745-5066
8201 N. Michaelson St., Palmer
Counseling, neuropsychological evaluation & disability benefits counseling.

Alpha Counseling & Education Services | (907)373-5595
500 N. Main St Suite B, Wasilla
Individual, family, couples, grief, anger management & communication counseling. Free consultations offered.

Borealis Behavioral Health LLC | (907)745-7080
634 S. Bailey St. #207, Palmer

Chickaloon Tribe-Social Services Behavioral Health Program | (907)631-7665

Denali Family Services | (907)376-3275
291 E. Swanson Ave., Wasilla | www.denalifs.org
Mental health services, assessments, group therapy & case management.

Full Circle Counseling Solutions | (907)864-0560
133 E. Swanson Ave. #107, Wasilla

Family Centered Services of Alaska | (907)357-7159
301 E. Danna Ave., Wasilla

Lighted Path Therapy Services LLC | (907)312-2307
1261 S. Seward Meridian Pkwy, Suite M, Wasilla

Mat-Su Health Services Behavioral Health | (907)376-2411
Please call ahead for an eligibility screening. Same-day screening appointments usually available. Must meet eligibility criteria to receive services.

Mindful Exchanges, PC | (907)745-7799
349 E. Cottonwood Ave., Palmer

North Star Behavioral Health System | (907)258-7575
MENTAL HEALTH; RECOVERY SERVICES

Alaska Neuro/Therapy Center | (907)344-3338 | 3505 E. Meridian Park Lp., Wasilla

Sunshine Community Health Center-Talkeetna | (907)733-2273
34300 Talkeetna Spur Rd., Talkeetna

Sunshine Community Health Center-Willow | (907)495-4100
24091 Long Lake Rd., Willow

RECOVERY SERVICES
This section includes substance abuse treatment providers, support groups, residential treatment facilities, and medication management providers.

AARS (Nugen’s Ranch) | (907)376-4534
nugensranchak.org

Akeela, Inc. | (907)707-1291
561 Denali St., Suite F, Palmer

Alaska Dream Center | (907)746-3736
8117 New Hope St., Palmer | info@dreamcenterak.org

Ascent Treatment Services | (907)745-5039
2151 Hemmer Rd., Palmer

Community Medical Services-Wasilla | (907)290-3760
2521 E. Mountain Village Dr., Suite F, Wasilla | communitymedicalservices.org

CITC Mat-Su Recovery Services | (907)357-5400
851 E. Westpoint Dr., Suite #310, Wasilla

Fallen Up Ministries | (907)815-SAVE
PO Box 4078, Palmer | fallenupministries@gmail.com

Lifechangers Outreach | (907)370-3374
lifechangersoutreach.com
Women’s Christian ministry, work, study and residential programs.

Nugen’s Ranch Rehabilitation Services | (907)376-2348
PO Box 871545, Wasilla 99687
Please submit an application for services via mail.

Set Free Alaska | (907)373-4732
7335 E. Palmer-Wasilla Hwy., Wasilla

Teen Challenge Wasilla | (907)202-8850
560 S. Knik-Goose Bay Rd., Wasilla

True North Recovery Services | (907)313-1333
591 S. Knik-Goose Bay Rd., Wasilla | admin@tnrak.org
Peer support services & recovery support.
Recovery Services

Meeting schedules and locations may be subject to change or cancellation. Contact each group for updates, and be sure to find them on Facebook!

Al-Anon Hotline | (907)376-4777

Alcoholics Anonymous Mat-Su District 11 | (907)376-4777 (Hotline) alaskamatsuaa.org

Alaska Eating Disorders Alliance | (907)308-8400 akeatingdisordersalliance.org

Alaska Tobacco Quit Line | 800-784-8669 www.alaskaquitline.com

Band of Brothers AK | (907)315-9388 2050 N. Merciful Lp., Wasilla Christian ministry and mentoring for men.

Celebrate Recovery (Church on the Rock, Palmer Chapter) | (907)982-0400
Celebrate Recovery (Wasilla Chapter, call for location) | (907)715-7797

Chronic Pain Support Group | (907)357-2588

Cook Inlet Tribal Council-Mat-Su Recovery Services | (907)357-5400 777 N. Crusey St., Suite B111, Wasilla

Denaa Yeets’ | (907)729-5260

Fresh Start to Freedom | (907)373-7910

Mat-Su Reentry Coalition | (907)414-0977 Peer Support & Case Management

Narcotics Anonymous Alaska | 866-258-6329 Helpline
Every Thursday from 6-7PM: 1-408-638-0968/code 835-729-936 www.akna.org

Nay’dini’aa Na’ Kayax (Chickaloon Native Village) | (907)745-0704

Overeaters Anonymous Alaska-Palmer | (907)745-7485

Suicide Awareness Voices of Education (SAVE) | (907)775-8701 suicide.symposium@gmail.com

Q-Club Mat-Su Valley (facilitated by Identity Inc.) | brooks@identityinc.org For LGBTQ youth and allies ages 13-19. identityalaska.org/events
Thrive Mat-Su | Substance Abuse Prevention Coalition
Meets every 3rd Tuesday of each month.

Contact Becky Stoppa, Coordinator, at (907)745-5827 or email impact@unitedwaymatsu.org to become a Thrive member.

The vision of Thrive Mat-Su is a community where individuals thrive in an environment that supports healthy choices regarding substance use.
“A lot of coalitions talk about doing things but nothing ever happens. Thrive makes a plan and then just gets it done.”
- Crystalyn Lemieux, Thrive member

Amazing events & activities for Mat-Su Students (age 12-20)
Text “Thrive” to 907-745-5826 and respond to Activity Survey to join our text alerts.

We provide youth positive social connections with others through:
• Activities
• Events
• Life-Skill Training
• Leadership Development
• Service Projects

Connect@ThriveMatSu.org
www.ThriveMatSu.org
Find us on Facebook: @THRIVEMatSu Find us on Instagram: @thrivematsu
RECREATION & ACTIVITIES
There are lots of things to do around the Valley! Don't forget to check with your child's school, or at your chosen church for upcoming activities and events. We have compiled only some of the many recreational options in the Valley—for other opportunities, check the Frontiersman, Make-A-Scene, or local Facebook activities groups.

ATHLETICS, FITNESS & SPORTS

AKTive Body Downtown Gym | (907)746-3700
642 S. Alaska St, #B1, Palmer | Home of the Happy Run!

Alaska Center for the Martial Arts | (907)376-9966
845 N. Randall's Way, Wasilla | appts@akmartialarts.com

All About Dance | (907)715-9174
244 S. Slyvan Rd #15, Wasilla

Alaska Music & Arts Center | (907)745-4001
1085 Inner Springer Lp., Palmer | Yoga studio, Mat-Valley Dance, karate instruction and studio space.

Alaska Pop Warner Football | (907)694-7850 | league@alaskapopwarner.net

The Alaska Club
(907)376-3300, 1720 E Parks Hwy, Wasilla

Bearpaw Archery | (907)354-0377 | bearpawarchery@mtaonline.net

Chickaloon Native Youth Olympics | (907)745-3793
chickaloon-nsn.gov

Chung's Tae Kwon Do Institute LLC | (907)746-7665
9191 E. Frontage Rd. #2, Palmer

Dancer's Workshop | (907)373-0525
960 S. Check St., Wasilla

Denali Climbing at the Rock | (907)357-9196
1080 N. Wasilla Fishook Rd., Wasilla

Denali Gymnastics | (907)373-3547
300 E. Kalli Cir., Wasilla | denaligymnastics.com

Excel Gymnastics | (907)357-3935
6109 E. Mountain Heather Way, Palmer | excelgymnasticsllc.com

Grizzly Family Fitness | (907)746-7529
grizzlyfamilyfitness.com

Happy Hoppers Bounce House | (907)513-8334
705 E. Parks Hwy., Wasilla

Jay's Taekwondo | (907)376-7433
1151 N. Shenandoah Dr., Palmer

Kangoo Club Alaska | (907)315-2684
651 E. Railroad Ave., Wasilla

Mark's Boxing Gym | (907)354-4417

Mat-Su Amateur Hockey Association | www.matsuhockey.com
Mat-Su Crossfit | (907)631-1053 | matsucrossfit.com
Mat-Su Running Club | matsurunningclub@gmail.com | matsurunningclub.wildapricot.org

Mat-Su Ski Club | (907)745-7547
info@matsuki.org | Includes Jr. Nordics and Ski Chariots for kids for loan.

Mat-Su Ski & Snowboard Club | (907)354-7545
matsusnow@hotmail.com | matsusnow.org

Mat-Su Special Olympics | (907)631-8591
matsu@specialolympicsalaska.org

Mat-Su Tennis Association | matsu@speciaolympicsalaska.org
matsutennis.org

Mat-Valley Soccer Club | farnsak@mtaonline.net
www.matvalleysoccerclub.com/home

Midnight Sun Yoga Center | (907)723-5262

Okamoto’s Karate | (907)376-0333
okamotoskarate@gmail.com

Our Little Farm In Palmer Equestrian Center | (907)841-5351
ourlittlefarminpalmer@gmail.com

Palmer Amateur Hockey Assocation | www.palmerhockey.org

Palmer Little League | (907)841-6638 | palmerlittleleague53@gmail.com

Palmer Soccer Club | palmersoccerclub.com

Peak Performance Strength & Fitness | (907)376-7325

Planet Fitness | (907)376-3320

Polar Vortex Soccer Club | (907)795-2512 | polarvortexsoccer@gmail.com

Refuge Crossfit | (907)671-1906 | refugecrossfit.com | 12151 E. Palmer-Wasilla Hwy.

Rock On Climbing | (907)357-9196 | rockonclimbingwasilla@gmail.com

STRIDE Therapeutic Riding | (907)373-7716 | info@stridealaska.org

Sunderland Ranch Horse Camps & Trail Rides | (907)982-7268
sunderlandranch.com

Sutton Racing Lions MotoCross | valleyrallyracing@gmail.com
teamvalleyrally.com | PO Box 122, Sutton, AK 99674

Valley Women’s Running Team | knopp@mtaonline.net

Valley Youth Basketball | vybb.com

Wasilla Youth Soccer Association | (907)376-1013
soccer@wasillayouthsoccer.org | wasillayouthsoccer.org

Wasilla Youth Baseball | (907)441-6408 | registration@wasillayouthbaseball.com

ICE ARENAS

Brett Memorial Ice Arena | (907)376-9260 | 746 E. Bogard Rd., Wasilla

Big Lake Lions Ice Rink | (907)892-6502 | 2942 S. Lions Cir., Big Lake

MTA Events Center Ice | (907)746-4231 | 1317 S. Kerry Welland Ct., Palmer

Menard Center Ice Rink | (907)357-9100 | 1001 S. Clapp St., Wasilla
SWIMMING POOLS

The Alaska Club Wasilla | (907)376-3300
Palmer Public Pool | (907)861-7676 | palmer-pool@matsugov.us
Wasilla Public Pool | (907)861-7680 | wasilla-pool@matsugov.us

MUSIC, THEATRE & THE PERFORMING ARTS

Alaska Music & Arts | amacontact@alaskamusiconline.org | (907)-745-4001
Alaskan Scottish Club (Home of the Highland Games)
alaskanscottish.org | secretary@alaskanscottish.org

The Alaska Children’s Choir | (907)982-5467
alaskachildrenschoir@yahoo.com

Denali Arts Council | (907)733-7929
denaliarts.org
Arts opportunities serving the entire northern Susitna Valley.

Irish Dance Academy of Alaska | irishdanceak.com
(907)569-2566 | www.idaa.info@gmail.com

Larkin Music & Art Studio | 513-305-0476
www.tinalarkin.net

Matanuska Music | (907)376-4006
280 N. Willow Dr., Wasilla

Mat-Valley Dance | (907)745-1683
mvddance.com

Miriam’s Music | (907)373-8928
505 S. Old Trunk Rd., Palmer

Noel School of Arts | (907)394-6359
jessijkarnoel@gmail.com

Percussion in the Valley | (907)631-8079
percvalley@gmail.com | www.percussioninthevalley.com

Sonya's Dance Studio | (907)357-3933 | 5700 E. Pilgrim Ct., Wasilla

Sunshine Generation | (907)694-6356
SunshineGeneration.com

Valley Arts Alliance | valleyartsalliance.com
carmen@valleyartsalliance.com

Valley Performing Arts | (907)373-0195
251 W. Swanson Ave., Wasilla
VISUAL/TEXTILE ART CLASSES & STUDIOS

The Art Cafe AK | (907)745-6100
131 E. Blueberry Ave., Palmer

Fine Arts Department (Mat-Su College) | (907)745-9774

JoAnn Fabric & Crafts | (907)357-3600 | 1830 E Parkys Hwy Ste. A122, Wasilla

Just Add Paint | (907)357-6500 | pyopak@mtaonline.net

Michael's Crafts Wasilla | (907)202-9236 | 1841 Parks Hwy., Wasilla

Moosewood Art Studio | (435)224-3133
moosewoodartstudio@gmail.com

Paintastic Art Studio | (907)227-7115 | paintasticak@yahoo.com

Paint Nights With Sara | (907)521-4094 | paintwithsara.com

Upper Room Arts | (907)355-2428 | time2fish@gmail.com

Valley Fiber Arts Guild | info@valleyfiberarts.org
PO Box 876142, Wasilla 99687

Valley Quilters’ Guild | information@valleyquiltersguild.com

Visit public art around Palmer: The Palmer Arts and Cultural installation project consists of four art displays at locations around Palmer! Consult the 2022 Palmer Visitors Guide for details!

WRITING & STORYTELLING

Alaska Writers Guild | alaskawritersguild.awg@gmail.com
PO Box 670014, Chugiak 99567

49Writers | (907)244-7717 | info@49writers.org
Young Writers Conference, programs and craft talk series. Membership available.

The Alaska Writers Directory | alaskawritersdirectory.com

Untold Stories at the Palmer Museum | (907)746-7668
MUSEUMS & ATTRACTIONS

Alaska Live Steamers (Alaska Central Railroad) | (907)373-6412
Railroad museum and 1/8th scale rideable steam train. Call for schedule.

Alaska’s 49th State Street Rodders | (907)745-2652
Find them on Facebook for a list of upcoming free car shows in the Valley!

Alpine Historical Park | (907)745-7000 | Mile 61.6 Glenn Hwy., Sutton

Dorothy Page Museum | (907)373-9071 | 323 Main St., Wasilla

Extreme Fun Center | (907)376-7223 | 351 E Old Matanuska Rd., Wasilla

Iditarod Trail Sled Dog Race Headquarters | (907)376-5155 | 2100 S. Knik-Goosebay Rd., Wasilla

Independence Mine State Historical Park | (907)745-3975 | Mile 17, Hatcher Pass Rd., Palmer

Knik Museum & Mushers Hall of Fame | (907)376-7755 | Mile 13.9 Knik-Goosebay Rd.

Museum of Northern Adventure | (907)733-3999 | N. Main St., Talkeetna

Museum of Transportation & Industry | (907)376-1211 | 3800 W. Museum Dr., Wasilla

Myron J. Babb Arboretum | Corner of S. Gulkana St. and E. Fireweed Ave, Palmer

Palmer Museum of History & Art | (907)746-7668 | 723 S. Valley Way, Palmer
Be sure to visit the adjacent Palmer Museum gardens!

Talkeetna Historical Society Museum | (907)733-2487 | 22248 D St., Talkeetna

North Bowl Alley & Neon Bowling | (907)357-6600 | 3250 Palmer-Wasilla Hwy., Wasilla
OUTDOOR RECREATION & YOUTH OPPORTUNITIES

Alaska Hunter Education Courses | (907)267-2373
Visit adfg.alaska.gov for Hunter Education schedules.

Alaskan Sled Dog & Racing Association | asdra@asdra.org

Alaska 4H Mat-Su & Copper River Basin | www.alaska4h.org/mat-sucopper-river.html

Alaska FFA (Future Farmers of America) | (907)707-9710 | kfochs@alaska.edu

Boy Scouts Great Alaska Council | (907)337-9547 | scoutingalaska.org

Girl Scouts of Alaska-Mat-Su | (907)376-3822 | girlscoutsalaska.org

Friendship Park Alaska | 1150 E. Helen Dr., Palmer | friendshipparkak.com
Walking track, exercise areas, free workout groups.

Healthy Futures Alaska | healthyfuturesak.org
RunFest Kids 2K, Ski 4 Kids, Heart Run, and more!

National Outdoor Leadership School (NOLS) Alaska | (907)332-5300
5805 N. Farm Lp., Palmer

Palmer Folk School | palmerfolkschool.org
Hands-on classes and workshops: remembering the old days in new ways.

Rodeo Alaska | (907)748-7336
RodeoAlaska@gmail.com
Contact for info on rodeo events, ticketing, Junior Rodeo, and membership

OTHER ACTIVITIES

Alaska Raceway Park | (907)746-7223 | 5999 Race Way, Palmer

Capitol Speedway | (907)495-6420 | Parks Hwy., Willow
www.capitolspeedway.org

Game Theory | (907)373-4263 | gametheoryak.com (Tabletop games of all kinds!)

GeocacheAlaska | geocachealaska.org | Alaska geocaching community.

FLY Trampoline Park | (907)357-5867
1841 Parks Hwy., Wasilla | flytrampolinepark.com/wasilla

Kabayan Inc. Filipino-American Community | kabayaninc.com (Cultural activities)

Mat-Su Dirt Fishers Assoc. Metal Detecting | (907)982-9188 | Doug.Cruthers@gmail.com

Mat-Su Miners Baseball | (907)745-6401 | matsuminers.org

Musk Ox Farm | (907)745-4151 | Mile 50 Glenn Hwy., Palmer

Williams Reindeer Farm | (907)745-4000 | 5561 S. Bodenburg Lp., Palmer
VALLEY TRAILS & PARKS
Check out the city maps for Wasilla and Palmer!
Use the key to locate the parks, trails and picnic areas closest to you.
For more information, please contact one of the following:

Alaska State Parks | (907)269-8700
Order parks passes online! dnr.alaska.gov/parks
Free parking passes for disabled veterans.

Mat-Su Borough Trails | (907)861-7801
www.matsugov.us/trails

Mat-Su Trails & Parks Foundation | (907)746-8757
info@matsutrails.org | www.matsutrails.org
Download the free OuterSpatial app to locate trails, parks and more!

Willow Trails Committee | (907)495-6368
waco-ak.org/committees/trails
There are many tools we can use to increase wellness and focus on healing! Use these tips and tricks for better wellbeing:

**HEALING**

During times of illness or when experiencing pain, there are many ways to maximize quality of life by focusing on healing.

- **Over-the-Counter Medication**
  Non-opioid medicine like ibuprofen (Motrin) or acetaminophen (Tylenol) can reduce acute pain.

- **Alternative Methods**
  Physical therapy, massage therapy, mindfulness, meditation, and acupuncture can all help alleviate pain.

- **Seek Support**
  Meeting with a psychologist, social worker, or psychiatrist are great ways to mitigate mental/emotional pain.

- **Get Moving**
  Exercise such as pilates, yoga, swimming, or walking the dog can help manage pain.

- **Take Care**
  Eating healthy, art and music therapy, traditional medicine, and meditation can be very effective in treating pain.

**WELLNESS**

The World Health Organization (WHO) defines wellness as, “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” By exploring the eight facets of wellness, we can find many ways to invest in a high quality life.

- **Emotional** | Stay positive. Smile. Seek or accept help when needed. Practice gratitude. Accept and learn from mistakes.

- **Environmental** | Conserve energy. Recycle. Spend time outdoors.

- **Financial** | Address financial problems in a timely manner. Keep organized records. Plan ahead and set budget goals.

- **Intellectual** | Be open-minded. Listen. Find a new hobby. Travel. Get creative.

- **Occupational** | Set realistic career goals. Practice open communication and conflict management. Explore unpaid/volunteer opportunities of interest.

- **Physical** | Engage in regular physical activity. Eat a variety of healthy foods and control portions. Maintain a regular sleep schedule.

- **Social** | Keep connected to friends and family. Practice self-disclosure. Engage in group discussions. Join a club or organization.

- **Spiritual** | Explore your inner self. Meditate or practice mindfulness. Practice acceptance. Be curious. Look for a religious faith or belief system you agree with.
VISIT YOUR LOCAL LIBRARY!
Local libraries offer year-round activities, reading programs and access to amenities such as computer workstations, printing, scanning and faxing, and quiet spaces for reading or working.

Alaska Digital Library (eBook & Audiobook borrowing system)
adl.overdrive.com

Matanuska-Susitna Library Network
matsu.gov/us/msln

Big Lake Library | (907)892-6475 | 3140 S. Big Lake Rd., Big Lake
Palmer Public Library | (907)745-4690 | 655 S. Valley Way, Palmer
Sutton Public Library | (907)861-7640 | 11301 N. Chickaloon Way, Sutton
Talkeetna Public Library | (907)733-2359 | 24645 Talkeetna Spur Rd
Trapper Creek Library | (907)861-7650 | 8901 E. Devonshire Dr., Trapper Creek
Wasilla Public Library | (907)376-5913 | 500 N. Crusey St., Wasilla
Willow Library | (907)495-7323 | 23557 W. Willow Community Center Cir., Willow

BRIGHTEN UP WITH A BOOK
The Bright Lights Book Project has installed FREE bookshelves all over the Valley. Some locations include the Valley Hotel, Koslosky Building, Turkey Red lobby, and more. Books on these shelves are free for the taking! Kids' books, coffee table books and adult fiction/nonfiction. Wherever there is a Bright Lights Project shelf and sign, you’re free to take a new-to-you book! Valley Community Recycling Solutions’ Rescued Books Bookstore offers BAGS of good books at a bargain! Stop by, browse, and also learn about the VCRS education center, tours, nature trail and other awesome projects. Call 745-5544 for more information or visit valleyrecycling.org.

KEEP AN EYE OUT! THE VALLEY ROCKS.
Reports of special, hand-painted rocks being hidden around the Valley keep coming in! Painted rocks can be found and kept as keepsakes, or re-hidden for others to find, keeping the fun going. Popular places to hide rocks include our public library grounds, local stores like Michaels’ or Fred Meyer, area parks, and school playgrounds. Keep your eyes peeled—you might find a miniature masterpiece! Or, paint and hide your own rocks for others to find.
SENIOR HOUSING & SERVICES
For additional assistance, contact the LINKS Mat-Su Aging & Disability Resource Center at (907)376-3632. For senior advocacy, contact the Mat-Su Council on Aging at (907)373-2827. Agencies whose names are starred (*) also offer Adult Day Service, Personal Care and/or Assisted Living. Please call for details.

SENIOR SERVICES & MEALS ON WHEELS: Area senior centers offer hot, congregate meals in inviting dining areas. A great way to have a nutritious meal while socializing! They also accept applications for Meals On Wheels delivered to your home. See below for details!

Alaska Housing Finance Corporation-Wasilla | (907)376-5744
1201 N. Lucille St. Ste #104, Wasilla
Housing Choice Voucher Program; management for Williwaw Manor senior housing.

Alaska Pioneer Home (Palmer Pioneer Home) | (907)745-4241
250 E Fireweed Ave., Palmer
Assisted living for older Alaskans | Qualifying veterans are eligible for per diem through the VA.
Please call 1-888-355-3117 for more information.

Mat-Su Senior Services | www.matsuseniors.com*
1132 Chugach St. Palmer | (907)745-5454
Visit website to view daily menu. Call for information about Chugach and Colony Estates Senior Housing. Offers a wide range of senior services.

Meadow Lakes Seniors Inc.
1012 N. Kim Dr Wasilla | (907)357-3999
Housing and community events for seniors.

Upper Susitna Seniors | www.uppersuseniors.com
16463 Helena Ave. Talkeetna | (907)733-6200
To register for Meals on Wheels, call (907)841-9880
Visit website to view daily menu. Call for information on available senior housing at Sunshine Senior Village.
Willow area senior citizens may call for information on available services for Willow residents.

Wasilla Area Seniors, Inc | www.wasillaseniors.com
1301 Century Cir. Wasilla | (907)376-3104
Call for Meals on Wheels program.
Visit website to view daily menu. Call for information on available senior housing.

Santa Cop & Heroes/Better Together AK Senior Programs | santacop.net
(907)864-6701 | santacopprogram@gmail.com
Maple Springs of Alaska | (907)802-6645  
3265 E. Meridian Park Lp., Wasilla | Assisted living/memory care

Northern Living Center LLC | (907)376-5828  
2795 W. Stonebridge Dr., Wasilla

Palmer Manor Senior Housing | (907)745-2110  
327 E. Auklet Dr., Palmer  
Apartments designed with seniors in mind. Please call office to schedule a tour.

Primrose Retirement Community | (907)268-3611  
889 N. Elkhorn Dr., Wasilla | primroseretirement.com  
Affordable senior housing, including activities and range of floor plans.

Sutton Manor Senior Housing | (907)745-1372  
15816 N. Glenn Hwy., Sutton  
Also available: Sutton Annex housing next door. Please call office to schedule a tour.

Valley Residential Services Senior Housing | (907)357-0256  
1075 S. Check St. #102, Wasilla | www.valleyres.org

**CHORE & RESPITE CARE SERVICES**

ABC Assisted Living | (907)373-5512

Adams Assisted Living Home | (907)631-3537

Access Alaska | (907)357-2588

Alaska Consumer Direct Personal Care | (907)357-7962

Big Lake Country Club Assisted Living* | (907)892-6944  
biglakecountryclub.com | PO Box 520069, Big Lake

Golden Agers Home Care LLC | (907)775-3690  
591 E. Susitna Ave., Wasilla

Wasilla Area Seniors Inc. | (907)206-8800  
1301 S. Century Cir., Wasilla | wasillaseniors@alaskaseniors.com

Willow Personal Care Assistants | (907)495-6778  
23375 Beluga Ave., Willow | willowpersonalcare.org

**HOSPICE & GRIEF SUPPORT**

Ancora Home Health & Hospice | (907)352-4800  
2851 E. Palmer-Wasilla Hwy., Suite 7 & 8, Wasilla | contact@ancoraalaska.com

Hospice Foundation of Mat-Su | (907)745-4711

Valley Hospice Resources | (907)745-4711 | valleyhospiceresources@gmail.com

Compassionate Friends of Mat-Su | (907)373-0842 | Trinity Lutheran Church, Palmer
Senior Food Box Program: Area seniors meeting income eligibility guidelines may apply for a monthly food box through the Commodity Supplemental Food Program. Call (907)272-3663 or visit foodbankofalaska.org

Senior Farmers Market Nutrition Program (June-October): Eligible Alaska seniors can apply to receive coupons from the Senior Farmers Market Nutrition Program (SFMNP). The program begins in June and ends on October 31st. Each senior will receive six coupons at a value of $5 each, to be redeemed at participating local farms, farm stands and farmers’ markets. Applications for eligibility may be found here:

http://dhss.alaska.gov/dpa/Pages/nutri/fmnp/fmnpSenior.aspx

AARP Alaska State Office | 3601 C. St. Anchorage | (907)227-7447 | AKAARP@aarp.org

Assistive Technology of Alaska | 1-800-478-9996 | atlaak.org
Adaptive and rehabilitative devices for those needing aid performing tasks. Training available.

Alzheimer's Resource of Alaska | (907)746-3413
Support, classes and resources for those dealing with Alzheimer's and/or related dementia in themselves or loved ones, caregivers and the general public.

Mature Alaskans Seeking Skills Training Program (MASST) | (907)465-4872
Offered through the Dept. Of Labor. Training and part-time paid work experience for low income individuals ages 55+, who have compromised employment prospects.

Mat-Valley Grandparents Support Group | 1-888-522-9866 (Volunteers of America) or (907)376-4678.
Support for grandparents raising children, including those involved in the foster care system. Grandfamilies Activity Group, Grandparents Support meetings; monthly support.

Older Person's Action Group | Contact the Senior Voice at (907)276-1059 or seniorvoice@gci.net
Dedicated to improving services, developing programs and implementing change to help Alaska seniors live healthy, productive lives. $30 per year, including an annual subscription to the Senior Voice newspaper.

Retired Senior Volunteer Program | RSVP Volunteer Coordinator (907)222-4244 or susann@apiai.org
The RSVP program is a great way for retired senior citizens to use their skills in our community. Choose how, when, and how frequently to volunteer. Volunteer opportunities include mentoring/tutoring, home renovation, or sharing language and culture.
Thank you for your dedicated service!
For assistance with your VA benefits, you may contact the Wasilla Veteran’s Center at (907)376-4318 or visit 851 E. Westpoint Dr., Suite #102, Wasilla.

Veteran's After-Hours Care Line | 877-927-8387
VA Suicide Prevention Hotline | 800-273-TALK
Family Assistance Center Crisis Line | 1-888-917-3608

Alaska’s Healing Hearts | delbert.lahti@gmail.com
PO Box 876061, Wasilla | www.alaskashealinghearts.com
Year-round recreational opportunities for veterans and their families. Visit website for current calendar.

Alaska National Guard Family Programs | (907)428-6606
www.dmva.alaska.gov/family

American Legion Susitna Valley Post 35 | (907)376-3500
5050 Tweed Ct., Wasilla

American Legion Post 15 | (907)745-4440
1550 Mystic Cir., Palmer

AmVets Post AK0009 | (907)414-5269
1591 Creste Foris St., Wasilla | Includes Ladies Auxiliary
AmVets Post AK0011 | (907)245-1536
951 Hermon Rd. #2, Wasilla | Includes Ladies Auxiliary

Battle Dawgs AK | (844)907-3297
nominate@battledawgs.org | www.battledawgs.org
Therapeutic Alaskan experience camps for veterans.

Catholic Social Services-Supportive Services for Veteran Families
(907)745-8811 | www.cssalaska.org
Case management for homeless, at-risk veterans and their families.

Connect Vets AK | 833-688-8387
www.connectvetsak.org

Disabled American Veterans | (907)376-9301

HUD-VA Supported Housing Program | (907)631-7649
Assists veterans with housing vouchers and supportive services.

Mat-Su VA Outpatient Clinic | (907)631-3100
865 N. Seward Meridian Pkwy. #105, Wasilla

Remedy Alpine | www.remedyalpine.org | remedyalpine@gmail.com
Veterans helping veterans through adventure and wilderness experiences.
VETERINARY & PET CARE
Pets are part of the family! Here are some resources to assist when you are in need of veterinary care or pet supplies. Please remember to spay/neuter, clean up after your pet, and obey posted leash laws. TIP: Check your grocery or pet store of choice for “broken bags”. These bags of pet food, litter, and treats are discounted heavily due to damage to their packaging and can save money!

Alaska Dog & Puppy Rescue | (907)745-7030 | Pet Food Pantry & Rescue
Text (907)350-7251 for spay/neuter assistance information

Alaskan Animal Advocates | (907)315-5050 | Pet Food Pantry

Alaska Cat & Dog Rescue | akcatanddog@gmail.com | akcatanddog.com

All Creatures Veterinary Clinic | (907)376-7930 | 4360 Snider Dr., Wasilla

Alaska SPCA-Anchorage | (907)562-2999
Low-cost spay/neuter, microchip, vaccine and exams. Pet food bank. Please call for appointments and current rural outreach information.

Arctic Equine & Livestock Vet | (907)795-5495
arcticequine@gmail.com

Jonathan’s Reptiles | johnathansreptiles@yahoo.com
jonathansreptiles.com

Kool Kat Rescue Alaska | (907)863-4484

The Mobile Moose At-Home Veterinary Care (Dr. Zach Kaiser) | (907)330-7331

Mat-Su Animal Shelter | (907)746-5500
9470 E. Chanlyut Circle, Palmer | Pet food bank, resources, adoptions and more.

North Star Animal Hospital | (907)746-7387 | 840 S. Cobb St., Palmer

Palmer Veterinary Clinic | (907)745-3219
1451 E Crimsonview Dr., Palmer | Regular low-cost vaccine clinics. Please call for details.

Passages Pet Cremation & Grief Center | (907)745-7574 | 1256 S. Chugach St., Palmer

Straw For Dogs: Improving the Lives of Pets Outdoors | (907)310-7294
info@strawfordogs.org | Assistance with doghouses, straw, training advice, spay/neuter and fostering/rehoming.

Tier 1 Veterinary Medical Center | (907)745-8437 | 6623 Blue Lupine Dr., Palmer
Emergency Vet Care, open 24 hours Saturday/Sunday.

VCA Far Country Animal Hospital | (907)746-7297 | 2701 N. Liahona Dr., Palmer
VCA Big Lake Animal Hospital | (907)892-9292 | 9750 W. Parks Hwy., Big Lake
YOUTH ORGANIZATIONS:

Big Brothers Big Sisters | (907)376-4617
191 E. Swanson Ave #205, Wasilla | bbbsak.org
Mentorship through Bigs/Littles program for children ages 6-16.

Boys & Girls Club of Wasilla | (907)357-2582
3700 E. Bogard Rd., Wasilla

Choosing Our Roots | (907)764-6233
Assisting queer youth/young adults by building supportive relationships; addressing homelessness.

Facing Foster Care in Alaska | (907)748-1845 | ffcalaska.org
Support for foster youth and alumni, improving the foster care system.

Knik Tribal Council Afterschool Programs | (907)373-7991

Mat-Su Valley Young Life | (760)678-8162
PO Box 874311, Wasilla | matsuvalley.younglife.org
Caring adult leadership for youth; weekly fellowships meetings; high school and middle school clubs; teen mothers support group.

Nine Star Education & Employment Services | (907)373-3006 | hscp@ninestar.org
Youth Education Services (High School Completion Program)
Pathway to earning a high school diploma for Mat-Su students who have attempted traditional school. Must live in the Mat-Su area.

Northern Susitna Institute | (907)733-7111
22510 S. Talkeetna Spur Rd., Talkeetna
Real-world learning, afterschool drop in program at Church on the Rock, adult and family programming.

Onward & Upward | (907)953-5360 | www.onwardandupward.org
777 N. Crusey St, Suite B105, Wasilla 99654 | info@onwardandupward.org
Providing activities and opportunities to help youth and families thrive. Involvement in high-quality activities helps young people connect with others, build skills, and strengthen their community.

Youth 360 builds connection through free afterschool programs for middle and high school students in Houston and Wasilla, stipends for community-based activities, youth leadership and more.

Community connections help our youth stay healthy. Youth who feel they matter to people in their community are 3x less likely to feel alone in life, and 3x less likely to consider suicide. Youth whose parents talk to them about school regularly are less likely to feel alone. Everyone in our community has a role to play in supporting our young people and cultivating their strengths and talents!

Call 373-3613 or visit youth-360.org for more information.
HOLD AN EVENT!

Alaska State Fair Facility Rentals
sheri@alaskastatefair.org

The Valley Annex | (907)745-3900
247 S. Alaska St., Palmer

Curtis D. Menard Center | (907)357-9100
1001 S. Clapp St., Wasilla

Grandview Inn & Suites Banquet Facilities
(907)352-1700 | 2900 E. Parks Hwy, Wasilla

Government Peak Chalet | (907)746-8757

Elks Lodge-Palmer | (907)745-3950

Evangelo’s Restaurant Banquet Facilities
(907)376-1212 | 2530 E. Parks Hwy, Wasilla

Mat-Su Borough Gym | 350 E. Dahlia Ave.,
Palmer | (907)861-8578

Mat-Su Health Foundation Conference Center
admin@healthymatsu.org
healthymatsu.org/How-We-Fund/conference-center

Meier Lake Resort | (907)315-9760
meierlake.com

MTA Meeting Rooms | 480 Commercial Dr.,
Palmer | Must be an MTA member and submit
meeting room request form
at www.mtasolutions.com

Northern Susitna Institute | (907)733-7111 |
Classroom, great room, and outdoor spaces.
Download rental agreement
at northernsusitnainstitute.org

Palmer Moose Lodge | (907)745-4982

Palmer Library | (907)761-1375 | For community
meetings only.

Palmer Train Depot and Pavilion | (907)745-3709
Extension 1

Rent-A-Geek Palmer | (907)745-5060
104 E. Arctic Ave., Palmer

Wasilla Library | (907)376-5913 | For community
meetings only.

RENT A CITY PARK OR PAVILIONS

City of Palmer Park Use Rentals
To rent a park space, pavilion or recreational field for your event, visit the City of Palmer’s Forms & Applications page, locate the correct Rental form, and submit. This includes rental forms for the Palmer Train Depot and downtown pavilions.

City of Wasilla Park Use Rentals
To rent a park space, BBQ pavilion or fields for your event, visit the City of Wasilla’s Park Use page and download the application. Applications may be submitted via mail, fax or email. https://www.cityofwasilla.com/services/departments/parks-and-recreation/park-use-permits

CHAMBERS OF COMMERCE
Call your local chamber to find information about upcoming events, local businesses, visitor services and more.

Big Lake Chamber of Commerce | biglakechamber.org
(907)892-6109 | biglake@mtaonline.net

Greater Palmer Chamber of Commerce | palmerchamber.org
(907)745-2880 | 550 S. Alaska St., Suite 101, Palmer

Greater Wasilla Chamber of Commerce | wasillachamber.org
(907)376-1299 | 1155 E. Depot Rd., Wasilla
United Way of Mat-Su wants all youth to grow up healthy and happy! Did you know that the more developmental assets a child has, the more likely they are to maintain high self-esteem, connect meaningfully with their peers, engage in community service, and demonstrate growth in academics and their social lives?

The 40 Developmental Assets framework teaches preventative measures and positive experiences that young people need to achieve their dreams.

**SUPPORT**
Family, caring neighbors, caring school climate, and involvement from adults.

**EMPOWERMENT**
Communities value youth, give them useful roles, and encourage service to others.

**HEALTHY EXPECTATIONS**
Clear expectations, caring about youth's whereabouts, positive peer interactions and encouragement.

**ENGAGING PASTIMES**
Music, theater, and the arts. Access to youth programs. Quality time spent at home.

**LEARNING**
Actively engaged in learning. Feeling their school cares. Fostering a love of reading.

**POSITIVE VALUES**
Values helping others. Stands up for their beliefs. Tells the truth even when it's hard.

**SOCIAL COMPETENCY**

**POSITIVE IDENTITY**

We are proud to create, administer and support the following positive youth development initiatives and projects: Be[You]; Beacon Hill; Boys & Girls Club Mat-Su; Knik Tribal Council; MSBSD Initiatives; MY House; Onward & Upward; Reach907; Thrive Mat-Su & Thrive Mat-Su Youth Awards; Thrive Mat-Su Youth Retreat; Youth 360
Together, we are moving people from poverty to possibility, helping kids be all that they can be, and building a strong and healthy community.