Great things are not done by impulse, but by a series of small things brought together.”
- Vincent Van Gogh

unitedwaymatsu.org | @UnitedWayMatSu
This resource guide is not intended to be used in emergencies. In case of an emergency please dial 911.

Printing made possible with the generous support of Connect Mat-Su.

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)745-5824. You may also call Connect Mat-Su at (907)373-2628.
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United Way of Mat-Su: The Power of Ordinary People, Doing Extraordinary Things

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

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. Choose to support Education, Financial Stability and Health in the Mat-Su by making your tax-deductible donation today!

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.

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 help spread the good news that most Mat-Su teens don’t drink alcohol. Visit beyoualaska.com for facts, downloadable resources and more.
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.

Adult Protective Services 24-Hour Line 1-800-478-9996
Alaska Family Services Shelter, Care Line & Sexual Assault Response Team (907)746-8026 | akafs.org/dvsa.html
Text an advocate: (907)795-9246
Beacon Hill/Safe Families For Children (907)277-0925 (for families in times of crisis)
Domestic Violence/Sexual Assault Hotline 1-866-746-8026
Fallen Up Ministries (907)815-SAVE (substance abuse peer support)
Identity Alaska LGBTQ+ Helpline 907-929-4528 | identityalaska.org
Mat-Su Health Services Suicide Hotline (907)376-2411
MYHouse (Drop-in Center, Food, Showers) (907)373-4357 | myhousematsu.org
Office of Children’s Services-Wasilla (907)357-9797 | hss.state.ak.us/ocs
Poison Control Hotline (24 Hour Hotline) 1-800-222-1222
Statewide Careline Crisis Intervention Call 988 to reach a trained call center worker.
Standing Together Against Rape (STAR) 24-Hour Crisis Line 1-800-478-8999
True North Recovery Services HOPE line (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)746-4080 Palmer | (907)376-4080 Wasilla

Register to vote! Your vote matters. Visit elections.alaska.gov to register or update your voter information. You may also register automatically when visiting the Alaska DMV.
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
- 88.GJ5J*YXYFYJRJ5Y2;\&XYFYJRJ5YWJYNWJRJ5YUJSXNTSGJSJ*YXZJSJRJQT*RJ5YT
- Proof of participation in: food stamps program, Medicaid, BIA General Assistance, SSI income, the Head-Start Program, Federal Public Housing Assistance.
- Please also provide up to date contact information, personal information, preferred pronouns, and a description of your needs.

Adult Public Assistance: Cash assistance for aged, blind and/or disabled Alaskans to help them remain independent. Resources may not exceed $2,000 for an individual or $3,000 for a couple. Persons under the age of 65 must be blind or disabled.

Disability Law Center: Call to speak with an Intake Advocate to determine if your issue can be addressed by the DLC. In most cases, DLC cannot initiate services based on a third-party request. Please be patient as it may take up to 3 working days for a return call.

Free Legal Answers Alaska: Visit the Free Legal Answers website to take an intake survey and ask volunteer attorneys a question about your civil legal issue. You will need to set up an account. You can use this website if: your income is low for your family size; the value of your assets is low; you are not jailed or imprisoned; your legal issue is non-criminal; you do not have a lawyer; you are 18 or over. Visit alaska.freelegalanswers.org.

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.

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.

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 helpful 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.

2-1-1 Information Helpline | Dial 211 or visit alaska211.org
United Way of Mat-Su | (907)745-5824
550 S. Alaska St., Suite #205, Palmer
unitedwaymatsu.org

Access Alaska Information and Referrals | 1-800-770-4488
Alaska Family Services | (907)746-4080 | akafs.org

Benteh Nuutah Valley Native Primary Care (Southcentral Foundation)
1001 Knik-Goose Bay Rd. Wasilla | (907)631-7800

Chickaloon Village-Sutton | (907)745-0749 | chickaloon-nsn.gov

Cook Inlet Tribal Council (TANF Services location)
1744 N. Prospect Dr., Palmer | (907)793-3600

Knik Tribal Council | 1744 N. Prospect Dr. Palmer
(907)373-7991 | kniktribe.org

LINKS Mat-Su HUMS Program (High Utilizer Mat-Su) | (907)887-HUMS
For residents of the Mat-Su who have multiple social needs. Voluntary program for those 18 and over who have multiple emergency department visits.

LINKS Parent Resource Center & Mat-Su Aging & Disability Resource Center
(907)373-3632 | 777 N. Crusey St. Wasilla
linksprc.org

MSBSD Project Childfind | (907)746-9222 | Early screenings to identify educational or physical needs for children enrolled in MSBSD schools.

MSBSD Student Support Services | (907)746-9221
Ask to speak with a Resource Specialist, especially if you are relocating to the Mat-Su from out of state.

Southcentral Foundation | (907)631-7800 | 1001 S. Knik-Goose Bay Rd, Wasilla
BASIC NEEDS ASSISTANCE
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. All Mat-Su residents struggling with basic needs are encouraged to call Connect Mat-Su at (907)373-2628 to be connected with a community resource specialist. You may also email specialist@connectmatsu.org.

**Alaska Family Services | www.akafs.org**
Wasilla (907)376-4080 | Palmer (907)746-4080
Call for assistance with WIC, Senior Farmers’ Market coupons, childcare assistance, legal advocacy, and work services.

**Blood N Fire Ministries | bloodnfireak.org**
244 S. Sylvan Rd. #21, Wasilla (907)864-0463
Food pantry, clothing closet, rental/utilities assistance

**Family Promise Mat-Su | fpm-su.com**
(907)357-6160 | 561 W. Nelson Ave., Wasilla
Navigation center, housing, basic needs, family assistance. Pet Boarding may be available on a case by case basis.

**Frontline Mission | frontlinemission.org**
2001 E. Palmer-Wasilla Hwy. Wasilla | (907)357-8600
Food pantry, clothing closet. Hot meals. Shower/laundry facilities.

**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
BASIC NEEDS

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.

**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.

**Butte Wash Tub LLC**
16490 Marilyn Dr., Palmer | (907)444-0502

**City of Wasilla Bulk Water Station**
550 N. Weber Drive (across from IditaPark)

**Frontline Mission | (907)357-8600**
Shower access is available on a limited basis on Thursdays for women, and Fridays for men. Clothing will be laundered so clean clothes are available after showering. Please call for more information.

**Idita-A-Wash | 745-7111 | 1150 S Colony Way Unit 9, Palmer**

**Midas-Palmer | 1225 N. Glenn Hwy., Palmer (in rear of building) | (907)268-5061**

**Talkeetna Roadhouse | (907)733-1351 | 13550 E Main St., Talkeetna**
May be closed during winter months.

**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**

**Valley Charities & turn-a-leaf thrift store | valleycharities.org**
400 N. Yenlo St
Valley Charities Office: (907)354-4660 | turn-a-leaf store: (907)376-5708
Valley Charities offers rental and utilities assistance. turn-a-leaf store offers household items, clothing, bedding and medical equipment to those in need.
FOOD PANTRIES & FOOD ASSISTANCE
Visit only the food pantry in your ZIP code of residence and bring photo ID. Call your pantry to hear distribution times, dates and details. You may also use the Food Bank of Alaska's pantry calendar: foodbankofalaska.org.

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

Frontline Mission | (907)357-8600
2001 E. Palmer-Wasilla Hwy, Wasilla

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.

King’s Chapel-Wasilla | (907)357-2065 | 1701 N. Lucille St., Wasilla
Hot meal on the last Tuesday of each month, 7pm

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)354-0735

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
15748 N. Glenn Hwy, Sutton (907)354-0012
BASIC NEEDS: Food Pantries/Hot 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)733-3358
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)746-4080 Palmer | (907)376-4080 Wasilla

JUST FOR KIDS

Kids Kupboard | www.kidskupboard.org | (907)357-5439 | 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.
LEARN, GROW, SHARE AND SAVE

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!

ALASKA FARMERS MARKET DIRECTORY: Visit alaskafarmersmarkets.org to view the market directory and find a farm stand or market near you!

BUY ALASKA GROWN: The Alaska Division of Agriculture is the home of Alaska Grown, and can help you locate places to buy local produce, Alaska Grown products, merchandise and provides grants to support local growers’ efforts. Visit buyalaskagrown.com for details.

C’ENYAEKDE UGHELI COMMUNITY GARDEN: Community garden plots available for registration in spring. Membership and sign-up via website. Members must agree to be Garden Stewards. Visit palmercommunitygarden.org for more!

FRIENDSHIP DINNERS MAT-SU: Every holiday season, the Mat-Su community gathers to prep, prepare and share a hot dinner on Thanksgiving Day, as well as one on Christmas. Anyone is welcome, both to volunteer and to eat! For more information on Thanksgiving Blessing Dinner: Contact Frontline Mission at 357-8600. For more information on the Christmas Friendship Dinner: christmasfriendshipdinner.com or email cfdinnerinfo@gmail.com.

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!

GROW YOUR OWN GARDEN-CITY OF WASILLA: 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

RAYMOND REBARCHEK FARM & FOOD FOREST: Volunteers and the Alaska State Fair have revived the Rebarchek Colony Farm, located adjacent to the Fair grounds. The farm features experimental crop plantings, native plant and trees, and will be hosting public tours, crop harvests and field trip opportunities. For more information, call (907)745-4827 or visit alaskastatefair.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)222-0925
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.

Connect Mat-Su-Basic Needs Support Fund | (907)373-2628
connectmatsu.org

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

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)671-6864
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)245-6503
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.

Carolyn’s Courteous Airport Transportation | (907)775-3470

Chickaloon Area Transit System | (907)745-2287 | chickaloon-nsn.gov/transportation-department
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)745-0749 | lifehouseclinic.com/transportation

Grizzly Cab | (907)717-4027

Mat-Su Shuttle, LLC. | (907)982-7061 | mat-su-shuttle.com

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

Soaring Eagle Transit | (907)822-4545 | soaringeagletransit.com
Serves the Copper River Valley with routes to Anchorage, Valdez, Glenallen, Copper Center, and non-schedule (on demand) rides.

Sunshine Community Transit | (907)495-8411 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)357-2727 | Airport transportation from the Valley to Anchorage.

Way Makers Transportation | (907)887-9236 | waymakerstransportationak@gmail.com

Non-Emergency Medical Transport: If you are a Medicaid recipient, and no other means of public transportation, you may qualify for transportation to medical appointments. Ask your doctor to request a prior authorization for Non-Emergency Medical Transportation when scheduling.
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.

Valley Transit may 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.
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 Bible College | (907)745-3201
248 E. Elmwood Ave., Palmer | www.akbible.edu

Alaska Job Corps | (908)861-8800
800 E. Lynn Martin Dr., Palmer | alaska.jobcorps.gov

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

Alaska Area Health Education Center | aliciar@alaskapca.org
Tuition assistance, incentives, case management and support for youth and adults pursuing health-care careers.

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)373-7833
899 W. Commercial Dr., Wasilla | ninestar.org
Adult Basic Education program. ESL, ASVAB, college and career readiness.

Northern Industrial Training (NIT) | (907)357-6400
1740 N. Terrilou Ct, Palmer | nitalaska.com
COMMUNITY GROUPS
Contact each group for membership information, meeting times and locations.

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

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

**Bright Lights Book Project | director@brightlightsbookproject.org**

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

**Early Childhood Partnership of Mat-Su | (907)745-5824 | give@unitedwaymatsu.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**

**Safe Kids Mat-Su | (907)352-1229 | gwen.teutsch@mssca.org**

**Thrive Mat-Su | (907)745-5827 | impact@unitedwaymatsu.org**

**Valley Awareness & Prevention of Suicide (VAPS) | (907)373-4357 or (907)352-6626**

**Valley Community for Recycling Solutions | valleyrecycling.org | (907)745-5544**

**Valley Interfaith Action Group | valleyinterfaithaction.org | director@valleyinterfaithaction.org**

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**Mat-Su VOAD (Voluntary Agencies Active in Disaster):**
Mat-Su VOAD 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.

Mat-Su VOAD welcomes new partners who are interested in attending meetings and becoming active in disaster readiness and response in the Valley.

Contact Becky Stoppa, VOAD Coordinator:
Ph: (907)745-5827 E: impact@unitedwaymatsu.org
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.

EARLY CHILDHOOD SUPPORT GRANTS
With guidance and the generous support of Mat-Su Health Foundation, the ECP has distributed tens of thousands of dollars in grant support to the Mat-Su early childhood community. These funds have built playgrounds, repaired childcare facilities, purchased curriculum, and sustained programs and operations for over a dozen childcare centers and programs.

ON GOING ADVOCACY & PROGRAM PLANNING
The ECP continues to meet to advocate for and plan programming supporting the early childhood sector, families with young children, and our fellow agencies working in early learning. New partners are always welcome!

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

Early Childhood Partnership Meetings | Third Friday of each month
To join and receive meeting info, email admin@unitedwaymatsu.org

Early Childhood Partnership of Mat-Su | Ph: (907)745-5824
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

Alaska Family Services-Family Support/Preservation Services
(907)745-4920 | FSPP@akafs.org

Alpenglow Women’s Health | (907)357-1113 | alpenglowak.com

Benteh Nuutah Valley Native Primary Care Clinic
Mother/Baby/Child
(907)631-7630 | 1001 S. Knik-Goose Bay Rd., Wasilla

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

Mat-Su Midwifery and Family Health | (907)373-3420
matsumidwifery.com

Mat-Su Regional Hospital Birthing Center | (907)861-6000
2500 S. Woodworth Lp., Palmer

Mat-Su Women’s Health Specialists | (907)746-7747
2490 S. Woodworth Lp., Suite 301, Palmer | matsuwomenshealth.com

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.

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)352-2863
Parent Cafes and parenting resources; social connections for families; Stewards of Children training.

Safe Families for Children (Beacon Hill)
Mat-Su Family Contact Center
(907)308-9591 | MatSuFamilySupport@beaconhillak.com
FAMILIES & CHILDREN:
LICENSED CHILDCARE PROVIDERS
The Child Care Program Office can assist you in finding licensed child care and applying to receive Child Care Assistance. For other up to date listings of childcare providers, visit the thread Alaska website: threadalaska.org.

<table>
<thead>
<tr>
<th>Licensed Childcare Providers</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>CCS Early Learning Centers</td>
<td>(907)373-7000</td>
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<tr>
<td>907)373-7020 fax</td>
<td>ccsalaska.org</td>
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<tr>
<td>PALMER AREA</td>
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<tr>
<td>Head Start Center</td>
<td>(907)373-7020 fax</td>
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<tr>
<td>(for ages 3 to 5)</td>
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<tr>
<td>Palmer, AK</td>
<td>99645</td>
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<tr>
<td>Early Head Start Center</td>
<td>(907)373-7020 fax</td>
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<td>(for ages 0 to 3)</td>
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<tr>
<td>Palmer, AK</td>
<td>99645</td>
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<tr>
<td>Fairview Center</td>
<td>(907)373-7000</td>
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<td>Knik-Fairview area</td>
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<tr>
<td>WASILLA AREA</td>
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<tr>
<td>Head Start Center Wasilla</td>
<td>(907)373-7020 fax</td>
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<td>(for ages 3-5)</td>
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<tr>
<td>2100 E Foundry Way, Wasilla, AK</td>
<td>99654</td>
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<tr>
<td>Head Start Center Meadow Lakes</td>
<td>(907)373-7020 fax</td>
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<td>(for ages 3-5)</td>
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<tr>
<td>7362 W Parks Hwy #752, Wasilla, AK</td>
<td>99623</td>
</tr>
<tr>
<td>Early Head Start Center Wasilla</td>
<td>(907)373-7020 fax</td>
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<tr>
<td>(for ages 0-3)</td>
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<tr>
<td>2060 E Foundry Way Unit A, Wasilla, AK</td>
<td>99645</td>
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LICENSED CHILDCARE (listed alphabetically)  
PALMER AREA

<table>
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<th>Licenses Childcare Providers</th>
<th>Contact Information</th>
<th>Address</th>
<th>City</th>
</tr>
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<tbody>
<tr>
<td>Alaskan Seedlings I &amp; II</td>
<td>(907)631-8715</td>
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<tr>
<td><a href="mailto:alaskanseedlings@gmail.com">alaskanseedlings@gmail.com</a></td>
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<tr>
<td>Family First Child Care</td>
<td>(907)330-7460</td>
<td>1150 E. Hidden Ranch Lp., Palmer</td>
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<tr>
<td>Little Friends Childcare</td>
<td>(907)746-7095</td>
<td>1635 S. Old Glenn Hwy., Palmer</td>
<td></td>
</tr>
</tbody>
</table>
| Mat-Su Jewish Preschool (Chabad Lubavitch) | (907)350-1787 
| Mouse Trap Playschool, LLC  | (907)745-1803       | 517 S. Cobb St., Palmer |
| Nettlewood Playgarden       | (907)315-1677       |         |      |
| Palmer Lifeways             | (907)746-0077       | 3199 N. Palmer-Fishhook Rd., Palmer |
| Pampered Moms               | (907)841-1660       | 1431 Downwind Cir., Palmer |
| ParentShare Preschool       | (907)745-1440       | parentsharepreschool.org |
| Ray’s Childcare & Learning  | (907)745-4875       | 1738 N. Chet Cir., Palmer |
| T&C Playhouse               | (907)519-2300       | 401 S. Lower Rd., Palmer |
| Tree of Life Center         | (907)746-5338       | 268 E. Fireweed Ave., Palmer |
| Valley Creative Minds       | (907)982-7018       | 2021 N. Midtown Dr., Palmer |
| Wee Care A Lot Child Care   | (907)746-1008       | 955 Josh Dr., Palmer |
## WASILLA AREA

**Arctic Fox Child Care** | (907)414-1905
articfoxcc@yahoo.com

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

**Alaska Children’s Academy** | (907)414-9332
4931 E. Mayflower Ln., Wasilla

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

**Dee’s Little Angels** | (907)5357-6300
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 Pkwy., 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

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

**Little Explorers Childcare** | (907)775-5320
tracie.atwell@gmail.com

**Little Learners Academy** | (907)357-1188
235 W. Nelson Ave., Wasilla

**Marie's Little Lambs Learning Center**
(907)715-6226 | marieslittielambs@yahoo.com

**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

**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

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

**Infant Learning Program (ages birth-3):** Evaluates child development, develops a plan for services, and offers special instruction, activities and materials. Visit the MSSCA website for more information.

**Look at Me! developmental screenings (ages birth-5):** Contact Gwen Teutsch for more information via email gwen.teutsch@mssca.org.

**Family Support (respite):** In-home respite, companion respite, overnight respite and training for those with intellectual or developmental disabilities and their families.

Most services are offered at no cost to families and individuals. However, some program participants must meet eligibility requirements for services. Costs vary.
MEADOW LAKES, KNIK-GOOSE BAY & UPPER SUSITNA

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

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

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

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

Learn To Play In the Bay | (907)357-9600
5705 S Settlers Bay Dr., Wasilla

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

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

Mat-Su Borough School District Early Childhood Support Services
(907)761-4005 | amber.fremin@matsuk12.us
For children ages 3-5 with an IEP

Children who transition from Infant Learning or through the Child Find identification process may be eligible for special preschool services. If you are moving to the area, and your child has a current IEP, please contact Student Support Services to receive assistance with preschool placement.

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.
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 | (907)931-9330
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 | (907)864-0560
131 E. Swanson Ave., Suite #1, Wasilla

Lighted Path Therapy Services | (907)631-9365
901 N. Leatherleaf Lp #103, Wasilla

Mindful Exchanges | (907)745-7799

Playful Journeys | (907)290-3603

Playful Learning Pediatric Therapy
Wasilla Office- 613 S. Knik-Goosebay Rd. | (907)317-5895
Palmer Office-1901 N. Hemmer Rd., Ste 109 | (907)795-8115

Providence Medical Group Mat-Su-Behavioral Medicine | (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
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!

Disaster Relief: The last several years may have seemed rife with natural disasters, the effects of COVID-19, and weather that makes life in the Valley extra challenging. Through floods, the 2019 McKinley Wildfire, earthquakes and windstorms, we have gathered together hundreds of volunteers whose compassion for neighbors in times of disaster has built houses, shoveled driveways, delivered food boxes and so much more. We are proud to respond in times of disaster and grateful for our disaster relief volunteers.

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 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 supervised 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

Alaska Youth & Family Network | (907)631-3485
1051 E. Bogard Rd., Suite 2, Wasilla | 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.

All-Alaska Pediatric Partnership | a2p2.org | (907)903-6770
Partnership, networking, resources and home to the Help Me Grow program.

Alaska Mediation Institute | (907)341-4949
alaskamediation.org
Courses covering self-care, parenting plans, enhancing parenting strengths, managing successful email, text meetings and healthy schedules/transitions. Monthly classes in Palmer/Wasilla. Must register online.

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.

Creative Solutions for Families | creativesolutionsforfamilies@gmail.com
CreativeSolutionsForFamilies.com
Educating parents on the effects of divorce on children. Conflict resolution and anger management strategies. Classes in Mat-Su, call or email for current scheduling.

Grandfamilies Network Project | (907)522-9866
www.grandfamilies.org

Family Support & Preservation-Alaska Family Services | (907)745-4920
Parenting skills, strategies, Parents As Teachers program, Circles of Support system.

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)214-1580
Admin@PRCAlaska.org | 1175 Leatherleaf Lp., Suite C, Wasilla
MEETING UNIQUE NEEDS & DIFFERENT ABILITIES
Medical equipment, specialized education and opportunities, and assistance with visual or hearing challenges. Care coordination resources are also listed here.

Access Alaska | (907)357-2588
1075 Check St. Suite #109, Wasilla | accessalaska.org
PCA services, independent living, benefits navigation assistance, advocacy.

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)885-0186
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 Wasilla | (907)802-6641 Palmer
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

Special Olympics Alaska Mat-Su Valley  |  (907-222-7625)  
matsu@specialolympicsalaska.org

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  |  1-800-723-2852 | 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.

Hab Academy  |  (907)892-4101 | HabAcademyAK.org

CARE COORDINATION:

Alaska Care Coordination Network  |  alaskaccn@gmail.com  
Alzheimer’s Recourse of Alaska-Care Coordination  |  (907)746-3445  
1st Choice Care Coordination  |  (907)775-1303  
Care Coordination Resources of Alaska  |  (907)746-3445  
Daybreak Mental Health Resources  |  (907)746-6019  
Pathfinder Care Coordination  |  (907)521-1588 | pathfindercc.com  
Supernova Advocates, LLC  |  supernovaadvocates.com  
Quintessence Planning & Care Coordination, LLC  |  (907)953-1467
MEDICAL, DENTAL & VISION
If you need health insurance, you may call to set an appointment with a United Way Healthcare Navigator who will help you choose and sign up for a healthcare plan. Call 2-1-1 and request to speak with the Mat-Su Healthcare Navigator to schedule an appointment.

PRIMARY CARE & URGENT CARE

All Seasons Family Health Care | (907)376-4644 | 5461 E. Mayflower Ln. #4, Wasilla
Arctic Skye Family Medicine | (907)357-7944
2851 E Palmer Wasilla Hwy., Unit 3 | 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
Capstone Palmer Clinic | (907)745-9088
561 S. Denali St., Palmer
Coalition Health Services-Wasilla | (907)206-4601 | 1700 E. Bogard Rd., Bldg A, Ste. 103
Coho Family Medicine | (907)357-0820 | 5030 E. Shennum Dr., Wasilla
Family Medicine of Alaska | (907)376-1276 | 1261 S. Seward Meridian Pkwy., Wasilla
Frontier Family Medicine | (907)373-3940 | 545 N. Knik St., Wasilla
Glacier Surgical Associates | (907)746-1520 | 425 E Dahlia Ave., Suite J, Palmer
Mat-Su Health Service | (907)376-2411
1363 W. Spruce Ave., Wasilla | 425 E. Dahlia Ave., Palmer
Mat-Su Public Health Center | (907)352-6600
3223 E. Palmer-Wasilla Hwy, Suite #3, Wasilla | Sliding scale fees.
Mat-Su Urgent Care Centers
5851 S. Knik-Goose Bay Rd., Wasilla | (907)864-1300
209 W. Evergreen Ave., Palmer | (907)861-1400
950 E. Bogard Rd., Wasilla | (907)352-2880
Moose Creek Medical Clinic, LLC. | (907)373-3335 (Knik-Fairview)
Now Health Holistic Medicine | (907)745-9355 | 625 S. Cobb St. #201, Palmer
Odland Family Practice Clinic | (907)373-0850
950 E. Bogard Rd. #234, Wasilla
Palmer Family Medicine PC | (907)746-2345 | 258 S. Alaska St., Palmer
Sunshine Community Health Centers
Talkeetna | (907)733-2273 | 34300 Talkeetna Spur Rd., Talkeetna
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

Sutton C’eyiilts’ 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 | 1401 S. Seward Meridian Pkwy., Suite E, Wasilla

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

Aurora Dental Care | (907)376-8400 | 4501 E. Snider Dr., Wasilla

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

Mann Family Dental | (907)373-2227 | mannfamdental.com

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
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

Valley Dental Clinic | (907)312-2610 | 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

Lane Family Dental | (907)373-2200 | 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)312-2388 | 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)707-0433 | 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)376-9783 | 1350 S. Seward Meridian Pkwy., Wasilla
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 | eclubhouse.org/sites/palmerak

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 988 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 Marriage and Family Center, LLC | (907)376-0776
720 E. Evergreen Ave., Palmer

Alaskan Sunrise Behavioral Health LLC | (907)707-1021
info@alaskansunrisebehavioralhealth.com

Neurobehavior North, LLC | (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

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

C’eyiits’ Hwnax Lifehouse (Chickaloon Tribe Behavioral Health Program) | (907)631-7665

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

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

Lighted Path Therapy Services LLC | (907)631-9365

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
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.

Alaska Addiction Rehabilitation Services
(907)376-4534
aarsrecovery.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

Alcohol Safety Action Program | (907)746-6260 | 182

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

Ideal Option | (877)522-1275

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

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.
Support Groups

Community Support Groups
Meeting schedules and locations may be subject to change or cancellation.

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

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

Alaska Family Services Community Support Groups | Call (907)746-4080 for details

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

Balance: A Self-Care Support Group for Women
To receive virtual meeting link, email info@accessalaska.org

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

Celebrate Recovery Palmer | celebraterecoveryak@gmail.com
Follow on Facebook: @CelebrateRecoveryAK

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

Identity, Inc.: Advocacy, Education and Connection for LGBTQ Alaskans
(907)865-3247 | facebook.com/identityinc
Visit the Facebook page for current virtual and in-person support and events.

Invisible Disabilities Peer Support (Access Alaska) | (907)357-2588 | info@accessalaska.org

Mat-Su College Journey Program | matsu.alaska.edu/journey
Events, workshops, free counseling for students, and mental health resources.

Mat-Su Reentry Coalition | (907)414-4077
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

Southcentral Foundation Support Groups | (907)631-7800
For more information on support groups, counseling and peer groups, visit southcentralfoundation.com or call for details.

Traumatic & Acquired Brain Injury Support Group
Call 800-770-7940 or email info@accessalaska.org
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

We are grateful for the community’s involvement in Thrive and its commitment to the youth of our valley. We are excited about the impact we are making together and look forward to what’s to come.

Thank you on behalf of the Thrive Coalition!

If you have any suggestions, questions, or concerns please do not hesitate to contact me:

Matt Clayton
Youth Programs Coordinator
Call or Text: 907-795-6341
Email: Connect@ThriveMatSu.org
RECREATION & ACTIVITIES
Free Family Fun Runs in the Valley
AKTive Soles Happy Run, every Monday at 6pm. Meet at AKTive Soles Footwear, 642 S. Alaska St. #B1 Valley Dash, hosted by Get Moving Mat-Su. Dates and frequency may vary. Visit @getmovingmatsu on Facebook for schedule updates!

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)745-0793 | chickaloon-nsn.gov

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

Denali Climbing at the Rock | (907)373-3488
1080 N. Wasilla Fishhook 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 | 1175 Leatherleaf Lp., Wasilla

Mat-Su Amateur Hockey Association | www.matsuhockey.com

Mat-Su Crossfit | (907)631-1053 | matsucrossfit.com

Mat-Su LEGO Classes | Facebook: @matsulegos | finchconsultingak@gmail.com

Mat-Su Running Club | matsurunningclub@gmail.com | matsurunningclub.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
matsusnowclub@gmail.com | matsusnow.org

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

Mat-Su Tennis Association | matsutennis@gmail.com
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

Ollie North Indoor Skate Park | (907)346-7225 | ollienorthak.com

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

Palmer Amateur Hockey Association | 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 | polarvortexsoccer@gmail.com

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

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 Youth Basketball | vybb.com

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

Wasilla Youth Baseball | wasillayouthbaseball.com | registration@wasillayouthbaseball.com

ICE ARENAS

Brett Memorial Ice Arena | (907)861-7690 | 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
Swim Alaska | (907)982-9287 | swimalaska@gmail.com
Wasilla Public Pool | (907)861-7680 | wasilla-pool@matsugov.us

MUSIC, THEATRE & THE PERFORMING ARTS

Alaska Music & Arts | amacontact@alaskamusiconline.com | (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

All About Dance | (907)715-9174
allaboutdanceak@gmail.com

Copper Center Community Association | coppercenterak.org
Community festivals, George Ashby Museum, community arts and more.

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

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

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

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

Mat-Su Community Chorus | matsucommunitychorus.org |

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

Sonja’s Studio of Dance | (907)357-3933 | 5700 E. Pilgrim Ct., Wasilla

Sutton Friends of the Library Teen Arts & Wellness Program | aksuttonlibraryfriends@gmail.com

Talkeetna Artists Guild | info@denaliartscouncil.org | Venue for local artists to display their work!

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

Valley Performing Arts | (907)373-0195 | 251 W. Swanson Ave., Wasilla
ART CLASSES & CREATIVE CLUBS

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

Birch Grove Studios, Inc. Pottery | (907)354-7112 | BirchGroveStudios.com

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

Mat-Su Master Gardeners Association | matsumastergardners.com

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

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

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

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

Valley Garden Club | matsuvgc@gmail.com | valleygardenclub.com

Valley Quilters’ Guild | information@valleyquiltersguild.com

BOOKS, WRITING & STORYTELLING

Alaska Writers Guild | alaskawritersguild.com
outreach@alaskawritersguild.com

Black Birch Books | (907)373-2677 | 2901 E. Bogard Rd., #104, Wasilla

Fireside Books Alaska | 720 S. Alaska St., Palmer | goodbooksbadcoffee.com

49 Writers | (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 | palmermuseum.org
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 | statestreetrodders.com
ak49statestreetrodders@gmail.com | Facebook: AK 49th State Street Rodders

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

Colony House Museum | (907)745-1935 | 316 E. Elmwood Ave., Palmer

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

Eklutna Historical Park Graveyard | (907)688-6026 | Eklutna Village Rd., Chugiak

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 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
OTHER ACTIVITIES

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

Alaska Gear Up | alaskagearup.com | Youth technology, Robotics, Coding, 3D Printing and more!

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

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

Alaska 4H | www.alaska4h.org

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

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

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

Extreme Fun Center | (907)376-7223 | 351 E Old Matanuska Rd., Wasilla
FLY Trampoline Park | (907)357-5867
1841 Parks Hwy., Wasilla | flytrampolinepark.com/wasilla

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

GeocacheAlaska | geocachealaska.org | Alaska geocaching community.

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.

Happy Hoppers | (907)513-8334 | 705 Parks Hwy., Wasilla | Indoor bounce house park

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

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

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

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

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
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

City of Wasilla
TRAILS MAP

WASILLA PARKS MASTER PLAN
DO YOU NEED HEALTH INSURANCE?

Connect with a United Way Healthcare Navigator for FREE local help with:

- ACA health insurance enrollment
- Medicaid/Denali KidCare applications
- Cost savings

Call 2-1-1 or 1-800-478-2221 or Text GETCOVEREDAK to 898-211

Healthcare navigation is always free of charge and fully confidential!

Help is available for:
211NHFNIJ SFQ2ONI(FWJ
ACA Health Insurance
Cost savings you may qualify for
Enrollment help
Language translation is available!

You will be connected with a Healthcare Navigator in your area to help you make the right choices for your family.

Alaska 2-1-1 can help with life challenges or everyday needs.

Call 2-1-1 to speak with a caring specialist who will connect you with the community resources any time.
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)861-7635 | 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)861-7645 | 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 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 hide rocks include our public library grounds, local stores like Michaels’ or Fred Meyer, area parks, and

**TINY FREE ART GALLERY: TAKE A WORK OF ART, LEAVE ONE OF YOUR OWN!**
Local artist Addie Studebaker has installed a wonderful Tiny Free Art Gallery at the Alaska Family Services and Something Good Grows community garden location! Please handle the gallery carefully, but feel free to stop by and select your own tiny piece of art to take home. You are encouraged to leave a piece of your own for someone else to adopt, as well! Questions? Interested in helping to maintain the Tiny Free Gallery?
Call (907)745-5824 or email admin@unitedwaymatsu.org
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

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

Maple Springs of Alaska* | (907)802-6645 Wasilla | (907)802-6641 Palmer
Assisted living/memory care.

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.

Mid-Valley Senior Center | 11975 W Mid Valley Way, Houston
(907)206-8811 | melissas@alaskaseniors.com

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)206-8800
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
Mountain Rose Estates | (907)746-7620 | 1740 S. Heritage Cir., Palmer

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

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

Alaska Chapter of the TEARS Foundation | thetearsfoundation.org/alaska | (907)529-4289

Ancora Home Health & Hospice | (907)561-9240
3831 E. Blue Lupine Dr., Suite B, 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: dhss.alaska.gov/dpa/Pages/nutri/fmnp/fmnpsenior.aspx

AARP Alaska State Office | 3601 C. St. Anchorage | (907)227-7447 | AKAARP@aarp.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 | rita.gray@alaska.gov
Offered through the Dept. Of Labor. Training and part-time paid work experience for low income individuals ages 55+, who have compromised employment prospects.

Older Person’s Action Group | Contact: Senior Voice, (907)276-1059 or info@seniorvoicealaska.com
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 marjo@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.

Volunteers of America AK Kinship Care Services | (907)279-9640 | voaak.org/family/kinship
Support for grandparents or family members raising children, including those involved in the foster care system. Submit an online intake form to begin the process.
Thank you for your dedicated service!

VA Appointment Requests | 1-888-353-7574
VA Suicide Prevention Hotline | Dial 988, then press 1

Alaska National Guard Family Assistance Center | Alcantra Armory
3401 E. Bogard Rd. Wasilla | (907)373-9446
Family Assistance Center Crisis Line | 1-888-917-3608

Alaska’s Healing Hearts | delbert.lahti@gmail.com | www.alaskashealinghearts.com
Year-round recreational opportunities for veterans and their families.

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

Alaska Warrior Partnership | amarr@alaskawarriorpartnership.org | (907)312-7229

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
PO Box 695, Willow AK 99688 | www.battledawgs.org
Therapeutic Alaskan experience camps for veterans.

Catholic Social Services-Supportive Services for Veteran Families
(907)376-1300 | 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

Gold Star Peak, Inc. | info@goldstarpeak.org | PO Box 772413, Eagle River

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.

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 | jonathansreptiles@yahoo.com
jonathansreptiles.com | Reptile and amphibian rescue, boarding and care resources.

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

**CareCredit cards can be used at participating vet clinics for most pet care and examinations. Inquire with your vet when making your pet’s appointment! Many food pantries also stock pet food in limited quantities.**
YOUTH ORGANIZATIONS:

Alaska Family Services All Stars | (907)376-2003
Interactive group activities and process-based group program to delay the onset of risky behaviors in teens.

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
The YAK | (907)841-8138
173 S. Valley Way #2 Palmer | www.youth-ak.com
Safe, fun and free youth drop-in center; afterschool activities and friends.

Mat-Su YMCA | (907)373-9622
matsu@ymcaalaska.org

Alaska Youth & Family Network Youth Groups | Mondays from 5:00-7:30
1051 E. Bogard Rd, Wasilla | Dinner included. Drop-ins welcome!

ADOLESCENT BEHAVIORAL HEALTH
Adolescent Residential Center for Help (ARCH) | (907)279-9634

Compassionate Directions (CoDi) | (907)745-2634
11921 E. Palmer-Wasilla Hwy., Palmer | For ages 3-21

Family Centered Services of Alaska-Wasilla | 800-478-2108
301 E. Danna Ave., Wasilla | fcsa@fcsa-ak.com | For ages 5-21

Providence Behavioral Health Mat-Su | (907)761-5800
2250 S. Woodworth Lp, Suite 202, Wasilla | Ages 4+

Ptarmigan Connections, LLC. | (907)357-4400
3505 E. Meridian Park Lp., Suite 200, Wasilla | Ages 0-18

Resilience Behavioral Health | reach907ak.org | jessica@reach907ak.org

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YOUTH 360

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

Mat-Su College Community Room  
(907)745-9726 | sacrowell@alaska.edu

MTA Meeting Rooms | Submit meeting room  
request form: www.mtasolutions.com

Northern Susitna Institute | (907)733-7111  
Download forms: 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

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**

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

Copper Center Community Association | coppercenterak.org

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

Talkeetna Chamber of Commerce | talkeetnachamber.org
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
United Way of Mat-Su has stood in the gap for our community for 35 years: through natural disaster, pandemic, economic hardship, and social change. As we celebrate this milestone, we remember, acknowledge and sincerely thank all of YOU, whom we rely on:

Hundreds of helping hands gathering every spring: pruning hedges, raking yards, painting classrooms, reading stories to children. Making sure no project goes unfinished, no corner of our community feels unseen. Decades of grant-making, supporting our fellow nonprofits; dedicating to action, advocacy and stalwart representation for all.

Ensuring that every Valley student looks and feels their best for the first day of school.

Sharing a smile with kids and parents alike, encouraging success. Introducing young people of all ages to the love of healthy lifestyles, mentorship, the tools to become leaders, hand-raisers, change-makers.

Whether one dollar or hundreds, five minutes or many hours: when given with humbleness, strength and love, every gift matters. We believe, at United Way of Mat-Su, that we ALL, working together, each giving what we are able can transform the place we love and call home …for all Valley residents.

With our deepest gratitude for 35 years of building a better, stronger, healthier community, we pledge to continue, choosing to make the Mat-Su a place where everyone’s contributions are valued, where we may all find a listening ear, a shoulder to lean on, and the resources to advance quality Education, strong Financial Stability, and good Health.

The power of ordinary people doing extraordinary things.

Living United. Every Day.

For more information on how you can support our important work, call (907)745-5822 or email give@unitedwaymatsu.org.
Your experience is important to us!
We are gathering feedback on the Resource Guide using a short survey.

Please use this QR code to take the survey!

Are you a business or agency that would like to be included in the Resource Guide? Do you have a suggestion or edit that needs to be made?

Send us an email! Let us know which pages or entries you’d like to see updated, as well as your contact information.

admin@unitedwaymatsu.org