

UNITED WAY Mat-Su **FREE** Mat-S **Resolution**

FREE Mat-Su Valley Resource Guide





For more information on how you can support our important work, call (907) 745-5822 or email give@ unitedwaymatsu.org.







UnitedWayMatSu.org II @UnitedWayMatSu

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

CRISIS ASSISTANCE: Agencies offering crisis assistance may have available emergency shelter, a crisis hotline, 24-hour peer support, or fill a basic need in an emergency situation.

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.

INFORMATION & REFERRAL:



TABLE OF CONTENTS

United Way of Mat-Su	4
Crisis Assistance	5
Public Assistance Programs	
Information & Referrals	
Basic Needs (Agencies Meeting Multiple Needs)	
Food Pantries & Food Resources	
Housing & Homelessness	
Transportation Resources	
Adult Education, Skills & Scholarships	
Community Coalitions	
Mat-Su VOAD Emergency Preparedness	
Expecting Mother & Families with Young Children	
Families & Children	
Meeting Unique Needs	
Medical, Dental & Vision Care	
Mental & Behavioral Health	
Recovery Services	
Recreation & Activities	
Resources for Older Adults	
Veterans & Military Families	
Veterinary & Pet Care	
Youth Organizations	
Venues Host an Event	
Ouestions? United Way of Mat-Su at (907) 745-5824	

BROUGHT TO YOU IN-PART BY:





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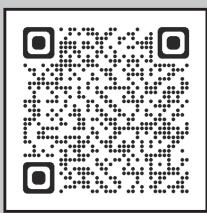
United Way of Mat-Su: The Power of Ordinary People, Doing Extraordinary Things

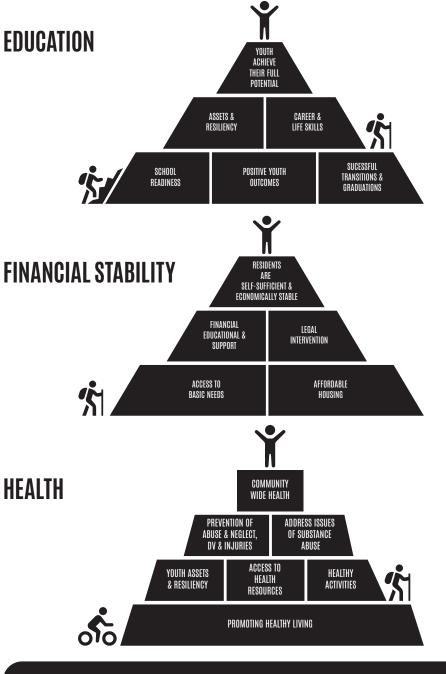
UWMS Pocket Resource Guide

NOW AVAILABLE! This handy, wallet-sized guide is easy to carry and provides a quick resource reference. The Pocket Guide contains resources to meet crisis and immediate needs, such as food pantries, crisis hotlines, emergency shelter, family resources, and transportation.

Call **(907)745-5824** or email **admin@unitedwaymatsu.org** to schedule pickup! The Pocket Guide is used Valley-wide to assist those in need of emergent, basic needs, and crisis-related resources.

Take this quick survey to provide feedback on the Resource Guide!





DID YOU KNOW?

Both the full-size Resource Guide and Pocket Guide are available as free downloads.

Visit our website: **Unitedwaymatsu.org** Click on each image in the home page to access the guides.





From strengthening local resilience to advancing health, youth opportunity and financial security, United Way is mobilizing communities to action so all can thrive. True to our founding principles, United Way of Mat-Su rises to meet the challenges facing the Valley and its residents every day. By actively listening to our community, and responding to local needs, we reach tens of thousands of Mat-Su residents annually.

United Way of Mat-Su Team



Stephanie Allen Executive Director



Michele Harmeling Development & Outreach Director



Jennifer Walther Outreach Coordinator Youth 360 and UWMS



Matt Clayton Thrive Mat-Su Youth Activities Coordinator



Tyler Healy Youth 360 Director

Crisis Assistance

In case of emergency, please call 911. Dial 988 to reach a trained crisis counselor at any time. You may also call any of the agencies we have listed below.

Adult Protective Services 24-Hour Line	
Alaska Family Services Shelter,	
Care Line & Sexual Assault Response Team	.(907)746-8026 l akafs.org/dvsa.html
	Text an advocate: (907)795-9246
Alaska State Troopers	(907)745-2131
Alaska State Troopers/Wasilla PD Dispatch Line (Non-Emergency)	
Beacon Hill/Safe Families For Children	
	(for families in time s of crisis)
Domestic Violence/Sexual Assault Hotline	1-866-746-8026
Identity Alaska LGBTQ+ Helpline	(907) 929-4528 l identityalaska.org
LifeMed AK 24-Hour Communications Center	1-800-478-5433
Mat-Su Borough Animal Care Enforcement	
a	nimal.care.enforcement@matsugov.us
Mat-Su Health Services Suicide Hotline	
Office of Children's Services-Wasilla	. (907) 357-9797 hss.state.ak.us/ocs
Palmer Police Department Non-emergency	
Poison Control Hotline (24 Hour Hotline)	
Statewide Careline Crisis Intervention	Call 988 to reach a trained call center worker.
Set Free Alaska Crisis Line	
Standing Together Against Rape	1-800-479-8999
True North Recovery Services HOPE line	(907) 892-HOPE (recovery support)
Wasilla Police Department Non-emergency	

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 **Community First Choice (Personal Care Services)** (907)269-3666 **Eviction Diversion Program** L (007)264, 0882

Eviction Diversion Program I (907)264-0883 courts.alaska.gov/shc/housing/edp.htm

Heating/ Energy Assistance | (907)373-3903 Home Weatherization Assistance | (907)746-5680 Landlord/Tenant Hotline | 1-855-743-1001 alsc-law.org

Long-Term Care I (907)269-8950 3601 C. St., Anchorage Medicare Information Office I (907)269-3680 550 W 7th Ave., Suite 1230, Anchorage Senior Benefits I (907)352-4150 855 W. Commercial Dr., Wasilla Social Security Toll-Free Line I 1-800-772-1213 Women, Infants and Children (WIC)

(907)746-4080 Palmer I (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
- SSI benefits statement, DMVA statement, retirement/pension benefits, unemployment or worker's compensation, any other official document containing your income information.
- Proof of participation in: food stamps program, Medicaid, BIA General Assistance, SSI income, the Head-Start Program, Federal Public Housing Assistance.
- 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.

Alaska Legal Services:

1-800-478-7798 | health.alaska.gov/dpa

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. For more information on Alaska Legal Services' Valley resources, please call the Palmer office at (907)746-4636 or Wasilla at (907)373-3656.

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.

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 Lifelife 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.



Connect Mat-Su Local Support for Local Needs 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**.

INFORMATION/REFERRALS

To request copies of this Resource Guide or the Pocket Guide, contact UWMS at (907) 745-5824 or email admin@unitedwaymatsu.org.

2-1-1 Information Helpline Dial 211 or visit

alaska211.org

United Way of Mat-Su (907)745-5824 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

Eklutna Village

nve@eklutna.org (907)688-6020.26339 Eklutna Village Rd. Chugiak AK 996567

Knik Tribal Council

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

LINKS Mat-Su HUMS Program (High Utilizer Mat-Su) (907)887-4867

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

Mat-Su Regional Medical Center **Social Services** (907)861-6691

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.

Alaska Family Services

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

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

Family Promise Mat-Su

fpm-su.com | (907) 357-6160 2700 E. Broadview Ave., Wasilla

Navigation center, housing, basic needs, family assistance. Pet Boarding may be available on a case by case basis.

Mat-Su Coalition of Housing & Homelessness

(907)232-4450 | mschh.org 404 N Yenlo St., Wasilla

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

St. Vincent DePaul Our Ladv 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.

Vallev 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. turna-leaf offers household items, clothing, bedding and medical equipment to those in need.

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.

Alaska R&R Laundromat 7362 W Parks Hwy., Meadow Lakes | (907)357-1028

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

> City of Wasilla Bulk Water Station

550 N. Weber Drive (across from IditaPark)

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

Lakeside Laundromat 3462 S Big Lake Rd., Big Lake (907)892-1800

Turner's Corner

(907)745-6161 | 8238 Turner Rd., Palmer

Trapper Creek Watering Point 18835 E. Devonshire Rd., **Trapper Creek** Valley Country Store Laundromat 3065 Church Rd.

Valley Country Store #4 3068 S. Trunk Rd.

Vallev Country Store-Trunk 745-6161 | 4644 N. Trunk Rd.

(intersection of Trunk Rd. and Palmer Fishhook)

Wasilla Wash Day

(907)376-4141 745 Westpoint Dr., Wasilla

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.

For more information on how you can support our important work, call (907) 745-5822 or email give@unitedwaymatsu.org.

Living United. Every Day.



FOOD PANTRIES AND 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. Schedules are updated monthly.

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

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

Hilltop Assembly of God

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

King's Chapel-Wasilla

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

Manna Independent Baptist Church

10151 E. Palmer-Wasilla Hwy. (907)745-3898

Mat-Su Food Bank

matsufoodbank.org 5099 E Blue Lupine Dr., Wasilla (907)357-3769 Food Pantry & Child Feeding Program Senior Food Boxes

Native Village of Eklutna Food Bank (907)688-6020 Must call to request a food box.

Our Lady of the Lake Food Pantry

Mile 5 S. Big Lake Rd, Big Lake (907)892-6492 Must call to request a food box.

> 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 Sutton Bible Church, Sutton 15772 N. Glenn Hwy. Sutton (907)354-0012

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 foodbankofalaska.org

Senior Farmers Market Nutrition Program

(907)465-3100

Summit Worship Center Food Pantry 125 W Riley Ave, Wasilla

(907)376-5732

Upper Susitna Food Pantry | Talkeetna Branch

16004 Walsted Rd., Talkeetna (907)733-3358

Upper Susitna Food Pantry Trapper Creek Branch

8252 E. Petersville Rd Trapper Creek (907)733-3358 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

kidskupboard.org (907)232-7052 director@kidskupboard.org Mobile child feeding program and year-round meals. Check Facebook and website for updates to meal sites and schedules.

Food4Kids Program by Mat-Su Food Pantry

(907)357-3769 SUMMER ONLY: Newcombe Park at Wasilla Lake, Wonderland Park, and Mat-Su Food Pantry locations.

MOBILE FOOD PANTRIES

Caswell Lake Mobile Food Pantry

Located at Christ Centered Community Church 4895 S. Silver Salmon Cir.

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!

ALASKA TILTH: Alaska Tilth's mission is to build food security by growing food, growing farmers and feeding those in need. Facebook: @alaskatilth I Email: springcreekfarm@ alaskapacific.edu

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'ENYAEXDE 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!

FRESH START PROGRAM: The State of Alaska's free programs for Better Health. Weight loss/ diabetes, tobacco cessation, activities for families, free coaching and free support tools. freshstart.alaska.gov.

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 Day. Anyone is welcome, both to volunteer and eat! Thanksgiving Blessing Dinner: Contact Frontline Mission at 357-8600. 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. Learn more at facebook.com/growpalmer or 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.

MATANUSKA COMMUNITY FARMER'S MARKET:

Wednesdays from 4-7 PM, approximately June 12-the end of September. matanuskacommunityfarmersmarket.com Local produce, meats, flowers, herbs, mushrooms, baked goods. Accepts WIC/SNAP and has WIC/SNAP matching program.

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. 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. Next, agencies that may assist with rental/mortgage, utilities or transitional living. **The Alaska Eviction Prevention Program** helps tenants and landlords navigate issues without involving the courts. Call (907)264-0883 or visit courts.alaska.gov/shc/housing/edp.htm.

Alaska Family Services Domestic Violence Shelter

(907)746-4080 | akafs.org
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.

Daybreak, Inc. Palmer Navigation Center

440 W. Evergreen Ave., Suite B, Palmer (907)390-0669 l daybreakmhsc.com Tuesday-Friday from 9am-4pm by appointment. Walk-ins welcome from 1pm-3pm.

Family Promise Mat-Su

familypromisematsu.org (907)357-6160 | promise@mtaonline.net Shelter for families, pet boarding, rental assistance and family programs.

Knik House

bloodnfireak.org/knik-house (907)357-0391 l knikhouse@mtaonline.net Sober living for women, men, single parents and the re-entry population.

MYHouse

myhousematsu.org 300 N. Willow St. Wasilla I (907)373-4357 MYHouse offers transitional housing for youth ages 14-24. Job training, skills development, and assistance with basic needs.

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

Vallev Charities

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

AFFORDABLE HOUSING

Alaska Housing Finance Corporation

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

Chickaloon Native Village Family Housing

(907)745-0749 chickaloon-nsn.gov/facilities-housing

Knik Tribal Council

(907)671-6952 | kniktribe.org/housing Affordable rental units, rehab program. Mortgage assistance.

Knik Homes

(907)795-1425 Must submit a preliminary application. Affordable housing units, based on income.

Native Village of Eklutna

(907)688-6020 l Eklutna-nsn.gov

Valley Residential Services

(907)357-0256 1075 Check St, #102, Wasilla I 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

Alaska Housing Finance Corp.

1201 Lucille St., #104, Wasilla

Habitat for Humanity-Mat-Su

(907)373-7278 hhumanity@gci.net

Neighborworks Alaska

(907)671-6864 2515 A St., Anchorage

Rural Development Corporation

(907)761-7705 800 W. Evergreen Ave Palmer



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 Gab I (907)357-2727 I alaskacabllc.com Offers lockout service, jumpstarts and accepts Medicaid transportation vouchers

Alaska Ride-Share I (907)245-6502

commutewithenterprise.com 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.

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.

Chickaloon Village Traditional Council

(for visits to Sutton Life House Clinic) (907)745-0749 lifehouseclinic.com/transportation

Grizzly Cab

(907)717-4027

Interior Alaska Bus Service

1-800-770-6652 l interioralaskabusline.com Travels every MWF year-round. Routes from Anchorage to Tok and Fairbanks to Tok. Visit http:// interioralaskabusline.com/news.html for full schedule. Stops in Glenallen and Palmer as well as others. Reservations recommended to ensure a ride. Veterans, Active Duty and First

Responders programs available.

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

Native Village of Eklutna Transportation Services (907)688-6020

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 I 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.

> Triton Transport AK (907)561-9220 info@tritonalaska.com

United Non-Emergency Medical Transportation

(907)222-7666 l unitednemt.com Ask your doctor to request a prior authorization for Non-Emergency Medical Transportation when scheduling.

> **Valley Cab** (907)357-8294

Valley Shuttle Service

(907)357-2727 l Airport transportation from the Valley to Anchorage.

Way Makers Transportation

(907)887-9236 waymakerstransportationak@gmail.com

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.

Valley Transit may provide grocery delivery so long as items are prepaid. To set up a delivery, call ahead.

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 I (907)745-3201 248 E. Elmwood Ave., Palmer I akbible.edu

> Alaska Job Corps I (907)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 healthcare careers.

Alaska Military Youth Academy I (907)375-5554 Located on JBER I website akmya.alaska.gov Alaska Native Science & Engineering Program ansep.net

Alaska Works Partnership (Construction Education & Training) alaskaworks.org I (907)376-4764

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

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

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

Nine Star Education & Employment Services | (907)373-7833 899 W. Commercial Dr., Wasillal ninestar.org

Adult Basic Education program. ESL, ASVAB, college and career readiness. Northern Industrial Training (NIT) (907)357-6400 1740 N. Terrilou Ct, Palmerl nitalaska.com

> University of Alaska Anchorage uaa.alaska.edu

> University of Alaska Fairbanks uaf.alaska.edu

SCHOLARSHIPS

Mat-Su Health Foundation Scholarships scholarships@healthymatsu.org

MEA Foundation Scholarships I (907)761-9300 Visit mea.coop for application. mea.coop/co-op-benefits/community-giving

MTA Foundation Scholarships mtafoundation.org/scholarships

Alaska Community Foundation alaskacf.org/scholarships

First Aid/CPR & Basic Life Support Training

CPR Alaska

(907)406-3834 alaskacprtraining.com

Mat-Su Services for Children & Adults (907)352-1200 mssca.org Polar Apex 907 I (559)760-8285 polarapex907.com

Red Cross-Mat-Su (907)357-6060

Tundra Training & Medical Supplies (907)373-3483 tundratrainingonline.com Frontier Safety and Supply frontiersafetyandsupply.com

Wilderness Emergency Training akwildmed.com

United Way of Mat-Su: The Power of Ordinary People, Doing Extraordinary Things



COMMUNITY COALITIONS

Contact each group for membership information, meeting times and locations.

Big Lake Lions I (907)892-6502 I @BigLakeLions

Bright Lights Book Project director@brightlightsbookproject.org

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

Early Childhood Partnership of Mat-Su (907)745-5822 l give@unitedwaymatsu.org

Elevate Mat-Su Business Coalition jennywillardson.com/matsubusinesscoalition

Key Coalition of Alaska keycoalitionofalaska.org l (907)433-4705 Promoting the dignity, status and equality of all Alaskans who experience disabilities.

> Mat-Su Basin Salmon Habitat Partnership (907)865-5713 l matsusalmon.org

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

> Mat-Su Council on Aging info@mcoaging.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 Sertoma I info@matsuhearing.org

Mat-Su Youth Action Board matsuyouth.com

Mat-Su Zero Waste Coalition matsubagit@gmail.com

No More Mat-Su nomorematsuak@gmail.com

Northern Valley Health Coalition nvhealthco.org I ssmith@sunshineclinic.org

Palmer Elks Lodge | (907)745-5950 | elks.org

Palmer Moose Lodge I (907)745-4982 mooseintl.org

Palmer Lions I (907)354-3798 I @palmerlions Palmer Rotary I palmerrotary.org

Sunrise Rotary I wasillasunriserotary.org

Susitna Rotary | susitnarotary.org

Susitna River Coalition (907)733-5400 | susitnarivercoalition.org

Thrive Mat-Su (907)745-5821 | sallen@unitedwaymatsu.org

Wasilla Lions I wasillalionsclub@gmail.com

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

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

Mat-Su Community Councils



matsugov.us/boardscommunitycouncils Mat-Su Community Councils

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.

MSB Disaster Preparedness Willow, GlacierView and Talkeetna CERT ready.matsugov.us Salvation Army Mat-Su

DISASTER RELIEF

mat-suvalley.salvationarmy.org (907) 745-7079

Wherever there is a need in the Mat-Su Valley you'll find the Salvation Army.

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

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 Jennifer Walther, VOAD Coordinator: Ph: (907)745-5824 E: outreach@unitedwaymatsu.org



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 I alaskabirthcollective.org alaskabirthcollective@gmail.com

> Alaska Family Services-Family Support/ Preservation Services

(907)745-4920 l akafs.org

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

Benteh Nuutah Valley Native Primary Care Clinic Mother/Baby/Child (907)631-7800 1001 S. Knik-Goose Bay Rd., Wasilla

> **Family First Treasures** Akafs.org I (907)746-6200

Haven Midwifery and Birth Center

6930 E. Lower Mesa Dr., Palmer havenmidwiferyandbirthcenter.com (907)444-3027

HeartReach Center I (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)861-6645 2500 S. Woodworth Lp., Palmer

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

> New Life Midwifery 342 S. Alaska St. Palmer (907)745-4766

Providence Nurse-Family Partnership | (907)212-6543

Helping First-Time Parents Succeed

Free for women expecting their first baby, 28 weeks or less along. Must meet income requirements. For eligibility or other information, please call number above. Partners are welcome to participate!

ROCK Mat-Su I 777 N. Crusey St., Wasilla (907)352-2863 Social connections and parenting support

Safe Families for Children (Beacon Hill)

Mat-Su Family Contact Center 1951 N Hemmer Rd, Palmer (907)277-0925 MatSuFamilySupport@beaconhillak.com beaconhillak.com/safefamilies

> **Palmer WIC Clinic** 1825 S. Chugach St., Palmer (907)746-4080

Wasilla WIC Clinic 899 W. Commercial Dr., Wasilla (907)376-4080

Valor Midwifery Valormidwifery.com l (907)748-1250

Alaska Child Passenger Safety Coalition

Car seat checks (907)212-3194 | Carseatak.org









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.

CCS Early Learning Centers (907)373-7000 | (907)373-7020 fax ccsalaska.org

PALMER AREA Head Start Center (for

ages 3 to 5) Palmer, AK I 99645 (907) 746-4483

WASILLA AREA Head Start Center Wasilla

(for ages 3-5) 2100 E Foundry Way, Wasilla, AK 99654 (907) 373-7795 Early Head Start Center (for ages 0 to 3) Palmer, AK 99645 (907) 746-4483 Fairview Center (907)373-7000 Knik-Fairview area

Early Head Start Center Wasilla (for ages 0-3) 2060 E Foundry Way Unit A, Wasilla, AK 99645 (907) 373-7736 Alaskan Seedlings I 268 E Fireweed Ave., Palmer (907)746-5338 (formerly Tree of Life)

Alaskan Seedlings II | 607 W. Daron Dr., Palmer (907)631-8715 alaskanseedlings@gmail.com

Family First Child Care (907)330-7460 | 1150 E. Hidden Ranch Lp., Palmer

Little Friends Childcare (907)746-7095 | 1635 S. Old Glenn Hwy., Palmer

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

LICENSED CHILDCARE (listed alphabetically)

PALMER AREA

Mouse Trap Playschool, LLC (907)745-1803 517 S. Cobb St., Palmer

North Star Learning Center & Northern Lights Preschool 5461 E Mayflower Ln, Wasilla (907)414-9332

Palmer Lifeways (907)746-0077 l 3199 N. Palmer-Fishhook Rd., Palmer

Pampered Moms (907)841-1660 l 1431 Downwind Cir., #2, Palmer

ParentShare Preschool (907)745-1440 parentsharepreschool.org rhonda773@yahoo.com **Ray's Childcare & Learning** (907)745-4875 1738 N. Chet Cir., Palmer

T&C Playhouse I (907)519-2300 401 S. Lower Rd., Palmer tiffenyandchristinasplayhouse @gmail.com

Valley Creative Minds (907)982-7018 2021 N. Midtown Dr., Palmer valleycreativeminds.com

Wee Care A Lot Child Care (907)746-1008 955 Josh Dr., Palmer

Alaska Children's Academy I (907)414-9332 4931 E. Mayflower Ln, Wasilla

Benteh Early Learning Academy

4401 E. Palmer Wasilla Highway, Wasilla (907)671-6861

Butterflies & Bullfrogs 6401 Calista Dr., Wasilla I 376-7990

6401 Calista Dr., Wasilla I 376-7990 scwilder4@gmail.com

Dee's Little Angels | (907)357-6300 angelsforever99654@gmail.com

Dee's Little Angels I 3401 #A East Cottle Lp. Dee's Little Angels II 3060 N. Lazy Eight Ct. #7, Wasilla

WASILLA AREA

Dee's Little Angels School Age Center 3341 E. Palmdale Dr., Wasilla

Denali Gymnastics & Fitness, Inc (907)373-3547 I300 E. Kalli Cir., Wasilla

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

Fireweed Montessori 5431 E Mayflower Ln, Wasilla I (907)671-4531

First Fruits Creative Journey 1 (907)357-2237 260 E. Nelson Ave. Wasilla

GOOD TIME DAYCATE I (907)315-8859 3971 Wasilla Fishhook Rd., Wasilla

Grandma's Little Angels I (907)671-1333 2022 S. Paddock Dr., Wasilla Karousel Kidz Learning Center (907)376-7000 1508 E. Bogard Rd. Suite #9, Wasilla

Little Learners Academy 245 E. Nelson Ave., Wasilla I (907)357-1188

> Little Wildflowers 1 (907)373-3950 3950 E. Carefree Dr., Wasilla

North Star Learning Center & Northern Lights Preschool

5461 E Mayflower Ln, Wasilla (907)414-9332

Rising Star Child Care

1405 N. Wasilla Fishhook Rd., Wasilla (907)373-4875 l risingstarcc@hotmail.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.

MEADOW LAKES, KNIK-GOOSE BAY & UPPER SUSITNA

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

Dee's Little Angels KGB Center 4280 S. Knik-Goosebay Rd., Wasilla angelsforever99654@gmail.com (907)357-6300

Infant Learning Program (ages birth-3):

Evaluates child development, develops

instruction, activites and materials. Visit

a plan for services, and offers special

mssca.org for

more information.

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

- Mrs. Megan's Little Rascals | (907)825-2188 reymeg10@yahoo.com
- Learn To Play In the Bay | (907)357-9600 5705 S Settlers Bay Dr., Wasilla

Mat-Su Services for Children and Adults (MSSCA)

(907)352-1200 | 1225 W. Spruce Ave, Wasilla

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

Family Support (respite): In-home respite, companion respite, overnight respite

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

> **Teresa's Child Care** I (907)373-5224 991 S. Vine Rd., Wasilla

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.

thread Alaska

Toll-Free 1-800-278-3723 threadalaska.org

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

Mat-Su Borough School District Early Childhood Support Services

Jamie Woodside Jamie.woodside@matsuk12.us (907)746-9222 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.

Mat-Su Borough School District Preschool Program (907)746-9276

May register using ParentVUE. Children must be age 4 on or before September 1. Children must be potty-trained. At select MSBSD

schools only.



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 I (907)931-9330 alpinecounselingak.com

Alaska Marriage & Family Center I (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) I (907)745-2634 11921 E. Palmer-Wasilla Hwy, Palmer I codi-ak.org

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

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

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

Full Circle Counseling Solutions I (907)864-0560 131 E. Swanson Ave., Suite #1, Wasilla

Lighted Path Therapy Services I (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 I (907)357-4400 3505 E. Meridian Park Lp., Suite #200, Palmer

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

Mat-Su Mental Health 860 Roberts St. Suite 200, Wasilla (907)313-7965 l Matsumentalhealth.com

Changing Seasons 701 E. Parks Highway Suite 203, Wasilla (907)795-3860 I Changingseasonsak.com

Mountain Springs Counseling Center

290 N. Yenlo St. Suite B5, Wasilla (907)931-6928

Haven: Children and Family Services (907)373-4732

Bentah Wellness Center 780 Snodgrass Dr., Palmer I (907)671-6871

EQUINE THERAPY

Alaskan Sunrise Behavioral Health

634 W. Bailey St. Suite 100, Palmer (907)707-1201

Aurora Equine Therapy

780 N. Luke St., Wasilla I (907)227-0406 auroraequinetherapy.org

Southcentral Therapeutic Riding (STRIDE)

4351 Bogard Rd., Wasilla I (907)373-7716 stridealaska.org







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 I 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 I ayfn.org Peer navigation support for mental health services, case management, 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, enhancing parenting strengths, managing successful email, text meetings, healthy schedules/transitions. Monthly classes in Palmer/Wasilla. 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.

Boriken Behavioral Health

(907)746-7828 10355 E Palmer Wasilla Hwy #213

Cook Inlet Tribal Council Family Wellness

(907) 793-3132 citi.org/family-services/

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.

Family Support & Preservation Alaska Family Services

(907)745-4920 | akafs.org Parenting skills, strategies, Parents As Teachers program, Circles of Support system.

Grandfamilies Network Project

(907)522-9866 | grandfamilies.org

Knik Tribal Council

1744 Prospect Dr. Palmer I (907)373-7991

LINKS Parent Resource Center

(907)373-3632

777 N. Crusey St., Wasilla I linksprc.org LINKS is dedicated to providing information, training, and assistance to parents of children with disabilities, and their communities.

Reach907

reach907ak.org | 907-745-6200

Set Free Alaska's Haven: Children & Family Services

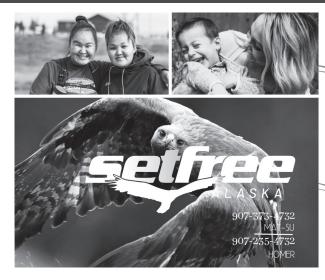
setfreealaska.org/children-adolescent/ (907)373-4732

Southcentral Foundation Child and Family Development Services

(907)729-8880 Southcentralfoundation.com/services/cfds

VOA Kinship Care Program (907)265-1905 | kinshipak@voaa.org





men, women, children, families OUTPATIENT & RESIDENTIAL & CRISIS SERVICE

Set Free Alaska is a Christian treatment center that uses a mind-body-spirit approach to recovery. Our multi-generational programs provide an array of therapeutic services in the areas of substance abuse and behavioral health. It is our goal that all Alaskans experience God's love, lasting freedom and abundant life. Call today!





SETFREEALASKA.ORG

Every year, UWMS <u>volunteers</u> 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

Through floods, the 2019 McKinley Wildfire, the COVID-19 crisis, 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.

If your agency is interested in joining Mat-Su VOAD, email outreach@unitedwaymatsu.org

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)745-5822 or email give@unitedwaymatsu.org.

Week of Caring

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

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

Register to volunteer at unitedwaymatsu.org/united-way-volunteers



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 I (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 l alaskabvi.org Equipping Alaskans who are blind and visually impaired for success.

Alaska Premier Assisted Living

info@assistedlivingak.com l assistedlivingak.com

Bright Horizon Homes I (907)232-6624 brighthorizonhomes.com **Challenge Alaska** I (907)344-7399 3350 Commercial Dr., Suite 208, Anchorage, AK 99501 challengealaska.org Improving lives through adaptive sports, therapeutic recreation and education.

> **Comfort Keepers** I (907)885-0186 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. I (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 I genacta.com

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

LifeWorks Alaska (Hearts & Hands) | (907)644-0480 951 E. Bogard Rd., Suite 100, Wasilla

Mat-Su Services for Children and Adults (MSSCA) | (907)352-1200

1225 W. Spruce Ave., Wasilla I 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 I (907)802-6641 Palmer

Division of Senior & Disabilities Services Resource Directory:

Health.alaska.gov/dsds/Documents/harmony/ServiceDirectory.pdf

Inquiries may be emailed to hss.dsds.certification@alaska.gov. Use this directory to locate adult day services, care coordination, respite care and home health care in your area.



MEETING UNIQUE NEEDS

Allways Caring Home Care-Wasilla | 866-737-2273

Alaska Association on Developmental Disabilities

director@aaddalaska.org

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

Community Developmental Disabilities Grants Program

Stone Soup Group-Mat-Su (907)561-3701 l info@stonesoupgroup.org

State of Alaska TEFRA I Contact AK Medicaid 1-800-478-7998

State of Alaska IDD Waiver Unit | 1-800-478-996

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

> Shine Bright Care | (907)376-2022 shinebrightcare.com

Special Olympics Alaska Mat-Su Valley

(907)222-7625) matsu@specialolympicsalaska.org

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

Wellspring Home Health Wasilla I (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. alaskarelay.com

Assistive Technology of Alaska

1-800-723-2852 l 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 I brian@g2arctic.org g2arctic.org I 40465 S. Parks Hwy., Talkeetna An agricultural camp providing programming for individuals with disabilities, inclusive job and internship opportunities.

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 Quintessence Planning & Care Coordination, LLC (907)953-1467

Supernova Advocates, LLC supernovaadvocates.com

Division of Senior & Disabilities Services

Use the Resource Directory to locate providers of care coordination, home health care, adult day services, and day hab/activities. health.alaska.gov/dsds/Documents/harmony/ServiceDirectory.pdf or call 1-800-478-9966 and request a copy of the directory.





PRIMARY CARE & URGENT CARE

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.

All Seasons Family Health Care

(907)376-4644 | 5461 E. Mayflower Ln. #4, Wasilla

Arctic Skye Family Medicine I (907)357-7944 2851 E Palmer Wasilla Hwy., Unit 3 I akasfm.com

Atlas Medical I 950 Bogard Rd., Suite 228, Wasilla (907)251-4846 l Provides regular medical services as well as on-site medical visits for older adults and those with disabilities.

> **Capstone Urgent Care** I (907)357-9560 3765 E. Blue Lupine Dr., Wasilla

Capstone Family Medicine Clinic I (907)357-9590 3122 E. Meridian Park Lp., Wasilla

Capstone Palmer Clinic I (907)745-9088 12039 E. Maple Springs Way, #A, Palmer

Coalition Health Center-Wasilla I (907)206-4601 1700 E. Bogard Rd., Bldg A, Ste. 103

Coho Family Medicine I (907)357-0820 5030 E. Shennum Dr., Wasilla

Complete Family Care I (907)373-2225 1001 E. Bogard Rd., #3, Wasilla

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

PRIMARY CARE & URGENT CARE

Family Health Center I (907)745-1777 561 S. Denali St, Suite E, Palmer

Frontier Family Medicine | (907)373-3940 300 W Swanson St., #101

Glacier Surgical Associates I (907)746-1520 425 E Dahlia Ave., Suite J, Palmer

Mat-Su Health Service I (907)376-2411 1363 W. Spruce Ave., Wasilla 425 E. Dahlia Ave., Palmer

Mat-Su Public Health Center I (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 I (907)861-1400 950 E. Bogard Rd., Wasilla I (907)352-2880

> Moose Creek Medical Clinic, LLC. (907)373-3335 (Knik-Fairview)

Northwoods Family Medicine I (907)357-9400 1301 E Palmer-Wasilla Hwy, #400, Wasilla

Now Health Holistic Medicine I (907)745-9355 625 S. Cobb St. #201, Palmer Palmer Family Medicine PC I (907)746-2345 258 S. Alaska St., Palmer

Sunshine Community Health Centers Talkeetna I (907)733-2273 34300 Talkeetna Spur Rd., Talkeetna Willow I (907)495-4100 24091 Long Lake Rd., Willow

Sutton C'eyiits' Hwanax Lifehouse Community Clinic

(907)631-7665 11495 N Callison St., Sutton

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



Alaska Telehealth Registry

You may be able to find telehealth services using the State of Alaska's Telehealth Registry. To find a provider, visit commerce.alaska.gov/cbp/main/search/ professional and select Telehealth under the Program search dropdown.



Alaska

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 that best fit your needs. You may leave a voice mail afterhours to receive a call back. Email Alaska211@ak.org or visit liveunitedanc.org to search the online database of services at any time.



DENTAL CARE AND MEDICAL EQUIPMENT AND SUPPLIES

DENTAL CARE

Advanced Family Dentistry I (907)357-5018 1401 S. Seward Meridian Pkwy., Suite E, Wasilla

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

> Alaskan Family Dental 281 Main St., Wasilla (907)376-0452

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

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

Lane Family Dental I (907)373-2200 1301 E Palmer-Wasilla Hwy, Wasilla

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

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

Palmer Dental Center I (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 I (907)733-2273 34300 Talkeetna Spur Rd., Talkeetna Willow I (907)495-4100 24091 Long Lake Rd., Willow

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

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

Wasilla Dental Center I (907)376-5315 351 W. Swanson Ave. #1, Wasilla UAA Dental Clinic I (907)786-6960 UAA dental clinics offer limited appointments throughout the academic year (September-April). Procedures are conducted by dental hygiene. Appointments may be 2-3 1/2 hours long. Costs are less than private dental clinics, but treatment requires a longer period to be completed. Please contact the UAA Dental Clinic for more treatment information, fee schedules and to inquire about available appointments.

MEDICAL EQUIPMENT & SUPPLIES

101 Mobility Alaska I (907)312-2388 1051 E Bogard Rd, Suite 6, Wasilla

ACE Lending Closet

Austin's Compassionate Exchange ace@austinscompassionateenterprises.com (877)223-4278 Providing medical equipment and supplies at no charge to those in need.

Access Alaska Durable Medical Equpiment Closet (907)357-2588

1075 S Check St., Wasilla accessalaska.org/dme-loan-closet

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

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

Valley Charities Durable Medical Equipment Lending Program 2521 E. Mountain Village Dr. Suite D-1, Wasilla (907)521-1908



HEALTHY SMILES. HEALTHY LIVES.



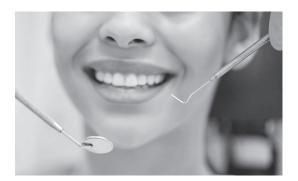
Call today for a healthier future!

907-376-9449

waltherdental.com



WALTHER DENTAL Inc.





PHARMACIES AND VISION

PHARMACIES

Carrs Pharmacy - Palmer (907)761-1460 664 W. Evergreen Ave., Palmer

Carrs Pharmacy - Wasilla (907)352-1160 l 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 E. Palmer Wasilla Hwy., Palmer

Fred Meyer Pharmacy - Wasilla (907)352-5033 l 1501 E Parks Hwy., Wasilla

Our Doctors Pharmacy (907)376-5700 3831 E. Blue Lupine Dr., Ste 1A, 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

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

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

VISION & EYEWEAR

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

Lodestar Family Eye Care, PC I (907)745-2273 625 S. Cobb St., Ste. 101, Palmer

Palmer Vision Clinic I (907)745-4373 440 E. Evergreen Ave.,Ste. C, Palmer

Valley Eye Associates I (907)373-0225 935 Westpoint Dr. #207, Wasilla Vista Optical (inside Fred Meyer) | (907)357-1455 1501 E. Parks Hwy. Suite #C, Wasilla

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

Wolf Eye Center I (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: Glenda Ingram (907)354-3798 eclubhouse.org/sites/palmerak Big Lake (907)892-6502

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 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 I (907)373-5331 2801 E Palmer-Wasilla Hwy. #A, Wasilla

Alaska Family Services I (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 & Family Therapy Associates (907)376-0776 720 E. Evergreen Ave., Palmer

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

> Alpha Counseling & Education Services (907)373-5595

500 N. Main St Suite B, Wasilla Benteh Wellness Center

780 Snodgrass Dr., Palmer I (907)671-6871

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

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

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

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

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

Mat-Su Health Services Behavioral Health

(907)376-2411 Please call ahead for an eligibility screening. Same-day screening appointments usually available. Must meet eligibility criteria to receive services. Mindful Exchanges, PC (907)745-7799 349 E. Cottonwood Ave., Palmer

Native Village of Eklutna Behavioral Health 1 (907)688-

6301 Mile 26.6 Glenn Hwy, off Eklutna exit ramp.

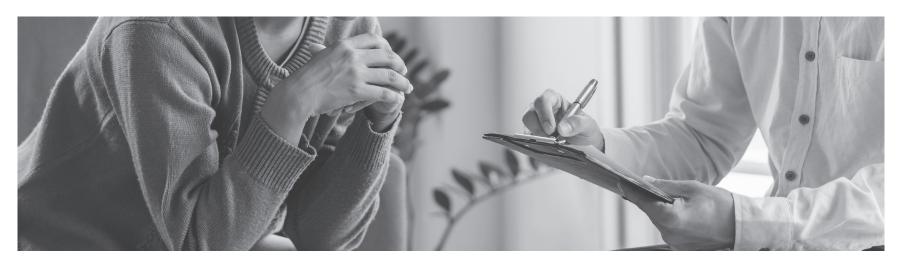
Neurobehavior North, LLC I (907)745-5066 8201 N. Michaelson St., Palmer Counseling, neuropsychological evaluation & disability benefits counseling.

Southcentral Foundation (907)631-7800 1001 S. Knik-Goose Bay Rd Wasilla

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

Sunshine Community Health Center - Willow

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



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

medication management providers.

AARS Alaska Addiction Rehabilitation Services

(907)376-4534 | aarsrecovery.org

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

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

Alcohol Safety Action Program 1 (907)746-6260 182 Benteh Nuutah Four Directions I (907)631-6300 3223 E. Palmer-Wasilla Hwy. #4, Wasilla

Banyan Treatment Center-Wasilla I 4701 Begich Cir., Wasilla I (907)531-9217

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

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

Ideal Option I (877)522-1275

Lifechangers Outreach I (907)370-3374 lifechangersoutreach.com

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

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

True North Recovery Services 1 (907)313-1333 591 S. Knik-Goose Bay Rd., Wasilla I admin@tnrak.org

COMMUNITY GROUPS

Please contact individual groups for meeting times and locations.

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 1 800-784-8669 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.

Black Birch Books | 2901 E Bogard Rd., Suite 104, Wasilla I (907)373-2677 A safe, inclusive, welcoming space for ALL. Follow on Facebook for activities, game nights, support groups, Coffee with a Veteran, and youth programs/opportunities.

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 LGBTO Alaskans

(907)865-3247 | facebook.com/identityinc Visit the Facebook page for current virtual and in-person support and events.

> Invisible Disablities 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 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 Iniurv Support Group

Call 800-770-7940 or email info@accessalaska.org

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

thrive mat-su

Substance Abuse Prevention Coalition Meets every 3rd Tuesday of each month. Contact Stephanie Allen at (907)745-5821. or email sallen@unitedwaymatsu.org to become a Thrive member.

The vision of Thrive Mat-Su is a community where individuals thrive in an environment that supports healthy choices regarding substance use.

Connect@ThriveMatSu.org

Find us on Facebook:

Find us on Instagram:

ThriveMatSu.org

@THRIVEMatSu

@thrivematsu





Amazing events & activities for Mat-Su Students (age 12-20)

Text "Thrive" to **(907)745-5826** and respond to Activity Survey to join our text alerts.

We 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!

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

> Alaska Avalanche Hockey www.avalanchehockey.org

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

The Alaska Club - Wasilla I1720 E. Parks Hwy, Wasilla (907)376-3300

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

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

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

Chickaloon Native Youth Olympics (907)745-0793 lchickaloon-nsn.gov

Chung's Tae Kwon Do Institute LLC (907)746-7665 | 1507 N. Double B St., Palmer (inside Grizzly Fitness)

Denali Climbing at the Rock I (907)373-3488 1080 N. Wasilla Fishook Rd., Wasilla

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

AKtion Gymnastics I (907)357-3935 6109 E. Mountain Heather Way, Palmer

Grizzly Family Fitness I (907)746-7529 grizzlyfamilyfitness.com 1507 N. Double B St., Wasilla

Hatcher Pass Yoga I (907)354-0848 northstarlyf@gmail.com

28 United Way Mat-Su Valley Resource Guide

Jay's Taekwondo | (907)376-7433

Kangoo Club Alaska I (907)315-2684I 1051 E. Bogard Rd., Ste 10, Wasilla

Mat-Su Amateur Hockey Association | 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 I (907)745-7547 info@matsuski.org I Includes Jr. Nordics and Ski Chariots for kids for loan.

Mat-Su Ski & Snowboard Club matsusnowclub@gmail.com I matsusnow.org

Mat-Su Special Olympics I (907)631-8591 matsu@speciaolympicsalaska.org

Mat-Su Tennis Association matsutennis@gmail.com | (907)301-5818 matsutennis.org

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

Midnight Sun Yoga Center I (907)723-5262 midnightsunyoga.com

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

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

Onward & Upward (907)745-6687 onwardandupward.org Education based on adventure Our Little Farm In Palmer Equestrian Center

(907)841-5351 l ourlittlefarminpalmer@gmail.com

Palmer Amateur Hockey Assocation palmerhockey.org

Palmer Curling Club | palmercurling.com palmercurling@gmail.com

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

Palmer Soccer Club I palmersoccerclub.com

Peak Performance Strength & Fitness (907)376-7325

Planet Fitness I (907)376-3320 2241 E. Sun Mountain Ave., Wasilla

Polar Vortex Soccer Club polarvortexsoccer@qmail.com l (907)795-2512

> Refuge Crossfit | (907)671-1906 refugecrossfit.com

Screaming Eagle Archery I (907)376-2699 screamingeaglearchery.com

STRIDE Therapeutic Riding I (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 I (907)671-1849

Valley Youth Basketball I vybb.com

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

Wasilla Youth Baseball wasillayouthbaseball.com registration@wasillayouthbaseball.com



RECREATION & ACTIVITIES

GOLF COURSES

Palmer Golf Course 1000 Lepak Ave., Palmer (907)745-4653 Palmergolfcourse.com

Sleepy Hollow Golf Course 2721 E. Sleepy Hollow Cir., Wasilla (907)521-0151 Sleepyhollowgolfak.com

Settlers Bay Golf Course 7307 S. Frontier Dr., Wasilla (907)376-5466 Settlersbay.com

SWIMMING POOLS

The Alaska Club - Wasilla | (907)376-3300

Palmer Public Pool I (907)861-7676 palmer-pool@matsugov.us

Swim Alaska I (907)982-9287 swimalaska@gmail.com

Wasilla Public Pool | (907)861-7680 wasilla-pool@matsugov.us

ICE ARENAS

Brett Memorial Ice Arena I (907)861-7690 746 E. Bogard Rd., Wasilla

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

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

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

OTHER ACTIVITIES

Alaskans Afield Program adfg.alaska.gov l (907)267-2534

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

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

Alaska Raceway Park I (907)746-7223 5999 Race Way, Palmer Visit raceak.org for current schedule.

Alaskan Sled Dog & Racing Association asdra@asdra.org

Alaska 4H I alaska4h.org

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

Becoming an Outdoors-Woman adfg.alaska.gov l (907) 746-6337 dfg.dwc.southcentralbow@alaska.gov

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

> Capitol SpeedWay I (907)495-6420 capitolspeedway.org

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

FLY Trampoline Park I (907)357-5867 1841 Parks Hwy., Wasilla Friendship Park Alaska I 1150 E. Helen Dr., Palmer friendshipparkak.com

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

GeocacheAlaska, Inc. I geocachealaska.org @GeocacheAlaska

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

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

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

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 I (907)357-6600 3250 Palmer-Wasilla Hwy., Wasilla

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

> Rodeo Alaska I (907)748-7336 RodeoAlaska@gmail.com

Williams Reindeer Farm I (907)745-4000 5561 S. Bodenburg Lp., Palmer



MUSIC & MUSIC LESSONS

Midnight Song Studio I (907)232-2806 midnightsongstudio.com

Valley School of Music I (907)315-2435 valleyschoolofmusic.com

Wasilla Music & Dance Center | (907)354-3658 info@wasillamusicdance.com

Wood & Wire Guitars

info@woodandwiremusic.com 3020 Glenn Highway, Palmer I (907)745-7457

ART CLASSES & CREATIVE CLUBS

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

AR Workshop I (907)357-8349 619 S Knik Goose Bay Rd Suite A, Wasilla

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

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

JOANN Fabric & Crafts I (907)357-3600 1830 E Parks Hwy Ste. A122, Wasilla

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

Mat-Su Master Gardners Association matsumastergardeners.com

Michael's Crafts Wasilla | (907)202-9236 | 1881 Parks Hwy., Wasilla

> Moosewood Art Studio (435)224-3133 Imoosewoodartstudio@gmail.com

Paint Nights With Sara

(907)521-4094 | paintwithsara.com

Valley Fiber Arts Guild | info@valleyfiberarts.org

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

Valley Quilters' Guild information@valleyquiltersguild.com

BOOKS, WRITING & STORYTELLING

Alaska Writers Guild I alaskawritersguild.com admin@alaskawritersguild.com

Alaska Literacy Program I (907)337-1981 alaskaliteracyprogram.org

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

Bright Lights Book Project | (907)745-4747 director@ brightlightsbookproject.org

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

> LitSite Alaska (powered by UAA) litsitealaska.org uaa_litsitealaska@alaska.edu

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

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 I (907)745-7000 Mile 61.6 Glenn Hwy., Sutton

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

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

Eklutna Historical Park (907)688-6026 I 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 IMile 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

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

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

Palmer Museum of History & Art I (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



VALLEY TRAILS & PARKS

For more information, please contact one of the following:

Alaska Long Trail Project alaska-trails.org/alaska-long-trail

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

Ben's Bike Park at Mirror Lake 23051 Old Glenn Hwy., Chugiak

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

Mat-Su Trails & Parks Foundation (907)746-8757 l info@matsutrails.org matsutrails.org Download the free OuterSpatial app to locate trails, parks and more! Newman Memorial Park and Willow Bike Park

Follow Parks Hwy., take a left onto Willow Creek Parkway and follow signage.

Palmer Family Park | 1951 Hemmer Rd., Palmer ADA-accessible, inclusive playground!

Willow Trails Committee I (907)495-6368 waco-ak.org/committees/trails



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

Get answers. Get covered.

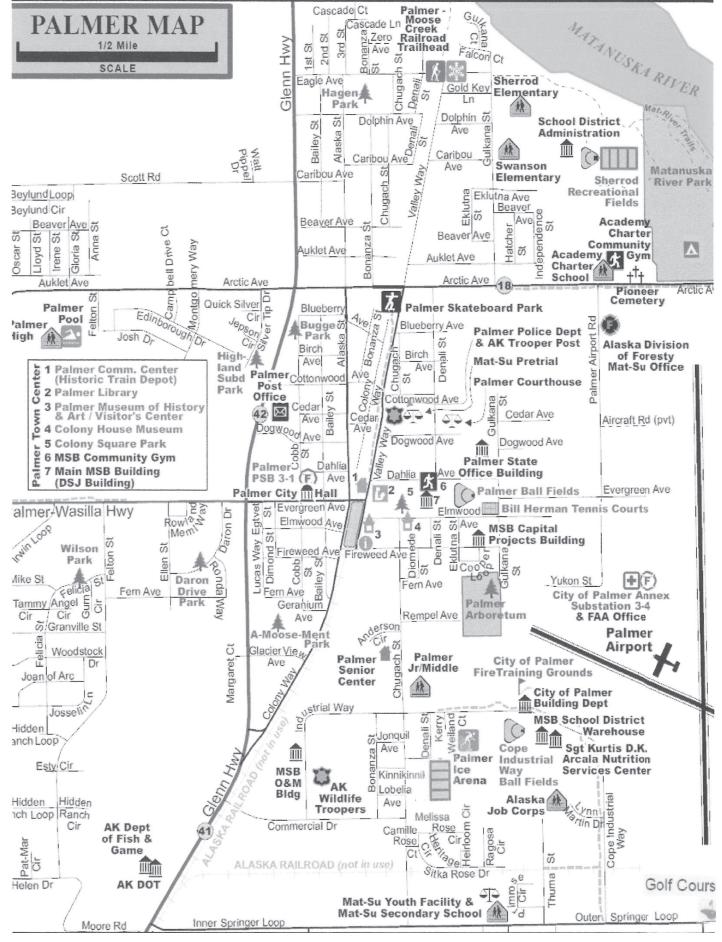






77 N Crusey St., Wasilla Mon	– Fri 8AM-5PM
specialist@connectmatsu.org	907.373.2628
f facebook.com/connectmatsu	Connect With Us!

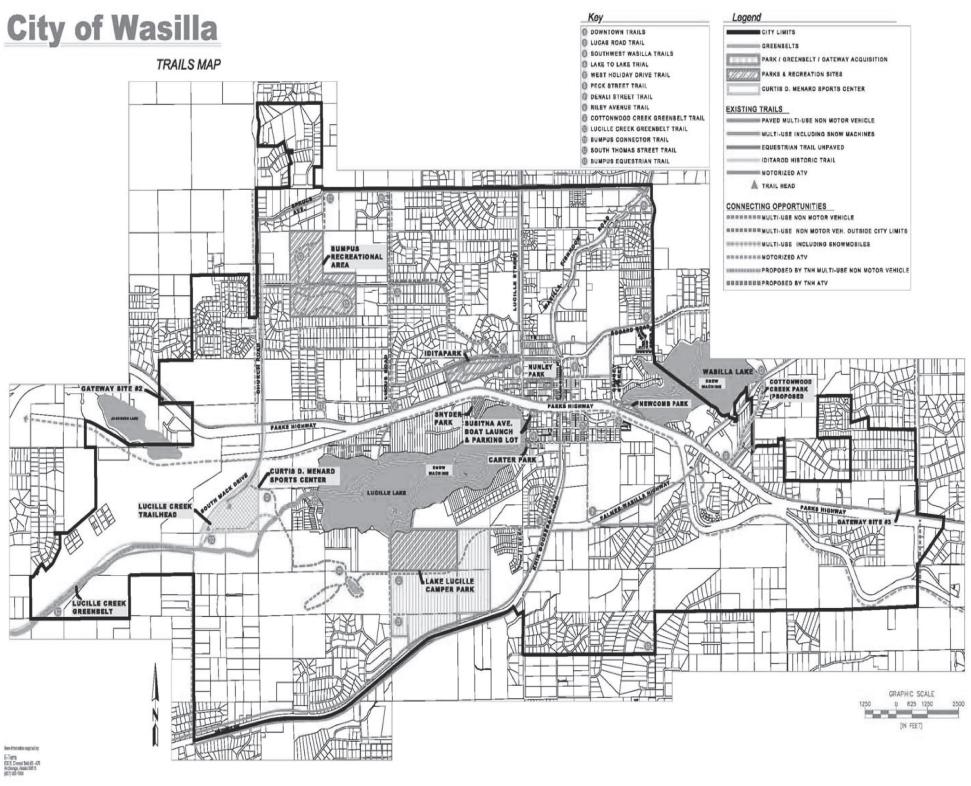




Check out the city maps for Wasilla and Palmer. Use the key to locate the parks, trails and picnic areas closest to you.







WASILLA PARKS MASTER PLAN

DEPARTMENT OF LANDSCAPE ARDITECTURE



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

> **Big Lake Library** I (907)861-7635 3140 S. Big Lake Rd., Big Lake

Matanuska-Susitna Library Network

matsu.gov/us/msln

Palmer Public Library I (907)745-4690 137 E. Arctic Ave, Palmer

Sutton Public Library I (907)861-7640 11301 N. Chickaloon Way, Sutton

Talkeetna Public Library I (907)861-7645 24645 Talkeetna Spur Rd **Trapper Creek Library** I (907)861-7650 8901 E. Devonshire Dr., Trapper Creek

Wasilla Public Library I (907)376-5913 500 N. Crusey St., Wasilla

Willow Library I (907)495-7323 23557 W. Willow Community Center Cir., Willow

BRIGHTEN UP WITH A BOOK

The Bright Lights Book Project has installed FREE bookshelves all over the Valley. Some locations include the Valley Hotel, Koslosky Building, Turkey Red lobby, and more. Books on these shelves are free for the taking! Kids' books, coffee table books and adult fiction/nonfiction.

Wherever there is a Bright Lights Project shelf and sign, you're free to take a new-to-you book!

brightlightsbookproject.org

Little Free Library

Find local Little Free Libraries all over the Mat-Su! littlefreelibrary.org

Valley Community Recycling Solutions' Rescued Books Bookstore

offers BAGS of good books at a bargain! Stop by, browse, and also learn about the VCRS education center, tours, nature trail and other awesome projects. Call 745-5544 for more information or visit valleyrecycling.org.

KEEP AN EYE OUT! The valley rocks.

Reports of special, hand-painted rocks being hidden around the Valley keep coming in! Painted rocks can be found and kept as keepsakes, or re-hidden for others to find, keeping the fun going. Popular places to hide rocks include our public library grounds, local stores like Michaels' or Fred Meyer, area parks, and school playgrounds. Keep your eyes peeled-you might find a miniature masterpiece! Or, paint and hide your own rocks for others to find. Find them on Facebook under Matsu Rocks

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



SERVICES FOR OLDER ADULTS

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)917-4600 or email info@mcoaging.com.Agencies whose names are starred (*) also offer Adult Day Service, Personal Care and/or Assisted Living. Please call for details.

AARP-Mat-Su | To get information on your closest AARP chapter (Palmer, Wasilla, Willow, etc), please call 1-866-227-7447.

Alaska Housing Finance Corporation

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

Alaska Pioneer Home

(Palmer Pioneer Home) (907)745-4241 250 E Fireweed Ave., Palmer Assisted living for older Alaskans I 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 I (907)802-6641 Palmer

Assisted living/memory care.

Mat-Su Senior Services*

matsuseniors.com 1132 Chugach St. Palmer I (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.

Mat-Su Senior Services Activities Calendar

Visit matsuseniors.com/activities or call (907)745-5454

Mat-Su Regional Medical Center Senior Circle Program I

matsuregional.com/senior-circle-program Fill out online contact form and a coordinator will contact you with info!

Meadow Lakes Senior Housing

1210 N. Kim Dr. Suite A, Wasilla (907)357-3999 l bcv@mtaonline.net

Mid-Valley Senior Center

11975 W Mid Valley Way, Houston (907)921-1463 l juliel@alaskaseniors.com

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

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

RuralCAP Elder Mentor Program | (907)865-7276

eldermentors@ruralcap.org . Elder Alaskans aged 55+, identified as low income, can help support school readiness and engagement in students by connecting with children, spreading cultural values and sharing knowledge with future generations. Elder Mentors are eligible for training, support services and a small stipend for their service.

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)373-5500

889 N. Elkhorn Dr., Wasilla primroseretirement.com Affordable senior housing, including activities and range of floor plans.

> Revel Treks & Tours Community Hike for 50+ reveltreksandtours.com/events

Santa Cop & Heroes I santacop.net (907)864-6701 | santacopprogram@gmail.com

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

Upper Susitna Seniors*

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*

wasillaseniors.com 1301 Century Cir. Wasilla I (907)206-8800 Call for Meals on Wheels program. Visit website to view daily menu. Call for information on available senior housing.

> Valley Residential Services Senior Housing (907)357-0256

1075 S. Check St. #102, Wasilla 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

Wasilla Area Seniors Inc. 1 (907)206-8800 1301 S. Century Cir., Wasilla I 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 l (907)529-4289

> Alaska End-of-Life Alliance www.alaskaendoflifealliance.org

Ancora Home Health & Hospice I (907)561-9240 3831 E. Blue Lupine Dr., Suite B, Wasilla contact@ancoraalaska.com

Church on the Rock GriefShare I Heather Miller, (907)373-7910 | \$20 (includes workbook)

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

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

Compassionate Friends of Mat-Su I (907)373-0842 Trinity Lutheran Church, Palmer

Pete & Hazel's Hospice House (Maple Springs of Wasilla) | (907)802-6645



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

RESOURCES FOR OLDER ADULTS:

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

Assistive Technology of Alaska

(907)563-2599ITTY: (907)561-2592 | atlaak.org Adaptive and rehabilitative devices for those needing aid performing tasks. Training available.

Alzheimer's Resource of Alaska I (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 l 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 I 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 I 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 l 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.



VETERANS & MILITARY FAMILIES Thank you for your dedicated service!

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

Alaska Warrior Partnership

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

Alaska's Healing Hearts I ahh-james@outlook.com alaskashealinghearts.com I Year-round recreational opportunities for veterans and their families.

Alcantra Armory 3401 E. Bogard Rd. Wasilla | (907)373-9446

> AmVets Post AK0009 I (907)414-5269 1591 Creste Foris St., Wasilla Includes Ladies Auxilliary

AmVets Post AK0011 I (907)245-1536 951 Hermon Rd. #2, Wasilla I Includes Ladies Auxilliary American Legion Post 15 | (907)745-4440 1550 Mystic Cir., Palmer

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

Battle Dawgs AK | (844)(907)3297 PO Box 695, Willow AK 99688 | battledawgs.org Therapeutic Alaskan experience camps for veterans.

Catholic Social Services-Supportive Services for Veteran Families

(907)376-1300 l cssalaska.org Case management for homeless, at-risk veterans and their families.

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

Disabled American Veterans | (907)376-9301

Family Assistance Center Crisis Line | 1-888-917-3608

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

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

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

Remedy Alpine I remedyalpine.org remedyalpine@gmail.com Veterans helping veterans through adventure and wilderness experiences.

VA Appointment Requests | 1-888-353-7574

VA Suicide Prevention Hotline | Dial 988, then press 1



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. Shelters and rescues need donations of pet food, leashes, toys, and other items!

AARF Alaskan Animal Rescue Friends alaskananimalrescuefriends.org

ACAT (Alaska Cat Adoption Team) alaskacatadoptionteam.org

Alaskan Animal Advocates I (907)315-5050 Pet Food Pantry I akaarescue.weebly.com

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

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

> Alaska Krazy Kats Cat Rescue alaskakrazykats.org

Alaska Rescue Kitties I (907)863-1178

Alaska SPCA-Anchorage I (907)562-2999 alaskaspca.org

> Alaska's Forgotten Felines akforgottenfelines.com

Alaska Humane Society I adopt-a-cat.org

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

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

Best Friends Animal Rescue | (907)531-7323 bfarak.org

Clear Creek Cat Rescue I (907)980-8898 clearcreekcatrescue.org Cloud 9 Acres Husky Rescue cloud9acresrescue.godaddysites.com

> Forget Me Not Farm Sanctuary forgetmenotfs.com

Forget Me Not Ferret Rescue forget-me-not-ferret-rescue.business.site

Friends of Pets | friendsofpets.org

Jonathan's Reptiles | jonathansreptiles.com

Kitty and K-9 Connection | kittyandk-9.org

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

Mojo's Hope Rescue I mojoshope.org

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

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

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

> Straw For Dogs: Improving the Lives of Pets Outdoors I (907)310-7294 info@strawfordogs.org



The Hound Lounge I houndloungeak.com

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

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

VCA Big Lake Animal Hospital I (907)892-9292 9750 W. Parks Hwy., Big Lake

VCA Far Country Animal Hospital I (907)746-7297 2701 N. Liahona Dr., Palmer

Wasilla Vet Clinic I (907)376-3993 info@wasillavet.com I wasillavet.com

Find Us on Facebook

Alaska Farm and Food Alaska Poultry and Livestock Alaska Flock, Talk and Swap MatSu Chickens Alaska Farm Life - Buy, Sell, Trade Chickens of Alaska MatSu Pets Mat Valley Kitties and Puppies Alaska Rescue Kitties

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 I (907)376-2003 Interactive group activities and process-based group program to delay the onset of risky behaviors in teens.

Alaska Youth & Family Network Youth Groups

Mondays from 5:00-7:30 l (907)631-3485 1051 E. Bogard Rd, Wasilla l Dinner included. Drop-ins welcome! l ayfn.org

Big Brothers Big Sisters

(907)376-4617 l bbbsak.org Mentorship through Bigs/Littles program for children ages 6-16.

Black Birch Books

2901 E. Bogard Rd. #104, Wasilla, (907)373-2677, providing game nights, mechanical classes, and finance classes for teens.

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

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

Denali Education Center I Talkeetna office, 22510 S. Talkeetna Spur Rd., (907)733-7003

Facing Foster Care in Alaska

(907)748-1845 l 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 I (760)678-8162 PO Box 874311, Wasilla I matsuvalley.younglife.org Caring adult leadership for youth; weekly fellowships meetings; high school and middle school clubs; teen mothers support group.

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

Nine Star Education & Employment Services

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

Onward & Upward I (907)953-5360 onwardandupward.org 777 N. Crusey St, Suite B105, Wasilla 99654 info@onwardandupward.org

R.E.A.C.H 907 | (907)982-9645 jessica@reach907ak.org | reach907ak.org

ADOLESCENT BEHAVIORAL HEALTH:

Adolescent Residential Center for Help (ARCH) (907)694-3336 l voaak.org/services/arch

Alaska Military Youth Academy I (907)375-5554 akmya.alaska.gov



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.

Family Centered Services of Alaska-Wasilla (907)357-7519 | 301 E. Danna Ave., Wasilla fcsa@fcsa-ak.com | For ages 5-21

North Star Behavioral Health I (907)264-3506, northstarbehavioralhealth.com

> Passion to Lead I (907)240-8208 cpeterson@kniktribe.org

Presbyterian Hospitality House I (907)357-6445 phhalaska.org

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

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

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

Set Free Alaska I (907)373-4732 setfreealaska.org

HOLD AN EVENT!

Alaska State Fair Facility Rentals sheri@alaskastatefair.org

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

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

Denali Education Center 22510 Talkeetna Spur Rd., Talkeetna (907)733-7003 l Denali.org

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

Government Peak Chalet I (907)746-8757

Elks Lodge-Palmer I (907)745-3950

Evangelo's Restaurant Banquet Facilities (907)376-1212 | 2530 E. Parks Hwy, Wasilla Mat-Su Borough Gym I 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 l sacrowell@alaska.edu

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

Mat-Su Resort (Everett's) I (907)357-5000 1850 E Bogard Rd., Wasilla

Mat-Su Senior Services 1132 S. Chugach St., Palmer (907)745-5454 | Matsuseniors.com

Palmer Moose Lodge | (907)745-4982

Palmer Library | (907)761-1375

Palmer Train Depot and Pavilion

(907)745-3709 Extension 1

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

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

Willow Community Center Mile 69 Parks Highway (907)495-6633 Waco-ak.org I admin@waco-ak.org

Upper Susitna Senior and Civic Center 16463 E. Helena Dr., Talkeetna (907)733-6200

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:// cityofwasilla.com/services/departments/ parks-and-recreation/park-use-permits

> Mat-Su Borough Park Use Rental ecommerce.matsugov.us

City of Houston Wedding Venue and Pavilion

For more information on the free wedding venue at city hall call (907)892-6869 or email publicworks@houston-ak.gov. To rent the pavilion at the Little Susitna Campground find the online reservation form at houstonak.us

CHAMBERS OF COMMERCE

Greater Palmer Chamber of Commerce

palmerchamber.org l (907)745-2880 550 S. Alaska St., Suite 101, Palmer

Greater Wasilla Chamber of Commerce

wasillachamber.org l (907)376-1299 1155 E. Depot Rd., Wasilla

Talkeetna Chamber of Commerce talkeetnachamber.org

Join us in making our borough the *healthiest* in Alaska.

Become a member today!



healthymatsu.org/ membership



