

# MAT-SU POCKET RESOURCE GUIDE

United Way of Mat-Su  
550 S. Alaska St., Suite 205  
Palmer, Ak 99645



## Children/Family Services

**Alaska Center for Resource Families**  
1-800-478-7307 or 376-4678  
**Alaska Family Services, Inc.** 746-4080  
**Beacon Hill/Safe Families for Children** 222-0925  
**Compassionate Directions** 795-2964  
**Cook Inlet Tribal Council** 793-3132  
**Denali Family Services** 376-3275  
**Family Centered Services** 357-7159  
**HeartReach Center** 373-3456  
**LINKS Parent Resource Center** 373-3632  
**Mat-Su Health Services** 376-2411  
**Mat-Su Services for Children & Adults**  
352- 1200  
**MSBSD FIT Program** 746-9228  
**Pediatric Resource Center of Alaska** 414-9554  
**Ptarmigan Connections, LLC** 357-4400  
**Reach907** 982-9645  
**Southcentral Foundation Family Health**  
907-729-4470

## Emergency Shelter

**AFS Domestic Violence Shelter 746-8026 or (866)746-4080** 1825 S. Chugach St., Palmer  
For female victims of domestic violence/sexual assault with or without children; 24-hour staffing.  
**Choosing Our Roots**  
(907)-764-6233 info@choosingourroots.org

**Daybreak, Inc. Palmer Navigation Ctr.**  
**(907)-360-0669/(907)746-6019**  
Located at 440 W. Evergreen Ave.,  
Suite B, Palmer.  
Walk-in appointments Tues.-Fri. 1-3pm

**Eviction Diversion Program 264-0883**

**Family Promise of Mat-Su**  
**357-6160** Shelter, meals, and case management for families without housing. Pet boarding available.

## 24 hour Assistance:

**Emergencies Dial 911**

**Adult Protective Services**

800-478-9996

**Alaska Family Services**

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

**Beacon Hill /Safe Families for Children**  
277-0925

**Careline Crisis Intervention**

Statewide (877) 266-4357

**Child Abuse Reporting Hotline**

800-478-4444

**Life Med AK 24Hour Help** 800-478-5433

**Mat-Su Health Services**

**Suicide and Mental Health Hotline** 376-2411

**Palmer PD Non-Emergency** 745-4811

**Set Free Alaska** 521-5239

**State Troopers Non-Emergency** 352-5401

**True North Recovery Hotline**

982-HOPE 24 Hours

**Wasilla PD Non-Emergency** 352-5401

**Stone Soup Group** 907-561-3701

**Sunshine Community Health**

Talkeetna 907-733-2273

Willow 907-495-4100

## Water Fillup/Showers/Laundry

**Alaska R&R Laundromat** 357-1028,

Meadow Lakes

**Butte Wash Tub LLC**

16490 Marilyn Dr., Palmer

**Idit-A-Wash 745-7111**

1150 S Colony Way Unit A, Palmer

**Lakeside Laundromat**, 892-1800, Big Lake

**Midas-Palmer** 1225 N. Glenn Hwy.,

Palmer (in rear of building)

**Turner's Corner 745-6161**

8238 Turner Rd., Palmer

**Trapper Creek Watering Point** 8835 E.

Devonshire Rd., Talkeetna

**Valley Country Store-Trunk Rd.** 745-6161,

4644 N. Trunk Rd., Palmer

**Wasilla Wash Day** 376-4141, 745 Westpoint

Dr, Wasilla

## Care Coordination/Case Management

**Alaska Behavioral Health** 563-1000

**ADRC-Wasilla** 373-3632

**Care Coordination Resource of Alaska**

746-3445

**Cook Inlet Tribal Council** 793-3300

**Daybreak, Inc.** 746-6019

**Denali Family Services** 376-3275

**Hope Community Resources**

**Infinite Options Care Coordination** 374-4774

**Knik Tribal Council** 373-7991

**Mat-Su Health Services-Behavioral Health**  
**Team** 376-2411

**Pathfinder Care Coordination** 521-1588

**Southcentral Foundation-Benteh Nuutah**

**Primary Care** 631-7800

**Sunshine Community Health**

Talkeetna 733-2273

Willow 495-4100

**Div. of Senior/Disability Services Directory**

**health.alaska.gov/dsds --> Click Search for A**  
**Provider to access the directory.**

## Mental Health/Suicide Crisis Text Line

Text MHA to 741741

**Poison Control**

(800) 222-1222

**SART (Sexual Assault Response Team)** (866)

746-4080

**True North Crisis Line – Peer Support**

982-HOPE

**Standing Together Against Rape (STAR)**

1-800-478-8999



## Care Credit

*Care Credit is a line of credit specifically for medical, dental, vision and veterinary bill payment. Ask your provider if their office accepts Care Credit. [www.carecredit.com](http://www.carecredit.com)*

## Information & Referrals

**ADRC-Wasilla** 373-3632

**C'eyiits' Hwanax Community** 631-7665

**Chickaloon Village-Sutton** 745-0749

**Cook Inlet Tribal Council** 373-7918

**Knik Tribal Council** 373-7991

**LINKS Parent Resource Center** 373-3632

**United Way of Mat-Su** 745-5824

## CONNECT MAT-SU:

At Connect Mat-Su you will interact with a local staff person, trained to provide information about and referral opportunities for Mat-Su specific resources. You can contact Connect Mat-Su by phone, email or in-person by appointment.

For phone inquiries, please call 373-2628 to speak with a resource specialist. For online inquiries and to use the database, please visit [connectmatsu.org](http://connectmatsu.org).



## Resources for Older Adults

**AARP Alaska** 227-7447

**Aging & Disability Resource Center Mat-Su**

373-3632

**Knik Tribal Council Elder Program** 373-7991

**Mat-Su Council on Aging** 917-4600

**Native Village of Eklutna-History & Culture**

688-8522

**Senior Food Box Program** 272-3663

**State Ombudsman's Office** 800-730-6393

**Older Person's Action Group** 800-478-1059

**MAST Program** 465-4872

**Retired Senior Volunteer Program** 222-4244

**Southcentral Foundation Elder Program**

729-6500

## Senior Centers

**Alaska Pioneer Home** 745-4241

**Mat-Su Senior Services** 745-5454

**Meadow Lakes Senior Housing** 357-3999

**Mid-Valley Senior Center** 206-8800

**Wasilla Area Seniors Inc.** 206-8800

**Upper Susitna Seniors** 733-6200

## Food & Nutrition

### **Big Lake Community Food Pantry**

**892-8545** 14225 W. Kluane Dr.

Faith Bible Fellowship of Big Lake  
Open Thursday 11:30 am – 1:30 pm.

### **Blood N Fire Ministry 864-0463**

244 Sylvan Rd, #21, Meadow Lakes

### **Frontline Mission**

**357-8600** 2001 E. Palmer Wasilla Hwy, Wasilla

Hot meals, food pantry, clothing: Thursday and Friday 10:30 am – 1:30 pm; Wed. 6:00 – 7:00 pm

### **Grace Bible Church Food Pantry-Sutton**

**354-0012** 15772 N. Glenn Hwy.

Thursdays from 6-7pm.

### **Hilltop Assembly of God 892-6225**

19777 W Parks Hwy, Houston

Big Lake, Houston or Willow residents only.

### **Kids Kupboard 232-7052**

4800 N Tanis Dr., Wasilla

### **Mat-Su Food Bank 357-3769**

5099 E Blue Lupine Dr., Wasilla

### **Mat-Su Senior Services 745-5454**

1132 S. Chugach St., Palmer

Meals on Wheels and congregate meals for seniors.

### **Our Lady of The Lake Food Pantry**

**892-6492** Call for appointments daily.

### **Palmer Food Bank**

**746-3565** 221 S Valley Way, Palmer

Mat-Su residents only: Mondays-Fridays 1:00-5:00

### **Palmer Christian Food Pantry**

**232-6706** 2900 S Margaret Dr., Palmer

### **Salvation Army Mat-Su 745-7079**

12271 E Palmer Wasilla Hwy, Palmer

Tuesday-Friday, 12-4pm

### **Summit Worship Center 376-5732**

125 W Riley Ave, Wasilla

1st and 3rd Thursday of each month.

### **Upper Susitna Food Pantry**

**733-3358** 16004 E Walsted Rd., Talkeetna

Wednesdays from 12-4pm

### **Wasilla Area Senior Center 206-8800**

1301 S Century Cir., Wasilla

Meals on Wheels/congregate meals for seniors.

### **Willow Community Food Pantry**

**414-7555** Mile 67.7 Parks Hwy.

## Mobile Food Pantries

### **Caswell Lakes MFP**

4895 S. Silver Salmon Cir.

Every fourth Thursday from 1:30-3:30pm

**The Food Bank of Alaska keeps the most up-to-date information on food pantry hours, hot meals, and mobile food pantries. Visit [foodbankofalaska.org](http://foodbankofalaska.org).**



## Housing, Rental, & Utilities Assistance

Alaska Family Services 746-4080

Blood N' Fire Ministries 864-0463

Daybreak Inc Navigation Center 746-6019

Eviction Mediation Services 264-0883

Family Promise Mat-Su 357-6160

HUD-VA Supported Housing 631-7649

Knik Tribal Council 373-7991

Salvation Army Mat-Su 745-7079

St. Vincent DePaul-Big Lake 892-6492

Valley Charities, Inc. 354-4660

## Other Shelter

Alaska Family Services 746-4080

Choosing Our Roots 764-6233

Host homes for LGBTQ youth.

Catholic Social Services 376-1300

Family Promise Mat-Su 357-6160

Knik House

357-0391 7362 W Parks Hwy, Wasilla

MY House For ages 14-24

373-4357 300 N. Willow St., Wasilla

Valley Residential Services 357-0256

## Public Assistance Resources

Division of Public Assistance 376-3903

Alaska Legal Services 888-478-2572

Animal Control 745-5500

Child Care Assistance 373-4450

Child Support Services 357-3550

Disability Law Center 800-478-1234

Heating Assistance Program 800-470-3058

Immigration Services 800-375-5283

Mat-Su Public Health 352-6600

Office of Children's Services 357-9797

Mat-Su Veteran's Center 376-4318

WIC Program:

Palmer 746-6242 or Wasilla 376-4080

## Substance Abuse & Mental

### Health Treatment

Akeela, Inc 707-1291

Alcohol Safety Action Program 746-6260

Alaska Addiction Rehabilitation Services

(AARS) 376-4534

Benteh Four Directions 631-6300

Community Medical Services 290-3760

CITC Recovery Services 357-5400

Denali Family Services 376-3275

LifeChangers Outreach 370-3374

Mat-Su AA Hotline 376-4777

Narcotics Anonymous 866-258-6329

Resilience Behavioral Health

Set Free Alaska 373-4723

Sunshine Community Health

Talkeetna 733-2273

Willow 495-4100

Teen Challenge of Alaska 202-8850

True North Recovery 313-1333

## **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.



## Transportation

A-Cab 775-6622

Alaska Ride Share 245-6501

Carolyn's Courteous Airport Transportation

775-3470

Chickaloon Area Transit 745-1753

Grizzly Cab 717-4027

Interior Alaska Bus Line (routes Anchorage-

Tok and Fairbanks-Tok, stops in Glenallen,

Palmer, and between) 800-770-6652

Mat-Su Shuttle 982-7061

Redi-Rides 357-7000

Sunshine Transit 495-8411

Triton Transport Alaska 561-9220

United Non-Emergency Medical Transport

222-7766

Valley Cab 357-8294

Valley Shuttle Service 376-8181

Valley Transit 864-5000

Way Makers Transportation 887-9236

**FREE FARE FRIDAYS:** Free fares for seniors

and youth ages 17 and under. Discounted

demand response rates. Visit

[valleytransitak.org](http://valleytransitak.org) for more information.

## Veterans & Military Families

Alaska National Guard 428-6606

Alaska Warrior Partnership 312-7229

Alaska's Healing Hearts

[ahh-james@outlook.com](mailto:ahh-james@outlook.com)

Battle Dawgs AK [battledawgs.org](http://battledawgs.org)

Catholic Social Services-Supportive Services

376-1300 [cssalaska.org](http://cssalaska.org)

Connect Vets AK [connectvetsak.org](http://connectvetsak.org)

Disabled American Veterans 376-9301

Mat-Su VA Outpatient Clinic 631-3100

Remedy Alpine-Therapeutic Outdoor Rec.

[remedyalpine@gmail.com](mailto:remedyalpine@gmail.com)

VA Appointment Requests 1-888-353-7574

**To download the full UWMS Mat-Su Valley Resource Guide, visit**

**[unitedwaymatsu.org](http://unitedwaymatsu.org).**

**You may also download a PDF of this Pocket Guide via our website.**

**To suggest changes or request to be included in either guide, please use the request form on our homepage.**

**Find the Mat-Su Valley Resource Guide newspaper wherever you find The People's Paper and Make-A-Scene Magazine, such as your local library, Three Bears, Fred Meyer stores and many public buildings.**