

HUD-V4 Supported Housing	631-7649
Knik Tribal Council	671-6952
Salvation Army Mat-Su	745-7079
Knik House	864-0463
Valley Charities Inc.	354-4660

OTHER SHELTER

Alaska Family Services	746-4080
Choosing Our Roots	764-6233
Host home for LGBTQ youth.	
Catholic Social Services	222-7383
Family Promise Mat-Su	357-6160
Knik House	357-9600
MY House	373-4357
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	357-8550
Disability Law Center	800-478-1234
Heating Assistance Program	800-470-3058
Immigration Services	222-7300
Office of Children's Services	357-9740
WIC Program	Palmer: 746-6242 or Wasilla: 376-4080

SUBSTANCE ABUSE & MENTAL HEALTH TREATMENT

Alcohol Safety Action Program	746-6260
Alaska Addiction Rehabilitation Services (AARS)	376-4534
Benteh Nuutah Four Directions	631-6300
Community Medical Services	290-3760
CITCI Recovery Services	793-3200
LifeChangers Outreach	370-3774
Mat-Su AD Hotline	376-2411
Narcotics Anonymous	866-258-6329
Set Free Alaska	373-4732
Sunshine Community Health	733-2273
Talkeetna 415-430-4534 // Willow 495-4300	
Teen Challenge of Alaska	202-8850
True North Recovery	313-1333
Valley Oaks Center	746-4748

TRANSPORTATION

A-Cab	775-6622
Alaska Ride Share	245-6501

Carolyn's Courteous Airport Transportation	775-3736
Chickaloon Area Transit	745-1753
Granny's Reliable Rides	521-7290
Grizzly Cab	717-4027

Interior Alaska Bus Line (routes Anchorage-Fairbanks-Tok, stops in Glennallen, Palmer, and Sutton) 474-0855

Sunshine Community Transit	Wasilla 495-8411
	Talkeetna 354-3885

Sunshine Transit	495-8300
----------------------------	----------

United Non-Emergency Medical Transport	222-7766
--	----------

Valley Transit (Wasilla/Palmer)	844-5000
---	----------

Way Makers Transportation	889-9236
-------------------------------------	----------

FREE FARE FRIDAYS: Free fares for seniors and those with disabilities on Valley Transit (Wasilla/Palmer) routes. Visit valleytransit.org for more information.

VETERANS & MILITARY FAMILIES

Alaska National Guard	428-6660
Alaska Warrior Partnership	318-7229
Alaska's Healing Hearts	232-1527
Battle Dawgs	www.battledawgs.org
Catholic Social Services-Supportive Services for Veteran Families	222-7300
Connect Vets AK	1-833-688-8387 connectvetsak.org
Disabled Vets of America	257-4803
Mat-Su VA Outpatient Clinic	631-3100
Mat-Su Vet Center	376-4318
VA Appointment Request	va.gov



917-4600 | info@mcoaging.com

Scan QR for
Division of
Senior and
Disabilities
Services



Request Resource Guides

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

UnitedWayMatsu.org

You can 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, and many public buildings.



UNITED WAY
Mat-Su



**MAT-SU HEALTH
FOUNDATION**
745-5824

FREE Mat-Su Valley
Pocket Resource Guide

550 S. Alaska St., Suite 205, Palmer, Ak 99645
unitedwaymatsu.org @unitedwaymatsu

Dial 988 for immediate, free care and connection with a counselor. Visit 988lifeline.org for more information.

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 (24-Hour Help)	800-478-5433
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
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
STAR (Standing Together Against Rape)	1-800-478-8999

CHILDREN / FAMILY SERVICES

Alaska Center for Resource Families	1-800-478-7307 or 376-4678
Alaska Family Services, Inc.	746-4080
Beacon Hill/Safe Families for Children	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
Stone Soup Group.	907-561-3701
Sunshine Community Health:	
Talkeetna	907-733-2273
Willow	907-495-4100

Care Credit.	A credit line for medical, dental, vision, and veterinary bills. Ask your provider if their office accepts Care Credit. Website: www.carecredit.com
----------------------	---

WATER FILLUP / SHOWERS / LAUNDRY

Alaska R&R Laundromat	357-1028, Meadow Lakes
Butte Wash Tub	14690 W. Parks Hwy., Palmer
.	1150 S Colony Way Unit A, Palmer
Iditawash	1150 S Colony Way Unit A.
Lakeside Laundromat	892-1800, Big Lake
Midas-Palmer.	1151 S. Glenn Hwy., Palmer (in rear lot building)
Turner’s Corner Gas.	1561 8238 Turner Rd., Palmer
Trapper Creek Waterpoint - 8835 E. Devonshire Rd., Talkeetna	
Valley Country Store #1.	4891 Stoney Hollow Dr, Wasilla
Valley Country Store #2.	3065 Church Rd.
Valley Country Store #3	4644 N Trunk Rd.
Valley Country Store #4	3068 S. Trunk Rd.
Wasilla Wash Day	376-4141, 745 Westpoint Dr, Wasilla

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.

Text 373-2628 to receive a text message. For online inquiries and to use the database, please visit connectmatsu.org.

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.	

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
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.

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 14295 W. Kluane Dr.
Faith Bible Fellowship of Big Lake Open Thursdays 11:30 am – 1:30 pm	
Blood N Fire Ministry	864-0463 244 Sylvania Rd, #21, Meadow Lakes, Wasilla
Frontline Mission.	357-8600 1140 S. 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	232-7502
Mat-Su Food Bank	357-3769 5969 E Blue Lupine Dr., Wasilla
Our Lady of The Lake Food Pantry.	892-6492
Palmer Food Bank	746-3565 221 S Valley Way, PalmerMat-Su residents only: Mondays-Fridays 1:00-5:00

Christian Center Food Pantry.	232-6706 3900 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 Wolverine Rd, Talkeetna // Wednesdays from 12-4pm
-------------------------------------	---

Willow Community Food Pantry	414-7555 Mile 67.7 Parks Hwy.
--	----------------------------------

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.

HOUSING, RENTAL, & UTILITIES ASSISTANCE

Alaska Family Services	746-4080
Blood N Fire Ministries	864-0463
Connect Mat-Su	373-2628
Daybreak Inc Navigation Center 550 S Alaska St., #108	745-2241
Eviction Mediation Services	264-0883
Family Promise Mat-Su	357-6160