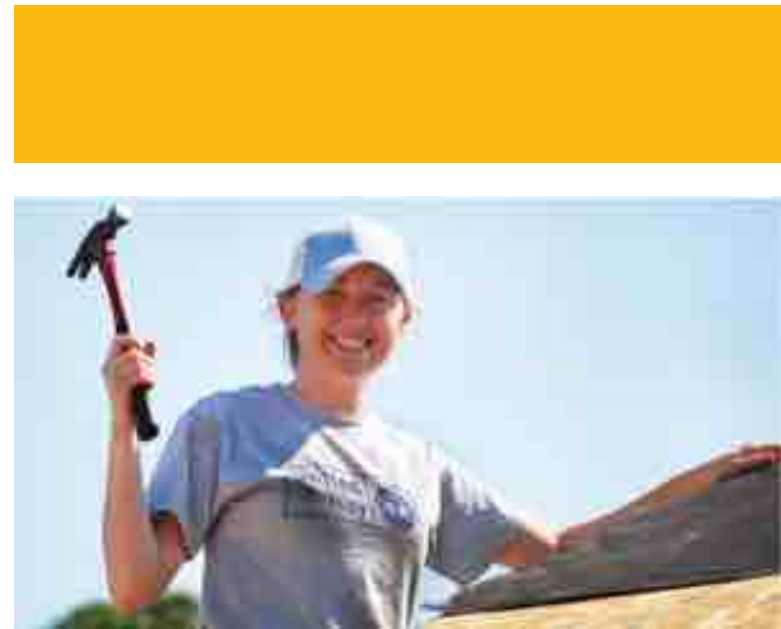




UNITED WAY

Mat-Su

FREE Mat-Su Valley Resource Guide



**Living
United.
Every Day.**

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

unitedwaymatsu.org @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: These organizations can refer you to other agencies for further assistance and give basic information on available resources.



Clothing



Education



Transportation



Financial Assistance



Food Pantries/
Food Resources



Recovery Services



Medical Care



Mental/
Behavioral Health



Special Needs



Recreation & Activities



Resources for
Older Adults



Veterinary/
Pet Care



Family Support



Housing/
Shelter



Veterans
& Military Families

TABLE OF CONTENTS

| | |
|---|----|
| United Way of Mat-Su | 4 |
| Crisis Assistance | 5 |
| Public Assistance Programs | 6 |
| Information & Referrals | 7 |
| Basic Needs (Agencies Meeting Multiple Needs) | 7 |
| Food Pantries & Food Resources | 8 |
| Housing & Homelessness | 10 |
| Transportation Resources | 11 |
| Adult Education, Skills & Scholarships | 12 |
| Community Coalitions | 13 |
| Mat-Su VOAD Emergency Preparedness | 13 |
| Expecting Mother & Families with Young Children | 14 |
| Families & Children | 15 |
| Culture & Heritage | 19 |
| Meeting Unique Needs | 20 |
| Medical, Dental & Vision Care | 22 |
| Mental & Behavioral Health | 25 |
| Recovery Services | 26 |
| Recreation & Activities | 28 |
| Resources for Older Adults | 35 |
| Veterans & Military Families | 36 |
| Veterinary & Pet Care | 37 |
| Youth Organizations | 38 |
| Venues Host an Event | 39 |
| Questions? United Way of Mat-Su at (907) 745-5824 | |

BROUGHT TO YOU IN-PART BY:



MAT-SU HEALTH
FOUNDATION

WildFree
KidsOT_{LLC}



95.5 THE PASS KNIT FM



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



UNITED WAY Mat-Su

GIVE.

Every dollar raised stays here, in the Mat-Su.

Your generous donations and the support of our partners enable us to invest in the needs of our community, as soon as those needs arise. Our programs and services spread aid across the full geographic area of the Valley.



POWER OF POSSIBILITY.

With your support, we can transform the lives of our friends, neighbors and fellow nonprofits by ensuring that all Mat-Su residents have the tools they need to improve their lives.

VOLUNTEER.

Helping hands completing vital work that may otherwise go undone.

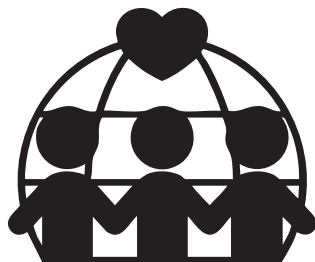
Annually, our dedicated and passionate volunteers contribute over 1,000 hours of labor to projects all over the Mat-Su. That means a cleaner, safer, healthier, more beautiful Mat-Su for all!



CONNECT.

Linking individuals with the resources they need.

Whether it's an everyday call for assistance or during times of disaster, UWMS stands ready to connect the Valley to resources ready to help.



COMMUNITY, UNITED.

We believe that each and every person has the potential to live their best life. We believe that each of us giving what we can have the power to transform the world around us. **We can do amazing things when we Live United!**

UWMS Pocket Resource Guide

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

Request copies of the Pocket Guide online at [.unitedwaymatsu.org](https://www.unitedwaymatsu.org). 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!



Last Updated October 2025



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 Leadership Team



Stephanie Allen
Executive Director



Michele Harmeling
Development &
Outreach Director



Brenda Cruz
Outreach Coordinator



Matt Clayton
Thrive Mat-Su
Youth Activities Coordinator





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 | 1-800-478-9996 |
| Alaska Family Services Shelter, Care Line & Sexual Assault Response Team | (907) 746-8026 akafs.org/dvsa.html Text an advocate: (907) 795-9246 |
| Alaska State Troopers | (907) 745-2131 |
| Alaska State Troopers/Wasilla PD Dispatch Line (Non-Emergency) | (907) 352-5401 |
| Beacon Hill/Safe Families For Children | (907) 277-0925 |
| Domestic Violence/Sexual Assault Hotline | 1-866-746-8026 |
| Identity Alaska LGBTQ+ Helpline | (907) 929-4528 identityalaska.org |
| LifeMed AK 24-Hour Communications Center | 1-800-478-5433 |
| Mat-Su Borough Animal Care Enforcement | (907) 761-7501 animal.care.enforcement@matsugov.us |
| Mat-Su Health Services Suicide Hotline | (907) 376-2411 |
| Office of Children's Services-Wasilla. | (907) 357-9797 hss.state.ak.us/ocs |
| Palmer Police Department Non-emergency | (907) 745-4811 |
| Poison Control Hotline (24 Hour Hotline). | 1-800-222-1222 |
| Suicide & Crisis Lifeline | Call 988 to reach a trained call center worker. |
| Set Free Alaska Crisis Line | (907) 521-5239 |
| Standing Together Against Rape. (STAR) 24-Hour Crisis Line | 1-800-479-8999 |
| True North Recovery Services HOPE line | (907) 982-HOPE (recovery support) |

PUBLIC ASSISTANCE PROGRAMS

CREATE AN ACCOUNT AT **ALASKACONNECT.ILINX.COM** AND ACCESS THE PUBLIC ASSISTANCE APPLICATION PORTAL.

Mat-Su Office of Public Assistance

855 W. Commercial Dr., Wasilla | 800-478-7778
In-person services 9am-4pm Monday-Thursday

Childcare Assistance Program Wasilla

777 N Crusey St, Suite B201 | (907) 373-4450

Community First Choice (Personal Care Services)

(907) 269-3666

Heating/ Energy Assistance | (907) 373-3903

Home Weatherization Assistance | (907) 746-5680

Landlord/Tenant Hotline | 1-855-743-1001

alsc-law.org Tuesday/Thursdays from 6-9pm

Long-Term Care Office | (907) 269-8950

3601 C. St. 120, Anchorage

Medicare Information Office | (907) 269-3680

550 W 7th Ave., Suite 1230, Anchorage

Senior Benefits | (907) 352-4150

855 W. Commercial Dr., Wasilla

Social Security Toll-Free Line | 1-800-772-1213

Women, Infants and Children (WIC)

(907) 746-4080 Palmer | (907) 376-4080 Wasilla



REGISTER TO VOTE! Your vote matters. Visit elections.alaska.gov to register or update your voter information. You may also register automatically when visiting the Alaska DMV.

Public Assistance Programs

There are several public, statewide programs for low-income individuals, providing assistance with a variety of services and needs. Read below for details of each.

For each of these programs, you must provide proof of one or more of the following:

- Income eligibility-tax return, a current income statement or pay stubs
- 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 Lifeline service, inquire at AT&T, MTA, GCI or Verizon and present the required proof of income/household information.

Medical Assistance Portal

ARIES Alaska's Resource for Integrated Eligibility Service:

You can check eligibility and apply for medical assistance at aries.alaska.gov



Connect Mat-Su
Local Support for Local Needs

All Mat-Su residents struggling with basic needs are encouraged to call or text **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@unitedwaymatsui.org

2-1-1 Information Helpline

Dial 211 or visit
alaska211.org

United Way of Mat-Su

(907) 745-5824
unitedwaymatsui.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

Connect Mat-Su

Text or call (907) 373-2628 or
visit connectmatsui.org.

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 Mat-Su residents 18+ with
multiple social needs and
emergency department visits.

LINKS Parent Resource Center & 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.

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.

Big Lake Neighborhood Closet

(907) 903-1902
3261 S Big Lake Rd.
Weds & Sat. 2-6pm, Fri. 12-7.

Blood N Fire Ministries

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

Family Promise Mat-Su

fpm-su.com | (907) 357-6160
2700 E. Broadview Ave., Wasilla
Navigation center, housing,
basic needs, family assistance.
Pet Boarding may be available
on a case by case basis.

First Presbyterian Church

(907) 355-9011
Free Furniture Barn

Frontline Mission

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

Mat-Su Coalition of Housing & Homelessness

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

Salvation Army Mat-Su Valley Corps

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

St. Vincent DePaul Our Lady of the Lake Church

4275 S Oscar Anderson Rd,
Big Lake (907) 892-6492
Home Visits & 24-hour Food

Pantry | Clothing | Rental
Assistance for Big Lake and
Houston residents only.

Trapper Creek Freebox

9971 TC Park Cir.,
Trapper Creek | Tues-Sat 1-6pm
Donations accepted!

Trinity Lutheran Church

10335 W Palmer-Wasilla Hwy
trinitylutheranchurchak.org
(907) 745-0726

turn-a-leaf thrift store Meadow Lakes

244 S. Sylvan Rd., #18
(907) 623-0688

turn-a-leaf thrift store Wasilla

400 N. Yenlo St., Wasilla
(907) 376-5708

Valley Charities

valleycharities.org
(907) 354-4660

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)

Frontline Mission

(907) 357-8600
Please call for information.

Idita-A-Wash | 745-7111
1150 S Colony Way #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

8835 E. Devonshire Rd.,
Trapper Creek

Valley Country Store #1

4891 Stoney Hollow Dr, Wasilla
(907) 376-7151

Valley Country Store #2

3065 Church Rd., Wasilla
(907) 376-7151

Valley Country Store #3

4644 N. Trunk Rd.
(907) 745-7888

Valley Country Store #4

3068 S. Trunk Rd.
(907) 745-8886

Wasilla Wash Day

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





FOOD PANTRIES AND FOOD ASSISTANCE

Visit only the food pantry in your ZIP code of residence and bring photo ID. Call your pantry for distribution times, dates and details. Visit the Food Bank of Alaska's pantry calendar: foodbankofalaska.org. Schedules 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 & The Betty White Food Pantry

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 Church of God Food Pantry

(907) 297-9922
palmerchurchofgod@gmail.com
2900 S. Margaret Dr. Palmer.

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

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) 357-5439 | 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

MSBSD Project Sandwich Locations

Project Sandwich is run by local students, to ensure
that other students in need have food on weekend and
holidays. Donations are needed at all locations!

Houston High School Project Sandwich

Call Houston High, (907) 892-9500

Palmer High School's Project Sandwich

Call Palmer High, (907) 746-8400

Teeland Middle School Friday Food Bags

Call Teeland Middle, (907) 352-7000

Wasilla High School Project Sandwich

Call Wasilla High School, (907) 352-8200



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: @alaskatilt | 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 cfddinnerinfo@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 at
713 S. Denali St., Palmer
Palmer United Protestant Church Basement
matanuskacommunityfarmersmarket.com
matanuskafarmersmarket@gmail.com
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 REBACHEK 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. **SOA Housing Issues Web Page** helps people navigate Alaska Housing Law. Visit www.courts.alaska.gov/shc/housing

Alaska Family Services Domestic Violence Shelter

(907) 746-4080 | akafs.org

Safe shelter for female victims of domestic violence, and children. 24-hour staffing.

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

550 S. Alaska St. #108, Palmer

(907) 745-2241 | daybreakmhsc.com

brian@daybreakmhsc.com

Family Promise Mat-Su

fpm-su.com | (907) 315-3227

Shelter for families, pet boarding, rental assistance and family programs.

Housing Voucher Program

Contact Alaska Housing Finance Corporation

(907) 376-7744

Knik House

bloodnfireak.org/knik-house

(907) 357-0391 | knikhouse@mtaonline.net

Sober living for women, men, single parents and the re-entry population.

MYHouse

myhousematsu.org | 300 N. Willow St.

Wasilla (907) 373-4357 | MYHouse transitional housing for youth ages 14-24. Job training, skills development, and basic needs assistance.

Set Free Alaska Heritage House

(907) 373-4732

setfreealaska.org

Transformations Women's Transitional Housing

1701 N. Lucille St, Wasilla

(907) 357-2077

kingsdreamcenterak.com

True North Recovery Services-Sober Transitional Living

(907) 313-1333

Fill out application at tnrak.org

Valley Charities

(907) 354-4660

valleycharities.org

Medical equipment lending, homelessness prevention, reentry program, training.

Rental and utilities assistance.

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

Cook Inlet Housing Authority

(907) 793-3020 x3

cookinlethousing.org

customercare@cookinlethousing.org

Knik Homes

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

Knik Tribe

(907) 671-6952 | kniktribe.org/housing

Affordable rental units, rehab program.

Mortgage assistance.

Native Village of Eklutna

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

Valley Residential Services

(907) 357-0256

1075 Check St, #102, Wasilla | vrs@valleyres.org

Manages many affordable housing units in the Valley.

HOMEOWNERSHIP ASSISTANCE

Alaska Community Development Corporation

alaskacdc.org

1517 S. Industrial Way #8 Palmer

(800) 478-8080

Homeownership and weatherization assistance programs

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

Alaska Cab (907) 357-2727 | alaskacabllc.com
Offers lockout service, jumpstarts and more.

Alaska Frontier Taxi, (907) 715-5475

Alaska Ride-Share | (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

Granny's Reliable Rides

(907) 521-7290

grannysinc@proton.me

Grizzly Cab

(907) 717-4027

Happy Day Transportation Inc

happydaytransportationinc.com | (907) 727-7201 |
Non-emergency medical transportation

Interior Alaska Bus Service

1-800-770-6652 | interioralaskabusline.com
Travels every MWF year-round. Routes from Anchorage to Tok and Fairbanks to Tok. 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 Senior Services Transportation

907-745-5454 | Medical transport only

Native Village of Eklutna Transportation Services

(907) 688-6020

Red's Shuttle Service, (907) 841-7337

redsalaskashuttle.com. Serving the Mat-Su and Anchorage communities.

Soaring Eagle Transit

(907) 822-4545 | soaringeagletransit.com

Serves the Copper River Valley with routes to Anchorage, Valdez, Glenallen, Copper Center, and non-schedule (on demand) rides.

Sunshine Community Transit

(907) 495-8411 Wasilla/Willow On-Demand

(907) 354-3885 Talkeetna Driver
sunshinetransit.org

Talkeetna Spur, Wasilla, and Willow transportation.

Triton Transport by Sentry Medical Care

(907) 561-9220

info@tritonakaska.com

United Non-Emergency Medical Transportation

(907) 222-7666 | 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) 376-8181 | Airport transportation from the Valley to Anchorage.

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.

Way Makers Transportation

(907) 887-9236

waymakerstransportationak@gmail.com





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 Area Health Education Center

aliciar@alaskapca.org

Tuition assistance, incentives, case management and support for youth and adults pursuing healthcare careers.

Alaska Bible College

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

Alaska Division of Vocational Rehabilitation

1-800-770-4124

913 W. Commercial Dr., Wasilla
labor.alaska.gov/dvr

Alaska Job Center & Unemployment Office

(907) 352-2500 | 877 Commercial Dr., Wasilla
jobs.state.ak.us

Alaska Job Corps

(907) 861-8800
800 E. Lynn Martin Dr., Palmer
alaska.jobcorps.gov

Alaska Literacy Program

(907) 743-0203
alaskaliteracyprogram.org/class-request-form
I \$25 per 8 week course. Offers digital literacy, reading, civics, test prep, English communication skills and other programs for adult learners.

Alaska Military Youth Academy

(907) 375-5554
Located on IBER | akmya.alaska.gov

Alaska Native Science & Engineering Program

ansep.net

Alaska Works Partnership

(Construction Education & Training)
alaskaworks.org | (907) 376-4764

At Work AK

Alaska Dept. of Labor and Workforce
Development
Labor.Alaska.Gov

Charter College of Mat-Su

(907) 352-1000
721 W. Parks Hwy., chartercollege.edu

Mat-Su College

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

Nine Star Education & Employment Services

(907) 373-7833
899 W. Commercial Dr., Wasilla | ninestar.org
Adult Basic Education program. ESL, ASVAB, college and career readiness.

Northern Industrial Training (NIT)

(907) 357-6400

1740 N. Terrilou Ct, Palmer | nitalaska.com

University of Alaska Anchorage

uaa.alaska.edu

University of Alaska Fairbanks

uaf.alaska.edu

SCHOLARSHIPS

Alaska Community Foundation

alaskacf.org/scholarships

Mat-Su Health Foundation Scholarships

scholarships@healthymatsu.org

MEA Foundation Scholarships

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

MTA Foundation Scholarships

mtafoundation.org/scholarships

First Aid/CPR & Basic Life Support Training

Alaska Safety Alliance

(907) 770-5250
info@alaskasafetyalliance.org

AlaskaWorks

alaskaworks.org

American Heart Association

heart.org | aha.alaska@heart.org

CPR Alaska

(907) 406-3834
alaskacprtraining.com

Frontier Safety and Supply

frontiersafetyandsupply.com

Mat-Su Services for Children & Adults

(907) 352-1200
mssca.org

Polar Apex 907

(559) 760-8285
polarapex907.com

Red Cross-Mat-Su

(907) 357-6060

Tundra Training & Medical Supplies

(907) 373-3483
tundratrainingonline.com

Wilderness Emergency Training

akwildmed.com



COMMUNITY COALITIONS

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

100+ Women Who Care

100pluswwcmatsu.com
100pluswwcmatsu@gmail.com

Alaska Dept. of Labor & Workforce Development

Job-X Convening | Bimonthly, via Zoom | To join,
contact Stacey Andrist, Stacey.andrist@alaska.gov
(907) 352-2553

Big Lake Lions | (907) 892-6502 | @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 | give@unitedwaymatsu.org

Elevate Mat-Su Business Coalition

jennywillardson.com/matsubusinesscoalition

Helmets On Heads 5131 E. Mayflower Ln, Wasilla
(907) 232-2033 | HelmetsOnHeads@gmail.com

Key Coalition of Alaska

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

Kiwanis Club of Palmer

(907) 745-5527

Mat-Su Basin Salmon Habitat Partnership

(907) 865-5713 | matsusalmon.org

Mat-Su Coalition on Housing & Homelessness

(907) 232-4450 | matsuhousing@gmail.com

Mat-Su Council on Aging

info@mcoaging.com

Mat-Su Food Coalition

(907) 232-6536
matsufood.org

Mat-Su Opioid Task Force

matsuopioidtaskforce@gmail.com
matsuopioidtaskforce.com

Mat-Su Reentry Coalition

(907) 414-4077
barbara.mongar@valleycharities.org

Mat-Su Sertoma 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 | ssmith@sunshineclinic.org

Mat-Su Community Councils



matsugov.us/boardscommunitycouncils
Mat-Su Community Councils

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

Palmer Lions (907) 354-3798 | @palmerlions

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

Palmer Rotary palmerrotary.org

Palmer Toastmasters Club palmer.toastmastersclub.org
(907) 539-7111

Sunrise Rotary wasillasunriserotary.org

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

Susitna Rotary susitnarotary.org

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

Trapper Creek Community Services
tccommunityservices@yahoo.com

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

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

Wasilla Lions (907) 376-0640

Wasilla Rotary wasillarotary.com

DISASTER RELIEF | ready.alaska.gov

American Red Cross of Alaska-Wasilla

(907) 357-6060
851 Westpoint Dr., Suite B9, Wasilla

Mat-Su Borough Community Connect

Share Information about your household
for first responders
communityconnect.io/info/ak-matsuborough

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 VOAD Coordinator
outreach@unitedwaymatsu.org

MSB Disaster Preparedness

Wasilla, Willow, Glacier View and Talkeetna CERT
ready.matsugov.us

Salvation Army Mat-Su

mat-suvalley.salvationarmy.org
(907) 745-7079
Mobile feeding during times of disaster



EXPECTING MOTHERS & FAMILIES WITH YOUNG CHILDREN

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

Alaska Birth Collective alaskabirthcollective.org
alaskabirthcollective@gmail.com

Alaska Center for Resource Families
(907) 308-3617 | acrf.org
5050 Dunbar St, A2, Wasilla

Alaska Child Passenger Safety Coalition
Car seat checks
(907) 212-3194 | Carseatak.org

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

Alaska Native Birthworkers Collective
nativebirthworkers.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

Denali Explorers Program | Denali Family Services
(907) 376-3575 | info@denalifs.org

Family First Treasures

Akafs.org | (907) 746-6200

Haven Midwifery and Birth Center
6930 E. Lower Mesa Dr., Palmer
havenmidwiferyandbirthcenter.com
(907) 444-3027

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

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

Mat-Su Regional Hospital Birthing Center
(907) 861-6645
2500 S. Woodworth Lp., Palmer

Mat-Su Women's Health Specialists (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) 212-654 | Free program for first-time parents. Available to women expecting their first baby who are 28 weeks pregnant or less. Must meet income requirements. Partners are welcome to participate.

Ptarmigan Connections

ptarmiganconnections.com | info@pc-ak.com

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



UNITED WAY
Mat-Su



R.O.C.K. Mat-Su
Raising Our Children with Kindness

ROCK Mat-Su

777 N. Crusey St., Wasilla
(907) 352-2863
.rockmatsu.org

Social connections and parenting support. We are a cross-sector collaborative of community members joining together to promote family resilience and reduce child maltreatment in Alaska's Mat-Su Borough.



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.

LICENSED CHILDCARE (listed alphabetically)

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

PALMER AREA
Head Start Center
(Ages 3-5) & Early
Head Star Center
(Ages 0-3)
905 W. Auklet,
Palmer
(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
Wasilla
(for ages 0-3)
2060 E Foundry Way
Unit A, Wasilla, AK 99645
(907) 373-7736

Fairview Center
(907) 373-7000
Knik-Fairview area

PALMER AREA

Alaskan Seedlings
268 E Fireweed Ave.
(907) 746-5338
(formerly Tree of Life)

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

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

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

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

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

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

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

ParentShare Preschool
(907) 745-1440
parentsharepreschool.org
rhonda773@yahoo.com

Ray's Childcare & Learning
(907) 745-4875
1738 N. Chet Cir.,

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

Trinity Lutheran Preschool
jhoracek@gci.net
trinitypreschoolalaska.org
(907) 230-2832

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

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

WASILLA AREA

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

Benteh Early Learning Academy
4401 E. Palmer-Wasilla Highway
(907) 671-6861

Butterflies & Bullfrogs
6401 Calista Dr., | 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,

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

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

Fireweed Montessori
5431 E Mayflower Ln, | (907) 671-4531
First Fruits Creative Journey (907) 357-2237
260 E. Nelson Ave.

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

Grandma's Little Angels (907) 671-1333
2022 S. Paddock Dr.

Karousel Kidz Learning Center
(907) 376-7000
300 W Swanson Ave.

Little Learners Academy
245 E. Nelson Ave. | (907) 357-1188

Little Wildflowers (907) 373-3950
3950 E. Carefree Dr.

Rising Star Child Care
1405 N. Wasilla Fishhook Rd.
(907) 373-4875 | risingstarcc@hotmail.com

Valley Montessori Preschool
5461 E Mayflower Ln.
(907) 414-9332



UNITED WAY
Mat-Su



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.

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

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

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

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

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

Mat-Su Services for Children and Adults (MSSCA)

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

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

Look at Me! developmental screenings (ages birth-5): Family Support (respite): In-home respite, companion respite, overnight respite and training for those with intellectual or developmental disabilities and their families.

Most services are offered at no cost to families and individuals. However, some program participants must meet eligibility requirements for services. Costs vary.

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

Aimee Mateucci
aimee.mateucci@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) 746-9921

May register using ParentVUE.
Children must be age 4 on or before September 1.

Children must be potty-trained.
At select MSBSD schools only.



UNITED WAY
Mat-Su



FAMILIES & CHILDREN: COUNSELING & THERAPEUTIC CARE

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.

Alaska Behavioural Health Little Tykes Therapeutic Services Ages 3-5 | (907) 563-1000

Alaska Family Services (907) 373-4450
777 N Crusey St., Ste B201, Wasilla

Alpine Counseling (907) 931-9330
alpinecounselingak.com

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

Borealis Behavioral Health, LLC. (907) 917-4151

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

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

Confidential Care (907) 357-1999
2341 S. Fern St, #200, Wasilla

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

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

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

Mindful Exchanges (907) 745-7799
349 E. Cottonwood Dr, Palmer

Mat-Su Health Services Behavioral Health
Call for a screening | (907) 376-2411

Mat-Su Mental Health
800 E Railroad Ave., #210, Wasilla
(907) 313-7965 | matsumentalhealth.com

Mountain Springs Counseling Center
1075 S. Check St., #110, Wasilla
(907) 931-6928

Playful Journeys (907) 376-9091
634 S. Bailey St, #103, Palmer

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

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

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

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

Set Free Alaska's Haven: Children & Family Services
(907) 373-4732

Sunshine Community Health Behavioral Health & Counseling (907) 733-9292
Speak with a behavioral health specialist

Wild Free Kids OT (907) 215-4438
info@wildfreekidsot.com

EQUINE THERAPY

Alaskan Sunrise Behavioral Health
634 W. Bailey St. Suite 100, Palmer
(907) 707-1201

Aurora Equine Therapy
780 N. Luke St., Wasilla | (907) 227-0406
auroraequinetherapy.org

Southcentral Therapeutic Riding (STRIDE)
4351 Bogard Rd., Wasilla | (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.

Adoption and Guardian Support

(907) 465-3209 | jack.eddy@alaska.gov

Alaska Adoption Services

(907) 302-6332 | alaskaadoptionservices.org

Alaska Center for Resource Families

1-800-478-7307

5050 Dunbar St. Suite A2, Wasilla | acrf.org
Adoption and foster care support, referrals, resources
and parent/caregiver training.

Alcantra Armory Family Assistance Center

(907) 373-9446

3401 E. Bogard Rd., Wasilla

Alaska Youth & Family Network

(907) 631-3485

1051 E. Bogard Rd., Suite 2, Wasilla | ayfn.org
Peer navigation support for mental health
services, case management, and advocacy.

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 |
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.

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. 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

gksnetwork.org

Heart Gallery of Alaska

Connecting Youth with Families Who Adopt
heartgalleryak.com

Knik Tribe

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

Mat-Su Services for Children and Adults (MSSCA)

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

Ptarmigan Connections

Pediatric Services

ptarmiganconnections.com | info@pc-ak.com

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



LINKS Parent Resource Center

(907) 373-3632

777 N. Crusey St., Wasilla | linksprc.org

LINKS is dedicated to providing information, training, and assistance to
parents of children with disabilities, and their communities.



CULTURE & HERITAGE

Immerse yourself in the culture and lands around us. Visit a cultural or historical site, local museum, or take a tour.

Alpine Historical Park | (907) 745-7000

Athabascan cultural site. Guided tours available. Home of the original buildings of Sutton townsite. Playground and Sutton Library adjacent. 1 Mile 61.6 Glenn Hwy, Sutton.

Chickaloonies (80% Studios) | Cultural storytelling of Ahtna Athabascan cultural values and traditions through graphic novel publications, art, workshops, mural projects and collaboration. | chickaloonies.com 80percentstudios@gmail.com | @80percentstudios

Dorothy Page Museum | (907) 373-9071

323 Main St., Wasilla

Eklutna Historical Park

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

Independence Mine State Historical Park

(907) 745-3975 | From the Glenn Hwy., turn onto Palmer Fishhook Rd and follow signs into Hatcher Pass. Open seasonally. Gift Shop and historical exhibits.

Knik Museum & Musers Hall of Fame

(907) 376-7755 | Mile 13.9 Knik-Goosebay Rd.

Knik Museum & Musers Hall of Fame | Visit the Knik Museum and last remaining artifacts of the old Knik Townsite. Hike part of the Iditarod National Historic Trail. Joe Redington Senior Memorial Garden. Cultural exhibits and displays, including Alaska Native heritage and culture. | 10524 S Knik Goose Bay Rd., Wasilla | knikmuseum@gmail.com

Knik Tribal Council-Family Culture Nights | Held at

Michael Tucker Learning Campus, 758 N Shoreline Dr., Wasilla | 5:30-7:30pm on select Weds. evenings. Follow Knik Tribe on Facebook to view schedule: @KnikTribe. | (907) 373-7991 | Compact@KnikTribe.org

Native Village of Eklutna-Eklutna Historical Park, St. Nicholas Orthodox Church Cemetery & Burial Ground

26339 Eklutna Village Rd., Chugiak | Visit "spirit houses" which hold deep cultural and spiritual significance for the people of Eklutna Village. Please be respectful while visiting and follow posted signage.

Native Village of Eklutna-Community Activities Regularly scheduled activities including beading, mindfulness, community cleanups and youth programs. |

Facebook: @NativeVillageEklutna | (907)390-9003 nve@eklutna.org

Nay'dini'aa Na'Kayax (Chickaloon Native Village)

Chickaloon-nsn.gov | Culture & Historic Preservation. Permanent artifact and document collection via online database. Visit Chickaloon.org to view digital archives.

Palmer Museum of History & Art | (907) 746-7668

723 S. Valley Way, Palmer

Be sure to visit the adjacent Palmer Museum gardens!

Southcentral Foundation-Learning Circles & Cultural Activities | Held at Benteh Nuutah Valley Native Primary Care Center, 1001 S Knik Goose Bay Rd, Wasilla, | (907)631-7800 | Toddler Time, Wellness Warriors support & talking circles, cooking classes, arts/crafts and support groups. | Facebook:

@ValleyNativePrimaryCare southcentralfoundation.org

Talkeetna Historical Society Museum

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



**Art by Dimi Macheras
Chickaloonies & 80% Studios**

Every year, UWMS volunteers donate thousands of hours to projects in the Mat-Su Valley. Together, we distribute backpacks filled with needed school supplies at Stuff the Bus, assist Mat-Su residents with essential services during Project Homeless Connect, improve our parks and lend a helping hand to other local nonprofits.

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.



Mat-Su Aging &
Disability Resource Center

Access Alaska (907) 357-2588

1075 Check St. Suite #109, Wasilla
accessalaska.org

PCA services, independent living, benefits navigation
assistance, advocacy.

Alaska Association on Developmental Disabilities

director@aaddalaska.org

Alaska Brain Injury Network Support Group

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

Alaska Center for the Blind & Visually Impaired

(907) 771-4322 | alaskabvi.org

Equipping Alaskans who are blind and visually
impaired for success.

Alaska Mental Health Trust Authority-Mini-Grants Program

Carrie.Predeger@alaska.gov | (907) 269-7960
alaskamenthalhealthtrust.org

Alaska Premier Assisted Living

info@assistedlivingak.com | assistedlivingak.com

Allways Caring Home Care-Wasilla

866-737-2273

Bright Horizon Homes (907) 232-6624

brighthorizonhomes.com

Challenge Alaska (907) 344-7399

3350 Commercial Dr., Suite 208,
Anchorage, AK 99501
challengealaska.org

Improving lives through adaptive sports, therapeutic
recreation and education.

Comfort Keepers | (907) 885-0186

comfortkeepers.com

Community Developmental Disabilities Grants Program

Stone Soup Group-Mat-Su

(907) 561-3701 | info@stonesoupgroup.org

Parent navigation, activities, training and connections
for families of children with special needs.

Consumer Direct Care Network

(907) 357-7962

131 E. Swanson Ave. #1, Wasilla
consumerdirectak.com

PCA services, chore and respite,
rehabilitative services.

Daybreak, Inc. (907) 746-6019

550 S. Alaska St., Palmer

Case management and care coordination for adults
with mental illness.

Genacta In-Home Care

(907) 631-3078

591 N. Knik St, Wasilla | genacta.com

Hope Community Resources (907) 357-3750

4901 E. Mayflower Ln. #2, Wasilla | hopealaska.org
Assisted living, care coordination, employment
opportunities, and respite care.

LifeWorks Alaska (Hearts & Hands) (907) 644-0480

951 E. Bogard Rd., Suite 100, Wasilla

Maple Springs Skilled Nursing & Rehab

maplespringsliving.com

(907) 802-6645 Wasilla | (907) 802-6641 Palmer

Mat-Su Services for Children and Adults (MSSCA)

(907) 352-1200

1225 W. Spruce Ave., Wasilla | mssca.org
A range of home and community based services
for individuals with disabilities (developmental, or
intellectual), child safety, and child development.

Prime Care (907) 373-5350

Wasilla | primecarealaska.net

ReadyCare (ResCare) (907) 357-5643

892 E Usa Cir. Suite 102, Wasilla | rescare.com

State of Alaska TEFRA

Contact AK Medicaid
1-800-478-7998

State of Alaska IDD Waiver Unit

1-800-478-996

Shine Bright Care (907) 376-2022

shinebrightcare.com

Special Olympics Alaska Mat-Su Valley

(907) 222-7625

matsu@specialolympicsalaska.org

Wellspring Home Health Wasilla

(907) 357-3655

wellspringhomehealth.com

Willow Personal Care Assistants

(907) 495-6778

ADDITIONAL RESOURCES

Alaska Relay Service

Connects standard telephone users to deaf, hard
of hearing, and others using TTY phones.
alaskarelay.com

Assistive Technology of Alaska

1-800-723-2852 | atlaak.org

Adaptive and rehabilitative devices for those
needing aid performing tasks, and training in how
to use devices available.

Gateway to the Arctic Camp | brian@g2arctic.org

g2arctic.org | 40465 S. Parks Hwy., Talkeetna
An agricultural camp providing programming
for individuals with disabilities, inclusive job and
internship opportunities.



UNITED WAY

Mat-Su

SENIOR & DISABILITY SERVICES

Division of Senior & Disabilities Services Resource Directory

www.aging.alaska.gov

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. Use the State of Alaska's Division of Senior and Disability Services matrix to locate licensed caregivers in the Mat-Su.

The matrix includes information on licensed providers of the following types of care:

Adult Day Services; Care Coordination Agencies; Chore services; Day Habilitation in the Community; Day Habilitation on-site; Environmental Modification; Family Care Homes for Children and Adults; Group Homes; Intensive Active Treatment; In Home Support services; Congregate Meals; Home Delivered Meals; Nursing Oversight/Care Management; Personal Care Services; Respite Care; Residential Living; Supported Employment; Transportation.

Use this resource matrix to find personal care, assisted/independent living arrangements, and other licensed service providers specializing in intellectual and developmental disabilities or adult care.

For assistance navigating DSDS programs, call 1-800-478-9996.

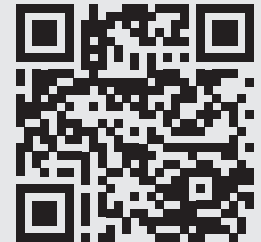


Division of Senior &
Disability Services



MAT-SU AGING & DISABILITY RESOURCE CENTER

The Mat-Su Aging & Disability Resource Center (ADRC) connects older adults, people with disabilities, and vulnerable adults to quality services and supports. We provide free information and referrals that promote health, well-being, safety, independence, personal choice, and dignity. Call to schedule an appointment with an ADRC specialist to discuss your needs. **907-373-3632**



Mat-Su Aging &
Disability Resource Center





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.

PRIMARY CARE & URGENT CARE

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

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

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

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

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

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

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

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

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

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

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

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

Kichatna Mobile Urgent Care |
info@kichatnamobileurgentcare.com
kichatnamobileurgentcare.com | (907) 855-1492
Mobile medical unit and urgent care services.

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

Mat-Su Internal Medicine (Adult Primary Care)
(907) 861-6700 | 2490 S Woodworth Ln,
Ste 250, Palmer

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

Mat-Su Urgent Care Centers
209 W. Evergreen Ave., Palmer | (907) 861-1400
950 E. Bogard Rd., Wasilla | (907) 352-2880

MedPhysicals Plus LLC | 1-855-561-7587
medphysicalsplus.com | DOT physicals, drug/
alcohol testing, audiology, health panels/
screenings.

Mobile Health (Alaska Occupational Health Services)
mobilehealth.com | 535 W. Evergreen Ave., Palmer
and 1501 E Parks Hwy, Wasilla

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

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

Now Health Functional & Integrative Medicine
(907) 745-9355
625 S. Cobb St. #201, Palmer

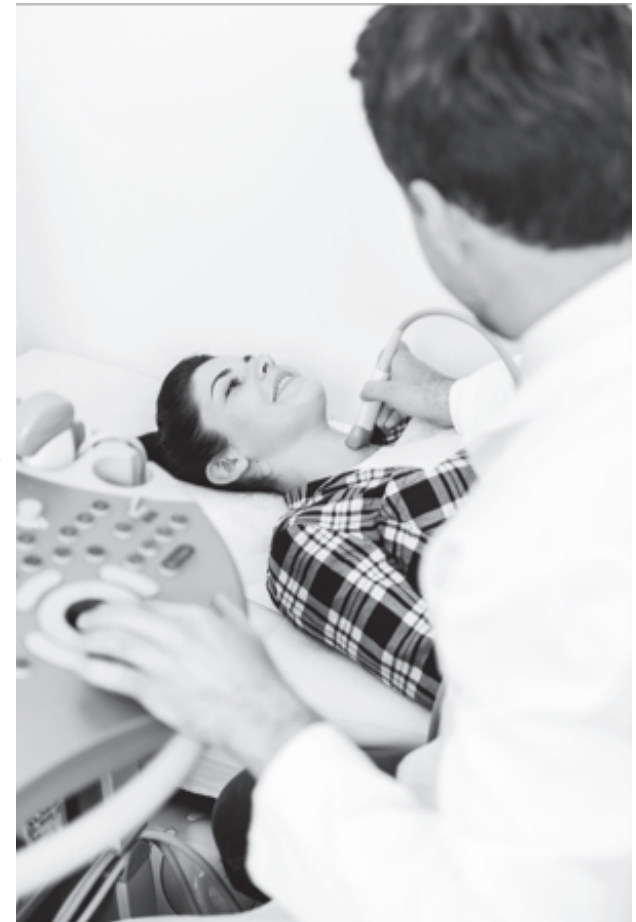
Palmer Family Medicine PC (907) 746-2345
258 S. Alaska St., Palmer

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

Sutton C'eyiits' Hwanax Lifehouse Community Clinic
(907) 631-7665
11495 N Callison St., Sutton
Urgent Care at Lake Lucille (907) 373-4200
185 E Parks Hwy., Wasilla

MOBILE MAMMOGRAPHY SCREENINGS

Breast Cancer Detection Center of Alaska
bcdcofalaska.org | office@bcdcofalaska.org



(907) 206-4601 | 1700 E Bogard Rd., Wasilla
Building A, Suite 103B | Remote Medical

Kichatna Mobile Urgent Care (907) 855-1492
info@kichatnamobileurgentcare.com
kichatnamobileurgentcare.com

MedPhysicals Plus LLC | 1-855-561-7587 |
medphysicalsplus.com

Mobile Health (Alaska Occupational Health Services)
mobilehealth.com | 535 W. Evergree Ave., Palmer
and 1501 E Parks Hwy, Wasilla



DENTAL CARE AND MEDICAL EQUIPMENT AND SUPPLIES

DENTAL CARE

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

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

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

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

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

Kobuk Family Dental (907) 376-0600
111 E. Herning Ave., Wasilla

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

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

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

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

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

Sunshine Community Health Centers:
Talkeetna 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 (907) 376-9449
1700 E. Bogard Rd #B204, Wasilla

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

UAA Dental Clinic (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 (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 Equipment Closet
(907) 357-2588
1075 S Check St., Wasilla
accessalaska.org/dme-loan-closet

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

Arctic Mobility Solutions (907) 290-9177
6051 Burlwood St., Anchorage

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

Valley Charities Durable Medical Equipment Lending Program 1301 S. Seward Meridian Pkwy, Suite A, Wasilla I Tuesday-Saturday 10am-4pm.
(907) 521-1908



High Utilizer Mat-Su (HUMS) Program :

This program, provided by LINKS Resource Center, is for community members who have multiple emergency department visits. HUMS assists with a variety of needs, including healthcare access, behavioral health services, and social services. The program is voluntary. Ages 18 and older only. To refer a client or patient, or to self-refer, call 907-887-4867. Must provide name and date of birth for eligibility.


Connect Mat-Su
Local support for local needs




777 N Crusey St., Wasilla Mon - Fri | 8AM-5PM

specialist@connectmatsu.org 907.373.2628

facebook.com/connectmatsu Connect With Us!





PHARMACIES AND VISION

PHARMACIES

Carrs Pharmacy - Palmer

(907) 761-1460

664 W. Evergreen Ave., Palmer

Carrs Pharmacy - Wasilla

(907) 352-1160 | 595 E. Parks Hwy., Wasilla

CVS Pharmacy (inside Target) - Wasilla

(907) 631-7201

1801 E Parks Hwy., Wasilla

Fred Meyer Pharmacy - Palmer

(907) 707-0433

535 E. Palmer Wasilla Hwy., Palmer

Fred Meyer Pharmacy - Wasilla

(907) 352-5033 | 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

VISION & EYEWEAR

Alaska Eye Care Centers - Wasilla

(907) 376-5266

1700 E. Parks Hwy. #300, Wasilla

alaskaeyecare.com

Capstone Eye Clinic | (907) 357-9595

3122 E Meridian Park Ln., Wasilla

The Eye Guys | (907) 376-3917

285 E. Parks Hwy., Wasilla. | eyeguysalaska.com

Lodestar Family Eye Care, PC | (907) 745-2273

625 S. Cobb St., Ste. 101, Palmer

Palmer Vision Clinic | (907) 745-4373

440 E. Evergreen Ave., Ste. C, Palmer

Valley Eye Associates | (907) 373-0225

935 Westpoint Dr. #207, Wasilla

Vista Optical (inside Fred Meyer) | (907) 357-1455

1501 E. Parks Hwy. Suite #C, Wasilla

Wal-Mart Vision Center | (907) 376-0835

1350 S. Seward Meridian Pkwy, Wasilla

Wolf Eye Center | (907) 376-2020

4505 E. Greenstreet Cir., Wasilla

Lions Club Eyeglass Recycling

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

Lions Club Vision & Eyeglass Programs:

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 Behavioral Health | Call (907) 563-1000, push 2 to schedule for Mat-Su | alaskabehavioralhealth.org | Outpatient, Intensive and Family therapies.

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

Alaska Family Services | (907) 376-4000
5851 E Mayflower Ct., Wasilla
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 | (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 | (907) 671-6871

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

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

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

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

Inner Horizons Integrative Therapy | (907) 759-7447
scottmtaylor@innerhorizonswellness.com
1981 E Palmer-Wasilla Hwy, Suite 23, 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.

Mat-Su Mental Health (907) 313-7965
scheduling@matsumentalhealth.com

Mindful Exchanges, PC
(907) 745-7799

349 E. Cottonwood Ave., Palmer

Native Village of Eklutna Behavioral Health
(907) 688-6301
Mile 26.6 Glenn Hwy, off Eklutna exit ramp.

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

Providence Behavioral Health Clinic Mat-Su
(907) 921-5050 | 2250S Woodworth Lp, Suite 202, Palmer

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

Sunshine Community Health-Behavioral Health
(907) 733-9292 | Call for screening and information.

Tailwind Counseling & Wellness | (907) 214-2808
tailwindcounselng@gmail.com
1075 S Check St., Suite 101, Wasilla



**STRESS
MANAGEMENT**



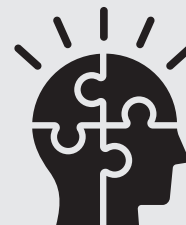
MENTAL HEALTH



**RESILIENCE
BUILDING**



**POSITIVE
THINKING**



BRAIN HEALTH



**HEALTHY
RELATIONSHIPS**



SELF-CARE

A positive mindset enhances resilience, reduces stress & leads to improved overall wellbeing. Techniques like gratitude practice, mindfulness & reframing negative thoughts help cultivate a positive outlook. Regularly setting & celebrating small goals boosts motivation & reinforces positive thinking.

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

Alcohol Safety Action Program | (907) 746-6260

Ascent Treatment Counseling (907) 357-6860

5461 E Mayflower Ln #1, Wasilla

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

Benteh Nuutah Four Directions (907) 631-6300

3223 E. Palmer-Wasilla Hwy. #4, Wasilla

CITC Mat-Su Recovery & Reentry Services (907) 793-3200

rs@citci.org | citci.org

Community Medical Services-Wasilla (907) 290-3760

2521 E. Mountain Village Dr., Suite F, Wasilla
communitymedicalservices.org

Ideal Option | 877-522-1275

3035 E Palmer Wasilla Hwy, Suite 301, Wasilla

King's Dream Center | (907) 357-2077

8117 New Hope St., Palmer |
information@kingsdreamcenterak.com

Lifetchangers Outreach (907) 370-3374

lifetchangersoutreach.com

Mat-Su Health Services Medication Assisted Treatment

mshsak.org | (907) 376-2411

Set Free Alaska (907) 373-4732

7335 E. Palmer-Wasilla Hwy., Wasilla
setfreealaska.org

Teen Challenge Wasilla (907) 202-8850

560 S. Knik-Goose Bay Rd., Wasilla

True North Recovery Services (907) 313-1333

591 S. Knik-Goose Bay Rd., Wasilla | admin@tnrak.org

COMMUNITY GROUPS

Please contact individual groups for meeting times and locations.

Access Alaska (907) 357-2588

info@accessalaska.org

Alcoholics Anonymous Mat-Su District 11

(907) 376-4777 (Hotline)

alaskamatsuaa.org

Alaska Eating Disorders Alliance

(907) 308-8400

akeatingdisordersalliance.org

Alaska Family Services Community Support Groups

Call (907) 746-4080 for details

Alaska Tobacco Quit Line | 800-784-8669

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 | (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

LGBTQ Alaskans (907) 865-3247

facebook.com/identityinc

Visit the Facebook page for current virtual and in-person support and events.

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:

(408) 638-0968 / code 835-729-936

akna.org

Nay'dini'aa Na' Kayax (Chickaloon

Native Village) (907) 745-0704

Ptarmigan Connections, Alaska's Center for Developmental & Behavioral Pediatrics

(907) 357-4400 | ptarmiganconnections.com

info@pc-ak.com

Sunshine Community Health Groups sunshineclinic.

org/services | (907) 733-2273

Southcentral Foundation Support Groups

(907) 631-7800

For more information on support groups, counseling and peer groups, visit southcentralfoundation.com or call for details.

That Thing Goin' On Find Us On Facebook!

Community, neighborly, friendly and socially-driven, free activities, connections and inspirations.

Traumatic & Acquired Brain Injury 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.

because
youth
matter



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

thrive
mat-su

Connect@ThriveMatSu.org

ThriveMatSu.org

Find us on Facebook:

@THRIVEMatSu

Find us on Instagram:

@thrivematsu



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!

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

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

Alaska Avalanche Hockey
.avalanchehockey.org

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

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

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

Alaska Irish Dance 4901 E. Mayflower Ln., Wasilla
AlaskaIrishDance.com | (907) 306-1099

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

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

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

Denali Fitness
1080 N Wasilla Fishhook Rd., Wasilla
denalifitnessak.com

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

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

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

Impakt Athletics 2024 Foundry Way, Wasilla
info@impaktgym.com | @impakt.athleticsak

Jay's Taekwondo
(907) 376-7433

Kangoo Club Alaska (907) 315-2684
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

Matanuska Music matmusic.com
280 N Willow St., Wasilla | sales@matmusic.com

Mat-Su Running Club
matsurunningclub@gmail.com
matsurunningclub.org

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

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

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

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

Mat-Valley Dance
125 W. Evergreen, Palmer | (907) 317-4617
mvddance.com

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

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

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

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

Onward & Upward
(907) 745-6687
onwardandupward.org
Education based on adventure

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

Palmer Amateur Hockey Association
palmerhockey.org

Palmer Curling Club
palmercurling.com
palmercurling@gmail.com

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

Palmer Soccer Club | palmersoccerclub.com

Peak Performance Strength & Fitness
(907) 376-7325

Pioneer Grappling Academy
(907) 521-9632
1755 N. Golden Hills Dr., Palmer

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

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

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

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

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

Sutton Racing Lions MotoCross
valleyrallyracing@gmail.com
teamvalleyrally.com | (907) 671-1849

Valley Youth Basketball vybb.com

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

Wasilla Youth Baseball
wasillayouthbaseball.com
registration@wasillayouthbaseball.com

Wayfinder Fitness & Nutrition
(206) 589-2065 | wayfinderfit.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 (907) 861-7676
palmer-pool@matsugov.us

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

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

ICE ARENAS

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

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

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

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

OTHER ACTIVITIES

Alaskans Afield Program

adfg.alaska.gov | (907) 267-2534

Alaska Hunter Education Courses

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

Alaska Gear Up

alaskagearup.com
Youth technology, Robotics, Coding, 3D Printing and more!

Alaska Raceway Park

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

Alaskan Sled Dog & Racing Association

asdra@asdra.org

Alaska 4H

| alaska4h.org

Alaska FFA (Future Farmers of America)

(907) 707-9710
kfochs@alaska.edu

Becoming an Outdoors-Woman

adfg.alaska.gov | (907) 746-6337
dfg.dwc.southcentralbow@alaska.gov

Boy Scouts Great Alaska Council

| (907) 337-9547
scoutingalaska.org

Capitol Speedway

| (907) 495-6420
capitalspeedway.org

Extreme Fun Center

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

FLY Trampoline Park

| (907) 357-5867
1841 Parks Hwy., Wasilla

Friendship Park Alaska

| 1150 E. Helen Dr., Palmer
friendshipparkak.com

Game Theory

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

GeocacheAlaska, Inc.

| geocachealaska.org
@GeocacheAlaska

Girl Scouts of Alaska-Mat-Su

(907) 376-3822
girlscoutsalaska.org

Healthy Futures Alaska

healthyfuturesak.org
RunFest Kids 2K, Ski 4 Kids, Heart Run, and more!

Kabayan Inc. Filipino-American Community

kabayaninc.com (Cultural activities)

Mat-Su College Events

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

Mat-Su Miners Baseball

(907) 745-6401
matsuminers.org

Musk Ox Farm

(907) 745-4151
12850 E Archie Rd., Palmer

National Outdoor Leadership School (NOLS) Alaska

(907) 332-5300
5805 N. Farm Ln., Palmer

North Bowl Alley & Neon Bowling

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

Palmer Folk School

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

Rodeo Alaska

(907) 748-7336
RodeoAlaska@gmail.com

Upper Susitna Community Center

16463 E. Helena Ave., Talkeetna | ussi.inc@outlook.com

Wicked Willow Store & Petting Zoo

57330 S Parks Hwy., Willow
wickedwillowalaska@yahoo.com

Williams Reindeer Farm

| (907) 745-4000
5561 S. Bodenburg Ln., Palmer

Willow Area Community Organization & Center

23557 Willow Community Center Cir., Willow
@willowareacommunity



RECREATION & ACTIVITIES

THEATRE & MUSICAL ARTS

Alaska Children's Choir (907) 982-5467
alaskachildrenschoir@yahoo.com

Glenn Massay Theatre (907) 746-9350
glennmassaytheater.com | 8295 E. College Dr., Palmer

Mat-Su Community Chorus matsucommunitychorus.org

Mat-Su Concert Band matsuconcertband@gmail.com
matsuconcertband.org

Mat-Su Community Theatre Arts (MaSCoTarts)
mascotarts.org | Homeschool theatre arts courses
and productions.

Valley Performing Arts (907) 373-0195
251 W. Swanson Ave., Wasilla | vpaalaska.org

MUSIC & MUSIC LESSONS

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

Percussion in the Valley Dr. Meggie Aube
percussioninthevalley.com | percvalley@gmail.com

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

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

Wood & Wire Guitars (907) 745-7457
info@woodandwiremusic.com
3020 Glenn Highway, Palmer

ART CLASSES & CREATIVE CLUBS

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

Palmer Arts Council
palmerartscouncil@gmail.com | palmerarts.org
@ThePalmerArtsCouncil | Art for Fun classes
and workshops, literary salons, readings,
and community events.

AR Workshop (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

Mat-Su Master Gardners Association
matsumastergardeners.com

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

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

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

Valley Fiber Arts Guild info@valleyfiberarts.org

Valley Garden Club matsuvgc@gmail.com
valleygardenclub.com

Valley Quilters' Guild
information@valleyquiltersguild.com

BOOKS, WRITING & STORYTELLING

Alaska Writers Guild alaskawritersguild.com
admin@alaskawritersguild.com

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

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

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

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

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

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

MUSEUMS & ATTRACTIONS

Alaska Central Railroad
(907) 373-6412
alaskastreamers.com

Alaska's 49th State Street Rodders
statestreetrodders.com
ak49statestreetrodders@gmail.com
Facebook: AK 49th State Street Rodders

Alaska Zipline Adventures | (907) 745-2927
azap@akzipline.com | akzipline.com

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

Denali Zipline Tours | (907) 733-3988 | info@
denaliziplanetours.com | denaliziplanetours.com

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

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

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

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

Williams Reindeer Farm | (907) 745-4000
5561 S. Bodenbug Lp., Palmer



UNITED WAY
Mat-Su

unitedwaymatsu.org @unitedwaymatsu



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 (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 | 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!

Susitna Rotary Park & Josh the Baby Otter

Storybook Trail Houston, AK

Willow Trails Committee (907) 495-6368

waco-ak.org/committees/trails



matsutrails.org/trails

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.



Mat-Su Sentinel

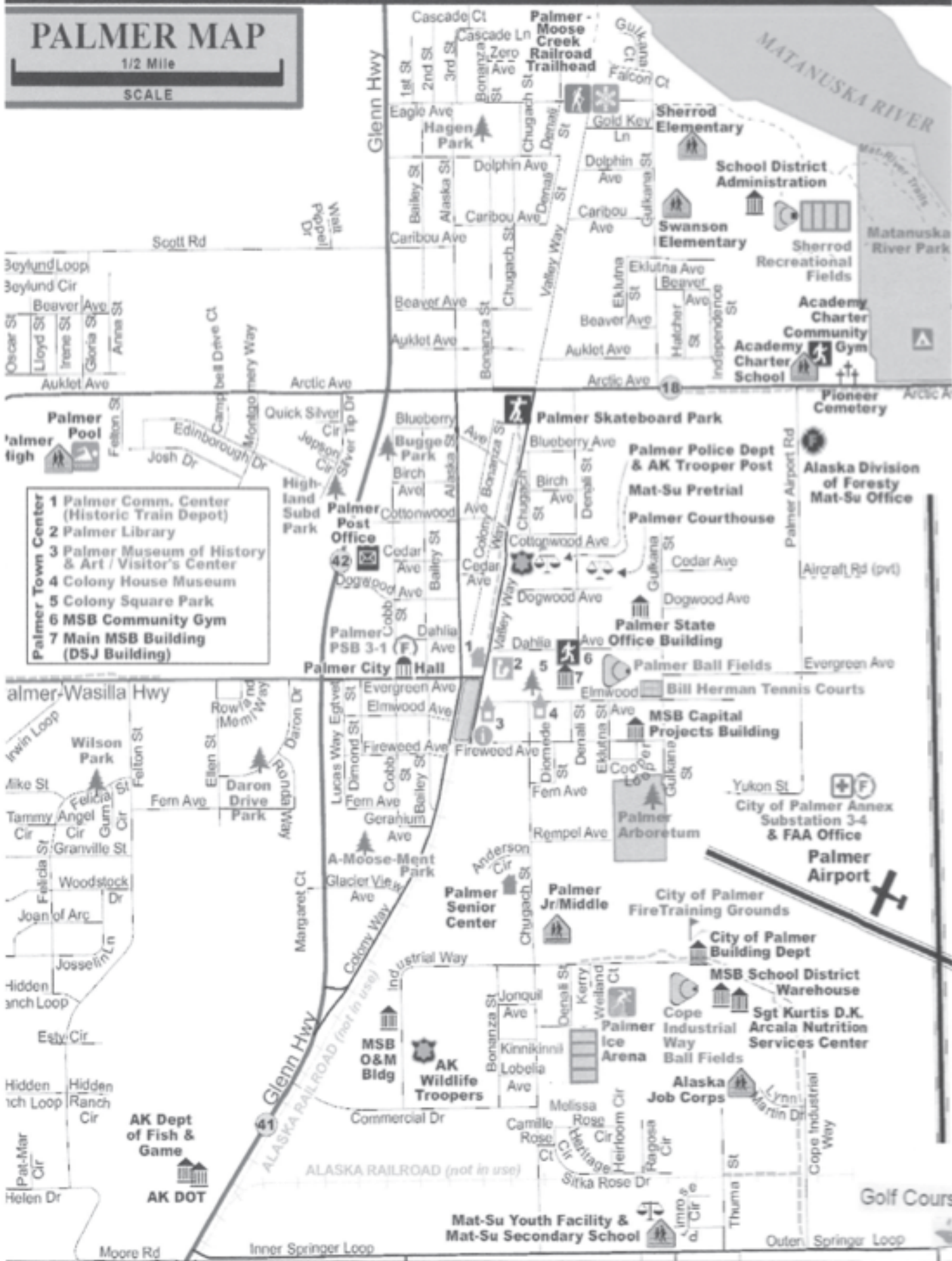
THE NEWS YOU NEED TO STAY CONNECTED.

The free information you need,
the connection you crave.



PALMER MAP

1/2 Mile
SCALE

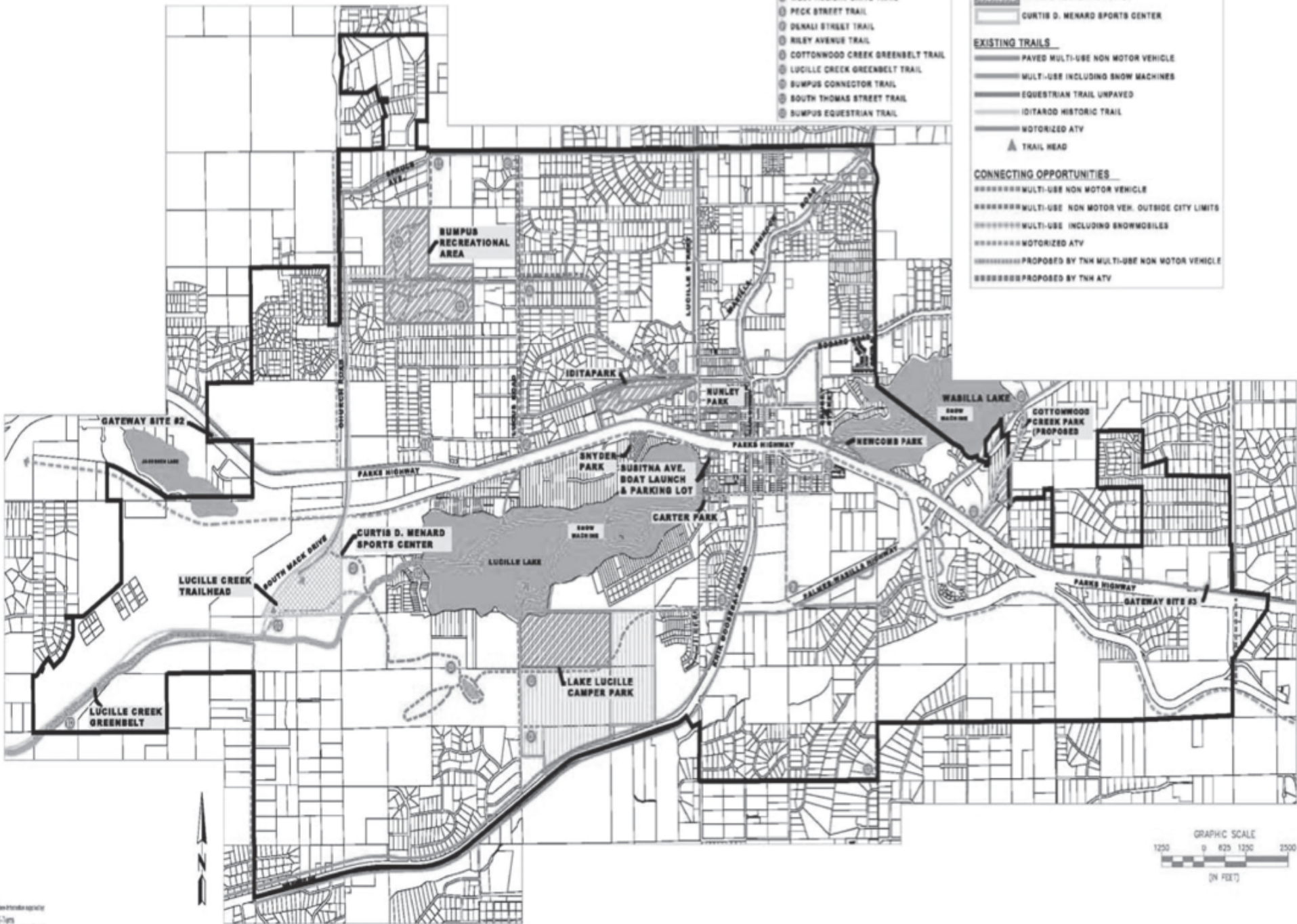


Check out the city maps for Wasilla and Palmer. Use the key to locate the parks, trails and picnic areas closest to you.



City of Wasilla

TRAILS MAP



WASILLA PARKS MASTER PLAN



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 (907) 861-7635
3140 S. Big Lake Rd., Big Lake

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

Mat-Su College Alvin S. Okeson Library

(907) 745-9740 | 8295 College Dr., Palmer
matsu.alaska.edu/library

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

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

Talkeetna Public Library (907) 861-7645
24645 Talkeetna Spur Rd

Trapper Creek Library (907) 861-7650
8901 E. Devonshire Dr., Trapper Creek

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

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

BRIGHTEN UP WITH A BOOK

The Bright Lights Book Project has installed FREE bookshelves all over the Valley. Some locations include 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.



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





SERVICES FOR OLDER ADULTS

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.



Mat-Su Aging &
Disability Resource Center

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

Alaska Commission on Aging | Subscribe to the newsletter to receive info on important issues for older adults. | Aging.alaska.gov | 907-465-3250 | doh.acoa.info@alaska.gov

Alaska Dinner Factory | Alaska Fresh for Seniors program: (907) 677-6633 | Homemade, single serving meals for seniors. Fully cooked and microwaveable. To sign up and choose your meal plan, email info@alaskadinnerfactory.com.

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 Veterans & Pioneer Home

(Palmer Pioneer Home)

(907) 745-4241

250 E Fireweed Ave., Palmer

Assisted living for older Alaskans | Qualifying veterans are eligible for per diem through the VA. Please call 1-888-355-3117 for more information.

Maple Springs of Alaska*

(907) 802-6645 Wasilla | (907) 802-6641 Palmer
Assisted living/memory care.

Mat-Su Senior Services*

(907) 745-5454 | matsuseniors.com
1132 Chugach St. Palmer

Mat-Su Regional Medical Center Senior Circle Program

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

Meadow Lakes Senior Housing

(907) 357-3999
1012 Kim Dr., Wasilla
bcv@mtaonline.net

Mid-Valley Senior Center

(907) 921-1463
11975 W Mid Valley Way, Houston

Mountain Rose Estates

(907) 746-7620
1740 S. Heritage Cir., Palmer

Northern Living Center LLC

(907) 376-5828
2795 W. Stonebridge Dr., Wasilla

Palmer Manor Senior Housing

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

Primrose Retirement Community

(907) 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

RuralCAP Elder Mentor Program

(907) 865-7276
eldermentors.org | Text or call 907-717-7932
asp@ruralcap.org.

Santa Cop & Heroes

| santacop.net
(907) 864-6701 | santacopprogram@gmail.com

Senior Commodity Supplemental Food Program

(907) 272-3663 | Contact the Food Bank of Alaska

Senior Farmers Market Nutrition Program

(907) 465-3100 | doh.wic.info@alaska.gov

Sutton Manor Senior Housing

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

Upper Susitna Seniors*

(907) 733-6200 | uppersuseniors.com
16463 Helena Ave. Talkeetna
To register for Meals on Wheels, call (907) 841-9880
Visit website to view daily menu.

Valley Residential Services Senior Housing

(907) 357-0256
1075 S. Check St. #102, Wasilla
valleyres.org

Wasilla Area Seniors, Inc*

(907) 206-8800 | wasillaseniors.com
1301 Century Cir. Wasilla

HOSPICE & GRIEF SUPPORT

Alaska Chapter of the TEARS Foundation

(907) 529-4289
thetearsfoundation.org/alaska

Alaska End-of-Life Alliance

.alaskaendoflifealliance.org

Ancora Home Health & Hospice

(907) 561-9240
3831 E. Blue Lupine Dr., Suite B, Wasilla
contact@ancoraalaska.com

Church on the Rock GriefShare

Heather Miller,
(907) 373-7910 | \$20 (includes workbook)

Compassionate Friends of Mat-Su

(907) 373-0842
Trinity Lutheran Church, Palmer

Maple Springs of Wasilla

(907) 802-6645

Providence at Home: Compassus

compassus.com/providence | 833-380-9583

Valley Hospice Resources

(907) 745-4711
1150 S. Colony Way, PMB 349, Palmer
valleyhospiceresources@gmail.com

Division of Senior & Disabilities Services Resource Directory

aging.alaska.gov

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. Use the State of Alaska's Division of Senior and Disability Services matrix to locate licensed caregivers in the Mat-Su.

Use this resource matrix to find personal care, assisted/independent living arrangements, and other licensed service providers specializing in intellectual and developmental disabilities or adult care.

**For assistance navigating DSDS programs,
call 1-800-478-9996.**





SERVICES FOR OLDER ADULTS

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/fmnpseior.aspx

RESOURCES FOR OLDER ADULTS:

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

Assistive Technology of Alaska

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

Alzheimer's Resource of Alaska

(907) 746-3413 | alzalaska.org
777 N. Crusey St., Ste B101, Wasilla
Support, classes and resources for those dealing with Alzheimer's and/or related dementia in themselves or loved ones, caregivers and the general public.

Mature Alaskans Seeking Skills Training Program (MASST) |

(907) 465-4872 | rita.gray@alaska.gov
Mat-Su Job Center | 907-723-4535 | raek@serrc.org.
Offered through the Dept. Of Labor. Training and part-time paid work experience for low income individuals ages 55+, who have compromised employment prospects.

Older Person's Action Group | Contact: Senior Voice, (907)

276-1059 or info@seniorvoicealaska.com
Dedicated to improving services, developing programs and implementing change to help Alaska seniors live healthy, productive lives. \$30 per year, including an annual subscription to the Senior Voice newspaper.

Retired Senior Volunteer Program | RSVP Volunteer Coordinator (907) 222-4244 or marjo@apiai.org
The RSVP program is a great way for retired senior citizens to use their skills in our community. Choose how, when, and how frequently to volunteer. Volunteer opportunities include mentoring/tutoring, home renovation, or sharing language and culture.

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



VETERANS & MILITARY FAMILIES

www.MilitaryOneSource.mil



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

Alaska Warrior Partnership (907) 312-7229

Alaska's Healing Hearts ahh-james@outlook.com
alaskashealinghearts.com | Year-round recreational opportunities for veterans and their families. Mat-Su Winter Preparedness. Emergency snow removal, firewood, camaraderie.

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

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

AmVets Post AK0011 (907) 245-1536
951 Hermon Rd. #2, Wasilla | 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) 222-7300 | 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. info@goldstarpeak.org
PO Box 772413, Eagle River

HRT K9 | Service Dogs for Veterans |
(971) 221-7025
hrtk9.org

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

LINKS Veteran-Directed Care Program
linksprc.org/home/vdc

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

Mat-Su Veterans Foundation | matsuveterans.org | matsuveterans@gmail.com | 907-350-1298. | Assistance with transportation, heating, clothing, food, phone and utility bills for local veterans.

Military Funeral Honors (907) 745-3950
Gun Salute, Flag & "Taps" | Palmer Elks Lodge #1842
Honor Guard | bobnpat@mtaonline.net

Remedy Alpine 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

Alaska Beagle Ranch akbeagleranch@gmail.com
alaskabeagleranch.org | Giving AK's beagles
a home for as long as they want.

ACAT (Alaska Cat Adoption Team)
alaskacatadoptionteam.org

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

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

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

Alaska Krazy Kats Cat Rescue
alaskakrazykats.org

Alaska Rescue Kitties (907) 863-1178

Alaska SPCA-Anchorage (907) 562-2999
alaskaspc.org

Alaska's Forgotten Felines
akforgottenfelines.com

Alaska Humane Society adopt-a-cat.org

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

Animalitos Clinic animalitos.ak@gmail.com
907-745-1107 | facebook.com/animalitos.ak

AnnieVet Urgent Care | contact@annieveter.com | 2948 S
Big Lake Rd., Big Lake

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

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

Borealis Veterinary Clinic (907) 315-0568
borealisvcak@gmail.com

Clear Creek Cat Rescue (907) 980-8898
clearcreekcatrescue.org

Fireweed Veterinary Services-In-home End of Life Care
907-268-6799 | info@fireweedvet.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

Knik River Veterinary Services-Large Animal & Livestock Vet
(907) 232-7477 | alaskahorsedocter.com

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

Mojo's Hope Rescue (907) 230-6394
mojoshope.org | mojoshope@gmail.com

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

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

Paws on the Move Mobile Vet Service
(907)-841-PAWS | pawstom.com

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

Susitna Animal Urgent Care 907-600-0838
susitnavet.com | 700 S Old Trunk Rd., Palmer

Thrive Veterinary Surgery 907-931-8139 |
thriveveterinarsurgery.com

The Hound Lounge houndloungeak.com

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

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

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

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

Find Us on Facebook

Alaska Farm and Food
Alaska Poultry and Livestock
Alaska Flock, Talk and Swap
MatSu Chickens
Mat-Su Lost & Found Pets
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

Aarigaa Mat-Su (907) 304-2838 | Fellowship, meals, games and new friends | meets every Thursday at 6pm at Mat-Su Evangelical Covenant Church, Wasilla

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

Alaska Youth & Family Network Youth Groups
(907) 631-3485 | Mondays from 5:00-7:30
1051 E. Bogard Rd, Wasilla | Dinner included.
Drop-ins welcome! | ayfn.org

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

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

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

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

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

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

Knik Tribal Council Afterschool Programs (907) 373-7991

Mat-Su College Journey Program
matsu.alaska.edu/offices/student-government/
student-clubs-and-activities/journey/

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

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

Mat-Su Youth Action Board matsuyouth.com
matsuyouthactionboard@gmail.com

Mat-Su Youth Court (907) 352-5446

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

No More Mat-Su nomorematsuak@gmail.com

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

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

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

Thrive (907) 795-6341 | thrivematsu.org

ADOLESCENT BEHAVIORAL HEALTH:

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

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

Alaska Behavioral Health Intensive Services for Teens
(907) 563-1000 | alaskabehavioralhealth.org

Boriken Behavioral Health
(907) 746-7828

10355 E Palmer Wasilla Hwy #213

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

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

Mat-Su Health Services OnTRAK Program (907) 352-3238
nknowlton@matsuhealthservices.org | Help for youth
experiencing signs or symptoms of psychosis

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

Presbyterian Hospitality House (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. (907) 357-4400
3505 E. Meridian Park Lp., Suite 200, Wasilla
Ages 0-18

Resilience Behavioral Health reach907ak.org
jessica@reach907ak.org

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

Youth Archive Club Room & Rental Venue
(907) 707-8999
youtharchive.org



Providing activities and opportunities to help youth and families thrive. Involvement in high-quality activities helps young people connect with others, build skills, and strengthen their community.

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

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

Call 373-3613 or visit youth-360.org for more information.

Youth Clubs Locations

Wasilla (501 E Bogard Rd.)
907-376-0360

Houston Middle School
907-892-9591

Houston High School
907-892-9591

Northgate (2991 Tait Dr.)
907-206-4437

HOLD AN EVENT!

Alaska State Fair Facility Rentals

sherl@alaskastatefair.org

Curtis D. Menard Center | (907) 357-9100

1001 S. Clapp St., Wasilla

Denali Education Center

22510 Talkeetna Spur Rd., Talkeetna

(907) 733-7003 | Denali.org

Elks Lodge-Palmer | (907) 745-3950

Evangelo's Restaurant Banquet Facilities (907)

376-1212 | 2530 E. Parks Hwy, Wasilla

Gazebo at Kendall Park | 907-631-0332

kendallgazebo.com

Government Peak Chalet | (907) 746-8757

Grandview Inn & Suites Banquet Facilities (907)

352-1700 | 2900 E. Parks Hwy, Wasilla

Mat-Su Borough Gym | 350 E. Dahlia Ave., Palmer

(907) 861-8578

Mat-Su Health Foundation Conference Center

admin@healthymatsu.org

Mat-Su College Community Room

(907) 745-9726 | sacrowell@alaska.edu

Mat-Su Resort (Everett's) | (907) 357-5000

1850 E Bogard Rd., Wasilla

Mat-Su Senior Services

1132 S. Chugach St., Palmer

(907) 745-5454 | Matsuseniors.com

MTA Meeting Rooms

Submit meeting room request form:

mtasolutions.com

Palmer Library | (907) 761-1375

Palmer Moose Lodge | (907) 745-4982

Palmer Train Depot and Pavilion

(907) 745-3709 | Extension 1

Set Free Alaska Bryce Ray Community Center

7010 E. Bogard Rd., Wasilla | (907) 373-4732

The Valley Annex | (907) 745-3900

247 S. Alaska St., Palmer

Wasilla Area Seniors

1301 S. Century Cir., Wasilla

(907) 206-8800 | Wasillaseniors.com

wasillaseniors@alaskaseniors.com

Wasilla Library | (907) 376-5913

For community meetings only.

Willow Community Center

Mile 69 Parks Highway

(907) 495-6633

Waco-ak.org | 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 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

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.

Mat-Su Borough Park Use Rental

ecommerce.matsugov.us

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>

CHAMBERS OF COMMERCE

Alaska Native Chamber

alaskanativechamber.com info@
alaskanativechamber.com

Big Lake Chamber of Commerce

(907) 892-6109 | biglakechamber.org

Greater Palmer Chamber of Commerce

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

Greater Wasilla Chamber of Commerce

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

Talkeetna Chamber of Commerce

talkeetnachamber.org



MAT-SU HEALTH
FOUNDATION



UNITED WAY
Mat-Su

MAKE A SCENE

Est. 2007

Locally Owned Media

GRAPHIC DESIGN • WEBSITES
VIDEO • SOCIAL MEDIA • EVENTS
RADIO & PRINT ADVERTISING

www.makeascene.media

95.5 KNLT FM
THE PASS
OUTSIDE PASS SHOW

*The People's
Paper*

