

PUBLIC ASSISTANCE RESOURCES

Division of Public Assistance	907-376-3903
Alaska Legal Services	888-478-2572
Animal Control	907-745-5500
Child Care Assistance	907-373-4450
Child Support Services	907-357-8550
Disability Law Center	800-478-1234
Heating Assistance Program	800-470-3058
Immigration Services	907-222-7300
Office of Children's Services	907-357-9740
WIC Program	Palmer: 907-746-6242 or Wasilla: 907-376-4080

SUBSTANCE ABUSE & MENTAL HEALTH TREATMENT

Alcohol Safety Action Program	907-746-6260
Alaska Addiction Rehabilitation Services (AARS)	907-376-4534
Benteh Nuutah Four Directions	907-631-6300
Community Medical Services	907-290-3760
CITCI Recovery Services	907-793-3200
LifeChangers Outreach	907-370-3774
Mat-Su AD Hotline	907-376-2411
Narcotics Anonymous	866-258-6329
Set Free Alaska	907-373-4732
Sunshine Community Health	907-733-2273
.	Talkeetna 415-430-4534 // Willow 907-495-4300
Teen Challenge of Alaska	907-202-8850
True North Recovery	907-313-1333
Valley Oaks Center	907-746-4748

TRANSPORTATION

A-Cab	907-775-6622
Alaska Ride Share	907-245-6501
Carolyn's Courteous Airport Transportation	907-775-3736
Chickaloon Area Transit	907-745-1753
Granny's Reliable Rides	907-521-7290
Grizzly Cab	907-717-4027
Interior Alaska Bus Line (routes Anchorage-Fairbanks-Tok, stops in Glennallen, Palmer, and Sutton)	907-474-0855
Sunshine Transit (Talkeetna/Willow/Wasilla/Trapper Creek) 907-495-8411	
United Non-Emergency Medical Transport	907-222-7766
Valley Transit (Wasilla/Palmer)	907-844-5000
Way Makers Transportation	907-889-9236

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

VETERANS & MILITARY FAMILIES

Alaska National Guard	907-428-6660
Alaska's Healing Hearts	907-232-1527 alaskashealinghearts.com
Battle Dawgs	1-844-907-3297 www.battledawgs.org
Catholic Social Services-Supportive Services for Veteran Families	907-222-7300
Connect Vets AK.	1-833-688-8387 connectvetsak.org
Disabled Vets of America	907-257-4803
Mat-Su VA Outpatient Clinic	907-631-3100
Mat-Su Vet Center	907-376-4318
Mat-Su Veterans Foundation.	matsuveterans.org , matsuveterans@gmail.com
VA Appointment Request	va.gov



Scan QR for
Division of Senior
and Disabilities Services

<https://health.alaska.gov/en/senior-and-disabilities-services/>

Request Resource Guides

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

UnitedWayMatsu.org

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

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

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



UNITED WAY
Mat-Su



MAT-SU HEALTH
FOUNDATION
745-5824

Edited on 09/07/2026

FREE Mat-Su Valley Pocket Resource Guide

550 S. Alaska St., Suite 205, Palmer, AK 99645
unitedwaymatsu.org @unitedwaymatsu 907-745-5824

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

24 HOUR ASSISTANCE

Emergencies Dial 911

Adult Protective Services	800-478-9996
Alaska Family Services - Domestic Violence, Sexual Assault, Crisis	866-746-4080
Beacon Hill / Safe Families for Children	907-277-0925
Careline Crisis Intervention - Statewide	877-266-4357
Child Abuse Reporting Hotline.	800-478-4444
Life Med AK (24-Hour Help)	800-478-5433
Suicide and Mental Health Hotline	907-376-2411
Palmer PD Non-Emergency.	907-745-4811
Set Free Alaska	907-521-5239
State Troopers Non-Emergency	907-352-5401
Wasilla PD Non-Emergency	907-352-5401
Mental Health / Suicide Crisis Text Line	Text MHA to 741741
Poison Control	800-222-1222
SART (Sexual Assault Response Team)	866-746-4080
True North Crisis Line - Peer Support	907-982-HOPE
STAR (Standing Together Against Rape).	1-800-478-8999

CHILDREN / FAMILY SERVICES

Alaska Center for Resource Families	1-800-478-7307 or 907-376-4678
Alaska Family Services, Inc.	907-746-4080
Beacon Hill/Safe Families for Children	907-222-0925
Compassionate Directions.	907-795-2964
Cook Inlet Tribal Council	907-793-3132
Denali Family Services	907-376-3275
Family Centered Services	907-357-7159
HeartReach Center	907-373-3456

LINKS Parent Resource Center	907-373-3632
Mat-Su Health Services	907-376-2411
Mat-Su Services for Children & Adults	907-352-1200
MSBSD FIT Program	907-746-9228
Pediatric Resource Center of Alaska	907-414-9554
Ptarmigan Connections, LLC	907-357-4400
Reach907	907-982-9645
Southcentral Foundation Family Health	907-729-4470
Stone Soup Group	907-561-3701
Sunshine Community Health:	
Talkeetna	907-733-2273
Willow	907-495-4100

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

WATER FILLUP / SHOWERS / LAUNDRY

Alaska R&R Laundromat	907-357-1028, Meadow Lakes
Butte Wash Tub	907-745-2230, 16490 Marilyn Dr, Palmer
Iditawash	907-745-7111, 1150 S Colony Way Unit A.
Lakeside Laundromat	907-892-1800, Big Lake
Midas-Palmer	1151 S. Glenn Hwy., Palmer (in rear lot building)
Turner's Corner Gas.	907-745-6161, 1561 8238 Turner Rd., Palmer
Trapper Creek Waterpoint	8835 E. Devonshire Rd., Talkeetna
Valley Country Store #1	907-376-7888, 4891 Stoney Hollow Dr, Wasilla
Valley Country Store #2.	907-376-7151, 3065 Church Rd.
Valley Country Store #3	907-745-7888, 4644 N Trunk Rd.
Valley Country Store #4	907-745-8886, 3068 S. Trunk Rd.
Wasilla Wash Day	907-376-4141, 745 Westpoint Dr, Wasilla

INFORMATION & REFERRALS

ADRC-Wasilla	907-373-3632
C'eyiits' Hwanax Community	907-631-7665
Chickaloon Village-Sutton	907-745-0749
Cook Inlet Tribal Council	907-373-7918
Knik Tribal Council	907-373-7991
LINKS Parent Resource Center	907-373-3632
United Way of Mat-Su	907-745-5824
CONNECT MAT-SU:	

At Connect Mat-Su you will interact with a local staff person, trained to provide information about and referral opportunities for Mat-Su specific resources. You can contact Connect Mat-Su by phone, email or in-person by appointment. For phone inquiries, please call 373-2628 to speak with a resource specialist. Text 373-2628 to receive a text message. For online inquiries and to use the database, please visit connectmatsu.org.

EMERGENCY SHELTER

AFS Domestic Violence Shelter	907-746-8026 or(866)746-4080 1825 S. Chugach St., Palmer For female victims of domestic violence/ sexual assault with or without children; 24-hour staffing.
Choosing Our Roots.	907-764-6233 / info@choosingourroots.org
Daybreak, Inc.	Palmer Navigation Ctr. 907-360-0669 / 907-746-6019 Located at 440 W. Evergreen Ave., Suite B, Palmer.

CARE COORDINATION/CASE MANAGEMENT

Alaska Behavioral Health	907-563-1000
ADRC-Wasilla	907-373-3632
Care Coordination Resource of Alaska	907-746-3445
Cook Inlet Tribal Council	907-793-3300
Denali Family Services	907-376-3275
Hope Community Resources	907-357-3750
Infinite Options Care Coordination	907-374-4774
Knik Tribal Council	907-373-7991
Mat-Su Health Services-Behavioral Health Team	907-376-2411
Pathfinder Care Coordination	907-521-1588
Southcentral Foundation-Benteh Nuutah Primary Care	907-631-7800
Sunshine Community Health	
Talkeetna	907-733-2273
Willow	907-495-4100
Div. of Senior/Disability Services Directory	health.alaska.gov/dsds --> Click Search for A Provider to access the directory.

RESOURCES FOR OLDER ADULTS

AARP Alaska	907-227-7447
Aging & Disability Resource Center Mat-Su	907-373-3632
Knik Tribal Council Elder Program	907-373-7991
Mat-Su Council on Aging	907-917-4600
Native Village of Eklutna-History & Culture	907-688-8522
Senior Food Box Program	907-272-3663
State Ombudsman's Office	800-730-6393
Older Person's Action Group	800-478-1059
MAST Program	907-465-4872
Retired Senior Volunteer Program	907-222-4244
SOUTHCENTRAL FOUNDATION ELDER PROGRAM	907-729-6500

SENIOR CENTERS

Alaska Pioneer Home	907-745-4241
Mat-Su Senior Services	907-745-5454
Meadow Lakes Senior Housing	907-357-3999
Mid-Valley Senior Center	907-206-8800
Wasilla Area Seniors Inc.	907-206-8800
Upper Susitna Seniors	907-733-6200

FOOD & NUTRITION

Big Lake Community Food Pantry.	907-892-8545 14295 W. Kluane Dr.
Blood N Fire Ministry	907-864-0463 244 Sylvania Rd, #21, Meadow Lakes, Wasilla
Frontline Mission.	907-357-8600 1140 S. E. Palmer Wasilla Hwy, Wasilla // Hot meals, food pantry, clothing
Grace Bible Church Food Pantry-Sutton	907-354-0012 15772 N. Glenn Hwy.
Hilltop Assembly of God	907-892-6225 19777 W Parks Hwy, Houston Big Lake, Houston or Willow residents only.
Kids Kupboard	907-232-7502
Mat-Su Food Bank	907-357-3769 5969 E Blue Lupine Dr., Wasilla
Our Lady of The Lake Food Pantry.	907-892-6492
Palmer Food Bank	907-746-3565 101 S. Denali St., Palmer // palmerfoodbank.org
Christian Center Food Pantry.	907-232-6706 3900 S. Margaret Dr., Palmer
Salvation Army Mat-Su	907-745-7079 12271 E Palmer Wasilla Hwy, Palmer
Summit Worship Center	907-376-5732 125 W Riley Ave, Wasilla
Upper Susitna Food Pantry	907-733-3358 16004 E Wolverine Rd, Talkeetna
Willow Community Food Pantry	907-414-7555 Mile 67.7 Parks Hwy.

The Food Bank of Alaska keeps the most up-to-date information on food pantry hours, hot meals, and mobile food pantries. Visit foodbankofalaska.org.

HOUSING, RENTAL, & UTILITIES ASSISTANCE

Alaska Family Services	907-746-4080
Alaska Housing Finance	907-376-5744
Alaska Tenant-Landlord Hotline	1-855-743-1001
Blood N Fire Ministries	907-864-0463
Catholic Social Services	907-222-7383
Connect Mat-Su	907-373-2628
Choosing Our Roots.	907-764-6233 Host home for LGBTQ youth.
Daybreak Inc Navigation Center 550 S Alaska St., #108	907-745-2241
HUD-V4 Supported Housing.	907-631-7649
Knik House	907-864-0463
Knik Tribal Council	907-671-6952
MYHouse	907-715-4358
Salvation Army Mat-Su	907-745-7079
Valley Charities Inc.	907-354-4660
Valley Residential Services	907-357-0256