Table of Contents

Advocacy.................................................................................................................................................................3
Assistance......................................................................................................................................................................6
Clothing & Furniture....................................................................................................................................................9
Education.....................................................................................................................................................................12
  Adult Education & Employment...............................................................................................................................12
  Child Care & Early Learning..................................................................................................................................15
Food & Nutrition..........................................................................................................................................................19
Health...........................................................................................................................................................................23
  Counseling/Mental Health........................................................................................................................................23
  Dental......................................................................................................................................................................30
  Medical....................................................................................................................................................................31
  Pregnancy/Prenatal Care.........................................................................................................................................36
  Substance Abuse Prevention & Treatment...............................................................................................................37
  Vision......................................................................................................................................................................40
Housing.........................................................................................................................................................................41
Support.........................................................................................................................................................................47
  Family & Parenting....................................................................................................................................................47
  Special Needs..........................................................................................................................................................50
Recreation......................................................................................................................................................................53
100 Ways to Have Fun with Your Kids..........................................................................................................................64
Senior Citizens..............................................................................................................................................................67
Transportation..................................................................................................................................................................71
Meeting Spaces Available to the Community.............................................................................................................72
Emergency Medical Needs.............................................................................................................................................74
Alaska State Commission for Human Rights
(800) 478-4692
TTY: (800) 478-3177
Investigates complaints of discrimination based on race, national origin, sex, religion, marital status, color, pregnancy, parenthood, age, physical disability, mental disability in employment, housing, public accommodations, financing, and government services in the State of Alaska.

Alaska Child Support Services
(800) 478-3300
845 W Commercial Drive
Wasilla, AK 99654
www.csed.state.ak.us/

Alaska State Office of the Ombudsman
(800) 478-2624
http://ombud.alaska.gov/
Handles complaints concerning state agencies.

Alaska Legal Services
(907) 746-4636
634 S. Bailey Street Suite 102
Palmer, AK 99645
http://www.alsc-law.org/
http://www.alaskalawhelp.org
ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals.

Better Business Bureau
(800) 935-5100
Complaints about businesses and listing of good businesses.

Office of Public Advocacy (OPA)
(877) 957-3500
Civil
(907) 707-1740
Criminal
(907) 745-0435
Provides legal advocacy and guardianship services to vulnerable Alaskans. OPA advocates for abused and neglected children in protective proceedings, provides public guardianship for incapacitated adults, advocacy for victims of elder fraud, attorney services for respondents in adult guardianship proceedings, and for parents in child in need of aid cases.
Social Security Administration  
(800) 772-1213

Service concerning lost/stolen cards/checks or other SS issues.

**MAT-SU COMMUNITY COALITIONS**

**Alaska Wellness Coalition**  
(907) 299-4673  
[www.facebook.com/AlaskaWellnessCoalitions](http://www.facebook.com/AlaskaWellnessCoalitions)

A statewide prevention network comprised of community-based coalitions, throughout the state of Alaska, working towards similar prevention and wellness issues. Current initiative is a statewide media campaign to reduce underage drinking using strengths-based approach of Positive Community Norms (PCN).

**Breathe Free Mat-Su Coalition**  
(907) 746-6131  
[www.breathefreematsu.org](http://www.breathefreematsu.org)

Coalition of health care professionals and community citizens working toward the elimination of second-hand smoke exposure and smoking cessation.

**Community Justice Coalition**  
(907) 761-7221

Coalition of local law enforcement agencies, service providers, and community members committed to issues of health, education, safety and the prevention of substance abuse among youth in our community. Meet every third Wednesday of the month at 7:30 am.

**Domestic Violence/Sexual Assault Task Force**  
(907) 746-8026

Building awareness about domestic violence in the Mat-Su Valley. Meets every third Tuesday of the month from 12:00pm-1:00pm. New attendees RSVP.

**Early Childhood Partnership of Mat-Su (ECP)**  
(907) 745-5824  
[www.facebook.com/EarlyChildhoodMatSu](http://www.facebook.com/EarlyChildhoodMatSu)

A Best Beginnings group, comprised of local agencies, community members, and educators, focused on serving the Mat-Su Borough’s young children (0-5 year olds) and their families. Work towards engaging families and involving them in young children’s learning, along with fostering community recognition of the importance and value of early childhood education. ECP provides resources to licensed providers and early childcare educators.
**Mat-Su Agency Partnership**
www.mapartnership.org

A group that wants to cultivate a healthy Mat-Su community through interagency partnership.

**Mat-Su Housing and Homelessness Coalition**
(907) 232-4450
www.mschh.org

Coalition formed to advocate for sustainable community solutions to reduce homelessness in the Mat-Su Borough. For more information contact matsuhousing@gmail.com

**Mat Valley Coalition**
director@castlemountain.org

Group of citizens and organizations committed to protecting the quality of life in the Mat-Su Valley.

**Thrive Mat-Su**
(907) 745-5827
Mat-Su Regional Outpatient Center
950 E. Bogard Rd, Room 220
Wasilla, AK 99654
www.facebook.com/THRIVEMatSu

A coalition made up of local agencies, organizations, health professionals, students, and community members who are coordinating a data driven community response to prevent and reduce youth substance use. Meetings held every third Tuesday of the month from 1:30 pm – 3:00 pm.
### ASSISTANCE

<table>
<thead>
<tr>
<th>Alaska 2-1-1</th>
<th>2-1-1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong><a href="http://www.alaska211.org">www.alaska211.org</a></strong></td>
<td></td>
</tr>
<tr>
<td>2-1-1 is a resource line to help you find services for child care, energy assistance, food, health care, job services, legal assistance, parenting help, public benefits, senior care, shelters, and much more.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alaska Division of Public Assistance</th>
<th>(907) 376-3903</th>
</tr>
</thead>
<tbody>
<tr>
<td>855 W Commercial Drive</td>
<td>(907) 376‐3903</td>
</tr>
<tr>
<td>Wasilla, AK 99654</td>
<td>(907) 907</td>
</tr>
<tr>
<td><strong><a href="http://www.hss.state.ak.us/dpa/">http://www.hss.state.ak.us/dpa/</a></strong></td>
<td></td>
</tr>
<tr>
<td>Promotes self-sufficiency and provides basic living expenses to Alaskans in need. Also provides financial assistance for general relief, chronic and acute medical assistance, child care, food services (Alaska food stamp program), medical and dental insurance, and senior benefits.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alaska Family Services</th>
<th>(907) 376-4080</th>
</tr>
</thead>
<tbody>
<tr>
<td>899 Commercial Drive, Wasilla</td>
<td>(907) 376‐4080</td>
</tr>
<tr>
<td>1825 S. Chugach St., Palmer</td>
<td>(907) 746‐4080</td>
</tr>
<tr>
<td><strong><a href="http://www.akafs.org">http://www.akafs.org</a></strong></td>
<td></td>
</tr>
<tr>
<td>Behavioral health services, child care, family support and preservation, domestic violence and sexual assault, nutrition services, shelters.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alaska Legal Services</th>
<th>(907) 746-4636</th>
</tr>
</thead>
<tbody>
<tr>
<td>634 S. Bailey Street Suite 102</td>
<td>(907) 746‐4636</td>
</tr>
<tr>
<td>Palmer, AK 99645</td>
<td>(907) 746‐4636</td>
</tr>
<tr>
<td><strong><a href="http://www.alsc-law.org/">http://www.alsc-law.org/</a></strong></td>
<td></td>
</tr>
<tr>
<td><strong><a href="http://www.alaskalawhelp.org">http://www.alaskalawhelp.org</a></strong></td>
<td></td>
</tr>
<tr>
<td>ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals.</td>
<td></td>
</tr>
</tbody>
</table>
American Red Cross  
851 E. Westpoint Drive Suite B9  
Wasilla, AK 99654  
http://alaska.redcross.org  
(907) 357-6060

Emergency, disaster support, First Aid, CPR, and babysitting training.

Blood-N-Fire Ministries of Alaska  
7362 W. Parks Hwy #276  
Wasilla, AK 99623  
(907) 864-0463

Emergency Food/Rent/Mortgage and Utilities assistance.

Catholic Social Services  
642 S. Alaska Street, Suite #206  
Palmer, AK 99645  
(907) 745-8811

Provides assistance for Veterans who are homeless or about to become homeless.

Citizenship & Immigration Services  
(800) 375-5283

Consumer Credit Counseling  
(800) 478-6501

Denali Kid Care  
http://www.hss.state.ak.us/dhcs/denalkidcare/default.htm  
(888) 318-8890

Provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

Frontline Mission  
2001 E. Palmer Wasilla Hwy  
Wasilla, AK 99654  
http://www.frontlinemission.org/  
(907) 357-8600

Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals)  
Wednesday 6:00 pm – 7:00 pm – café (hot meals) inside the church.

Heating Assistance  
http://www.hss.state.ak.us/dpa/programs/hap/  
(888) 804-6330

Pays a portion of home heating expenses for individuals/family who qualify.
Hope Community Resources
4901 E. Mayflower Lane Suite B
Wasilla, AK 99654
www.hopealaska.org

Provides services and support to people who experience disabilities.

Military Personnel and Family Benefits
http://www.military.com/Benefits/0,14972,,00.htm

Housing, employment, education, medical and more.

MEA Operation Roundup

Grants that provide assistance for an individual and/or family.

PFD (Personal Fund Dividend) Office
(800) 733-8813

Salvation Army
209 W Evergreen
Palmer, AK 99645
www.salvationarmy.org/alaska

Provides assistance for clothing, household goods, financial assistance (rent and utilities), food services, and emergency shelter.

Turn-A-Leaf
(907) 354-4660

Provides emergency housing assistance (rent assistance, rent deposits, utility assistance, etc.) funds to those applicable.

Weatherization Assistance Program
(907) 746-5680

Alaska Community Development Corp.
1517 Industrial Way, #8
Palmer, AK 99645
http://alaskacdc.org/wa_prog.php

Enables low-income families to permanently reduce their energy bills by making homes more energy-efficient. Available to renters and homeowners throughout the state.
**ALASKA NATIVE/AMERICAN INDIAN ASSISTANCE**

**Knik Tribal Council**  
(907) 373-7991  
951 E. Bogard Rd, Suite 101  
Wasilla, AK 99654  
www.kniktribalcouncil.org

Child care assistance, education scholarships, job placement & equipment, dental, vision, sports/activities fees, report card incentive program, Indian child welfare advocate program, van transportation, housing assistance, snow removal assistance, and non-emergency medical transportation.

**Chickaloon Village**  
(907) 745-0749  
http://www.chickaloon.org/  
16166 N. Glenn Hwy  
Sutton, AK  
Housing  
(907) 745-0736  
Transportation  
(907) 745-0854  
Health & Social  
(907) 745-0704  
Education  
(907) 745-0793

Hours: **Monday-Thursday 8 am – 5 pm** Behavioral health referrals, non-emergency medical transportation, elder services YNDAS (Athabascan language and traditions school preschool thru 12th grade –open to general population) & Upper Education Scholarships Native Youth Olympics Team Sponsor, Youth Summer Jobs Program.

---

**CLOTHING & FURNITURE**

**Alaska Family Services: Thrift Store**  
(907) 746-6200  
403. S. Alaska Street  
Palmer, AK 99645

**Saving Grace Thrift Store**  
(907) 414-8643  
3060 N Lazy Eight Ct  
Wasilla, AK 99654

Open Friday and Saturday 10:00 am-6:00 pm.
**Big Lake Community Clothing Closet**
2955 Big Lake Road
Big Lake, AK 99652

Provides clothing to individuals and/or families in need. Open Wednesdays 11:00am-3:00pm

**Bishop’s Attic II**
840 S. Bailey
Palmer, AK 99645

Thrift store and also offer no cost items in cases of disaster.

**Blood-N-Fire Ministries of Alaska**
7362 W. Parks Hwy #276
Wasilla, AK 99623

Clothing and pantry open Mondays 2:00am – 5:00pm

**Frontline Mission**
2001 E. Palmer Wasilla Hwy
Wasilla, AK 99654

Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals)
Wednesday 6:00 pm – 7:00 pm – café (hot meals) inside the church.

**Growing Spurts**
4931 Mayflower Lane
Wasilla, AK 99654

Gently used children, maternity, plus size clothing, infant equipment. May provide free items on a case by case basis for disaster relief.

**Heart Reach Pregnancy Center**
924 Leather leaf Loop
Wasilla, AK, 99654

Baby cache, gently used clothing up to 4T, and maternity clothes. Christian faith based parenting classes are offered which earn participants discounts for clothing or baby gear.

**Nugen’s Ranch Thrift Store**
26731 W Point McKenzie Road
Wasilla, AK 99654
[www.nugenranchak.org](http://www.nugenranchak.org)
Mouse House  
201 E. Swanson  
Wasilla, AK 99654  

A covenant consignment shop.

First Presbyterian Church  
1375 Bogard Road  
Wasilla, AK 99654-6524  

Furniture by appointment.

Good Shepherd Lutheran  
501 E Bogard Rd  
Wasilla, AK 99654  

Clothing vouchers available.

Salvation Army Thrift Store  
2301 Sun Mountain Ave.  
Wasilla, AK 99654  

Thrift Store. Clothing and furniture vouchers honored for disaster relief. **Vouchers available from Palmer location.**

Turn-A-Leaf  
400 N. Yenlo  
Wasilla, AK 99654  

Thrift store along with medical equipment loaner program and merchandise vouchers.
ADULT EDUCATION & EMPLOYMENT

Adult Basic Education Center (HRC)
839 S. Dimond Palmer, AK 99645 (907) 745-5872
871 Commercial Drive Wasilla, AK 99654 (907) 373-5872
www.hrced.com

Offers adult basic education, GED preparation and testing, job search skills.

Alaska Job Center Network (907) 352-2500
Toll Free (888) 830-4473
Unemployment Insurance (888) 252-2557
Westside Center / 877Commercial Drive
Wasilla, AK 99654
www.jobs.state.ak.us

Provides business/employer connections, job seeker resources, job training, vocational rehabilitation, unemployment insurance, and labor market information.

Alaska Job Corp (907) 861-8800
800 E Lynn Martin Drive
Palmer, AK 99645
www.alaska.jobcorps.gov

Provides career, technical, and academic training at no-cost to young men and women ages 16 through 24. Also offers a residential dorm program for students ages 16-24 with children.
Alaska Military Youth Academy (AMYA)  (907) 375-5554
JBER (Joint Base Elmendorf Richardson)  (877) 242-5643
Anchorage, AK
http://dmva.alaska.gov/AMYA

Cadets are instructed in: Life Coping Skills, Academic Excellence, Job Skills, Responsible Citizenship, Leadership/Followership, Health and Hygiene, Physical Fitness, and Service to the Community. Cadets work towards completion of GED or High School Diploma

Alaska Vocational Medical Training  (907) 373-6357
300 W Swanson Avenue
Wasilla, AK 99654

Alaska Department of Vocational Rehabilitation  (907) 352-2545
877 W Commercial Drive
Wasilla, AK 99654

Assist people with disabilities in obtaining and maintaining employment.

Charter College  (907) 352-1000
721 West Parks Hwy
Wasilla, AK 99654
http://www.chartercollege.edu/

Fast track career oriented degree and certification programs.

Family Nutrition Program  (907) 745-3423
UAF Cooperative Extension Service
809 S Chugach Street, Suite 2
Palmer, AK 99645
www.uaf.edu/ces

Offers FREE nutrition education for adults, youth, seniors and families that meet income criteria. Helps families and individuals learn how to plan, shop for and prepare healthy foods within a limited budget.

Families in Transition  (907) 746-9239
501 Gulkana
Palmer, AK 99645
www.matsuk12.us

Provides help with enrollment and support for students currently between homes.
Human Resources Company  
(907) 745-5872  
839 S Dimond Street  
Palmer, AK 99645  
www.hrced.org  
Provides education and training along with adult education and literacy programs.

Matanuska-Susitna College  
(907) 745-9746  
Mile 2 Trunk Rd  
Palmer, AK 99645  
http://www.matsu.alaska.edu  
An extended college of the University of Alaska Anchorage.

MECA Employment Connection  
(907) 376-6322  
165 E Parks Hwy Suite 205B  
Wasilla, AK 99654  
http://www.mecaalaska.com/  
Administrative /clerical, temporary, part time, and permanent position.

Nine Star Education & Employment Services  
(907) 373-3006  
300 N. Willow  
Wasilla, AK 99654  
www.ninestar.com  
Youth employment services.

North America Outdoor Institute  
(907) 376-2898  
281 N. Main St. #101B  
Wasilla, AK 99654  
www.naoiak.org  
Provides education and training for outdoor safety and environmental awareness.

Northern Susitna Institute  
(907) 733-7111  
PO Box 46  
Talkeetna, AK 99676  
www.northernsusitnainstitute.org  
The Northern Susitna Institute, a collaborative nonprofit educational organization, provides students of all ages the opportunity to learn, share ideas and develop real life skills through creating, supporting, facilitating and implementing a variety of experience-based academic programs, workshops, conferences, and community partnerships.
UAF Cooperative Extension Services  
(907) 745-3360

1509 S. Georgeson Drive  
Palmer, AK 99645

http://www.uaf.edu/ces/districts/matsu/

Outreach educational delivery system in co-operation with UAF. Offer classes in gardening, canning and nutrition. Also facilitate women’s support and are the coordinators of 4-H.

Unemployment Insurance  
(888) 252-2557

Wayland Baptist University: Valley Center  
(907) 373-4828

1590 E. Financial Drive, Suite F105  
Wasilla, AK 99654

www.wbu.edu

Offers regionally accredited Associates, Bachelors, and Masters Degrees.

Alaska Family Services: Child Care Assistance Program

899 Commercial Drive, Wasilla  
(907) 376-4080

1825 S. Chugach St., Palmer  
(907) 746-4080

http://www.akafs.org

Assists low income families with the cost of child care while they are working and/or attending an approved training/educational courses.

CCS Early Learning (Head Start)  
(907) 745-4040

403 S. Alaska Street  
Palmer, AK 99645

http://www.ccsalaska.org/index.html

Provides comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school.
Childcare Licensing  (888) 268-4632

Dzuuggi Preschool  (907) 746-9230
501 North Gulkana
Palmer, AK 99654

Provides child development services to Alaska Native and American Indian children, with a special focus on helping preschoolers develop the early academics skills they will need to be successful in school.

Mat-Su Schools Foundation: Imagination Library  (907) 232-8517
PO Box 875201
Wasilla, AK  99687
http://matsuimaginationlibrary.org

Free book program for children 5 and under. The Imagination Library provides books to children in order to encourage them to read at an early age.

Matanuska-Susitna Borough School District  (907) 746-9200
501 Gulkana
Palmer, AK 99645
www.matsuk12.us

Widening the Net Preschool Program, which focuses on Kindergarten Readiness. For more info contact Head Start at 745-4040 or Kelly at 746-9202.

Mat-Su Services for Children and Adults  (907) 352-1200
1225 W. Spruce Avenue
Wasilla, AK 99654
www.mssca.org

Provides a wide range of home and community-based services for parents with questions about child development and/or safety.

Thread Alaska  (907) 373-5024
877 W. Commercial Dr
Wasilla, AK  99654
http://www.threadalaska.org/

Provides childcare referrals to early learning programs.
**CHILD CARE: MAT-SU**
Licensed providers accepting public assistance
[https://dpasyops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx](https://dpasyops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx)

**BIG LAKE**

Big Lake Early Childhood Academy ........................................ (907) 892-6019
4.5 Big Lake Road, Big Lake Elementary School

Bright Minds Learning Center ................................................ (907) 892-2600
9871 W. Margin Way

**PALMER**

CCS Early Learning ......................................................... (907) 745-4483
11672 Wright Way, Sutton

Close to Home Childcare & Learning Center ................................ (907) 745-7181
1720 N. Loma Prieta Dr.

Lil Cubs Childcare ............................................................ (907) 746-5499
1505 N. Golden Hills Circle

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

Margaret's Little People ..................................................... (907) 745-2719
1160 W. Josselin Lane

Miss Becky's Daycare ........................................................ (907) 745-8537
4003 N. Forestwood Dr.

Mouse Trap Playschool ...................................................... (907) 745-1803
517 S. Cobb Street

Palmer Lifeways ............................................................... (907) 746-0077
612 1st Street

Pampered Moms ............................................................... (907) 373-7173
1431 Downwind Dr #2

Profiles of Excellence ...................................................... (907) 745-2349
260 S. Cobb St.

Rays Child Care .............................................................. (907) 745-4875
Mile 3.5 Palmer-Wasilla Highway

Shanelle’s Daycare ........................................................... (907) 631-2390
2298 S. Butte Drive

Tree of Life Child Development Center ................................ (907) 746-5338
268 E. Fireweed Ave.

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

**TALKEETNA**

Sunshine Station Child Care Center ...................................... (907) 733-5437
Mile 4.4 Spur Road

**WASILLA**

A Touch of Home Childcare & Learning Ctr .......................... (907) 357-2237
260 E. Nelson Ave.

Alaska Children's Academy LLC .......................................... (907) 414-9932
2731 E. Beech Way
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>All About Kidz Child Care &amp; Learning Center</td>
<td>(907) 357-8035</td>
<td>300 E Kalli Circle</td>
</tr>
<tr>
<td>Angels Daycare &amp; Preschool</td>
<td>(907) 357-6601</td>
<td>7078 Birchleaf Dr.</td>
</tr>
<tr>
<td>Arctic Natural Early Education LLC</td>
<td>(907) 952-2977</td>
<td>4900 W. Clayton St.</td>
</tr>
<tr>
<td>Aunty Cheryl's Child Care</td>
<td>(907) 376-0902</td>
<td>1731 N. Lacy Loop</td>
</tr>
<tr>
<td>Blessings From the Lord Family Childcare</td>
<td>(907) 707-4331</td>
<td>6691 Kinsington Ave.</td>
</tr>
<tr>
<td>Burchell Learning Center</td>
<td>(907) 864-2600</td>
<td>1775 W. Parks Highway</td>
</tr>
<tr>
<td>Butterflies &amp; Bullfrogs</td>
<td>(907) 376-7990</td>
<td>6401 Calista Drive</td>
</tr>
<tr>
<td>Carefree Kids, LLC</td>
<td>(907) 373-3950</td>
<td>3950 Carefree Drive</td>
</tr>
<tr>
<td>CCS Meadow Lakes Early Learning Center</td>
<td>(907) 373-7165</td>
<td>7362 W. Parks Highway #752</td>
</tr>
<tr>
<td>CCS Wasilla Early Learning Center</td>
<td>(907) 373-7795</td>
<td>2100 E. Foundry Way</td>
</tr>
<tr>
<td>Dee’s Little Angels</td>
<td>(913) 240-5858</td>
<td>2010 S. Paddock Dr.</td>
</tr>
<tr>
<td>Denali Gymnastics &amp; Fitness, INC</td>
<td>(907) 373-3547</td>
<td>300 E Kalli Circle</td>
</tr>
<tr>
<td>Illuminations Child Care</td>
<td>(907) 373-3118</td>
<td>611 S. Knik-Goosebay Rd, Suite B &amp; Suite F</td>
</tr>
<tr>
<td>Kidz Come 1st</td>
<td>(907) 357-9445</td>
<td>6390 S. Roosevelt Dr</td>
</tr>
<tr>
<td>Kidzone Early Learning Academy</td>
<td>(907) 376-5468</td>
<td>2450 Success Dr.</td>
</tr>
<tr>
<td>Kira's Kids N' Kritters</td>
<td>(907) 376-0636</td>
<td>1200 N. Clinton Circle</td>
</tr>
<tr>
<td>Lil' House on the Meadow</td>
<td>(907) 357-0095</td>
<td>3801 N. Coronado Street</td>
</tr>
<tr>
<td>Little Learner’s Academy</td>
<td>(907) 841-1334</td>
<td>244 S. Sylvan Suite 109</td>
</tr>
<tr>
<td>Miss Tori’s Tots</td>
<td>(907) 373-9609</td>
<td>South Settlers Bay Drive</td>
</tr>
<tr>
<td>Neoptions</td>
<td>(907) 357-9237</td>
<td>4021 W. Kertulla Ct.</td>
</tr>
<tr>
<td>Nice Little Daycare</td>
<td>(907) 373-3837</td>
<td>2360 Ridgewood Drive</td>
</tr>
<tr>
<td>Noah's Ark Child Care</td>
<td>(907) 376-2345</td>
<td>2830 Brennas Way</td>
</tr>
<tr>
<td>Phoenix Child Care</td>
<td>(907) 232-1363</td>
<td>1718 N. Fanciful Place, Unit B</td>
</tr>
</tbody>
</table>
Pooh’s Corner Day Care .............................................................. (907) 357-1132
4909 N. Charley Dr.

Settlers Bay Early Learning Center ........................................ (907) 357-9600
5705 S. Settlers Bay Dr.

Rising Star Child Care & Learning Center .............................. (907) 373-4875
1405 N. Wasilla Fishhook

Rock of Ages Daycare & Learning Center ............................. (907) 357-6300
3060 Lazy Eight Court, Suite 7

Teresa’s Child Care ............................................................... (907) 373-5224
991 S. Vine Road

The Alaska Club Valley .......................................................... (907) 376-3300
1720 E. Parks Highway

The Thornton House ............................................................ (907) 355-4796
648 E. Mountain Ash Loop

Alaska Family Services: Women Infant and Children (WIC) (907) 746-6242
1825 Chugach Street
Palmer, AK 99645

WIC in Wasilla ................................................................. (907) 376-4080
899 W Commercial Drive
Wasilla, AK 99654

Promotes healthy eating and lifestyle habits that last a lifetime.

Big Lake Baptist ................................................................. (907) 892-6646
10864 W. Parks Hwy
Big Lake, AK 99652

Wednesday 6:00 pm free dinner and food box. For food box call first.

Big Lake Community Food Pantry ...................................... (907) 841-4227
Faith Bible Fellowship of Big Lake
Mile 0.5 Hollywood Road
Big Lake, AK

Open Thursday 11:30 am – 1:30 pm.
Blood-N-Fire Ministries of Alaska  (907) 864-0463
7362 W. Parks Hwy #276
Wasilla, AK  99623

Family Christian Center  (907) 373-2617
203 W. Dogwood Avenue
Palmer, AK  99645

Provides food as needed.

Family Nutrition Program  (907) 745-3423
UAF Cooperative Extension Service
1509 S. Georgeson Dr.
Palmer, AK  99645
www.uaf.edu/ces

Offers FREE nutrition education for adults, youth, seniors and families that meet income criteria. Helps families and individuals learn how to plan, shop for and prepare healthy foods within a limited budget.

Frontline Mission  (907) 357-8600
2001 E. Palmer Wasilla Hwy
Wasilla, AK  99654
http://www.frontlinemission.org/

Thursday and Friday 10:30 am – 1:30 pm - Food distribution, clothing closet, and café (hot meals). Wednesday 6:00 pm – 7:00 pm – café (hot meals) inside the church.

Hilltop Assembly of God  (907) 892-6225
19777 W Parks Highway
Wasilla, AK  99654
www.hilltopag.org

Need to live in Houston area, call first.

King’s Chapel  (907) 357-2065
1701 N. Lucille
Wasilla, AK  99654

Call for designated hours: 1 Saturday per month.

Manna Independent Baptist Church  (907) 745-3898
10151 E Palmer Wasilla Hwy
Palmer, AK  99645

Food distribution after services:
Wednesday 8:30pm and Sunday 12:30pm
Mat-Su Food Bank (dba Food Pantry of Wasilla)  
501 Bogard Rd  
Wasilla, AK 99654  
www.foodpantryofwasilla.org

Bring photo ID: Mat-Su residents only. Monday-Friday: 10am-1pm.  
Call for information about Food 4 Kids program

Mat-Su Senior Services  
920 S. Chugach Street  
Palmer, AK 99645  
www.palmer seniors.org

Congregate and delivered meals provided for seniors 60 & over.

Mid-Valley Seniors  
11975 W. Mid-Valley Way  
Houston, AK, 99694

Provides home delivery for seniors and congregate dinners.

Nugen’s Ranch  
26731 W Point McKenzie Road  
Wasilla, AK 99654  
www.nugensranchak.org

Mondays and Fridays: 5:45 pm-7:00 pm

Our Lady of the Lake Catholic Church  
Mile 5.5 S. Big Lake Rd  
Big Lake, AK 99652  
www.archdioceseofanchorage.org/about/parishes/ol_lake.html

By appointment.

Palmer Church Of God  
Mile 40 Glenn Highway  
Palmer, AK 99645

Food distribution after services: Sunday at 12:30 or by appointment.

Palmer Food Bank  
221 S Valley Way  
Palmer, AK 99645

Mat-Su residents only: Mondays-Fridays 1:00 pm-5:00 pm
Salvation Army  
209 W. Evergreen  
Palmer, AK 99645

Mondays and Wednesdays **10:00am-1:30pm**

School Lunch Program  
801 N. Wasilla-Fishhook Rd  
Wasilla, AK 99654

Turn in applications at child's school.

Sunshine Food Bank  
#1 Walstead Road, Mile 4.2  
Talkeetna, AK 99676

Tuesdays: **10:00am-4:00pm.**

Upper Susitna Food Pantry  
1600 E. Walstead  
Talkeetna, AK 99676

Mailing Address:  
PO Box 277  
Talkeetna, AK 99676

Upper Susitna Seniors, Inc.  
HC 89 Box 592  
Willow, AK 99688

Meals on wheels for seniors and home delivered meals for locals who are medically incapacitated.

Veteran’s Center  
851 E. Westpoint Drive  
Wasilla, AK 99654

Hours of Operation, **Monday - Friday 8am - 4:30pm.**

Wasilla Area Senior Center  
1301 Century Circle  
Wasilla, AK 99654

Provides lunch to senior citizens of Mat-Su area:  
**Mondays-Fridays 11:30 am-12:30 pm.**
Willow United Methodist Church
67.8 Parks Hwy
Willow, AK 99688

(907) 414-7555

Bring photo ID: must have Willow address.
Wednesdays 10:00am-2:00pm.

COUNSELING/MENTAL HEALTH

Adolescent Residential Center for Help (ARCH)
(907) 279-9634
Hiland Road
Eagle River, AK
www.voaak.org/Services/Adolescent-Treatment/ARCH

Addresses substance abuse and co-occurring disorders. Provides intensive residential treatment program with individual, group, and family counseling, psychological services, adventure-based counseling, milieu therapy, on-site education, nutritional program and information. Accepts Medicaid, private insurance, sliding-fee scale. Serves ages 13-18 years.

Akeela Family Program
(907) 707-1291
561 Denali Street, Suite F
Wasilla, AK 99654

Akeela Palmer Community LSSAT
425 E. Dahlia, Suite H
Palmer, AK 99645
www.akeela.us

Offers substance abuse disorder assessments, co-occurring disorders, Level I Outpatient and Level II. Accepts Medicaid, private insurance, payment agreements, Tri-care, self-pay, and has a sliding fee scale. Serves ages 18+
Alano Club (907) 376-8669
901 Snohomish
Wasilla, AK 99654

Alcoholics Anonymous and Narcotics Anonymous meetings and sober social events.

Alcoholics Anonymous Hotline (907) 376-4777

Alaska Attachment & Bonding Associates (907) 376-0366
619 S. Knik Goose Bay Road Ste J
Wasilla, AK 99654
http://www.akattachment.org/

Support healthy family attachment and bonds through education and advocacy.

Alaska Family Services
899 Commercial Drive, Wasilla (907) 376-4080
1825 S. Chugach St., Palmer (907) 746-4080
http://www.akafs.org

Addresses substance use disorder, co-occurring substance use disorders, family/domestic violence, sexual assault. Intervention, referral, collaboration, and education including alcohol and drug treatment programs for adults and youth. All programs are designed to strengthen and support individuals and families. Alcohol Safety Action Program (ASAP), Domestic Violence/Sexual Assault Shelter, Family Support and Preservation Program, Family Violence Intervention Program. Accepts Medicaid, Medicare, private insurance, sliding fee scale, and Tricare. Serves ages 4 +.

Alaska Psychiatric Institute (907) 269-7100
3700 Piper Street
Anchorage, AK
http://dhss.alaska.gov/dbh/pages/api/default.aspx

Addresses involuntary commitment, serious mental illness, serious emotional disturbances, and co-occurring disorders. Provides intensive acute-care residential treatment program with psychiatric inpatient services, psycho-education and evidence-based practices including telehealth. Serves adolescents and adults.

Alaska Vocational Counseling Services (907) 745-5066
8201 N Michaelson Street
Palmer, AK 99645

Provides mental health services including counseling and mental health facilities.
Alcohol Safety Action Programs (ASAP)  
1825 South Chugach Street  
Palmer, AK 99645  
(907) 746-6260
Prevention and Early Intervention Programs.

Alpha Counseling  
(907) 373-5595

Alzheimer’s Association  
(907) 746-3413
Trinity Barn Plaza  
Mile 2.2 Palmer Wasilla Hwy  
Palmer, AK 99645
In home respite, advocacy, referrals, support group, education.

Ascent Treatment Counseling  
(907) 357-6860
5461 E. Mayflower Lane, #1  
Wasilla, AK 99654
Addresses general mental health, substance abuse, and co-occurring disorders. Provides Alaska outdoor therapy, mental health counseling, couples counseling, substance abuse counseling, alcohol/substance abuse counseling, group classes, grief and trauma counseling, mentoring, and alternative lifestyle component. Accepts private insurance, self-pay, military, and alumni discounts. Serves ages 18 years+. Hours: Monday – Wednesday 9:00am-6:00pm, Thursday 9:00am – 5:00pm.

Benteh Nuutah Valley Native Primary Care Center  
(907) 631-7670
1001 Knik Goose Bay Road  
Wasilla, AK 99654  
http://scf.cc/BHvnpc.fcm
Addresses serious mental illness, substance use disorders, co-occurring substance use disorders, general mental health. Provides psychiatric evaluation, medication management, psychotherapy (individual, learning circles, limited families and couples), group therapy, crisis intervention, case management, community resource referrals. Accepts Medicare, Tricare, private insurance, services are provided free of charge to Alaska Native/American Indian people. Serves all ages. Hours: Monday thru Friday 8:00am – 5:00pm.

Borealis Behavioral Health  
(907) 745-7080

Careline Crisis Intervention  
Statewide  
(877) 266-4357  
National  
(800) 273-8255
Mental health and suicide prevention hotline.  
Text 4 Help to 839863 from (Tuesday – Saturday 3pm-11pm)
Co-Occurring Disorders Institute, Inc.  (907) 745-2634
11921 E Palmer-Wasilla Hwy
Palmer, AK 99645
www.codi-ak.org

Addresses serious emotional disturbance, and co-occurring substance use disorders. Provides services for ages 3-21 and their families. Services include integrated behavioral health assessments, individual therapy, group therapy, family therapy, social skills building groups, Parenting with Love and Limits, and teen programs taught in several area high schools. Accepts Medicaid, Medicare, Tricare, private insurance, and provides a sliding fee scale. Hours: Monday thru Friday 8:00am – 8:00pm.

Daybreak Mental Health Service Coordination  (907) 746-6019
550 S. Alaska Street, Suite 208
Palmer, AK 99645

Provides mental health services for serious mental illness and co-occurring disorders, supportive housing, service coordinating, case management, and telepsychiatry. Serves ages 18+.

Denali Family Services  (907) 376-3275
291 E Swanson Ave.
Wasilla, AK 99654
www.denalifs.org

Provides mental health services for severe emotional disturbance (SED), co-occurring disorders, assessment, individual and group therapy, case management, wraparound services including summer day programs for children with SED, medication management, recruitment and licensing for therapeutic foster care, transition to independence process for children coming out of foster care/child welfare system. Accepts Medicaid, private insurance, self-pay, and provides sliding-fee scale. Serves ages 3-21, Transition to Independence Program up to 24 years old.

Family Centered Services of Alaska  (907) 357-7519
Wasilla Behavioral Health
301 E. Danna Avenue
Wasilla, AK 99654
www.familycenteredservices.com

Addresses severe emotional disturbance and co-occurring disorders. Provides Therapeutic Foster Group Home, respite services, and clinical services, individual and group therapy, medication management, case management, and has programs that provide children experiencing low to moderate behavioral or mental health issues a place to live. Accepts Medicaid, private insurance, self-pay and provides a sliding-fee scale. Serves ages 5-21.
Frontline Residential Treatment  (907) 761-7400
3674 N. Clark Wolverine Rd.
Palmer, AK 99645

Psychiatric residential treatment facility (RTF) for children and adolescents.

Full Circle Counseling Solutions  (907) 864-0560
133 E. Swanson Ave.
Wasilla, AK 99654

Provides comprehensive mental health services to Alaska individuals and families. Provides individualized psychotherapeutic, behavioral, and rehabilitative support. Other services include integrated assessments, conflict resolution training, emotional development support, social and relationship skills development, advocacy and support, caregiver education, and more. Offers a sliding scale fee and payment plan for those with lower income levels.

Mat-Su Health Services: Behavioral Health Services  (907) 376-2411
1363 W. Spruce Ave.
Wasilla, AK 99654
www.mshsak.org

Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults with serious mental illness that creates a major disruption in work, life, relationships, or community, and children with serious mental illness that have significant and persistent (6 months or longer) life disruptions. Also provides crisis intervention services 24/7. Eligibility screening must be done for new clients. Crisis intervention hotline available 24/7. Clinic: Monday 8:00am – 5:00pm. Serves ages 4 years+.

Mat-Su Veteran’s Affairs  (907) 631-3100
Community Based Outpatient Clinic
865 N. Seward Meridian Parkway, Suite 105
Wasilla, AK 99654

The clinic provides primary care and mental health care.
Hours of Operation, Monday – Friday 7:30 am- 4:00 pm

National Foundation of Depression
www.ifred.org
North Star Behavioral Health
Anchorage
(907) 258-7575
(800) 478-7575
www.northstarbehavioral.com

North Star Hospital is an acute psychiatric hospital for children, preteens, and adolescents. Serves boys ages 4-17 and girls ages 13-17. Also has a residential treatment program for girls 13-17 years old, and children and preteen programs 6-12 years of age, and boys 11-17 years old. Address a variety of diagnoses and problems including psychotic disorders, mood disorders, PTSD, intermittent explosive disorder, oppositional defiance disorder, anxiety disorders, and high-risk behaviors and fetal alcohol spectrum disorder.

Nugen’s Ranch
26731 Point Mackenzie Road
Wasilla, AK 99654
(907) 376-4534
(800) 376-4535
http://nugensranchak.org

Addresses substance use disorders and co-occurring disorders. Provides AA/NA twelve step philosophy, individual group therapy, pharmacotherapy, professional medical/psychiatric services, family education and participation in recovery process, aftercare services, case management, and rehabilitative services. Accepts private insurance, and provides a sliding-fee scale for those without insurance. Serves ages 18+.

Playful Journeys, Inc.
1261 S. Seward-Meridian Pkwy, Suite M
Wasilla, AK 99654
(907) 376-9091


Presbyterian Hospitality House
1365 E. Parks Hwy, Suite 101
Wasilla, AK 99654
(907) 357-6445

Addresses serious emotional disturbance, co-occurring substance use disorders. Provides residential care for youth, individual therapy, case management therapeutic foster care, and emergency shelter for troubled teens.
Providence Medical Group Mat-Su Behavioral Health (907) 761-5800
2250 South Woodworth Loop, Suite 202
Wasilla, AK 99654
www.phhalaska.org

Addresses general mental health, serious mental health, severe emotional disturbance, substance use disorders, and co-occurring disorders. Provides assessment, individual and group therapy, medication management, case management, wraparound services, neurofeedback services. Accepts Medicaid, Medicare, private insurance, Tricare and provides a sliding-fee scale. Serves ages 4+.

Skip Hrin, PsyD (907) 376-9520

Starting Point (907) 376-6116
230 E. Paulson, Suite 76
Wasilla, AK 99654

Outpatient after care, Alcohol/Drug Information School (ADIS), evaluations and referrals, drug and alcohol treatment, family education, and case management. Serves ages 12+.

Sunshine Community Health Center Behavioral Health Services (907) 733-2273
Talkeetna Clinic
4.4 Talkeetna Spur Road
Talkeetna, AK

Willow Clinic (907) 495-4100
224091 Long Lake Road
Willow, AK

Address serious mental illness, severe emotional disturbance, co-occurring substance use disorders, general mental health. Provides assessment, individual, couples, and group therapy, outpatient mental health and substance abuse treatment, outpatient program for opioid addiction, case management, medication management, addiction recovery group, domestic violence group, telepsychiatry for veterans. Accepts Medicaid, Medicare, private insurance, Tricare, and provides a sliding-fee scale. Serves ages 12+.

The Children’s Place (907) 745-2131
http://thechildrens-place.org

Addresses children who have been physically or sexually abused and are referred from Law Enforcement, the Office of Children’s Services, and medical care providers. Provides comprehensive, non-invasive medical exams following sexual or physical assault, referrals, support, mental health services and follow
up after the evaluation. Serves ages 0-18. Hours: Monday thru Friday 8:30am – 5:00pm. After hours contact Alaska State Troopers.

VA Suicide Prevention Hotline  
(800) 273-TALK

Veteran’s Center  
(907) 376-4318
851 E. Westpoint Drive  
Wasilla, AK 99654

Counseling for Combat veterans.  
Hours of Operation, Monday- Friday 8:00 am - 4:30 pm

Volunteers of America  
(907) 279-9634
Wasilla, AK 99654

Provides programs including parenting with love and limits (PLL), and transition to independence program (TIP). Accepts all insurance plans and provides sliding scale for families without insurance.

**DENTAL**

Aurora Dental  
(907) 376-8400
4501 E. Snider Dr.  
Wasilla, AK 99654  
http://www.auroradentalak.com/

Serve adult, children, and Medicaid populations.

Mat-Su Dental  
(907) 376-2456
951 Bogard Road #203  
Wasilla, AK 99654  
http://www.matsudental.com/

Serves all ages and Medicaid populations.

Same Day Dental  
(907) 631-3630
1830 E. Parks Hwy., Suite A134  
Wasilla, AK 99654  
http://samedaydental.net/

Serve adult, children and Medicaid populations.

Sunshine Community Health Center  
(907) 733-2273
34300 Talkeetna Spur Rd.  
Talkeetna, AK  
http://www.sunshineclinic.org/general-preventative-dentistry

Serves all ages and Medicaid populations.
MEDICAL

Adonai Diabetes & Endocronology
3331 E. Meridian Park Loop
Wasilla, AK 99654

Alaskan AIDS Assistance Association
1057 W. Fireweed, Suite 102
Anchorage, AK
http://alaskanaids.org

Offers testing, cases management, housing, and counseling

Alaska Home Care
1450 N Creste Foris Suite A
Wasilla, AK 99654
www.alaskahomecare.com

In-Home Personal Care Assistance, chore and respite care for the elderly, disabled, and special needs.

American Marine Hyperbarics Center
(907) 357-5400

Provides hyperbaric oxygen therapy. (Pressurized oxygen treatments)

Imaging Associates
(907) 357-1220

Provides MRI scanning, x-rays, nuke meds, and injections.

American Cancer Society
(800) 227-2345

Provides cancer information and resources.

Alaska Statewide AIDS Helpline
(800) 478-AIDS

C’eyiits’ Hwnax Life House Community Health Center
(907) 631-7665
16166 N. Glenn Hwy, Mile 61.5
Sutton, AK 99674

Hours: 8:00 am – 5:00 pm Monday through Friday. Provides medical services to both Alaska Native and non-Native people. Sliding fee scale depending on household income and ability to pay.
Consumer Direct Personal Care  (800) 357-7962
131 E. Swanson Avenue Suite 1
Wasilla, AK 99654
www.consumerdirectonline.net/alaska

Provides home care services.

Family Health Center  (907) 745-1777
425 E. Dahlia, Suite L
Palmer, AK 99645

Serves children and adults.

Geneva Woods Pharmacy  (907) 376-8200
3674 Country Field
Wasilla, AK 99654
www.genevawoods.com

Accepts Medicare, Medicaid, and third party insurance. Assists patients that are uninsured or unable to pay. Full Service Pharmacy.

Immediate Care Alaska  (907) 357-4387
4851 East Blue Lupine Road Suite B
Pioneer Plaza
Wasilla, AK 99654
www.immediatecareak.com

Provides caregiver support and services along with home care services.

Mat-Su Health Services: Primary Care Clinic  (907) 376-2411
1363 West Spruce Avenue
Wasilla, AK 99654-5327
http://www.bhs-mat-su.com/

Provides acute urgent care, postpartum and well-baby care, family planning, health maintenance, school physicals and immunizations, vision and hearing screenings, screening and care for diabetes and high blood pressure, early detection of breast and cervical cancer, oral health screening and fluoride treatments, minor dental procedures, senior care, limited laboratory procedures.
Mt. Pacific Medicare Helpline
(800) 497-8232
Mat-Su Public Health Center
(907) 352-6600
3223 East Palmer-Wasilla Hwy Suite 3
Wasilla, AK 99654
(907) 376-2437

Provides child services, women’s clinic, family planning and more. All patients on sliding fee scale, call for an appointment. Immunizations available in Palmer at the Alaska Family Resource Center, call for schedule.

Mat-Su Regional Medical Center
(907) 861-6000
2500 S. Woodworth Loop
Palmer, AK 99645
http://www.matsuregional.com

Provides general medical and surgical care for inpatient, outpatient, emergency room patients, and participates in the Medicare and Medicaid programs.

Mat-Su Regional Urgent Care
(907) 352-2880
950 E. Bogard Rd., Suite 103
Wasilla, AK 99654

Open: Mon- Thurs 9am-7pm and Fri-Sun 9am-5pm No appointment needed

Mat-Su Regional Homecare/Hospice
(907) 352-4800
950 E. Bogard Rd., Suite 132
Wasilla, AK 99654

Home care allows a person with special needs to stay in their home. It serves the elderly, disabled, chronically ill and patients recovering from surgery. Hospice provides medical, psychosocial, and spiritual support to terminally ill and their families.

Mat-Su Veteran’s Affairs Community Based Outpatient Clinic
(907) 631-3100
865 N. Seward Meridian Parkway, Suite 105
Wasilla, AK 99654
http://www2.va.gov/directory/guide/facility.asp?ID=5711

The clinic provides primary care and mental health care.

Patient referrals
(907) 631-3100

Toll free
(866) 323-8648

Pharmacy Refills
(877) 750-4790

Suicide Prevention Hotline
(800) 273-TALK
Parent Facility--Anchorage VAMC  
Or  
Northwest Medical  
1265 Seward Meridian Road Suite D  
Wasilla, AK 99654  
www.nwmed.com/locations_wasilla.htm

Provides medical equipment and supplies.

Odlund Family Practice  
950 E Bogard Rd  
Wasilla, AK 99654  
(907) 373-0850

Serves children and adults.

Palmer Chiropractic Clinic  
(907) 745-0776

Poison Control-24/7  
(800) 222-1222

Real Time II  
1700 E. Bogard Road Bldg. A Suite 101  
Wasilla, AK 99654  
www.realtimewasilla.com

Sertoma – Mat-Su Club  
info@matsuhearing.org  
(907) 352-8333

First Saturday of every month. 10:00am-1:00pm. First come first serve at Wasilla

Physical Therapy – Located at 3750 E, Country Field Cir. Wasilla, AK 99654.  
Hearing health education, referrals, and free monthly hearing screenings.

Sexually Transmitted Infection (STI) Resource Center  
(800) 230-6039  
www.ashastd.org

Sunshine Community Health Center  
(907) 733-2273

Mile 4.4 Talkeetna Spur Rd  
Talkeetna, AK 99676

Turn-A-Leaf  
(907) 376-5708

400 N. Yenlo  
Wasilla, AK 99654  
Provides access to medical equipment through loaner program.
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Valley Native Primary Care Center</td>
<td>(907) 631-7800</td>
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<tr>
<td>1001 Knik-Goose Bay Rd.</td>
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<td>Wasilla, AK 99654</td>
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<td><a href="http://www.scf.cc">http://www.scf.cc</a></td>
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<tr>
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<td>Health education, referrals, and free monthly hearing screenings.</td>
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<td>Sunshine Community Health Center – Willow</td>
<td>(907) 495-4100</td>
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<td>Mile 67 Parks Highway</td>
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<td>Willow, AK 99683</td>
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<tr>
<td><a href="http://www.sunshineclinic.org/">http://www.sunshineclinic.org/</a></td>
<td>Offers accessible, proactive, quality health and oral health screening and fluoride treatments, as well minor dental procedures, senior care, and limited laboratory procedures.</td>
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<tr>
<td>Valley Chiropractic Clinic, Inc.</td>
<td>(907) 373-2022</td>
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<td>400 N Main St</td>
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<tr>
<td>Wasilla, AK 99654</td>
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<tr>
<td>Valley Internal Physicians</td>
<td>(907) 376-1633</td>
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<tr>
<td>950 E Bogard Rd, Ste 226</td>
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<tr>
<td>Wasilla, AK 99654</td>
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<tr>
<td>Wasilla Medical Clinic</td>
<td>(907) 373-6055</td>
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<td>1700 E. Parks Hwy., #200</td>
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<tr>
<td>Wasilla, AK 99654</td>
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<tr>
<td><a href="http://www.alaskamedicalclinics.com/">http://www.alaskamedicalclinics.com/</a></td>
<td>Provides walk in urgent care, convenient, high-quality preventative and acute outpatient medical services and health care. Also provides minor emergencies, general and family practice, X-rays, and lab on site</td>
</tr>
</tbody>
</table>
PREGNANCY/PRENATAL CARE

HeartReach Pregnancy Center (907) 373-3456
924 Leatherleaf Loop (800) 712-HELP (4357)
Wasilla, AK 99654
www.heartreachalaska.com
Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, clothing and more.

Heritage Birth Center (907) 746-6644
7200 E. Valley Cir.
Palmer, AK 99645
http://www.midwife.net/
Family centered births/Prenatal care. Nutrition, information and careful monitoring. Lab work, ultrasounds, nutritional counseling, books and videos, labor and postpartum care, and newborn exams.

Mat-Su Midwifery (907) 373-3420
2650 Broadview Avenue, Wasilla
http://www.matsumidwifery.com

Mat-Su Regional Hospital Palmer: Birthing Center (907) 861-6645
2500 S. Woodworth Loop, Palmer
http://www.matsuregional.com
Childbirth and parenting education.

Pregnancy Hope-Line (800) 508-HOPE (4673)
24 hour statewide help line.

Windsong Midwifery & Birth Center (907) 373-2672
231 East Swanson Avenue, Wasilla
http://www.windsongmidwifery.com
Provides free baby heart tones, consultation, pregnancy tests, and nutritional information. Comprehensive maternity care for low risk pregnancies and childbirths, including lab work and ultrasounds in a relaxed and educational environment. Childbirth classes are available.
SUBSTANCE ABUSE PREVENTION & TREATMENT

www.facebook.com/THRIVEMatSu
(907) 745-5827

24-HOUR CRISIS LINES

Medical Emergency 911
Alaska Family Services (907) 746-8026
Mat-Su Health Services (907) 376-2411

TOBACCO PREVENTION

Alaska Tobacco Quit Line (800) QUIT-NOW
http://alaskaquitline.com (800) 784-8669
Alaskans who use tobacco and want help to quit can now receive a free eight week supply of Nicotine Replacement Therapy.

FREE COMMUNITY SUPPORT GROUPS AND PROGRAMS

Addicted No More (Faith-Based) (907) 373-3601
Word of Faith Assembly: Mondays 6:30pm

Alcoholics Anonymous (907) 376-4777
12-step support groups for individuals with alcohol addiction.

Fresh Start Recovery (Faith-Based) (907) 232-5797
Church on the Rock – Wasilla: Monday’s 7:00pm
Real Life Church – Palmer : Monday’s 7:00pm

Mat-Su Alano Club (907) 376-8669

Al-Anon Helpline (907) 357-2550
Support group for family members of addicted persons.

Narcotics Anonymous (907) 352-3733
12-step support group for individuals addicted to narcotics.
SUBSTANCE ABUSE TREATMENT & SERVICES

Adolescent Residential Center for Help (ARCH)  (907) 279-9634
Hiland Road
Eagle River, AK
www.voaak.org/Services/Adolescent-Treatment/ARCH

Akeela Family Program  (907) 707-1291
561 Denali Street, Suite F
Palmer, AK 99645

Offers substance abuse disorder assessments, Level I Outpatient and Level II.1 testing. Accepts Medicaid, insurance, and has a sliding fee scale.

Alaska Dream Center  (907) 746-3736
8117 E. New Hope Street
Palmer, AK 99645

Residential drug and alcohol treatment center for adult males.

Alcohol Safety and Action Program (ASAP)  (907) 746-6260

Provides substance abuse screening, case management and accountability for DUI and other alcohol/drug related misdemeanor cases.

Alaska Family Services  (907) 376-4000

Behavioral Health Treatment Center for outpatient services for adults, youth, women and children. Alcohol Drug Information Schools (ADIS) for youth and adults are also available.

Ascent Treatment & Counseling Services  (907) 357-6860

Alcohol and drug treatment, ASAP referrals.

Mat-Su Health Services  (907) 376-2411

Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

Olive Tree Counseling  (907) 357-6513
5730 E. Pilgrim Ct., Suite A
Wasilla, AK 99654

Faith-based counseling services.
**Nugen’s Ranch**  
(907) 376-4534  
26731 W Point McKenzie Road  
Wasilla, AK 99654  
www.nugensranchak.org  

Drug and Alcohol rehabilitation center for adults. Long-term residential substance abuse treatment program varying in length of stay from 6 months to 2 years.

**Set Free Alaska**  
(907) 373-4732  
7335 E. Palmer-Wasilla Highway  
Palmer, AK 99645  

Addresses substance use disorders and co-occurring substance use disorders. Christian outpatient rehab center that uses a mind-body-spirit approach to recovery. Provides individual and group therapy, support group, assessments for youth and adults, relapse prevention groups, tele-health treatment. Accepts Medicaid, private insurance and provides a sliding-fee scale. Serves ages 18+ and assessment and referral for youth.

**Starting Point**  
(907) 376-6116  
230 E. Paulson Ave. Suite 76  
Wasilla, AK 99654  
www.startingpointak.com  

Alcohol and drug treatment for adults and adolescents, outpatient programs, and ADIS. Serves ages 12+.

**Sunshine Community Health Center**  
(907) 733-2273  

Provides individual, couples, family, and group therapy.

**The Recovery Connection**  
(907) 746-6660  

Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.
VISION

Alaska Center for the Blind and Visually Impaired (907) 248-7770
Valley Coordinator (907) 631-4077
3903 Taft Drive
Anchorage, Alaska 99507
www.alaskabvi.org

Provides assistance to people who are blind and/or visually impaired in the Mat-Su Valley.

Alaska Eye Care (907) 376-5266
1700 Parks Hwy
Wasilla, AK, 99654
(Behind Arby’s)

Takes Medicaid for exams and glasses.

Capstone Eye Clinic (907) 357-9595
3122 E. Meridian Park Lp
Wasilla, AK 99654

Takes Medicaid for exams and glasses.

Classic Eyewear (907) 376-9173
935 Westpoint Dr.
Wasilla, AK 99654
(Brown office building behind Midas)

Takes Medicaid for exams and glasses.

Eye Care America (800) 391-EYES
Glaucoma & diabetes eye exams for elderly/children, may be free.

Lions Club (907) 761-3750
Palmer
PO Box 393
Palmer, AK 99645
http://e-clubhouse.org/sites/palmerak/

Provide eye glasses, limited funds, and must qualify.

Wasilla
wasillalions@gmail.com

Provide eye glasses, limited funds, and must qualify.
**WalMart Vision Center**  
1350 S. Seward Meridian Parkway  
Wasilla, AK  99654

Dr. Berg takes Medicaid for exams. Vision center offers 30% discount on full set of glasses for patients of Dr. Berg. Must present Medicaid card and Rx from Dr. Berg to receive discount.

**Wolf Eye Center**  
4505 E. Greenstreet Cir.  
Wasilla, AK  99654  
(Next to Enterprise Car Rental)

Takes Medicaid for exams and glasses.

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**HOUSING**

**HOMEOWNERS**

**Alaska Community Development Corporation**  
1517 S. Industrial Way #8  
Palmer, AK  99645  
http://www.alaskacdc.org/

Housing and energy efficiency programs.

**Alaska Housing Finance Corporation**  
851 Westpoint Dr, B6  
Wasilla, AK  99654  
http://www.ahfc.state.ak.us/home/index.cfm

Provides Alaskans with access to safe, quality, affordable housing.
Rent and Mortgage assistance (when funds are available).

Creekwood Park  
1955 N. Creekwood Park Ave.  
Palmer, AK 99645
(907) 745-5926

Eagle Ridge Townhomes  
1775 Thuma Street  
Palmer, AK 99645
(907) 746-2516

Low income tax credit property

Habitat for Humanity Mat-Su  
900 Hyer Road  
Wasilla, AK 99654
(907) 373-7278

Coordinates community volunteers to construct homes for low income families.

Hunter Creek Apartments  
855 W. Fern Avenue  
Palmer, AK 99645
(907) 746-2005

Low income tax credit property

Knik Tribal Council  
951 E. Bogard  
Wasilla, AK 99654
(907) 373-7991

Home modernization & rehabilitation programs  
Monday-Friday: 8:00am-5:00pm

Palmer Arms Apartments  
112 South Alaska Street  
Palmer, AK 99645
(907) 841-3313

Affordable housing.

Rural Development Corp  
800 W Evergreen, Suite 201  
Palmer, AK 99645
(907) 761-7705

Providing loans and grants for housing for single family homes and multi-family dwellings.
POPLATION SPECIFIC HOUSING
(Seniors, Veterans, and Special Needs)

Alaska Housing Finance Corporation  (800) 478-AHFC
www.ahfc.us
Provides an online locator for population specific housing.

Alaska Pioneer Homes  (907) 745-4241
250 East Fireweed Avenue
Palmer, AK 99645-6638
http://www.hss.state.ak.us/dalp/palmer/default.htm
Provides assisted living for older Alaskans and veterans.

Catholic Social Services  (907) 745-8811
642 S. Alaska Street, Suite #206
Palmer, AK 99645
Provides assistance for Veterans who are homeless or about to become homeless.

Mat-Su Senior Services  (907) 745-5454
Housing Line  (907) 761-5001
Chugach Estates Senior Housing
1102 S. Chugach Street
Palmer, AK 99645
Colony Estates Senior Housing
920 S. Chugach Street
Palmer, AK 99645
www.matsuseniors.com
Provides 55 units of senior housing for individuals 55 and over.

Meadow Lakes Seniors, Inc.  (907) 357-3999
1210 N. Kim Drive, Suite A
Wasilla, AK 99654

Northstar Assisted Living  (907) 357-2012
PO Box 872889
Wasilla, AK 99687

Senior Housing  (907) 376-5744
1201 N Lucille St Suite 104
Wasilla, AK 99654
Alaskan housing and finance programs to assist the elderly/disabled.
Sutton Manor
Mile 61.5 Glenn Hwy
Sutton, AK

Low income housing for seniors.

Valley Residential Services
1075 Check Street
Wasilla, AK 99654

Provides housing for adults with special needs as defined as those individuals with mental or developmental disabilities, individuals with low or moderate income or advanced in age.

Wasilla Senior Center
1301 Century Circle
Wasilla, AK 99654
http://www.alaskaseniors.com/housing.html

Provides 129 units of housing for seniors.

Williwaw I and II
1201 Century Circle, B-4; PO Box 873347
Wasilla, AK 99687

Low cost housing for seniors.

SUBSIDIZED HOUSING

Alaska Housing Finance Corporation
www.ahfc.us
(800) 478-AHFC
Provides an online locator for vouchers.

Forest Apartments
330 Cobb Street
Palmer, AK 99645

(907) 745-3957

Forest Hills
Valley Residential Services/PO BOX 871874
Palmer, AK 99645

(907) 357-0256
HUD-VASH
Alissa Zank - Mat-Su  (907) 631-7649
Mary Joe Williams - Anchorage  (907) 273-4016
Karen Doss - Anchorage  (907) 273-4045

Provides housing vouchers to homeless veterans and their families. Must be eligible through the VA.

Knik Tribal Council  (907) 373-7991
951 E. Bogard
Wasilla, AK 99654

Monday-Friday: 8:00am-5:00pm

Northridge Apartments  (907) 745-3484
424 E. Dogwood Ave.
Palmer, AK 99645

Ridgecrest Park  (907) 376-9512
201 E. Kalli Circle
Wasilla, AK 99654

Valley Residential Services  (907) 357-0256
1075 Check Street
Wasilla, AK 99654

Provides low-income housing.

SHELTERS

Alaska Family Services: Domestic Violence Shelter  (907) 746-8026
403 S. Alaska Street
Palmer, AK 99645
http://www.akafs.org/dvsah.html#shelter

Safe Shelter for female victims of domestic violence and sexual assault with or without children is staffed 24-hours a day by professional, specially trained domestic violence advocates.

Family Promise of Mat-Su  (907) 357-6160
561 W. Nelson
Wasilla, AK 99654
http://www.familypromisematsu.org/

Provides compassionate care through shelter, meals, and case management to families without housing.
MY House  
300 N. Willow Street  
Wasilla, AK 99654  
www.myhousematsu.org

Provides emergency shelter for homeless youth. Provides hot meals every Friday night for homeless youth. Also has boutique and Gathering Grounds Coffee Shop.

Salvation Army  
209 W. Evergreen  
Palmer, AK 99645  
http://www1.usw.salvationarmy.org/usw/www_usw_alaska.nsf/

Temporary/short-term hotel vouchers.

Turn-A-Leaf  
400 N Yenlo  
Wasilla, AK 99654

Provides temporary/short term hotel vouchers
Family and Parenting

AGAPE Foster Care Network  (907) 863-2144
Mile 40 Glenn Highway
Palmer, AK 99645-6619

Faith-based foster/adoptive parents support groups open to foster and adoptive families, and community board with available furniture and supplies. Located at Palmer Church of God. For more information contact Vickie at (907) 863-2144 or agapeak@att.net.

Alaska Attachment and Bonding Associates  (907) 376-0366
619 S. Knik Goose Bay Road Suite J
Wasilla, AK 99654
www.akattachment.org

Provides family support services.

Alaska Center for Resource Families  (907) 376-4678
5050 Dunbar Street Suite A2
Wasilla, AK 99687
www.acrf.org

Provides adoption and foster care services including pre and post adoption support services and referrals.

Alaska Family Services: Family Support and Preservation  (907) 746-4080
Palmer Location
1825 S. Chugach St.
Palmer, AK 99654

Wasilla Location
165 E. Parks Hwy, Suite 101
Wasilla, AK 99654
http://www.akafs.org/fsp.html#parenting

Offers free 12-week parenting classes on a variety of topics every Wednesday.
Alaska Youth and Family Network  
(907) 770-4979  
www.ayfn.org

Provides peer navigation for mental health services in Mat-Su area. Offers case management and advocacy.

Alaskids Care Coordination Services  
(877) 803-7767
Wasilla, AK 99687  
akkromes@gci.net

Provides care coordination services for individuals receiving TEFRA Medicaid.

Big Brothers Big Sisters  
(907) 376-4617
1075 Check Street Suite 209  
Wasilla, AK 99654  
www.bbbsak.org

Provides mentors to all children ages 6-18 who need and want a caring adult to offer support, guidance and assistance in an attempt to meet the developing needs of “at-risk” youth. Community and school based programs available.

Children’s Place  
(907) 357-5157
P.O. Box 871788  
Wasilla, AK 99687  
www.thechildrens-place.org

Safe place for children who are being abused. Also provides abuse and crisis intervention for children and families.

Co-Occurring Disorders Institute, Inc.  
(907) 745-2634
11921 E Palmer-Wasilla Hwy  
Palmer, AK 99645  
www.codi-ak.org

Family support groups and care management. Behavioral Health Services: mental health screening, counseling, and substance abuse screenings for ages 3-21.

Families in Transition  
(907) 746-9239
501 Gulkana  
Palmer, AK 99645  
www.matsuk12.us

Provides help with enrollment and support for students currently between homes.
HeartReach Pregnancy Center  
924 Leatherleaf Loop  
Wasilla, AK 99654  
www.heartreachalaska.com

Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, community referrals, clothing and furnishings for mother & baby.

LA Leche League of Mat-Su  
http://www.llusa.org/web/MatSuValleyAK.html

Childbirth education and preparation, mother to mother support, and lactation consultants.

Office of Children's Services  
695 E. Parks Hwy  
Wasilla, AK 99654  
http://hss.state.ak.us/ocs

Child protection services.

MSSCA: Early Intervention/Infant Learning Program  
1225 W. Spruce Avenue  
Wasilla, AK 99654  
http://www.mssca.org

Provides family support services and infant learning program.

Child Help -National Child Abuse Hotline  
(800) 422-4453

Anonymous help line. Call if you would like to talk to someone about child abuse and you can get the help or resources that you need.
SPECIAL NEEDS

Access Alaska
1075 Check St., Suite 109
Wasilla, AK 99654
http://accessalaska.org

(907) 357-2588

Provides personal care services, support groups, independent living skills, advocacy, referrals, technical assistance and other services for any person experiencing physical or mental impairment.

Adult Protective Services
550 West 8th Avenue
Anchorage, AK 99501
http://dhss.alaska.gov

(800) 478-9996
(907) 269-3666

Provides services to help prevent/stop harm from occurring to vulnerable adults. (Vulnerable adult - A person 18 years of age or older who, because of incapacity, mental illness, mental deficiency, physical illness or disability, advanced age, chronic use of drugs, chronic intoxication, fraud, confinement, or disappearance, is unable to meet the person’s own needs or to seek help without assistance)

Alaska Center for the Blind and Visually Impaired
www.alaskabvi.org

(907) 248-7770

Provides assistance to people who are blind and/or visually impaired in the Mat-Su Valley.

Disability Law Center
330 Arctic Blvd., Suite 103
Anchorage, AK 99503

(800) 478-1234
(907) 565-1002

Provides advocates and attorneys after a person has been deemed eligible and a case has been opened. Advocates and attorneys can provide the following intervention strategies: professional assistance, negotiation/mediation, administrative remedies, legal remedies/consultation, and class action law suits.

Daybreak Inc.
550 S. Alaska St.
Palmer, AK 99645

(907) 745-6012

Provides case management/service coordination for adults who experience mental illness.
**Immediate Care**  
(907) 357-4387  
4851 E Blue Lupine Dr # B  
Wasilla, AK 99654-8411  

Provides personal care assistants, chore services, respite services, and home options for elders and individuals who experience disabilities.

**Frontline Residential Treatment**  
(907) 761-7400  
3674 N. Clark Wolverine Rd.  
Palmer, AK 99645

Psychiatric residential treatment facility (RTF) for children and adolescents.

**Hope Community Resources**  
(907) 357-3750  
4901 E Mayflower Suite B  
Wasilla, AK 99654  
[www.hopealaska.org](http://www.hopealaska.org)

Provides individualized services to support individuals who range in age from infancy to the elderly; are of varied and diverse ethnic background; and experience mild to severe disabilities.

**Little Treasures Home Daycare**  
(907) 745-8505  
9850 Strand Drive  
Palmer, AK 99645

Childcare with experience in providing care for severely emotionally disturbed children.

**LINKS Parent Resource Center**  
(907) 373-3632  
3161 E. Palmer Wasilla Highway, #2  
Regan Building  
Wasilla, AK 99654  
[http://www.linksprc.org/index.htm](http://www.linksprc.org/index.htm)

Provides support and assistance to families caring for children and youth with special needs.

**Mat-Su Aging and Disability Resource Center (ADRC)**  
(907) 373-3632  
3161 E. Palmer Wasilla Highway, #2  
Wasilla, AK 99654  
(Same building as LINKS)

Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.
Mat-Su Health Services: Behavioral Health Services  (907) 376-2411
1363 W. Spruce Ave.
Wasilla, AK 99654
www.mshsak.org

Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults with serious mental illness that creates a major disruption in work, life, relationships, or community, and children with serious mental illness that have significant and persistent (6 months or longer) life disruptions. Also provides crisis intervention services 24/7. Eligibility screening must be done for new clients.

Mat-Su Services for Children and Adults  (907) 352-1200
1225 W. Spruce Avenue
Wasilla, AK 99687
www.mssca.org

Provides a wide range of and community based services for adults with developmental disabilities, families with children experiencing developmental delays or disabilities, and parents with questions about child development and/or child safety. Offers Acquired Traumatic Brain Injury (ATBI) Grant Services

NAMI (National Alliance on Mental Illness) Anchorage  (800) 478-4462
(907) 272-0227
www.nami.org

Provides support, education, and advocacy to people who experience mental illness and their families and friends.

Rescare Alaska  (907) 357-5627
892 E. USA Circle Suite 102
Wasilla, AK 99654

Provides personal care attendants, respite and chore services, care coordination, residential and day habilitation, group and assistant living homes, supported employment, intensive active treatment, and referral sources for elders and individuals who experience disabilities.

STRIDE  (907) 373-7716
(907) 982-7716
4351 E. Bogard Rd.
Wasilla, AK 99654

Through a special partnership with horses, Southcentral Therapeutic Riding (STRIDE) offers a holistic approach to improve the bodies, minds and spirits of children and adults with special health needs.
CAMPS

Trailside Discovery Summer Kids Camp  (907) 274-KIDS
http://akcenter.org/trailside-discovery

For ages 4-16, offers outdoor educational week-long camps through APU at Spring Creek Farms and in Palmer and Wasilla. Operates between May through August

FARMS

Pyrah’s Pioneer Peak Farm  (907) 745-4511
4350 S. Bodenburg Loop
Palmer, AK  99645

Spring Creek Farm  (907) 746-2714
6404 N Lossing Rd.
Palmer, AK  99645

Reindeer Farm  (907) 745-4000
5561 S Bodenburg Loop Rd.
Palmer, AK  99645

Musk Ox Farm  (907) 745-4151
Mile 50 Glenn Highway
Palmer, AK  99645

DISC GOLF COURSES

Alcantra Disc Golf Course

Located behind the Alcantra Softball Complex at Larson Elementary School.
GOLF COURSES

Fishhook Golf Course  (907) 745-7274
Palmer Golf Course  (907) 745-4653
Settler’s Bay  (907) 376-5466
Sleepy Hollow  (907) 376-5948

HORSE RENTALS/RIDING

D & S Alaska Trail Rides (Talkeetna)
Summer  (907) 733-2207
Winter  (907) 745-2208
www.alaskantrailrides.com

Flying G Ranch  (907) 745-7258

INDOOR FACILITIES

Alaska Club  (907) 376-3300
Wasilla
1720 E Parks Highway
Wasilla, AK 99654

Palmer  (907) 746-3305
12051 E Palmer-Wasilla Hwy
Palmer, AK 99645

AT&T Sports Center  (907) 7GO-PLAY (746-7529)
1507 N. Double B Street
Palmer, AK 99645
www.attsportscenter.com

  Large open courts. Hosts Lil’ Kickers, Hoopers, and Tacklers.

Body Renew  (907) 376-7144
1325 E Palmer Wasilla Hwy Unit 108
Wasilla, AK 99654
Cooperative Extension Services  (907) 745-3360
1509 S. Georgeson Dr.
Palmer, AK 99645

Outreach educational delivery system in co-operation with UAF. Offers classes in gardening, canning and nutrition. Also facilitates women's support and are the coordinators of 4-H.

Curtis D. Menard Memorial Sports Center  (907) 357-9100
1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com

NHL-size ice arena, an indoor artificial turf court, a running/walking track, three community meeting rooms, and a kitchen facility. Also hosts, Turf for Tots.

Curves  (907) 357-2878
1051 E Bogard Road St. 2
Wasilla, AK 99654

Discover Dance Studio  (907) 373-2623
245 E Nelson Ave
Wasilla, AK 99654

Jay's Taekwondo  (907) 376-7433
1151 Shenandoah Ave Suite 1
Wasilla, AK 99654

Taekwondo and Women's Self Defense Lessons.

Okamoto's Karate  (907) 376-0333
1261 E. Blue Lupine
Wasilla, AK 99654
www.karate@alaska.net

Starts at ages 3 and up. 2 week mini membership, no cost vouchers available.

Rock-On Climbing  (907) 357-9196
1080 N. Wasilla Fishhook Rd
Wasilla, AK 99654
http://rockonwasilla.com

Indoor facility with climbing wall, slack lines, bouldering and more.

Sonja's Dance Studio  (907) 357-3933
5700 West Pilgrim Court
Wasilla, AK 99654
BOATING ALLEY

North Bowl
3250 E. Palmer-Wasilla Hwy
Wasilla, AK 99654
(907) 357-6600

ICE ARENAS

Brett Memorial Ice Arena
(907) 376-9260

Palmer Ice Arena/MTA Events Center
(907) 746-4231

Big Lake Lions Ice Rink
(907) 892-6502

Menard Ice Rink
(907) 357-9100

MAT-SU LIBRARIES

www.matsulibraries.org

Big Lake Library
3140 S Big Lake Rd
Big Lake, AK 99652
(907) 892-6475

Job Center Affiliate: Work force development, afternoon story time, preschool story time, summer reading. Also offer computer, copying, and notary services.

Palmer Public Library
655 S. Valley Way
Palmer, AK 99645
(907) 745-4690

Internet access, Story Times for lap sit infants, two year olds and 3-5 years olds.

Sutton Public Library
11301 North Chickaloon Way
Sutton, AK 99674
(907) 861-7640

Summer Reading Program, Afterschool Program, Story Time, and Community Book Club.

Talkeetna Public Library
Mile 13.5 Talkeetna Spur Rd/ PO Box 768
Talkeetna, AK 99676
(907) 733-2359

Story Time, Community Book Club, and baby and me lap sit.
Trapper Creek Library Association
Mile 1.5 W. Petersville Rd. / PO Box 13388
Trapper Creek, AK 99683
(907) 733-1546
Story Time, Battle of the Books, and Community Book Club.

Wasilla Public Library
391 N. Main St.
Wasilla, AK 99654
(907) 376-5913
Summer reading program, Audio Books, Digital pipeline, and story times.

Willow Public Library
23557 W. Willow Community Center Cr.
Willow, AK 99688
(907) 495-7323
Story Time and summer reading program

MUSEUMS
Dorothy Page Museum
(907) 373-9071

Knik Historical Society
(907) 376-2005

Knik Museum
(907) 376-7755

Museum of Alaska Transportation and Industry
(907) 376-1211

Palmer Museum
(907) 746-7668

Talkeetna Historical Society
(907) 733-2487

Trapper Creek Museum
(907) 733-2557

SWIMMING POOLS
Palmer Swimming Pool
(907) 861-7671

Wasilla Swimming Pool
(907) 376-4222
(After 2 pm call)
Or
(907) 373-6897
(907) 861-7680

THEATERS
The Valley Cinema
www.catheatres.com
(907) 357-3000
Valley Performing Arts
www.valleyperformingarts.org
(907) 373-0195
Offering live performances from September to May each year. Student & Senior Discounts available. 12 Summer Theatre Arts Programs, ages 6-17, June-Aug. Scholarships are available.

Denali Arts Council
www.denaliartscouncil.org
(907) 733-7929
Live performance theatre.

TRAILS, PARKS, HIKING

Alaskans for Palmer Hay Flats
2901 E. Bogard Road
Wasilla, AK 99654
www.palmerhayflats.org
(907) 357-8711

Alaska State Trails
http://dnr.alaska.gov/parks/aktrails/index.htm

Big Lake Trails
PO Box 520705
Big Lake, AK 99652
www.biglaketrails.org
(907) 892-7406

Denali Nordic Ski Club
www.denalinordicskiclub.org

Mat-Su Borough Trails
www.matsugov.us/trails

Matanuska Glacier
Access Mile 101 Glenn Highway
Glacier View, AK

Mat-Su CVB Trails
7744 E Visitors View Court
Palmer, AK 99645
www.alaskvisit.com/visitors/the-great-outdoors/trail-maps/
**Mat-Su Fishing**
7744 E Visitors View Court
Palmer, AK 99645

**Mat-Su Ski Club**
1150 S. Colony Way Suite 3
Palmer, AK 99645
[glynn@mtaonline.net](mailto:glynn@mtaonline.net)
[www.matsuski.org](http://www.matsuski.org)

**Mat-Su Ski and Snowboard Club**
9450 N. Palmer Fishook Road
Palmer, AK 99645
[www.matsusnow.org](http://www.matsusnow.org)

**Ski, Snowboard, and Snowshoe Trails**
7744 E Visitors View Court
Palmer, AK 99645

**Valley Mountain Bikers and Hikers**
(907) 746-6010
P.O. Box 22
Sutton, AK 99674
[trailhead@vmbah.org](mailto:trailhead@vmbah.org)
[www.vmbah.org](http://www.vmbah.org)

**PARKS**

To find out more information about Trails and Parks in the Matanuska area go to: [www.matsugov.us](http://www.matsugov.us)

**CHRISTIANSEN LAKE PARK**

Christiansen Lake Park is a small day-use park located on the west side of Christiansen Lake, east of the community of Talkeetna. There are several picnic sites, a swimming beach, three pavilions and a boat launch for small car top boats or canoes. The park is open daily from 8 a.m. to 10 p.m. during the summer (Memorial Day through Labor Day).

**FISH CREEK PARK**

(Big Lake) South Big Lake Road at Fish Creek. The 3-acre day use area provides access to Fish Creek. Organized facilities include a salmon observation deck (species prevalent during August), pavilion, tables, picnic area, restroom, fitness court, parking, playground and open lawn area.
HATCHER PASS

Hiking from Hatcher Pass Lodge to the remains of the mill at Independence Mine, Box Lake, and Skyscraper Mountain add to the attraction of this awe inspiring area. Hatcher Pass sits at the heart of a dazzling winter playground blessed with seven months of snow. Breathtaking slopes of the Talkeetna Mountains lure skiers of all abilities. Miles of groomed ski trails are set, some as high as 4,000 feet in the Gold Cord Bowl. Because of its advantageous location - 60 road miles north of Anchorage, four hours from the Alaska Range and Denali National Park, above the heart of the Matanuska - Susitna Valley - Hatcher Pass is a convenient base for visiting some of the most renowned attractions in Southcentral Alaska.

LAZY MOUNTAIN RECREATION AREA

(Lazy Mountain) turn onto Clark-Wolverine Road at mile 15.9 Old Glenn Highway; proceed to intersection, turn right on Huntley Road, proceed to Recreation Area at end of road. The area offers views of the Knik and Matanuska River watersheds, Cook Inlet, Pioneer Peak and various Buttes. Facilities include toilet, paved parking lot, horse and hiking trails. NOTE: A nearby spring is NOT approved for public consumption. The recreation area is best known for its trail that traverses from the parking area to the summit of Lazy Mountain. (non-motorized)

NANCY LAKE STATE RECREATION AREA

Nancy Lake State Recreation Area is different from most Alaskan park areas. It is one of the few flat, lake-studded landscapes in Alaska preserved for recreation purposes. The recreation area's clear waters are ringed with unspoiled forests, and provide tranquil settings for canoeing, fishing, hiking and camping. In winter, the rolling topography is ideal for cross-country skiing, dog mushing and snowmachining.

Nancy Lake State Recreation Area is a ninety-minute drive north of Anchorage along the Parks Highway. To enter the recreation area, turn west onto Nancy Lake Parkway at Mile 67.3 of the Parks Highway. From there, the Nancy Lake Parkway travels 6.5 miles southwest to South Rolly Lake Campground; in winter the parkway is not plowed beyond the Winter Trailhead at mile 2.2. The community of Willow lies two miles north of this junction, and has a full range of services for the traveler.
MATANUSKA RIVER PARK - CAMPGROUND
(Palmer) Mile 17 Old Glenn Highway. Eighty-six (86) spaces for tents or RV's (20 caravan sites), central comfort station featuring flush toilets and hot showers, RV dump station, picnic tables, grills, four (4) park pavilions, playground equipment, horseshoe pit, a sand volleyball court, trails and river access, observation deck, parking areas, campfire area, firewood, and group camping area.

TALKEETNA RIVER PARK - CAMPGROUND
(Talkeetna) Located at the end of Main Street in downtown Talkeetna. This is a wooded area close to the river, with twelve (12) tent camping sites with picnic tables and fire rings. Close to many recreational amenities located downtown such as trails, river trips, fishing, train station, gift shops, and restaurants.

SPECTATOR SPORTS

Capitol Speedway
Mile 75.5 Parks Highway
Willow, AK 99688
www.capitolspeedway.org

Denali Destroyers
MTA Events Center
Palmer, AK 99654
http://denalidestroyers.org

Mat-Su Miners
Hermon Brothers Field: AK State Fairgrounds
Palmer, AK 99645
www.matsuminers.org

MTA Events Center
(907) 357-8257
Palmer, AK 99645
YOUTH ORGANIZATIONS

Big Brothers Big Sisters (907) 376-4617
1075 Check Street, Ste 209
Wasilla, AK 99654

Boys & Girls Club (907) 357-2582
3700 E. Bogard Rd
Wasilla, AK 99654
www.bgcalaska.org

Boy Scouts (907) 337-9547
3117 Patterson Street
Anchorage, AK 99504
www.scoutingalaska.org

Girl Scouts (907) 376-3822
Wasilla, AK 99654

Pillow for Kids (907) 376-5326
5510 E. Hemlock Drive
Wasilla, AK 99654
http://pillowsforkidsfoundation.org

Provides little scholarships for local children to participate in brain-training activities such as art, music, gymnastics, swimming, skiing, snowboarding, skating, horseback riding and martial arts.

Baseball/Softball

Palmer Little League
PO Box 3878
Palmer, AK 99645
www.eteamz.com/palmerlittleleague

Wasilla Youth Baseball/Softball
PO Box 870714
Wasilla, AK 99687
info@wasillayouthbaseball.com

Basketball

Valley Youth Basketball Association
1507 N Double B Street
Palmer, AK 99645
information@vybb.com
http://vybb.com
Football

Pop Warner Football
(Mat-Su Steelers and Mat-Su Seahawks)
(907) 694-7850
www.alaskapopwarner.net

Gymnastics/Cheer

Denali Gymnastics
(907) 373-3547
300 E Kali Cir.
Wasilla, AK 99654
http://denaligymnastics.com

Excel Gymnastics
(907) 746-3935
6109 East Mt. Heather Way
Palmer, AK 99645
http://excelgymnastics.us

Mat-Su Steelers Cheerleading
http://hometeamsonline.com/teams/?u=MATSUSTEELERS&s=football&t=c

Hockey

MAHA (Mat-Su Amateur Hockey Association)
www.matsuhockey.com

PAHA (Pioneer Amateur Hockey Association)
www.palmerhockey.org

Jr. Avalanche Hockey
www.jravalanchehockey.com

Soccer

Lil’ Kickers
(907) 746-7529
http://www.attsportscenter.com/lil-kickers.html

Matanuska Soccer Club
www.matanuskasoccerclub.org

Palmer Soccer Club
palmersoccerclub@hotmail.com
www.eteamz.com/PalmerSoccerClub/
Wasilla Youth Soccer  
1830 E Parks Hwy, Ste A113  
Wasilla, AK 99654  
soccer@wasillayouthsoccer.org  
www.wasillayouthsoccer.org

Volleyball

AVA (Alaska Volleyball Association)  
(907) 622-1915  
www.alaskavolleyball.org

Northern Lights Volleyball Club  
(907) 745-2447  
diane@northernlightsvolleyball.net  
www.northernlightsvolleyball.net

100 Low Cost Ways to Have Fun with Your Kids

1. Have a reading marathon.
2. Write stories together.
3. Play soccer.
4. Paint or draw together.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or beach.
8. Play board games.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to a museum.
12. Go to a playground.
14. Have a pillow fight.
15. Ride bikes.
16. Build sandcastles.
17. Rent a DVD and make popcorn.
18. Tell stories.
19. Have a scavenger hunt.
20. Make mazes or puzzles for each other to solve.
22. Garden together.
23. Bake cookies (let the kids help).
24. Go to the zoo.
25. Go to the library.
26. Shop at a thrift shop.
27. Create a blog together.
28. Create a scrapbook.
29. Make a movie using a camcorder and computer.
30. Learn to play music.
31. Finger paint.
32. Make play dough from scratch.
33. Make homemade mini pizzas.
34. Buy popsicles.
35. Make hand-painted T-shirts.
36. Set up a hammock, make lemonade, and relax.
37. Go to a pool.
38. Go to a public place, people watch, and make up imaginary stories about people.
40. Write letters to family.
41. Paint or decorate the kids’ room.
42. Make milkshakes.
43. Play freeze tag.
44. Create a treasure hunt for them (leaving clues around the house or yard).
45. Decorate a pair of jeans.
46. Do a science experiment.
47. Play games online.
48. Teach them to play chess.
49. Learn magic tricks.
50. Create a family book, with information and pictures about each family member.
51. Fly kites.
52. Go snorkeling.
53. Barbecue.
54. Volunteer.
55. Donate stuff to charity.
56. Compete in a three-legged or other race.
57. Create an obstacle course.
58. Pitch a tent and sleep outside.
59. Roast marshmallows.
60. Play loud music and dance crazy.
61. Write and produce a play (to perform before other family members).
62. Paint each other’s faces.
63. Have a water balloon fight.
64. Have a gun-fight with those foam dart guns.
65. Explore your yard and look for insects.
66. Go for a walk and explore the neighborhood.
67. Go jogging.
68. Take pictures of nature.
69. Play a trivia game.
70. Make up trivia questions about each other.
71. Make hot cocoa.
72. Play house.
73. Decorate the house with decorations you make.
74. Make popsicles.
75. Play school.
76. Do shadow puppets.
77. Make a comic book.
78. Play in the rain.
79. Make mud pies.
80. Blow bubbles.
81. Take turns saying tongue twisters.
82. Sing songs.
83. Tell ghost stories in the dark with a flashlight.
84. Build stuff with Lego’s.
85. Give them a bubble bath.
86. Play with squirt guns.
87. Play video games together.
88. Play Wiffleball.
89. Play Nerf football.
90. Build a rocket from a kit.
91. Bake a cake and decorate it.
92. Play dress-up.
93. Thumb-wrestle, play mercy, or have a tickle fight.
94. Make a gingerbread house, or decorate gingerbread men.
95. Learn and tell each other jokes.
96. Play basketball.
97. Learn to juggle.
98. Walk barefoot in the grass and pick flowers.
99. Build paper airplanes and have a flying contest.
100. Prank call their grandparents, using disguised, humorous voice.
Alaska Housing Finance Corporation (AHFC)  (907) 330-8436
www.ahfc.us

Listing of assisted living homes/facilities in Anchorage, Eagle River, and Mat-Su.

Access Alaska  (907) 357-2588
1075 Check Street Suite 109
Wasilla, AK 99654
www.accessalaska.org

ADL assistance, home management, daily and overtime. Respite day time.

Alzheimer’s Resource of Alaska  (907) 746-3413
Mile 2.2 Palmer Wasilla Highway
Trinity Barn Plaza
Palmer, AK 99645
www.alzalaska.org

Provides advocacy and human rights resources along with caregiver support, disease information and prevention and support groups.

Comfort Keepers  (907) 745-3000
1260 E. Westpoint Dr.
Wasilla, AK 99654

ADL assistance, home management, daily and overtime. Respite day time.

Hearts & Hands  (888) 644-0480 ext. 2
Wasilla & Palmer Area
www.heartsak.com

Adult Daycare

Home Instead Senior Care  (907) 277-4663
440 W. Benson
Anchorage, AK 99508

ADL assistance, home management, daily and overtime. Respite daytime.
**Immediate Care Alaska**
4851 East Blue Lupine Road Suite B
Pioneer Plaza
Wasilla, AK 99654
www.immediatecareak.com

Provides homecare services along with caregiver support and services.

**LV’s Home Care**
826 McMillan Ct
Wasilla, AK 99654

**Mat-Su Aging and Disability Resource Center (ADRC)**
3161 E. Palmer Wasilla Highway, #2
Wasilla, AK 99654
(Same building as LINKS)

Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults. Open Monday-Friday 9:00 am – 5:00 pm. Offers Acquired Traumatic Brain Injury (ATBI) Grant Services

**Mat-Su Regional Home Care**
950 E. Bogard Rd # 132
Wasilla, AK 99654

Medicare-certified home health care and hospice.

**Mat-Su Senior Services (aka Palmer Senior Center)**
Care Coordination
1132 S. Chugach Street
Palmer, AK 99645
www.matsuseniors.com

Provides adult day services, congregate and home-delivered meals, transportation, care coordination, caregiver support, housing, equipment loans, employment services, information and referrals, recreational activities and more. pscc@mtaonline.net

**Meadow Lakes Seniors, Inc.**
1210 N. Kim Drive, Suite A
Wasilla, AK 99654

**Mid Valley Senior Center**
11975 W. Mid-Valley Way, Suite #A
Wasilla, AK 99654
www.mid-valleyseniors.org
Older Person’s Action Group  
ProCare Home Medical  
713 Northway Drive  
Wasilla, AK 99654  
(877) 274-0770  
(907) 274 - 0770

Care coordination.

Rescare Alaska  
892 E. USA Circle Suite 102  
Wasilla, AK 99654  
(907) 357-5627

ADL assistance and home management. Day time respite care.

Red Mountain Care Coordination  
9520 North Wolverine Road  
Palmer, AK 99645  
(907) 745-8117

Care coordination.

Respect Your Elders  
2301 Colleen St  
Palmer, AK 99645  
(907) 745-3687

Adult day care and respite.

Midnight Sun Home Care  
241 East 5th Avenue #204  
Anchorage, AK 99501  
(907) 677-7890

Provides assisted living in the comfort of your own home while professional caregivers help with everyday tasks.

Social Security Administration  
(800) 772-1213

Service concerning lost/stolen cards/checks or other SS problems.

Starfish Cares LLC  
201 E. Swanson Ave # 13  
Wasilla, AK 99654  
(907) 376-1922

Care coordination.

Sunshine Transit  
www.sunshinetransit.org  
(907) 733-9279

Is a Medicaid/Medicaid waiver transport provider.
Upper Susitna Seniors, Inc.  
16463 East Helana  
Talkeetna, AK 99676  
(907) 733-6200

Provides activities, exercise, crafting, congregate meals, and referrals.

Wasilla Senior Center  
1301 Century Circle  
Wasilla, AK 99654  
(907) 376-3104  
http://www.wasillaseniors.com/

Provide congregate and home delivered meals along with recreational activities.

Willow Area Seniors, Inc.  
HC 89 Box 57  
Willow, AK 99688  
(907) 495-5222

Willow Personal Care Assistants  
PO Box 624  
Willow, AK 99688  
(907) 495-6778
TRANSPORTATION

A Cab
Accepts MASCOT vouchers.

Alaska Cab Valley
(907) 357-2727

Chickaloon Area Transit
(907) 745-1753

M.A.S.C.O.T
http://www.matsutransit.com/
(907) 376-5000
Valley wide public bus transportation

Mat-Su Senior Services
(907) 745-5454
Provides transportation for individuals 60+, individuals of any age on the Medicaid waiver, and accepts travel vouchers for Medicaid of individuals of any age.

Sunshine Transit
Tickets available at the Roadhouse, Sunshine Clinic, Flying Squirrel Bakery, Cubby's or Susitna Senior Center. 7:15 am (Roadhouse)-5:30 pm (Roadhouse).

Valley Mover
http://www.valleymover.com/
(907) 892-8800
Provides Mass Transit to the Mat-Su Valley with service to Palmer, Wasilla, Meadow Lakes, Knik and connections with Anchorages People Mover. Provides free rides to homeless and poverty level individuals.

Valley Cab
(907) 357-8294
Accepts Social Security travel vouchers, and soon to accept Medicaid and Denali Kid Care.
MEETING SPACES AVAILABLE TO THE COMMUNITY

Curtis D. Menard Memorial Sports Center  (907) 357-9100
1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com

Call for availability and pricing.

Evanelo’s Restaurant & Banquet Facility  (907) 376-1212
2530 E, Parks Highway
Wasilla, AK 99654

Call number for availability and pricing. Discount possible for non-profits.

Mat-Su Borough Public Safety Buildings
www.matsugov.us/des/fire/cmsfd/facility-use.

Go to website to check calendar for availability and fee schedule.

Mat-Su Regional Outpatient Center, Room 220  (907) 861-6972
950 E. Bogard Rd
Wasilla, AK 99654

Call number provided for additional information and to schedule. Please note that Mat-Su Regional has priority use of this room and reserves the right to re-schedule meetings as needed.

MTA  (907) 761-2511
480 Commercial Drive
Palmer, AK 99645
www.mtasolutions.com/about/membership/request-room

Lower level of the Palmer Headquarters available.

Northern Susitna Institute  (907) 733-7111
22510 Talkeetna Spur Road
Talkeetna, AK  99676
http://northernsusitnainstitute.org

Check website for rates (It is possible for local nonprofits to use the NSI building for meeting free of charge).
Palmer Public Library
655 S. Valley Way
Palmer, AK 99645

Call for dates available and pricing. Application and guidelines for Meeting Room use can be found at link provided.

Sutton Public Library
11301 Chickaloon Way
Sutton, AK 99674

Willow Community Center
238625 W. Willow Community Center Circle
(Mile Post 69.7 on the Parks Hwy)
www.waco-ak.org/PFC.php#rates

Use of the Community Center is free (1) for WACO Committees, recognized Community Groups and activities that are part of the Community Enrichment Program. Other groups or charities may also be eligible for free or reduced rental – contact the Vice Chair or one of the PFC members.
Unfortunately many families throughout our state experience emergency medical issues such as cancer, transplants, surgery, and more. With medical costs being so high we felt it best to give everyone some quick tips on things they can do to help offset the cost.

- **Contact Angel Flight West**
  - 888-4-AN-ANGEL
  - [www.angelflightwest.org](http://www.angelflightwest.org) (888-426-2643)
  - Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs.

- **Get Airline Miles donated from friends/family**

- **Hold Fundraisers – Casino night/Spaghetti Feed**

- **Apply for the MEA Round-Up Grant**
  - 907-761-9317

- **Set up a bank account where people can make donations to help with the cost of medical expenses.**

- **Contact the Providence Foundation**
  - 907-212-3600
  - [http://alaska.providence.org/giving](http://alaska.providence.org/giving)

- **Contact Children’s Miracle Network**
  - 801-214-7400

- **If you are a member of a church talk to the pastoral staff about collecting donations for your family.**

- **Also, during stressful times, our thoughts and energies are focused on our loved one(s) in need and it’s often difficult to think about the financial responsibilities that ensue. A tip for making that time a little easier is to contact your medical provider(s) ASAP and set up a payment plan, if needed, to avoid further stress.**