

# Mat-Su Valley Resource Guide



2017

United Way of Mat-Su  
[www.unitedwaymatsu.org](http://www.unitedwaymatsu.org)





# TABLE OF CONTENTS

- Advocacy..... 3
- Assistance..... 5
- Clothing & Furniture..... 8
- Education ..... 9
  - Adult Education & Employment..... 9
  - Early Learning..... 11
  - Childcare ..... 12
- Food & Nutrition..... 14
- Health..... 17
  - Counseling/Mental Health..... 17
  - Dental & Medical..... 22
  - Pregnancy & Prenatal Care..... 25
  - Substance Abuse Prevention & Treatment..... 26
  - Vision..... 30
- Housing..... 30
- Support..... 35
  - Family & Parenting..... 35
  - Special Needs..... 38
  - Military..... 40
- Recreation..... 41
- 100 Ways to Have Fun with Your Kids..... 49
- Senior Citizens..... 52
- Transportation..... 54
- Meeting Spaces Available to the Community..... 55
- Emergency Medical Needs..... 57

## ADVOCACY

### **Alaska State Commission for Human Rights**

**(800) 478-4692**

**(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**

**[www.csed.state.ak.us/](http://www.csed.state.ak.us/)**

### **Alaska State Office of the Ombudsman**

*Handles complaints concerning state agencies.*

**(800) 478-2624**

**[ombud.alaska.gov/](http://ombud.alaska.gov/)**

### **Alaska Legal Services**

634 S. Bailey Street Suite 102

Palmer, AK 99645

*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.*

**(907) 746-4636**

**[www.alsc-law.org/](http://www.alsc-law.org/)**

**[www.alaskalawhelp.org](http://www.alaskalawhelp.org)**

### **Better Business Bureau**

*Complaints about businesses and listing of good businesses.*

**(800) 935-5100**

### **Office of Public Advocacy (OPA)**

**Civil**

**Criminal**

*Provides legal advocacy and guardianship services to vulnerable Alaskans.*

**(877) 957-3500**

**(907) 707-1740**

**(907) 745-0435**

### **Social Security Administration**

**(800) 772-1213**

## **MAT-SU COMMUNITY COALITIONS**

### **Alaska Wellness Coalition**

**(907) 745-5821**

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

*A statewide prevention network comprised of community-based coalitions, working towards similar prevention and wellness issues.*

### **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.*

### **Castle Mountain Coalition**

PO Box 1244

Chickaloon AK, 99674

*Coalition works to promote and preserve ecological integrity, economic sustainability and quality of life within the Matanuska River watershed.*

**<http://www.castlemountain.org/>**

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

Trout House's Conference Room  
2201 E. Parks Highway  
Wasilla, AK 99654

*Coalition of local law enforcement agencies, service providers, and community members committed to issues of among youth in our community. Meets every third Wednesday of the month at 7:30 am.*

**Domestic Violence/Sexual Assault Task Force****(907) 746-6213**

Alaska Family Services  
1825 S. Chugach Street  
Palmer, AK 99645

*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****<http://matsufamilies.org/>**

*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.*

**Mat-Su Agency Partnership****[www.mapartnership.org](http://www.mapartnership.org)**

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

**Mat-Su Community Organizations Active in Disaster****(907) 745-5827****[impact@unitedwaymatsu.org](mailto:impact@unitedwaymatsu.org)**

550 S. Alaska Street, Ste 205

Palmer Alaska

*COADs (Community Organizations Active in Disaster) are voluntary associations of community organizations who prepare to address emergency management. Meeting times 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 7 pm – 9 pm.*

**Mat Su Coalition for Suicide Prevention****(907) 775-8701****[suicide.symposium@gmail.com](mailto:suicide.symposium@gmail.com)**

400 North Yenlo

Wasilla, AK 99645

*A coalition of volunteers and partner organizations that offer suicide prevention through education, survivor support groups and other post prevention, prevention and intervention tools. Meeting times 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month 7 pm-9 pm.*

**Mat-Su Housing and Homelessness Coalition****(907) 232-4450****[www.mschr.org](http://www.mschr.org)****[matsuhousing@gmail.com](mailto:matsuhousing@gmail.com)**

*Coalition formed to advocate for sustainable community solutions to reduce homelessness in the Mat-Su Borough.*

**Mat-Su Reentry Coalition****(907) 414-4077****[janice.valleycharities@gmail.com](mailto:janice.valleycharities@gmail.com)**

404 N. Yenlo St.

Wasilla, AK 99654

*A taskforce working toward a sustainable community solution to the housing needs of prisoners re-entering the Mat-Su community.*

**R.O.C.K. Raising Our Children with Kindness**

<http://www.healthymatsu.org/focus-areas>

*Group aimed to increase family resilience and reduce child maltreatment in the Mat-Su.*

**Thrive Mat-Su**

**(907) 745-5827**

Mat-Su Regional Outpatient Center  
950 E. Bogard Rd, Room 220  
Wasilla, AK 99654

[thrivematsu.org](http://thrivematsu.org)

*A coalition made up of community stakeholders 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**

**Alaska 2-1-1**

**2-1-1**

[www.alaska211.org](http://www.alaska211.org)

*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.*

**Alaska Division of Public Assistance**

**(907) 376-3903**

855 W Commercial Drive  
Wasilla, AK 99654

<http://www.hss.state.ak.us/dpa/>

*Promotes self-sufficiency and provides basic living expenses to Alaskans in need.*

**Alaska Family Services**

**(907) 376-4080**

899 Commercial Drive, Wasilla  
1825 S. Chugach St., Palmer

**(907) 746-4080**

<http://www.akafs.org>

*Behavioral health services, child care, family support and preservation, domestic violence and sexual assault, nutrition services, shelters.*

**American Red Cross**

**(907) 357-6060**

851 E. Westpoint Drive Suite B9  
Wasilla, AK 99654

<http://alaska.redcross.org>

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

**Blood-N-Fire Ministries of Alaska**

**(907) 864-0463**

7362 W. Parks Hwy #276  
Wasilla, AK 99623

*Emergency Food/Rent/Mortgage and Utilities assistance.*

**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.*

**Citizenship & Immigration Services**

**(800) 375-5283**

**Connect Palmer**  
202 S. Alaska Street  
Palmer, AK 99645

**(907) 746-9675**  
<http://connectpalmer.org>

*Provides access to Life Skills Programs offering individuals the opportunity to learn a practical life skill, Fire wood for families, and Sarah's House – a safe place for ladies to stay while going through some of Connect Palmer's programs.*

**Consumer Credit Counseling**

**(800) 478-6501**

**Denali Kid Care**

**(800) 478-7777**

<http://www.hss.state.ak.us/dhcs/denalikidcare/default.htm> **(907) 376-3903**

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

**Consumer Direct Care Network**

**(907) 357-7962**

131 E. Swanson Ave. Ste. 1  
Wasilla, AK 99654

[www.consumerdirectcare.com](http://www.consumerdirectcare.com)

*Provides personal care services, Chore and Respite Services, Rehabilitative Services, and Behavioral Health Services.*

**Family Assistance Center**

**(907) 373-9446**

Alaska National Guard  
3401 E. Bogard Road  
Wasilla, AK 99654

*Provides services and support to military families.*

**Family Promise Mat-Su**

**(907) 357-6160**

561 W. Nelson  
Wasilla, AK 99654

<http://www.familypromisematsu.org/>

*Provides compassionate care through shelter and case management to families without housing. Provides emergency housing assistance (rent assistance, utility assistance, etc.) funds to those applicable.*

**Frontline Mission**

**(907) 357-8600**

2001 E. Palmer-Wasilla Hwy  
Wasilla, AK 99654

<http://www.frontlinemission.org/>

*Hot meals: Thursday and Friday 10:30 am – 1:30 pm; Wed. 6:00 pm – 7:00 pm*

**Heating Assistance**

**(907) 376-3903**

<http://www.hss.state.ak.us/dpa/programs/hap/>

**Hope Community Resources**

**(907) 357-3750**

851 E Westpoint Dr., Ste 301  
Wasilla, AK 99654

[www.hopealaska.org](http://www.hopealaska.org)

*Provides services and support to people who experience disabilities.*

**Military Personnel and Family Benefits**

<http://www.military.com/Benefits/>

*Housing, employment, education, medical and more.*

- MEA Operation Roundup** (907) 761-9317  
<http://www.mea.coop/index.php/our-community/round-up>  
*Grants that provide assistance for an individual and/or family.*
- MY House** (907) 354-4357  
 300 N. Willow Street  
 Wasilla, AK 99654  
[www.myhousematsu.org](http://www.myhousematsu.org)  
*Provides rent assistance, hot meals every Friday night, and other services for homeless youth ages 14-24, both men and women.*
- PFD (Permanent Fund Dividend) Office** (907) 465-2326
- Salvation Army** (907) 745-7079  
 209 W Evergreen  
 Palmer, AK 99645  
[www.salvationarmy.org/alaska](http://www.salvationarmy.org/alaska)  
*Provides assistance for clothing, household goods, financial assistance (rent and utilities), food services, and emergency shelter.*
- Valley Charities Assistance** (907) 354-4660  
 404 N Yenlo Street  
 Wasilla, AK 99654  
*Qualified residents can obtain rent and utility assistance. No walk-ins preferred. Please call between 7:30am and 3:30 pm. Monday thru Friday.*
- Weatherization Assistance Program** (907) 746-5680  
 Alaska Community Development Corp.  
 1517 Industrial Way, #8  
 Palmer, AK 99645  
[http://alaskacdc.org/wa\\_prog.php](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](http://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  
 16166 N. Glenn Hwy.  
 Sutton, AK  
<http://www.chickaloon.org/>
- Housing** (907) 745-0736  
**Transportation** (907) 745-0854  
**Health & Social** (907) 745-0704

**Chickaloon Village Education**

**(907) 745-0793**

*Behavioral health referrals, non-emergency medical transportation, elder services YNDAS  
(Athabascan language and traditions school preschool thru 12<sup>th</sup> 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

**Big Lake Community Clothing Closet**

**(907) 903-1902**

2955 Big Lake Road  
Big Lake, AK 99652

**Bishop’s Attic II**

**(907) 745-4215**

840 S. Bailey  
Palmer, AK 99645

**Blood-N-Fire Ministries of Alaska**

**(907) 864-0463**

7362 W. Parks Hwy #276  
Wasilla, AK 99623

**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*

**Growing Spurts**

**(907) 376-4404**

4931 Mayflower Lane  
Wasilla, AK 99654

**Heart Reach Pregnancy Center**

**(907) 373-3456**

865 S. Seward Meridian Pkwy.  
Wasilla, AK 99654

*Baby cache, gently used clothing up to 4T, and maternity clothes.*

**Nugen’s Ranch Thrift Store**

**(907) 376-4534**

26731 W Point McKenzie Road  
Wasilla, AK 99654

[www.nugensranchak.org](http://www.nugensranchak.org)



**Mouse House**  
201 E. Swanson  
Wasilla, AK 99654

**(907) 376-6773**

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

**(907) 376-5053**

**Good Shepherd Lutheran**  
501 E Bogard Rd  
Wasilla, AK 99654

**(907) 376-3522**

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

**(907) 376-7598**

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

**Thrifters Rock**  
9201 E Frontage Rd  
Palmer, AK 99645

**(907) 745-7625**

**Valley Charities, Inc. | turn-A-leaf thrift store**  
400 N. Yenlo  
Wasilla, AK 99654

**(907) 376-5708**

**(907) 354-4660**

*Provides clothing and household items daily to those trying to make ends meet. Call for an assistance voucher. Medical equipment loan program is available at our thrift store.*

## EDUCATION

### ADULT EDUCATION & EMPLOYMENT

**Alaska Job Center Network**  
Toll Free  
Unemployment Insurance  
877 Commercial Drive  
Wasilla, AK 99654

**(907) 352-2500**

**(888) 830-4473**

**(888) 252-2557**

**[www.jobs.state.ak.us](http://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**  
800 E Lynn Martin Drive  
Palmer, AK 99645

**(907) 861-8800**

**[www.alaska.jobcorps.gov](http://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. Offers student volunteer assistance for yard cleanup.*

**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 various subjects, including life coping skills, health & hygiene and service to others, while working toward completion of GED or High School Diploma.*

**Alaska Vocational Medical Training** (907) 373-6357  
281 N Main St Ste 101b  
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 [www.uaf.edu/ces](http://www.uaf.edu/ces)  
809 S Chugach Street, Suite 2  
Palmer, AK 99645  
*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 [www.matsuk12.us](http://www.matsuk12.us)  
Palmer, AK 99645  
*Provides help with enrollment and support for students currently between homes.*

**Matanuska-Susitna College** (907) 745-9774  
8295 E College Dr. <http://www.matsu.alaska.edu>  
Palmer, AK 99645

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

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

**North America Outdoor Institute**

281 N. Main St. #101B  
Wasilla, AK 99654

*Provides education and training for outdoor safety and environmental awareness.*

**(907) 376-2898**

**[www.naoiak.org](http://www.naoiak.org)**

**Northern Susitna Institute**

PO Box 46  
Talkeetna, AK 99676

*A collaborative nonprofit educational organization, provides students of all ages the opportunity to learn, share ideas and develop real life skills.*

**(907) 733-7111**

**[www.northernsusitnainstitute.org](http://www.northernsusitnainstitute.org)**

**UAF Cooperative Extension Services**

1509 S. Georgeson Drive  
Palmer, AK 99645

*Offer classes in gardening, canning and nutrition. Also facilitate women's support and are the coordinators of 4-H.*

**(907) 745-3360**

**<http://www.uaf.edu/ces/districts/matsu/>**

**Unemployment Insurance**

**(888) 252-2557**

**Wayland Baptist University: Valley Center**

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

*Offers regionally accredited Associates, Bachelors, and Masters Degrees.*

**(907) 373-4828**

**[www.wbu.edu](http://www.wbu.edu)**

### **EARLY LEARNING**

**Alaska Family Services: Child Care Assistance Program**

899 Commercial Drive, Wasilla  
1825 S. Chugach St., Palmer

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

**(907) 376-4080**

**(907) 746-4080**

**<http://www.akafs.org>**

**CCS Early Learning (Head Start)**

2060 E. Industrial Dr.  
Wasilla, AK 99654

*Provides comprehensive child development services to economically disadvantaged children and families.*

**(907) 745-4040**

**<http://www.ccsalaska.org/index.html>**

**Childcare Licensing**

**(888) 268-4632**

**Dzuuggi Preschool**

501 North Gulkana St  
Palmer, AK 99654

*Provides child development services to Alaska Native and American Indian children.*

**(907) 746-9228**

**Mat-Su Imagination Library** (907) 232-8517  
 PO Box 875201 <http://matsuimaginationlibrary.org>  
 Wasilla, AK 99687  
*Free book program for children 5 and under.*

**Matanuska-Susitna Borough School District** (907) 746-9200  
 501 Gulkana [www.matsuk12.us](http://www.matsuk12.us)  
 Palmer, AK 99645

**Mat-Su Services for Children and Adults** (907) 352-1200  
 1225 W. Spruce Avenue [www.mssca.org](http://www.mssca.org)  
 Wasilla, AK 99654  
*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 <http://www.threadalaska.org/>  
 Wasilla, AK 99654  
*Provides childcare referrals to early learning programs.*

**CHILD CARE**

Licensed providers accepting public assistance  
<https://dpasysops.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 1<sup>st</sup> Street  
**Profiles of Excellence**..... (907) 745-2349  
 260 S. Cobb St.

<b>Rays Child Care</b> .....	(907) 745-4875
Mile 3.5 Palmer-Wasilla Highway	
<b>Tree of Life Child Development Center</b> .....	(907) 746-5338
268 E. Fireweed Ave.	
<b>Wee Care A Lot Child Care</b> .....	(907) 746-1008
955 Josh Drive	
TALKEETNA	
<b>Sunshine Station Child Care Center</b> .....	(907) 733-5437
Mile 4.4 Spur Road	
WASILLA	
<b>A Touch of Home Childcare &amp; Learning Ctr</b> .....	(907) 357-2237
260 E. Nelson Ave.	
<b>Alaska Children's Academy LLC</b> .....	(907) 414-9332
2731 E. Beech Way	
<b>All About Kidz Child Care &amp; Learning Center</b> .....	(907) 357-8035
300 E Kalli Circle	
<b>Angels Daycare &amp; Preschool</b> .....	(907) 357-6601
7078 Birchleaf Dr.	
<b>Arctic Natural Early Education LLC</b> .....	(907) 952-2977
4900 W. Clayton St.	
<b>Aunty Cheryl's Child Care</b> .....	(907) 376-0902
1731 N. Lacy Loop	
<b>Burchell Learning Center</b> .....	(907) 864-2600
1775 W. Parks Highway	
<b>Butterflies &amp; Bullfrogs</b> .....	(907) 376-7990
6401 Calista Drive	
<b>Carefree Kids, LLC</b> .....	(907) 373-3950
3950 Carefree Drive	
<b>CCS Meadow Lakes Early Learning Center</b> .....	(907) 373-7165
7362 W. Parks Highway #752	
<b>CCS Wasilla Early Learning Center</b> .....	(907) 373-7795
2100 E. Foundry Way	
<b>Dee's Little Angels</b> .....	(913) 240-5858
2010 S. Paddock Dr.	
<b>Denali Gymnastics &amp; Fitness, INC.</b> .....	(907) 373-3547
300 E Kalli Circle	
<b>New Generations Child Care Center</b> .....	(907) 373-3116
611 S. Knik-Goosebay Rd, Suite B & Suite F	
<b>Kidz Come 1<sup>st</sup></b> .....	(907) 357-9445
6390 S. Roosevelt Dr	
<b>Kidzone Early Learning Academy</b> .....	(907) 376-5468
2450 Success Dr.	
<b>Kira's Kids N' Kritters</b> .....	(907) 376-0636
1200 N. Clinton Circle	
<b>Lil' House on the Meadow</b> .....	(907) 357-0095
3801 N. Coronado Street	
<b>Little Learner's Academy</b> .....	(907) 841-1334
244 S. Sylvan Suite 109	



<b>Miss Tori's Tots</b> .....	(907) 373-9609
1440 N Pioneer Peak	
<b>Neoptions</b> .....	(907) 357-9237
4021 W. Kertulla Ct.	
<b>Nice Little Daycare</b> .....	(907) 373-3837
2360 Ridgewood Drive	
<b>Noah's Ark Child Care</b> .....	(907) 376-2345
2830 Brennass Way	
<b>Phoenix Child Care</b> .....	(907) 232-1363
1718 N. Fanciful Place, Unit B	
<b>Pooh's Corner Day Care</b> .....	(907) 357-1132
4909 N. Charley Dr.	
<b>Settlers Bay Early Learning Center</b> .....	(907) 357-9600
5705 S. Settlers Bay Dr.	
<b>Rising Star Child Care &amp; Learning Center</b> .....	(907) 373-4875
1405 N. Wasilla Fishhook	
<b>Rock of Ages Daycare &amp; Learning Center</b> .....	(907) 357-6300
3060 Lazy Eight Court, Suite 7	
<b>Teresa's Child Care</b> .....	(907) 373-5224
991 S. Vine Road	
<b>The Alaska Club Valley</b> .....	(907) 376-3300
1720 E. Parks Highway	
<b>The Thornton House</b> .....	(907) 355-4796
648 E. Mountain Ash Loop	
	Eagle River
<b>S.T.A.G.E.S of Learning Center Preschool</b> .....	(907) 726-5330
16941 N. Eagle River Lop Rd Suite #3	

## FOOD & NUTRITION

<b>Alaska Family Services: Women Infant and Children (WIC)</b>	(907) 746-6242
1825 Chugach Street	
Palmer, AK 99645	
<b>WIC in Wasilla</b>	(907) 376-4080
899 W Commercial Drive	
Wasilla, AK 99654	
<i>Promotes healthy eating and lifestyle habits that last a lifetime.</i>	
<b>Big Lake Baptist</b>	(907) 892-6646
10864 W. Parks Hwy	
Big Lake, AK 99652	
<i>Wednesday 6:00 pm free dinner and food box. For food box call first.</i>	

<p><b>Big Lake Community Food Pantry</b>  Faith Bible Fellowship of Big Lake  Mile 0.5 Hollywood Road  Big Lake, AK  <i>Open Thursday 11:30 am – 1:30 pm.</i></p>	<b>(907) 841-4227</b>
<p><b>Blood-N-Fire Ministries of Alaska</b>  7362 W. Parks Hwy #276  Wasilla, AK 99623</p>	<b>(907) 864-0463</b>
<p><b>Christian Center Food Pantry</b>  Mile 49 Glenn Highway  Palmer, AK 99645  <i>Open Tuesday 1-3PM for Palmer-Sutton-Butte residents</i></p>	<b>(907) 355-5959</b>
<p><b>Family Christian Center</b>  203 W. Dogwood Avenue  Palmer, AK 99645</p>	<b>(907) 373-2617</b>
<p><b>Family Nutrition Program</b>  UAF Cooperative Extension Service  <i>See "Education" for more information.</i></p>	<b>(907) 745-3423</b> <b><a href="http://www.uaf.edu/ces">www.uaf.edu/ces</a></b>
<p><b>5 Loaves 2 Fish Kitchen</b>  501 E. Bogard Road  Wasilla, Alaska 99654  <i>Prepares and delivers 200 meals per week to places around the Mat-Su Valley in need of food.</i></p>	<b>(907) 376-3522</b>
<p><b>Frontline Mission</b>  2001 E. Palmer Wasilla Hwy  Wasilla, AK 99654  <i>See "Assistance" for more information.</i></p>	<b>(907) 357-8600</b> <b><a href="http://www.frontlinemission.org/">http://www.frontlinemission.org/</a></b>
<p><b>Hilltop Assembly of God</b>  19777 W Parks Highway  Wasilla, AK 99654  <i>Need to live in Houston area, call first.</i></p>	<b>(907) 892-6225</b> <b><a href="http://www.hilltopag.org">www.hilltopag.org</a></b>
<p><b>Kids Kupboard</b>  1701 N. Lucille  Wasilla, AK 99654</p>	<b>(907) 360-9476</b>
<p><b>King's Chapel</b>  1701 N. Lucille  Wasilla, AK 99654  <i>Call for designated hours: 1 Saturday per month.</i></p>	<b>(907) 357-2065</b>

**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**

**(907) 357-3769**

501 Bogard Rd.  
Wasilla, AK 99654

**[www.foodpantryofwasilla.org](http://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**

**(907) 745-5454**

1132 S. Chugach Street  
Palmer, AK 99645

**[www.palmerseniors.org](http://www.palmerseniors.org)**

*Congregate and delivered meals provided for seniors 60 & over.*

**Nugen's Ranch**

**(907) 376-4534**

26731 W Point McKenzie Road  
Wasilla, AK 99654

**[www.nugensranchak.org](http://www.nugensranchak.org)**

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

**Palmer Food Bank**

**(907) 746-3565**

221 S Valley Way  
Palmer, AK 99645

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

**Salvation Army**

**(907) 745-7079**

1517 S. Industrial Way  
Palmer, AK 99645

*Mondays and Tuesdays 12pm-4pm; Wednesdays 10:00am-1:30pm*

**School Lunch Program**

**(907) 376-5813**

801 N. Wasilla-Fishhook Rd  
Wasilla, AK 99654

**Sunshine Food Bank**

**(907) 892-6492**

#1 Walstead Road, Mile 4.2  
Talkeetna, AK 99676

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

**Upper Susitna Food Pantry**

**(907) 733-3358**

8258 E Petersville Rd  
Trapper Creek 99683

**Upper Susitna Seniors, Inc.**

**(907) 733-6200**

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** (907) 376-4318  
851 E. Westpoint Drive  
Wasilla, AK 99654  
*Hours of Operation, Monday - Friday 8am - 4:30pm.*

**Wasilla Area Senior Center** (907) 376-3104  
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** (907) 414-7555  
67.8 Parks Hwy  
Willow, AK 99688  
*Bring photo ID: must have Willow address; Wednesdays 10:00am-2:00pm.*

**HEALTH**

**Health Care Coverage**.....healthcare.gov

**COUNSELING & MENTAL HEALTH**

**Adolescent Residential Center for Help (ARCH)** (907) 279-9634  
Hiland Road  
Eagle River, AK  
**[www.voagak.org/Services/Adolescent-Treatment/ARCH](http://www.voagak.org/Services/Adolescent-Treatment/ARCH)**  
*Addresses substance abuse and co-occurring disorders.*

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

**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  
1825 S. Chugach St., Palmer

**(907) 376-4080**  
**(907) 746-4080**  
**<http://www.akafs.org>**

*Addresses substance use disorder, co-occurring substance use disorders, family/domestic violence, sexual assault.*

**Alaska Psychiatric Institute (API)**

3700 Piper Street  
Anchorage, AK

**(907) 269-7100**  
**<http://dhss.alaska.gov/dbh/pages/api>**

*Addresses involuntary commitment, serious mental illness, serious emotional disturbances, and co-occurring disorders.*

**Alaska Vocational Counseling Services**

8201 N Michaelson Street  
Palmer, AK 99645

**(907) 745-5066**

*Provides mental health services including counseling and mental health facilities.*

**Alaska Wisdom Recovery**

291 Paulson Ave  
Wasilla, AK 99654

**(907) 373-9233**  
**[www.wisdomrecovery.com](http://www.wisdomrecovery.com)**

*Provides substance abuse and chemical dependency outpatient treatment and mental health counseling, as well as counseling services for all ages, both individuals and groups, alcohol and drug information school, and continuing care.*

**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**

Trinity Barn Plaza  
Mile 2.2 Palmer Wasilla Hwy  
Palmer, AK 99645

**(907) 746-3413**

*In home respite, advocacy, referrals, support group, education.*

**Benteh Nuutah Valley Native Primary Care Center  
Mental Health**

1001 Knik Goose Bay Road  
Wasilla, AK 99654

**(907) 631-7670**  
**(907) 631-7800**  
**<http://scf.cc/BHvnpcc.cfm>**

*Addresses serious mental illness, substance use disorders, co-occurring substance use disorders, general mental health. Serves all ages. Hours: Monday thru Friday, 8:00am – 5:00pm.*



**Borealis Behavioral Health  
Careline Crisis Intervention**

**Statewide  
National**

**(907) 745-7080  
(877) 266-4357  
(800) 273-8255**

*Mental health and suicide prevention hotline.  
Text 4 Help to 839863 from (Tuesday – Saturday 3pm-11pm)*

**Consumer Direct Care Network**  
131 E. Swanson Ave. Ste. 1  
Wasilla, AK 99654

**(907) 357-7962  
[www.consumerdirectcare.com](http://www.consumerdirectcare.com)**

*Provides personal care services, chore and respite services, rehabilitative services, and behavioral health services.*

**Co-Occurring Disorders Institute, Inc.**  
11921 E Palmer-Wasilla Hwy.  
Palmer, AK 99645

**(907) 745-2634  
[www.codi-ak.org](http://www.codi-ak.org)**

*Addresses serious emotional disturbance, and co-occurring substance use disorders. Provides services for ages 3-21 and their families. Hours: Monday thru Friday 8:00am – 8:00pm.*

**Daybreak Mental Health Service Coordination**  
550 S. Alaska Street, Suite 208  
Palmer, AK 99645

**(907) 746-6019**

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

**Denali Family Services**  
291 E Swanson Ave.  
Wasilla, AK 99654

**(907) 376-3275  
[www.denalifs.org](http://www.denalifs.org)**

*Provides mental health services for severe emotional disturbance (SED), co-occurring disorders, assessment, individual and group therapy, case management, wraparound services, and other services.*

**Family Centered Services of Alaska  
Wasilla Behavioral Health  
Palmer Behavioral Health**

**(907) 357-7519  
(907) 746-8617  
[www.familycenteredservices.com](http://www.familycenteredservices.com)**

301 E. Danna Avenue  
Wasilla, AK 99654

*Addresses severe emotional disturbance and co-occurring disorders. Provides Therapeutic Foster Group Home, respite services, and clinical services, individual and group therapy, medication management, and case management. Serves ages 5-21*

**Frontline Residential Treatment**  
3674 N. Clark Wolverine Rd.  
Palmer, AK 99645

**(907) 761-7400**

*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.***Mat-Su Health Services: Behavioral Health Services****(907) 376-2411**

1363 W. Spruce Ave.

**www.mshsak.org**

Wasilla, AK 99654

*Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults and children with serious mental illness. 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****(907) 258-7575**

Anchorage

**(800) 478-7575****www.northstarbehavioral.com***North Star Hospital is an acute psychiatric hospital for children, preteens, and adolescents.***Nugen's Ranch****(907) 376-4534**

26731 Point Mackenzie Road

**(800) 376-4535**

Wasilla, AK 99654

**http://nugensranchak.org***Addresses substance use disorders and co-occurring disorders. Serves ages 18+.***Olive Tree Counseling****(907) 357-6513**

5730 E. Pilgrim Ct., Suite A

Wasilla, AK 99654

*Faith-based counseling services.***Playful Journeys, Inc.****(907) 376-9091**

1261 S. Seward-Meridian Pkwy, Suite M

Wasilla, AK 99654

*Private practice that specializes in trauma-informed behavioral health for children in the Mat-Su. Provides individual and family therapy. Serves ages 0-18 years old.***Presbyterian Hospitality House****(907) 357-6445**

1365 E. Parks Hwy, Suite 101

**www.phhalaska.org**

Wasilla, AK 99654

*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  
*Addresses general mental health, serious mental health, severe emotional disturbance, substance use disorders, and co-occurring disorders. Serves ages 4+.*

**Set Free Alaska** (907) 373-4732  
 7335 E. Palmer-Wasilla Highway  
 Palmer, AK 99645  
[www.setfreealaska.org](http://www.setfreealaska.org)  
*Outpatient substance abuse treatment center that uses a mind-body-spirit approach to recovery. Serves adults 18 and older, as well as Youth ages 14-17.*

**Skip Hrin, PsyD** (907) 376-9520

**Standing Together Against Rape (STAR)** (800) 478-8999

**Sunshine Community Health Center** (907) 733-2273  
**Behavioral Health Services | 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. Serves ages 12+.*

**The Children’s Place** (907) 357-5157  
<http://thechildrens-place.org>  
*Serves children who have been physically or sexually abused and are referred from Law Enforcement, the Office of Children’s Services, and medical care providers. 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  
 1075 Check Street, Suite 102  
 Wasilla, AK 99654  
[www.voa.org/offices/volunteers-of-america-alaska](http://www.voa.org/offices/volunteers-of-america-alaska)  
*Provides programs including parenting with love and limits (PLL), and transition to independence program (TIP) which prepares youth and young adults with EBD for their movement into adult roles.*

## DENTAL

### **Aurora Dental**

4501 E. Snider Dr.  
Wasilla, AK 99654

*Serve adult, children, and Medicaid populations.*

**(907) 376-8400**

<http://www.auroradentalak.com/>

### **Mat-Su Dental**

951 Bogard Road #203  
Wasilla, AK 99654

*Serves all ages and Medicaid populations.*

**(907) 376-2456**

<http://www.matsudental.com/>

### **Same Day Dental**

1830 E. Parks Hwy., Suite A134  
Wasilla, AK 99654

*Serve adult, children and Medicaid populations.*

**(907) 631-3630**

<http://samedaydental.net/>

### **Sunshine Community Health Center**

34300 Talkeetna Spur Rd.  
Talkeetna, AK

<http://www.sunshineclinic.org/general-preventative-dentistry>

*Serves all ages and Medicaid populations.*

**(907) 733-2273**

## MEDICAL

### **Adonai Diabetes & Endocrinology**

3331 E. Meridian Park Loop  
Wasilla, AK 99654

**(907) 357-2332**

### **Alaskan AIDS Assistance Association**

1057 W. Fireweed, Suite 102  
Anchorage, AK

*Offers testing, cases management, housing, and counseling.*

**(800) 479-2437**

<http://alaskanids.org>

### **Alaska Home Care**

1450 N Creste Foris Suite A  
Wasilla, AK 99654

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

**(907) 357-5431**

[www.alaskahomecare.com](http://www.alaskahomecare.com)

### **American Marine Hyperbarics Center**

*Provides hyperbaric oxygen therapy. (Pressurized oxygen treatments).*

**(907) 357-5400**

### **Imaging Associates**

1751 E Gardner  
Wasilla, AK 99654

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

**(907) 357-1220**

### **American Cancer Society**

*Provides cancer information and resources.*

**(800) 227-2345**

**Alaska Statewide AIDS Helpline**

**(800) 478-AIDS**

**C'eyiits' Hwnax Life House Community Health Center**

**(907) 631-7665**

South Central Foundation  
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](http://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](http://www.genevawoods.com)**

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

**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, and other health services.*

**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

*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 patients 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

**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****(907) 257-4700****<http://www2.va.gov/directory/guide>***The clinic provides primary care and mental health care. Hours of Operation: Monday – Friday, 7:30 am - 4:00 pm***Northwest Medical****(907) 357-9909**

1265 Seward Meridian Road Suite D

Wasilla, AK 99654

*Provides medical equipment and supplies.***[www.nwmed.com/locations\\_wasilla.htm](http://www.nwmed.com/locations_wasilla.htm)****Odland Family Practice****(907) 373-0850**

950 E Bogard Rd

Wasilla, AK 99654

**Palmer Chiropractic Clinic****(907) 745-0776****Poison Control-24/7****(800) 222-1222****Real Time II****(907) 357-2158**

1700 E. Bogard Road Bldg. A Suite 101

Wasilla, AK 99654

**[www.realtimewasilla.com](http://www.realtimewasilla.com)****SART (Sexual Assault Response Team)****(907) 746-8026***Provides assistance to survivors of sexual assault, sexual harassment, dating violence and stalking. Counseling, advocacy, medical care, and referrals.***Standing Together Against Rape (STAR)****(800) 478-8999***24 Hour Crisis Line*

**Sertoma – Mat-Su Club**

3750 E. Country Field Cir.  
Wasilla, AK 99654

*Hearing health education, referrals, and free monthly hearing screenings. First Saturday of every month, 10:00am-1:00pm.*

**(907) 352-8333**

**info@matsuhearing.org**

**Sexually Transmitted Infection (STI) Resource Center**

**(800) 230-6039**

**www.ashastd.org**

**Sunshine Community Health Center**

Mile 4.4 Talkeetna Spur Rd  
Talkeetna, AK 99676

**(907) 733-2273**

**http://www.sunshineclinic.org/**

Mile 67 Parks Highway  
Willow, AK 99683

**(907) 495-4100**

*Offers accessible, proactive, quality health and oral health screening and fluoride treatments, as well minor dental procedures, senior care, and limited laboratory procedures.*

**Turn-A-Leaf**

400 N. Yenlo  
Wasilla, AK 99654

**(907) 376-5708**

*Provides access to medical equipment through loaner program.*

**Valley Native Primary Care Center**

1001 Knik-Goose Bay Rd.  
Wasilla, AK 99654

**(907) 631-7800**

**http://www.scf.cc**

*Health education, referrals, and free monthly hearing screenings.*

**Valley Chiropractic Clinic, Inc.**

400 N Main St  
Wasilla, AK 99654

**(907) 373-2022**

**Wasilla Medical Clinic**

1700 E. Parks Hwy., #200  
Wasilla, AK 99654

**(907) 373-6055**

**http://www.alaskamedicalclinics.com/**

*Provides walk-in urgent care, convenient, high-quality preventative and acute outpatient medical services and health care.*

**PREGNANCY/PRENATAL CARE**

**HeartReach Pregnancy Center**

865 S Seward Meridian Pkwy  
Wasilla, AK 99654

**(907) 373-3456**

**(800) 712-HELP (4357)**

**www.heartreachalaska.com**

*Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, clothing and more.*

**Heritage Birth Center**  
7200 E. Valley Cir.  
Palmer, AK 99645

**(907) 746-6644**  
<http://www.midwife.net/>

**Mat-Su Midwifery**  
2650 Broadview Avenue  
Wasilla, AK 99654

**(907) 373-3420**  
<http://www.matsumidwifery.com>

**Mat-Su Regional Hospital Palmer: Birthing Center**  
2500 S. Woodworth Loop  
Palmer, AK 99645

**(907) 861-6645**  
<http://www.matsuregional.com>

**Providence Nurse Family Partnership**

*A program for low-income women who are having their first baby.*

**(907) 273-0572**

**Windsong Midwifery & Birth Center**  
231 East Swanson Ave.  
Wasilla, AK 99654

**(907) 373-2672**  
<http://www.windsongmidwifery.com>

### **SUBSTANCE ABUSE PREVENTION & TREATMENT**



[www.facebook.com/THRIVEMatSu](http://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**

**Crisis Text Line**

**741-741 (Text START)**

**Crisis Line – Peer Support**

**982-HOPE**

#### **Tobacco Prevention**

**Alaska Tobacco Quit Line**  
<http://alaskaquitline.com>

**(800) QUIT-NOW**  
**(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 & Programs

### **Addicted No More (Faith-Based)**

*Word of Faith Assembly: Tuesdays 6:30pm*

**(907) 373-3601**

### **Alcoholics Anonymous**

*12-step support groups for individuals with alcohol addiction.*

**(907) 376-4777**

### **Al-Anon Helpline**

*Support group for family members and friend of alcoholics.*

**(907) 357-2550**

### **Fiend 2 Clean**

*Call or text line where anyone can connect to a peer lead support and referral network. Provide services for those seeking recovery help.*

**(907) 982-4673**

**fiend2clean.org**

### **Fresh Start Recovery (Faith-Based)**

*Church on the Rock – Wasilla: Monday's 7:00pm; Real Life Church – Palmer: Monday's 7:00pm*

**(907) 232-5797**

### **Life Changers Outreach Center Alaska**

5500 Wolverine Ave  
Wasilla, AK 99645

*A 12-month faith-based residential facility for women 18 & over that provides services to overcome drug/alcohol addictions, anger, depression, or suicide.*

**(907) 370-3347**

**adowns390@gmail.com**

**www.Lifechangersoutreach.com**

### **Mat-Su Alano Club**

**(907) 376-8669**

### **Nar-Anon Family Group**

*Support for those affected by the addiction of a family member or friend. Every Sunday 7:00pm. Mat-Su Alano Club, 901 Snohomish, Wasilla, AK.*

**(907) 884-0451**

### **Narcotics Anonymous**

*12-step support group for individuals addicted to narcotics.*

**(907) 277-LIVE (5483)**

**www.akna.org**

## Substance Abuse Treatment & Services

### **Adolescent Residential Center for Help (ARCH)**

Hiland Road  
Eagle River, AK

**www.voak.org/Services/Adolescent-Treatment/ARCH**

**(907) 279-9634**

### **Akeela Family Program**

561 Denali Street, Suite F  
Palmer, AK 99645

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

**(907) 707-1291**

**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.*

**Mat-Su Health Services** (907) 376-2411  
*Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.*

**Nugen's Ranch** (907) 376-4534  
26731 W Point McKenzie Road  
Wasilla, AK 99654  
[www.nugensranchak.org](http://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.*

**Pacific Northwest Adult & Teen Challenge** (907) 202-8850  
560 S Knik-Goose Bay Rd  
Wasilla, AK 99654  
*Faith based recovery services for adults and teens.*

**Set Free Alaska** (907) 373-4732  
7335 E. Palmer-Wasilla Highway  
Palmer, AK 99645  
*Outpatient substance abuse treatment center that uses a mind-body-spirit approach to recovery.*

**Sunshine Community Health Center** (907) 733-2273  
*Provides individual, couples, family, and group therapy. Provides MAT (Medicine Assisted Treatment including opioid treatment).*

**The Recovery Connection** (907) 746-6660  
*Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.*

Treatment Providers	SUD ASMT	MH ASMT	A/Y	IA	ADIS	OP	IOP	RES	DETOX	WM	OBOT/MAT	FB	MED	SFS
ARCH			Y											
Akeela	X	X	A/Y	X	X	X	X	X					X	X
Alaska Dream Center			A					X				X		
Adult Teen Challenge			A					A				X		X
Alaska Family Services	X	X	A/Y	X	X	X	X	X					X	X
Co-Occurring Disorders Institute (CODI)		X	Y			X	X						X	X
Community Medical Services	X		A			X				X	X			X
Clitheroe Residential	X	X	A	X				X						X
Daybreak Mental Health Service Coordination		X				X							X	X
Ernie Turner Center – South-central Foundation	X							X	X				X	X
Family Centered Services		X	Y			X	X	X					X	X
Fairbanks Native Association	X	X	A/Y	X		X	X	X	X				X	X
Frontline Residential Treatment		X	Y											
Full Circle Counseling Solutions		X	A/Y	X		X	X							X
Matsu Health Services		X	A/Y	X		X	X						X	X
Narcotic Drug Treatment Center, Inc.	X		A			X				X	X		X	X
Nugens Ranch	X	X	A	X				X						X
Sunshine Community Health Center	X	X	A	X		X	X				X		X	X
Set Free Alaska	X		A/Y		X	X	X						X	X
Serenity House	X	X	A	X		X	X	X					X	X
Southcentral Foundation														
Volunteers of America	X	X	Y	X		X	X						X	X
Wisdom Traditions Wellness Center	X	X	A	X	X	X	X							X
OUT OF STATE:														
Lakeside Milam	X	X	A					X	X	X	X			X
Sundown Ranch								X						

**SUD ASMT** – Substance Use Disorder Assessment  
**MH ASMT** – Mental Health Assessment  
**IA** – Integrated Assessment  
**ADIS** – Alcohol & Drug Information School  
**OP** – Outpatient Services  
**RES** – Residential Program

**DETOX** – Detox services  
**WM** – Withdrawal Management Services  
**OBOT/MAT** – Medication Assisted Therapies  
**FB** – Faith-Based  
**MED** – Medicaid  
**SFS** – Sliding Fee Scale  
**A/Y** – Adult and/or Youth

*\*Courtesy of the Mat-Su Opioid Task Force*

## VISION

**Alaska Center for the Blind and Visually Impaired  
Valley Coordinator**  
3903 Taft Drive  
Anchorage, Alaska 99507

(907) 248-7770  
(907) 631-4077  
[www.alaskabvi.org](http://www.alaskabvi.org)

**Alaska Eye Care**  
1700 Parks Hwy  
Wasilla, AK, 99654

(907) 376-5266

**Capstone Eye Clinic**  
3122 E. Meridian Park Lp  
Wasilla, AK 99654

(907) 357-9595

**Classic Eyewear**  
935 Westpoint Dr.  
Wasilla, AK 99654

(907) 376-9173

**Eye Care America**

(800) 391-EYES

**Lions Club**  
Palmer  
PO Box 393  
Palmer, AK 99645  
Wasilla

(907) 761-3750  
<http://e-clubhouse.org/sites/palmerak/>

*Provide eye glasses; limited funds and applicant must qualify.*

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

**WalMart Vision Center**  
1350 S. Seward Meridian Parkway  
Wasilla, AK 99654

(907) 376-0835

**Wolf Eye Center**  
4505 E. Greenstreet Cir.  
Wasilla, AK 99654

(907) 376-2020

## HOUSING

### HOMEOWNERS

**Alaska Community Development Corporation**  
1517 S. Industrial Way #8  
Palmer, AK 99645  
*Housing and energy efficiency programs.*

(907) 746-5680  
(800) 478-8080  
<http://www.alaskacdc.org/>

**Alaska Housing Finance Corporation**

851 Westpoint Dr, B6  
Wasilla, AK 99654

*Provides Alaskans with access to safe, quality, affordable housing.*

**(907) 376-5744**

<http://www.ahfc.state.ak.us/home/index.cfm>

**Blood-N-Fire Ministries of Alaska**

7362 W. Parks Hwy #276  
Wasilla, AK 99623

*Rent and Mortgage assistance (when funds are available).*

**(907) 864-0463**

**Creekwood Park**

1955 N. Creekwood Park Ave.  
Palmer, AK 99645

**(907) 376-9512**

**Eagle Ridge Townhomes**

1775 Thuma Street  
Palmer, AK 99645

*Low income tax credit property*

**(907) 746-2516**

**Family Promise of Mat-Su**

561 W. Nelson  
Wasilla, AK 99654

*Rent Assistance.*

**(907) 357-6160**

<http://www.familypromisematsu.org/>

**Habitat for Humanity Mat-Su**

900 Hyer Road  
Wasilla, AK 99654

*Coordinates community volunteers to construct homes for low income families.*

**(907) 373-7278**

**Hunter Creek Apartments**

855 W. Fern Avenue  
Palmer, AK 99645

*Low income tax credit property*

**(907) 746-2005**

**Knik Tribal Council**

951 E. Bogard  
Wasilla, AK 99654

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

**(907) 373-7991**

**MY House**

300 N. Willow Street  
Wasilla, AK 99654

*Provides rent assistance. Provides hot meals every Friday night for homeless youth.*

**(907) 354-4357**

[www.myhousematsu.org](http://www.myhousematsu.org)



**NeighborWorks** (907) 745-6636  
625 S. Cobb Street, Suite 100  
Palmer, AK 99645  
*Provide services to make homeownership possible for families who have incomes less than 80% of the area median income.*

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

**Rural Development Corp** (907) 761-7705  
800 W Evergreen, Suite 201  
Palmer, AK 99645  
*Providing loans and grants for housing for single family homes and multi- family dwellings.*

**Salvation Army** (907) 745-7079  
209 W. Evergreen  
Palmer, AK 99645  
*Provides rent assistance.*

**Wasilla Homeless-Committee** (907) 745-7079  
209 W. Evergreen  
Palmer, AK 99645  
*Provides case management, resource referrals, housing search assistance, job search assistance, clothing, furniture, and household items*

### **POPULATION 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 Home** (907) 745-4241  
250 East Fireweed Avenue  
Palmer, AK 99645-6638  
*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 | Housing Line** (907) 745-5454  
**Chugach Estates Senior Housing** (907) 761-5001  
1102 S. Chugach Street  
Palmer, AK 99645

**Colony Estates Senior Housing**

920 S. Chugach Street  
Palmer, AK 99645

*Provides 55 units of senior housing for individuals 55 and over.*

[www.matsuseniors.com](http://www.matsuseniors.com)

**Meadow Lakes Seniors, Inc.**

1210 N. Kim Drive, Suite A  
Wasilla, AK 99654

**(907) 357-3999**

**Northstar Assisted Living**

PO Box 872889  
Wasilla, AK 99687

**(907) 357-2012**

**Senior Housing**

1201 N Lucille St Suite 104  
Wasilla, AK 99654

*Alaskan housing and finance programs to assist the elderly/disabled.*

**(907) 376-5744**

**Sutton Manor**

Mile 61.5 Glenn Hwy  
Sutton, AK

*Low income housing for seniors.*

**(907) 745-1372**

**Sunshine Senior Village**

16463 Helena Ave.  
Talkeetna, AK 99676

*A six-unit apartment complex for seniors. They have on and two bedroom apartments. Include utilities and covered parking.*

**(907) 733-6200**

**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.*

**(907) 357-0256**

**Wasilla Senior Center**

1301 Century Circle  
Wasilla, AK 99654

*Provides 129 units of housing for seniors.*

**(907) 376-3104**

<http://www.alaskaseniors.com/housing.html>

**Alaska Housing**

**Williwaw Manor I and II**

1201 Century Circle, B-4; PO Box 873347  
Wasilla, AK 99687

*Low cost housing for seniors.*

**(907) 376-5744**

## SUBSIDIZED HOUSING

### **Alaska Housing Finance Corporation**

**(800) 478-AHFC**  
**www.ahfc.us**

*Provides an online locator for vouchers.*

### **Forest Apartments**

**(907) 745-3957**

330 Cobb Street  
Palmer, AK 99645

### **Forest Hills**

**(907) 357-0256**

Valley Residential Services  
PO BOX 871874  
Palmer, AK 99645

### **CSS: HUD-VASH**

Alissa Zank- Mat-Su  
Mary Joe Williams - Anchorage  
Karen Doss - Anchorage

**(907) 631-7649**  
**(907) 273-4016**  
**(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/dvsa.html>**

*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**

561 W. Nelson  
Wasilla, AK 99654

*Provides compassionate care through shelter, meals, and case management to families without housing. Family Promise shelter guests' pets boarded on site.*

**(907) 357-6160**

**<http://www.familypromisematsu.org/>**

**Knik House**

*Provide temporary, long term and emergency housing for families, men, women, single parents, re-entry population and people with mental illness in the Mat Su Valley.*

**(907) 841-3090**

**[knikhouse@gmail.com](mailto:knikhouse@gmail.com)**

**<http://www.knikhouseinc.com>**

**MY House**

300 N. Willow Street  
Wasilla, AK 99654

*Provides emergency shelter for homeless youth ages 14-24 for both men and women. Provides hot meals every Friday night for homeless youth.*

**(907) 354-4357**

**[www.myhousematsu.org](http://www.myhousematsu.org)**

**Salvation Army**

209 W. Evergreen  
Palmer, AK 99645

*Temporary/short-term hotel vouchers.*

**(907) 745-7079**

**Turn-A-Leaf**

400 N Yenlo  
Wasilla, AK 99654

*Provides temporary/short term hotel vouchers.*

**(907) 354-4660**

## SUPPORT

### FAMILY & PARENTING

**AGAPE Foster Care Network**

Palmer Church of God  
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.*

**(907) 863-2144**

**[agapeak@att.net](mailto:agapeak@att.net)**

**Alaska Attachment and Bonding Associates**

619 S. Knik Goose Bay Road Suite J  
Wasilla, AK 99654

*Provides family support services.*

**(907) 376-0366**

**[www.akattachment.org](http://www.akattachment.org)**

**Alaska Center for Resource Families**

5050 Dunbar Street Suite A2

Wasilla, AK 99687

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

**(907) 376-4678**

**[www.acrf.org](http://www.acrf.org)**

**Alaska Family Services: Family Support and Preservation**

Palmer Location

1825 S. Chugach St.

Palmer, AK 9965

Wasilla Location

165 E. Parks Hwy, Suite 101

Wasilla, AK 99654

*Offers free 12-week parenting classes on a variety of topics every Wednesday.*

**(907) 746-4080**

**Alaska Youth and Family Network**

**(907) 770-4979**

**[www.ayfn.org](http://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**

**[akkromes@gci.net](mailto:akkromes@gci.net)**

*Provides care coordination services for individuals receiving TEFRA Medicaid.*

**Beacon Hill**

325 E 3<sup>rd</sup> Ave

Anchorage Alaska 99501

*A foster care and adoption community resource center in Anchorage. Home of Safe Families for Children and the Heart Gallery.*

**(907) 222-0925**

**<http://beaconhillak.com/>**

**Big Brothers Big Sisters**

191 E. Swanson #204

Wasilla, AK 99654

*Provides mentors to all children ages 6-16 in an attempt to meet the developing needs of "at-risk" youth. Community and school based programs available.*

**(907) 376-4617**

**[www.bbbsak.org](http://www.bbbsak.org)**

**Children's Place**

P.O. Box 871788

Wasilla, AK 99687

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

**(907) 357-5157**

**[www.thechildrens-place.org](http://www.thechildrens-place.org)**

**Co-Occurring Disorders Institute, Inc.**

11921 E Palmer-Wasilla Hwy

Palmer, AK 99645

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

**(907) 745-2634**

**[www.codi-ak.org](http://www.codi-ak.org)**

**Facing Foster Care in Alaska**

PO Box 92644

Anchorage AK 99509

*A lifeline for youth in foster care and alumni ages 15-24.***(907) 748-1845****<http://www.ffcalaska.org/>****Families in Transition**

501 Gulkana

Palmer, AK 99645

*Provides help with enrollment and support for students currently between homes.***(907) 746-9239****[www.matsuk12.us](http://www.matsuk12.us)****HeartReach Center**

865 S Seward Meridian Pkwy

Wasilla, AK 99654

*Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, community referrals, clothing and furnishings for mother & baby.***(907) 373-3456****(800) 712-HELP (4357)****[www.heartreachalaska.com](http://www.heartreachalaska.com)****La Leche League of Mat-Su****<http://www.llusa.org/web/MatSuValleyAK.html>***Childbirth education and preparation, mother to mother support, and lactation consultants.***(907) 357-6455****MSSCA: Early Intervention/Infant Learning Program**

1225 W. Spruce Avenue

Wasilla, AK 99654

*Provides family support services and infant learning program.***(907) 352-1200****<http://www.mssca.org>****Mat-Su Valley Grandparents Support**

Rozann Kimpton

rozann@mtaonline.net

*Provides support for grandparents and parents raising children in the both birth families and the foster care system.***(907) 376-7322****(907) 775-3020****Parenting with Love and Limits**

4020 Folker Street

Anchorage AK 99508

*Parenting with Love and Limits (PLL) combines group therapy and family therapy to treat children and adolescents aged 10-18 who have severe emotional and behavioral problems.***(907) 563-1000****Office of Children's Services**

695 E. Parks Hwy

Wasilla, AK 99654

**(907) 357-9797****(800) 478-4444****<http://hss.state.ak.us/ocs>****Safe Families for Children Alaska (SFFC)****24/7 SFFC Helpline***A resource for families facing crisis in Anchorage and the Mat-Su Valley who need a safe place for their children to stay while they establish stability.***(907) 222-0925****(907) 277-0925**

**Strengthening Families****(907) 269-4281**

*A research-informed, strength-based approach to helping families reduce stress, address risk factors, and promote healthy development. The overarching goal is the promotion of child and family well-being.*

**Child Help -National Child Abuse Hotline****(855) 352-8934**

*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****(907) 357-2588**

1075 Check St., Suite 109  
Wasilla, AK 99654

**<http://accessalaska.org>**

*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****(800) 478-9996**

550 West 8<sup>th</sup> Avenue  
Anchorage, AK 99501

**(907) 269-3666****<http://dhss.alaska.gov>**

*Provides services to help prevent/stop harm from occurring to vulnerable adults.*

**Alaska Center for the Blind and Visually Impaired****(907) 248-7770****[www.alaskabvi.org](http://www.alaskabvi.org)****Consumer Direct Care Network****(907) 357-7962**

Personal Care Services and Behavioral Health Services  
131 E. Swanson Ave. Ste. 1  
Wasilla, AK 99654

**[www.consumerdirectcare.com](http://www.consumerdirectcare.com)**

*Provides personal care services, chore and respite services, rehabilitative services, and behavioral health services.*

**Disability Law Center****(800) 478-1234**

330 Arctic Blvd., Suite 103  
Anchorage, AK 99503

**(907) 565-1002****[www.dlcak.org/html/about-us/services.php](http://www.dlcak.org/html/about-us/services.php)**

*Provides advocates and attorneys after a person has been deemed eligible and a case has been opened.*

**Daybreak Inc.****(907) 746-6019**

550 S. Alaska St.  
Palmer, AK 99645

*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

**<http://www.immediatecareak.com/>**

*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  
*Provides individualized services to support individuals who range in age from infancy to the elderly.*
- 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  
 Wasilla, AK 99654  
<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](http://www.mshsak.org)  
*Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults and youth with serious mental illness.*
- Mat-Su Services for Children and Adults** (907) 352-1200  
 1225 W. Spruce Avenue  
 Wasilla, AK 99687  
[www.mssca.org](http://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.*
- NAMI (National Alliance on Mental Illness) Anchorage** (800) 478-4462  
[www.nami.org](http://www.nami.org) (907) 272-0227  
*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 other services for elders and individuals who experience disabilities.*

**STRIDE****(907) 373-7716**

4351 E. Bogard Rd.  
Wasilla, AK 99654

**(907) 982-7716**

*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.*

**MILITARY SUPPORT****Alaska's Healing Hearts****(907) 232-1527****<http://www.alaskashealinghearts.com/>**

*A national organization offering year-round outdoor recreational opportunities for America's brave wounded warriors and their families.*

**Alaska Pioneer Home****(907) 745-4241**

250 East Fireweed Avenue  
Palmer, AK 99645-6638

*Provides assisted living for older Alaskans and veterans.*

**Battle Dawgs****(844) 907-3297****<http://www.battledawgs.org/>**

*Empowering our nation's heroes suffering from combat related PTSD or TBIs through therapeutic experiences using Alaska's landscape and sled dogs.*

**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.*

**CSS: 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.*

**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.*

**Military Personnel and Family Benefits**  
Housing, employment, education, medical and more.

<http://www.military.com/Benefits/>

**Sunshine Community Health Center  
Behavioral Health Services**

**(907) 733-2273**

Talkeetna Clinic  
4.4 Talkeetna Spur Road  
Talkeetna, AK

**Willow Clinic**  
224091 Long Lake Road  
Willow, AK

**(907) 495-4100**

*Address serious mental illness, severe emotional disturbance, co-occurring substance use disorders, general mental health.*

**VA Suicide Prevention Hotline**

**(800) 273-TALK**

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

**(907) 376-4318**

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

**\*Many local businesses and event centers offer Military Discounts, don't forget to ask for yours!\***

## RECREATION

### 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. Bodenbug Loop  
Palmer, AK 99645

**Spring Creek Farm**

**(907) 746-2714**

6404 N Lossing Rd.  
Palmer, AK 99645

**Reindeer Farm**

**(907) 745-4000**

5561 S Bodenbug 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](http://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

**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. Clapp Drive [www.cityofwasilla.com](http://www.cityofwasilla.com)  
Wasilla, AK 99654  
*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

**Extreme Fun Center** (907) 376-7223  
3501 E Old Matanuska Rd <http://wasilla.extremefuncenters.com>  
Wasilla, AK 99654  
*Family friendly event center with activities such as cart racing, laser tag, laser shooting gallery, prize redemption center, kid's play zone, mini bowling, arcade, party and event planning. Mon-Thurs 11am-11pm, Friday- Sunday 10am-11pm*

**Jay's Taekwondo** (907) 376-7433  
1151 Shenandoah Ave Suite 1  
Wasilla, AK 99654  
*Taekwondo and Women's Self Defense Lessons.*

**MTA Sports Center** (907) 7GO-PLAY (746-7529)  
1507 N. Double B Street <http://www.mtasportscenter.com/>  
Palmer, AK 99645  
*Large open courts. Hosts Lil' Kickers, Hoopers, and Tacklers.*

**Okamoto's Karate** (907) 376-0333  
1261 E. Blue Lupine [www.karate@alaska.net](http://www.karate@alaska.net)  
Wasilla, AK 99654  
*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 <http://rockonwasilla.com>  
Wasilla, AK 99654  
*Indoor facility with climbing wall, slack lines, bouldering and more.*

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

**BOWLING ALLEY**

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

**ICE ARENAS**

<b>Brett Memorial Ice Arena</b>	<b>(907) 376-9260</b>
<b>Palmer Ice Arena/MTA Events Center</b>	<b>(907) 746-4231</b>
<b>Big Lake Lions Ice Rink</b>	<b>(907) 892-6502</b>
<b>Menard Ice Rink</b>	<b>(907) 357-9100</b>

**MAT-SU LIBRARIES**

[www.matsulibraries.org](http://www.matsulibraries.org)

<b>Big Lake Library</b> 3140 S Big Lake Rd Big Lake, AK 99652	<b>(907) 892-6475</b>
<b>Palmer Public Library</b> 655 S. Valley Way Palmer, AK 99645	<b>(907) 745-4690</b>
<b>Sutton Public Library</b> 11301 North Chickaloon Way Sutton, AK 99674	<b>(907) 861-7640</b>
<b>Talkeetna Public Library</b> Mile 13.5 Talkeetna Spur Rd/ PO Box 768 Talkeetna, AK 99676	<b>(907) 733-2359</b>
<b>Trapper Creek Library Association</b> 8901 East Devonshire Drive/ PO Box 13388 Trapper Creek, 99683	<b>(907) 861-7650</b>
<b>Wasilla Public Library</b> 391 N. Main St. Wasilla, AK 99654	<b>(907) 376-5913</b>
<b>Willow Public Library</b> 23557 W. Willow Community Center Cr. Willow, AK 99688	<b>(907) 495-7323</b>

**MUSEUMS**

<b>Dorothy Page Museum</b>	<b>(907) 373-9071</b>
<b>Knik Historical Society</b>	<b>(907) 376-2005</b>
<b>Knik Museum</b>	<b>(907) 376-7755</b>

**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

**Alaska Club** (907) 376-3300

**Palmer Swimming Pool** (907) 861-7671

**Wasilla Swimming Pool** (907) 376-4222

#### THEATERS

**The Valley Cinema** (907) 357-3000  
[www.catheatres.com](http://www.catheatres.com)

**Valley Performing Arts** (907) 373-0195  
[www.valleyperformingarts.org](http://www.valleyperformingarts.org)

*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** (907) 733-7929  
[www.denaliartscouncil.org](http://www.denaliartscouncil.org)

#### TRAILS, PARKS, HIKING

**Alaskans for Palmer Hay Flats** (907) 357-8711  
2901 E. Bogard Road  
Wasilla, AK 99654  
[www.palmerhayflats.org](http://www.palmerhayflats.org)

**Alaska State Trails** <http://dnr.alaska.gov/parks/aktrails>

**Big Lake Trails** (907) 892-7406  
PO Box 520705  
Big Lake, AK 99652  
[www.biglaketrails.org](http://www.biglaketrails.org)

**Denali Nordic Ski Club** [www.denalinordicskiclub.org](http://www.denalinordicskiclub.org)

**Mat-Su Borough Trails** [www.matsugov.us/trails](http://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.alaskavisit.com/visitors/the-great-outdoors/trail-maps/](http://www.alaskavisit.com/visitors/the-great-outdoors/trail-maps/)

**Mat-Su Fishing**

7744 E Visitors View Court  
Palmer, AK 99645

[www.alaskavisit.com/visitors/the-great-outdoors/fishing/](http://www.alaskavisit.com/visitors/the-great-outdoors/fishing/)

**Mat-Su Ski Club**

1150 S. Colony Way Suite 3  
Palmer, AK 99645

(907) 745-7547  
[glynn@mtaonline.net](mailto:glynn@mtaonline.net)  
[www.matsuski.org](http://www.matsuski.org)

**Mat-Su Ski and Snowboard Club**

9450 N. Palmer Fishhook Road  
Palmer, AK 99645

(907) 354-7545  
[www.matsusnow.org](http://www.matsusnow.org)

**Ski, Snowboard, and Snowshoe Trails**

7744 E Visitors View Court  
Palmer, AK 99645

[www.alaskavisit.com/visitors/winter-vacations/ski-snowboard-and-snowshoe-trails/](http://www.alaskavisit.com/visitors/winter-vacations/ski-snowboard-and-snowshoe-trails/)

**Valley Mountain Bikers and Hikers**

P.O. Box 22  
Sutton, AK 99674

(907) 746-6010  
[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)

**CHRISTIANSSEN LAKE PARK**

*Christianssen Lake Park is a small day-use park located on the west side of Christianssen Lake, east of the community of Talkeetna. 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.*

**HATCHER PASS**

*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**

*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 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**

*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](http://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

**(907) 745-6401**

[www.matsuminers.org](http://www.matsuminers.org)

#### **MTA Events Center**

Palmer, AK 99645

**(907) 746-4231**

### **YOUTH ORGANIZATIONS**

#### **Big Brothers Big Sisters**

191 E. Swanson #204  
Wasilla, AK 99654

**(907) 376-4617**



**Boys & Girls Club**  
3700 E. Bogard Rd  
Wasilla, AK 99654

(907) 357-2582  
[www.bgcalaska.org](http://www.bgcalaska.org)

**Boy Scouts**  
3117 Patterson Street  
Anchorage, AK 99504

(907) 337-9547  
[www.scoutingalaska.org](http://www.scoutingalaska.org)

**Girl Scouts**  
Wasilla, AK 99654

(907) 376-3822

**Pillow for Kids**  
5510 E. Hemlock Drive  
Wasilla, AK 99654

(907) 376-5326  
<http://pillowforkidsfoundation.org>

**The YAK**  
105 S Valley Way  
Palmer, AK 99645

(907) 841-8138

*The YAK is a safe place that youth can come after school to play games, do homework, and hang-out with friends. Open Mon, Wed, & Fri 2pm- 6pm.*

#### BASEBALL/SOFTBALL

**Palmer Little League**  
PO Box 3878  
Palmer, AK 99645

[www.eteamz.com/palmerlittleleague](http://www.eteamz.com/palmerlittleleague)

**Wasilla Youth Baseball/Softball**  
PO Box 870714  
Wasilla, AK 99687

[info@wasillayouthbaseball.com](mailto:info@wasillayouthbaseball.com)

#### BASKETBALL

**Valley Youth Basketball Association**  
1507 N Double B Street  
Palmer, AK 99645

[information@vybb.com](mailto:information@vybb.com)  
<http://vybb.com>

#### FOOTBALL

**Pop Warner Football**  
**(Mat-Su Steelers and Mat-Su Seahawks)**

(907) 694-7850  
[www.alaskapopwarner.net](http://www.alaskapopwarner.net)

#### GYMNASTICS & CHEER

**Denali Gymnastics**  
300 E Kali Cir.  
Wasilla, AK 99654

(907) 373-3547  
<http://denaligymnastics.com>

**Excel Gymnastics**  
6109 East Mt. Heather Way  
Palmer, AK 99645

**(907) 746-3935**  
<http://excelgymnastics.us>

**Mat-Su Steelers Cheerleading**

<http://hometeamsonline.com/teams/>

### HOCKEY

**MAHA (Mat-Su Amateur Hockey Association)**

[www.matsuhockey.com](http://www.matsuhockey.com)

**PAHA (Pioneer Amateur Hockey Association)**

[www.palmerhockey.org](http://www.palmerhockey.org)

**Jr. Avalanche Hockey**

[www.jravalanchehockey.com](http://www.jravalanchehockey.com)

### SOCCER

**Lil' Kickers**  
<http://www.attsportscenter.com/lil-kickers.html>

**(907) 746-7529**

**Matanuska Soccer Club**

[www.matanuskasoccerclub.org](http://www.matanuskasoccerclub.org)

**Palmer Soccer Club**

[palmersoccerclub@hotmail.com](mailto:palmersoccerclub@hotmail.com)  
[www.eteamz.com/PalmerSoccerClub/](http://www.eteamz.com/PalmerSoccerClub/)

**Wasilla Youth Soccer**  
1830 E Parks Hwy, Ste A113  
Wasilla, AK 99654

**(907) 232-6425**  
[soccer@wasillayouthsoccer.org](mailto:soccer@wasillayouthsoccer.org)  
[www.wasillayouthsoccer.org](http://www.wasillayouthsoccer.org)

### VOLLEYBALL

**AVA (Alaska Volleyball Association)**

**(907) 622-1915**  
[www.alaskavolleyball.org](http://www.alaskavolleyball.org)

**Northern Lights Volleyball Club**

**(907) 745-2447**  
[diane@northernlightsvolleyball.net](mailto:diane@northernlightsvolleyball.net)  
[www.northernlightsvolleyball.net](http://www.northernlightsvolleyball.net)

### TENNIS

**Mat-Su Tennis Association**

<http://matsutennis.org/index.html>

## [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.
9. Play kickball.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to a museum.
12. Go to a playground.
13. Play hide-and-seek.
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.
21. Play card games.
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.
39. Visit family.
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.

## SENIOR CITIZENS

(For Senior Housing please see Population Specific Housing pg. 30)

### **Alaska Housing Finance Corporation (AHFC)**

**(907) 330-8436**

**[www.ahfc.us](http://www.ahfc.us)**

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

### **Access Alaska**

1075 Check Street Suite 109

Wasilla, AK 99654

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

**(907) 357-2588**

**[www.accessalaska.org](http://www.accessalaska.org)**

### **Alzheimer's Resource of Alaska**

Mile 2.2 Palmer Wasilla Highway

Palmer, AK 99645

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

**(907) 746-3413**

**[www.alzalaska.org](http://www.alzalaska.org)**

### **Comfort Keepers**

1260 E. Westpoint Dr.

Wasilla, AK 99654

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

**(907) 745-3000**

### **Consumer Direct Care Network**

Personal Care Services and Behavioral Health Services

131 E. Swanson Ave. Ste. 1

Wasilla, AK 99654

907-357-7962

*Provides personal care services, chore and respite, rehabilitative & behavioral health services.*

**(907) 357-7962**

**[www.consumerdirectcare.com](http://www.consumerdirectcare.com)**

### **Hearts & Hands**

Wasilla & Palmer Area

*Adult Daycare*

**(888) 644-0480 ext. 2**

**[www.heartsak.com](http://www.heartsak.com)**

### **Home Instead Senior Care**

440 W. Benson

Anchorage, AK 99508

*ADL assistance, home management, daily and overtime. Respite daytime.*

**(907) 277-4663**

### **Immediate Care Alaska**

4851 East Blue Lupine Road Suite B

Wasilla, AK 99654

*Provides homecare services along with caregiver support and services.*

**(907) 357-4387**

**[www.immediatecareak.com](http://www.immediatecareak.com)**

<b>LV's Home Care</b> 826 McMillan Ct Wasilla, AK 99654	<b>(907) 373-0503</b>
<b>Mat-Su Aging and Disability Resource Center (ADRC)</b> 3161 E. Palmer Wasilla Highway, #2 Wasilla, AK 99654 (Same building as LINKS) <i>Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults. Open Monday-Friday 9:00 am – 5:00 pm.</i>	<b>(907) 373-3632</b>
<b>Mat-Su Regional Home Care</b> 950 E. Bogard Rd # 132 Wasilla, AK 99654 <i>Medicare-certified home health care and hospice.</i>	<b>(907) 352-4800</b>
<b>Mat-Su Senior Services (aka Palmer Senior Center)</b> <b>Care Coordination</b> 1132 S. Chugach Street Palmer, AK 99645 <i>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.</i>	<b>(907) 745-5454</b> <b>(907) 745-5451</b> <b><a href="http://www.matsuseniors.com">www.matsuseniors.com</a></b>
<b>Mat-Su Valley Grandparents Support</b> Rozann Kimpton rozann@mtaonline.net <i>Provides support for grandparents and parents raising children.</i>	<b>(907) 376-7322</b> <b>(907) 775-3020</b>
<b>Meadow Lakes Seniors, Inc.</b> 1210 N. Kim Drive, Suite A Wasilla, AK 99654	<b>(907) 357-3999</b>
<b>Older Person's Action Group</b>	<b>(877) 274-0770</b>
<b>ProCare Home Medical</b> 713 Northway Drive Wasilla, AK 99654 <i>Care coordination.</i>	<b>(907) 274 - 0770</b>
<b>Rescare Alaska</b> 892 E. USA Circle Suite 102 Wasilla, AK 99654 <i>ADL assistance and home management. Day time respite care.</i>	<b>(907) 357-5627</b>
<b>Red Mountain Care Coordination</b> 9520 North Wolverine Road Palmer, AK 99645	<b>(907) 745-8117</b>

- Respect Your Elders** (907) 745-3687  
 2301 Colleen St  
 Palmer, AK 99645  
*Adult day care and respite.*
- Midnight Sun Home Care** (907) 677-7890  
 241 East 5<sup>th</sup> Avenue #204  
 Anchorage, AK 99501  
*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** (907) 376-1922  
 201 E. Swanson Ave # 13  
 Wasilla, AK 99654  
*Care coordination.*
- Sunshine Transit** (907) 733-9279  
[www.sunshinetransit.org](http://www.sunshinetransit.org)
- Upper Susitna Seniors, Inc.** (907) 733-6200  
 16463 East Helana  
 Talkeetna, AK 99676  
*Provides activities, exercise, crafting, congregate meals, and referrals.*
- Wasilla Senior Center** (907) 376-3104  
 1301 Century Circle  
 Wasilla, AK 99654  
<http://www.wasillaseniors.com/>  
*Provide congregate and home delivered meals along with recreational activities.*
- Willow Area Seniors, Inc.** (907) 495-5222  
 HC 89 Box 57  
 Willow, AK 99688
- Willow Personal Care Assistants** (907) 495-6778  
 PO Box 624  
 Willow, AK 99688

**TRANSPORTATION**

- A Cab** (907) 775-7475  
*Accepts MASCOT vouchers.*
- Alaska Cab Valley** (907) 357-2727

**Chickaloon Area Transit**

**(907) 745-1753**

**M.A.S.C.O.T**

**(907) 376-5000**

**<http://www.matsutransit.com/>**

*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**

**(907) 354-3885**

*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**

**(907) 892-8800**

**<http://www.valleymover.com/>**

*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.*

**AVAILABLE MEETING SPACES**

**Annex: The Valley**

247 S Alaska Street  
Palmer, AK 99645

**(907) 745-3900**

**<http://valleyannex.com/>**

**Best Western Lake Lucille**

1300 West Lake Lucille Drive  
Wasilla, AK 99654

**(907) 373-1776**

**<http://bestwesternlakelucilleinn.com/>**

**Curtis D. Menard Memorial Sports Center**

1001 S. Mack Drive  
Wasilla, AK 99654

**(907) 357-9100**

**[www.cityofwasilla.com](http://www.cityofwasilla.com)**

**Grand View Hotel**

2900 E Parks Hwy  
Wasilla AK 99654

**(907) 352-1700**

**<https://alaskagrandview.com/>**

**Government Peak Chalet**

10690 N Mountain Trails Dr  
Palmer AK 99645

**(907) 746-8757**

**<http://www.matsugov.us/1/1-2/facilities/government-peak-chalet>**



**Elks Lodge: Palmer #1842** (907) 745-3950  
2600 N Barry's Resort Dr <http://palmerelks.org/index.html>  
Wasilla AK 99645

**Evangelo'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](http://www.matsugov.us/des/fire/cmsfd/facility-use)

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

**MTA** (907) 761-2511  
480 Commercial Drive  
Palmer, AK 99645  
*Lower level of the Palmer Headquarters available after 5pm.*

**Northern Susitna Institute** (907) 733-7111  
22510 Talkeetna Spur Road <http://northernsusitnainstitute.org>  
Talkeetna, AK 99676  
*Check website for rates (It is possible for local nonprofits to use the NSI building for meeting free of charge).*

**Palmer Moose Lodge** (907) 745-4982  
1136 S Cobb St  
Palmer AK 99645

**Palmer Public Library** (907) 745-4690  
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** (907) 745-4467  
11301 Chickaloon Way  
Sutton, AK 99674

**Wasilla Public Library** (907) 376-5913  
500 N. Crusey St.  
Wasilla, AK 99654  
<http://www.cityofwasilla.com/departments-divisions/library>

**Willow Community Center** (907) 495-6633  
238625 W. Willow Community Center Circle  
(Mile Post 69.7 on the Parks Hwy)

## EMERGENCY MEDICAL NEEDS

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**  
<http://www.mea.coop/index.php/our-community/round-up>
- **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>
- **Contact Children’s Miracle Network** **801-214-7400**  
<https://giveamiracle.childrensmiraclenetworkhospitals.org/>
- **If you are a member of a church or religious community talk to the 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.**