

The Family Pages for Community Connections is a guide to the many resources available in Juneau to support families with young children. It was put together by Partnerships for Families and Children, a group of people from various agencies in Juneau working together to help families make smooth transitions between social service and educational programs, and is made up of nearly 100 entries. We hope it is helpful to all.

Partnerships for Families and Children is an inclusive group of people and programs working collaboratively to promote a seamless web of support services, and to increase broad based community support for young children and their families. Our vision is that all families with young children will have access to community resources that support the health, growth and development of children.

NAEYC-SEA
REACH, Inc.
Juneau School District
Catholic Community Services/Healthy Families Juneau
PARENTS, Inc.
Juneau Public Health
Tlingit and Haida Headstart
SERRC, Evenstart
Division of Family & Youth Services
AWARE
Southeast Child Abuse Prevention Network
Juneau Family Birth Center

In addition, this guide was funded by NAEYC-SEA, with the Child Care Resource and Referral grant from the Department of Education & Early Development.

For additional copies of this book contact:

NAEYC-SEA

3100 Channel Drive, Suite 215
Juneau, AK 99801
789-1235

We apologize for any errors or omissions in this guide. Please contact NAEYC-SEA at 789-1235 with any corrections or additions. A copy of this booklet may be downloaded from **www.SoutheastFamilies.org**

Table of Contents

Family Support	3
Medical and Pregnancy Support	7
Early Learning Educational Programs and Services	9
Adult Learning.....	14
Respite and Home Help	15
Vocational Services and Employment	16
Transportation	18
Recreational Services	19
Legal Services	22
Financial Assistance	24
Mental Health Services	26
Crisis Hot Lines.....	28
Community Food Resources	29
Shelter	31
Advocacy.....	33
Alcohol and Substance Abuse	34
Other Juneau Agencies.....	36
Index.....	37

Family Support

Big Brothers and Big Sisters 586-3350

110 Seward Street, Suite 102

www.southeastbigs.org

A Big Brother or Big Sister can be a positive role model, mentor, trusted friend, or just good company for a child between the ages of 6 and 18 living in a single parent home.

Division of Family and Youth Services (DFYS) 465-1650

3025 Clinton Dr., Suite 100 Vintage Park

DFYS investigates reports of harm to children and dependent adults, and provides adoption and placement services, including licensing of foster homes and residential care facilities. The mission of DFYS is to protect children. They will work with families to find solutions, and link families to other community services.

Family Support Services

Catholic Community Service 463-6129

520 Harris Street

www.catholiccommunityservices.alaska.com

Here you can receive specialized assistance including help with parenting skills and effective child discipline, supervised visits, mediation, and family centered support for sobriety. Individual counseling for parents and weekly parenting classes are also available.

Foster Parent Training Center 790-4246

3036 Vintage Park

Ever think of becoming a foster parent? You could make a huge difference in the life of a child. Call this number to find out how to make it happen. If you are already a foster parent, this is a good place to get additional training and on-going support.

**Healthy Families Juneau
Catholic Community Service 463-6132**

520 Harris Street

www.catholiccommunityservices.alaska.com

Parents of newborns, including teenage parents, can partake of a parenting support program that includes information on healthy childhood growth and development, promoting positive parent-child interaction, and other community resources. All services are free.

Hope Community Resources SE 463-3602

9109 Mendenhall Mall Road, Suite 5-D

A wide range of support services to people with developmental disabilities including supported living, respite care, foster care, shared care, in-home assistance, home ownership, community health and wellness, and family support.

Juneau Youth Services 789-9103

Call for location

Children and teens from 3 to 19 and their families can come here for mental health services, behavior management, and education programs. JYS also provides residential services and respite care.

**National Association for the Education of Young Children-
Southeast Alaska (NAEYC-SEA) 789-1235**

Located in the Juneau Empire Building

3100 Channel Drive, Suite 215

www.naeycsea.org

If you're looking for an early learning program for your child, NAEYC-SEA can refer you to a preschool or childcare facility with current openings to suit your needs. You can get ideas to know what to look for in a quality program. NAEYC-SEA also offers an enhanced referral service for children with special needs. NAEYC-SEA offers many services to enhance the quality of care in programs, including training, resources, and a lending library of books, videos, and materials.

Family Pages for Community Connections

P.A.R.E.N.T.S., Inc. 586-6171

*Mailing: P.O. Box 32613, Juneau, AK, 99803
www.parentsinc.org*

Parents of children experiencing a disability can benefit from forming connections with other parents who share similar needs and concerns – call this number to find out how you can meet other parents, or visit the lending library of books, video and audio tapes, and disability awareness activities. Parents can also explore training, resources, and advocacy. Services are free.

**Parents Anonymous
Catholic Community Service 790-4102**

*8617 Teal Street (St. Vincent de Paul Society)
www.catholiccommunityservices.alaska.com*

Weekly group meetings, led by parents, offer a regular support network. Childcare is also available.

REACH Inc. 586-8228

*4272 Hospital Drive
www.reachak.org*

Reach offers a full spectrum of services for people experiencing developmental disabilities from birth throughout life. Services are individualized and include family support, residential support, therapy services, advocacy, employment, care coordination and the Infant Learning program. Reach also offers assistance accessing community supports training and referrals.

REACH Infant Learning Program 586-8228

*4272 Hospital Drive
www.reachak.org*

Parents who are concerned about the health or development of their child under three can call REACH for a variety of screenings and evaluations. The Infant Learning Program also offers home and center based early intervention services, therapy services (physical, occupational and speech/language therapy) and family support, training, and referrals.

SAIL (Southeast Alaska Independent Living) . 586-4920

*3225 Hospital Drive
www.sailinc.org*

SAIL provides consumer directed independent living services. Some of the resources available include assisted technology, interpreter referral, advocacy and the Outdoor Recreation and Community Access Program (ORCA).

SHANTI of Southeast 463-5665

222 Seward Street, Suite 200

SHANTI offers classes on AIDS awareness and HIV infection. It also offers case management, referrals, and financial and housing assistance for people infected with HIV. The lending library is open to everyone and all services are free.

**Teen Family Center
Catholic Community Service 463-KIDS(5437)**

*Zach Gordon Youth Center, 396 Whittier
www.catholiccommunityservices.alaska.com*

Pregnant teens and young families with newborns can drop in and talk to someone who will listen to their individual concerns.

Tlingit &Haida Tribal Family and Youth Services ... 463-7162

*Social Service Department
320 W. Willoughby Avenue, Suite 300
www.ccthita.org*

A wide range of services available to support tribal enrolled native families.

Medical and Pregnancy Support

Bartlett Regional Hospital 586-2611

*3260 Hospital Drive
www.bartletthospital.org*

The hospital offers the obvious – a full range of medical services including early pregnancy care, delivery, and newborn care – but also some things you may not be aware of, such as information about and support for breast feeding, and baby-parent time classes. To register, call the OB department at Bartlett Hospital. All classes are free.

Crisis Pregnancy Center 789-9599

9328 Glacier Highway

If you are pregnant, or need to know if you are, this is one place you can go. The center offers free pregnancy testing, pregnancy support, and referral to community services. Stop by on Wednesdays for free maternity and baby clothes.

Juneau Public Health Center 463-3353

3412 Glacier Highway

Well child checkups, immunizations, pregnancy testing, referrals, options counseling, family planning, tuberculosis screening and treatment and home visits.

Juneau Teen Health Center 463-1940

Located in the Marie Drake Building

Teens are the focus here. The people at the other end of this line are working to promote the health and well being of teenagers in the Juneau community. Give them a call. Everything is confidential. Referrals and follow-up for health problems are also available.

Juneau Family Birth Center 586-1203

*3225 Hospital Drive, Suite 106
www.juneau.com/birthcenter*

A friendly, relaxing place for moms-to-be, the Birth Center offers a full range of midwifery services including prenatal care, childbirth, and newborn and parent support classes. Services are insurance reimbursable and Medicaid is accepted.

REACH Therapy Services 586-8228

*4272 Hospital Drive
www.reachak.org*

Services include physical therapy, occupational therapy and speech language therapy for children with special needs. Insurance and Medicaid are billed directly.

**Southeast Alaska
Regional Health Consortium (SEARHC) Medical 463-4040
Dental 463-4041**

*3245 Hospital Drive
www.searhc.org*

SEARHC offers a full range of medical, dental, pregnancy and child services available to Alaskan Natives and their families.



Early Learning Educational Programs and Services

**Catholic Community
Service Child Care Assistance 463-6124**

*520 Harris Street
www.catholiccommunityservices.alaska.com*

If you're a working parent and you need a little help to pay for childcare while you're at work or at school, you can apply for it here. Assistance is based on economic need.

Even Start Family Learning Center
Gruening Park G-49 **780-6706**
Cedar Park D-7 **586-2937**

www.serrc.org

Families who have young children can partake in a free family literacy program. Parenting classes, family activities and early childhood activities are also offered.

Juneau Public Libraries 586-5249

www.juneau.lib.ak.us/library

Relax and listen to wonderful stories with your child at the library. Call for story times.

Juneau School District 463-1700

Mailing: 10014 Crazy Horse Drive

Juneau, AK 99801

www.jsd.k12.ak.us

Juneau School district has six elementary schools, two middle schools and one high school, a charter school for K-6th grade, a Montessori program and an alternative high school. Call for general information.

Physical Addresses:

Auke Bay Elementary School..... 463-1775

11869 Glacier Highway

Grades Kindergarten through 5th Grade.

Gastineau Elementary School 463-1999

1507 Third Street, Douglas

Grades Kindergarten through 5th Grade.

Glacier Valley Elementary School..... 463-1801

3400 Tongass Boulevard

Grades Kindergarten through 5th Grade, also includes literacy links and preschool.

Harborview Elementary School 463-1875

1255 Glacier Highway

Grades Kindergarten through 5th Grade, also includes the Montessori elementary program and preschool.

Juneau Community Charter School..... 586-2526

430 Fourth Street

Grades Kindergarten through 6th Grade. 60 students in three multi-grade classrooms. Applications are accepted through the month of April for the following school year.

Mendenhall River Elementary School 463-1799

Located at 1-mile Back Loop Road

Grades Kindergarten through 5th Grade, also includes a pre-school.

Family Pages for Community Connections

Riverbend Elementary School 463-1819
2901 Riverside Drive
Grades Kindergarten through 5th Grade.

**Juneau School District
Student Services 463-1710**

Physical: 1208 Glacier Avenue

There are a variety of special education programs offered for children 3 through 21 who are eligible for additional education support services. Make a call and find out more.

**National Association for the Education of Young
Children-Southeast Alaska (NAEYC-SEA) 789-1235**

*Located in the Juneau Empire Building
3100 Channel Drive, Suite 215
www.naeycsea.org*

NAEYC-SEA provides a wide range of early childhood services. They sponsor conferences, offer training and advocacy, and promote public education about children’s issues. NAEYC-SEA also administers the Childcare Resource and Referral Service, a lending library, the Child Care Food program for Southeast Alaska, and offers enhanced referral services for children with special needs.

RALLY (School-Based)

Auke Bay RALLY 463-1759
Gastineau RALLY 463-1975
Glacier Valley RALLY 463-1808
Harborview RALLY 463-1863
Mendenhall River RALLY 463-1776
Riverbend RALLY 463-1810

Do you need to be at work an hour before your child leaves for school? Check out RALLY, a school-based program that can help you fill in the gaps before and after school. Care is offered for children in grades K through 5, and is offered on in-service days, during winter and spring break, and during the summer. RALLY accepts assistance programs.

REACH Infant Learning Program 586-8228

*4272 Hospital Drive
www.reachak.org*

If you're a parent who is concerned about the health or development of your child under three, call Reach. They offer a variety of screenings and evaluations. The Infant Learning Program also offers home and center based early intervention services, therapy services (physical, occupational and speech/language therapy) and family support, training, and referrals.

Tlingit & Haida Head Start 586-1432

*320 W. Willoughby Avenue, Suite 300
www.ccthita.org*

Head Start is a comprehensive child development program that includes parents, families and communities and emphasizes education, health, nutrition, overcoming disabilities, social services, parent involvement and staff development. Priority is given to low-income, pre-kindergarten aged children.

Tlingit and Haida Head Start Center Base

Locations: 201 Cordova Street, Douglas 586-2199
Juneau Pioneer Home, 4675 Glacier Hwy 780-2581
4207 Mendenhall Loop Road 790-2431

Centerbase programs offer comprehensive services for families of children ages 3-5. Services include, transportation, nutrition, health, education, and family services. These services are offered 4 days a week, 4 hours a day in a center setting. Parents are encouraged to be involved at all levels.

Tlingit and Haida Head Start Family Child Care 463-2524

201 Cordova Street, Douglas

Ask how your child may be able to take part in learning activities and full Head Start services in selected family child care programs. This program targets 3-5 year olds and offers full-day and full-year child care services within a group childcare setting.



Adult Learning

Alaska Commission on Post Secondary Education 465-2962

3330 Vintage Blvd.

www.state.ak.us/acpe

Have you ever considered going back to school? Contact this number for further information.

The South East Regional Resource Center-Adult Education (SERRC) 586-5718

210 Ferry Way, Suite 200

www.serrc.org

Here's a good place to explore a wide range of adult education opportunities from literacy to computer training. The programs offered here include GED preparation and testing, adult basic education, English as a second language, citizenship classes, Alaska Vocational Institute classes, a computer repair training program, multimedia classes, and evening basic computer classes. Family literacy activities are offered at Even Start in Gruening Park and St. Vincent de Paul.

University of Alaska Southeast (UAS) 465-6457

11120 Glacier Highway

www.uas.alaska.edu

A variety of classes are offered at UAS. Pick up a copy of their latest course catalog – you may see something that interests you.

YaKoo's Gei Daakahidi Alternative High School 586-5742

811 12th Street (above Harri's Plumbing)

If you're looking for other high school options, why not give this number a call. Classes are also available to pregnant mothers and parenting mothers and fathers.

Respite and Home Help

Cornerstone Home Health 586-6838

3225 Hospital Drive, Suite 101B

Call Cornerstone Home Health to find out about getting a home health aide, or companion care. Other services include nursing, care coordination, personal care attendants, respite care, and chore services.

HOPE Community Resources, Inc. 463-3602

9109 Mendenhall Mall Road, Suite 5-D

A wide range of support services to people with developmental disabilities including supported living, respite care, foster care, shared care, in-home assistance, home ownership, community health and wellness, and family support.

REACH Respite Program 586-8228

3272 Hospital Drive

www.reachak.org

The REACH respite program offers temporary or intermittent relief care to families with children with disabilities.

Hospice & Home Care of Juneau 463-3113

3200 Hospital Drive, Suite 100

You don't have to care for a relative with a terminal illness all on your own. Get some assistance through Hospice. Services include: nursing, therapy, social services, personal care, respite, and spiritual guidance. Anyone who has a terminal illness with a life expectancy of six months or less is eligible. Grants are available, and they also offer equipment loans free of charge for a limited time and based on availability including wheelchairs, walkers, shower chairs, and commodes.

Vocational Services and Employment

Alaska Division of Vocational Rehabilitation . . 465-8943

10002 Glacier Highway (Job Center Building)

www.labor.state.ak.us/dvr

Come on in and talk to a vocational counselor who will help you develop a personal employment plan. Services also include coordinating with other programs like JTPA and JOBS. Funding toward training may be available. There are orientation and application meetings offered every Thursday at 1:00 p.m.

Alaska Employment Services 465-4562

10002 Glacier Highway

You can walk in and check out the job listings on the bulletin board to see if there are any opportunities that are a good match for your skills. If you see one you like, make an appointment with a counselor to get your name on the list for prospective employers.

REACH Juneau Works 789-7522

213 Third Street

www.reachak.org

Juneau Works is the vocational program of REACH, Inc. Its goal is to foster diversity in the Juneau community by empowering people with disabilities to succeed in employment of their choice. Juneau Works offers individualized, holistic, comprehensive services to our customers.

Southeast Alaska Guidance Association SAGA. 789-6172

(Youth Conservation Corps)

9220 Lee Smith Drive

www.servealaska.org

Young people who are educationally or financially underprivileged can apply to be in a training program where they will be

Family Pages for Community Connections

paid for their work. You need to be at least 13 or 14 years old to qualify. Also included is the Eagle Valley Retreat Center which offers a challenge course, sea kayaking and summer programs. Costs vary.

Tlingit & Haida Employment and Training 463-7140

Located at the T&H Vocational Training and Resource Center

3239 Hospital Drive

www.ccthita.org

Tribal members can come here to prepare for a new job or explore career paths. Employment services include referrals to jobs, resume development, assistance with buying tools, work clothes, bus passes, etc. You can receive vocational training for up to 2 years! Try classroom training if you want to upgrade from entry level employment. And, if you have a disability, you can also receive vocational training here. Child care assistance is available to those looking for work or receiving training. Also included in this program is TANF (Families Receiving Cash Assistance 463-7145).



Transportation

Capital Transit 789-6901

Why drive when you can let someone else drive for you? Take the bus to work. Please call for the schedule or pick one up at the library.

Caravan 586-4482

3200 Hospital Drive, Suite 102

A more specialized transit service for seniors and people with a disability.



Recreational Services

Augustus Brown Swimming Pool 586-5325

1619 Glacier Avenue (near the high school)

A swim in the pool can go a long way toward relaxing a stressed-out mind. Give it a try! It's also great exercise for your whole body. After your swim, relax in the sauna. The pool also offers swimming lessons for all ages, aquatic safety and education, and competitive swimming. Please call for schedule and fees.

Boys and Girls Club 790-4534

8825 Mallard Street (behind Nugget Mall)

Youth from 8-18 can drop by for fooseball, ping pong, arts and crafts and fun with friends.

Boy Scouts of America 789-8440

9220 Lee Smith Dr.

Channel Bowl 586-1165

608 W. Willoughby Avenue

When's the last time you went bowling? It's still lots of fun. Pack up the kids and head down to the Channel Bowl, or join a bowling league with a friend.. League bowling is offered from September through April. Open bowling is also offered year round. Call for schedule and fees.

Tongass Alaska Girl Scout Council 586-1710

1000 Harbor Way

Juneau International Folk Dancing 586-6237

*Located in the Scottish Rite Temple
(Corner of 4th and Seward Street)*

Dancing is good for your body and for your soul. Its also a good way to make new friends. Stop by the Scottish Rite Temple on Friday night from 7:30 until 10:00 pm. And don't worry if you don't know how to dance – the first hour is a teaching hour. Kids are welcome; there are line and circle dances from all countries for all ages. Please call for summer schedule.

Juneau Parks and Recreation 586-5226

*155 S. Seward Street
www.juneau.lib.ak.us/parksrec*

Youth opportunities galore, with programs to build self-esteem, social interaction, confidence and responsibility, and just plain fun. The current schedule of activities and programs is printed three times a year in the Community Schedule or can be picked up at the Parks and Recreation office.

Mt. Jumbo Gym 364-2568

909 Fourth Street; Douglas

Rent out the gym for a friendly game of basketball or for your child's birthday party. The gym is closed during the summer, but open during the school year. Call for schedule.

Our Back Yard 796-2007

9342 Glacier Highway #74

Your kids, or your friend's kids, will love this new opportunity to run around. There are balls to jump in for the kids and magazines to read for the adults. Our Back Yard also offers arts and crafts classes and is available for birthday parties.

ORCA

(Outdoor Recreation and Community Access) 586-0104

3225 Hospital Drive, Suite 300

Get outside and move your body! ORCA is the recreation component of SAIL, Inc. They are dedicated to offering skill building sports and inclusive recreation opportunities to people who experience disabilities. ORCA offers year-round recreation opportunities including adaptive ski lessons, kayaking, hiking, rafting, picnics, community outings, non-competitive games, gardening and much more. Special equipment is available so all abilities can participate.

The Pipeline Skatepark 586-2635

2400 Mendenhall Loop Road

Skateboarders can fly free and easy at the skatepark. Open to all, seven days a week from 9:00 a.m. to 10:00 p.m. Unsupervised, but Parks and Recreation sponsors numerous supervised events during the summer. Helmets and pads are strongly recommended and are required during Parks and Recreation sponsored events. For more information call Zach Gordon Youth Center at the above number.

Summer Guide

(Available through Juneau School District. Call 463-1700 for a copy of the guide)

Zach Gordon Youth Center 586-2635

396 Whittier Street

Bring your kids to the climbing wall for something a little different. Weekly educational, recreational and social classes during the school year. Also included in our program is a basketball court, volleyball and racquetball court, exercise equipment and more. Special events are offered and rental equipment is available. The Teen Family Center is also located at the Youth Center.

Legal Services

Alaska Civil Liberties Union (907) 276-2258

P.O. Box 201844, Anchorage, AK 99520-1844

This agency, an affiliate of the American Civil Liberties Union, is a nonprofit, nonpartisan organization that works to protect the individual rights of all Alaskans. If you have reason to believe your constitutional rights have been violated, this is the number to call. They provide public education on civil liberties issues and legal and advocacy services. In recent years, they have served as a resource for parents, students, teachers and school administrators looking for legal advice on issues such as the Pledge of Allegiance, prayer at graduation ceremonies, students' free speech and due process rights, and removal of books from school libraries and curricula.

Alaska Legal Services 586-6425

419 Sixth Street, Suite 322

Legal services for low income families including divorce, custody, and health issues.

Child Support Enforcement Division 465-5887

410 Willoughby Avenue, Suite 107

www.csed.state.ak.us

This office assists in locating absent parents, can establish a child support or medical support order, collects and sends support payments, and reviews and adjusts child support orders. All services are free of charge.

Disability Law Center 586-1627
1-800-478-1234

230 South Franklin, Suite 209

Legal based advocacy for individuals with disability issues.

Public Advocacy Office 465-4173

211 West Fourth Street

Provides legal representation appointed by the Court. A guardian ad litem or volunteer Court Appointed Special Advocate (CASA) may be appointed by the judge to represent the best interests of children in child protection cases. A Court Visitor may be appointed to make a recommendation to the court concerning involuntary hospitalization cases. A Family Guardian or Conservator Coordinator may advise and assist with guardian or conservator questions. Also a Guardian or Conservator may be appointed for adults with disabilities.

Public Defender's Office 465-4911

211 W. Fourth Street

Court-appointed legal representation that works to protect the rights of the accused, to protect the rights of parents in termination hearings, or to protect the rights of mentally ill patients who are being held for involuntarily hospitalization.



Financial Assistance

Alaska Student Loan Office 465-2962
3030 Vintage Blvd **1-800-441-2962**

If you need help to pay for your undergraduate or graduate studies, come on in and apply for a student loan. All Alaska residents are eligible, and both part time and full time students can apply.

Denali Kid Care 1-800-318-8890
(medical assistance hot line & questions about insurance & billing) **1-800-211-7470**
P.O. Box 240047, Anchorage, AK 99524-0047
www.hss.state.ak.us/dma/DenalikidCare

A wonderful thing for many families, this program provides basic insurance for children and pregnant women, covering a wide range of medical and dental services. You need to be income eligible. Call to find out more.

Division of Public Assistance 465-3551
10002 Glacier Highway (Job Center Building)
www.hss.state.ak.us/dpa

The number to call to find out about receiving Food Stamps, Medicaid, ATAP (Alaska Temporary Assistance Program), General Relief and chronic and acute medical assistance.

Heating Assistance Program 465-3066
400 Willoughby, Suite 301

Don't sit home shivering this winter because you can't afford to pay your heating bill. Pick up the phone and call this number. This agency can help with home heating expenses for homeowners and renters. Eligibility is based on household income and documentation that your household pays for home heat directly (or indirectly through rent). The program runs from November 1 through April 30.

Tlingit and Haida Child Care Services 463-7179

*320 Willoughby Avenue
www.ccthita.org*

Get help paying for child care. This program offers child care subsidies for Native families with low to moderate incomes. You can also come here to receive training to enhance the quality of child care and health and safety equipment is available to child care providers. Costs for services vary.

Tlingit & Haida Regional Housing Authority 780-6868

*5446 Jenkins Drive
www.ccthita.org*

Subsidized housing opportunities to low and moderate income families who have at least one Alaska Native or Native American in their household. Special consideration is given to applicants who are homeless, living in overcrowded conditions, disabled or honorable discharged veterans. Subsidized programs in Juneau include rentals, homes to purchase, mobile home purchase assistance, down payment assistance and emergency housing assistance loans

Tlingit and Haida Tribal Family and Youth Services . 463-7162

*320 W. Willoughby Avenue, Suite 300
www.ccthita.org*

This program offers financial assistance for Alaskan Natives 18 years or older without a high school diploma or not able to work due to illness. Also offered is budgeting, an emergency medical fund, and counseling.

**Tlingit and Haida
Low Income Energy Assistance Program 463-7167**

*320 W. Willoughby Avenue, Suite 300
www.ccthita.org*

Another place to call if you're having trouble paying your heating bill this winter. This program provides assistance to Natives of low income households.

Mental Health Services

Bartlett Mental Health Outpatient Services 586-8498

3240 Hospital Drive

www.bartlettshospital.org

Make an appointment to talk to one of the psychiatrists, including one child/adolescent psychiatrist and one psychologist. Bartlett also offers therapy or medication management for individuals and families.

Hospice & Home Care of Juneau (Grief support) . . . 463-3113

200 Hospital Drive, Suite 100

(see description of services under Respite and Home Help)

Juneau Alliance for Mental Health, Inc. (JAMHI) 463-3303

3406 Glacier Highway

www.jamhi.org

24 hour emergency services for any individual in need. JAMHI is geared for persons with mental health problems, and offers a psychiatrist, nurse, individual therapy, rehab services and some housing.

Juneau Recovery Hospital 586-9508

3250 Hospital Drive

Addiction is treatable. The people at this number are there to help you take an active role in your recovery. Established in 1980, this is a licensed hospital offering comprehensive inpatient, partial hospitalization, intensive outpatient and outpatient treatment services for individuals with substance abuse and dependence disorders.

Juneau Youth Services 789-9103

(see description of services under Family Support)

Tongass Community Counseling..... 586-3585

222 Seward Street, Suite 202

Walk on in or call to find out about these programs: Batters Intervention, Youth Alternatives to Violence, Women's Alternatives to Violence, Sex Offender Treatment, Drug & Alcohol Treatment, Anger Control Training.

(also see Yellow Pages for list of private counselors)



Crisis Hot Lines

AIDS Help **586-6089**
1-800-478-2437

People living with HIV and their families can find help here. This program helps reduce the transmission of HIV and also provides services such as information, referral and advocacy. They also have a care team which can assist you with financial assistance for HIV medicine. They are the lead agency with the Ryan White Care Consortium and administer those funds statewide.

AWARE **586-1090**

P.O. Box 020809

www.juneau.com/aware

If you feel you or your children are in danger of domestic violence, call the AWARE shelter. They have a place for you to stay where you will be safe, and you can stay for up to 6 weeks. They can also help you get there (airfare, ferry tickets and safe rides for Juneau residents). Once you're there, advocates will help you with getting a restraining order, or finding a place to live, a job, or reliable child care. Other services include peer counseling, support and educational groups and information on your rights and options. Education is also provided on the continuum of domestic violence.

Juneau Police Department **586-0600**
Emergencies 911

Community Food Resources

Douglas Community United Methodist Church 364-2408

1106 3rd Street, Douglas

Food boxes are offered 10:30 – 1:30 p.m. once a month. One box (bag) per household.

The Glory Hole 586-4159

247 South Franklin Street

A good place to get a hot meal and socialize. Located right downtown, the soup kitchen is open from 7:00 a.m. to 9:30 p.m. serving three meals a day plus a snack. The Glory Hole serves the homeless and limited income people, and also provides a food bank.

Helping Hands 789-9705

8411 Airport Blvd.

You can take what you need from whatever is available on the shelves. Come as many times as you need, no questions asked. Open Tuesdays and Fridays from 6:30 p.m to 8:00 p.m. A donation of \$1.00 is requested to help support the cost of running the warehouse.

Juneau Christian Center 789-2176

8001 Glacier Highway

Food boxes are available. Please call ahead.

Meals on Wheels 586-6231

895 W. 12th Street

Have your lunch delivered! Meals are delivered around noon Monday-Friday to senior citizens over age 60 or anyone considered house-bound.

St. Vincent DePaul 789-5535

8617 Teal Street

The soup kitchen is open 7:30 a.m. to 9:30 p.m. Food baskets are available one time per month to anyone in need. You need to fill out a small application, but your eligibility will not be questioned.

Salvation Army 586-2136

439 West Willoughby Avenue

Services include a food bank, Weekly Church, Bible Study, Youth Outreach Activities, Women’s Ministries and visits to the nursing homes. They also provide a Thanksgiving Day community meal and Christmas basket and gifts for children. Salvation Army also has a thrift store full of clothing and household supplies. Stop by and take a look.

Seventh Day Adventist 789-7644

4343 Mendenhall Loop Road

Food boxes are available on an on call basis and are delivered right to your door. If no one answers your call, please leave a message.

Shepherd of the Valley Lutheran Church 789-4093

4212 Mendenhall Loop Road

Another place to request a food box. Please call ahead.

Southeast AK Food Bank 789-6184

2435 Industrial Blvd.

Walk on in to the Food Bank to find perishable food items.

WIC (Women, Infants, and Children) Program 463-4099

3245 Hospital Drive (SEARHC Administrative Building)

Specifically geared for pregnant, post-partum, or breast feeding women and children up to age five. Supplemental food and education is available for income eligible families.

Shelter

Alaska Housing Authority 486-3750

3410 Foster Avenue

Finding affordable housing in Juneau is challenging at best. Luckily, help is available. Two programs are offered here: the first is Section 8 (housing in the private sector.) and the second is low income rentals (rentals owned by the Alaska Housing Authority). All housing is dependent on income guidelines. Call to make an appointment.

AWARE Shelter 586-6623

24 hour crisis line 586-1090 or 1-800-478-1090

www.juneau.com/aware

Women in a crisis due to violence need not feel alone or powerless to help themselves. The AWARE shelter is a safe place to go and you can stay there for up to 6 weeks. They also provide transportation to the shelter by (airfare, ferry tickets and safe rides for Juneau residents). Advocates can assist in getting a restraining order if that is necessary, and they can help explore opportunities for housing, employment, and childcare. If you know someone who needs this number, please give it to them.

Glory Hole 486-4159

247 South Franklin Street

The Glory Hole is a place to get a meal, but it is also a shelter. Hours are 9:30 p.m. to 7:30 a.m. for adults (and children under certain circumstances) They also offer free showers, laundry, medical and bus tokens. They serve the homeless and limited income people.

St. Vincent DePaul 789-5535

8617 Teal Street

St. Vincent's has a shelter and offers transitional housing for 24 homeless families. Hours are 9:30 a.m. to 7:30 p.m. There is also a thrift store at the same location which offers a wide array of things you might need for your family, including clothing and household items.



Advocacy

**Alaska State Commission
for Human Rights 1-800-478-4692**

If you believe you have experienced discrimination, you can contact the Commission. You can also call to find out information on the Alaska Human Rights Law, which this Commission works to enforce.

Crime Line 586-4243

This line offers an alternative way for citizens to anonymously provide information to the police department. Monetary rewards are often available for information that leads to an arrest.

Disability Law Center 586-1627

230 South Franklin, Suite 209

Provides legal based advocacy to individuals with a disability for issues related to their disability.

PARENTS, Inc. 586-6171

Mailing: P.O. Box 32613, Juneau, AK 99803

www.parentsinc.org

If you are the parent of a child with a disability, call this number to find out more about meeting other parents in similar situations, about the lending library, and about advocacy.

Alcohol and Substance Abuse

Alcoholics Anonymous Hotline (AA) 586-1161

Every day there is an AA meeting going on somewhere in Juneau. Pick up the phone and find out where and when. Share your troubles with others who understand just what you're going through.

Juneau Recovery Hospital 586-5321

3250 Hospital Drive

If you are addicted to alcohol or drugs, getting in touch with the Juneau Recovery Hospital may be the first step in turning your life around. Inpatients and outpatients are treated here..

Narcotics Anonymous 790-4567

Group meetings are held daily. Please call for a time and place. NA also provides literature and information about chemical addiction.

National Council on Alcoholism and Drug Dependency (NCADD) 463-3755

211 4th Street, Suite 102

www.ncadd-j.org

An array of alcohol and other drug education, prevention, intervention and outreach services. Some of the programs include: a substance abuse resource library, school and community-based prevention, the Juneau Alcohol Safety Action Program (JASAP), which provides alcohol screening, referral and compliance monitoring for court-ordered alcohol misdemeanants, Fetal Alcohol Syndrome prevention through education, a Strengthening Families 14 week Program, Employee Assistance Programs, and National Registry of Addiction Recovery.

Tongass Community Counseling..... 586-3585

222 Seward Street, Suite 202

Call or walk in to the downtown location. Services include: Batterers Intervention Program, Youth Alternatives to Violence program, Women's Alternatives to Violence, Sex Offender Treatment, Drug & Alcohol Treatment, and Anger Control Training.



Other Juneau Agencies

Alaska State Ombudsman 465-4970

If you have questions or complaints about state agencies in Juneau, give this number a jingle.

Bureau of Vital Statistics 465-3391

350 Main Street, Room 114

The place to go if you need a birth or death certificate, marriage license, divorce, adoption, or paternity papers. The office also provides corrections to vital records, statistical research, and can take steps to get a birth certificate when there is no birth certificate record.

Social Security Administration 586-7070

709 W. 9th Street, Room 231 (Federal Building)

The Social Security office in the Federal Building is staffed by friendly, efficient people who know their job and how to get you the info you need. Services include supplemental security income, Medicare, widow claims, filing of claims for survivor benefits, and social security cards. Office hours are Monday through Friday from 11:30 a.m. – 4:00 p.m.

Index

A

- AIDS Help 28
- Alaska Civil Liberties Union 22
- Alaska Commission on Post Secondary Education 14
- Alaska Division of Vocational Rehabilitation 16
- Alaska Employment Services 16
- Alaska Housing Authority 31
- Alaska Legal Services 22
- Alaska State Commission for Human Rights 33
- Alaska State Ombudsman 36
- Alaska Student Loan Office 24
- Alcoholics Anonymous Hotline (AA) 39
- Augustus Brown Swimming Pool 19
- AWARE 28, 31

B

- Bartlett Mental Health Outpatient Services 26
- Bartlett Regional Hospital 7
- Big Brothers and Big Sisters 3
- Bureau of Vital Statistics 36
- Boy Scouts of America 19
- Boys and Girls Club 19

C

- Capital Transit 18
- Caravan 18
- Catholic Community Service Child Care Assistance 9
- Channel Bowl 19
- Child Support Enforcement Division 22
- Cornerstone Home Health 15
- Crime Line 33
- Crisis Pregnancy Center 7

D

- Denali Kid Care 24
- Disability Law Center 22, 33
- Division of Family and Youth Services (DFYS) 3
- Division of Public Assistance 24
- Douglas Community United Methodist Church 29

E

- Even Start Family Learning Center 9

F

- Family Support Services Catholic Community Service 3
- Foster Parent Training Center 3

G

- The Glory Hole 29, 31

H

- Healthy Families Juneau Catholic Community Service 4
- Heating Assistance Program 24
- Helping Hands 29
- Hope Community Resources SE 4,15
- Hospice 15, 26

J

- Juneau Alliance for the Mentally Ill (JAMI) 26
- Juneau Christian Center 29
- Juneau Family Birth Center 8
- Juneau International Folk Dancing 20
- Juneau Parks and Recreation 20
- Juneau Police Department 28
- Juneau Public Health Center 7
- Juneau Public Libraries 9
- Juneau Recovery Hospital 26, 34
- Juneau School District 10
- Juneau School District Special Education Student Services 11
- Juneau Teen Health Center 7
- Juneau Youth Services 4, 26

Family Pages for Community Connections

M

- Meals on Wheels 29
- Mt Jumbo Gym 20

N

- Narcotics Anonymous 34
- National Association for the Education
of Young Children (NAEYC) 4, 11
- National Council on Alcoholism
and Drug Dependency (NCADD) 34

O

- Our Back Yard 20
- Outdoor Recreation and Community Access (ORCA) 21

P

- Parents Anonymous Catholic Community Service 5
- PARENTS, Inc. 5, 33
- Pipeline Skatepark 20
- Public Advocacy Office 23
- Public Defender's Office 23

R

- RALLY 11
- REACH, Inc 5
- REACH Juneau Works 16
- REACH Infant Learning Program 5, 12
- REACH Respite Program 15
- REACH Therapy Services 8

S

- Salvation Army 30
- Seventh Day Adventist 30
- SHANTI of Southeast 6
- Shepherd of the Valley Lutheran Church 30
- Social Security Administration 36
- Southeast Alaska Food Bank 30

Family Pages for Community Connections

Southeast Alaska Guidance Association (SAGA)	16
Southeast Alaska Independent Living (SAIL)	6
Southeast Alaska Regional Health Consortium (SEARHC)	8
Southeast Regional Resource Center (SERRC)	14
St Vincent de Paul	30, 32
Summer Guide	20

T

Teen Family Center Catholic Community Service	6
Tlingit & Haida Child Care Services	25
Tlingit & Haida Employment and Training	17
Tlingit & Haida Head Start	12
Tlingit & Haida Head Start Family Child Care	13
Tlingit & Haida Low Income Energy Assistance Program	25
Tlingit & Haida Regional Housing Authority	25
Tlingit & Haida Tribal Family and Youth Services	6, 25
Tongass Alaska Girl Scout Council	19
Tongass Community Counseling	27, 35

U

University of Alaska Southeast (UAS)	14
--------------------------------------	----

W

Women, Infants, and Children Program (WIC)	30
--	----

Y

YaKoos Gei Daakahidi Alternative High School	14
--	----

Z

Zach Gordon Youth Center	20
--------------------------	----