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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  
(800) 478-2624  
[ombud.alaska.gov/](http://ombud.alaska.gov/)

Alaska Legal Services  
(907) 746-4636  
[www.alsc-law.org/](http://www.alsc-law.org/)  
[www.alaskalawhelp.org](http://www.alaskalawhelp.org)

*ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals.*

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

Office of Public Advocacy (OPA)  
(877) 957-3500  
Civil  
(907) 707-1740  
Criminal  
(907) 745-0435  
*Provides legal advocacy and guardianship services to vulnerable Alaskans.*

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  

*Coalition works to promote and preserve ecological integrity, economic sustainability and quality of life within the Matanuska River watershed.*
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 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
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
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 2nd and 4th Wednesday of the month, 7 pm – 9 pm.

Mat Su Coalition for Suicide Prevention  (907) 775-8701
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 2nd and 4th Wednesday of the month 7 pm-9 pm.

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

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

**Thrive Mat-Su**

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

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.

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**ASSISTANCE**

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**Alaska 2-1-1**

2-1-1
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
http://www.hss.state.ak.us/dpa/

855 W Commercial Drive
Wasilla, AK 99654

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

---

**Alaska Family Services**

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

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

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

---

**American Red Cross**

(907) 357-6060
http://alaska.redcross.org

851 E. Westpoint Drive Suite B9
Wasilla, AK 99654

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

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**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

http://www.healthymatsu.org/focus-areas
**Connect Palmer**  
(907) 746-9675  
http://connectpalmer.org  
202 S. Alaska Street  
Palmer, AK 99645  
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  
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  
www.consumerdirectcare.com  
131 E. Swanson Ave. Ste. 1  
Wasilla, AK 99654  
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  
http://www.familypromisematsu.org/  
561 W. Nelson  
Wasilla, AK 99654  
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  
http://www.frontlinemission.org/  
2001 E. Palmer-Wasilla Hwy  
Wasilla, AK 99654  
Hot meals: Thursday and Friday 10:30 am – 1:30 pm; Wed. 6:00 pm – 7:00 pm

**Heating Assistance**  
http://www.hss.state.ak.us/dpa/programs/hap/  
**Hope Community Resources**  
(907) 357-3750  
www.hopealaska.org  
851 E Westpoint Dr., Ste 301  
Wasilla, AK 99654  
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
Grants that provide assistance for an individual and/or family.

MY House
300 N. Willow Street
Wasilla, AK 99654
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

Salvation Army
209 W Evergreen
Palmer, AK 99645
Provides assistance for clothing, household goods, financial assistance (rent and utilities), food services, and emergency shelter.

Valley Charities Assistance
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
Alaska Community Development Corp.
1517 Industrial Way, #8
Palmer, AK 99645
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
951 E. Bogard Rd, Suite 101
Wasilla, AK 99654
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
16166 N. Glenn Hwy.
Sutton, AK
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 12th grade –open to general population)  
&  Upper Education Scholarships Native Youth Olympics Team Sponsor, Youth Summer Jobs Program.

# CLOTHING & FURNITURE

<table>
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| 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  
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
(888) 830-4473
Unemployment Insurance
(888) 252-2557
877 Commercial Drive
Wasilla, AK 99654
[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/

Chart fast track career oriented degree and certification programs.

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

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

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

Provides help with enrollment and support for students currently between homes.

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

MECA Employment Connection  (907) 376-6322
165 E Parks Hwy Suite 205B
Wasilla, AK 99654
http://www.mecaalaska.com/

Administrative /clerical, temporary, part time, and permanent position.

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

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

Northern Susitna Institute  
PO Box 46  
Talkeetna, AK  99676  
(907) 733-7111  
www.northernsusitnainstitute.org  
A collaborative nonprofit educational organization, provides students of all ages the opportunity to learn, share ideas and develop real life skills.

UAF Cooperative Extension Services  
1509 S. Georgeson Drive  
Palmer, AK  99645  
(907) 745-3360  
http://www.uaf.edu/ces/districts/matsu/  
Offer classes in gardening, canning and nutrition. Also facilitate women’s support and are the coordinators of 4-H.

Unemployment Insurance  
(888) 252-2557  

Wayland Baptist University: Valley Center  
1590 E. Financial Drive, Suite F105  
Wasilla, AK  99654  
(907) 373-4828  
www.wbu.edu  
Offers regionally accredited Associates, Bachelors, and Masters Degrees.

**EARLY LEARNING**

Alaska Family Services: Child Care Assistance Program  
899 Commercial Drive, Wasilla  
1825 S. Chugach St., Palmer  
(907) 376-4080  
(907) 746-4080  
http://www.akafs.org  
Assists low income families with the cost of child care while they are working and/or attending an approved training/educational courses.

CCS Early Learning (Head Start)  
2060 E. Industrial Dr.  
Wasilla, AK  99654  
(907) 745-4040  
http://www.ccsalaska.org/index.html  
Provides comprehensive child development services to economically disadvantaged children and families.

Childcare Licensing  
(888) 268-4632

Dzuuggi Preschool  
501 North Gulkana St  
Palmer, AK  99654  
(907) 746-9228  
Provides child development services to Alaska Native and American Indian children.
Mat-Su Imagination Library
PO Box 875201
Wasilla, AK 99687
Free book program for children 5 and under.

Matanuska-Susitna Borough School District
501 Gulkana
Palmer, AK 99645

Mat-Su Services for Children and Adults
1225 W. Spruce Avenue
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
877 W. Commercial Dr
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 1st Street

Profiles of Excellence .................................................. (907) 745-2349
260 S. Cobb St.
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Rays Child Care</td>
<td>Mile 3.5 Palmer-Wasilla Highway</td>
<td>(907) 745-4875</td>
</tr>
<tr>
<td>Tree of Life Child Development Center</td>
<td>268 E. Fireweed Ave.</td>
<td>(907) 746-5338</td>
</tr>
<tr>
<td>Wee Care A Lot Child Care</td>
<td>955 Josh Drive</td>
<td>(907) 746-1008</td>
</tr>
<tr>
<td>Sunshine Station Child Care Center</td>
<td>Mile 4.4 Spur Road</td>
<td>(907) 733-5437</td>
</tr>
<tr>
<td>A Touch of Home Childcare &amp; Learning Ctr</td>
<td>260 E. Nelson Ave.</td>
<td>(907) 357-2237</td>
</tr>
<tr>
<td>Alaska Children’s Academy LLC</td>
<td>2731 E. Beech Way</td>
<td>(907) 414-9332</td>
</tr>
<tr>
<td>All About Kidz Child Care &amp; Learning Center</td>
<td>300 E Kalli Circle</td>
<td>(907) 357-8035</td>
</tr>
<tr>
<td>Angels Daycare &amp; Preschool</td>
<td>7078 Birchleaf Dr.</td>
<td>(907) 357-6601</td>
</tr>
<tr>
<td>Arctic Natural Early Education LLC</td>
<td>4900 W. Clayton St.</td>
<td>(907) 952-2977</td>
</tr>
<tr>
<td>Aunty Cheryl’s Child Care</td>
<td>1731 N. Lacy Loop</td>
<td>(907) 376-0902</td>
</tr>
<tr>
<td>Burchell Learning Center</td>
<td>1775 W. Parks Highway</td>
<td>(907) 864-2600</td>
</tr>
<tr>
<td>Butterflies &amp; Bullfrogs</td>
<td>6401 Calista Drive</td>
<td>(907) 376-7990</td>
</tr>
<tr>
<td>Carefree Kids, LLC</td>
<td>3950 Carefree Drive</td>
<td>(907) 373-3950</td>
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<tr>
<td>CCS Meadow Lakes Early Learning Center</td>
<td>7362 W. Parks Highway #752</td>
<td>(907) 373-7165</td>
</tr>
<tr>
<td>CCS Wasilla Early Learning Center</td>
<td>2100 E. Foundry Way</td>
<td>(907) 373-7795</td>
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<tr>
<td>Dee’s Little Angels</td>
<td>2010 S. Paddock Dr.</td>
<td>(913) 240-5858</td>
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<tr>
<td>Denali Gymnastics &amp; Fitness, INC</td>
<td>300 E Kalli Circle</td>
<td>(907) 373-3547</td>
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<tr>
<td>New Generations Child Care Center</td>
<td>611 S. Knik-Goosebay Rd, Suite B &amp; Suite F</td>
<td>(907) 373-3116</td>
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<tr>
<td>Kidz Come 1st</td>
<td>6390 S. Roosevelt Dr</td>
<td>(907) 357-9445</td>
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<td>Kidzone Early Learning Academy</td>
<td>2450 Success Dr.</td>
<td>(907) 376-5468</td>
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<td>Kira’s Kids N’ Kitters</td>
<td>1200 N. Clinton Circle</td>
<td>(907) 376-0636</td>
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<tr>
<td>Lil’ House on the Meadow</td>
<td>3801 N. Coronado Street</td>
<td>(907) 357-0095</td>
</tr>
<tr>
<td>Little Learner’s Academy</td>
<td>244 S. Sylvan Suite 109</td>
<td>(907) 841-1334</td>
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</table>
Miss Tori’s Tots .......................................................... (907) 373-9609
1440 N Pioneer Peak  
Neoptions ............................................................. (907) 357-9237
4021 W. Kertulla Ct.  
Nice Little Daycare .................................................. (907) 373-3837
2360 Ridgewood Drive  
Noah’s Ark Child Care ............................................. (907) 376-2345
2830 Brennas Way  
Phoenix Child Care ................................................. (907) 232-1363
1718 N. Fanciful Place, Unit B  
Pooh’s Corner Day Care ......................................... (907) 357-1132
4909 N. Charley Dr.  
Settlers Bay Early Learning Center .......................... (907) 357-9600
5705 S. Settlers Bay Dr.  
Rising Star Child Care & Learning Center ............. (907) 373-4875
1405 N. Wasilla Fishhook  
Rock of Ages Daycare & Learning Center ............. (907) 357-6300
3060 Lazy Eight Court, Suite 7  
Teresa’s Child Care ................................................ (907) 373-5224
991 S. Vine Road  
The Alaska Club Valley ......................................... (907) 376-3300
1720 E. Parks Highway  
The Thornton House ............................................. (907) 355-4796
648 E. Mountain Ash Loop  
S.T.A.G.E.S of Learning Center Preschool ............. (907) 726-5330
16941 N. Eagle River Lop Rd Suite #3

FOOD & NUTRITION

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

WIC in Wasilla (907) 376-4080
899 W Commercial Drive  
Wasilla, AK 99654  
Promotes healthy eating and lifestyle habits that last a lifetime.

Big Lake Baptist (907) 892-6646
10864 W. Parks Hwy  
Big Lake, AK 99652  
Wednesday 6:00 pm free dinner and food box. For food box call first.
Big Lake Community Food Pantry  (907) 841-4227
Faith Bible Fellowship of Big Lake
Mile 0.5 Hollywood Road
Big Lake, AK
Open Thursday 11:30 am – 1:30 pm.

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

Christian Center Food Pantry  (907) 355-5959
Mile 49 Glenn Highway
Palmer, AK 99645
Open Tuesday 1-3PM for Palmer-Sutton-Butte residents

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

Family Nutrition Program  (907) 745-3423
UAF Cooperative Extension Service
www.uaf.edu/ces
See “Education” for more information.

5 Loaves 2 Fish Kitchen  (907) 376-3522
501 E. Bogard Road
Wasilla, Alaska 99654
Prepares and delivers 200 meals per week to places around the Mat-Su Valley in need of food.

Frontline Mission  (907) 357-8600
2001 E. Palmer Wasilla Hwy
Wasilla, AK 99654
http://www.frontlinemission.org/
See “Assistance” for more information.

Hilltop Assembly of God  (907) 892-6225
19777 W Parks Highway
Wasilla, AK 99654
www.hilltopag.org
Need to live in Houston area, call first.

Kids Kupboard  (907) 360-9476
1701 N. Lucille
Wasilla, AK 99654

King’s Chapel  (907) 357-2065
1701 N. Lucille
Wasilla, AK 99654
Call for designated hours: 1 Saturday per month.
Manna Independent Baptist Church
10151 E Palmer Wasilla Hwy
Palmer, AK 99645
Food distribution after services: Wednesday 8:30pm and Sunday 12:30pm

Mat-Su Food Bank
501 Bogard Rd.
Wasilla, AK 99654
Bring photo ID: Mat-Su residents only. Monday-Friday: 10am-1pm. Call for information about Food 4 Kids program

Mat-Su Senior Services
1132 S. Chugach Street
Palmer, AK 99645
Congregate and delivered meals provided for seniors 60 & over.

Nugen’s Ranch
26731 W Point McKenzie Road
Wasilla, AK 99654
Mondays and Fridays: 5:45 pm-7:00 pm

Palmer Food Bank
221 S Valley Way
Palmer, AK 99645
Mat-Su residents only: Mondays-Fridays 1:00 pm-5:00 pm

Salvation Army
1517 S. Industrial Way
Palmer, AK 99645
Mondays and Tuesdays 12pm-4pm; Wednesdays 10:00am-1:30pm

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

Sunshine Food Bank
#1 Walstead Road, Mile 4.2
Talkeetna, AK 99676
Tuesdays: 10:00am-4:00pm

Upper Susitna Food Pantry
8258 E Petersville Rd
Trapper Creek 99683

Upper Susitna Seniors, Inc.
HC 89 Box 592
Willow, AK 99688
Meals on wheels for seniors and home delivered meals for locals who are medically incapacitated.
**Veteran’s Center**  
851 E. Westpoint Drive  
Wasilla, AK 99654  
*Hours of Operation, Monday - Friday 8am - 4:30pm.*

**Wasilla Area Senior Center**  
1301 Century Circle  
Wasilla, AK 99654  
Provides lunch to senior citizens of Mat-Su area: *Mondays-Fridays 11:30 am-12:30 pm.*

**Willow United Methodist Church**  
67.8 Parks Hwy  
Willow, AK 99688  
*Bring photo ID: must have Willow address; Wednesdays 10:00am-2:00pm.*

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**HEALTH**

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**Health Care Coverage**

[healthcare.gov](http://healthcare.gov)

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**COUNSELING & MENTAL HEALTH**

**Adolescent Residential Center for Help (ARCH)**  
(907) 279-9634  
Hiland Road  
Eagle River, AK  
[www.voak.org/Services/Adolescent-Treatment/ARCH](http://www.voak.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  
*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
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
(907) 746-3413
Trinity Barn Plaza
Mile 2.2 Palmer Wasilla Hwy
Palmer, AK 99645
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/BHvnpc.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

Careline Crisis Intervention  
National

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

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<th>Service Name</th>
<th>Phone Number</th>
<th>Website</th>
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<tr>
<td>Co-Occurring Disorders Institute, Inc.</td>
<td>(907) 745-2634</td>
<td><a href="http://www.codi-ak.org">www.codi-ak.org</a></td>
<td>11921 E Palmer-Wasilla Hwy. Palmer, AK 99645</td>
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<td>Daybreak Mental Health Service Coordination</td>
<td>(907) 746-6019</td>
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<td>550 S. Alaska Street, Suite 208 Palmer, AK 99645</td>
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<td>Denali Family Services</td>
<td>(907) 376-3275</td>
<td><a href="http://www.denalifs.org">www.denalifs.org</a></td>
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<td>Wasilla Behavioral Health</td>
<td>(907) 357-7519</td>
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<td>Palmer Behavioral Health</td>
<td>(907) 746-8617</td>
<td><a href="http://www.familycenteredservices.com">www.familycenteredservices.com</a></td>
<td>301 E. Danna Avenue Wasilla, AK 99654</td>
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<td>Frontline Residential Treatment</td>
<td>(907) 761-7400</td>
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<td>3674 N. Clark Wolverine Rd. Palmer, AK 99645</td>
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</table>

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.
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
Wasilla, AK 99654
(800) 376-4535
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
Wasilla, AK 99654
www.phhalaska.org
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  
www.setfreealaska.org  
7335 E. Palmer-Wasilla Highway  
Palmer, AK  99645  
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  
Behavioral Health Services | Talkeetna Clinic  
(907) 733-2273  
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  
voaak@voaak.org  
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.

**Mat-Su Dental**
951 Bogard Road #203
Wasilla, AK 99654
Serves all ages and Medicaid populations.

**Same Day Dental**
1830 E. Parks Hwy., Suite A134
Wasilla, AK 99654
Serve adult, children and Medicaid populations.

**Sunshine Community Health Center**
34300 Talkeetna Spur Rd.
Talkeetna, AK
http://www.sunshineclinic.org/general-preventative-dentistry
Serves all ages and Medicaid populations.

**MEDICAL**

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

**Alaskan AIDS Assistance Association**
1057 W. Fireweed, Suite 102
Anchorage, AK
Offers testing, cases management, housing, and counseling.

**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.

**American Marine Hyperbarics Center**
(907) 357-5400
Provides hyperbaric oxygen therapy. (Pressurized oxygen treatments).

**Imaging Associates**
1751 E Gardner
Wasilla, AK 99654
Provides MRI scanning, x-rays, nuke meds, and injections.

**American Cancer Society**
(800) 227-2345
Provides cancer information and resources.
Alaska Statewide AIDS Helpline  
(800) 478-AIDS

C’eyiits’ Hwnax Life House Community Health Center  
(907) 631-7665
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
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
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
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
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](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.*

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*

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.

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  
Mile 67 Parks Highway  
Willow, AK 99683  
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  
(907) 376-5708  
Provides access to medical equipment through loaner program.

Valley Native Primary Care Center  
(907) 631-7800  
http://www.scf.cc

Valley Chiropractic Clinic, Inc.  
(907) 373-2022

Wasilla Medical Clinic  
(907) 373-6055  
http://www.alaskamedicalclinics.com/

HeartReach Pregnancy Center  
(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
(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
(800) QUIT-NOW
http://alaskaquitline.com
(800) 784-8669

Alaskans who use tobacco and want help to quit can now receive a free eight week supply of Nicotine Replacement Therapy.
Free Community Support Groups & Programs

Addicted No More (Faith-Based)  
Word of Faith Assembly: Tuesdays 6:30pm

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

Al-Anon Helpline  
(907) 357-2550
Support group for family members and friend of alcoholics.

Fiend 2 Clean  
(907) 982-4673
fiend2clean.org
Call or text line where anyone can connect to a peer lead support and referral network. Provide services for those seeking recovery help.

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

Life Changers Outreach Center Alaska  
(907) 370-3347
adowns390@gmail.com
www.Lifechangersoutreach.com
A 12-month faith-based residential facility for women 18 & over that provides services to overcome drug/alcohol addictions, anger, depression, or suicide.

Mat-Su Alano Club  
(907) 376-8669

Nar-Anon Family Group  
(907) 884-0451
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.

Narcotics Anonymous  
(907) 277-LIVE (5483)
www.akna.org
12-step support group for individuals addicted to narcotics.

Substance Abuse Treatment & Services

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

Akeela Family Program  
(907) 707-1291
561 Denali Street, Suite F
Palmer, AK  99645
Offers substance abuse disorder assessments, Level I Outpatient and Level II.I testing. Accepts Medicaid, insurance, and has a sliding fee scale.
Alaska Dream Center  (907) 746-3736
8117 E. New Hope Street
Palmer, AK 99645
Residential drug and alcohol treatment center for adult males.

Alcohol Safety and Action Program (ASAP)  (907) 746-6260
Provides substance abuse screening, case management and accountability for DUI and other alcohol/drug related misdemeanor cases.

Alaska Family Services  (907) 376-4000
Behavioral Health Treatment Center for outpatient services for adults, youth, women and children. Alcohol Drug Information Schools (ADIS) for youth and adults are also available.

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
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.
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<th>Treatment Providers</th>
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<th>MH ASMT</th>
<th>A/Y</th>
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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
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
(907) 761-3750
http://e-clubhouse.org/sites/palmerak/

Wasilla
wasillalions@gmail.com
Provide eye glasses; limited funds and applicant must qualify.

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
(907) 746-5680
(800) 478-8080
http://www.alaskacdc.org/
Housing and energy efficiency programs.
Alaska Housing Finance Corporation  
851 Westpoint Dr, B6  
Wasilla, AK 99654  
(907) 376-5744  
http://www.ahfc.state.ak.us/home/index.cfm  
Provides Alaskans with access to safe, quality, affordable housing.

Blood-N-Fire Ministries of Alaska  
7362 W. Parks Hwy #276  
Wasilla, AK 99623  
(907) 864-0463  
Rent and Mortgage assistance (when funds are available).

Creekwood Park  
1955 N. Creekwood Park Ave.  
Palmer, AK 99645  
(907) 376-9512

Eagle Ridge Townhomes  
1775 Thuma Street  
Palmer, AK 99645  
(907) 746-2516  
Low income tax credit property

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

Habitat for Humanity Mat-Su  
900 Hyer Road  
Wasilla, AK 99654  
(907) 373-7278  
Coordinates community volunteers to construct homes for low income families.

Hunter Creek Apartments  
855 W. Fern Avenue  
Palmer, AK 99645  
(907) 746-2005  
Low income tax credit property

Knik Tribal Council  
951 E. Bogard  
Wasilla, AK 99654  
(907) 373-7991  
Home modernization & rehabilitation programs. Monday-Friday: 8:00am-5:00pm

MY House  
300 N. Willow Street  
Wasilla, AK 99654  
(907) 354-4357  
www.myhousematsu.org  
Provides rent assistance. Provides hot meals every Friday night for homeless youth.
NeighborWorks  
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  
112 South Alaska Street  
Palmer, AK 99645  
Affordable housing.

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

Salvation Army  
209 W. Evergreen  
Palmer, AK 99645  
Provides rent assistance.

Wasilla Homeless-Committee  
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  
250 East Fireweed Avenue  
Palmer, AK 99645-6638  
Provides assisted living for older Alaskans and veterans.

Catholic Social Services  
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  
Chugach Estates Senior Housing  
1102 S. Chugach Street  
Palmer, AK 99645  
(907) 761-5001
Colony Estates Senior Housing
920 S. Chugach Street
Palmer, AK 99645
Provides 55 units of senior housing for individuals 55 and over.

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
(907) 376-5744
Alaskan housing and finance programs to assist the elderly/disabled.

Sutton Manor
Mile 61.5 Glenn Hwy
Sutton, AK
(907) 745-1372
Low income housing for seniors.

Sunshine Senior Village
16463 Helena Ave.
Talkeetna, AK 99676
(907) 733-6200
A six-unit apartment complex for seniors. They have one and two bedroom apartments. Include utilities and covered parking.

Valley Residential Services
1075 Check Street
Wasilla, AK 99654
(907) 357-0256
Provides housing for adults with special needs as defined as those individuals with mental or developmental disabilities, individuals with low or moderate income or advanced in age.

Wasilla Senior Center
1301 Century Circle
Wasilla, AK 99654
(907) 376-3104
http://www.alaskaseniors.com/housing.html
Provides 129 units of housing for seniors.

Alaska Housing
Williwaw Manor I and II
1201 Century Circle, B-4; PO Box 873347
Wasilla, AK 99687
(907) 376-5744
Low cost housing for seniors.
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  
(907) 631-7649
Alissa Zank- Mat-Su  
Mary Joe Williams - Anchorage  
Karen Doss - Anchorage

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  
http://www.akafs.org/dvsa.html
403 S. Alaska Street  
Palmer, AK 99645

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.

Knik House
(907) 841-3090
knikhouse@gmail.com
http://www.knikhouseinc.com
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.

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.

Salvation Army
209 W. Evergreen
Palmer, AK 99645
Temporary/short-term hotel vouchers.

Turn-A-Leaf
(907) 354-4660
400 N Yenlo
Wasilla, AK 99654
Provides temporary/short term hotel vouchers.

SUPPORT

FAMILY & PARENTING

AGAPE Foster Care Network
(907) 863-2144
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.

Alaska Attachment and Bonding Associates
(907) 376-0366
619 S. Knik Goose Bay Road Suite J
Wasilla, AK 99654
Provides family support services.
Alaska Center for Resource Families  (907) 376-4678  
5050 Dunbar Street Suite A2  www.acrf.org  
Wasilla, AK  99687  
Provides adoption and foster care services including pre and post adoption support services and referrals.

Alaska Family Services: Family Support and Preservation  (907) 746-4080  
Palmer Location  
1825 S. Chugach St.  
Palmer, AK 99665  
Wasilla Location  
165 E. Parks Hwy, Suite 101  
Wasilla, AK  99654  
Offers free 12-week parenting classes on a variety of topics every Wednesday.

Alaska Youth and Family Network  (907) 770-4979  
www.ayfn.org  
Provides peer navigation for mental health services in Mat-Su area. Offers case management and advocacy.

Alaskids Care Coordination Services  (877) 803-7767  
akkromes@gci.net  
Provides care coordination services for individuals receiving TEFRA Medicaid.

Beacon Hill  (907) 222-0925  
325 E 3rd Ave  
http://beaconhillak.com/  
Anchorage Alaska 99501  
A foster care and adoption community resource center in Anchorage. Home of Safe Families for Children and the Heart Gallery.

Big Brothers Big Sisters  (907) 376-4617  
191 E. Swanson #204  
www.bbbsak.org  
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.

Children’s Place  (907) 357-5157  
www.thechildrens-place.org  
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.

Co-Occurring Disorders Institute, Inc.  (907) 745-2634  
www.codi-ak.org  
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.
Facing Foster Care in Alaska  
PO Box 92644  
Anchorage AK 99509  
A lifeline for youth in foster care and alumni ages 15-24.

Families in Transition  
501 Gulkana  
Palmer, AK 99645  
Provides help with enrollment and support for students currently between homes.

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.

La Leche League of Mat-Su  
http://www.llusa.org/web/MatSuValleyAK.html  
Childbirth education and preparation, mother to mother support, and lactation consultants.

MSSCA: Early Intervention/Infant Learning Program  
1225 W. Spruce Avenue  
Wasilla, AK 99654  
Provides family support services and infant learning program.

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.

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.

Office of Children’s Services  
695 E. Parks Hwy  
Wasilla, AK 99654  
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.
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 8th Avenue
Anchorage, AK 99501
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

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
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
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
3674 N. Clark Wolverine Rd.
Palmer, AK 99645
*Psychiatric residential treatment facility (RTF) for children and adolescents.*

Hope Community Resources
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
9850 Strand Drive
Palmer, AK 99645
*Childcare with experience in providing care for severely emotionally disturbed children.*

LINKS Parent Resource Center
3161 E. Palmer Wasilla Highway, #2
Wasilla, AK 99654
*Provides support and assistance to families caring for children and youth with special needs.*

Mat-Su Aging and Disability Resource Center (ADRC)
3161 E. Palmer Wasilla Highway, #2
Wasilla, AK 99654
*(Same building as LINKS)*
*Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.*

Mat-Su Health Services: Behavioral Health Services
1363 W. Spruce Ave.
Wasilla, AK 99654
*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
1225 W. Spruce Avenue
Wasilla, AK 99687
*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
www.nami.org
(800) 478-4462
*(907) 272-0227*
*Provides support, education, and advocacy to people who experience mental illness and their families and friends.*
Rescare Alaska  
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  
4351 E. Bogard Rd.  
Wasilla, AK 99654  
Through a special partnership with horses, Southcentral Therapeutic Riding (STRIDE) offers a holistic approach to improve the bodies, minds and spirits of children and adults with special health needs.

**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  http://www.military.com/Benefits/
Housing, employment, education, medical and more.

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.

VA Suicide Prevention Hotline  (800) 273-TALK

Veteran’s Center  (907) 376-4318
851 E. Westpoint Drive
Wasilla, AK 99654
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. Bodenburg Loop
Palmer, AK 99645

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

Reindeer Farm  (907) 745-4000
5561 S Bodenburg Loop Rd.
Palmer, AK 99645
**Musk Ox Farm**  
Mile 50 Glenn Highway  
Palmer, AK  99645  
(907) 745-4151

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

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

**Body Renew**  
1325 E Palmer Wasilla Hwy Unit 108  
Wasilla, AK 99654  
(907) 376-7144

**Cooperative Extension Services**  
1509 S. Georgeson Dr.  
Palmer, AK 99645  
(907) 745-3360

*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  
Wasilla, AK 99654  
www.cityofwasilla.com  
*NHL-size ice arena, an indoor artificial turf court, a running/walking track, three community meeting rooms, and a kitchen facility. Also hosts, Turf for Tots.*

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

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

Extreme Fun Center  (907) 376-7223  
3501 E Old Matanuska Rd  
Wasilla, AK 99654  
http://wasilla.extremefuncenters.com  
*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  
Palmer, AK 99645  
http://www.mtasportscenter.com/  
*Large open courts. Hosts Lil’ Kickers, Hoopers, and Tacklers.*

Okamoto’s Karate  (907) 376-0333  
1261 E. Blue Lupine  
Wasilla, AK 99654  
www.karate@alaska.net  
*Starts at ages 3 and up. 2 week mini membership, no cost vouchers available.*

Rock-On Climbing  (907) 357-9196  
1080 N. Wasilla Fishhook Rd  
Wasilla, AK 99654  
http://rockonwasilla.com  
*Indoor facility with climbing wall, slack lines, bouldering and more.*

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

BOWLING ALLEY

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

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

MAT-SU LIBRARIES
www.matsulibraries.org

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

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

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

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

Trapper Creek Library Association  (907) 861-7650
8901 East Devonshire Drive/ PO Box 13388
Trapper Creek, 99683

Wasilla Public Library  (907) 376-5913
391 N. Main St.
Wasilla, AK 99654

Willow Public Library  (907) 495-7323
23557 W. Willow Community Center Cr.
Willow, AK 99688

MUSEUMS

Dorothy Page Museum  (907) 373-9071
Knik Historical Society  (907) 376-2005
Knik Museum  (907) 376-7755
Museum of Alaska Transportation and Industry  (907) 376-1211
Palmer Museum  (907) 746-7668
Talkeetna Historical Society  (907) 733-2487
Trapper Creek Museum  (907) 733-2557

SWIMMING POOLS
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.cattheatres.com
Valley Performing Arts  (907) 373-0195
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

TRAILS, PARKS, HIKING
Alaskans for Palmer Hay Flats  (907) 357-8711
2901 E. Bogard Road
Wasilla, AK  99654
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

Denali Nordic Ski Club  www.denalinordicskiClub.org

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

Matanuska Glacier
Access Mile 101 Glenn Highway
Glacier View, AK
Mat-Su CVB Trails
7744 E Visitors View Court
Palmer, AK 99645
www.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/

Mat-Su Ski Club
1150 S. Colony Way Suite 3
Palmer, AK 99645
(907) 745-7547
glynn@mtaonline.net
www.matsuski.org

Mat-Su Ski and Snowboard Club
9450 N. Palmer Fishhook Road
Palmer, AK 99645
(907) 354-7545
www.matsusnow.org

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

Valley Mountain Bikers and Hikers
P.O. Box 22
Sutton, AK 99674
(907) 746-6010
trailhead@vmbah.org
www.vmbah.org

PARKS

To find out more information about Trails and Parks in the Matanuska area go to: www.matsugov.us

CHRISTIANSEN LAKE PARK
Christiansen Lake Park is a small day-use park located on the west side of Christiansen Lake, east of the community of Talkeetna. 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

Denali Destroyers
MTA Events Center
Palmer, AK 99654

Mat-Su Miners
Hermon Brothers Field: AK State Fairgrounds
Palmer, AK 99645

MTA Events Center
Palmer, AK 99645

YOUTH ORGANIZATIONS

Big Brothers Big Sisters
191 E. Swanson #204
Wasilla, AK 99654
Boy Scouts
3117 Patterson Street
Anchorage, AK 99504
(907) 337-9547
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://pillowsforkidsfoundation.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

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

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

FOOTBALL

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

GYMNASTICS & CHEER

Denali Gymnastics
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

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

Jr. Avalanche Hockey  
www.jravalanchehockey.com

SOCCE

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

Matanuska Soccer Club  
www.matanuskasoccerclub.org

Palmer Soccer Club  
palmersoccerclub@hotmail.com  
www.eteamz.com/PalmerSoccerClub/

Wasilla Youth Soccer  
(907) 232-6425  
1830 E Parks Hwy, Ste A113  
Wasilla, AK 99654  
soccer@wasillayouthsoccer.org  
www.wasillayouthsoccer.org

VOLLEYBALL

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

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

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

Alaska Housing Finance Corporation (AHFC)  (907) 330-8436
www.ahfc.us
Listing of assisted living homes/facilities in Anchorage, Eagle River, and Mat-Su.

Access Alaska  (907) 357-2588
1075 Check Street Suite 109
Wasilla, AK  99654
www.accessalaska.org
ADL assistance, home management, daily and overtime. Respite day time.

Alzheimer's Resource of Alaska  (907) 746-3413
Mile 2.2 Palmer Wasilla Highway
Palmer, AK  99645
www.alzalaska.org
Provides advocacy and human rights resources along with caregiver support, disease information and prevention and support groups.

Comfort Keepers  (907) 745-3000
1260 E. Westpoint Dr.
Wasilla, AK 99654
ADL assistance, home management, daily and overtime. Respite day time.

Consumer Direct Care Network  (907) 357-7962
Personal Care Services and Behavioral Health Services
131 E. Swanson Ave. Ste. 1
Wasilla, AK 99654
907-357-7962
www.consumerdirectcare.com
Provides personal care services, chore and respite, rehabilitative & behavioral health services.

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

Home Instead Senior Care  (907) 277-4663
440 W. Benson
Anchorage, AK 99508
ADL assistance, home management, daily and overtime. Respite daytime.

Immediate Care Alaska  (907) 357-4387
4851 East Blue Lupine Road Suite B
Wasilla, AK  99654
www.immediatecareak.com
Provides homecare services along with caregiver support and services.
LV’s Home Care  (907) 373-0503
826 McMillan Ct
Wasilla, AK 99654

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. Open Monday-Friday 9:00 am – 5:00 pm.*

Mat-Su Regional Home Care  (907) 352-4800
950 E. Bogard Rd # 132
Wasilla, AK 99654
*Medicare-certified home health care and hospice.*

Mat-Su Senior Services (aka Palmer Senior Center)  (907) 745-5454
Care Coordination  (907) 745-5451
1132 S. Chugach Street  www.matsuseniors.com
Palmer, AK 99645
*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.*

Mat-Su Valley Grandparents Support  (907) 376-7322  (907) 775-3020
Rozann Kimpton  rozann@mtaonline.net
*Provides support for grandparents and parents raising children.*

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

Older Person’s Action Group  (877) 274-0770

ProCare Home Medical  (907) 274 - 0770
713 Northway Drive
Wasilla, AK 99654
*Care coordination.*

Rescare Alaska  (907) 357-5627
892 E. USA Circle Suite 102
Wasilla, AK 99654
*ADL assistance and home management. Day time respite care.*

Red Mountain Care Coordination  (907) 745-8117
9520 North Wolverine Road
Palmer, AK 99645
Respect Your Elders
2301 Colleen St
Palmer, AK 99645
Adult day care and respite.

Midnight Sun Home Care
241 East 5th 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
201 E. Swanson Ave # 13
Wasilla, AK 99654
Care coordination.

Sunshine Transit
(907) 733-9279
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
http://www.wasillaseniors.com/
1301 Century Circle
Wasilla, AK 99654
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.

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

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
http://www.matsugov.us/l/l-2/facilities/government-peak-chalet
Elks Lodge: Palmer #1842  
2600 N Barry’s Resort Dr  
Wasilla AK 99645  
(907) 745-3950  
http://palmerelks.org/index.html

Evangelo’s Restaurant & Banquet Facility  
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

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

MTA  
480 Commercial Drive  
Palmer, AK 99645  
Lower level of the Palmer Headquarters available after 5pm.

Northern Susitna Institute  
22510 Talkeetna Spur Road  
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  
1136 S Cobb St  
Palmer AK 99645  
(907) 745-4982

Palmer Public Library  
655 S. Valley Way  
Palmer, AK 99645  
Call for dates available and pricing. Application and guidelines for Meeting Room use can be found at link provided.

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

Wasilla Public Library  
500 N. Crusey St.  
Wasilla, AK 99654  
http://www.cityofwasilla.com/departments-divisions/library

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

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

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

- **Contact Children’s Miracle Network**
  https://giveamiracle.childrensmiraclenetworkhospitals.org/
  801-214-7400

- **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.**