

2020 - 2021 Anchorage, Eagle River, Mat-Su Valley

# RESOURCE GUIDE

A complete resource guide designed to assist young parents identify and utilize the human services available in Anchorage, Eagle River, and the Mat-Su Valley

**Cook Inlet Tribal Council - Youth Services Tikahtnu Tribal Alignment  
University of Alaska Anchorage - Division of Population Health Sciences**



## **Acknowledgement**

This document was created in partnership between the Cook Inlet Tribal Council (CITC) Youth Services Tikahtnu Tribal Alignment (TTA) program and the University of Alaska Anchorage (UAA) College of Health. This document was created by Hannah Warren, a UAA Master of Public Health (MPH) in Public Health Practice candidate, as part of the requirements for the MPH Program and for to be used by the CITC TTA Program.

Corrections, broken links, invalid information, requests to add information, and authorization to reproduce this document in whole or in part should be forwarded to the content contact, listed below:

### **Content Contact**

Cook Inlet Tribal Council – Youth Services

Phone: 907-793-3114

Email: [youthemployment@citci.org](mailto:youthemployment@citci.org)

Address: 3600 San Jeronimo Drive, Anchorage, AK 99508

### **Notice to People with Limited English Proficient**

For people who may have limited proficiency in English, in speaking or in reading, Language Assistance Services may be available upon request. Please contact Cook Inlet Tribal Council – Youth Services at the above contact information for more information.

### **How to Use This Guide**

This guide may be used in a digital fashion. Web links are located within each resource title. To access the website for any resource, click on the resource title, and then click on the web link that is associated with it. Web links available for copying and pasting into the browser are located in the ‘Index’ section.

To locate resources in a quicker manner, utilize the search field on your computer by hitting ‘control’ and ‘F’ at the same time. Then, enter your search key with the search bar provided.

Lastly, please find in the Table of Contents and observe that you are able to immediately skip to a desired section. Below each section is a ‘Back to Top’ field that will bring you back to the Table of Contents when selected

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# Breastfeeding

**Note:** Nursing mothers are allowed to nurse or express milk as needed, and should be accommodated at work to a private place, other than a restroom, to do so. For more info: <http://dhss.alaska.gov/pages/breastfeeding.aspx>

<p><b><u><a href="#">211 Alaska</a></u></b> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Breastfeeding Coalition</a></u></b> Provides educational material, resources, and advocacy to parents and professionals. No fee. Anchorage-based, no address available. Visit site for contact.</p>	N/A
<p><b><u><a href="#">Alaska Breastfeeding Community</a></u></b> Supports local parents and advocates to bring awareness to breastfeeding throughout Alaska. Must have a need for breastfeeding support. Must have a Facebook profile.</p>	N/A
<p><b><u><a href="#">Alaska Regional Hospital</a></u></b> Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.</p>	907.276.1131
<p><b><u><a href="#">Geneva Woods Birth Center</a></u></b> Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.</p>	907.561.2626
<p><b><u><a href="#">Midwifery &amp; Women's Healthcare</a></u></b> Offers a variety of classes from pre to postnatal care. Class fees vary. Provides prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women's wellness, counseling, and massage therapy. Insurance preferred.</p>	907.561.5152
<p><b><u><a href="#">Parenting with Providence</a></u></b> Pre to postnatal classes for mothers and fathers. Monthly breastfeeding classes. Breastfeeding questions hotline. Online class registration with schedule. Fees vary, insurance preferred. Eligibility varies from class to class.</p>	907.212.2574
<p><b><u><a href="#">Providence Alaska Medical Center - Outpatient Lactation Clinic</a></u></b> Board-certified lactation consultants trained to assess baby, evaluate feedings and provide information to parents. Provides monthly breastfeeding classes. Insurance preferred.</p>	907.212.2574
<p><b><u><a href="#">Women's Boutique</a></u></b> Offers expert resources, support and hard-to-find items related to breastfeeding.</p>	907.212.5886
<p><b><u><a href="#">Women, Infants, and Children Program (WIC)</a></u></b> Public health program providing nutrition and breastfeeding education, counseling, support, nutritious foods and referrals to needed services. Must live in Alaska, have a nutritional need, and meet low-income guidelines.</p>	Find the clinic closest to your location: <a href="http://signupwic.com/">http://signupwic.com/</a>

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## Childbirth

<p><b><u>211 Alaska</u></b> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u>Alaska Native Medical Center (ANMC)</u></b> Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: <a href="https://anmc.org/patients-visitors/eligibility/">https://anmc.org/patients-visitors/eligibility/</a></p>	<p><b>Obstetrics</b> 907.729.3100</p> <p><b>Labor/Delivery</b> 907.729.3200</p>
<p><b><u>Alaska Regional Hospital</u></b> Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.</p>	907.276.1131
<p><b><u>Anchorage Women’s Clinic</u></b> Reproductive, nutritional, mental, and obstetric health care. Health education classes offered in Anchorage related to fields of obstetrics, gynecology, fertility, and nutrition. Accepts Medicaid. Insurance preferred.</p>	907.561.7111
<p><b><u>Alaska Women’s Health</u></b> Offers a full range of obstetrics and gynecology services. Partners with Providence Medical Center Alaska and Alaska Regional Hospital on an as-needed basis for emergent and inpatient care. Accepts Medicaid/Medicare. Insurance preferred.</p>	907.563.5151 or 907.563.7228
<p><b><u>Geneva Woods Birth Center</u></b> Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.</p>	907.561.2626
<p><b><u>Mat-Su Regional Medical Center - Family Birthing Center</u></b> Primary care center based in the Mat-Su Valley. Offers a Family Birthing Center, childbirth education classes to parents, lactation consulting, prenatal, birthing, and post-natal care. Insurance preferred but not required. Adjustable rates available.</p>	907.861.6000
<p><b><u>Midwifery &amp; Women’s Healthcare</u></b> Classes related to childbirth, C-section, labor support, prenatal, postnatal, and breastfeeding topics. Fees vary. Prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women’s wellness, counseling, massage therapy.</p>	907.561.5152
<p><b><u>Providence Alaska Medical Center</u></b> Emergency, preventative, behavioral, and primary care. Emergency behavioral health assessments in high-need cases. Accepts Medicaid and Medicare. Insurance preferred.</p>	907.562.2211

<p><b><u><a href="#">Providence Med Office Building (Mat-Su)</a></u></b>  Emergency, preventative, behavioral, obstetric, primary health care. Insurance preferred.</p>	907.761.5900
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## Health Insurance

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Rx</a></u></b>  Statewide assistance for uninsured individuals to afford generic and/or brand medications. Must visit site to acquire coupon card. Participating pharmacies only.</p>	800.380.6369
<p><b><u><a href="#">Anchorage Project Access</a></u></b>  Access to doctors and dentists who donate health care treatment for low income and/or uninsured individuals. Verified low income and picture ID required. Transportation assistance may be available. Anchorage only, but outside locations, such as Mat-Su, may be considered on a case-by-case basis.</p>	907.743.6600
<p><b><u><a href="#">FamilyWise Community Service Partnership</a></u></b>  Prescription medication discount card for children, families, and individuals. Visit site for more information.</p>	800.222.2818
<p><b><u><a href="#">Healthcare.Gov</a></u></b>  Assists with finding affordable healthcare insurance coverage.</p>	800.318.2596
<p><b><u><a href="#">State of Alaska - Denali KidCare</a></u></b>  Health insurance for pregnant women, and children aged 0 - 18 verified low-income. Issued for 12 months at a time, with option to renew. Apply online through healthcare.gov or through online/paper application, available at any Public Assistance office.</p>	907.269.6599
<p><b><u><a href="#">State of Alaska - Medicaid</a></u></b>  Health insurance coverage for Alaskans who are verified low-income. Apply online through healthcare.gov or through online state website. Paper application available at any Public Assistance office.</p>	<b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Wasilla</b> 907.376.3903

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## Mental and Behavioral Health

<p><a href="#"><u>211 Alaska</u></a> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><a href="#"><u>Abused Women's Aid In Crisis (AWAIC)</u></a> Domestic violence/sexual assault/stalking support. Group classes related to DV/SA/ST topics for enrolled clients. Individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Secure housing for pets. Must be 18+ years and/or accompanied by parent/legal guardian.</p>	<b>Business</b> 907.279.9581 <b>24/7 Crisis Line</b> 907.272.0100
<p><a href="#"><u>Adult Children of Alcoholics</u></a> Twelve step program for adults who grew up in dysfunctional homes. Provides meetings to share experience of growing up in a traumatic environment, offer advice and emotional support. Meetings available in Anchorage.</p>	<b>National Line</b> 310.534.1815 <b>Local numbers vary</b>
<p><a href="#"><u>Alaska Brain Injury Network</u></a> Education and advocacy for comprehensive services for TBI survivors, families, and caregivers. Offers support groups.</p>	907.274.2824
<p><a href="#"><u>Alaska Breastfeeding Coalition</u></a> Provides educational material, resources, and advocacy to parents and professionals. No fee. Anchorage-based, no address available. Visit site for contact.</p>	N/A
<p><a href="#"><u>Alaska CARES</u></a> Assists children who have experienced abuse/trauma. Offers victim advocacy, law enforcement, child protection, tribal health, forensic medicine, and mental health professional support.</p>	907.561.8301
<p><a href="#"><u>Alaska Psychiatric Institute (API)</u></a> Emergency and court-ordered inpatient psychiatric services.</p>	907.269.7100
<p><a href="#"><u>Alaska Youth and Family Network</u></a> Advocacy, education and support for families of children/youth with emotional/behavioral/substance abuse challenges. Educates families and caregivers to navigate and manage relevant services. Peer counseling, parenting classes, youth and adult support groups available. Dinner served at support groups.</p>	<b>Anchorage</b> 907.770.4979 <b>Wasilla</b> 907.631.3485
<p><a href="#"><u>Anchorage Community Mental Health Services (ACMHS)</u></a> Serves children and adults who experience a wide range of mental health issues, any age.</p>	907.371.1300

<p><b><u>Celebrate Recovery</u></b>  Twelve-step recovery program for those struggling with hurt, pain, or addiction. Locations available in Anchorage and Mat-Su Valley. Visit this link for locations and contact information: <a href="https://www.celebraterecovery.com/crgroups">https://www.celebraterecovery.com/crgroups</a></p>	N/A
<p><b><u>Center for Loss in Multiple Birth (CLIMB)</u></b>  Anchorage-based worldwide community support group providing emotional support for others who have experienced the loss of one or more twins and/or higher multiples. Must have experienced the loss of one or more children in a group of twins or higher.</p>	N/A
<p><b><u>Crisis Text Line</u></b>  24/7 free crisis support available via text message. Text 'HOME' to 741-741.</p>	741-741 Text 'HOME'
<p><b><u>Covenant House Alaska</u></b>  Emergency shelter services to homeless and runaway youth. Assists youth in building skills necessary for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter available to 21 years old and under. Offers transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255
<p><b><u>Ernie Turner Center - Cook Inlet Tribal Council</u></b>  Inpatient residential substance abuse treatment program. Serves all individuals with addictions and/or mental health disorders. Stays are up to 6 months. Offers mental health and substance-abuse counseling, group therapy, and case management services.</p>	907.688.1750
<p><b><u>Mat-Su Health Services, Inc.</u></b>  Full range of behavioral health care for children, adolescents, and adults. Individual, family, group therapy offered. Psychiatric evaluation and medication management and referrals to rehabilitative services. Rehab program provides community support to children and adults for chronic mental illness/severe emotional disturbances. Insurance preferred but not required. Inability to pay will not hinder services. Adjustable rates.</p>	<b>Big Lake</b> 907.376.2411  <b>Wasilla</b> 907.376.2411
<p><b><u>National Alliance on Mental Illness (NAMI)</u></b>  Provides advocacy, education, support and public awareness for individuals and families affected by mental illness. NAMI HelpLine is a free, nationwide service providing information, resource referrals and support to people living with mental health conditions as well as their family members and caregivers. Local NAMIs found on site.</p>	<b>National</b> 703.524.6264  <b>HelpLine</b> 800.950.6264
<p><b><u>National Suicide Prevention Lifeline</u></b>  24/7 toll-free, confidential crisis line for those experiencing a crisis, whether they are considering suicide or not.</p>	800.273.8255



<p><b><u><a href="#">Substance Abuse and Mental Health Services Administration (SAMHSA)</a></u></b>  Substance use and mental disorder information, services, and research. National helpline provides free, confidential 24/7 treatment referral and information services for individuals and families facing mental and/or substance use disorders.</p>	<p><b>Business</b> 877.726.4727  <b>National Line</b> 800.662.4357</p>
<p><b><u><a href="#">Women’s Boutique - Family Support Counseling</a></u></b>  Short-term outpatient care for emotional issues related to pregnancy, childbirth and parenting. Assessment, treatment or help with mood, anxiety, relationship/social issues, trauma, adjustment, grief/stress. Insurance preferred.</p>	<p>907.212.5886</p>

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## Obstetrics

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	<p>2-1-1</p>
<p><b><u><a href="#">Alaska Native Medical Center (ANMC)</a></u></b>  Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: <a href="https://anmc.org/patients-visitors/eligibility/">https://anmc.org/patients-visitors/eligibility/</a></p>	<p><b>Obstetrics</b> 907.729.3100   <b>Labor/Delivery</b> 907.729.3200</p>
<p><b><u><a href="#">Alaska Regional Hospital</a></u></b>  Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.</p>	<p>907.276.1131</p>
<p><b><u><a href="#">Anchorage Neighborhood Health Center (ANHC)</a></u></b>  Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program includes health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.</p>	<p>907.743.7200</p>
<p><b><u><a href="#">Community Pregnancy Center</a></u></b>  Pregnancy testing and verification up to 13 weeks. Pregnancy option counseling, post-abortion support and limited STD testing and referrals to treatment.</p>	<p>907.337.9292</p>
<p><b><u><a href="#">Planned Parenthood</a></u></b>  Medically accurate and comprehensive sex education. Conforms to local/state policies/laws on sexual health education.</p>	<p>800.769.0045</p>

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## Oral Health

<p><a href="#"><u>211 Alaska</u></a> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><a href="#"><u>Alaska Dental Society</u></a> Resource bank for dentists. Referrals, dental care payment assistance may be available.</p>	907.563.3003
<p><a href="#"><u>Anchorage Neighborhood Health Center (ANHC)</u></a> Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC M-F.</p>	907.743.7200
<p><a href="#"><u>Dental Services - Southcentral Foundation (SCF)</u></a> <b>ANMC location</b> - pediatric dental care, dental emergency care, and dental surgery. <b>Fireweed building</b> - adult dental care. Both locations: Exams, cleanings, fillings, and dental surgery. Further services available for a fee. Must meet ANMC eligibility for services.</p>	<p><b>Anchorage</b> 907.729.2000</p> <p><b>Wasilla</b> 907.631.7690</p>
<p><a href="#"><u>Mat-Su Health Services, Inc.</u></a> Wide range of services related to dentistry for children/adults. Adjustable rates available. Insurance preferred but not required.</p>	<p><b>Big Lake + Wasilla</b> 907.376.2411</p>

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## OHS - Crisis Services

Services available 24/7/365 in crisis situations. In an emergency, refer to 911 services.

<p><a href="#"><u>211 Alaska</u></a> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b>311 Alaska: (Website unavailable)</b> Allows Anchorage residents to access city services, including the Anchorage Police Department's non-emergency line.</p>	3-1-1
<p><a href="#"><u>Abused Women's Aid In Crisis (AWAIC)</u></a> Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Hosts group education classes related to DV/SA/ST topics for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, relocation, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ years of age and/or accompanied by parent/legal guardian.</p>	<p><b>Business</b> 907.279.9581</p> <p><b>24/7 Crisis Line</b> 907.272.0100</p>

<p><b><u><a href="#">Alaska Native Medical Center (ANMC)</a></u></b>  Emergency services available. Cares for expectant/new mothers and their babies. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: <a href="https://anmc.org/patients-visitors/eligibility/">https://anmc.org/patients-visitors/eligibility/</a></p>	<p><b>Emergency Room</b>  907.729.1729  <b>Labor/Delivery</b>  907.729.3200</p>
<p><b><u><a href="#">Alaska Poison Control System</a></u></b>  24/7 poison, magnets, and other materials hotline for Alaska. Referrals to local doctors/hospitals for poisoning problem assistance.</p>	<p>800.222.1222</p>
<p><b><u><a href="#">Alaska Psychiatric Institute (API)</a></u></b>  Emergency and court-ordered inpatient psychiatric services.</p>	<p>907.269.7100</p>
<p><b><u><a href="#">Alaska Regional Hospital</a></u></b>  Emergency services available. Pre to postnatal care, labor and delivery services.</p>	<p>907.276.1131</p>
<p><b><u><a href="#">Anchorage Police Department (APD)</a></u></b>  Offers emergency and non-emergency services. Assists with domestic violence protective order referrals and enforcement.</p>	<p>9-1-1 OR 3-1-1  OR  907.786.8900</p>
<p><b><u><a href="#">Beacon Hill</a></u></b>  Judgement-free, safe support for children and parenting teens needing emergency housing support. When faced with crisis, this is a resource for parents to turn to in order to surrender their children into a safe home while maintaining full custody (not surrendering their children to the adoption/foster care system). Volunteers are highly screened. Parents can return for their children at any time. Hosting may vary from a few days to several months. Children aged birth - 18 and parenting teens may be hosted.</p>	<p>907.222.0925</p>
<p><b><u><a href="#">Careline Alaska: (Website unavailable)</a></u></b>  24/7 free crisis support/intervention/referral line. Mobile app available.</p>	<p>877.266.4357</p>
<p><b><u><a href="#">Catholic Social Services</a></u></b>  Provides housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability services.</p>	<p>907.222.7300</p>
<p><b><u><a href="#">Crisis Text Line</a></u></b>  24/7 free crisis support available via text message. Text 'HOME1' to 741-741.</p>	<p>741-741  Text 'HOME'</p>
<p><b><u><a href="#">Mat-Su Health Services, Inc.</a></u></b>  Emergency services available. Inability to pay does not deny services for emergencies.</p>	<p><b>Emergency Room</b>  907.861.6620</p>
<p><b><u><a href="#">National Domestic Violence Hotline</a></u></b>  Free, confidential resource for victims/survivors of domestic violence. Online chat available. Available 24/7.</p>	<p>800.799.7233</p>

<p><b><u>National Sexual Assault Hotline</u></b> Free, confidential resource for victims/survivors of sexual assault. Online chat available.</p>	800.656.4673
<p><b><u>National Suicide Prevention Lifeline</u></b> 24/7 toll-free, confidential crisis line for those experiencing a crisis, whether they are considering suicide or not.</p>	800.273.8255
<p><b><u>Providence Alaska Medical Center</u></b> Emergency, preventative, behavioral, and primary care. Emergency behavioral health assessments in high-need cases. Accepts Medicaid and Medicare. Insurance preferred.</p>	907.562.2211
<p><b><u>Standing Together Against Rape (STAR)</u></b> Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Hosts group education classes and trainings related to SA/ST/DV. Case management, counseling services, emergency shelter referrals to outside partners, legal support, group education classes, and advocacy. 18+ years of age and/or accompanied by parent/legal guardian.</p>	<p><b>Business</b> 907.276.7279 <b>24/7 Crisis:</b> 907.276.7273 <b>State Crisis:</b> 800.478.8999</p>

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## OHS - Childcare

<p><b><u>211 Alaska</u></b> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u>Alaska Literacy Program (ALP)</u></b> Adult basic education (ABE) and English as a second language (ESL) classes offered. Preschool services for children (aged 3-5) of parents who are enrolled in classes at ALP. Must be aged 16 years or older and no longer in school. Class times vary.</p>	907-337-1981
<p><b><u>Alaska Temporary Assistance Program (ATAP)</u></b> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, clothing, childcare and educational assistance.</p>	<p><b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Mat-Su</b> 907.376.3903</p>
<p><b><u>Child Care Assistance - Cook Inlet Tribal Council (CITC)</u></b> Financial assistance to Alaska Native/American Indian families undergoing employment, training, and/or education in need of daycare services for children under 13 years. Offers childcare drop-in center for parents who have appointments at CITC.</p>	<p>907.793.3207 OR 907.793.3406</p>

<p><b><u><a href="#">Clare Swan Early Learning Center</a></u></b>  Childcare center open to children aged 6 weeks - 3 years of age. Program options available: extended day classrooms, seven-hour classrooms with varying times, and a Yup'ik Immersion program. Early Head Start curriculum utilized in the program. Provides child development information for families. Performs child development and growth assessments. Encourages family involvement in child's education. Applications available online or in person. Income and Native descent requirements apply.</p>	907.793.3626
<p><b><u><a href="#">Cook Inlet Native Head Start</a></u></b>  Early childhood education in support for the physical, intellectual, and social development of preschool children. Part day and full day classes available. Children must be Alaska Native/Native American, 6 months-5 years old.</p>	907-433-1600
<p><b><u><a href="#">Family Outreach Center for Understanding Special Needs (FOCUS)</a></u></b>  Preschool program for children aged 3-5. Specializes in working with children with behavioral challenges and in need of social-emotional learning. Individualized support from health program specialists. Behavioral, occupational, speech-language therapist, and early intervention specialists available. Full day and before care programs available. Childcare assistance accepted. Monthly and/or hourly fees apply. Eagle River only.</p>	907.694.6002
<p><b><u><a href="#">Kids Corps. Inc.</a></u></b>  Full-day program for children aged 3-5 years from low-income families. Full day program has fees associated. Part-day services have no fee. Nutritional services, health services, education, social services and parent involvement offered. Must have copy of child's birth certificate. Income documentation for 12 months required. Anchorage only.</p>	907.334.1040
<p><b><u><a href="#">RurAL CAP</a></u></b>  Early childhood education programs offered. Sliding scale tuition.</p>	907.279.2511
<p><b><u><a href="#">State of Alaska - Child Care Program Office</a></u></b>  Provides assistance for families in need of childcare. Families must be working or participating in an education/training program. Resource bank for childcare providers.</p>	<b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Wasilla</b> 907.376.3903
<p><b><u><a href="#">Temporary Assistance for Needy Families (TANF) - CITC</a></u></b>  Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.</p>	907.793.3300
<p><b><u><a href="#">Thread Alaska</a></u></b>  Resource bank for childcare facilities. Advocates for access to quality, affordable childcare.</p>	907.265.3100

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## OHS - Clothing

<p><b><u><a href="#">211 Alaska</a></u></b>          Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	<p>2-1-1</p>
<p><b><u><a href="#">Abused Women's Aid In Crisis (AWAIC)</a></u></b>          Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Hosts group education classes related to DV/SA/ST topics for enrolled clients. Provides free clothing assistance, individual case management, 24/7 emergency shelter, legal support, relocation, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ years of age and/or accompanied by parent/legal guardian.</p>	<p><b>Business</b>          907.279.9581   <b>24/7 Crisis Line</b>          907.272.0100</p>
<p><b><u><a href="#">Alaska Temporary Assistance Program (ATAP)</a></u></b>          Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare, clothing, and educational assistance.</p>	<p><b>Gambell</b>          907.269.6599  <b>Muldoon</b>          907.269.0001  <b>Mat-Su</b>          907.376.3903</p>
<p><b><u><a href="#">Bishop's Attic Thrift Store</a></u></b>          Low-cost thrift store available to the general public</p>	<p>907.279.6329</p>
<p><b><u><a href="#">Catholic Social Services</a></u></b>          Provides housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers clothing assistance, unplanned pregnancy support, adoption services, refugee services, development disability services.</p>	<p>907.222.7300</p>
<p><b><u><a href="#">Heart 2 Heart</a></u></b>          Clothing assistance for pregnant mothers, babies, diapers, and other baby supplies for free. Available once per month. Children's sizes up to 4T.</p>	<p>907.694.1747</p>
<p><b><u><a href="#">Lutheran Social Services</a></u></b>          Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout AK. Food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.</p>	<p>907.272.0643</p>
<p><b><u><a href="#">Once Upon A Child</a></u></b>          Thrift store for baby clothing and supplies. Shelter services offer vouchers. Must contact caseworker for more information.</p>	<p>907.562.8777</p>
<p><b><u><a href="#">Salvation Army - Alaska</a></u></b>          Clothing vouchers to verified low-income individuals. Mat-Su and Anchorage.</p>	<p>907.745.7079</p>

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## OHS - Disability Services

<p><b><u>211 Alaska</u></b> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u>Access Alaska</u></b> Designed to assist people with disabilities live independently in their community of choice. Locations in Anchorage and Mat-Su.</p>	<p><b>Anchorage</b> 907.248.4777 <b>Mat-Su</b> 907.357.2588</p>
<p><b><u>Alaska Attachment &amp; Bonding Associates</u></b> Training, support, advocacy and materials assistance for families who care for children with emotional disorders. Specializes in Reactive Attachment Disorder. Based in Wasilla.</p>	907.376.0366
<p><b><u>Alaska Brain Injury Network</u></b> Education and advocacy for comprehensive services for TBI survivors, families, and caregivers. Offers support groups.</p>	907.274.2824
<p><b><u>Alaska Center for the Blind and Visually Impaired</u></b> Assists clients with device assistance, manual skills, independent living, orientation and mobility. Support groups available. Blindness sensitivity training available.</p>	907.248.7770
<p><b><u>Alaska Relay</u></b> Equipment for individuals with hearing and/or speech impairments who have difficulty using standard telephone equipment. Physician referral required.</p>	<p>907.787.1989 <b>TTD/TTY/Voice</b> 800.676.3777</p>
<p><b><u>Alaska Youth and Family Network</u></b> Advocacy, Education and support for families of children/youth with emotional/behavioral/substance abuse challenges. Educates families and caregivers to navigate and manage relevant services. Peer counseling, parenting classes, youth and adult support groups available. Dinner served at support groups.</p>	<p><b>Anchorage</b> 907.770.4979 <b>Wasilla</b> 907.631.3485</p>
<p><b><u>ASSETS, Inc.</u></b> Assists Alaskans with mental illnesses and/or developmental disabilities live independently and find employment.</p>	907.279.6617
<p><b><u>Arc of Anchorage</u></b> Disability services for Alaskans experiencing intellectual and developmental disabilities. No age restriction.</p>	907.277.6677
<p><b><u>Family Outreach Center for Understanding Special Needs (FOCUS)</u></b> Preschool program for children aged 3-5. Specializes in working with children with behavioral challenges and in need of social-emotional learning. Individualized support from health program specialists. Behavioral, occupational, speech-language therapist, and early intervention specialists available. Full day and before care programs available. Childcare assistance accepted. Monthly and/or hourly fees apply. Eagle River only.</p>	907.694.6002

<p><b><u><a href="#">Hope Community Resources</a></u></b>  Disability services for Alaskans who experience intellectual and/or developmental disabilities. No age restriction.</p>	907.561.5335
<p><b><u><a href="#">People Mover</a></u></b>  Transportation service to people with disabilities that prevent use of People Mover bus service. Shared ride services available to persons aged 60+ years, recipients of Medicaid’s Home and Community-Based Waiver, and ASD students with Title 1 assistance. Free group and one-on-one training services available to community members who don’t know how to use the bus system.</p>	907.343.6543
<p><b><u><a href="#">Special Education Department (SPED) - ASD</a></u></b>  Special Education services for pre-K through age 22. Services available through TTY for individuals who are deaf and hard of hearing.</p>	907.742.4000
<p><b><u><a href="#">The Whaley Center</a></u></b>  Special Education center for students, grades 6-12, who experience physical and/or developmental disabilities.</p>	907.742.2350

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## OHS - Emergency Financial Assistance

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Temporary Assistance Program (ATAP)</a></u></b>  Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.</p>	<b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Mat-Su</b> 907.376.3903
<p><b><u><a href="#">Anchorage Coalition to End Homelessness</a></u></b>  Resource bank for those experiencing homelessness. Visit site for resources.</p>	N/A
<p><b><u><a href="#">Catholic Social Services</a></u></b>  Housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability services.</p>	907.222.7300
<p><b><u><a href="#">Cook Inlet Tribal Council (CITC) - Burial Assistance</a></u></b>  Cash assistance for those who have lost a loved one who is Alaska Native and/or American Indian. Need photo ID, proof of Native blood, proof of residency within Anchorage Municipality, time of death, and documentation of lack of resources.</p>	907.793.3300



<p><b><u>CITC - Low Income Heating Assistance Program</u></b></p> <p>Assistance with utility bills for low income Alaska Native/American Indian families residing within the Anchorage Municipality. Income eligibility criteria apply.</p>	907.793.3300
<p><b><u>CITC - Temporary Assistance for Needy Families (TANF)</u></b></p> <p>Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.</p>	907.793.3300
<p><b><u>General Relief Assistance (GRA)</u></b></p> <p>Meets basic needs of Alaskans in emergency situations. Includes shelter, utilities, food, clothing, and burial assistance. The need cannot be met by any other program/agency. Must have proof of an immediate and specific need. Must be Alaska resident, 18+ years OR minor must be married/living apart from parents and managing their own finances.</p>	<p><b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Wasilla</b> 907.376.3903</p>
<p><b><u>GCI - Lifeline</u></b></p> <p>Unlimited nationwide talk and text, with 10 GB data for \$1/mo. for verified low-income Alaskan residents. Reverify annually. Food stamps verification automatically qualifies.</p>	907.265.5400
<p><b><u>Lutheran Social Services</u></b></p> <p>Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, and direct assistance available.</p>	907.272.0643
<p><b><u>Nine Star Education and Employment Services</u></b></p> <p>Adult Basic Education (ABE), English as a Second Language (ESL), GED and High School Equivalency instruction and testing. Sliding scale fee. Anchorage and Mat-Su locations. Emergency financial assistance may be available on a case-by-case basis.</p>	907.279.7827
<p><b><u>Unemployment Insurance (UI) - State of Alaska</u></b></p> <p>Workers who have become unemployed or working less than full-time hours may receive a weekly stipend. Must be actively seeking work and report weekly work searches. Anchorage and Mat-Su served.</p>	907.269.4700

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## OHS - Emergency Housing/Shelters

<p><b><u>211 Alaska</u></b></p> <p>Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u>Abused Women's Aid In Crisis (AWAIC)</u></b></p> <p>Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Group classes for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Offers secure housing for pets. 18+ years of age or accompanied by parent/legal guardian.</p>	<p><b>Business</b> 907.279.9581 <b>24/7 Crisis Line</b> 907.272.0100</p>

<p><b><u>Anchorage Gospel Rescue Mission</u></b></p> <p>Overnight shelter to house men and women without a home, up to 100 people. 6-month accommodations available for women returning to work and transitioning to permanent housing. 2-year Life Skills program allows men aged 25-30 years for recovery and reintegration to life at no cost. Laundry, shower services, limited medical care, counseling, GED completion, and school supplies available. First-come first serve.</p>	907.563.5603
<p><b><u>Beacon Hill</u></b></p> <p>Judgement-free, safe support for children and parenting teens needing emergency housing support. When faced with crisis, this is a resource for parents to turn to in order to surrender their children into a safe home while maintaining full custody (and not surrendering their children to the adoption/foster care system). Volunteers are highly screened. Parents can return for their children at any time. Hosting may vary from a few days to several months. Children aged from birth - 18 years, and parenting teens hosted.</p>	907.222.0925
<p><b><u>Brother Francis Shelter - Catholic Social Services (CSS)</u></b></p> <p>Emergency overnight shelter for men and women without a home. Evening services include: overnight baggage storage, dinner, showers, laundry, basic medical care, medicine storage, clothing room. First-come first serve.</p>	907.277.1731 <b>CSS Main</b> 907.222.7300
<p><b><u>Child in Transition - Anchorage School District (ASD)</u></b></p> <p>Assists homeless students in ASD to stay in school. Provides transportation assistance throughout the school year, basic material necessities, and referrals to housing and emergency housing programs throughout Anchorage.</p>	907.742.3833
<p><b><u>Clare House - CSS</u></b></p> <p>24/7 Emergency shelter for pregnant women, and women with children. Mom must be 18+ years old. Long-term transitional housing option available.</p>	907.563.4545 <b>CSS Main</b> 907.222.7300
<p><b><u>Covenant House Alaska</u></b></p> <p>Shelter for homeless and runaway youth. Assists youth in building skills necessary for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter available to 21 years old and under. Transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255
<p><b><u>Downtown Hope Center</u></b></p> <p>Houses up to 50 women year-round. Showers, laundry, basic toiletries, food services .</p>	907.277.4302
<p><b><u>Emergency Cold Weather Program (ECWP)</u></b></p> <p>When weather reaches below freezing in the wintertime, AWAIC and Alaska 211 provide support to callers looking for shelter. Families with children and pregnant women only.</p>	<b>WINTER ONLY</b> 211 OR 902.272.0100
<p><b><u>Lutheran Social Services</u></b></p> <p>Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, and direct assistance available.</p>	907.272.0643

<p><b><u><a href="#">McKinnell House - Salvation Army</a></u></b>  Emergency shelter for families without a home. Case management, educational services &amp; food up to 6 months after discharge. Priority to single men with children.</p>	907.375.3500
<p><b><u><a href="#">Safe Harbor and Sitka Place</a></u></b>  Safe housing for very low-income homeless families and individuals. Case management services provided to help families move towards self-sufficiency.</p>	<b>Sitka Place</b> 907.868.7373 <b>Safe Harbor</b> 644.8525
<p><b><u><a href="#">Standing Together Against Rape (STAR)</a></u></b>  Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Hosts group education classes and trainings related to SA/ST/DV. Offers case management, counseling services, emergency shelter referrals to outside partners, legal support, and advocacy. 18+ years of age and/or accompanied by parent/legal guardian.</p>	<b>Business</b> 907.276.7279 <b>24/7 Crisis:</b> 907.276.7273 <b>State Crisis:</b> 800.478.8999

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## OHS - Employment, Education and Job Training

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Adult Learning Center (ALC)</a></u></b>  Adult Basic Education (ABE), English as a Second Language (ESL), Citizenship education, GED/High School Equivalency courses and testing available. Fees vary. Eligibility varies.</p>	907.375.6000
<p><b><u><a href="#">Alaska Career College (ACC)</a></u></b>  Offers programs in aircraft dispatching, business, and healthcare. Anchorage only.</p>	907.563.7575
<p><b><u><a href="#">Alaska Commission on Post-Secondary Education (ACPE)</a></u></b>  Resource bank for scholarships for vocational and post-secondary education. FAFSA application assistance. Provides workshops on loans and scholarships for students.</p>	907-269-7980
<p><b><u><a href="#">Alaska Job Corps</a></u></b>  Vocational training in Anchorage/Palmer locations. GED education and testing available. Housing, meals, transportation, driver's education, basic healthcare services available.</p>	907.861.8721
<p><b><u><a href="#">Alaska Literacy Program (ALP)</a></u></b>  Adult Basic Education (ABE), Citizenship preparation and English as a Second Language (ESL) classes offered. Preschool services for children (aged 3-5) of parents who are enrolled in classes at ALP. Must be aged 16 years or older and no longer in school.</p>	907-337-1981
<p><b><u><a href="#">Alaska Native Tribal Health Consortium (ANTHC)</a></u></b>  Trainings for medical care aides, dental care aides, mental health and substance abuse counseling.</p>	907.563.2662

<p><b><u>Alaska Pacific University (APU)</u></b>  Post-Secondary educational programs available for those ready to engage in a Bachelor's degree or Master's program. Various programs.</p>	800.252.7528
<p><b><u>Alaska Works Partnership</u></b>  Free introductory training in carpentry, welding, plumbing, electrical, weatherization, etc. Anchorage and Mat-Su trainings available. Female-only classes option available.</p>	907.569.4711
<p><b><u>Anchorage Community Mental Health Services (ACMHS)</u></b>  Offers pre-vocational training to youth experiencing barriers to employment, including behavioral health disorders. Supports for mental health services available, not required. Must be 16-23 years old. Interpreting services available.</p>	907.562.7900
<p><b><u>Anchorage Job Center</u></b>  Assistance with employment and training services navigation. Resume and cover letter assistance. Resources for employment and training financial assistance. Locations in Muldoon and Midtown. Mt. View location located at Mt. View library.</p>	<b>Midtown</b> 907.269.4800 <b>Muldoon</b> 907.269.2000
<p><b><u>Anchorage School District (ASD)</u></b>  Serves children/ youth ages 3-21 years old with K-12 classes. Gifted, Talented, Alternative Ed, and Special Education programs available. Interpreting/TTY services available.</p>	907.742.4000
<p><b><u>Calista Native Corporation</u></b>  Financial aid assistance for higher education, vocational training, and continuing education courses offered to Calista Corporation shareholders and their descendants.</p>	907.275.2800
<p><b><u>Career and Technical Education - Anchorage School District (ASD)</u></b>  Vocational and higher education training options available at each ASD high school, and at King Tech High. UAA credits offered for various program completions.</p>	907.742.4000
<p><b><u>Charter College</u></b>  Offers programs in business, healthcare, information technology, and other trade/vocational education. Locations in Anchorage and Wasilla.</p>	<b>Anchorage</b> 907.277.1000 <b>Wasilla</b> 907.352.1000
<p><b><u>Child in Transition - Anchorage School District (ASD)</u></b>  Assists homeless students in ASD to stay in school. Provides transportation assistance throughout the school year, basic material necessities, and referrals to housing and emergency housing programs throughout Anchorage.</p>	907.742.3833
<p><b><u>The CIRI Foundation</u></b>  Offers yearly booklet with a guide on how to select a school for higher education, complete with hundreds of scholarship sources. Further offers assistance with vocational training, higher education services, internships, project grant assistance. Eligibility criteria apply.</p>	907.793.3575

<p><b><u>Cook Inlet Tribal Council (CITC) - Educational Services</u></b>  Limited student financial aid services for higher education. STEM learning labs, computer and technology classes, culture camps available. Various programs to enrich academics, cultural values, traditional knowledge, family involvement, and youth development.</p>	907.793.3265
<p><b><u>CITC - Employment and Training Services Department</u></b>  Various education, training, and employment programs available. Assists in achieving meaningful and sustainable employment. Offers case management, child-care financial assistance, vocational rehabilitation, employment placements, career/job counseling, GED assistance, etc. Most programs require Alaskan Native/American Indian heritage.</p>	907.793.3300
<p><b><u>CITC - Tribal Vocational Rehabilitation (TVR)</u></b>  Assists Alaska Native (AN) and American Indian (AI) individuals with disabilities to gain and/or maintain employment. Must be verified AN and/or AI. Must have a documented physical, intellectual and/or mental health condition that is a barrier to employment. Must be willing and/or currently are receiving services from Social Security for disability OR willing to allow TVR to contact Social Security for disability.</p>	907.793.3360
<p><b><u>CITC - Youth Services</u></b>  Support programs for youth aged 14-24. Assists in finding employment, furthering education, and providing youth leadership opportunities. Provides case management for: high school credit, GED completion, life-skills training, work readiness training, work experience, etc. Assists with internships through the Youth Employment Program (YEP).</p>	907.793.3114
<p><b><u>Crossroads School</u></b>  Alternative high school designed to meet the needs of pregnant and/or parenting teens in Anchorage. Continue and complete high school education without the loss of credit or time. Provides education around having a healthy pregnancy and good parenting skills. Must have a verified pregnancy and/or have given birth. Students accepted year-round.</p>	907.742.2050
<p><b><u>State of Alaska - Division of Vocational Rehabilitation (DVR)</u></b>  Employment and training assistance for individuals who experience intellectual, physical, and developmental disabilities.</p>	907.269.3570 907.465.2814
<p><b>Galena City School District - <u>Anchorage</u> and <u>Mat-Su</u></b>  Homeschool high school education program for students 14 to 21 years old.</p>	<b>Anchorage</b> 907.562.4332 <b>Mat-Su</b> 907.357.4850
<p><b><u>Goodwill Job Connections</u></b>  Employment navigation assistance. Resume and cover letter assistance.</p>	907.258.0010 907.563.6355 907.344.4640

<p><b><u><a href="#">Lutheran Social Services</a></u></b>  Aid to low-income individuals and families. School supplies for ASD students, food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.</p>	907.272.0643
<p><b><u><a href="#">Midtown Job Center</a></u></b>  Assistance with employment and training services navigation. Resume and cover letter assistance. Resources for employment and training financial assistance.</p>	907.352.2500
<p><b><u><a href="#">Nine Star Education and Employment Services</a></u></b>  Adult Basic Education (ABE), English as a Second Language (ESL), GED and High School Equivalency instruction and testing. Sliding scale fee. Anchorage and Mat-Su locations.</p>	907.279.7827
<p><b><u><a href="#">People Mover</a></u></b>  Transportation service to people with disabilities that prevent use of People Mover bus service. Shared ride services available to persons aged 60+ years, recipients of Medicaid's Home and Community-Based Waiver, and ASD students with Title 1 assistance. Free group and one-on-one training services available to community members who don't know how to use the bus system.</p>	907.343.6543
<p><b><u><a href="#">State of Alaska - Division of Employment and Training Services</a></u></b>  Grants for verified low-income applicants seeking continuing education services. Assistance for individuals with disabilities, post-incarceration, veterans, dislocated workers, older Alaskans, and youth.</p>	907.465.2712
<p><b><u><a href="#">University of Alaska</a></u></b>  Wide variety of programs offered. Distance-ed options available. Campuses throughout Alaska, including Anchorage and Mat-Su.</p>	907.450.8100

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## OHS - Food and Nutrition

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Native Tribal Health Consortium (ANTHC)</a></u></b>  Food Distribution Program on Indian Reservations Program provides a month's supply of nutritional food to eligible households in Alaska Native Tribal communities and households. Must meet income standards, living in an approved area, one family member must be part of a Federally recognized Tribe.</p>	907.729.2975
<p><b><u><a href="#">Alaska Temporary Assistance Program (ATAP)</a></u></b>  Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, clothing, childcare and educational assistance.</p>	<b>Gambell</b> 907.269.6599 <b>Muldoon</b> 907.269.0001 <b>Mat-Su</b> 907.376.3903

<p><b><u><a href="#">Anchorage Gospel Rescue Mission</a></u></b>  Breakfast and dinner to single adults and families in need. All youth under 18 must have an adult accompany them. Overnight shelter and longer-term shelter options available. Must pass breathalyzer to access the building. Anchorage only.</p>	907.563.5603
<p><b><u><a href="#">Bean's Cafe</a></u></b>  Warm breakfast and lunch to anyone in need, every day of the year. Serves population regardless of housing status. Operates the Children's Lunchbox. Provides fresh meals to local community programs serving children. Provides meals to 8 Title 1 schools in Anchorage. Operates Summer Food Program, feeding children even when school is out for the summer. These programs are free to those aged 18 and younger.</p>	907.433.8600
<p><b><u><a href="#">Catholic Social Services</a></u></b>  Housing assistance, emergency/long-term transitional options, case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability, and clothing assistance services.</p>	907.222.7300
<p><b><u><a href="#">Fellowship In Serving Humanity (F.I.S.H.)</a></u></b>  Delivers emergency food to people residing in Anchorage. Food is delivered a day after the call is received. Calls accepted certain days; aid provided once per 30 days. No fee.</p>	907.277.0818
<p><b><u><a href="#">Food Bank of Alaska</a></u></b>  Distributes salvaged food to food pantries, soup kitchens, senior centers, children's programs, and families, no cost. Posts monthly hot meal/food pantry distribution calendars for Anchorage/Mat-Su areas.</p>	907.272.3663
<p><b><u><a href="#">Lutheran Social Services</a></u></b>  Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.</p>	907.272.0643
<p><b><u><a href="#">New Hope Compassionate Ministries</a></u></b>  Food pantry every Tuesday, 10:30am - 1:00pm. ID required. Bring your own bags.</p>	907.274.4673
<p><b><u><a href="#">North Anchorage Church of God</a></u></b>  Food bank open every Thursday from 10:00am - 12:00pm, as supplies are available.</p>	907.333.5279
<p><b><u><a href="#">State of Alaska - Division of Public Assistance</a></u></b>  Food benefits to verified low-income households. Food Stamp benefits available via Alaska Quest Card statewide. Must be aged 16-59 years. Other eligibility criteria apply.</p>	907.891.8913
<p><b><u><a href="#">St. Christopher's Episcopal Church (Website unavailable)</a></u></b>  Food pantry for individuals and families in need. ID and proof of local residency required. No fee. Once per month service. Thursdays 10:00am - 12:00pm.</p>	907.333.5010
<p><b><u><a href="#">St. Francis House Food Pantry - Catholic Social Services</a></u></b>  Client choice food pantry, Anchorage-based, no fee. Assists with the summer food service program 18 years old and younger.</p>	907.222.7300

<p><b><u><a href="#">Women, Infants, and Children Program (WIC)</a></u></b>  Public health program providing nutrition and breastfeeding education, counseling, support, nutritious foods and referrals to needed services. Must live in Alaska, have a nutritional need, and meet low-income guidelines.</p>	Find the clinic closest to your location: <a href="http://signupwic.com/">http://signupwic.com/</a>
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## Primary Healthcare

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Native Medical Center (ANMC)</a></u></b>  Primary care services for children and adults, from physical to behavioral health services. Visit site for questions regarding eligibility: <a href="https://anmc.org/patients-visitors/eligibility/">https://anmc.org/patients-visitors/eligibility/</a></p>	907.729.3300
<p><b><u><a href="#">Alaska Regional Hospital</a></u></b>  Primary care services for children and adults. Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary.</p>	907.276.1131
<p><b><u><a href="#">Anchorage Neighborhood Health Center (ANHC)</a></u></b>  Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC M - F.</p>	907.743.7200
<p><b><u><a href="#">Mat-Su Health Services, Inc.</a></u></b>  Primary health care for the whole family from physicals to chronic illness management.</p>	<b>Big Lake + Wasilla</b> 907.376.2411
<p><b><u><a href="#">Providence Alaska Medical Center</a></u></b>  Primary care services for adults and children.</p>	907.212.3420

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## Reproductive Care

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">Alaska Native Medical Center (ANMC)</a></u></b>  Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: <a href="https://anmc.org/patients-visitors/eligibility/">https://anmc.org/patients-visitors/eligibility/</a></p>	<b>Obstetrics</b> 907.729.3100  <b>Labor/Delivery</b> 907.729.3200



<p><b><u><a href="#">Alaska Regional Hospital</a></u></b>  Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.</p>	907.276.1131
<p><b><u><a href="#">Alaska Women's Health</a></u></b>  Offers a full range of obstetrics and gynecology services. Partners with Providence Medical Center Alaska and Alaska Regional Hospital on an as-needed basis for emergent and inpatient care. Accepts Medicaid/Medicare. Insurance preferred.</p>	907.563.5151 or 907.563.7228
<p><b><u><a href="#">Anchorage Neighborhood Health Center (ANHC)</a></u></b>  Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.</p>	907.743.7200
<p><b><u><a href="#">Anchorage Women's Clinic</a></u></b>  Reproductive, nutritional, mental, and obstetric health care. Health education classes offered in Anchorage related to: obstetrics, gynecology, fertility, and nutrition.</p>	907.561.7111
<p><b><u><a href="#">Geneva Woods Birth Center</a></u></b>  Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.</p>	907.561.2626
<p><b><u><a href="#">Mat-Su Regional Medical Center - Family Birthing Center</a></u></b>  Primary care center based in the Mat-Su valley. Offers a Family Birthing Center, childbirth education classes to parents, lactation consulting, prenatal, birthing, and post-natal care. Insurance preferred but not required. Adjustable rates available.</p>	907.861.6000
<p><b><u><a href="#">Midwifery &amp; Women's Healthcare</a></u></b>  Classes related to childbirth, C-section, labor support, prenatal, postnatal, and breastfeeding topics. Fees vary. Prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women's wellness, counseling, massage therapy.</p>	907.561.5152
<p><b><u><a href="#">YWCA Alaska</a></u></b>  Reproductive care outreach, education, and screening referrals for under-served women and men. Breast and cervical screening exams, pap test, pelvic exams, mammograms, and other diagnostic exams available. Financial support available for men for breast cancer screening. Transportation, childcare, emotional support, translation services available.</p>	907.644.9600

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## Sex Education

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
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<p><b><u><a href="#">I Know Mine</a></u></b>  Resource bank for comprehensive and medically accurate sex education. Order free condoms, HIV/AIDS/STD/STI Testing kit, find a clinic through the site. Ask confidential questions about sex, health, etc. Information and resources on STDs, pregnancy, nutrition, LGBTQ+, dating violence, etc. available on website and confidential chat.</p>	Contact online: <a href="https://www.iknowmine.org/contact-us">https://www.iknowmine.org/contact-us</a>
<p><b><u><a href="#">Planned Parenthood</a></u></b>  Medically accurate and comprehensive sex education. Conforms to local/state policies/laws on sexual health education.</p>	800.769.0045
<p><b><u><a href="#">Sex, etc.</a></u></b>  National site providing complete, comprehensive, medically accurate sex ed information.</p>	N/A
<p><b><u><a href="#">Southcentral Foundation Primary Care Center</a></u></b>  Testing, screening, and counseling on all health issues, including sexual health.</p>	907.729.1000
<p><b><u><a href="#">Strengthening Our Youth - Tribal PREP CITC</a></u></b>  Offers mentoring and education opportunities, including hours at the Dena'ina House (supportive housing for youth seeking independent living through Covenant House's Rights of Passage Program). Provides evidence-based and culturally appropriate sex education, career and educational services, financial literacy, healthy relationships, life skills, parent-teen communication, adulthood navigation, and adolescent development guidance.</p>	907.793.3265

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## Substance Abuse Prevention and Counseling

<p><b><u><a href="#">211 Alaska</a></u></b>  Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><b><u><a href="#">AKEELA, Inc.</a></u></b>  Prevention and treatment services for substance/alcohol abuse. General mental health services for adults and youth, emergency psychological services, chronic/severe mental illness support, transitional housing for recovering substance users. Anchorage &amp; Mat-Su</p>	907.565.1200
<p><b><u><a href="#">Alaskan Aids Assistance Association - Anchorage (4 As)</a></u></b>  Free sterile syringes, cookers, cottons, sharps containers, tourniquets, alcohol swabs, Narcan kits, condoms. Safe sharps disposal. Referrals for STI/STD and addiction/recovery programs. Even exchange of syringes. Limit of 200.</p>	907.264.2050
<p><b><u><a href="#">Al-Anon</a></u></b>  Mutual support group of peers who share experiences of having a problem drinker in their lives. Offers support and advice. Locations vary in Anchorage/Mat-Su.</p>	Find a meeting: <a href="https://al-anon.org/al-anon-meetings/">https://al-anon.org/al-anon-meetings/</a>

<p><b><u>Alaska Family Services</u></b> Offers substance abuse counseling, family violence intervention, parenting workshops, and residential services for youth. Emergency shelter available for women with children. Legal services, group education, outpatient chemical dependency support available.</p>	907.746.4080
<p><b><u>Alcoholics Anonymous (AA)</u></b> Regular meetings, in person or via phone, for recovering/current alcoholics to provide a listening ear and support each other in reaching for sobriety. Schedule is online. Meetings available in Anchorage and Mat-Su.</p>	<b>Business</b> 907.272.2312 <b>24/7 Hotline</b> 907.272.2312
<p><b><u>Alcohol Safety Action Program (ASAP)</u></b> Substance abuse screening, case management, and accountability for alcohol/drug related misdemeanor cases. Neutral link between justice and health care systems.</p>	907.264.0735
<p><b><u>Anchorage Neighborhood Health Center (ANHC)</u></b> Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.</p>	907.743.7200
<p><b><u>Celebrate Recovery</u></b> Twelve-step recovery program for those struggling with hurt, pain, or addiction. Locations available in Anchorage and Mat-Su Valley.</p>	Visit this link for contact information: <a href="https://www.celebraterecovery.com/crgroups">https://www.celebraterecovery.com/crgroups</a>
<p><b><u>Clitheroe Center - Salvation Army</u></b> Inpatient and outpatient treatment centers. Residential treatment co-occurring/dual diagnosis center in Anchorage. Has pre-admission assessments, interim treatment, and post-residential aftercare.</p>	907.770.8812
<p><b><u>Creative Living Publications</u></b> Distance course to help clients better understand the effects of substance use on the body and equip clients to make desired changes. Results in course completion certificate that may be used in court and DMV proceedings. Course cost varies. No age restriction.</p>	907.947.3962
<p><b><u>Cornerstone Recovery</u></b> Substance use assessment, treatment, support/referrals for services needed to begin the process of recovery. Alcohol Drug Information School classes held monthly.</p>	907.339.8760
<p><b><u>Covenant House Alaska</u></b> Emergency shelter for homeless/runaway youth. Assists youth in building skills for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter for 21 years old and under. Transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255

<b><u><a href="#">Discovery Cove Alaska</a></u></b> Numerous programs for substance use recovery. From DWI classes to outpatient.	907.694.5550
<b><u><a href="#">Ernie Turner Center - Cook Inlet Tribal Council (CITC)</a></u></b> Inpatient residential program. Serves all individuals with addictions and/or mental health disorders. Stays are up to 6 months. Offers mental health and substance-abuse counseling, group therapy, and case management services.	907.688.1750
<b><u><a href="#">Genesis</a></u></b> Residential care, continuing care, and transitional housing for those in recovery from substance abuse. Sliding fee scale.	907.243.5130
<b><u><a href="#">Narcotics Anonymous (NA)</a></u></b> Regular meetings, in person or via online, for recovering addicts to help each other stay clean. Must have a desire to stop using narcotics. Zoom online link available at site. NA meeting map available online. Locations available in Anchorage and Mat-Su.	907.277.5483
<b><u><a href="#">Recovery Alaska</a></u></b> Faith-based recovery program for those who experience substance abuse.	<b>Contact info on website.</b>
<b><u><a href="#">Recovery Services - Cook Inlet Tribal Council (CITC)</a></u></b> Comprehensive treatment to assist individuals in all stages of recovery from substance abuse/addiction. Support for those reentering society after incarceration. Provides assessments, residential and outpatient treatment, individual and group counseling, alumni and peer support, prevention programs.	907.793.3200
<b><u><a href="#">Renew Your Mind</a></u></b> Outpatient services for individuals with alcohol/substance addiction. Offers individual counseling, group therapy, family therapy, and more. Insurance preferred, not required.	907.222.5464
<b><u><a href="#">Substance Abuse and Mental Health Services Administration (SAMHSA)</a></u></b> Provides substance use and mental disorder information, services, and research more accessible. National helpline provides free, confidential 24/7 treatment referral and information services for individuals and families w/ mental and/or substance use.	<b>Business</b> 877.726.4727 <b>National Line</b> 800.662.4357
<b><u><a href="#">Volunteers of America Alaska</a></u></b> Education and support for youth struggling with substance misuse and mental health conditions. Offers prevention education programs.	907.279.9640

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## Violence Prevention and Intervention

Directory of Shelters and Victim Advocates: <http://law.alaska.gov/departments/criminal/shelter-directory.html>

<b><u><a href="#">211 Alaska</a></u></b> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
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<p><b><u><a href="#">Abused Women's Aid In Crisis (AWAIC)</a></u></b>  Domestic violence/sexual assault/stalking support. Group classes related to DV/SA/ST topics for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ and/or accompanied by parent/legal guardian.</p>	<p><b>Business</b>  907.279.9581  <b>24/7 Crisis Line</b>  907.272.0100</p>
<p><b><u><a href="#">Alaska CARES</a></u></b>  Assists children who have experienced abuse/trauma. Offers victim advocacy, law enforcement, child protection, tribal health, forensic medicine, mental health support.</p>	<p>907.561.8301</p>
<p><b><u><a href="#">Alaska Family Services</a></u></b>  Offers substance abuse counseling, family violence intervention, parenting workshops, and residential services for youth. Emergency shelter available for women with children. Legal services, group education, outpatient chemical dependency support available.</p>	<p>907.746.4080</p>
<p><b><u><a href="#">Alaska Native Justice Center (ANJC)</a></u></b>  Advocacy and intervention services for divorce, child custody, domestic violence/sexual assault, minor in consuming violations, and adult prisoner reentry. May provide pro se civil legal attorney representation. Free legal clinics offered. Serves all ethnicities.</p>	<p>907.793.3550</p>
<p><b><u><a href="#">Alaska Network on Domestic Violence &amp; Sexual Assault (ANDVSA)</a></u></b>  Supports domestic violence and sexual assault programs in Alaska through legal advocacy, pro bono attorney services, legislative/legal advocacy, and resources for victim advocacy and violence prevention programs. Can connect people to relevant services.</p>	<p>907.586.3650</p>
<p><b><u><a href="#">Alaska Office of Victims' Rights</a></u></b>  Provides free legal services to victims of crime. Offers assistance with restitution.</p>	<p>907.754.3460  844.754.3460</p>
<p><b><u><a href="#">Chugachmiut Women's Violence Intervention</a></u></b>  Wide variety of prevention-oriented community outreach/intervention services related to domestic violence and sexual assault. Offers 24/7 free crisis line.</p>	<p><b>Business</b>  907.562.4255  <b>24/7 Crisis</b>  907.444.6485  844.544.6485</p>
<p><b><u><a href="#">Life Skills - Cook Inlet Tribal Council (CITC)</a></u></b>  Classes specifically designed for TANF/GA recipients. Classes range from resiliency, domestic violence awareness, Alaska Native culture, nutrition, education, to employment. Contact caseworker or CITC front desk to register. No fee.</p>	<p>907.793.3300</p>
<p><b><u><a href="#">Love is Respect</a></u></b>  National site with information about domestic violence, sexual assault, and stalking.</p>	<p>866.331.9474</p>
<p><b><u><a href="#">National Domestic Violence Hotline</a></u></b>  24/7, free, confidential line for victims/survivors of DV. Online chat available</p>	<p>800.799.7233</p>

<p><b><u><a href="#">National Sexual Assault Hotline</a></u></b>  24/7, free, confidential line for victims/survivors of sexual assault. Online chat available.</p>	800.656.4673
<p><b><u><a href="#">Southcentral Foundation (SCF) - Family Wellness Warriors Initiative</a></u></b>  Education courses regarding domestic violence and its effects on the person and the community. Wasilla and Anchorage courses available.</p>	<b>Anchorage</b> 907.729.5440 <b>Wasilla</b> 907.631.7426
<p><b><u><a href="#">Standing Together Against Rape (STAR)</a></u></b>  Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Group education classes and trainings related to SA/ST/DV. Case management, counseling services, emergency shelter referrals to outside partners, legal support, group education classes, and advocacy. 18+ years and/or accompanied by parent/legal guardian.</p>	<b>Business</b> 907.276.7279 <b>24/7 Crisis:</b> 907.276.7273 <b>State Crisis:</b> 800.478.8999
<p><b><u><a href="#">Victim Information and Notification Everyday (VINE)</a></u></b>  Alert system offering the most up-to-date and reliable information regarding custody status changes and criminal case information for selected perpetrator(s).</p>	800.247.9763
<p><b><u><a href="#">Victims for Justice</a></u></b>  Assists victims of violent crime in various support methods. Confidential, emotional/grief support, financial support, court accompaniment, criminal justice process education, prosecution to police support, community resource navigation, etc.</p>	907.278.0977 888.835.1213
<p><b><u><a href="#">Violent Crimes Compensation Board (VCCB)</a></u></b>  Financial assistance available to pay for victim’s crime-related expenses, up to \$40,000. Financial loss must be the direct result of a violent crime. Eligibility criteria apply.</p>	907.465.3040

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<b>RESOURCE NAME: RESOURCE WEBSITE</b>
211 Alaska: <a href="https://alaska211.org/">https://alaska211.org/</a>
311 Alaska: (Website unavailable)
Abused Women's Aid In Crisis (AWAIC): <a href="http://www.awaic.org/">http://www.awaic.org/</a>
Access Alaska: <a href="https://www.accessalaska.org/">https://www.accessalaska.org/</a>
Adult Children of Alcoholics: <a href="https://adultchildren.org/">https://adultchildren.org/</a>
Adult Learning Center (ALC): <a href="http://www.akalc.com/">http://www.akalc.com/</a>
AKEELA, Inc.: <a href="http://www.akeela.us/about-akeela/">http://www.akeela.us/about-akeela/</a>
Al-Anon: <a href="https://al-anon.org/">https://al-anon.org/</a>
Alaska Attachment & Bonding Associates: <a href="http://www.akattachment.org/index.htm">http://www.akattachment.org/index.htm</a>
Alaska Breastfeeding Coalition: <a href="http://www.alaskabreastfeeding.org">http://www.alaskabreastfeeding.org</a>
Alaska Breastfeeding Community: <a href="https://www.facebook.com/groups/akbfaware/">https://www.facebook.com/groups/akbfaware/</a>
Alaska Career College (ACC): <a href="https://www.alaskacareercollege.edu/">https://www.alaskacareercollege.edu/</a>
Alaska CARES: <a href="https://www.psjhealth.org/alaska-cares">https://www.psjhealth.org/alaska-cares</a>
Alaska Center for the Blind and Visually Impaired: <a href="http://www.alaskabvi.org/">http://www.alaskabvi.org/</a>
Alaska Commission on Post-Secondary Education (ACPE): <a href="https://acpsecure.alaska.gov/">https://acpsecure.alaska.gov/</a>
Alaska Dental Society: <a href="https://www.akdental.org/">https://www.akdental.org/</a>
Alaska Family Services: <a href="http://www.akafs.org/">http://www.akafs.org/</a>
Alaska Job Corps: <a href="https://alaska.jobcorps.gov/">https://alaska.jobcorps.gov/</a>
Alaska Literacy Program (ALP): <a href="http://www.alaskaliteracyprogram.org/">http://www.alaskaliteracyprogram.org/</a>
Alaska Native Justice Center (ANJC): <a href="http://www.anjc.org/">http://www.anjc.org/</a>
Alaska Native Medical Center (ANMC): <a href="https://anmc.org/services/obstetrics-gynecology/">https://anmc.org/services/obstetrics-gynecology/</a>
Alaska Native Tribal Health Consortium (ANTHC): <a href="https://anthc.org/what-we-do/traditional-foods-and-nutrition/food-distribution-program-on-indian-reservations/">https://anthc.org/what-we-do/traditional-foods-and-nutrition/food-distribution-program-on-indian-reservations/</a> ;
Alaska Native Tribal Health Consortium (ANTHC): <a href="https://anthc.org/">https://anthc.org/</a>
Alaska Network on Domestic Violence & Sexual Assault (ANDVSA): <a href="https://andvsa.org/">https://andvsa.org/</a>

<b>Alaska Office of Victims' Rights:</b> <a href="https://ovr.akleg.gov/">https://ovr.akleg.gov/</a>
<b>Alaska Pacific University (APU):</b> <a href="https://www.alaskapacific.edu/">https://www.alaskapacific.edu/</a>
<b>Alaska Poison Control System:</b> <a href="http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/Poison/Default.aspx">http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/Poison/Default.aspx</a>
<b>Alaska Psychiatric Institute (API):</b> <a href="http://dhss.alaska.gov/api/Pages/default.aspx">http://dhss.alaska.gov/api/Pages/default.aspx</a>
<b>Alaska Regional Hospital:</b> <a href="https://alaskaregional.com/service/childbirth-family-education">https://alaskaregional.com/service/childbirth-family-education</a>
<b>Alaska Relay:</b> <a href="https://alaskarelay.com/">https://alaskarelay.com/</a>
<b>Alaska Rx:</b> <a href="https://alaskarxcard.com/about">https://alaskarxcard.com/about</a>
<b>Alaska Temporary Assistance Program (ATAP):</b> <a href="http://dhss.alaska.gov/dpa/Pages/atap/default.aspx">http://dhss.alaska.gov/dpa/Pages/atap/default.aspx</a>
<b>Alaska Women's Health:</b> <a href="http://www.akwomenshealth.com">http://www.akwomenshealth.com</a>
<b>Alaska Works Partnership:</b> <a href="https://www.alaskaworks.org/">https://www.alaskaworks.org/</a>
<b>Alaska Youth and Family Network:</b> <a href="http://www.ayfn.org/">http://www.ayfn.org/</a>
<b>Alaskan Aids Assistance Association - Anchorage (4 As):</b> <a href="https://www.alaskanids.org/">https://www.alaskanids.org/</a>
<b>Alcoholics Anonymous (AA):</b> <a href="http://anchorageaa.org/">http://anchorageaa.org/</a>
<b>Alcohol Safety Action Program (ASAP):</b> <a href="http://dhss.alaska.gov/dbh/Pages/Prevention/programs/asap/default.aspx">http://dhss.alaska.gov/dbh/Pages/Prevention/programs/asap/default.aspx</a>
<b>Anchorage Coalition to End Homelessness:</b> <a href="http://anchoragehomeless.org/get-help/">http://anchoragehomeless.org/get-help/</a>
<b>Anchorage Community Mental Health Services (ACMHS):</b> <a href="https://acmhs.com/">https://acmhs.com/</a>
<b>Anchorage Gospel Rescue Mission:</b> <a href="https://www.anchoragerescue.org/">https://www.anchoragerescue.org/</a>
<b>Anchorage Job Center:</b> <a href="https://jobs.alaska.gov/offices/">https://jobs.alaska.gov/offices/</a>
<b>Anchorage Neighborhood Health Center (ANHC):</b> <a href="https://www.anhc.org/">https://www.anhc.org/</a>
<b>Anchorage Police Department (APD):</b> <a href="http://www.muni.org/departments/police/Pages/default.aspx">http://www.muni.org/departments/police/Pages/default.aspx</a>
<b>Anchorage Project Access:</b> <a href="https://anchorageprojectaccess.org/">https://anchorageprojectaccess.org/</a>
<b>Anchorage School District (ASD):</b> <a href="https://www.asdk12.org/">https://www.asdk12.org/</a>
<b>Anchorage Women's Clinic:</b> <a href="http://www.anchoragewomensclinic.com">http://www.anchoragewomensclinic.com</a>
<b>Arc of Anchorage:</b> <a href="https://thearcofanchorage.org//">https://thearcofanchorage.org//</a>
<b>ASSETS, Inc.:</b> <a href="https://assetsinc.org/">https://assetsinc.org/</a>



<b>Beacon Hill:</b> <a href="https://www.beaconhillak.com/">https://www.beaconhillak.com/</a>
<b>Bean's Cafe:</b> <a href="https://www.beanscafe.org/">https://www.beanscafe.org/</a>
<b>Alaska Brain Injury Network:</b> <a href="https://alaskabraininjury.net/contact/">https://alaskabraininjury.net/contact/</a>
<b>Bishop's Attic Thrift Store:</b> <a href="https://www.archdioceseofanchorage.org/other-catholic-resources/bishops-attic/">https://www.archdioceseofanchorage.org/other-catholic-resources/bishops-attic/</a>
<b>Brother Francis Shelter - Catholic Social Services (CSS):</b> <a href="https://www.cssalaska.org/our-programs/brother-francis-shelter/">https://www.cssalaska.org/our-programs/brother-francis-shelter/</a>
<b>Calista Native Corporation:</b> <a href="https://www.calistacorp.com/">https://www.calistacorp.com/</a>
<b>Career and Technical Education - Anchorage School District (ASD):</b> <a href="https://www.asdk12.org/Page/5358">https://www.asdk12.org/Page/5358</a>
<b>Careline Alaska: (Website unavailable)</b>
<b>Catholic Social Services:</b> <a href="https://www.cssalaska.org/">https://www.cssalaska.org/</a>
<b>Celebrate Recovery:</b> <a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a>
<b>Center for Loss in Multiple Birth (CLIMB):</b> <a href="https://www.climb-support.org/">https://www.climb-support.org/</a>
<b>Charter College:</b> <a href="https://www.chartercollege.edu/locations/anchorage-ak">https://www.chartercollege.edu/locations/anchorage-ak</a>
<b>Child Care Assistance - Cook Inlet Tribal Council (CITC):</b> <a href="https://citci.org/employment-training/child-care/">https://citci.org/employment-training/child-care/</a>
<b>Child in Transition - Anchorage School District (ASD):</b> <a href="https://www.asdk12.org/domain/1198">https://www.asdk12.org/domain/1198</a>
<b>Chugachmiut Women's Violence Intervention:</b> <a href="http://www.chugachmiut.org/health-social-services/social-services/womens-violence-intervention/">http://www.chugachmiut.org/health-social-services/social-services/womens-violence-intervention/</a>
<b>Cook Inlet Tribal Council (CITC) - Educational Services:</b> <a href="https://citci.org/education/">https://citci.org/education/</a>
<b>CITC - Employment and Training Services Department:</b> <a href="https://citci.org/employment-training/">https://citci.org/employment-training/</a>
<b>CITC - Low Income Heating Assistance Program:</b> <a href="https://citci.org/employment-training/low-income-heating-assistance/">https://citci.org/employment-training/low-income-heating-assistance/</a>
<b>CITC - Temporary Assistance for Needy Families (TANF):</b> <a href="https://citci.org/employment-training/tribal-tanf-temporary-assistance/">https://citci.org/employment-training/tribal-tanf-temporary-assistance/</a>
<b>CITC - Tribal Vocational Rehabilitation (TVR):</b> <a href="https://citci.org/employment-training/tribal-vocational-rehabilitation-tvr/">https://citci.org/employment-training/tribal-vocational-rehabilitation-tvr/</a>
<b>CITC - Youth Services:</b> <a href="https://citci.org/employment-training/youth-service/">https://citci.org/employment-training/youth-service/</a>
<b>Clare House - CSS:</b> <a href="https://www.cssalaska.org/our-programs/clare-house/">https://www.cssalaska.org/our-programs/clare-house/</a>

<b>Clare Swan Early Learning Center:</b> <a href="https://citci.org/partnerships-events/clare-swan-early-learning-center/">https://citci.org/partnerships-events/clare-swan-early-learning-center/</a>
<b>Clitheroe Center - Salvation Army:</b> <a href="http://dhss.alaska.gov/dbh/Pages/ResidentialSUD/facilities/Clitheroe-Center.aspx">http://dhss.alaska.gov/dbh/Pages/ResidentialSUD/facilities/Clitheroe-Center.aspx</a>
<b>Cook Inlet Native Head Start:</b> <a href="https://www.cookinletnativeheadstart.net/">https://www.cookinletnativeheadstart.net/</a>
<b>Cook Inlet Tribal Council (CITC) - Burial Assistance:</b> <a href="https://citci.org/employment-training/burial-assistance/">https://citci.org/employment-training/burial-assistance/</a>
<b>Cook Inlet Tribal Council (CITC) - Educational Services:</b> <a href="https://citci.org/education/">https://citci.org/education/</a>
<b>Community Pregnancy Center:</b> <a href="https://cpcanchorage.com/">https://cpcanchorage.com/</a>
<b>Cornerstone Recovery:</b> <a href="https://www.cornerstonerecoveryclinic.org/">https://www.cornerstonerecoveryclinic.org/</a>
<b>Covenant House Alaska:</b> <a href="https://covenanthouseak.org/">https://covenanthouseak.org/</a>
<b>Crisis Text Line:</b> <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
<b>Creative Living Publications:</b> <a href="https://creativelivingpublications.net/">https://creativelivingpublications.net/</a>
<b>Crossroads School:</b> <a href="https://www.asdk12.org/domain/4726">https://www.asdk12.org/domain/4726</a>
<b>Dental Services - Southcentral Foundation (SCF):</b> <a href="https://www.southcentralfoundation.com/services/dental-services/">https://www.southcentralfoundation.com/services/dental-services/</a>
<b>Discovery Cove Alaska:</b> <a href="https://www.discoverycovealaska.com/">https://www.discoverycovealaska.com/</a>
<b>Downtown Hope Center:</b> <a href="https://www.downtownhopecenter.org/">https://www.downtownhopecenter.org/</a>
<b>Ernie Turner Center - Cook Inlet Tribal Council (CITC):</b> <a href="https://citci.org/recovery/etc-residential-inpatient/">https://citci.org/recovery/etc-residential-inpatient/</a>
<b>Emergency Cold Weather Program (ECWP):</b> <a href="https://www.liveunitedanc.org/improving-lives/what-we-care-about/homelessness/emergency-cold-weather-shelter/">https://www.liveunitedanc.org/improving-lives/what-we-care-about/homelessness/emergency-cold-weather-shelter/</a>
<b>Family Outreach Center for Understanding Special Needs (FOCUS):</b> <a href="http://www.focusoutreach.org/focus-early-learning-program/">http://www.focusoutreach.org/focus-early-learning-program/</a>
<b>FamilyWize Community Service Partnership:</b> <a href="https://www.familywize.org/">https://www.familywize.org/</a>
<b>Fellowship In Serving Humanity (F.I.S.H.):</b> <a href="https://www.fishcharity.org/assistance.html">https://www.fishcharity.org/assistance.html</a>
<b>Food Bank of Alaska:</b> <a href="https://www.foodbankofalaska.org/">https://www.foodbankofalaska.org/</a>
<b>Galena City School District - Anchorage:</b> <a href="https://www.igradalaska.org/">https://www.igradalaska.org/</a>
<b>Galena City School District - Mat-Su:</b> <a href="https://www.ideafamilies.org/">https://www.ideafamilies.org/</a>

<b>GCI - Lifeline:</b> <a href="https://www.gci.com/mobile/lifeline">https://www.gci.com/mobile/lifeline</a>
<b>General Relief Assistance (GRA):</b> <a href="http://dhss.alaska.gov/dpa/Pages/gra/default.aspx">http://dhss.alaska.gov/dpa/Pages/gra/default.aspx</a>
<b>Genesis:</b> <a href="https://www.genesisrecovery.org/treatment">https://www.genesisrecovery.org/treatment</a>
<b>Geneva Woods Birth Center:</b> <a href="https://www.genevawoodsbirthcenter.com/">https://www.genevawoodsbirthcenter.com/</a>
<b>Goodwill Job Connections:</b> <a href="https://goodwill-alaska.org/job-connections/">https://goodwill-alaska.org/job-connections/</a>
<b>Healthcare.Gov:</b> <a href="https://www.healthcare.gov/">https://www.healthcare.gov/</a>
<b>Heart 2 Heart:</b> <a href="https://h2hprc.org/">https://h2hprc.org/</a>
<b>Hope Community Resources:</b> <a href="https://www.hopealaska.org/">https://www.hopealaska.org/</a>
<b>I Know Mine:</b> <a href="https://www.iknowmine.org/for-youth/youth-resources">https://www.iknowmine.org/for-youth/youth-resources</a>
<b>Kids Corps, Inc.:</b> <a href="https://www.kcialaska.org/">https://www.kcialaska.org/</a>
<b>Koniag:</b> <a href="https://www.koniag.com/">https://www.koniag.com/</a>
<b>Life Skills - Cook Inlet Tribal Council (CITC):</b> <a href="https://citci.org/employment-training/life-skills-classes/">https://citci.org/employment-training/life-skills-classes/</a>
<b>Love is Respect:</b> <a href="https://www.loveisrespect.org/">https://www.loveisrespect.org/</a>
<b>Lutheran Social Services:</b> <a href="https://www.lssalaska.org/">https://www.lssalaska.org/</a>
<b>Mat-Su Health Services, Inc.:</b> <a href="https://www.mshsak.org/">https://www.mshsak.org/</a>
<b>Mat-Su Regional Medical Center - Family Birthing Center:</b> <a href="https://www.matsuregional.com/additional-information-maternity">https://www.matsuregional.com/additional-information-maternity</a>
<b>McKinnell House - Salvation Army:</b> <a href="https://mckinnellhouse.salvationarmy.org/">https://mckinnellhouse.salvationarmy.org/</a>
<b>Midtown Job Center:</b> <a href="https://jobs.alaska.gov/offices/">https://jobs.alaska.gov/offices/</a>
<b>Midwifery &amp; Women's Healthcare:</b> <a href="http://mwhcanchorage.com/classes">http://mwhcanchorage.com/classes</a>
<b>Narcotics Anonymous (NA):</b> <a href="https://www.akna.org/">https://www.akna.org/</a>
<b>National Alliance on Mental Illness:</b> <a href="https://www.nami.org/">https://www.nami.org/</a>
<b>National Domestic Violence Hotline:</b> <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
<b>National Sexual Assault Hotline:</b> <a href="https://www.rainn.org/">https://www.rainn.org/</a>
<b>National Suicide Prevention Lifeline:</b> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
<b>New Hope Compassionate Ministries:</b> <a href="https://www.newhopeak.org/">https://www.newhopeak.org/</a>
<b>Nine Star Education and Employment Services:</b> <a href="https://www.ninestar.org">https://www.ninestar.org</a>

<b>North Anchorage Church of God:</b> <a href="http://northanchorage.org/">http://northanchorage.org/</a>
<b>Parenting with Providence:</b> <a href="https://alaska.providence.org/services/m/maternity/classes-and-resources/parenting">https://alaska.providence.org/services/m/maternity/classes-and-resources/parenting</a>
<b>People Mover:</b> <a href="http://www.muni.org/departments/transit/peoplemover/Pages/default.aspx">http://www.muni.org/departments/transit/peoplemover/Pages/default.aspx</a> <a href="http://www.muni.org/departments/transit/peoplemover/Pages/default.aspx">http://www.muni.org/departments/transit/peoplemover/Pages/default.aspx</a>
<b>Planned Parenthood:</b> <a href="https://www.plannedparenthood.org/planned-parenthood-great-northwest-hawaiian-islands/education/comprehensive-sexuality-education">https://www.plannedparenthood.org/planned-parenthood-great-northwest-hawaiian-islands/education/comprehensive-sexuality-education</a>
<b>Providence Alaska Medical Center:</b> <a href="https://alaska.providence.org/services/p/primary-care">https://alaska.providence.org/services/p/primary-care</a>
<b>Providence Alaska Medical Center - Outpatient Lactation Clinic:</b> <a href="https://alaska.providence.org/services/w/womens-boutique">https://alaska.providence.org/services/w/womens-boutique</a>
<b>Providence Med Office Building (Mat-Su):</b> <a href="https://alaska.providence.org/locations/m/matsu">https://alaska.providence.org/locations/m/matsu</a>
<b>Recovery Alaska:</b> <a href="http://recoveryabt.org/">http://recoveryabt.org/</a>
<b>Recovery Services - Cook Inlet Tribal Council (CITC):</b> <a href="https://citci.org/recovery/">https://citci.org/recovery/</a>
<b>Renew Your Mind :</b> <a href="https://www.rehab.com/renew-your-mind/6002483-r">https://www.rehab.com/renew-your-mind/6002483-r</a>
<b>RurAL CAP:</b> <a href="https://ruralcap.com/">https://ruralcap.com/</a>
<b>Safe Harbor and Sitka Place:</b> <a href="https://ruralcap.com/housing/safe-harbor/">https://ruralcap.com/housing/safe-harbor/</a>
<b>Sex, etc. :</b> <a href="https://sexetc.org/">https://sexetc.org/</a>
<b>Southcentral Foundation (SCF) - Family Wellness Warriors Initiative:</b> <a href="https://www.southcentralfoundation.com/services/family-wellness-warriors-initiative-2/">https://www.southcentralfoundation.com/services/family-wellness-warriors-initiative-2/</a>
<b>Southcentral Foundation Primary Care Center:</b> <a href="https://www.southcentralfoundation.com/services/primary-care-clinics/">https://www.southcentralfoundation.com/services/primary-care-clinics/</a>
<b>Special Education Department (SPED) - ASD:</b> <a href="https://www.asdk12.org/Page/1419">https://www.asdk12.org/Page/1419</a>
<b>Standing Together Against Rape (STAR):</b> <a href="http://www.staralaska.com/">http://www.staralaska.com/</a>
<b>State of Alaska - Child Care Program Office:</b> <a href="http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx">http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx</a>
<b>State of Alaska - Denali KidCare:</b> <a href="http://dhss.alaska.gov/dpa/Pages/dkc/default.aspx">http://dhss.alaska.gov/dpa/Pages/dkc/default.aspx</a>
<b>State of Alaska - Division of Employment and Training Services:</b> <a href="http://labor.alaska.gov/dets/">http://labor.alaska.gov/dets/</a>
<b>State of Alaska - Division of Public Assistance:</b> <a href="http://dhss.alaska.gov/dpa/Pages/default.aspx">http://dhss.alaska.gov/dpa/Pages/default.aspx</a>
<b>State of Alaska - Medicaid:</b> <a href="http://dhss.alaska.gov/dpa/pages/medicaid/default.aspx">http://dhss.alaska.gov/dpa/pages/medicaid/default.aspx</a>
<b>St. Christopher's Episcopal Church (Website unavailable)</b>

<b>St. Francis House Food Pantry - Catholic Social Services:</b> <a href="https://www.cssalaska.org/our-programs/st-francis-house/">https://www.cssalaska.org/our-programs/st-francis-house/</a>
<b>Strengthening Our Youth - Tribal Personal Responsibility Education Program (Tribal PREP) CITC:</b> <a href="https://citci.org/education/tribal-prep/">https://citci.org/education/tribal-prep/</a>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA):</b> <a href="https://www.samhsa.gov/about-us">https://www.samhsa.gov/about-us</a>
<b>The CIRI Foundation:</b> <a href="http://thecirifoundation.org/raven-fund/">http://thecirifoundation.org/raven-fund/</a>
<b>The Whaley Center:</b> <a href="https://www.asdk12.org/Page/6672">https://www.asdk12.org/Page/6672</a>
<b>Thread Alaska:</b> <a href="https://www.threadalaska.org/">https://www.threadalaska.org/</a>
<b>Unemployment Insurance (UI) - State of Alaska:</b> <a href="http://labor.alaska.gov/unemployment/">http://labor.alaska.gov/unemployment/</a>
<b>University of Alaska:</b> <a href="https://www.alaska.edu/alaska/">https://www.alaska.edu/alaska/</a>
<b>Victim Information and Notification Everyday (VINE):</b> <a href="https://vinelink.vineapps.com/state">https://vinelink.vineapps.com/state</a>
<b>Victims for Justice:</b> <a href="https://victimsforjustice.org/">https://victimsforjustice.org/</a>
<b>Violent Crimes Compensation Board (VCCB):</b> <a href="http://doa.alaska.gov/vccb/home.html">http://doa.alaska.gov/vccb/home.html</a>
<b>Volunteers of America Alaska:</b> <a href="https://www.voaak.org/">https://www.voaak.org/</a>
<b>Women, Infants, and Children Program (WIC):</b> <a href="http://dhss.alaska.gov/dpa/pages/nutri/wic/default.aspx">http://dhss.alaska.gov/dpa/pages/nutri/wic/default.aspx</a>
<b>Women's Boutique:</b> <a href="https://alaska.providence.org/services/w/womens-boutique">https://alaska.providence.org/services/w/womens-boutique</a>
<b>Women's Boutique - Family Support Counseling:</b> <a href="https://alaska.providence.org/services/w/womens-boutique">https://alaska.providence.org/services/w/womens-boutique</a>
<b>YWCA Alaska:</b> <a href="https://www.ywcaak.org/">https://www.ywcaak.org/</a>