

Family Pages

2018 Directory
for families with children ages birth to eight



www.juneaufamilies.org

The Family Pages is a guide to the many resources available in Juneau to support families with young children. It is supported by Partnerships for Families and Children. We hope it is helpful to all.

Partnerships for Families and Children works collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support the health, growth and development of children.



AEYC / thread
AWARE
Bartlett Beginnings
Juneau Public Health
Juneau Public Library
Juneau School District
Juneau Youth Services

REACH, Inc.
SEARHC
SERRC/The Learning Connection
Tlingit and Haida Head Start
United Way of Southeast Alaska
US Army National Guard
USCG Work/Life

This guide was updated by AEYC-SEA with funds from **thread**.

seaaeyc

Southeast Alaska Association for
the Education of Young Children

3100 Channel Drive, Suite 215
Juneau, AK 99801
907-789-1235
info@aeyc-sea.org

thread

We apologize for any errors or omissions in this guide. Please contact the PFC Coordinator with any corrections or additions at southeastfamilies@gmail.com.

A copy of this booklet may be downloaded from www.juneaufamilies.org.

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Child Care Search Tool

Looking for child care? Try the new **thread** search tool!
<http://threadalaska.org/child-care/>

From here you can search for care by zip code or city. Your results will show program details like location, cost, and age ranges. **thread** also has many great resources to help you in your search, including a Quality Guide, Interview Worksheet and a Child Care Assistance Calculator.

If you prefer to speak to someone about your child care needs, please call the statewide referral line at 800.278.3723, Monday-Friday, 8:30am to 5:00pm.

thread



www.unitedwayseak.org

- Information about 35 partner agencies
- Volunteer opportunities
- Donate online
- Or call 463-5530

211 is a statewide system that connects people with needed human services through an easy to remember number. Information is also available online at www.alaska211.org



Food, Housing and Transportation

Alaska Housing Finance Corporation.....586-3750

3410 Foster Avenue

Assistance for private sector housing (Section 8) and low income rentals (owned by the Alaska Housing Authority). All housing is dependent upon income guidelines.

Capital Transit.....789-6901

www.juneau.org/capitaltransit

Call for bus schedule or find them at the library.

Family Promise.....789-6901

www.famiypromisjuneau.org

Offering shelter, meals and comprehensive support to homeless families in Juneau.

The Glory Hole.....586-4159

247 South Franklin Street

www.feedjuneau.org

The downtown soup kitchen serves three meals a day to homeless and limited income people. Provides a food bank, free showers, laundry, and medical referrals.

Heating Assistance Program.....465-3058

10002 Glacier Highway, Suite 200

www.dhss.alaska.gov/dpa/pages/hap/default.aspx

The State of Alaska's Heating Assistance Program (HAP) can help eligible residents with winter heating costs.

Helping Hands Food Bank.....523-1374

6590 Glacier Highway

Call for hours of operation. Individuals are asked to donate \$1 for supplies taken from the food bank, but no one is turned away.

Housing Assistance Program.....780-6666

Alaska Housing Development Corporation

1800 Northwood Drive

Helps families find and maintain housing, including assistance with applications, move-in deposits and addressing other barriers.

Love in the Name of Christ (Love INC).....780-4090

9741 Mendenhall Loop Road

www.loveincjuneau.org

Network of 26+ Christian Churches, committed to helping Juneau families with spiritual, physical, and emotional needs. Central Clearinghouse will receive requests for assistance, however monetary assistance is not available. Phone calls only please.

St. Vincent De Paul.....789-5535

8617 Teal Street
www.svdpjuneau.org
 Shelter and transitional housing for 24 homeless families. Thrift store with clothing and household items.

Salvation Army.....586-2136

439 West Willoughby Avenue
 Services include food bank, weekly church, bible study, youth outreach, women’s ministries, visits to nursing homes, Thanksgiving Day community meal, Christmas basket and gifts for children. Thrift store with clothing and household supplies.

Southeast Alaska Food Bank.....789-6184

10020 Crazy Horse Drive
www.seakfoodbank.org
 Food bank for perishable food items.

Southeast Alaska Independent Living (SAIL).....586-4920

3225 Hospital Dr. Suite 300
www.sailinc.org
 SAIL provides services and resources to support elders and people with disabilities. SAIL embraces and encourages independent living.

Tlingit and Haida Regional Housing Authority.....780-6868

Physical: 5446 Jenkin Drive Mail: P.O. Box 32237, 99803
www.thrha.org
 Subsidized housing opportunities for low and moderate income families who have at least one Alaska Native or Native American in their household.

Tlingit and Haida Tribal Family & Youth Services.....463-7169

320 W. Willoughby Avenue, Suite 300
www.ccthita.org
 Supporting the wellbeing of children, families, and the Tribe through child care assistance, child welfare, counseling and other services.

Women, Infants, & Children Program (WIC).....465-3100, 463-4099

130 Seward Street
www.dhss.alaska.gov/dpa/pages/nutri/wic/participants
 A supplemental food and nutrition program designed to help pregnant, breastfeeding or postpartum women, babies and children up to age 5. WIC provides nutritious food, nutrition education, breastfeeding support (including breast pumps) and referrals to other agencies.

WIC Clinic.....463-4099, 1-800-330-2229

1046 Salmon Creek Lane (SEARHC)
 Same-day services provided at our weekly walk-in clinic on Wednesdays from 9am-6pm, or make an appointment Monday, Tuesday or Thursday, 8am-4:30 pm.

Adult Education & Employment

**Alaska Commission on Post Secondary Education..... 465-2962,
1-800-441-2962**

3030 Vintage Boulevard
www.acpe.alaska.gov

Student loans to help pay for undergraduate or graduate studies.

**Alaska Division of Vocational Rehabilitation.....465-2814,
1-800-478-2814**

801 W 10th Street, Suite A
www.labor.state.ak.us/dvr

Juneau Job Center.....465-4562

10002 Glacier Highway, Suite 100

www.jobs.state.ak.us (choose 'job seeker resources' or 'Alaska's Job Bank')

Find job listings online, resume building assistance and workshops to help find and get employment.

SERRC / The Learning Connection..... 586-6806, 586-5718

www.serrc.org/tlc

Most services offered for free and include GED and adult education, (including English as a Second Language classes), computer training and job assistance programs. TLC also provides an after-school program at their Gruening Park location.

University of Alaska Southeast (UAS)..... 796-6100

11120 Glacier Highway
www.uas.alaska.edu

Yaakoosge Daakahidi.....523-1801

1415 Glacier Avenue

Alternative High School. Classes available to pregnant and parenting mothers and fathers.

Resources for Military Families in Juneau

Welcome to Alaska's Capital City! We are home to more than 300 members of the Coast Guard and Alaska National Guard, and their families.

Family support is offered by:

**Alaska National Guard Family Program,
Juneau Family Assistance Center.....523-4020
Toll Free and Emergency/ After Hours Line.....888-917-3608**
12300 Mendenhall Loop Road, Suite 222B
PO Box 210000, Juneau AK 99821

Health Safety and Work Life Office.....463-2125
U.S. Coast Guard Base Ketchikan-Juneau Detachment
709 West Ninth St.
Rm. 747, Federal Building Juneau, AK

Resources include:

- Child care assistance
- Crisis assistance
- Financial counseling
- Parenting support
- Special needs support

More information and resources can be found at:
www.veterans.alaska.gov/family-assistance-centers.html
www.jointservicessupport.org/fp/
www.facebook.com/AKNGFamily

Family Planning

Are you in your teens, 20's or 30's?

Read this **JU ST IN CASE!**

Remember – many women don't know they are pregnant for a few weeks, or a few months. If there is a possibility you might become pregnant, you should not drink any alcohol or take any drugs not approved by your doctor.

Doctors recommend that women wait at least two years after giving birth before having another child. Birth spacing increases physical and mental health benefits for the mother, baby, and older siblings. For more information about birth spacing or access to contraceptive services (which are 100% covered under the Affordable Care Act), visit www.dhss.alaska.gov/dph/wcfh/Pages/timing, or contact the Juneau Public Health Center at 465-3353.

I am thinking about getting pregnant. How can I take care of myself?

This is good – you are planning ahead. Start taking care of yourself before you start trying to get pregnant. Talk to your doctor before pregnancy to learn what you can do to prepare your body. Ideally, women should give themselves at least 3 months to prepare before getting pregnant.

The five most important things you can do before becoming pregnant are:

1. Stop smoking and drinking alcohol. Ask your doctor for help.
2. Take vitamins with Vitamin D and at least 400 to 800 micrograms (400 to 800mcg or 0.4 to 0.8 mg) of folic acid every day for at least 3 months before getting pregnant.
3. Talk to your doctor about any medicines you are using. These include dietary or herbal supplements. Some medicines are not safe during pregnancy.
4. Avoid contact with toxic substances or materials at work and at home that could be harmful, including cat feces.
5. If you have a medical condition, talk with your doctor, and be sure your vaccinations are up to date.

Inside Passage Midwifery
463-2600
www.insidepassagemidwifery.com
853 Basin Road, Juneau, AK

Motherwise Midwifery
209-5871
www.motherwisebaby.com
Email:
lorna@motherwisebaby.com.

Why do I need prenatal care?

As soon as you think you might be pregnant, call your doctor to schedule a visit. Whether this is your first pregnancy or third, prenatal health care is extremely important. Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, early action will help you and the baby.

Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Get early prenatal care to help ensure both you and your baby will be healthy.

How often should I see my doctor during pregnancy?

Your doctor will give you a schedule of all the doctor's visits you should have while pregnant. Most experts suggest you see your doctor:

- about once each month for weeks 4 through 28
- twice a month for weeks 28 through 36
- weekly for weeks 36 to birth

Doctors can spot health problems early when they see mothers regularly. Your doctors can talk with you about any questions you have, and give you important tips to give your baby a healthy start to life. Be sure to follow your doctor's advice.

Where can I find affordable prenatal care in Juneau?

- **Denali KidCare covers all prenatal visits for women who are pregnant.**
Ask your medical provider about vouchers to cover local travel (taxi) to and from prenatal appointments, well baby checks, and some classes.
- **Juneau Family Health and Birth Center (586-1203)**
Services are based on a sliding fee scale. No one is turned away because of inability to pay.
- **Valley Medical Care (586-2434)**
Accepts Denali KidCare and other insurance billing.
- **SEARHC Ethel Lund Medical Center (463-6608)**
- **Wellspring (789-1812)**
A midwife on staff provides prenatal services but does not do delivery.

Planned Parenthood..... 1-800-769-0045

Juneau Health Center
3231 Glacier Highway

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Parenting and Pregnancy Support

Association for the Education of Young Children (AEYC)

Main: 789-1235, Toll Free: 1-888-785-1235

3100 Channel Drive, Suite 215 • www.aeyc-sea.org

- Parents As Teachers – call to sign up or find out more about this free home visiting program for any pregnant family or family with a child up to age 3. Every 2-3 weeks, a home visitor brings a book, fun activity, information about child development, and an invitation to a special monthly family night.
- Juneau Parent Bulletin – sign up for a free bulletin, packed with family activities and family fun in Juneau!

Bartlett Regional Hospital..... 796-8900

Bartlett Beginnings: Family Birth Center..... 796-8424

3260 Hospital Drive

www.bartletthospital.org

Full obstetrical care and an array of prenatal classes. Complete prenatal education from early pregnancy to birth and infant care and feeding. Classes for expectant fathers. New Parent support groups including baby/parent time, toddler play groups, and dads and babies play groups. Postpartum breast-feeding support with a Breastfeeding Clinic, offering outpatient services by International Board Certified Lactation Consultants. All classes are free of charge.

Big Brothers Big Sisters..... 586-3350

110 Seward Street, Suite 2

www.bbbsak.org

Positive role models, mentors, trusted friends or just good company for a child between the ages of 6 and 18 who may or may not be facing adversity. One year commitment, all participants interviewed and screened for best match outcome.

Dolly Parton Imagination Library.....789-1235

Free books! Kindergarten readiness in Juneau is on the rise! Thanks to Dolly Parton, Best Beginnings and local sponsors, this community-wide program offers all children under age 5 in Juneau a free book in the mail every month. Enrolled families also receive a free monthly bulletin via email. Families can enroll at the hospital or birth center, the Juneau Public Libraries, or by calling AEYC.

Child Care Assistance Program.....789-1235

thread/AEYC

www.aeyc-sea.org

Aids eligible families with the cost of child care, aiming to ensure that safe, healthy, quality child care is accessible and affordable.

Juneau Community Doula Network

www.juneaudoulas.com

Access to professional labor support. Scholarships and financial support available.

Juneau Family Health & Birth Center.....586-1203

1601 Salmon Creek Lane, Juneau AK 99801

info@juneaubirthcenter.org • www.juneaubirthcenter.org

Dedicated to providing wraparound support services to families throughout the birthing year and into early parenting. This includes free pregnancy testing and free consultation. Denali KidCare is accepted, and an income based fee structure is available, including donated healthcare. Services include: pregnancy planning, complete prenatal care, childbirth and pregnancy education, midwife attended birth, postpartum care, breastfeeding support, parenting education opportunities, well woman care, and continued family support. Free lending library, parenting support groups for new parents and parents of toddlers, and free parenting classes. See website for calendar.

Juneau School District.....523-1700

Physical: 1208 Glacier Ave. Mail: 10014 Crazy Horse Drive, 99801

www.juneauschools.org

The Juneau School District has preschool programs at each of their six elementary schools. There is also a Montessori Pre-K option. Preschools are offered T-F with a morning or afternoon session.

Schools:

Auke Bay Elementary School 796-5275

Gastineau Elementary School 796-5075

Glacier Valley Elementary School 780-1400

Harborview Elementary School 523-1850

Mendenhall River Elementary School 463-1799

Riverbend Elementary School 796-5700

Montessori Borealis 523-1848

JSD Special Education Student Services.....780-2054

A variety of special education programs offered for children ages 3 through 21 who are eligible for additional education support services.

Planned Parenthood.....800-769-0045

3231 Glacier Hwy. • Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

RALLY (School Based).....523-1760

10014 Crazy Horse Drive 99801

www.juneauschools.org

School based programs located at each of the elementary schools for before-and after-school care. Offered for grades K through 5. Covers in-service days, winter, spring and summer breaks.

REACH—Infant Learning Program..... 586-8228

213 Third Street

www.reachilp.org

Would you like to learn more about your child’s development? Complete a free developmental screen at www.reachilp.org. The REACH Infant Learning Program (ILP) is a voluntary program that works with families who have children under the age of three. We strive to strengthen and support families through relationship-based services. We focus on enhancing the child-caregiver relationship to support the child’s movement through development. We do this by providing developmental evaluations and, if eligible, developmental services in your home or community.

Stone Soup..... 877-786-7327

www.stonesoupgroup.org

Based in Anchorage, Stone Soup provides support and assistance to families caring for children & youth with special needs. Experienced parents of children with special needs helping other parents ‘navigate’ the system of resources, services, and education, providing support along the way.

Tlingit and Haida Child Care Services.....463-7140

320 W. Willoughby Avenue

www.ccthita.org

Child care subsidies are available for Native families with low to moderate incomes. Trainings to enhance the quality of child care and health and safety equipment for child care providers.

Tlingit and Haida Head Start.....463-7127, 800-344-1432

9095 Glacier Highway www.ccthita.org

Head Start is a free pre-school program that provides learning experiences for children ages 3-5 and their families four days a week. Head Start benefits include: low child to staff ratio, school readiness, family engagement activities, school bus transportation, nutritional meals, promoting social and emotional well-being. H.S. is open to children of all nationalities, low income children receive propriety, but all may apply.

Head Start Centers:

Salmon Creek, 4675 Glacier Hwy.	780-2581
Taashuka 1&2, 9095 Glacier Highway	463-7152

In collaboration with the Juneau School District,

Gastineau, 1507 3rd St, Douglas	796-5025
Mendenhall River School, 9001 Mendenhall Loop Rd	796-5700

thread..... 1-800-278-3723

www.threadalaska.org

Looking for child care? Try **thread's** online search tool. Search for care by zip code, and your results will show programs on a map with details like cost, age ranges, and hours of operation (Tip: Be sure to search for a 50 mile radius). **thread** also has many great resources on the website to help you in your search, including a Quality Guide, Interview Worksheet, and Child Care Assistance Calculator. For more information, call the toll free number and talk with a statewide referral specialist.

thread services at AEYC.....789-1235

www.aeyc-sea.org

AEYC offers **thread** services for child care programs in Southeast, and coordinates training, technical assistance, child care assistance and community engagement to improve access to quality child care in Juneau that is licensed, safe, healthy, and playful. Interested in starting a child care program or working in early childhood? Call us! Learn about thread's start-up mini-grants, the Child Care Food Program, Turf for Tots passes, HEARTS education awards and many more resources!

Beyond Baby Blues

Many women experience mild mood changes during pregnancy or after having a child, but 15-20% of women experience a Perinatal Mood Disorder (PMD), which entails much more significant feelings of anxiety or depression.

Only a trained healthcare or mental health professional can tell you whether you have Perinatal Mood Disorder (PMD). However, the following checklist can help you know whether you have some of the common symptoms. Mark the box if the statement sounds familiar to you.

During the past week or two:

- I have been unable to laugh and see the funny side of things.
- I have not looked forward to things I usually enjoy.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no good reason.
- I have felt scared or panicky for no good reason.
- Things have been getting the best of me.
- I have been so unhappy that I have had difficulty sleeping.
- I have felt sad or miserable.
- I have been so unhappy that I have been crying.
- The thought of harming myself, my baby, or others has occurred to me.

Did you check more than one box?

If so, we encourage you to visit with a trained healthcare or mental health professional who can help determine if you are suffering from a PMD and advise a course of action. For more information on PMDs, please see page 21.

Stress Checklist

How do I know if my child is experiencing stress?

Like adults, children can experience stress and anxiety. Your answers to the following questions will allow your health care provider to offer advice and support to your family, if needed.

YES	NO	Unsure	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Is safe, stable housing a concern for your family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Does money cause stress in your home?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Have you or anyone close to your child expressed concerns about your child's development, learning or behavior?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Has there been recent serious illness or a death in the family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Have you or your child ever been exposed to violence?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Is there a parent in prison?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Has there been misuse of alcohol or drugs in the family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Have there been recent changes in the child's living situation? (absent parent, multiple caregivers, foster home placement, separation, moving)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Are you a single parent?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Has there been depression or other mental health concerns in the family?

These questions are similar to those asked in the Adverse Childhood Experiences (ACEs) study. For more information on ACEs, see pages 27-29.

If your family or child is feeling stressed, contact your family medical provider and ask for a referral to JUMPP (Juneau Medical Providers and Parents). JUMPP is housed at Glacier Pediatrics. There is no charge to the participants for monthly family sessions with family counselors, but you must be referred by a pediatrician, family physician, or public health nurse.

Dealing with Family Stress

Housing

Affordable housing is a big problem in Juneau. Less than 1% of Juneau's housing is vacant. We see homeless people on the street, but there are also the invisible homeless; families in shared living spaces trying to find their own homes. Fortunately, many people in Juneau are banding together to get these problems solved. In the meantime, give Alaska Housing Development a call at 780-6666 and see what options are available to help.

What you can do to help your child

- Even though your stress level may be high, **try to be patient with your child**, and reassure them that you love them.
- **Be honest about the situation**, and give your child hope for the future.
- **Create comforting rituals and routines** for your child.

Money Problems

- Did you know that money is one of the top causes of arguments among couples?
- Making it financially in this world is not easy and it is even harder for single parents.
- Children pick up on stress in the family.

What you can do to help your child

- Help your child feel capable by involving them in helping you with simple chores, and celebrate their accomplishments.
- **Set a good example in dealing with your own stress.** If children are old enough to understand what is happening, talk with them about coping with stress. Children may act out their stress in negative behaviors - talk to them about healthy stress relievers like getting outside.

Development, Learning & Behavior Issues

Juneau has many supportive resources for families of children with developmental, learning or behavioral issues. Sometimes it is hard to

accept that your child needs extra support. It can be even harder to reach out to accept that support, but connecting with these programs can make a lasting difference for your child and your family.

What you can do to help your child

- **If your child is under age 3: Call REACH at 586-8228** for a free developmental screening and evaluation to see how your child is growing and developing.
- **If your child is age 3 or older: Call the Juneau School District at 523-1700** to discuss your child's needs.
- You know your child better than anyone: **share that knowledge to help providers and doctors help your child.**

Accidents and Illness

Has someone in your family been in an accident or experienced a serious illness?

- When one family member is under medical care, everyone in the family experiences a higher stress level, including young children.
- Recognizing and dealing with the extra stress can help the healing process, and help you cope as a parent.

What you can do to help your child

- **Talk to your child about what is happening** - it's ok to not have all the answers!
- **Continue regular routines, and explain** why some things have to change.
- **Reach out** to friends, family or a doctor if you would like help or advice about accessing additional resources in the community.

Violence in the Family

Domestic violence is the product of a controlling partner - someone who wants power and control in the relationship and resorts to emotional, economic, sexual or physical abuse to get it. Anyone can be

a child abuser. In many cases, a person who abuses believes that violence is an alternative to discipline. Discipline does not include using different forms of violence. You have a right to be safe. No one deserves to be abused.

What you can do to help your child

- Call AWARE at 586-6623 and talk about choices you can make as a parent that might increase your child's safety.
- Call the Office of Children's Services at 465-1650 to discuss concerns about emotional, physical, sexual abuse or neglect of children.
- Help your child feel protected and loved by listening to their needs and concerns and taking them seriously. Remove your child from emotionally, physically, or sexually violent individuals or situations.

Is someone in your family in prison?

You are not alone! Over 1.5 million children have at least one parent in prison. Fathers are most likely to be the imprisoned parent - representing 93% of all imprisoned parents - with children generally living with their mothers. This situation is stressful for not only the adults, but the children as well.

What you can do to help your child

- **Involve your son or daughter with trusted adults** to build positive relationships.
- **Help your child send letters or drawings to the parent in prison** so he or she still feels connected.
- **Encourage your child to talk about his or her feelings.**

Alcohol or Other Drug Misuse

Drug and alcohol addiction is a brain disease that causes a person to lose self-control and make poor decisions. Drugs and alcohol alter the brain and these changes make it hard to quit using. Many people that

are addicted to drugs or alcohol come with families that have histories of substance abuse. Stress and depression can steer a person towards using and abusing.

Children affected by a parent's drug and alcohol use may

- **Feel insecure and confused.** Children do not always understand that the adult's mood is based on the amount of alcohol or drugs in the bloodstream.
- **Often feel frightened.** Children around drug and alcohol abuse often times witness or are victims of violence.
- **Have developmental delays.** Parental substance abuse interrupts a child's normal development, which places these youngsters at a higher risk for emotional, physical and mental health problems.

What you can do to help your child

- **Spend time with your child when not under the influence of alcohol or drugs.**
- **Encourage your child to build positive relationships** with other adults through programs like Big Brothers Big Sisters.
- **Call to find out about available support** when you are ready to consider making a change. Call the National Helpline at **1800-662-4357** for treatment referral and services

Changes

Change can be a good thing, but when there are too many at one time, or the changes are big, a child can feel overwhelmed. Some of the really big changes a child can experience include having a parent leave the household, having too many caregivers, being separated from his/her parents, or moving to a strange place.

What you can do to help your child

- **Try to find a routine** and stick to it every day for the next two weeks.
- **Recognize and accept your child's feelings**, and help your child know it is normal to be sad, angry, or scared.
- **Reassure your child** that you love them and will be there for them.

Single Parent? You are not alone!

Often it is hard to ask for help. As Alaskans, it goes against our independent, self-reliant image. We try to go it alone. The truth is, parenting is a challenging job, and there are no perfect parents. It is okay to ask for help. We need to start with those closest to us, finding support from relatives, friends and neighbors. Community resources in Juneau can help you build your support team.

What you can do to help your child

- **Take at least 30 minutes each day to relax and nurture yourself.** Even looking forward to an evening cup of tea, or a weekly bubble bath can help you cope.
- **Drop everything and spend a half hour each day totally focused on enjoying time with your child.** You will be surprised at how much smoother your day together will be.
- **Connect with other supportive adults.**

Stress and Emotional Health

Did you know that infants and young children have mental health concerns too? Up to half of all visits to physicians are due to conditions in the family that are caused or worsened by mental or emotional problems. A parent's emotional health can affect children, and when children have an emotional health concern it is stressful for parents.

How emotional health affects your child

- Children with emotional concerns, or have a family member struggling with mental health are more likely to show developmental delays, low academic performance, and difficulties socializing with peers.
- Challenging behaviors in children may be caused by depression, stress, or other mental health concerns.
- A parent with a mental illness may put stress on relationships within the family, which negatively affect the child.

What you can do to help your child

- **Build and call on a support system**, such as family and friends, or a faith community.
- **Explain the situation in simple language to your child, and explain that your child is not to blame.**
- **Recognize and accept your child's feelings.** Tell your child you love them. Try to enjoy a simple activity together with your kids.

Grief and Loss

The loss of a loved one is one of the hardest things in life to go through. Your pain is made even more difficult because your family is hurting, as well. Children need to grieve the loss of a loved one and it's important their feelings are acknowledged.

Some things that a grieving child may do

- Imitate the behaviors of the person who passed away
- Talk about the person who died in the present tense
- Tell the story of their loss again and again

What you can do to help your child

- **Spend extra time with your children.**
- **Help your kids return to their normal routine** as soon as possible.
- **Validate your child's feelings** of sadness, anger and hurt.

Support for Moms: Beyond Baby Blues

Perinatal Mood Disorders (PMDs) are a set of disorders that can occur any time during pregnancy or the first year after giving birth, they include depression, anxiety, panic, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, and Postpartum Psychosis. Ten to 20% of women will develop a PMD, making it the most common complication of birth.

Symptoms of Perinatal Mood Disorders

- **In Parents:** low moods, tearful, irritable or anxious, feeling overwhelmed, tired, trouble sleeping, feeling hopeless. You may feel angry with your baby. You may be passive towards your baby.
- **In Babies:** crying a lot, feeding or sleeping problems, lack of attachment, higher heart rate.

What You Can Do

- **Ask for help.** Ask your healthcare provider for a depression screening. Ask people close to you for support.
- **Educate yourself and those around you.**

Support for Dads

Dad's n Kiddos Play Group

Meets the first Saturday of every month hosted by Bartlett Beginnings Meet other fathers and discuss topics of interest and education while playing. Call 796-8424 for more information.

Family Stress and Mental Health Services

Alaska Youth & Family Network.....770-4979

www.ayfn.org

Parents trained as “peer navigators” can help support parents of children with mental health, substance abuse, autism or fetal alcohol syndrome needs.

Services include finding available resources, negotiating services, understanding systems and terminology, providing support and advocating for your child’s rights.

Bartlett Mental Health Outpatient Psychiatric Services.....796-8498

3240 Hospital Drive, across from Emergency Department Entrance

www.bartletthospital.org

Psychiatric assessment, consultation, therapy, and medication management for families and young children.

Denali Kid Care..... 465-3537, 1-800-478-3537

Juneau District Office: 10002 Glacier Hwy., Suite 200

dhss.alaska.gov/dhcs/Pages/denalikidcare

Basic insurance for children and pregnant women, covering a wide range of medical and dental services to income eligible families.

Juneau Mental Health..... www.juneaumentalhealth.org

This user friendly site is full of mental health resources, such as the Juneau Mental Health Directory which provides a comprehensive list of all the mental health agencies, psychiatrists, psychologists and mental health therapists in Juneau, with a clear explanation of what services and populations they serve. There are also links to tools and resources such as an online survey for signs of depression, and what to do if you know someone that is suicidal.

JUMPP (Juneau United Medical Providers and Parents)...586-1542

Glacier Pediatrics • 1600 Glacier Avenue

If you are experiencing stress as a parent, it is likely your child is also experiencing stress; whether from a loss in the family, health issues, financial worries, or conflicts in the home. Many medical providers in Juneau are using a locally produced “Family Stress Checklist” to help refer families to local resources and / or monthly family stress sessions with family counselors.

There is no charge to participants for family sessions, but you must be referred by a pediatrician, family physician, or public health nurse. **Ask about JUMPP at your next well-child check-up.**

Juneau Public Health Center.....465-3353

3412 Glacier Highway

Services Include immunizations, tuberculosis and sexually transmitted infections treatment, home visits for high risk families, well-child checkups, pregnancy testing and referral, and family planning services for uninsured children and low income families.

Juneau Teen Health Center

www.juneauteenhealthcenter.weebly.com

JDHS: 523-1634 • Room 124

Yaakoosge-Daakahidi: 523-1823 • Marie Drake Room 206

TMHS: 780-1973 • Yellow Wing, Room E214B

Working to promote the health and well being of teenagers in the Juneau community. Everything is confidential. Referrals and follow-up for health problems are also available.

Juneau Youth Services.....789-7610

Intake and Assessment Center..... 789-4733

2075 Jordan Avenue • www.jys.org

The JYS Early Childhood Services (ECS) program provides therapeutic services to children in Juneau pre-school programs. ECS includes both paraprofessionals and clinical staff. Paraprofessional staff provide services both within and outside of the classroom setting, while clinical staff members provide individual, group, and family therapy. ECS helps preschoolers manage behaviors and emotions to be more successful in mainstream school settings.

SEARHC Help Line available 24/7 every day!.....1-877-294-0074

A new service from SEARHC for Southeast Alaska residents, for personal or family crisis matters. You talk to a real counselor. Confidential, effective, and compassionate.

Southeast Regional Health Consortium (SEARHC).....463-6608

3245 Hospital Drive • Dental 463-4041

Offers outpatient services for Alaska Natives and their families, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, physical therapy and behavioral health. **Pediatric Dental and Behavioral Health is open to all community members.** Wellness programs also provided.

Medical Care

What is a Medical Home?

A “Medical Home” is a healthcare provider you know and trust.

Why it is important to find a Medical Home

- Your health care provider and office staff know your child and family. Your child feels more comfortable going to someone they know.
- Well-child check-ups are a time to share information and ask questions.
- All your health records are in the same place and easy to find when you need them.
- Your family feels supported in finding information and local resources.
- Your medical home partnership promotes health and quality of life as your child grows.

Tips for building partnerships with your medical provider

- Talk to your child before the visit on what to expect.
- Listen to your child’s concerns and reassure them.
- Bring a list of questions or concerns to discuss during your appointment.
- Share information on how your child is changing.
- Ask about resources that may help your child and family.
- Ask about how to get care af ter hours, if needed.
- Show appreciation.

Do you qualify for Denali Kid Care Health Insurance?

Call 465-3537 or 1-800-478-3537, or apply at www.dhss.alaska.gov/dhcs/Pages/denalikidcare/. There is no cost to families who qualify.

Medical Home Options for Kids in Juneau

Dr. Emily Kane..... 586-3655

418 Harris Street, Suite #329 • www.dremilykane.com
Naturopathic physician

Family Practice Physicians:..... 789-2910

10301 Glacier Highway • www.alaskafamilypractice.com
Several family practice doctors and physicians assistants.

Glacier Pediatrics.....586-1542

1600 Glacier Avenue • www.glacierpediatricsllc.com
Several pediatricians and nurse practitioners.

Jordan Creek Family Health Care:..... 789-1600

8800 Glacier Highway, Suite 218 • www.jordancreekfamilyhealthcare.com
A family doctor and nurse practitioner.

- Rainforest Naturopathic Medicine..... 523-2102**
 418 Harris Street, Suite #316
 Naturopathic physician
- Rainforest Pediatrics.....463-1210**
 3268 Hospital Drive Suite D
 A pediatrician and nurse practitioner.
- SEARHC.....463-6608**
 3245 Hospital Drive • www.searhc.org
 The Regional Health Consortium serves the health interests of Native people of Southeast Alaska.
- Valley Medical Care.....586-2434**
 1801 Salmon Creek Lane • www.valleymedicalcare.com
 Several doctors and nurse practitioners.
- Wellspring.....789-1812**
 2231 Jordan Avenue • www.wellspringak.com
 Family practice doctor, nurse practitioners, naturopathic physician.

If you have no health insurance and do not qualify for Denali Kid Care:

- Juneau Family Health & Birth Center..... 586-1203**
 1601 Salmon Creek Ln • www.juneaubirthcenter.org
 Family practice doctor, physicians assistant, medical assistant, holistic family care.
- Juneau Public Health Center..... 465-3533**
 3412 Glacier Highway (by Twin Lakes Playground)

Dentists who accept Medicaid

- Alaska Dental Arts..... 780-6066**
 2237 N. Jordan Avenue • www.akdentalartsjuneau.com
- SEARHC Children’s Dental Clinic.....789-kids (5437)**
 3245 Hospital Drive - Has pediatric dentists
- Dr. Laskey..... 586-9616**
 641 W. Willoughby Avenue, Suite 204
- Dr. Lee..... 586-1188**
 712 W. 12th Street, Suite 2 • www.jaredleedds.com
- Dr. Riederer..... 789-3100**
 9309 Glacier Highway, Suite A101

Other medical services

- Juneau Urgent Family Care.....790-4111**
 8505 Old Dairy Road
 Providing family medicine, such as physicals and well-care, providing immunizations, treating infectious diseases, injuries, allergies, and respiratory problems on a walk-in basis. Hours include evenings and weekends.

Crisis Contacts

AWARE..... 586-6623

www.awareak.org • P.O. Box 20809, 99802

24 hour crisis hotline..... 586-1090 or 1-800-478-1090

AWARE provides safe shelter and supportive services for victims and survivors of domestic violence, sexual assault and child abuse. AWARE offers a 24 hour crisis line and crisis intervention, transportation to safety, safety planning, legal and medical advocacy, education and support groups, and other advocacy and support services. All services are free and confidential. AWARE also offers comprehensive prevention and men's programming.

Juneau Suicide Prevention Coalition.....juneausuicideprevention.org

The Juneau Suicide Prevention Coalition (JSPC) provides education, trainings, and publications about suicide and suicide prevention. If a suicide occurs in Juneau, the JSPC meets to offer resources to those most impacted by the loss. If you have any questions or are interested in scheduling a training for your work, friends, or family, please sign up through the website.

Suicide Prevention Hotline.....1-877-266-4357

National Suicide Prevention Hotline.....1-800-273-8255

Crisis counselors are ready for your call if you are in suicidal crisis, emotional crisis, or family crisis.

Here are some way to be helpful to someone who is threatening suicide:
(from www.juneaumentalhealth.org.)

- Take action. Remove means, such as guns or stockpiled pills.
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Get involved. Become available. Show interest and seek support.
- Don't dare him or her to do it. Don't be sworn to secrecy.
- Don't act shocked or judgmental. This will put distance between you.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Get help by calling 911, Bartlett Hospital Emergency Room at 796-8427 or the Careline at 1-877-266-4357

Juneau Police Department.....586-0600

Emergencies - 911

Alaska State Troopers.....465-4000 (non-emergencies)

Crime Line Online.....www.JuneauCrimeLine.com

Provide information anonymously to the police department. Monetary awards often available for information leading to an arrest.

Poison Control..... 1-800-222-1222

Office Of Children's Services.....465-1650

Child Abuse Report Line:..... 1-800-478-4444

The mission of the Office of Children's Services is to support the well being of children. They will work with families to find solutions, and link families to other community services.

Red Cross.....646-5467

Southeast Alaska Service Center: 3225 Hospital Drive, Suite 201

Resilience Questionnaire

Why is resiliency important?

Resilience is the ability to overcome serious hardships when faced with adversity. Our childhood experiences can affect how resilient we are as adults.

True	Unsure	Not True	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I believe that my parent(s) loved me when I was little.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. When I was little, other people helped my mother and father take care of me and they seemed to love me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I've heard that when I was an infant, someone in my family enjoyed playing with me and I enjoyed it too.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. When I was a child, neighbors or my friends' parents seemed to like me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Someone in my family cared about how I was doing in school.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. My family, neighbors and friends talked often about how to make our lives better.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. We had rules in our house and were expected to keep them.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. When I felt really bad, I could almost always find someone I trusted to talk to.

**How many of these protective factors did you have as a child and youth?
(How many do you consider to be "true?")**

How many do you think are in place for your child?

The more resilience you build in your child's life, the more they will be able to recover and cope with stress.

Connecting Resilience and Adverse Childhood Experiences

What are ACEs?

Adversity is normal and necessary in a child's development, but an over exposure to stressful or traumatic events or relationships can impair the development of a child's physical and emotional development. These events are called **Adverse Childhood Experiences, or ACEs**. ACEs can have long term affects to a person's health and well-being making them more likely to adopt high risk behaviors and suffer from chronic diseases or mental illness. By practicing and teaching resilience, we buffer the effects of ACEs and reduce that chances of passing them on to the next generation.

What is Resilience?

We all experience stressful situations in our lifetimes. Resilience is the ability to withstand or recover from those situations that cause significant stress. Resilience can be learned and practiced through self-care, supportive relationships and mindfulness. These techniques are easier learned as children due to the rapid brain development that occurs in the first five years of life, but adults can and should practice resilience as well.

Have you experienced ACEs?

From 1995 to 1997, a study of 17,000 people was conducted to evaluate the correlation between the participants' ACEs and their current physical and behavioral health. Two thirds of participants had experienced one or more ACE. By evaluating the trends displayed throughout the study, a 10 question evaluation was created that determines an "ACE score." Typically, the higher the ACE score, the more likely a person is to be at risk of health consequences. You can find this questionnaire and other resources online at acestoohigh.com.



Over 64% of Alaskans have had one or more Adverse Childhood Experience. That is 2 out of every 3 people in the state.

How can you practice resilience?

Self Care

Taking care of oneself is the very base of building resilience. We must take care of our physical selves in order to take care of our emotional selves.

- Develop a regular sleep routine with adequate amounts of rest.
- Eat healthy food that fuels your body and gives you energy.
- Stay active and spend time in nature.
- Keep a reflective journal.
- Make time for your favorite hobbies and activities.

Supportive Relationships

When a person is cared for and supported by healthy relationships, they are likely to have a better sense of well being.

- Prioritize close relationships with partners, family etc.
- Talk to the people that care about you when you are struggling.
- Develop friendships that are empathetic and encouraging.

Mindfulness

Being mindful means having a sense of perspective beyond the day-to-day of life. Practicing mindfulness can help you react calmly and rationally in stressful situations by conditioning your mind to see things in the present moment.

- Engage in reflective practices like meditation.
- When you feel yourself stressing about the past or the present, redirect your attention to the present moment.
- Practice yoga or deep breathing to strengthen your focus.

How can you help support others and reduce ACEs in Alaska?

Breaking the cycle of Adverse Childhood Experiences in Alaska is no small task, but there are steps we can all take toward making a difference.

- Learn more about ACEs and resilience. You can read about the ACEs study and more online at acestoohigh.com, acestudy.org and alaskachildrenstrust.org
- Support programs that encourage healthy relationships and parenting practices such as family support groups and home visiting programs
- Teach others about ACEs and trauma-informed practices
- Evaluate and overcome your own ACEs by practicing resilience

Together we can reduce ACEs in Alaska and create a healthy, supportive and safe community for future generations to come.

Family Fun!

Playground Hopping

Douglas

Bonnie Brae Rotary Park - Approximately 4 mile on North Douglas. Turn left onto Wee Burn and the small playground is at the top of the hill on the left hand side. Two swings (one for little ones), monkey bars, a colorful climbing structure, picnic table and bench.

Gastineau School - Corner of Third and "I" Streets. Swings, slides, climbing structure, monkey bars, basketball courts, rock climbing wall and benches make for a good time on this island playground.

Sandy Beach - At the very end of Third Street in Douglas. Play structure includes swings, infant swings, climbing structure, slides plus picnic shelters, beach access and public restrooms during summer months. Beautiful long shallow beach!

Downtown

Capital School - Fifth and Main. Slides, basketball court, climbing structure, and a specialized area with climbing structures for little ones.

Cathedral Park - Fifth and Gold. Grassy area with benches and a drinking fountain. Right next to the historical Russian Orthodox Church.

Chicken Yard Park - Sixth & Kennedy. Swings, slide, basketball courts and a colorful climbing structure all make this a great "in town" playground.

Cope Park - Capital and Calhoun. Baseball/soccer field, tennis courts, slide, infant swings, swings, climbing structure, drinking fountain and picnic tables. Be careful of the swiftly moving Gold Creek close by. Cool in the morning, but great afternoon sun warms this park up! Restrooms available on site.

Harborview School - Glacier Ave and Twelfth. Climbing structures, swings, monkey bars, covered play area/basketball courts and a unique "ball chute". Side entrance to the large playground is located on the harbor side of the covered play area.

Lemon Creek

Project Playground - Twin Lakes. Currently being rebuilt after having burned down in 2017, expected completion is September 2018

Sigoowu Ye, "Fun Place Park" - Off Davis Street on the corner of Pine and Patti. Among the trees you will find swings, monkey bars, picnic tables, benches, slides and it's all fenced in.

The Valley

Adair Kennedy Park - At Floyd Dryden Middle School off the Loop Road.

There is a large track and field/football/soccer area, baseball field, basketball and tennis courts, as well as a playground area which includes swings, climbing structure, monkey bars, slides, and picnic tables. Lots of variety!

Auke Bay School - A short distance beyond DeHart's at Auke Bay, this school has both upper and lower playgrounds. Slides, swings, a climbing structure, monkey bars, basketball court/covered play area, small baseball field and a sandbox all make this a great play area for all ages. A nature trail is located behind the playground for nature enthusiasts.

Glacier Valley School - Take a right turn immediately after the overpass on the Loop Road, and the school is straight ahead. There is a covered play area/basketball court, swings, climbing structure, monkey bars, baseball field and a "snake" (similar to teeter-totter). Portable toilet available on site.

Melvin Park - Off Riverside Drive, this park has baseball/soccer fields, a climbing structure with slides, picnic tables, benches and a small grassy hill to play on. Restrooms and drinking fountain available on site. Lots of activity at this park during all months of the year!

Mendenhaven "Hidden Park" - Off Mendenhall Blvd., across the creek from Birch Street, there are swings, a climbing structure, slides, monkey bars, a picnic table and a grassy area for play.

Mendenhall River School - Take the last left on Back Loop Road before Mendenhall River. This great play area has swings, a climbing structure, monkey bars, basketball court/covered play area, slides and a baseball/soccer field. There is also a play area in the back which has swings, tire swings and a merry-go-round. Portable toilet available on site.

Riverside Rotary Park - Small park located off Riverside Drive. It has infant and regular swings, a climbing structure, monkey bars, sandbox, slides and picnic tables. A small paved path around the pond makes for great biking for little ones and a nice walk. Take some bread and feed the local ducks. Portable toilet and drinking fountain available on site.

Riverbend School - Located off Riverside Drive next to Dimond Park. This playground has slides, climbing equipment, basketball court, and an open area great for running.

University Housing - Located off Back Loop Road. Small playground which includes swings, a climbing structure, monkey bars, teeter-totter, slides and a basketball court.

Best Low-Tide Beach Walks

Tide books tell you what the low and high tides will be for each day of the year and can be found for FREE at banks, grocery stores and most hardware stores. Be sure to grab this essential Southeast tool to plan your next beach walk!

Eagle Beach – Eagle Beach is 27 miles north of Juneau along Glacier Highway with views of Lynn Canal, the Chilkat Mountains, and the Juneau Mountains. Large beach and river bars offer excellent beachcombing and fishing. Whales, sea lions, and seals frequent the ocean nearby but be careful! The tide comes in quickly on this shallow beach so watch the time.

False Outer Point – This beach walk is located at 11.5 mile on North Douglas and leads to a wonderful beach for tidal pool exploration on low tides. Be sure to look for shells and other beach treasures!

Point Louisa – Just past Auke Rec., take the trail out to the point! This is another great location for viewing and exploring sea creatures.

Sandy Beach – Created from mine tailings from long ago, this sandy beach is perfect for building sand castles and running barefoot. It is also a favorite spot for dogs so expect to see many four-legged friends!

Shaman Island – Accessible by both the Outer Point and Rainforest Trails, a half mile before the end of North Douglas Highway, this easy mile-long walk is on boardwalk or gravel trail. You can only get to the island by foot during a minus tide so plan accordingly. Find sea stars, sea urchins, sea anemones and more! Be sure and leave these live critters here and don't get stranded on the island - the tide floods back quickly!

Wetlands – Take the trail at the end of Radcliffe (near the airport runway), the Wetlands viewing area (off of Egan Drive) or Sunny Point to view the channel going dry at a minus tide. Be sure to wear boots and wonder at the variety of birds. Give yourself plenty of time to get back as the tide will flood quickly.

Easy Berry Picking Patches

Basin Road – Thimbleberries and salmonberries - Many of the side trails off Basin Road have berries. Thimbleberries resemble raspberries and ripen later in the season than salmonberries.

Eaglecrest – Blueberries– Park on any of the side trails on the way up, or later in the season try the areas around the beginner ski hills, or the lower end of the Nordic trails.

Stroller-Friendly Trails

Airport Wetlands – Park at the end of Radcliff Road and enjoy this sunny, flat trail. If your kids are airplane enthusiasts be sure to plan your walk so you can experience the planes landing and taking off overhead!

Auke Lake Trail – This trail and floating boardwalk is great for exploring and bird-watching! Park at UAS or the boat launch and enjoy the walk around the lake.

Dockside and Downtown – View the beautiful streets of downtown while window shopping and then watch for gulls along the wooden walking dock by the library.

Douglas Glory Hole – Access a waterfall via the trail behind the Sandy Beach playground. The walk is less than 1/2 mile and the powerful waterfall is sure to thrill.

Kaxdigouwahneedei (Brotherhood Bridge) – This wide and easy path is paved from Brotherhood Bridge (by Safeway) to the end of River Road on Back Loop. Plenty of stopping points with benches and garbage receptacles, sunny spots and shaded areas. Great for bikes, trikes, strollers, roller blading or just walking.

Mendenhall Glacier – About a mile past the Back Loop cut-off is the main parking lot. Watch for tourist busses and peer into the beaver ponds on the way.

Outer Point Trail – This updated loop trail is now stroller-friendly and meets ADA guidelines! The trailhead is located at about 12-mile on North Douglas, just past the steeper Rainforest Trail. Enjoy the flat walk to the beach, through meadows and woods, and then explore the tide pools or have a picnic on the water.

The Seawalk – The new town square of Juneau! Start at the Whale Park next to the Douglas bridge. Enjoy the many picnic tables, covered shelter and stairs to the beaches. Watch for Salmon in the summer!

Twin Lakes – One mile of paved, lakeside trail right next to Project Playground (to be completed in September of 2018) off of Old Glacier Highway. Take a few minutes to explore the United Way Born Learning trail going up to the gazebo.

The University – Enjoy the great path from the University complex up to student housing. Stop at the playground at Housing and then venture back via University Drive and Back Loop Road.

For more hike/walk ideas, be sure to pick up a copy of [90 Short Walks Around Juneau](#) or [Juneau Trails](#) at the Glacier Visitor Center.

Other Outside Fun

Campfire – Build one in the backyard or head out to a shelter along the beach at Auke Rec. out the road. Be sure to pack marshmallows!

Sledding – Juneau is home to great hills AND plenty of snow, so grab a sled And show your kids what fun winter can be.

Stargazing – Find a clear night, drive to the Glacier and try to find constellations, or make up your own!

Bike Riding – Refer to “Stroller-Friendly Trails” on the previous page to get ideas for a spin.

Fly a Kite – Sandy Beach and the Wetlands are just two open places where a little wind can mean a LOT of fun.

Alaska State Park Cabins – Rent a cabin for a fun family getaway. Cowee Meadow is the easiest, most family-friendly hike (3 miles) <http://dnr.alaska.gov/parks/cabins/south>

US Forest Service Cabin – Rent a cabin for a fun family getaway. Easiest is Windfall Lake (3 miles) www.fs.fed.us/recreation/reservations/ or www.recreation.gov

Cross Country Skiing – You’re never too young (or old) to learn! Gear can be rented for a fee from Eaglecrest (www.juneau.org/eaglecrest) or Foggy Mountain Sports (downtown).

Jensen-Olson Arboretum – Located just past mile 23 north of downtown Juneau, open year round, free of charge! Come enjoy the beauty of flowers and trees. Call 789-0139 for more information.

Juneau’s Indoor Zoos

DIPAC Fish Hatchery – 463-5114, 2697 Channel Dr., near the Juneau Empire Building. The underwater fish viewing window is open 24 hours a day, and you can also look down into the holding pens. For \$3 per child and \$5 per adult you can have a full tour, and go inside to see the salt water aquariums. Hours: May 1 - September 30: Mon-Fri 10am - 6pm, Sat-Sun 10am - 5pm.

Gastineau Humane Society – 7705 Glacier Hwy. Swing by Monday – Saturday from 2 – 5pm to visit the cats, dogs and other animals up for adoption. For more information, call 789-0260.

Juneau Airport – They may be stuffed, but these bears and wolves are sure to impress your little one! Tour the taxidermy spectacle located throughout the airport.

PetCo – 9105 Mendenhall Mall Road – Juneau’s pet stores are a great place to see lizards, snakes, and fish while shopping for your four-legged friends.

Swampy Acres – 10400 Glacier Hwy. – Sing 8-10 verses of “Old MacDonald” while visiting pigs, chickens, peacocks, rabbits, horses and more! Appointments required, call 789-7253.

Museums, Libraries and More

Father Andrew P. Kashevaroff State Library, Archives and Museum

465-2910 - Located at 395 Whittier St., this state museum is fun for the whole family!

Juneau-Douglas City Museum - 586-3572 - Located at 155 S Seward St. Hours and price depend on the time of year, so make sure to call ahead. Free admission during the winter.

Mendenhall Glacier Visitor Center - 789-0097 - Drop by this hotspot to learn about the glacier, interact with the exhibits and check in on the special programs offered throughout the year.

Marie Drake Planetarium - Come and see the stars! The planetarium, located in the Marie Drake building downtown, is a unique Juneau resource. It models the sky anytime, even when the weather is miserable, it has a 30 foot dome ceiling, and is equipped with many projectors, in addition to the stars and planets. Programs are presented throughout the year by the Friends of the Marie Drake Planetarium. Check out their event calendar at www.mariedrakeplanetarium.org.

Juneau Public Libraries.....www.juneau.org/library

Weekly and special events at three locations. In addition to board books, picture books, magazines, novels and information resources, you can find puzzles and games. ALL EVENTS ARE FREE. All families are welcome. Visit the website for current event schedule and Storytime and Toddler Time hours.

• Downtown Juneau Public Library — 586-5249

Located at 292 Marine Way, on the top floor of the Marine Park Garage. Parking on the lower level, letter spaces. Elevator button "L" for Library. Enjoy the mural featuring characters from classic children's books, and some of the best views in town, as well as our new "Little Library" for our littlest friends.

• Douglas Public Library — 364-2378

Located at 1016 3rd Street, Douglas. Shared building with the Douglas Fire Hall, parking below building with inside stair access. Handicap parking in front of building.

Special kid area includes a space ship, boat and great view of Sheep Mountain avalanche zone. Explore the wonderful art created for this local treasure box.

• Mendenhall Valley Library — 789-0125

Located at 3025 Dimond Park Loop, next to the Dimond Aquatic Center. The newest facility, featuring a children's space with stage area, cozy reading nooks, train/LEGO table and lots of seating for reading with your kids.

Pools, Gyms and Playing Fields

Augustus Brown Pool - 586-5325 - www.juneau.org/parkrec/pool/
1619 Glacier Ave. Classes and open swim available for children and adults alike! Call or go online to check out the schedule and fees.
www.juneau.org/parkrec/pool/

Dimond Park Aquatic Center - 586-2782 - www.juneau.org/parkrec/pool.
This family-friendly facility features water slides, a lazy river and children's pool.

Dimond Park Field House - 523-4910 - www.dimondparkfieldhouse.org
Located at 2961 Riverside Drive. This 29,000 square foot indoor turf field is the perfect solution for those who need to run, regardless of the weather! The facility hosts a "Turf for Tots" program which runs Monday-Friday and gives your little ones (ages 5 and under) a chance to run the sillies out while playing with other children. Call for prices and times.

Juneau Dance Theatre - 463-5327 - www.juneaudance.org
8420 Airport Blvd. Suite 202. JDT features a variety of dance classes for students of all ages and levels of ability. Call for a schedule and prices.

Mt. Jumbo Gym - 364-2568 - www.juneau.org/parkrec/gyms/preschool.php
Located at 909 Fourth St. in Douglas. Drop by this historic school gymnasium for Preschool Open Gym, Monday– Friday from 10:30am to 12:00pm. The program is for children ages 1-6 and cost is \$1 per child.

Southeast Alaska Gymnastics Academy - 789-7440 - juneaugymnastics.com
This facility offers a variety of classes. Call the number above for a schedule, or visit ww.juneaugymnastics.com.

The Rock Dump Kids Rock Day - 586-4982 - 1310 Eastaugh Way, Thane Road.
Are your children climbing the walls? That's a healthy activity at The Rock Dump! Mondays, kids climb for \$5 with free rentals, kids under 5 are 5\$ EVERYDAY.

Treadwell Ice Arena - 586-0410 - www.juneau.org/parkrec/icerink/
105 Savikko Rd. in Douglas. This indoor skating rink boasts hockey, parent/tot and open skates. Check online or call for schedule and price.
(Open September - April)

Zach Gordon Youth Center - 586-2635 - juneau.org/parksrec/youthcenter.
396 Whittier St. This is a supervised recreation center primarily for youth. Drop-in youth activities include ping-pong, pool, Wii, movies, board games, foosball, racquetball, basketball, weights and arts and crafts. There is also a climbing wall available for both youth and adult access.

Phone Book

A

Alaska Commission on Post Secondary Education	465-2962
Alaska Dental Arts	780-6066
Alaska Division of Vocational Rehabilitation	465-2814
Alaska Housing Finance Corporation	586-3750
Alaska National Guard Family Program	523-4020
Alaska State Troopers	465-4000
Alaska Youth and Family Network	770-4979
Association for the Education of Young Children, SE Alaska (AEYC-SEA)	789-1235
Augustus Brown Swimming Pool	586-5325
AWARE	586-6623

B

Bartlett Beginnings: Family Birth Center	796-8424
Bartlett Regional Hospital	796-8900
Bartlett Mental Health Outpatient Psychiatric Services	796-8498
Big Brothers Big Sisters	586-3350

C

Capital Transit	789-6901
Child Care Assistance Program	789-1235
Child Abuse Reporting Line	800-478-4444
Coast Guard	463-2365

D

Denali Kid Care	465-3537
Dimond Park Aquatic Center	586-2782
Dimond Park Field House	523-4910
DIPAC Fish Hatchery	463-5114
Dolly Parton Imagination Library	789-1235
Dr. Emily Kane	586-3655
Dr. Laskey	586-9616
Dr. Lee	586-1188
Dr. Riederer	789-3100

F

Family Practice Physicians	789-2910
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G

Glacier Pediatrics	586-1542
The Glory Hole	586-4159

H

Health Safety and Work Life Office	463-2125
Heating Assistance Program	465-3058
Helping Hands	523-1374
Housing Assistance Program	780-6666

I

Inside Passage Midwifery	463-2600
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J

Jordan Creek Family Health Care	789-1600
Juneau Dance Theatre	463-5327
Juneau-Douglas City Museum	586-3572
Juneau Family Assistance Center	523-4020
Juneau Family Health and Birth Center	586-1203
Juneau Job Center	465-4562
Juneau Police Department	586-0600
Juneau Public Health Center	465-3533
Juneau Public Libraries	
Downtown	586-5249
Douglas	364-2378
Mendenhall Valley	789-0123
Juneau School District	523-1700
Auke Bay Elementary	796-5275
Gastineau Elementary	796-5075
Glacier Valley Elementary	780-1400
Harborview Elementary	523-1850
Mendenhall River Elementary	463-1799
Riverbend Elementary	796-5700
Montessori Borealis	523-1848
Juneau School District Special Education Student Services	780-2054

J Continued

Juneau Teen Health Centers	
JDHS	523-1634
Yaakoosge Daakahidi	523-1823
TMHS	780-1973
JUMPP	586-1542
Juneau Urgent Family Care	790-4111
Juneau Youth Services	789-7610

L

Love in the Name of Christ (Love INC)	780-4090
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M

Mendenhall Glacier Visitor Center	789-0097
Motherwise Midwifery	209-5871
Mt. Jumbo Gym	364-2568

O

Office of Children's Services	465-1650
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P

Planned Parenthood of Alaska	800-769-0045
Poison Control	800-222-1222

R

Rainforest Naturopathic Medicine	523-2102
Rainforest Pediatrics	463-1210
RALLY (School Based)	523-1760
REACH—Infant Learning Program	586-8228
Red Cross	646-5467
The Rock Dump	586-4982

S

Salvation Army	586-2136
SEARHC Children's Dental Clinic	789-5437
SEARHC Ethel Lund Medical Center	463-6608
SEARHC Help Line 24/7	877-294-0074
SERRC/The Learning Connection	586-5717
Southeast Alaska Food Bank	789-6184
Southeast Alaska Gymnastics Academy	789-7440
Southeast Regional Health Consortium (SEARHC)	463-6608
State Library, Archives and Museum	465-2910
St. Vincent De Paul	789-5535
Stone Soup	877-786-7327
Suicide Prevention Hotline	877-266-4357

Family Pages

T

The Learning Connection/SERCC	586-5718
Tlingit and Haida Child Care Services	463-7140
Tlingit and Haida Head Start	463-7127
Gastineau	790-1880
Riverbend	796-5700
Salmon Creek	780-2581
Taashuka 1 & 2	789-1512
Tlingit and Haida Regional Housing Authority	780-6868
Tlingit and Haida Tribal Family & Youth Services	463-7169
thread	800-278-3723
thread Services at AEYC	789-1235
Treadwell Ice Arena	586-0410

U

University of Alaska Southeast (UAS)	796-6100
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V

Valley Medical Care	586-2434
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W

Wellspring	789-1812
Women, Infants, & Children Program (WIC)	465-3100
WIC Clinic	463-4099

Y

Yaakoosge Daakahidi	523-1801
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Z

Zach Gordon Youth Center	586-2635
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Visit www.juneaufamilies.org to access the Family Pages, the Juneau Parent Bulletin, and many more useful resources!