



Mat-Su Valley Resource Guide

2018

United Way of Mat-Su
www.unitedwaymatsu.org



UNITED WAY OF MAT-SU
550 SOUTH ALASKA ST, SUITE 205
PALMER, AK 99645 907-373-5807

UNITEDWAYMATSU.ORG

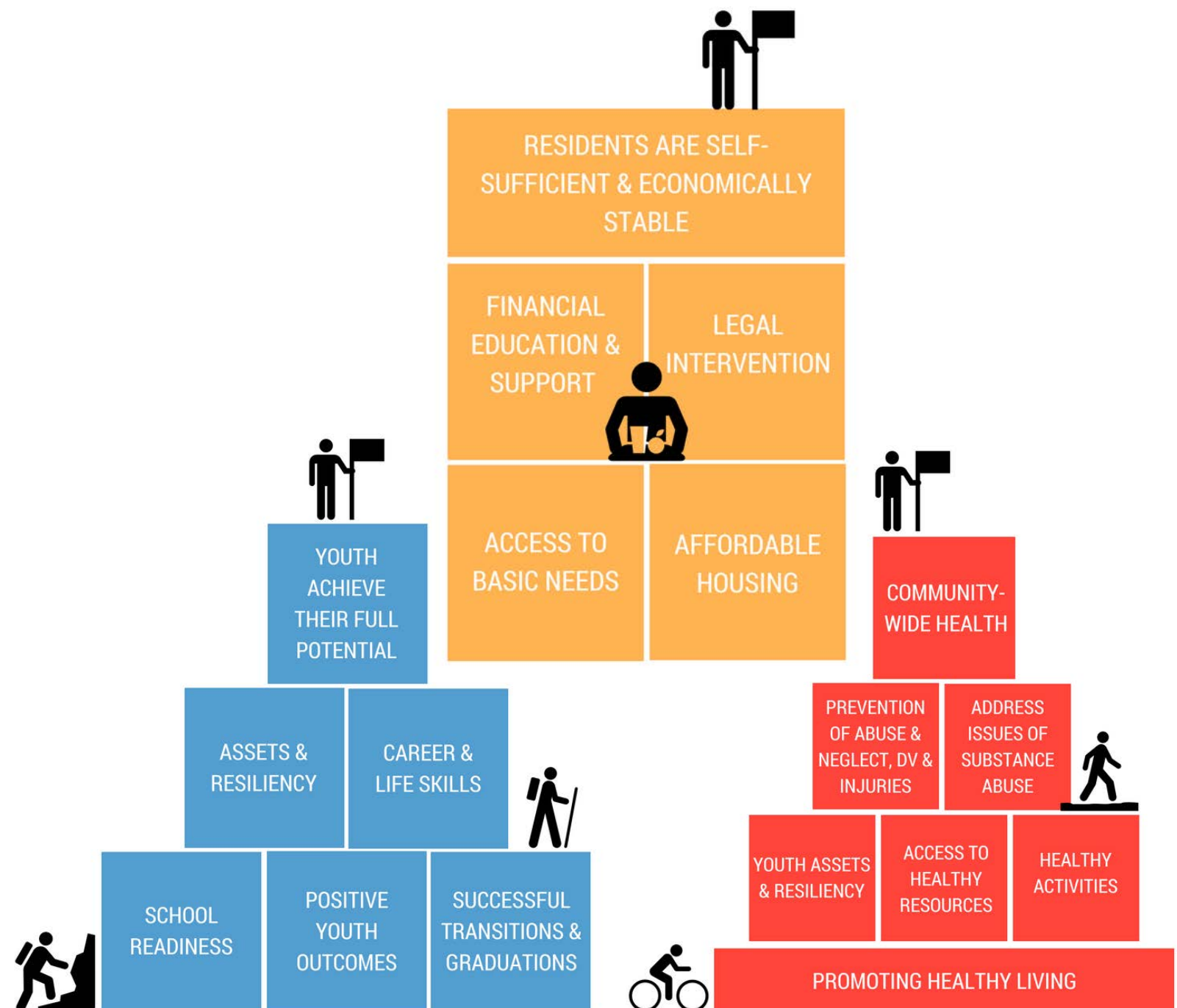


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Crisis Resources

24-HOUR CRISIS LINES

Adult Protective Services	800-478-9996
Emergency	911
Domestic Violence & Sexual Assault	(907) 746-8026 (866) 746-4080
Fallen Up Ministries (Drugs)	815-SAVE
Mat-Su Health Services (Mental Health/ Suicide)	(907) 376-2411
Careline Crisis Intervention Statewide National <i>Mental health and suicide prevention hotline.</i> <i>Text 4 Help to 839863 from (Tuesday – Saturday 3pm-11pm)</i>	(877) 266-4357 (800) 273-8255
Crisis Text Line	741-741 (Text START)
Crisis Line – Peer Support (Drugs & Alcohol)	982-HOPE
Child Abuse Reporting Hotline	800-478-4444
Poison Control-24/7	(800) 222-1222

SHELTERS

Alaska Family Services: Domestic Violence Shelter 403 S. Alaska Street, Palmer <i>Safe Shelter for female victims of domestic violence and sexual assault with or without children is staffed 24-hours a day by professional, specially trained domestic violence advocates.</i>	(907) 746-8026 http://www.akafs.org/dvsa.html
Family Promise of Mat-Su 561 W. Nelson, Wasilla <i>Provides compassionate care through shelter, meals, and case management to families without housing. Family Promise shelter guests' pets boarded on site.</i>	(907) 357-6160 http://www.familypromisematsu.org/
Knik House 7362 W Parks Hwy, Wasilla <i>Provide temporary, long term and emergency housing for families, men, women, single parents, re-entry population and people with mental illness in the Mat Su Valley.</i>	(907) 841-3090 knikhouse@gmail.com http://www.knikhouseinc.com

MY House

300 N. Willow Street, Wasilla

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

(907) 373-4357

www.myhousematsu.org

Salvation Army

12271 E. Palmer-Wasilla Hwy, Palmer

Temporary/short-term hotel vouchers.

(907) 745-7079

Turn-A-Leaf

400 N Yenlo, Wasilla

Provides temporary/short term hotel vouchers

(907) 354-4660

CRISIS CONTINUED

American Red Cross

851 E. Westpoint Drive Suite B9, Wasilla

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

(907) 357-6060

alaska.redcross.org

Family Promise Mat-Su

561 W. Nelson, Wasilla

Rent Assistance; shelter for families in need. Rent/mortgage assistance.

(907) 357-6160

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

Mat-Su Health Services: Behavioral Health Services

1363 W. Spruce Ave., Wasilla

Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults and children with serious mental illness. Crisis intervention hotline available 24/7. Clinic: Monday 8:00am – 5:00pm. Serves ages 4 years+.

(907) 376-2411

mshsak.org

Salvation Army Thrift Store

2301 Sun Mountain Ave., Wasilla

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

(907) 376-7598

SART (Sexual Assault Response Team)

Provides assistance to survivors of sexual assault, sexual harassment, dating violence and stalking. Counseling, advocacy, medical care, and referrals.

(907) 746-8026

Standing Together Against Rape (STAR)

24 Hour Crisis Line

(800) 478-8999

ASSISTANCE

Alaska 2-1-1

A resource line for child care, energy assistance, food, health care, job services, legal assistance, parenting help, public benefits, senior care, and shelters.

2-1-1

alaska211.org

Alaska Division of Public Assistance

855 W Commercial Drive
Wasilla, AK 99654

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

(907) 376-3903

hss.state.ak.us/dpa/

Alaska Family Services

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

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

(907) 376-4080

(907) 746-4080

akafs.org

Alaska Family Services: Child Care Assistance Program

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

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

(907) 376-4080

(907) 746-4080

akafs.org

Blood-N-Fire Ministries of Alaska

7362 W. Parks Hwy #276, Wasilla

Emergency Food/Rent/Mortgage/Clothing, and Utilities assistance.

(907) 864-0463

Catholic Social Services

642 S. Alaska Street, Suite #206, Palmer

Provides assistance for Veterans who are homeless or about to become homeless.

(907) 745-8811

CCS Early Learning (Head Start)

2060 E. Industrial Dr., Wasilla

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

(907) 373-7000

ccsalaska.org/index.html

Connect Palmer

202 S. Alaska Street

Life skill, Fire wood, and Sarah's House – a women's shelter.

(907) 746-9675

connectpalmer.org, Palmer

Family Assistance Center Alaska National Guard 3401 E. Bogard Road. Wasilla <i>Provides services and support to military families.</i>	(907) 373-9446
Families in Transition 501 Gulkana, Palmer <i>Provides help with enrollment and support for students currently between homes.</i>	(907) 746-9228 matsuk12.us
Family Promise Mat-Su 561 W. Nelson, Wasilla <i>Rent Assistance; shelter for families in need. Rent/mortgage assistance.</i>	(907) 357-6160 familypromisematsu.org/
HeartReach Center 865 S Seward Meridian Pkwy, Wasilla <i>Provides assistance for parents of children newborn to age 5 (diapers, wipes, formula, clothing, and other childcare needs) as well as parenting classes for both women and men.</i>	(907) 373-3456 (800) 712-HELP (4357) heartreachalaska.com
Heating Assistance	(907) 376-3903 hss.state.ak.us/dpa/programs/hap/
Hope Community Resources 851 E Westpoint Dr., Ste 301, Wasilla <i>Provides services and support to people who experience disabilities.</i>	(907) 357-3750 hopealaska.org
Mat-Su Aging and Disability Resource Center (ADRC) 3161 E. Palmer Wasilla Highway, #2, Wasilla <i>Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.</i>	(907) 373-3632
Military Personnel and Family Benefits <i>Housing, employment, education, medical and more.</i>	military.com/Benefits/
MEA Operation Roundup <i>Grants that provide assistance for an individual and/or family.</i>	(907) 761-9317 mea.coop/index.php/our-community/round-up
MY House 300 N. Willow Street, Wasilla <i>Emergency & transition housing 18-24 years old.</i>	(907) 373-4357 myhousematsu.org
Salvation Army 12271 E. Palmer-Wasilla Hwy, Palmer <i>Provides assistance for clothing, household goods, financial assistance (rent and utilities), food services, and emergency shelter.</i>	(907) 745-7079 salvationarmy.org/alaska

Valley Charities, Inc. | turn-A-leaf thrift store

400 N. Yenlo, Wasilla

(907) 376-5708**(907) 354-4660**

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

Weatherization Assistance Program

Alaska Community Development Corp.

1517 Industrial Way, #8, Palmer

(907) 746-5680**alaskacdc.org/wa_prog.php**

Enables low-income families to permanently reduce their energy bills by making homes more energy-efficient. Available to renters and homeowners throughout the state.

ALASKA NATIVE/AMERICAN INDIAN ASSISTANCE**Knik Tribal Council**

951 E. Bogard Rd, Suite 101, Wasilla

(907) 373-7991**kniktribalcouncil.org**

Child care assistance, education scholarships, job placement & equipment, dental, vision, sports/activities fees, report card incentive program, Indian child welfare advocate program, van transportation, housing assistance, snow removal assistance, and non-emergency medical transportation.

Chickaloon Village**Housing****Transportation****Health & Social****Chickaloon Village Education**

16166 N. Glenn Hwy., Sutton

(907) 745-0749**(907) 745-0736****(907) 745-0854****(907) 745-0704****(907) 745-0793****chickaloon.org/**

Behavioral health referrals, non-emergency medical transportation, elder services YNDAS

(Athabascan language and traditions school preschool thru 12th grade –open to general population)

& Upper Education Scholarships, Youth Summer Jobs Program.

CLOTHING**Alaska Family Services: Thrift Store**

403. S. Alaska Street, Palmer

(907) 746-6200**Saving Grace Thrift Store**

3060 N. Lazy Eight Ct., Wasilla

(907) 414-8643**Big Lake Community Clothing Closet**

2955 Big Lake Road, Big Lake

(907) 903-1902**Bishop's Attic II**

840 S. Bailey, Palmer

(907) 745-4215**Frontline Mission****(907) 357-8600**

2001 E. Palmer Wasilla Hwy, Wasilla frontlinemission.org/
Thursday and Friday 10:30 am – 1:30 pm - Food distribution & clothing closet

Growing Spurts (907) 376-4404

4931 Mayflower Lane, Wasilla

HeartReach Center (907) 373-3456

865 S. Seward Meridian Pkwy., Wasilla

Baby cache, gently used clothing up to 5T, and maternity clothes.

Nugen's Ranch Thrift Store (907) 376-4534

26731 W Point McKenzie Road, Wasilla

Mouse House (907) 376-6773

201 E. Swanson, Wasilla

First Presbyterian Church (907) 355-9011

1375 Bogard Road, Wasilla

Good Shepherd Lutheran (907) 376-3522

501 E Bogard Rd, Wasilla

Thrifiers Rock (907) 745-7625

9201 E Frontage Rd , Palmer

Valley Charities, Inc. | turn-A-leaf thrift store (907) 376-5708

400 N. Yenlo, Wasilla (907) 354-4660

FOOD & NUTRITION

Alaska Family Services: Women Infant and Children (WIC)

1825 Chugach Street, Palmer

(907) 746-6242

899 W Commercial Drive, Wasilla

(907) 376-4080

Special supplemental nutrition program for low income families.

Big Lake Baptist (907) 892-6646

10864 W. Parks Hwy, Big Lake

Wednesday 6:00 pm free dinner and food box. For food box call first.

Big Lake Community Food Pantry (907) 841-4227

Faith Bible Fellowship of Big Lake

Mile 0.5 Hollywood Road, Big Lake

Open Thursday 11:30 am – 1:30 pm.

Christian Center Food Pantry (907) 355-5959

Mile 49 Glenn Highway, Palmer

Open Tuesday 1-3PM for Palmer-Sutton-Butte residents

Family Christian Center
203 W. Dogwood Avenue, Palmer

(907) 373-2617

Family Nutrition Program
UAF Cooperative Extension Service
Classes on gardening, canning, and nutrition; 4-H.

(907) 745-3423
uaf.edu/ces

Farmer's Markets
Wasilla – Historic Town Site
6/1 – 9/15 : Wednesdays 10-6 p.m.
Palmer – Palmer Depot
6/1 - Labor Day : Friday Flings
Talkeetna
8/4 – 9/15 : Fridays 5-8

5 Loaves 2 Fish Kitchen
501 E. Bogard Road, Wasilla
Meal preparation & deliver to those in need.

(907) 376-3522

Frontline Mission
2001 E. Palmer Wasilla Hwy, Wasilla
Hot meals: Thursday and Friday 10:30 am – 1:30 pm; Wed. 6:00 pm – 7:00 pm

(907) 357-8600
frontlinemission.org/

Grace Bible Church Food Pantry
15748 Glenn Hwy, Sutton
At Sutton Bible Church, Thursdays from 6 to 7 pm.

(907) 354-0012

Grow Palmer
Community garden in Palmer providing fresh free food.

growpalmer.org

Hilltop Assembly of God
19777 W Parks Highway, Wasilla
Need to live in Houston area, call first.

(907) 892-6225
hilltopag.org

Kids Kupboard
3700 E. Bogard Rd, Wasilla

(907) 360-9476
kidskupboard.org

Manna Independent Baptist Church
10151 E Palmer Wasilla Hwy, Palmer
Wednesday 8:30pm and Sunday 12:30pm

(907) 745-3898

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

(907) 357-3769
foodpantryofwasilla.org

Mat-Su Senior Services

1132 S. Chugach Street, Palmer

Congregate and delivered meals provided for seniors 60 & over.

(907) 745-5454

palmerseniors.org

Nugen's Ranch

26731 W Point McKenzie Road, Wasilla

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

(907) 376-4534

nugensranchak.org

Palmer Food Bank

221 S Valley Way, Palmer

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

(907) 746-3565

Salvation Army

12271 E. Palmer-Wasilla Hwy, Palmer

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

(907) 745-7079

Senior Farmer's Market Coupons

Available to low-income seniors at the following locations:

Palmer Senior Center 1132 S Chugach St, Palmer

Sunshine Clinic 4.4 Talkeetna Spur Road, Talkeetna

Wasilla Senior Center 1301 Century Circle, Wasilla

School Lunch Program

801 N. Wasilla-Fishhook Rd, Wasilla

(907) 376-5813

Sunshine Food Bank

#1 Walstead Road, Mile 4.2, Talkeetna

Tuesdays: 10:00am-4:00pm

(907) 892-6492

Upper Susitna Food Pantry

8258 E Petersville Rd, Trapper Creek

(907) 733-3358

Upper Susitna Seniors, Inc.

HC 89 Box 592, Willow

Meals on wheels for seniors and home delivered meals for locals who are medically incapacitated.

(907) 733-6200

Veteran's Center

851 E. Westpoint Drive, Wasilla

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

(907) 376-4318

Wasilla Area Senior Center

1301 Century Circle, Wasilla

Lunch for seniors. Mondays-Fridays 11:30 am-12:30 pm.

(907) 376-3104

Willow United Methodist Church

67.8 Parks Hwy, Wasilla

Bring photo ID; must have Willow address; Wednesdays 10:00am-2:00pm.

(907) 414-7555

HOUSING & SHELTERS

HOMEOWNERS

Alaska Community Development Corporation

1517 S. Industrial Way #8, Palmer

Housing and energy efficiency programs.

(907) 746-5680

(800) 478-8080

alaskacdc.org/

Alaska Housing Finance Corporation

1201 N Lucile St, Suite 104, Wasilla

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

(907) 376-5744

ahfc.us

Creekwood Park

1955 N. Creekwood Park Ave., Palmer

(907) 376-9512

Eagle Ridge Townhomes

1775 Thuma Street, Palmer

Low income tax credit property

(907) 746-2516

Family Promise of Mat-Su

561 W. Nelson, Wasilla

Rent Assistance; shelter for families in need. Rent/mortgage assistance.

(907) 357-6160

familypromisematsu.org/

Habitat for Humanity Mat-Su

900 Hyer Road, Wasilla

Coordinates community volunteers to construct homes for low income families.

(907) 373-7278

Hunter Creek Apartments

855 W. Fern Avenue, Palmer

Low income tax credit property

(907) 746-2005

Knik Tribal Council

951 E. Bogard, Wasilla

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

(907) 373-7991

MY House

300 N. Willow Street, Wasilla

Emergency & transitional housing 18-24 year olds.

(907) 373-4357

myhousematsu.org

NeighborWorks

2515 A St, Anchorage

Low and no down payment loans, pre-purchase counseling and education to make homeownership possible for Alaskans

(907) 677-8490

Palmer Arms Apartments

112 South Alaska Street, Palmer

Affordable housing.

(907) 841-3313

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

Salvation Army (907) 745-7079
12271 E. Palmer-Wasilla Hwy, Palmer
Rent/mortgage assistance.

Wasilla Homeless-Committee (907) 521-2949
209 W. Evergreen, Palmer
Provides case management, resource referrals, housing search assistance, job search assistance, clothing, furniture, and household items

POPULATION SPECIFIC HOUSING
(Seniors, Veterans, and Special Needs)

Alaska Housing Finance Corporation (800) 478-AHFC
851 Westpoint Dr, B6, Wasilla
ahfc.us
Provides an online locator for population specific housing.

Alaska Pioneer Home (907) 745-4241
250 East Fireweed Avenue, Palmer
Provides assisted living for older Alaskans and veterans.

Catholic Social Services (907) 745-8811
642 S. Alaska Street, Suite #206, Palmer
Provides assistance for Veterans who are homeless or about to become homeless.

Mat-Su Senior Services | Housing Line (907) 745-5454

Chugach Estates Senior Housing (907) 761-5001
1102 S. Chugach Street, Palmer

Colony Estates Senior Housing (907) 745-5454
920 S. Chugach Street, Palmer
matsuseniors.com
Provides 55 units of senior housing for individuals 55 and over.

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

Northstar Assisted Living (907) 357-2012
PO Box 872889, Wasilla

Senior Housing (907) 376-5744
1201 N Lucille St Suite 104, Wasilla
Alaskan housing and finance programs to assist the elderly/disabled.

Sutton Manor**(907) 745-1372**

Mile 61.5 Glenn Hwy, Sutton
Low income housing for seniors.

Sunshine Senior Village**(907) 733-6200**

16463 Helena Ave., Talkeetna
A six-unit apartment complex for seniors. Include utilities and covered parking.

Valley Residential Services**(907) 357-0256**

1075 Check Street, Wasilla
Provides housing for adults with mental or developmental disabilities, individuals with low or moderate income or advanced in age.

Wasilla Senior Center**(907) 376-3104**

1301 Century Circle, Wasilla
Provides 129 units of housing for seniors.
alaskaseniors.com/housing.html

Alaska Housing**(907) 376-5744****Williwaw Manor I and II**

1201 Century Circle, B-4, Wasilla
PO Box 873347, Wasilla 99654
Low cost housing for seniors.

SUBSIDIZED HOUSING**Alaska Housing Finance Corporation****(800) 478-AHFC**

Provides an online locator for vouchers.

ahfc.us**Forest Apartments****(907) 745-3957**

330 Cobb Street, Palmer

Forest Hills**(907) 357-0256**

Valley Residential Services
PO BOX 871874, Palmer 99645

CSS: HUD-VASH**(907) 631-7649**

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

(907) 273-4016 | 273-4045

A veteran specific program funded by the VA. Case management for qualifying low income families who are (at risk of) homeless.

Knik Tribal Council**(907) 373-7991**

951 E. Bogard, Wasilla
Monday-Friday: 8:00am-5:00pm

Northridge Apartments**(907) 745-3484**

424 E. Dogwood Ave., Palmer

Ridgecrest Park

201 E. Kalli Circle, Wasilla

(907) 376-9512

Valley Residential Services

1075 Check Street, Wasilla

(907) 357-0256

Provides low-income housing.

Legal

Alaska Legal Services

634 S. Bailey Street Suite 102, Palmer

(907) 746-4636

alsc-law.org/

alaskalawhelp.org

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

Office of Public Advocacy (OPA)

Civil

(877) 957-3500

Criminal

(907) 707-1740

(907) 745-0435

Provides legal advocacy and guardianship services to vulnerable Alaskans.

TRANSPORTATION

A Cab

Accepts MASCOT vouchers.

(907) 775-7475

Alaska Cab Valley

Chickaloon Area Transit

M.A.S.C.O.T

Valley wide public bus transportation.

(907) 357-2727

(907) 745-1753

(907) 376-5000

matsutransit.com/

Mat-Su Senior Services

Provides transportation for individuals 60+, individuals of any age on the Medicaid waiver, and accepts travel vouchers for Medicaid of individuals of any age.

(907) 745-5454

Sunshine Transit

Tickets available at the Roadhouse, Sunshine Clinic, Flying Squirrel Bakery, Cubby's or Susitna Senior Center. 7:15 am (Roadhouse)-5:30 pm (Roadhouse).

(907) 354-3885

Valley Mover

Provides Mass Transit to the Mat-Su Valley with service to Palmer, Wasilla, Meadow Lakes, Knik and connections with Anchorage People Mover. Provides free rides to homeless and poverty level individuals.

(907) 892-8800

valleymover.com/

Valley Cab**(907) 357-8294**

Accepts Social Security travel vouchers, and soon to accept Medicaid and Denali Kid Care.

COMMUNITY COALITIONS

Alaska Wellness Coalition**(907) 745-5821****alaskawellness.org**

A statewide prevention network working towards prevention and wellness issues.

Breathe Free Mat-Su Coalition**(907) 746-6131****breathefreematsu.org**

Working toward the elimination of second-hand smoke exposure and smoking cessation.

Castle Mountain Coalition**castlemountain.org/**

PO Box 1244, Chickaloon

Works to promote and preserve the Matanuska River watershed.

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

Trout House's Conference Room

2201 E. Parks Highway, Wasilla

Committed to youth issues. Meets every third Wednesday of the month at 7:30 am.

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

Alaska Family Services

1825 S. Chugach Street, Palmer

Building awareness about domestic violence. Meets monthly every 3rd Tuesday. New attendees RSVP.

Early Childhood Partnership of Mat-Su (ECP)**(907) 745-5824****matsufamilies.org/**

Focused on serving the Mat-Su Borough's young children (0-5 year olds) and their families.

Mat-Su Agency Partnership**mapartnership.org**

Cultivating a healthy community through interagency partnership.

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

550 S. Alaska Street, Ste 205, Palmer

Emergency management response. Meeting every 3rd Thursday of the month, 10am at station 6-5 located at 680 N Seward Meridian Parkway, Wasilla.

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

400 North Yenlo, Wasilla

Education, survivor support groups and prevention/intervention tools. Meeting times 2nd and 4th Wednesday of the month 7 pm-9 pm.

Mat-Su Food Coalition

Any questions please call Don Houk (chair) at...
or Kary Gaston (secretary) at...

(907) 232-6536

(907) 232-6796

Volunteers and food pantries united to improve the Mat-Su's ability to distribute food to those in need.

Mat-Su Housing and Homelessness Coalition

Advocating for sustainable community solutions to reduce homelessness.

(907) 232-4450

matsuhousing@gmail.com
mschh.org

Mat-Su Reentry Coalition

404 N. Yenlo St, Wasilla

Sustainable community solutions to the housing needs of prisoners re-entering the community.

(907) 414-4077

janice.valleycharities@gmail.com

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

Increase family resilience and reducing child maltreatment.

healthymatsu.org/focus-areas

Thrive Mat-Su

United Way of Mat-Su

550 S. Alaska Street, Suite 205, Palmer

A data-driven community response to prevent and reduce youth substance use. Meetings held every 3rd Tuesday of the month from 1:30 pm – 3:00 pm.

(907) 745-5827

thrivematsu.org

EDUCATION

ADULT EDUCATION & EMPLOYMENT

Alaska Job Center Network

Unemployment Insurance

877 Commercial Drive, Wasilla

Provides business/employer connections, job seeker resources, job training, vocational rehabilitation, unemployment insurance, and labor market information.

(907) 352-2500

(888) 252-2557

jobs.state.ak.us

Alaska Job Corps

800 E Lynn Martin Drive, Palmer

Provides career, technical, and academic training at no-cost to young men and women ages 16 through 24. Residential dorm program for students ages 16-24 with children.

(907) 861-8800

alaska.jobcorps.gov

Alaska Military Youth Academy (AMYA)

JBER (Joint Base Elmendorf Richardson), Anchorage

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

(907) 375-5554

(877) 242-5643

dmva.alaska.gov/AMYA

Alaska Vocational Medical Training 281 N Main St Ste 101b, Wasilla	(907) 373-6357
Alaska Department of Vocational Rehabilitation 877 W Commercial Drive, Wasilla <i>Assist people with disabilities in obtaining and maintaining employment.</i>	(907) 352-2545
Charter College 721 West Parks Hwy, Wasilla <i>Fast track career oriented degree and certification programs.</i>	(907) 352-1000 chartercollege.edu/
Family Nutrition Program UAF Cooperative Extension Service 809 S Chugach Street, Suite 2, Palmer <i>Offers FREE nutrition education for adults, youth, seniors and families that meet income criteria. Helps families and individuals learn how to plan, shop for and prepare healthy foods within a limited budget.</i>	(907) 745-3423 uaf.edu/ces
Matanuska-Susitna College 8295 E College Dr., Palmer	(907) 745-9774 matsu.alaska.edu
MECA Employment Connection 165 E Parks Hwy Suite 205B, Wasilla <i>Administrative /clerical, temporary, part time, and permanent position.</i>	(907) 376-6322 mecaalaska.com/
Nine Star Education & Employment Services 300 N. Willow, Wasilla <i>Youth employment services.</i>	(907) 373-3006 ninestar.com
North America Outdoor Institute 281 N. Main St. #101B, Wasilla <i>Provides education and training for outdoor safety and environmental awareness.</i>	(907) 376-2898 naoiak.org
Northern Institute Training-Alaska 1740 N. Terrilou Court, Wasilla <i>Adult education and workforce training in health, safety and environmental skills, computer skills, preparatory/introductory courses and other client specific courses.</i>	(907) 357-6400 nitalaska.com
Northern Susitna Institute PO Box 46, Talkeetna <i>Provides students of all ages the opportunity to learn, share ideas and develop real life skills.</i>	(907) 733-7111 northernsusitnainstitute.org
UAF Cooperative Extension Services 1509 S. Georgeson Drive, Palmer <i>Offer classes in gardening, canning and nutrition; women's support and 4-H.</i>	(907) 745-3360 uaf.edu/ces/districts/matsu/

Wayland Baptist University: Valley Center

1590 E. Financial Drive, Suite F105, Wasilla

Offers regionally accredited Associates, Bachelors, and Masters Degrees.

(907) 373-4828

wbu.edu

EARLY LEARNING

Alaska Family Services

899 Commercial Drive, Wasilla

1825 S. Chugach St., Palmer

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

(907) 376-4080

(907) 746-4080

akafs.org

CCS Early Learning (Head Start)

2060 E. Industrial Dr., Wasilla

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

(907) 373-7000

ccsalaska.org/index.html

Dzuuggi Preschool

501 North Gulkana St, Palmer

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

(907) 746-9228

Mat-Su Imagination Library

PO Box 875201, Wasilla

Free book program for children 5 and under.

(907) 232-8517

matsuimaginationlibrary.org

Matanuska-Susitna Borough School District

501 Gulkana, Palmer

(907) 746-9200

matsuk12.us

Mat-Su Services for Children and Adults

1225 W. Spruce Avenue, Wasilla

Home and community-based child development services for parents.

(907) 352-1200

mssca.org

Playful Learning Pediatric Therapy

613 S Knik-Goosebay Rd, Suite E, Wasilla, AK 99654

1901 N Hemmer Rd. Suite 109, Palmer, AK 99645

Provides pediatric occupational therapy, physical therapy, and evaluations.

(907) 317-5895

playfullearningtherapy.com

Reading Write Alaska

613 S. Knik-Goosebay Road, Suite B

Wasilla, AK 99654

Language and learning solutions for children needing assistance with dyslexia, reading, speech, writing, and more.

(907) 631-3056

readingwritealaska.com

Thread Alaska

877 W. Commercial Dr

Wasilla, AK 99654

Provides childcare referrals to early learning programs.

(907) 373-5024

threadalaska.org/

CHILD CARE

Licensed providers accepting public assistance

PALMER

CCS Early Learning	(907) 373-7000
11672 Wright Way, Sutton	
Close to Home Childcare & Learning Center	(907) 745-7181
1720 N. Loma Prieta Dr.	
Lil Cubs Childcare	(907) 746-5499
1505 N. Golden Hills Circle	
Little Friends Childcare	(907) 746-7095
1635 N. Old Glenn Hwy	
Margaret's Little People	(907) 745-2719
1160 W. Josselin Lane	
Mouse Trap Playschool	(907) 745-1803
517 S. Cobb Street	
Palmer Lifeways	(907) 746-0077
612 1 st Street	
Profiles of Excellence	(907) 745-2349
260 S. Cobb St.	
Rays Child Care	(907) 745-4875
Mile 3.5 Palmer-Wasilla Highway	
Tree of Life Child Development Center	(907) 746-5338
268 E. Fireweed Ave.	
Wee Care A Lot Child Care	(907) 746-1008
955 Josh Drive	

TALKEETNA

Sunshine Station Child Care Center	(907) 733-5437
Mile 4.4 Spur Road	

WASILLA

A Touch of Home Childcare & Learning Ctr	(907) 357-2237
260 E. Nelson Ave.	
Alaska Children's Academy LLC	(907) 414-9332
2731 E. Beech Way	
Angels Daycare & Preschool	(907) 357-6601
7078 Birchleaf Dr.	
Arctic Natural Early Education LLC	(907) 952-2977
4900 W. Clayton St.	
Bright Minds Learning Center	(907) 357-2600
172 S Lamont Circle, Wasilla	
Butterflies & Bullfrogs	(907) 376-7990
6401 Calista Drive	
Carefree Kids, LLC	(907) 373-3950
3950 Carefree Drive	
CCS Meadow Lakes Early Learning Center	(907) 373-7165
7362 W. Parks Highway #752	
CCS Wasilla Early Learning Center	(907) 373-7795

2100 E. Foundry Way Dee's Little Angels	(913) 240-5858
2010 S. Paddock Dr. Denali Gymnastics & Fitness, INC.	(907) 373-3547
300 E Kalli Circle New Generations Child Care Center	(907) 373-3116
611 S. Knik-Goosebay Rd, Suite B & Suite F Kidz Come 1st	(907) 357-9445
6131 S. Swazy Kidzone Early Learning Academy	(907) 376-5468
2450 Success Dr. Kira's Kids N' Kritters	(907) 376-0636
1200 N. Clinton Circle Lil' House on the Meadow	(907) 357-0095
3801 N. Coronado Street Little Learner's Academy	(907) 841-1334
244 S. Sylvan Suite 109 Neoptions	(907) 357-9237
4021 W. Kertulla Ct. Nice Little Daycare	(907) 373-3837
2360 Ridgewood Drive Phoenix Child Care	(907) 232-1363
1718 N. Fanciful Place, Unit B Pooh's Corner Day Care	(907) 357-1132
4909 N. Charley Dr. Settlers Bay Early Learning Center	(907) 357-9600
5705 S. Settlers Bay Dr. Rising Star Child Care & Learning Center	(907) 373-4875
1405 N. Wasilla Fishhook Rock of Ages Daycare & Learning Center	(907) 357-6300
3060 Lazy Eight Court, Suite 7 Teresa's Child Care	(907) 373-5224
991 S. Vine Road, Wasilla 99623 The Alaska Club Valley	(907) 376-3300
1720 E. Parks Highway The Thornton House	(907) 355-4796
648 E. Mountain Ash Loop, Wasilla	

HEALTH

Health Care Coverage

healthcare.gov

Denali Kid Care

888-318-8890

dhss.alaska.gov/dhcs

Medicaid/Medicare

907-376-3903

COUNSELING & MENTAL HEALTH

Adolescent Residential Center for Help (ARCH)

(907) 279-9634

Hiland Road, Eagle River

voaak.org/Services/Adolescent-Treatment/ARCH

Addresses substance abuse and co-occurring disorders.

Akeela Family Program

(907) 707-1291

561 Denali Street, Suite F, Wasilla

Alaska Cares

(907) 561-8301

Childhood Physical and sexual abuse evaluations for newborns to 18 years. Located in Anchorage across from Providence hospital

alaska.providence.org/locations/c/cares

Alano Club

(907) 376-8669

901 Snohomish, Wasilla

Alcoholics Anonymous and Narcotics Anonymous meetings and sober social events.

Alcoholics Anonymous Hotline

(907) 376-4777

Alaska Children's Alliance

(907) 688-0163

18027 Amonson Rd, Chugiak

Childhood abuse allegations, putting victims first.

Alaska Family Services

(907) 376-4080

899 Commercial Drive, Wasilla

(907) 746-4080

1825 S. Chugach St., Palmer

akafs.org

Addresses substance use disorder, co-occurring substance use disorders, and behavioral health needs.

Alaska Psychiatric Institute (API)

(907) 269-7100

3700 Piper Street, Anchorage

dhss.alaska.gov/dbh/pages/api

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

Alaska Vocational Counseling Services**(907) 745-5066**

8201 N Michaelson Street, Palmer

*Provides mental health services including counseling and mental health facilities.***Alaska Wisdom Recovery****(907) 373-9233**

291 Paulson Ave, Wasilla

wisdomrecovery.com*Provides substance abuse and chemical dependency outpatient treatment and mental health counseling, counseling groups, alcohol and drug information school, and continuing care.***Alcohol Safety Action Programs (ASAP)****(907) 746-6260**

1825 South Chugach Street, Palmer

*Prevention and Early Intervention Programs.***Alpha Counseling****(907) 373-5595****Alzheimer's Association****(907) 746-3413**

Trinity Barn Plaza

Mile 2.2 Palmer Wasilla Hwy, Palmer

*In home respite, advocacy, referrals, support group, education.***Benteh Nuutah Valley Native Primary Care Center****(907) 631-7670****Mental Health****(907) 631-7800**

1001 Knik Goose Bay Road, Wasilla

scf.cc/BHvnpcc.cfm*Addresses serious mental illness, substance use disorders, co-occurring substance use disorders, general mental health. Hours: Monday thru Friday, 8:00am – 5:00pm.***Christi Hill, ANP****(907) 631-0961**

851 East Westpoint Drive, Suite 208, Wasilla

Family Psychiatry

Consumer Direct Care Network**(907) 357-7962**

131 E. Swanson Ave. Ste. 1, Wasilla

consumerdirectcare.com*Provides personal care services, chore and respite services, rehabilitative services, and behavioral health services.***Co-Occurring Disorders Institute, Inc.****(907) 745-2634**

11921 E Palmer-Wasilla Hwy., Palmer

codi-ak.org*Addresses serious emotional disturbance, and co-occurring substance use disorders. Provides services for ages 3-21 and their families. Hours: Monday thru Friday 8:00am – 8:00pm.***Daybreak Mental Health Service Coordination****(907) 746-6019**

550 S. Alaska Street, Suite 208, Palmer

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

Denali Family Services 291 E Swanson Ave., Wasilla <i>Provides mental health services for severe emotional disturbance (SED), co-occurring disorders, assessment, individual and group therapy, case management, wraparound services, and other services.</i>	(907) 376-3275 denalifs.org
Denali Kid Care hss.state.ak.us/dhcs/denalikidcare/default.htm <i>Provides health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.</i>	(800) 478-7777 (907) 376-3903
Family Centered Services of Alaska Palmer Behavioral Health Wasilla Behavioral Health 301 E. Danna Avenue, Wasilla <i>Addresses severe emotional disturbance and co-occurring disorders. Provides Therapeutic Foster Group Home, respite services, and clinical services, individual and group therapy, medication management, and case management. Serves ages 5-21</i>	(907) 746-8617 (907) 357-7519 familycenteredservices.com
Frontline Residential Treatment 3674 N. Clark Wolverine Rd., Palmer <i>Psychiatric residential treatment facility (RTF) for children and adolescents.</i>	(907) 761-7400
Full Circle Counseling Solutions 133 E. Swanson Ave., Wasilla <i>Comprehensive mental health services to Alaska individuals and families.</i>	(907) 864-0560
Life Quest 230 East Paulson, Suite 68, Wasilla	(907) 376-2411 (24 hr) (800) 478-2410
Lighted Path Therapy Services, LLC 1261 S Seward Meridian Pkwy, Suite M, Wasilla	(907) 312-2307
Mat-Su Veteran's Affairs Community Based Outpatient Clinic 865 N. Seward Meridian Parkway, Suite 105, Wasilla <i>Primary care and mental health care. Monday – Friday 7:30 am- 4:00 pm.</i>	(907) 631-3100
Mindful Exchanges, P.C. 349 E. Cottonwood Ave., Palmer Individual & Family Therapy. Child, Teen, & Adult. Marital Therapy	(907) 745-7799 mindfulexchanges.com/
Mountain River Counseling 5099 E. Blue Lupine Drive Suite 218, Wasilla <i>Provides counseling and therapy for families, individuals, both active and retired military service members.</i>	(435) 817-0812 mountainrivercounseling.org
National Foundation of Depression	ifred.org

North Star Behavioral Health
Anchorage

(907) 258-7575
(800) 478-7575
northstarbehavioral.com

North Star Hospital is an acute psychiatric hospital for children, preteens, and adolescents.

Nugen's Ranch
26731 Point Mackenzie Road, Wasilla

(907) 376-4534
(800) 376-4535
nugensranchak.org

Addresses substance use disorders and co-occurring disorders. Serves ages 18+.

Olive Tree Counseling
5730 E. Pilgrim Ct., Suite A, Wasilla
Faith-based counseling services.

(907) 357-6513

Orion Behavioral Health
17025 Snowmobile Lane, Eagle River
Child Psychiatry, accepts Medicaid for all except therapy

(907) 696-7466

Palmer Residential Treatment Center
3647 N. Clark Wolverine Road, Palmer
Mental Health Services.

(907) 761-7400

Playful Journeys, Inc.
1261 S. Seward-Meridian Pkwy, Suite M, Wasilla
Trauma-informed behavioral health services for children; individual and family therapy. Serves ages 0-18 years old.

(907) 376-9091

Playful Learning Pediatric Therapy
613 S Knik-Goosebay Rd, Suite E, Wasilla
1901 N Hemmer Rd. Suite 109, Palmer
Provides pediatric occupational therapy, physical therapy, and evaluations.

(907) 317-5895
playfullearningtherapy.com

Presbyterian Hospitality House
1365 E. Parks Hwy, Suite 101, Wasilla

(907) 357-6445
phhalaska.org

Addresses serious emotional disturbance, co-occurring substance use disorders. Provides residential care for youth, individual therapy, case management therapeutic foster care, and emergency shelter for troubled teens.

Providence Medical Group Mat-Su Behavioral Health
2250 South Woodworth Loop, Suite 202, Wasilla

(907) 761-5800

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

Ptarmigan Connections. LLC
3505 E Meridian Park Lp, Suite 200, Palmer

(907) 357-4400

Provides patient-centered developmental and behavioral pediatrics. Ages 0-18 yrs.

Set Free Alaska

7335 E. Palmer-Wasilla Highway, Palmer

Outpatient substance abuse treatment center that uses a mind-body-spirit approach to recovery, serving adults and youth ages 5-17; residential Treatment Services for adult women, women with children and pregnant women.

(907) 373-4732

setfreealaska.org

Skip Hrin, PsyD

(907) 376-9520

Standing Together Against Rape (STAR)

(800) 478-8999

Sunshine Community Health Center

(907) 733-2273

Talkeetna Clinic

4.4 Talkeetna Spur Road, Talkeetna

Willow Clinic

(907) 495-4100

224091 Long Lake Road, Willow

Address serious mental illness, severe emotional disturbance, co-occurring substance use disorders, general mental health. Serves ages 12+.

The Children's Place

(907) 357-5157

thechildrens-place.org

Serves children who have been physically or sexually abused and are referred from Law Enforcement, the Office of Children's Services, and medical care providers. Serves ages 0-18. Hours: Monday thru Friday 8:30am – 5:00pm. After hours contact Alaska State Troopers.

VA Suicide Prevention Hotline

(800) 273-TALK

Veteran's Center

(907) 376-4318

851 E. Westpoint Drive

Wasilla, AK 99654

Counseling for Combat veterans. Hours of Operation, Monday- Friday 8:00 am - 4:30 pm

Volunteers of America

(907) 279-9634

1075 Check Street, Suite 102, Wasilla

voa.org/offices/volunteers-of-america-alaska

Provides programs including parenting with love and limits (PLL), and transition to independence program (TIP) which prepares youth and young adults with EBD for their movement into adult roles.

Wellness Center

(907) 376-9500

491 North Knik Street, Wasilla

Counseling, pediatric psychology, and medication management.

DENTAL

Aurora Dental

4501 E. Snider Dr., Wasilla

Serve adult, children, and Medicaid populations.

(907) 376-8400

auroradentalak.com/

Mat-Su Dental

951 Bogard Road #203, Wasilla

Serves all ages and Medicaid populations.

(907) 376-2456

matsudental.com/

Same Day Dental

1830 E. Parks Hwy., Suite A134, Wasilla

Serve adult, children and Medicaid populations.

(907) 631-3630

samedaydental.net/

Sunshine Community Health Center

34300 Talkeetna Spur Rd., Talkeetna

sunshineclinic.org/general-preventative-dentistry

Serves all ages and Medicaid populations.

(907) 733-2273

MEDICAL

Adonai Diabetes & Endocrinology

3331 E. Meridian Park Loop, Wasilla

(907) 357-2332

Alaskan AIDS Assistance Association

1057 W. Fireweed, Suite 102, Anchorage

Offers testing, cases management, housing, and counseling.

(800) 479-2437

alaskanaims.org

Alaska Home Care

1450 N Creste Foris Suite A, Wasilla

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

(907) 357-5431

alaskahomecare.com

Allergy, Asthma and Immunology Center of Alaska, LLC

1450 N Creste Foris Suite A, Wasilla

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

(907) 357-5431

alaskahomecare.com

American Lung Association

1075 S Check St, Suit 205, Wasilla

Tobacco cessation clinics, asthma management education, COPD support groups and other lung health related resources.

(907) 891-7445

American Marine Hyperbarics Center

Provides hyperbaric oxygen therapy.

(907) 357-5400

American Cancer Society

Provides cancer information and resources.

(800) 227-2345

Alaska Statewide AIDS Helpline

(800) 478-AIDS

C'eyiits' Hwnax Life House Community Health Center South Central Foundation 16166 N. Glenn Hwy, Mile 61.5, Sutton <i>Hours: 8:00 am – 5:00 pm Monday through Friday. Provides medical services to both Alaska Native and non-Native people. Sliding fee scale depending on household income and ability to pay.</i>	(907) 631-7665
Consumer Direct Personal Care 131 E. Swanson Avenue Suite 1, Wasilla <i>Provides home care services.</i>	(800) 357-7962 consumerdirectonline.net/alaska
Family Health Center 425 E. Dahlia, Suite L, Palmer	(907) 745-1777
Geneva Woods Pharmacy 3674 Country Field, Wasilla <i>Accepts Medicare, Medicaid, and third party insurance. Assists patients that are uninsured or unable to pay. Full Service Pharmacy.</i>	(907) 376-8200 genevawoods.com
Health Quest Therapy, Inc. 650 N. Shoreline Drive, Wasilla Mile 4.4 Spur Road, Talkeetna <i>Physical, Occupational, and Pediatric Therapy.</i>	(907) 376-6366 heathquesttherapy.com
Imaging Associates 1751 E Gardner, Wasilla <i>Provides MRI scanning, x-rays, nuke meds, and injections.</i>	(907) 357-1220
Jaded Body Wellness and Spine Institute 645 N. Jessica Brooke Circle, Suite C, Wasilla <i>Provides Orthopedic Focus, Sports Medicine, Neurological Focus, Workers Compensation and a variety of other Specialty Programs.</i>	(907) 631-0600
Mat-Su Health Services: Primary Care Clinic 1363 West Spruce Avenue, Wasilla <i>Provides acute urgent care, postpartum and well-baby care, family planning, health maintenance, school physicals and immunizations, vision and hearing screenings, and other health services.</i>	(907) 376-2411 bhs-mat-su.com/
Mt. Pacific Medicare Helpline	(800) 497-8232
Mat-Su Public Health Center 3223 East Palmer-Wasilla Hwy Suite 3, Wasilla <i>Provides child services, women's clinic, family planning and more. All patients on sliding fee scale, call for an appointment. Immunizations available in Palmer at the Alaska Family Resource Center, call for schedule.</i>	(907) 352-6600

Mat-Su Regional Medical Center (907) 861-6000
2500 S. Woodworth Loop, Palmer
matsuregional.com
Provides general medical and surgical care for inpatient, outpatient, emergency room patients, and participates in the Medicare and Medicaid programs.

Mat-Su Regional Urgent Care (907) 352-2880
950 E. Bogard Rd., Suite 103, Wasilla
Open: Mon- Thurs 9am-7pm and Fri-Sun 9am-5pm; No appointment needed.

Mat-Su Regional Homecare/Hospice (907) 352-4800
950 E. Bogard Rd., Suite 132, Wasilla
Home care and hospice the elderly, disabled, chronically ill and patients recovering from surgery. Hospice provides medical, psychosocial, and spiritual support to terminally ill patients and their families.

Mat-Su Veteran's Affairs Outpatient Clinic
Patient referrals (907) 631-3100
Toll free (866) 323-8648
Pharmacy Refills (877) 750-4790
Suicide Prevention Hotline (800) 273-TALK
Parent Facility--Anchorage VAMC (907) 257-4700
www2.va.gov/directory/guide
865 N. Seward Meridian Parkway, Suite 105, Wasilla
The clinic provides primary care and mental health care. Hours of Operation: Monday – Friday, 7:30 am - 4:00 pm

Playful Learning Pediatric Therapy (907) 317-5895
613 S Knik-Goosebay Rd, Suite E, Wasilla
1901 N Hemmer Rd. Suite 109, Palmer
Provides pediatric occupational therapy, physical therapy, and evaluations.

Ptarmigan Connections. LLC (907) 357-4400
3505 E Meridian Park Lp, Suite 200
Palmer, AK 99645
Provides patient-centered developmental and behavioral pediatrics. Ages 0-18yrs

Northwest Medical (907) 357-9909
1265 Seward Meridian Road Suite D
Wasilla, AK 99654
Provides medical equipment and supplies.
nwmed.com/locations_wasilla.htm

Odland Family Practice (907) 373-0850
950 E Bogard Rd, Wasilla

Palmer Chiropractic Clinic (907) 745-0776

Real Time II (907) 357-2158
1700 E. Bogard Road Bldg. A Suite 101, Wasilla
realtimewasilla.com

Sertoma – Mat-Su Club

3750 E. Country Field Cir., Wasilla

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

(907) 352-8333

info@matsuhearing.org

Sexually Transmitted Infection (STI) Resource Center

(800) 230-6039

ashastd.org

Sunshine Community Health Center

Mile 4.4 Talkeetna Spur Rd, Talkeetna

Mile 67 Parks Highway, Willow

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

(907) 733-2273

sunshineclinic.org/

(907) 495-4100

Turn-A-Leaf

400 N. Yenlo, Wasilla

Provides access to medical equipment through loaner program.

(907) 376-5708

Valley Native Primary Care Center

1001 Knik-Goose Bay Rd., Wasilla

Health education, referrals, and free monthly hearing screenings.

(907) 631-7800

scf.cc

Valley Chiropractic Clinic, Inc.

400 N Main St, Wasilla

(907) 373-2022

Wasilla Medical Clinic

1700 E. Parks Hwy., #200, Wasilla

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

(907) 373-6055

alaskamedicalclinics.com/

Wellspring Home Health

201 Swanson Avenue, Suite 7, Wasilla

Skilled Nursing Home Health Agency, multidisciplinary home medical, and support care services.

(907) 357-3655

wellspringhomehealth.com

PREGNANCY/PRENATAL CARE**HeartReach Center**

865 S Seward Meridian Pkwy, Wasilla

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

(907) 373-3456

(800) 712-HELP (4357)

heartreachalaska.com

Heritage Birth Center

7200 E. Valley Circle, Palmer

(907) 746-6644

midwife.net/

Mat-Su Midwifery

2650 Broadview Avenue, Wasilla

(907) 373-3420

matsumidwifery.com

Mat-Su Regional Hospital Palmer: Birthing Center

2500 S. Woodworth Loop, Palmer

(907) 861-6645

matsuregional.com

Providence Nurse Family Partnership

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

(907) 273-0572

Windsong Midwifery & Birth Center

231 East Swanson Ave., Wasilla

(907) 373-2672

windsongmidwifery.com

SUBSTANCE MISUSE PREVENTION & TREATMENT



Thrivematsu.org

facebook.com/THRIVEMatSu

(907) 745-5827

Free Community Support Groups & Programs

Addicted No More (Faith-Based)

Word of Faith Assembly: Tuesdays 6:30pm

(907) 373-3601

Alcoholics Anonymous

12-step support groups for individuals with alcohol addiction.

(907) 376-4777

Al-Anon Helpline

Support group for family members and friend of alcoholics.

(907) 357-2550

Celebrate Recovery (Cross Country Church)

3704 East Bogard

Wasilla, Ak

Substance abuse recovery group.

(907) 373-3601

Church of the Covenant

415 S. Bailey Street, Palmer Ak 99645

Bible study facilitated by a drug addiction counselor.

(907) 746-2907

Fiend 2 Clean

(907) 982-4673

fiend2clean.org

Call or for a peer support and referral network. Provide services for those seeking recovery help. Transitional housing.

Fresh Start Recovery (Faith-Based)**(907) 232-5797***Church on the Rock – Wasilla: Monday's 7:00pm; Real Life Church – Palmer: Monday's 7:00pm***Genesis Process (Church on the Rock – Wasilla)****(907) 373-7910**

Substance abuse recovery group

Kings Chapel (Transformation Ministry)**(907) 357-2065**

1707 North Lucille Street, Wasilla

Life Changers Outreach Center Alaska**(907) 370-3347**

5500 Wolverine Ave, Wasilla

Lifechangersoutreach.com*A 12-month faith-based residential facility for women 18 & over that provides services to overcome drug/alcohol addictions, anger, depression, or suicide.***Mat-Su Alano Club****(907) 376-8669****Nar-Anon Family Group****(907) 884-0451***Support for those affected by the addiction of a family member or friend. Every Sunday 7:00pm. Mat-Su Alano Club, 901 Snohomish, Wasilla, AK.***Narcotics Anonymous****(907) 277-LIVE (5483)***12-step support group for individuals addicted to narcotics.***akna.org****Rise Chapel**

591 S. Knik Goose Bay Road, Wasilla

(907) 373-2484

Marriage, family, and parenting classes. Support for Families of Addicts

Substance Abuse Treatment & Services**Adolescent Residential Center for Help (ARCH)****(907) 279-9634**

Hiland Road, Eagle River

voaak.org/Services/Adolescent-Treatment/ARCH**Akeela Family Program****(907) 707-1291**

561 Denali Street, Suite F, Palmer

*Offers substance abuse disorder assessments, Level I Outpatient and Level II.I testing. Accepts Medicaid, insurance, and has a sliding fee scale.***Alaska Dream Center****(907) 746-3736**

8117 E. New Hope Street, Palmer

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

Alaska Family Services**(907) 376-4000**

Behavioral Health Treatment Center for outpatient services for adults, youth, women and children. Alcohol Drug Information Schools (ADIS) for youth and adults are also available.

Adolescent Residential Center for Help (ARCH)**(907) 357-6060**

8012 Stewart Mountain Drive, Eagle River

[https:// voaak.org/](https://voaak.org/)

Offers inpatient and outpatient services for adolescents and their families.

Mat-Su Health Services**(907) 376-2411**

Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

Nugen's Ranch**(907) 376-4534**

26731 W Point McKenzie Road, Wasilla

nugensranchak.org

Drug and Alcohol rehabilitation center for adults. Long-term residential substance abuse treatment program varying in length of stay from 6 months to 2 years.

Pacific Northwest Adult & Teen Challenge**(907) 202-8850**

560 S Knik-Goose Bay Rd, Wasilla

Faith based recovery services for adults and teens.

Project H.O.P.E.**(907) 376-4357**

Narcan Kits, and training to reverse overdoses.

Set Free Alaska**(907) 373-4732**

7335 E. Palmer-Wasilla Highway, Palmer

Outpatient substance abuse treatment center that uses a mind-body-spirit approach to recovery, serving adults and youth ages 5-17. Residential Treatment Services for adult women, women with children and pregnant women.

Sunshine Community Health Center**(907) 733-2273**

Provides individual, couples, family, and group therapy. Provides MAT (Medicine Assisted Treatment including opioid treatment.

The Recovery Connection**(907) 746-6660**

Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.

Tobacco Prevention**Alaska Tobacco Quit Line****(800) QUIT-NOW**

alaskaquitline.com

(800) 784-8669

Alaskans who use tobacco and want help to quit can now receive a free eight week supply of Nicotine Replacement Therapy.

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

SUD ASMT – Substance Use Disorder Assessment

MH ASMT – Mental Health Assessment

IA – Integrated Assessment

ADIS – Alcohol & Drug Information School

OP – Outpatient Services

RES – Residential Program

DETOX – Detox services

WM – Withdrawal Management Services

OBOT/MAT – Medication Assisted Therapies

FB – Faith-Based

MED – Medicaid

SFS – Sliding Fee Scale

A/Y – Adult and/or Youth

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

VISION

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

**(907) 248-7770
(907) 631-4077
alaskabvi.org**

Alaska Eye Care
1700 Parks Hwy, Wasilla

(907) 376-5266

Capstone Eye Clinic
3122 E. Meridian Park Lp, Wasilla

(907) 357-9595

Classic Eyewear
935 Westpoint Dr., Wasilla

(907) 376-9173

Eye Care America

(800) 391-EYES

Lions Club
Provide eye glasses; limited funds and applicant must qualify.

**(907) 761-3750
e-clubhouse.org/sites/palmerak/
wasillalions@gmail.com**

WalMart Vision Center
1350 S. Seward Meridian Parkway, Wasilla

(907) 376-0835

Wolf Eye Center
4505 E. Greenstreet Cir., Wasilla

(907) 376-2020

SUPPORT

FAMILY & PARENTING

AGAPE Foster Care Network
Palmer Church of God
Mile 40 Glenn Highway, Palmer

**(907) 863-2144
agapeak@att.net**

Faith-based foster/adoptive parents support groups open to foster and adoptive families, and community board with available furniture and supplies.

Alaska Attachment and Bonding Associates
619 S. Knik Goose Bay Road Suite J, Wasilla
Provides family support services.

**(907) 376-0366
akattachment.org**

Alaska Center for Resource Families
5050 Dunbar Street Suite A2, Wasilla

**(907) 376-4678
acrf.org**

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

Alaska Family Services

899 Commercial Drive, Wasilla

1825 S. Chugach St., Palmer

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

(907) 376-4080

(907) 746-4080

<http://www.akafs.org>

Alaska Youth and Family Network

(907) 770-4979

ayfn.org

Provides peer navigation for mental health services in Mat-Su area. Case management and advocacy.

Alaskids Care Coordination Services

(877) 803-7767

akkromes@gci.net

Provides care coordination services for individuals receiving TEFRA Medicaid

Beacon Hill

325 E 3rd Ave, Wasilla

(907) 222-0925

beaconhillak.com/

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

Big Brothers Big Sisters

191 E. Swanson #204, Wasilla

(907) 376-4617

bbbsak.org

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

CCS Early Learning (Head Start)

2060 E. Industrial Dr., Wasilla

(907) 373-7000

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

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

Children’s Place

P.O. Box 871788, Wasilla

(907) 357-5157

thechildrens-place.org

Safe place for children who are being abused. Abuse and crisis intervention for children and families.

Co-Occurring Disorders Institute, Inc.

11921 E Palmer-Wasilla Hwy, Wasilla

(907) 745-2634

codi-ak.org

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

Cross Country Church

6623 E. Blue Lupine Drive, Palmer

(907) 745-5309

crosscountrychurch.com/

Offers a variety of Recovery Support Programs.

Facing Foster Care in Alaska

PO Box 92644, Anchorage

(907) 748-1845

ffcalaska.org/

A lifeline for youth in foster care and alumni ages 15-24.

Families in Transition

501 Gulkana, Palmer

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

(907) 746-9239

matsuk12.us

Alaska Attachment & Bonding Associates

619 S. Knik Goose Bay Road Ste J, Wasilla

Support healthy family attachment and bonds through education and advocacy.

(907) 376-0366

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

HeartReach Center

865 S Seward Meridian Pkwy, Wasilla

Pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, clothing and furnishings for mother & baby.

(907) 373-3456

(800) 712-HELP (4357)

heartreachalaska.com

La Leche League of Mat-Su

llusa.org/web/MatSuValleyAK.html

Childbirth education and preparation, mother to mother support, and lactation consultants.

(907) 357-6455

MSSCA: Early Intervention/Infant Learning Program

1225 W. Spruce Avenue, Wasilla

Provides family support services and infant learning program.

(907) 352-1200

mssca.org

Mat-Su Valley Grandparents Support

Provides support for grandparents raising children in birth families and the foster care system.

(907) 376-7322

(907) 775-3020

Parenting with Love and Limits

4020 Folker Street, Anchorage

Parenting with Love and Limits (PLL) combines group therapy and family therapy to treat children and adolescents aged 10-18 who have severe emotional and behavioral problems.

(907) 563-1000

Office of Children's Services

695 E. Parks Hwy , Wasilla

Strengthen families, keep children safe, employment opportunities, report child abuse, and adoption assistance.

(907) 357-9797

(800) 478-4444

hss.state.ak.us/ocs

Strengthening Families

Helping families reduce stress, address risk factors, and promote healthy development for child and family well-being.

(907) 269-4281

SPECIAL NEEDS

Access Alaska

1075 Check St., Suite 109, Wasilla

Provides personal care services, support groups, independent living skills, advocacy, referrals, technical assistance and other services for any person experiencing physical or mental impairment.

(907) 357-2588

accessalaska.org

Adult Protective Services

550 West 8th Avenue, Anchorage

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

(800) 478-9996

(907) 269-3666

dhss.alaska.gov

Alaska Center for the Blind and Visually Impaired

(907) 248-7770

alaskabvi.org

Consumer Direct Care Network

131 E. Swanson Ave. Ste. 1, Wasilla

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

(907) 357-7962

consumerdirectcare.com

Disability Law Center

330 Arctic Blvd., Suite 103, Anchorage

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

(800) 478-1234

(907) 565-1002

dlcak.org/html/about-us/services.php

Daybreak Inc.

550 S. Alaska St., Palmer

Provides case management/service coordination for adults who experience mental illness.

(907) 746-6019

Immediate Care

4851 E Blue Lupine Dr # B, Wasilla

Provides personal care assistants, chore services, respite services, and home options for elders and individuals who experience disabilities.

(907) 357-4387

immediatecareak.com/

Hope Community Resources

4901 E Mayflower Suite B, Wasilla

Provides individualized services to support individuals with disabilities.

(907) 357-3750

hopealaska.org

Little Treasures Home Daycare

9850 Strand Drive, Palmer

Childcare with experience in providing care for severely emotionally disturbed children.

(907) 745-8505

LINKS Parent Resource Center

3161 E. Palmer Wasilla Highway, #2, Wasilla

Provides support and assistance to families caring for children and youth with special needs.

(907) 373-3632

linksprc.org

Mat-Su Aging and Disability Resource Center (ADRC) 3161 E. Palmer Wasilla Highway, #2, Wasilla <i>Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.</i>	(907) 373-3632
Mat-Su Health Services: Behavioral Health Services 1363 W. Spruce Ave., Wasilla <i>Provides counseling and psychosocial rehabilitative services, case management, and skills development to adults and youth with serious mental illness.</i>	(907) 376-2411 mshsak.org
Mat-Su Services for Children and Adults 1225 W. Spruce Avenue, Wasilla <i>Services for adults with developmental disabilities, families with children experiencing developmental delays or disabilities, and parents with questions about child development and/or child safety.</i>	(907) 352-1200 mssca.org
NAMI (National Alliance on Mental Illness) Anchorage nami.org <i>Provides support, education, and advocacy for people who experience mental.</i>	(800) 478-4462 (907) 272-0227
Rescare Alaska 892 E. USA Circle Suite 102, Wasilla <i>Provides personal care attendants, respite and chore services, care coordination, residential and other services for elders and individuals who experience disabilities.</i>	(907) 357-5627
Southcentral Therapeutic Riding 4351 E. Bogard Rd., Wasilla <i>Through a special partnership with horses, (STRIDE) offers a holistic approach to improve the bodies, minds and spirits of children and adults with special health needs.</i>	(907) 373-7716 (907) 982-7716

MILITARY SUPPORT

Alaska's Healing Hearts <i>Offering year-round outdoor recreational opportunities for America's brave wounded warriors and their families.</i>	(907) 232-1527 alaskashealinghearts.com/
Alaska Pioneer Home 250 East Fireweed Avenue, Palmer <i>Provides assisted living for older Alaskans and veterans.</i>	(907) 745-4241
Battle Dawgs <i>Serving those suffering from combat related PTSD or TBIs through therapeutic experiences using Alaska's landscape and sled dogs.</i>	(844) 907-3297 battledawgs.org/
Catholic Social Services 642 S. Alaska Street, Suite #206, Palmer <i>Provides assistance for Veterans who are homeless or about to become homeless.</i>	(907) 745-8811

CSS: HUD-VASH

*Housing vouchers for homeless veterans and their families.
Must be eligible through the VA.*

(907) 631-7649
(907) 273-4016 | 273-4045

Mat-Su Veteran's Affairs

(907) 631-3100

Community Based Outpatient Clinic

865 N. Seward Meridian Parkway, Suite 105, Wasilla
Primary care and mental health care. Monday – Friday 7:30 am- 4:00 pm.

Mountain River Counseling

(435) 817-0812

5099 E. Blue Lupine Drive Suite 218 , Wasilla

mountainrivercounseling.org

Provides counseling and therapy for families, individuals, both active and retired military service members.

Military Personnel and Family Benefits

military.com/Benefits/

Housing, employment, education, medical and more.

VA Suicide Prevention Hotline

(800) 273-TALK

Veteran's Center

(907) 376-4318

851 E. Westpoint Drive, Wasilla

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

Many local businesses offer Military Discounts. Don't forget to ask for yours!

RECREATION & LEISURE

BASEBALL/SOFTBALL

Palmer Little League

eteamz.com/palmerlittleleague

PO Box 3878, Palmer

Wasilla Youth Baseball/Softball

http://www.wasillayouthbaseball.com/

PO Box 870714, Wasilla

BASKETBALL

Valley Youth Basketball Association

vybb.com

1507 N Double B Street, Palmer

DISC GOLF

Alcantra Disc Golf Course

Behind the Alcantra Softball Complex at Larson Elementary School.

Palmer High School Course

1170 E Palmer Moose Dr, Palmer, AK 99645

FARMS

Pyrah's Pioneer Peak Farm
4350 S. Bodenburg Loop, Palmer

(907) 745-4511

Spring Creek Farm
6404 N Lossing Rd., Palmer

(907) 746-2714

Reindeer Farm
5561 S Bodenburg Loop Rd., Palmer

(907) 745-4000

Musk Ox Farm
Mile 50 Glenn Highway, Palmer

(907) 745-4151

FOOTBALL

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

(907) 694-7850
alaskapopwarner.net

GOLF

Fishhook Golf Course

(907) 745-7274

Palmer Golf Course

(907) 745-4653

Settler's Bay

(907) 376-5466

Sleepy Hollow

(907) 376-5948

GYMNASTICS & CHEER

Denali Gymnastics
300 E Kali Cir. , Wasilla

(907) 373-3547
denaligymnastics.com

Excel Gymnastics
6109 East Mt. Heather Way, Palmer

(907) 746-3935
excelgymnastics.us

Mat-Su Steelers Cheerleading

hometeamsonline.com/teams/

HOCKEY

MAHA (Mat-Su Amateur Hockey Association)	matsuhockey.com
PAHA (Pioneer Amateur Hockey Association)	palmerhockey.org
Jr. Avalanche Hockey	jravalanchehockey.com

HORSE ACTIVITIES

D & S Alaska Trail Rides (Talkeetna)	
Summer	(907) 733-2207
Winter	(907) 745-2208
	alaskantrailrides.com
Flying G Ranch	(907) 745-7258
Reindeer Farm	(907) 745-4000
<i>Summer horse riding.</i>	

ICE ARENAS

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

INDOOR FACILITIES/ATHLETIC CLUBS/LEISURE

Active Body Downtown Gym	(907) 746-3700
642 S Alaska St B1, Palmer	
Alaska Club	
Wasilla - 1720 E Parks Highway	(907) 376-3300
Palmer - 12051 E Palmer-Wasilla Hwy	(907) 746-3305
Body Renew	(907) 376-7144
1325 E Palmer Wasilla Hwy Unit 108, Wasilla	
Cooperative Extension Services	(907) 745-3360
1509 S. Georgeson Dr., Palmer	
<i>Outreach educational delivery system in co-operation with UAF. Offers classes in gardening, canning and nutrition. Also facilitates women's support and are the coordinators of 4-H.</i>	

Curtis D. Menard Memorial Sports Center 1001 S. Clapp Drive, Wasilla <i>NHL-size ice arena, an indoor artificial turf court, a running/walking track, three community meeting rooms, and a kitchen facility. Also hosts, Turf for Tots. Monday-Friday 10 a.m. to 1 p.m.</i>	(907) 357-9100 cityofwasilla.com
Curves 1051 E Bogard Road St. 2, Wasilla	(907) 357-2878
Discover Dance Studio 245 E Nelson Ave, Wasilla	(907) 373-2623
Erin's Art School 260 N. Witherspoon Rd, Palmer <i>Art Classes for all ages and families..</i>	(907) 952-4299 artwitherin.com/
Extreme Fun Center 3501 E Old Matanuska Rd, Wasilla <i>Family friendly event center with activities such as cart racing, laser tag, laser shooting gallery, kid's play zone, mini bowling, arcade, party and event planning.</i>	(907) 376-7223 wasilla.extremefuncenters.com
Jay's Taekwondo 1151 Shenandoah Ave Suite 1, Wasilla <i>Taekwondo and Women's Self Defense Lessons.</i>	(907) 376-7433
Master's of Iron Gym 1100 S Colony Way, Palmer	(907) 746-5438
Mat-Su CrossFit 7610 E Palmer-Wasilla Hwy, Palmer	(907) 631-1053
Midnight Sun Athletic Club 1800 S Knik-Goose Bay Rd, Wasilla	(907) 357-3488
MTA Sports Center 1507 N. Double B Street, Palmer <i>Large open courts. Hosts Lil' Kickers, Hoopers, Tacklers, Fitness Center, Indoor Track.</i>	(907) 7GO-PLAY (746-7529) mtasportscenter.com/
North Bowl 3250 E. Palmer- Wasilla Hwy, Wasilla	(907) 357-6600
Okamoto's Karate 1261 E. Blue Lupine, Wasilla <i>Ages 3 and up. 2 week mini membership, no cost vouchers available.</i>	(907) 376-0333 karate@alaska.net
Rock-On Climbing 1080 N. Wasilla Fishhook Rd, Wasilla <i>Indoor facility with climbing wall, slack lines, bouldering and more.</i>	(907) 357-9196 rockonwasilla.com

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

LIBRARIES
matsulibraries.org

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

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

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

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

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

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

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

MUSEUMS

Dorothy Page Museum (907) 373-9071
323 Main St, Wasilla

Knik Historical Society (907) 376-2005
Mile 13.9 Knik-Goosebay Road, Wasilla

Knik Museum (907) 376-7755
Mile 13.9 Knik-Goosebay Road, Wasilla

Museum of Alaska Transportation and Industry (907) 376-1211
3800 W Museum Dr, Wasilla

Palmer Museum (907) 746-7668
723 S Valley Way, Palmer

Talkeetna Historical Society (907) 733-2487
22248 D St, Talkeetna

Trapper Creek Museum (907) 733-2557

SOCCKER

Lil' Kickers
attsportscenter.com/lil-kickers.html

(907) 746-7529

Matanuska Soccer Club

matanuskasoccerclub.org

Palmer Soccer Club

palmersoccerclub@hotmail.com
etteamz.com/PalmerSoccerClub/

Wasilla Youth Soccer
1830 E Parks Hwy, Ste A113, Wasilla

(907) 232-6425
soccer@wasillayouthsoccer.org
wasillayouthsoccer.org

SPECTATOR SPORTS

Capitol Speedway
Mile 75.5 Parks Highway, Willow

capitolspeedway.org

Denali Destroyers Roller Derby
MTA Events Center, Palmer

denalidestroyers.org

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

(907) 745-6401
matsuminers.org

MTA Events Center
Palmer

(907) 746-4231

SWIMMING/WATER

Alaska Club
1720 E Parks Highway, Wasilla

(907) 376-3300

Nova Alaska Guides
38100 West Glenn Highway, Palmer
White water rafting guide.

(800) 746-5753

Palmer Swimming Pool
1170 W. Bogard, Palmer

(907) 861-7671

Wasilla Swimming Pool
701 E Bogard Rd Wasilla

(907) 376-4222

TENNIS

Mat-Su Tennis Association

matsutennis.org/index.html

THEATERS

The Valley Cinema
3331 E Old Matanuska Rd, Wasilla

(907) 357-3000
catheatres.com

Valley Performing Arts
251 W Swanson Ave, Wasilla

(907) 373-0195
valleyperformingarts.org

Live performances from September to May. Student & Senior Discounts available. 12 Summer Theatre Arts Programs, ages 6-17, June-Aug. Scholarships are available.

Denali Arts Council
E 1st St, Talkeetna

(907) 733-7929
denaliartscouncil.org

TRAILS, PARKS, HIKING

Alaskans for Palmer Hay Flats
2901 E. Bogard Road, Wasilla

(907) 357-8711
palmerhayflats.org

Alaska State Trails

dnr.alaska.gov/parks/aktrails

Big Lake Trails
PO Box 520705, Big Lake

(907) 892-7406
biglaketrails.org

City of Palmer Parks

cityofpalmer.org

City of Wasilla Parks

cityofwasilla.com

Denali Nordic Ski Club

denalinordicskiclub.org

Hatcher Pass
Trails for hiking, skiing, and snow machining.

alaska.org/detail/hatcher-pass

Mat-Su Borough Trails

matsugov.us/trails

Matanuska Glacier
Access Mile 101 Glenn Highway, Glacier View

Mat-Su CVB Trails
7744 E Visitors View Court, Palmer
alaskavisit.com/visitors/the-great-outdoors/trail-maps/

Mat-Su Fishing
7744 E Visitors View Court, Palmer
alaskavisit.com/visitors/the-great-outdoors/fishing/

Mat-Su Ski Club
1150 S. Colony Way Suite 3, Palmer

(907) 232-8640
matsuski.org

Mat-Su Ski and Snowboard Club
9450 N. Palmer Fishhook Road, Palmer

(907) 354-7545
matsusnow.org

National Parks of Alaska

nps.gov/locations/alaska/visit.htm

Ski, Snowboard, and Snowshoe Trails

7744 E Visitors View Court, Palmer

alaskavisit.com/visitors/winter-vacations/ski-snowboard-and-snowshoe-trails/

State of Alaska Parks

dnr.alaska.gov/parks/units/

Valley Mountain Bikers and Hikers

P.O. Box 22, Sutton

(907) 746-6010
trailhead@vmbah.org
vmbah.org

VOLLEYBALL

AVA (Alaska Volleyball Association)

(907) 622-1915
alaskavolleyball.org

Northern Lights Volleyball Club

(907) 745-2447
diane@northernlightsvolleyball.net
northernlightsvolleyball.net

YOUTH ORGANIZATIONS

Big Brothers Big Sisters

191 E. Swanson #204, Wasilla

(907) 376-4617

Boys & Girls Club

3700 E. Bogard Rd, Wasilla

(907) 357-2582
bgcalaska.org

Boy Scouts

3117 Patterson Street, Anchorage

(907) 337-9547
scoutingalaska.org

Girl Scouts

Palmer, Wasilla, Willow

(907) 376-3822
girlscoutsalaska.org

The YAK

105 S Valley Way, Palmer

The YAK is a safe place that youth can come after school to play games, do homework, and hang-out with friends. 2pm- 6pm. Weekdays during school.

(907) 841-8138

Young Life (Faith-Based)

https://matsuvalley.younglife.org/Pages/default.aspx

Social clubs, activities, and camps for youth.

Mondays @ 7:12pm @St. Theresa's Camp

7180 E. Twin Lakes Dr, Wasilla, AK 99645

(907) 317-8178

100 Low Cost Ways to Have Fun with Your Kids

1. Have a reading marathon.
2. Write stories together.
3. Play soccer.
4. Paint or draw together.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or beach.
8. Play board games.
9. Play kickball.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to a museum.
12. Go to a playground.
13. Play hide-and-seek.
14. Have a pillow fight.
15. Ride bikes.
16. Build sandcastles.
17. Rent a DVD and make popcorn.
18. Tell stories.
19. Have a scavenger hunt.
20. Make mazes or puzzles for each other to solve.
21. Play card games.
22. Garden together.
23. Bake cookies (let the kids help).
24. Go to the zoo.
25. Go to the library.
26. Shop at a thrift shop.
27. Create a blog together.
28. Create a scrapbook.
29. Make a movie using a camcorder and computer.
30. Learn to play music.
31. Finger paint.
32. Make play dough from scratch.
33. Make homemade mini pizzas.
34. Buy popsicles.
35. Make hand-painted T-shirts.
36. Set up a hammock, make lemonade, and relax.
37. Go to a pool.
38. Go to a public place, people watch, and make up imaginary stories about people.
39. Visit family.
40. Write letters to family.
41. Paint or decorate the kids' room.
42. Make milkshakes.
43. Play freeze tag.
44. Create a treasure hunt for them (leaving clues around the house or yard).
45. Decorate a pair of jeans.
46. Do a science experiment.
47. Play games online.
48. Teach them to play chess.
49. Learn magic tricks.
50. Create a family book, with information and pictures about each family member.
51. Fly kites.
52. Go snorkeling.
53. Barbecue.
54. Volunteer.
55. Donate stuff to charity.
56. Compete in a three-legged or other race.
57. Create an obstacle course.
58. Pitch a tent and sleep outside.
59. Roast marshmallows.
60. Play loud music and dance crazy.
61. Write and produce a play (to perform before other family members).
62. Paint each other's faces.
63. Have a water balloon fight.
64. Have a gun-fight with those foam dart guns.
65. Explore your yard and look for insects.
66. Go for a walk and explore the neighborhood.
67. Go jogging.
68. Take pictures of nature.
69. Play a trivia game.
70. Make up trivia questions about each other.
71. Make hot cocoa.
72. Play house.
73. Decorate the house with decorations you make.

74. Make popsicles.
75. Play school.
76. Do shadow puppets.
77. Make a comic book.
78. Play in the rain.
79. Make mud pies.
80. Blow bubbles.
81. Take turns saying tongue twisters.
82. Sing songs.
83. Tell ghost stories in the dark with a flashlight.
84. Build stuff with Lego's.
85. Give them a bubble bath.
86. Play with squirt guns.
87. Play video games together.
88. Play Wiffleball.
89. Play Nerf football.

90. Build a rocket from a kit.
91. Bake a cake and decorate it.
92. Play dress-up.
93. Thumb-wrestle, play mercy, or have a tickle fight.
94. Make a gingerbread house, or decorate gingerbread men.
95. Learn and tell each other jokes.
96. Play basketball.
97. Learn to juggle.
98. Walk barefoot in the grass and pick flowers.
99. Build paper airplanes and have a flying contest.
100. Prank call their grandparents, using disguised, humorous voice.

Older Adults

(For Senior Housing please see Population Specific Housing pg. 13)

AARP Alaska State Office

3601 C St, Anchorage

(907) 227-7447

states.aarp.org/region/alaska/

Alaska Housing Finance Corporation (AHFC)

1201 N. Lucille St., Suite 104

Listing of assisted living homes/facilities.

(907) 330-8436

ahfc.us

Access Alaska

1075 Check Street Suite 109, Wasilla

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

(907) 357-2588

accessalaska.org

Alzheimer's Resource of Alaska

Mile 2.2 Palmer Wasilla Highway, Palmer

Caregiver support, disease information and prevention and support groups.

(907) 746-3413

alzalaska.org

Care Coordination

1132 S. Chugach Street, Palmer

Provides adult day services, congregate and home-delivered meals, transportation, care coordination, caregiver support, housing, equipment loans, employment services, information and referrals, recreational activities and more.

(907) 745-5451

matsuseniors.com

Comfort Keepers 1260 E. Westpoint Dr., Wasilla <i>ADL assistance, home management, daily and overtime. Respite day time.</i>	(907) 745-3000
Consumer Direct Care Network Personal Care Services and Behavioral Health Services 131 E. Swanson Ave. Ste. 1, Wasilla 907-357-7962 <i>Provides personal care services, chore and respite, rehabilitative & behavioral health services.</i>	(907) 357-7962 consumerdirectcare.com
Hearts & Hands Wasilla & Palmer Area <i>Adult Daycare</i>	(888) 644-0480 ext. 2 heartsak.com
Home Instead Senior Care 440 W. Benson, Anchorage <i>ADL assistance, home management, daily and overtime. Respite daytime.</i>	(907) 277-4663
Immediate Care Alaska 4851 East Blue Lupine Road Suite B, Wasilla <i>Provides homecare services along with caregiver support and services.</i>	(907) 357-4387 immediatecareak.com
LV's Home Care 826 McMillan Ct, Wasilla	(907) 373-0503
Mat-Su Aging and Disability Resource Center (ADRC) 3161 E. Palmer Wasilla Highway, #2, Wasilla (Same building as LINKS) <i>Provides support, assistance and referrals for seniors, people with disabilities, and vulnerable adults.</i> <i>Open Monday-Friday 9:00 am – 5:00 pm.</i>	(907) 373-3632
Mat-Su Regional Home Care 950 E. Bogard Rd # 132, Wasilla <i>Medicare-certified home health care and hospice.</i>	(907) 352-4800
Mat-Su Senior Services (aka Palmer Senior Center)	(907) 745-5454
Mat-Su Valley Grandparents Support <i>Provides support for grandparents and parents raising children.</i>	(907) 376-7322 (907) 775-3020
Meadow Lakes Seniors, Inc. 1210 N. Kim Drive, Suite A, Wasilla	(907) 357-3999
Older Person's Action Group	(877) 274-0770

ProCare Home Medical 713 Northway Drive, Wasilla <i>Care coordination.</i>	(907) 274 - 0770
Rescare Alaska 892 E. USA Circle Suite 102, Wasilla <i>ADL assistance and home management. Day time respite care.</i>	(907) 357-5627
Red Mountain Care Coordination 9520 North Wolverine Road, Palmer	(907) 745-8117
Respect Your Elders 2301 Colleen St, Palmer <i>Adult day care and respite.</i>	(907) 745-3687
Social Security Administration	(800) 772-1213
Midnight Sun Home Care 241 East 5 th Avenue #204, Anchorage <i>Provides assisted living in the comfort of your own home while professional caregivers help with everyday tasks.</i>	(907) 677-7890
Social Security Administration <i>Service concerning lost/stolen cards/checks or other SS problems.</i>	(800) 772-1213
Starfish Cares LLC 201 E. Swanson Ave # 13, Wasilla <i>Care coordination.</i>	(907) 376-1922
Upper Susitna Seniors, Inc. 16463 East Helana, Talkeetna <i>Provides activities, exercise, crafting, congregate meals, and referrals.</i>	(907) 733-6200
Wasilla Senior Center 1301 Century Circle, Wasilla <i>Provide congregate and home delivered meals along with recreational activities.</i>	(907) 376-3104 wasillaseniors.com/
Willow Area Seniors, Inc. HC 89 Box 57 Willow, AK 99688	907) 495-5222
Willow Personal Care Assistants PO Box 624 Willow, AK 99688	(907) 495-6778

AVAILABLE MEETING SPACES

Annex: The Valley

247 S Alaska Street, Palmer

(907) 745-3900

valleyannex.com/

Best Western Lake Lucille

1300 West Lake Lucille Drive, Wasilla

(907) 373-1776

bestwesternlakelucilleinn.com/

Curtis D. Menard Memorial Sports Center

1001 S. Clapp Drive
Wasilla, AK 99654

(907) 357-9100

cityofwasilla.com

Grand View Hotel

2900 E Parks Hwy, Wasilla

(907) 352-1700

alaskagrandview.com/

Government Peak Chalet

10690 N Mountain Trails Dr., Palmer

matsugov.us/1/1-2/facilities/government-peak-chalet

(907) 746-8757

Elks Lodge: Palmer #1842

2600 N Barry's Resort Dr., Wasilla

(907) 745-3950

palmerelks.org/index.html

Evangelo's Restaurant & Banquet Facility

2530 E, Parks Highway, Wasilla

(907) 376-1212

Mat-Su Borough Public Safety Buildings

matsugov.us/des/fire/cmsfd/facility-use

MTA

480 Commercial Drive, Palmer

Lower level of the Palmer Headquarters available after 5pm.

(907) 761-2511

Northern Susitna Institute

22510 Talkeetna Spur Road, Talkeetna

Check website for rates (Local nonprofits can use the NSI building free of charge).

(907) 733-7111

northernsusitnainstitute.org

Palmer Moose Lodge

1136 S Cobb St, Palmer

(907) 745-4982

Palmer Public Library

655 S. Valley Way, Palmer

(907) 745-4690

Sutton Public Library

11301 Chickaloon Way, Sutton

(907) 745-4467

Wasilla Public Library
391 N Main St, Wasilla

(907) 376-5913
cityofwasilla.com/departments-divisions/library

Willow Community Center
238625 W. Willow Community Center Circle
(Mile Post 69.7 on the Parks Hwy)

(907) 495-6633

EMERGENCY MEDICAL NEEDS

Unfortunately many families throughout our state experience emergency medical issues such as cancer, transplants, surgery, and more. With medical costs being so high we felt it best to give everyone some quick tips on things they can do to help offset the cost.

- **Contact Angel Flight West** **888-4-AN-ANGEL**
angelflightwest.org (888-426-2643)
Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs.
- **Get Airline Miles donated from friends/family**
- **Hold Fundraisers – Casino night/Spaghetti Feed**
- **Apply for the MEA Round-Up Grant** **907-761-9317**
mea.coop/index.php/our-community/round-up
- **Set up a bank account where people can make donations to help with the cost of medical expenses.**
- **Contact the Providence Foundation** **907-212-3600**
alaska.providence.org/giving
- **Contact Children’s Miracle Network** **801-214-7400**
<https://giveamiracle.childrensmiraclenetworkhospitals.org/>
- **If you are a member of a church or religious community talk to the staff about collecting donations for your family.**
- **Also, during stressful times, our thoughts and energies are focused on our loved one(s) in need and it’s often difficult to think about the financial responsibilities that ensue. A tip for making that time a little easier is to contact your medical provider(s) ASAP and set up a payment plan, if needed, to avoid further stress.**

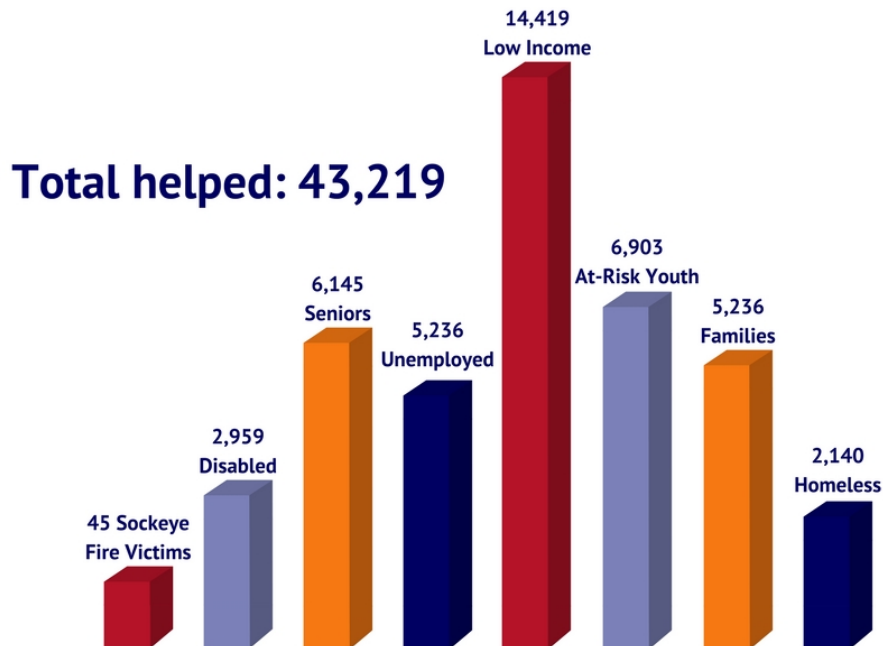
Help us stay up to date

If you find any information in this Resource Guide that is incorrect please call (907) 745-5824 or email: admin@unitedwaymatsu.org



**HOW TO LIVE UNITED
IN THE MAT-SU:**
LEND A HELPING HAND
GIVE. ADVOCATE. VOLUNTEER.
THINK WE BEFORE ME.





EFFICIENT & EFFECTIVE

Serving the Mat-Su Valley since 1987



Money raised in the Valley stays in the Valley to support local programs & services.



United Way of Mat-Su has a 9% overhead - anything less than 15% is considered the Gold Standard.



Last year, the work of United Way of Mat-Su reached nearly 42,000 Mat-Su citizens.

