

2021 - 2022

## Community Resource Guide

### Kids' Corps Inc. Head Start & Early Head Start



*We provide a head start to families with children who need it most.*



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# Crisis Services

Agency/Provider	Contact Information	Services Provided
<p><b>AWRC</b> Alaska Women's Resource Center</p>	<p>276-0528 813 D Street or 611 W. 4<sup>th</sup> Ave street</p>	<p>A domestic violence program that offers individual and group counseling and education to women experiencing abusive relationships. Programs on substance abuse offered also. Open 9-5 pm Monday, Tuesday, Thursday and Friday. Opens only 3-5 pm on Wednesdays.</p>
<p><b>AK 211</b></p>	<p>211 or 1-800-478-2221 www.alaska211.org</p>	<p>Statewide directory of human services providers. Your one-stop resource for finding help in your community. It's free, confidential and available in almost any language. For life challenges or everyday needs, help starts here.</p>
<p><b>Animal Control</b></p>	<p>343-8122 Customer Service 343-8119 Dispatch 4711 Elmores Road</p>	<p>Responds for requests for services regarding animal bites or attacks and injured animals. 11 am to 7pm M-F 10:00 am to 6 pm Sat-Sun.</p>
<p><b>APD</b> Anchorage Police Department</p>	<p>786-8900 press "0"</p>	<p>Responds to non-emergency calls.</p>
<p><b>AWAIC</b> Abused Women's Aid in Crisis</p>	<p>279-9581 <b>24-hour crisis line: 272-0100</b> 100 W. 13<sup>th</sup> Ave. <a href="http://www.awaic.org">www.awaic.org</a></p>	<p>Provides shelter and counseling to women and their children whose homes are unsafe due to violence. Provides domestic violence counseling sessions, education &amp; support groups, one-on-one meetings with a case manager. Legal help with filing restraining order on site 8-5 pm.</p>
<p><b>OCS</b> Office of Children's Services Child Abuse Hotline</p>	<p>1(800) 478-4444 323 E 4<sup>th</sup> Ave. 99501 Fax: 269-3939</p>	<p>Takes and investigates reports of child abuse/neglect. The agency may respond to abuse/neglect reports with investigations or surveillance. Caregivers may be required to complete counseling, parenting classes or participate in a case plan. Criminal charges may be filed or the State may take legal custody of children and place them in foster homes or institutions.</p>
<p><b>Center for Men and Women</b></p>	<p>272-4822 600 Cordova St.</p>	<p>Provide state approved domestic violence monitoring, individual and family counseling. Specializes in domestic violence intervention and anger management. Must make an appointment.</p>
<p><b>Mountain View Patrol</b></p>	<p>277-4357 4627 Mountain View Dr.</p>	<p>Mobil unit that responds to complaints of noise, disturbances, or unsafe situations. Responds within the Mt. View Community.</p>
<p><b>STAR</b> Standing Together Against Rape</p>	<p>276-7279 <b>Crisis Line: 1-800-478-8999</b> Local Crisis Line: 276-7273 1057 W. Fireweed Lane # 230 www.staralaska.com</p>	<p>Counseling, support, and advocacy for rape victims of either sex, any age. 24-hour crisis line. Serves victims of sexual assault, their families and friends. Offers legal referrals if requested, court advocacy and monitoring, support groups and counseling. Also offers specialized client and educational services for children, Alaska Natives, seniors and the developmentally disabled. Sliding fee scale.</p>

<p><b>Suicide Prevention Intervention Services</b></p>	<p><b>Hotline: 563-3200</b>  Phone: 563-1000  Fax: 375-3115  4020 Folker St.</p>	<p>Anchorage Community Health Services, Inc. 24-hour crisis line for people at immediate risk of suicide. For more chronic depression or suicidal feelings, callers should call the main number for assistance (563-1000) No charge to call; sliding fee scale for those receiving regular therapy.</p>
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## Emergency Housing/Shelters

<p><b>ASD Child in Transition/Homeless Project</b></p>	<p>742-3833  Fax: 742-3830  5530 E. Northern Lights Blvd.</p>	<p>Specializes in educational assistance and supportive services for homeless families with children. Assists to keep homeless children attending their home school. Transportation assistance, school supplies and child, family advocacy.</p>
<p><b>Anchorage Rescue Mission</b></p>	<p>563-5603  Fax: 563-3863  2823 E. Tudor Rd.  <a href="http://www.anchoragerescue.org">www.anchoragerescue.org</a></p>	<p>Temporary aid to single men and women. Provides 2 meals a day, clothing, showers, personal hygiene goods. Open Monday-Friday to the general public. Shelter for up to 30 days.  Breakfast: 6:15 am to 6:45 am  Dinner : 4:30 pm to 6:15 pm</p>
<p><b>AYPF Teen Center</b></p>	<p>Office:  929-2633  Fax: 375-3135  704 W. 26<sup>th</sup> Ave.  <a href="http://www.akyouthadvocates.org">www.akyouthadvocates.org</a></p>	<p>Teen Center: Monday-Friday 1-5pm 929-2633. Ages from 13-23 years old. A professional staff backs the peer counselors at the outreach center and clinic in downtown Anchorage. Together they create a safe place where youth can receive health care, visit with one another in a relaxed environment, and learn about safer ways to live. No one makes judgments – the only goal is to help.</p>
<p><b>Beans Café &amp; Day Shelter</b></p>	<p>Phone: 433-8600  1101 E. 3<sup>rd</sup> Ave.  <a href="http://www.beanscafe.org">www.beanscafe.org</a></p>	<p>Provides day shelter for homeless people, offers transportation to job services and other agencies. Offers meals and crisis intervention referrals available. Weekly clinics through Anchorage Neighborhood Health Center; Monday-Friday 7:15 am to 4:30 pm Saturday-Sunday 7:15 am to 4:30 pm No cost. Bean’s café has moved all client services to the Sullivan Arena to provide an emergency mass shelter during the COVID-19 crisis.</p>
<p><b>Brother Francis Shelter</b></p>	<p>277-1731  Fax: 272-4666  1021 E. 3<sup>rd</sup> Ave.  <a href="http://www.cssalaska.org">www.cssalaska.org</a></p>	<p>Emergency shelter for men and women (ages 18 and up) with mat bedding. Showers, washer/dryers, TV room, music, reading room, meeting room. Evening meal served, arrive anytime from 4:30 – 7 pm. First come first serves basis. No cost; donations accepted.</p>

<b>Clare House</b>	563-4545 4110 Spenard Rd <a href="http://www.cssalaska.org">www.cssalaska.org</a>	Clare House provides temporary, emergency 24-hour shelter for women and children. The program also provides meals, referrals for childcare and substance abuse/mental health and case management services to help women in their transition from homelessness to independent living. Space is limited.
<b>Covenant House</b>	272-1255 Fax: 272-1466 covenanthouseak.org	Provides emergency short term care for up to 60 runaway/homeless youth aged 13 to 20. Open 24-hours/day, 7 days/week for youth in crisis. Open intake policy. Shelter, food, and clothing as well as small on-site clinic for basic medical care.
<b>Lutheran Social Services</b>	272-0643 Fax:272-5728 1303 W. 33 <sup>rd</sup> <a href="http://lssalaska.org">lssalaska.org</a>	Provides housing for up to 6 males who must be homeless, ambulatory, 18 years of age or older, clean/sober for a minimum of 30 days and willing to seek full time employment. Minimum stay is 6 months with extension on a case by case basis.
<b>McKinnell Emergency Shelter</b>	276-1609 1712 A. St. Salvation Army <a href="http://mckinnellhouse.salvaionarmy.org">http://mckinnellhouse.salvaionarmy.org</a>	Casemanagement services for residents. Assistance with problem solving, transportation for clients, three meals per day,snacks, and referrals. We provide emergency shelter and meals for homeless families with children. Those who are unable to provide for their basic needs and cannot obtain the necessary assistance from other public or private agencies. Other eligibility criteria are considered upon application.
<b>Safe Harbor Inn</b>	868-7373 1905 E. 4 <sup>th</sup> Ave. 644-8525 207 Muldoon Rd.	Nonprofit motel offers secure lodging for homeless families and individuals with disabilities. Referral only, no walk-ins.

## Food/Clothing Resources

<b>Unite Church</b>	349-9641 2626 Abbott Rd.	Provides food, clothing and household items to those in need due to an emergency situation (example: house fire) No Cost/Open Sundays 1:30 pm to 2:30 pm.
<b>Anchorage Rescue Mission</b>	563-5603 2823 E. Tudor Rd <a href="http://www.anchoragerescue.org">www.anchoragerescue.org</a>	Offers temporary aid to needy men and women, including shelter, 2 meals a day, household goods, bus tokens, clothing (residents only). Individuals only. ID required
<b>Anchorage Senior Center</b>	Reception: 770-2000 Referrals: 258-7823 1300 E. 19 <sup>th</sup> Ave.	Non-profit social functions for seniors. Provides health care, activities offered, dining and classes. Lunch served from 11 am to 2 pm Monday-Friday
<b>Bean's Café &amp; Day Shelter</b>	433-8600 Press 1 1101 E. 3 <sup>rd</sup> Ave <a href="http://Beanscafe.org">Beanscafe.org</a>	Provides those in need with free meals Breakfasts M-F 7:30-5:30pm & Sat-Sun 8:30 am 5:30pm. No cost; donations accepted.

<b>Downtown Hope Center</b>	277-4302 240 E. 3 <sup>rd</sup> Ave	Offers meals and/or religious counseling to anyone seeking either. Offers soup, crackers, fresh fruit and religious counseling. <b>No Cost</b> Monday-Friday 12 pm to 1:30 pm. Sunday 11 am to 1 pm
<b>Eagle River Food Pantry</b>	694-5228 12836 Old Glenn Hwy <a href="http://umcchugiak.org">http://umcchugiak.org</a>	Provides food for Eagle River and Chugiak residents. Must have proof of residency and income verification. Open M & F 10:00 am to 12:45 pm & Tuesday evening 5:30 pm to 7:15 pm.
<b>New Hope on the Last Frontier – Life Skills</b>	274-4673 1220 E. St. Ste. 100 <a href="http://www.newhopeak.org">www.newhopeak.org</a>	<b>Food Pantry:</b> Tuesdays – 10:00am -1:00pm <b>Nine Star – returning Citizens Center:</b> Daily 9:00am – 4:00pm <b>Cordova House Community Service Hours:</b> We work closely with Cordova Center to enable halfway house clients to obtain their hours for community service.
<b>Faith Christian Community</b>	243-1777 4240 Wisconsin St. <a href="http://www.faithak.com">www.faithak.com</a>	Food distribution.
<b>FISH Friends in Serving Humanity</b>	277-0818 <a href="http://fishcharity.org">http://fishcharity.org</a>	Delivers food to the needy on a one-time basis, up to 20 people per day, 1 <sup>st</sup> come 1 <sup>st</sup> serve. No on-going clients. Open only Monday, Wednesday & Friday. No Cost. Must call at 8:00am.
<b>Food Bank of Alaska</b>	272-3663 Fax: 277-7368 2121 Spar Ave.	Provides referral services to food pantries in the municipality. Mon-Fri 8am-5pm <a href="http://www.foodbankofalaska.org">www.foodbankofalaska.org</a>
<b>Kids Kitchen</b>	274-8522 1036 E. 9 <sup>th</sup> Ave <a href="http://www.kidskitchenak.com">www.kidskitchenak.com</a>	Serves hot and nutritious meals to children ages 3-18. Open Monday-Friday 3-7pm. Dinner served at 4:30 pm. Call for information.
<b>Lutheran Social Services</b>	272-0643 1303 W. 33 <sup>rd</sup> <a href="http://lssalaska.org">lssalaska.org</a>	Provides food and referrals, administers Neighbor-to-Neighbor program. Provides transportation to/from medical appointments. Offers permanent housing for the developmentally disabled and transitional housing for single men. <b>Food distributed</b> Tuesday, clients Monday-Friday 9 am to 4 pm
<b>Once Upon a Child</b>	562-8777 1016 W. Northern Lights Blvd. <a href="http://onceuponachild.com">onceuponachild.com</a>	Used baby and small children’s clothing, toys, and equipment for sale.
<b>St. Christopher’s Church</b>	333-5010 7208 Duben Ave.	Food bank open every Thursday 10 am to 12 pm. Referral needed Serves zip code 99504 residents only.

<b>CSS St. Francis House</b>	222-7323 3710 E. 20 <sup>th</sup> <a href="http://www.cssalaska.org">www.cssalaska.org</a>	Food available Monday- Thursday 9 am- 1 pm, 4-6:30 pm on the 4 <sup>th</sup> Wednesday of every month. Requirements - photo identification for head of household and official identification for all household members (birth certificates, social security cards, Denali Kid Care, etc.)
<b>Salvation Army Family Emergency Services</b>	276-1609 1712 A St.	Provides emergency food baskets. Food is available once a month. Proof of address and ID required. Open Monday-Thursday 24 hrs.
<b>Salvation Army Thrift Shops</b>	561-5514 344-1053	300 W. Northern Lights Blvd 501 E. Dimond Blvd
<b>SPCA Thrift Store</b>	562-1092	Permanently closed but still active on Facebook
<b>Spenard Lions Club</b>	2108 Roosevelt Dr.	Food Bank - open 2 <sup>nd</sup> and 3 <sup>rd</sup> Saturday of every month from 9:30 am to 12 pm
<b>Value Village</b>	337-2184 5437 E. Northern Lts. 522-9090 501 E. Dimond Blvd	A thrift department store. <a href="http://www.valuevillage.com">www.valuevillage.com</a>

## Nutrition Resources

<b>Alaska Cooperative Extension Service</b>	786-6300 1840 Bragaw St Suite 100 <a href="http://uaf.edu/ces">uaf.edu/ces</a> 219 E. International Airport Rd	Offers information on health, home, family and community development, food safety, horticulture, integrated pest management, 4H for youth development. Office is closed until further notice. Employees will check emails and Voicemails. Weekdays 10 am-4pm by appt.
<b>EFNEP Expanded Food and Nutrition Education Program</b>	786-6300 1840 Bragaw St <a href="mailto:lashallcross@alaska.edu">lashallcross@alaska.edu</a>	The Family Nutrition Program provides educational opportunities for Alaskan families and individuals with limited resources that can improve access to affordable and nutritious food.
<b>WIC Women, Infants and Children</b>	343-4668 825 L St. Ste. 215	Free healthy foods, nutritional information, and counseling. Health Screening and referrals available. Providing WIC benefit by phone.

## Home Ownership/General Housing & Low-Cost Housing

<b>AHFC Alaska Housing Finance Corporation.</b>	4300 Boniface Pkwy 338-6100 Fax: 338-9218 440 E Benson Blvd 330-6100 9am-4pm <a href="http://www.ahfc.us">www.ahfc.us</a>	AHFC provides assistance to eligible Alaskans for low-interest loans for home ownership. AHFC has many programs that offer Alaskans the opportunity to purchase their own home.
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<p><b>Cook Inlet Housing Authority</b></p>	<p>793-3000          Fax: 793-3070          3510 Spenard Road Suite 100          Mon –Fri 7:30AM - 6:00 PM</p>	<p>As a housing provider, CIHA has been changing lives, neighborhoods and redefining partnership opportunities and roles. In reality, our work would be better defined by our impact as a community development organization that measures success with community-level outcomes.</p>
<p><b>Neighbor Works Anchorage</b></p>	<p>677-8490          2515 A St.  <a href="http://www.nwalaska.org">www.nwalaska.org</a></p>	<p><b>Rentals</b>-Offers 8 properties providing 1,190 units of housing, a variety of options to those who are in need of quality affordable housing. Includes multifamily apartments, accessible units, and transitional housing.  <b>Buying</b>-Home Buyers Affordability Program provides mortgage assistance to income eligible individuals. Assists ADA certified persons to purchase a home and/or receive grant down payments. Funding provided through AHFC as available. <b>Office access is available by appointment only. Not offering walk-ins.</b></p>
<p><b>Habitat for Humanity</b></p>	<p>272-0800          Fax: 272-1508          900 E. Benson Blvd  <a href="http://www.hfanchorage.org">www.hfanchorage.org</a></p>	<p>Builds homes that are sold to families in need at a no-profit price. Homeowners are selected based on need for housing, stability of income, and willingness to partner with the agency. No interest mortgage. Only accept applications during annual intake period. Monday-Saturday 10-6 pm          Mailing address: P.O. Box 200115 Anchorage, AK 99520</p>
<p><b>HUD          U.S. Dept. of Housing &amp; Urban Development</b></p>	<p>677-9800          3000 C. St. # 401  <a href="http://www.hud.gov">www.hud.gov</a></p>	<p>HUD's programs target low to moderate incomeresidents by funding rental assistance, homeless support, homeownership/housing opportunities, and job training. M-F 8:00 AM - 4:30 PM</p>

## Emergency/ Financial Assistance Resources

<p><b>American Red Cross</b></p>	<p>646-5400          235 E. 8<sup>th</sup> Ave., Suite 200</p>	<p>Primarily offers emergency assistance to victims of disaster.</p>
<p><b>CITI          Cook Inlet Tribal Council</b></p>	<p>793-3600          Fax: 793-3422          3600 San Jeronimo Dr.  <a href="http://Citci.org">Citci.org</a></p>	<p>Employment assistance program provides grants to clients who are employed full time, but have not received their first paycheck. Adult vocational training funds training for jobs. Johnson O'Malley program has a social service program, which provides counseling and crisis assistance. Low-income home energy assistance program provides assistance to low-income households that contain at least one Native member; must be eligible for some other welfare program.          Eligibility: ¼ Alaska, American, or Hawaiian Native or family member of a Native.</p>
<p><b>Consumer Credit Counseling Services Inc.</b></p>	<p>866-889-9347          417 Barrow St.  <a href="http://www.moneymanagement.org">www.moneymanagement.org</a></p>	<p>Offers individual and family counseling concerning financial matters and how to budget available funds. Works with clients to clear delinquent accounts and restore a good credit rating.</p>

<b>Safety Links</b>	343-4694	Information and referrals to other resources, limited and partial financial assistance for one-time needs only, such as eviction notice, or deposits on rentals or utilities.
<b>General Relief Assistance</b>	269-6599 400 Gambell St 269-0001 1251 Muldoon Rd. Ste. 111B M-F 8am– 5pm	State of Alaska Division of Public Assistance. Provides limited one-time financial assistance for shelter, utilities, food, clothing, or burial needs. Payments made directly to business or agency. Eligibility follows complex guidelines. ATAP and food stamps also available.
<b>Heating Assistance Program</b>	269-5777 400 Gambell St. 1-800-470-3058	Helps eligible families pay for winter heating costs. Applications accepted October 1 <sup>st</sup> - April 30 <sup>th</sup>
<b>Weatherization Program</b>	279-2511 Fax: 865-7294 731 E. 8 <sup>th</sup> Ave	Provides weatherization of homes to families for emergency repairs and disability access grant. Program managed through Rural Cap. M-F 8am-5pm
<b>YWCA of Anchorage</b>	644-9600 3400 Spenard Rd. Ste 200, 99503 <a href="http://www.ywcaak.org">www.ywcaak.org</a>	Women’s Economic Empowerment offering an economic lifeline for women in all stages of life, Youth Empowerment programs that create courageous, powerful, critical-thinking youth, Social Justice programs that act as a catalyst for racial and gender equity, peace and justice, Women’s Leadership programming that honor the achievements of Alaskan women and create mentoring linkages between women of all ages and Women’s Wellness that works to eradicate health disparities by increasing healthcare access.

## Medical/Health Resources

<b>Alaska AIDS Assistance Association</b>	263-2050 1-800-478-2437 1057 W. Fireweed Ln. Suite 102 <a href="http://www.alaskanids.org">www.alaskanids.org</a>	Provides services to individuals and families living with HIV/AIDS. Free HIV testing, results within 20 minutes. Open Monday-Friday by appointments only
<b>Alaska Donated Dental Service</b>	(1-877) 977-3802 dentallifeline.org	Pro Bono Dental work for people with permanent disabilities, chronic mental illness, or 65 and older and medically fragile. Please call for information.
<b>Alaska Lung Association</b>	276-5864 500 W. International Airport Rd. Ste. A	Provides information on how to quit smoking, as well as an online quit smoking class and programs for children with asthma. <a href="http://www.aklung.org">www.aklung.org</a>
<b>Alaska Native Medical Center</b>	563-2662 4315 Diplomacy Dr. <a href="http://www.anmc.org">www.anmc.org</a>	Provides comprehensive medical care to Alaska Native and American Indians who live in Alaska.
<b>Alaska Tobacco Control Alliance</b>	1-888-842-QUIT <a href="http://www.alaskatca.org">www.alaskatca.org</a>	The Alaska Tobacco Control Alliance (ATCA) is a statewide organization that works to create conditions in Alaska to be tobacco-free. ATCA was formed in 1992 to create a statewide network of health advocates to develop, support and sustain comprehensive tobacco control programs.

<b>AWHS</b> Alaska Women's Health Services	563-5151 Providence Hospital Campus 3260 Providence Drive (C Tower) Ste 322 <a href="http://www.alaskawomenshealth.com">www.alaskawomenshealth.com</a>	Offers confidential full obstetric/gynecological women's health services. Pregnancy testing, prenatal care (including high-risk), infertility services including artificial insemination, contraceptive services, breast exams, pap tests, venereal disease testing and treatment, as well as abortion counseling and other services.
<b>Alzheimer's Resource Agency of Alaska</b>	561-3313 1-800-478-1080 1750 Abbott Rd <a href="http://www.alzalaska.org">www.alzalaska.org</a>	Providing information, education, referral, respite, care coordination, and advocacy for those caring for persons with Alzheimer's disease and related disorders.
<b>American Cancer Society</b>	277-8610 3851 Piper St. Suite U240	Volunteers with Road to Recovery Program provide free rides for cancer patients to and from treatment and doctors appointments. One week's notice prior to appointment requested. Information on support groups available. Wigs donations are welcome & are given to cancer patients.
<b>American Diabetes Association</b>	272-1424 200 W.34 <sup>th</sup> ave <a href="http://www.diabetes.org">www.diabetes.org</a>	Education, referrals and support services dedicated to diabetes prevention and cure.
<b>American Heart Association</b>	865-5300 3700 Woodland Dr. Ste. 700 <a href="http://www.heart.org">www.heart.org</a>	Program to reduce disability and death from heart disease and stroke.
<b>ANHC</b> Anchorage Neighborhood Health Center	743-7200 Fax: 257-4644 4951 Business Park Blvd. <a href="http://www.anhc.org">www.anhc.org</a>	Medical and dental services for all ages. Free language interpreters available. Located on bus route 12. Accepting Denali Kid Care, Medicaid and private insurance patients including self pay. Sliding fee scale available to those who need it but must be income eligible.
<b>Anchorage Project Access</b>	743-6600 Fax: 646-0542 2401 E 42 <sup>nd</sup> Ave, Ste. 104 <a href="http://www.anchorageprojectaccess.org">www.anchorageprojectaccess.org</a>	Aims to increase access to health care for low-income, uninsured community members by using volunteer networks that create the necessary services for those in need.
<b>Consumer Direct Personal Care</b>	222-2652 615 E. 82 <sup>nd</sup> Ave. Ste. 101	Provides in-home self-care for people with disabilities or a disabling condition. Must qualify for Medicaid funding.
<b>Denali Kid Care</b>	269-6529 3601 C St. # 120	Provides health care coverage for children and youth age 18 or younger, and for pregnant women who meet income guidelines. Coverage includes doctor's visits, dental, vision exams and glasses, speech therapy and other services. Many families who are over-income for Medicaid may qualify for this program.
<b>Department of Health and Human Services</b>	Main Phone: 343-4734 Immunizations: 343-4799 Nurse or Records 343-4792 Reproductive Health Clinic 343-4623 Fax: 249-7992 825 L. St. #102	Immunizations (bring immunization records) ages 0-18 free. 19 and older, sliding fee scale. Blood pressure checks, TB screening and follow-up, HIV and STD testing available. Limited adult vaccines. Bring any Medicaid or insurance with you.

<b>Woodside Dental Group</b>	333-1211 Fax: 333-8600 4361 Boniface Pkwy <a href="http://apexdentalalaska.org">apexdentalalaska.org</a>	Accepts Denali Kid Care and Medicaid. Experienced in treating children.
<b>Just Kids</b>	Phone: 333-5437 Fax: 205-4336 7611 Debarr Rd, 99504	Pediatric dentistry, experienced working with children who experience developmental disabilities. Accepts Denali Kid Care, Medicaid, and all military insurance as well as private.
<b>LaTouche Pediatrics</b>	Phone: 562-2120 Fax: 562-6527 3340 Providence Dr. Ste.452 1301 Huffman Rd. Ste. 110 17101 Snowmobile Ln Ste. 203.	Provides health care coverage specialized for infants and children. Accepts Denali Kid Care & Medicaid.
<b>Municipal Health Department Community Health Services Division</b>	Phone: 343-4605 Fax: 343-6564 825 L. St.	WIC, immunizations, reproductive health clinic, food handling certification. Information and referral services on health care. Community Health Nurse: 343-4800
<b>Muscular Dystrophy Association</b>	<a href="http://www.mda.org">www.mda.org</a>	Conducts research on neuromuscular diseases, and offers comprehensive medical services through a network of clinics, and provides professional and public health education, support groups, & summer camps.
<b>National Multiple Sclerosis Society</b>	1-800-344-4867 <a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a>	MS Navigators — highly skilled, compassionate professionals — connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation.
<b>Providence Family Medicine Center</b>	562-9229 1201 E. 36 <sup>th</sup> Fax: 562- 1603	Offers immunizations, Medicaid accepted, provides medical care on a sliding fee scale. Clinic hours: Monday-Friday 8 am to 4:30 pm
<b>South Central Foundation</b>	4501 Diplomacy Drive 729-4955 Main 1-800-478-3343 Toll Free 729-2500 Behavioral Health 729-2000 Dental Clinic 729-8500 Vision Clinic <a href="http://www.southcentralfoundation.com">www.southcentralfoundation.com</a>	Health clinics intended for Alaska Natives and Native Americans, but will not discriminate. Medicaid accepted. Sliding fee scale; will not refuse services for inability to pay. Visit website for more info. on programs
<b>Reproductive Health Clinic</b>	343-4623 825 L. St. Ste. 102	Provides information on birth control for men and women, pap tests, annual exams, pregnancy tests and screening and counseling and treatment for STIs. Confidential services and a sliding fee scale. Mon, Tues, Thurs, Fri 8am-5 pm and Wed 1pm-5pm
<b>UAA Dental Program</b>	Phone: 786-4346 Fax: 786-6938 3211 Providence Drive UAA Allied Health Building #148	Provides dental hygiene and x-rays at reduced rates by dental students under direct supervision of instructors and licensed dentists. Preventative nutritional and dental counseling, fluoride treatment and sealants are available. For adults 18 years and older with no insurance and low

		income.
	786-6960 Appointment Line Hygiene Clinic	Exams, x-rays, cleanings, and sealants.
	786-6983 Appointment Line Dental Assisting Clinic	X-rays, exams, fillings, sealants, night guards and crowns.
<b>YWCA Breast and Cervical Health Check Program</b>	ENCORE Plus 644-9600 644-9600 YWCA Main Line 324 E. 5 <sup>th</sup> Ave	Works with the Breast & Cervical Health Check providing eligible women age 18-64 breast exams, pap test and pelvic exams and mammograms (ages 40-64) at no cost. Also supports men and women with breast cancer by providing transportation and help with meeting basic needs. M-F 9:00AM -5:00PM

## Family Planning/Pregnancy/Childbirth Resources

<b>Crisis/Community Pregnancy Center</b>	337-9292 Fax: 337-9262 4231 Lake Otis Parkway Mon 10-4 pm Tue-Fri 9-4 pm <a href="http://www.cpcanchorage.com">www.cpcanchorage.com</a> <a href="http://www.pregnancyinfo-ak.com">www.pregnancyinfo-ak.com</a>	When you meet with one of our experienced and understanding pregnancy decision consultants, you'll get answers to your questions & so much more. Our confidential, cost-free services include: Abortion Information, Adoption Agency Referrals, Adoption Information, Medical Referrals, Prenatal and Parenting Education for Women and Men, Post-Abortion Support, Pregnancy Options Information, Pregnancy Tests, STD/STI Testing for Women, Ultrasound to confirm pregnancy.
<b>Cradle Club</b>	264-1773 Maternity Unit AK Regional Hosp. 2801 Debarr Rd	Lactation consultant Martha Olson provides breastfeeding help and support as well as prenatal classes to families delivering at AK Regional.
<b>Crossroads Alternative School</b>	742-2424 4515 Campbell Airstrip Rd	An alternative school program for pregnant and parenting teens. It is an academic program that leads to a high school diploma, with an emphasis on maternal health and child development.
<b>Heart to Heart Pregnancy &amp; Family Resource Center Eagle River</b>	694-1747 12110 Business Blvd	Provides counseling and support for pregnant women, free pregnancy tests, post abortion counseling and abortion alternatives. Maternity clothing, baby clothing, cribs, diapers, and formula at no charge. Tuesday-Friday from 10-3 pm by appt.
<b>La Leche League International</b>	1-800-LALECHE 525-3243 l.li.org	A nursing mom's friend since 1954. Provides support, education, and information. Meets once a month.
<b>March of Dimes</b>	276-4111 Fax: 276-3375 3209 Denali St Ste. 200 <a href="http://marchofdimes.org/alaska">marchofdimes.org/alaska</a>	Works to prevent birth neuromuscular diseases and infant mortality. Provides monthly clinic support group to clients. Call for more information.

<b>Northstar Lactation Services</b>	337-5245	Helps mothers' have full term pregnancies and provides education about problems that threaten the health of babies.
<b>Nurse-Family Partnership</b>	212-6543 Providence-In Home Services 3760 Piper St	Nurse-Family partnership is free for women who are pregnant with their first baby. When you enroll you will be connected to a registered nurse who will provide the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a great mom.
<b>Planned Parenthood Anchorage Health Center</b>	563-2229 1-800-769-0045 Toll Free Fax: 563-7419 4001 Lake Otis Pkwy Ste. 101 <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	Offers gynecological exams, pap tests, contraceptive services, education and information. Pregnancy testing, but no prenatal care. Treatment and referrals for gynecological problems, venereal disease screening, abortion counseling and referral. Educational counseling for birth control, vasectomy, abortion, PMS, blood work etc. Accepts Medicaid and private insurance.
<b>Right to Life, Inc.</b>	276-1912 1220 E St. Ste 207 <a href="http://alaskarighttolife.org">alaskarighttolife.org</a>	Offers information and referrals about abortion alternatives, including adoption; offers free pregnancy tests, housing referrals for women with untimely pregnancies. Educational materials available. No cost.

## Employment/Job Training Resources

<b>Alaska Job Centers</b>	<b>Anchorage Midtown</b> 269-4800 3301 Eagle St. Ste 101 <b>Anchorage Muldoon</b> 269-0000 1251 Muldoon Rd 269-6414	One stop center offering professional resources to job seekers. Employment services; job listings, employment related workshops, job counseling and testing. Many Federal, state and local non-profit services available. Gambell center provides childcare while clients are using the center. For a listing of workshops at each location visit <a href="http://jobs.alaska.gov">http://jobs.alaska.gov</a>
<b>Anchorage School District</b>	Apply via Website	Jobs within the Anchorage school district. <a href="http://www.asd.k12.ak.us/depts/hr/employment">www.asd.k12.ak.us/depts/hr/employment</a> or <a href="http://www.asdk12.org">www.asdk12.org</a>
<b>ASSETS</b>	279-6617 Fax: 274-0636 2330 Nichols St. <a href="http://www.assetsinc.org">www.assetsinc.org</a>	Provides vocational training and assistance with employment and housing placement for adults with developmental and psychiatric disabilities.
<b>Career Services Center UAA</b>	786-6913 2921 Spirt Way	Assists UAA students and potential students with career counseling, information, and vocational testing, workshops on resumes and interviewing, internships, job listings and placement assistance. No Cost. Open M-F 8am-5pm.

<p><b>DVR</b> Division of Vocational Rehabilitation</p>	<p><b>1016 W. 6<sup>th</sup> Ave. Suite 403</b> 269-3580 Fax: 269-3636 <b>4600 DeBarr Rd Ste. 300</b> 269-2060 Fax: 269-2056 Toll Free <b>1-888-330-6468</b> <a href="http://www.labor.state.ak.us/dvr">www.labor.state.ak.us/dvr</a></p>	<p>Assists eligible workers who have been professionally diagnosed with a long-term/permanent physical, health, learning, mental, or psychological disabilities. Provides assessment and career counseling and assistance getting job training, placement and occupational casework. No cost.</p>
<p><b>Alaska Job Corps</b></p>	<p>National hotline: 1-800-733-jobs Campus located at: 800 E Lynn Martin Dr. Palmer, AK 99645 <a href="http://alaska.jobcorps.gov">http://alaska.jobcorps.gov</a></p>	<p>No cost education and career technical training program. Provides work experience, vocational training and placement for unskilled youth workers (age 16 to 24). Assists with housing, obtaining GED, driver's education, and job placement. Must be low income. There is a waiting list for the program; length of time varies.</p>
<p><b>Local 71</b> (State of Alaska crafts/trades union)</p>	<p>276-7211 2510 Arctic Blvd. <a href="http://www.local71.com">www.local71.com</a></p>	<p>State jobs in trades, labor and crafts. Only for experienced workers. No Job training. M-F 8am – 5pm</p>
<p><b>Municipality of Anchorage Personnel Office</b></p>	<p>Job Hotline: 343-4451 632 W. 6<sup>th</sup> Ave (City hall building)</p>	<p><a href="http://www.muni.org/JOL/">www.muni.org/JOL/</a></p>
<p><b>NAF</b> <b>Non-</b> <b>Appropriated</b> <b>Funds</b></p>	<p>552-1110 8517 20th St. Ste. 109 Elmendorf AFB</p>	<p>Jobs on military installations. <a href="http://www.jber.jb.mil/">http://www.jber.jb.mil/</a></p>
<p><b>Salvation Army Older Alaskans Program</b></p>	<p>349-0613 1712 A St.</p>	<p>Provides Meals on Wheels for seniors 60 years and older as well as C.H.O.R.E (light housekeeping) also has group meal sites and activities. Provides transportation for disabled people over 60 to medical appointments. Free</p>
<p><b>Social Security Administration</b></p>	<p>271-4799 222 W. 8<sup>th</sup> Ave. Ste. A-11 Toll free 1(800) 772-1213 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></p>	<p>Monday, Tuesday, Thursday, Friday 9am-4pm Wednesday 9am-12pm</p>
<p><b>UAA Human Resource Services</b></p>	<p>450-8200 Fax:450-8201 3890 University Lake Dr. Ste. 101</p>	<p>Jobs at UAA (University of Alaska Anchorage)</p>
<p><b>U.S. Postal Service Employment</b></p>	<p><a href="http://usps.com/careers">usps.com/careers</a></p>	<p>Frequently hires seasonal holiday workers. These jobs can lead to other amazing positions and are the gateway to a lifelong career.</p>

<p><b>Youth Work Permits</b></p>	<p>269-4900  <a href="http://www.labor.state.ak.us">www.labor.state.ak.us</a> (click “worker” then “worker permit”)</p>	<p>Youth work permits are required for youth 17 years of age or younger who have found a job and are ready to begin work; these permits are available through Wage and Hour office at <u>3301 Eagle St. Rm. 301</u> or any job center or at the website listed. Also available at the Youth Job Center 2650 E Northern Lights Relocatable #3 behind the King Career Center.</p>
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## Educational Opportunities Resources

<p><b>Alaska Pacific University</b></p>	<p>Toll Free 1-800-252-7528  4101 University Dr.  <a href="http://www.alaskapacific.edu">www.alaskapacific.edu</a></p>	<p>Offers a wide range of college courses at the undergraduate and graduate levels. Seniors over 65 are eligible for an 80% discount on tuition.</p>
<p><b>ALP Alaska Literacy Program</b></p>	<p>337-1981  Fax: 743-0205  1345 Rudakof Cir. Suite 104</p>	<p>Teaches reading and writing skills. English as a second language classes &amp; tutoring and computer skills. A family literacy program is available for low-income families with young children who want to learn English.</p>
<p><b>UAA Advising and Testing Center</b></p>	<p>786-4525  3211 Providence Dr ste 215</p>	<p>Provides career advising to assist students and prospective students with career exploration. The center offers career exploration classes and career assessment tools. Placement testing is also available for those returning to school.</p>
<p><b>Educational Opportunity Center</b></p>	<p>786-6707  4500 Diplomacy Dr. Ste. 219  <a href="http://www.uaa.alaska.edu/eoc">www.uaa.alaska.edu/eoc</a></p>	<p>Information, referrals, career testing, admission and financial aid information and counseling, assistance with forms, for potential first generation college students. No Cost.</p>
<p><b>UAA Native Student Services</b></p>	<p>786-4000  3211 Providence Dr.  Rasmuson Hall Rm 108</p>	<p>Counseling, referrals, fellowship and support services to Native Alaskan students to assist them in adapting to the demands of life as a student and resident of Anchorage.</p>
<p><b>Nine Star Enterprises</b></p>	<p>Main: 644-8259  Edu: 279-7827  Main Location  730 I Street  <a href="http://www.ninestar.com">www.ninestar.com</a></p>	<p>Has 7 different locations. Offers Adult Education Center for GED preparation, educational opportunities for people receiving ATAP or unemployment insurance. Provides workshops at several sites in Anchorage. English as a Second Language (ESL) classes and computer classes are available. Also high school completion and youth employment services, senior employment training program, and customer service training program.</p>
<p><b>University of Alaska Anchorage</b></p>	<p>786-1800 Main Line  3211 Providence Dr.  <a href="http://www.uaa.alaska.edu">www.uaa.alaska.edu</a></p>	<p>786-1480-Admissions/registration  786-1586-Financial Aid Office  786-1626-Distance Education Services  Tuition waivers for Alaska residents 60 and older with one-year residency. Waiver does not cover all classes.</p>

## Transportation Resources

<b>Anchor Rides</b>	343-6543 3600 Dr. Martin Luther King Jr Ave <a href="http://www.muni.org">www.muni.org</a>	Provides curb to curb transportation services for people unable to ride the people mover due to disabilities. Also provides transportation for seniors. Call or visit the website for eligibility information. <a href="http://www.muni.org/transit1/anchor.cfm">www.muni.org/transit1/anchor.cfm</a>
<b>People Mover</b>	343-6543 Ride line 700 W. 6 <sup>th</sup> Ave #109 <a href="mailto:peoplemover@muni.org">peoplemover@muni.org</a>	Public transportation via bus in the Anchorage area. Call or visit the municipality website for fare and route information. Online route listing available. <a href="http://www.muni.org/departments/transit">www.muni.org/departments/transit</a>
<b>Share-a-ride</b>	343-6543 3600 Dr. Martin Luther King Jr Ave <a href="http://www.muni.org/departments/transit">www.muni.org/departments/transit</a>	A car pool program organized by the municipality of Anchorage. Call or visit the municipality website for more information
<b>Travel Training</b>	343-6543 <a href="http://www.muni.org/departments/transit">www.muni.org/departments/transit</a>	A program that teaches individuals and groups to safely and effectively use the People Mover transportation system. Program teaches reading bus time tables, planning routes, bus safety and more. No cost.
<b>Taxi's in Anchorage</b>	222-2222	Alaska Yellow Cab

## Legal Assistance Resources

<b>ACLU of Alaska Foundation</b>	258-0044 <a href="http://www.acluak.org">www.acluak.org</a> 1057 W Fireweed Lane Ste. 207	Provides public education on civil liberties issues and provides legal and advocacy services for people in Alaska whose constitutional rights have been violated.
<b>Alaska Court Family Law Self Help Center</b>	264-0851 1-866-279-0851 <a href="http://www.courts.alaska.gov">www.courts.alaska.gov</a>	Is a statewide service to help people represent themselves in family law cases. Explains court procedures, provides detailed information, and which forms are options in different situations.
<b>Alaska Legal Services Corporation</b>	272-9431 1016 W. 6 <sup>th</sup> Ave. Ste. 200 <a href="http://www.alaskalawhelp.org">www.alaskalawhelp.org</a>	Provides legal services for civil cases that are non-criminal for those with low-income. Also provide free legal clinics.
<b>Alaska Native Justice Center</b>	793-3550 Fax: 793-3570 3600 San Jeronimo Ct Ste. 264 <a href="http://www.anjc.org">www.anjc.org</a>	Legal advocacy services, one-on-one education for victims or defendants in the Alaska justice and child welfare systems. Intended primarily to Service Alaska Natives. Monday-Friday 8 am to 5 pm. Also has a program to prepare offenders for re-entry into the community after incarceration.
<b>Disability Law Center</b>	565-1002 Fax: 565-1000 3330 Arctic Blvd. Ste. 103 <a href="http://www.dlcak.org">www.dlcak.org</a>	Statewide service providing advocacy with legal representation for individuals with physical or mental disabilities.
<b>Equal Rights Commission of Anchorage</b>	343-4342 Phone 249-7328 Fax 632 W. 6 <sup>th</sup> Ave.	Strives to eliminate discrimination in employment, housing, education, finance, public accommodations, and services of local government based on race, sex,

	Ste. 110 (city hall)	pregnancy and parenthood, religion, physical handicap, marital status, color, age, or national discrimination through training and educational workshops. Complaints must be within ERC jurisdiction. No cost.
<b>USCIS</b> U.S. Citizenship and Immigration Services	1-800-375-5283 Toll Free 620 E. 10 <sup>th</sup> Ave. Ste. 102 <a href="http://www.uscis.gov">www.uscis.gov</a>	Oversees lawful immigration, makes decisions regarding petitions and applications of potential immigrants.
<b>Office of Victims' Rights</b>	754-3460 1007 W. 3 <sup>rd</sup> Ave. Ste. 205 <a href="http://www.ovr.akleg.gov">www.ovr.akleg.gov</a>	Agency of the Alaska Legislature that provides free legal services to victims of crime. Also to advance and protect those victims' rights in court when necessary and authorized by law.
<b>Refugee Assistance— Immigration Services</b>	222-7300 222-7300 3710 E 20 <sup>th</sup> Ave. <a href="http://www.cssalaska.org">www.cssalaska.org</a>	Catholic Social Services: Assists with obtaining life skills to promote long-term family independence. Services include emergency cash and medical assistance, bilingual case management and cultural orientation programs.
<b>Victims for Justice</b>	278-0977 Fax: 258-0740 1057 W. Fireweed Ln. Ste. 101 <a href="http://www.victimforjustice.org">www.victimforjustice.org</a>	Offers support to victims of crime, ensuring rights are not ignored within the judicial system, including monthly support groups, which address the stages of grief and coping with violent crime. Offers resources to the public concerning law and violence prevention. No Cost.
<b>Violent Crimes Compensation Board</b>	1-800-764-3040 Fax:465-2379 P.O. Box 110230 Juneau, AK 99811	Helps to bring financial relief to innocent victims of violent crimes in Alaska. Fosters victim advocacy services and promotes recovery and healing. 240 Main St, Court Plaza Building, Suite 201 Juneau, AK

## Substance Abuse & Treatment Resources

<b>Akeela House, Inc.</b>	565-1200 1-800-478-7738 Fax:258-6052 360 W Benson Ste 300 <a href="http://www.akeela.org">www.akeela.org</a>	Provides long-term residential care for substance abusers age 15 though adult. Services include individual and group therapy, family counseling, vocational guidance and rehabilitation, financial management assistance and training. Office Hours Monday-Friday 8am-5pm
<b>Alaska's Tobacco Quit Line</b>	1-800-QUIT-NOW Or 1-888-842-QUIT <a href="http://www.alaskaquitline.com">www.alaskaquitline.com</a>	Call to talk to a supportive, caring quit coaches who work with you to develop your quit plan, optional follow-up calls available, as well as informational kids, and free nicotine replacement patches to qualified participants. All services are completely confidential. Referrals are available to local tobacco cessation services. No Charge.
<b>AA</b> Alcoholics Anonymous	272-2312 615 E. 82 <sup>nd</sup> Ave Rm# B8 Anchorage, AK 99518 <a href="http://www.aa.org">www.aa.org</a>	12-step program for alcoholics who want to stop drinking. Provides a system of fellowship, encouragement and support. Call for current meeting times and places. Supported by donations, but no charge for services. <a href="http://www.anchorageaa.org">www.anchorageaa.org</a> M-Thurs 10am-3pm, Sat 11am-2 pm

<b>Al-Anon Family Groups and Alateen</b>	276-6646 4105 E. Turnagain Blvd. Suite D1 <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	Provides fellowship and support for friends and families of alcoholics.
<b>Breakthrough Providence</b>	212-6970 3760 Piper St Ste. 1108	Offers outpatient alcohol and drug treatment program following a modified 12-step model. Co-dependent and other programs are available. Call for current program scheduling. Eligibility: adults experiencing chemical dependency problems. Fees vary; accepts third party and most insurance payments.
<b>Center for Drug Problems</b>	276-6430 520 E. 4 <sup>th</sup> Ave. <a href="http://www.ndtcak.org">www.ndtcak.org</a>	Offers detoxification and substance abuse treatment for drugs such as cocaine, crack, and heroin. Counseling and support services (but no detox) available for alcohol. Accepts Medicaid and private insurance.
<b>Clitheroe Center (Salvation Army)</b>	243-1181 3600 E. 20 <sup>th</sup> Ave	Provides residential and outpatient drug/alcohol treatment and detoxification for both men and women.
<b>Dena A Coy</b>	729-5070 4130 San Ernesto Avenue	Provides residential and outpatient treatment programs for women and men. Children under three are able to accompany their mothers. Primarily serves Native Alaskans.
<b>Ernie Turner Center</b>	550-2400 4330 Elmore St.	Offers a 6 month coed residential treatment program for adults, as well as a one week detox unit, day treatment program, emergency, after care and support services. Sliding fee scale, accepts Medicaid and private insurance.
<b>Narcotics Anonymous</b>	1-866-258-6329 277-5483 <a href="http://www.akna.org">www.akna.org</a>	12-step program for drug users who want to stop using. Provides a system of fellowship, encouragement and support. Call for current meeting times and places. Supported by donations, but no charge for services.
<b>Akeela Inc. Stepping Stone</b>	565-1200 Fax: 258-6052 360 W Benson Ste 300	Is a substance abuse residential treatment program for women with or expecting a child. Must have a drug assessment completed within the past 6 months. No referral needed. Provides job training, life skills, assertiveness training, workshops for employment skills, financial and life management. Counseling available for sexual/physical abuse and incest victims. FEES: \$250 treatment fee, then \$450/month rent. Accepts Medicaid and insurance and can help with application for public assistance.
<b>Volunteers of America ARCH &amp; ASSIST</b>	279-9634 Fax: 276-5489 509 W 3 <sup>rd</sup> Ave Ste. 103 <a href="http://www.voaak.org">www.voaak.org</a>	<b>ARCH:</b> Residential 24-hour, 6-month in-patient alcohol and other drug treatment facility for adolescents age 12-18. <b>ASSIST:</b> Substance abuse outpatient counseling, regular and intensive programs for youth 12-18 years of age who want to change. Outpatient after-care treatment, information and referral coordination with other services. Sliding fee scale, Medicaid, private insurance, but will not refuse service for inability to pay.

## Counseling/Support/Mental Health Resources

<b>Alaska Baptist Family Services</b>	349-2222 Fax: 349-5335 1600 O'Malley Rd. <a href="http://www.alaskabaptistfamilyservices.com">www.alaskabaptistfamilyservices.com</a>	ABFS offers mental health services at two residential cottages. The pre-adolescent cottage serves children with a developmental age range of 9-13 years old. The adolescent cottage serves those 14-18 years of age. Our program environments are structured with two primary goals in mind: reduce the effects of trauma and increase resiliency.
<b>Alaska Counseling Services</b>	276-2978 2600 Denali St. Ste.606	Provides counseling services for adults only.
<b>Alaska CARES</b>	561-8301 Toll Free 1-877-561-8301 Fax:561-8170 3925 Tudor Center Dr. Ste. 100	Sexual Child Abuse and Response Evaluation Services. This is an organization where children are taken for initial physical examination for sexual abuse and interviews.
<b>Alaska Christian Ministries</b>	272-8760 Various locations throughout the community	Practical parenting: Building a strong foundation for your family. Six weekly parenting workshops include the following: Family dinner, study group for family needs, character development, family communication, behavior change, positive discipline, resource tools for the family, activities and care for children, sessions for teens.
<b>AK Child &amp; Family</b>	346-2101 Fax: 348-9230 4600 Abbott Rd. <a href="http://www.akchild.org">www.akchild.org</a>	AK Child and Family provides psychiatric residential treatment for children and adolescents with moderate to severe emotional and behavioral disorders. AKCF programs are designed to bring people together to support the students as they build a healthier lifestyle. Our range of services meets the student at whatever level of care they need.
<b>Alaska Pacific Rim Counseling Services</b>	349-0077 Fax: 349-0078 920 W. Dimond Blvd. <a href="http://www.akpacificrimcnsng.com">www.akpacificrimcnsng.com</a>	Counseling services covering physical, sexual, and emotional abuse, family and marital relationships. Counseling for job stress, anxiety, anger, depression, and eating disorders
<b>Alaska Parent Line</b>	1-800-643-KIDS (5437) 248-7676 3201 C St Ste.110	Get answers to all your parenting questions from trained parent educators. Monday-Friday 9 am to 9 pm.
<b>Alaska Psychological Services, LLC</b>	334-1000 Fax: 334-8080 741 Sesame St. Ste. 1B M-F 8:00am – 5:00pm <a href="http://www.akpsychservices.com">www.akpsychservices.com</a>	A mental health clinic located in midtown Anchorage. We offer clinical evaluations, FASD evaluations, psychotherapy and counseling for children, adolescents and adults, individuals, families and groups. <b>Medicaid accepted</b>
<b>Alaska Youth &amp; Family Network</b>	770-4979 Toll Free 1-888-770-4979 Fax: 770-4997 740 Communications Ave. <a href="http://www.ayfn.org">www.ayfn.org</a>	AYFN offers one-on-one support for families experiencing a wide range of challenges. Whether you are looking for support navigating your child's education program, looking for medical or mental health services, educating yourself about new diagnoses and approaches or working with Office of Children's Services, AYFN can provide someone to work with you.
<b>Alaska Youth Advocates</b>	929-2633 755 A. St Ste. 111 <a href="http://www.akyouthadvocates.org">www.akyouthadvocates.org</a>	Every week we have community partners such as Nine Star, Anchorage Job Center, 4as, Anchorage School District, and South Central Foundation come into the drop-in center to help with getting center participants signed up for services. We try our best to connect our

		participants with needed and requested services throughout the community. All services are on a volunteer and as requested basis.
<b>Anchorage Community Mental Health Services</b>	563-1000 Crisis Line: 563-3200 4020 Folker St. <a href="http://www.info@acmhs.com">www.info@acmhs.com</a>	Provides comprehensive mental health services emphasizing treatment and prevention. Outpatient, adult, family, and children. Emergency mental health, day treatment, after care, elderly day care, consultation, education, transitional residential facility, respite care and group therapy. No eligibility requirements. Accepts Medicaid; charges by a sliding scale based on income/family size.
<b>Alaska Psychiatric Hospital</b>	269-7100 Fax: 269-7251 3700 Piper St.	State-operated psychiatric hospital provides acute care and intensive treatment for mentally ill persons requiring inpatient psychiatric service. APH service the seriously mentally ill, children, persons found not guilty by reason of insanity, and persons requiring long-term care for psychiatric disorders.
<b>AWRC Alaska Women's Resource Center</b>	565-1200 Fax: 258-6052 360 W Benson Ste. 300	Domestic violence counseling, crisis intervention, employment and training, legal assistance, alcohol and drug assessments, pre-natal parenting programs. Monday-Friday 9 am to 6 pm.
<b>Counseling Solutions of Alaska</b>	644-8044 Fax: 644-8004 701 E. Tudor Rd. Ste. 215 <a href="http://www.counselingsolutionsak.com">www.counselingsolutionsak.com</a>	<b>Counseling Services:</b> couples and family therapy for depression, grief and loss, anxiety/panic disorder, PTSD, relationships, parenting, co-dependency, communication skills, stress management, anger management/conflict resolutions, school problems social skills training, child/adult abuse issues, ADHD, and life coaching/mentoring. <b>Psychological Testing/Assessment:</b> testing for ADHD, academic/learning/memory problems, depression/anxiety, personality and cognitive functioning. <b>Psychiatric Consultation/Medication Management:</b> For clients seeking psychiatric assistance our medical staff offer psychiatric evaluation and medication management.
<b>Compassionate Friends</b>	Toll Free 877-969-0010 <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>	The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.
<b>Cuddlers Group at Providence Hospital</b>	212-8474 3200 Providence Dr. Bldg #5	New parents and infants (birth to crawling age) meet with trained facilitators to discuss topics of interest including infant development, feeding and sleeping, partner relationships, and adjusting to new roles as parents. Meets every Monday and Thursday 12-1pm.
<b>Community Mental Health Services</b>	563-1000 4020 Folker St.	Provides mental health care for elderly persons to assist them in remaining independent to avoid institutionalization. Offers individual, group, marital counseling, behavior therapy, counseling to the dying, rehabilitation, psychological evaluation, information and referrals. Offers psychiatric consultation to nursing homes, doctors, etc. "Daybreak" Alzheimer's daycare program and family support, pre-retirement counseling and education. Eligibility: persons 60 years and older, and their families. Sliding fee scale; no one turned away.

<b>Discounts and Passes for Resource Families</b>	279-1799 840 K St. Ste. 101 <a href="https://www.acrf.org">https://www.acrf.org</a>	We provide support and training to Alaska's resource families – foster, adoptive, relative caretakers and guardianship families. We seek to work in collaboration with the State of Alaska Office of Children's Services, Tribes, and others involved in the foster care and adoptive systems. We welcome all prospective parents regardless of race, age, sex, marital status, religious beliefs, physical disability, gender identity, or sexual orientation
<b>Hospice of Anchorage</b>	561-5322 2612 E Northern Lights Blvd.	Services for terminally ill people and their families. Bereavement support. <a href="http://www.hospiceofanchorage.org">www.hospiceofanchorage.org</a>
<b>Identity, Inc.</b>	929-4528 Fax: 334-1992 336 E 5 <sup>th</sup> Ave.  <a href="http://www.identityinc.org">www.identityinc.org</a>	Develops programs and activities to support lesbians, gay men, bisexual and trans-gendered individuals and other members of sexual minorities by encouraging positive social change and fostering acceptance.
<b>Providence Behavioral Health</b>	212-6900 3760 Piper St. Ste. 1108	Individual and family counseling. Medicaid accepted. M-F 8:30am-6pm
<b>Men &amp; Women's Center</b>	272-4822 Fax: 272-6395 600 Cordova St. Ste. 3	Group counseling, stress and anger management. Domestic violence intervention. No Referral needed.
<b>Military &amp; Family Life Consultants Program</b>	<b>Off Post</b> 382-0597 382-8909 <b>On Post</b> 317-4448 382-1407	Provides free non-medical counseling services to members of the military and their families. Services can be provided on or off post to individuals, couples, families or groups. Services are confidential and private.
<b>North Star Hospital</b>	258-7575 1-800-478-7575 2530 Debarr Rd	Serves children and adolescents only. Provides 24-hour psychiatric emergency consultation, admission information/referral and crisis intervention. Provides in-patient psychiatric care and outpatient substance abuse program. Accepts Medicaid, private insurance. Hosts several support groups including AA, Al-Anon, Narcotics Anonymous, and Women who love too much. Call for information.
<b>Parents Reaching Out</b>	Toll free 1-800-524-5176 <a href="http://parentsreachingout.org">parentsreachingout.org</a>	Over the phone consultations.
<b>Psychological Services Center</b>	786-1795 UAA 3211 Providence Dr. SSB 255	Provides short-term personal counseling. Some groups in areas such as anxiety, depression, stress, loss, relationship difficulties. Also provides paraprofessional training in counseling for related skills such as crisis intervention, emotional support, and intake procedures. Must have an appointment to be seen. Sliding Fee Scale
<b>Volunteers of America Grand families Network Project</b>	Main: 279-9634 Coordinator: 522-9866 509 W. 3 <sup>rd</sup> Ave Ste. 103  <a href="http://grandchild.www.voak.org">grandchild.www.voak.org</a>	Network of grandparents raising their grandchildren. Monthly support groups, monthly brunches, family activities and support and resource referrals. Respite funds are available for grandparents 55 years of age and over to provide a break from the daily stress of raising a

## Disability/Special Needs Resources

<p><b>Access Alaska</b></p>	<p>248-4777          Fax: 263-1942          1217 E 10<sup>th</sup> Ave.</p>	<p>Provides information and referrals to people with disabilities who wish to remain in their homes. Specialists are available to teach independent living skills. Access Alaska coaches people how to be their own advocates. No Cost. M-F 10:00 am to 5:00 pm</p>
<p><b>Alpine Alternatives</b></p>	<p>561-6655          Fax: 563-9232          2518 E. Tudor Rd. Ste. 105  <a href="http://www.alpinealternatives.org">www.alpinealternatives.org</a></p>	<p>Dedicated to making outdoor recreational opportunities available to Alaskans who experience disabilities. Our programs are designed to help people expand their horizons, master new skills, make new friends and increase motor coordination. Most importantly, participants experience growth in self-confidence and independence that affects all aspects of an individual's life. Our service is open to all, regardless of type of disability or age. Our one-to-one ratio allows us to meet individual's needs and abilities. Our goal is to help others reach their potential.</p>
<p><b>Alaska Center for the Blind</b></p>	<p>248-7770          Fax: 248-7517          3903 Taft Dr.  <a href="http://www.alaskabvi.org">www.alaskabvi.org</a></p>	<p>Provides quality rehabilitation and training to persons who are blind and/or visually impaired, so that they may reach their highest level of independence. M-F 8:00 am to 5:00 pm</p>
<p><b>Alaska Youth and Family Network</b></p>	<p>770-4979          1-888-770-4979          Fax: 770-4997          740 Communication Ave.  <a href="http://www.ayfn.org">www.ayfn.org</a></p>	<p>Can provide information about education, health information, best practices in special education and behavioral health treatment, information on wellness and recovery management, where to turn for assistance. Can connect families of children with special needs with peer navigators to help you navigate the system and become an advocate for your child.</p>
<p><b>Anchorage School District Early Intervention Services</b></p>	<p>742-2657          Fax: 742-2660          5530 E Northern Lights</p>	<p>Provides free screenings of 3 to 5 year-old children who may need special education services.</p>
<p><b>The ARC of Anchorage</b></p>	<p>277-6677          2211 Arca Dr.</p>	<p>Provides many services to individuals who experience disabilities. <a href="http://www.thearcofanchorage.org">www.thearcofanchorage.org</a></p>
<p><b>ASSETS</b></p>	<p>279-6617          Fax: 274-0636          2330 Nichols St.  <a href="http://www.assetsinc.org">www.assetsinc.org</a></p>	<p>Provides vocational training and assistance with employment and housing placement for adults and children with developmental and psychiatric disabilities. Sign Language interpreters available.</p>
<p><b>Challenge Alaska</b></p>	<p>344-7349          3350 Commercial Dr. Ste.208  <a href="http://www.challengealaska.org">www.challengealaska.org</a></p>	<p>Provides a wide range of sport and therapeutic recreation for people with disabilities. Social activities, outdoor recreation, alpine ski services and adaptive equipment loans</p>
<p><b>Consumer Direct Personal Care Service</b></p>	<p>222-2652          615 E. 82<sup>nd</sup> Ave. Ste. 101  <a href="http://www.consumerdirectak.com">www.consumerdirectak.com</a></p>	<p>Provides in-home self-care for people with disabilities or a disabling condition. Must qualify for Medicare/Medicaid funding.</p>
<p><b>Denali Family Services</b></p>	<p>274-8281          Fax: 274-4055          1251 Muldoon Road Ste.116</p>	<p>Serves children who require intensive behavioral health care services and their families. Offers individual, family, and group psychotherapy services in combination with intensive case management and rehabilitation services.</p>

		Activity therapists and afterschool programs designed to help special needs children. Sliding fee scale. Accepts Medicaid and Denali Kid Care.
<b>Disability Law Center</b>	565-1002 1-800-478-1234 Fax: 565-1000 3330 Arctic Blvd. Suite 103	Statewide service providing advocacy with legal representation for individuals with physical or mental disabilities. M-F 8am-4:30pm <a href="http://www.dlcak.org">www.dlcak.org</a>
<b>DVR Division of Vocational Rehabilitation</b>	269-3580 Fax: 269-3636 1016 W. 6 <sup>th</sup> Ave. Ste. 403 269-2060 4600 Debarr Rd Ste. 300	Assists eligible workers who have been professionally diagnosed with a long-term/permanent physical, health, learning, mental, or psychological disabilities. Provides assessment and career counseling and assistance getting job training, placement and occupational casework. No cost. <a href="http://www.labor.state.ak.us/dvr">www.labor.state.ak.us/dvr</a>
<b>Focus, Inc.</b>	694-6002 Fax: 694-6015 11901 Business Blvd. Ste. 209	As an agency Focus provides support to people with disabilities. <b>Early Intervention/infant learning program:</b> State wide EI/ILP assures that infant learning services are available for families with children under three years of age throughout Alaska. Offers Therapy & Developmental Disabilities services.
<b>Hope Community Resources</b>	1-800-478-0078 561-5335 161 Klevin St. Ste. 103	Provides services to individuals experiencing developmental disabilities from infancy to the elderly. <a href="http://www.hopealaska.org">www.hopealaska.org</a>
<b>PIC Programs for Infants and Children</b>	561-8060 Fax: 563-3172 161 Klevin St. Ste 103 <a href="http://www.picak.org">www.picak.org</a>	Online developmental and social emotional screening tool for parents available at PIC's website. In person screening and evaluations, training and therapy for children birth to three years old whose parents are concerned with their development. Family oriented program to provide not only special training and preparation for the child with disabilities, but also to assist families in coping with special needs children. Classes, therapy, transition preparation. Serves children 0-3. Sliding fee scale, no one refused.
<b>RELAYALASKA</b>	Voice: 1-800-676-3777 Speech to speech: 1-877-787-1989 Spanish: 1-800-676-4290 <a href="http://www.alaskarelay.com">www.alaskarelay.com</a>	Allows text telephone users and voice phone users the ability to communicate with each other through specially trained Communication Assistants.
<b>Special Education Services Agency</b>	334-1300 Fax: 562-0545 3501 Denali St. Ste. 101 <a href="http://www.sesa.org">www.sesa.org</a>	SESA is an educational service agency comprised of a low incidence disability service inclusive of a statewide lending library. Low incidence disabilities include autism, Deaf and Hard of Hearing (DHOH), vision impairment, emotional disabilities and multiple disabilities. In addition, SESA operates two grants: <b>1:</b> Alaska Autism Resource Center (AARC) <b>2:</b> Alaska Deaf Blind Project (DSI)
<b>STEP Center ASD Early Intervention Services</b>	742-3872 5530 E Northern Lights Fax 742-3867	Provides free screenings to determine if a child may need special education services. Is a disability information and resource center for students, educators, and parents. Has a lending library.

<p><b>Stone Soup Group</b></p>	<p>561-3701 Toll Free 1-877-786-7327 307 E Northern Lights Blvd. Ste. 100 <a href="http://www.stonesoupgroup.org">www.stonesoupgroup.org</a></p>	<p>Provides resources and referrals for families and children with disabilities. May act as a liaison between families and the Anchorage School District.</p>
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## Child Care Resources

<p><b>Thread</b></p>	<p>265-3100 Fax: 265-3191 3350 Commercial Dr. Suite 203 <a href="http://www.threadalaska.com">www.threadalaska.com</a></p>	<p>Assists parents/families in finding child care; carries full listings of all licensed day care centers and home providers in the Anchorage area. Also provides training classes for parents and child care providers. Charges by sliding fee scale (\$5 to \$50); free for those in qualifying programs (ATAP).</p>
<p><b>Child/Adult Care Licensing</b></p>	<p>343-4758 825 L St. 3<sup>rd</sup> Floor</p>	<p>Issues licenses to childcare centers and facilities, inspection, investigates complaints, and provides information and technical assistance to parents and care providers. Provides orientation classes for new home child care providers. Files are open to the public. M-F 8am-5pm</p>
<p><b>Child Care Assistance Program AK Family Services</b></p>	<p>644-5000 Fax: 644-5020 1251 Muldoon Rd Ste. 116</p>	<p>Assists qualifying low to moderate income families in paying 25%--97% of child care costs. Grants paid monthly directly to childcare providers. A delay before assistance begins is common.</p>
<p><b>Kids' Corps Early Head Start</b></p>	<p>272-0133 Fax: 272-0312 East Center 3710 E. 20<sup>th</sup> Ave. <a href="http://www.kcialaska.org">www.kcialaska.org</a></p>	<p>A comprehensive child development program for prenatal to 3 years old. Full day and home based. Dedicated to protecting and strengthening the bonds between parents and children. Designed to meet individual children's needs. Services include: health, nutritional and developmental screenings, education, special needs, family services information and referrals. Parent involvement is encouraged. Eligibility based on income. <b>Day Care assistance required</b></p>
<p><b>Kids' Corps Head Start Full Day</b></p>	<p>272-0133 Fax: 272-0312 East Center 3710 E. 20<sup>th</sup> Ave. <a href="http://www.kcialaska.org">www.kcialaska.org</a></p>	<p>A comprehensive child development program designed to meet individual children's needs. Services include: health, nutritional and developmental screenings, education, special needs, family services information and referrals. Parent involvement is encouraged. Serves children age 3 to 5 years. Eligibility based on income. <b>Day Care assistance required for full day.</b></p>
<p><b>Kids' Corps Head Start Part Day</b></p>	<p>272-0133 Fax: 272-0312 East Center 3710 E. 20<sup>th</sup> Ave. <a href="http://www.kcialaska.org">www.kcialaska.org</a></p>	<p>A comprehensive child development program for 3-5 year olds and their families. Designed to meet individual children's needs. Services include: health, nutritional and developmental screenings, education, special needs, family services information and referrals. Parent involvement is encouraged. Children attend 5 days per week for 4 hours per day. We offer a 6 hour class at our Ridgeline location. Eligibility based on income. <b>No fees.</b></p>

## School Age Children Resources

<p><b>Alaska Child and Family</b></p>	<p>346-2101          Fax:          348-9230          4600 Abbott Rd.  <a href="http://www.akchild.org">www.akchild.org</a></p>	<p>Offers residential psychiatric treatment for youth age 6-18 with emotional and behavioral problems, and family enhancement program. Referrals through the Office of Children's Services and private sources. Accepts Medicaid, private insurance, and state funding. Some scholarship assistance available</p>
<p><b>Alaska Baptist Family Service Center</b></p>	<p>349-2222          Fax: 349-5335          1600 O'Malley</p>	<p>Offers residential program for young males and females. Serves males 9-13 years old and females 13-18 years.  <a href="http://www.akbaptist.com">www.akbaptist.com</a></p>
<p><b>Big Brother &amp; Big Sisters of Alaska</b></p>	<p>433-4600          1057 W. Fireweed          Suite 202  <a href="http://www.bbbsak.org">www.bbbsak.org</a></p>	<p>Offers opportunities for children (6-16 years) from single parent homes to develop a one-on-one friendship with a same-sex adult whom they can admire, and whose behavior sets a good example. Assigns big brothers and sisters with common interests and locations. Provides volunteer training and match supervision. Volunteers should be willing to give 3-5 hours a week for a minimum of 1 year. No cost.</p>
<p><b>Boy Scouts of America Western Alaska Council</b></p>	<p>337-9547          3117 Patterson St.  <a href="http://www.scoutingalaska.org">www.scoutingalaska.org</a></p>	<p>Offers day and weekend opportunities for social activities, camping, career awareness and exploration, and leadership skills. For boys 1<sup>st</sup> grade through 17 years. Costs vary.</p>
<p><b>Boys and Girls Clubs of Alaska</b></p>	<p>Mt. View Club 338-2582 315 N. Price St.          Muldoon Club 333-2582 1251 Muldoon Rd. #153          Woodland Park Club 249-5400          2300 W. 36<sup>th</sup> Ave.</p>	<p>Provides after-school and summer social and athletic opportunities for disadvantaged children. Goal is to develop leadership and good citizenship skills to instill a sense of competence, belonging and usefulness. Serves boys and girls age 4 to 18. Annual Membership fee. Scholarships available. Daycare available at the Woodland Park clubhouse. Transportation to activities. Call for details on current programs. <a href="http://www.bgcalaska.org">www.bgcalaska.org</a></p>
<p><b>Campfire Alaska</b></p>	<p>279-3551          161 Klevin St.          Suite 100  <a href="http://www.campfireak.org">www.campfireak.org</a></p>	<p>Offers social and leadership opportunities through clubs, recreation centers, camps and bush programs. Provides before and after school childcare programs and summer childcare programs for children 0 to 21 years of age. Fees vary by program. Child Care Assistance accepted.</p>
<p><b>Challenge Program Alaska Military Youth Academy</b></p>	<p>1251 Muldoon Rd Suite 114          Admissions Office:          375-5554          PO Box 5727          Fort Rich , AK 99505</p>	<p>Residential program provides GED, high school credit, food, shelter, vocational skills training, life skills training in a military environment to youth 16-18 years of age. Residential program is 5 ½ months long with 1 year of post residential services. Participants submit an application, are interviewed and then given class assignment. Candidates must be Alaska residents without high school diplomas, who have not attended school for at least 30 days. Program cannot accept candidates with legal problems.</p>
<p><b>Charlie Elder House Catholic Social Services</b></p>	<p>277-8622          CCS Main Line 276-5590</p>	<p>Long-term home like residence for homeless teen boys. No cost.</p>
<p><b>Covenant House</b></p>	<p>272-1255          755 A Street  <a href="http://www.ak.covenanthouse.org">www.ak.covenanthouse.org</a></p>	<p>Provides emergency short-term care to as many as 40 runaway and homeless youth age 13 to 21. Facility is open 24 hours a day, 7 days a week for response to needs of youth in crisis situations.</p>

		Open intake policy. Shelter, food and clothing as well as a small onsite clinic for basic medical care. Counseling service available. No Cost.
<b>Crossroads Alternative School</b>	742-2424 4515 Campbell Airstrip Rd	An alternative school program for pregnant and parenting teens. It is an academic program that leads to a high school diploma, with an emphasis on maternal health and child development.
<b>Girl Scouts of America Susitna Council</b>	248-2250 3911 Turnagain Blvd. E <a href="http://www.girlscoutsalaska.org">www.girlscoutsalaska.org</a>	Informal education programs and social opportunities for young woman including values and leadership education. There is a \$30 annual registration fee, plus weekly troop dues. Proven leadership development program for girls 5-17 years old.
<b>Make a Wish Foundation</b>	258-9474 430 W. 7 <sup>th</sup> Ave Ste. 110	Fulfills the wishes of children with life-threatening illnesses. <a href="http://www.akwish.org">www.akwish.org</a>
<b>SAVE Program Anchorage School District</b>	742-1250 410 E. 56 <sup>th</sup> Ave.	Serves students up to age 19 in grades 10-12 who are having difficulty in traditional high schools, in order for them to earn high school diplomas. Provides individual instruction in non-graded small classes, vocational training, office occupations, career education center, work-study program, part-time employment, and counseling services for students. Counseling for parents of students who are experiencing a disability. Call for additional information.
<b>Volunteers of America: Camp Hope and FAScinating Families Camp</b>	279-9634 509 W. 3 <sup>rd</sup> Ave #103 <a href="http://www.voaak.org">www.voaak.org</a>	<b>Camp Hope:</b> Support, education, intervention and summer camps for youth impacted by substance abuse problems. Some partial and full scholarships available. <b>FAScinating Families Camp:</b> for families raising children with Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorders.

## Seniors Resources

<b>Access Alaska</b>	248-4777 1217 E. 10 <sup>th</sup> Ave <a href="http://www.accessalaska.org">www.accessalaska.org</a>	Provides information and referrals to seniors who wish to remain in their homes. Specialists are available to teach independent living skills. Access Alaska coaches people how to be their own advocates. No Cost.
<b>Adult Protective Services Alaska Division of Senior Services</b>	269-3666 550 W 8 <sup>th</sup> Ave.	Investigates reports of threat to “vulnerable adults” (18 years to senior) with physical, emotional and mental difficulties that render them unable to protect and provide for themselves. Agency is empowered to take legal custody of such adults or to assist in placing them with other agencies. Operates some quasi-institutional residential facilities.
<b>Alzheimer’s Resource of Alaska</b>	561-3313 1750 Abbott Rd <a href="http://www.alzalaska.org">www.alzalaska.org</a>	Providing information, education, referral, respite, care coordination, and advocacy for those caring for persons with Alzheimer’s disease and related disorders.
<b>Anchorage Senior Center</b>	770-2000 1300 E. 19 <sup>th</sup> Ave. <a href="http://www.anchorageseniorcenter.org">www.anchorageseniorcenter.org</a>	Provides social, health, physical fitness, recreation, and arts and crafts opportunities. Offers case management, library and educational resources, pro-bono legal assistance, off-site swimming and touring, and a self supporting restaurant that offers catering services. Also a source for voter registration, Notary Public, information

		and referral. Serves seniors age 50 and older. \$75 annual membership \$135 couple; other fees vary by activity or service.
<b>Chugiak Senior Center</b>	688-2677 22424 N. Birchwood Loop Road <a href="http://www.chugiak.org">www.chugiak.org</a>	Provides meals to the public, transportation, information and referrals, recreation/social activities and outreach. Has 43 senior apartments, 20 assisted living apartments and adult day care services.
<b>Geriatric Mental Health Services Southcentral counseling Center</b>	563-1000 4020 Folker St.	Provides mental health care for elderly persons to assist them in remaining independent to avoid institutionalization. Offers individual, group, marital counseling, behavior therapy, counseling to the dying, rehabilitation, psychological evaluation, information and referrals. Offers psychiatric consultation to nursing homes, doctors, etc. "Daybreak" Alzheimer's daycare program and family support, pre-retirement counseling and education. Eligibility: persons 60 years and older, and their families. Sliding fee scale; no one turned away.
<b>Mabel T. Calverly Senior Center</b>	276-1496 911 West 8 <sup>th</sup> ave, ste 104 <a href="http://www.mabeltcalverly.org">www.mabeltcalverly.org</a>	Offers recreation, social activities, phone pal program, ceramics, arts and crafts, outings, cards, and potlucks. Offers information, referrals, outreach, counseling, and advocacy. Operates "Lifeline" program (24-hour emergency monitoring and rescue system), dental grants, and emergency services and transportation services. Charges \$25 annual membership fee.
<b>Older Persons Action Group</b>	276-1059 325 E. 3 <sup>rd</sup> Ave. Suite 300 <a href="http://www.opagak.com">www.opagak.com</a>	Provides advocacy for older Alaskans. Also provides direct services including information and referrals and training programs in computer skills and health care.
<b>Social Security Administration</b>	Toll Free 1-800-772-1213 1-866-772-3081 222 W. 8 <sup>th</sup> Ave	Pays monthly benefits to retired workers (65+ years) or their surviving spouses and dependents. Pays monthly assistance checks for those certified by physician or appropriate professional as having a long-term (12 or more months), permanent or potentially terminal disability.

## Recreation

<b>Alaska Museum of Natural History</b>	274-2400 201 N. Bragaw St. <a href="http://www.alaskamuseum.org">www.alaskamuseum.org</a>	An interactive museum for children and families. Open Thursday-Saturday, 10 am to 4 pm. <b>Admission:</b> Adults: \$8, Military: \$7, Seniors: \$7. Children 3-18: \$6, Children under 3: Free ( <b>Face mask required</b> )
<b>Alaska Zoo</b>	346-3242 4731 O'Malley Rd.	Open 7 days a week, 9 am – 9 pm <b>Admission:</b> Children 0-2 free, 3-17: \$10, Military: \$13 w/ID, Seniors: \$13, Adults: \$15 non-residents, \$15 AK residents w/ID ( <b>Face mask required</b> )
<b>Anchorage Museum of History and Art</b>	929-9200 625 C St. <a href="http://www.anchoragemuseum.org">www.anchoragemuseum.org</a>	Admission: \$20 Adult, \$17 AK Residents, \$15 Senior, Student, Military w/ID, \$10 Children 6-12, 2 and 5 years and under free.
<b>Armed Services YMCA of Alaska</b>	552-9622 10449 Luke Ave.	Provides social and recreational programs focusing on enlisted military personnel and their families.

<b>Ben Boeke Ice Arena</b>	274-5715 534 E. 16 <sup>th</sup> Ave.	Convert to a temporary emergency shelter.
<b>Bowling</b>	562-2695 (Center Bowl) 929-7117 (Dimond Bowl) 248-2634 (Jewel Lake Bowl)	3717 Minnesota Dr. 800 E. Dimond Blvd. (Dimond Center) 8801 Jewel Lake Rd.
<b>Challenge Alaska</b>	344-7399 3350 Commercial Dr. Ste. 208 <a href="http://www.challengealaska.org">www.challengealaska.org</a>	Provides a wide range of sport and therapeutic recreation for people with disabilities. Social activities, outdoor recreation, alpine ski services and adaptive equipment loans.
<b>Dimond Ice Chalet</b>	344-1212 800 E. Dimond (Dimond Center Mall)	Ice skating rink located in the Dimond Center Mall. Call for current skate session schedule. Admission-age 13 and over: \$5, Children 12 and under \$4, military \$4, seniors (55+) \$4, and college students: \$4 Rental-hockey skates or Figure Skates: \$3.50
<b>Dimond Skateland</b>	349-8825 8100 Homer Dr. <a href="http://www.dimondskateland.com">www.dimondskateland.com</a>	Roller skating rink. Afternoon admission \$18, evening admission \$20. Call or visit website for schedule of sessions. Admission includes skates.
<b>Swimming Pools</b>	343-4402 Swim Information Line	Bartlett Pool: 1101 Golden Bear Chugiak Pool: 16525 South Birchwood Loop Dimond Pool: 2909 W. 88 <sup>th</sup> Ave. East Pool: 4025 East 25 <sup>th</sup> Ave. Service Pool: 5577 Abbott Rd. West Pool: 1700 Hillcrest Dr. All pools only open limited to swim lessons.
<b>YMCA</b>	563-3211 5353 Lake Otis Pkwy	A fun and welcoming environment where children, teens, and adults can enrich their spirit, mind and body. The YMCA offers lap swim, open swim, water walking/jogging, swim lessons, youth sports, summer camps, a health and fitness center, before and after school care, day camp and residential camp options in the summer and teen programs. Call for more information.

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