

# Mat-Su Valley Resource Guide

*Great things are not done by impulse, but by  
a series of small things brought together. "*  
- Vincent Van Gogh



## United Way of Mat-Su



[unitedwaymatsu.org](http://unitedwaymatsu.org) | [@UnitedWayMatSu](https://www.instagram.com/UnitedWayMatSu)

**This resource guide is not intended to be used  
in emergencies. In case of an emergency please dial 911.**

**Printing made possible with the generous support of Connect Mat-Su.**



**CRISIS ASSISTANCE:** Agencies offering crisis assistance may have available emergency shelter, a crisis hotline, 24-hour peer support, and provide food, clothing, or a hot meal. Please note that if you are experiencing an emergency, you should call 911.



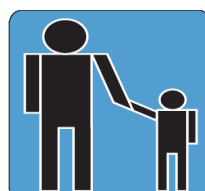
**INFORMATION & REFERRAL:** These organizations can refer you to area agencies for further assistance and give basic information on available resources.



Clothing



Education



Family Support



Financial Help  
(rent/mortgage/  
utilities)



Food Pantries/  
Food Resources



Housing & Shelter



Medical Care



Mental/  
Behavioral Health



Recovery  
Services  
(Substance Use)



Recreation &  
Activities



Senior Citizens



Special Needs



Transportation



Veterinary/  
Pet Care

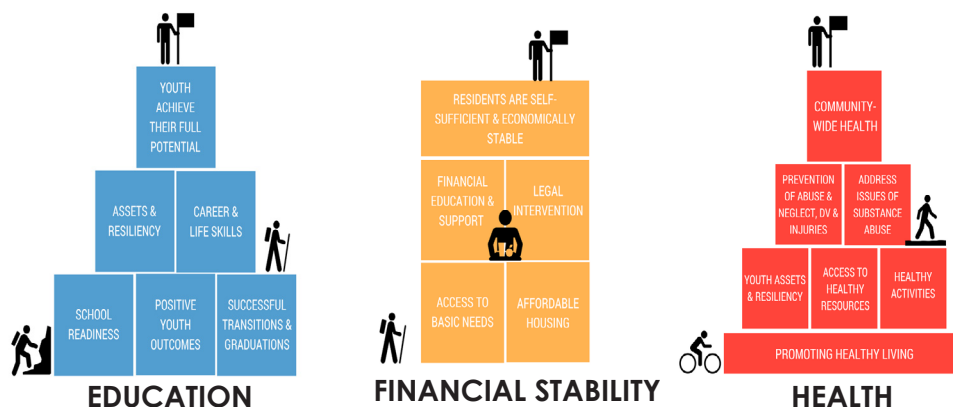
The Resource Guide is organized so information on meeting emergent and basic needs appears first. If an icon appears by an organization's name, they offer that service and may be able to assist you. If you need further assistance in navigating the Guide or locating resources, please call United Way of Mat-Su at (907)745-5824. You may also call Connect Mat-Su at (907)373-2628.

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# United Way of Mat-Su: The Power of Ordinary People, Doing Extraordinary Things



Annually our community grants program supports 20 or more local agencies, whose missions meet the health & human services needs of our community. We ensure that these agencies are nonprofits in good standing with histories of serving the Valley and providing lasting impact.



## COMMUNITY IMPACT GRANTS

A multitude of Valley agencies receive support through the UWMS Community Impact fund. We are thankful for the tireless work of so many Mat-Su agencies, nonprofits and individuals who strive to make the Valley a better place.

Over the years, the Community Impact Fund has supported agencies working in youth development, food banks and pantries, disability and accessibility resource providers, our local senior centers, and many more.

When you donate to United Way of Mat-Su, your generous support allows us to continue distributing these annual grants. Choose to support Education, Financial Stability and Health in the Mat-Su by making your tax-deductible donation today!

Visit [unitedwaymatsu.org/our-work/grantees](https://unitedwaymatsu.org/our-work/grantees) for more.

**For more information on Community Impact Grants,  
contact Stephanie Allen:  
[sallen@unitedwaymatsu.org](mailto:sallen@unitedwaymatsu.org)  
(907)745-5821**





The past few years have challenged us all in ways we couldn't have imagined.. Through it all, one thing remains the same: the giving, compassionate spirit shown by Alaskans. Whether by supporting our efforts toward Education, Financial Stability & Health for all with a financial contribution, giving your time and energy through volunteerism, engaging in advocacy, checking on friends and neighbors, or all of the above, we're proud to be part of a community that shows what we can achieve when we all **Live United**.

I have never been so amazed with an organization as I am with United Way of Mat-Su! Three cheers to you for bringing the Valley together in a multitude of ways!

-Tina T.

\$30,000 in grants supporting Education across the Valley, including before-and-afterschool programming, positive youth development, youth programs and activities, early childhood, and youth advocacy. \$35,000 in grants supporting Financial Stability for all Mat-Su residents, to agencies providing services meeting citizens' basic needs, such as food and nutrition, shelter and safe transportation. \$31,000 in grants supporting good Health in the Valley, such as counseling and mental health services, handmade cloth masks, suicide prevention and awareness, medical exams, copays and deductibles. Supporting local nonprofits in the health, social and human services fields for over 30 years.

### UWMS Pocket Resource Guide

Now available! This handy, wallet-sized guide is easy to carry and provides a quick resource reference. The Pocket Guide contains resources to meet crisis and immediate needs, such as food pantries, crisis hotlines, emergency shelter, family resources, and transportation.

Call (907)745-5824 or email [admin@unitedwaymatsu.org](mailto:admin@unitedwaymatsu.org) to schedule pickup!

### BE[STRONG]. BE[THE CHANGE]. BE[YOU]!

From Be [You] Days at Colony and Wasilla middle schools to Be [You] nights at high school football and basketball games, students help spread the good news that most Mat-Su teens don't drink alcohol. Visit [beyoualaska.com](http://beyoualaska.com) for facts, downloadable resources and more.



## Crisis Assistance

**In case of emergency, please call 911.**

**Beginning in July 2022, you may dial 988 to reach a trained crisis counselor if you are experiencing a mental health crisis.**

**You may also call any of the agencies we have listed below.**



Adult Protective Services 24-Hour Line	1-800-478-9996
Alaska Family Services Shelter, Care Line & Sexual Assault Response Team	(907)746-8026   <a href="http://akafs.org/dvsa.html">akafs.org/dvsa.html</a> Text an advocate: (907)795-9246
Beacon Hill/Safe Families For Children	(907)277-0925 (for families in times of crisis)
Domestic Violence/Sexual Assault Hotline	1-866-746-8026
Fallen Up Ministries	(907)815-SAVE (substance abuse peer support)
Identity Alaska LGBTQ+ Helpline	907-929-4528   <a href="http://identityalaska.org">identityalaska.org</a>
Mat-Su Health Services Suicide Hotline	(907)376-2411
MYHouse (Drop-in Center, Food, Showers)	(907)373-4357   <a href="http://myhousematsu.org">myhousematsu.org</a>
Office of Children's Services-Wasilla	(907)357-9797   <a href="http://hss.state.ak.us/ocs">hss.state.ak.us/ocs</a>
Poison Control Hotline (24 Hour Hotline)	1-800-222-1222
Statewide Careline Crisis Intervention	Call 988 to reach a trained call center worker.
Standing Together Against Rape (STAR) 24-Hour Crisis Line	1-800-478-8999
True North Recovery Services HOPE line	(907)982-HOPE (recovery support)

## PUBLIC ASSISTANCE PROGRAMS

*Please note applications for these programs may take time to process and for benefits to begin.*

Mat-Su Office of Public Assistance (food, Medicaid and general relief) | (907)376-3903  
Childcare Assistance Program-Wasilla | (907)373-4450 | 899 W. Commercial Dr., Wasilla  
Heating/ Energy Assistance | (907)373-3903 | Home Weatherization Assistance | (907)746-5680  
Long-Term Care | (907)269-8950 | 3601 C. St., Anchorage  
Medicare Information Office | (907)269-3680 | 550 W 7th Ave., Suite 1230, Anchorage  
Senior Benefits | (907)352-4150 | 855 W. Commercial Dr., Wasilla  
Social Security Toll-Free Line | 1-800-772-1213  
Women, Infants and Children (WIC) | (907)746-4080 Palmer | (907)376-4080 Wasilla

**Register to vote! Your vote matters. Visit [elections.alaska.gov](http://elections.alaska.gov) to register or update your voter information. You may also register automatically when visiting the Alaska DMV.**

## Public Assistance Programs:

There are several public, statewide programs for low-income individuals, providing assistance with a variety of services and needs. Read below for details of each.

For each of these programs, you must provide proof of one or more of the following:

- Income eligibility-tax return, a current income statement or pay stubs
- SSI benefits statement, DMVA statement, retirement/pension benefits, unemployment or worker's compensation, any other official document containing your income information.
- Proof of participation in: food stamps program, Medicaid, BIA General Assistance, SSI income, the Head-Start Program, Federal Public Housing Assistance.
- Please also provide up to date contact information, personal information, preferred pronouns, and a description of your needs.

**Adult Public Assistance:** Cash assistance for aged, blind and/or disabled Alaskans to help them remain independent. Resources may not exceed \$2,000 for an individual or \$3,000 for a couple. Persons under the age of 65 must be blind or disabled.

**Disability Law Center:** Call to speak with an Intake Advocate to determine if your issue can be addressed by the DLC. In most cases, DLC cannot initiate services based on a third-party request.

Please be patient as it may take up to 3 working days for a return call.

1-800-478-1234 Statewide Toll-free hotline.

**Free Legal Answers Alaska:** Visit the Free Legal Answers website to take an intake survey and ask volunteer attorneys a question about your civil legal issue. You will need to set up an account. You can use this website if: your income is low for your family size; the value of your assets is low; you are not jailed or imprisoned; your legal issue is non-criminal; you do not have a lawyer; you are 18 or over.

Visit [alaska.freelegalanswers.org](http://alaska.freelegalanswers.org).

### **General Relief Assistance:**

GRA is intended to assist Alaskans in emergency situations, with basic needs such as shelter, utilities, food, and clothing. Limited funds for burial of a deceased person in need may also be available.

Households must have an immediate, specific need and not have the ability to use other resources in order to be eligible. Find the application: <http://dhss.alaska.gov/dpa/Pages/gra/default.aspx>

**Lifeline Phone Program:** The Lifeline Phone program offers discounted wireless or landline phone services. You may only obtain one Lifeline benefit per household. To apply for Lifeline service, inquire at AT&T, MTA, GCI or Verizon. and present the required proof of income/household information.

**Medicaid Waiver/CAMA:** The Chronic & Acute Medical Assistance program is designed to help those with specific illnesses obtain medical care. This program serves ages 21-64 who do not qualify for Medicaid, have little income and have inadequate or no health insurance. Income requirements: \$300/one person or \$400/two people. Contact the Division of Public Assistance Office at (800)780-9972 with questions.

### **Alaska Legal Services:**

**Free Legal Clinics for Veterans:** These clinics are for eligible (income-qualifying veterans) regarding civil legal matters. Please note: Criminal cases will not be accepted. You may register in advance to consult with a lawyer about: consumer debt/collections; family law; public assistance/benefits; child support; housing; healthcare; power of attorney. Call (907)222-4501 for appointment scheduling. Clinics are held in Anchorage. Must provide own transportation.

**Other Legal Services:** Alaska Legal Services offers client resources in a variety of legal areas including Consumer, Domestic Violence, Elder, Housing and Family Law. The Alaska Legal Services Landlord/Tenant Help Line is open Tuesdays and Thursdays from 6-8pm, by calling 855-743-1001. For more information on Alaska Legal Services' Valley resources, please call the Palmer office at (907)746-4636.

**State of Alaska Division of Vocational Rehabilitation:** Offers free services designed to assist those with disabilities in obtaining job training, on-the-job training, job search and placement, and tutoring. You may need other services, which you may help pay for, such as books, supplies, transportation, work licensing, and tools. Contact the Wasilla branch office at (800)770-4124 or visit 913 W Commercial Drive, Wasilla to apply.



## **INFORMATION/REFERRALS**

**Use the numbers below to help you locate the most helpful resources for your situation.**

**To request copies of the Mat-Su Valley Resource Guide or Pocket Guide, contact UWMS at 745-5824.**

**Connect Mat-Su's online database has resources and info from around the Valley: [connectmatsu.org](http://connectmatsu.org).**



**2-1-1 Information Helpline | Dial 211 or visit [alaska211.org](http://alaska211.org)**

**United Way of Mat-Su | (907)745-5824  
550 S. Alaska St., Suite #205, Palmer  
[unitedwaymatsu.org](http://unitedwaymatsu.org)**

**Access Alaska Information and Referrals | 1-800-770-4488**

**Alaska Family Services | (907)746-4080 | [akafs.org](http://akafs.org)**

**Benteh Nuutah Valley Native Primary Care (Southcentral Foundation)  
1001 Knik-Goose Bay Rd. Wasilla | (907)631-7800**

**Chickaloon Village-Sutton | (907)745-0749 | [chickaloon-nsn.gov](http://chickaloon-nsn.gov)**

**Cook Inlet Tribal Council (TANF Services location)  
1744 N. Prospect Dr., Palmer | (907)793-3600**

**Knik Tribal Council | 1744 N. Prospect Dr. Palmer  
(907)373-7991 | [kniktribe.org](http://kniktribe.org)**

**LINKS Mat-Su HUMS Program (High Utilizer Mat-Su) | (907)887-HUMS**  
For residents of the Mat-Su who have multiple social needs. Voluntary program for those 18 and over who have multiple emergency department visits.

**LINKS Parent Resource Center & Mat-Su Aging & Disability Resource Center  
(907)373-3632 | 777 N. Crusey St. Wasilla  
[linksprc.org](http://linksprc.org)**

**MSBSD Project Childfind | (907)746-9222** | Early screenings to identify educational of physical needs for children enrolled in MSBSD schools.

**MSBSD Student Support Services | (907)746-9221**  
Ask to speak with a Resource Specialist, especially if you are relocating to the Mat-Su from out of state.

**Southcentral Foundation | (907)631-7800 | 1001 S. Knik-Goose Bay Rd, Wasilla**

## BASIC NEEDS ASSISTANCE

These agencies assist with basic needs and offer more than one type of help. For food pantries, bring valid ID showing your area of residence.

All Mat-Su residents struggling with basic needs are encouraged to call Connect Mat-Su at (907)373-2628 to be connected with a community resource specialist. You may also email [specialist@connectmatsu.org](mailto:specialist@connectmatsu.org).

**Alaska Family Services | [www.akafs.org](http://www.akafs.org)**

Wasilla (907)376-4080 | Palmer (907)746-4080

Call for assistance with WIC, Senior Farmers' Market coupons, childcare assistance, legal advocacy, and work services.



**Blood N Fire Ministries | [bloodnfireak.org](http://bloodnfireak.org)**

244 S. Sylvan Rd. #21, Wasilla (907)864-0463

Food pantry, clothing closet, rental/utilities assistance



**Family Promise Mat-Su | [fpm-su.com](http://fpm-su.com)**

(907)357-6160 | 561 W. Nelson Ave., Wasilla

Navigation center, housing, basic needs, family assistance. Pet Boardin may be available on a case by case basis.



**Frontline Mission | [frontlinemission.org](http://frontlinemission.org)**

2001 E. Palmer-Wasilla Hwy. Wasilla | (907)357-8600

Food pantry, clothing closet. Hot meals. Shower/laundry facilities.



**Salvation Army-Mat-Su Valley Corps | [mat-suvalley.salvationarmy.org](http://mat-suvalley.salvationarmy.org)**

12271 E. Palmer-Wasilla Hwy Palmer | (907)745-7079

Food and Clothing Pantry, Rental/Utilities Assistance

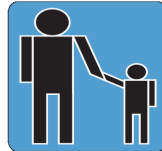


## BASIC NEEDS

### **St. Vincent DePaul | Our Lady Of the Lake Church**

4275 S Oscar Anderson Rd, Big Lake | (907)892-6492

Home Visits | 24-hour Food Pantry | Clothing | Rental Assistance  
For Big Lake and Houston residents only.



### **Valley Charities & turn-a-leaf thrift store | valleycharities.org**

400 N. Yenlo St

Valley Charities Office: (907)354-4660 | turn-a-leaf store: (907)376-5708

Valley Charities offers rental and utilities assistance. turn-a-leaf store offers household items, clothing, bedding and medical equipment to those in need.



## AMENITIES/WATER FILLUP

Here is a list of locations offering amenities like showers, laundry and/or water fillup. Remember to bring coins to operate laundry and showers. Bring your own water containers.

**Butte Wash Tub LLC** | 16490 Marilyn Dr., Palmer | (907)444-0502

**City of Wasilla Bulk Water Station** | 550 N. Weber Drive (across from IditaPark)

### **Frontline Mission | (907)357-8600**

Shower access is available on a limited basis on Thursdays for women, and Fridays for men. Clothing will be laundered so clean clothes are available after showering. Please call for more information.

**Idita-A-Wash** | 745-7111 | 1150 S Colony Way Unit 9, Palmer

**Midas-Palmer** | 1225 N. Glenn Hwy., Palmer (in rear of building) | (907)268-5061

**Talkeetna Roadhouse** | (907)733-1351 | 13550 E Main St., Talkeetna  
May be closed during winter months.

**Turner's Corner** | 745-6161 | 8238 Turner Rd., Palmer

**Trapper Creek Watering Point** | 8835 E. Devonshire Rd., Talkeetna

**Valley Country Store-Trunk** | 745-6161 | 4644 N. Trunk Rd.  
(intersection of Trunk Rd. and Palmer Fishhook)

**Wasilla Wash Day** | 376-4141 | 745 Westpoint Dr., Wasilla



## **FOOD PANTRIES & FOOD ASSISTANCE**

**Visit only the food pantry in your ZIP code of residence and bring photo ID. Call your pantry to hear distribution times, dates and details. You may also use the Food Bank of Alaska's pantry calendar: [foodbankofalaska.org](http://foodbankofalaska.org).**



### **Big Lake Baptist Church Pantry**

10864 W. Parks Hwy Big Lake (907)892-6646

### **Big Lake Community Food Pantry | Faith Bible Fellowship of Big Lake**

14225 W Kluane Dr, Big Lake (907)892-8545

### **Blood N Fire Ministries Food Pantry**

244 Sylvan Rd. #21, Meadow Lakes | (907)864-0463

### **Frontline Mission | (907)357-8600**

2001 E. Palmer-Wasilla Hwy, Wasilla

### **Hilltop Assembly of God | [www.hilltopag.org](http://www.hilltopag.org)**

19777 W. Parks Hwy. Wasilla (907)892-6225

Houston-area residents only | Please call to arrange food pick-up.

### **King's Chapel-Wasilla | (907)357-2065 | 1701 N. Lucille St., Wasilla**

Hot meal on the last Tuesday of each month, 7pm

### **Manna Independent Baptist Church**

10151 E. Palmer-Wasilla Hwy. Palmer (907)745-3898

### **Mat-Su Food Bank | [matsufoodbank.org](http://matsufoodbank.org)**

501 Bogard Rd. Wasilla | (907)357-3769

Food Pantry & Child Feeding Program | Senior Food Boxes

### **Palmer Food Bank**

221 S Valley Way | (907)746-3565 | Mat-Su residents only

### **Palmer Christian Food Pantry**

Mile 40 Glenn Hwy | (907)354-0735

### **SNAP (Supplemental Nutrition Assistance Program) | (907)376-3903**

Wasilla Public Assistance Office | 855 W. Commercial Dr., Wasilla

### **Summit Worship Center | 125 W. Riley Ave, Wasilla**

(907)376-5732

### **Sutton Food Pantry | Grace Bible Church, Sutton**

15748 N. Glenn Hwy. Sutton (907)354-0012

**BASIC NEEDS: Food Pantries/Hot Meals**

**Salvation Army Mat-Su Valley Corps | [mat-suvalley.salvationarmy.org](http://mat-suvalley.salvationarmy.org)**  
12271 E. Palmer-Wasilla Hwy Palmer | (907)745-7079

**Senior Food Box Program | (907)272-3663**  
Visit [foodbankofalaska.org](http://foodbankofalaska.org)

**Senior Farmers Market Nutrition Program | (907)465-3100**

**Upper Susitna Food Pantry | Talkeetna Branch**  
16004 Walsted Rd. (907)733-3358

**Upper Susitna Food Pantry | Trapper Creek Branch**  
8252 E. Petersville Rd Trapper Creek | (907)733-3358  
**Visit [www.uppersusitnafoodpantry.org](http://www.uppersusitnafoodpantry.org)**

**Willow Community Food Pantry | (907)414-7555**  
67.8 Parks Hwy. Wasilla | Must have a Willow address

**Women, Infants and Children (WIC)**  
(907)746-4080 Palmer | (907)376-4080 Wasilla

**JUST FOR KIDS**

**Kids Kupboard | [www.kidskupboard.org](http://www.kidskupboard.org) | (907)357-5439 | [lynette@kidskupboard.org](mailto:lynette@kidskupboard.org)**  
Mobile child feeding program and year-round meals.  
Check Facebook and website for updates to meal sites and schedules.

**Food4Kids Program (run by Mat-Su Food Pantry) | (907)357-3769**  
SUMMER ONLY: Newcombe Park at Wasilla Lake, Wonderland Park, and Mat-Su Food Pantry locations.



## LEARN, GROW, SHARE AND SAVE

*Teach yourself, bring a friend, or get your children and family excited for these local programs! You can also get involved in other ways, such as helping to prepare and plant local community gardens. Read below to find out how!*

**ALASKA FARMERS MARKET DIRECTORY:** Visit [alaskafarmersmarkets.org](http://alaskafarmersmarkets.org) to view the market directory and find a farm stand or market near you!

**BUY ALASKA GROWN:** The Alaska Division of Agriculture is the home of Alaska Grown, and can help you locate places to buy local produce, Alaska Grown products, merchandise and provides grants to support local growers' efforts. Visit [buyalaskagrown.com](http://buyalaskagrown.com) for details.

**C'ENYAEXDE UGHELI COMMUNITY GARDEN:**

Community garden plots available for registration in spring. Membership and sign-up via website. Members must agree to be Garden Stewards. Visit [palmercommunitygarden.org](http://palmercommunitygarden.org) for more!

**FRIENDSHIP DINNERS MAT-SU:** Every holiday season, the Mat-Su community gathers to prep, prepare and share a hot dinner on Thanksgiving Day, as well as one on Christmas. Anyone is welcome, both to volunteer and to eat!

For more information on Thanksgiving Blessing Dinner: Contact Frontline Mission at 357-8600.

For more information on the Christmas Friendship Dinner: [christmasfriendshipdinner.com](http://christmasfriendshipdinner.com) or email [cfddinnerinfo@gmail.com](mailto:cfddinnerinfo@gmail.com).

**GROW PALMER EDIBLE GARDENS:**

All around Palmer, you will find large cement planters, labeled garden beds, and potted plants bearing the Grow Palmer logo. In the spring, community members gather to prepare the soil and plant seeds. As plants grow, they can be harvested for eating by ANYONE. You might find: edible flower blossoms, red and green lettuce, fresh herbs, broccoli, Brussels sprouts and more.

Learn more at [facebook.com/growpalmer](https://facebook.com/growpalmer) or email [growpalmer@gmail.com](mailto:growpalmer@gmail.com)!

**GROW YOUR OWN GARDEN-CITY OF WASILLA:**

These community garden plots are available for reservations through the City of Wasilla Public Works Department. Contact Public Works to inquire about availability. Each plot is 4x10'.

Water available on-site. Call (907)373-9010 for details.

**MAT-SU EXPERIMENTAL FARM COOPERATIVE EXTENSION**

Many classes and seminars in food preservation, home cooking, food handler's training, emergency preparedness, food storage, pest control and other topics are available through the Cooperative Extension year-round. Learn something new by attending a course! Course registration and schedule available at [uaf.edu/ces/index.php](http://uaf.edu/ces/index.php)

The Family Nutrition Program is also housed here. This program provides educational opportunities for those with limited resources, improving access to affordable, nutritious food. *To fill out the form and have a Nutrition Educator contact you, find classes, recipes and resources, and learn more, please visit [uaf.edu/ces/family/fnp](http://uaf.edu/ces/family/fnp) or call (907)745-3423*

**RAYMOND REBANCHEK FARM & FOOD FOREST:** Volunteers and the Alaska State Fair have revived the Rebarchek Colony Farm, located adjacent to the Fair grounds. The farm features experimental crop plantings, native plant and trees, and will be hosting public tours, crop harvests and field trip opportunities. For more information, call (907)745-4827 or visit [alaskastatefair.org](http://alaskastatefair.org).



## HOUSING & HOMELESSNESS

Listed first in this section are agencies offering shelter in emergency situations (such as eviction or domestic violence).

Next are agencies offering assistance with affordable housing or rental/mortgage assistance.

Inquire with each about utilities assistance.



**Alaska Family Services Domestic Violence Shelter** | [akafs.org/dvsa.html](http://akafs.org/dvsa.html)  
(907)746-8026

Safe shelter for female victims of domestic violence, and children. 24-hour staffing with access to domestic violence advocacy.



**Beacon Hill/Safe Families for Children** | (907)222-0925  
Assistance for parents in crisis; safe places for children.

**Choosing Our Roots** | (907)764-6233 | [manager@choosingourroots.org](mailto:manager@choosingourroots.org)  
Safely housing queer youth. Safe homes, support and wrap-around services for ages 13-24.

**Connect Palmer /Sarah's House** | [connectpalmer.org](http://connectpalmer.org)  
202 S. Alaska St., Palmer | (907)746-9675

Sober women's living program, life and work skills programming, and personal care items locker.

**Family Promise of Mat-Su** | [familypromisematsu.org](http://familypromisematsu.org)  
(907)357-6160

Shelter for families, pet boarding, rental assistance and family programs.



**Knik House** | [bloodnfireak.org/knik-house](http://bloodnfireak.org/knik-house)  
7362 W. Parks Hwy Wasilla | (907)357-0391 | [knikhouse@mtaonline.net](mailto:knikhouse@mtaonline.net)  
Sober living for women, men, single parents and the re-entry population.



**MYHouse** | [myhousematsu.org](http://myhousematsu.org)  
300 N. Willow St. Wasilla | (907)373-4357  
MYHouse offers transitional housing for youth ages 14-24.  
Job training, skills development, and assistance with basic needs.



**American Red Cross of Alaska-Wasilla | (907)357-6060**

**851 Westpoint Dr., Suite B9, Wasilla**

Disaster preparedness, training, disaster response.  
Housing assistance in cases of disaster/emergency.

**Connect Mat-Su-Basic Needs Support Fund | (907)373-2628**

**connectmatsu.org**

**True North Recovery Services-Sober Transitional Living | (907)313-1333**

**Fill out application at [tnrak.org](http://tnrak.org)**

**Valley Charities | (907)354-4660**

**valleycharities.org**

Medical equipment lending, homelessness prevention, reentry program, training.  
Rental and utilities assistance.

**Wasilla Homeless Committee | (907)521-2949**

Case management, clothing, household items, personal care items.  
Some monetary assistance. Voucher program.

Request assistance online at [wasillahomeless-committee.org/get-help](http://wasillahomeless-committee.org/get-help)

#### **AFFORDABLE HOUSING**

**Alaska Housing Finance Corporation | [ahfc.us](http://ahfc.us)**

**1201 N. Lucille St. Ste #104 Wasilla | (907)376-5744**

Providing Alaskans with access to safe, quality affordable housing

**Chickaloon Native Village Family Housing | (907)745-0749**

<https://www.chickaloon-nsn.gov/facilities-housing/>

**Knik Tribal Council | (907)671-6864**

**[kniktribe.org/housing](http://kniktribe.org/housing)**

Affordable rental units, rehab program. Mortgage assistance.

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

1075 Check St, #102, Wasilla | [vrs@valleyres.org](mailto:vrs@valleyres.org)

Manages many affordable housing units in the Valley.

#### **Homeownership Assistance**

**Alaska Community Development Corporation | [alaskacdc.org](http://alaskacdc.org)**

**1517 S. Industrial Way #8 Palmer | (800)478-8080**

Homeownership and weatherization assistance programs

**Habitat for Humanity-Mat-Su**

PO Box 876097 | 900 Hyer Spur Rd., Wasilla  
(907)373-7278

**Neighborworks Alaska | (907)671-6864**

2515 A St., Anchorage

**Rural Development Corporation**

800 W. Evergreen Ave Palmer | (907)761-7705

## TRANSPORTATION

Ride fares, schedules, and route maps listed here are based on the most recently-published information. Call or check schedules before you ride.

For details about a demand-response service, call the transport provider. Carry exact change for the bus and confirm assistance such as Medicaid vouchers before travel.



### Public Transportation

**A-Cab | (907)775-7475 |** Accepts transportation vouchers

**Alaska Cab | (907)357-2727 | [alaskacabllc.com](http://alaskacabllc.com)**  
Offers lockout service, jumpstarts and accepts Medicaid transportation vouchers

**Alaska Ride-Share | (907)245-6503**  
Share rides with friends or coworkers to reduce costs, split driving duties and commute to and from work. Afterhours assistance is available for AK RideShare customers.  
Call 1-800-826-4967.

**Carolyn's Courteous Airport Transportation | (907)775-3470**

**Chickaloon Area Transit System | (907)745-2287 | [chickaloon-nsn.gov/transportation-department](http://chickaloon-nsn.gov/transportation-department)**  
For Chickaloon, Sutton and Palmer area passengers. Discounted rate available for seniors and students. Dispatchers will assist with all requests.  
**Chickaloon Village Traditional Council (for visits to Sutton Life House Clinic)**  
(907)745-0749 | [lifehouseclinic.com/transportation](http://lifehouseclinic.com/transportation)

**Grizzly Cab | (907)717-4027**

**Mat-Su Shuttle, LLC. | (907)982-7061 | [mat-su-shuttle.com](http://mat-su-shuttle.com)**

**Redi Rides of Alaska-Wasilla | (907)357-7500**  
Handicap-accessible vehicles. Must provide Plan of Care and proof of Medicaid waiver.

**Soaring Eagle Transit | (907)822-4545 | [soaringeagletransit.com](http://soaringeagletransit.com)**  
Serves the Copper River Valley with routes to Anchorage, Valdez, Glenallen, Copper Center, and non-schedule (on demand) rides.

**Sunshine Community Transit | (907)495-8411 Wasilla/Willow On-Demand  
(907)354-3885 Talkeetna Driver | [sunshinetransit.org](http://sunshinetransit.org)**  
Talkeetna Spur, Wasilla, and Willow transportation. Accepts Medicaid waiver.

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

**Valley Shuttle Service | (907)357-2727 |** Airport transportation from the Valley to Anchorage.

**Way Makers Transportation | (907)887-9236 | [waymakertransportationak@gmail.com](mailto:waymakertransportationak@gmail.com)**

**Non-Emergency Medical Transport:** If you are a Medicaid recipient, and no other means of public transportation, you may qualify for transportation to medical appointments. Ask your doctor to request a prior authorization for Non-Emergency Medical Transportation when scheduling.



**Valley Transit | (907)864-5000 | [customerservice@valleytransitak.org](mailto:customerservice@valleytransitak.org)**

Connects to: People Mover Anchorage, Sunshine Transit, and Chickaloon Area Transit services.

All commuter buses are equipped with wheelchair ramps and bike racks. Demand response service available between the Valley and Anchorage.

Customer service call center open Monday-Friday from 6am-8pm. and Saturday 7:30am-4pm.

Valley Transit may provide grocery delivery so long as items are prepaid. To set up a delivery, call demand-response customer service at 864-5000.

**FREE FARE FRIDAYS:** A fixed schedule of free fares for seniors and youth ages 17 and younger, as well as discounted rates on demand response daily.

Please read the Valley Transit Ride Guide ahead of your trip for important safety, service area and mapping, and rider rules.

Valley → Anchorage				
VT Park & Ride	Big Lake East Lake Mall	Seward Meridian Park & Ride	Trunk Road Park & Ride	VA Clinic Downtown Transit Center
MONDAY-FRIDAY SCHEDULE				
4:40a		5:00a	5:10a	5:55a
4:55a	5:05a	5:35a	5:45a	6:30a
6:10a		6:30a	6:40a	7:30a
6:25a		6:45a	6:55a	7:40a
		7:40a	7:50a	8:35a
7:25a	7:35a	8:05a	8:15a	9:00a
11:40a		12:10p		12:50p
12:50p		1:15p		2:05p
1:55p		2:15p		3:10p
2:55p		3:15p		4:10p
3:10p		3:30p		4:30p
		4:10p	4:30p	5:15p
4:30p		4:50p		5:35p
		5:40p		6:40p
SATURDAY SCHEDULE				
6:55a	7:05a	7:35a	7:45a	8:25a
		9:20a	9:30a	10:15a
1:55p	2:05p	2:35p	2:45p	3:25p
		4:20p	4:30p	5:15p
Anchorage → Valley				
Downtown Transit Center (+5 min for 6th & C St)	Trunk Road Park & Ride	Seward Meridian Park & Ride	Big Lake East Lake Mall	Valley Transit Park & Ride
MONDAY-FRIDAY SCHEDULE				
5:55a	NM Mall VA Clinic	6:50a		7:05a
6:30a	6:40a 6:45a	7:40a		
7:30a		8:15a		8:30a
7:40a		8:25a		8:40a
8:35a		9:20a		9:35a
9:00a		9:45a		10:00a
1:10p		2:10p		2:30p
2:05p		3:15p		3:30p
3:10p		4:10p		
4:10p		5:20p	5:50p	6:00p
4:30p		5:35p		
5:15p	NM Mall	6:15p		6:30p
5:35p	5:45p	6:35p	7:05p	7:15p
6:40p	7:30p	7:45p		8:00p
SATURDAY SCHEDULE				
8:25a		9:20a		
10:15a		11:05a		11:35a
3:25p		4:20p		
5:15p		6:10p	6:40p	6:50p

## VALLEY TRANSIT

Valley Transit operates Monday-Saturday with the exception of some holidays.

Valley Transit offers a commuter service between the Matanuska Susitna Valley & Anchorage & demand response service within the Valley.

### Commuter Service Fares:

\$7 One way, \$10 Day Pass,  
\$120 Month Pass

For more information about Valley Transit including our demand & response service information visit our website at:

[www.valleytransitak.org](http://www.valleytransitak.org)

You can also call us at  
(907)864-5000. Customer Service is open Monday-Friday 6am-8pm and Saturday from 7:30am-4pm.



## **ADULT EDUCATION, SKILLS DEVELOPMENT & SCHOLARSHIPS**

**AlaskaConnect** is a year-round online training platform providing job skills, training and certifications on a wide range of topics. Visit [AlaskaConnect.org](http://AlaskaConnect.org).

You can also visit **Alaska @ Work** to learn about careers that do not require four-year degrees: [alaskaatwork.org](http://alaskaatwork.org).



**Alaska Job Center & Unemployment Office | (907)352-2500**  
877 Commercial Dr., Wasilla | [jobs.state.ak.us](http://jobs.state.ak.us)

**Alaska Bible College | (907)745-3201**  
248 E. Elmwood Ave., Palmer | [www.akbible.edu](http://www.akbible.edu)

**Alaska Job Corps | (908)861-8800**  
800 E. Lynn Martin Dr., Palmer | [alaska.jobcorps.gov](http://alaska.jobcorps.gov)

**Alaska Division of Vocational Rehabilitation | 1-800-770-4124**  
913 W. Commercial Dr., Wasilla | [labor.alaska.gov/dvr](http://labor.alaska.gov/dvr)

**Alaska Area Health Education Center | [aliciar@alaskapca.org](mailto:aliciar@alaskapca.org)**  
Tuition assistance, incentives, case management and support for youth and adults pursuing health-care careers.

**Alaska Military Youth Academy | (907)375-5554**  
Located on JBER | [dmva.alaska.gov/AMYA](http://dmva.alaska.gov/AMYA)

**Alaska Works Partnership (Construction Education & Training) | [alaskaworks.org](http://alaskaworks.org)**  
(907)569-4711

**At Work AK | Alaska Dept. of Labor and Workforce Development**  
[Labor.Alaska.Gov](http://Labor.Alaska.Gov)

**Charter College of Mat-Su | (907)352-1000**  
721 W. Parks Hwy., [chartercollege.edu](http://chartercollege.edu)

**Connect Palmer God's Work Design Program | (907)746-9675**

**Mat-Su College | (907)745-9774**  
8295 E. College Dr., Palmer | [matsu.alaska.edu](http://matsu.alaska.edu)

**Nine Star Education & Employment Services | (907)373-7833**  
899 W. Commercial Dr., Wasilla | [ninestar.org](http://ninestar.org)  
Adult Basic Education program. ESL, ASVAB, college and career readiness.

**Northern Industrial Training (NIT) | (907)357-6400**  
1740 N. Terrilou Ct, Palmer | [nitalaska.com](http://nitalaska.com)

## COMMUNITY GROUPS

Contact each group for membership information, meeting times and locations.



### **Mat-Su VOAD (Voluntary Agencies Active in Disaster:**

Mat-Su VOAD seeks to alleviate the suffering caused by disasters through enhancing communication, cooperation, coordination & collaboration. We ensure the Mat-Su's ability to prepare, respond, recover & mitigate during times of disaster.

**Mat-Su VOAD welcomes new partners who are interested in attending meetings and becoming active in disaster readiness and response in the Valley.**

**Contact Becky Stoppa, VOAD Coordinator:**

**Ph: (907)745-5827 E: [impact@unitedwaymatsu.org](mailto:impact@unitedwaymatsu.org)**

**Alaska Wellness Coalition | (907)745-5821  
[www.alaskawellness.org](http://www.alaskawellness.org)**

**Breathe Free Mat-Su | (907)746-6131 | [breathefreematsu.org](http://breathefreematsu.org)**

**Bright Lights Book Project | [director@brightlightsbookproject.org](mailto:director@brightlightsbookproject.org)**

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

**Early Childhood Partnership of Mat-Su | (907)745-5824 | [give@unitedwaymatsu.org](mailto:give@unitedwaymatsu.org)**

**Mat-Su Coalition on Housing & Homelessness | (907)232-4450 | [matsuhousing@gmail.com](mailto:matsuhousing@gmail.com)**

**Mat-Su Food Coalition | (907)232-6536**

**Mat-Su Opioid Task Force | [matsuopioidtaskforce@gmail.com](mailto:matsuopioidtaskforce@gmail.com) | [matsuopioidtaskforce.com](http://matsuopioidtaskforce.com)**

**Mat-Su Reentry Coalition | (907)414-4077 | [barbara.mongar@valleycharities.org](mailto:barbara.mongar@valleycharities.org)**

**Mat-Su Zero Waste Coalition | [matsubagit@gmail.com](mailto:matsubagit@gmail.com)**

**No More Mat-Su | [nomorematsuak@gmail.com](mailto:nomorematsuak@gmail.com)**

**Raising Our Children with Kindness (ROCK Mat-Su)  
[healthymatsu.org/focus-areas](http://healthymatsu.org/focus-areas) | (907)352-2863**

**Safe Kids Mat-Su | (907)352-1229 | [gwen.teutsch@mssca.org](mailto:gwen.teutsch@mssca.org)**

**Thrive Mat-Su | (907)745-5827 | [impact@unitedwaymatsu.org](mailto:impact@unitedwaymatsu.org)**

**Valley Awareness & Prevention of Suicide (VAPS)  
(907)373-4357 or (907)352-6626**

**Valley Community for Recycling Solutions | [valleyrecycling.org](http://valleyrecycling.org) | (907)745-5544**

**Valley Interfaith Action Group | [valleyinterfaithaction.org](http://valleyinterfaithaction.org) | [director@valleyinterfaithaction.org](mailto:director@valleyinterfaithaction.org)**

**The EARLY CHILDHOOD PARTNERSHIP provides networking, grant funding, activities and support for parents, caregivers, childcare providers, and child development professionals.**

ECP works to offer support, resources and programming for families of young children, local childcare providers and educators, and early childhood development around the Valley. The Partnership consists of representatives from local agencies invested in early childhood education, childcare provider and community members.



### **MEALS FOR MAT-SU LITTLES**

We'd like to thank each and every volunteer and community member who's supported the Meals for Mat-Su Littles project, as well as project sponsors Mat-Su Health Foundation, CCS Early Learning, and community donors.

Begun in December 2020, this grassroots project was designed by ECP to combat weekend food insecurity in Valley little ones. We packed sacks full of fun, nutritious snacks, to be distributed by local childcare centers to the children they serve.

### **EARLY CHILDHOOD SUPPORT GRANTS**

With guidance and the generous support of Mat-Su Health Foundation, the ECP has distributed tens of thousands of dollars in grant support to the Mat-Su early childhood community. These funds have built playgrounds, repaired childcare facilities, purchased curriculum, and sustained programs and operations for over a dozen childcare centers and programs.

### **ONGOING ADVOCACY & PROGRAM PLANNING**

The ECP continues to meet to advocate for and plan programming supporting the early childhood sector, families with young children, and our fellow agencies working in early learning. New partners are always welcome!



**Interested in joining the partnership? All who are invested in early childhood education and assisting families of young children are welcome!**

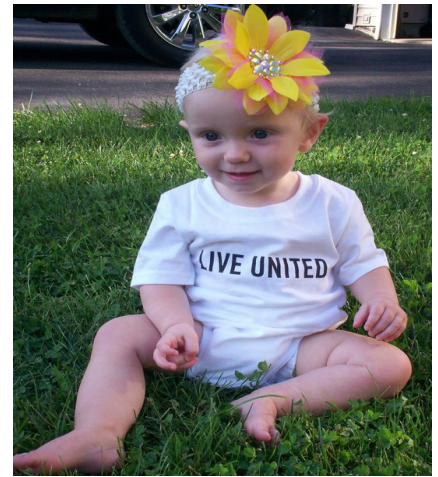
**Early Childhood Partnership Meetings | Third Friday of each month  
To join and receive meeting info,  
email [admin@unitedwaymatsu.org](mailto:admin@unitedwaymatsu.org)**

**Early Childhood Partnership of Mat-Su | Ph: (907)745-5824  
Facebook: @EarlyChildhoodMatSu**



## **EXPECTING MOTHERS & FAMILIES WITH YOUNG CHILDREN**

**Whether pregnant with your first child, considering adopting a baby or young child, or parenting a child ages birth to 3 years, these resources may help you prepare, plan and provide the best care possible, create family connections or specialize in prenatal, perinatal, infant or child care.**



**Alaska Birth Collective | [alaskabirthcollective.org](http://alaskabirthcollective.org)  
[alaskabirthcollective@gmail.com](mailto:alaskabirthcollective@gmail.com)**

**Alaska Family Services-Family Support/Preservation Services  
(907)745-4920 | [FSPP@akafs.org](mailto:FSPP@akafs.org)**

**Alpenglow Women's Health | (907)357-1113 | [alpenglowak.com](http://alpenglowak.com)**

**Benteh Nuutah Valley Native Primary Care Clinic  
Mother/Baby/Child  
(907)631-7630 | 1001 S. Knik-Goose Bay Rd., Wasilla**

**HeartReach Center | (907)373-3456  
865 S. Seward Meridian Pkwy., Wasilla | [heartreachalaska.com](http://heartreachalaska.com)**

**Mat-Su Midwifery and Family Health | (907)373-3420  
[matsumidwifery.com](http://matsumidwifery.com)**

**Mat-Su Regional Hospital Birthing Center | (907)861-6000  
2500 S. Woodworth Lp., Palmer**

**Mat-Su Women's Health Specialists | (907)746-7747  
2490 S. Woodworth Lp., Suite 301, Palmer | [matsuwomenshealth.com](http://matsuwomenshealth.com)**

**MotherWise Postpartum Mental Wellness Texts  
To subscribe, text MOTHERWISE to 555888**

Text messages will arrive every 3-4 days, for 3 months. Topics include the Baby Blues, Coping Skills, Returning to Work, Bonding with Baby, Building Support Networks, and more.

**Providence Nurse-Family Partnership | (907)212-6543 | *Helping First-Time Parents Succeed***  
Free for women expecting their first baby, 28 weeks or less along. Must meet income requirements. For eligibility or other information, please call number above. Partners are welcome to participate!

**ROCK Mat-Su | 777 N. Crusey St., Wasilla | (907)352-2863**  
Parent Cafes and parenting resources; social connections for families; Stewards of Children training.

**Safe Families for Children (Beacon Hill)  
Mat-Su Family Contact Center  
(907)308-9591 | [MatSuFamilySupport@beaconhillak.com](mailto:MatSuFamilySupport@beaconhillak.com)**

## **FAMILIES & CHILDREN: LICENSED CHILDCARE PROVIDERS**

The Child Care Program Office can assist you in finding licensed child care and applying to receive Child Care Assistance. For other up to date listings of childcare providers, visit the thread Alaska website: [threadalaska.org](http://threadalaska.org).



**CCS Early Learning Centers | (907)373-7000  
907)373-7020 fax | [ccsalaska.org](http://ccsalaska.org)**

### **PALMER AREA**

Head Start Center (for ages 3 to 5)  
Palmer, AK | 99645 (907) 746-4483

Early Head Start Center (for ages 0 to 3)  
Palmer, AK 99645 | (907) 746-4483

Fairview Center | (907)373-7000  
Knik-Fairview area

### **WASILLA AREA**

Head Start Center Wasilla (for ages 3-5)  
2100 E Foundry Way, Wasilla, AK 99654 | (907)  
373-7795

Head Start Center Meadow Lakes (for ages 3-5)  
7362 W Parks Hwy #752, Wasilla, AK 99623 |  
(907) 373-7165

Early Head Start Center Wasilla (for ages 0-3)  
2060 E Foundry Way Unit A, Wasilla, AK 99645 |  
(907) 373-7736

## **LICENSED CHILDCARE (listed alphabetically) PALMER AREA**

**Alaskan Seedlings I & II | (907)631-8715**  
[alaskanseedlings@gmail.com](mailto:alaskanseedlings@gmail.com)

**Family First Child Care | (907)330-7460**  
1150 E. Hidden Ranch Lp., Palmer

**Little Friends Childcare | (907)746-7095**  
1635 S. Old Glenn Hwy., Palmer

**Mat-Su Jewish Preschool (Chabad Lubavitch)**  
(907)350-1787

**Mouse Trap Playschool, LLC | (907)745-1803**  
517 S. Cobb St., Palmer

**Nettlewood Playgarden | (907)315-1677**  
[nettlewoodfarmandstudios@gmail.com](mailto:nettlewoodfarmandstudios@gmail.com)

**Palmer Lifeways | (907)746-0077**  
3199 N. Palmer-Fishhook Rd., Palmer

**Pampered Moms | (907)841-1660**  
1431 Downwind Cir., Palmer

**ParentShare Preschool | (907)745-1440**  
[parentsharepreschool.org](http://parentsharepreschool.org)

**Ray's Childcare & Learning | (907)745-4875**  
1738 N. Chet Cir., Palmer

**T&C Playhouse | (907)519-2300**  
401 S. Lower Rd., Palmer

**Tree of Life Center | (907)746-5338**  
268 E. Fireweed Ave., Palmer

**Valley Creative Minds | (907)982-7018**  
2021 N. Midtown Dr., Palmer

**Wee Care A Lot Child Care | (907)746-1008**  
955 Josh Dr., Palmer

## WASILLA AREA

**Arctic Fox Child Care | (907)414-1905**  
arcticfoxcc@yahoo.com

**A Touch of Home Center | (907)357-2237**  
260 E. Nelson Ave. Wasilla

**Alaska Children's Academy | (907)414-9332**  
4931 E. Mayflower Ln, Wasilla

**Carefree Kids, LLC | (907)373-3950**  
3950 E. Carefree Dr., Wasilla

**Dee's Little Angels | (907)5357-6300**  
Multiple locations, call for more info.

**Denali Gymnastics & Fitness, Inc**  
**(907)373-3547** | 300 E. Kalli Cir., Wasilla

**Edge Preschool | (907)376-3343**  
alina@edgepreschool.com

**Good Time Daycare | (907)315-8859**  
3971 Wasilla Fishhook Rd., Wasilla

**Grandma's Little Angels | (907)671-1333**  
2650 E McNeese Pkwy, Unit A, Wasilla

**Great Places | (907)357-1122**  
300 W. Swanson Ave., Wasilla

**Highly Favored Home Daycare | (907)414-3986**  
5855 E. Summit Cir., Wasilla

**Karousel Kidz Learning Center | (907)376-7000**  
1508 Bogard Rd. Suite #9, Wasilla

**Little Angels Childcare | (913)240-5858**  
700 W. Wilder Ave., Wasilla

**Little Explorers Childcare | (907)775-5320**  
tracie.atwell@gmail.com

**Little Learners Academy | (907)357-1188**  
235 W. Nelson Ave., Wasilla

**Marie's Little Lambs Learning Center**  
**(907)715-6226** | marieslittl lambs@yahoo.com

**My Favorite Preschool | (907)223-1049**  
1265 Seward Meridian Pkwy, Suite G, Wasilla

**New Generations CDC | (907)373-3118**  
611 S Knik-Goosebay Rd, Wasilla

**Rising Star Child Care | (907)373-4875**  
1405 N. Wasilla Fishhook Rd., Wasilla

**Shining Star Academy | (907)357-6160**  
Day and overnight care available.

**Tender Loven Daycare | (907)357-9781**  
6554 E. Ptarmigan Cir., Wasilla

**Valley Montessori | (907)414-7332**  
5461 E. Mayflower Ln., Wasilla

**Mat-Su Services for Children and Adults (MSSCA) | (907)352-1200**  
1225 W. Spruce Ave, Wasilla



**Infant Learning Program (ages birth-3):** Evaluates child development, develops a plan for services, and offers special instruction, activities and materials. Visit the MSSCA website for more information.

**Look at Me! developmental screenings (ages birth-5):** Contact Gwen Teutsch for more information via email [gwen.teutsch@mssca.org](mailto:gwen.teutsch@mssca.org).

**Family Support (respite):** In-home respite, companion respite, overnight respite and training for those with intellectual or developmental disabilities and their families.

Most services are offered at no cost to families and individuals. However, some program participants must meet eligibility requirements for services. Costs vary.

## **MEADOW LAKES, KNIK-GOOSE BAY & UPPER SUSITNA**

**Bright Minds Early Learning Center, LLC**  
**(907)357-2600**

172 S. Lamont Cir., Wasilla

**Haven's Place | (907)373-8521**

1465 N. Meadow Lakes Lp., Wasilla

**Lil' House On the Meadow | (907)414-3063**

3801 North Coronado St., Wasilla

**Miss Tori's Tots | (907)315-5388**

3548 S. Johnsons Rd., Big Lake

**Learn To Play In the Bay | (907)357-9600**

5705 S Settlers Bay Dr., Wasilla

**Sunshine Station Childcare Center**

**(907)733-5437**

16004 E. Walsted Dr., Talkeetna

**Teresa's Child Care | (907)373-5224**

991 S. Vine Rd., Wasilla



### **Mat-Su Borough School District Early Childhood Support Services**

**(907)761-4005 | [amber.fremin@matsuk12.us](mailto:amber.fremin@matsuk12.us)**

**For children ages 3-5 with an IEP**

Children who transition from Infant Learning or through the Child Find identification process may be eligible for special preschool services. If you are moving to the area, and your child has a current IEP, please contact Student Support Services to receive assistance with preschool placement.

**thread Alaska | Toll-Free 1-800-278-3723**

**[www.threadalaska.org](http://www.threadalaska.org)**



Childcare referrals, including a complete profile of each provider. Current information on program vacancies, licensing and assistance with childcare selection. Provides parenting resources and community events. Call to learn more about the Help Me Grow program. (Identifies children at risk for developmental/behavioral difficulties, increasing access to existing resources and services.)

Help with the SEED registry and professional development for early childhood workers.



## **FAMILIES & CHILDREN: COUNSELING**

**Behavioral, emotional or mental healthcare providers and counselors who specialize in ages birth-18, and family therapy.**

**Call for new patient intake and appointment availability.**



**Alpine Counseling | (907)931-9330**  
alpinecounselingak.com

**Alaska Marriage & Family Center | (907)376-0776**  
601 N. Bunker Hill St. Suite E, Wasilla

**Aurora Family Counseling | 907-982-4177**

**Borealis Behavioral Health, LLC. | (907)745-7080**

**CoDI (Compassionate Directions) | (907)745-2634**  
11921 E. Palmer-Wasilla Hwy, Palmer | codi-ak.org

**Confidential Care | (907)357-1999**  
1689 S. Knik-Goose Bay Rd #700, Wasilla

**Denali Family Services Mat-Su | (907)376-3275**  
291 E. Swanson Ave., Wasilla

**Family Centered Services of Alaska-Wasilla | 800-478-2108**  
301 E. Danna Ave., Wasilla | fcsa@fcsa-ak.com

**Full Circle Counseling Solutions | (907)864-0560**  
131 E. Swanson Ave., Suite #1, Wasilla

**Lighted Path Therapy Services | (907)631-9365**  
901 N. Leatherleaf Lp #103, Wasilla

**Mindful Exchanges | (907)745-7799**

**Playful Journeys | (907)290-3603**

**Playful Learning Pediatric Therapy**  
Wasilla Office- 613 S. Knik-Goosebay Rd. | (907)317-5895  
Palmer Office-1901 N. Hemmer Rd., Ste 109 | (907)795-8115

**Providence Medical Group Mat-Su-Behavioral Medicine | (907)761-5800**  
2250 S. Woodworth Lp., Suite #202, Wasilla

**Ptarmigan Connections, LLC | (907)357-4400**  
3505 E. Meridian Park Lp., Suite #200, Palmer

**Resilience Clinical Services (REACH907 Behavioral Health) | (907)745-6200**  
clinical@reach907ak.org

Every year, UWMS volunteers donate thousands of hours to projects in the Mat-Su Valley. Together, we distribute backpacks filled with needed school supplies at Stuff the Bus, assist Mat-Su residents with essential services during Project Homeless Connect, improve our parks and lend a helping hand to other local nonprofits.

## We need YOU, because YOU are United Way of Mat-Su!

**Disaster Relief:** The last several years may have seemed rife with natural disasters, the effects of COVID-19, and weather that makes life in the Valley extra challenging. Through floods, the 2019 McKinley Wildfire, earthquakes and windstorms, we have gathered together hundreds of volunteers whose compassion for neighbors in times of disaster has built houses, shoveled driveways, delivered food boxes and so much more. We are proud to respond in times of disaster and grateful for our disaster relief volunteers.

### Working Hard, Playing Hard!

We're hard at work improving local parks and playgrounds! Big progress has been made in particular at Hagen Park in Palmer, where we've installed play equipment for all ages. Our work at the Palmer Amoose-ment Park, Idit-A-Park and others continues, including cleanups, painting and refurbishing equipment, and supplying ground cover for safe, inviting local spaces.

Do you know of a Mat-Su park or playground that could use some extra love? Let us know! Call (907)745-5824 or email [admin@unitedwaymatsu.org](mailto:admin@unitedwaymatsu.org).

### Week of Caring

We continued serving the Mat-Su with not just one day, but a week of caring. Dozens of volunteers from around the Valley pitched in to assist local nonprofits with tasks that might otherwise have gone unfinished. Many helping hands always make Week of Caring a huge success.



Volunteerism is the heart and soul of service. Delivering grocery boxes to homebound seniors. Providing snacks for little ones in need. Sewing masks to share with friends. Handing out a hot meal on a cold evening. Painting a beloved playground. Making an encouraging phone call or sending a kind text. These acts may seem small, but we are thankful for them all!

Register to volunteer at  
[unitedwaymatsu.org/volunteer](https://unitedwaymatsu.org/volunteer).

## **FAMILIES & CHILDREN: FAMILY SUPPORT**

**Agencies offering support and resources such as navigating services, or parenting resources. Resources for foster families, families adopting, and those needing supervised visitation appear here.**



**Alaska Center for Resource Families | 1-800-478-7307  
5050 Dunbar St. Suite A2, Wasilla | [acrf.org](http://acrf.org)**

Adoption and foster care support, referrals, resources and parent/caregiver training.

**Alcantra Armory Family Assistance Center | (907)373-9446  
3401 E. Bogard Rd., Wasilla**

**Alaska Youth & Family Network | (907)631-3485  
1051 E. Bogard Rd., Suite 2, Wasilla | [ayfn.org](http://ayfn.org)**

Peer navigation support for mental health services, case management, and advocacy.

**Alaska Attachment & Bonding Associates | (907)376-0366  
619 S. Knik-Goose Bay Rd Suite J, Wasilla | [akattachment.org](http://akattachment.org)**

Supporting healthy family attachments and bonds through education, training and advocacy.

**All-Alaska Pediatric Partnership | [a2p2.org](http://a2p2.org) | (907)903-6770**

Partnership, networking, resources and home to the Help Me Grow program.

**Alaska Mediation Institute | (907)341-4949  
[alaskamediation.org](http://alaskamediation.org)**

Courses covering self-care, parenting plans, enhancing parenting strengths, managing successful email, text meetings and healthy schedules/transitions. Monthly classes in Palmer/Wasilla. Must register online.

**Beacon Hill/Safe Families for Children | (907)277-0925  
[beaconhillak.com](http://beaconhillak.com)**

If you are a parent or caregiver in crisis who needs a safe place for your children, please call the 24-Hour Helpline.

**Creative Solutions for Families | [creativesolutionsforfamilies@gmail.com](mailto:creativesolutionsforfamilies@gmail.com)  
[CreativeSolutionsForFamilies.com](http://CreativeSolutionsForFamilies.com)**

Educating parents on the effects of divorce on children. Conflict resolution and anger management strategies. Classes in Mat-Su, call or email for current scheduling.

**Grandfamilies Network Project | (907)522-9866 [www.grandfamilies.org](http://www.grandfamilies.org)**

**Family Support & Preservation-Alaska Family Services | (907)745-4920**

Parenting skills, strategies, Parents As Teachers program, Circles of Support system.

**LINKS Parent Resource Center | (907)373-3632  
777 N. Crusey St., Wasilla | [linksprc.org](http://linksprc.org)**

LINKS is dedicated to providing information, training, and assistance to parents of children with disabilities, and their communities.

**Pediatric Resource Center of Alaska | (907)214-1580  
[Admin@PRCALaska.org](mailto:Admin@PRCALaska.org) | 1175 Leatherleaf Lp., Suite C, Wasilla**

## MEETING UNIQUE NEEDS & DIFFERENT ABILITIES

Medical equipment, specialized education and opportunities, and assistance with visual or hearing challenges.

Care coordination resources are also listed here.



**Access Alaska | (907)357-2588**

**1075 Check St. Suite #109, Wasilla | [accessalaska.org](http://accessalaska.org)**

PCA services, independent living, benefits navigation assistance, advocacy.

**Alaska Brain Injury Network Support Group | (907)357-2588**

Mat-Su Health Services, 2nd Floor Conference Rm. | 1363 W. Spruce Ave., Wasilla

First and third Wednesday of every month, for TBI survivors and their families.

**Alaska Center for the Blind & Visually Impaired | (907)771-4322**

**[alaskabvi.org](http://alaskabvi.org)**

Equipping Alaskans who are blind and visually impaired for success.

**Challenge Alaska | (907)344-7399**

3350 Commercial Dr., Suite 208, Anchorage, AK 99501 | [challengealaska.org](http://challengealaska.org)  
Improving lives through adaptive sports, therapeutic recreation and education.

**Comfort Keepers | (907)885-0186**

**[www.comfortkeepers.com](http://www.comfortkeepers.com)**

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

**131 E. Swanson Ave. #1, Wasilla | [consumerdirectak.com](http://consumerdirectak.com)**

PCA services, chore and respite, rehabilitative services.

**Daybreak, Inc. | (907)746-6019**

**550 S. Alaska St., Palmer**

Case management and care coordination for adults with mental illness.

**Genacta In-Home Care | (907)631-3078**

**591 N. Knik St, Wasilla | [www.genacta.com](http://www.genacta.com)**

**Hope Community Resources | (907)357-3750**

**4901 E. Mayflower Ln. #2, Wasilla | [hopealaska.org](http://hopealaska.org)**

Assisted living, care coordination,  
employment opportunities, and respite care.

**Mat-Su Services for Children and Adults (MSSCA) | (907)352-1200**

**1225 W. Spruce Ave., Wasilla | [www.mssca.org](http://www.mssca.org)**

A range of home and community based services for individuals with disabilities (developmental, or intellectual), child safety, and child development.

**Maple Springs Skilled Nursing & Rehab | [maplespringsliving.com](http://maplespringsliving.com)**

**(907)802-6645 Wasilla | (907)802-6641 Palmer**



## MEETING UNIQUE NEEDS

**LifeWorks Alaska (Hearts & Hands) | (907)644-0480**  
951 E. Bogard Rd., Suite 100, Wasilla

**Prime Care | (907)373-5350**  
Wasilla | [www.primecarealaska.net](http://www.primecarealaska.net)

**ReadyCare (ResCare) | (907)357-5643**  
892 E Usa Cir. Suite 102, Wasilla | [www.rescare.com](http://www.rescare.com)

**Special Olympics Alaska Mat-Su Valley | (907-222-7625)**  
[matsu@specialolympicsalaska.org](mailto:matsu@specialolympicsalaska.org)

**Stone Soup Group | (907)561-3701**  
[info@stonesoupgroup.org](mailto:info@stonesoupgroup.org)

Parent navigation, activities, training and connections for families of children with special needs.

**Wellspring Home Health Wasilla | (907)357-3655**  
[wellspringhomehealth.com](http://wellspringhomehealth.com)

**Willow Personal Care Assistants | (907)495-6778**

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## Additional Resources

### **Alaska Relay Service:**

Connects standard telephone users to deaf, hard of hearing, and others using TTY phones.  
[www.alaskarelay.com](http://www.alaskarelay.com)

### **Assistive Technology of Alaska | 1-800-723-2852 | [atlaak.org](http://atlaak.org)**

Adaptive and rehabilitative devices for those needing aid performing tasks, and training in how to use devices available.

**Gateway to the Arctic Camp | [brian@g2arctic.org](mailto:brian@g2arctic.org)**  
[www.g2arctic.org](http://www.g2arctic.org) | 40465 S. Parks Hwy., Talkeetna

An agricultural camp providing programming for individuals with disabilities, inclusive job and internship opportunities.

**Hab Academy | (907)892-4101 | [HabAcademyAK.org](http://HabAcademyAK.org)**

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## CARE COORDINATION:

**Alaska Care Coordination Network | [alaskaccn@gmail.com](mailto:alaskaccn@gmail.com)**  
**Alzheimer's Recourse of Alaska-Care Coordination | (907)746-3445**

**1st Choice Care Coordination | (907)775-1303**

**Care Coordination Resources of Alaska | (907)746-3445**

**Daybreak Mental Health Resources | (907)746-6019**

**Pathfinder Care Coordination | (907)521-1588 | [pathfindercc.com](http://pathfindercc.com)**

**Supernova Advocates, LLC | [supernovaadvocates.com](http://supernovaadvocates.com)**

**Quintessence Planning & Care Coordination, LLC | (907)953-1467**

## **MEDICAL, DENTAL & VISION**

**If you need health insurance, you may call to set an appointment with a United Way Healthcare Navigator who will help you choose and sign up for a healthcare plan.**

**Call 2-1-1 and request to speak with the Mat-Su Healthcare Navigator to schedule an appointment.**



### **PRIMARY CARE & URGENT CARE**

**All Seasons Family Health Care | (907)376-4644 | 5461 E. Mayflower Ln. #4, Wasilla**

**Arctic Skye Family Medicine | (907)357-7944  
2851 E Palmer Wasilla Hwy., Unit 3 | akasfm.com**

**Capstone Urgent Care | (907)357-9560  
3066 E Meridian Park Ln., Wasilla  
Capstone Family Medicine Clinic | (907)357-9590  
3122 E. Meridian Park Ln., Wasilla  
Capstone Palmer Clinic | (907)745-9088  
561 S. Denali St., Palmer**

**Coalition Health Services-Wasilla | (907)206-4601 | 1700 E. Bogard Rd., Bldg A, Ste. 103**

**Coho Family Medicine | (907)357-0820 | 5030 E. Shennum Dr., Wasilla**

**Family Medicine of Alaska | (907)376-1276 | 1261 S. Seward Meridian Pkwy., Wasilla**

**Frontier Family Medicine | (907)373-3940 | 545 N. Knik St., Wasilla**

**Glacier Surgical Associates | (907)746-1520 | 425 E Dahlia Ave., Suite J, Palmer**

**Mat-Su Health Service | (907)376-2411  
1363 W. Spruce Ave., Wasilla | 425 E. Dahlia Ave., Palmer**

**Mat-Su Public Health Center | (907)352-6600  
3223 E. Palmer-Wasilla Hwy, Suite #3, Wasilla | Sliding scale fees.**

**Mat-Su Urgent Care Centers  
5851 S. Knik-Goose Bay Rd., Wasilla | (907)864-1300  
209 W. Evergreen Ave., Palmer | (907)861-1400  
950 E. Bogard Rd., Wasilla | (907)352-2880**

**Moose Creek Medical Clinic, LLC. | (907)373-3335 (Knik-Fairview)**

**Now Health Holistic Medicine | (907)745-9355 | 625 S. Cobb St. #201, Palmer**

**Odland Family Practice Clinic | (907)373-0850  
950 E. Bogard Rd. #234, Wasilla**

**Palmer Family Medicine PC | (907)746-2345 | 258 S. Alaska St., Palmer**

**Sunshine Community Health Centers**  
Talkeetna | (907)733-2273 | 34300 Talkeetna Spur Rd., Talkeetna  
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

**Sutton C'eyiits' Hwanax Lifehouse Community Clinic | (907)631-7665**  
11495 N Callison St., Sutton

**Urgent Care at Lake Lucille | (907)373-4200 | 185 E Parks Hwy., Wasilla**

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## **DENTAL CARE**

**Advanced Family Dentistry | (907)357-5018 | 1401 S. Seward Meridian Pkwy., Suite E, Wasilla**

**Aesthetic Family Dentistry | (907)357-6684 | 1551 W. Parks Hwy., Wasilla**

**Aurora Dental Care | (907)376-8400 | 4501 E. Snider Dr., Wasilla**

**General Family Dentistry | (907)745-3600 | 557 S. Alaska St., Palmer**

**Mann Family Dental | (907)373-2227 | [mannfamdental.com](http://mannfamdental.com)**

**Mat-Su Health Services Dental Clinic | (907)376-2411 | Sliding scale rates.**

**Palmer Dental Center | (907)745-8122 | 561 S. Denali St #B, Palmer**

**Pioneer Peak Dental Center | (907)745-6818 | 223 S. Alaska St., Palmer**

**Sunshine Community Health Centers:**  
Talkeetna | (907)733-2273 | 34300 Talkeetna Spur Rd., Talkeetna  
Willow | (907)495-4100 | 24091 Long Lake Rd., Willow

**Valley Dental Clinic | (907)312-2610 | 935 Westpoint Dr #201, Wasilla**

**Walther Dental Center | (907)376-9449 | 1700 E. Bogard Rd #B204, Wasilla**

**Wasilla Dental Center | (907)376-5315 | 351 W. Swanson Ave. #1, Wasilla**

**Lane Family Dental | (907)373-2200 | 23375 Beluga Ave., Willow**

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## **UAA DENTAL ASSISTING CLINIC | (907)786-6960**

UAA dental clinics offer limited appointments throughout the academic year (September-April). Procedures are conducted by dental hygiene and dental assisting students with supervision. Appointments may be 2-3 1/2 hours long. Costs are less than private dental clinics, with new patient screening/x-rays priced at \$25.00. Please contact the UAA Dental Clinic for more treatment information, fee schedules and to inquire about available appointments.

## **MEDICAL EQUIPMENT & SUPPLIES**

**101 Mobility Alaska | (907)312-2388 | 1051 E Bogard Rd, Suite 6, Wasilla**

**ACE Lending Closet | Austin's Compassionate Exchange  
(907)232-4848 | [tina@acelendingcloset.com](mailto:tina@acelendingcloset.com)**

Providing medical equipment and supplies at no charge to those in need.

**Access Alaska Durable Medical Equipment Closet | (907)357-2588  
[www.accessalaska.org/dme-loan-closet](http://www.accessalaska.org/dme-loan-closet)**

**Alaska Mobility | (907)373-4050 | 5515 E. Fireweed Rd., Unit 1, Palmer**

**ProCare Home Medical | (907)357-7882  
901 N. Leatherleaf Ln., Wasilla**

**Turn-A-Leaf Thrift Store (Valley Charities) | (907)376-5708  
400 N. Yenlo St., Wasilla | [www.valleycharities.org](http://www.valleycharities.org)  
Medical equipment lending program.**

## **PHARMACIES**

**Carrs Pharmacy-Palmer | (907)761-1400 | 664 W. Evergreen Ave., Palmer**

**Carrs Pharmacy-Wasilla | (907)352-1160 | 595 E. Parks Hwy., Wasilla**

**CVS Pharmacy (inside Target)-Wasilla | (907)631-7201 | 1801 E Parks Hwy., Wasilla**

**Fred Meyer Pharmacy-Palmer | (907)707-0433 | 535 W. Evergreen Ave., Palmer**

**Fred Meyer Pharmacy-Wasilla | (907)352-5033 | 1501 E Parks Hwy., Wasilla**

**Geneva Woods Pharmacy | (907)376-8200 | 3674 E. Country Field Cir. Suite C, Wasilla**

**Our Doctors Pharmacy | (907)376-5700 | 3190 E. Meridian Park Ln., Wasilla**

**Three Bears-Four Corners | (907)746-3891 | 8151 Palmer-Wasilla Hwy., Palmer**

**Three Bears-Knik-Goose Bay | (907)376-4500 | 3950 S. Knik-Goose Bay Rd., Wasilla**

**Wal-Mart Pharmacy | (907)376-9783 | 1350 S. Seward Meridian Pkwy., Wasilla**

**Prescription  
Savings Card**

BIN 610194  
CARD ID FW200  
GROUP ID FW200  
PCN FW



Show this card to your pharmacist every time.

This is not insurance – discounts only

Proudly  
Partnered With





## **VISION & EYEWEAR**

**Alaska Eye Care Centers-Wasilla | (907)376-5266**  
1700 E. Parks Hwy. #300, Wasilla

**Capstone Eye Clinic | (907)357-9595**  
3122 E Meridian Park Dr., Wasilla

**The Eye Guys | (907)376-3917**  
285 E. Parks Hwy., Wasilla

**Lodestar Family Eye Care, PC | (907)745-2273**  
625 S. Cobb St., Palmer

**Palmer Vision Clinic | (907)745-4373**  
440 E. Evergreen Ave., Palmer

**Valley Eye Associates | (907)373-0225**  
935 Westpoint Dr. #207, Wasilla

**Vista Optical (inside Fred Meyer) | (907)357-1455**  
1501 E. Parks Hwy. Suite #C, Wasilla

**Vision Therapy Center | (907)357-8880**  
1265 S. Seward Meridian Pkwy, Wasilla

**Wal-Mart Vision Center | (907)376-0835**  
1350 S. Seward Meridian Pkwy, Wasilla

**Wolf Eye Center | (907)376-2020**  
4505 E. Greenstreet Cir., Wasilla

### **Lions Club Eyeglass Recycling:**

Eligible applicants receive one pair of prescription eyeglasses. Available in limited quantities. Inquire about assistance with eye exams and vision screening for kids. *DONATE YOUR EYEGLASSES!* Gently-used eyeglasses for the Lions Club are accepted at many eye care clinics. Bring yours in at your next appointment!

**Lions Club Vision & Eyeglass Programs:**  
**Wasilla(907)761-3750 | [wasillalions@gmail.com](mailto:wasillalions@gmail.com)**  
**Palmer-(907)354-3798 | [eclubhouse.org/sites/palmerak](http://eclubhouse.org/sites/palmerak)**

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### **APPLY FOR CARE CREDIT TO COVER EXPENSES**

Anyone may apply for a CareCredit line of healthcare credit.  
You may call 800-677-0718 or visit [www.carecredit.com](http://www.carecredit.com) to apply.  
Your line of credit will be made available to you immediately using your ID and SSN,  
with a card mailed to you within 7-10 business days.  
Inquire while making appointments to see if your provider accepts CareCredit.

## **MENTAL & BEHAVIORAL HEALTH**

**This section lists services for all ages. Please ask whether a provider accepts your insurance when scheduling your appointment. If you or a loved one is experiencing thoughts of self-harm or suicide, please call the statewide Careline Crisis Intervention hotline at 988 or the Mat-Su Health Services Suicide/Mental Health Hotline at (907)376-2411. You are valued!**



**Alaska Counseling Excellence | (907)373-5331  
2801 E Palmer-Wasilla Hwy. #A, Wasilla**

**Alaska Family Services | (907)746-4080  
1825 S. Chugach St., Palmer**

Administers the Mat-Su ASAP program for alcohol safety/action, Families First Work Services, family support & domestic violence/sexual assault outreach.

**Alaska Marriage and Family Center, LLC | (907)376-0776  
720 E. Evergreen Ave., Palmer**

**Alaskan Sunrise Behavioral Health LLC | (907)707-1021  
info@alaskansunrisebehavioralhealth.com**

**Neurobehavior North, LLC | (907)745-5066  
8201 N. Michaelson St., Palmer**  
Counseling, neuropsychological evaluation & disability benefits counseling.

**Alpha Counseling & Education Services | (907)373-5595  
500 N. Main St Suite B, Wasilla**

**Borealis Behavioral Health LLC | (907)745-7080  
634 S. Bailey St. #207, Palmer**

**C'eyiits' Hwnax Lifehouse (Chickaloon Tribe Behavioral Health Program) | (907)631-7665**

**Denali Family Services | (907)376-3275  
291 E. Swanson Ave., Wasilla | [www.denalifs.org](http://www.denalifs.org)**  
Mental health services, assessments, group therapy & case management.

**Family Centered Services of Alaska | (907)357-7159  
301 E. Danna Ave., Wasilla**

**Lighted Path Therapy Services LLC | (907)631-9365**

**Mat-Su Health Services Behavioral Health | (907)376-2411**  
Please call ahead for an eligibility screening. Same-day screening appointments usually available.  
Must meet eligibility criteria to receive services.

**Mindful Exchanges, PC | (907)745-7799  
349 E. Cottonwood Ave., Palmer**

**Alaska Neuro/Therapy Center | (907)344-3338 | 3505 E. Meridian Park Lp., Wasilla**

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

**34300 Talkeetna Spur Rd., Talkeetna**

**Sunshine Community Health Center-Willow | (907)495-4100**

**24091 Long Lake Rd., Willow**

## **RECOVERY SERVICES**

**This section includes substance abuse treatment providers, support groups, residential treatment facilities, and medication management providers.**



**Alaska Addiction Rehability Services**

**(907)376-4534**

**aarsrecovery.org**

**Akeela, Inc. | (907)707-1291**

**561 Denali St., Suite F, Palmer**

**Alaska Dream Center | (907)746-3736**

**8117 New Hope St., Palmer | info@dreamcenterak.org**

**Alcohol Safety Action Program | (907)746-6260 | 182**

**Community Medical Services-Wasilla | (907)290-3760**

**2521 E. Mountain Village Dr., Suite F, Wasilla | communitymedicalservices.org**

**CITC Mat-Su Recovery Services | (907)357-5400**

**851 E. Westpoint Dr., Suite #310, Wasilla**

**Fallen Up Ministries | (907)815-SAVE**

**PO Box 4078, Palmer | fallenupministries@gmail.com**

**Ideal Option | (877)522-1275**

**Lifechangers Outreach | (907)370-3374**

**lifechangersoutreach.com**

**Women's Christian ministry, work, study and residential programs.**

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

**7335 E. Palmer-Wasilla Hwy., Wasilla**

**Teen Challenge Wasilla | (907)202-8850**

**560 S. Knik-Goose Bay Rd., Wasilla**

**True North Recovery Services | (907)313-1333**

**591 S. Knik-Goose Bay Rd., Wasilla | admin@tnrak.org**

**Peer support services & recovery support.**

## Support Groups

### Community Support Groups

*Meeting schedules and locations may be subject to change or cancellation.*

**Alcoholics Anonymous Mat-Su District 11 | (907)376-4777 (Hotline)**  
**alaskamatsuaa.org**

**Alaska Eating Disorders Alliance | (907)308-8400**  
**akeatingdisordersalliance.org**

**Alaska Family Services Community Support Groups | Call (907)746-4080 for details**

**Alaska Tobacco Quit Line | 800-784-8669**  
**www.alaskaquitline.com**

**Balance: A Self-Care Support Group for Women**  
To receive virtual meeting link, email [info@accessalaska.org](mailto:info@accessalaska.org)

**Band of Brothers AK | (907)315-9388**  
**2050 N. Merciful Ln., Wasilla**  
Christian ministry and mentoring for men.

**Celebrate Recovery Palmer | celebraterecoveryak@gmail.com**  
**Follow on Facebook: @CelebrateRecoveryAK**

**Cook Inlet Tribal Council-Mat-Su Recovery Services | (907)357-5400**  
**777 N. Crusey St., Suite B111, Wasilla**

**Identity, Inc.: Advocacy, Education and Connection for LGBTQ Alaskans**  
**(907)865-3247 | facebook.com/identityinc**  
Visit the Facebook page for current virtual and in-person support and events.

**Invisible Disabilities Peer Support (Access Alaska) | (907)357-2588 | [info@accessalaska.org](mailto:info@accessalaska.org)**

**Mat-Su College Journey Program | [matsu.alaska.edu/journey](http://matsu.alaska.edu/journey)**  
Events, workshops, free counseling for students, and mental health resources.

**Mat-Su Reentry Coalition | (907)414-4077**  
Peer Support & Case Management

**Narcotics Anonymous Alaska | 866-258-6329 Helpline**  
Every Thursday from 6-7PM: 1-408-638-0968/code 835-729-936  
[www.akna.org](http://www.akna.org)

**Nay'dini'aa Na' Kayax (Chickaloon Native Village) | (907)745-0704**

**Southcentral Foundation Support Groups | (907)631-7800**  
For more information on support groups, counseling and peer groups, visit [southcentralfoundation.com](http://southcentralfoundation.com) or call for details.

**Traumatic & Acquired Brain Injury Support Group**  
Call 800-770-7940 or email [info@accessalaska.org](mailto:info@accessalaska.org)



**Thrive Mat-Su | Substance Abuse Prevention Coalition**

**Meets every 3rd Tuesday of each month.**

**Contact Becky Stoppa, Coordinator, at (907)745-5827 or email [impact@unitedwaymatsu.org](mailto:impact@unitedwaymatsu.org) to become a Thrive member.**

The vision of Thrive Mat-Su is a community where individuals thrive in an environment that supports healthy choices regarding substance use.

*"A lot of coalitions talk about doing things but nothing ever happens.  
Thrive makes a plan and then just gets it done."*

*- Crystalyn Lemieux, Thrive member*



because  
**youth**  
matter

**thrive**  
mat-su

Amazing events & activities for  
Mat-Su Students (age 12-20)  
Text "Thrive" to 907-745-5826  
and respond to Activity Survey  
to join our text alerts.

**thrive**  
mat-su

We are grateful for the community's involvement in Thrive and its commitment to the youth of our valley. We are excited about the impact we are making together and look forward to what's to come.

Thank you on behalf of the Thrive Coalition!

If you have any suggestions, questions, or concerns please do not hesitate to contact me:

**Matt Clayton**

**Youth Programs Coordinator**

**Call or Text: 907-795-6341**

**Email: [Connect@ThriveMatSu.org](mailto:Connect@ThriveMatSu.org)**

## RECREATION & ACTIVITIES

**Free Family Fun Runs in the ValleyAKTive Soles Happy Run, every Monday at 6pm. Meet at AKTive Soles Footwear, 642 S. Alaska St. #B1 Valley Dash, hosted by Get Moving Mat-Su.**

**Dates and frequency may vary. Visit @getmovingmatsu on Facebook for schedule updates!**



## ATHLETICS, FITNESS & SPORTS

**AKTive Body Downtown Gym | (907)746-3700**  
642 S. Alaska St, #B1, Palmer | Home of the Happy Run!

**Alaska Center for the Martial Arts | (907)376-9966**  
845 N. Randall's Way, Wasilla | [appts@akmartialarts.com](mailto:appts@akmartialarts.com)

**All About Dance | (907)715-9174**  
244 S. Sylvan Rd #15, Wasilla

**Alaska Music & Arts Center | (907)745-4001**  
1085 Inner Springer Lp., Palmer | Yoga studio, Mat-Valley Dance, karate instruction and studio space.

**Alaska Pop Warner Football | (907)694-7850 | [league@alaskapopwarner.net](mailto:league@alaskapopwarner.net)**

**The Alaska Club**  
(907)376-3300, 1720 E Parks Hwy, Wasilla

**Bearpaw Archery | (907)354-0377 | [bearpawarchery@mtaonline.net](mailto:bearpawarchery@mtaonline.net)**

**Chickaloon Native Youth Olympics | (907)745-0793 | [chickaloon-nsn.gov](http://chickaloon-nsn.gov)**

**Chung's Tae Kwon Do Institute LLC | (907)746-7665**  
9191 E. Frontage Rd. #2, Palmer

**Denali Climbing at the Rock | (907)373-3488**  
1080 N. Wasilla Fishhook Rd., Wasilla

**Denali Gymnastics | (907)373-3547**  
300 E. Kalli Cir., Wasilla | [denaligymnastics.com](http://denaligymnastics.com)

**Excel Gymnastics | (907)357-3935**  
6109 E. Mountain Heather Way, Palmer | [excelgymnasticsllc.com](http://excelgymnasticsllc.com)

**Grizzly Family Fitness | (907)746-7529**  
[grizzlyfamilyfitness.com](http://grizzlyfamilyfitness.com)

**Happy Hoppers Bounce House | (907)513-8334**  
705 E. Parks Hwy., Wasilla

**Jay's Taekwondo | (907)376-7433**  
1151 N. Shenandoah Dr., Palmer

**Kangoo Club Alaska | (907)315-2684 | 1175 Leatherleaf Lp., Wasilla**

**Mat-Su Amateur Hockey Association | [www.matsuhockey.com](http://www.matsuhockey.com)**

**Mat-Su Crossfit | (907)631-1053 | [matsucrossfit.com](http://matsucrossfit.com)**

**Mat-Su LEGO Classes | Facebook: @matsulegos | [finchconsultingak@gmail.com](mailto:finchconsultingak@gmail.com)**

**Mat-Su Running Club | [matsurunningclub@gmail.com](mailto:matsurunningclub@gmail.com) | [matsurunningclub.org](http://matsurunningclub.org)**

**Mat-Su Ski Club | (907)745-7547**  
info@matsuski.org | Includes Jr. Nordics and Ski Chariots for kids for loan.

**Mat-Su Ski & Snowboard Club**  
matsusnowclub@gmail.com | matsusnow.org

**Mat-Su Special Olympics | (907)631-8591**  
matsu@specialolympicsalaska.org

**Mat-Su Tennis Association | matsutennis@gmail.com**  
matsutennis.org

**Mat-Valley Soccer Club | farnsak@mtaonline.net**  
www.matvalleysoccerclub.com/home

**Midnight Sun Yoga Center | (907)723-5262**

**Okamoto's Karate | (907)376-0333 | okamotoskarate@gmail.com**

**Ollie North Indoor Skate Park | (907)346-7225 | ollienorthak.com**

**Our Little Farm In Palmer Equestrian Center | (907)841-5351 | ourlittlefarminpalmer@gmail.com**

**Palmer Amateur Hockey Association | www.palmerhockey.org**

**Palmer Little League | (907)841-6638 | palmerlittleleague53@gmail.com**

**Palmer Soccer Club | palmersoccerclub.com**

**Peak Performance Strength & Fitness | (907)376-7325**

**Planet Fitness | (907)376-3320**

**Polar Vortex Soccer Club | polarvortexsoccer@gmail.com**

**Refuge Crossfit | (907)671-1906 | refugecrossfit.com | 12151 E. Palmer-Wasilla Hwy.**

**STRIDE Therapeutic Riding | (907)373-7716 | info@stridealaska.org**

**Sunderland Ranch Horse Camps & Trail Rides | (907)982-7268**  
sunderlandranch.com

**Sutton Racing Lions MotoCross | valleyrallyracing@gmail.com**  
teamvalleyrally.com | PO Box 122, Sutton, AK 99674

**Valley Youth Basketball | vybb.com**

**Wasilla Youth Soccer Association | (907)376-1013**  
soccer@wasillayouthsoccer.org | wasillayouthsoccer.org

**Wasilla Youth Baseball | wasillayouthbaseball.com | registration@wasillayouthbaseball.com**

## **ICE ARENAS**

**Brett Memorial Ice Arena | (907)861-7690 | 746 E. Bogard Rd., Wasilla**

**Big Lake Lions Ice Rink | (907)892-6502 | 2942 S. Lions Cir., Big Lake**

**MTA Events Center Ice | (907)746-4231 | 1317 S. Kerry Weiland Ct., Palmer**

**Menard Center Ice Rink | (907)357-9100 | 1001 S. Clapp St., Wasilla**

## **SWIMMING POOLS**

The Alaska Club-Wasilla | (907)376-3300  
Palmer Public Pool | (907)861-7676 | palmer-pool@matsugov.us  
Swim Alaska | (907)982-9287 | swimalaska@gmail.com  
Wasilla Public Pool | (907)861-7680 | wasilla-pool@matsugov.us

## **MUSIC, THEATRE & THE PERFORMING ARTS**

Alaska Music & Arts | amacontact@alaskamusic.org  
(907)-745-4001

Alaskan Scottish Club (Home of the Highland Games)  
alaskanscottish.org | secretary@alaskanscottish.org

The Alaska Children's Choir | (907)982-5467  
alaskachildrenschoir@yahoo.com

All About Dance | (907)715-9174  
allaboutdanceak@gmail.com

Copper Center Community Association | coppercenterak.org  
Community festivals, George Ashby Museum, community arts and more.

Denali Arts Council | (907)733-7929  
denaliartscouncil.org  
Arts opportunities serving the entire northern Susitna Valley.

Irish Dance Academy of Alaska | irishdanceak.com  
(907)569-2566 | www.idaa.info@gmail.com

Matanuska Music | (907)376-4006  
280 N. Willow Dr., Wasilla

Mat-Valley Dance | (907)745-1683  
mvddance.com

Mat-Su Community Chorus | matsucommunitychorus.org |

Percussion in the Valley | (907)631-8079  
percvalley@gmail.com | www.percussioninthevalley.com

Sonja's Studio of Dance | (907)357-3933 | 5700 E. Pilgrim Ct., Wasilla

Sutton Friends of the Library Teen Arts & Wellness Program | aksuttonlibraryfriends@gmail.com

Talkeetna Artists Guild | info@denaliartscouncil.org | Venue for local artists to display their work!

Valley Arts Alliance | valleyartsalliance.com  
carmen@valleyartsalliance.com

Valley Performing Arts | (907)373-0195 | 251 W. Swanson Ave., Wasilla



**Valley School of Music | (907)315-2435  
valleyschoolofmusic.com**

**Wasilla Music & Dance Center | (907)354-3658  
info@wasillamusicdance.com**

**Wood & Wire Guitars | info@woodandwiremusic.com  
3020 Glenn Highway, Palmer**

## **ART CLASSES & CREATIVE CLUBS**

**The Art Cafe AK | (907)745-6100  
131 E. Blueberry Ave., Palmer**

**Birch Grove Studios, Inc. Pottery | (907)354-7112 | BirchGroveStudios.com**

**Fine Arts Department (Mat-Su College) | (907)745-9774**

**JoAnn Fabric & Crafts | (907)357-3600 | 1830 E Parkys Hwy Ste. A122, Wasilla**

**Just Add Paint | (907)357-6500 | pyopak@mtaonline.net**

**Mat-Su Master Gardners Association | matsumastergardners.com**

**Michael's Crafts Wasilla | (907)202-9236 | 1841 Parks Hwy., Wasilla**

**Moosewood Art Studio | (435)224-3133 | moosewoodartstudio@gmail.com**

**Paint Nights With Sara | (907)521-4094 | paintwithsara.com**

**Valley Fiber Arts Guild | info@valleyfiberarts.org  
PO Box 876142, Wasilla 99687**

**Valley Garden Club | matsuvgc@gmail.com | valleygardenclub.com**

**Valley Quilters' Guild | information@valleyquiltersguild.com**

## **BOOKS, WRITING & STORYTELLING**

**Alaska Writers Guild | alaskawritersguild.com  
outreach@alaskawritersguild.com**

**Black Birch Books | (907)373-2677 | 2901 E. Bogard Rd., #104, Wasilla**

**Fireside Books Alaska | 720 S. Alaska St., Palmer | goodbooksbadcoffee.com**

**49Writers | (907)244-7717 | info@49writers.org**  
Young Writers Conference, programs and craft talk series. Membership available.

**The Alaska Writers Directory | alaskawritersdirectory.com**

**Untold Stories at the Palmer Museum | (907)746-7668 | palmermuseum.org**

## MUSEUMS & ATTRACTIONS

**Alaska Live Steamers (Alaska Central Railroad) | (907)373-6412**

Railroad museum and 1/8th scale rideable steam train. Call for schedule.

**Alaska's 49th State Street Rodders | [statestreetrodders.com](http://statestreetrodders.com)**

[ak49statestreetrodders@gmail.com](mailto:ak49statestreetrodders@gmail.com) | Facebook: AK 49th State Street Rodders

**Alpine Historical Park | (907)745-7000 | Mile 61.6 Glenn Hwy., Sutton**

**Colony House Museum | (907)745-1935 | 316 E. Elmwood Ave., Palmer**

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

**Eklutna Historical Park Graveyard | (907)688-6026 | Eklutna Village Rd., Chugiak**

**Iditarod Trail Sled Dog Race Headquarters | (907)376-5155 | 2100 S. Knik-Goosebay Rd., Wasilla**

**Independence Mine State Historical Park | (907)745-3975 | Mile 17, Hatcher Pass Rd., Palmer**

**Knik Museum & Mushers Hall of Fame | (907)376-7755 | Mile 13.9 Knik-Goosebay Rd.**

**Museum of Transportation & Industry | (907)376-1211 | 3800 W. Museum Dr., Wasilla**

**Myron J. Babb Arboretum | Corner of S. Gulkana St. and E. Fireweed Ave, Palmer**

**Palmer Museum of History & Art | (907)746-7668 | 723 S. Valley Way, Palmer**

Be sure to visit the adjacent Palmer Museum gardens!

**Talkeetna Historical Society Museum | (907)733-2487 | 22248 D St., Talkeetna**



## OTHER ACTIVITIES

**Alaska Hunter Education Courses | (907)267-2373**  
Visit [adfg.alaska.gov](http://adfg.alaska.gov) for Hunter Education schedules.

**Alaska Gear Up | [alaskagearup.com](http://alaskagearup.com) | Youth technology, Robotics, Coding, 3D Printing and more!**

**Alaska Raceway Park | (907)746-7223 | 5999 Race Way, Palmer**  
Visit [www.raceak.org](http://www.raceak.org) for current schedule.

**Alaskan Sled Dog & Racing Association | [asdra@asdra.org](mailto:asdra@asdra.org)**

**Alaska 4H | [www.alaska4h.org](http://www.alaska4h.org)**

**Alaska FFA (Future Farmers of America) | (907)707-9710 | [kfochs@alaska.edu](mailto:kfochs@alaska.edu)**

**Boy Scouts Great Alaska Council | (907)337-9547 | [scoutingalaska.org](http://scoutingalaska.org)**

**Capitol Speedway | (907)495-6420 | Parks Hwy., Willow**  
[www.capitolspeedway.org](http://www.capitolspeedway.org)

**Extreme Fun Center | (907)376-7223 | 351 E Old Matanuska Rd., Wasilla**

**FLY Trampoline Park | (907)357-5867**  
**1841 Parks Hwy., Wasilla | [flytrampolinepark.com/wasilla](http://flytrampolinepark.com/wasilla)**

**Game Theory | (907)373-4263 | [gametheoryak.com](http://gametheoryak.com) (Tabletop games of all kinds!)**

**GeocacheAlaska | [geocachealaska.org](http://geocachealaska.org) | Alaska geocaching community.**

**Girl Scouts of Alaska-Mat-Su | (907)376-3822 | [girlscoutsalaska.org](http://girlscoutsalaska.org)**

**Friendship Park Alaska | 1150 E. Helen Dr., Palmer | [friendshipparkak.com](http://friendshipparkak.com)**  
Walking track, exercise areas, free workout groups.

**Happy Hoppers | (907)513-8334 | 705 Parks Hwy., Wasilla | Indoor bounce house park**

**Healthy Futures Alaska | [healthyfuturesak.org](http://healthyfuturesak.org) | RunFest Kids 2K, Ski 4 Kids, Heart Run, and more!**

**Kabayan Inc. Filipino-American Community | [kabayaninc.com](http://kabayaninc.com) (Cultural activities)**

**Mat-Su Dirt Fishers Assoc. Metal Detecting | (907)982-9188 | [Doug.Cruthers@gmail.com](mailto:Doug.Cruthers@gmail.com)**

**Mat-Su Miners Baseball | (907)745-6401 | [matsuminers.org](http://matsuminers.org)**

**National Outdoor Leadership School (NOLS) Alaska | (907)332-5300**  
5805 N. Farm Lp., Palmer

**North Bowl Alley & Neon Bowling | (907)357-6600 | 3250 Palmer-Wasilla Hwy., Wasilla**

**Palmer Folk School | [palmerfolkschool.org](http://palmerfolkschool.org)**  
Hands-on classes and workshops; remembering the old days in new ways.

**Rodeo Alaska | (907)748-7336 | [RodeoAlaska@gmail.com](mailto:RodeoAlaska@gmail.com)**



**Check out the city maps for Wasilla and Palmer!  
Use the key to locate the parks, trails and picnic areas closest to you.  
For more information, please contact one of the following:**

**Willow Trails Committee | (907)495-6368**  
**[waco-ak.org/committees/trails](http://waco-ak.org/committees/trails)**

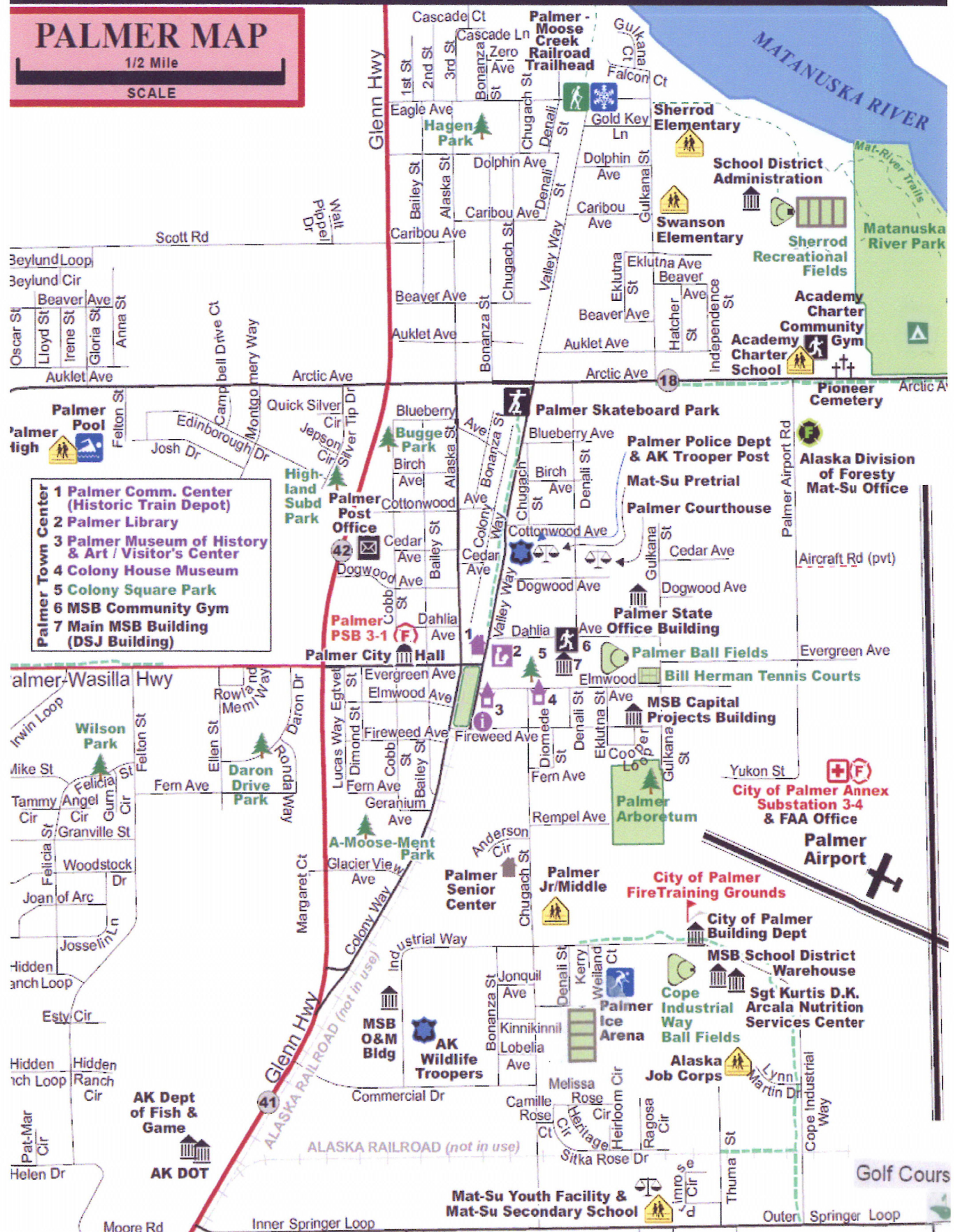
Base information supplied by  
E. J. Turner



# PALMER MAP

1/2 Mile

SCALE





# DO YOU NEED HEALTH INSURANCE?

Connect with a United Way  
Healthcare Navigator for  
**FREE** local help with:

- ACA health insurance enrollment
- Medicaid/Denali KidCare applications
- Cost savings



**Call 2-1-1 or 1-800-478-2221  
or Text GETCOVEREDAK to 898-211**

**Get answers.  
Get covered.**

**Healthcare navigation is always free of charge and fully confidential!**

**Help is available for:**

Medicaid/Denali Kid Care

ACA Health Insurance

Cost savings you may qualify for  
Enrollment help

Language translation is available!

**You will be connected with a Healthcare Navigator in your area to help you make the right choices for your family.**



**Alaska 2-1-1 can help with life challenges or everyday needs.**

Call 2-1-1 to speak with a caring specialist who will connect you with the community resources that best fit your needs. You may leave a voice mail afterhours to receive a call back.

Email [Alaska211@ak.org](mailto:Alaska211@ak.org) or visit [liveunitedanc.org](http://liveunitedanc.org) to search the online database of services at any time.

## **VISIT YOUR LOCAL LIBRARY!**

Local libraries offer year-round activities, reading programs and access to amenities such as computer workstations, printing, scanning and faxing, and quiet spaces for reading or working.

### **Alaska Digital Library (eBook & Audiobook borrowing system)**

**[adl.overdrive.com](http://adl.overdrive.com)**

### **Matanuska-Susitna Library Network**

**[matsu.gov/us/msln](http://matsu.gov/us/msln)**

Big Lake Library | (907)861-7635 | 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 N. Chickaloon Way, Sutton

Talkeetna Public Library | (907)861-7645 | 24645 Talkeetna Spur Rd

Trapper Creek Library | (907)861-7650 | 8901 E. Devonshire Dr., Trapper Creek

Wasilla Public Library | (907)376-5913 | 500 N. Crusey St., Wasilla

Willow Library | (907)495-7323 | 23557 W. Willow Community Center Cir., Willow

## **BRIGHTEN UP WITH A BOOK**

The Bright Lights Book Project has installed FREE bookshelves all over the Valley. Some locations include the Valley Hotel, Koslosky Building, Turkey Red lobby, and more. Books on these shelves are free for the taking! Kids' books, coffee table books and adult fiction/nonfiction. Wherever there is a Bright Lights Project shelf and sign, you're free to take a new-to-you book!

Valley Community Recycling Solutions' Rescued Books Bookstore offers BAGS of good books at a bargain!

Stop by, browse, and also learn about the VCRS education center, tours, nature trail and other awesome projects. Call 745-5544 for more information or visit [valleyrecycling.org](http://valleyrecycling.org).

## **KEEP AN EYE OUT! THE VALLEY ROCKS.**

Reports of special, hand-painted rocks being hidden around the Valley keep coming in! Painted rocks can be found and kept as keepsakes, or re-hidden for others to find, keeping the fun going. Popular places to hide rocks include our public library grounds, local stores like Michaels' or Fred Meyer, area parks, and school playgrounds. Keep your eyes peeled-you might find a miniature masterpiece! Or, paint and hide your own rocks for others to find.

## **TINY FREE ART GALLERY: TAKE A WORK OF ART, LEAVE ONE OF YOUR OWN!**

Local artist Addie Studebaker has installed a wonderful Tiny Free Art Gallery at the Alaska Family Services and Something Good Grows community garden location! Please handle the gallery carefully, but feel free to stop by and select your own tiny piece of art to take home. You are encouraged to leave a piece of your own for someone else to adopt, as well! Questions? Interested in helping to maintain the Tiny Free Gallery?

Call (907)745-5824 or email [admin@unitedwaymatsu.org](mailto:admin@unitedwaymatsu.org)



## SENIOR HOUSING & SERVICES

For additional assistance, contact the **LINKS Mat-Su Aging & Disability Resource Center** at (907)376-3632.

For senior advocacy, contact the **Mat-Su Council on Aging** at (907)373-2827.

Agencies whose names are starred (\*) also offer **Adult Day Service, Personal Care and/or Assisted Living**. Please call for details.



### SENIOR SERVICES & MEALS ON WHEELS

**Alaska Housing Finance Corporation-Wasilla** | (907)376-5744  
1201 N. Lucille St. Ste #104, Wasilla

Housing Choice Voucher Program; management for Williwaw Manor senior housing.

**Alaska Pioneer Home (Palmer Pioneer Home)** | (907)745-4241

250 E Fireweed Ave., Palmer

Assisted living for older Alaskans | Qualifying veterans are eligible for per diem through the VA.  
Please call 1-888-355-3117 for more information.

**Maple Springs of Alaska\*** | (907)802-6645 Wasilla | (907)802-6641 Palmer

Assisted living/memory care.

**Mat-Su Senior Services\*** | [www.matsuseniors.com](http://www.matsuseniors.com)

1132 Chugach St. Palmer | (907)745-5454

Visit website to view daily menu. Call for information about Chugach and Colony Estates Senior Housing. Offers a wide range of senior services.

**Meadow Lakes Seniors Inc.**

1012 N. Kim Dr Wasilla | (907)357-3999

Housing and community events for seniors.

**Mid-Valley Senior Center** | 11975 W Mid Valley Way, Houston  
(907)206-8811 | [melissas@alaskaseniors.com](mailto:melissas@alaskaseniors.com)

**Upper Susitna Seniors\*** | [www.uppersuseniors.com](http://www.uppersuseniors.com)

16463 Helena Ave. Talkeetna | (907)733-6200

To register for Meals on Wheels, call (907)841-9880

Visit website to view daily menu. Call for information on available senior housing at Sunshine Senior Village.

Willow area senior citizens may call for information on available services for Willow residents.

**Wasilla Area Seniors, Inc\*** | [www.wasillaseniors.com](http://www.wasillaseniors.com)

1301 Century Cir. Wasilla | (907)206-8800

Call for Meals on Wheels program.

Visit website to view daily menu. Call for information on available senior housing.

**Santa Cop & Heroes/Better Together AK Senior Programs** | [santacop.net](http://santacop.net)

(907)864-6701 | [santacopprogram@gmail.com](mailto:santacopprogram@gmail.com)

## SENIOR HOUSING

**Mountain Rose Estates | (907)746-7620 | 1740 S. Heritage Cir., Palmer**

**Northern Living Center LLC | (907)376-5828  
2795 W. Stonebridge Dr., Wasilla**

**Palmer Manor Senior Housing | (907)745-2110  
327 E. Auklet Dr., Palmer**

Apartments designed with seniors in mind. Please call office to schedule a tour.

**Primrose Retirement Community | (907)268-3611  
889 N. Elkhorn Dr., Wasilla | [primroseretirement.com](http://primroseretirement.com)**  
Affordable senior housing, including activities and range of floor plans.

**Sutton Manor Senior Housing | (907)745-1372  
15816 N. Glenn Hwy., Sutton**  
Also available: Sutton Annex housing next door. Please call office to schedule a tour.

**Valley Residential Services Senior Housing | (907)357-0256  
1075 S. Check St. #102, Wasilla | [www.valleyres.org](http://www.valleyres.org)**

## CHORE & RESPITE CARE SERVICES

**ABC Assisted Living | (907)373-5512**

**Access Alaska | (907)357-2588**

**Alaska Consumer Direct Personal Care | (907)357-7962**

**Big Lake Country Club Assisted Living\* | (907)892-6944  
[biglakecountryclub.com](http://biglakecountryclub.com) | PO Box 520069, Big Lake**

**Golden Agers Home Care LLC | (907)775-3690  
591 E. Susitna Ave., Wasilla**

**Wasilla Area Seniors Inc. | (907)206-8800  
1301 S. Century Cir., Wasilla | [wasillaseniors@alaskaseniors.com](mailto:wasillaseniors@alaskaseniors.com)**

**Willow Personal Care Assistants | (907)495-6778  
23375 Beluga Ave., Willow | [willowpersonalcare.org](http://willowpersonalcare.org)**

## HOSPICE & GRIEF SUPPORT

**Alaska Chapter of the TEARS Foundation | [thetearsfoundation.org/alaska](http://thetearsfoundation.org/alaska) | (907)529-4289**

**Ancora Home Health & Hospice | (907)561-9240  
3831 E. Blue Lupine Dr., Suite B, Wasilla | [contact@ancoraalaska.com](mailto:contact@ancoraalaska.com)**

**Hospice Foundation of Mat-Su | (907)745-4711  
Valley Hospice Resources | (907)745-4711 | [valleyhospiceresources@gmail.com](mailto:valleyhospiceresources@gmail.com)**

**Compassionate Friends of Mat-Su | (907)373-0842 | Trinity Lutheran Church, Palmer**



## SENIOR RESOURCES

**Senior Food Box Program:** Area seniors meeting income eligibility guidelines may apply for a monthly food box through the Commodity Supplemental Food Program. Call (907)272-3663 or visit [foodbankofalaska.org](http://foodbankofalaska.org)

**Senior Farmers Market Nutrition Program (June-October):** Eligible Alaska seniors can apply to receive coupons from the Senior Farmers Market Nutrition Program (SFMNP). The program begins in June and ends on October 31st. Each senior will receive six coupons at a value of \$5 each, to be redeemed at participating local farms, farm stands and farmers' markets. Applications for eligibility may be found here: [dhss.alaska.gov/dpa/Pages/nutri/fmnp/fmnpsenior.aspx](http://dhss.alaska.gov/dpa/Pages/nutri/fmnp/fmnpsenior.aspx)



**AARP Alaska State Office** | 3601 C. St. Anchorage | (907)227-7447 | [AKAARP@aarp.org](mailto:AKAARP@aarp.org)

**Assistive Technology of Alaska** | 907-563-2599 | TTY: 907-561-2592 | [atlaak.org](http://atlaak.org)

Adaptive and rehabilitative devices for those needing aid performing tasks. Training available.

**Alzheimer's Resource of Alaska** | (907)746-3413

Support, classes and resources for those dealing with Alzheimer's and/or related dementia in themselves or loved ones, caregivers and the general public.

**Mature Alaskans Seeking Skills Training Program (MASST)** | (907)465-4872 | [rita.gray@alaska.gov](mailto:rita.gray@alaska.gov)

Offered through the Dept. Of Labor. Training and part-time paid work experience for low income individuals ages 55+, who have compromised employment prospects.

**Older Person's Action Group** | Contact: Senior Voice, (907)276-1059 or [info@seniorvoicealaska.com](mailto:info@seniorvoicealaska.com)

Dedicated to improving services, developing programs and implementing change to help Alaska seniors live healthy, productive lives. \$30 per year, including an annual subscription to the Senior Voice newspaper.

**Retired Senior Volunteer Program** | RSVP Volunteer Coordinator (907)222-4244 or [marjo@api.ai.org](mailto:marjo@api.ai.org)

The RSVP program is a great way for retired senior citizens to use their skills in our community. Choose how, when, and how frequently to volunteer. Volunteer opportunities include mentoring/tutoring, home renovation, or sharing language and culture.

**Volunteers of America AK Kinship Care Services** | (907)279-9640 | [voaak.org/family/kinship](http://voaak.org/family/kinship)

Support for grandparents or family members raising children, including those involved in the foster care system. Submit an online intake form to begin the process.



## **VETERANS & MILITARY FAMILIES**

Thank you for your dedicated service!

**VA Appointment Requests | 1-888-353-7574**  
**VA Suicide Prevention Hotline | Dial 988, then press 1**

**Alaska National Guard Family Assistance Center | Alcantra Armory**  
**3401 E. Bogard Rd. Wasilla | (907)373-9446**  
**Family Assistance Center Crisis Line | 1-888-917-3608**

**Alaska's Healing Hearts | [delbert.lahti@gmail.com](mailto:delbert.lahti@gmail.com) | [www.alaskashealinghearts.com](http://www.alaskashealinghearts.com)**  
Year-round recreational opportunities for veterans and their families.

**Alaska National Guard Family Programs | (907)428-6606**  
**[www.dmva.alaska.gov/family](http://www.dmva.alaska.gov/family)**

**Alaska Warrior Partnership | [amarr@alaskawarriorpartnership.org](mailto:amarr@alaskawarriorpartnership.org) | (907)312-7229**

**American Legion Susitna Valley Post 35 | (907)376-3500**  
5050 Tweed Ct., Wasilla  
**American Legion Post 15 | (907)745-4440**  
1550 Mystic Cir., Palmer

**AmVets Post AK0009 | (907)414-5269**  
1591 Creste Foris St., Wasilla | Includes Ladies Auxilliary  
**AmVets Post AK0011 | (907)245-1536**  
951 Hermon Rd. #2, Wasilla | Includes Ladies Auxilliary

**Battle Dawgs AK | (844)907-3297**  
**PO Box 695, Willow AK 99688 | [www.battledawgs.org](http://www.battledawgs.org)**  
Therapeutic Alaskan experience camps for veterans.

**Catholic Social Services-Supportive Services for Veteran Families**  
**(907)376-1300 | [www.cssalaska.org](http://www.cssalaska.org)**  
Case management for homeless, at-risk veterans and their families.

**Connect Vets AK | 833-688-8387**  
**[www.connectvetsak.org](http://www.connectvetsak.org)**

**Disabled American Veterans | (907)376-9301**

**Gold Star Peak, Inc. | [info@goldstarpeak.org](mailto:info@goldstarpeak.org) | PO Box 772413, Eagle River**

**HUD-VA Supported Housing Program | (907)631-7649**  
Assists veterans with housing vouchers and supportive services.

**Mat-Su VA Outpatient Clinic | (907)631-3100**  
865 N. Seward Meridian Pkwy. #105, Wasilla

**Remedy Alpine | [www.remedyalpine.org](http://www.remedyalpine.org) | [remedyalpine@gmail.com](mailto:remedyalpine@gmail.com)**  
Veterans helping veterans through adventure and wilderness experiences.

## **VETERINARY & PET CARE**

Pets are part of the family! Here are some resources to assist when you are in need of veterinary care or pet supplies. Please remember to spay/neuter, clean up after your pet, and obey posted leash laws.



**Alaska Dog & Puppy Rescue | (907)745-7030 | Pet Food Pantry & Rescue**  
**Text (907)350-7251 for spay/neuter assistance information**

**Alaskan Animal Advocates | (907)315-5050 | Pet Food Pantry**

**Alaska Cat & Dog Rescue | akcatanddog@gmail.com | akcatanddog.com**

**All Creatures Veterinary Clinic | (907)376-7930 | 4360 Snider Dr., Wasilla**

**Alaska SPCA-Anchorage | (907)562-2999**

Low-cost spay/neuter, microchip, vaccine and exams. Pet food bank. Please call for appointments and current rural outreach information.

**Arctic Equine & Livestock Vet | (907)795-5495**  
arcticequine@gmail.com

**Jonathan's Reptiles | jonathansreptiles@yahoo.com**  
jonathansreptiles.com | Reptile and amphibian rescue, boarding and care resources.

**Kool Kat Rescue Alaska | (907)863-4484**

**The Mobile Moose At-Home Veterinary Care (Dr. Zach Kaiser) | (907)330-7331**

**Mat-Su Animal Shelter | (907)746-5500**  
9470 E. Chanlyut Circle, Palmer | Pet food bank, resources, adoptions and more.

**North Star Animal Hospital | (907)746-7387 | 840 S. Cobb St., Palmer**

**Palmer Veterinary Clinic | (907)745-3219**  
1451 E Crimsonview Dr., Palmer | Regular low-cost vaccine clinics. Please call for details.

**Passages Pet Cremation & Grief Center | (907)745-7574 | 1256 S. Chugach St., Palmer**

**Straw For Dogs: Improving the Lives of Pets Outdoors | (907)310-7294**  
info@strawfordogs.org | Assistance with doghouses, straw, training advice, spay/neuter and fostering/rehoming.

**Tier 1 Veterinary Medical Center | (907)745-8437 | 6623 Blue Lupine Dr., Palmer**  
Emergency Vet Care, open 24 hours Saturday/Sunday.

**VCA Far Country Animal Hospital | (907)746-7297 | 2701 N. Liahona Dr., Palmer**  
**VCA Big Lake Animal Hospital | (907)892-9292 | 9750 W. Parks Hwy., Big Lake**

*\*\*CareCredit cards can be used at participating vet clinics for most pet care and examinations. Inquire with your vet when making your pet's appointment! Many food pantries also stock pet food in limited quantities.\*\**

## YOUTH ORGANIZATIONS:



### **Alaska Family Services All Stars | (907)376-2003**

Interactive group activities and process-based group program to delay the onset of risky behaviors in teens.

### **Big Brothers Big Sisters | (907)376-4617**

**191 E. Swanson Ave #205, Wasilla | [bbbsak.org](http://bbbsak.org)**

Mentorship through Bigs/Littles program for children ages 6-16.

### **Boys & Girls Club of Wasilla | (907)357-2582**

**3700 E. Bogard Rd., Wasilla**

### **Choosing Our Roots | (907)764-6233**

Assisting queer youth/young adults by building supportive relationships; addressing homelessness.

### **Facing Foster Care in Alaska | (907)748-1845 | [ffcalaska.org](http://ffcalaska.org)**

Support for foster youth and alumni, improving the foster care system.

### **Knik Tribal Council Afterschool Programs | (907)373-7991**

### **Mat-Su Valley Young Life | (760)678-8162**

**PO Box 874311, Wasilla | [matsuvalley.younglife.org](http://matsuvalley.younglife.org)**

Caring adult leadership for youth; weekly fellowships meetings; high school and middle school clubs; teen mothers support group.

### **Nine Star Education & Employment Services | (907)373-3006 | [hscp@ninstar.org](mailto:hscp@ninstar.org)**

**Youth Education Services (High School Completion Program)**

Pathway to earning a high school diploma for Mat-Su students who have attempted traditional school. Must live in the Mat-Su area.

### **Northern Susitna Institute | (907)733-7111**

**22510 S. Talkeetna Spur Rd., Talkeetna**

Real-world learning, afterschool drop in program at Church on the Rock, adult and family programming.

### **Onward & Upward | (907)953-5360 | [www.onwardandupward.org](http://www.onwardandupward.org)**

**777 N. Crusey St, Suite B105, Wasilla 99654 | [info@onwardandupward.org](mailto:info@onwardandupward.org)**

**R.E.A.C.H 907 | (907)982-9645 | [jessica@reach907ak.org](mailto:jessica@reach907ak.org)  
[www.reach907ak.org](http://www.reach907ak.org)**

**The YAK | (907)841-8138  
173 S. Valley Way #2 Palmer | [www.youth-ak.com](http://www.youth-ak.com)**  
Safe, fun and free youth drop-in center; afterschool activities and friends.

**Mat-Su YMCA | (907)373-9622  
[matsu@ymcaalaska.org](mailto:matsu@ymcaalaska.org)**

**Alaska Youth & Family Network Youth Groups | Mondays from 5:00-7:30  
1051 E. Bogard Rd, Wasilla | Dinner included. Drop-ins welcome!**

**ADOLESCENT BEHAVIORAL HEALTH**  
**Adolescent Residential Center for Help (ARCH) | (907)279-9634**

**Compassionate Directions (CoDi) | (907)745-2634  
11921 E. Palmer-Wasilla Hwy., Palmer | For ages 3-21**

**Family Centered Services of Alaska-Wasilla | 800-478-2108  
301 E. Danna Ave., Wasilla | [fcsa@fcsa-ak.com](mailto:fcsa@fcsa-ak.com) | For ages 5-21**

**Providence Behavioral Health Mat-Su | (907)761-5800  
2250 S. Woodworth Lp, Suite 202, Wasilla | Ages 4+**

**Pfarmigan Connections, LLC. | (907)357-4400  
3505 E. Meridian Park Lp., Suite 200, Wasilla | Ages 0-18**

**Resilience Behavioral Health | [reach907ak.org](http://reach907ak.org) | [jessica@reach907ak.org](mailto:jessica@reach907ak.org)**



**Providing activities and opportunities to help youth and families thrive. Involvement in high-quality activities helps young people connect with others, build skills, and strengthen their community.**

Youth 360 builds connection through free afterschool programs for middle and high school students in Houston and Wasilla, stipends for community-based activities, youth leadership and more.

Community connections help our youth stay healthy. Youth who feel they matter to people in their community are 3x less likely to feel alone in life, and 3x less likely to consider suicide. Youth whose parents talk to them about school regularly are less likely to feel alone. Everyone in our community has a role to play in supporting our young people and cultivating their strengths and talents!

**Call 373-3613 or visit [youth-360.org](http://youth-360.org) for more information.**

## **HOLD AN EVENT!**

Alaska State Fair Facility Rentals  
sher@alaskastatefair.org

The Valley Annex | (907)745-3900  
247 S. Alaska St., Palmer

Curtis D. Menard Center | (907)357-9100  
1001 S. Clapp St., Wasilla

Grandview Inn & Suites Banquet Facilities  
(907)352-1700 | 2900 E. Parks Hwy, Wasilla

Government Peak Chalet | (907)746-8757

Elks Lodge-Palmer | (907)745-3950

Evangelo's Restaurant Banquet Facilities  
(907)376-1212 | 2530 E. Parks Hwy, Wasilla

Mat-Su Borough Gym | 350 E. Dahlia Ave.,  
Palmer | (907)861-8578

Mat-Su Health Foundation Conference Center  
admin@healthymatsu.org

Mat-Su College Community Room  
(907)745-9726 | sacrowell@alaska.edu

MTA Meeting Rooms | Submit meeting room  
request form: [www.mtasolutions.com](http://www.mtasolutions.com)

Northern Susitna Institute | (907)733-7111 |  
Download forms: [northernsusitnainstitute.org](http://northernsusitnainstitute.org)

Palmer Moose Lodge | (907)745-4982

Palmer Library | (907)761-1375 | For community  
meetings only.

Palmer Train Depot and Pavilion | (907)745-3709  
Extension 1

Wasilla Library | (907)376-5913 | For community  
meetings only.

## **RENT A CITY PARK OR PAVILIONS**

### **City of Palmer Park Use Rentals**

To rent a park space, pavilion or recreational field for your event, visit the City of Palmer's Forms & Applications page, locate the correct Rental form, and submit. This includes rental forms for the Palmer Train Depot and downtown pavilions.

### **City of Wasilla Park Use Rentals**

To rent a park space, BBQ pavilion or fields for your event, visit the City of Wasilla's Park Use page and download the application. Applications may be submitted via mail, fax or email.

<https://www.cityofwasilla.com/services/departments/parks-and-recreation/park-use-permits>

## **CHAMBERS OF COMMERCE**

**Big Lake Chamber of Commerce | [biglakechamber.org](http://biglakechamber.org)**  
**(907)892-6109 | [biglake@mtaonline.net](mailto:biglake@mtaonline.net)**

**Copper Center Community Association | [coppercenterak.org](http://coppercenterak.org)**

**Greater Palmer Chamber of Commerce | [palmerchamber.org](http://palmerchamber.org)**  
**(907)745-2880 | 550 S. Alaska St., Suite 101, Palmer**

**Greater Wasilla Chamber of Commerce | [wasillachamber.org](http://wasillachamber.org)**  
**(907)376-1299 | 1155 E. Depot Rd., Wasilla**

**Talkeetna Chamber of Commerce | [talkeetnachamber.org](http://talkeetnachamber.org)**





**United Way of Mat-Su wants all youth to grow up healthy and happy! Did you know that the more developmental assets a child has, the more likely they are to maintain high self-esteem, connect meaningfully with their peers, engage in community service, and demonstrate growth in academics and their social lives?**

**The 40 Developmental Assets framework teaches preventative measures and positive experiences that young people need to achieve their dreams.**



#### **SUPPORT**

Family, caring neighbors, caring school climate, and involvement from adults.



#### **EMPOWERMENT**

Communities value youth, give them useful roles, and encourage service to others.



#### **HEALTHY EXPECTATIONS**

Clear expectations, caring about youth's whereabouts, positive peer interactions and encouragement.



#### **ENGAGING PASTIMES**

Music, theater, and the arts. Access to youth programs. Quality time spent at home.



#### **LEARNING**

Actively engaged in learning. Feeling their school cares. Fostering a love of reading.



#### **POSITIVE VALUES**

Values helping others. Stands up for their beliefs. Tells the truth even when it's hard.



#### **SOCIAL COMPETENCY**

Plans ahead. Empathy, sensitivity, friendship-making. Peaceful conflict resolution.



#### **POSITIVE IDENTITY**

Feeling in control. High self-esteem. Sense of purpose & optimism.

**We are proud to create, administer and support the following positive youth development initiatives and projects: Be[You]; Beacon Hill; Boys & Girls Club Mat-Su ; Knik Tribal Council; MSBSD Initiatives; MY House; Onward & Upward; Reach907; Thrive Mat-Su & Thrive Mat-Su Youth Awards; Thrive Mat-Su Youth Retreat; Youth 360**

**Building the caring  
community  
of the Mat-Su for**



**years**

From all of us at United Way of Mat-Su, to each and every one of YOU, thank you for 35 amazing years of advancing quality Education, strong Financial Stability, and good Health for all Valley Residents!



Learn more: [unitedwaymatsu.org](http://unitedwaymatsu.org)  
Follow us: @unitedwaymatsu  
Ask a Question/Donate: [give@unitedwaymatsu.org](mailto:give@unitedwaymatsu.org)

**“Great things are not done by impulse, but by a series  
of small things brought together.”  
- Vincent Van Gogh**

United Way of Mat-Su has stood in the gap for our community for 35 years: through natural disaster, pandemic, economic hardship, and social change. As we celebrate this milestone, we remember acknowledge and sincerely thank all of YOU, whom we rely on:

Hundreds of helping hands gathering every spring: pruning hedges, raking yards, painting classrooms, reading stories to children. Making sure no project goes unfinished, no corner of our community feels unseen. Decades of grant-making, supporting our fellow nonprofits; dedicating to action, advocacy and stalwart representation for all.

Ensuring that every Valley student looks and feels their best for the first day of school. Sharing a smile with kids and parents alike, encouraging success. Introducing young people of all ages to the love of healthy lifestyles, mentorship, the tools to become leaders, hand-raisers, change-makers.

Whether one dollar or hundreds, five minutes or many hours: when given with humbleness, strength and love, every gift matters. We believe, at United Way of Mat-Su, that we ALL, working together, each giving what we are able can transform the place we love and call home  
...for all Valley residents •

With our deepest gratitude for 35 years of building a better, stronger, healthier community, we pledge to continue, choosing to make the Mat-Su a place where everyone's contributions are valued, where we may all find a listening ear, a shoulder to lean on, and the resources to advance quality Education, strong Financial Stability, and good Health.

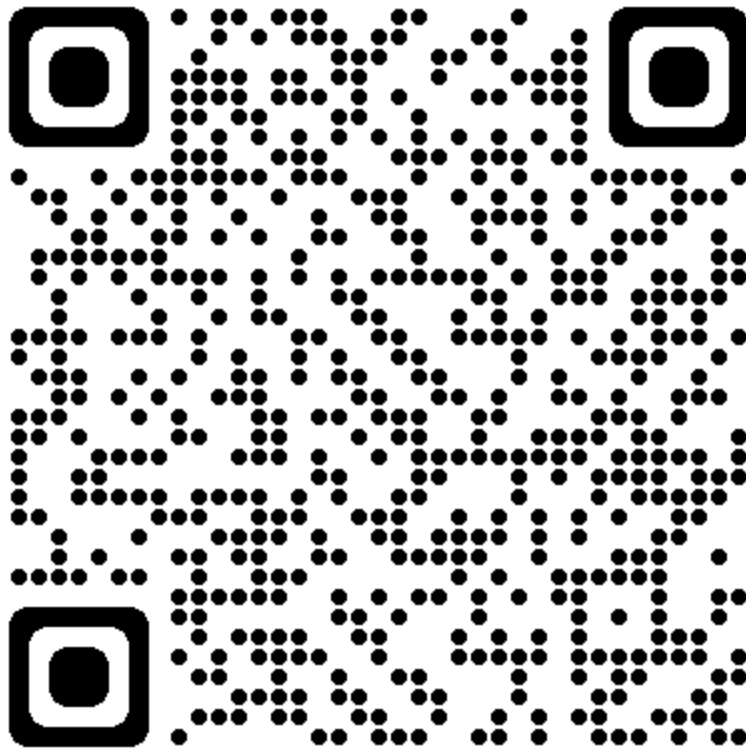
The power of ordinary people doing extraordinary things.

**Living United. Every Day.**

**For more information on how you can support our important work,  
call (907)745-5822 or email [give@unitedwaymatsu.org](mailto:give@unitedwaymatsu.org).**

**Your experience is important to us!**  
**We are gathering feedback on the Resource Guide using a short survey.**

Please use this QR code to take the survey!



**Are you a business or agency that would like to be included in the Resource Guide? Do you have a suggestion or edit that needs to be made?**

**Send us an email! Let us know which pages or entries you'd like to see updated, as well as your contact information.**

**[admin@unitedwaymatsu.org](mailto:admin@unitedwaymatsu.org)**