



UNITED WAY

Mat-Su

FREE Mat-Su Valley Resource Guide



**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).



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.



CRISIS ASSISTANCE: Agencies offering crisis assistance may have available emergency shelter, a crisis hotline, 24-hour peer support, or fill a basic need in an emergency situation.

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.**



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



Clothing



Education



Transportation



Financial Assistance



Food Pantries/
Food Resources



Recovery Services



Medical Care



Mental/
Behavioral Health



Special Needs



Recreation & Activities



Resources for Older Adults



Veterinary/
Pet Care



Family Support



Housing/
Shelter



Veterans & Military Families

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Questions? United Way of Mat-Su at (907) 745-5824	

BROUGHT TO YOU IN-PART BY:



MAT-SU HEALTH
FOUNDATION



WALTHER
DENTAL Inc.



UWMS Pocket Resource Guide

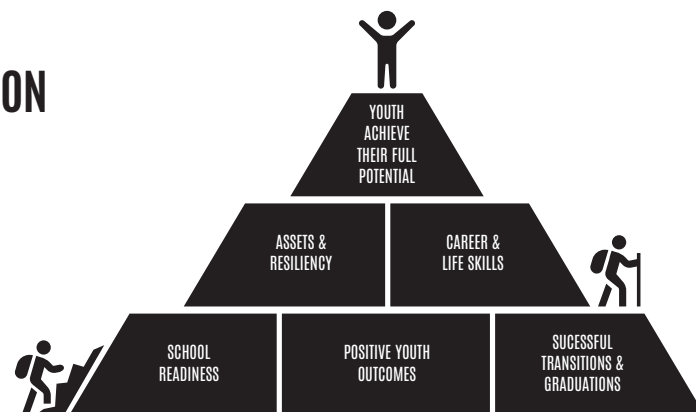
NOW AVAILABLE! This handy, wallet-sized guide is easy to carry and provides a quick resource reference. The Pocket Guide contains resources to meet crisis and immediate needs, such as food pantries, crisis hotlines, emergency shelter, family resources, and transportation.

Call **(907)745-5824** or email admin@unitedwaymatsu.org to schedule pickup! The Pocket Guide is used Valley-wide to assist those in need of emergent, basic needs, and crisis-related resources.

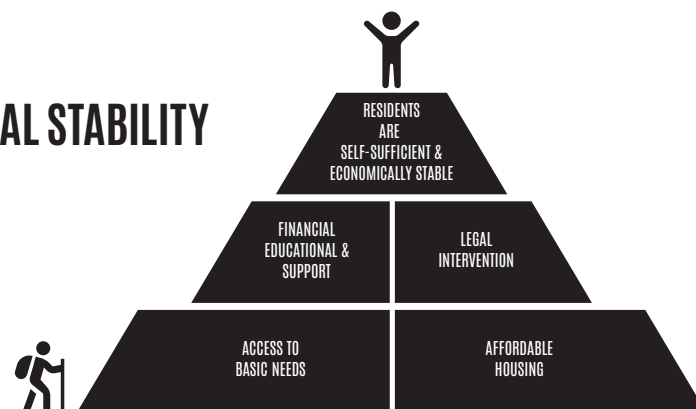
Take this quick survey to provide feedback on the Resource Guide!



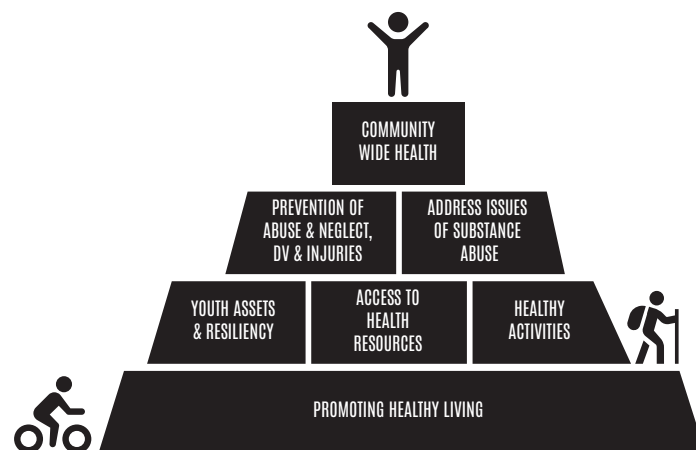
EDUCATION



FINANCIAL STABILITY



HEALTH



DID YOU KNOW?

Both the full-size Resource Guide and Pocket Guide are available as free downloads.

Visit our website: unitedwaymatsu.org

Click on each image in the home page to access the guides.



From strengthening local resilience to advancing health, youth opportunity and financial security, United Way is mobilizing communities to action so all can thrive. True to our founding principles, United Way of Mat-Su rises to meet the challenges facing the Valley and its residents every day. By actively listening to our community, and responding to local needs, we reach tens of thousands of Mat-Su residents annually.

United Way of Mat-Su Team



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Youth 360 and UWMS



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Thrive Mat-Su
Youth Activities Coordinator



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Youth 360
Director



Crisis Assistance

In case of emergency, please call 911. Dial 988 to reach a trained crisis counselor at any time. 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 akafs.org/dvsa.html Text an advocate: (907)795-9246
Alaska State Troopers	(907)745-2131
Alaska State Troopers/Wasilla PD Dispatch Line (Non-Emergency)	(907) 352-5401
Beacon Hill/Safe Families For Children	(907)277-0925 (for families in time s of crisis)
Domestic Violence/Sexual Assault Hotline	1-866-746-8026
Identity Alaska LGBTQ+ Helpline	(907) 929-4528 identityalaska.org
LifeMed AK 24-Hour Communications Center	1-800-478-5433
Mat-Su Borough Animal Care Enforcement	(907) 761-7501 animal.care.enforcement@matsugov.us
Mat-Su Health Services Suicide Hotline	(907)376-2411
Office of Children's Services-Wasilla.	(907) 357-9797 hss.state.ak.us/ocs
Palmer Police Department Non-emergency	(907) 745-4811
Poison Control Hotline (24 Hour Hotline).	1-800-222-1222
Statewide Careline Crisis Intervention	Call 988 to reach a trained call center worker.
Set Free Alaska Crisis Line	(907)521-5239
Standing Together Against Rape. (STAR) 24-Hour Crisis Line	1-800-479-8999
True North Recovery Services HOPE line	(907) 892-HOPE (recovery support)
Wasilla Police Department Non-emergency	(907)325-5401

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

Community First Choice (Personal Care Services)

(907)269-3666

Eviction Diversion Program | (907)264-0883

courts.alaska.gov/shc/housing/edp.htm

Heating/ Energy Assistance | (907)373-3903

Home Weatherization Assistance | (907)746-5680

Landlord/Tenant Hotline | 1-855-743-1001

alsc-law.org

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 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.

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.

Alaska Legal Services:

1-800-478-7798 | health.alaska.gov/dpa

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. For more information on Alaska Legal Services' Valley resources, please call the Palmer office at (907)746-4636 or Wasilla at (907)373-3656.

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.

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.



Connect Mat-Su
Local Support for Local Needs

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.



INFORMATION/REFERRALS

To request copies of this Resource Guide or the Pocket Guide, contact UWMS at (907) 745-5824 or email admin@unitedwaymatsu.org.

2-1-1 Information Helpline

Dial 211 or visit
alaska211.org

United Way of Mat-Su

(907)745-5824
unitedwaymatsu.org

Access Alaska Information and Referrals

1-800-770-4488

Alaska Family Services

(907)746-4080 | 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

Cook Inlet Tribal Council (TANF Services Location)

1744 N. Prospect Dr., Palmer
(907)793-3600

Eklutna Village

nve@eklutna.org
(907)688-6020. 26339
Eklutna Village Rd. Chugiak
AK 996567

Knik Tribal Council

1744 N. Prospect Dr. Palmer
(907)373-7991 | kniktribe.org

LINKS Mat-Su HUMS Program

(High Utilizer Mat-Su)
(907)887-4867

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

Mat-Su Regional Medical Center Social Services

(907)861-6691

MSBSD Project Childfind

(907)746-9222

Early screenings to identify educational or 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

Living United. Every Day.

For more information on how you can support our important work, call (907) 745-5822 or email give@unitedwaymatsu.org.

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.

Alaska Family Services

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

244 S. Sylvan Rd. #21,
Wasilla (907) 864-0463
Food pantry, clothing closet, rental/utilities assistance

Frontline Mission

frontlinemission.org
2001 E. Palmer-Wasilla Hwy.
Wasilla (907) 357-8600
Food pantry, clothing closet. Hot meals. Shower/laundry facilities.

Family Promise Mat-Su

fpm-su.com | (907) 357-6160
2700 E. Broadview Ave.,
Wasilla

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

Mat-Su Coalition of Housing & Homelessness

(907)232-4450 | mschh.org
404 N Yenlo St., Wasilla

Salvation Army Mat-Su Valley Corps

mat-suvalley.salvationarmy.org
12271 E. Palmer-Wasilla Hwy
Palmer (907)745-7079
Food and Clothing Pantry, Rental/Utilities Assistance

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 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.

Alaska R&R Laundromat 7362

W Parks Hwy., Meadow
Lakes | (907)357-1028

Butte Wash Tub LLC 16490

Marilyn Dr., Palmer
(907)444-0502

City of Wasilla Bulk Water Station

550 N. Weber Drive (across
from IditaPark)

Idita-A-Wash | 745-7111

1150 S Colony Way Unit 9,
Palmer

Lakeside Laundromat

3462 S Big Lake Rd., Big
Lake (907)892-1800

Turner's Corner

(907)745-6161 | 8238 Turner
Rd., Palmer

Trapper Creek Watering Point

| 8835 E. Devonshire Rd.,
Trapper Creek

Valley Country Store Laundromat

3065 Church Rd.

Valley Country Store #4

3068 S. Trunk Rd.

Valley Country Store-Trunk

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

Wasilla Wash Day

(907)376-4141
745 Westpoint Dr., Wasilla

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.



FOOD PANTRIES AND 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. Schedules are updated monthly.

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

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

Hilltop Assembly of God

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

Houston-area residents only.

Please call to arrange food pick-up.

King's Chapel-Wasilla

1701 N. Lucille St., Wasilla
(907)357-2065

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

Manna Independent Baptist Church

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

Mat-Su Food Bank

matsufoodbank.org

5099 E Blue Lupine Dr., Wasilla
(907)357-3769

Food Pantry & Child Feeding Program
Senior Food Boxes

Native Village of Eklutna Food Bank

(907)688-6020

Must call to request a food box.

Our Lady of the Lake Food Pantry

Mile 5 S. Big Lake Rd, Big Lake
(907)892-6492

Must call to request a food box.

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

Sutton Bible Church, Sutton
15772 N. Glenn Hwy. Sutton
(907)354-0012

Salvation Army Mat-Su Valley Corps

mat-suvalley.salvationarmy.org

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

Senior Food Box Program

(907)272-3663

foodbankofalaska.org

Senior Farmers Market Nutrition Program

(907)465-3100

Summit Worship Center Food Pantry

125 W Riley Ave, Wasilla
(907)376-5732

Upper Susitna Food Pantry | Talkeetna Branch

16004 Walsted Rd., Talkeetna
(907)733-3358

Upper Susitna Food Pantry Trapper Creek Branch

8252 E. Petersville Rd Trapper Creek
(907)733-3358

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

kidskupboard.org

(907)232-7052

director@kidskupboard.org

Mobile child feeding program and
year-round meals. Check Facebook and website for
updates to meal sites and schedules.

Food4Kids Program by Mat-Su Food Pantry

(907)357-3769

SUMMER ONLY: Newcombe Park at Wasilla Lake,
Wonderland Park, and Mat-Su Food Pantry locations.

MOBILE FOOD PANTRIES

Caswell Lake Mobile Food Pantry

Located at Christ Centered
Community Church
4895 S. Silver Salmon Cir.



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 to view the market directory and find a farm stand or market near you!

ALASKA TILTH: Alaska Tilth's mission is to build food security by growing food, growing farmers and feeding those in need. Facebook: @alaskatilt | Email: springcreekfarm@alaskapacific.edu

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 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 for more!

FRESH START PROGRAM: The State of Alaska's free programs for Better Health. Weight loss/diabetes, tobacco cessation, activities for families, free coaching and free support tools. freshstart.alaska.gov.

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 Day. Anyone is welcome, both to volunteer and eat! Thanksgiving Blessing Dinner: Contact Frontline Mission at 357-8600. Christmas Friendship Dinner: christmasfriendshipdinner.com or email 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. Learn more at facebook.com/growpalmer or 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.

MATANUSKA COMMUNITY FARMER'S MARKET:

Wednesdays from 4-7 PM, approximately June 12-the end of September. matanuskacommunityfarmersmarket.com
Local produce, meats, flowers, herbs, mushrooms, baked goods. Accepts WIC/SNAP and has WIC/SNAP matching program.

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
The Family Nutrition Program is also housed here. 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 or call (907)745-3423

RAYMOND REBACHEK 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.





HOUSING & HOMELESSNESS

Listed first in this section are agencies offering shelter in emergency situations. Next, agencies that may assist with rental/mortgage, utilities or transitional living. **The Alaska Eviction Prevention Program** helps tenants and landlords navigate issues without involving the courts. Call (907)264-0883 or visit courts.alaska.gov/shc/housing/edp.htm.

Alaska Family Services Domestic Violence Shelter

(907)746-4080 | akafs.org
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
Safely housing queer youth. Safe homes, support and wrap-around services for ages 13-24.

Daybreak, Inc. Palmer Navigation Center

440 W. Evergreen Ave., Suite B, Palmer
(907)390-0669 | daybreakmhsc.com
Tuesday-Friday from 9am-4pm by appointment.
Walk-ins welcome
from 1pm-3pm.

Family Promise Mat-Su

familypromisematsu.org
(907)357-6160 | promise@mtaonline.net
Shelter for families, pet boarding, rental assistance and family programs.

Knik House

bloodnfireak.org/knik-house
(907)357-0391 | knikhouse@mtaonline.net
Sober living for women, men, single parents and the re-entry population.

MYHouse

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.

True North Recovery Services-Sober Transitional Living

(907)313-1333
Fill out application at tnrak.org

Valley Charities

(907)354-4660
valleycharities.org
Medical equipment lending, homelessness prevention, reentry program, training.
Rental and utilities assistance.

AFFORDABLE HOUSING

Alaska Housing Finance Corporation

ahfc.us | (907)376-5744
1201 N. Lucille St. Ste #104 Wasilla
Providing Alaskans with access to safe, quality affordable housing

Chickaloon Native Village Family Housing

(907)745-0749
chickaloon-nsn.gov/facilities-housing

Knik Tribal Council

(907)671-6952 | kniktribe.org/housing
Affordable rental units, rehab program.
Mortgage assistance.

Knik Homes

(907)795-1425
Must submit a preliminary application.
Affordable housing units, based on income.

Native Village of Eklutna

(907)688-6020 | Eklutna-nsn.gov

Valley Residential Services

(907)357-0256
1075 Check St, #102, Wasilla | vrs@valleyres.org
Manages many affordable housing units in the Valley.

HOMEOWNERSHIP ASSISTANCE

Alaska Community Development Corporation

alaskacdc.org
1517 S. Industrial Way #8 Palmer
(800)478-8080
Homeownership and weatherization assistance programs

Alaska Housing Finance Corp.

1201 Lucille St., #104, Wasilla

Habitat for Humanity-Mat-Su

(907)373-7278
hhumanity@gci.net

Neighborworks Alaska

(907)671-6864
2515 A St., Anchorage

Rural Development Corporation

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



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
Offers lockout service, jumpstarts and accepts Medicaid transportation vouchers

Alaska Ride-Share | (907)245-6502
commutewithenterprise.com

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.

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

Chickaloon Area Transit System

(907)745-2287 | chickaloon-nnsn.gov/transportation-department

For Chickaloon, Sutton and Palmer area passengers. Discounted rate available for seniors and students.

Chickaloon Village Traditional Council

(for visits to Sutton Life House Clinic)
(907)745-0749

lifehouseclinic.com/transportation

Grizzly Cab

(907)717-4027

Interior Alaska Bus Service

1-800-770-6652 | interioralaskabusline.com
Travels every MWF year-round. Routes from Anchorage to Tok and Fairbanks to Tok. Visit <http://interioralaskabusline.com/news.html> for full schedule. Stops in Glenallen and Palmer as well as others. Reservations recommended to ensure a ride. Veterans, Active Duty and First Responders programs available.

Mat-Su Shuttle, LLC.

(907)982-7061

mat-su-shuttle.com

Native Village of Eklutna Transportation Services

(907)688-6020

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

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

Talkeetna Spur, Wasilla, and Willow transportation. Accepts Medicaid waiver.

Triton Transport AK

(907)561-9220

info@tritonak.com

United Non-Emergency Medical Transportation

(907)222-7666 | unitednemt.com

Ask your doctor to request a prior authorization for Non-Emergency Medical Transportation when scheduling.

Valley Cab

(907)357-8294

Valley Shuttle Service

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

Way Makers Transportation

(907)887-9236

waymakerstransportationak@gmail.com

Valley Transit

(907)864-5000

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.

Valley Transit may provide grocery delivery so long as items are prepaid. To set up a delivery, call ahead.

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.





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. You can also visit Alaska @ Work to learn about careers that do not require four-year degrees: alaskaatwork.org.

Alaska Job Center & Unemployment Office

(907)352-2500 | 877 Commercial Dr., Wasilla
jobs.state.ak.us

Alaska Bible College | (907)745-3201

248 E. Elmwood Ave., Palmer | akbible.edu

Alaska Job Corps | (907)861-8800

800 E. Lynn Martin Dr., Palmer
alaska.jobcorps.gov

Alaska Division of Vocational Rehabilitation

1-800-770-4124

913 W. Commercial Dr., Wasilla
labor.alaska.gov/dvr

Alaska Area Health Education Center

aliciar@alaskapca.org

Tuition assistance, incentives, case management
and support for youth and adults pursuing
healthcare careers.

Alaska Military Youth Academy | (907)375-5554

Located on IBER | website.akmya.alaska.gov

Alaska Native Science & Engineering Program

ansep.net

Alaska Works Partnership

(Construction Education & Training)
alaskaworks.org | (907)376-4764

At Work AK

Alaska Dept. of Labor and Workforce
Development
Labor.Alaska.Gov

Charter College of Mat-Su | (907)352-1000

721 W. Parks Hwy., chartercollege.edu

Mat-Su College | (907)745-9774

8295 E. College Dr., Palmer | matsu.alaska.edu

Nine Star Education & Employment Services | (907)373-7833

899 W. Commercial Dr., Wasilla | 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

University of Alaska Anchorage

uaa.alaska.edu

University of Alaska Fairbanks

uaf.alaska.edu

SCHOLARSHIPS

Mat-Su Health Foundation Scholarships

scholarships@healthymatsu.org

MEA Foundation Scholarships | (907)761-9300

Visit mea.coop for application.
mea.coop/co-op-benefits/community-giving

MTA Foundation Scholarships

mtafoundation.org/scholarships

Alaska Community Foundation

alaskacf.org/scholarships

First Aid/CPR & Basic Life Support Training

CPR Alaska

(907)406-3834
alaskacprtraining.com

Mat-Su Services for Children & Adults

(907)352-1200
mssca.org

Polar Apex 907 | (559)760-8285

polarapex907.com

Red Cross-Mat-Su

(907)357-6060

Tundra Training & Medical Supplies

(907)373-3483
tundratrainingonline.com

Frontier Safety and Supply

frontiersafetyandsupply.com

Wilderness Emergency Training

akwildmed.com

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



COMMUNITY COALITIONS

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

Big Lake Lions | (907)892-6502 | @BigLakeLions

Bright Lights Book Project

director@brightlightsbookproject.org

Domestic Violence & Sexual Assault Task Force

(907)746-6213

Early Childhood Partnership of Mat-Su

(907)745-5822 | give@unitedwaymatsu.org

Elevate Mat-Su Business Coalition

jennywillardson.com/matsubusinesscoalition

Key Coalition of Alaska

keycoalitionofalaska.org | (907)433-4705

Promoting the dignity, status and equality of all Alaskans who experience disabilities.

Mat-Su Basin Salmon Habitat Partnership

(907)865-5713 | matsusalmon.org

Mat-Su Coalition on Housing & Homelessness

(907)232-4450 | matsuhousing@gmail.com

Mat-Su Council on Aging

info@mcoaging.com

Mat-Su Food Coalition

(907)232-6536

Mat-Su Opioid Task Force

matsuopioidtaskforce@gmail.com

matsuopioidtaskforce.com

Mat-Su Reentry Coalition

(907)414-4077

barbara.mongar@valleycharities.org

Mat-Su Sertoma | info@matsuhearing.org

Mat-Su Youth Action Board

matsuyouth.com

Mat-Su Zero Waste Coalition

matsubagit@gmail.com

No More Mat-Su

nomorematsuak@gmail.com

Northern Valley Health Coalition

nvhealthco.org | ssmith@sunshineclinic.org

Palmer Elks Lodge | (907)745-5950 | elks.org

Palmer Moose Lodge | (907)745-4982

mooseintl.org

Palmer Lions | (907)354-3798 | @palmerlions

Palmer Rotary | palmerrotary.org

Sunrise Rotary | wasillasunriserotary.org

Susitna Rotary | susitnarotary.org

Susitna River Coalition

(907)733-5400 | susitnarivercoalition.org

Thrive Mat-Su

(907)745-5821 | sellen@unitedwaymatsu.org

Wasilla Lions | wasillalionsclub@gmail.com

Valley Community for Recycling Solutions

valleyrecycling.org | (907)745-5544

Valley Interfaith Action Group

valleyinterfaithaction.org | director@

valleyinterfaithaction.org

Mat-Su Community Councils



matsugov.us/boardscommunitycouncils

Mat-Su Community Councils

DISASTER RELIEF

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.

MSB Disaster Preparedness

Willow, GlacierView and Talkeetna CERT
ready.matsugov.us

Salvation Army Mat-Su

mat-suvalley.salvationarmy.org

(907) 745-7079

Wherever there is a need in the Mat-Su Valley
you'll find the Salvation Army.

Mat-Su VOAD (Voluntary Agencies Active in Disaster):

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 Jennifer Walther, VOAD Coordinator:

Ph: (907)745-5824

E: outreach@unitedwaymatsu.org



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
alaskabirthcollective@gmail.com

**Alaska Family Services-Family Support/
Preservation Services**

(907)745-4920 | akafs.org

Alpenglow Women's Health

(907)357-1113 | alpenglowak.com

Benteh Nuutah Valley Native Primary Care Clinic

Mother/Baby/Child

(907)631-7800

1001 S. Knik-Goose Bay Rd., Wasilla

Family First Treasures

Akafs.org | (907)746-6200

Haven Midwifery and Birth Center

6930 E. Lower Mesa Dr., Palmer
havenmidwiferyandbirthcenter.com

(907)444-3027

HeartReach Center | (907)373-3456

865 S. Seward Meridian Pkwy., Wasilla
heartreachalaska.com

Mat-Su Midwifery and Family Health | (907)373-3420
matsumidwifery.com

Mat-Su Regional Hospital Birthing Center

(907)861-6645

2500 S. Woodworth Lp., Palmer

Mat-Su Women's Health Specialists | (907)746-7747

2490 S. Woodworth Lp., Suite 301, Palmer
matsuwomenshealth.com

New Life Midwifery

342 S. Alaska St. Palmer
(907)745-4766

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

Social connections and parenting support

Safe Families for Children (Beacon Hill)

Mat-Su Family Contact Center

1951 N Hemmer Rd, Palmer

(907)277-0925

MatSuFamilySupport@beaconhillak.com
beaconhillak.com/safefamilies

Palmer WIC Clinic

1825 S. Chugach St., Palmer
(907)746-4080

Wasilla WIC Clinic

899 W. Commercial Dr., Wasilla
(907)376-4080

Valor Midwifery

Valormidwifery.com | (907)748-1250

Alaska Child Passenger Safety Coalition

Car seat checks

(907)212-3194 | Carseatak.org





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.

LICENSED CHILDCARE (listed alphabetically)

CCS Early Learning Centers
(907)373-7000 | (907)373-7020 fax
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

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

Alaskan Seedlings I
268 E Fireweed Ave., Palmer
(907)746-5338 (formerly Tree of Life)

Alaskan Seedlings II | 607 W.
Daron Dr., Palmer (907)631-8715
alaskanseedlings@gmail.com

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

**North Star Learning Center &
Northern Lights Preschool**
5461 E Mayflower Ln, Wasilla
(907)414-9332

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

Pampered Moms
(907)841-1660 | 1431 Downwind
Cir., #2, Palmer

ParentShare Preschool
(907)745-1440
parentsharepreschool.org
rhonda773@yahoo.com

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

T&C Playhouse I (907)519-2300
401 S. Lower Rd., Palmer
tiffenyandchristinasplayhouse@gmail.com

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

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

WASILLA AREA

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

Benteh Early Learning Academy
4401 E. Palmer Wasilla Highway, Wasilla
(907)671-6861

Butterflies & Bullfrogs
6401 Calista Dr., Wasilla | 376-7990
scwilder4@gmail.com

Dee's Little Angels I (907)357-6300
angelsforever99654@gmail.com

Dee's Little Angels I
3401 #A East Cottle Lp.
Dee's Little Angels II
3060 N. Lazy Eight Ct. #7, Wasilla

Dee's Little Angels School Age Center
3341 E. Palmdale Dr., Wasilla

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

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

Fireweed Montessori
5431 E Mayflower Ln, Wasilla | (907)671-4531

First Fruits Creative Journey I (907)357-2237
260 E. Nelson Ave. Wasilla

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

Grandma's Little Angels I (907)671-1333
2022 S. Paddock Dr., Wasilla

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

Little Learners Academy
245 E. Nelson Ave., Wasilla | (907)357-1188

Little Wildflowers I (907)373-3950
3950 E. Carefree Dr., Wasilla

North Star Learning Center & Northern Lights Preschool
5461 E Mayflower Ln, Wasilla
(907)414-9332

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

MEADOW LAKES, KNIK-GOOSE BAY & UPPER SUSITNA

Bright Minds Early Learning Center, LLC
(907)357-2600 | 172 S. Lamont Cir., Wasilla

Dee's Little Angels KGB Center
4280 S. Knik-Goosebay Rd., Wasilla
angelsforever99654@gmail.com
(907)357-6300

Miss Tori's Tots | (907)315-5388
3548 S. Johnsons Rd., Big Lake

Mrs. Megan's Little Rascals | (907)825-2188
reymeg10@yahoo.com

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 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
mssca.org for
more information.

Look at Me! developmental screenings (ages
birth-5): Contact Gwen Teutsch
for more information via email
gwen.teustch@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.

thread Alaska

Toll-Free 1-800-278-3723
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.

Mat-Su Borough School District Early Childhood Support Services

Jamie Woodside
Jamie.woodside@matsuk12.us
(907)746-9222

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.

Mat-Su Borough School District Preschool Program

(907)746-9276

May register using ParentVUE.

Children must be age 4 or on
before September 1.

Children must be potty-trained.

At select MSBSD
schools only.



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

Mat-Su Mental Health
860 Roberts St. Suite 200, Wasilla
(907)313-7965 | Matsumentalhealth.com

Changing Seasons
701 E. Parks Highway Suite 203, Wasilla
(907)795-3860 | Changingseasonsak.com

Mountain Springs Counseling Center
290 N. Yenlo St. Suite B5, Wasilla
(907)931-6928

Haven: Children and Family Services
(907)373-4732

Bentah Wellness Center
780 Snodgrass Dr., Palmer | (907)671-6871

EQUINE THERAPY

Alaskan Sunrise Behavioral Health
634 W. Bailey St. Suite 100, Palmer
(907)707-1201

Aurora Equine Therapy
780 N. Luke St., Wasilla | (907)227-0406
auroraequinetherapy.org

Southcentral Therapeutic Riding (STRIDE)
4351 Bogard Rd., Wasilla | (907)373-7716
stridealaska.org





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

All-Alaska Pediatric Partnership

a2p2.org | (907)903-6770

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

Alaska Mediation Institute

(907)341-4949 | alaskamediation.org |

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

Beacon Hill/Safe Families for Children

(907)277-0925 | 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.

Boriken Behavioral Health

(907)746-7828

10355 E Palmer Wasilla Hwy #213

Cook Inlet Tribal Council Family Wellness

(907) 793-3132

citi.org/family-services/

Creative Solutions for Families

creativesolutionsforfamilies@gmail.com

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.

Family Support & Preservation

Alaska Family Services

(907)745-4920 | akafs.org

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

Grandfamilies Network Project

(907)522-9866 | grandfamilies.org

Knik Tribal Council

1744 Prospect Dr. Palmer | (907)373-7991

LINKS Parent Resource Center

(907)373-3632

777 N. Crusey St., Wasilla | linksprc.org

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

Reach907

reach907ak.org | 907-745-6200

Set Free Alaska's Haven: Children & Family Services

setfreealaska.org/children-adolescent/

(907)373-4732

Southcentral Foundation Child and Family Development Services

(907)729-8880

Southcentralfoundation.com/services/cfds

VOA Kinship Care Program

(907)265-1905 | kinshipak@voaa.org



MAKE A SCENE

SUPPORT LOCAL MEDIA FOR AS LITTLE AS \$8.00 PER MONTH

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907-373-4732
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907-255-4732
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men. women. children. families
OUTPATIENT & RESIDENTIAL & CRISIS SERVICES

Set Free Alaska is a Christian treatment center that uses a mind-body-spirit approach to recovery. Our multi-generational programs provide an array of therapeutic services in the areas of substance abuse and **behavioral health**. It is our goal that all Alaskans experience God's love, lasting freedom and abundant life. Call today!



SETFREEALASKA.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

Through floods, the 2019 McKinley Wildfire, the COVID-19 crisis, 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.

If your agency is interested in joining Mat-Su VOAD, email outreach@unitedwaymatsu.org

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)745-5822 or email give@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/united-way-volunteers**



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

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

Equipping Alaskans who are blind and visually
impaired for success.

Alaska Premier Assisted Living

info@assistedlivingak.com | assistedlivingak.com

Bright Horizon Homes | (907)232-6624

brighthorizonhomes.com

Challenge Alaska | (907)344-7399

3350 Commercial Dr., Suite 208,
Anchorage, AK 99501
challengealaska.org

Improving lives through adaptive sports,
therapeutic recreation and education.

Comfort Keepers | (907)885-0186

comfortkeepers.com

Consumer Direct Care Network

(907)357-7962

131 E. Swanson Ave. #1, Wasilla
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 | genacta.com

Hope Community Resources | (907)357-3750

4901 E. Mayflower Ln. #2, Wasilla | hopealaska.org
Assisted living, care coordination, employment
opportunities, and respite care.

LifeWorks Alaska (Hearts & Hands) | (907)644-0480

951 E. Bogard Rd., Suite 100, Wasilla

Mat-Su Services for Children and Adults (MSSCA) |

(907)352-1200

1225 W. Spruce Ave., Wasilla | 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

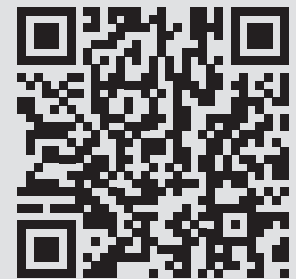
maplespringsliving.com

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

Division of Senior & Disabilities Services Resource Directory:

[Health.alaska.gov/dsds/Documents/harmony/ServiceDirectory.pdf](https://health.alaska.gov/dsds/Documents/harmony/ServiceDirectory.pdf)

Inquiries may be emailed to hss.dsds.certification@alaska.gov. Use this directory to locate
adult day services, care coordination, respite care and home health care in your area.



MEETING UNIQUE NEEDS

Allways Caring Home Care-Wasilla | 866-737-2273

Alaska Association on Developmental Disabilities
director@aaddalaska.org

Prime Care | (907)373-5350
Wasilla | primecarealaska.net

Community Developmental Disabilities Grants Program

Stone Soup Group-Mat-Su
(907)561-3701 | info@stonesoupgroup.org

State of Alaska TEFRA | Contact AK Medicaid
1-800-478-7998

State of Alaska IDD Waiver Unit | 1-800-478-996

ReadyCare (ResCare) | (907)357-5643
892 E Usa Cir. Suite 102, Wasilla | rescare.com

Shine Bright Care | (907)376-2022
shinebrightcare.com

Special Olympics Alaska Mat-Su Valley
(907)222-7625
matsu@specialolympicsalaska.org

Stone Soup Group | (907)561-3701
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

Willow Personal Care Assistants
(907)495-6778



ADDITIONAL RESOURCES

Alaska Relay Service
Connects standard telephone users to deaf, hard
of hearing, and others using TTY phones.
alaskarelay.com

Assistive Technology of Alaska
1-800-723-2852 | 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
g2arctic.org | 40465 S. Parks Hwy., Talkeetna
An agricultural camp providing programming
for individuals with disabilities, inclusive job and
internship opportunities.

CARE COORDINATION

Alaska Care Coordination Network
alaskaccn@gmail.com

Care Coordination Resources of Alaska
(907)746-3445

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

Alzheimer's Recourse of Alaska-Care Coordination
(907)746-3445

Daybreak Mental Health Resources
(907)746-6019

Supernova Advocates, LLC
supernovaadvocates.com

1st Choice Care Coordination
(907)775-1303

Pathfinder Care Coordination
(907)521-1588 | pathfindercc.com

Division of Senior & Disabilities Services

Use the Resource Directory to locate providers of care coordination,
home health care, adult day services, and day hab/activities.

health.alaska.gov/dsds/Documents/harmony/ServiceDirectory.pdf
or call 1-800-478-9966 and request a copy of the directory.





PRIMARY CARE & URGENT CARE

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

Atlas Medical | 950 Bogard Rd., Suite 228, Wasilla
(907)251-4846 | Provides regular medical services as well as on-site medical visits for older adults and those with disabilities.

Capstone Urgent Care | (907)357-9560
3765 E. Blue Lupine Dr., Wasilla

Capstone Family Medicine Clinic | (907)357-9590
3122 E. Meridian Park Lp., Wasilla

Capstone Palmer Clinic | (907)745-9088
12039 E. Maple Springs Way, #A, Palmer

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

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

Complete Family Care | (907)373-2225
1001 E. Bogard Rd., #3, Wasilla

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

Family Health Center | (907)745-1777
561 S. Denali St, Suite E, Palmer

Frontier Family Medicine | (907)373-3940
300 W Swanson St., #101

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)

Northwoods Family Medicine | (907)357-9400
1301 E Palmer-Wasilla Hwy, #400, Wasilla

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

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

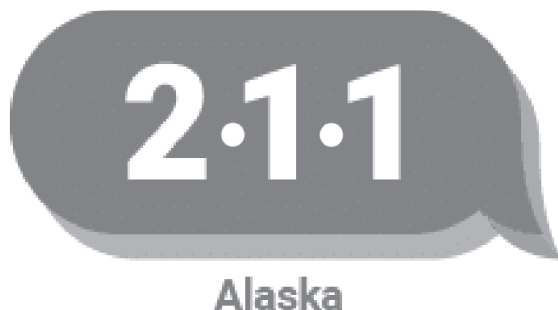
Sutton C'eyiits' Hwanax Lifehouse Community Clinic
(907)631-7665
11495 N Callison St., Sutton

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



Alaska Telehealth Registry

You may be able to find telehealth services using the State of Alaska's Telehealth Registry. To find a provider, visit commerce.alaska.gov/cbp/main/search/professional and select Telehealth under the Program search dropdown.



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 or visit liveunitedanc.org to search the online database of services at any time.



DENTAL CARE AND MEDICAL EQUIPMENT AND SUPPLIES

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

Alaskan Family Dental
281 Main St., Wasilla
(907)376-0452

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

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

Lane Family Dental | (907)373-2200
1301 E Palmer-Wasilla Hwy, Wasilla

Mann Family Dental | (907)373-2227
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)376-3884 | 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

UAA Dental Clinic | (907)786-6960

UAA dental clinics offer limited appointments throughout the academic year (September-April). Procedures are conducted by dental hygiene. Appointments may be 2-3 1/2 hours long. Costs are less than private dental clinics, but treatment requires a longer period to be completed. 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
ace@austinscompassionateenterprises.com
(877)223-4278
Providing medical equipment and supplies at no charge to those in need.

Access Alaska Durable Medical Equipment Closet
(907)357-2588
1075 S Check St., Wasilla
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 Lp., Wasilla

Valley Charities Durable Medical Equipment Lending Program
2521 E. Mountain Village Dr. Suite D-1, Wasilla
(907)521-1908



**WALTHER
DENTAL Inc.**

**HEALTHY SMILES.
HEALTHY LIVES.**



**Call today for a
healthier future!**

907-376-9449

waltherdental.com



**WALTHER
DENTAL Inc.**





PHARMACIES AND VISION

PHARMACIES

Carrs Pharmacy - Palmer

(907)761-1460
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 E. Palmer Wasilla Hwy., Palmer

Fred Meyer Pharmacy - Wasilla

(907)352-5033 | 1501 E Parks Hwy., Wasilla

Our Doctors Pharmacy

(907)376-5700
3831 E. Blue Lupine Dr., Ste 1A, 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

VISION & EYEWEAR

Alaska Eye Care Centers - Wasilla

(907)376-5266
1700 E. Parks Hwy. #300, Wasilla
alaskaeyecare.com

Capstone Eye Clinic | (907)357-9595

3122 E Meridian Park Lp., Wasilla

The Eye Guys | (907)376-3917

285 E. Parks Hwy., Wasilla

Lodestar Family Eye Care, PC | (907)745-2273

625 S. Cobb St., Ste. 101, Palmer

Palmer Vision Clinic | (907)745-4373

440 E. Evergreen Ave., Ste. C, 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

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:

Glenda Ingram (907)354-3798

eclubhouse.org/sites/palmerak

Big Lake (907)892-6502

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 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 & Family Therapy Associates
(907)376-0776
720 E. Evergreen Ave., Palmer

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

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

Benteh Wellness Center
780 Snodgrass Dr., Palmer | (907)671-6871

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 | 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
901 N Leatherleaf Lp, Suite 103, Wasilla

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

Native Village of Eklutna Behavioral Health | (907)688-6301
Mile 26.6 Glenn Hwy, off Eklutna exit ramp.

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

Southcentral Foundation (907)631-7800
1001 S. Knik-Goose Bay Rd 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.

AARS Alaska Addiction Rehabilitation 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 Benteh Nuutah Four Directions | (907)631-6300

3223 E. Palmer-Wasilla Hwy. #4, Wasilla

Banyan Treatment Center-Wasilla | 4701 Begich Cir., Wasilla |

(907)531-9217

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

Ideal Option | (877)522-1275

Lifetchangers Outreach | (907)370-3374

lifetchangersoutreach.com

Set Free Alaska | (907)373-4732

7335 E. Palmer-Wasilla Hwy., Wasilla

setfreealaska.org

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

COMMUNITY GROUPS

Please contact individual groups for meeting times and locations.

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

alaskaquitline.com

Balance: A Self-Care Support Group for Women

To receive virtual meeting link, email

info@accessalaska.org

Band of Brothers AK | (907)315-9388

2050 N. Merciful Lp., Wasilla

Christian ministry and mentoring for men.

Black Birch Books | 2901 E Bogard Rd., Suite

104, Wasilla | (907)373-2677

A safe, inclusive, welcoming space for ALL.

Follow on Facebook for activities, game nights, support groups, Coffee with a Veteran, and youth programs/opportunities.

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

Mat-Su College Journey Program

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

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 or call for details.

Traumatic & Acquired Brain Injury Support Group

Call 800-770-7940 or email

info@accessalaska.org

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

thrive mat-su

Substance Abuse Prevention Coalition

Meets every 3rd Tuesday of each month.

Contact Stephanie Allen at (907)745-5821.

or email sallen@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.

because
youth
matter



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.

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

thrive
mat-su

Connect@ThriveMatSu.org

ThriveMatSu.org

Find us on Facebook:

@THRIVEMatSu

Find us on Instagram:

@thrivematsu



RECREATION & ACTIVITIES

Free Family Fun Runs in the Valley: AKTive 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!

AKTive Body Downtown Gym | (907)746-3700

642 S. Alaska St, #B1, Palmer
Home of the Happy Run!

Alaska Avalanche Hockey
www.avalanchehockey.org

Alaska Center for the Martial Arts | (907)376-9966

845 N. Randall's Way, Wasilla
appts@akmartialarts.com

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

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. | alaskamusic.org

Alaska Pop Warner Football | (907)694-7850
league@alaskapopwarner.net

Chickaloon Native Youth Olympics
(907)745-0793 | chickaloon-nsn.gov

Chung's Tae Kwon Do Institute LLC
(907)746-7665 | 1507 N. Double B St., Palmer
(inside Grizzly Fitness)

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

AKtion Gymnastics | (907)357-3935
6109 E. Mountain Heather Way, Palmer

Grizzly Family Fitness | (907)746-7529
grizzlyfamilyfitness.com
1507 N. Double B St., Wasilla

Hatcher Pass Yoga | (907)354-0848
northstarlyf@gmail.com

Jay's Taekwondo | (907)376-7433

Kangoo Club Alaska | (907)315-2684 | 1051 E. Bogard
Rd., Ste 10, Wasilla

Mat-Su Amateur Hockey Association | matsuhockey.com

Mat-Su Crossfit | (907)631-1053
matsucrossfit.com

Mat-Su LEGO Classes | Facebook: @matsulegos
finchconsultingak@gmail.com

Mat-Su Running Club
matsurunningclub@gmail.com
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 | (907)301-5818
matsutennis.org

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

Midnight Sun Yoga Center | (907)723-5262
midnightsunyoga.com

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

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

Onward & Upward
(907)745-6687
onwardandupward.org
Education based on adventure

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

Palmer Amateur Hockey Association
palmerhockey.org

Palmer Curling Club | palmercurling.com
palmercurling@gmail.com

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
2241 E. Sun Mountain Ave., Wasilla

Polar Vortex Soccer Club
polarvortexsoccer@gmail.com | (907)795-2512

Refuge Crossfit | (907)671-1906
refugecrossfit.com

Screaming Eagle Archery | (907)376-2699
screamingeaglearchery.com

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 | (907)671-1849

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



RECREATION & ACTIVITIES

GOLF COURSES

Palmer Golf Course

1000 Lepak Ave., Palmer
(907)745-4653
Palmergolfcourse.com

Sleepy Hollow Golf Course

2721 E. Sleepy Hollow Cir., Wasilla
(907)521-0151
Sleepyhollowgolfak.com

Settlers Bay Golf Course

7307 S. Frontier Dr., Wasilla
(907)376-5466
Settlersbay.com

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

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

OTHER ACTIVITIES

Alaskans Afield Program

adfg.alaska.gov | (907)267-2534

Alaska Hunter Education Courses | (907)267-2373
Visit adfg.alaska.gov for Hunter Education schedules.

Alaska Gear Up

| alaskagearup.com
Youth technology, Robotics, Coding, 3D Printing and more!

Alaska Raceway Park

| (907)746-7223
5999 Race Way, Palmer
Visit raceak.org for current schedule.

Alaskan Sled Dog & Racing Association

asdra@asdra.org

Alaska 4H

| alaska4h.org

Alaska FFA (Future Farmers of America)

(907)707-9710
kfochs@alaska.edu

Becoming an Outdoors-Woman

adfg.alaska.gov | (907) 746-6337
dfg.dwc.southcentralbow@alaska.gov

Boy Scouts Great Alaska Council | (907)337-9547
scoutingalaska.org

Capitol Speedway | (907)495-6420
capitolspeedway.org

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

FLY Trampoline Park | (907)357-5867
1841 Parks Hwy., Wasilla

Friendship Park Alaska | 1150 E. Helen Dr., Palmer
friendshipparkak.com

Game Theory | (907)373-4263 | gametheoryak.com
(Tabletop games of all kinds!)

GeocacheAlaska, Inc. | geocachealaska.org
@GeocacheAlaska

Girl Scouts of Alaska-Mat-Su | (907)376-3822
girlscoutsalaska.org

Healthy Futures Alaska | healthyfuturesak.org
RunFest Kids 2K, Ski 4 Kids, Heart Run, and more!

Kabayan Inc. Filipino-American Community
kabayaninc.com (Cultural activities)

Mat-Su Miners Baseball | (907)745-6401
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
Hands-on classes and workshops; remembering the old days in new ways.

Rodeo Alaska | (907)748-7336
RodeoAlaska@gmail.com

Williams Reindeer Farm | (907)745-4000
5561 S. Bodenbug Lp., Palmer



RECREATION & ACTIVITIES

MUSIC & MUSIC LESSONS

Midnight Song Studio | (907)232-2806
midnightsongstudio.com

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 | (907)745-7457

ART CLASSES & CREATIVE CLUBS

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

AR Workshop | (907)357-8349
619 S Knik Goose Bay Rd Suite A, Wasilla

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 Parks Hwy Ste. A122, Wasilla

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

Mat-Su Master Gardners Association
matsumastergardeners.com

Michael's Crafts Wasilla | (907)202-9236 | 1881 Parks
Hwy., Wasilla

Moosewood Art Studio
(435)224-3133
lmoosewoodartstudio@gmail.com

Paint Nights With Sara

(907)521-4094 | paintwithsara.com

Valley Fiber Arts Guild | info@valleyfiberarts.org

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

Valley Quilters' Guild

information@valleyquiltersguild.com

BOOKS, WRITING & STORYTELLING

Alaska Writers Guild | alaskawritersguild.com
admin@alaskawritersguild.com

Alaska Literacy Program | (907)337-1981
alaskaliteracyprogram.org

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

Bright Lights Book Project | (907)745-4747 director@
brightlightsbookproject.org

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

LitSite Alaska (powered by UAA)
litsitealaska.org
uaa.litsitealaska@alaska.edu

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

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
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
(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

Musk Ox Farm | (907)745-4151
Mile 50 Glenn Hwy., Palmer

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



VALLEY TRAILS & PARKS

For more information,
please contact one of the following:

Alaska Long Trail Project

alaska-trails.org/alaska-long-trail

Alaska State Parks | (907)269-8700

Order parks passes online! dnr.alaska.gov/parks

Free parking passes for disabled veterans.

Ben's Bike Park at Mirror Lake

23051 Old Glenn Hwy., Chugiak

Mat-Su Borough Trails | (907)861-7801

matsugov.us/trails

Mat-Su Trails & Parks Foundation

(907)746-8757 | info@matsutrails.org

matsutrails.org

Download the free OuterSpatial
app to locate trails, parks and more!

Newman Memorial Park and Willow Bike Park

Follow Parks Hwy., take a left onto Willow Creek
Parkway and follow signage.

Palmer Family Park | 1951 Hemmer Rd., Palmer

ADA-accessible, inclusive playground!

Willow Trails Committee | (907)495-6368

waco-ak.org/committees/trails



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.



Connect Mat-Su

Local support for local needs



777 N Crusey St., Wasilla Mon – Fri | 8AM-5PM

specialist@connectmatsu.org 907.373.2628

facebook.com/connectmatsu Connect With Us!

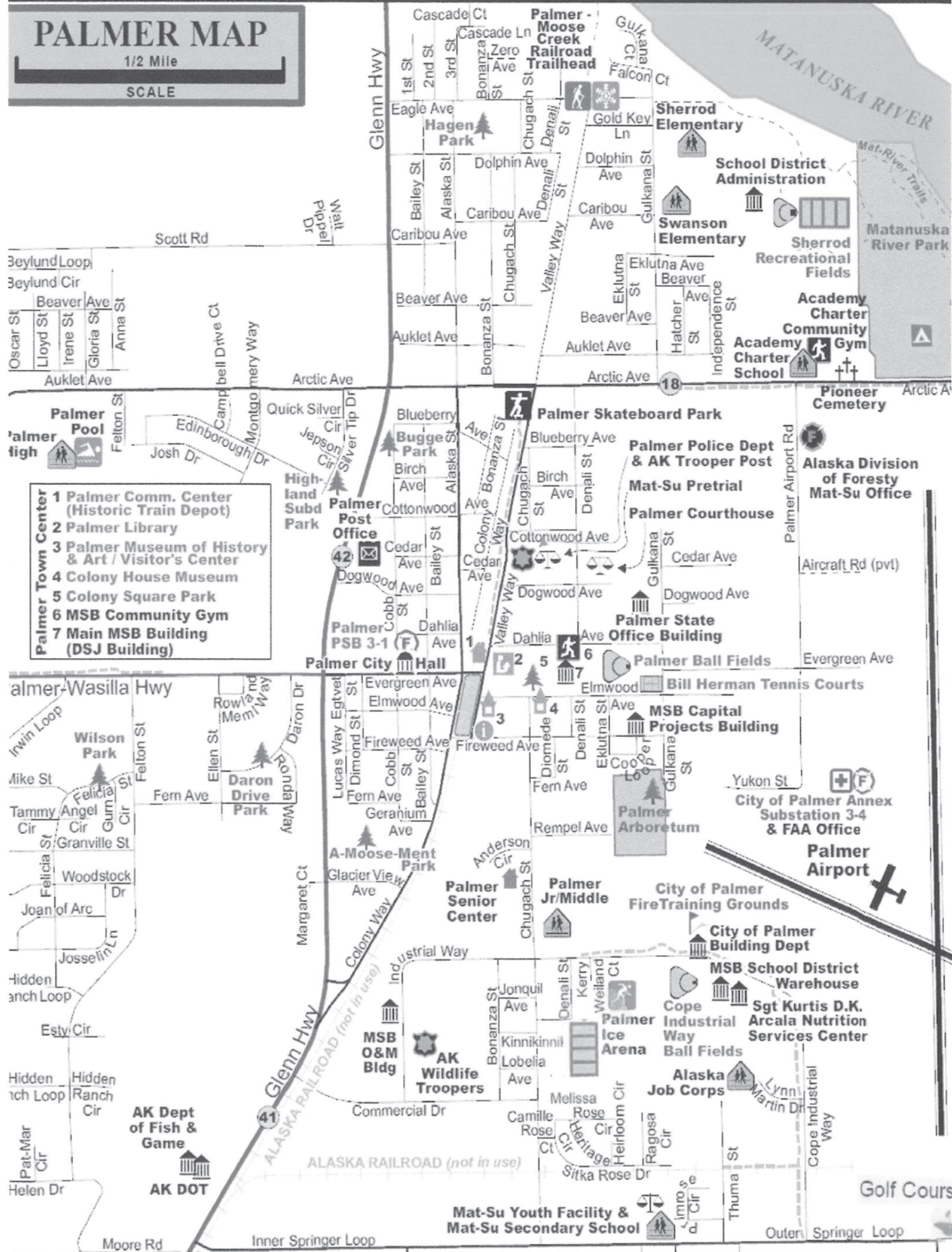


SCAN ME

PALMER MAP

1/2 Mile

SCALE



Check out the city maps for Wasilla and Palmer. Use the key to locate the parks, trails and picnic areas closest to you.





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

Big Lake Library

(907)861-7635
3140 S. Big Lake Rd., Big Lake

Matanuska-Susitna Library Network

matsu.gov/us/msln

Palmer Public Library

(907)745-4690
137 E. Arctic Ave, 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!

brightlightsbookproject.org

Little Free Library

Find local Little Free Libraries all over the Mat-Su!

littlefreelibrary.org

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.

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.

Find them on Facebook under Matsu Rocks

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





SERVICES FOR OLDER ADULTS

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)917-4600 or email info@mcoaging.com. Agencies whose names are starred (*) also offer Adult Day Service, Personal Care and/or Assisted Living. Please call for details.

AARP-Mat-Su | To get information on your closest AARP chapter (Palmer, Wasilla, Willow, etc), please call 1-866-227-7447.

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*

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.

Mat-Su Senior Services Activities Calendar

Visit matsuseniors.com/activities or call
(907)745-5454

Mat-Su Regional Medical Center Senior Circle Program |

matsuregional.com/senior-circle-program
Fill out online contact form and a coordinator
will contact you with info!

Meadow Lakes Senior Housing

1210 N. Kim Dr. Suite A, Wasilla
(907)357-3999 | bcv@mtaonline.net

Mid-Valley Senior Center

11975 W Mid Valley Way, Houston
(907)921-1463 | juliel@alaskaseniors.com

Mountain Rose Estates |

(907)746-7620
1740 S. Heritage Cir., Palmer

Northern Living Center LLC |

(907)376-5828
2795 W. Stonebridge Dr., Wasilla

RuralCAP Elder Mentor Program |

(907)865-7276
eldermentors@ruralcap.org. Elder Alaskans aged 55+,
identified as low income, can help support school
readiness and engagement in students by connecting
with children, spreading cultural values and sharing
knowledge with future generations. Elder Mentors
are eligible for training, support services and a small
stipend for their service.

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)373-5500
889 N. Elkhorn Dr., Wasilla
primrosetirement.com
Affordable senior housing, including activities and
range of floor plans.

Revel Treks & Tours Community Hike for 50+

reveltreesandtours.com/events

Santa Cop & Heroes |

santacop.net
(907)864-6701 | santacopprogram@gmail.com

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.

Upper Susitna Seniors*

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*

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.

Valley Residential Services Senior Housing

(907)357-0256

1075 S. Check St. #102, Wasilla
valleyres.org

CHORE & RESPITE CARE SERVICES

ABC Assisted Living |

(907)373-5512

Access Alaska |

(907)357-2588

Alaska Consumer Direct Personal Care

Big Lake Country Club Assisted Living*

(907)892-6944
biglakecountryclub.com
PO Box 520069, Big Lake

Wasilla Area Seniors Inc. |

(907)206-8800
1301 S. Century Cir., Wasilla |
wasillaseniors@alaskaseniors.com

Willow Personal Care Assistants |

(907)495-6778
23375 Beluga Ave., Willow
willowpersonalcare.org

HOSPICE & GRIEF SUPPORT

Alaska Chapter of the TEARS Foundation

thetearsfoundation.org/alaska | (907)529-4289

Alaska End-of-Life Alliance

www.alaskaendoflifealliance.org

Ancora Home Health & Hospice |

(907)561-9240
3831 E. Blue Lupine Dr., Suite B, Wasilla
contact@ancoraalaska.com

Church on the Rock GriefShare |

Heather Miller, (907)373-
7910 | \$20 (includes workbook)

Hospice Foundation of Mat-Su |

(907)745-4711
Valley Hospice Resources | (907)745-4711
valleyhospiceresources@gmail.com

Compassionate Friends of Mat-Su |

(907)373-0842
Trinity Lutheran Church, Palmer

Pete & Hazel's Hospice House

(Maple Springs of Wasilla) | (907)802-6645



SERVICES FOR OLDER ADULTS

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

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/nutrition/fmnp/fmnpseior.aspx

RESOURCES FOR OLDER ADULTS:

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

Assistive Technology of Alaska

(907)563-2599 ITTY: (907)561-2592 | 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
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

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@apiai.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
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!

Alaska National Guard Family Programs
(907)428-6606 | dmva.alaska.gov/family

Alaska Warrior Partnership
amarr@alaskawarriorpartnership.org | (907)312-7229

Alaska's Healing Hearts | ahh-james@outlook.com
alaskashealinghearts.com | Year-round recreational opportunities for veterans and their families.

Alcantra Armory
3401 E. Bogard Rd. Wasilla | (907)373-9446

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

American Legion Post 15 | (907)745-4440
1550 Mystic Cir., Palmer

American Legion Susitna Valley Post 35
(907)376-3500 | 5050 Tweed Ct., Wasilla

Battle Dawgs AK | (844)(907)3297
PO Box 695, Willow AK 99688 | battledawgs.org
Therapeutic Alaskan experience camps for veterans.

Catholic Social Services-Supportive Services for Veteran Families
(907)376-1300 | cssalaska.org
Case management for homeless, at-risk veterans and their families.

Connect Vets AK | 833-688-8387
connectvetsak.org

Disabled American Veterans | (907)376-9301

Family Assistance Center Crisis Line | 1-888-917-3608

Gold Star Peak, Inc. | 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 | remedyalpine.org
remedyalpine@gmail.com
Veterans helping veterans through adventure and wilderness experiences.

VA Appointment Requests | 1-888-353-7574

VA Suicide Prevention Hotline | Dial 988, then press 1



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. Shelters and rescues need donations of pet food, leashes, toys, and other items!

AARF Alaskan Animal Rescue Friends
alaskananimalrescuefriends.org

ACAT (Alaska Cat Adoption Team)
alaskacatadoptionteam.org

Alaskan Animal Advocates | (907)315-5050
Pet Food Pantry | akaarescue.weebly.com

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

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

Alaska Krazy Kats Cat Rescue
alaskakrazykats.org

Alaska Rescue Kitties | (907)863-1178

Alaska SPCA-Anchorage | (907)562-2999
alaskaspc.org

Alaska's Forgotten Felines
akforgottenfelines.com

Alaska Humane Society | adopt-a-cat.org

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

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

Best Friends Animal Rescue | (907)531-7323
bfarak.org

Clear Creek Cat Rescue | (907)980-8898
clearcreekcatrescue.org

Cloud 9 Acres Husky Rescue
cloud9acresrescue.godaddysites.com

Forget Me Not Farm Sanctuary
forgetmenotfs.com

Forget Me Not Ferret Rescue
forget-me-not-ferret-rescue.business.site

Friends of Pets | friendsofpets.org

Jonathan's Reptiles | jonathansreptiles.com

Kitty and K-9 Connection | kittyandk-9.org

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

Mojo's Hope Rescue | mojoshope.org

North Star Animal Hospital | (907)746-7387
840 S. Cobb St., Palmer
northstaranimalhospital.com

Palmer Veterinary Clinic | (907)745-3219
1451 E. Crimsonview Dr., Palmer | Regular low-cost
vaccine clinics. Please call for details.
palmervetclinic.com

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



The Hound Lounge | houndloungeak.com

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

Tier 1 Veterinary Medical Center | (907)745-8437
6623 Blue Lupine Dr., Palmer
Emergency Vet Care, open 24 hours
Saturday/Sunday.

VCA Big Lake Animal Hospital | (907)892-9292 9750 W.
Parks Hwy., Big Lake

VCA Far Country Animal Hospital | (907)746-7297
2701 N. Liahona Dr., Palmer

Wasilla Vet Clinic | (907)376-3993
info@wasillavet.com | wasillavet.com

Find Us on Facebook

Alaska Farm and Food
Alaska Poultry and Livestock
Alaska Flock, Talk and Swap
MatSu Chickens
Alaska Farm Life - Buy, Sell, Trade
Chickens of Alaska
MatSu Pets
Mat Valley Kitties and Puppies
Alaska Rescue Kitties

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.

Alaska Youth & Family Network Youth Groups

Mondays from 5:00-7:30 | (907)631-3485
1051 E. Bogard Rd, Wasilla | Dinner included.
Drop-ins welcome! | ayfn.org

Big Brothers Big Sisters

(907)376-4617 | bbbsak.org
Mentorship through Bigs/Littles program for children ages 6-16.

Black Birch Books

2901 E. Bogard Rd. #104, Wasilla, (907)373-2677, providing game nights, mechanical classes, and finance classes for teens.

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.

Denali Education Center | Talkeetna office, 22510 S. Talkeetna Spur Rd., (907)733-7003

Facing Foster Care in Alaska

(907)748-1845 | ffcak.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 | matsuvallyounglife.org
Caring adult leadership for youth; weekly fellowships meetings; high school and middle school clubs; teen mothers support group.

Mat-Su YMCA | (907)373-9622

matsu@ymcaalaska.org

Nine Star Education & Employment Services

(907)373-3006 | hscp@ninestar.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.

Onward & Upward | (907)953-5360

onwardandupward.org
777 N. Crusey St, Suite B105, Wasilla 99654
info@onwardandupward.org

R.E.A.C.H 907 | (907)982-9645

jessica@reach907ak.org | reach907ak.org

ADOLESCENT BEHAVIORAL HEALTH:

Adolescent Residential Center for Help (ARCH)

(907)694-3336 | voaak.org/services/arch

Alaska Military Youth Academy | (907)375-5554

akmya.alaska.gov

Compassionate Directions (CoDi) | (907)745-2634

11921 E. Palmer-Wasilla Hwy., Palmer
For ages 3-21 | codialaska.org

Family Centered Services of Alaska-Wasilla

(907)357-7519 | 301 E. Danna Ave., Wasilla
fcsa@fcsa-ak.com | For ages 5-21

North Star Behavioral Health | (907)264-3506,

northstarbehavioralhealth.com

Passion to Lead | (907)240-8208

cpeterson@kniktribe.org

Presbyterian Hospitality House | (907)357-6445

phhalaska.org

Providence Behavioral Health Mat-Su

(907)761-5800 | 2250 S. Woodworth Lp,
Suite 202, Wasilla | Ages 4+

Ptarmigan Connections, LLC. | (907)357-4400

3505 E. Meridian Park Lp., Suite 200, Wasilla
Ages 0-18

Resilience Behavioral Health | reach907ak.org

jessica@reach907ak.org

Set Free Alaska | (907)373-4732

setfreealaska.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 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

Denali Education Center

22510 Talkeetna Spur Rd., Talkeetna
(907)733-7003 | Denali.org

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:
mtasolutions.com

Mat-Su Resort (Everett's)

(907)357-5000
1850 E Bogard Rd., Wasilla

Mat-Su Senior Services

1132 S. Chugach St., Palmer
(907)745-5454 | Matsuseniors.com

Palmer Moose Lodge

(907)745-4982

Palmer Library

(907)761-1375

Palmer Train Depot and Pavilion

(907)745-3709

Extension 1

Wasilla Library

(907)376-5913
For community meetings only.

Wasilla Area Seniors

1301 S. Century Cir., Wasilla
(907)206-8800 | Wasillaseniors.com
wasillaseniors@alaskaseniors.com

Willow Community Center

Mile 69 Parks Highway
(907)495-6633
Waco-ak.org | admin@waco-ak.org

Upper Susitna Senior and Civic Center

16463 E. Helena Dr., Talkeetna
(907)733-6200

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://cityofwasilla.com/services/departments/parks-and-recreation/park-use-permits>

City of Houston Wedding Venue and Pavilion

For more information on the free wedding venue at city hall call (907)892-6869 or email publicworks@houston-ak.gov.
To rent the pavilion at the Little Susitna Campground find the online reservation form at houstonak.us

Mat-Su Borough Park Use Rental

ecommerce.matsugov.us

CHAMBERS OF COMMERCE

Greater Palmer Chamber of Commerce

palmerchamber.org | (907)745-2880
550 S. Alaska St., Suite 101, Palmer

Greater Wasilla Chamber of Commerce

wasillachamber.org | (907)376-1299
1155 E. Depot Rd., Wasilla

Talkeetna Chamber of Commerce

talkeetnachamber.org

Join us in making our borough the *healthiest* in Alaska.

**Become a
member today!**



[healthymatsu.org/
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