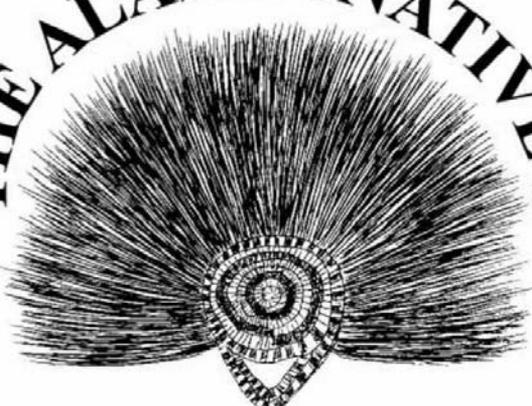
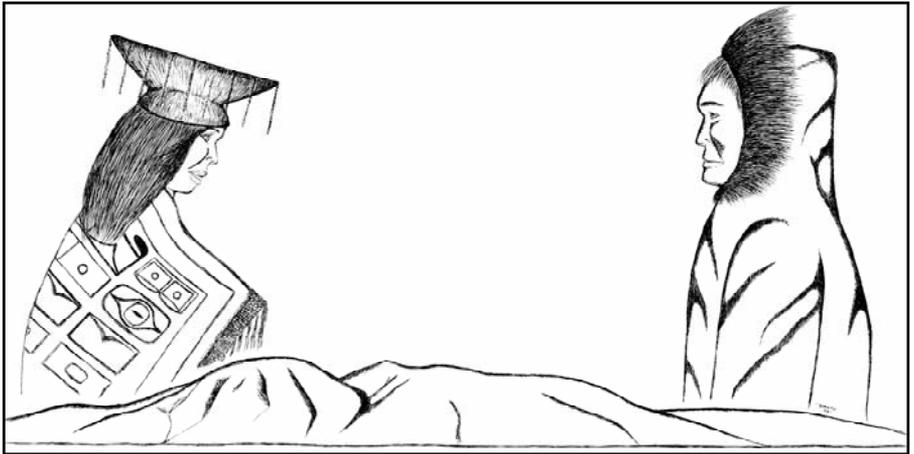


THE ALASKA NATIVE'S



GUIDE TO ANCHORAGE



"When the Sleeping Lady rises, our people will come together as one."

The Legend of the Sleeping Lady

Many millennia ago, a clan of gentle giants inhabited the Great Land, now known as Alaska. Among the giant people was a beautiful young lady and a handsome young man who fell deeply in love with each other. Their unbound devotion was so joyous that all the villagers admired them and preparations for marriage were underway.

On the day before the wedding a messenger brought dreadful news that a fierce war-like people from the north were invading the country and destroying everything in their path. The village gathered in council to decide what to do. Some suggested going north to attack. The young love-filled man proposed taking gifts to the enemies instead of weapons, showing their interest was in peace and not bloodshed.

By morning the brave volunteers were ready to leave.

The young lady had tears of sadness when her lover came to say good-bye. He gazed softly into her eyes and whispered, "I shall return soon with news of peace. Meet me by the slender body of water with two arms." With one gentle kiss he turned and joined the departing men.

The young woman hurried to the pool of water, known today as the Knik Arm, and began the wait, confident that she would soon be back in her mate's arms. For many days and nights she busied herself while waiting until finally she grew very weary and laid down to rest. She fell into a deep sleep.

While she slept, tragic news reached the village that their young men's pleas for peace had been in vain and a terrible battle had broken out.

Most of the giant men were killed or captured. When the village women approached the young lady with the tragic news, they could not bare to disturb her from her peaceful sleep, and left her as she was. To this day, the sleeping lady lies there dreaming of the moment her beloved will return to her side and peace once again rules the land.



Mayor Mark Begich

Municipality of Anchorage

P.O. Box 196650 • Anchorage, Alaska 99519-6650 • Telephone: (907) 843-4481 • Fax: (907) 843-4499 <http://www.muni.org>

Office of the Mayor



Greetings!

Welcome again to Alaska's largest village, Anchorage, home to your 41st annual Alaska Federation of Natives' convention. As you convene for "***Building Safety, Security and Self-sufficiency in our Native Communities,***" know that the Municipality of Anchorage will continue to work to strengthen our collaboration and relationship.

This booklet is for your use during this visit and for families and friends who come to our city in the future. There are safety notes and current information on resources offered here. This 8th edition is expanded and includes entries on safety, emergency, housing, parenting, family, and health services. Alaska Native services are italicized for easy recognition.

The Alaska Native's Guide to Anchorage is produced specifically for AFN by the municipal Department of Health and Human Services.

Enjoy all Anchorage has to offer. Your safety, security and well-being are most important to us. We wish you well in realizing the vision and strength of your communities.

Sincerely,

Mark Begich

Mayor

Community, Security, Prosperity

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IMPORTANT TELEPHONE NUMBERS	INSIDE BACK COVER

NOTE: *ITALICS* ARE USED TO IDENTIFY *ALASKA NATIVE* RESOURCES.

NATIVE VALUES

- ♥ Youth, remember to honor your elders, parents, property and the world of nature.
- ♥ Respect yourself so that others may respect you. *
- ♥ Be proud of and responsible to your clan, group or tribe. Pride in family, clan and traditions is found in love, loyalty and generosity.*
- ♥ Be careful of how you speak, for words can be either pleasing or hurtful. Traditionally, when you speak, those listening can imagine your family line or clan.*
- ♥ Know your family tree, and learn your native language and name.*
- ♥ With guidance and support from Elders, we must teach our children Inupiaq values: **

sharing	cooperation	love for children	humor
hard work	avoidance of conflict	spirituality	humility
family roles	hunter success	domestic skills	

* Excerpts taken from Tlingit Values by Dr. Walter A. Soboleff, 1992.

** Excerpts taken from NANA, Inc.

EMERGENCY RESOURCE LISTING

Abuse of someone under 18 years old	State Office of Children's Services	269-4000
Court advocate and/or counseling	Alaska Women's Resource Center Abused Women's Aid In Crisis - AWAIC	276-0528 272-0100
Counseling and/or support groups	<i>Southcentral Foundation Behavioral Health Quyana Clubhouse</i>	729-2500 729-6550
Domestic Violence Protective Order	Domestic Violence Office 303 K Street	264-0615
Weekdays: 8 am - 9 pm Weekends: Noon - 8 pm	Outside of these hours, contact APD	786-8500
Domestic Violence Shelter	Abused Women's Aid In Crisis - AWAIC	272-0100
Military Resources	Elmendorf Family Advocacy Program Ft Richardson Family Advocacy Program Sexual Assault Response Team	580-5858 384-1006 384-7272
Rape crisis (24 hour) line	Standing Together Against Rape - STAR	276-7273
Runaway and Homeless Youth	Covenant House Statewide Crisis Line	272-1255 1-800-999-9999
Willa's Way Safe Home	<i>Southcentral Foundation</i>	729-5070

ANCHORAGE WELCOMES YOU

We hope you enjoy the many exciting things to do and see in Alaska's biggest city. While you are in Anchorage, we would like you to stay safe as well. Below is some friendly advice for your safety. If you would like more safety tips, call the *Anchorage Police Department* at **786-8500**. In emergencies, call **911** to ask for the police, the fire department, an ambulance or emergency aid.

- ♥ Let someone know where you will be at all times, and always use the buddy system in Anchorage, especially at night. When walking together, walk in well-lit areas.
- ♥ If you are lost, stay cool and act as if you know where you are going. Ask for directions from someone like a store clerk, bank security guard or restaurant waitress. Or if you are in trouble, stop in a "Safe Place or Safe Home" for assistance.
- ♥ Take care not to leave your children with a stranger or people who will be drinking.
- ♥ Carry only the amount of money you need. Carry your identification and telephone numbers of family and friends.
- ♥ If staying in a hotel, do not give out your hotel room number. Always use the deadbolt lock and peek hole. If someone is at your door, call the front desk before opening it. Do not let strangers in your room.
- ♥ Never trust anyone you just met. Do not tell strangers you are from out of town and do not accept a ride from them. Call a cab if you do not have transportation.
- ♥ Store valuables such as money and jewelry in a locked place.
- ♥ Do not drink and drive.
- ♥ Underage Drinking — Alaska youth under the age of 21 that consume, possess or control alcoholic beverages are subject to AS 04.16.051. Progressive sentencing is imposed. First offense: probation for 1 year, referred to youth court (counseling, education, treatment community work, a fine up to \$600). Second offense: \$1,000 fine, 48 hours community service, 3 month driver's license revocation. Third offense: 96 hours community service, 6 month driver's license revocation, 1 year probation, juvenile alcohol safety action program.



DOMESTIC VIOLENCE

Domestic Violence is emotional, physical, and/or sexual abuse by someone whom you have, or have had, a relationship. There is no relationship that allows someone to be abused.

- ♥ **Emotional abuse** is when the abuser intimidates you in order to control your feelings or behavior.
- ♥ **Physical abuse** is any physical contact used to threaten or harm you.
- ♥ **Sexual assault** is unwanted sexual contact, touching, or intercourse.

The safety of you and your child(ren) is very important. Below are some ideas for a safety plan to keep you and your child(ren) safe if you have been involved in domestic violence:

- ♥ **Pack a suitcase and store it with someone you trust.** Pack special items such as prescription medicine, medical records, birth certificates, social security cards for you and your child(ren), and a play toy for the little ones. Write in your address book important telephone numbers such as the police, emergency shelters, family, or friends.
- ♥ **Plan shelter and transportation** with a trusted friend or family member. Or, call 272-0100 to stay at the Abused Women's Aid in Crisis (AWAIC) shelter. It has a full kitchen, living area, sleeping areas and a play room filled with toys.
- ♥ **Call the Police.** Dial 911. Domestic violence is a CRIME. When the police officer arrives, tell him/her what happened -- state the how and where the assault occurred and who was there. Also ask the police officer for a domestic violence card. This card will give you the officer's badge number and your case number.
- ♥ **Seek Medical Treatment.** Even if you do not feel pain, you may still be hurt. If you are hurt and/or sexually assaulted, see your doctor or the emergency room staff for a physical examination as soon as possible.
- ♥ **Seek emergency legal protection** or domestic violence writ means for a certain amount of time, the person hurting you is ordered by the court not to contact, harass or harm you. You can fill out a domestic violence writ petition form, 7 days a week at the courthouse, 303 K Street. The hours are weekdays 8:00 am to 9:00 pm and weekends (both Saturday and Sunday) noon to 8:00 p.m. Carry this domestic violence writ with you at ALL times and be sure to follow the orders given by the court. Call 276-0528, 8:00 am - 5:00 pm, for legal assistance.
- ♥ **Carry a resource listing** of agencies that may assist you. (See page iii.)

Excerpts taken from *"If Someone You Love or Care About is Hurting You..."*

For a free copy of the booklet or more information on domestic violence, call the **Municipal Interpersonal Violence Prevention Program** at 343-6302.

SEXUAL ASSAULT

In the State of Alaska, sexual assault is a crime that occurs when you do not give your consent to sexual contact, intercourse, or penetration. It is also a crime if someone attempts to have sexual contact, intercourse or penetration with you and without your consent.

- ♥ You have the **choice** to make a report to the police. This is a decision that only you can make. If you decide to make a report, you can call the Anchorage Police Department. If the assault occurred outside of Anchorage, you can call the Alaska State Troopers. Tell them you have been sexually assaulted and want to make a report. The police officer will ask if you will consent to have a medical examination. You can make a report to the police, even if you decide not to have a medical examination.
- ♥ **Medical Treatment.** It is important to have a medical examination to make sure you are okay. A medical exam is important to assess, document and treat any injuries you may have. Do NOT change clothes, eat, drink, or bathe, until after the examination. **If you report the assault to the police** and the assault occurred less than 96 hours ago, they will determine if a forensic exam is to be completed. The forensic exam is to collect evidence from your body. A forensic exam may still be done even if you have done any of the above. If you have changed your clothes do not wash them, let the police officer know where the clothing is located. A team of people will meet with you before the exam. The team includes: a police officer to investigate and assist in the prosecution of the offender; a specially-trained nurse to collect evidence and provide medical guidance; and, an advocate to provide emotional support, information and help with follow-up exams.
- ♥ **Emotions and responses experienced** after the assault. There is no way to know how you will respond to sexual assault. There is no way to know how or what you will feel. Take one day at a time. If you need to take time off from work or school, ask for the time off.
- ♥ **How can counselors help.** Counselors have received special training to help you recover. Some will be certified counselors, others might be advocates. Whatever thoughts or feelings you have can be shared with a counselor. They will listen to you and provide you with support. This can be especially important if you feel alone.
- ♥ **Self-care Plan.** Taking care of yourself is very important. Here are some suggestions:
 - ⌘ Ask for help when you need it.
 - ⌘ Expect good days and bad days.
 - ⌘ Trust your feelings and emotions.
 - ⌘ Develop a daily routine.
 - ⌘ Seek the help of a counselor.
 - ⌘ Be examined by a doctor when you have physical pain.
 - ⌘ Exercise, eat right, and get plenty of rest.
 - ⌘ Keep a journal of your thoughts and feelings.
 - ⌘ Be around friends or family who are supportive, helpful and non-judgmental.

A resource listing of agencies that may assist you is on page iii of this book.

Excerpts taken from *"Because We Care About You ..."*

For a free copy of the booklet or more information on sexual assault, call the **Municipal Interpersonal Violence Prevention Program** at 343-6302.

ALASKA NATIVE SERVICES

ALASKA NATIVE CULTURE

LISTENING AND VIEWING OPPORTUNITIES

KNBA, FM 90.3	National Native Talk Show	9 am, M-F	258-8880
	Native Word of the Day – 3 times daily		
	For more programming information, www.knba.org		
KSKA, FM 91.1	National Native News	9 am, M-F	550-8489
	AFN Convention Summaries		
KAKM, Channel 7	Heartbeat Alaska	6:30 pm on Sundays	550-8400
	Native Call In 1-800-996-2848, produced by Patty	1-505-277-75201	

ALASKA NATIVE ARTWORK

STATE COUNCIL ON THE ARTS

411 West 4th Avenue, Ste 1E (Sunshine Mall) 269-6610

Hours: 8 am – 4:30 pm, M-F

Offers grants and workshops for individuals and communities and administers the Silver Hand program. Website: www.aksca.org

[The following, as well as many tourist shops, may buy Alaska Native artwork.]

ALASKA NATIVE MEDICAL CENTER CRAFT SHOP

4315 Diplomacy Drive 729-1122

Hours: 10 am - 2 pm, M-F and 11 am - 2 pm the 1st and 3rd Sat

EKLUTNA HISTORICAL PARK

688-6026

Cultural tours and items on display. 10 am to 5 pm M-F and on weekends.

ALASKA NATIVE CULTURAL ACTIVITIES

Many of the Alaska Native Corporations sponsor activities for their shareholders and families throughout the year.

ALASKA FEDERATION OF NATIVES – AFN

Hosts the Quyana Alaska during the month of October. 274-3611

ALASKA NATIVE HERITAGE CENTER

8800 Heritage Center Drive/99506 330-8000

Summer Hours: (Mid-May to Mid-September) 9 am – 5 pm Daily

Winter Hours: Saturdays 10 am – 5 pm - Open to the Public

After School Programs for Alaska Native High School Students: 3 pm to 5 pm Daily

Heritage Gifts: Buys and sells Native artwork. Two Native Artists Bazaars are scheduled, one in December and one in March. School Visits: K-12 classes can visit the Center to learn about Native cultures. Cultural Awareness Workshops. For more information call 907 330-8000 or toll free 800 315-6608 or visit ANHC's website at www.alaskanative.net.

ANCHORAGE MUSEUM OF HISTORY AND ART

121 West 7th Avenue (corner A St) 343-6173

(recorded info) Hours: Summer (mid-May - mid-September) 9 am - 6 pm F-M, 9 am - 9 pm, T-Th Winter (mid-September – mid-May) 10 am - 6 pm T-Sa, 1 pm - 5 pm Sun, Closed Monday. Visit the museum's Alaska Gallery to see art and artifacts made by Alaska Natives. Art classes available.

ALASKA NATIVE SERVICES

THE CIRI FOUNDATION HERITAGE PROJECT GRANTS

3600 San Jeronimo Drive, Ste 256/99508

793-3575

Grants may be made to non-profit organizations, tribal organizations and individuals who are Alaska Native original enrollees of Cook Inlet Region, Inc. or their lineal descendants who are sponsored by a non-profit organization for projects that affect and/or involve Alaska Native beneficiaries of the Cook Inlet region and further the heritage goals of the foundation.

INDIAN EDUCATION PROGRAM (Title 7)

5530 East Northern Lights Blvd (ASD Education Center)/99504

742-4445

Hours: 8 am - 5 pm, M-F

Supplemental academic assistance; counseling, home/school liaison and referral services; and cultural enrichment. The program is funded through Title VII of the *No Child Left Behind law (NCLB)*. It is a formula grant based upon a formula that includes the number of eligible children who attend school in the district.

Eliinaurvik at East High School

742-2225

Kanaknga at West High School

274-2564

ALASKA NATIVE STUDIES PROGRAM

(University of Alaska Anchorage – UAA)

College of Arts & Sciences (SSB) Room 378

786-6135

Provides the student with: an introduction to Alaska Native ways of knowing and seeing the world, an experiential and theoretical exploration of Alaskan Native cultures a series of critical perspectives on traditional and contemporary Native experiences and politics.

NATIVE STUDENT SERVICES - NSS

(University of Alaska Anchorage – UAA)

Rasmuson Hall, Room 108

786-4000

1-866-786-4804

Provides quality support services to Native and rural students which promote student retention, academic success, and personal adjustment to the University of Alaska Anchorage. Offers a variety of services, including educational outreach, assistance in educational/vocational planning, assistance in applying for acceptance to degree and certificate programs, assistance in applying for financial aid, transitional advising, and referrals.

ALASKA NATIVE DANCE GROUPS IN ANCHORAGE

Contact the Alaska Native Heritage Center at 330-8000.

Pamyua: Enchanting harmonies, didgeridoo, and thunderous rolls of the African djembe causes a rich explosion of culture. www.cdbaby.com/all/pamyua

NATIVE NATION AND STATEWIDE ORGANIZATIONS

ALASKA FEDERATION OF NATIVES - AFN

1577 C Street, Ste 300/99501

274-3611

Hours: 8 am - Noon, 1 pm - 5 pm, M-F

AFN is the largest statewide Native organization in Alaska. Its membership includes 178 villages (both federally-recognized tribes and village corporations), 13 regional Native corporations and 12 regional nonprofit and tribal consortiums that contract and run federal and state programs. Governed by a 37-member Board, which is elected by its membership at the annual convention held each October. AFN's mission is to enhance and promote the cultural, economic and political voice of the entire Alaska Native community.

ALASKA NATIVE SERVICES

ALASKA INTER-TRIBAL COUNCIL – AITC

1569 S. Bragaw, Ste 102/99508

563-9334

Hours: 9 am - 5 pm, M-F

Statewide, tribally-governed non-profit organization that advocates in support of Tribal governments throughout the state. Promotes indigenous self-determination by providing technical assistance to tribal governments, facilitating inter-governmental and inter-agency communication and collaboration, offering public education regarding Alaska Native cultures and tribal governments, and advocating on behalf of tribal initiatives and self governance.

ALASKA NATIVE JUSTICE CENTER – ANJC

3600 San Jeronimo Drive, Ste 264/99508

793-3550

Hours: 8 am - 12 pm, 1 pm - 5 pm, M-F

Direct advocacy services, technical assistance, referrals and one-on-one education for victims or defendants in the Alaska justice and child welfare systems. Tribal Youth Diversion Effort, monthly legal clinic for homeless population, state certified itinerant instruction *Prime for Life –Under 21* course.

ALASKA VILLAGE INITIATIVES

274-5400

1577 C Street, Ste 304/99501

1 800 478-2332

A self-supporting corporation organized in 1968 by and for Rural Alaskans, promotes the economic well-being of Rural Alaskans through economic development, assistance, networking, advocacy, and education. Through the wisdom of our elders, the dreams of our youth and the vision of our parents, we embrace our cultures and strengthen our economies.

BUREAU OF INDIAN AFFAIRS (BIA)

271-4084 (admin)

3601 C Street, Ste 1258/99503-5947 (Frontier Building)

271-3517/271-3519

Hours: 7:30 am - 4 pm, M-F Principal bureau, within the federal government, responsible for the administration of federal programs for federally recognized Indian tribes, and for promoting Indian self-determination. The Bureau has a trust responsibility emanating from treaties and other agreements with Alaska Native groups. The Bureau of Indian Affairs (BIA) provides the kinds of services one expects from a local, city, county, state or federal government.

RURAL ALASKA COMMUNITY ACTION PROGRAM – RurAL CAP

731 East 8th Ave/99501

279-2511 / 1 800 478-7227

Hours: 8 am - 5 pm, M-F Encourages efforts of low-income people attempting to break the cycle of dependency and gain control of the changes affecting their lives. Its mission is to protect and improve the quality of life for low-income Alaskans through education, training, direct services, decent and affordable housing, advocacy, and strengthen the ability of low-income people to advocate for themselves. Recognizes the unique values and way of life of rural and urban Alaskans. Activities planned with input from and respect for the people it serves. It follows the belief that rural Alaskan communities have the right to maintain their cultural heritage and close relationship to the land while protecting their economic and



ALASKA NATIVE SERVICES

Native Regional Corporations are divided into three categories: Alaska Native Claims Settlement Act (ANCSA) for-profit, non-profit, and health. Each corporation provides services and/or programs for its own shareholders in its respective region*. Please note, some of the non-profit corporations and health corporations have been merged, i.e., Copper River Native Association. This chart does not include the Indian Health Service 638 contractors.

*Both Cook Inlet Tribal Council and Southcentral Foundation provide services and/or programs for Alaskan Natives and American Indians in Anchorage (not just its own shareholders).

ANCSA FOR-PROFIT		NON-PROFIT	HEALTH	
Ahtna, Inc.	822-3476	Copper River Native Assn CRNA 822-5241	Copper River Native Assn 822-5241	
Aleut Corporation	561-4300	Aleutian/Pribilof Islands Assn - A/PI 792-2260	Aleutian Pribilof Islands Assn 792-2260	
Arctic Slope Regional Corp	852-8633	Arctic Slope Native Assn, Ltd. 852-9360	North Slope Borough Health Corporation 852-0260	
Bering Straits Native Corp	443-5252	Kawerak, Inc.	443-5231	Norton Sound Health Corp 443-3311
Bristol Bay Native Corp BBNC	278-3602	Bristol Bay Native Assn. 842-5257	Bristol Bay Area Health Corp 842-3405	
Calista Corporation	279-5516	Assoc. of Village Council Presidents 543-3521	Yukon-Kuskokwim Health Corp 543-6000	
Chugach Alaska Corporation	563-8866	Chugachmiut, Inc. 562-4155	Chugachmiut, Inc. 562-4155	
Cook Inlet Region, Inc.	274-8638	Cook Inlet Tribal Council 793-3600	Southcentral Foundation 729-4955	
Doyon Limited	459-2000	Tanana Chiefs Conference - TCC 452-8251	Tanana Chiefs Conference 452-8251	
Koniag, Inc.	561-2668	Kodiak Area Native Assn KANA 486-9800	Kodiak Area Native Assn 486-9800	
NANA Corporation	265-4100	Maniilaq Assn 1-800-478-3312	Maniilaq Assn 1-800-431-3321	
Sealaska Corporation	586-1512	Central Council of Tlingit & Haida Indian Tribes 586-1432	Southeast Alaska Regional Health Corp 463-4040	

ALCOHOL AND DRUG PROGRAMS

Contact the *Alaska Federation of Natives* (AFN) at 274-3611 for information on the AFN Wellness Council.

PREVENTION PROGRAMS

ERNIE TURNER CENTER

4330 South Bragaw Street/99508

561-5537

Prevention and treatment services include residential care, day treatment, outpatient care, elder residential care, continuing care, a family strengthening project and counselor training/consultation.

VOLUNTEERS OF AMERICA

1675 C Street, Ste 201/99501

279-9634

Hours: 9 am - 5:30 pm, M-F

Prevention services offer several components, including: **Camp Hope** – summer prevention camp for children of alcoholics/addicts; **Classroom Prevention Exploration** – for 5th, 6th, and 8th grade students; **Kids' Education, Intervention and Support Groups** – for at-risk elementary age children; **No Empty Nest** – support and education for grandparents raising grandchildren; **Prime For Life Alternative to Suspension Program** provides 5-day intervention and education for students suspended from Anchorage School District for 1st time alcohol or other drugs-related offenses. **FAScinating Families Camp** for families raising kids with fetal alcohol spectrum disorders. Also provide adolescent substance abuse treatment services; mediation services; restitution services; and, retired and senior volunteer services (RSVP). www.voak.org

TREATMENT PROGRAMS

ADOLESCENT RESIDENTIAL CENTER FOR HELP – ARCH

(Volunteers of America) 1675 C Street, Ste 201/99501

279-9634

Hours: 9 am - 5:30 pm, M-F

An intensive, long-term residential, chemical dependency treatment program for adolescents, ages 12-18, who remain in the program for an average length of stay of four months. Provides individual, group, and family therapy, an educational program, psychological services, and adventure-based activities, all in a structured setting with clear limits and boundaries. Accredited by the Commission on Accreditation of Rehabilitation Facilities.

AKEELA, INC.

4111 Minnesota Drive/99503 (administrative office)

2804 Bering Street/99503 (Akeela House)

565-1200

Hours: 8 am - 5 pm, M-F

Provides long-term residential treatment for individuals aged 17 and over, and provides transitional housing for graduates of other substance abuse programs.



ALCOHOL AND DRUG PROGRAMS

ALASKA WOMEN'S RESOURCE CENTER (AWRC)

610 C Street/99501

276-0528

Hours: 8:30 am - 4:30 pm, M-F

Provides domestic violence counseling/support and court advocates for temporary restraining orders. Serves women who are affected by substance abuse, mental health, traditional healing, domestic violence counseling and prevention programming, parenting issues and women who are in need of information and referral services. Although AWRC's services are designed to meet the needs of women, men may receive assessment, family support, and information and referral services.

ASSIST (Volunteers of America)

1675 C Street, Ste 201/99501

279-9634

Hours: 9 am - 5:30 pm, M-F

Provides outpatient, intensive outpatient, and continuing care services to youths age 12-18, who do not require a residential setting to address their chemical dependency. Drug and alcohol education, confrontation and support groups, and individual and family therapy are combined into a program tailor-made to meet the specific needs of a client and his or her family. A satellite office in Homer has recently been added.

THE SALVATION ARMY CLITHEROE CENTER

743-8700

PO Box 190567/99519

(24-hour residential) 243-1181

Main 1709 S. Bragaw and Residential 8000 West End Road (Information & Referral) 276-2898

Hours: 24 hours/day, 7 days/week (residential closed to public), M-F 8 am to 8 pm outpatient.

Provides in- and out-patient treatment for men, single women or women with children. Provides detoxification, residential program, dual diagnosis services, outpatient counseling, aftercare, and vocational education services.

DENA A COY (Southcentral Foundation)

729-5070

Hours: 8 am - 5 pm, M-F (office)

A comprehensive fetal alcohol syndrome (FAS) prevention program. Offers substance abuse and mental health treatment for substance-abusing women and is designed to allow women to remain in treatment throughout the duration of their pregnancy and 10 weeks postpartum. The transitional program assists graduates on an outpatient basis for up to two years.

HOMEWARD BOUND

120 North Hoyt Street/99508

279-7535

A program of re-integration for the homeless chronic public inebriate population including case management, employment assistance, training, transitional housing and daily living supports.

INTERVENTION HELPLINE, INC.

325 East 3rd Avenue, Ste 200/99501

message 272-1174

Hours: 9 am - 5 pm, M-F, or by appointment

Multi-service education and counseling agency that serves families, children, at-risk youth, and Alaskans suffering from substance abuse, opening the door to treatment and recovery from addiction. Provide family interventions, times vary.

ALCOHOL AND DRUG PROGRAMS

MADD MOTHERS AGAINST DRUNK DRIVING Anchorage Chapter 562-6890
Aids victims and families, creates public awareness, pursues strategies and creates programs to decrease crashes caused by drinking or drugged driving. Youth in Action program promotes a zero tolerance approach of underage drinking.

NORTH STAR BEHAVIORAL HEALTH SYSTEM 258-7575
2530 DeBarr Road/99508-2996 1-800 478-7575
Health care network specializing in mental health and chemical dependency services for adults, adolescents, children and family. Services provided to residents throughout the state at the main hospital in Anchorage include a free emergency consultation and assessment 24 hours a day. Inpatient, day treatment and aftercare services provided for all ages, as well as crisis and emergency care. Also offers an intensive outpatient substance abuse program. Residential treatment is available for youth, ages 6-18 years. Assessments are provided throughout the state as well as discharge planning in collaboration with urban and rural communities.

PATHWAYS TO SOBRIETY (Municipality of Anchorage) 343-6594/343-4006
Pathways to Sobriety's purpose is to provide an opportunity for members of the community suffering from substance abuse to become sober, self sufficient members of the community by offering case management from the initial decision to seek sobriety, through detoxification, treatment, seeking housing and financial independence through employment. The case management is provided by Anchorage Community Mental Health Services and can include services to veterans and those with a dual diagnosis. The most frequent visitors to the City's Transfer Station are the primary targets of this project.

THE PATHWAY HOME (Southcentral Foundation) 729-5020
A new statewide residential substance abuse and mental health treatment program for at-risk Native youth, ages 13 to 18. The program provides integrated and culturally appropriate treatment, education/vocational training, and includes family and community-centered aspects of substance abuse and mental health treatment and rehabilitation.

THE SALVATION ARMY ADULT REHABILITATION PROGRAM
660 East 48th Avenue/99503 562-5408
Hours: 8 am - 4:30 pm, M-F
Serves men who have alcohol, or drug abuse problems, or other treatable disorders.

STATE ALCOHOL SAFETY ACTION PROGRAMS 264-0735
303 K Street/99501
Alcohol Safety Action Programs (ASAP) provide alcohol screening and case management of criminal justice cases. The basic ASAP function is accountability and case management for DWI and other alcohol/drug related misdemeanor cases.

ALCOHOL AND DRUG PROGRAMS

SUPPORT GROUPS

MENTAL HEALTH CLINIC

(Alaska Native Medical Center) 4315 Diplomacy Drive/99508

563-2662

Hours: 8 am - 11:30 am; 12:30 pm - 5 pm, M-F Hospital open 24/7.

Provide assessments and referrals.

12 STEP SUPPORT GROUPS

The following support groups are based on the twelve-step program of recovery. Call the phone number listed for information on scheduled meeting times and places.

Alanon Family Groups 276-6646

Alateen 276-6646

Alcoholics Anonymous (AA) www.anchorage.aa.org 272-2312

Narcotics Anonymous (Anchorage) 277-5483

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs have become a major problem. This is a program of complete abstinence from all drugs. There is only one requirement for membership—the desire to stop using.

TOBACCO CESSATION CLASSES

ALASKA NATIVE MEDICAL CENTER

563-2662

For Alaska Natives and American Indians.

AMERICAN CANCER SOCIETY

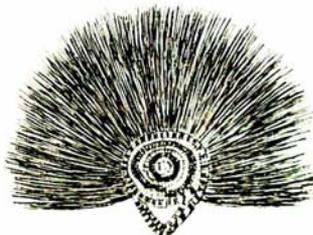
1 800 478-9355 / 277-8696

Hours: 8:30 am - 5 pm, M-F (Close at 3 pm the day before major holidays.)

AMERICAN LUNG ASSOCIATION OF ALASKA

276-LUNG (5864)

Prevent lung disease and promote lung health in Alaska. Collectively and individually committed to wellness. Value responsiveness and effective use of resources and systems; strive to optimize access to our services; embrace partnering with other organizations and value collaboration, consensus, and camaraderie. Results and outcome oriented, value productive, enthusiastic, team-oriented staff and volunteers, and foster long-term relationships. Hold respect for the culturally diverse constituents and sensitive to their needs.



CHILD CARE SERVICES

When selecting care for your child, call for information on the care givers. There are two types of child care: family child care homes (six or less unrelated children) and centers (seven or more children). When enrolling your child(ren) in day care, for each child you will need a birth certificate, social security number, immunization (shot) record, and proof that you are the parent/legal guardian.

CHILD CARE CONNECTION, INC. 1-800-278-3723
3350 Commercial Drive, #203/99501 563-1966

Hours: 9 am to 5 pm, M - F

Nonprofit child care resource and referral agency with mission of improving the quality, affordability and accessibility of child care. Help parents find quality child care and provide professional development training services for providers. www.childcareconnection.org

CHILD CARE (Cook Inlet Tribal Council, Inc.) 793-3307
3600 San Jeronimo Drive, Ste 256/99508

Hours: 8 am to 5 pm, M - F

Provides child care assistance for families where the parents are employed, or are in employment, education or training programs. Sliding fee scale, based upon income.

CHILD/ADULT CARE LICENSING OFFICE
Municipality of Anchorage, Department of Health and Human Services 343-4758
825 L Street, 3rd Floor/99501

Hours: 8 am - 5 pm, M - F Licenses, supervises, monitors child care homes and centers and investigates complaints. Provides listing and info on all childcare facilities in Anchorage.

CHILD CARE ASSISTANCE PROGRAM
Municipality of Anchorage, Department of Health and Human Services 343-6700
825 L Street, Ste 215/99501

Hours: 7:30 am - 5 pm M-F. New applications taken 8:30 - 4 pm M-F. Closed holidays. Subsidizes day care for parents who are in school; working; and/or training. Income limit information is available just by calling.

HEAD START AND EARLY HEAD START
ALEUTIAN/PRIBILOF ISLANDS ASSOCIATION, INC. 276-2700
201 East 3rd Avenue/99501

Early childhood development program , serves children who are 6 weeks to 3 years of age.

KIDS ' CORPS HEAD START 279-2021
1840 South Bragaw, Ste 100

Infant/Toddler Program

RURAL ALASKA CAP HEAD START/EARLY HEAD START 279-2511
PO Box 2000908/99520

Hours: 7 am - 6:30 pm, M-F

Provides early childhood education to those aged 19 months to 5 years year round. Open to any members of the public.

SOUTHCENTRAL FOUNDATION 729-6113
4501 Diplomacy Drive, Ste 200/99508
Infant/Toddler Program

CHILDREN, FAMILY AND YOUTH SERVICES

HEAD START (Southcentral Foundation)

6901 E Tudor Rd/99508

729-6100

An early childhood development program that provides comprehensive, culturally appropriate education, special needs assessment, health, nutrition services, family services, family involvement, and transportation to 3- to 5-year-old Alaska Native or American Indian children and their families who meet federal Head Start eligibility requirements. Also offers a home visitation service.

ALASKA CHILDREN'S SERVICES

4600 Abbott Road/99507

346-2101

Hours: 8:30 am - 4:30 pm, M - F

Provides quality care and treatment for children and families who need special assistance to develop self-esteem and the ability to live in harmony with others. Also, provides psychiatric residential treatment for children and adolescents with moderate to severe emotional and behavioral disorders. Recruits Therapeutic Treatment Homes for students leaving residential treatment. Case management and home based services; therapeutic and on-call services; recreational services and respite care.

ALASKA YOUTH AND FAMILY NETWORK

In the Gateway Learning Center at 9th and Karluk

P.O. Box 233142/99523-3142

770-4979

Hours: 9 am - 5 pm, M - F

Provides training and support for parents with severely emotionally/behaviorally disturbed children/youth to navigate the mental health and substance abuse system delivery in Alaska (what to ask, where are the resources and how to use them) by individual advocacy, small groups and use of the web site. The goal is to promote youth and parents of children/youth with severe emotional/behavioral problems to become equal partners in the planning and evaluation of the treatment delivery system in Alaska.

ALASKA YOUTH & PARENT FOUNDATION

3745 Community Park Loop, Suite 202/99508

274-6541

Hours: 9 am - 5 pm, M - F The Alaska Youth and Parent Foundation (AYPF) is a non-profit, United Way Agency dedicated to serving the needs of runaway and homeless adolescents and their families. POWER (Peer Outreach Workers, Education and Referral): Teens trained to do street outreach, education and referral to homeless, runaway and at risk teens. Helping at risk youth find food, housing, education, health and other services and to educate them about risk reduction and healthy life choices. Outreach occurs at malls, the Transit Center, recreation centers, schools, other public places and events at in-patient treatment facilities. Peer educators conduct free single session and multiple session groups and work shops at teen shelters and other facilities, on topics such as health education, HIV/AIDS/STD, substance abuse, domestic violence/healthy relationships. The POWER Teen Clinic at the Transit Center in downtown Anchorage, is open two afternoons a week and is staffed by nurses from the Municipal Health Department. It offers confidential testing and counseling on HIV/AIDS/STD, abstinence and family planning.

Southcentral Foundation Behavioral Health Services provides counseling for adolescents, call 265-4912 for more information.

CHILDREN, FAMILY AND YOUTH SERVICES

BIG BROTHERS BIG SISTERS OF ANCHORAGE, INC.

1057 West Fireweed Lane, Ste. 202/99503

278-2621

Mentoring by positive adults who spend time with a child who needs a role model. Volunteers serve in traditional, school-based mentoring and family match programs.

THE SALVATION ARMY BOOTH MEMORIAL YOUTH AND FAMILY SERVICES

3600 East 20th Avenue/99508

279-0522

Residential Treatment Program: 10-12-month comprehensive program provides 24-hour basic care and supervision for 15 adolescent girls ages 12-18 who have a demonstrated need for residential treatment. Referrals for program placement must originate from the SOA, Office of Children's Services. The program encourages independent living skills through emphasizing decision-making, problem-solving and successful social relationships. Each personalized plan of care includes: individual and group counseling; individualized treatment and case management; substance abuse assessment and treatment; on-site infant nursery; pregnancy and parenting education; medication evaluation and monitoring; on-site year-round educational program provided by the Anchorage School District; and after-care. **Emergency Stabilization and Crisis Intervention Services:** Offers short-term placement (of a maximum of 90 days) for adolescent girls referred by the State of Alaska. Services include: client assessment and stabilization; case management and individual counseling; and 5-7 beds available. **Community Education:** Offers childbirth education and parenting classes that are open to the community. All classes are offered on a sliding fee scale. Contact us for a current schedule. **Family Reunification Program:** Through education and supervised visitation, works to reduce and prevent child abuse by reuniting children in out-of-home placements with their custodial parents. Referrals to this program are received through the Office of Children's Services and the Alaska Court System.

BOYS & GIRLS CLUBS OF SOUTHCENTRAL ALASKA

Clubhouses in Anchorage offer many of the national Boys & Girls Clubs programs that address critical issues affecting today's youth and help them realize their full potential. Programs focus on character and leadership development, education and career development, health and life skills; the arts, sports, fitness and recreation. Area clubhouses:

South Anchorage

8401 Sandalwood Place/99507

929-5437

Eagle River

11700 Old Glenn Highway/99577

694-5437

Mountain View Community Center

315 N Price Street/99508

297-5437

Northeast Community Center

1251 Muldoon Road/99504

333-2582

Woodland Park

2300 West 36th Avenue/99517

248-5437

COOK INLET TRIBAL COUNCIL FAMILY SERVICES

3600 San Jeronimo Drive, Ste 264/99508

793-3132

Hours: 7:30 am - Noon, 1 pm - 5 pm, M - F

Financial assistance and child welfare programs and services for Alaska Native families in Anchorage.

CHILDREN, FAMILY AND YOUTH SERVICES

COVENANT HOUSE ALASKA - CRISIS CENTER

609 F Street/99501

272-1255

1-800-999-9999

Hours: 24 hours/day, 7 days/week

Provides emergency, short-term care/shelter for runaway and homeless youth (13-20 years). Small on-site clinic provides basic medical care. No charge for services.

EKLUTNA CHILD ADVOCACY CENTER (ECAC)

Village of Eklutna

201 Barrow Street, Ste 102B/99501

278-KIDS

Hours: 9 am – 5 pm., M-F

Provides court intervention and social services to improve enforcement of the Indian Child Welfare Act (ICWA) for the benefit of Alaska Native tribes, their children, and families. Active in recruiting Alaska Native foster and adoptive homes.

FAMILY ADVOCACY - ELMENDORF AIR FORCE BASE

3MDOS/SGOHF 5955 Zeamer Avenue EAFB/99506

580-5858

The mission of the Family Advocacy Program is to promote readiness by: supporting and building healthy Air Force families and communities; developing, implementing, and continuously improving family abuse policies and programs; and, preventing and intervening in incidents of family maltreatment.

FAMILY ADVOCACY

Bldg 49000, Camp Denali

428-6680

Promotes strong Army and Air National Guard families and communities.

ARMED SERVICES YMCA

7179 Fighter Dr. (Denali Hall)

552-9622

Serving our service men and women with outreach, family programs, financial assistance.

FAMILY ADVOCACY - FORT RICHARDSON ARMY COMMUNITY SERVICE

Bldg 600, Room A131, Ft Richardson/99505

384-6181/1006

Family Advocacy Program offers a variety of services designed to help individuals and families gain life skills to lead a fulfilling life, develop and enhance coping skills, and prevent family violence and sexual assault. Programs include: New Parent Support Program, play groups and healthy parenting activities, parenting workshops, Wellness Library and workshops, and Victim Advocacy services for victims of domestic violence and sexual assault.

FAMILY ADVOCACY CLINIC - TMD #03, 384-0405. Services available: intake and assessment of reports of child and spouse abuse, individual and family therapy, marriage counseling, group therapy, and crisis intervention.

IMRU2 YOUTH GROUP

566-IMRU

Provides discussion group for young people ages 13 - 18 who are gay, lesbian, bisexual, transgendered or have questions about gender or gender identity. Meets from 5:30 to 7 pm on the 1st and 3rd Wednesdays of each month; at the Gay and Lesbian Community Center of Anchorage located at 336 East 5th Ave. Facilitated by adult volunteers overseen by Parents, Families and Friends of Lesbians and Gays (PFLAG) - Anchorage Chapter.

KIDS' CAFÉ

569-8500

Kids' Café delivers prepared, nutritious meals to our community's hungry children. Children also receive social, educational or enrichment sharing with this program.

CHILDREN, FAMILY AND YOUTH SERVICES

MADD MOTHERS AGAINST DRUNK DRIVING Anchorage Chapter 562-6890

Youth in Action program promotes a zero tolerance approach of underage drinking.

OFFICE OF CHILDREN'S SERVICES (State of Alaska) 550 W. 8th Avenue/99501 269-4000

Hours: 8 am - 5 pm, M - F

The Office of Children's Services (OCS) works in partnership with families and communities to support the well-being of Alaska's children and youth. Services will enhance the families' capacities to give their children a healthy start, to provide them with safe and permanent homes, to maintain cultural connections and to help them realize their potential. The OCS Child Protection and Permanency staff is committed to safety, permanency, and well-being for Alaska's vulnerable children, youth, and families. The OCS assesses allegations of child abuse and neglect and provides family preservation services in the home when appropriate. If necessary, the OCS provides out-of-home care to protect the child. The goal is a safe, permanent home for every child through reunification, adoption or guardianship.

PARENTS, FAMILIES AND FRIENDS OF LESBIANS AND GAYS (PFLAG)

(Anchorage Chapter) PO Box 203231/99520-3231

566-1813

Provides an opportunity for dialogue about sexual orientation and acts to create a society that is healthy and respectful of human diversity. Support meetings with open and confidential discussion occur monthly. Parents, children and friends are welcome. Dedicated to the health and well-being of gay, lesbian, bisexual, and transgender persons, their families, and friends.

PASSAGE HOUSE (Covenant House Alaska)

333-2023

Hours: 24 hours/day, 7 days/week

Transitional living program for up to five pregnant and/or parenting teens ages 17-20.

THE PATHWAY HOME (Southcentral Foundation)

729-5020

A new statewide residential substance abuse and mental health treatment program for at-risk Alaska Native youth, ages 13 to 18. The program provides integrated and culturally appropriate treatment, education/vocational training, and includes family and community-centered aspects of substance abuse and mental health treatment and rehabilitation.

COVENANT HOUSE RIGHTS OF PASSAGE

Hours 24/7

258-4416

Transitional living program serving youth between 18-20 (14 beds).

COVENANT HOUSE YOUTH RESOURCE CENTER 750 West Fifth Avenue

258-4237

Hours: Noon-7 pm M, 11:30 am - 7 pm T-F, 2 - 6 pm Sat; Hours of clinic: 1 pm - 5 pm, M-F
Individual and group offerings include counseling and referral, pre-employment skill development, medical clinic, educational services, food and clothing, specific classes/groups, and an outreach program.

THE ALASKA PARENT LINE 1-800-643-KIDS (5437)

CATHOLIC SOCIAL SERVICES Parent Groups 276-5590

ALASKA REGIONAL HOSPITAL Parent Classes 264-1773

CHILDREN/YOUTH PARENTING RESOURCES

ALASKA WOMEN'S RESOURCE CENTER

276-0528

Home Sessions with the family where parent educators provide intensive individualized parent education. Groups providing education regarding parenting children safely and nonviolently to women in treatment and recovery. Babies to Bicycles - a twelve-hour course covering the infant, toddler, and preschool child development stages and provides a set of survival skills for parents. Kindergarten to Car Keys - a twelve-hour course covering the developmental stages of children from elementary through high school. Parents learn how to create order out of chaos, develop good communication skills and how to develop a positive parenting style. "You and Your Child" parenting class which is open to the community and helps parents understand child development and relating to children in developmentally appropriate ways.

CHILD CARE CONNECTION'S "WARM LINE" 9 am to 5 pm

563-1966

A warm-line for families and child care providers, with an Early Childhood Development Specialist who can provide individualized child development information, discipline suggestions, or other appropriate supports. Positive Parenting Classes. Weekly parenting support classes that educate parents about child development and enable parents to network with other parents. Classes are \$10 per person/per class or \$15 per couple/per class and participants who attend all classes will receive one free class.

COOK INLET TRIBAL COUNCIL FAMILY SERVICES

793-3132

Parenting classes available to Alaska Native American Indian families, or children. Focus on preventing child abuse and neglect by reducing family stress, strengthening the family unit, promoting positive parent-child interaction including father involvement, promoting healthy child growth and development, and working in partnership with our communities to sustain healthy lifestyles.

NEW HOPE ON THE LAST FRONTIER LIFE SKILLS CENTER

274-2745

Morally Christian-based parent resource program, based on Zig Ziglar's book *Raising Positive Kids in a Negative World*.

THE SALVATION ARMY BOOTH MEMORIAL YOUTH & FAMILY SERVICES

279-0522

Offers family support and parenting classes for parents with infants and toddlers. Teaches parents to develop health life skills and relationships. One-on-one assistance in the home for parenting. Classes offered.

SOUTHCENTRAL FOUNDATION YOUNG FAMILIES PROGRAM

729-5217

Parent training for enrolled children. Parenting groups for families with children 0 to 5 years old. Play groups for children 0 to 3 years old. Alaska Native/American Indian preference.

THE CHILDREN'S HOSPITAL AT PROVIDENCE ALASKA LEARNING INSTITUTE

261-3011

Committed to building strong, healthy families in our communities, offering comprehensive programs of parenting and childbirth classes in Alaska.

PARENT'S INC. Evenings 6:30 - 8 pm

337-7678

Partnership of Alaska families of children with disabilities, which provides support, training, resources, and advocacy statewide. Parent Training, including (but not limited to): "Parents, Rights, Roles, and Responsibilities" "IEP", "IDEA," "Section 504," and "Systems Advocacy" "Positive Behavior Intervention: Parents Need To Know" "Transition from School to Life" and "Training of Trainers".

CREDIT COUNSELING

MONEY MANAGEMENT TIPS

Set priorities by paying your bills (rent, utilities, insurance, transportation and food) first. Carry less cash to make yourself less vulnerable to theft, loss or impulsive spending of living expense money. Borrowing will leave you short of money when you have to pay it back next month.

CONSUMER CREDIT COUNSELING SERVICES OF ALASKA

279-6501

208 East 4th Avenue/99501

1-800-478-6501

Hours: 8 am - 5 pm, M-F

Provides assistance to those who have serious debt problems and can act as third party intermediary to arrange alternate programs with creditors. Provides information and education to help prevent financial difficulties. Some assistance is free, other \$20/\$25.

EDUCATIONAL OPPORTUNITY CENTER - EOC

500 L Street, Ste 501/99501, and many satellite offices

274-5522

Hours: 8 am - 5 pm, M-F

Provides educational advising, financial aid advising, career exploration, assistance with defaulted student loans (help in setting up payment plan and consolidating loans), and free computer workshops.

SOCIAL SERVICES PROGRAM (Cook Inlet Tribal Council, Inc.)

3600 San Jeronimo Drive/99508

793-3300

Hours: 7:30 am - 5 pm, M - F

Crisis intervention and individual case management services are available through the Social Services Program to Alaska Natives and American Indians. The program also offers weekly budgeting classes.



DIFFERENTLY ABLED SERVICES

The *Governor's Council on Disabilities and Special Education* publishes the "Where To Turn" resource directory. Call 563-5355 for your copy. Most programs will require a doctor's release for disability benefits when you apply for services. Call the agencies listed below for fee information.

ACCESS ALASKA

121 West Fireweed Lane, Ste 105/99503

248-4777

Hours: 8 am - 5 pm, M - F

An Independent Living Center which encourages and promotes the total integration of people with disabilities to live independently in the community of their choice. Services include: information and referral, counseling and service coordination, individual and systems advocacy, skills training, peer support, and attendant care and accessible housing referrals. Also offers financial aid toward assistive technology and home modifications.

ADULT PROTECTIVE SERVICES (State of Alaska)

269-3666

3601 C Street, Ste. 310/99503

1 800 478-9996

Information and referral, investigation of reports, protective placement, guardianship or conservatorship counseling, care coordination, training and designation of local community resources to provide services. Prevent and stop harm from occurring to vulnerable adults.

ALASKA CENTER FOR BLIND AND VISUALLY IMPAIRED

248-7770

3903 Taft Drive/99517

1-800-770-7517

Provides quality rehabilitation and training to persons who are blind or visually impaired so that they may reach their highest level of independence. Blindness skills in home management, care travel, communication skills, aids and appliances, support group and other services as needed and appropriate. Free of charge.

ASSETS, INC.

2330 Nichols Street/99508

279-6617

Hours: 8 am - 5 pm, M-F

Provides supported living and employment services to individuals who experience substantial disabilities.

ASSISTIVE TECHNOLOGY LIBRARY OF ALASKA - ATLA

563-2599

2217 East Tudor Road, #4/99507

1-800 723-2852

Hours: 9 am - 5 pm, M-F

Sell assistive technology, such as wheelchairs, low vision aids and communication devices, for people with disabilities.

CENTER FOR HUMAN DEVELOPMENT

2200 Gambell St. Ste 103/99503

272-8270

Hours: 8 am - 5 pm, M-F

Providing training workshops in care coordination, waivers, self-determination, advocacy, self-employment, and other community based concerns. Offering specialized services for adolescents and adults with cognitive impairments who engage in high-risk sexual behaviors. Training parents through Family Resource Specialists who are themselves parents of a child with a disability.

DIFFERENTLY ABLED SERVICES

CHALLENGE ALASKA

3350 Commercial Drive, #208/99501

344-7399/888-430-2738

Hours: 9 am - 5 pm, M-F

Improves the quality of life for people with disabilities and the whole community through sport, recreation, and education. Breaks down the barriers that may exist for people in many aspects of life, by building confidence and security, creating an infrastructure for support, increasing mobility, and improving health.

THE DEAF AND HARD OF HEARING CENTER

(The ARC of Anchorage)

2211 Arca Drive/99508

voice 276-3456

voice/TTY 1-800 770-3456

TTY 1-907 258-2232

Hours: 8:30 am - 12 pm, 1 pm - 5 pm, M-F

Provides services to hard of hearing and deaf adults with independent living skills.

DISABILITY LAW CENTER

3330 Arctic Boulevard, Ste 103/99503

565-1002

1 800 478-1234

Hours: 8 am - 4:30 pm, M-F

Law center representing disabled individuals on issues related to their disability.

DIVISION OF VOCATIONAL REHABILITATION – DVR

1016 West 6th Avenue, Suite 102/99501

269-3580

Hours: 8 am - 5 pm, M-F

Provides services that will assist persons who experience a disability that is a barrier to employment, and wish to return to work. Stations:

Muldoon (1251 Muldoon, Ste. 101) 269-3570

Bragaw (3800 S Bragaw) 269-2060*

11723 Old Glenn Highway #B4, Eagle River 696-6840

*Bragaw station has specialists for visually and hearing impaired.

GOVERNOR'S COUNCIL ON DISABILITIES AND SPECIAL EDUCATION

3601C Street, Ste 740, PO Box 240249/99524

269-8990

Hours: 8 am - 4:30 pm, M-F

Publishes the "Where to Turn" resource directory. Call to request a copy.

HOPE COMMUNITY RESOURCES INC.

540 W. International Airport Road/99518

561-5335

Hours: 8 am - 5 pm, M-F

Provides services and supports, requested and designed by individuals and families who experience disabilities, resulting in choice, control, family preservation and community inclusion. The agency's goals center around helping children to live with their own families in the community they call home, and to assist adults to direct their own lives independently, with adequate support.

PARENTS, INC.

4743 East Northern Lights Blvd/99508

337-7678

Hours: 8 am - 5 pm, M-F

Offers parents anonymous groups for families assisting families of children with disabilities. All group meetings are free, meet once a week and provide free child care or children's programs during meetings.

DIFFERENTLY ABLED SERVICES

PEOPLE FIRST OF ANCHORAGE ALASKA

2707 Gambell, Ste 103/99503

264-6246

Hours: 8 am - 5 pm, M-F

Promotes self-advocacy by and among people with disabilities, ensuring that such people are treated as the equals of other citizens; that they are given the same rights, responsibilities, choices, decisions, and chances to make mistakes like everyone else. Helping people gain control over their own lives; people have control over things in their communities, and in their society by acting on issues that they define as important. Supporting self-determination for people with disabilities.

PROGRAMS FOR INFANTS AND CHILDREN - PIC

3330 Arctic Blvd, Ste 101/99503

561-8060

Hours: 8 am - 5 pm, M-F

A home-based early intervention program serving children (birth - 3 years) who are experiencing developmental delays or are at environmental or biological risk.

STONE SOUP GROUP

3350 Commercial Dr. Suite 100/99501

561-3701

Hours: 8 am - 5 pm, M-F

Exists to sustain the health and well being of Alaskan children with special health care needs and their families. Through listening to stories of families, we identify areas of need and work with communities to find solutions. S.T.A.R. Program serves families from rural Alaska while in Anchorage or away from home due to medical reasons. Current programs include Anchorage Area FASD (Fetal Alcohol Spectrum Disorders) and PEG (Parent Education Group) meetings, which are educational and supportive group meetings for parents and caregivers of children with FASD every third Monday of the month during the school year. Meetings are held here at Stone Soup Group.

THE ARC OF ANCHORAGE

2211 Arca Drive/99508

277-6677

Hours: 8 am - 5 pm (Administration); 1 pm - 8 pm M-Th
3 pm - 7:30 pm F (Activity Center); 9 am - 1 pm (CE/QL Program)

Assists individuals who experience disabilities with an opportunity to choose and realize their goals of where and how they learn, live, work, and play. Offers a variety of services for families, children, adults, parents, and individuals seeking assistance.

THERAPEUTIC RECREATION SECTION

(Municipality of Anchorage Department of Parks and Recreation)

1600 Lydia Selkregg Lane/99508

343-4247

Hours: Vary, T-Sat email: adaptedrecreation@muni.org

Provides recreation services to anyone (3+ years) with any type of disability. The program includes adaptive swimming classes, cooking classes, life skills classes and much more.



EDUCATION SERVICES

ALASKA PACIFIC UNIVERSITY

4101 University Drive/99508

561-1266

Alaska Pacific University's distinctive form of education results in graduates who have the advantages of a liberal arts education, a pre-professional education, and leadership education, all delivered in an integrated process of active learning.

ANCHORAGE LITERACY PROJECT

1345 Rudakof Circle, Ste 104/99508

337-1981

Office Hours: 9 am - 6 pm, M-Th, Evening classes may run as late as 7:30 pm

Offering classes in reading, writing, spelling, and problem solving. With classes specifically for adults with difficulties in learning basic English skills. Additional programs include English as a Second Language, Computer Literacy Lab, and IMPACT Family Literacy.

ANCHORAGE SCHOOL DISTRICT

4600 DeBarr Road/99508

742-4000

Enrolling children in the Anchorage School District requires providing certain information.

Grade	Birth Certificate*	Shot Record	Proof of Physical Exam Within 90 Days	Child's Residence Address**	Telephone Number	Emergency Contact Information
K	Yes	Yes	Yes	Yes	Yes	Yes
1	Yes	Yes	No	Yes	Yes	Yes
2 and up	No	Yes	No	Yes	Yes	Yes

In addition, high school students transferring into this district need to bring their last report card or transcript. * Must bring original birth certificate which will be returned to you.

** Proof of address is required at some schools.

CHARTER COLLEGE

2221 East Northern Lights/99508

277-1000

Charter College is a private, independent Alaskan institution of higher education, accredited by the Accrediting Council of Independent Colleges and Schools and authorized by the Alaska Commission on Postsecondary Education. Charter College was established to offer an alternative choice for both young and mature people who are seeking an efficient means to enhance their social and economic condition.

CHILD IN TRANSITION/HOMELESS PROJECT

5530 East Northern Lights/99504

742-3833

Hours: 8 am - 5 pm, M-F

Program offers school-related assistance to students who are living in temporary shelter. Call to learn about specific services we offer to support enrollment, attendance and success in school.

COMMUNITY SCHOOLS (Anchorage School District)

(PO Box 196614/Anchorage 99519-6614

742-4141

Call to learn more about the 27 community schools operated throughout the district.

EDUCATION SERVICES

COMMUNITY SCHOOLS (Anchorage School District)

PO Box 196614/Anchorage 99519-6614

742-4141

Call to learn more about the 27 community schools operated throughout the district.

GATEWAY LEARNING CENTER (AHFC)

801 Karluk Street, Suite #1/99501

277-2450

Hours: 8 am - 5 pm, M-F

Offers a state-of-the-art computer lab, a lightning fast internet connection, and access to superb computer classes, all aimed at helping low-income families get their fair share in this technology rich world.

INDIAN EDUCATION PROGRAM (Title 7) (Anchorage School District)

5530 East Northern Lights Blvd (ASD Education Center)/99504

742-4445

Hours: 8 am - 5 pm, M-F

Supplemental academic assistance; counseling, home/school liaison and referral services; and cultural enrichment. The program is funded through Title VII of the *No Child Left Behind law (NCLB)*. It is a formula grant based upon a formula that includes the number of eligible children who attend school in the district.

Elitnaurvik at East High School

742-2225

Kanaknga at West High School

274-2564

MARTIN LUTHER KING, JR. CAREER CENTER - MLKCC

Also known as the King Career Center (Anchorage School District)

2650 East Northern Lights Boulevard/99508

278-9631

Hours: 7 am - 3:30 pm, M-F

Provides vocational education classes for high school juniors and seniors in the Anchorage School District. (Sophomores considered on case by case basis.)

NINE STAR ENTERPRISES

125 West 5th Avenue/99501

Email: info@ninestar.com Web: www.ninestar.com

279-7827

Nine Star Enterprises is a non-profit organization dedicated to developing Alaska's workforce through basic skills education, GED preparation and testing, work readiness, job skills training, computer instruction, and management level consulting. We help Alaskans get a job, keep a job, and advance on the job. Clients served range in age from Youth to Senior Adults. A variety of classes and services are offered in GED preparation (English and Spanish), Employment preparation, English Literacy (ESL) Classes, Lego Robotics, GIS mapping, Media Productions, Computer classes (English and Spanish) and even a class on how to build a computer. Located in seven locations throughout Anchorage and Eagle River.

RURAL ALASKA NATIVE ADULT PROGRAM - RANA

(Alaska Pacific University) 4101 University Drive/99508

561-1266

For rural Alaska Natives who wish to earn a college degree or certificate in one of several professional fields or continue their education by taking one or two college courses without having to leave their home communities for long periods of time to study on a university campus. Degree programs. Presents annually: *Advancing Higher Education for Alaska Natives*.

EDUCATION SERVICES

STEP CENTER

(Anchorage School District) 553 East Northern Lights Boulevard/99508 742-3872

Hours: 8 am - 4:30 pm, M-F

Special Education Parent Resource Center offers the following services: information and referral, advocacy networking, workshops, family support groups, resource library and disability awareness.

UNIVERSITY OF ALASKA ANCHORAGE

3211 Providence Drive/99508 786-1800

(University of Alaska Anchorage -UAA)

UNIVERSITY OF ALASKA ANCHORAGE ALASKA NATIVE STUDIES MINOR PROGRAM

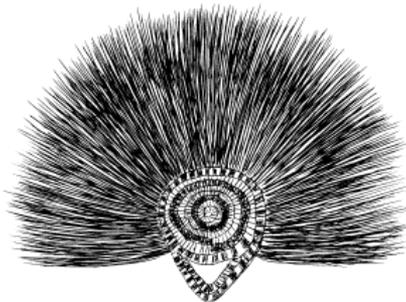
Social Sciences Building (SSB) Room 378 786-6135/6136

This program seeks to provide the student with: an introduction to Alaskan Native ways of knowing and seeing the world, an experiential and theoretical exploration of Alaskan Native cultures, a series of critical perspectives on the traditional and contemporary Native Alaska experience and politics in a pluralistic society. This minor is highly recommended for Native Alaskan and non-Native Alaskan students and professionals who work with the rural and urban Alaska Native community.

UNIVERSITY OF ALASKA ANCHORAGE NATIVE STUDENT SERVICES - NSS

Rasmuson Hall, Room 108/99508 786-4000

Provides quality support services to Native Alaska and rural students by promoting scholastic achievement, student retention and personal growth. The NSS Center offers a safe affirming place where students can receive academic advising, scholarship information, assistance and resource support. It is a place where one can participate in scholastically based activities, cultural programming, and traditional workshops. Call for information about the Della Keats Enrichment Program and the Internship for Native Student Training and Education Program (INSTEP).



ELDER SERVICES

The *Office of Long-Term Care Ombudsman* is an adult protective services for seniors. Call 279-2232 or 1-800-478-9996 for more information.

SENIOR AND DISABILITY SERVICES (State of Alaska) 269-3666
3601 C Street, Ste. 310/99503 1 800 478-9996

Information and referral, investigation of reports, protective placement, guardianship or conservatorship counseling, care coordination, training and designation of local community resources to provide services. Prevent and stop harm from occurring to vulnerable adults.

ALZHEIMER'S RESOURCE AGENCY 561-3313
1750 Abbott Road/99507

Provides many programs and services to elders including Respite, Care Coordination, family consultations, support groups and a variety of education offerings for individuals with Alzheimer's disease and related disorders (ADRD), their caregivers and professional care providers. www.alzalaska.org

ANCHORAGE PIONEERS' HOME 276-3414
923 West 11th Avenue/99501

Assisted living, enhanced assisted living and nursing care for those 65 and over who have resided continuously in Alaska for at least one year.

ANCHORAGE SENIOR CENTER (Anchor-Age Center) 258-7823
1300 East 19th Avenue/99501

Information, referral and advocacy, notary service, tax service, counseling by staff nurse, podiatry services, blood pressure clinic, glucose maintenance education, arts and crafts, pool table, cards, hydro pool, library, gift shop, restaurant. Friday night dances.

ANCHORAGE SENIOR CITIZENS ADVISORY COMMISSION 343-6730
Department of Health and Human Services
PO Box 196650/99519-6650

Advisory commission to the mayor and assembly on matters relating to seniors.

CHUGIAK SENIOR CENTER 688-2677
Mile 21 Old Glenn Highway
22424 North Birchwood Loop Road/Chugiak 99567

Meals M-F 11:30 a.m. to 1 p.m.; M-Th 6 p.m. Sunday brunch on some holidays. Weds: Bingo 7 p.m. Transportation, information and referral, recreation/social, outreach, adult day care; 42 senior apartments, 20 assisted living apartments. Adult day care services.

DAY BREAK 1 - ADULT DAY CENTER 346-2234
9210 Jupiter Drive/99507

Hours: 7:30 am - 5:30 pm M-Th, 7:30 am - 3:30 pm, F
Adult day care center, part of Southcentral Counseling Center. For individuals with Alzheimer's disease, dementia and related disorders. Seniors live in private homes.

DAY BREAK 2 - ADULT DAY CENTER 333-5122
Muldoon Mall 1251 Muldoon Road/99504

Hours: 10 am - 4 pm T-F
Adult day care center for individuals with Alzheimer's disease, dementia and related disorders. Seniors live in foster care or assisted living.

ELDER SERVICES

ELDER'S PROGRAM (*Southcentral Foundation*)

6901 East Tudor Road, Ste 8/99507

729-6500

Hours: 8 am - 5 pm, M - F

Elder workers provide assistance to Native Alaska elders by cooking, cleaning, arranging appointments and providing other types of assistance as needed. The workers keep the Elders connected with the community by coordinating group outings such as potlatches, berry-picking and attending health fairs.

MABEL T. CAVERLY SENIOR CENTER

325 East 3rd Avenue/99501

276-1496

Hours: 9 am - 4 pm, M - F

Provides advocacy, outreach, information, referral, transportation, Phone Pal program, Senior Companions, activities, and DEAP Program (\$300 microgrant for dental work, eyeglasses, hearing aids and prescription drugs) for seniors (55+ years).

MARY CONRAD CENTER

9100 Centennial Drive/99504

333-8100

Hours: 8 am - 5 pm, M - F (Office); 24-hour facility

Nursing and rehabilitative care facility for Alaskan residents.

OLDER PERSONS ACTION GROUP

325 East 3rd Avenue, Suite 300/99501

276-1059

Hours: 8 am - 5 pm, M - F

Provides advocacy, information and referral; offers Personal Care Attendant training; and publishes the "Senior Voice" newspaper monthly. Publishes a *Directory for Older Alaskans*.

SALVATION ARMY DOWNTOWN MEAL SITE

Anchorage Citadel Corps Building 742 Barrow Street/99501

770-6599

Hours: 10:30 am - 1 pm

Lunch meals, transportation, bingo/recreation/social outreach. In the near future will provide computer classes.

SALVATION ARMY OLDER ALASKANS PROGRAM

401 West International Airport Road #19/99518

349-0613

Headquarters for all Salvation Army senior services including meals, escorted transportation, information and referral, home helpers, employment and adult day care.

SERENDIPITY ADULT DAY CENTER

(Salvation Army) 3550 East 20th Avenue/99508

279-0501

Hours: 7:30 am - 5:30 pm, M-F

Serve people of any age who have Alzheimer's, or frail elderly 60 years and older. Sliding fee scale.

US SOCIAL SECURITY ADMINISTRATION

222 West 8th, Room A-11/99501

271-4455 / 1-800-772-1213

Information concerning Social Security, Medicare, Supplemental Security Income (SSI).

WIDOWED PERSONS SERVICE

566-0580

Volunteer widowed persons helping other widowed persons of all ages.

EMERGENCY SERVICES

ADULT PROTECTIVE SERVICES

State Division of Senior Services 1-800-478-9996
3601 C Street, Ste 310/99503 269-3666

Information and referral, investigation of reports of harm involving vulnerable adults, protective placement, guardianship or conservatorship counseling, care coordination.

AMERICAN RED CROSS - SOUTH CENTRAL ALASKA CHAPTER

235 East 8th Avenue, Ste 200/99501 644-5400

Temporary housing immediately following disaster (fire, flood, earthquake) victims.

ANCHORAGE RESCUE MISSION

2823 East Tudor Road/99507 563-5603

Night shelter for 90 single men and 10 single women, 18 years and older. Free meals (dinner & breakfast). Showers, clothing, Chapel Services nightly and spiritual counseling. Medical Clinic Night. Bus tokens available for residents. Bus #75

AWAIC (ABUSED WOMEN'S AID IN CRISIS)

100 West 13th Avenue/99501 279-9581

Safe temporary shelter for women and children impacted by domestic violence. Offers food and clothing, case management, , legal advocacy and information and referral services. Capacity 52. Bus #2, 75, 90, 97.

WILLA'S WAY

729-5070

A safe home for Alaska Native and American Indian women. A cultural alternative to AWAIC supported by Southcentral Foundation.

ALASKA YOUTH & PARENT FOUNDATION

3745 Community Park Loop, Suite 202/99508 274-6541

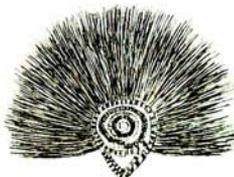
AYPF serves teenagers who are delinquent, homeless, abused or with significant behavioral problems in its residential, street outreach and electronic monitoring programs.

BEAN'S CAFÉ / DAY SHELTER

1101 East 3rd Avenue/99501 274-9595

Hours: 7 am - 5:30 pm M-F; 9 am - 5:30 pm S-S

Provides day shelter and meals (Breakfast 8 - 9 am and Lunch noon-1 pm). Day Labor is available. Social Services Coordinator helps with various social services benefit forms. Bus tokens are available through Social Services Coordinator. Referral & advocacy. Bus #45



EMERGENCY SERVICES

BROTHER FRANCIS SHELTER (Catholic Social Services)

1021 East 3rd Avenue/99501

277-1731

Night shelter for 240 total beds (men, women 18 years of age and older). Dinner available each night at 5:30 pm provided by a hospital. Offers showers, washer/dryer, TV Room, Medical Clinic Night, Clothing. Case management by appointment. Bus tokens available through case managers. Bus #45.

CLARE HOUSE (Catholic Social Services)

563-4545

Provides temporary shelter for women with children and single women, 18 years and over or legally emancipated. Provides food, clothing, showers, washer/dryer. Case management services are provided to help women achieve self-sufficiency. Bus tokens are available through case managers. Offers preschool and after school programs. Has job readiness group and parenting classes. Capacity 45.

COMMUNITY SERVICE PATROL (CSP) AND TRANSFER STATION

Municipality of Anchorage, Anchorage Fire Department

1500 East 3rd Avenue/99501

Contract Administration 343-5070

CSP Van: 227-5000 Station: 277-8166

Community Service Patrol provides transportation to the Transfer Station. Station offers 24 hour temporary shelter and protective custody for the public inebriate. Call the above numbers for service.

COVENANT HOUSE ALASKA

609 "F" Street/99501

272-1255

Crisis Center (272-1255) Provides crisis shelter, food, clothing, family mediation, counseling and health care to runaway, throwaway and homeless youth, ages 13-21. Bus tokens available through the counselor. Capacity 40 people.

Rights of Passage (258-4416) Provides educational and supportive services as well as case management and employment support for a period of 6-18 months, with 6 months of follow-up. Ages 18-21. Bus tokens available through the counselor. Capacity 14 people.

THE SALVATION ARMY McKINNELL HOUSE

546 East 15th Avenue/99501

276-1609

Provides temporary shelter to two parent families and single parent-men with children. Also provides food, clothing, washer/dryer, showers, TV/Lounge room. Case management by appointment. Bus tokens available through the counselor. Capacity 6 families or 45 people.

EMERGENCY SERVICES FOOD/FURNITURE/CLOTHING

Many agencies offer emergency food, furniture, clothing and financial help. Call ahead to find out what the hours are and the paperwork that you will need to bring with you. Emergency food pantries only provide enough groceries for 2 - 4 days. Some agencies give financial assistance in the form of rent or utility payment. Cash is NEVER given out. The providers without address would like you to call first for information.

EMERGENCY SERVICES

ALASKA DEPARTMENT OF HEALTH & SOCIAL SERVICES PUBLIC ASSISTANCE

235 E 8th, #301/99501

269-6000/1-800-804-6330

Food Stamps, Welfare, Denali KidCare (Health Insurance for Children & Pregnant Women).

Heating Assistance Program 269-5777 (Nov 1 – April 15) Juneau 465-3058

ANCHORAGE JOB CENTERS

3301 Eagle Street, Room 101

269-4800

400 Gambell Street

269-6414

1251 Muldoon Road

269-0030/0031

Eagle River

694-6904

ALASKA LEGAL SERVICES

1016 West 6th Avenue, Ste 200/99501

272-9431 / 1 800 478-9431

Hours: 9 am - 5 pm, M-F

Helps low-income individuals. Cases given priority are: entitlements, health benefits, family law (divorce, custody, domestic violence), housing, rights of the elderly, and Alaska Native rights. Operates "self-help" legal clinics.

ALASKA LANDLORD TENANT SERVICES

279-0000

(Cook Inlet Realty or any other Realty Agency) Legal advice and referrals.

ALASKA WOMEN'S RESOURCE CENTER

276-0528

Provides domestic violence counseling/support and court advocates for temporary restraining orders. Hours 8 am - 5 pm, M-F.

ALASKA HOUSING FINANCE CORP.

330-6100/1 800 478-2432

624 West International Airport Road (Near Arctic). Provides public and subsidized housing.

AMHA/ANC NEIGHBORHOOD HOUSING SERVICES

677-8490

480 West Tudor Road. Low Income Housing.

ANCHORAGE NEIGHBORHOOD HEALTH & DENTAL CENTER

257-4600

1217 East 10th Ave. and the Mountain View Site Call for Appointment

257-4686

CHILD PROTECTION - STATE OFFICE OF CHILDREN'S SERVICES

269-3900

550 West 8th Avenue/99501

269-4000

Works in partnership with families to support the well-being of Anchorage children/youth. Enhance the families' capacities to give their children a healthy start, provide them with safe and permanent homes, maintain cultural connections and help them realize their potential. The Protection and Permanency staff is committed to safety, permanency, and well-being for vulnerable children, youth, and families. OCS assesses allegations of child abuse and neglect and provides family preservation services in the home when appropriate. If necessary, OCS provides out-of-home care to protect the child. The goal is a safe, permanent home for every child through reunification, adoption or guardianship.

EMERGENCY SERVICES

FOUR A'S (Alaskan AIDS Assistance Association) 263-2050
1057 W Fireweed Lane, Ste 102/99503 Hot Line: 276-4880 or 800-478-AIDS

Provides services for HIV and AIDS. The Four A's recognizes that everyone is linked by a common thread. This thread is interwoven and intersects in many ways: the thread of being HIV positive can tie to the thread of knowing and caring for someone with HIV which ties to learning to protect ourselves and our loved ones from transmission. We meet every individual where they are in their life's journey and respect that we are all tightly connected by this common thread: "living in Alaska with HIV and AIDS."

MUNICIPALITY OF ANCHORAGE DEPARTMENT OF HEALTH AND HUMAN SERVICES

825 "L" Street	1st Floor	Reproductive Health Clinic	343-4623
		Disease Prevention and Control	343-4799
	2nd Floor	WIC	343-4668
		Child Care Assistance	343-6700
		Human Services Division	343-6730
		Human Service Safety Links	343-6589
	3rd Floor	Environmental Health	343-4065
	4th Floor	Air Quality and HHS Administration	343-4071/343-6718
	5th Floor	Community Health Services Admin	343-4601
		Interpersonal Violence Prevention	343-4876
		Health Planning and Preparedness	343-4109

HUMAN SERVICES SAFETY LINKS (Department of Health and Human Services)

825 L Street, 2nd floor/99501 343-6589

Emergency Services - Alcohol services for public inebriates, deposits, and utilities. LINK - Administration and distribution of federal dollars for local shelters, and homeless and near homeless individuals and families.

SENIOR AND DISABILITY SERVICES

Frontier Building, 3601 C Street, Ste 310/99503 263-6666

Services and Advocacy. Responsible for reports of elder abuse or other vulnerable adults who are unable to meet their needs or to seek help without assistance.

SOCIAL SECURITY ADMINISTRATION

271-4455

222 West 8th Ave., #66, Room A-11/99501

SSI, Disability and Retirement

VETERAN AFFAIRS - MEDICAL

257-4700

Department of Veterans Affairs - 2925 DeBarr Rd/99508

Vets Center/Resource 4201 Tudor Center Drive 563-6966

FOOD RESOURCES (Department of Health and Human Services)

343-6591

Entitlement/Voucher Food Programs

Division of Public Assistance (Food Stamps) 269-6599

St. Vincent De Paul Society (Voucher) 258-7606

WIC, Municipality of Anchorage, DHHS (Voucher) 343-4668

Muldoon Center 343-4500

Eagle River 694-2131

EMERGENCY SERVICES

FOOD RESOURCES (Continued)

F.I.S.H. 277-0818

Free Delivery to Anchorage Area

SENIORS Salvation Army, Older Alaskans Program 349-0613

Southcentral Foundation 729-6500

LUTHERAN SOCIAL SERVICES 272-0643

Food: 1801 West 48th Avenue, T, Th, Fri 1 pm - 4 pm and W 5:30 - 7 pm

MT. VIEW BAPTIST CHURCH 279-4316

300 N. Bragaw Street, Emergency Food = second/fourth Tuesday: 11 am - 12:30 pm

Register, Monday at 6 - 7 pm

SALVATION ARMY FAMILY SERVICES 277-2593

Family Emergency Services 546 E 15th Avenue/99501

Emergency Food: M-F 8:30 - 11:30 am and M, T, Th & F 1:00 - 3:00 pm

NEIGHBORHOOD RESOURCES 343-6589

Listing available from Municipal Human Services Safety Links.

FURNITURE, CLOTHING, FINANCIAL RESOURCES

COOK INLET TRIBAL COUNCIL - SERVICES FOR ALASKA NATIVES 793-3600

3600 San Jeronimo Drive/99508

General Assistance 793-3300

Interim Assistance 793-3300

LUTHERAN SOCIAL SERVICES - ALASKA NATIVE OUTREACH 272-0643

Social Services/Trans. Housing, 2606 C Street, #2B/99503 M-F 8:30-3:30

Transportation for medical appointments.

SALVATION ARMY FAMILY SERVICES 277-2593

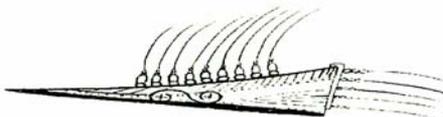
Family Emergency Services 4611 Gambell Street/99503

Emergency Prescription Voucher (\$25)

ST. FRANCIS HOUSE (Catholic Social Services) 276-5590

3710 East 20th Avenue/99508 M,T,W,Th 1 - 4 pm and W 5 - 7 pm

ST. VINCENT DE PAUL Call recorder for available services. 258-7606



EMPLOYMENT / TRAINING

ALASKA TECHNOLOGY LEARNING CENTER

Private School and Technology Center - 650 International Airport Road/99518 929-5102

Hours: 9 am - 9 pm, M-Th; 9 am - 6 pm, F

Provides adult basic education, high school completion from age 16 to any aged adult, GED preparation, English as a Second Language, and offers Microsoft Technology training and Certifications in all areas including A+ Cert. The site is a test site for Microsoft and many other computer tests.

ALASKA'S PEOPLE, INC.

3600 San Jeronimo Dr/99508 793-3676

Provides employment recruitment and referral of qualified candidates to employers. Resume development, career and job counseling. Those eligible are qualified Alaska Natives, Native Americans and their family members.

ALASKA JOB CENTER NETWORK (AJCN) (State of Alaska) Call Centers Below

The Alaska Job Center Network (AJCN) offers One-Stop services to all residents of the State of Alaska. Services include training, education and employment programs for the unemployed, underemployed, dislocated worker, and displaced homemaker. AJCN provides opportunities for individuals through job counseling and exploration. Resource rooms with faxes and computers are available. Workshops are taught on site and assistance is available in obtaining a General Education Diploma (GED) & various types of certifications. Locations and hours:

<u>Anchorage JC Midtown</u>	<u>269-4800</u>
3301 Eagle St #101	7:30 am - 5 pm
<u>Anchorage JC Muldoon</u>	<u>269-0000</u>
1251 Muldoon Rd	7:30 am - 5 pm
<u>Anchorage JC Gambell</u>	<u>269-6414</u>
400 Gambell St	7:30 am - 5 pm
<u>Eagle River JC</u>	<u>694-6904</u>
11723 Old Glenn Highway/Ste B4	8 am - 5 pm

ANCHORAGE LITERACY PROJECT

1345 Rudakof Circle, Ste 104/99508 337-1981

Office Hours: 9 am - 6 pm, M-Th, Evening classes may run as late as 7:30 pm

Offering classes in reading, writing, spelling, and problem solving. With classes specifically for adults with difficulties in learning basic English skills. Additional programs include English as a Second Language, Computer Literacy Lab, and IMPACT Family Literacy.

COOK INLET TRIBAL COUNCIL – CITC

3600 San Jeronimo Drive/99508 793-3676

Hours: 8 am - 5 pm, M-F

Education department offers a full range of programs to help Alaska Natives and American Indians achieve academic goals, upgrade skills, and enhance careers. The *Alaska Native Return to Work Project* - 265-7979, provides vocational rehabilitation services.

EMPLOYMENT / TRAINING

EDUCATIONAL OPPORTUNITY CENTER - EOC

500 L Street, Ste 501/99501

274-5522

Hours: 8 am - 5 pm, M-F

Provides educational advising, financial aid advising, career exploration, assistance with defaulted student loans (help in setting up payment plan and consolidating loans), and free computer workshops. Provide above services in various community settings.

EMPLOYEE RELATIONS (Municipality of Anchorage)

632 W 6th Avenue, Ste 605/99501

(job hotline) 343-4451

Hours: 8 am - 5 pm, M-F

Provides information, recruits, accepts and screens applications for jobs in the Municipality of Anchorage. Website: www.muni.org

IMPACT

1345 Rudakof Circle, Ste 108/99508

332-0681

Family literacy program for families. Learn English, get a GED or improve basic skills.

JOB CORPS

4300 D Street, Ste 100/99503

562-6200

Hours: 8 am - 5 pm, M-F

A vocational training center for low-income youth (16-24 years). Includes a full residential program, and dorms for single parents or married couples with children. Childcare facilities available. Also offers non-residential programs with daily transportation.

NINE STAR ENTERPRISES

125 West 5th Avenue/99501

279-7827

Hours: 9 am - 8 pm, M-Th, 9 am - 5 pm F

Nine Star Enterprises is a non-profit organization dedicated to developing Alaska's workforce through basic skills education, GED preparation and testing, work readiness, job skills training, computer instruction, and management level consulting. We help Alaskans get a job, keep a job, and advance on the job. Clients served range in age from Youth to Senior Adults. A variety of classes and services are offered in GED preparation (English and Spanish), Employment preparation, English Literacy (ESL) Classes, Lego Robotics, GIS mapping, Media Productions, Computer classes (English and Spanish) and even a class on how to build a computer. Located in seven locations throughout Anchorage and Eagle River. Email: info@ninestar.com Web Site: www.ninestar.com



HEALTH CARE

ALASKA NATIVE HEALTH BOARD

3710 Woodland Drive, Ste 500/99517

562-6006

Hours: 8:00 am - 5:00 pm

Recognized as the statewide voice on Alaska Native health issues. ANHB has been active for 35 years advocating with a unified voice on health matters affective Alaska Natives statewide. ANHB is a 22-member board entity, consisting of 1 representative from each of Alaska's Native regional health organizations. In-house programs include: Consumer Awareness, Epidemiology, Trampling Tobacco, Challenge to Quit, Rural Sanitation & Solid Waste Management, and HIV/AIDS Education Awareness.

ALASKA NATIVE MEDICAL CENTER

4315 Diplomacy Drive/99508

563-2662

ANMC is a tribally owned and operated hospital that provides a full range of services to Alaska Natives and American Indians who live in Alaska. The hospital is jointly owned and managed by Alaska Native Tribal Health Consortium and Southcentral Foundation. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center. Primary care (general health care, usually delivered by health care providers who specialize in family, pediatric or internal medicine, is provided in Anchorage Native Primary Care Center, located across the street from the hospital. Tertiary health care (highly specialized medical care that may require the use of specialized medical facilities) is provided in the hospital building itself, as is specialty care (services provided by medical specialists, such as cardiologists, urologists and dermatologists, who generally do not have first contact with patients). ANMC also delivers acute care (immediate, short-term, medical treatment for a serious illness or injury) providing full ancillary (lab, radiology, pharmacy, for example) services on site.

ALASKAN AIDS ASSISTANCE ASSOCIATION – 4 A'S

1057 W Fireweed Lane, Ste 102/99503

263-2050/ 276-4880

1 800 478-2437

Hours: 9 am - 5 pm, M-F

Provides direct services for persons living with HIV and their families. Direct services include: case management, prevention education, risk reduction education, advocacy, support groups, financial assistance, and housing program. Website: www.alaskan aids.org

ANCHORAGE NEIGHBORHOOD HEALTH CENTER

1217 E 10th Avenue/99501

257-4600

Hours: 8 am - 9 pm, M & W; 8 am - 5 pm, T, Th, F

Family practice, pediatrics and internal medicine provided. Full lab, x-ray and mammography services. Dental clinic on site. Case management for special populations. Several clinicians bilingual in Spanish. Sliding fee scale available to people without other third party coverage.

BEHAVIORAL HEALTH SERVICES (Southcentral Foundation)

4320 Diplomacy Drive, Ste 1500/99508

729-2500

Hours: 8 am - 5 pm, M-F

Provides outpatient counseling and psychosocial assessment to people of all ages who are experiencing mental health problems that require professional help. Individual, marital, family and group counseling are offered in a culturally appropriate setting. Behavioral Health Fireweed combines traditional beliefs and contemporary clinical practice.

HEALTH CARE

EIS PATIENT ADVOCATE

(Alaska Native Tribal Health Consortium)

4141 Ambassador Drive, Ste 136/99508

729-2907

A Nurse Care Coordinator facilitates and coordinates the care needs of HIV+ patients and offers comprehensive case management in conjunction with the Early Intervention Services (EIS) Team at the Alaska Native Tribal Health Consortium.

ALASKA 211 formerly known as: HEALTHY ALASKANS INFORMATION LINE

(United Way)

1 800 478-2221

Hours: 8 am - 5 pm; recorded message at other times.

Provides information on health and human services available in Alaska.

HEALTHY TRANSITIONS PROJECT (Alaska Native Tribal Health Consortium)

4141 Ambassador Drive/99508

729-3951

The Alaska Native Tribal Health Consortium's (ANTHC) "Healthy Transitions Project" is a pilot project funded by the Health Resources Services Administration (HRSA) and is a Special Project of National Significance (SPNS). ANTHC's SPNS project collaborates with the Department of Corrections and the Norton Sound Regional Health Corporation. The goal of the Healthy Transitions Project is to develop a health-screening instrument for Alaska Native prisoners who are transitioning back into society so that appropriate health care referrals can be made. The objectives of the Healthy Transitions Project are to: 1) provide education about high risk behaviors that are linked to the transmission of HIV; 2) encourage HIV testing among transitional Alaska Native prisoners reentering society; 3) refer Alaska Natives who test positive for HIV into medical and behavioral health services; and 4) prevent the further spread of the disease in rural Alaska Native villages.

HIV/AIDS EDUCATION & TRAINING PROGRAM (Alaska Native Tribal Health Consortium)

4141 Ambassador Drive/99508

729-3956

Hours: 8 am – 5 pm

The HIV/AIDS Education and Training Program (AETP) seeks to increase providers' capacity to provide high quality HIV/AIDS care in Alaska. The department coordinates clinical HIV/AIDS training and clinical case-based consultation and education opportunities. Services are coordinated with providers from regional tribal health organizations, AIDS service providers and the private sector. AETP offers didactic, interactive and clinical HIV Updates for physicians and other medical providers, CHA/Ps, mental health providers, substance abuse providers and community-based providers. Educational videotapes, materials available.

HIV/AIDS EARLY INTERVENTION SERVICES (Alaska Native Tribal Health Consortium)

4141 Ambassador Drive/99508

729-2907

Hours: 8 am – 5 pm

ANTHC's Early Intervention Services (EIS) Program provides comprehensive services for Alaska Natives and American Indians living with HIV/AIDS. Services can be coordinated for all rural Alaskans living the HIV/AIDS. The EIS clinical team is based at the Alaska Native Medical Center (ANMC) in Anchorage and includes a physician, midlevel practitioner, nurse case manager and mental health clinician. The team provides direct HIV patient care, counseling, clinical consultation, collaborative case management and educational services. EIS Hub Site Coordinators provide regional case management in hub sites located in Anchorage, Bethel, Fairbanks and Sitka.

HEALTH CARE

IMMUNIZATION CLINIC (Municipality of Anchorage)

825 L Street (corner of 9th and L Street)/99501 343-4799

Immunizations for vaccine preventable diseases are an important component of public health. Immunizations are given in the Health Department at 825 L Street, first floor General Clinic. Bring your child's immunization record at each visit. For updated clinic info call 343-4734.

MENTAL HEALTH PCC (*Southcentral Foundation*)

4320 Diplomacy Drive, Ste 1500/99508 729-2500

Hours: 8 am - 5 pm, M-F

Full-service outpatient psychiatric clinic includes providers from several mental health disciplines. They offer confidential evaluation and treatment, including individual, couples, family and group therapies. Types of treatment include biofeedback, hypnosis, drug treatment, cognitive therapy, anger management and other forms of psychotherapy.

MOUNTAIN VIEW HEALTH & DENTAL CENTER (Anchorage Neighborhood Health Center)

3521 Mountain View Drive/99508 792-2300

Hours: 7:30 am - 5 pm, M-F

A family practice center offering same day appointments and sliding scale fees. Immunization clinic Thursday from 8:30 – 11:30. In partnership with Southcentral Foundation, serves people eligible for Native medical services.

MUNICIPALITY OF ANCHORAGE (Department of Health and Human Services)

825 L Street/99501 343-4668

WIC WOMEN, INFANTS AND CHILDREN - A supplemental food program for women, infants, and children providing health service referral, nutrition education and supplemental foods. Provides food vouchers and offers infant and child immunizations. Locations:

825 L Street 343-4668

Muldoon Center 343-4500

Eagle River 694-2131

PLANNED PARENTHOOD OF ALASKA

3401 East 42nd Avenue, Ste 201/99508 565-7526

Provides quality, affordable, confidential reproductive health services to women, men and teens including: birth control, cancer screening, emergency contraception, HIV testing, hormone replacement therapy, hormones with optional pelvic exam, pregnancy testing and options counseling, STI checks and treatment, no-scalpel vasectomies.

REPRODUCTIVE HEALTH PROGRAM (Department of Health and Human Services)

825 L Street (corner of 9th and L Street)/99501 343-4623

Confidential care for teens and low-to-moderate-income women and men. Pap tests, breast exams, birth control and natural family planning information, pregnancy tests and counseling, professional & community education programs, private and confidential counseling, testing and treatment for STIs including HIV/AIDS.



HEALTH CARE

Medical Services Division (Southcentral Foundation) SFC

Offers a full range of primary care services. Unless otherwise noted, each service is located in the Anchorage Native Primary Care Center (PCC). Patient advocates work with patients to help navigate the Alaska Native Medical Center system of care. They listen to concerns, comments and relay information to the appropriate person, who takes necessary actions. Several of the Patient Advocates are fluent in Yupik.

SCF Audiology 4315 Diplomacy Drive/99508 729-1400

Offers comprehensive hearing evaluations, counseling and specialized procedures. Hearing aid evaluations and fittings are performed using state-of-the-art technology.

SCF Children's Clinic / Pediatrics 4320 Diplomacy Dr, Ste 103/99508 729-1000

Offers local primary care and specialty consultative care. In addition to its staff of full-time pediatricians and pediatric nurse practitioners, the clinic brings in many pediatric specialists.

SCF Family Medicine Clinic 4320 Diplomacy Dr/99508 729-3300

Full spectrum of primary care for all ages offered to residents of Anchorage and the villages of the Anchorage Service Unit. Case managers help coordinate urban and village care. They strive to become partners with the people they serve in order to promote health and wellness in the community by providing care that is based in continuity and relationship. Saturday and evening appointments are available.

SCF Health Education Department 4320 Diplomacy Dr/99508 729-2689

Provides health education that is fully integrated into the health care system by working together with patients, their families and their primary care provider. Uses a culturally appropriate and interdisciplinary approach, focusing on wellness, awareness, prevention and treatment. Services include smoking cessation, car seat loaner program, safety and injury prevention, nutrition services, and other health education classes.

SCF Home-Based Services 4155 Tudor Centre Drive, Ste B-1/99508 729-2490

Provides a variety of home-based services, which include acute care, chronic care, respite care and hospice through Pacific Home Health. A personal-care attendant service is also available. Most of these require a referral from a health care provider.

SCF Laboratory 4315 Diplomacy Drive/99508 729-1200

The PCC houses a lab capable of providing most basic laboratory services. More specialized testing is available in the hospital lab.

SCF Nutaqsiivik 4105 Tudor Centre Dr, Ste B-1/99508 729-3260

Provides intensive case management to certain families, mothers, infants and young children in home and clinic settings.

SCF Pharmacy 4320 Diplomacy Dr/99508 729-3250

Outpatient and village pharmacy services. Offers variety of consultative, dispensing services.

SCF Radiology 4320 Diplomacy Dr/99508 729-3250

Includes ultrasound and mammography. For the most part, images are obtained in the digital format, allowing them to be viewed in multiple locations.

HEALTH CARE / BEREAVEMENT

SCF Urgent Care Center 4315 Diplomacy Drive/99508 729-1729

Located in Alaska Native Medical Center's Emergency Room, this clinic accepts the people who go to the emergency room, but have less critical needs.

SCF Women's Health Clinic 4320 Diplomacy Dr, Ste 103/99508 729-3100

Provides surgical, consultative and pregnancy care, and many other women's health services. The staff include a variety of health care professionals who are trained in women's health.

SCF Traditions of the Heart 4320 Diplomacy Drive/99508 729-2180

A WISEWOMAN research program heart disease prevention program. Developing educational materials and programs related to the prevention of cancer, cardiovascular illness and other women's health problems.

S.T.O.P. AIDS PROJECT

520 East 4th Avenue, Ste 102/99501 278-5019

Hours: 1 pm - 3 pm, M & W

Provides free anonymous HIV-antibody testing, including pre- and post-test counseling, on a walk-in basis.

COMMUNITY SERVICE CENTER (Covenant House Alaska)

750 West 5th Avenue/99501 339-4430

Hours of CSC: Monday thru Friday 9 am -7 pm, clinic hours: 1pm - 5 pm, M-F

The Community Service Center provides drop in case management services for youth ages 13-20. Individual and group offerings include counseling and referral, pre-employment skill development, medical clinic, educational services, food and clothing, specific classes/groups, and an outreach program.

HUMAN DEATH RESPONSE: HOMICIDE, SUICIDE, ACCIDENT, NATURAL, UNEXPECTED STATE MEDICAL EXAMINER 334-2200

Alaska law requires the Medical Examiner to investigate the circumstances and determine the cause and manner of death of all deaths that are:

- Sudden, when a person is in apparent good health;
- Not under the care of a physician;
- Suspicious, unusual or unexplained;
- The result of violence; and
- Unlawful or due to criminal neglect.

Medical Examiner's Office does not issue death certificate copies. Request copies from the funeral home when arrangements are made. Copies can be obtained from Vital Statistics, PO Box 110675, Juneau, AK 99811-0675.

BEREAVEMENT SUPPORT SERVICES

Offering support to persons experiencing the death of a loved one. Low or no cost services, and many are organized by volunteers who have had similar experiences.

ANCHORAGE SURVIVORS OF SUICIDE 272-3100 (or 248-2230)

Help for persons whose loved one has completed suicide - for mature teens and adults.

FOREST LAWN MEM CHAPEL/CREMATORY LOST & FOUND GRIEF SELF HELP 345-2525

Meets every Wednesday evening from 7:30 - 9:30 in the Wells Fargo main branch at Northern Lights Boulevard and C Street. For anyone who has suffered loss through death.

BEREAVEMENT / MENTAL HEALTH

LIFE ALASKA DONOR SERVICES

562-5433

Family Services program includes interactions with families via phone calls, personal contact, letters, and access to bereavement library. Available to all families who have suffered a death.

GRIEF SUPPORT GROUP FOR TEENS

694-7788

Open support group for teens from 12-18 years experiencing the death of someone close.

PARENTS REACHING OUT

273-5409

Supports those who have experienced the loss of a child due to miscarriage, stillbirth, Sudden Infant Death Syndrome (SIDS) or other causes through newsletter, support group, networking and lending library. The Anchorage area support group meets 1st & 3rd Thursday of each month from 7 pm - 9 pm at Zion Lutheran Church, 2100 Boniface Parkway.

WIDOWED PERSONS SERVICE

566-0580

Volunteer widowed persons helping other widowed persons of all ages.

MENTAL HEALTH

ANCHORAGE COMMUNITY MENTAL HEALTH SERVICES, INC.

563-1000

4020 Folker St/99508

24- hour crisis hotline 563-3200

Mental health crisis intervention services include: psychiatric assessment/treatment, case management, psychosocial rehabilitation services, intensive rehabilitation services, traumatic brain injury services, specialized vocational services, individual and group therapy, homeless outreach services, specialized housing programs, companion services, compeer. Offers a wide spectrum of family services focused on child and adolescent mental health needs and services for seniors sensitive to the needs of adults with mental disabilities and caregivers dealing with daily responsibilities. Mobile team is on call to respond in crisis situations. They are highly trained in assessment and triage of psychiatric emergencies. Crisis Treatment Center provides brief three to five day respite services to avoid hospitalization or to provide transition from a more restrictive setting.

ALASKA MENTAL HEALTH ASSOCIATION

4045 Lake Otis, Ste 209/99508

563-0880

Hours: 8 am - 5 pm, M-F

Provide educational programs for mental health related issues; anger management, stress management and critical response; individual and systems advocacy; support groups; information and referral.

BEHAVIORAL HEALTH FIREWEED (Southcentral Foundation)

4341 Tudor Center Drive/99508

729-2500

Community mental health center culturally based, client-centered model. Screening, assessment, individual, group, family, and play therapy.

BEHAVIORAL HEALTH PCC (Southcentral Foundation)

4320 Diplomacy Drive, Ste 1500/99508

729-2500

This full-service outpatient psychiatric clinic includes providers from several mental health disciplines. They offer confidential evaluation and treatment, including individual, couples, family and group therapies. Types of treatment include biofeedback, hypnosis, drug treatment, cognitive therapy, anger management, and other forms of psychotherapy. On-call coverage for psychiatric emergencies is available 24 hours a day.

MENTAL HEALTH / SUPPORT GROUPS

QUYANA CLUBHOUSE (*Southcentral Foundation*)

225 Eagle St/99501

729-6550

This is a program for people who are experiencing severe, persistent mental illness. It incorporates clinical practices with traditional Native ceremony and structure to offer a nurturing environment focusing on peers, family and the community.

THE NATIONAL ALLIANCE FOR THE MENTALLY ILL, INC. - ALASKA (NAMI)

144 West 15th Avenue/99501

277-1300 / 1 800 478-4462

Hours: 10 am - 4 pm, M-F

Devoted to education, support, advocacy and research surrounding all severe mental illnesses. Mental health lending library with over 1500 titles (AV and books). For information on any of the 12 affiliates statewide, call the numbers above or visit www.nami-alaska.org

Support meetings held at 144 West 15th Avenue on the following schedule:

General support meeting for family & friends 2nd Tues at 7:30 pm

Education meeting for family & friends 4th Tues at 7 pm

Adult consumer support meeting Every Tues at 1 pm; Sat 11 am

Support meeting for parents of children w/emotional/behavioral or mental health issues

1st & 3rd Wed at 7 pm

Dual Diagnosis/Double Trouble in Recovery Every Thursday at 12:30

Youth Socialization Group 2nd Friday at 6:30 pm - Gateway Learning Center, 801 Karluk

NATIONAL MEDICAL SERVICES

AMERICAN CANCER SOCIETY – ANCHORAGE CHAPTER

1057 West Fireweed Lane, Ste 204/99503

277-8696 / 1 800 478-9355

Hours: 8:30 am - 5 pm, M-F

Provides services to family members and persons receiving cancer treatment. Transportation, hospital equipment for the home and stop-smoking classes are available.

ALASKA DIABETES CONTROL PROGRAM

3601 C Street, Ste 540/99503

269-8000

Hours: 8 am - 5 pm, M-F

Offers public and professional diabetes education. Program supports comprehensive outpatient clinic at Anchorage Neighborhood Health Center and community-based diabetes intervention projects.

AMERICAN HEART ASSOCIATION – ALASKA REGION

1057 West Fireweed Lane, Ste 100/99503

263-2044 / 1 800 287-0858

Hours: 8:30 am - 5 pm, M-F

Provides referrals for CPR training. Offers nutrition, youth health education, blood pressure control, and work site health training.

AMERICAN KIDNEY FUND

6110 Executive Boulevard, Ste 1010, Rockville MD 20852-3903

1 800 638-8299

Hours: 8 am - 5 pm, M-F Immediate and direct financial aid to persons with kidney disease, financial assistance to community programs to cover emergencies and transportation costs for patients. Information and support for kidney donation and transplantation. Distributes organ donor cards. Website: www.kidneyfund.org

SUPPORT GROUPS / PROVIDENCE SERVICES

AMERICAN LUNG ASSOCIATION OF ALASKA 276-LUNG (5864)

Prevent lung disease and promote lung health in Alaska. Collectively and individually committed to wellness. Value responsiveness and effective use of resources and systems; strive to optimize access to our services; embrace partnering with other organizations and value collaboration, consensus, and camaraderie. Results and outcome oriented, value productive, enthusiastic, team-oriented staff and volunteers, and foster long-term relationships. Hold respect for the culturally diverse constituents and sensitive to their needs.

LUPUS FOUNDATION OF AMERICA – ALASKA CHAPTER, INC.

PO Box 240628/99524-0628 338-6332/1 800 307-5878

Hours: 8 am - 5 pm, M-F

Provides comprehensive services and support group meetings for lupus patients and families.

MUSCULAR DYSTROPHY ASSOCIATION – MDA

121 W. Fireweed Lane, Ste 100/99503 276-2131/1 800 478-5683

Hours: 9 am - 5 pm, M-F

Services include diagnosis and follow-up care, summer camps, support groups, assistance with the purchase and repair of wheelchairs and leg braces. Offers a "free" summer camp for kids from ages 6-21 that have neuromuscular diseases, and medical clinic at Alaska Regional Hospital. Website: www.mdausa.org

PROVIDENCE HEALTH SYSTEM SERVICES

Cancer Center 261-3186

- Office of Patient Navigation 261-3136
- Genetic Counseling 743-2713
- ArtVenture Healing Arts Program 261-3077 Yoga for Cancer Patients

Palliative Care Program 273-7890

- Inpatient program at Providence Alaska Medical Center

Providence Hospice 770-7078

- Outpatient program with inpatient evaluations.
- Bereavement services – starting support group in September.
- Information on advance directives and defining care goals.
- Social work, spiritual, nursing and CNA services.

Wound Center 261-3651

- Outpatient care/education for any open wounds, consult services for pressure ulcers.
- Inpatient, outpatient enterostomal care and education, and pre- and post- op care.
- Available for consults on post radiation burns, other skin issues.
- Physician referral required.

Cardiopulmonary Rehabilitation 261-3664

- Pulmonary rehab is available for lung cancer patients.
- Smoking Cessation - inpatient and outpatient consults, and outpatient classes.
- Physician referral required.

PROVIDENCE SERVICES / AREA HOSPITALS

Oncology Rehabilitation

261-3664

- 20-session program of 2-hour sessions in aerobic exercise and strength training for cancer patients, including range of motion work, body-mind work.
- Maintenance exercise open to anyone diagnosed with cancer disease free or not.
- Physician referral required.

Outpatient Physical Therapy Department

565-6300

- Certified lymphedema specialists.
- Evaluation/mobility and strength training for the more debilitated patient.
- Physician referral required for appointment.

Diabetes and Nutrition Center

770-9070

- Counseling appointments with licensed dietitians available by appointment.
- Physician referral required for appointment.

PROVIDENCE HEALTH SYSTEM CANCER SERVICES

- Alaska Children's Services 346-2101
- Alaska Women's Resource Center 276-0528
- Anchorage Community Mental Health Center 561-0954
- Cornerstone Clinic/Counseling Services (Christian based) 522-7080
- Denali Family Services 274-8281
- Good Samaritan Counseling 565-4000
- Providence Behavioral Medicine Group 561-0044 or 550-2300

ANCHORAGE AREA HOSPITALS

<i>ALASKA NATIVE MEDICAL CENTER</i>	563-2662
ALASKA PSYCHIATRIC INSTITUTE	269-7100
ALASKA REGIONAL HOSPITAL	276-1131
ELMENDORF (USAF) HOSPITAL	580-5555
HEALTHSOUTH	550-6100
NORTH STAR BEHAVIOR HEALTH SYSTEM	258-7575
PROVIDENCE HOSPITAL	562-2211
PSYCHIATRIC CRISIS LINE	563-3200
VALLEY HOSPITAL	(907) 746-8600

HOUSING - EMERGENCY SHELTERS

EMERGENCY SHELTER

Emergency shelters offer FREE overnight beds, except Bean's Cafe, which is a day shelter with meals. There are shelters for homeless people, runaway teens, and battered women and their children. None of the shelters admit people who are drunk or high. Call first to see if the shelter is full.

ANCHORAGE RESCUE MISSION

2823 Tudor Road/99507 563-5603

Night shelter for 90 single men and 10 single women, 18 years and older. Free meals (dinner & breakfast). Showers, clothing, Chapel Services nightly and spiritual counseling. Medical Clinic Night. Bus tokens available for residents. Bus #75

AWAIC (ABUSED WOMEN'S AID IN CRISIS)

100 West 13th Avenue/99501 279-9581

Safe temporary shelter for women and children impacted by domestic violence. Offers food and clothing, counseling, advocacy and community education,. Also available is Case Management through the Moving Forward Program. Capacity 52. Bus #2, 75, 90, 97.

ALASKA YOUTH & PARENT FOUNDATION

3745 Community Park Loop, Suite 202/99508 274-6541

AYPF serves teenagers who are delinquent, homeless, abused or with significant behavioral problems in its residential, street outreach and electronic monitoring programs.

Apollo Center 563-7233 24-hour shelter for boys (ages 12-17). Serves youth at risk. Provides family mediation, counseling, information and referral. Capacity is 12.

Challenge Center 248-7084 24-hour shelter for girls (ages 12-17). Serves youth at risk. Provides family mediation, counseling, information and referral. Capacity is 5. Bus #75.

BEAN'S CAFÉ/DAY SHELTER

1101 East 3rd Avenue/99501 274-9595

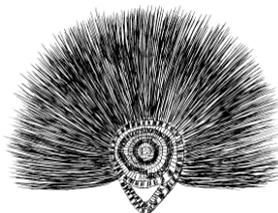
Hours: 7:00 am - 5:30 pm M-F; 9:00 am - 5:30 pm S-S

Provides day shelter and meals (Breakfast 8 - 9 am and Lunch noon-1 pm). Day Labor is available. Social Services Coordinator helps with various social services benefit forms. Bus tokens are available through Social Services Coordinator. Referral & advocacy. Bus #45

BROTHER FRANCIS SHELTER (CATHOLIC SOCIAL SERVICES)

1021 East 3rd Avenue/99501 277-1731

Night shelter for 240 total beds (men, women 18 years of age and older). Dinner available each night at 5:30 pm provided by a hospital. Offers showers, washer/dryer, TV Room, Medical Clinic Night, Clothing. Case management by appointment. Bus tokens available through case managers. Bus #45.



HOUSING - EMERGENCY SHELTERS

CLARE HOUSE (Catholic Social Services) 563-4545
Provides temporary shelter for women with children and single women, 18 years and over or legally emancipated. Provides food, clothing, showers, washer/dryer. Case management services are provided to help women achieve self-sufficiency. Bus tokens are available through case managers. Offers preschool and after school programs. Has job readiness group and parenting classes. Capacity 45.

COVENANT HOUSE ALASKA
609 "F" Street/99501 272-1255

Crisis Center 272-1255
Provides crisis shelter, food, clothing, family mediation, counseling and health care to runaway, throwaway and homeless youth, ages 13-21. Capacity 40.

Rights of Passage 258-4416 Hours: 24 hours/day, 7 days/week
Transitional living program serving homeless youth between 18-20 (14 beds). Admittance into the program requires youth to complete an application and interview process. Verification of homelessness is required as part of the application process.

THE SALVATION ARMY MCKINNELL HOUSE
546 East 15th Avenue/99501 276-1609

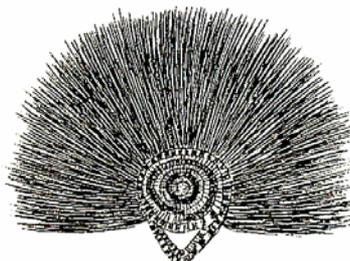
Provides temporary shelter to two parent families and single parent-men with children. Also provides food, clothing, washer/dryer, showers, TV/Lounge room. Case Management by appointment. Bus tokens available through the counselor. Capacity 6 families or 45 people.

PASSAGE HOUSE
(Covenant House Alaska) 333-2023

Hours: 24 hours/day, 7 days/week
Transitional living program for up to five pregnant and/or parenting teens ages 17-20. Admittance requires youth to complete and application and interview process.

THE SALVATION ARMY CARES FOR KIDS
3600 E 20th Ave/99508 276-8511

The Salvation Army Cares for Kids provides safe haven for children ages 0-11, who have been removed from their home environment when there is a concern for their safety or welfare. The Office Of Children Services and Anchorage Police Department rely on The Salvation Army – Cares for Kids to assess and stabilize children who come from unhealthy and often tragic situations. In this safe environment children are cared for by loving staff, participate in fun, educational activities and recreation, and enjoy nutritious meals/snacks.



HOUSING - TRANSITIONAL

TRANSITIONAL HOUSING

Transitional housing services are offered as an additional step from emergency shelters and provide case management and a structured program of services.

HOMEWARD BOUND

120 North Hoyt Street/99508

279-7535

A program of re-integration for the homeless chronic public inebriate population including case management, employment assistance and training, transitional housing and daily living supports.

SAFE HARBOR INN

1905 East 4th Avenue/99501

868-7373

"Not a place to stay forever, rather a stepping stone to permanent housing." A motel where guests meet certain criteria to be accepted, including a plan for better housing. Call for details.

HOUSING SERVICES FOR SINGLE MEN

ABBOTT LOOP SOCIAL SERVICES (ALSS) TRANSITIONAL HOUSING PROGRAM

2626 Abbott Road/99507

349-9641

Applications/interviews Tuesdays at 9 am at Cornerstone Clinic.

The program provides transitional housing in a four-plex for up to twelve (12) men who are required to obtain employment within 28 days of entering the program. The maximum length of stay is 24 months. Supplementary food, clothing, employment counseling and referral services are provided. Laundry facility, weight lifting, and recreation room available on site. An on site computer training center is also available.

LUTHERAN SOCIAL SERVICES OF ALASKA (LSSA)

2606 C Street, #2B/99503

272-0643 ext 21

Lutheran Social Services of Alaska provides housing for up to six (6) single males who must be homeless, ambulatory, 18 years of age or older, clean/sober for a minimum of 30 days, and willing to seek full time employment. The maximum stay is six (6) months with extensions on a case-by-case basis. Clothing, initial supplemental food, comprehensive case management, and follow-up support services are also provided.

HOUSING PROGRAMS FOR SINGLE MEN AND WOMEN

THE SALVATION ARMY EAGLE CREST

438 East 9th Street/99501

276-5913

The Salvation Army provides lodging for up to 76 individuals who are experiencing a crucial need for housing. Eligible single persons must be 19 years of age or older, be ambulatory, possess adequate identification, use no alcohol or other drugs, and have an income or a willingness to work. That income may include agency sponsorship, such as that received from the State Department of Public Assistance. There is no time limit for the length of stay although the average is three to four months. Assessment and referrals to appropriate community resources are provided for each person.

HOUSING

ALASKA AIDS ASSISTANCE ASSOCIATION (4-A'S)

1057 West Fireweed Lane, Suite 102/99503

263-2050

Alaska AIDS Assistance Association provides housing for up to 16 single men/women/families with children who are homeless, low income, at-risk adults with HIV positive or AIDS. Comprehensive case management is provided along with transportation, daytime care, and counseling.

COOK INLET HOUSING AUTHORITY

1-888-667-2442

3510 Spenard Road, Ste, 201/99503

276-8822

Housing program designed to empower clients: to encourage their transition toward self-sufficiency through homeownership or affordable rental housing for elders, individuals and families in the Cook Inlet Region. Programs include tenant-based rental assistance, emergency repair assistance, accessibility improvements and weatherization upgrades.

RENTAL ROOMS

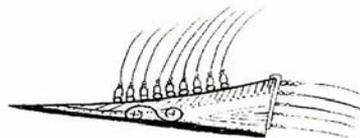
The following rooms for rent are generally available by the day, week, or month in the Anchorage area. The degree to which alcohol is prohibited or tolerated by each landlord is indicated using the following terms:

Dry = No alcohol on or off premises

Damp = No alcohol on premises

Wet = Limited alcohol allowed in room

<u>Dry</u>	AMH Loussac Sogn	272-4446	429 D Street
	AMH Adelaide Building	258-9017	201 East 9th Avenue
	Anchorage International Hostel	276-3635	700 H Street
	Eaglecrest	276-5913	438 East 9th Avenue
	Eagle House	276-9807	2705 Eagle Street
	Hyder House	274-5780	1244 Hyder Street
	Intl Backpackers Inn	274-3870/272-0297	3601 Peterkin Street
	Moe's Fifth Avenue Rooms	274-5253	435 East 5th Avenue
	Spenard Hostel	248-5036	2845 West 42nd Place
	Young Lodge	562-5700	337 West 33rd Avenue
<u>Damp</u>	Eazy-Inn	278-4887	1429 Eagle Street
	Eazy-Inn Midtown	563-2959	1010 West 30 th Avenue
	Denali Rooms	278-4887	335 East 13th Avenue
	Ingra House	278-9656	641 Ingra Street
<u>Wet</u>	Inlet Inn Basement	277-5541	539 H Street
	Union Hotel	222-6868	832 A Street



LEGAL AND PROTECTIVE SERVICES

The *Native American Rights Fund* at 276-0680 enforces and protects rights of Alaska Native Tribes. *Better Business Bureau* at 562-0704 helps with complaints about deceptive or unfair business practices. Call the agencies listed below for fee information.

ADVOCACY SERVICES

ALASKA COMMISSION ON JUDICIAL CONDUCT

1029 W 3rd Ave, Ste 550/99501

272-1033 / 1 800 478-1033

Hours: 8 am - 4:30 pm, M-F

Reviews allegations of misconduct against judges and justices.

ALASKA IMMIGRATION JUSTICE PROJECT

431 W 7th Ave., Ste 208/99501

279-2457

A nonprofit agency that provides low-cost immigration legal services to immigrants in all immigration applications, including citizenship applications, permanent resident status, work permits, family petitions, and petitions for domestic violence victims.

ALASKA JUDICIAL COUNCIL

1029 W 3rd Ave, Ste 201/99501

279-2526

Hours: 8 am - 4:30 pm, M-F

Merit selection of judges; evaluates performance of judges; reports on improving the administration of justice.

ALASKA NATIVE JUSTICE CENTER – ANJC

3600 San Jeronimo Drive, Ste 264/99508

793-3550

Hours: 8 am - 12 pm, 1 pm - 5 pm, M-F

Direct advocacy services, technical assistance, referrals and one-on-one education for victims or defendants in the Alaska justice and child welfare systems. Tribal Youth Diversion Effort, monthly legal clinic for homeless population, state certified itinerant instruction *Prime for Life – Under 21* course.

ALASKA PUBLIC INTEREST RESEARCH GROUP

PO Box 101093/99510

278-3661

Hours: 10 am - 4 pm, M-F

Provides referral information to appropriate consumer protection agencies. Researches issues affecting low-income Alaskans, state energy policies, state budget, and oil and gas policy. Assist injured workers with compensation claims.

ANCHORAGE THERAPEUTIC COURTS: FELONY DRUG, FELONY DUI, MISDEMEANOR ALCOHOL, FAMILY CARE COURT, MENTAL HEALTH COURT

Contact: Therapeutic Courts Program Coordinator

820 West 4th Avenue/99501

264-8250

A program dedicated to the rehabilitation of offenders charged with Alcohol/Drug-related Misdemeanor and Felony offenses, as well as individuals with CINA cases. The courts work with local treatment providers to provide intensive monitoring and behavioral health treatment over the course of 12 to 18 months.

LEGAL AND PROTECTIVE SERVICES

BETTER BUSINESS BUREAU

3601 C Street, Ste 1378/99503

562-0704 / 1 888 244-0704

Hours: 9 am - 12 pm, 1 pm - 5 pm, M-F

Call if you have questions on investment schemes, offers, charities or a business product or service. Provide reliability reports and information on scams and other deceptive practices.

Website: www.bbb.org - E-mail address: alaskacb@gte.net

COORDINATED RESOURCES PROJECT

825 West 4th Avenue, Ste 226/99501

264-0886

A program designed to divert people with mental disabilities charged with misdemeanor offenses from incarceration into community treatment and services to prevent further contact with the criminal justice system. The defendant is eligible to receive assistance through the coordination provided by the Department of Correction's Jail Alternative Services (JAS) or the Office of Public Advocacy (OPA) Case Coordinator.

DISABILITY LAW CENTER

3330 Arctic Blvd., Ste 103/99503

565-1002

Maintain an information Center in the Anchorage office which will include state wide resource manuals, disability rights information, benefits booklets, and reference materials related to disability law. The center is available to the public. Disseminate current legal rights information throughout Alaska by presenting agency publications to service providers, coalitions, school districts and consumer advocacy groups. Will give presentations at conferences held in Alaska for the purpose of educating the public on services as well as legal rights of people with disabilities.

DOMESTIC VIOLENCE PROTECTIVE ORDER

(Alaska Court System) Domestic Violence Office

303 K Street/99501(Boney Courthouse)

264-0615

Hours: 8 am - 9 pm, M-F and Noon - 8 pm, S-S

Provides legal protection by issuing protective orders. Outside of these hours, contact APD at 786-8900. APD can assist in obtaining a 72-hour order through the court.

FAMILY CARE COURT

303 K Street, Room 308/99501

264-0523

A program dedicated to promoting opportunities to substance abusing parents to prevent the break up of their families while improving their recovery and facilitating safe, sober living/housing situations for them and their children.

IMMIGRATION AND REFUGEE SERVICES (Catholic Social Services)

3610 East 20th Avenue, #1/99508

276-5590

Hours: 9 am - 3 pm, M-Th

Comprehensive social services for refugees, political asylees, victims of trafficking including cash assistance, medical coverage and case management services for eligible individuals. Basic services are provided at a nominal fee: assistance with work permits, green cards and naturalizations. Consultations provided.

LEGAL AND PROTECTIVE SERVICES

NATIVE AMERICAN RIGHTS FUND

420 L Street, Ste 505/99501

276-0680

Hours: 8 am - 12 pm, 1 pm - 5 pm, M-F

Enforces and protects rights of Alaska Native Tribes with an emphasis on subsistence rights and equal protection. Website for national org: www.narf.org.

OFFICE OF LONG-TERM CARE OMBUDSMAN (State of Alaska)

550 West 7th Avenue, Ste 1830/99501-3570

334-4480 / 1 800 730-6393

Hours: 8 am - 4:30 pm, M-F www.akoltco.org

Answers questions and resolves complaints about long-term care services (nursing and assisted living homes, home based care and senior housing) for seniors 60 years and over.

PARTNERS FOR PROGRESS, INC.

PO Box 201226/99520

264-0656

A non-profit corporation with the mission to assist alcoholics and alcoholic misdemeanants in making the changes needed to achieve a better life through public and private grants and contribution and collaborative partnerships with existing organizations. The program includes four components: (1) the Anchorage Wellness Court, (2) Courthouse Information Services, (3) the Center for Therapeutic Justice and (4) scholarships for medicine and treatment to extend the benefits of Wellness Court system to alcoholics outside the court system.

PROBATE MASTER

(Alaska Court System)

303 K Street, Room 203/99501

264-0433

Hours: 8 am - 4:30 pm, M-F

Provides information on probate issues, guardianship, commitments, conservatorship, adoptions, minor settlements, and money for minors. Assessments for commitments at API completed within 72 hours.

VICTIMS FOR JUSTICE

1057 West Fireweed Lane, Ste 101/99508

278-0977

Hours: 9 am - 5 pm M-Th, by appointment Friday

Committed to reducing the impact of crime on victims, their families and the community through crisis intervention; individual and peer support specialized grief education; community education; and advocacy and assistance. Work with co-victims of homicide and victims of other violent crimes.

VICTIM INFORMATION AND NOTIFICATION EVERYDAY (VINE)

1-800-247-9763

Free, anonymous, computer service provides crime victims information and notification. Monitors offenders housed in Alaska Dept. of Correction facilities. Callers register for automatic notification call when offender is released, transferred, furloughed, or dies in custody.

VIOLENT CRIMES COMPENSATION BOARD (VCCB)

PO Box 110208, Juneau, AK 99811

(907) 465-2277

Helps bring financial relief to innocent victims of violent crimes in Alaska. Examples include victims who have been physically or emotionally injured in a violent crime, victims of drunk drivers or when a car is used as a deadly weapon, or survivors of a homicide victim. Applications are available from the Anchorage Police Department, State Troopers, District Attorney's Office, or local hospitals.

LEGAL AND PROTECTIVE SERVICES

CITIZEN CONCERNS AND COMPLAINTS

The following agencies investigate private citizens' complaints against government officials or agencies. The complaint may result from the action or lack of action by an employee, an agency or a contractor. Please call for more information.

MUNICIPALITY OF ANCHORAGE OMBUDSMAN'S OFFICE

632 West 6th Avenue, Ste 170/99501

343-4461

Hours: 8 am - 5 pm, M-F

For issues involving the Municipality of Anchorage. Free services. No appointments necessary. E-mail: ombud@ci.anchorage.ak.us

STATE OF ALASKA OFFICE OF VICTIM'S RIGHTS

1007 West 3rd Avenue, Ste 205/99501

272-2620

Helps victims of crime to obtain the rights they have under the Alaska constitution and statutes with regard to their contacts with criminal justice agencies in this state.

STATE OF ALASKA OMBUDSMAN'S OFFICE

269-5290 / 1 800 478-2624

website: www.state.ak.us/ombud; e-mail: ombudsman@legis.state.ak.us

For issues regarding the City and Borough.

DISCRIMINATION SERVICES

The following offices investigate charges of discrimination in specific areas of concern. Please call for more information.

ALASKA STATE COMMISSION FOR HUMAN RIGHTS

800 A Street, Ste 204/99501-3669

274-4692 / 1 800 478-4692

Hours: 8 am - 5 pm, M-F

TTY: 907 276-3177 or 800 478-3177

Alaskans may file complaints of discrimination in the areas of employment, places of public accommodation, sale or rental of real property, financing and credit, and practices by the State or its political subdivisions because of race, religion, color, national origin, sex, physical and/or mental disability and, in some cases, because of age, marital status, changes in marital status, pregnancy and parenthood.

MUNICIPALITY OF ANCHORAGE EQUAL RIGHTS COMMISSION

632 West 6th Avenue, Ste 110/99501

343-4342

Hours: 8 am - 5 pm, M-F

Title 5 of the Anchorage Municipal Code provides protection from discrimination as to race, color, sex, religion, national origin, marital status, age, or physical or mental disability and covers the areas of employment, housing, public accommodations, education, financing practices, and services provided by the Municipality.

LEGAL ASSISTANCE

ALASKA LEGAL SERVICES CORPORATION

1 800 478-9431

1016 West 6th Avenue, Ste 200/99501

272-9431

Hours: 9 am - 5 pm, M-F

Helps low-income individuals. Cases given priority are: entitlements, health benefits, family law (divorce, custody, domestic violence), housing, rights of the elderly, and Alaska Native rights. Operates "self-help" legal clinics.

MEN'S SERVICES

ALASKA PUBLIC DEFENDER AGENCY

1-800-478-4404

900 West 5th Avenue, Ste. 200/99501

334-4400

Hours: 8:00 am - 12 pm, 1 pm - 5 pm, M-F

Provides legal representation to indigent defendants in the areas of criminal law, juvenile delinquency and child in need of aid cases. Appointment by courts only.

LAWYER REFERRAL SERVICES

1 800 770-9999 (in state only)

(Alaska Bar Association) 510 L Street, Ste 602/99501

272-0352

Hours: 8:30 am - 12 pm, 1 pm - 4:30 pm, M-F

Provides information on private attorneys available for consultation.

MUNICIPALITY OF ANCHORAGE DEPARTMENT OF LAW - PROSECUTOR'S OFFICE

632 W 6th Avenue, Ste. 210/99501

343-4250

Hours: 8 am - 5 pm, M-F

Prosecutes municipal criminal misdemeanor charges within the city including domestic violence cases and assists victim through the court system. Staff are available to answer questions including the Victim Witness Coordinator who provides a point of contact for victims of crime in municipal cases. Information available includes case status, victim rights, information re: Violent Crimes Compensation Board, crisis information and referrals to local resources.

BEHAVIORAL HEALTH SERVICES

(Southcentral Foundation) 4341 Tudor Center Drive

265-4220

Hours: 8 am - 5 pm, M-F

Anger Management Talking Circle. Offers a twelve-week series of group meetings focusing on anger management and substance abuse. Call for location and time.

THE CENTER FOR MEN AND WOMEN

600 Cordova Street, Ste 3/99501

272-4822

Hours: By appointment.

Provides domestic violence intervention, anger management for men and women, and individual and couples counseling.

STATE APPROVED DOMESTIC VIOLENCE INTERVENTION PROGRAMS

Men and Women Center

600 Cordova St, Ste 3 Anchorage, AK 99501

Phone 272-4822 Fax (907) 272-6395

Email: menscenter@gci.net

The Recovery Connection (LLC)

500 Muldoon Road, Ste 9 Anchorage, AK 99504

Phone 332-7660 Fax (907) 332-7661

Email: kathy@therecoveryconnection.com

RECREATION SERVICES

The *Municipality of Anchorage Parks and Recreation* offers sport fields (baseball, field archery and biathlon range, football and track, and volleyball), tennis courts, picnic areas (some with shelter), cross country ski trails, hiking and biking trails, parks, ice-skating areas, and sledding hills for residents' use. Call the Municipal Parks and Recreation office at 343-4474 for information on hours of operation, location and fees charged.

COMMUNITY AND RECREATION CENTERS

FAIRVEIW	1121 East 10th Avenue	343-4130
MT. VIEW	315 Price Street	297-5400
SPENARD	2020 West 48th Avenue	343-4160

GAY & LESBIAN COMMUNITY CENTER OF ANCHORAGE

336 East 5th Avenue/99501 929-GLBT(4528)

Provides a safe place for Gay, Lesbian, Bisexual and Transgendered individuals of all ages and ethnicities to meet. The GLCCA offers a resource library, computer station and listings of community events, resources, clubs and groups.

POINTS OF INTEREST IN ANCHORAGE

ACVB LOG CABIN VISITOR INFORMATION CENTER	274-3531
ALASKA AVIATION MUSEUM	248-5325
ALASKA BOTANICAL GARDEN	770-3692
ALASKA CENTER FOR THE PERFORMING ARTS	263-2900
ALASKA NATIVE HERITAGE CENTER	330-8000
ANCHORAGE MUSEUM OF HISTORY & ARTS	343-4326
ELMENDORF AIR FORCE BASE WILDLIFE MUSEUM	552-2282
ELMENDORF STATE HATCHERY	274-0065
HERITAGE LIBRARY & MUSEUM	265-2834
IMAGINARIUM	276-3179
THE ALASKA ZOO	346-3242
WESTCHESTER LAGOON OVERLOOK	343-4474
WILLIAM A. EGAN CIVIC & CONVENTION CENTER	263-2800
Z.J. LOUSSAC PUBLIC LIBRARY	343-2975

Public Swimming Pools

Public swimming pools are located in the Anchorage School District high schools. Call after 5:00 pm for information on hours of operation, location and fees charged. For more information, please call the Aquatics Section of the Sports and Recreation Division between 9:00 am and 4:00 pm M-F at 343-4476.

BARTLETT POOL	343-6981	337-6375
CHUGIAK POOL	343-4507	696-2010
DIMOND POOL	343-4508	249-0355
EAST POOL	343-4502	278-9761
SERVICE POOL	343-4509	346-3040
WEST POOL	343-4506	274-5161

RECREATION SERVICES

OTHER RECREATIONAL OPPORTUNITIES

4H/YOUTH DEVELOPMENT

Alaska Cooperative Extension

2221 East Northern Lights Boulevard, Ste 118

786-4605

Hours: 9:00 am - 5:00 pm, M-F

For youth ages 8-18 or in 2nd grade through senior high. The 4H motto is "Learn by doing".

ANCHORAGE SPORTS ASSOCIATION (ASA)

562-1504

Hours: 8:30 am - 5:30 pm, M-F

A nonprofit association that organizes a variety of sports teams for both adults and youth: adult softball, basketball, volleyball and soccer; youth soccer and softball.

Archery	Black Sheep Bowman (Elmendorf)	753-1855
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Baseball	American Legion Baseball	278-8598
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Boys & Girls Clubs		249-5445
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Or call the athletic office at 249-5445 for information about the following sports:

Basketball, grades 3-8

Football, grades 3-8

Hockey, ages 4-18

Volleyball, grades 5-10

Soccer (recreational and competitive outdoor soccer; competitive indoor soccer), ages 4-18.

Cross-Country Skiing	Nordic Ski Club	
	248-6667 (ski hotline)	248-8929 (weather line)

Fishing/Hunting	State of Alaska Fish & Game	267-2100
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Hockey (ages 4-17)	Anchorage Hockey Association (AHA)	272-7825
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Ice Skating	Ben Boeke Ice Arena	274-5715
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	Dempsey Anderson Ice Arena	277-7571
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	Harry J. McDonald Memorial Center	696-0051
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<i>Native Youth Olympics</i>	Cook Inlet Tribal Council, Inc.	265-5900
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Parks	Alaska Public Lands Information Center	271-5683
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	Chugach State Park	345-5014
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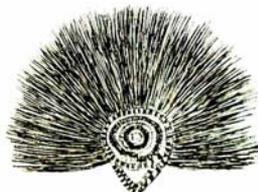
	Municipality of Anchorage Parks & Recreation	343-4474
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Shooting	Rabbit Creek Rifle Range	566-0130
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YMCA		563-3211
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Offers the following: basketball, indoor soccer, swimming lessons, volleyball, youth fitness.

YWCA	Works to eliminate the societal barriers that confront women.	644-9600
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SOCIAL SERVICES

AIR FORCE FAMILY ADVOCACY PROGRAM - ELMENDORF AIR FORCE BASE

3MDOS/SGOHF 5955 Zeamer Avenue EAFB/99506

580-1040

The mission of the Family Advocacy Program is to promote readiness by: supporting and building healthy Air Force families and communities; developing, implementing, and continuously improving family abuse policies and programs; and, preventing and intervening in incidents of family maltreatment.

ARMY FAMILY ADVOCACY PROGRAM - FT RICHARDSON ARMY POST 384-7502

FAP offers a variety of services to help individuals and families gain life skills to be able to cope during times of stress. Family Advocacy Clinic services include intake/assessment of reports of child/spouse abuse, therapy, counseling and crisis intervention. (Clinic: 384-0405)

COOK INLET TRIBAL COUNCIL CHILD WELFARE SERVICES

3600 San Jeronimo Dr/99508

793-3132

Hours: 7:30 am - Noon, 1 pm - 5 pm, M - F

Child Welfare Demonstration project's intent is to reduce child abuse and neglect as well as to decrease the number of Alaska Native children in state custody. Through this program, prevention and intervention services are provided for families at risk of being or currently involved with the Alaska Division of Family and Youth Services. Family assessment workers conduct interviews and write family support plans with families who have a lower-level risk report of harm to DFYS. Parenting classes are offered and supervised visitation is available for families who have children placed out of the home.

COOK INLET TRIBAL COUNCIL FAMILY SERVICES

3600 San Jeronimo Dr/99508

265-5911

Hours: 7:30 am - Noon, 1 pm - 5 pm, M - F

General Assistance provides temporary assistance to Anchorage area Alaska Natives and American Indians with essential service needs when no other help is available for essentials such as food, shelter, fuel, etc. Income guidelines apply. **Supportive Services** funds clothing, tools, transportation and other costs associated with gaining and maintaining employment, training and education. **Interim Assistance** provides housing and housing related assistance for the prevention of homelessness to Alaska Natives and American Indians in the Anchorage area. Assistance is intended for those who have sustained financial hardships because of illness or family crisis, domestic violence, substance abuse, poor subsistence season, etc. Burial assistance is provided for Alaska Natives in the Anchorage area and CIRI shareholders residing anywhere in the United States. Child Welfare assistance is provided to assist with the care of children who do not reside in their own home and do not receive assistance from the state or tribe.



SOCIAL SERVICES

DIVISION OF PUBLIC ASSISTANCE

(State of Alaska Dept of Health & Social Services)

1 888 804-6360

400 Gambell Street/99501

269-6599 / 269-5777 info hotline

Hours: 7:30 am - 5 pm, M-F

Available programs: food stamps, medicaid, Alaska Temporary Assistance Program (ATAP), adult public assistance or interim assistance, chronic and acute medical assistance, and general relief assistance.

HUMAN SERVICES DIVISION

Municipality of Anchorage, Department of Health and Human Services

825 L Street/99501

343-6730

Hours: 8 am - 5 pm, M-F

Division provides the following services: financial assistance for child care costs; emergency financial assistance; monitors and addresses multicultural issues in the community; information and referral related to homelessness; and programs for senior citizens.

HUMAN SERVICES SAFETY LINKS PROGRAM

Municipality of Anchorage, Department of Health and Human Services

825 L Street/99501

343-6589

Emergency Services - Provides services and limited emergency financial assistance to homeless and near homeless individuals and families through HUD Emergency Services grant. Limited one-time assistance is provided to qualifying people for rental deposits, rental or utility assistance. Provides information and referral in addressing homeless issues in the community.

INTERPERSONAL VIOLENCE PREVENTION PROGRAM

Municipality of Anchorage, Department of Health and Human Services

825 L Street/99501

343-4876

Program coordinates prevention and intervention initiatives with the community on domestic violence, sexual assault, and child abuse and neglect. Oversee the implementation of the Anchorage Domestic Violence Prevention Project to assist persons harmed by domestic violence and work with the Anchorage Police Department to increase offender accountability. Provides staff support for the Anchorage Women's Commission.

AMERICAN RED CROSS

235 East 8th Avenue, Ste 200/99501

646-5401

Hours: 9:00 AM – 5:00 PM, M-F

Provides disaster preparedness and relief services, health and safety courses, along with emergency services to military families and the Anchorage community.

SOCIAL SECURITY ADMINISTRATION

222 West 8th Avenue (Corner of 8th & C St)/99513

271-4455 / 1 800 772-1213

Hours: 9:00 am - 4:00 pm, M-F in the Federal Building Annex

Provides benefits such as retirement, social security disability insurance, supplemental security income and survivors benefits. Also serves to obtain or replace a social security card.

SOCIAL SERVICES PROGRAM (Southcentral Foundation)

Primary Care Center, 4320 Diplomacy Drive/99508

729-3250

Hours: 8 am - 5 pm, M - F www.southcentralfoundation.org

Provides support and assistance to connect to resources in the community and in the healthcare system. Social worker on call 24/7 every day of the year.

SOCIAL SERVICES

ALASKA'S CONGRESSIONAL DELEGATION

Senator Ted Stevens (907) 271-5915
222 West 7th Avenue # 2
Anchorage, AK 99513-7569

Senator Lisa Murkowski (907) 271-3735
510 L Street, Suite 550
Anchorage, AK 99501-1954

Congressman Don Young (907) 271-5978
510 L St, Suite 580
Anchorage, Alaska 99501-1954



TRANSPORTATION SERVICES

ANCHOR RIDES

3650A East Tudor Rd/99507

343-8445

AnchorRIDES is a shared ride service providing curb-to-curb trips in compliance with various funding sources, providing transportation service to people with disabilities that prevent them from using our fixed route system, senior citizens and other contracted trips.

LUTHERAN SOCIAL SERVICES OF ALASKA – LSSA

2606 C Street Ste 2B/99503

272-0643

Hours: 8:30 am - 3:30 pm, M-F

Provides return airfare to rural Alaskans who are here for emergency medical treatment and are stranded in Anchorage. Also provides transportation within Anchorage for medical appointments; phone 24 hours in advance.

MUNICIPALITY OF ANCHORAGE PEOPLE MOVER

Downtown Transit Station: 700 West 6th Avenue

343-6543

Call for information on routes, times, and fees. Anchorage's bus system. The Disabled Persons' Bus Pass Program is available with a physician verification form. Call 343-6526 for more information. Photo ID's 10:00 am - 3:00 pm, M-F.

TAXI SERVICE

Make sure to ask the driver the cost of your trip before riding in the cab.

Alaska Yellow Cab

222-2222

Anchorage Checker Cab

276-1234

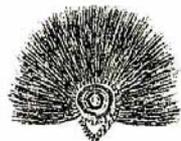
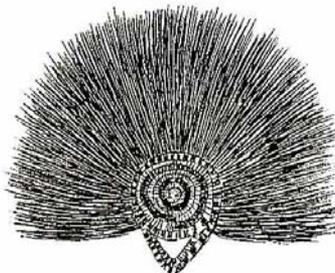
THE SALVATION ARMY TRANSPORTATION SERVICE

401 West International Airport Road, Ste 19

349-0613

Hours: 8:00 am - 4:30 pm, M-F

Provides limited transportation service to seniors and adults with physical ability waiver who need extra assistance beyond what is provided by AnchorRIDES. Interested riders must first call to qualify; if approved, they call for appointments



UTILITY INFORMATION

To learn your tenant rights, refer to the Alaska Landlord/Tenant Act handbook available at the Loussac Library. Identification, proof of address, and a deposit will be required before your utilities will be connected.

ALASKA WASTE/ALASKA PACIFIC ENVIRONMENTAL	563-3717
ANCHORAGE COMMUNICATIONS SYSTEMS - ACS	561-1221
ANCHORAGE WATER & WASTEWATER UTILITY - AWWU	564-2700
AT&T ALASCOM	264-7000
CHUGACH ELECTRIC ASSOCIATION, INC.	563-7366
ENSTAR NATURAL GAS COMPANY	264-3600
GCI	265-5400
*MATANUSKA ELECTRIC ASSOCIATION - MEA	694-2161
*MATANUSKA TELEPHONE ASSOCIATION - MTA	694-3211
MUNICIPAL LIGHT & POWER - ML&P	263-5340
SOLID WASTE UTILITY	343-6250

* Chugiak/Eagle River and the Mat-Su Valley area

STATE OF ALASKA HEATING ASSISTANCE PROGRAM Anchorage 269-5777
Please to go webpage: www.hss.state.ak.us/dpa/heat Statewide 1-800-470-3058

Assists with home heating expenses. Both homeowners and renters may apply. Eligibility for the program is based on your household's income and documentation that you pay for home heat, either directly, or indirectly through rent. If you participate in a subsidized rental housing program that pays all of your home heating costs to within \$200, you are not eligible. Household income consists of income, before deductions, received during the calendar month prior to the month you apply.

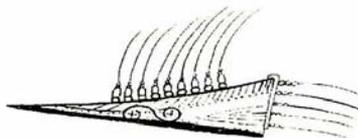
MUNICIPALITY OF ANCHORAGE WEATHERIZATION PROGRAM 343-4881
632 W 6th Ave. #630/99501

Hours: 8 am - 5 pm, M - F

Improve the health and welfare of low income Anchorage residents by upgrading their dwellings to make them more energy efficient, safe, and comfortable. Provides weatherization for homeowners and/or renters. Eligibility is based on income and household size.

HOME IMPROVEMENT AND REPAIR PROGRAM 793-3000
3510 Spenard Road, Ste 100/99501

Cook Inlet Housing offers emergency repairs, accessibility improvements and weatherization upgrades for income eligible homeowners within CIHA's service area. Limited load funds available for minor property improvements that are not eligible under other home improvement loan programs. Income limits apply.



VETERAN SERVICES

University of Alaska Anchorage Veterans of the U.S. Military and their eligible dependents may qualify for certain educational benefits. Contact the UAA Veterans Affairs Coordinator at (907) 786-1532 or visit our website at www.uaa.alaska.edu/finaid.

AMERICAN LEGION DEPARTMENT OF ALASKA 276-8211
2925 DeBarr Road, Suite 3103/99508 1-888-353-7574 ext 4802

Hours: 8:00 am - 4:30 pm, M - F

Provides assistance to individuals who have a record of service in the Armed Forces of the United States, including dishonorable discharges. Offers help filling out medical, pension, and compensation claims as well as educational benefits and accessing medical treatment.

ANCHORAGE VET CENTER/VETERANS RESOURCE CENTER 563-6966
4201 Tudor Centre Drive, Suite 115/99508 1-800-478-8381

Hour: 8:00 am - 4:30, M - F

Facilitates annual "Stand Down" event.

Provides individual and group counseling, benefit assistance and referral, job referral, employment counseling and guidance, alcohol/drug counseling, and marital/family counseling. Also has a women veterans sexual trauma counseling program.

DISABLED AMERICAN VETERANS - Dept. of Alaska - 276-2842 /1-888-353-7574 ext 4803

HOMELESS VETERAN SERVICE/DOMICILIARY CARE PROGRAM 273-4000
3001 C Street/99503

Provides social, physical, spiritual, psychological, and vocational-economical rehabilitation to eligible homeless veterans throughout Alaska. This mission is pursued through five programs: Domiciliary, Compensated Work Therapy/Transitional Residence, Veterans Industries, and HUD/Veterans Affairs Supported Housing.

SUPPORTIVE HOUSING 258-5875
2925 DeBarr Road/99508-2989

Hours: 8:30 am - 4:30 pm, M - F

Provides housing for individuals with an honorable or general discharge, who are clean, sober, and willing to work or participate in a rehabilitative program. Participants contribute a portion of their income toward their rent. Maximum stay is six (6) months.

V.A. MEDICAL & REGIONAL OFFICE CENTER 257-5460
2925 DeBarr Road/99508 Benefits 1-800-827-100 Medical 1-888-353-7574

Hours: 8:15 am - 4:30 pm, M - F

Full medical clinic for those who qualify and medical administrative offices are combined in one facility. Provides veterans and their families with mental health, substance abuse, and life adjustment counseling. Services are also for dependents of veterans who experience AIDS.

V.A. SOCIAL SERVICE & CHEMICAL ADDICTION PROGRAM 257-4835
2925 DeBarr Road/99508

Hours: 8:00 am - 4:30 pm, M - F

Provides veterans and their families with mental health and substance abuse counseling. Other benefits include: compensation, pension, education, life insurance, and vocational rehabilitation benefits. Also serves dependents of veterans with AIDS.

VFW Dept of Alaska - Service Office - 276-8213 / 1-888-353-7574 ext. 4801
Post 1685 - 562-1685 Post 9981 - 349-8397

WOMEN'S SERVICES

ABUSED WOMEN'S AID IN CRISIS - AWAIC 279-9581
100 West 13th Avenue/99501 (24 hour crisis line) 272-0100

Safe temporary shelter for women and children impacted by domestic violence. Offers food and clothing, counseling, advocacy and community education,. Also available is Case Management through the LINK/Moving Forward Program.

ALASKA WOMEN'S RESOURCE CENTER - AWRC
610 C Street/99501 276-0528

Hours: 8:30 am - 4:30 pm, M - F

Provides domestic violence counseling/support and court advocates for temporary restraining orders. Serves women who are affected by substance abuse, mental health, traditional healing, domestic violence counseling and prevention programming, parenting issues and women who are in need of information and referral services. Although AWRC's services are designed to meet the needs of women, men may receive assessment, family support, and information and referral services.

ANCHORAGE WOMEN'S COMMISSION Public Meeting Telephone: 343-4323
Municipality of Anchorage, Department of Health and Human Services
Community Health Services Division P.O. Box 196650/99519-6650 343-6302

The Anchorage Women's Commission was created in 1984 to advise the Mayor and Assembly of the Municipality of Anchorage on matters pertaining to the status of women. This nine-member body is particularly concerned with improving opportunities for women in the community. Commission meetings are regularly held and open to the public on the first Wednesday of each month at 11:30 am - 1 pm, 825 L Street, #423, Anchorage.

BIRTHRIGHT
3721 East 20th Avenue, Apartment A/99508 276-3645

Hours: 11 am - 1 pm M W F; 9 am - 3 pm T, Th; Sat. appt. only

CHILD SUPPORT ENFORCEMENT DIVISION - CSED (State of Alaska)
550 West 7th Avenue, Suite 410/99501 269-6900

Hours: 8 am - 5 pm, M - F

Provides comprehensive services to individuals seeking child support.

CRISIS PREGNANCY CENTER
1900 West Benson/99518 258-0805

Hours: 10 am - 5 pm, M - Th; 10 am - 2 pm, F

Provides maternal counseling and maternity/baby clothes. Diapers and formula on an emergency basis only.

DENALI KIDCARE
PO Box 240047/99524-0047 269-6529

Coverage for women and their babies during pregnancy at no cost to the family. Includes prenatal visits, transportation assistance, postpartum care, nutrition advice. Covers well-baby visits and medical care the baby might need if sick or health problems occur.

WOMEN'S SERVICES

RIGHT TO LIFE - Alaska Chapter

3400 Spenard Road, Ste 4/99503

276-1912

Provides pro-life pregnancy counseling.

STANDING TOGETHER AGAINST RAPE - STAR

276-7279

1057 West Fireweed Lane, Suite 230/99503

1-800-478-8999

Hours: 8 am - 5 pm, M - F

(24-hour crisis line) 276-7273

Serves victims of sexual assault, their families and friends. Offers legal referrals (if requested), court advocacy and monitoring, support groups, and counseling. Also offers specialized client and educational services for children, Alaska Natives, seniors, and the developmentally disabled.

WILLA'S WAY

729-5070

A safe home for Alaska Native and American Indian women. A cultural alternative to AWAIC supported by Southcentral Foundation.

WOMEN'S HEALTH CLINIC (Southcentral Foundation)

4320 Diplomacy Dr/99508

729-3100

Provides surgical, consultative and pregnancy care, and many other women's health services. The staff include a variety of health care professionals who are trained in women's health.

WOMEN, INFANTS AND CHILDREN - WIC (Municipality of Anchorage)

343-4668

Locations:	Eagle River, 11901 Business Blvd., Ste #17	694-2131
	Muldoon Center, 1251 Muldoon Road	343-4500
	825 L Street	343-4668

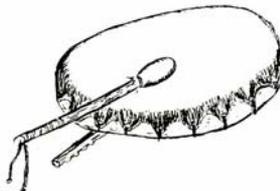
A nutrition education and supplemental food program that provides food vouchers for low-income and working families. Women who are pregnant, breast feeding or have children under 5 years old at nutritional risk. Clinic hours: M, T, W, Th 8:30 a.m. to 6 p.m. (closed til 1 p.m. on the 2nd and 3rd Wednesdays of each month), Friday 8:30 a.m. to 5 p.m. Client applications taken on Mother/Baby and Pediatric units at Alaska Native Medical Center, Tuesday and Thursday mornings.

YWCA OF ANCHORAGE

324 E. 5th Avenue/99501

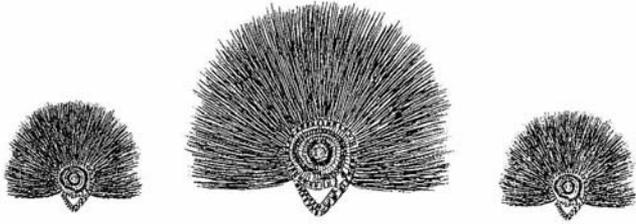
644-9600

Works to eliminate the societal barriers that confront women. Programs and activities include ENCOREplus health care (low or no cost screenings) and WOMEN\$fund (business training and micro-credit program for women who want to start their own business. Consistent with the National YWCA's mission to empower women and girls and to eliminate racism, the programs of the YWCA of Anchorage promote independence, knowledge and self-esteem, especially for low-income and minority women.



IMPORTANT TELEPHONE NUMBERS

AMBULANCE, FIRE, POLICE & TROOPERS	911
ABUSED WOMEN'S AID IN CRISIS (Battered Women's Shelter)	272-0100
AIRPORT POLICE/AIRPORT SAFETY	266-2411
ALASKA INJURY PREVENTION CENTER	929-3939
<i>ALASKA NATIVE MEDICAL CENTER</i>	563-2662
ALASKA PSYCHIATRIC INSTITUTE	269-7100
ALASKA REGIONAL HOSPITAL	276-1131
ALASKA STATE TROOPERS	428-7200
ALASKA WOMEN'S RESOURCE CENTER	276-0528
ANCHORAGE COMMUNITY MENTAL HEALTH (Suicide Crisis)	563-3200
ANCHORAGE POLICE DEPARTMENT (General Information)	786-8500
(Crime Prevention)	786-8699
BROTHER FRANCIS SHELTER	277-1731
<i>BUREAU OF INDIAN AFFAIRS</i> (Administrative Office)	271-4084
COMMUNITY SERVICE PATROL (Pick-up for Public Inebriates)	227-5000
(Transfer Station)	277-8166
DIVISION OF MOTOR VEHICLES (Driver's License and State ID)	269-5551
DOMESTIC VIOLENCE PETITION FORMS	
Weekdays 8 am to 9 pm, Weekends 12 pm to 8 pm 303 K Street	264-0615
ELMENDORF USAF HOSPITAL	580-5555
FAMILY ADVOCACY PROGRAM (Elmendorf)	580-5858
FAMILY ADVOCACY PROGRAM (Fort Richardson)	384-7582
FEDERAL BUREAU OF INVESTIGATION	276-4441
HUMAN SERVICES SAFETY LINKS	343-6589
IDENTITY THEFT HOTLINE	1-877-438-4338
LANDLORD TENANT SERVICES	279-0000
MAYOR'S OFFICE	343-7100
NORTH STAR BEHAVIORAL HEALTH SYSTEMS	258-7575
OFFICE OF CHILDREN'S SERVICES (Report Child Abuse)	269-4000
POISON CONTROL	1-800-222-1222
PROVIDENCE MEDICAL CENTER	562-2211
SALVATION ARMY CHILDREN'S CRISIS SERVICES	276-8511
STANDING TOGETHER AGAINST RAPE - STAR (Rape crisis)	276-7273
UNIVERSITY OF ALASKA ANCHORAGE POLICE DEPARTMENT	786-1120
VITAL STATISTICS (Birth Certificate)	264-0990



Brought to you by
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Human Services Division



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