

# MENTAL HEALTH / SUPPORT GROUPS

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## **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 15<sup>th</sup> 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](http://www.nami-alaska.org)

Support meetings held at 144 West 15<sup>th</sup> Avenue on the following schedule:

- General support meeting for family & friends 2<sup>nd</sup> Tues at 7:30 pm
- Education meeting for family & friends 4<sup>th</sup> 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  
1<sup>st</sup> & 3<sup>rd</sup> Wed at 7 pm
- Dual Diagnosis/Double Trouble in Recovery Every Thursday at 12:30
- Youth Socialization Group 2<sup>nd</sup> 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](http://www.kidneyfund.org)

# **SUPPORT GROUPS / PROVIDENCE SERVICES**

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## **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](http://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

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## 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

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## 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

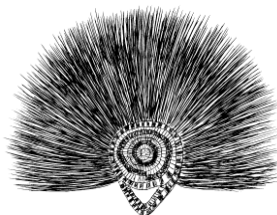
Provides day shelter and meals (Breakfast 8 - 9 am and Lunch noon-1 pm). Day Labor is available. Social Services Coordinator helps with various social services benefit forms. Bus tokens are available through Social Services Coordinator. Referral & advocacy. Bus #45

## 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

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**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 MCKINNEL HOUSE**  
546 East 15<sup>th</sup> Avenue/99501 276-1609

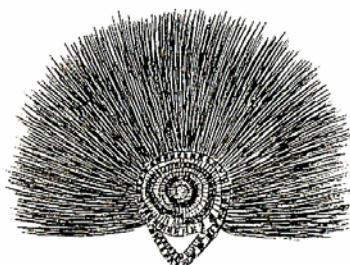
Provides temporary shelter to two parent families and single parent-men with children. Also provides food, clothing, washer/dryer, showers, TV/Lounge room. Case Management by appointment. Bus tokens available through the counselor. Capacity 6 families or 45 people.

**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

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## 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

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## 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

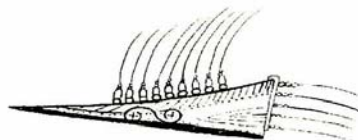
The following rooms for rent are generally available by the day, week, or month in the Anchorage area. The degree to which alcohol is prohibited or tolerated by each landlord is indicated using the following terms:

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
<u>Damp</u>	Young Lodge	562-5700	337 West 33rd Avenue
	Eazy-Inn	278-4887	1429 Eagle Street
	Eazy-Inn Midtown	563-2959	1010 West 30 <sup>th</sup> 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

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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 3<sup>rd</sup> 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 3<sup>rd</sup> 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

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## **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](http://www.bbb.org) - E-mail address: [alaskacb@gte.net](mailto: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

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## ***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](http://www.narf.org).

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

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

334-4480 / 1 800 730-6393

Hours: 8 am - 4:30 pm, M-F [www.akoltco.org](http://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

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## 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 6<sup>th</sup> 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](mailto: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](http://www.state.ak.us/ombud); e-mail: [ombudsman@legis.state.ak.us](mailto: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 6<sup>th</sup> 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 6<sup>th</sup> 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

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## **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 6<sup>th</sup> 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](mailto: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](mailto:kathy@therecoveryconnection.com)

# RECREATION SERVICES

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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

<b>FAIRVEIW</b>	1121 East 10th Avenue	343-4130
<b>MT. VIEW</b>	315 Price Street	297-5400
<b>SPENARD</b>	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

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

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

# RECREATION SERVICES

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## 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 2<sup>nd</sup> 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.

<b>Archery</b>	Black Sheep Bowman (Elmendorf)	753-1855
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<b>Baseball</b>	American Legion Baseball	278-8598
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<b>Boys &amp; Girls Clubs</b>		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

### **Hockey (ages 4-17)**

Anchorage Hockey Association (AHA)

272-7825

### **Ice Skating**

Ben Boeke Ice Arena

274-5715

Dempsey Anderson Ice Arena

277-7571

Harry J. McDonald Memorial Center

696-0051

### *Native Youth Olympics*

Cook Inlet Tribal Council, Inc.

265-5900

### **Parks**

Alaska Public Lands Information Center

271-5683

Chugach State Park

345-5014

Municipality of Anchorage Parks & Recreation

343-4474

### **Shooting**

Rabbit Creek Rifle Range

566-0130

### **YMCA**

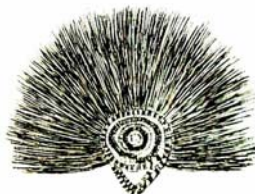
563-3211

Offers the following: basketball, indoor soccer, swimming lessons, volleyball, youth fitness.

### **YWCA**

Works to eliminate the societal barriers that confront women.

644-9600



# SOCIAL SERVICES

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## **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

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## **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 8<sup>th</sup> 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 8<sup>th</sup> Avenue (Corner of 8<sup>th</sup> & 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](http://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

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### 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

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## **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 6<sup>th</sup> 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

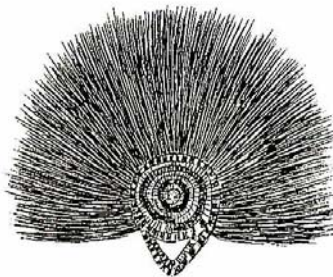
## **THE SALVATION ARMY TRANSPORTATION SERVICE**

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

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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](http://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**

632 W 6th Ave. #630/99501

343-4881

Hours: 8 am - 5 pm, M - F

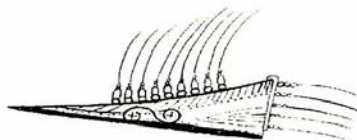
Improve the health and welfare of low income Anchorage residents by upgrading their dwellings to make them more energy efficient, safe, and comfortable. Provides weatherization for homeowners and/or renters. Eligibility is based on income and household size.

## **HOME IMPROVEMENT AND REPAIR PROGRAM**

3510 Spenard Road, Ste 100/99501

793-3000

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

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*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](http://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**  
3001 C Street/99503 273-4000  
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**  
2925 DeBarr Road/99508-2989 258-5875  
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**  
2925 DeBarr Road/99508 257-4835  
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

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**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

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## **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

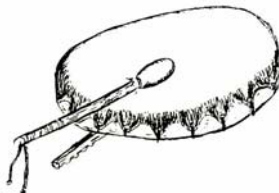
A nutrition education and supplemental food program that provides food vouchers for low-income and working families. Women who are pregnant, breast feeding or have children under 5 years old at nutritional risk. Clinic hours: M, T, W, Th 8:30 a.m. to 6 p.m. (closed til 1 p.m. on the 2nd and 3rd Wednesdays 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. 5<sup>th</sup> Avenue/99501

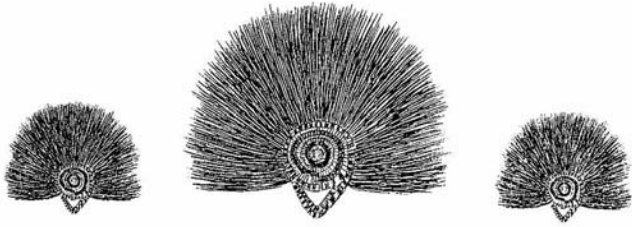
644-9600

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  
The Municipality of Anchorage  
Department of Health and Human Services  
Human Services Division



Call (907) 343-4798 for additional copies of  
The Alaska Native's Guide to Anchorage

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