

Resource List for Alaska Parents

General Support

Alaska Parent Line www.alaskachildrenstrust.org/parent-resources Alaska Children's Trust resource line. Talk with a trained parent educator. Anchorage-based.	Dial 2-1-1 or 907 248-7676 (Anch)
Alaska 2-1-1 www.alaska211.org Free, confidential, health and human services information and referrals by United Way of Alaska.	Dial 2-1-1 or 1 800 478-2221
Best Beginnings www.bestbeginningsalaska.org Offers free online early learning activities and activity guides within Alaska. Anchorage-based.	907 297-3300
Child Health Insurance (Denali KidCare) dhss.alaska.gov/dhcs/Pages/denalikidcare Provides health insurance for children and teens through age 18, and for pregnant women who meet income guidelines.	1 800 478-4372 907 269-5777 (Anch)
Immunization Helpline dhss.alaska.gov/dph/Epi/iz/Pages/default.aspx Information on vaccine-preventable-disease and no-cost vaccines for children through age 18.	1 888 430-4321 907 269-8088 (Anch)
Military and Family Support Center: Family Advocacy https://installations.militaryonesource.mil Resources to help you and your family balance life in the military.	<u>JBER</u> 580-5858 <u>AIR FORCE</u> 377-4041 <u>ARMY</u> 353-7317
Parent Portal (CDC) www.cdc.gov/parents Information on a wide variety of topics for parents.	1 800 CDC-INFO (1 800 232-4636)
Planned Parenthood www.plannedparenthood.org/health-center/AK Provides confidential and affordable reproductive health services to men, women, and teens.	1 800 230-PLAN (1 800 230-7526) 907 563-2229
Public Assistance http://www.dhss.alaska.gov/dpa In Anchorage, call 269-6599 or 269-5777 (Info Hotline).	907 465-3347
Tobacco Quit Line www.alaskaquitline.com Free and confidential counseling and support services to help Alaskans quit smoking or chewing tobacco. Trained quit coaches help create a quit plan for each individual.	1 800 QUIT-NOW (1 800 784-8669)
WIC http://www.dhss.alaska.gov/dpa/Pages/nutri/wic Nutrition information, food supplements, and referral for health and social services for low-income pregnant women and moms with kids under age 5. In the Juneau area, call 465-3100.	Dial 2-1-1 or 1 800 478-2221

Childcare

Child Care Resource and Referral Services www.threadalaska.org Anchorage/Southcentral Alaska (thread) Juneau/Southeast Alaska (Association for Education of Young Children) Fairbanks North Star Borough/Northern Alaska	1 800 278-3723 1 888 785-1235 1 866 878-2273
CITC (Cook Inlet Tribal Council) https://citci.org/child-family/ Offers support services to Alaska Native and American Indian people residing in the Cook Inlet Region of Southcentral Alaska.	877 985-5900 907 793-3600 (Anch)
Head Start Programs in Alaska www.akheadstart.org Juneau-based.	

Activities

Imagination Library https://www.bestbeginningsalaska.org/imagination-library Open to children under age 5 to receive free age-appropriate books each month.	907 297-3300
Play Every Day www.playeveryday.alaska.gov Resources for parents to help children be physically active, eat well and grow at a healthy weight.	

Developmental Delays and Disability

ACCA (Alaska Center for Children and Adults) http://alaskacenter.org/ Offers quality diagnostic, therapeutic, educational, and referral services to people with disabilities and their families in conjunction with other community providers in Fairbanks.	907 456-4003
Early Intervention/Infant Learning Program (EI/ILP) www.earlyintervention.alaska.gov Offers specialized services for children with developmental delays and/or disabilities, and assists parents with accessing resources, screening and evaluation. Call if you have questions about your child's behavior or development.	1 877 HSS-FMLY (1 877 477-3659)
FOCUS https://www.focusoutreach.org/ Family Outreach Center for Understanding Special Needs offers support to people with disabilities and their families through a variety of services. Eagle River-based.	907 694-6002
Help Me Grow Alaska www.helpmegrowak.org A system that connects children and families with the services they need. Help Me Grow provides free care coordination and developmental screening to any family seeking support, parenting information, or referrals for children.	1 833 HMG-Alaska (1 833 464-2527)
Stone Soup Group www.stonesoupgroup.org Statewide information clearing house, peer to peer network and support forum for families of children with special health care needs. In Anchorage, call 561-3701.	1 877 786-7327
Programs for Infants and Children (PIC) https://www.picak.org A resource that promotes the growth and development of young children who experience developmental delays by supporting and strengthening parents. Anchorage-based.	907 561-8060

Crisis

AWAIC (Abused Women's Aid in Crisis) www.awaic.org 24-hour crisis line for victims of domestic violence. Anchorage-based.	907 272-0100
Alaska Women's Resource Center www.akeela.us Services include counseling/referral for substance abuse; parent education; domestic violence; crisis intervention; and career development. Anchorage-based.	1 800 478-7738 907 565-1200 (Anch)
Child Abuse Hotline dhss.alaska.gov/ocs/Pages/publications/reportingchildabuse.aspx	1 800 478-4444
Clare House www.cssalaska.org/our-programs/clare-house Emergency 24-hour shelter for women with children and expectant mothers (over age 18) in Anchorage.	907 563-4545
Domestic Violence Hotline (national) 24 hrs a day / 7 days a week www.thehotline.org	1 800 799-7233
Poison Control (national) www.aapcc.org	1 800 222-1222
STAR (Standing Together Against Rape) Crisis Line www.staralaska.com	1 800 478-8999 907 276-7273 (Anch)
Suicide/Crisis Intervention/Other Mental Health 24-hour Services www.carelinealaska.com For Anchorage-based crisis and mental health services, call 563-3200. In Fairbanks, call 452-4357.	1 877 266-HELP (1 877 266-4357)

If you would like an electronic copy of this Resource List, please visit the CUBS website at <http://dhss.alaska.gov/dph/wcfh/pages/mchepi/cubs>