

# Resource List for Alaska Parents

<b>General Support</b>	
<b>Alaska Parent Line</b> <a href="http://www.alaskachildrenstrust.org/parent-resources">www.alaskachildrenstrust.org/parent-resources</a> Alaska Children's Trust resource line. Talk with a trained parent educator. Anchorage-based.	Dial 2-1-1 or 907 248-7676 (Anch)
<b>Alaska 2-1-1</b> <a href="http://www.alaska211.org">www.alaska211.org</a> Free, confidential, health and human services information and referrals by United Way of Alaska.	Dial 2-1-1 or 1 800 478-2221
<b>Best Beginnings</b> <a href="http://www.bestbeginningsalaska.org">www.bestbeginningsalaska.org</a> Offers free online early learning activities and activity guides within Alaska. Anchorage-based.	907 297-3300
<b>Child Health Insurance (Denali KidCare)</b> <a href="http://dhss.alaska.gov/dhcs/Pages/denalikidcare">dhss.alaska.gov/dhcs/Pages/denalikidcare</a> Provides health insurance for children and teens through age 18, and for pregnant women who meet income guidelines.	1 888 876-2477 907 269-6599 (Anch)
<b>Immunization Helpline</b> <a href="http://dhss.alaska.gov/dph/Epi/iz/Pages/default.aspx">dhss.alaska.gov/dph/Epi/iz/Pages/default.aspx</a> Information on vaccine-preventable-disease and no-cost vaccines for children through age 18.	1 888 430-4321 907-269-8088 (Anch)
<b>Military and Family Support Center: Family Advocacy</b> <a href="https://installations.militaryonesource.mil">https://installations.militaryonesource.mil</a> Resources to help you and your family balance life in the military.	<u>JB</u> ER 580-5858 <u>AIR FORCE</u> 377-4041 <u>ARMY</u> 353-7317
<b>Parent Portal (CDC)</b> <a href="http://www.cdc.gov/parents">www.cdc.gov/parents</a> Information on a wide variety of topics for parents.	1 800 CDC-INFO (1 800 232-4636)
<b>Planned Parenthood</b> <a href="http://www.plannedparenthood.org/health-center/AK">www.plannedparenthood.org/health-center/AK</a> Provides confidential and affordable reproductive health services to men, women, and teens.	1 800 230-PLAN (1 800 230-7526) 800-769-0045
<b>Public Assistance</b> <a href="http://www.dhss.alaska.gov/dpa">http://www.dhss.alaska.gov/dpa</a> In Anchorage, call 269-6599 or 269-5777 (Info Hotline).	907 465-3347
<b>Tobacco Quit Line</b> <a href="http://www.alaskaquitline.com">www.alaskaquitline.com</a> Free and confidential counseling and support services to help Alaskans quit smoking or chewing tobacco. Trained quit coaches help create a quit plan for everyone.	1 800 QUIT-NOW (1 800 784-8669)
<b>WIC</b> <a href="http://www.dhss.alaska.gov/dpa/Pages/nutri/wic">http://www.dhss.alaska.gov/dpa/Pages/nutri/wic</a> 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

<b>Childcare</b>	
<b>Child Care Resource and Referral Services</b> <a href="http://www.threadalaska.org">www.threadalaska.org</a> 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
<b>CITC (Cook Inlet Tribal Council)</b> <a href="https://citci.org/child-family/">https://citci.org/child-family/</a> 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)
<b>Head Start Programs in Alaska</b> <a href="http://www.akheadstart.org">www.akheadstart.org</a>	866 763-6481 907 272-0133 (Anch)

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

<b>Developmental Delays and Disability</b>	
<b>ACCA (Alaska Center for Children and Adults)</b> <a href="http://alaskacenter.org/">http://alaskacenter.org/</a> 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
<b>Early Intervention/Infant Learning Program (EI/ILP)</b> <a href="http://www.earlyintervention.alaska.gov">www.earlyintervention.alaska.gov</a> 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)
<b>FOCUS</b> <a href="https://www.focusoutreach.org/">https://www.focusoutreach.org/</a> 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
<b>Help Me Grow Alaska</b> <a href="http://www.helpmegrowak.org">www.helpmegrowak.org</a> 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)
<b>Hope Community Resource</b> <a href="https://www.hopealaska.org/child-family-supports">https://www.hopealaska.org/child-family-supports</a> A resource that offers lending libraries of adaptive equipment and technology to meet the needs of Children with Complex Support Needs (CCSN).	800 478-0078 907 561-5335 (Anch)
<b>Programs for Infants and Children (PIC)</b> <a href="https://www.picak.org">https://www.picak.org</a> 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
<b>Stone Soup Group</b> <a href="http://www.stonesoupgroup.org">www.stonesoupgroup.org</a> 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 907 561-3071 (Anch)

<b>Crisis</b>	
<b>AWAIC (Abused Women's Aid in Crisis)</b> <a href="http://www.awaic.org">www.awaic.org</a> 24-hour crisis line for victims of domestic violence. Anchorage-based.	907 272-0100
<b>Alaska Women's Resource Center</b> <a href="http://www.akeela.us">www.akeela.us</a> 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)
<b>Child Abuse Hotline</b> <a href="http://dhss.alaska.gov/ocs/Pages/publications/reportingchildabuse.aspx">dhss.alaska.gov/ocs/Pages/publications/reportingchildabuse.aspx</a>	1 800 478-4444
<b>Clare House</b> <a href="http://www.cssalaska.org/our-programs/clare-house">www.cssalaska.org/our-programs/clare-house</a> Emergency 24-hour shelter for women with children and expectant mothers (over age 18) in Anchorage.	907 563-4545
<b>Domestic Violence Hotline (national) 24 hrs a day / 7 days a week</b> <a href="http://www.thehotline.org">www.thehotline.org</a>	1 800 799-7233
<b>Poison Control (national)</b> <a href="http://www.aapcc.org">www.aapcc.org</a>	1 800 222-1222
<b>STAR (Standing Together Against Rape) Crisis Line</b> <a href="http://www.staralaska.com">www.staralaska.com</a>	1 800 478-8999 907 276-7273 (Anch)
<b>Suicide/Crisis Intervention/Other Mental Health 24-hour Services</b> <a href="http://www.carelinealaska.com">www.carelinealaska.com</a> For Anchorage-based crisis and mental health services, call 563-3200. In Fairbanks, call 452-4357. Or text 4help to 839863 3-11 p.m. Tuesday-Saturday.	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>