

Resource List for Alaska Parents

Updated by the Alaska CUBS Program, June 2024

Childcare and Early Learning

Best Beginnings https://www.bestbeginningsalaska.org/ Free online early learning activities and Alaskan activity guides. Hosts Imagination Library : Sign up online for free age-appropriate books monthly.	907-929-2722
Childcare Resource and Referral Services www.threadalaska.org Online childcare search tool, connections to childcare assistance & interpreter services.	1-800-278-3723
Cook Inlet Tribal Council https://citci.org/clare-swan-early-learning-center/ <i>Clare Swan Early Learning Center, Youth Education Services Denelchin Lab & other programs</i> supporting Alaska Native people in the Cook Inlet Region of Southcentral Alaska.	1-877-985-5900 907-793-3600
Head Start Programs in Alaska www.akheadstart.org Early childhood learning program for children 5 & under. Email: akheadstart@gmail.com	907-272-0133
Help Me Grow Alaska https://a2p2.org/help-me-grow-alaska/ Help Me Grow provides free care coordination and developmental screening to families seeking support, parenting information, or referrals for children.	1-833-HMG-Alaska (1-833-464-2527)
Play Every Day www.playeveryday.alaska.gov Resources for parents to help children be physically active, eat well & grow. Email ann.potempa@alaska.gov with questions.	907-744-0474

Developmental Delays and Disability

ACCA (Alaska Center for Children and Adults) alaskacenter.org/ Quality diagnostic, therapeutic, educational & referral services to people with disabilities & their families.	907-456-4003
UAA Center for Human Development https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/ Training & resources to improve the quality of lives for people who experience disabilities and their families.	1-800-243-2199 Email for info: info@alaskachd.org
Early Intervention/Infant Learning Program (EI/ILP) https://health.alaska.gov/en/services/infant-learning-program-ilp-providers/ Specialized services for children with developmental delays and/or disabilities & families.	1-877-HSS-FMLY (1 877 477-3659)
Hope Community Resource https://www.hopealaska.org/child-family A resource that offers lending libraries of adaptive equipment & technology to meet the needs of Children with Complex Support Needs. Email: info@hopealaska.org	1-800-478-0078 907-561-5335(ANC)
Programs for Infants and Children (PIC) www.picak.org A resource that promotes the growth and development of young children who experience developmental delays by supporting and strengthening parents.	907-561-8060
Stone Soup Group www.stonesoupgroup.org Support and resources for Alaskan children with special needs and their families.	907-561-3701

Health & Well Being

Alaska Women's Resource Center www.akeela.us Counseling/referral for substance abuse, parent education, domestic violence, crisis intervention & career development. Anchorage, Homer, Kenai, & Ketchikan	907-565-1200 Email for info: info@akeela.org
Alaska Youth and Family Network ayfn.org Support to families for behavioral health services (recovery, abuse prevention, parenting classes) and assistance communicating with providers. Email: admin@ayfn.org	907-770-4979
Community Health Centers https://alaskapca.org/map/ Find a health center near you, throughout Alaska. Medical, dental and vision services. Anyone accepted needing care regardless of insurance coverage or ability to pay.	Check the website for a health center near you.

IknowMine.org https://www.iknowmine.org/ Providing Alaska Native and rural Alaskans health education and resources to promote healthy lifestyle choices. Mail order STI self-testing kits & Naloxone kits.	
Immunization Helpline health.alaska.gov/dph/Epi/iz/Pages/default.aspx Information on vaccine-preventable-diseases and no-cost vaccines for children to age 18.	1-888-430-4321 907-269-8088
Tobacco Quit Line www.alaskaquitline.com Free and confidential counseling and support services to help you quit smoking or chewing tobacco. Text <i>READY</i> to 34191 to enroll.	1-800-QUIT-NOW (1-800-784-8669)

Public Assistance

Public Assistance https://health.alaska.gov/en/division-of-public-assistance/ Information hotline: 907 269-5777: Medicaid, SNAP, Heating Assistance and more. Weekdays 8 AM – 5 PM or email questions/concerns to: hss.dpa.offices@alaska.gov	1-800-478-7778
Denali KidCare (Child Health Insurance) health.alaska.gov/dpa/Pages/dkc/default.aspx Health insurance for children and teens up to age 18 & pregnant people who meet income guidelines. <i>*Press 1 for case status or 7 for general information.</i>	1-800-478-7778*
WIC health.alaska.gov/dpa/Pages/nutri/wic/default.aspx Nutrition information, food supplements, and referrals for services for low-income pregnant people and mom's with kids under age 5. Find your local WIC office at the website.	Dial 2-1-1 or 907-465-3100 Email: wic@alaska.gov

Crisis

Alaska Behavioral Health & Alaska Child Trauma Center https://alaskabehavioralhealth.org/ Help for mental health and addiction needs.	907-563-1000 24 Hour Crisis Line: 988
AWAIC (Abused Women's Aid in Crisis) www.awaic.org 24-hour crisis line and shelter for victims of domestic violence. Anchorage-based.	907-272-0100
Report Child Abuse: dfcs.alaska.gov/ocs/Pages/childrensjustice/reporting/report.aspx Email: reportchildabuse@alaska.gov or call nearest law enforcement agency.	1-800-478-4444 24-hour hotline
Clare House www.cssalaska.org/our-programs/clare-house Emergency 24-hour shelter for women with children & expectant mothers over age 18.	907-563-4545
Domestic Violence Hotline (national) 24 hrs a day / 7 days a week www.thehotline.org Text "START" to 88788 to be connected to an advocate.	1-800-799-SAFE (1-800-799-7233)
National Maternal Mental Health Hotline https://mchb.hrsa.gov/national-maternal-mental-health-hotline 24/7, free, confidential hotline for pregnant and new moms feeling overwhelmed, sad, or exhausted. TTY dial 711, then 1 833-852-6262. English & Spanish	Call or text: 1-833-TLC-MAMA (1-833-852-6262)
Poison Control Centers - 24 hrs/7 days a week www.poisonhelp.org	1-800-222-1222
STAR (Standing Together Against Rape) https://www.staralaska.com/ Responding to the needs of survivors and education to prevent & reduce harm to all Alaskans	1-800-478-8999 907-276-7273
Suicide/Crisis Intervention 24-hour Services www.carelinealaska.com If you are thinking of harming yourself reach out to a crisis counselor. Confidential & free. For Alaskans, by Alaskans.	1-877-266-4357 Text: 4help to 839863