Resource List for Alaska Parents

Alaska Childhood Understanding Behaviors Survey

Alaska 2-1-1 | https://alaska211.org | Connects Alaskans to community resources for food, housing, child care, health, and other essential services.	211 *or* 1-800-478-2221
Childcare and Early Learning	
Best Beginnings/Imagination Library | www.bestbeginningsalaska.org | Offers free online early learning activities and monthly books for children under age 5.	907-297-3300 (ANC)
Child Care Resources and Referral Services (thread) | www.threadalaska.org | Offers an online child care search tool, connections to child care assistance, interpreter services, and more. Offices in Anchorage, Fairbanks, and Juneau.	1-800-278-3723
Cook Inlet Tribal Council | https://citci.org/clare-swan-early-learning-center | *Clare Swan Early Learning Center, Youth Education Services, Denełchin Lab,* and other programs supporting Alaska Native people in the Cook Inlet Region of Southcentral Alaska.	907-793-3600
Early Head Start and Head Start Program in Alaska | www.akheadstart.org | Early childhood learning program for children from birth to age 5. | *Email*: akheadstart@gmail.com	907-272-0133
Help Me Grow Alaska | https://a2p2.org/help-me-grow-alaska/ |Family support specialists who help connect families to free services and resources from pregnancy through early adulthood.	1-833-464-2527
Play Every Day | https://health.alaska.gov/en/education/play-every-day/ | Resources for parents to help children be physically active, eat well, and grow. | *Email*: ann.potempa@alaskas.gov	907-744-0474
Developmental Delays and Disabilities	
ACCA (Alaska Center for Children and Adults) | https://alaskacenter.org/ | Quality diagnostic, therapeutic, educational, and referral services to people with disabilities and 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 and resources supporting individuals with disabilities and their families. | *Email:* chdinfo@alaska.edu	1-800-243-2199
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 and their families.	1-877-HSS-FMLY (1-877-477-3659)
Hope Community Resources | https://www.hopealaska.org/familyservices |Adaptive equipment, assistive technology, and family support services 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 and Well-Being	
Alaska Breast and Cervical Screening Assistance Program (AK B+C) https://health.alaska.gov/en/services/breast-and-cervical-cancer-screening/ | Free breast and cervical cancer screening and diagnostic services for eligible uninsured or underinsured women ages 21-64.	907-312-9555
Alaska Dental Action Coalition | https://www.alaskadentalactioncoalition.org/resources Printable dental care and tooth health resources, find-a-dentist online search tool for all ages. Email: ak.dental.coalition@gmail.com	

Alaska Women's Resource Center | www.akeela.org |Counseling/referral for substance abuse, parent education, domestic violence, crisis intervention and career development. Anchorage, Homer, Kenai, and Ketchikan. |*Email:* opreferral@akeela.org	907-565-1200
Alaska Youth and Family Network | https://ayfn.org | Supports families in accessing 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 health centers throughout Alaska offering medical, dental, and vision services, regardless of insurance status or ability to pay.	
IKnowMine.org | https://www.iknowmine.org/ |Provides health education and resources to Alaska Native and rural Alaskans to promote healthy lifestyle choices. Offers mail-order STI self-testing kits and naloxone kits.	
Immunization Helpline | https://health.alaska.gov/en/division-of-public-health/epidemiology/immunization/ | Information on vaccine-preventable diseases and no-cost vaccines for children through age 18. | *Email:* doh.immune.info@alaska.gov	1-888-430-4321 *or* 907-269-8088 (ANC)
Tobacco Quit Line | www.alaskaquitline.com | Free, confidential help quitting smoking, vaping, or chewing tobacco.	1-800-QUIT-NOW (1-800-784-8669)
Public Assistance	
Public Assistance | https://health.alaska.gov/en/services/division-of-public-assistance-dpa-services/ Provides food, financial help, health care, and other assistance programs to eligible Alaskans and families. *Information hotline: 907-269-5777* | *Email:* doh.dpa.info@alaska.gov	1-800-478-7778
Denali KidCare Health Insurance | https://health.alaska.gov/en/services/denali-kidcare/ Health coverage for eligible children, teens, and pregnant women.	1-800-478-7778 *(Press 7)*
WIC | https://health.alaska.gov/en/services/division-of-public-assistance-dpa-services/wic/ | Nutrition, breastfeeding support, food assistance, and referrals for eligible pregnant women and families with children under age 5. | *Email:* doh.wic.info@alaska.gov	907-465-3100
Crisis	
Alaska Behavioral Health and Alaska Child Trauma Center | https://alaskabehavioralhealth.org/ Provides mental health counseling, trauma-focused treatment, and family support services for children, teens, and adults.	907-563-1000
AWAIC (Abused Women's Aid in Crisis) | www.awaic.org | Provides 24/7 crisis support, emergency shelter, and advocacy services for individuals experiencing domestic violence in Anchorage.	907-272-0100
Report Child Abuse|https://dfcs.alaska.gov/office-of-childrens-services/childrens-justice-act-task-force/mandatory-child-abuse-reporter-training/reporting-process/ *Email:* reportchildabuse@alaska.gov or call nearest law enforcement agency.	1-800-478-4444 **24-hour hotline** *or* 907-269-6510
Clare House | www.cssalaska.org/our-programs/clare-house | Emergency shelter and housing for pregnant women and mothers with children in Anchorage.	907-563-4545 Ext. 100 or 101
Domestic Violence Hotline (National) | www.thehotline.org | Free, confidential 24/7 crisis support, safety planning, and referrals. Online chat available.	1-800-799-SAFE (1-800-799-7233)
Maternal Mental Health Hotline | https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline |Free, confidential 24/7 emotional support for pregnant and postpartum mothers. Available nationwide in English and Spanish. | TTY: Dial 711, then 1-833-852-6262	**Call or text:** 1-833-TLC-MAMA (1-833-852-6262)
Poison Control | https://www.poisonhelp.org | Free, confidential 24/7 guidance for poison exposures.	1-800-222-1222
STAR (Standing Together Against Rape) Crisis Line | https://staralaska.com |Provides free, confidential 24/7 crisis support and resources for survivors of sexual assault.	1-800-478-8999 907-276-7273
Suicide Prevention and Mental Health Crisis Support | www.carelinealaska.com | Provides free, confidential 24/7 crisis counseling, suicide prevention, and emotional support for Alaskans.	1-877-266-HELP (1-877-266-4357) **Call or text:** 988