

Resource Manual
Kenai, Seward, Bristol Bay and Aleutian Islands
2010

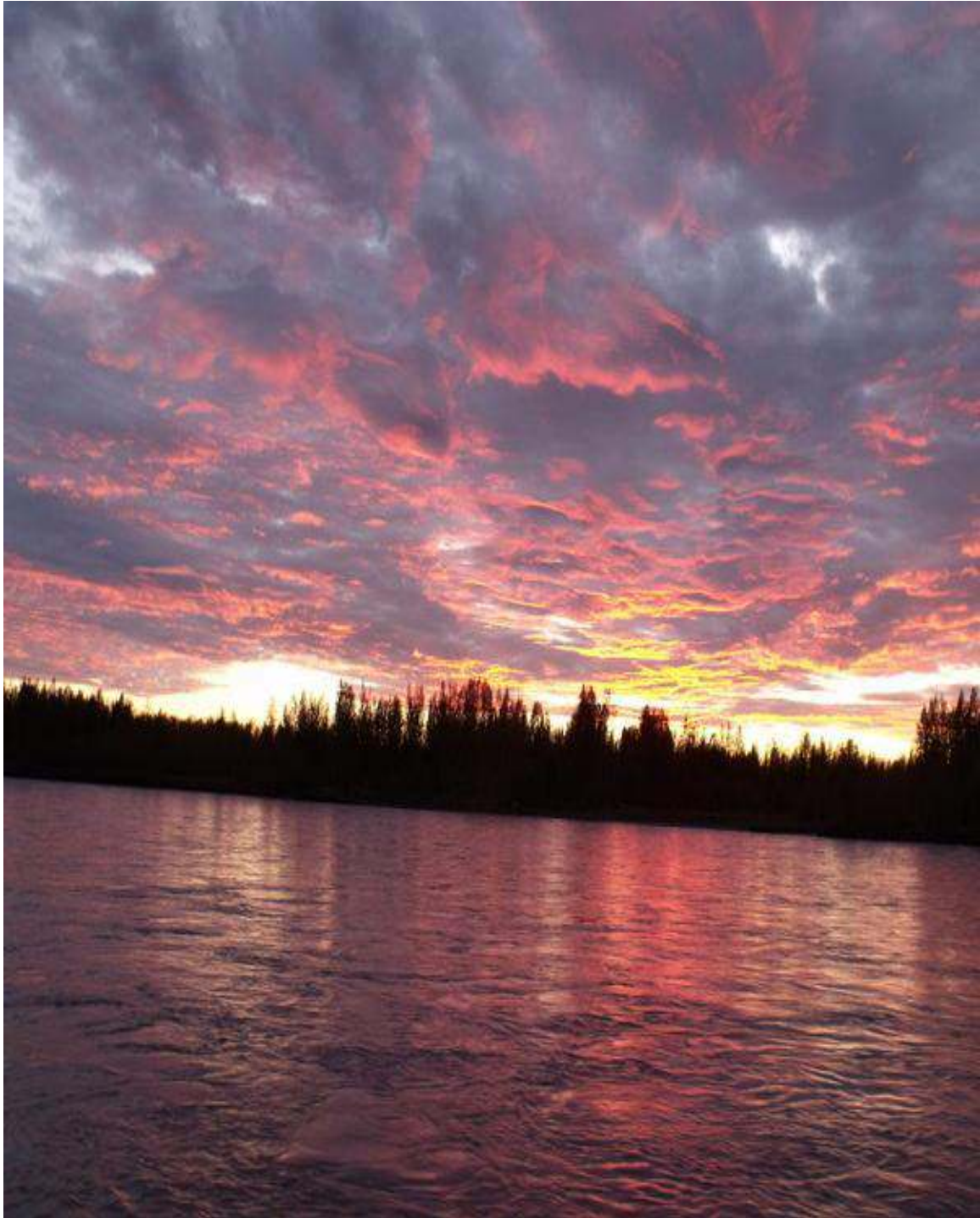


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ADVOCACY

Alaska State Commission for Human Rights (800) 478-4692
(800) 478-3177

TTY:

Investigates complaints of discrimination based on race, national Origin, sex, religion, marital status, color, pregnancy, parent hood, Age, physical disability, mental disability in employment, housing Public accommodations, financing, and government services in the State of Alaska .

Alaska Child Support Services (800)478-3300

AK Parents Support Group 335-3400
(Preg women & infants to 2 mths)
Daycare Asst. (WIC) 283-4707
Early Intervention 262-3144

www.csed.state.ak.us/

Alaska State Office of the Ombudsman (800)478-2624
<http://ombud.alaska.gov/>

Handles complaints concerning state agencies.

Alaska Legal Services (888)478-2572

Income based and pro bono services.

Better Business Bureau (800)935-5100

Complaints about businesses and listing of good businesses.

Social Security Administration (800)772-1213

Service concerning lost/stolen cards/checks or other SS issues.

ASSISTANCE

GENERAL ASSISTANCE

Child Support Anchorage	1-800-478-3000
Human Rights/EEO (Anch)	1-800-478-4692
Immigration	1-800-375-5283
Labor Relations (unions) Anch.	907-269-4895

HOUSING ASSISTANCE

AK Housing (AHFC) Rental	907-262-2496
Chuda House-Elderly	907-283-5459
Heating Asst (DPA)	1-907-465-3058
Weatherization Asst/Info	1-800-478-8080

Denali Kid Care (888)318-8890
<http://www.hss.state.ak.us/dhcs/denalikidcare/default.htm>

Provides excellent health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

Heating Assistance (888)804-6330
<http://www.hss.state.ak.us/dpa/programs/hap/>

Pays a portion of home heating expenses for individuals/family who qualify.

Military Personal and Family Benefits
<http://www.military.com/Benefits/0,14972,00.htm>

Clothing

Bishops Attic	907-262-5112
Salvation Army Thrift Store	907-283-4539

EDUCATION

University of Alaska 201 Railway Ave.	907-224-5261
Alaska Vocational Technical Center 809 2nd Ave.	907-224-3322
Seward Community Schools 410 Adams Street	907-224-4056
Sea View Community Services 302 Railway Ave. PO BOX 1045	907-224-5257
Alaska Works Partnerships (Apprenticeships) Toll Free	1-866-297-9566
Seward Job Center 809 2nd Ave. PO Box 1009	907-224-5276
Kenai Peninsula Collage Resurrection Bay Extension Site PO Box 1049 Seward High School	907-224-2285
Jobs	
Kenai Peninsula Job Center	907-283-2900
WORKPLACE ALASKA	1-800-587-0430
Div of Community & Rural Development Dial-A-Job Vocational Rehab	907-283-2900 907-283-2924 907-283-3133
UNEMPLOYMENT	
Filing information	1-888-252-2557

Bristol Bay

UAF- Bristol Bay Campus	907-842-5109
Adult Basic Education	907-842-3505
Education Foundation	907-278-3602

Aleutian Resources

APIA/ Adult Basic Ed Program	907-546-2230
APIA/ Headstart	907-546-2389
The Aleut Foundation	907-646-1929

FOOD & Nutrition

Food Bank	907-262-3111
Salvation Army	907-283-3879
Public Assistance	907-283-2900
Women's Infants (WIC)	907-283-4707
Infant's – Toddler	907-335-3400
Bristol Bay Food Bank	907-842-3663

Health

Sea View Community Services	
302 Railway Ave. PO Box 1045	888-224-5257
	907-224-5257
Crisis Line:	907-224-3027
Providence Seward Medical Center	
417 First Ave.	907-224-3181
Seward Public Health Center &	
Health Department	
201 Third Ave. #202	907-224-5567

North Star Health Clinic
201 3RD Ave. # 201 **907-224-3490**

Hotlines

Alcoholics Anonymous **907-224-3843**

Alaska Aid Hotline **800-478-2437**

Alaska Child Abuse Hotline **800-478-4444**

Tobacco Quit Line **888-842-7848**

STAR Rape Crisis **800-478-8999**

HOME/HEALTH/MEDICAL

CPH (Hospital-Soldotna) **907-714-4404**

Public Health **907-335-3400**

Residential Services **907-262-3144**

Hospice **907-262-4053**

Adult Mental Health (COP)

Medicaid/Medicare **1-800-772-1213**

Frontier Senior Care **907-262-6331**

Ind Living (Disable) **1-800-700-7911**

Disability Law Ctr of AK **1-800-478-1234**

Mt. Pacific Medicare Helpline **1-800-497-8232**

Poison Control-24/7 **1-800-222-1222**

Love, Inc **907-283-5683**

ABC Crisis Pregnancy Center	907-283-9062
Women's Resource & Crisis	907-283-9479
AK Div Family & Youth Svcs	907-283-3136
Care Center (Teens)	907-283-7635
Cook Inlet Council Alcohol Alcohol Abuse & Addiction Info/treatment	1-800-274-2042
Bristol Bay	
Kanakanak Hospital	907-842-5201
Alcohol Anonymous	907-842-2203
Dental Clinic	907-842-5245
Social Services	907-842-9338
WIC	907-842-9292
Air Lifeline	1-877-247-5433
Bristol Bay Counseling Center	907-842-1230

HOUSING

Qutekcak Native Tribe 221 Third Ave. PO Box 1467	907-224-3118
Seward Senior Center 336 Third Ave.	907-224-5604
American Legion	907-224-5440
National Apartment Association	703-518-6141
Alaska Housing Finance Corp. www.ahfc.state.us Public Housing Division 200 Lowell Canyon Rd	907-224-3737

He Will Provide Food Pantry 2101 Seward Hwy	907-491-0910
Sea View Community Services 302 Railway Ave. PO Box 1045 Toll Free	888-224-5257 907-224-5257
Shelter	
Love, Inc	907-283-5683
Salvation Army	907-283-3879
Women's Resource Center	907-283-9479
Bristol Bay	
Bay view	907-842-5949
Gladden Apartments	907-842-5902
Kallstorm Rentals	907-842-5241
Wood River Apartments	907-842-2808

SUPPORT

Counseling

Central Peninsula Counseling	907-283-7501
Kenai Veterans Center	907-283-5205
Alcoholics Anonymous	907-262-2496
CICADA (alcohol/drug)	907-283-3658
Consumer Credits (debt)	1-800-478-6501

Legal

Alaska Legal Services	1-800-478-9431
Field Probation Office	907-283-3125
Court System	907-283-3110
District Attorney's Office	907-293-3131
Local and State Agencies	
Qutekcak Native Tribe 221 Third Ave. PO Box 1467	907-224-3118
State of Alaska Seward Job Center 809 2 nd Ave. PO Box 1009	907-224-5276
Motor Vehicle Department 410 Adams Street	907-224-4037
Alaska Family Resource Center	907-224-9186
Health and Social Services Department 5 th and Adams Street Fax line	907-224-5236 907-224-8051
Seward Chamber of Commerce 2001 Seward Hwy	907-224-8051
Unemployment Office Toll Free Number	1-888-252-2557
Bristol Bay	
Alaska Legal Services Public Defender Agency	907-842-1452 907-842-4582
Other services	

Help with everything from food stamps to
Debt management, to domestic violence to
Job services Call 211 or 800-478-2221

Seward Family Services
Box 148, State Building

907-224-5236

Child Care Services
Roo's Rascals
305 Madison Ave.

907-224-8432

RECREATION

100 Ways to Have Fun with Your Kids for Free or Cheap

1. Have a reading marathon.
2. Write stories together.
3. Play soccer.
4. Paint or draw together.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or a beach.
8. Play board games.
9. Play kickball.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to the museum.
12. Go to the playground.
13. Play hide-and-seek.
14. Have a pillow fight.
15. Ride bikes.
16. Build sandcastles.
17. Rent a DVD and make popcorn.
18. Tell stories.
19. Have a scavenger hunt.
20. Make mazes or puzzles for each other to solve.
21. Play card games.
22. Garden together.
23. Bake cookies (let the kids help).
24. Go to the zoo.
25. Go to the library.
26. Shop at a thrift shop.
27. Create a blog together.
28. Create a scrapbook.
29. Make a movie using a camcorder and a computer.

30. Learn to play music.
31. Finger paint.
32. Make play dough from scratch.
33. Make homemade mini pizzas.
34. Buy popsicles.
35. Make hand-painted T-shirts.
- 36 Set up a hammock, make lemonade, relax.
37. Go to the pool.
38. Go to a public place, people watch, and make up imaginary stories about people.
39. Visit family.
40. Write letters to family.
41. Paint or decorate the kids' room.
42. Make milkshakes.
43. Play freeze tag.
44. Create a treasure hunt for them (leaving clues around the house or yard).
45. Decorate a pair of jeans.
46. Do a science experiment.
47. Play online games.
48. Teach them to play chess.
49. Learn magic tricks.
50. Create a family book, with information and pictures about each family member.
51. Fly kites.
52. Go snorkeling.
53. Barbeque.
54. Volunteer.
55. Donate stuff to charity.
56. Compete in a three-legged or other race.
57. Create an obstacle course.
58. Pitch a tent and sleep outside with marshmallows.
59. Roast marshmallows.
60. Play loud music and dance crazy.
61. Write and produce a play (to perform before other family members).
62. Paint each other's faces.
63. Have a water balloon fight.
64. Have a gun-fight with those foam dart guns.
65. Explore your yard and look for insects.
66. Go for a walk and explore the neighborhood.
67. Go jogging.
68. Take pictures of nature.
69. Play trivia games.
70. Make up trivia questions about each other.
71. Make hot cocoa.
72. Play house.
73. Decorate the house with decorations you make.
74. Make popsicles.
75. Play school.
76. Do shadow puppets.
77. Make a comic book.

78. Play in the rain.
79. Make mud pies.
80. Blow bubbles.
81. Take turns saying tongue twisters.
82. Sing songs.
83. Tell ghost stories in the dark with a flashlight.
84. Build stuff with lego's.
85. Give them a bubble bath.
86. Play Nerf football.
87. Play video games together.
88. Play Wiffleball.
89. Play with squirt guns.
90. Build a rocket from a kit.
91. Bake a cake and decorate it.
92. Play dress-up
93. Thumb-wrestle, play mercy, or have a tickle fight.
94. Make a gingerbread house, or decorate gingerbread men.
95. Learn to tell each other jokes.
96. Play basketball.
97. Learn to juggle.
98. Walk barefoot in the grass and pick flowers.
99. Build paper airplanes and have a flying contest.
100. Prank call their grandparents, using disguised, humorous voice.

SENIOR CITIZENS

TRANSPORTATION

CARTS (get a ride) (Central Area Rural Transit)	907-262-8900
Seward Bus Line	907-224-3608
Greyhound Bus Services	(800)800-2814