# 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**

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|---|---|
| **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** **907-283-2900**
**Dial-A-Job** **907-283-2924**
**Vocational Rehab** **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

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|---|---|
| **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**<br>**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** |

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|---|---|
| **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**<br>**221Third Ave. PO Box 1467** | **907-224-3118** |
| **State of Alaska**<br>**Seward Job Center**<br>**809 2nd Ave. PO Box 1009** | **907-224-5276** |
| **Motor Vehicle Department**<br>**410 Adams Street** | **907-224-4037** |
| **Alaska Family**<br>**Resource Center** | **907-224-9186** |
| **Health and Social**<br>**Services Department**<br>**5th and Adams Street**<br>**Fax line** | <br><br>**907-224-5236**<br>**907-224-8051** |
| **Seward Chamber of Commerce**<br>**2001 Seward Hwy** | **907-224-8051** |
| **Unemployment Office**<br>**Toll Free Number** | **1-888-252-2557** |
| **Bristol Bay** | |
| **Alaska Legal Services**<br>**Public Defender Agency** | **907-842-1452**<br>**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)** **907-262-8900**
**(Central Area Rural Transit)**

**Seward Bus Line** **907-224-3608**

**Greyhound Bus Services** **(800)800-2814**