



Family Pages

2010-2011 Directory

for families with children ages birth to eight



www.southeastfamilies.org

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www.southeastfamilies.org



- Calendar of events
- Local resources
- Links
- Sign up for Juneauparents.com listserve

www.juneauteen.info

*By teens, for teens.
One site, lots of answers!*



You've heard of 911. You've probably used 411, and now there is 211. It is a new statewide system that connects people with needed human services through an easy to remember number. Information is also available online at www.alaska211.org.

The Family Pages is a guide to the many resources available in Juneau to support families with young children. It was put together by Partnerships for Families and Children. We hope it is helpful to all.

Partnerships for Families and Children works collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support the health, growth and development of children.

Partnerships Member Agencies

AEYC	Love INC
AWARE	Office of Children's Services
Association of Alaska School Boards	REACH, Inc.
Bartlett Beginnings	SEARHC
Catholic Community Services	SERRC/The Learning Connection
Communities In Schools	Stone Soup
Juneau Family Birth Center	Tlingit and Haida Headstart
Juneau Public Health	United Way of Southeast Alaska
Juneau School District	USCG Work/Life
Juneau Youth Services	

In addition, this guide was funded by AEYC-SEA, with the Child Care Resource and Referral grant from the State of Alaska Department of Health and Social Services.



For additional copies of this book contact:

AEYC
3100 Channel Drive, Suite 215
Juneau AK 99801
789-1235
Info@aecy-sea.org

We apologize for any errors or omissions in this guide. Please contact the PFC Coordinator with any corrections or additions. A copy of this booklet may be downloaded from www.southeastfamilies.org.

Parenting and Pregnancy Support

Association for the Education of Young Children (AEYC)

789-1235 Main, 1-888-785-1235 Toll Free outside of Juneau
3100 Channel Drive, Suite 215
www.aeyc-sea.org

Are you looking for an early learning program for your child? AEYC provides childcare referrals to early learning programs. Families who qualify for childcare assistance who have children with special needs, can apply for additional financial support. We also have a lending library with parent resources.

Bartlett Regional Hospital 796-8424

Bartlett Beginnings: Family Birth Center

3260 Hospital Drive
www.bartletthospital.org

Full obstetrical care and an array of prenatal classes. Complete prenatal education from early pregnancy to birth and infant care and feeding. Classes for expectant fathers. New Parent support groups including baby parent time, toddler play groups, and dads and babies play groups. Postpartum breast-feeding support with a Breastfeeding Clinic, offering outpatient services by International Board Certified Lactation Consultants. All classes are free of charge.

Big Brothers Big Sisters 586-3350

110 Seward Street, Suite 2
www.southeastbigs.org

Positive role models, mentors, trusted friends or just good company for a child between the ages of 6 and 18 living in a single parent home. One year commitment, all participants interviewed and screened for best match outcome.

Care Net 789-9599, 1-800-508-HOPE

9328 Glacier Highway #51B (Behind the Valley Restaurant)

24 hour emergency counseling services. Free pregnancy testing, support and referral to community services in a caring and confidential atmosphere.

Planned Parenthood P: 1-800-230-7526 F: 907-523-5026 Juneau Health Center

3231 Glacier Hwy. ■ Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Family Pages

Family Resource Center 463-6180

Catholic Community Service
419 6th Street
www.ccsjuneau.org

Services and programs to assist today's families with anger management, financial literacy, advocacy, leadership, parenting and support groups. Services for children of incarcerated parents and family wellness activities.

Juneau Family Health & Birth Center..... 586-1203

1601 Salmon Creek Lane, Juneau AK 99801
Info@juneaubirthcenter.org ▪ www.juneaubirthcenter.org

Complete care for the entire family is available, with income-based fees. Medicaid, Medicare, Denali KidCare and insurance are accepted, and no one will be turned away for inability to pay. Services include: Midwifery Clinic and Birth Center — free pregnancy testing and consultation, personal care, pregnancy and postpartum care (doula) including home births and water births. General Family Practice — Well child, well woman, physicals, immunizations, sick visits and other family health care. Same day services often available. Family Support Programs — Free classes including pregnancy, childbirth, exercise, parenting support groups

Stone Soup 321-8311

Southeast Alaska - 1-877-747-2713
www.stonesoupgroup.org

Provides support and assistance to families caring for children & youth with special needs. Experienced parents of children with special needs helping other parents 'navigate' the system of resources, services, and education, providing support along the way.

Young Parent and Healthy Teen Center 463 Kids (5437)

Catholic Community Services
Zach Gordon Youth Center, 396 Whittier
www.ccsjuneau.org

A drop-in center where parenting and expectant youth and teens can explore their options with someone who will listen to their individual concerns. Assistance may be provided in financial readiness, relationships, parenting and life skills.

Early Learning Resources

Association for the Education of Young Children (AEYC)

789-1235, 1-888-785-1235
 1100 Channel Drive, Suite 215
www.aeyc-sea.org

Wide range of early childhood services. Includes helping parents find care, assist programs to enhance quality of early learning, training, conferences, child nutrition, and public awareness about children's issues. If you are interested in starting an early learning program, or a position in early care and education, call the AEYC office.

**Catholic Community Service463-6124, 1-800-505-6124
 Childcare Financial Assistance Program**

419 6th Street
www.ccsjuneau.org

Aids low to medium income families with the cost of child care as they work or participate in education or training programs.

Juneau School District..... 523-1700

Mailing: 10014 Crazy Horse Drive, 99801
www.jsd.k12.ak.us

Juneau School District has 4 preschool programs* and six elementary schools, including a charter school and a Montessori program. Preschools are offered M-TH with a morning or afternoon session.

Schools:

Auke Bay Elementary School	463-1775
*Gastineau Elementary School	463-1999
Glacier Valley Elementary School	463-1801
*Harborview Elementary School	463-1875
Juneau Community Charter School	586-2526
*Mendenhall River Elementary School	463-1799
*Riverbend Elementary School	463-1819

RALLY (School Based)..... 780-1410

School based programs located at each of the elementary schools for before and after school care. Offered for grades K through 5. Covers in-service days, winter, spring and summer breaks.

Juneau School District Special Education Student Services 523-1763

A variety of special education programs offered for children 3 through 21 who are eligible for additional education support services.

REACH—Infant learning program 586-8223

213 Third Street
www.reachak.org

Parents who are concerned about the health or development of their child under three can access free developmental screenings and evaluations. The REACH ILP offers a variety of specialized home-based services including family support training and education, as well as physical, speech and language therapy for eligible young children and their families.

Tlingit and Haida Head Start 586-1432, 1-800-344-1432

9109 Mendenhall Mall Road, Suite 8
www.ccthita.org

Comprehensive child development program that includes parents, families and communities. Emphasizes education, health, nutrition, overcoming disabilities, social services, and staff development. Priority give to low-income, prenatal through pre-kindergarten aged children.

Center locations:

201 Cordova Street, Douglas	586-2199
Juneau Pioneer Home, 4675 Glacier Hwy	780-2581
4207 Mendenhall Loop Road	790-2431
Gastineau Elementary School	790-1880
Add Taashuka (at Faith Lutheran)	789-1512
Glacier Valley School	463-1801

Tlingit and Haida Child Care Services 463-7137

320 W. Willoughby Avenue
www.ccthita.org

Child care subsidies for Native families with low to moderate incomes. Training to enhance the quality of child care and health and safety equipment for child care providers.

Adult Education & Employment

Alaska Commission on Post Secondary Education..... 465-2962

3330 Vintage Blvd
www.state.ak.us/acpse

Student loans to help pay for undergraduate or graduate studies.

Alaska Division of Vocational Rehabilitation 465-8943

10002 Glacier Highway (Job Center Building)
www.labor.state.ak.us/dvr

Juneau Job Center 465-4562

10002 Glacier Highway
www.jobs.state.ak.us (choose 'job seeker resources' or 'Alaska's Job Bank')

Job listings on the bulletin board. Find jobs online, resume building assistance, workshops offered to help find and get employment.

The Learning Connection

Downtown 586-5718
Gruening Park 780-6706
Cedar Park 586-2937
Toll free 1-800-478-6660
www.serrc.org/tlc

GED and adult education (including English as a Second Language classes), early childhood education, computer training, job assistance programs and family literacy programs to families with children under age 8. TLC also provides after-school programs at their Geneva Woods, Gruening Park and Cedar Park locations.

University of Alaska Southeast (UAS) 796-6000

11120 Glacier Highway
www.uas.alaska.edu

YaKoos Gei Daakahidi 523-1800

1208 Glacier Highway

Classes available to pregnant and parenting mothers and fathers.

Food, Housing, and Transportation

Alaska Housing Finance Corporation..... 586-3750

3410 Foster Avenue

Section 8 (private sector housing) and low income rental (owned by the Alaska Housing Authority) assistance. All housing dependent upon income guidelines.

Capital Transit..... 789-6901

www.juneau.lib.ak.us/capitaltransit/

Call for bus schedule or find them at the library.

The Glory Hole..... 586-4159

247 South Franklin Street

Downtown soup kitchen serves three meals a day. Serves the homeless and limited income people. Provides a food bank, free showers, laundry, and medical and bus tokens.

Heating Assistance Program..... 465-3066

400 Willoughby, Suite 301

Help with home heating expenses for home owners and renters. Eligibility based on household income.

Helping Hands..... 789-9705

8411 Airport Blvd. Building B

Call for hours of operation. \$1 donation for supplies taken from the warehouse food bank.

Housing Assistance Program 780-6666

Helps families find and maintain housing, including assistance with applications, move-in deposits and addressing other barriers.

Love in the Name of Christ (Love INC)..... 780-4090

P.O. Box 35432 99803

www.loveincjuneau.org

Network of 20 Christian Churches, committed to helping juneau families with spiritual, physical, and emotional needs. Central Clearinghouse to receive requests for assistance. Monetary assistance not available. Phone calls only please.

Tlingit and Haida Regional Housing Authority780-6868

5446 Jenking Drive
www.ccthita.org

Subsidized housing opportunities to low and moderate income families who have at least one Alaska Native or Native American in their household.

St. Vincent De Paul789-5535

8617 Teal Street

Soup kitchen daily. Food baskets available once a month to those in need. Eligibility not questioned upon application. Shelter and transitional housing for 24 homeless families. Thrift store for clothing and household items.

Salvation Army586-2136

439 West Willoughby Avenue

Service includes food bank, weekly church, bible study, youth outreach, women's ministries and visits to nursing homes. Thanksgiving Day community meal and Christmas basket and gifts for children. Thrift store with clothing and household supplies.

Southeast Alaska Food Bank789-6184

2435 Industrial Blvd

Food bank for perishable food items.

Tlingit and Haida Tribal Family & Youth Services463-7162

320 W. Willoughby Avenue, Suite 300
www.ccthita.org

Financial assistance to Alaska Natives 18 years or older without a high school diploma or not able to work due to illness. Budgeting assistance, emergency medical funds, and counseling also available.

**Women, Infants, & Children Program (WIC)
463-4099, 1-800-330-2229**

3245 Hospital Drive, (SEARHC administrative building)
www.searhc.org/wic

A supplemental food and nutrition program designed to help pregnant, breastfeeding or postpartum women, babies and children up to age 5. WIC provides nutritious food, nutrition education, breastfeeding support (including breast pumps) and referrals to other agencies. Same day services provided at our weekly walk-in clinics: Wednesdays from 1-6:30pm, and Thursdays from 9am to 3:20pm.

Medical Care

What is a Medical Home?

A “Medical Home” is where you can count on having medical care coordinated by a health care professionals that you know and trust.

Why is it important to find a Medical Home

- Your health care provider and office staff know you child and family. Your child feels more comfortable going to someone they know.
- Well child check-ups are a time to share information and ask questions.
- All your health records are in the same place and easy to find when you need them.
- Your family feels supported in finding information and local resources.
- Your medical home partnership promotes health and quality of life as your child grows.

Tips for building partnerships with your medical provider

- Talk to your child before the visit on what to expect.
- Listen to your child’s concerns and reassure them.
- Bring a list of questions or concerns to discuss during your appointment.
- Share information on how your child is changing.
- Ask about resources that may help your child and family.
- Ask about how to get care after hours if needed.
- Show appreciation.

Do you qualify for Denali Kid Care Health Insurance?

Call 1-888-318-8890 or visit the website at www.hss.state.ak.us/dma/DenaliKidCare to apply. There is no cost to families who qualify.

Medical Home Options for Kids in Juneau

- Valley Medical Care****586-2434**
3220 Hospital Drive, Suite 100 - Several doctors and nurse practitioner. **Glacier**
- Glacier Pediatrics****586-1542**
1600 Glacier Avenue - Several pediatricians and nurse practitioners.
- Rainforest Pediatrics****463-1210**
3268 Hospital Drive Suite D - A pediatrician and nurse practitioner.
- SEARHC****463-4040**
Tribal Health Consortium serves health interests of Native people of Southeast Alaska.

Jordan Creek Family Health Care:.....789-1600

8800 Glacier Highway, Suite 218 - A family doctor and nurse practitioner.

Juneau Family Health & Birth Center.....586-1203

1601 Salmon Creek Lane - Family practice doctor, physicians assistant, medical assistant.

Family Practice Physicians:.....789-2910

10301 Glacier Highway - Several family practice doctors and physicians assistants.

Wellspring.....789-1812

2231 Jordan Avenue - Family practice doctor, nurse practitioners, naturopathic physician.

Rainforest Naturopathic Medicine523-2102

4th Street, #202 - Naturopathic physician

Emily Kane586-3655

418 Harris Street - Naturopathic physician

If you have no health insurance and do not qualify for Denali Kid Care:

Juneau Public Health Center465-3533

3412 Glacier Highway (by Twin Lakes Playground)

Dentists who accept Medicaid

SEARHC Dental463-4041

3245 Hospital Drive - Has a pediatric dentist, Dr. Kim Hort.

Dr. McKim5864385

400 Willoughby, #208

Dr. Laskey586-9616

641 Willoughby

Dr. Reiderer.....789-3100

9309 Glacier Highway, Building B

Dr. Bob White.....789-5800

Nugget Mall

Other medical services

Southeast Urgent Care 790-4111

8505 Old Dairy Rd.

Providing family medicine, such as physicals, well-care with immunizations, infectious diseases, injuries, allergies, and respiratory problems on a walk-in basis. Hours include evenings and weekends.

Planned ParenthoodP: 1-800-230-7526 F: 907-523-5026

Juneau Health Center

3231 Glacier Hwy. ▪ Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Mental Health Services & Family Stress

Bartlett Mental Health Outpatient Services 586-8498

3240 Hospital Drive
www.bartletthospital.org

Psychiatric therapy or medication management for families and young children.

Denali Kid Care 1-800-318-8890

Medical assistance, insurance and billing questions 1-800-211-7470
P.O. Box 240047, Anchorage 99524-0047
www.hss.state.ak.us/dhcs/DenaliKidCare

Basic insurance for children and pregnant women, covering a wide range of medical and dental services to income eligible families.

Juneau Family Health & Birth Center.....586-1203

3225 Hospital Drive, Suite 106
www.juneaubirthcenter.org

Free midwife consultation and personalized prenatal birth and postpartum care, including doula support. Free childbirth classes, lending library and assistance with food, housing and access to health care. Alcohol and substance abuse pregnancy prevention services. Family care physician for clients of all ages. Medicaid and insurance accepted.

Juneau FASD Diagnostic Clinic463-7373

Diagnosis of children so they can get the help they need to grow to their full potential.

Juneau Teen Health Center463-1940

Located in the Marie Drake Building

Working to promote the health and well being of teenagers in the Juneau community. Everything is confidential. Referrals and follow-up for health problems are also available.

Juneau Public Health Center465-3353

3412 Glacier Highway

Immunization, tuberculosis treatment, and sexually transmitted illness treatment. Home visits for high risk families. Well child checkups, pregnancy testing and referral, and family planning services for uninsured children and low income families.

Juneau Youth Services..... 789-7610

Intake and assessment center

789-4733

2075 Jordan Ave. ▪ www.jys.org

For children struggling with social, emotional, or behavioral problems. Team of highly qualified counselors is available to assess needs and access the services best suited to your child.

REACH—Infant learning program 586-8228

213 Thirst Street ▪ www.reachak.org

Parents concerned about the health or development of their child under three can access free developmental screenings. Specialize home-based services including family support training and education, as well as physical, speech and language therapy for those eligible.

Southeast Regional Health Consortium (SEARHC)

3245 Hospital Drive ▪ Medical 463-4040 ▪ Dental 463-4041

Offers a outpatient services for Alaska Natives and their families, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, physical therapy and behavioral health. Wellness programs also provided.

Recreation

Augustus Brown Swimming Pool..... 586-5325

1619 Glacier Avenue (next to the high school)

Boy Scouts of America..... 788-8440

Community Schedule Online 523-1773

www.jsd.k12.ak.us (click on 'community schools')

Tongass Alaska Girl Scout Council 586-1710

316 W. 11th

Juneau Parks and Recreation 586-5226

155 S Seward Street

www.juneau.lib.ak.us/parksrec

Juneau Public Libraries

www.juneau.lib.ak.us/library

Douglas 364-2378

Downtown 586-5267

Valley 789-4997

*Call for story times.

Mt. Jumbo Gym..... 364-2568

909 Fourth Street, Douglas

Our Back Yard..... 796-2007

Mendenhall Mall

Dimond Park Field House 523-4910

2961 Riverside Drive, Juneau, AK 99802

A place for walking, running, birthday parties, and special

"Turf for Tots" times with preschool play equipment

Southeast Alaska Gymnastics Academy 789-7440

3009 Tongass Boulevard

Wildlife Library 465-4265

The Division of Wildlife Conservation has a collection of education materials; books videos and biological specimens may be checked out.

Zach Gordon Youth Center 586-2635

396 Whittier Street

Weekly educational, recreational and social classes.

Playgrounds

Douglas

Bonnie Brae Park (North Douglas) – Wee Burn at Sherri Street.

Douglas Mini Park – End of 4th Street, has a grill and table and is available for free public use.

Gastineau School – Corner of Third and “I” Streets.

Homestead Park – Midway between the bridge and Savikko Park on the channel side of Douglas Highway.

Savikko Park – (sometimes referred to as Sandy Beach) End of Douglas Hwy, on Third Street.

West Juneau Rotary Park – David St.

Downtown

Capital School – Fifth and Seward Streets.

Cathedral Park – Fifth and Gold Streets.

Chicken Yard Park – Sixth and Kennedy Streets.

Cope Park – Capital and Calhoun Sts. Use caution - Gold Creek, not fenced.

Harborview School – Glacier venue and Twelfth Street.

Marine Park.Plaza – On the waterfront down down.

Lemon Creek

Twin Lakes – Old Glacier Highway, just past Hospital Drive. All inclusive playground constructed summer 2007.

Sigoowu Ye (Fun Place Park) – Corner of Pine and Patti, off Davis Street

Mendenhall Valley

Adair Kennedy Park – (Juneau’s only artificial grass field) Off Mendenhall Loop Road, adjacent to Floyd Dryden School.

Aant’ iyeik(Bypass) Fields – Passt Auke Recreational Area on the Uphill side.

Auke Bay School – Just past DeHart’s in Auke Bay.

Dimond Park – Adjacent to Riverbend School on Riverside Drive.

Glacier Valley School – Turn right after overpass on the Loop Road.

Lena Park – Past the Auke Recreational Area on the left side of road.

Melvin Park – Riverside Drive.

Mendenhall River School – Last left on the Back Loop Road before Mendenhall River.

Mendenhaven (Hidden Park) – Mendenhall Boulevard at Duck Creek.

Riverbend School – Off Riverside Drive next to Dimond Park.

Riverside Rotary Park – Off Riverside Drive.

S’it’ Tuwan (Beside the Glacier) – Off Threadneedle Street.

Crisis Contacts

AWARE 586-6623

P.O. Box 20809
Juneau, AK 99801

24 hour crisis hotline 586-1090 or 1-800-478-1090
www.awareak.org

AWARE provides safe shelter and supportive services for victims and survivors of domestic violence, sexual assault and child abuse. AWARE offers a 24 hour crisis line and crisis intervention, transportation to safety, safety planning, legal and medical advocacy, education and support groups, and other advocacy and support services. All services are free and confidential.

Suicide Prevention Hotline 1-877-266-4357

Crisis counselors are ready for your call if you are in suicidal crisis, emotional crisis, or family crisis.

Juneau Police Department..... 586-0600

Emergencies 911

Crime Line 586-4243

Anonymous alternative to provide information to the police department. Monetary awards often available for information leading to an arrest.

Poison Control 1-800-222-1222

Alaska State Troopers..... 465-4000

Non-emergencies

Child Abuse and Neglect..... 465-1650

The mission of the Office of Children's Services is to protect children. They will work with families to find solutions, and link families to other community services.

Coast Guard 1-800-478-5555

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