

Juneau Community Resources Updated January 11, 2016

CRISIS HOTLINES

EMERGENCY - Police - Fire - Ambulance	911
United Way Human Services	211
AIDS Hotline	1-800-478-2437
AWARE crisis line	586-1090
Careline Crisis Intervention	1-877-266-4357
Poison Control Centers Emergency Information	1-888-222-1222
V.A. Suicide Prevention	800-273-8255 Press 1 for veterans

EMERGENCY SHELTERS

AWARE - Women and Children	586-6623
The Glory Hole - South Franklin Street	586-4159
Juneau Youth Services - Valley Office	789-4733
St. Vincent de Paul-Behind Nugget Mall	789-5535

PROVIDER NAME		FOOD BANKS --- PREPARED MEALS ---SHOWERS --- LAUNDRY								
CHURCHES	Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Douglas Community United Methodist 1106 3rd St, Douglas	364-2408		1:30-3:30	4:00-6:00	1:30-3:30	4:00-6:00	~~~~	~~~~	1 bag/ month	
Resurrection Lutheran 740 W. 10th Street	586-2380		1:30-3:30	1:30-3:00	1:30-3:30	1:30-3:00	1:30-3:30	~~~~	once each week	
St. Brendan's Episcopal 4207 Mendenhall Loop	789-5152		4:30-6:00	~~~~	~~~~	4:30-6:00	~~~~	~~~~		
Shepherd of the Valley 4212 Mendenhall Loop	789-4093		~~~~	6:30-7:30 P	~~~~	~~~~	~~~~	9:00-10:00 A	dry & canned	
OTHER PROVIDERS	Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Helping Hands Switzer Village Rec Hall	789-4390	~~~~	~~~~	5:30-7:00	~~~~	~~~~	5:30-7:00	~~~~	\$1.00 requested	
Love INC No walk in location	780-4090	~~~~	10 AM-2PM	~~~~	10 AM-2PM	~~~~	10 AM-2PM	~~~~	Calls Only	
Individuals can call in to request a variety of assistance										
St. Vincent de Paul 8617 Teal St	789-5535	~~~~	When funding exists, food vouchers of \$15.00 to Fred Meyers are given.						~~~~	Please call first
Salvation Army 439 W. Willoughby Ave	586-2136	~~~~	~~~~	9:00 A-11:30A	~~~~	4:00-6:30P	~~~~	~~~~	once a week	
Southeast Food Bank 10020 Crazy Horse Drive	789-6184	~~~~	Agency	Agency Only	Agency Only	Agency Only	Agency Only	8:30-10:00	bring a bag	
WIC-Women & Infant Children 3245 Hospital Drive	463-4099	~~~~	App'ts 8:00 A-4:30 P	App'ts 8:00 A-4:30 P	Walk-In 8:00 A - 4:30 P	App'ts 8:00 A-4:30 P	Serving Southeast	~~~~	ID & proof of income	
PREPARED MEALS	Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Quantity	
Glory Hole Shelter & Soup Kitchen 247 S. Franklin St	586-4159	Daily Breakfast at 8:30 AM Daily Lunch at Noon Daily Dinner at 6:00 PM								Daily
Meals On Wheels 895 W. 12th St	463-6179	~~~~	Delivered Monday through Friday about noon. Must be over 60 years old or house bound.					~~~~		1 meal per week day
St. Brendan's Episcopal 4207 Mendenhall Loop	789-5152	~~~~	~~~~	~~~~	~~~~	Community Supper 6 PM	~~~~	~~~~	~~~~	

SHOWERS and LAUNDRY	Phone	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Specifics
Alaska Laundry and Dry Cleaning 1114 Glacier Ave	586-1133	9AM-6PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	9AM-7PM	Must use Quarters
Showers \$1.75 for 7 minutes, \$.25 for each additional minute Towel rental \$1.00 with \$2.00 deposit									
Glory Hole Shelter & Soup Kitchen 247 S. Franklin St	586-4159	Not Available	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	9 AM-5 PM	Showers
Perform a chore or pay \$1.00		Not Available	1:30 P-3:30P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	1:30 P-3:30 P	Laundry

Recreation Center UAS & National Guard Joint Use 12300 Mendenhall Loop Rd.	796-6544	11AM-8PM	6:30A-10 P	6:30A-10 P	6:30A-10 P	6:30A-10 P	6:30A-10 P	11AM-8PM	Open Daily
FREE access to gymnasium for active duty military Coast Guard \$3.00 per visit									
National Guard Closures, Holiday Adjusted Hours and Closures see http://www.uas.alaska.edu/juneau/rec/hours.html									