



Ketchikan Wellness Guidebook

2024 Edition

Visit www.Ketchikan123.org for an expanded directory.

*This wellness guidebook is produced by the Ketchikan Wellness Coalition
with special thanks to the following:*



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To request additional copies please contact: info@KetchikanWellness.org



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9-8-8 National Suicide & Crisis Lifeline

Call, Text or Online Chat available.

www.988.org

Press 1 for veteran specific support.

988 Provides **24/7**, confidential and free support to people in suicidal crisis or mental health-related distress, whether thoughts of suicide, mental health, substance use crisis, or any other kind of emotional distress. This nationwide phone number will connect you to compassionate and accessible care and support. Individuals can also call if they are worried about a loved one who may need crisis support.

Akeela/Gateway Center for Human Services

www.akeela.us/ketchikan
(907) 225-4135

3050 5th Avenue

Akeela provides prevention services, mental health services for co-occurring disorders, outpatient and residential substance use treatment. They provide transitional housing for adults in Ketchikan. Emergency mental health support for the hospital and public safety agencies.

Programs/Services

- Mental Health Services and Psychiatric Emergency Services
- Outpatient Substance Use Treatment
- In-Patient Substance Use Treatment (KAR House)

Hours: Monday-Thursday, 8am-6pm; Friday, 8am-5pm

Alaska 211

www.alaska211.org
1-800-478-2221

Dial 211
alaska211@ak.org

Alaska 2-1-1 is your one-stop resource for finding help in your community. It's free, confidential and available in almost any language.

Alaska Adult Protective Services

www.dhss.alaska.gov/dsds/Pages/aps
(907) 269-3666 Toll free: (800) 478-9996

Help vulnerable adults live in a safe and healthy environment and receive the services they need. Offices in Juneau, Fairbanks, and Anchorage that serve the state of Alaska.

Programs/Services

- Information, referrals, and protective placement, resources
- Investigation of reports
- Guardianship/conservatorship counseling or mediation

Hours: Monday-Friday, 8am-5pm

Alaska Association of Retired Persons (AARP)

www.local.aarp.org/ketchikan-ak/

(907) 254-1935

Help people age 50 and above share resources, support each other, and build a strong community.

Alaska Careline

www.carelinealaska.com

1-877-266-4357 (HELP) Text "4help" to 839863

Alaska's 24/7 suicide prevention and someone-to-talk-to phone line. Confidential and free. Get support in a crisis situation.

Hours: 24/7 phone coverage.

Alaska Counselor LPC/ Ruth Bullock

(907) 220-6090

alaskacounselorlpc@gmail.com

Ruth provides counseling services to individuals of all ages for both mental health and substance abuse issues. In person and Telehealth services offered. Hours: By appointment only.

Alaska Housing Finance Corp

www.ahfc.us

130 Bryant Street, Suite 112

(907) 225-6030

Mission: to provide Alaskans access to safe, quality, affordable housing.

Programs/Services

- Public housing programs (income-based housing, subsidized housing, rental assistance).
- Programs for seniors, youth coming out of foster care, individuals on parole/probation and survivors of domestic violence.
- Accessible mortgages and loans available
- Heating Assistance and energy upgrade assistance offered through the Anchorage branch to Ketchikan residents.

Hours: Monday-Friday, 9am-5pm

Alaska Legal Services

www.alaskalawhelp.org P.O.Box 8044 Ketchikan, AK 99901
(907) 225-6420 Toll Free: 877-525-6420 ketchikan@alasc-law.org

Offering free civil legal services for people to protect their health and safety and promote family stability.

Programs/Services

- Family Safety Project (survivors of domestic violence) and family law
- Senior law project (assistance with social security, disability, public assistance, housing, wills, living wills, miller trusts)
- Landlord/Tenant issues
- Native Allocatemen Program

Hours: Monday,Thursday 7-3pm, Friday, 7-10am

Alaska Public Assistance

www.dhss.alaska.gov/dpa 2030 Sea Level Drive, #301
(907) 225-2135 Fax: (907) 247-2135

State public assistance program that promotes self-sufficiency and provides basic living expenses to Alaskans in need.

Programs/Services

- (ATAP) Alaska Temporary Assistance Program - provides cash assistance and work services
- (SNAP) Supplemental Nutrition Assistance Program
- Heating assistance
- Applying for Medicaid
- Senior benefits program

Hours: Monday-Friday, 8am-5pm

Be Well Counseling

www.bewellmentalwellness.net 540 Water Street, Suite 202
(907) 204-0630 brittanypopcounseling@gmail.com

Licensed Professional Counselor, Brittany Pope, provides mental health services tailored to meet the needs of each client.

Programs/Services

- Individual & group counseling
- Specializing in grief

Boys and Girls Club of Ketchikan

<https://bgcalaska.org>
(907) 225-5437

1134 Tongass Ave
info@bgcalaska.org

Programs to empower and inspire the diverse youth of Alaska to reach their full potential by offering them hope, opportunity and a safe environment.

Programs/Services

- After school programs
- Positive role models with drug and alcohol prevention
- Sports & recreation, leadership building

Hours: School year: Monday-Friday, 3-6pm
Summer: Monday-Friday, 9am-5pm

Central Council Tlingit & Haida

www.ccthita.org
(907) 586-1432

Toll Free: 800-344-1432

A tribal government committed to serving Tlingit and Haida Indians worldwide.

Programs/Services

- Community services
- Education services, employment & training
- Elderly services, family services
- Enrollment support and financial assistance

Child Advocacy Center (Juneau)

www.ccsak.org/safechildadvocacycenter.html
(907) 463-6157

cac@ccsjuneau.org

Toll Free: 800-505-6124

SAFE Child Advocacy Center provides a comprehensive, culturally competent, multidisciplinary team response to allegations of child abuse in a child-friendly facility.

Programs/Services

- Accessible to residents in Southeast Alaska
- Assists in facilitating OCS investigations
- Information about child abuse/prevention/keeping youth safe
- Offers support and guidance in making reports to OCS

Hours: Monday-Friday, 8am-5pm

Community Connections

www.comconnections.org
(907) 225-7825

721 Stedman Street
Fax: (907) 224-1541

Providing individualized, customer-guided supports that encourage independence, community belonging, and quality of life.

Programs/Services

- Early Learning Program: family centered support for infants/toddlers with developmental delays and/or disabilities (or at risk)
- Children's Behavioral Health: therapy & counseling, parenting classes, individual support
- Senior & Disability Services: respite, caregiver services, personal care, transportation, information & referral

Hours: Monday-Friday, 8am -5pm

Consumer Direct

www.consumerdirectak.com
(888) 900-7962 1-888-532-1907

2417 Tongass Avenue, Suite 207
infocdak@consumerdirectcare.com

Provides home-based care for those with additional needs who wish to be independent at home.

Programs/Services

- Habilitative services and personal care services
- Chore & housekeeping service
- Assessments, information & referrals
- Caregiver relief and respite services
- Consumer-directed personal car services, transportation

Hours: Monday-Friday 8am-5pm

Creekside Family Health Clinic

www.creeksidehealth.com
(907) 220-9982

1225 Tongass Avenue
info@creeksidehealth.com

Provides professional, personal health services for the whole family from ages 2 to 65. Same-day & walk-in services are available.

Programs/Services

- General health care
- Routine & primary health care plus general wellness
- Physicals & annual examinations
- Prescriptions, immunizations, & walk-in lab tests

** Accepts VA for Urgent Care Only*

Hours: Monday-Friday, 8am-6pm; Saturday 10am-4pm

Destiny Coaching Services

(907) 821-2241

11380 Alderwood Street North

Counseling and coaching services by Pam Holston, LPC. Family & couples, individual counseling (including teens/children), and addiction related support.

Family Care Counseling

(904) 810-9888

drlindaford@aol.com

Individual, couple, and family therapy services by Dr Linda Ford, PhD. Telehealth only. Sliding fee scale.

First City Homeless Services Day Shelter & Overnight Warming Center

www.firstcityservices.org

632 Park Avenue

(907) 225-0888

deborah@firstcityhomeless.org

Provides a safe, non-judgmental year-round day shelter and overnight warming center. Also offers referrals to local resources.

Programs/Services

- Showers, computers, media, clothing exchange
- Job searches, apartment hunting, and email set-up
- Classes in basic computer skills and resume writing
- Breakfast daily — 8:30am-10am

Hours: Open 24 hours

Gateway Recreation Center

<https://www.kgbak.us/141/Parks-Recreation>

601 Schoenbar Road

(907) 228-6650

A variety of indoor activities available for people of all ages. 2 full-size gymnasiums, exercise rooms, sauna, and a pool. Memberships and drop-ins are available.

Hours: Monday-Friday 5am-9pm

Saturday 7am-9pm, Sunday 11am-6pm

Harmony Health Clinic

(907) 225-6699

21 Jefferson Way, #203
snyderharmony@kpunet.net

Programs/Service

- Family Medicine
- Screenings and exams
- Acupuncture and Eastern Medicine

**Accepts Medicaid & Medicare on an individual basis*

Hours: Monday-Thursday, 9am – 12:15pm, 1:15pm- 5pm

Healthy Minds Counseling

(907) 225-7686

344 Front St. Ste B

healthymindsalaska@gmail.com

Chris Glanzer, LPC, provides grief counseling, support for anxiety, depression, trauma, and PTSD for families and individuals.

Hours: By appointment only.

Home Health & Hospice (PeaceHealth)

www.peacehealth.org/services/hospice-care

3100 Tongass Ave.

(907) 228-8300 ext.7980

Service providers work with patients and families to manage acute, chronic, and terminal conditions to enable patients to live at home.

Programs/Services

- Home Health: Intermittent "skilled" care in home for those who are homebound, but do not need 24-hour professional care
- Services: Nursing, Physical Therapy, Occupational Therapy, speech therapy, Social Work, and Home Health, respite, companion
- Lifeline: Home safety device installation

Hours: Monday-Friday, 8am-4:30pm

Ideal Option

www.idealoption.com
(877) 522-1275

3159 Tongass Avenue
info@idealoption.net

Offers Medication Assisted Treatment (MAT) program for substance use disorder and addiction treatment.

Programs/Services

- Medication assisted treatment for opioids & alcohol
- Support with accessing resources

Hours: Monday-Thursday 7:30am-6pm

Janai Meyer, Nutrition & Lactation, LLC

www.janaimeyer.com
(907) 220-9920

25 Jefferson Way, Suite 101B

- Medically licensed and board-certified Licensed Dietitian, Lactation Consultant, and Diabetes Educator offering functional and integrative medical nutrition therapy for all ages. Home & Virtual (telehealth)

Programs/Services

- Medical Nutrition Therapy & Diabetes Education
- Breast pumps & supplies

** Accepts Medicaid & Medicare and most insurance for covered services*

Hours: By appointment only, schedule online

KAR House Residential Center (Akeela)

www.akeela.us/ketchikan
(907) 225-3510

3134 Tongass Avenue

This program serves clients who are assessed at an ASAM III.5 level. It is a long-term treatment based on the individual progress of each client. KAR House is a small, 15bed, co-ed program that provides a modified Therapeutic Community modality of therapy, and services for co-occurring disorders.

Karla Kaemingk, LMFT

(907) 821-1543

540 Water Street, Suite 202
karlagelhar@gmail.com

Providing Individual, couple, and family therapy services.

Hours: M-W, 8am-5pm

Ketchikan Cares Crisis Line

(907) 225-2273 (CARE)

Local crisis hotline for Ketchikan and surrounding areas. Call if in crisis or experiencing depression, anxiety, bullying, abuse, thinking of suicide. Available 24/7

Ketchikan Gateway Borough Transit System

www.kgbak.us/145/Transit
(907) 225-8726

1175 Copper Ride Lane
transit@kgbak.us

An efficient, environmentally sound transportation alternative that enables residents and visitors to reach their destinations at a reasonable cost. Go to: ktn.doublemap.com – an App to "know where your bus is."

Ketchikan Indian Community (KIC)

www.kictribe.org

Admin: (907) 228-4900

Emergency Line: (907) 228-9499

Assists Tribal members in becoming self-sufficient through the provision of socioeconomic services to enrich and uphold our cultural heritage and traditional way of life.

Programs/Services

- Health clinic, dental clinic and pharmacy
- Social services, behavioral health services
- Elder services, youth services
- Lunch delivered Monday-Friday for elders and people with disabilities
- Housing, education & training
- Cultural resources

** Accepts Medicaid & Medicare*

Ketchikan Job Center/ Division of Vocational Rehab (DVR)

www.jobs.alaska.gov

(907) 228-3181 Fax: (907) 247-0557

2030 Sea Level Drive, Suite 220
ketchikan.jobcenter@alaska.gov

Offering career support and training services for job seekers

Programs/Services

- Resume building & job seeking resources
- General assistance concerning the Alaskan labor and workforce.
- ALEXsys registration & assistance
- Phone, fax, copier, computers, printers & assistive technology

Hours: Monday-Friday, 8am-5pm

Ketchikan Lions Club

www.e-clubhouse.org/sites/ketchikan/
(907) 617-3680

PO Box 8333

Best known for fighting blindness, but also volunteer for many different kinds of community projects. Sponsors eye exams, eye care, and glasses for those with no insurance.

Hours: Meets every Wednesday @6pm at Jeremiah's (3434 Tongass Ave)

Ketchikan Pioneer Home

<https://dfcs.alaska.gov/daph/pages/ketchikan/default.aspx>
(907) 225-4111

141 Bryant Street

Compassionate care for elders. The Home serves 45 residents in private/semi-private rooms offering a variety of services, including financial assistance.

Programs/Services

- Recreational activities
- Meals & housekeeping services, pharmacy services
- Assistance with daily living activities
- Nursing assessment with intermittent health services

Ketchikan Public Health Center

Sarah.Hargrave@alaska.gov
(907) 225-4350

605 Gateway Court
Fax: (907) 247-0978

Public Health Nurses provide individual, confidential clinic services and work with community partners to improve the health of the entire community. Fees are assessed for all public health nursing services. A sliding scale based on family size and income; no one is turned away for inability to pay. Serves Ketchikan, Metlakatla, and Hyder.

Programs/Services

- Sexually Transmitted Infection (STI) screening
- Family Planning including pregnancy testing and options counseling
- Immunizations
- Tuberculosis (TB) screening and treatment
- Infectious Disease Investigation
- Health Education Presentations
- Community Assessment & Emergency Preparedness

Hours: Monday-Friday, 8am-5pm

Ketchikan Public Library

www.ketchikanpubliclibrary.org
(907) 225-3331

1110 Copper Ridge Lane

Programs/Services

- Outreach program that delivers books, movies, and music to homebound patrons. Call (907) 228-2309 to coordinate or email outreach@firstcitylibraries.org
- E-books and audiobooks from Alaska Digital Library
- Free Wi-fi and public access computers
- Children's library and child-centered programs and events weekly. Schedule available online.
- Teen Advisory Group

Hours: Monday-Saturday 10am-6pm

Ketchikan School Food Pantries

Ketchikan High School

(907) 225-9815

2610 4th Avenue

Food pantry accessible to all students in Ketchikan High School Library weekdays from 8am-4pm. Food donations are always welcome from the public and can be brought directly to the library.

Schoenbar Middle School

(907) 228-7200

217 Schoenbar Road

Food bags are distributed at the end of the week to students' lockers. Students from Schoenbar and their parents can contact the school to have a food bag prepared.

Houghtaling Elementary School

(907) 225-4128

2940 Baranof Avenue

Food pantry available to all students. Call the office for more details.

Ketchikan Youth Court

www.ketchikanyouthcourt.com
(907) 225-2293

2417 Tongass Ave, Suite 210
ktnyouthcourt@gmail.com

A Restorative Justice program. Clients referred to KYC get the benefit of "a second chance." Upon successful completion of their KYC sentence, individuals can gain a suspended imposition of sentence and in many cases are eligible for a dismissal of the charge(s) against them.

Hours: Tuesday-Friday, 3-5pm

Legacy Health Clinic

www.legacyhealthclinic.com
(907) 225-6355

3524 Tongass Avenue
legacyhealth@kpunet.net

Independently owned and operated nurse practitioner clinic offering primary medical care.

Programs/Services

- General health care services, referrals, physical exams, & screenings
- Immunizations and prescriptions
- Chronic health care treatment and management
- Acute health issues

Hours: Monday-Friday, 8am-4:30pm

Little Free Pantry

Found at the back side of Holy Name Catholic Church 433 Jackson Street
Free food pantry to give/take non-perishable food, open to the public.

Love in Action

www.liaktn.org
(907) 247-5462

PO Box 6371
liaktn@kpunet.net

A Christian organization that provides "gap" services, filling the needs that other community agencies and organizations cannot. All applications are taken by phone, call during our client assistance times below.

Programs/Services

- Providing groceries, toiletries, cleaning items, kitchen/linen items.
- Baby items and diapers
- Perform small home repairs
- Financial assistance for: gas (if you have insurance), prescriptions, ID replacement, Birth Certificates, Propane/Kerosene

Client Service Hours:

Monday, 11am-2pm; Tuesday, 9am-12pm & 1-3pm; Wednesday, 1-4pm

Mother Spirit Wellness | Tara Taro

Motherspiritwellness.com

mother.spirit.wellness@gmail.com

Certified spiritual wellness coach and meditation guide providing personalized mindfulness planning for women and mothers.

Programs/Services

- Individual Coaching Sessions
- Individual or Group Meditation Classes

Hours: By appointment Only

New Horizons Transitional Care (PeaceHealth)

907-228-8300 Ext. 7980

3100 Tongass Ave

A Medicare/Medicaid licensed Skilled Nursing Facility within PeaceHealth Ketchikan Medical Center. Routine services include skilled nursing care, rehabilitation therapies, nutrition services, respiratory therapy, spiritual care, social services and activities, hospice care.

Hours: Monday-Friday, 8am-4:30pm

Northway Family Healthcare Clinic

www.northwayclinic.com

130 Carlanna Lake Road, Ste 201

(907) 225-4325 Fax(907) 225-4326

info@northwayclinic.com

Primary care clinic offering urgent, same-day, walk-in, and by appointment care.

Programs/Services

- Urgent care and primary care
- Walk-in Clinic Service and Routine scheduled visits

Hours: Monday-Friday, 8am-5pm including Telahealth

Office of Children's Services (OCS)

dhss.alaska.gov/ocs/Pages/default.aspx

415 Main St, #201

(907) 225-6611

Programs/Services

- Adoption, Guardianship, and Foster Care
- Resources and referrals to supportive services and resources for those with children and families
- ICWA (Indian Child Welfare Act)
- Reporting Child Abuse or Neglect

Hours: Monday-Friday, 8am-5pm

Oilean Wellbeing, LLC

www.oileanwellbeingtherapy.com

1621 Tongass Ave, Suite 207

(206) 222-2161

oileanwellbeingllc@gmail.com

Caitlin Andrews, LCSW provides behavioral health therapy for children, teens, adults, couples, families, and groups.

Hours: Monday-Thursday, 10am - 5pm

Optimum Health and Wellness Physical Therapy

www.ohwpt.com
(907) 225-7808

4079 Tongass Avenue, #102
intake@ohwpt.com

Physical Therapy and fitness center. Staff establish a hands-on, one-on-one, customized treatment plan to help patients return to their highest level of function.

Programs/Services

- Physical therapy and craniosacral therapy
- Advanced fitness center & Personal training opportunities

Hours: Clinit M-F 7am-6pm; Open Gym M-F 7am-6pm

Park Avenue Temporary Home (PATH)

(907) 225-4194 / (907) 617-2939

628 Park Avenue

An emergency shelter for people experiencing homelessness.

Programs/Services

- Shelter for individuals & families, Maximum stay of 30 days.
- 26-bed facility with laundry, kitchen, & shower facilities

Hours: Open Doors: 7am - 9am ; 5pm -10pm

Patricia Hauser, LCSW

(907) 225-5858

4079 Tongass Ave

Private practice providing psychotherapy/counseling services.

Hours: By appointment only

PeaceHealth Ketchikan Medical Center

www.peacehealth.org/ketchikan
(907) 228-7655

3100 Tongass Avenue

(907) 228-8334

PeaceHealth Ketchikan Medical Center is a 25-bed critical access hospital with a 29-bed long-term care unit, birthing center, and Trauma IV Emergency department.

Programs/Services

- Primary Care Clinic
- Pediatrics Clinic
- Behavioral Health Clinic
- Women's Health Clinic
- General Surgery Clinic
- Orthopedics and Sports Medicine Clinic
- Urology Clinic
- Sleep Study Center
- Imaging & 3DMammography
- Cancer Resource Center
- Smoking Cessation Classes
- Home Health & Hospice
- Diabetes Education
- Prenatal Classes
- Physical, Occupational, Speech therapies
- Child Development Center (at Holy Name)
- Visiting/Telemedicine Specialty Clinics: Cardiology, Oncology, Pumonology, Gastroenterology, ENT, Pediatric Cardiology, Infectious Disease.

Planting Eden Learning Center

<https://www.stacalaska.net/planting-eden>
907-228-3325

376 Old Homestead Rd
julie@stacalaska.net

Providing childcare for children ages 19 months to 12 years in a faith-based center to love children and support families.

Services:

- Toddlers 7:30-4:30 Monday - Friday
- Preschool 7:30-4:30 Monday - Friday
- After School Program 2:30-5:30 Monday - Thursday

Power of Wellness Family Health Clinic

www.powerofwellnessak.com

(907) 220-4447

3528 Tongass Avenue

info@powerofwellness.com

Full service family health clinic serving all ages.

Programs/Services

- Same-day walk ins and urgent care services
- Primary, pediatric, and prenatal care

Hours: Monday-Friday, 8am-6pm (closed daily 1:30-2pm)

Rainforest Family Healthcare

fb: Rainforest Family Healthcare

(907) 225-5753 (907) 617-0082

700 Water street Lower

A Board Certified Family Nurse Practitioner provides a variety of primary care services from pediatrics to geriatrics. Call to schedule an appointment.

Rendezvous Senior Day Services

Facebook: Rendezvous Senior Day Service, Inc

(907) 247-1961

2441 First Avenue

rendezvous@kpunet.net

Provides a safe place for seniors people with disabilities to spend hours or the full day. Also provides caregivers a break to attend to personal needs or relax.

Programs/Services

- Adult Day Center
- Companionship, counseling, and referrals
- Nutritional noon meal and snacks
- Food pantry open Wednesday afternoons

Hours: Monday-Friday, 8am-5pm

Residential Youth Care, Inc.

www.rycalaska.com

(907) 225-4664

2506 First Avenue

Residential Youth Care is a non-profit behavioral health organization providing services and community programs for youth including youth and families at risk. RYC works in partnership with OCS, DJJ, and community agencies to provide youth-focused services and programs.

Programs/Services

- Inpatient services include residential care for youth aged 10-19
- Outpatient services including individual, family, and/or group therapy, school support, and case management
- Therapeutic Treatment Home Services
- Transition to Independence (TIP) Process Adult Program
- Community programs, KAP (Ketchikan Afterschool Program)

Salvation Army, Gateway Corps

www.gatewayalaska.salvationarmy.org
(907) 225-5277

342 Stedman Street

Provides services and basic needs for low income and individuals and families experiencing homelessness.

Programs/Services

- Soup kitchen meal: Monday-Friday 12:30-1pm
- Thrift store, furniture/clothing vouchers: Monday & Friday 10am-12pm
- Commodities food bank - 3rd Saturday, 10am-1pm (301 Wolf St, Saxman)
- Emergency food box: Monday & Friday, 10am – 12pm
- Social services office: Monday & Friday, 10am-12pm

Serenity Health & Wellness

www.serenityketchikan.com
(907) 247-9355

120 Carlanna Lake Road, #102

Family Practice Healthcare

Programs/Services

- General health care for ages 3+
- Same day visits for urgent care
- Occupational health exams, Annual preventive wellness exams
- Pharmacy prescriptions, Immunizations

Hours: Monday-Friday, 8am-5pm, including Telemed.

Southeast Alaska Prosthetics & Orthotics

<https://seapollc.com/>
(907) 254-1276

21 Jefferson Way, Suite 202

Provide individuals with all prosthetic and orthotic needs.

Programs/Services

- Support clients in selection of appropriate products
- Cast, fit, and adjust prosthetics and orthotics

* *Referral required.*

Southeast Alaska Independent Living (SAIL)

www.sailinc.org

888-452-7245

4693 N Tongass Hwy

ketchikan@sailinc.org

Empowering elders and people with disabilities by providing services and information for independent living.

Programs/Services

- Advocacy & Awareness workshops
- DDRC - assists individuals with developmental disabilities and their families to access services.
- ORCA - Adaptive recreation opportunities for people of all ages
- ADRC-Aging and Disability Resource Center, durable medical equipment loan closet
- Employment services, veteran program, peer support

Hours: Monday-Thursday, 9:30am-4pm

Southeast Senior Services (Ketchikan Senior Center)

<https://www.ccsak.org/saxman-ketchikan.html> 2401 Eagle Avenue, #2

(907) 225-6578

Fax: (907) 247-6575

A division of Catholic Community Services. Promotes the health, independence and quality of life of seniors through the delivery of quality services.

Programs/Services

- Saxman-Ketchikan Senior Services Center
- Home delivered meals to eligible homebound seniors
- Transport services: (907) 255-6578

Case Management

- Bernice Metcalf: (907) 225-8080 and bernice.metcalf@ccsjuneau.org
- Senior advocacy, Medicare counseling, financial support for respite
- Gatekeeper program, Family caregiver support specialist

Hours: Monday-Saturday, 5:15am – 9:00pm, Sunday 9:00am-4:30pm

Stone Soup Group

www.stonesoupgroup.org

(907) 792-3418

laurieh@stonesoupgroup.org

Support and resources for children with special needs and their families. Navigation support to identify specific programs & services.

Programs/Services

- Transition support in the areas of education, housing, finance, employment, health care, and social needs.
- M.A.P (Mentor, Advocate, Partner) volunteer peer support program to connect families with children with special needs
- Ketchikan Parent Navigator: Laurie Hodne

Susan M. Porter, PhD

(907) 341-4904

Private practice providing therapy services to all ages, including individuals, couples, and families. Psychological testing available. Specializes in grief, trauma and sexual abuse.

The Manor

(907) 247-8748

250 Heckman Street

the_manor@gci.net

The mission of The Manor is to care for and honor those in need and to provide a safe and nurturing environment in which they can find peace and comfort. A retirement and assisted living facility providing residential living and supportive care and 24/7 supervision. .

Hours: Wednesday-Sunday, 10am-5pm

The Lords Table (St. John's Episcopal Church)

(907) 225-3680

503 Mission Street

A home-cooked meal serving hungry neighbors every Sunday at 3pm.

Three Birds Wellness

www.threebirdswellness.org

338 Main Street

(907) 247-2473

threebirdswellness@gmail.com

A physical therapy clinic that exists to promote health and wellness, specializing in individualized care.

Programs/Services

- Physical therapy & ergonomic assessments
- Dry needling
- Postpartum support

Whole Foundation Health Coaching

www.wholefoundationhealthcoaching.com

(907) 821-1322

wfhealthcoaching@gmail.com

Erin Traudt, a National Board-Certified Health and Wellness Coach, empowers clients to build habits around what they can control, while honoring their history, heritage, and starting point. Focusing on the basic foundations of health: real food, joyful movement, restful sleep, and stress management.

Hours: by appointment only

Women In Safe Homes (WISH)

www.wishak.org **24 Hr. Crisis Line: 1-800-478-9474** 623 Gateway Court
(907) 225-9474 Fax: (907) 225-2472 info@wishak.org
Advocacy and violence prevention. Services are free, confidential and can be used anonymously.

Programs/Services

- Crisis shelter @623 Gateway Court (next to Public Health)
- Parenting workshops
- Support and prevention services, trainings and workshops
- Counselors and legal advocates
- Food boxes available 3rd Tuesday and Wednesday
- Secondary School counseling

Hours: Monday-Friday, 8am-4pm

Women, Infants, Children (WIC)

<https://search.org/service/wic/>
(907) 463-4099 Fax (907) 465-6672 wic@alaska.gov

The WIC Program (Special Supplemental Nutrition Program for Women, Infants and Children) provides nutritious foods, information on healthy eating and living, and referrals to healthcare for pregnant, postpartum and breastfeeding women, and infants and children up to 5 years old. WIC also supports and encourages women to breastfeed by providing free education and support from breastfeeding peer counselors for successful breastfeeding, and free manual and electric breast pumps.

Hours: Monday-Thursday, 8am-5pm

Your Space Counseling

www.lynchtherapy.com info@lynchtherapy.com
(907) 247-5000

Roseann Lynch, LPC provides counseling support for individuals of all ages as well as couples and families. She can provide support for: anxiety, depression, trauma, substance use, parenting issues, marriage counseling.

SUPPORT GROUPS

Al-Anon – Courage to Change

<https://al-anon-ak.org/meetings/courage-to-change-ketchikan/>
2711 Second Ave (Presbyterian Church, lower level)

A fellowship of relatives and friends of alcoholics who share their experience, strength, and hope with one another, to solve their common problems and help others do the same.

Meetings: Wednesday @ 6pm

Alcoholics Anonymous (AA)

(907) 225-5154

www.aa.org

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical.

Meetings:

- Just for Today AA: M-Sat @8pm, Sun 10am 1736 Tongass Ave
- Out to Lunch Bunch: Monday-Saturday 12pm, 433 Mission St. (St John's Episcopal Church undercroft)
- Sober Sisters: Tuesday @5:30pm 171 Bryant St. (Ketchikan Pioneer Home, First Floor Conference Room)

Compassionate Friends

www.compassionatefriends.org

(907) 247-8716

bettunion@gmail.com

A support group for people who have lost a child, no matter what age or how long ago. Call or email for individual support.

In Our Power

(907) 225-9474

623 Gateway Court (WISH Shelter)

WISH hosts an ongoing open group for survivors of domestic violence. Come for education, support, and self-care. Snacks, childcare, and all supplies will be provided. Call for more information.

Hours: Mondays 11-1pm, call to join.

Ketchikan Pride Alliance

www.ketchikanpridealliance.com

ketchikanpridealliance@gmail.com

Monthly coffee group. Find them on Facebook for events and activities for the LGBTQIA2S community and their allies.

Narcotics Anonymous

www.akna.org/areas/ketchikan

(907) 220-7065

(907) 204-0918

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Hours: Tuesday, Thursday, Saturday 8-9:30pm "Never Alone" (1460 Tongass Ave)

Friday 8-9:00pm "Warrior women of NA" (1200 Tongass Ave)

Peer Support Groups at SAIL

www.sailinc.org/peer-support/

(888) 452-7245

ketchikan@sailinc.org

2417 Tongass Ave, Ste 222

SAIL provides multiple support groups to offer opportunities to share ideas and means of coping with disabilities. For a full listing of Peer Support Groups, contact the local SAIL office or check their website for virtual options.

Hours: M-Thurs 9:30am-4:00pm

Women & Children who have experience violence

Shelter- (907) 225-9474

623 Gateway Court (WISH Shelter)

24hr Crisis Line (800) 478-9474

www.wishak.org

Business Office (907) 228-4099

WISH offers multiple support groups for women and children who have experienced violence. Check the website for details.

FAITH ORGANIZATIONS

Baha'I Faith

<https://bahaisofketchikan.org/>
(907) 225-5445

2441 1st Avenue, Suite A

Programs/Services

- Call for gathering information

Calvary Bible Church

www.calvarybibleketchikan.org
(907) 225-4776

334 Carlanna Lake Road

A Bible-teaching, evangelical church.

Programs/Services

- Sunday: School 9:45am, Worship 11am and 5pm
- Monday: Women's Bible Study 5:30pm
- Wednesday AWANA: 6-7:45pm
- Thursday Bible study 6:45pm
- Saturday Men's Discipleship 8am

Church of Jesus Christ of Latter-day Saints

www.churchofjesuschrist.org
(907) 821-2760

2900 Fifth Avenue

Attend church on Sundays (10am-12pm) to reflect, worship God, strengthen spiritual connections, and focus on Jesus. Sundays include sacrament and classes for children and adults.

Clover Pass Community Church

<https://www.cpcalliance.org/>
(907) 247-2360

105 North Point Higgins Road
office@cpcalliance.org

Clover Pass Community Church is a place where you can feel at home, create deep friendships, and learn to follow Jesus.

Programs/Services

- Sunday Worship: 10:30am
- Wednesday prayer: 7pm

First Baptist Church

www.fbc-ketchikan.org
(907) 225-3588

1905 First Avenue

Programs/Services

- Sunday Worship: 10am
- Thursday Filipino Ministry: 6:30pm (meal) and 7pm (service)

First Lutheran Church

www.firstlutheranketchikan.com
(907) 225-3010

1200 Tongass Avenue
flc1200@outlook.com

Programs/Services

- Sunday: Prayer & Meditation (8am), Bible Study (9am), Worship (10am), Youth Group (4:30pm)
- Wednesday: Men's Breakfast (6:30am)
- Women's NA meeting: Saturday 6pm
- Childcare Center (907) 225-8371

First United Methodist Church

www.ketchikanmethodist.org
(907) 225-3780

400 Main Street
fumc1@kpunet.net

The motto of the United Methodist Church is 'Open hearts, open minds, open doors.' All people, regardless of any category or station in life, are invited. The open hand of fellowship is extended to everyone.

Programs/Services

- Worship: Sunday 11am
- Bible Study: Tues day 6pm
- Hostel: ketchikanhostel@gmail.com (907) 225-3319 (May 1-Sept 1)

Good News Fellowship

Facebook: *Good News Fellowship Ketchikan*
goodnewsfellowshipak@gmail.com

300 Mill Street

Programs/Services

- Sunday 10am

Holy Name Catholic Church

www.holynamektn.com
(907) 225-2570

433 Jackson Street
churchoffice@holynamektn.org

Programs/Services

- Mass: Saturday (5:30pm), Sunday (9:30am), Tuesday-Friday (12:10pm)
- Adoration: Saturday 4pm
- Reconciliation: Saturday 4-5pm
- Rosary: Saturday (5pm) Sunday (9am)
- Holy Name School

Ketchikan Church of Christ

www.ktnchurchofchrist.com
(907) 225-4475

3149 Tongass Avenue
ktnsly@gmail.com

Presenting non-denominational Christianity.

Programs/Services

- Sunday: 10:30am
- Wednesday: Potluck Dinner & Bible Study 6pm

Ketchikan Community Church

www.ketchikancommunitychurch.com
(907) 254-9522

607 Mission Street
gmglover1@gmail.com

Programs/Services

- Sunday: Prayer 10:30am, Service & Sunday School 11am
- Wednesday: Prayer 6pm, Service 6:30pm

Ketchikan First Assembly of God

www.ketchikanag.com
(907) 225-6194

3225 Fairveiw Avenue

Church committed to community, families, and being real.

Programs/Services

- Sunday Worship & Children's Church : 10:00am
- KRUX Youth Group: Thurs 5:30pm (during school year)

KetchikanNaz (Church of the Nazarene)

www.ktnnaz.org
(907) 225-2641

2631 2nd Avenue
pastorpeter@ktnnaz.org

All are welcome- the church is a place for all people to gather, seek, ask questions, and find community! Casual and family friendly - we embrace the beauty and chaos of kids in big church! We are a Protestant Christian church in the Wesleyan-Holiness tradition.

Programs/Services

- Worship at 10 am on Sunday (in person & online)
- Online (live and archive) available on Facebook, YouTube, website and free app. (www.ktnnaz.org/app)

Ketchikan Presbyterian Church

www.KetchikanPresbyterian.org
(907) 225-3619

2711 Second Avenue

Sharing God's love with every race and culture.

Programs/Services

- Sunday Worship: 9:30am
- Food Pantry: Friday 12pm Contact (907) 225-3619 if questions.

Lighthouse Church of God

www.mylighthouse.tv
(907) 225-2893

3405 Baranof Avenue

People are our heart and Jesus is our message.

Programs/Services

- Sunday: Service (10am), Nights of Prayer (6pm)
- Wednesday: Bible study (6pm)
- Saturday: Nights of Prayer (6pm)

North Tongass Baptist Church, SBC

fb: North Tongass Baptist Church
(907) 247-0180

14627 North Tongass Hwy
Dave@wciak.com

A community of believers who desire to open the doors and love everyone in the name of Jesus Christ.

Programs/Services

- Sunday School: 9:30am
- Sunday Worship Service: 10:30am

Seventh-Day Adventist Church

<https://ketchikanak.adventistchurch.org/>
(907) 225-3052

2017 First Avenue
jamescraigham@gmail.com

Christian community for Bible study, worship, and prayer.

Programs/Services

- Sabbath School: 9:30am
- Worship Service: 11:00a

South Tongass Alliance Church (STAC)

www.stacalaska.net
(907) 225-1303 Church Office
907-228-3325 Planting Eden Learning Center

376 Old Homestead Road
office@stacalaska.net

“To reach all people of Ketchikan and surrounding communities with the transforming grace of Jesus Christ”

Programs/Services

- Main Service: Sunday 10:30am
- Jr high/Highschool Youth Groups: Tuesdays *Contact church for info.
- The River (Adult Bible Study): Wednesdays 6pm *dinner & childcare provided.
- Bible Club (elemntary ages): Wednesdays 6:30pm
- Planting Eden Learning Center: M-F 8-4pm (19mos-12yrs)
- After School Program: M-Thu (school dismissal – 5:30pm)

St. John's Episcopal Church

www. www.stjohnsketchikan.org
(907) 225-3680

503 Mission Street
info@stjohnsketchikan.org

St. John's is an Episcopal Church reaching out in love to all believers.

Programs/Services

- Sunday: Service 10am
- The Lord's Table, full hot meal: Sunday 3pm

Salvation Army Gateway Church

https://gatewayalaska.salvationarmy.org/gateway_corps_us_west/
(907) 225-5277

342 Stedman Street

Evangelical part of the universal Christian Church serving Ketchikan, Saxman, and Metlakatla

Programs/Services

- Sunday School: 10am
- Sunday Worship Service: 11am
- Family Thrift Store: open Monday-Saturday 10am-7pm, 305 Stedman Street