

Ketchikan 123 Resource Guide

December 2019 Edition

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Ketchikan Wellness Coalition
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State of Alaska – Department of Health & Social Services
PeaceHealth Ketchikan Medical Center

Thank you to the contributors for the front page.

Photo Credits

Top: Community Connections

Middle Left: Women In Safe Homes (WISH)

Middle Right: Southeast Alaska Independent Living (SAIL)

Bottom: Felix Alexander Wong

www.ktnwc.org



**KETCHIKAN
WELLNESS
COALITION**

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Akeela/Gateway Center for Human Services

www.akeela.us/ketchikan

3050 5th Avenue

225-4135

Akeela provides preventions services, mental health services, and outpatient and residential substance use treatment. They provide transitional housing for adults in Ketchikan. They also offer emergency mental health support for the hospital and public safety agencies.

Programs/Services

- Mental Health Services
- Psychiatric Emergency Services
- Horizon House & The Garage Transitional Housing
- Outpatient Substance Use Treatment
- In-Patient Substance Use Treatment (KAR House)

Hours: M-Th, 8am-6pm; Fri, 8am-5pm

Alaska 211

www.alaska211.org

1-800-478-2221

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. For life challenges or everyday needs, help starts here.

Alaska Adult Protective Services

www.dhss.alaska.gov/dsds/Pages/aps

1-800-269-3666

Help vulnerable adults live in a safe and healthy environment and receive the services they need. Offices in Juneau, Fairbanks and Anchorage serving all Alaskans.

Programs/Services

- Information and Referrals
- Investigation of Reports
- Protective Placement
- Guardianship/Conservatorship Counseling or Mediation
- Linking Clients to Community Resources

Hours: M-F, 8am-5pm

Alaska Association of Retired Persons (AARP)

www.local.aarp.org/ketchikan-ak/about-aarp
254-1935

2nd Floor — The Plaza

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

Programs/Services

- Job Health
- Financial Workshops

Alaska Careline

www.carelinealaska.com

1-877-266-4357 (HELP) - 24/7

Text "4help" to 839863

Alaska's 24/7 suicide prevention and someone-to-talk-to phone line. It's confidential and free. You can call if you are feeling down and need someone to talk to or to get support in helping someone you think may be in a crisis situation.

Text line is also available Tues- Sat, 3-11pm.

Alaska Housing Finance Corp

www.ahfc.us

225-6030

Fax: 225-1729

130 Bryant Street, Suite 112

Provides assistance with family, elderly, and disabled public housing and rental housing assistance.

Programs/Services

- Affordable loans
- Public housing programs (low-income housing, subsidized Housing, tenant-based Rental Assistance, rental assistance).
- Programs for Seniors, Youth coming out of Foster Care, Individuals on Parole/Probation and Victims of Domestic Violence (referred by WISH).
- Heating Assistance and energy upgrades assistance offered through the Anchorage branch to Ketchikan residents.

Hours: M-F, 9am-5pm

Alaska Job Service/Department of Labor

www.jobs.alaska.gov

2030 Sea Level Drive, Suite 220

228-3181

Fax: 247-0557

ketchikan.jobcenter@alaska.gov

Offering career support and training services for job seeker.s

Programs/Services

- Alaska Career Information System
- Resume building & job seeking resources
- General assistance concerning the Alaskan labor and workforce.
- Typing, 10 -key, alphanumeric data entry
- ALEXsys registration & assistance
- Phone, fax, copier, computer printer & assistive technology

Hours: M-F, 8am-5pm

Alaska Legal Services

www.alsc-law.org

2417 Tongass Avenue, Unit 202 B

225-6420 Toll Free: 877-525-6420

ketchikan@alsc-law.org

Offering free civil legal services to low income and disadvantaged people to protect their safety, their health, and promote family stability.

Programs/Services

- Family Safety Project (victims of domestic violence)
- Senior law project (seniors over 60 assistance with social security, disability, public assistance, housing, wills, living wills, miller trusts)
- Family law
- Landlord/Tenant issues
- Native Allocatemen Program

Hours: M-F, 9am-2pm

Alaska Public Assistance

www.dhss.alaska.gov

2030 Sea Level Drive, #301

225-2135

Fax: 247-2135

State social works that provide a variety of services for low-income, elderly, or disabled individuals and families.

Programs/Services

- Alaska Temporary Assistance Program (Center for Community):
Provides cash assistance and work services
- WIC - fomula, food for infants
- SNAP - Supplemental Nutrition Assistance Program Assistance

Hours: M-F, 8am-5pm

Be Well Counseling

www.bewellmentalwellness.net
204-0630

540 Water Street
brittanypopecounseling@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

www.bgcalaska.org
225-5437

1200 Tongass Ave (Lutheran Church — upstairs)

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 program
- Positive role models
- Sports & recreation
- Leadership building
- Drug & alcohol prevention
- Healthy snacks provided

Hours: School year: M-F, 3-6pm
Summer: M-Fri, 9-5pm

Catholic Community Services – (Juneau)

www.ccsjuneau.org
907-463-6157

Toll Free 800-505-6124

Safe Child Advocacy Center accesible by residents living anywhere in Southeast Alaska.

Programs/Services

- Assists in facilitating OCS investigations
- Provides information about child abuse/prevention/keeping youth safe
- Offers support and guidance in making reports to OCS

Hours: M-F, 8am-4:30pm

Central Council Tlingit & Haida

www.ccthita.org

25 Jefferson Way, Suite 201

907-463-7332

TANF: 225-2033

Supports Tribal Members with social services

Programs/Services

- Ketchikan & Saxman: Temporary Assistance for Needy Families (225-2033)
- Saxman: Training, Elderly Services, Community Services

Community Connections

www.comconnections.org

721 Stedman Street

225-7825

Fax: 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: M-F, 8am -5pm

Consumer Direct

www.consumerdirectak.com

2417 Tongass Avenue, Suite 207

220-9461

1-888-532-1907

infocdak@consumerdirectcare.com

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

Programs/Services

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

Hours: 8am-5pm

Cornerstone Home Health Care

www.chhcare.com

220-0897

1-877-956- CARE (2273)

1621 Tongass Avenue, Suite 304

info@chhcare.com

Consumer-directed personal care, respite and chore services.

Programs/Services

- CDPCA
- Chore and respite services in-home supports
- Supported living & day habilitation
- Care coordination

** Accepts Medicaid, Veteran's Affairs, Seniors & Disabilities services grants/waivers.*

Hours: Office Hours: M - 9am-11am; T - 10:30am-2pm; F - 9am-11am

Service Hours: Flexible

Creekside Family Health Clinic

www.creeksidehealth.com

220-9982

320 Bawden Street, Suite 313

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 Medicaid & Medicare for Urgent Care Only*

Hours: M-F, 8am-6pm

Destiny Coaching Services

617-2261

11380 Alderwood Street North

Counseling and coaching services by Pam Holston, LPC.

Programs/Services

- Family & couples
- Individual
- Addiction

Family Care Counseling

904-810-9888

Individual, couple, and family therapy services by Dr Linda Ford, PhD.

First City Homeless Services Day Shelter & Overnight Warming Center

www.facebook.com/KtnFCHS 400 Main Street (First United Methodist Church)
225-0888 ktnfchs@gmail.com

Offers the homeless a safe, non-judgmental shelter and referrals to local resources.

Programs/Services

- Showers, computers, media, clothing exchange, & referrals
- Job searches, apartment hunting, and email set-up
- Classes in basic computer skills and resume writing
- Self-serve breakfast daily — 8:30 - 10am
- Brown bag lunch — Saturday 11am-1pm

Hours: *Day Shelter* (year round): M-F, 8am -12pm & 1pm-4pm

Sat, 8am - 4pm, Sun, 8am-2pm

Overnight Warming Center: Oct. 1—Mar. 31, M-Sun, 8pm-6am

Food Pantry (Ketchikan Presbyterian Church)

225-3619 [2711 Second Avenue - downstairs](#)

Weekly fresh food pantry offered every Friday at 12pm.

Glacier Park Apartments

225-8672 [660 S. Yorktown Drive, Apt 11](#)

Affordable housing community with income based eligibility.

Hours: M-F, 10am – 6pm

**Call for an appointment.*

Harmony Health Clinic

225-6699 [21 Jefferson Way, #203](#)
harmonyhealth@kpunet.net

Outpatient family medicine.

Programs/Services

- Acupuncture
- General Healthcare
- Screenings & Exams
- Eastern Medicine

** Accepts Medicaid & Medicare*

Hours: M-Th, 8:30am - 12pm, 1pm- 5pm

Home Health & Hospice — PeaceHealth

www.peacehealth.org/kmchomehealth
228-7600

212 Carlanna Lake Road, #100

Professional health service providers work with patients and families to manage acute, chronic and terminal conditions safely to enable you to live in your own home.

Programs/Services

- Respite and companion 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
- Lifeline: Home safety device installation

Hours: M-F, 8am-4:30pm

Ideal Option

www.idealoption.net
877-522-1275

Fax 509-491-3031

3159 Tongass Avenue

Offers a Medication Assisted Treatment program for addictions and substance misuse.

Programs/Services

- Medication assisted treatment for opioid use disorder & alcohol
- Support with accessing resources

Hours: M-Th, 7:30am - 4:15pm

Janai Meyer, Nutrition & Lactation, LLC

www.janaimeyer.com
220-9920

25 Jefferson Way, Suite 101B

Medically licensed and board-certified Registered Dietitian, Lactation Councilor and Diabetes Educator offering functional and integrative medical nutrition therapy for all ages.

Programs/Services

- Medical Nutrition Therapy & Diabetes Education
- Breast pumps & supplies
- Home & Virtual (telehealth)

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

Hours: M-Sat; by appointment only

KAR House Residential Center

(Akeela/Gateway Center for Human Services)

www.akeela.us/ketchikan

126 Washington Street, Suite 100

225-3510

Long-term inpatient substance use treatment program at a 15-bed facility.

Programs/Services

- Substance Abuse program
- Clinical Groups
- Individualized counseling
- 3-6 month program

* *Referral Required*

Karla Gelhar, LMFT

821-1543

540 Water Street, Suite 202

karlagelhar@gmail.com

Providing Individual, couple, and family therapy services.

Hours: W-Thu, 8am-5pm, Fri, 8am-1pm

Ketchikan Gateway Borough Transit System

www.kgbak.us/145/Transit

1175 Copper Ride Lane

225-8726

Fax: 228-6678

transit@kgbak.us

An efficient, environmentally sound transportation alternative that enables residents and visitors to reach their destinations at a reasonable cost.

Programs/Services:

- ktn.doublemap.com – an App to "know where your bus is"

Ketchikan Indian Community

www.kictribe.org

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

** Accepts Medicaid & Medicare*

2960 Tongass Avenue Administration & Health Facility:

228-4900 — Administration

228-9200 — Health Clinic

- Health Clinic
- Dental
- Pharmacy

201 Deermount Street Facility: 228-9446

- Social Services
- Elder Services
- Behavioral Health Services

615 Stedman Street Facility: 228-9365

- Youth Services
- Housing
- Education & Training
- Cultural Resources

Hours: M-F, 8am-12pm / 1-5pm

Ketchikan Job Center

(AK Dept. of Voc. Rehab)

www.jobs.alaska.gov

2030 Sea Level Dr, #220A

228-3245

Fax: 225-3394

ketchikan.jobcenter@alaska.gov

Programs/Services

- Information & referral
- Resume building
- Job seeking resources & job portals
- General assistance and information concerning the Alaskan labor and workforce

Hours: M-F, 8am-4pm

Ketchikan Pioneer Home

www.dhss.alaska.gov/daph
225-4111

141 Bryant Street

Compassionate care for elders. The Home serves 45 residents.

Programs/Services

- Private/semi-private rooms
- Recreational activities
- Meals & housekeeping services
- Assistance with daily living activities
- Nursing assessment with intermittent health services
- Payment assistance
- Pharmacy services
- Low Vision & Blindness Support Group

Ketchikan Public Health Center

www.dhss.alaska.gov
225-4350

605 Gateway Court

Fax: 247-0978

Ketchikan Public Health Center serves as a meeting place and resource to many different community agencies helping to integrate and centralize information regarding available health resources for the population 29 years of age or under.

Programs/Services

- Child health screening, reproductive health, blood pressure screening, communicable disease & immunizations
- Home visits & health education HIV/AIDS pre/post counseling
- STD testing & treatment
- Emergency preparation, infectious disease investigation, community assessments
- Family planning/pregnancy testing, immunizations, well child exams
- Sliding scale based on family size and income; no one is turned away for inability to pay

** Accepts Medicaid*

Hours: M-F, 8am-5pm

Ketchikan Public Library - Outreach Services

www.ketchikanpubliclibrary.org

228-2309

1110 Copper Ridge Lane

outreach@firstcitylibraries.org

Outreach services for those unable to go to the library.

Programs/Services

- Home delivery of books, audio books, tapes and music

Hours: Phone anytime; Delivery days: W-F

Ketchikan School Food Pantries

Ketchikan High School

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

228-7200

jonell.wallace@k12schools.org

217 Schoenbar Road

Food assistance provided by Rotary 2000. Food bags are distributed at the end of the week to students' lockers and are intended to carry the student over through the weekend. Students from Schoenbar and their parents can contact JoNell Wallace to have a food bag prepared.

Ketchikan Youth Initiatives

www.kyiyouth.org

225-1424

724 Bayview Street

info@kyiyouth.org

Youth lead, adult mentored youth programs for personal development.

Programs/Services

- Mentoring youth and young adults through adult mentored programs, events, & activities.
- Creation & delivery of youth directed programs.
- Hotshots paintball business
- Art Shoppe youth program
- Admin Shoppe youth program

Legacy Health Clinic

www.legacyhealthclinic.com
225-6355

3524 Tongass Avenue

An independently owned and operated nurse practitioner clinic offering primary medical care.

Programs/Services

- General health care services
- Physical exams & screenings
- Immunizations & prescriptions
- Referrals
- Chronic health care treatment and management
- Acute health issues

Hours: M-F, 8am-5pm

Lions Club Ketchikan

www.e-clubhouse.org/sites/ketchikan
617-3680

PO Box 8333

Humanitarian Service for the community.

Programs/Services

- Sponsors eye exams, eye care, & glasses for those with no insurance. Must call to apply.

Love in Action

www.liaktn.org
247-5462

Fax: 247-5463

121 Nadeau Street

The services provided are "gap" services, meaning that they fill the needs that other agencies and organizations are not able to provide in the community.

Programs/Services

- Providing groceries, toiletries, furniture/linen
- Baby items and diapers
- Perform small home repairs, shopping, transportation, meals and many other personal needs
- If qualify, financial support for necessities

Hours: Mon, 11-2pm; Tues, 9-12pm; Wed, 1-4pm

New Horizons Long Term Care

www.peacehealth.org/NewHorizons
228-8300 Ext. 7980

3100 Tongass Avenue

A Medicare/Medicaid licensed Skilled Nursing Facility within PeaceHealth Ketchikan Medical Center. Provides long-term care for individuals at the end-of-life, assists with hospice care, and provides transitional care.

Programs/Services

- Fully staffed with RNs, LPNs, CNAs, and activity director.
- Skilled nursing care, rehabilitation therapies, nutrition services, respiratory therapy, spiritual care, social services, and activities.

Hours: M-F, 8am-4:30pm

Northway Family Healthcare Clinic

www.northwayfamilyhealthcare.com

130 Carlanna Lake Road, Ste 201

225-4325

225-4326

info@northwayfamilyhealthcare.com

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

Programs/Services

- Urgent care
- Walk-in Clinic Services
- Primary Care
- Routine scheduled visits for acute and chronic medical conditions

** Accepts Medicaid & Medicare*

Hours: M-F, 8am-5pm

Oilean Wellbeing, LLC

www.oileanwellbeingtherapy.com

540 Water Street, Suite 101

821-2161

alaskasw.cla@gmail.com

Behavioral Health therapy for children, teens, adults, couples, families and groups.

Programs/Services

- Specializes in children and youth, couples, family and art therapy

Hours: M-Th, 10am - 5pm

Optimum Health and Wellness Physical Therapy

www.ohwpt.com

225-7808

4079 Tongass Avenue, Suite 102

info@powerofwellnessak.com

Physical Therapy and fitness center.

Programs/Services

- Exceptionally skilled physical therapy
- Craniosacral Therapy
- Advanced fitness center
- Personal training opportunities

Hours: M-F, 7am-6pm

Park Avenue Temporary Home (PATH)

225-4194

628 Park Avenue

An emergency shelter for people experiencing homelessness. Providing a safe place for people to come sleep.

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

Shelter Stay: 10pm - 7am

Patricia Hauser, LCSW

225-5858

4079 Tongass Ave

Private practice providing psychotherapy/counseling services.

Hours: By appointment

PeaceHealth Ketchikan Medical Center

www.peacehealth.org/ketchikan
228-7655 228-8334

3100 Tongass Avenue
kmc@peacehealth.org

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
- Physical, Occupational & Speech therapies
- Imaging & 3D Mammography
- Cancer Resource Center
- Smoking Cessation Classes
- Home Health & Hospice
- Diabetes Education
- Prenatal Classes
- Child Development Center (at Holy Name)
- Visiting/Telemedicine Specialty Clinics:
 - Cardiology — Pulmonology
 - Oncology — Gastroenterology
 - ENT — Pediatric Cardiology
 - Infectious Disease

** Accepts Medicaid & Medicare*

Hours: M-F, 8am-4:30pm

Power of Wellness

www.powerofwellnessak.com
907-547-4447

3528 Tongass Avenue

Health services (Located in True North Clinic)

Programs/Services

- Same-day walk ins
- Routine health screenings
- Child & adult physicals
- Chronic disease management
- CDL & merchant mariner exams
- Women's health & sexual health

Rainforest Family Healthcare Clinic

fb: Rainforest Family Healthcare 3137 Tongass Ave. (Visiting Physicians Clinic)
617-0082

Provides healthcare for the entire family by a Board Certified Family Nurse Practitioner.

Programs/Services

- Wellness examinations
- School and sports physicals
- CDL and Coast Guard medical certifications
- Variety of primary care services from pediatrics to geriatrics

Hours: Saturdays, 8-5 or By Appointment

Rainwood Counseling

www.rainwoodcounseling.com 540 Water St, Suite 202
220-4789 800-215-6101 info@rainwoodcounseling.com

Rainwood Counseling provides psychotherapy services for individuals of all ages, and families provided by Mary Eberle LCSW.

Programs/Services

- Cognitive behavioral therapy and mindfulness
- Internal family systems theory and attachment theory
- Eye-motion desensitization reprocessing (EMDR)

Rendezvous Senior Day Services

www.rendezvouservices.org 2441 First Avenue
247-1961 rendezvous@kpunet.net

Provide older adults and people with disabilities an opportunity to get out of the house and receive both mental and social stimulation. To give caregivers a much needed break in which to attend to personal needs, or simply rest and relax.

Programs/Services

- Adult Day Center
- Activities & recreational opportunities
- Companionship
- Counseling
- Nutritional noon meal and snacks
- Transportation & escort services
- Referrals
- Senior Housing

Hours: M-F, 8am-4pm

Residential Youth Care, Inc.

www.rycalaska.com

2514 First Avenue

225-4664

Toll Free 1-866-848-8615

info@rycalaska.com

The mission of Residential Youth Care, Inc. treatment programs is to advocate for and foster the safety and well being of youth at risk and their families so they may lead productive lives.

Programs/Services

- Outpatient residential treatment services for youth
- Inpatient residential treatment services: long-term program for youth ages 10-19, 6-12 months
- Emergency shelter for ages 10-19: early prevention, 12 step, and relapse prevention
- Recovery Groups
- Tobacco Cessation Services: Youth ages 14-19, 10-week clinic: once a week for 1 hour

Round Table Counseling & Mediation Services

225-7686

wshardylcsw@kpunet.net

344 Front Street, Suite B

Behavioral Health services for adolescents and adults provided by Bill Hardy, LCSW.

Programs/Services

- Assessment/referral
- Adult/adolescent psychotherapy
- Family counseling & mediation
- Child Custody Visitation Mediation Program
- Relationship counseling
- Substance use disorders

Salvation Army, Gateway Corps

www.gatewayalaska.salvationarmy.org

342 Stedman Street

225-5277

Provide services and basic needs for low income and homeless individuals and families.

Programs/Services

- Food & nutrition programs
- Soup kitchen meal: M-F, 12:30-1pm
- Thift store clothing & furniture vouchers
- Commodities food bank—3rd Saturday, 10am -1pm (301 Wolf St, Saxman)
- Emergency food box
- Social services
- Thrift Store

Hours: Office Hours: 10am-2pm; Social Services: M, W, F, 10am-12pm

SEA Link, Inc.

254-1896

sealink@kputnet.net

Provides assistance for youth/adults interested in maritime education, training, and placement as well as assisting displaced maritime industry workers. Help in accessing tuition assistance if eligible.

Hours: Flexible - Call for appt

Serenity Health & Wellness

www.serenityketchikan.com

120 Carlanna Lake Road, #102

247-9355

225-9376

Family Practice Healthcare ages 2 and older.

Programs/Services

- Physicals for: youth sports, DOT, Merchant Marines, CG
- Regular wellness checkups, annual examinations pharmaceutical prescriptions, immunizations & lab testing
- Wound care, blood pressure & chronic health management
- Skin care procedures

** Accepts Medicaid & Medicare*

Hours: M-F, 8am-5pm

Southeast Alaska Prosthetics & Orthotics

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. Accepts Medicaid & Medicare*

Southeast Alaska Independent Living (SAIL)

www.sailinc.org

225-4735

247-4735

2417 Tongass Avenue, Suite 222

ketchikan@sailinc.org

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

Programs/Services

- Advocacy & Awareness workshops: government/systems, Americans with Disability Act & others
- The DDRRC program assists individuals with developmental disabilities and their families wishing to access services through State of Alaska Developmental Disabilities Programs.
- ORCA - Adaptive recreation opportunities for people of all ages
- Mental Health Support Group (Mondays at 5:30pm)
- Aging and Disability Resource Center - support with transitional services
- Low-vision peer support group
- Employment Services and Veteran Directed care for long term services and supports

Hours: Tues-Fri, 9am-4pm

Southeast Senior Services

(a division of Catholic Community Services)

www.ccsjuneau.org/saxman-ketchikan

225-6575

Fax 247-6575

2401 Eagle Avenue, #2

Promote the health, independence and quality of life of seniors through the delivery of quality services.

Programs/Services

- Saxman-Ketchikan Senior Services Center
- Hot nutritious meals (M-F@ noon)
- Home delivered meals to eligible homebound seniors
- Socialization
- Senior & ADA transportation from Whipple Creek to Mountain Point.

Ketchikan Case Management Program

- Senior advocacy
- Medicare counseling
- Gatekeeper program
- Family caregiver support specialist
- Financial support for respite

Hours: M-F, 9am - 4:30pm & Weekend transport services

Susan M. Porter, PhD

341-4904

Private practice providing therapy services to all ages.

Programs/Services

- Specialities: grief, trauma, sexual abuse
- Psychological testing

The Manor LLC

247-8748

250 Heckman Street

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.

**Accepts Medicaid waiver, private pay, and third-party payments.*

Hours: M-F, 8am-5pm

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

225-3680

433 Mission Street

A hot evening meal provided at 3pm on Sundays.

True North Health & Wellness

www.truenorthktn.com

3528 Tongass Avenue

247-8783

247-8782

General health & family services.

Programs/Services

- Routine & primary health care plus general wellness
- Physicals, annual examinations & screenings
- Diabetes medical management

** Accepts Medicaid & Medicare*

Hours: M-F, 8am-5pm

Veterans of Foreign Wars (VFW)

<https://vfw4352.org/di/vfw/v2>

3113 Tongass Avenue

225-5510

vfw4352@gmail.com

Ragnar Myking Post 4352 is the local branch veterans' organization dedicated to supporting veterans, legislative advocacy, and community service programs. Assistance in accessing Veterans' benefits. Maintains a Veterans' Relief Fund to support veterans in distress who may need financial assistance.

Women In Safe Homes (WISH)

www.wishak.org

Admin:228-4099

Shelter:225-9474

24 Hr. Crisis Line: 1-800-478-9474

2002 First Avenue

Fax: 225-2472

info@wishak.org

Advocacy and violence prevention. Services are free, confidential and can be used anonymously.

Programs/Services

- Crisis Shelter & crisis line 24/7
- Support & Prevention Services
- Parenting Workshops & Supported Family Outings
- Counselor & Legal Advocate
- Individual & Group Support/advocacy

Hours: Office: M-F, 8am-4pm

Women Infant Children (WIC) – (Juneau)

www.dhss.alaska.gov/dpa/pages/nutri/wic

907-463-4099

wic@alaska.gov

A public health program for women, infants and children.

Programs/Services

Nutrition and breastfeeding education

- Counseling
- Support
- Nutritious foods
- Referrals to needed services
- Child Health Screening
- WIC coupons for healthy foods for infants

Hours: M-F, 8am-5pm

Your Space Counseling

www.lynychtherapy.com

247-5000

247-5001

1621 Tongass Avenue, Suite 305

info@lynchtherapy.com

Mental Health and Substance Abuse counseling for children, adolescents, adults, couples, and families with Roseanne Lynch, LPC.

SUPPORT GROUPS

Alaska Parenting & Breastfeeding Village

fb: Alaska Breastfeeding Village

907-220-9920

Peer group to ask questions seek help and support all families, caregivers and mothers at any stage in their breastfeeding and infant feeding journey, regardless of the age of the baby or child. Pregnant women and partners are welcome.

Programs/Services

- Baby weight check & Latch checks
- Breast pump checks (with prior request)

Hours: 2nd and 4th Wednesdays, Ketchikan Public Library

Al-Anon – Courage to Change

www.al-anon-ak.org/se-inside-passage

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: Wed, 6pm – 7pm, 2711 Second Ave (Presbyterian Church, lower level)

Alcoholics Anonymous

www.aa.org

225-5154

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: Every night 8pm, 1736 Tongass Ave
M, W, F, 5:30pm & Sun, 10am
- Out to Lunch Bunch: M-Sat, 12pm, 503 Mission
(St John's Episcopal Church undercroft)
- Sober Sisters: Tues 5:30pm 141 Bryant St.
(Ketchikan Pioneer Home, First Floor Conference Room)

Behavioral Health Support Group

www.sailinc.org

2417 Tongass Street, Suite 222 (SAIL office in The Plaza)

225-4735

Fax: 247-4735

info@sailinc.org

For individuals or family members of individuals experiencing a mental health challenge such as depression, anxiety, bi-polar disorder, schizophrenia or others.

Hours: Mondays, 5:30pm - 6:30pm

Bereavement Support Group

(PeaceHealth Ketchikan Volunteer Hospice)

www.peacehealth.org/kmcHospice

212 Carlanna Lake Road, Suite 100

228-7600

Volunteers offers community bereavement services.

Programs/Services

- One-on-one peer support
- Eight-week closed groups offered twice each year

Caregiver Support Group

(Saxman Senior Center)

fb: SaxmanKetchikanSeniorCenter

225-8080

Informal peer to peer group for those who are providing care to elderly loved ones 60+.

Programs/Services

- In-person group meeting monthly
- FB closed group

Hours: 2nd Friday, 2pm-3pm

Compassionate Friends Support Group

www.compassionatefriends.org/chapter/tcf-of-ketchikan

247-8716

bettunion@gmail.com

141 Bryant Street

(Pioneer Home)

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

Hours: Call for individual support.

Kids Group

225-9474

2002 First Ave. (WISH Shelter - Children's room)

Guided activities to strengthen families, helping children with emotional and social wellbeing.

People Served: Children of all ages from the community. Parents welcome to participate.

Hours: Wed & Fri, 3:30-5:30pm

Low Vision & Blindness Support Group

www.sailinc.org/low-vision-support-group-ketchikan 2417 Tongass St, #222 (SAIL)

225-4735

info@sailinc.org

This group is open to any person, of any age, experiencing any type of low vision or blindness.

Hours: 2nd Mondays, 1:30 - 3pm

Narcotics Anonymous

www.akna.org/areas/ketchikan

220-7065

503 Mission Street / 1200 Tongass Avenue

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: Tuesdays, 8pm

Parent & Caregiver Support Group

www.sailinc.org

225-4735

info@sailinc.org

2417 Tongass Ave., Ste 222

(SAIL office in The Plaza)

Support group for parents and caregivers of people with disabilities.

Hours: 1st & 3rd Wednesday of each month, 5:30pm-6:30pm

Traumatic Brain Injury Support Group

www.sailinc.org/tbi-support-group-ketchikan

225-4735

2417 Tongass Ave., Ste 210

info@sailinc.org

Supporting individuals and families of individuals who have experienced a brain injury.

Hours: 1st & 3rd Wednesdays, 5pm-7pm

Women's Group

225-9474

2002 First Avenue (WISH Shelter)

A supportive space for womens healing and empowerment.

People Served: Women who have experienced Domestic Violence or Sexual Assault.

Hours: Mondays 11am

Young in Recovery

www.rycalaska.com

2524 First Avenue, Suite 103

225-4664

1-866-848-8615

info@rycalaska.com

For anyone under 24 years of age that has been affected by drugs or alcohol. We read from various 12-step group literature and share our experiences in the process of change and show each other that there is hope in recovery.

People Served: Ages 24 years and younger

Hours: Wednesday Evenings - contact for time

FAITH ORGANIZATIONS

Baha'I Faith

www.usbahai.org
225-5445

2441 1st Avenue, Suite A

Toll Free 800-22UNITE

Programs/Services

- Interfaith Spiritual Readings: Mondays, 7pm, Thursdays, 5pm
- Study Circle: Saturdays call 617-5704

Calvary Bible Church

www.calvarybibleketchikan.org
225-4776

334 Carlanna Lake Road

A Bible-teaching, evangelical church.

Programs/Services

- Morning Worship: 11a.m./Evening Service: 6pm
- Sunday School: 9:45 am
- AWANA: 6:15 - 8pm
- Adult Bible Studies throughout the week

Church of Christ

225-4475

3149 Tongass Avenue

Presenting non-denominational Christianity.

Programs/Services

- Adult Bible Class: 9:30am
- Sunday Worship: 10:30am
- Wednesday Dinner & Bible Study: 6pm
- Home Bible Studies: call for days and times

Church of Jesus Christ of Latterday Saints

www.churchofjesuschrist.org
225-3291

2900 Fifth Avenue

Programs/Services

- Sacrament Meeting Sundays: 9:30am

Church of the Nazarene

www.ktnnaz.org

2631 2nd Avenue

225-2641

A Protestant Christian church in the Wesleyan-holiness tradition.

Programs/Services

- Sunday School, nursery: 9:00am
- Worship Service, Kids Church, nursery: 10:00am
- Small Groups and Youth Group weekly
- All are welcome!

Clover Pass Community Church

fb: Clover Pass Community Church

105 North Point Higgins Road

247-2360

office@cpccalliance.org

Part of the Christian & Missionary Alliance, a Christ-centered global missions and worldwide missionary movement.

Programs/Services

- Sunday morning Worship: 10:30am
- Sunday evening Community Groups: 6pm
- Christian daycare

First Assembly of God

www.ketchikanag.com

225-6194

3225 Fairview Avenue

Programs/Services

- Worship Service: 10am

First Baptist Church

www.fbc-ketchikan.org

1905 First Avenue

225-3588

Programs/Services

- Practical Biblical Messages
- Contemporary and Traditional Music
- Sunday Worship, Nursery & Children's services: 10am
- Sunday Middle and High School Groups: 11:30am

First Lutheran Church

fb: First Lutheran Church
225-3010

1200 Tongass Avenue
fladmin@gci.net

Programs/Services

- Prayer Meeting: Sunday, 8am
- Bible Study: Sunday, 9am
- Worship with Communion: Sunday, 10am
- Men's Breakfast: Wednesday, 6:30am
- Men's Coffee: Wednesday, 10:30am
- Women's NA meeting: Saturday, 6pm
- Childcare Center

First United Methodist Church

fb: First United Methodist Church
225-3780

400 Main Street
fumc1@kpnunet.net

Programs/Services

- Worship: Sunday, 11am
- Bible Study: Tues, 6pm
- Day Shelter (year round) & Overnight Warming Shelter (Oct-April) by First City Homeless

Good News Fellowship

225-7729

300 Mill Street

Programs/Services

- Sunday, 10am

Holy Name Catholic Church

225-2570

433 Jackson Street

Programs/Services

- Sunday: 9:30am and 5:30pm
- Weekday Mass: Mon, Thur, Fri, - 12:10pm; Wed, 9am; First Sat, 9am
- Adoration: 4pm
- Confessions: Sat 4-5pm or by appointment
- Holy Name School
- Religious Education Programs

Holy Truth Lutheran Church

225-2842

426 Buren Road

Programs/Services

- Sunday Worship: 10am
- Sunday School & Adult Bible Study: 9am

Iglesia Ni Cristo (Church of Christ)

308 Grant Street

Programs/Services

- Sat & Wed, 8:30pm
- Friday Bible Study: 8:15pm

Ketchikan Community Church

www.ketchikancommunitychurch.com

254-9588

602 Dock Street, Suite 101

Programs/Services

- Sunday School: 10:30am
- Services: Wed, 6-8pm; Sun, 10:30

Ketchikan First Assembly of God

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: Th, 5:30pm (during school year)
- Martial Arts Ministry

Ketchikan Presbyterian Church

fb: Ketchikan Presbyterian Church

225-3619

2711 Second Avenue

Sharing God's love with every race and culture.

Programs/Services

- Sunday Worship: 9:15am
- Spiritual Support
- Food Pantry: Fri, noon

Lighthouse Church of God

www.mylighthouse.tv

225-2893

3405 Baranof Avenue

Full gospel church.

Programs/Services

- Sunday Morning Worship: 10am
- Kids Church: Sun, 10am
- Life Groups: Sun, 6pm
- Unashamed Student Ministries: Wed, 6:30pm
- Adult Bible Study Fellowship: Wed, 6:30pm
- Filipino Bible Study: Fri, 7pm
- Food support

North Tongass Baptist Church, SBC

fb: North Tongass Baptist Church

247-0180

14627 North Tongass Hwy

Programs/Services

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

Open Door Fellowship

225-0112

6089 Yankee Drive

A Foursquare home church.

Programs/Services

- Service: Sun, 10am

Seventh-Day Adventist Church

www.ketchikanseventhdayadventist.com

225-3052

2017 First Avenue

adineacsu@icloud.com

Christian community for Bible study, worship, and prayer.

Programs/Services

- Saturday Sabbath School: 9:30am
- Saturday Worship Service: 10:45am

South Tongass Alliance Church

www.stacalaska.net

400 Old Homestead Road

225-1303

Programs/Services

- Sunday: 10:30am
- Children's programs

St. John's Episcopal Church

www.facebook.com/stjohnsketchikan

225-4963

503 Mission Street

stjohnsktnak@gmail.com

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

Programs/Services

- Sunday: Holy Eucharist: 8:30am & 10:45am
- Children's Sunday School: 9:30am
- 1st Sunday of each month: 10am service with Potluck Lunch or Coffee Hour to follow
- The Lord's Table, full hot meal: 3pm on Sunday

Salvation Army Gateway Church

www.gatewayalaska.salvationarmy.org

225-5277

342 Stedman Street

Evangelical part of the universal Christian Church.

Programs/Services

- Sunday School: 10am
- Worship Service: 10am
- Home League: Tues, 6pm
- Adult Bible Study: Wed, 7pm
- Men's Fellowship First: Sat, 10am
- Celebrate Recovery: Fri, 5:30pm
- Visitation Services (i.e. home visits)

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