Ketchikan 123
Resource Guide

December 2019 Edition

This resource guide is produced by
Ketchikan Wellness Coalition
with special thanks to the following:
Behavioral Health Task Force
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 is funded in part by individual and corporate sponsors, and grants from the City of Ketchikan, Ketchikan Gateway Borough, a 5-year Federal grant and a 4-year State grant from the Department of Health and Social Services.
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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

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

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 though 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 seekers.

Programs/Services
- Alaska Career Information System
- Resume building & job seeking resources
- General assistance concerning the Alaskan labor and workforce.
- Typing, 10-key, alphanumeric date 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 Allocatement 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 - formula, food for infants
- SNAP - Supplemental Nutrition Assistance Program Assistance

Hours: M-F, 8am-5pm
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

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

Safe Child Advocacy Center accessible 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  infocdk@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 1621 Tongass Avenue, Suite 304
220-0897 1-877-956- CARE (2273) 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 320 Bawden Street, Suite 313
220-9982 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 212 Carlanna Lake Road, #100 228-7600

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 3159 Tongass Avenue
877-522-1275 Fax 509-491-3031

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

Programs/Services
- Medication assisted treatment for opiod use disorder & alcohol
- Support with accessing resources

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

Janai Meyer, Nutrition & Lactaction, LLC
220-9920

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  
225-3510  
126 Washington Street, Suite 100  
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  
karlagelhar@gmail.com  
540 Water Street, Suite 202  
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  
225-8726  
1175 Copper Ride Lane  
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 Deer mount 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
228-3245  Fax: 225-3394  ketchikan.jobcenter@alaska.gov

2030 Sea Level Dr, #220A

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 Fax: 247-0978  
605 Gateway Court  

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 1110 Copper Ridge Lane
228-2309 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.kyiyouths.org 724 Bayview Street
225-1424 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
3524 Tongass Avenue
225-6355

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
PO Box 8333
617-3680

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
121 Nadeau Street
247-5462 Fax: 247-5463

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  
3100 Tongass Avenue
228-8300 Ext. 7980
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.cl@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   kmc@peacehealth.org
3100 Tongass Avenue

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
3528 Tongass Avenue

907-547-4447

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

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

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

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

**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
- Thrift 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 2417 Tongass Avenue, Suite 222
225-4735  247-4735 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 DDRC 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 2401 Eagle Avenue, #2
225-6575 Fax 247-6575
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
247-8783  247-8782
3528 Tongass Avenue

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
225-5510
3113 Tongass Avenue
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
2002 First Avenue
Admin: 228-4099        Shelter: 225-9474        Fax: 225-2472
24 Hr. Crisis Line: 1-800-478-9474        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.lynchtherapy.com
1621 Tongass Avenue, Suite 305
247-5000        247-5001        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
fib: 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 217 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 141 Bryant Street
247-8716 bettunion@gmail.com (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 217 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 217 Tongass Ave., Ste 222
225-4735 info@sailinc.org (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 217 Tongass Ave., Ste 210
225-4735 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 women's 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
**Baha'í Faith**

www.usbahai.org

225-5445  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

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

**Programs/Services**
- Sacrament Meeting Sundays: 9:30am
Church of the Nazarene
www.ktnnaz.org
225-2641
2631 2nd Avenue
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*

**1200 Tongass Avenue**

225-3010

**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*

**400 Main Street**

225-3780

**fumc1@kpunet.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 Fairview 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
14627 North Tongass Hwy
247-0180

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
adineacsu@icloud.com
2017 First Avenue

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
503 Mission Street
225-4963
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
342 Stedman Street
225-5277

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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