

Juneau

FAMILY PAGES

Resource Directory for families with children ages birth to eight
2025



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AVAILABLE ONLINE AT
AEYC-SEA.ORG/RESOURCES-AND-CLASSES

CONTACT PFC COORDINATOR WITH UPDATES OR INQUIRIES

(907) 789-1235

INFO@AEYC-SEA.ORG



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Food, Housing and Transportation

Alaska Housing Finance Corporation907-586-3741	Salvation Army907-586-2136
3410 Foster Avenue Assistance for private sector housing (Section 8) and low income rentals (owned by the Alaska Housing Authority). All housing is dependent upon income guidelines.	439 West Willoughby Avenue Services include food bank, weekly church, bible study, youth outreach, women's ministries, Thanksgiving Day community meal, Christmas basket and gifts for children. Thrift store with clothing and household supplies.
Capital Transit907-789-6901 www.juneaucapitaltransit.org Call for bus schedule or find them at the library.	Southeast Alaska Food Bank907-789-6184 10020 Crazy Horse Drive www.sealaskafoodbank.org Food bank for perishable food items, pantry available to everyone on Thursdays 3-5:30PM. Info about food assistance program (TESAP) is available on their website.
Family Promise907-500-3032 www.familypromisejuneau.org Offering prevention and emergency services to homeless families in Juneau.	SAIL-Developmental Disability Resource Connection (DDRC)888-487-7245 8711 Teal Street, Site 300 www.sailinc.org DDRC (formally the STAR Program) assists individuals with developmental disabilities, and their families, access resources in their community and apply for services through State of Alaska Develop-mental Disabilities Programs.
The Glory Hall907-586-4159 8715 Teal St. www.feedjuneau.org The soup kitchen serves three meals a day to homeless and limited income people. Provides a food bank, free showers, laundry, medical referrals and community navigators.	Tlingit-Haida Regional Housing Authority907-780-6868 5446 Jenkins Drive www.regionalhousingauthority.org Connects SE Alaskans with sustainable housing opportunities and innovative financial solutions. Subsidized housing opportunities for low and moderate income families who have at least one Alaska Native or Native American in their household.
Heating Assistance Program800-478-7778 10002 Glacier Highway, Suite 200 https://health.alaska.gov/dpa/Pages/hap/default.aspx The State of Alaska's Heating Assistance Program (HAP) can help eligible residents with winter heating costs. Call for hours.	Tlingit & Haida Tribal Family & Youth Services907-463-7169 400 Willoughby Ave, 3rd Floor www.tlingitandhaida.gov Supporting the wellbeing of children, families, and the Tribe through child care assistance, child welfare, counseling and other services.
Housing Assistance Program907-780-6666 Alaska Housing Development Corp., 1800 Northwood Drive Helps families find and maintain housing, including assistance with applications, move-in deposits and addressing other barriers.	WIC Clinic (Midnight Sun)907-500-8451 Mailing: PO Box 116012 fax: 907-465-3416 A supplemental food and nutrition program to help pregnant, breastfeeding or postpartum women, babies and children up to age 5. WIC provides nutritious food, nutrition education, breastfeeding support (including breast pumps) and referrals to other agencies. Call for further information, can apply via email at doh.dpa.wic.services@alaska.gov or through a mailed application. Currently offering only telehealth services.
Love in the Name of Christ (Love INC)907-780-4090 9741 Mendenhall Loop Road www.loveincjuneau.org Network of 26+ Christian Churches, committed to helping Juneau families with spiritual, physical, and emotional needs. Central Clearinghouse will receive requests for assistance, however monetary assistance is not available. Phone calls only please.	
St. Vincent De Paul907-789-5535 8617 Teal Street www.svdpjuneau.org Shelter, free store and transitional housing for 24 homeless families.	

The Family Pages is a guide to the many resources available to families in Juneau to help support their children's health, growth, and development. This guide is a Juneau Partnership for Families and Children project, a coalition of local and state agencies that work collaboratively to promote shared, broad-based communication and support for families with young children.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

This guide was produced and updated by SEAAEYC, 3200 Hospital Drive, Suite 204, Juneau, AK 99801 | 907-789-1235. Please contact the Partnerships Coordinator with any corrections or additions, info@aeyc-sea.org. A copy of this information along with other helpful family resources are available at www.aeyc-sea.org. V.0725



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Adult Education and Employment

Alaska Commission on Post Secondary Education.....

907-465-2962, 1-800-441-2962 | www.acpe.alaska.gov

Student loans to help pay for undergraduate or graduate studies.

Alaska Division of Vocational Rehabilitation.....

907-465-8943, 1-800-478-2387

10002 Glacier Hwy. Suite 305 | labor.alaska.gov/DVR
If you want to work or keep working and have a physical, intellectual or mental condition that makes it hard, you may be eligible for vocational rehabilitation (VR) services.

Juneau Job Center.....**907-465-4562**

10002 Glacier Highway, Suite 100 | www.jobs.alaska.gov/jobseeker.htm

Find job listings online, resume building assistance and workshops to help find and get employment.

The Learning Connection (A SERRC Program).....

907-586-5718 | www.tlcalaska.org | www.sercc.org

The Learning Connection (TLC) offers a variety of free adult education and workforce development services, including: GED prep and testing; English language instruction; college prep; employability skills workshops; computer and job search assistance; construction and trades training; a supportive education and work experience program for youth ages 16-24; and paid community service employment for those 55 and older.

University of Alaska Southeast (UAS).....**907-796-6100**

11006 Auke Lake Way | www.uas.alaska.edu
One stop registrar, admissions and financial aid

Yaakoosge Daakahidi.....**907-523-1801**

1415 Glacier Avenue
Alternative High School. Classes available to pregnant and parenting mothers and fathers.

Resources for Military Families in Juneau

Welcome to Alaska's Capital City! We are home to more than 300 members of the Coast Guard and Alaska National Guard, and their families.

Alaska National Guard Family Program,

Family Assistance Center.....907-321-1157

Toll Free and Emergency/ After Hours Line.....888-917-3608

12300 Mendenhall Loop Road, Room 220

The Family Assistance Center provides comprehensive, coordinated, and responsive services in support of service members, civilian employees and families. The FAC provides information and emotional support to families so that service members can focus on their mission. Services may include: outreach, information and referral to appropriate service agencies such as legal assistance, TRICARE, and DEERS/ID cards, problem solving, accurate and current information feed and coordination with assigned FRSAs.

More information and resources can be found at:

www.facebook.com/AKNGFamily

Health Safety and Work Life Office.....**907-463-2125**

U.S. Coast Guard Base Ketchikan-Juneau Detachment
709 West Ninth St. Rm. 747, Federal Building Juneau, AK

Resources include:

- Child care assistance
- Crisis assistance
- Financial counseling
- Parenting support
- Special needs support

Family Resource Specialist.....**907-463-2123**

Federal Building, Room 747B
Provides Information and Referral services to Coast Guard families stationed in SEAK who are enrolled in the Special Needs Program, or who have questions regarding Elder Care, Scholarships, Adoption, Child Care, or general Work Life balance. Office hours: 0800-1630 (AKST)

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Family Planning

Are you in your teens, 20's or 30's? Read this JUST IN CASE!

Remember – many women don't know they are pregnant for a few weeks, or a few months. If there is a possibility you might become pregnant, you should not drink any alcohol or take any drugs not approved by your doctor.

Doctors recommend that women wait at least two years after giving birth before having another child. Birth spacing increases physical and mental health benefits for the mother, baby, and older siblings. For more information about birth spacing or access to contraceptive services (which are 100% covered under the Affordable Care Act), visit <https://health.alaska.gov/dph/wcfh/Pages/familyplan/default.aspx>, or contact the Juneau Public Health Center at 907-465-3353.

I'm considering pregnancy. How can I take care of myself?

This is good – you are planning ahead. Start taking care of yourself before you start trying to get pregnant. Talk to your doctor before pregnancy to learn what you can do to prepare your body. Ideally, women should give themselves at least 3 months to prepare before getting pregnant.

The five most important things you can do before becoming pregnant are:

1. Stop smoking, drinking alcohol, and using substances. Ask your doctor for help.
2. Take vitamins with Vitamin D and at least 400 to 800 micrograms (400 to 800mcg or 0.4 to 0.8 mg) of folic acid every day for at least 3 months before getting pregnant.
3. Talk to your doctor about any medicines you are using. These include dietary or herbal supplements. Some medicines are not safe during pregnancy.
4. Avoid contact with toxic substances or materials at work and at home that could be harmful, including cat feces.
5. If you have a medical condition, talk with your doctor, and be sure your vaccinations are up to date.

Why do I need prenatal care?

As soon as you think you might be pregnant, call your doctor to schedule a visit. Prenatal health care is extremely important. Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, early action will help you and the baby.

Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Get early prenatal care to help ensure both you and your baby will be healthy.

How often should I see my doctor during pregnancy?

Your doctor will give you a schedule of all the visits you should have while pregnant. Most experts suggest you see your doctor:

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- about once each month for weeks 4 through 28
- twice a month for weeks 28 through 36
- weekly for weeks 36 to birth

Your doctors can talk with you about any questions you have, and give you important tips to give your baby a healthy start to life. Be sure to follow your doctor's advice.

Where can I find prenatal care in Juneau?

- **Denali KidCare** covers all prenatal visits for pregnant women. Visit www.healthcare.gov, or call (800) 478-7778. Ask your medical provider about vouchers to cover local travel (taxi) to and from prenatal appointments, well-baby checks, and some classes.
- **Inside Passage Midwifery (907) 463-2600**
853 Basin Rd. | www.insidepassagemidwifery.com
- **Juneau Family Birth Center (907) 586-1203**
Services are based on a sliding fee scale. No one is turned away because of inability to pay. Further details on Parenting & Pregnancy page.
- **Juneau Obstetrics & Gynecology (907) 463-0200**
Juneau OB/Gyn is the only practice in Juneau that offers comprehensive women's health services by board certified obstetrician and gynecologists. They provide full spectrum obstetric and gynecologic services including high and low risk prenatal care. They welcome new patients and accept all insurances. No referral is required. Part of SEARHC, however located in a separate building.
- **SEARHC Ethel Lund Medical Center (907) 463-4040**
- **Valley Medical Care (907) 586-2434**
Accepts Denali KidCare and other insurance billing.

Planned Parenthood..... 1-800-769-0045

Telehealth visits offered through Anchorage location for services not requiring a physical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Hello BABY (Building Alaskan Babies with You).....

907-723-0550, <https://www.aeyc-sea.org/all-for-baby.html>

Hello B.A.B.Y. is a free, voluntary program for parents and their new babies. It offers information, connections, and services so that you and your family can feel knowledgeable, strong, and healthy. The program involves partnering with a coordinator who can answer questions, connect you with community programs, and help you to build the strong family you wish for yourself and your new baby.





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Parenting & Pregnancy Support

Southeast Alaska Association for the Education of Young Children (SEAAEYC).....907-789-1235

3200 Hospital Drive, Suite 204 | www.aeyc-sea.org

- **Parents As Teachers** – This free home visiting program is available for any pregnant family or family with a child up to age 3. Every 2-3 weeks, a home visitor brings a fun activity, information about child development, and an invitation to a special monthly family night. Sign up on the AEYC website today (located under the Parents & Families tab)!
- **Child Care Referrals** – AEYC tracks licensed programs in Juneau and the ages they care for. You can view the list online or call with questions. AEYC can also help connect you with child care assistance and other helpful resources.
- **Dolly Parton Imagination Library** -Did you know that reading with your children is a great way to build the social-emotional and literacy skills that support Kindergarten readiness? Thanks to Dolly Parton, Best Beginnings and local sponsors, this community-wide program offers all children under age 5 in Juneau a FREE book in the mail every month. Enrolled families also receive a free monthly bulletin via email. Families can enroll online at www.aeyc-sea.org.

Baby Raven Reads (Sealaska Heritage Institute)....907-586-9228

105 Heritage Way, Suite 201 | www.sealaskaheritage.org
Sealaska Heritage sponsors Baby Raven Reads, an award-winning program that promotes early-literacy, language development and school readiness for Alaska Native families with children up to age 5.

Bartlett Regional Hospital.....907-796-8900

Bartlett Beginnings: Family Birth Center.....907-796-8424

3260 Hospital Drive | www.bartlethospital.org

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

Child Care Assistance Program.....800-479-2212

thread | www.threadalaska.org

Aids eligible families with the cost of child care, aiming to ensure that safe, healthy, quality child care is accessible and affordable.

Help Me Grow.....1-833-464-2527

www.a2p2.org/help-me-grow-alaska

Help Me Grow features both a resource website and call center offering resources and support for all of Alaska's children and their families. The call center is staffed with family support specialists, individuals with experience in, and understanding of, child development, social services, and resources available in Alaska and beyond. They help connect you to services in your area. Contact them to discuss your needs, concerns, or to get a developmental screening.

Hello BABY (Building Alaskan Babies with You)....907-723-0550

<https://www.aeyc-sea.org/all-for-baby.html>

Hello B.A.B.Y. is a free, voluntary program for parents and their new babies. It offers information, connections, and services so that you and your family can feel knowledgeable, strong, and healthy. The program involves partnering with a coordinator who can answer questions, connect you with community programs, and help you to build the strong family you wish for yourself and your new baby.

Haa Yatx'u Saani "Kin Support Program".....907-318-6560

kinsupport@southeastkin.org • <https://southeastkin.org/>

KIN Support is a culturally-based Kinship Navigator Program serving Southeast Alaska kin families outside of the foster care system. Their focus is helping families build and maintain healthy intergeneration relationships that keep children and youth safe, stable and out of the system.

Juneau Family Birth Center.....907-586-1203

1601 Salmon Creek Lane, Juneau AK 99801

info@juneaubirthcenter.org • www.juneaubirthcenter.org

Dedicated to providing wraparound support services to families throughout the birthing year and into early parenting. This includes free pregnancy testing and free consultation. Denali KidCare is accepted, and an income based fee structure is available, including donated healthcare.

Juneau School District.....907-523-1700

Physical: 1208 Glacier Ave. Mail: 10014 Crazy Horse Dr., 99801
www.juneauschools.org

The Juneau School District has preschool programs at each of their six elementary schools. There is also a Montessori Pre-K option. Preschools are offered T-F with a morning or afternoon session.

Schools:

Auke Bay Elementary School 907-796-5275
Gastineau Elementary School 907-796-5075
Glacier Valley Elementary School 907-780-1400
Harborview Elementary School 907-523-1850
Mendenhall River Elementary School 907-463-1799
Riverbend Elementary School 907-796-5700
Montessori Borealis 907-523-1848

JSD Special Education Student Services907-780-2054

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

Planned Parenthood.....800-769-0045

Telehealth visits offered through Anchorage location for services not requiring a physical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Preserving Native Families (PNF)....800.344.1432 ext. 7169

907.463.7169 | <https://www.ccthita.org/services/family/counseling/index.html>

The Preserving Native Families (PNF) program provides intensive in-home, preventative services to tribal citizens whose children are at risk for out-of-home placement. The following types of services are provided:

- Early intervention/preventative family services;
- In-home services (parenting education, transportation, supervised visitations);
- Support and referral services;
- Coordinated case management;
- Parenting classes and groups;
- Education/support groups; and
- Facilitation of family meetings.

Treatment services provided are unique, distinctive and original, integrating Western therapeutic techniques with Native American Spiritual healing practices and Southeast Traditional Tribal Values.

A variety of counseling approaches are utilized such as: play therapy, loss and grief therapy, group therapy, traumatic stress therapy, developmental therapy and collaborative family therapy. Call for eligibility information and to apply.

REACH—Infant Learning Program..... 907-586-8228

213 Third Street | www.reachak.org

Would you like to learn more about your child's development? Complete a free developmental screen at www.reachilp.org. The REACH Infant Learning Program (ILP) is a voluntary program that works with families who have children under the age of three. We strive to strengthen and support families through relationship-based services. We focus on enhancing the child-caregiver relationship to support the child's movement through development. We do this by providing free developmental evaluations and, if eligible, developmental services in your home or community.

SAIL-Developmental Disability Resource Connection (DDRC)

800-478-7245

8711 Teal Street, Suite 300 | www.sailinc.org

DDRC (formally the STAR Program) assists individuals with developmental disabilities, and their families, access resources in their community and apply for services through State of Alaska Developmental Disabilities Programs.

Stone Soup..... 907-561-3701

www.stonesoupgroup.org

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

thread Child Care Resource & Referral

Child Care Referrals.....1-800-278-3723

Child Care Assistance Program.....1-800-479-2212

www.threadalaska.org

thread is Alaska's statewide child care resource and referral network. They offer an online search tool for finding care, administer the State of Alaska Child Care Assistance Program, and support child care providers in their professional development.

Tlingit and Haida Child Care Services..... 907-463-7140

3075 Vintage Blvd. | www.ccthita.org

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

Tlingit and Haida Head Start...907-463-7127, 800-344-1432

9095 Glacier Highway www.ccthita.org

Head Start is a free pre-school program that provides learning experiences for children ages 3-5 and their families four days a week. Head Start benefits include: low child to staff ratio, school readiness, family engagement activities, nutritional meals, promoting social and emotional well-being. Head Start is open to children of all nationalities. Low income families receive priority, but all may apply. There are three Head Start sites in Juneau, contact the Central Office to find out more!

Tlingit and Haida Strength in Family...907-463-7377, 1-800-344-1432 ext 7377

FamilyVisits@tlingitandhaida.gov

Strength in Family is a family cultural enrichment program for Indigenous families with children ages 0-3.

Where can I find prenatal care in Juneau?

- **Denali KidCare** covers all prenatal visits for pregnant women. Visit www.healthcare.gov, or call (800) 478-7778. Ask your medical provider about vouchers to cover local travel (taxi) to and from prenatal appointments, well-baby checks, and some classes.
- **Inside Passage Midwifery (907) 463-2600**
853 Basin Rd. | www.insidepassagemidwifery.com
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Services are based on a sliding fee scale. No one is turned away because of inability to pay.
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Mental Health Services

Bartlett Mental Health Outpatient Psychiatric Services.....

907-796-8498

3240 Hospital Drive | <https://www.bartlethospital.org/services/psychiatric-services/>

Psychiatric assessment, consultation, therapy, and medication management for families and young children.

Denali Kid Care.....**907-465-3537, 1-800-478-3537**

Juneau District Office: 10002 Glacier Hwy., Suite 200

dhss.alaska.gov/dhcs/Pages/denalikidcare

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

JAMHI Salmon Creek Clinic.....**(907) 463-3303**

3406 A Glacier Highway, M-F, 7:30-4:30

jamhihealthandwellness.org

We provide whole-person evidence-based addiction and mental health treatment services to adult clients ages 18+ including individual psychotherapy, cognitive behavioral therapy, medication management, EMDR therapy, case management, wellness, community housing and support services, peer support, prisoner reentry, and weekly group activities and classes. In order to determine which services would be most beneficial for you to live your own best life, we need a snapshot of who you are. The whole assessment process can take several hours so please plan to come on a day when you can be available for that length of time. Walk-ins begin at 7:30 Monday through Thursday on a first come, first served basis. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

JAMHI Family.....**(907) 463-6877**

2075 Jordan Creek Ave, Juneau AK

Mon/Tues/Thurs/Fri 8:00-7:30, Wed 11:00-7:30

jamhihealthandwellness.org

We offer a continuum of behavioral health services dedicated to serving the needs of children, adolescents, and families. JAMHI Family has a dedicated staff of trained professionals who are compassionate and committed to supporting children and families throughout Juneau and outlying communities. All services are strengths-based and client-centered, supporting individuals and families as they create healthy changes and work towards living their own best lives. At this time, services at JAMHI Family include: Comprehensive integrated behavioral health assessments, psychiatric services with medication management, limited psychological testing, counseling, skill development, treatment planning/coordination, and case management services for children, adolescents, and families with social, emotional, and behavioral issues.

Prospective clients can fill out the JAMHI Family Referral Form on our website, call the number listed above, or stop by our Family location for more information. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

JAMHI Midtown Clinic.....**(907) 463-3303**

3406 A Glacier Highway, M-F 7:30-4:30

We offer services to anyone of all ages in our community who need healthcare including primary medical care, pediatric care, diagnostic laboratory and radiology, immunizations, screenings, coverage for emergencies, voluntary family

planning, and pharmaceutical services.

Prospective clients can stop by to set up an appointment or call the number listed above. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

Juneau Mental Health.....**www.juneaumentalhealth.org**

This user friendly site is full of mental health resources, such as the Juneau Mental Health Directory which provides a comprehensive list of all the mental health agencies, psychiatrists, psychologists and mental health therapists in Juneau, with a clear explanation of what services and populations they serve. There are also links to tools and resources such as an online survey for signs of depression, and what to do if you know someone that is suicidal.

Juneau Public Health Center.....**907-465-3353**

3412 Glacier Highway (by Twin Lakes)

Services include immunizations, tuberculosis and sexually transmitted infections treatment, home visits for high risk families, pregnancy testing and referral, and family planning services. Call for information on well-women appointments. They do not bill insurance, working on a sliding fee scale. Medicaid also accepted. By appointment only.

Juneau Suicide Prevention Coalition.....**907-463-4251**

www.juneausuicideprevention.org

The Juneau Suicide Prevention Coalition (JSPC) provides education, trainings, and publications about suicide and suicide prevention. If a suicide occurs in Juneau, the JSPC meets to offer resources to those most impacted by the loss. If you have any questions or are interested in scheduling a training for your work, friends, or family, please sign up through the website.

Juneau Teen Health Center

www.juneauteenhealthcenter.weebly.com

JDHS: 907-523-1634, Room 124

Yaakoosge-Daakahidi: 907-523-1823, Marie Drake Room 206

TMHS: 907-780-1973, Yellow Wing, Room E214B

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

SEARHC Help Line**1-877-294-0074**

Are you feeling lost, sad, lonely, confused or need advice from a non-biased or judgment-free source? Do you need help with someone in your life for prevention or crisis resources? The SEARHC Helpline is available 24 hours a day, seven days a week to residents of Southeast Alaska. The crisis call center is staffed with a team of master's and bachelor's degree level mental health therapists who will listen and provide effective, compassionate and confidential care.

Southeast Regional Health Consortium (SEARHC).....

907-463-6608

1200 Salmon Creek Lane | www.searhc.org

Offers outpatient services for all people, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, pediatric dental, physical therapy, behavioral health, and wellness programs.

Continued...



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Tlingit & Haida Community & Behavioral Services907-463-7305

400 W. Willoughby Ave. | www.cbs.ccthita-nsn.gov

Tlingit & Haida's Community & Behavioral Services Healing Center offers tribal members mental health services, addiction treatment, and unique groups and parenting classes to support you and/or your families healing journey. Joining a group provides a safe space to be with peers who share a common purpose and to help each other through challenges.

NAMI.....907-463-4251

www.namijuneau.org

National Alliance on Mental Illness (NAMI) Juneau offers free, peer led support groups for people living with mental health conditions and their families. You can reach out to them at 907-463-4251 or namijuneau@gmail.com to get support finding local mental health resources for yourself and/or your family member.

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Beyond Baby Blues

Many women experience mild mood changes during pregnancy or after having a child, but 15-20% of women experience a Perinatal Mood Disorder (PMD), which entails much more significant feelings of anxiety or depression.

Only a trained healthcare or mental health professional can tell you whether you have Perinatal Mood Disorder (PMD). However, the following checklist can help you know whether you have some of the common symptoms. Mark the box if the statement sounds familiar to you.

During the past week or two:

- I have been unable to laugh and see the funny side of things.
- I have not looked forward to things I usually enjoy.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no apparent reason.
- I have felt scared or panicky for no apparent reason.
- Things have been getting the best of me.
- I have been so unhappy that I have had difficulty sleeping.
- I have felt sad or miserable.
- I have been so unhappy that I have been crying.
- The thought of harming myself, my baby, or others has occurred to me.

Did you check more than one box?

If so, we encourage you to visit with a trained healthcare or mental health professional who can help determine if you are suffering from a PMD and advise a course of action.

Stress Checklist

How do I know if my child is experiencing stress?

Like adults, children can experience stress and anxiety. Your answers to the following questions will help your health care provider connect you with support and resources for your family, if needed.

YES NO

<input type="checkbox"/>	<input type="checkbox"/> 1. Is safe, stable housing a concern for your family?
<input type="checkbox"/>	<input type="checkbox"/> 2. Does money cause stress in your home?
<input type="checkbox"/>	<input type="checkbox"/> 3. Have you or anyone close to your child expressed concerns about your child's development, learning or behavior?
<input type="checkbox"/>	<input type="checkbox"/> 4. Has there been recent serious illness or a death in the family?
<input type="checkbox"/>	<input type="checkbox"/> 5. Have you or your child ever been exposed to violence?
<input type="checkbox"/>	<input type="checkbox"/> 6. Is there a parent in prison?
<input type="checkbox"/>	<input type="checkbox"/> 7. Has there been misuse of alcohol or drugs in the family?
<input type="checkbox"/>	<input type="checkbox"/> 8. Have there been recent changes in the child's living situation? (absent parent, multiple caregivers, foster home placement, separation, moving)
<input type="checkbox"/>	<input type="checkbox"/> 9. Are you a single parent?
<input type="checkbox"/>	<input type="checkbox"/> 10. Has there been depression or other mental health concerns in the family?

These questions are similar to those asked in the Adverse Childhood Experiences (ACEs) study. For more information on ACEs, please see the Crisis Contacts & Resiliency Resource Sheet.

If your family or child is feeling stressed, contact your family medical provider about solutions, or take contact one of the resources on this sheet.

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Dealing with Family Stress

Housing

Affordable housing is a big problem in Juneau. Many families are in shared living spaces trying to find their own homes. Call Alaska Housing Development at 907-780-6666 and see what options are available to help.

What you can do to help your child

- Even though stress levels may be high, **try to be patient with your child**. Reassure them that you love them.
- **Be honest about the situation**, and give your child hope for the future.
- **Create comforting rituals and routines** for your child.

Money Problems

- Did you know that money is one of the top causes of arguments among couples?
- Making it financially in this world is not easy and it is even harder for single parents.
- Children pick up on stress in the family.

What you can do to help your child

- **Help your child feel capable** by involving them in helping you with simple chores, and celebrate their accomplishments.
- **Set a good example in dealing with your own stress**. If children are old enough to understand what is happening, talk with them about coping with stress. Children may act out their stress in negative behaviors - talk to them about healthy stress relievers like getting outside.

Development, Learning & Behavior Issues

Do you have concerns about your child's development or behavior? Connecting with these programs can make a lasting difference for your child and your family.

What you can do to help your child

- **If your child is under age 3:** Call REACH at 907-586-8228 for a free developmental screening and evaluation to see how your child is growing and developing.
- **If your child is age 3 or older:** Call the Juneau School District at 907-523-1700 to discuss your child's needs.
- You know your child better than anyone: **share that knowledge to help providers and doctors help your child**.

Accidents and Illness

Has someone in your family been in an accident or experienced a serious illness?

- When one family member is under medical care, everyone in the family experiences a higher stress level, including young children.
- Recognizing and dealing with the extra stress can help the healing process, and help you cope as a parent.

What you can do to help your child

- **Talk to your child about what is happening** - it's ok to not have all the answers!
- **Continue regular routines, and explain** why some things have to change.
- **Reach out** to friends, family or a doctor if you would like help or advice about accessing additional resources in the community.

Violence in the Family

Domestic violence is the product of a controlling partner - someone who wants power and control in the relationship and resorts to emotional, economic, sexual or physical abuse to get it. Anyone can be a child abuser. You have a right to be safe. No one deserves to be abused.

What you can do to help your child

- Call AWARE at 586-6623 and talk about choices you can make as a parent that might increase your child's safety.
- Call the Office of Children's Services at 465-1650 to discuss concerns about emotional, physical, sexual abuse or neglect of children.
- Help your child feel protected and loved by listening to their needs and concerns and taking them seriously. Remove your child from emotionally, physically, or sexually violent individuals or situations.

Is someone in your family in prison?

You are not alone! Over 1.5 million children have at least one parent in prison. This situation is stressful for not only the adults, but the children as well.

What you can do to help your child

- **Involve your son or daughter with trusted adults** to build positive relationships.
- **Help your child send letters or drawings to the parent in prison** so he or she still feels connected.
- **Encourage your child to talk about his or her feelings**.

Alcohol or Other Drug Misuse

Drug and alcohol addiction is a brain disease that causes a person to lose self-control and make poor decisions. Many people who are addicted to drugs or alcohol have a family history of substance abuse. Stress and depression can steer a person towards using and abusing.

Children affected by a parent's drug and alcohol use may

- **Feel insecure and confused.** Children do not always understand that the adult's mood is based on the amount of alcohol or drugs in the bloodstream.
- **Often feel frightened.** Children around drug and alcohol abuse often witness or are victims of violence.
- **Have developmental delays.** Parental substance abuse interrupts a child's normal development, and places them at a higher risk for emotional, physical and mental health problems.

What you can do to help your child

- **Spend time with your child when not under the influence of alcohol or drugs.**
- **Encourage your child to build positive relationships** with other adults through programs like Big Brothers Big Sisters.
- **Call to find out about available support** when you are ready to make a change. Call the National Helpline at 1-800-662-4357 for treatment referral and services.

Changes

Change can be a good thing, but can feel overwhelming. Some big changes a child can experience include having a parent leave the household, transitioning between many caregivers, being separated from his/her parents, or moving to a new place.

What you can do to help your child

- **Find a routine** and stick to it.
- **Recognize and accept your child's feelings.** Help your child know it is normal to be sad, angry, or scared.
- **Reassure your child** that you love them and will be there for them.

Single Parent? You are not alone!

- Often it is hard to ask for help. The truth is, parenting is a challenging job, and there are no perfect parents. It is okay to ask for help. Start with those closest to you, finding support from relatives, friends and neighbors.

What you can do to help your child

- **Take at least 30 minutes each day to relax and nurture yourself.** Even looking forward to an evening cup of tea can help you cope.
- **Drop everything and spend a half hour each day totally focused on enjoying time with your child.** You will be surprised at how much smoother your day together will be.
- **Connect with other supportive adults.**

Stress and Emotional Health

- Did you know that infants and young children have mental health concerns too? A parent's emotional health can affect children, and when children have an emotional health concern it is stressful for parents.

How emotional health affects your child

- Children with emotional concerns, or have a family member struggling with mental health are more likely to show developmental delays, low academic performance, and difficulties socializing with peers.
- Challenging behaviors in children may be caused by depression, stress, or other mental health concerns.
- A parent with a mental illness may put stress on relationships within the family, which negatively affect the child.

What you can do to help your child

- **Build and call on a support system**, such as family and friends, or a faith community.
- **Explain the situation in simple language to your child, and explain that your child is not to blame.**
- **Recognize and accept your child's feelings.** Tell your child you love them. Try to enjoy a simple activity together with your kids.

Grief and Loss

The loss of a loved one is one of the hardest things in life to go through. Your pain is made even more difficult because your family is hurting, as well. Children need to grieve the loss of a loved one and it's important their feelings are acknowledged.

Some things that a grieving child may do

- Imitate the behaviors of the person who passed away
- Talk about the person who died in the present tense
- Tell the story of their loss again and again

What you can do to help your child

- **Spend extra time with your children.**
- **Help your kids return to their normal routine** as soon as possible.
- **Validate your child's feelings** of sadness, anger and hurt.

Support for Moms: Beyond Baby Blues

Perinatal Mood Disorders (PMDs) are a set of disorders that can occur any time during pregnancy or the first year after giving birth, they include depression, anxiety, panic, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, and Postpartum Psychosis. 10-20% of women will develop a PMD, making it the most common complication of birth.

Symptoms of Perinatal Mood Disorders

- **In Parents:** low moods, tearful, irritable or anxious, feeling overwhelmed, tired, trouble sleeping, feeling hopeless. You may feel angry with your baby. You may be passive towards your baby.
- **In Babies:** crying a lot, feeding or sleeping problems, lack of attachment, higher heart rate.

What You Can Do

- **Ask for help.** Ask your healthcare provider for a depression screening. Ask people close to you for support.
- **Educate yourself and those around you.**

Support for Dads

Dad's n Kiddos Play Group

Meets the first Saturday of every month hosted by Bartlett Beginnings. Meet other fathers and discuss topics of interest and education while playing. Call 907-796-8424 for more information.

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Medical Care

What is a Medical Home?

A "Medical Home" is a healthcare provider you know, trust, and facilitates partnerships between clinicians and families.

Why it is important to find a Medical Home

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

Tips for building partnerships with your medical provider

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

Do you qualify for Denali Kid Care Health Insurance?

Call 465-3537 or 1-800-478-7778, or apply at <https://health.alaska.gov/dpa/Pages/dkc/default.aspx>. There is no cost to families who qualify.

Medical Home Options for Kids in Juneau

Family Practice Physicians:.....907-789-2910

10301 Glacier Highway
Several family practice doctors and physician assistants.

Glacier Pediatrics.....907-586-1542

1600 Glacier Avenue | www.glacierpediatrics.com
Several pediatricians and nurse practitioners.

Jordan Creek Family Health Care:.....907-789-1600

3032 Vintage Blvd. Suite 100 | www.jordancreekfamilyhealthcare.com
A family doctor and nurse practitioner.

SEARHC Pediatrics907-463-4040

3051 Vintage Blvd | www.searhc.org
The Pediatric Department of SEARHC is dedicated to the development and care of babies and children. Pediatrics includes primary care for children under the age of 18 years old and includes services for physical, emotional, social, and psychological development.

Valley Medical Care.....907-586-2434
1801 Salmon Creek Lane | www.valleymedicalcare.com
Several doctors and nurse practitioners.

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

Juneau Public Health Center.....907-465-3533
3412 Glacier Highway (by Twin Lakes Playground)
Services include immunizations, tuberculosis and sexually transmitted infections treatment, home visits for high risk families, pregnancy testing and referral, and family planning services. Call for information on well-women appointments. They do not bill insurance, working on a sliding fee scale. Medicaid also accepted. By appointment only.

Pediatric and Family Dentists

Alaska Dental Arts.....907-600-5001
2237 N. Jordan Avenue | www.akdentalartsjuneau.com
SEARHC Children's Dental Clinic.....907-789-KIDS (5437)
3245 Hospital Drive - Has pediatric dentists
Dr. Lee.....907-586-1188
712 W. 12th Street, Suite 2 | www.jaredleedds.com
Dr. Riederer.....907-789-3100
9309 Glacier Highway, Suite A101
Juneau Pediatric Dentistry.....907-523-KIDS (5437)
9309 Glacier Highway, Suite B 103

Other Medical Services

Juneau Mountaintop Urgent Care.....907-463-6677
1200 Salmon Creek Ln
Providing family medicine, such as physicals and well-care, providing immunizations, treating infectious diseases, injuries, allergies, and respiratory problems on a walk-in basis. Hours include evenings and weekends.

Juneau Urgent Family Care.....907-790-4111
8505 Old Dairy Road
Juneau Urgent Care is open for walk-ins only, Monday through Friday 8AM to 6PM, 9AM to 5PM on weekends. All Juneau residents and visitors have access to high-quality care at the new this clinic. Providers and staff are available for the treatment of urgent healthcare needs to treat a variety of illnesses and injuries.

Vintage Park Urgent Care.....907-463-0140
3051 Vintage Park Urgent Care
The Vintage Park Campus Urgent Care is open for walk-ins only. SEARHC providers are available for the treatment of urgent healthcare needs to treat a variety of illnesses and injuries. Imaging and laboratory options are available. Open Monday through Sunday 8AM to 8PM.

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Crisis Contacts

AWARE.....907-586-6623

www.awareak.org | P.O. Box 20809, 99802

24 hour crisis hotline.....907-586-1090 or 1-800-478-1090

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

Mobile Crisis Team.....**Access by calling 911**

9AM-6PM Daily

Juneau police/fire dispatch coordinates the mobile crisis team's response. The team provides rapid response, individual assessment, community-based stabilization, follow-up, and coordination with other services and supports. Supports youth and adults.

National Suicide and Crisis Lifeline.....988

Crisis counselors are ready for your call or text if you are in suicidal crisis, emotional crisis, or family crisis. Here are some ways to be helpful to someone who is threatening suicide: (from www.juneaumentalhealth.org)

- Take action. Remove means, such as guns or stockpiled pills.
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Get involved. Become available. Show interest and seek support.
- Don't dare him or her to do it. Don't be sworn to secrecy.
- Don't act shocked or judgmental. This will put distance between you.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Get help by calling 911, Bartlett Hospital Emergency Room at 796-8427 or the Careline at 1-877-266-4357.

JAMHI 24-Hour Crisis Line.....907-463-3303

Toll Free: 855-463-3303

You do not need to be a JAMHI client to call.

SEARHC 24-Hour Crisis Line.....1-877-294-0074

Staffed by a team of master's and bachelor's level mental health therapists, open to anyone in Southeast Alaska.

Juneau Police Department.....907-586-0600

Emergencies - 911

Alaska State Troopers.....907-465-4000 (non-emergencies)

Poison Control.....1-800-222-1222

Office Of Children's Services.....907-465-1650

Child Abuse Report Line.....1-800-478-4444

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

Red Cross.....907-646-5467

Southeast Alaska Service Center: 3225 Hospital Drive, Suite 201

Connecting Resilience & Adverse Childhood Experiences

Resilience Questionnaire

Why is resiliency important?

Resilience is the ability to overcome serious hardships when faced with adversity. Our childhood experiences can affect how resilient we are as adults.

True	Unsure	Not True	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I believe that my parent(s) loved me when I was little.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. When I was little, other people helped my mother and father take care of me and they seemed to love me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I've heard that when I was an infant, someone in my family enjoyed playing with me and I enjoyed it too.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. When I was a child, neighbors or my friends' parents seemed to like me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. When I was a child, teachers, coaches, or caring adults were there to help me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Someone in my family cared about how I was doing in school.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. My family, neighbors and friends talked often about how to make our lives better.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. We had rules in our house and were expected to keep them.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. When I felt really bad, I could almost always find someone I trusted to talk to.

How many of these protective factors did you have as a child and youth? (How many do you consider to be "true?") How many do you think are in place for your child? The more resilience you build in your child's life, the more they will be able to recover from and cope with stress.

What are ACEs?

Adversity is normal and necessary in a child's development, but an over exposure to stressful or traumatic events or relationships can impair a child's physical and emotional development. These events are called **Adverse Childhood Experiences**, or **ACEs**. ACEs can have long term affects to a person's health and well-being making them more likely to adopt high risk behaviors and suffer from chronic diseases or mental illness.

By practicing and teaching resilience, we buffer the effects of ACEs and reduce the chances of passing them on to the next generation.

Continued.

What is Resilience?

We all experience stressful situations in our lifetimes. Resilience is the ability to withstand or recover from those situations that cause significant stress. Resilience can be learned and practiced through self-care, supportive relationships and mindfulness.

These techniques are easier learned as children due to the rapid brain development that occurs in the first five years of life, but adults can and should practice resilience as well.

Have you experienced ACEs?

From 1995 to 1997, a study of 17,000 people was conducted to evaluate the correlation between the participants' ACEs and their current physical and behavioral health. Two thirds of participants had experienced one or more ACEs. By evaluating the trends displayed throughout the study, a 10 question evaluation was created that determines an "ACE score."

Typically, the higher the ACE score, the more likely a person is to be at risk of health consequences. You can find this questionnaire and other resources online at acestoohigh.com.

Over 64% of Alaskans have had one or more Adverse Childhood Experiences. That is 2 out of every 3 people in the state.

How can you practice resilience?

Self Care

Taking care of oneself is the very base of building resilience. We must take care of our physical selves in order to take care of our emotional selves.

- Develop a regular sleep routine with adequate amounts of rest.
- Eat healthy food that fuels your body and gives you energy.
- Stay active and spend time in nature.
- Keep a reflective journal.
- Make time for your favorite hobbies and activities.

Supportive Relationships

When a person is cared for and supported by healthy relationships, they are likely to have a better sense of well-being.

- Prioritize close relationships with partners, family etc.
- Talk to the people that care about you when you are struggling.
- Develop friendships that are empathetic and encouraging.

Mindfulness

Being mindful means having a sense of perspective beyond the day-to-day of life. Practicing mindfulness can help you react calmly and rationally in stressful situations by conditioning your mind to see things in the present moment.

- Engage in reflective practices like meditation.
- When you feel yourself stressing about the past or the present, redirect your attention to the present moment.
- Practice yoga or deep breathing to strengthen your focus.

How can you help support others and reduce ACEs in Alaska?

Breaking the cycle of Adverse Childhood Experiences in Alaska is no small task, but there are steps we can all take toward making a difference.

- Learn more about ACEs and resilience. You can read about the ACEs study and more online at acestoohigh.com, acestudy.org and alaskachildrenstrust.org.
- Support programs that encourage healthy relationships and parenting practices such as family support groups and home visiting programs.
- Teach others about ACEs and trauma-informed practices.
- Evaluate and overcome your own ACEs by practicing resilience.

Together, we can reduce ACEs in Alaska and create a healthy, supportive and safe community for future generations to come.

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Juneau

Family Pages

Resource Directory for families with children ages birth to eight

Family Fun! -Museums, Libraries, Activities & More

Museums & Libraries

Father Andrew P. Kashevaroff State Library, Archives, and Museum, 907-465-2910 - Located at 395 Whittier St. This state museum is fun for the whole family!

Juneau-Douglas City Museum, 907-586-3572 - Located at 114 W. 4th St. Hours and price depend on the time of year, so make sure to call ahead.

Mendenhall Glacier Visitor Center, 907-789-0097 - Drop by this hotspot to learn about the glacier, interact with the exhibits and enjoy the special programs offered throughout the year.

Marie Drake Planetarium - Come and see the stars! The planetarium, located in the Marie Drake building downtown, is a unique Juneau resource. It models the sky anytime, even when the weather is miserable, it has a 30 foot dome ceiling, and is equipped with many projectors, in addition to the stars and planets. Programs are presented throughout the year by the Friends of the Marie Drake Planetarium. Check out their event calendar at www.mariedrakeplanetarium.org.

Juneau Public Libraries.....www.juneau.org/library

Weekly and special events at three locations. In addition to board books, picture books, magazines, novels and information resources, you can find puzzles and games. ALL EVENTS ARE FREE. All families are welcome. Visit the website for current event schedule, Storytime and Toddler Time hours.

- **Valley Branch, 907-789-0125**

Located at 3025 Dimond Park Loop. Features a large children's area with blocks, trains and reading cubbies children can climb.

- **Downtown Juneau Public Library, 907-586-5249**

Located at 292 Marine Way, on the top floor of the Marine Park Garage. Parking on the lower level, letter spaces. Elevator button "L" for Library. Enjoy some of the best views in town and another great children's area!

- **Douglas Public Library, 907-364-2378**

Located at 1016 3rd Street, Douglas. Shares building with the Douglas Fire Hall, parking below building with inside stair access. Handicap parking in front of building. Kids' area includes a boat and great view of Sheep Mountain avalanche zone. What can you I-Spy display in lobby?

Outdoor Fun

Campfire – Head out to a shelter a local beach park. Be sure to pack marshmallows!

Sledding – Juneau is home to great hills, so grab a sled and show your kids what fun winter can be. Try the hills behind Auke Bay Elementary, Floyd Dryeden Middle School, or Salmon Creek Dam.

Stargazing – Find a clear night, drive to the Glacier and look for constellations, or make up your own!

Bike Riding – Refer to "Stroller-Friendly Trails" on 'Beach Walks and Trails' to get ideas for a spin.

Fly a Kite – Sandy Beach and the Wetlands are just two open places where a little wind can mean a LOT of fun.

Alaska State Park Cabins – Rent a cabin for a fun family getaway. Kowee Meadow is an easy, family-friendly hike (3 miles), <http://dnr.alaska.gov/parks/cabins/south>. Or you can book an easy access cabin at Eagle Beach (short walk): <https://www.reserveamerica.com/explore/eagle-beach-state-recreation-area/AK/1180932/overview>.

US Forest Service Cabin – Rent a cabin for a fun family getaway. Easiest is Windfall Lake (3 miles) www.fs.fed.us/recreation/reservations/ or www.recreation.gov.

Cross Country Skiing – You're never too young (or old) to learn! Gear can be rented for a fee from Eaglecrest or Foggy Mountain Sports (downtown).

Jensen-Olson Arboretum – Located just past mile 23 north of downtown Juneau, open year round, free of charge! Visit and enjoy the beauty of flowers and trees and the nationally-accredited collection of primula. Call 907-789-0139 for more information.

Pools, Gyms and Playing Fields

Augustus Brown Pool, 907-586-5325 -

JuneauPools.org

Located at 1619 Glacier Ave. Classes and open swim available for children and adults alike! Call or go online to check out the schedule and fees.

Dimond Park Aquatic Center, 907-586-2782 -

www.juneau.org/parkrec/pool. This family-friendly facility features water slides, a lazy river and children's pool.

Dimond Park Field House, 907-364-3734

[https://juneau.org/parks-recreation/dimond-park-field-house](http://juneau.org/parks-recreation/dimond-park-field-house) Located at 2961 Riverside Drive. This 29,000 square foot indoor turf field is the perfect solution for those who need to run, regardless of the weather! The facility hosts a "Turf for Tots" program that runs Monday-Friday and gives your little ones (ages 5 and under) a chance to run and play. Call for prices and times.

Mt. Jumbo Gym, 907-364-2568 - www.juneau.org/parkrec/gyms/preschool.php. 909 4th St. in Douglas.

Drop by this historic school gymnasium for Preschool Open Gym, Monday-Friday from 10:30am to 12:00pm. The program is for children ages 1-6 and cost is \$1 per child.

Treadwell Ice Arena, 907-586-0410 - www.juneau.org/parkrec/icerink/

105 Savikko Rd. in Douglas. This indoor skating rink boasts hockey, parent/tot and open skates. Check online or call for schedule and price. (Open August–April)

Continued...

Zach Gordon Youth Center, 907-586-2635 - juneau.org/parks-recreation/zach-gordon/zgyc

396 Whittier St. This is a supervised recreation center primarily for youth. Drop-in youth activities include ping-pong, pool, Wii, movies, board games, foosball, racquetball, basketball, weights and arts and crafts. There is also a climbing wall available for both youth and adult access.

I Spy an Animal!

There are lots of places in Juneau that you and your children can enjoy 'wildlife' viewing in the safest way. Take a look at some of these indoor options.

DIPAC Fish Hatchery , 907-463-4810, 2697 Channel Dr.

The underwater fish viewing window is open 24 hours a day, and you can also look down into the holding pens. For \$5 per child and adult you can have a full tour, and go inside to see the salt water aquariums. Children under two can visit for free. Hours: June-August, Mon-Fri 10am - 6pm, Sat-Sun 10am - 5pm. October-April, tours and aquarium viewing are by appointment only and is free! Call to schedule.

Juneau Airport – They may be stuffed, but these bears and wolves are sure to impress your little one! Tour the taxidermy spectacle located throughout the airport.

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Juneau

Family Pages

Resource Directory for families with children ages birth to eight

Family Fun! -Playgrounds

Douglas

Bonnie Brae Rotary Park - Approximately 4 mile on North Douglas. Turn left onto Wee Burn and a small playground is at the top of the hill on the left hand side. Swings, a colorful climbing structure, picnic table and bench.

Sayéik Gastineau School - Corner of Third and "I" Streets. Swings, slides, climbing structure, monkey bars, basketball courts, rock climbing wall and benches make for a good time playground.

Sandy Beach - At the very end of Third Street in Douglas. Play structure includes swings, infant swings, climbing structure, slides plus picnic shelters, beach access and public restrooms during summer months. Beautiful long shallow beach!

Downtown

Capital School - Fifth and Main. Slides, basketball court, climbing structure, and a specialized area with climbing structures for little ones.

Cathedral Park - Fifth and Gold. Grassy area with benches and a drinking fountain. Next to the historical Russian Orthodox Church.

Chicken Yard Park - Sixth & Kennedy. Swings, slide, basketball courts and a colorful climbing structure.

Cope Park - Capital and Calhoun. Baseball/soccer field, slide, infant swings, swings, climbing structure, drinking fountain, picnic tables, and restrooms. Be careful of the swiftly moving Gold Creek close by. Cool in the morning, but afternoon sun warms this park up!

Harborview School - Glacier Ave and Twelfth. Climbing structures, swings, monkey bars, covered play area/basketball courts and a unique "ball chute". Side entrance to the large playground is located on the harbor side of the covered play area.

Lemon Creek

Project Playground - Twin Lakes. Juneau's largest playground including climbing structures, swings, slides, a small artificial turf field and a poured-in-place play surface.

Sigoowu Ye, "Fun Place Park" - Off Davis Street on the corner of Pine and Patti. Among the trees you will find swings, monkey bars, picnic tables, benches, slides and it's all fenced in.

The Valley

Adair Kennedy Park - At Floyd Dryden Middle School off the Loop Road. There is a large track and field/football/soccer area, baseball field, basketball and tennis courts, as well as a playground area which includes swings, climbing structure, monkey bars, slides, and picnic tables. Lots of variety!

Auke Bay School - A short distance beyond DeHart's at Auke Bay. Includes both upper and lower playgrounds. Slides, swings, a climbing structure, monkey bars, basketball court/covered play area, small baseball field and a sandbox all make this a great play area for all ages. A nature trail is located behind the playground for nature enthusiasts.

Glacier Valley School - Take a right turn immediately after the overpass on the Loop Road, and the school is straight ahead. There is a covered play area/basketball court, swings, climbing structure, monkey bars, baseball field and a "snake" (similar to teeter-totter). Portable toilet available on site.

Kaxdigoowu Héen (Riverbend) School - Located off Riverside Drive next to Dimond Park. This playground has slides, climbing equipment, basketball court, and an open area that is great for running.

Melvin Park - Off Riverside Drive, this park has baseball/soccer fields, a climbing structure with slides, picnic tables, benches and a small grassy hill to play on. Restrooms and drinking fountain available. Lots of activity at this park year round!

Mendenhaven "Hidden Park" - Off Mendenhall Blvd., across the creek from Birch Street, there are swings, a climbing structure, slides, monkey bars, a picnic table and a grassy area for play.

Mendenhall River School - Take the last left on Back Loop Road before Mendenhall River. This great play area has swings, a climbing structure, monkey bars, basketball court/covered play area, slides and a baseball/soccer field. Portable toilet available.

Riverside Rotary Park - Small park located off Riverside Drive. It has infant and regular swings, a climbing structure, monkey bars, sandbox, slides and picnic tables. A small paved path around the pond makes for great biking for little ones and a nice walk. Portable toilet and drinking fountain available on site.

University Housing - Located off Back Loop Road. Small playground that includes swings, a climbing structure, monkey bars, teeter-totter, slides and a basketball court.

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Family Fun! -Beach Walks & Trails

Beach Walks

Tide books tell you what the low and high tides will be for each day of the year and can be found for FREE at banks, grocery and most hardware stores. -An essential tool for planning!

Eagle Beach – Eagle Beach is 27 miles north of Juneau along Glacier Highway with views of Lynn Canal and the Chilkat Mountains. Large beach and river bars offer beachcombing and fishing. Be mindful of the time as the tide comes in quickly.

False Outer Point – This beach walk is located at 11.5 mile on North Douglas and leads to a wonderful beach for tidal pool exploration on low tides. Be sure to look for shells and other beach treasures!

Point Louisa – Just past Auke Rec., take the trail out to the point! This is another great location for viewing and exploring sea creatures.

Sandy Beach – Downtown Douglas. Created from mine tailings from long ago, this sandy beach is perfect for building sand castles and running barefoot. It is also a favorite spot for dogs so expect to see many four-legged friends!

Shaman Island – Accessible by both the Outer Point and Rainforest Trails, a half mile before the end of North Douglas Highway. This easy mile-long walk is on boardwalk or gravel trail. You can only get to the island by foot during a minus tide so plan accordingly. An excellent spot for exploring tide pools. Don't get stranded on the island -the tide floods back quickly!

Wetlands – Take the trail at the end of Radcliffe (near the airport runway), the Wetlands viewing area (off of Egan Drive) or Sunny Point to view the channel going dry at a minus tide. Be sure to wear boots and give yourself plenty of time to get back as the tide floods in quickly.

Easy Berry Picking Patches

Basin Road – Thimbleberries and salmonberries - Many of the side trails off Basin Road have berries. Thimbleberries resemble raspberries and ripen later in the season than salmonberries.

Eaglecrest – Blueberries– Park on any of the side trails on the way up, or later in the season try the areas around the beginner ski hills, or the lower end of the Nordic trails.

Stroller Friendly Trails

Airport Wetlands – Park at the end of Radcliff Road and enjoy this sunny, flat trail. Time it right and you can experience the planes landing and taking off overhead!

Auke Lake Trail – This trail and floating boardwalk is great for exploring and bird-watching! Park at UAS or the boat launch and enjoy the walk around the lake.

Dockside and Downtown – View the beautiful streets of downtown while window shopping and then watch for gulls along the wooden walking dock by the library.

Douglas Glory Hole – Access a waterfall via the trail behind the Sandy Beach playground. The walk is less than 1/2 mile and the powerful waterfall is sure to thrill.

Kaxdigouwahneedei (Brotherhood Bridge) – This wide and easy path is paved from Brotherhood Bridge (by Safeway) to the end of River Road on Back Loop. Plenty of stopping points with benches and garbage receptacles, sunny spots and shaded areas. Great for bikes, trikes, strollers, roller blading or just walking.

Mendenhall Glacier – About a mile past the Back Loop cut-off is the main parking lot. Watch for tourist busses and peer into the beaver ponds on the way.

Outer Point Trail – This updated loop trail is now stroller-friendly and meets ADA guidelines! The trailhead is located at about 12-mile on North Douglas, just past the steeper Rainforest Trail. Enjoy the flat walk to the beach, through meadows and woods, and then explore the tide pools or have a picnic on the water.

The Seawalk – Start at the Whale Park next to the Douglas bridge. Enjoy the newly installed totem poles, the many picnic tables, covered shelter and stairs to the beaches. Watch for Salmon in the summer!

Twin Lakes – One mile of paved, lakeside trail right next to Project Playground (to be completed in September of 2018) off of Old Glacier Highway. Take a few minutes to explore the United Way Born Learning trail going up to the gazebo.

The University – Enjoy the great path from the University complex up to student housing. Stop at the playground at Housing and then venture back via University Drive and Back Loop Road.

For more hike/walk ideas, be sure to pick up a copy of **90 Short Walks Around Juneau** or **Juneau Trails at the Glacier Visitor Center** or local library.

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