



# Family Pages

2011-2012 Directory  
for families with children ages birth to eight



[www.southeastfamilies.org](http://www.southeastfamilies.org)

# Table of Contents

Parenting and Pregnancy Support	4
Early Learning Resources	6
Adult Education and Employment	8
Food, Housing and Transportation	9
Medical Care	11
Mental Health Services & Family Stress	13
Crisis Contacts	15
Family Fun in Juneau	17

[www.southeastfamilies.org](http://www.southeastfamilies.org)



- Calendar of events
- Local resources
- Links
- Sign up for Juneauparents.com listserve

[www.unitedwayseak.info](http://www.unitedwayseak.info)



United Way  
of Southeast Alaska

- Information about 35 partner agencies
- Volunteer Opportunities
- Donate On-Line
- Or call 463-5530



You've heard of 911. You've probably used 411, and now there is 211. It is a new statewide system that connects people with needed human services through an easy to remember number. Information is also available online at [www.alaska211.org](http://www.alaska211.org).

**The Family Pages** is a guide to the many resources available in Juneau to support families with young children. It was put together by Partnerships for Families and Children. We hope it is helpful to all.

Partnerships for Families and Children works collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support the health, growth and development of children.

## Partnerships Member Agencies

AEYC

AWARE

Association of Alaska School Boards

Bartlett Beginnings

Catholic Community Services

Communities In Schools

Juneau Family Health & Birth Center

Juneau Public Health

Juneau School District

Juneau Youth Services

Alaska Center for Resource Families

Office of Children's Services

REACH, Inc.

SEARHC

SERRC/The Learning Connection

Tlingit and Haida Headstart

United Way of Southeast Alaska

USCG Work/Life

US Army National Guard

This guide was funded through AEYC-SEA with funds from Best Beginnings.

AEYC

3100 Channel Drive, Suite 215

Juneau AK 99801

789-1235

Info@aeyc-sea.org



We apologize for any errors or omissions in this guide. Please contact the PFC Coordinator with any corrections or additions. A copy of this booklet may be downloaded from [www.southeastfamilies.org](http://www.southeastfamilies.org).

# BEST BEGINNINGS

## Alaska's Early Childhood Investment

# Parenting and Pregnancy Support

## Association for the Education of Young Children (AEYC)

789-1235 Main, 1-888-785-1235 Toll Free outside of Juneau  
3100 Channel Drive, Suite 215  
www.aeyc-sea.org

Are you looking for an early learning program for your child? AEYC provides **thread** childcare referrals to early learning programs. Families who qualify for childcare assistance who have children with special needs, can apply for additional financial support. We also have a lending library with parent resources.

## **Bartlett Regional Hospital.....796-8424**

### **Bartlett Beginnings: Family Birth Center**

3260 Hospital Drive  
www.bartletthospital.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.

## **Big Brothers Big Sisters.....586-3350**

110 Seward Street, Suite 2  
www.bbbsak.org

Positive role models, mentors, trusted friends or just good company for a child between the ages of 6 and 18 living in a single parent home. One year commitment, all participants interviewed and screened for best match outcome.

## **Care Net ..... 789-9599, 1-800-508-HOPE**

9328 Glacier Highway #51B (Behind the Valley Restaurant)

24 hour emergency counseling services. Free pregnancy testing, support and referral to community services in a caring and confidential atmosphere.

## **Planned Parenthood ..... P: 1-800-230-7526 F: 907-523-5026 Juneau Health Center**

3231 Glacier Hwy. ▪ Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

## Family Pages

### **Family Resource Center ..... 463-6180**

Catholic Community Service  
419 6th Street  
www.ccsjuneau.org

Services and programs to assist today's families with anger management, financial literacy, advocacy, leadership, parenting and support groups. Services for children of incarcerated parents and family wellness activities.

### **Juneau Family Health & Birth Center..... 586-1203**

1601 Salmon Creek Lane, Juneau AK 99801  
info@juneaubirthcenter.org ▪ www.juneaubirthcenter.org

Complete care for the entire family, with an income based fee structure for all services. Medicaid, Medicare, Denali KidCare and insurance are all accepted. No one will be turned away for inability to pay. Services offered include: Midwifery Clinic & Birth Center: free pregnancy testing and initial consultation. Complete pregnancy care including home birth, water birth and birth center birth. Doula support available. Family Health Clinic: Physician and PA care for clients of all ages. We accept new patients for family health services including physicals, sick visits, labs and checkups. Family Support Programs: Pregnancy, childbirth, parenting and wellness classes are offered free to the community. Weekly parenting support groups for new parents and parents of toddlers. Free community lending library and regular community events. See website for calendar.

### **Stone Soup ..... 321-8311**

www.stonesoupgroup.org

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.

### **Young Parent and Healthy Teen Center ..... 463 Kids (5437)**

Catholic Community Services  
Zach Gordon Youth Center, 396 Whittier St.  
www.ccsjuneau.org

A drop-in center where parenting and expectant youth and teens can explore their options with someone who will listen to their individual concerns. Assistance may be provided in financial readiness, relationships, parenting and life skills.

# Early Learning Resources

## **Association for the Education of Young Children (AEYC)**

789-1235, 1-888-785-1235  
1100 Channel Drive, Suite 215  
www.aeyc-sea.org

Wide range of early childhood services. Includes helping parents find care, assist programs to enhance quality of early learning, training, conferences, child nutrition, and public awareness about children's issues. If you are interested in starting an early learning program, or a position in early care and education, call the AEYC and **thread** Child Care Resource and Referral Network office.

## **Catholic Community Service .....463-6124, 1-800-505-6124 Childcare Financial Assistance Program**

419 6th Street  
www.ccsjuneau.org

Aids low to medium income families with the cost of child care as they work or participate in education or training programs.

## **Juneau School District..... 523-1700**

Mailing: 10014 Crazy Horse Drive, 99801  
www.juneauschools.org

Juneau School District has 4 preschool programs\* and six elementary schools, including a charter school and a Montessori program. Preschools are offered M-TH with a morning or afternoon session.

Schools:

Auke Bay Elementary School	463-1775
*Gastineau Elementary School	463-1999
Glacier Valley Elementary School	463-1801
*Harborview Elementary School	463-1875
Juneau Community Charter School	586-2526
*Mendenhall River Elementary School	463-1799
*Riverbend Elementary School	463-1819

## **RALLY (School Based)..... 780-1410**

10014 Crazy Horse Drive 99801  
www.juneauschools.org

School based programs located at each of the elementary schools for before and after school care. Offered for grades K through 5. Covers in-service days, winter, spring and summer breaks.

**Juneau School District Special Education Student Services .... 523-1763**

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

**REACH—Infant learning program ..... 586-8228**

213 Third Street  
www.reachak.org

Parents who are concerned about the health or development of their child under three can access free developmental screenings and evaluations. The REACH ILP offers a variety of specialized home-based services including family support training and education, as well as physical, speech and language therapy for eligible young children and their families.

**Tlingit and Haida Head Start..... 586-1432, 1-800-344-1432**

9301 Glacier Highway Suite 110  
www.ccthita.org

Comprehensive child development program that includes parents, families and communities. Emphasizes education, health, nutrition, overcoming disabilities, social services, and staff development. Priority give to low-income, prenatal through pre-kindergarten aged children.

**Center locations:**

Douglas, 201 Cordova Street	586-2199
Salmon Creek, 4675 Glacier Hwy	780-2581
Gastineau 1507 3rd St., Douglas	790-1880
Taashuka, 2500 Sunset Dr.	789-1512
Glacier Valley School	463-1801
Valley Headstart, 2500 Sunset Dr.	790-2431

**Tlingit and Haida Child Care Services ..... 463-7137**

320 W. Willoughby Avenue  
www.ccthita.org

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

# Adult Education & Employment

## **Alaska Commission on Post Secondary Education ..... 465-2962**

3030 Vintage Blvd..... 1 800 441 2962  
www.state.ak.us/acpse

Student loans to help pay for undergraduate or graduate studies.

## **Alaska Division of Vocational Rehabilitation ..... 465-8943**

10002 Glacier Highway (Job Center Building) Suite 305  
www.labor.state.ak.us/dvr

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

10002 Glacier Highway  
www.jobs.state.ak.us (choose 'job seeker resources' or 'Alaska's Job Bank')

Job listings on the bulletin board. Find jobs online, resume building assistance, workshops offered to help find and get employment.

## **The Learning Connection**

Downtown 586-5718  
Gruening Park 780-6706  
Toll free 1-800-478-6660  
www.serrc.org/tlc

GED and adult education (including English as a Second Language classes), early childhood education, computer training, job assistance programs and family literacy programs to families with children under age 8. TLC also provides after-school programs at their Geneva Woods and Gruening Park locations.

## **University of Alaska Southeast (UAS) ..... 796-6000**

11120 Glacier Highway..... 1-877-465-4827  
www.uas.alaska.edu

## **YaKoos Daakahidi ..... 523-1800**

1208 Glacier Highway

Classes available to pregnant and parenting mothers and fathers.

## Food, Housing, and Transportation

### **Alaska Housing Finance Corporation..... 586-3750**

3410 Foster Avenue

Section 8 (private sector housing) and low income rental (owned by the Alaska Housing Authority) assistance. All housing dependent upon income guidelines.

### **Capital Transit..... 789-6901**

[www.juneau.org/capitaltransit](http://www.juneau.org/capitaltransit)

Call for bus schedule or find them at the library.

### **The Glory Hole..... 586-4159**

247 South Franklin Street

Downtown soup kitchen serves three meals a day. Serves the homeless and limited income people. Provides a food bank, free showers, laundry, and medical referrals.

### **Heating Assistance Program..... 465-3066**

400 Willoughby, Suite 301

[www.hss.state.ak.us/dpa/program/hap](http://www.hss.state.ak.us/dpa/program/hap)

Help with home heating expenses for home owners and renters. Eligibility based on household income.

### **Helping Hands..... 789-4390**

6590 Glacier Hwy.

[bkaplure@gmail.com](mailto:bkaplure@gmail.com)

Call for hours of operation. \$1 donation for supplies taken from the warehouse food bank.

### **Housing Assistance Program ..... 780-6666**

1800 N Wood Dr.

Helps families find and maintain housing, including assistance with applications, move-in deposits and addressing other barriers.

### **Love in the Name of Christ (Love INC)..... 780-4091**

P.O. Box 35432 99803

[www.loveincjuneau.org](http://www.loveincjuneau.org)

Network of 26+ Christian Churches, committed to helping Juneau families with spiritual, physical, and emotional needs. Central Clearinghouse to receive requests for assistance. Monetary assistance not available. Phone calls only please.

**Tlingit and Haida Regional Housing Authority ..... 780-6868**

5446 Jenkin Drive  
Mailing: P.O. Box 32237 Juneau, Alaska  
www.thrha.org

Subsidized housing opportunities to low and moderate income families who have at least one Alaska Native or Native American in their household.

**St. Vincent De Paul ..... 789-5535**

8617 Teal Street  
www.svdpjuneau.org

Shelter and transitional housing for 24 homeless families.  
Thrift store for clothing and household items.

**Salvation Army ..... 586-2136**

439 West Willoughby Avenue

Service includes food bank, weekly church, bible study, youth outreach, women's ministries and visits to nursing homes. Thank-giving Day community meal and Christmas basket and gifts for children. Thrift store with clothing and household supplies.

**Southeast Alaska Food Bank ..... 789-6184**

2435 Industrial Blvd

Food bank for perishable food items.

**Tlingit and Haida Tribal Family & Youth Services ..... 463-7162**

320 W. Willoughby Avenue, Suite 300  
www.ccthita.org

Financial assistance to Alaska Natives 18 years or older without a high school diploma or not able to work due to illness. Budgeting assistance, emergency medical funds, and counseling also available.

**Women, Infants, & Children Program (WIC)  
463-4099, 1-800-330-2229**

3245 Hospital Drive, (dental building)  
www.searhc.org/wic

A supplemental food and nutrition program designed 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. Same day services provided at our weekly walk-in clinics: Wednesdays from 1-6:30pm, and Thursdays from 9am to 3:30pm.

## Medical Care

### What is a Medical Home?

A “Medical Home” is where you can count on having medical care coordinated by a health care professionals that you know and trust.

### Why is it important to find a Medical Home

- Your health care provider and office staff know you 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 1-888-318-8890 or visit the website at [www.hss.state.ak.us/dma/DenaliKidCare](http://www.hss.state.ak.us/dma/DenaliKidCare) to apply. There is no cost to families who qualify.

### Medical Home Options for Kids in Juneau

**Valley Medical Care** ..... **586-2434**

1801 Salmon Creek Lane - Several doctors and nurse practitioner.  
[www.valleymedicalcare.com](http://www.valleymedicalcare.com)

**Glacier Pediatrics** ..... **586-1542**

1600 Glacier Avenue - Several pediatricians and nurse practitioners.

**Rainforest Pediatrics** ..... **463-1210**

3268 Hospital Drive Suite D - A pediatrician and nurse practitioner.

**SEARHC** ..... **463-4040**

3245 Hospital Dr. 99801

[www.searhc.org](http://www.searhc.org)

Tribal Health Consortium serves health interests of Native people of Southeast Alaska.

**Jordan Creek Family Health Care:.....789-1600**  
8800 Glacier Highway, Suite 218 - A family doctor and nurse practitioner.

**Juneau Family Health & Birth Center.....586-1203**  
1601 Salmon Creek Lane - Family practice doctor, physicians assistant, medical assistant.

**Family Practice Physicians:.....789-2910**  
10301 Glacier Highway - Several family practice doctors and physicians assistants.

**Wellspring.....789-1812**  
2231 Jordan Avenue - Family practice doctor, nurse practitioners, naturopathic physician.

**Rainforest Naturopathic Medicine .....523-2102**  
324 4th Street, #202 - Naturopathic physician

**Emily Kane .....586-3655**  
418 Harris Street - Naturopathic physician

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

**Juneau Public Health Center .....465-3533**  
3412 Glacier Highway (by Twin Lakes Playground)

**Juneau Family Health & Birth Center.....586-1203**  
1601 Salmon Creek Lane - Family practice doctor, physicians assistant, medical assistant.

**Dentists who accept Medicaid**

**SEARHC Dental .....463-4041**  
3245 Hospital Drive - Has a pediatric dentist, Dr. Kim Hort.

**Dr. Laskey .....586-9616**  
641 W. Willoughby Ave., Suite 204

**Dr. Reiderer.....789-3100**  
9309 Glacier Highway, Building B

**Other medical services**

**Southeast Urgent Care ..... 790-4111**  
8505 Old Dairy Rd.

Providing family medicine, such as physicals, well-care with immunizations, infectious diseases, injuries, allergies, and respiratory problems on a walk-in basis. Hours include evenings and weekends.

**Planned Parenthood .....P: 1-800-230-7526 F: 907-523-5026**  
**Juneau Health Center**

3231 Glacier Hwy. ▪ Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

## Mental Health Services & Family Stress

### **Alaska Center for Resource Families ..... 790-4246**

9109 Mendenhall Mall Rd

Alaska Center for Resource Families provides training, support and referrals to Alaska adoptive, foster and guardianship families.

### **Alaska Youth & Family Network ..... 321-2213**

[www.ayfn.org](http://www.ayfn.org)

Parents trained as “peer navigators” can help support parents of children with mental health, substance abuse, autism or fetal alcohol syndrome needs. This includes finding available resources, negotiating services, understanding systems and terminology, and advocating for your child’s rights.

### **Bartlett Mental Health Outpatient Psychiatric Services ... 586-8498**

3240 Hospital Drive ▪ [www.bartletthospital.org](http://www.bartletthospital.org)

Psychiatric therapy or medication management for families and young children.

### **JUMPP ..... CONTACT YOUR FAMILY PHYSICIAN OR PUBLIC HEALTH NURSE**

If you are experiencing stress as a parent, it is likely your child is also experiencing stress; whether from a loss in the family, health issues, financial worries, or conflicts in the home. Many medical providers in Juneau are using a locally produced “Family Stress Checklist” to help refer families to local resources and / or monthly family stress sessions with family counselors. JUMPP - Juneau United Medical Providers and Parents (JUMPP) is a pilot project started through Communities In Schools, supported by Partnerships for Families and Children, which is housed at Glacier Pediatrics. There is no charge to participants for the family sessions, but you must be referred by a pediatrician, family Physician, or public health nurse. Ask about JUMPP at your next well-child check-up.

### **Denali Kid Care ..... 1-888-318-8890**

Medical assistance, insurance and billing questions 1-800-211-7470  
P.O. Box 240047, Anchorage 99524-0047 ▪ [www.hss.state.ak.us/dhcs/DenaliKidCare](http://www.hss.state.ak.us/dhcs/DenaliKidCare)

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

### **Juneau Family Health & Birth Center.....586-1203**

1601 Salmon Creek Lane ▪ [www.juneaubirthcenter.org](http://www.juneaubirthcenter.org)

Family Support Programs include parenting classes, support groups, and an on-site case manager. Free lending library and community events. A Family Health Clinic and midwifery Clinic that function on an income based fee structure, including donated healthcare. Medicare and DKC accepted.

**Juneau Youth Services.....789-7610**

Intake and assessment center 789-4733

2075 Jordan Ave. ▪ www.jys.org

For children struggling with social, emotional, or behavioral problems. Team of highly qualified counselors is available to assess needs and access the services best suited to your child.

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

3412 Glacier Highway

Immunization, tuberculosis treatment, and sexually transmitted illness treatment. Home visits for high risk families. Well child checkups, pregnancy testing and referral, and family planning services for uninsured children and low income families.

**Juneau FASD Diagnostic Clinic .....463-7373**

Diagnosis of children so they can get the help they need to grow to their full potential.

**Juneau Teen Health Center .....523-1635**

Located in the Marie Drake Building

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.

**REACH—Infant learning program .....586-8228**

213 Thirst Street ▪ www.reachak.org

Parents concerned about the health or development of their child under three can access free developmental screenings. Specialize home-based services including family support training and education, as well as physical, speech and language therapy for those eligible.

**Southeast Regional Health Consortium (SEARHC)**

3245 Hospital Drive ▪ Medical 463-4040 ▪ Dental 463-4041

Offers a outpatient services for Alaska Natives and their families, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, physical therapy and behavioral health. Wellness programs also provided.

**NEW! SEARHC Help Line 24/7 every day!..... 1-877-249-0074**

A new service from SEARHC for Southeast Alaska residents, for personal or family crisis matters. You talk to a real counselor. Confidential, effective, and compassionate.

**www.juneamentalhealth.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 on-line survey for signs of depression, and what to do if you know someone that is suicidal.

## Crisis Contacts

**AWARE ..... 586-6623**

P.O. Box 20809 *24 hour crisis hotline 586-1090 or 1-800-478-1090*  
Juneau, AK 99802 *www.awareak.org*

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.

**Suicide Prevention Hotline ..... 1-877-266-4357**

Crisis counselors are ready for your call if you are in suicidal crisis, emotional crisis, or family crisis.

Here are some way to be helpful to someone who is threatening suicide: (from [www.juneaumentalhealth.org](http://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 796-8427 or Careline 1-877-266-4357

**Juneau Police Department..... 586-0600**

Emergencies 911

**Crime Line ..... 586-4243**

Anonymous alternative to provide information to the police department. Monetary awards often available for information leading to an arrest.

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

**Alaska State Troopers..... 465-4000**

Non-emergencies

**Child Abuse and Neglect..... 465-1650**

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

**Coast Guard ..... 1-800-478-5555**

**Red Cross..... 463-5713**

Southeast Alaska Service Center  
3225 Hospital Drive, Suite 202  
[muellerer@usa.redcross.org](mailto:muellerer@usa.redcross.org)

# Family Fun!

## PLAYGROUND HOPPING

### Douglas

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

**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 on this island playground.

**Bonnie Brae Rotary Park** - Approximately 4 mile North Douglas. Turn on Bonnie Doon Street and the small playground is up to wards the right hand corner of the subdivision. Two swings (one for little ones), monkey bars, a bright colorful climbing structure, picnic table and bench.

### Downtown

**Capital School** - Fifth and Main. There are slides, a basketball court and a climbing structure.

**Cathedral Park** - Fifth and Gold Street. Grassy area with benches and drinking fountain. Right next to the historical Russian Orthodox Church.

**Chicken Yard Park** - Sixth & Kennedy streets. Swings, slide, basketball courts and a colorful climbing structure all make this a great "in town" playground.

**Cope Park** - Capital and Calhoun Streets. Baseball and later in the summer a soccer field, tennis courts, slide, infant swings, wings, climbing structure, drinking fountain and picnic tables. Be careful of the swiftly moving Gold Creek close by. Cool in the morning, but great afternoon sun warms this park up! Restrooms available on site.

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

### Lemon Creek

**Project Playground** - designed and built by the community of Juneau in 2007, this playground

boast the most play equipment of any park in town! With tunnels, swings, castles and boats your little one is sure to keep busy. Restrooms, picnic tables and a large grassy lawn also make this spot a great place to be. Explore some of the activities on the United Way Born Learning trail going up to the gazebo!

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

## The Valley

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

**Adair Kennedy Park** - This recreational area is located at Floyd Dryden School off the Loop Road. Take a right turn after the school zone lights. 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!

**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 the 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. There is also a play area in the back which has swings, tire swings and a merry-go-round. Portable toilet available on site.

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

**Auke Bay School** - Just a short distance beyond DeHart’s at Auke Bay, this school has 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 those nature enthusiasts.

**Riverbend School** - Located off Riverside Drive next to Diamond Park. This playground has slides, climbing equipment, basketball court, and an open area great for running.

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

**Melvin Park** - off Riverside Drive, this park has baseball/soccer fields, a climbing structure with slides, picnic tables, benches and small grassy hills to play on. Restrooms and drinking fountain available on site. Lots of activity at this park during all months of the year!

## BEST LOW-TIDE 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 stores and most hardware stores. Be sure to grab this essential Southeast tool to plan your next beach walk!

**Shaman Island** – A half mile before the end of North Douglas Highway, this easy mile walk is on boardwalk. You can only get to the island by foot during a minus tide so plan accordingly. Find starfish, sea urchins, sea anemones and more! Be sure and leave these live critters here and don't get stranded on the island, as the tide floods back quickly!

**Eagle Beach** – Eagle Beach is 27 miles north of Juneau along the Glacier Hwy with views of Lynn Canal, the Chilkat Mountains, and the Juneau Mountains. Large beach and river bars offer excellent beachcombing and fishing. Whales, sea lions, and seal frequent the ocean nearby but be careful! The tide comes in quickly on this shallow beach so watch the time.

**Sandy Beach** – created from mine tailings from long ago, this long 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!

**False Outer Point** – This trail is located at 12.4 Mile on North Douglas Hwy and leads to a wonderful beach for tidal pool exploration on low tides. Be sure to look for shells and other beach treasures!

**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 wonder at the variety of birds. Give yourself plenty of time to get back as the tide will flood quickly.

**Point Louisa** – Just past Auke Rec. Beach. This is another great location for viewing and exploring sea creatures.

## STROLLER FRIENDLY TRAILS

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

**Twin Lake** – One mile of paved lakeside trail right next to Project Playground off of Old

Glacier Hwy. Take a few minutes to explore the United Way Born Learning trail going up to the gazebo.

**Mendenhall Glacier** – From the Back Loop cut-off to the parking lot is about a mile. Watch for tourists busses and peer into the beaver ponds on the way.

**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.

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

## Family Pages

**Douglas Glory Hole**— access this beautiful 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.

**Airport Wetlands**— Park at the end of Radcliff Road and enjoy this sunny, flat trail. If your kids are airplane enthusiasts be sure to plan your walk so you can experience the planes landing and taking off from the end of the runway!

*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 at the Centennial Hall Forest Service Counter.*

## 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.

**Engineer's Cutoff** – Blueberries, Salmonberries: Park on the road connecting Fritz Cove and Engineers Cutoff, just past the Mendenhall Peninsula Road. Called Blueberry Trail, you can also enjoy the great view up on the ridge.

**Bessie Creek Trail** – Salmon Berries: 34 mile Glacier Hwy, across the highway and 200 feet before the road into the tourist boat dock north of Yankee Cove. Berries galore!

## OTHER OUTSIDE FUN

- 1. Campfire** – build one in the backyard or head out to a shelter along the beach at Auke Recreation area out the road. Be sure to pack marshmallows!
- 2. Sledding** – Juneau is home to great hills AND plenty of snow so grab a sled and show your kids what fun winter can be.
- 3. Stargazing** – find a clear night, drive to the Glacier and wonder at all the stars in the heavens.
- 4. Bike Riding** – refer to “Stroller Friendly Trails” on the previous page to get ideas for a spin.
- 5. Fly a Kite** – Sandy Beach and the Wetlands are just two open places where a little wind can mean a lot of fun.
- 6. Alaska State Park Cabins** – rent a cabin for a fun family getaway. Cowee Meadow is the easiest, most family friendly hike (3 miles) <http://dnr.alaska.gov/parks/cabins/south.htm>
- 7. US Forest Service Cabin** – rent a cabin for a fun family getaway. Easiest is Windfall Lake (3 miles) <http://www.reserveamerica.com/>
- 8. Cross Country Skiing** – You're never too young (or old) to learn! Gear can be rented for a fee from Eaglecrest ([www.juneau.org/eaglecrest](http://www.juneau.org/eaglecrest)) or Foggy Mountain Sports (downtown).

## RAINY DAY FUN

### JUNEAU'S INDOOR ZOOS

**Swampy Acres** – 10400 Glacier Hwy. Sing 8-10 verses of “Old MacDonald” while visiting pigs, chickens, peacocks, rabbits, horses and more!  
Appointments required, call 789-7253

**DIPAC Fish Hatchery** – 2697 Channel Dr., near the Juneau Empire Building. The underwater fish viewing window is open 24 hours a day, and you can also look down into the holding pens. For \$1.75 per child and \$3.25 per adult you can have a full tour, and go inside to see the salt water aquariums. Hours: Mon – Fri 10am – 6pm, Sat – Sun 10am – 5pm: May 1 – September 30.

**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.

**Wee Fishie Shop** – 8757 Glacier Hwy, #102 – Juneau’s largest pet store and a great place to see lizards, snakes and fish while shopping for your four legged friends.

**Gastineau Humane Society** – 7705 Glacier Hwy- swing by Monday – Saturday from 2:00– 5:00pm to visit the cats, dogs and other animals up for adoption.

### MUSEUMS

**Mendenhall Glacier Visitor Center:** 789-0097 Drop by this hotspot to learn about the glacier; interact with the exhibits and check in on the special programs offered throughout the year.

**Marie Drake Planetarium:** 586-6862 Every Tuesday at 6:00pm 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.

**Alaska State Museum** – 465-2901 Located at 395 Whittier Street. Hours and price depend on the time of year so make sure to call ahead before trekking out. Free admission the first Friday of every month!

**Juneau Douglas City Museum** – 586-3572 Located at 155 S Seward St. Hours and price depend on the time of year so make sure to call ahead . Free admission during the winter.

## POOLS AND GYMS AND FIELDS, OH MY!

**Dimond Park Field House:** 523-4910 Located at 2961 Riverside Drive. This 29000 square foot indoor turf field is the perfect solution for those who need to run, regardless of the weather! The facility host a "Turf for Tots" program which runs Monday-Friday and gives your little ones (age 5 and under) a chance to run the sillies out while playing with other children. Call for prices and times. [www.dimondparkfieldhouse.org](http://www.dimondparkfieldhouse.org)

**Zach Gordan Youth Center:** 586-2635, 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. [www.juneau.org/parksrec/youthcenter](http://www.juneau.org/parksrec/youthcenter)

**Southeast Alaska Gymnastics Academy:** 789-7440 This facility offers a variety of classes. Call the number above for a schedule.

**Juneau Dance Unlimited:** 463-5327, 8420 Airport Blvd. Suite 202. JDU features ballet for students of all ages and levels of ability. Call for a schedule and prices. [www.juneaudance.com](http://www.juneaudance.com)

**Mt. Jumbo Gym:** 364-2568, 909 Fourth St. in Douglas. Drop by this historic school gymnasium for Preschool Open Gym, Monday– Friday from 10:30– 12:00pm. The program is for children aged 1-6 yrs and cost is \$1 per child. [www.juneau.org/parkrec/gyms/preschool.php](http://www.juneau.org/parkrec/gyms/preschool.php)

**Augustus Brown Pool:** 586-5325, 1619 Glacier Ave. Classes and open swim available for children and adults alike! Call or go online to check out the schedule and fees. [www.juneau.org/parkrec/pool/](http://www.juneau.org/parkrec/pool/)

**Diamond Park Aquatic Center:** Slated to open March 2011, this family friendly facility features water slides, a lazy river and childrens pool. Call 586-0472 for more information!

**Treadwell Ice Arena:** 586-0410, 105 Savikko Rd. This indoor skating rink boasts hockey, parent/tot and open skates. Check online or call for schedule and price. (Open September– April) [www.juneau.org/parkrec/icerink/index.php](http://www.juneau.org/parkrec/icerink/index.php)

# **Index**

## Family Pages

<b>A</b>	Alaska Commission on Post Secondary Education	8
	Alaska Division of Vocational Rehabilitation	8
	Alaska Housing Finance Corporation	9
	Alaska State Troopers	15
	Association for the Education of Young Children (AEYC)	4,6
	Augustus Brown Swimming Pool	21
	AWARE	15
<b>B</b>	Bartlett Mental Health Outpatient Services	13
	Bartlett Regional Hospital, Bartlett Beginnings Family Birth Center	4
	Big Brothers Big Sisters	4
<b>C</b>	Capital Transit	9
	Care Net	4
	Catholic Community Services, Childcare Financial Assistance Program	5,6
	Child Abuse and Neglect	15
	Coast Guard	15
	Crime Line	15
<b>D</b>	Denali Kid Care	11,13
	Dr. Laskey	12
	Dr. Reiderer	12
	Dimond Park Field House	21
<b>E</b>	Emily Kane	12
<b>F</b>	Family Practice Physicians	12
	Family Resource Center	5
<b>G</b>	The Glory Hole	9
<b>H</b>	Heating Assistance Program	9
	Helping Hands	9
	Housing Assistance Program	9
<b>J</b>	Jordan Creek Family Health Center	12
	Juneau Family Health & Birth Center	5, 12,
	Juneau FASD Diagnostic Clinic	14
	Juneau Job Center	8
	Juneau Police Department	15
	Juneau Public Health Center	12,14
	Juneau School District	6
	Juneau School District Special Education Student Services	7
	Juneau Teen Health Center	14
	Juneau Youth Services	13, 14

## Family Pages

<b>L</b>	The Learning Connection	8
	Love in the Name of Christ (Love INC)	9
<b>M</b>	Mt. Jumbo Gym	21
<b>O</b>		
<b>P</b>	Planned Parenthood of Alaska	4
	Playground	16-17
	Poison Control	15
<b>R</b>	RALLY (School Based)	6
	REACH—Infant learning program	7, 14
	Rainforest Naturopathic Medicine	12
	Red Cross	15
<b>S</b>	Salvation Army	10
	SEARHC Dental	12
	Southeast Alaska Food Bank	10
	Southeast Alaska Gymnastics Academy	21
	Southeast Regional Health Consortium (SEARHC)	14
	Southeast Urgent Care	12
	St. Vincent De Paul	10
	Stone Soup	5
	Suicide Prevention Hotline	15
<b>T</b>	Tlingit and Haida Child Care Services	7
	Tlingit and Haida Head Start	7
	Tlingit and Haida Regional Housing Authority	10
	Tlingit and Haida Tribal Family & Youth Services	10
<b>U</b>	University of Alaska Southeast (UAS)	8
	United Way of Southeast Alaska	2
<b>W</b>	Women, Infants, & Children Program (WIC)	10
	Wellspring	12
	Wildli	
<b>Y</b>	YaKoos Gei Daakahidi	8
	Young Parent and Healthy Teen Center	5
<b>Z</b>	Zach Gordon Youth Center	21

The End