

# Community Resource List

*Anchorage and Mat-Su, Alaska*

## Contents

Abused Women Shelters & Support Groups .....	1
Addiction Services .....	1
Birth Centers.....	1
Birth (& Postpartum) Doulas .....	2
Breastfeeding Support.....	3
Child Abuse Protection Agencies.....	4
Childbirth Education.....	4
Childcare Options .....	4
Chiropractic, Massage, Reiki Practitioners .....	4
Community Services & Programs .....	5
Early Intervention Programs (babies with special needs) .....	5
Family Doctors/Pediatricians.....	5
Infant Massage Classes.....	5
Incest/Sexual Abuse Support Groups.....	5
Maternity/Nursing Clothes.....	5
Midwives .....	6
Multiple Birth Groups/Associations .....	6
Naturopathic Services .....	6
Obstetricians.....	6
Parent Support Groups.....	6
Perinatal Loss Support Groups .....	7
Postpartum Resources and Support.....	7
VBAC Support Groups.....	7
*Recommended Websites.....	7
*Suggested Reading .....	7



## Abused Women Shelters & Support Groups

### **Alaska Women's Network**

8601 Susitna Drive Anchorage, AK 99516  
[www.alaskawomensnetwork.org/](http://www.alaskawomensnetwork.org/)

### **AWAIC (Abused Women Aid in Crisis)**

100 West 13th Avenue Anchorage, AK. 99501  
24 Hour Crisis Line: 907-272-0100  
Office Phone: (907)279-9581  
[www.awaic.org/](http://www.awaic.org/)

### **Clare House**

4110 Spenard Road Anchorage, AK 99517  
Phone: (907)222-7300  
[www.cssalaska.org/html/programs/clare-house.php/](http://www.cssalaska.org/html/programs/clare-house.php/)

## Addiction Services

### **Anchorage Area Intergroup**

615 East 82nd Ave. - Rm #B8 Anchorage, AK 99518  
AA 24 Hour Hotline (907) 272-2312  
[www.anchorageaa.org/](http://www.anchorageaa.org/)

### **Alcohol Safety Action Program**

303 K Street, Anchorage, AK 99501  
(907)264-0735

### **Narcotics Anonymous**

Anchorage & Wasilla  
Phone: (907)277-5484  
<http://www.akna.org/>

## Birth Centers

### **Geneva Woods Birth Center**

3730 Rhone Circle Suite 101 Anchorage, AK 99508  
Phone: (907)561-5152  
[www.midwivesatgenevawoods.net/](http://www.midwivesatgenevawoods.net/)

### **Heritage Birth Center**

445 W 9th Ave Anchorage, AK 99501  
Phone: (907)770-6655  
[www.heritagebirthcenter.com/](http://www.heritagebirthcenter.com/)

### **Integrated Women's Wellness & Center For Birth**

780 S. Snodgrass Dr, Palmer AK 99645  
Phone: (907)357-7781  
www.akbirth.com/

**One Family Birth Center**

1108 E. Northern Lights STE C Anchorage, AK 99508  
Phone: (907)349-3054  
www.onefamilybirthcenter.com/

**MatSu Midwifery**

2650 East Broadview Avenue Wasilla, AK 99654  
Phone: (907)373-3420  
www.matsumidwifery.com/

**The Birth Place**

231 East Swanson Ave. Wasilla AK 99654  
Phone: (907)373-2672  
www.windsongmidwifery.com/

**Birth (& Postpartum) Doulas**

---

**Dayna Brockman**

Phone: (907)539-7829

**Maranda Bower**

Phone: (907)947-7722  
www.SerenityGrows.com

**Crystal Cecil**

Phone: (907)230-6608  
www.blossomingbelliesdoula.weebly.com

**Anna Cha**

Phone: (907)242-4408  
www.beautifulbirthingak.com/

**Taylor Huskey**

907-764-3411  
www.angelblossombirths.com

**Teresa Dickson**

Phone: (907)354-8986

**Wendy Gardner**

Phone: (907)336-7614

**Tammy Gifford**

Phone: (907)444-9377

www.northernblessingsdoula.webs.com

**Amy Hayes**

Phone: (907)440-9188

**Jessica Jans**

Phone: (907)254-0982

**Megan Jones**

Phone: (907)854-1470

**Erin Knoch**

Phone: (907)344-6975

**Shelby Larson**

Phone: (907)854-5779  
www.amourdoula.com

**Rachel Lords**

Phone: (907)775-3318  
www.facebook.com/AkDoula/

**Krista Lysogorski-Whitlock**

Phone: (907)242-2312  
www.AlaskanBeginnings.com/

**Karina Magana**

Phone: (907)350-1802

**Jillian Morrissey**

Phone: (907)715-2381

**Elaura Nevares**

Phone: (907)227-6697  
www.facebook.com/kokopellidoula

**Noelle Nicholas**

Phone: (907)727-5651  
www.heartseasebirthservices.weebly.com

**Autumn Otts**

Phone: (907)242-6075

**Nikalee Rath**

Phone: (907)232-7842  
www.matsudoula.com/

**Brenna Reynolds**

Phone: (907)223-5322

[www.facebook.com/forgetmenotdoualas](http://www.facebook.com/forgetmenotdoualas)

**Jennifer Allison**

907-317-1500  
[Moonbellies09@yahoo.com](mailto:Moonbellies09@yahoo.com)

**Heather Reier**

Phone: (907)350-3671  
[www.anchoragedoula.com/](http://www.anchoragedoula.com/)

**Julieann Dahlke**

907-378-3664  
[doulajules@mail.com](mailto:doulajules@mail.com)

**Megan Stone**

Phone: (907)884-0644

**Terra Wamack**

Phone: (907)350-1999

**Cathy White**

Phone: (907)351-8326

**Kaleigh Bowden**

907-317-2482  
[akgentlebirth@outlook.com](mailto:akgentlebirth@outlook.com)

**Kate Heaslet**

Phone: 907-250-2162  
[www.facebook.com/belugabellydoula](http://www.facebook.com/belugabellydoula)  
[belugabellydoula@gmail.com](mailto:belugabellydoula@gmail.com)

**Kate McMahon**

[YourVoiceDoulaServices@gmail.com](mailto:YourVoiceDoulaServices@gmail.com)  
[YourVoiceDoulaServices.com](http://YourVoiceDoulaServices.com)  
907-947-7867

**Breastfeeding Support**

---

**Alaska Breastfeeding Coalition**

P.O. Box 211124 Anchorage, AK 99521-1124  
Phone: (907)315-9079  
[www.alaskabreastfeeding.com/](http://www.alaskabreastfeeding.com/)

**Alaska WIC**

Phone: (907)343-4500; (907)343-4668  
[www.dhss.alaska.gov/dpa/Pages/nutri/wic/](http://www.dhss.alaska.gov/dpa/Pages/nutri/wic/)

**Geneva Woods Midwifery**

Sarah Stevens IBCLC (Lactation Consultant)

3730 Rhone Circle Ste 102 Anchorage, AK 99508

Phone: (907)561-5152  
[www.midwivesatgenevawoods.net/](http://www.midwivesatgenevawoods.net/)

**La Leche League of Alaska**

Phone:(907)903-7507  
[www.llli.org/web/alaska.html](http://www.llli.org/web/alaska.html)

**North Star Lactation**

Anchorage, Alaska 99504  
Phone: (907)337-5245

**The Children's Clinic**

4001 Dale St #213, Anchorage, AK 99508  
Phone: (907) 562-2944  
<http://www.tccpeds.com/>  
*Lactation support for clients only*

**The Nursing Boutique & Clinic**

PAMC - A Tower, Suite 150, Entrance 4  
3200 Providence Drive Anchorage, AK 99508  
Phone: (907)212.5886  
[www.alaska.providence.org/locations/pamc/services/childrens/maternity/Pages/NursingBoutique.aspx](http://www.alaska.providence.org/locations/pamc/services/childrens/maternity/Pages/NursingBoutique.aspx)

**Facebook Alaska Breastfeeding Community**

[www.facebook.com/groups/akbfaware/](http://www.facebook.com/groups/akbfaware/) AND  
[www.facebook.com/pages/Human-Milk-4-Human-Babies-Alaska/](http://www.facebook.com/pages/Human-Milk-4-Human-Babies-Alaska/)

**Kate McMahon**

[YourVoiceDoulaServices@gmail.com](mailto:YourVoiceDoulaServices@gmail.com)  
[YourVoiceDoulaServices.com](http://YourVoiceDoulaServices.com)  
907-947-7867

**Embracing Birth Services**

Cristen Kolb  
503-919-0233

**Womb Service Birth Doula**

Rachael Bruno  
907-360-162  
[rachael.bruno83@gmail.com](mailto:rachael.bruno83@gmail.com)

**Exodus Doula Services**

Marquetta Zidrashko

907-775-3996 mzidrashko@gmail.com  
<http://exodusdoulaservices.weebly.com/>

**Vanessa Perry**

Postpartum Doula  
907-953-7008  
hopemends.com

**Child Abuse Protection Agencies**

---

**Alaska Department of Health and Social Services**

Office of Children Services  
Anchorage: 1-800-478-4444  
Southcentral: 1-855-352-8934

**RID Alaska of Child Abuse**

(Resources and Information Directory)  
PO Box 35595, Juneau, Alaska 99803  
[www.ridalaskaofchildabuse.org/](http://www.ridalaskaofchildabuse.org/)

**AK Child & Family**

4600 Abbott Road Anchorage, AK 99507  
Phone: (907)346-2101  
[www.akchild.org/](http://www.akchild.org/)

**Childbirth Education**

---

**Birth Alaska**

Cindy Earley-Stienke  
Phone: (907)344-6210  
[www.birthalaska.com/](http://www.birthalaska.com/)

**Birthing From Within**

Jennifer Allison  
Phone: (907)317-1500

**HypnoBirthing at ANMC**

Janet Kirsch, CNMW  
Office: (907)729-4336

**W · I · S · E Women Informed, Supported & Empowered**

Sarah Artel  
209-483-1114  
sarahartel@yahoo.com  
[www.wisebeginnings.com](http://www.wisebeginnings.com)

**Maggie Morock**

907-715-2654  
[www.denalidoula.weebly.com](http://www.denalidoula.weebly.com)

**Providence Medical Center**

Phone: (907)212-8474  
<http://alaska.providence.org/locations/pamc/service/s/childrens/maternity/Pages/parenting.aspx>

**Serenity Grows**

Maranda Williamson, ICCE ICPFE  
Phone: (907)947-7722  
[www.SerenityGrows.com](http://www.SerenityGrows.com)

**Jennifer Allison**

907-317-1500  
Moonbellies09@yahoo.com

**Alaska Gentle Birth Services**

Kaleigh Bowden  
907-317-2482  
akgentlebirth@outlook.com

**Kate Heaslet**

Phone: 907-250-2162  
[www.facebook.com/belugabellydoula](http://www.facebook.com/belugabellydoula)  
belugabellydoula@gmail.com

**Childcare Options**

---

**Municipality of Anchorage**

Child Care Licensed Programs  
Phone: (907)343-4758  
<http://www.muni.org/Departments/health/community/Pages/Child.aspx>

**Thread Alaska**

3350 Commercial Dr, Suite 203 Anchorage, AK 99501  
Phone: (907)265-3100  
[www.threadalaska.org/](http://www.threadalaska.org/)

**Chiropractic, Massage, Reiki Practitioners**

---

**Balanced Health Chiropractic**

Dr. Jennifer Lovedahl  
6831 Jewel Lake Road Anchorage, AK 99502  
Phone: (907)245-0807  
[www.movewellalaska.com/](http://www.movewellalaska.com/)

**Gray Chiropractic Health Clinic**

Dr. Jennifer Waldroup Gray  
360 E International Airport Rd Anchorage, AK 99518

Phone: (907) 563-7700  
www.graychirohealth.com/

### **Life Family Chiropractic**

Dr. Stacey Lowe  
850 E. USA Circle, Suite B Wasilla, AK 99654  
Phone: (907) 373-HEAL (4325)  
www.lifefamilychiro.net/

### **Whole Family Chiropractic**

Dr. Jessica Dachowski  
600 East 36th Avenue STE 300 Anchorage, AK 99503  
Phone: (907) 562-3060  
www.wholefamilychiropractic.com/

## **Community Services & Programs**

---

### **Brother Francis Shelter**

1021 E 3rd Avenue Anchorage, AK 99501  
Phone:(907)277-1731  
www.cssalaska.org/html/programs/brother-francis.php/

### **Covenant House**

609 F Street Anchorage, AK 99501  
Phone:(907)272-1255  
www.covenanthouseak.org/

### **Crisis Pregnancy Center**

4231 Lake Otis Parkway Anchorage, AK 99508  
Phone(907)337-9292  
www.cpcanchorage.com/

### **The Salvation Army**

1712 A Street Anchorage, AK 99501  
Phone:(907)277-2593  
www.salvationarmy.org/

### **YWCA Alaska**

324 E 5th Ave Anchorage, AK 99501  
Phone:(907)644-9600  
www.ywcaak.org/

## **Early Intervention Programs (babies with special needs)**

---

### **Catholic Social Services**

3710 E. 20th Avenue Anchorage, AK 99508  
Phone:(907) 222-7300

www.cssalaska.org/

### **Programs for Infants and Children - PIC**

161 Klevin St. Ste 103, Anchorage, AK 99508  
Phone:(907)561-8060  
www.picak.org/

## **Family Doctors/Pediatricians**

---

### **Anchorage Pediatric Group**

3340 Providence Dr BLD A, STE 500 Anchorage AK  
Phone:(907)562-2423  
www.apgkids.com/

### **La Touche Pediatrics**

3340 Providence Dr. STE 452 Anchorage, AK 99508  
Phone:(907)562-2120  
www.latouchepediatrics.com/

### **The Children's Clinic**

4001 Dale St., Ste. 213 Anchorage, AK 99508  
Phone:(907)562-2944  
www.tccpeds.com/

## **Infant Massage Classes**

---

### **Providence Alaska Medical Center**

Through the Maternity Center  
3200 Providence Drive Anchorage, AK 99508  
Phone:(907)212-8474

## **Incest/Sexual Abuse Support Groups**

---

### **Alaska Child Abuse Response & Evaluation Services**

4050 Lake Otis Pkwy, Suite 205 Anchorage, AK  
Phone: (907)561-8301 or (907)786-8900  
www.alaska.providence.org/

### **Standing Together Against Rape, Inc (STAR)**

1057 W. Fireweed Ln. STE 230 Anchorage, AK 99503  
Phone: (907)276-7279  
www.staralaska.com/

## **Maternity/Nursing Clothes**

---

### **Motherhood**

320 West 5th Avenue Anchorage, AK 99501  
Phone: (907)278-2233  
www.motherhood.com/

### **Providence Nursing Boutique**

3200 Providence Drive Anchorage, AK 99508  
Phone: (907)212-5886

## Midwives

---

### Alaska Birthing

Susan Terwilliger LM, CDM, CPM  
11517 Old Glenn Highway Eagle River, AK 99577  
Phone: (907)694-1123  
[www.alaskabirthing.com/](http://www.alaskabirthing.com/)

### Childbirth With Love

Chinmayo Forro, CDM  
Phone: (907)274-3168  
[www.childbirthwithlove.com/](http://www.childbirthwithlove.com/)

### Geneva Woods Midwifery

3730 Rhone Circle Suite 101 Anchorage, AK 99508  
Phone: (907) 561-5152  
[www.midwivesatgenevawoods.net/](http://www.midwivesatgenevawoods.net/)

### Heritage Birth Center

Kirsten Gerrish, CDM & Lena Kilic, CDM  
Autumn Loken, CDM & Jennifer Hoadley, CNM  
Heritage Birth Center  
Anchorage and Palmer Locations  
Phone: (907)770-6655  
[www.heritagebirthcenter.com/](http://www.heritagebirthcenter.com/)

### Wholistic Midwifery

Stella Lyn, CPM CDM  
2904 Doris St. Unit B, Anchorage AK 99517  
Phone: (541)261-3537(cell) or (907)646-2992  
[www.wholisticmidwifery.com/](http://www.wholisticmidwifery.com/)

### One Family Birth Center

Kinsey Ward, CDM  
1108 E Northern Lights Blvd STE C Anch, AK 99508  
Phone: (907)349-3054  
[www.onefamilybirthcenter.com/](http://www.onefamilybirthcenter.com/)

### Integrated Women's Wellness & Center for Birth

Tara Elrod CDM, Dr. Elrod & Dr. Wayman  
950 E. Bogard Rd. Suite 212 Wasilla, Alaska 99654  
Phone:(907)357-7781  
[www.akbirth.com/](http://www.akbirth.com/)

## Multiple Birth Groups/Associations

---

### C.L.I.M.B. Inc

PO Box 91377, Anchorage, Alaska 99509  
[www.climb-support.org/](http://www.climb-support.org/)

### The Twins and Multiple Births Association (Tamba)

[www.tamba.org.uk/](http://www.tamba.org.uk/)

## Naturopathic Services

---

### Alaska Health Improvement Center

240 E Tudor Rd STE 110, Anchorage, AK 99503  
Phone: (907)743-3040  
[www.nutritionalhealthimprovementcenter.com](http://www.nutritionalhealthimprovementcenter.com)

### Alaska Natural Health Solutions

1917 Abbott Rd #101 Anchorage, AK 99507  
Phone: (907)569-5757  
[www.alaskanaturalhealthsolutions.com](http://www.alaskanaturalhealthsolutions.com)

### Avante Medical Center

915 W. Northern Lights Blvd Anchorage, AK 99503  
Phone: (907)770-6700  
[www.avantemedicalcenter.com/](http://www.avantemedicalcenter.com/)

### Ellenburg Center – Natural Medicine

3500 LaTouche Street Anchorage, AK 99508  
Phone: (907)563-2366  
[www.drellenburg.com/](http://www.drellenburg.com/)

### Natural Health Center

3330 Eagle Street Anchorage, AK 99503  
Phone:(907)561-2330  
[www.nhcak.com/](http://www.nhcak.com/)

## Obstetricians

---

### Integrated Women's Wellness & Center for Birth

Glen Elrod OB-GYN & Dr. Wayman, Tara Elrod CDM  
950 E. Bogard Rd. Suite 212 Wasilla, Alaska 99654  
Phone:(907)357-7781  
[www.akbirth.com/](http://www.akbirth.com/)

### Dr. Owen R. Bell, MD

2501 East 42nd Avenue Anchorage, AK 99508  
Phone:(907)-561-1925  
[www.drowenbell.com/](http://www.drowenbell.com/)

## Parent Support Groups

---

### Alaska Youth and Parent Foundation

3745 Community Pk Lp STE 202 Anch, AK 99508  
Phone:(907)243-9504; [www.aypf.ak.org/](http://www.aypf.ak.org/)

### Parents Anonymous

4743 E. Northern Lights  
Phone:(907)-337-7678  
[www.parentsinc.org/](http://www.parentsinc.org/)

### **Victims for Justice**

921 West 6th Ave, Anchorage, AK 99501  
Anchorage Phone:(907)278-0977  
Outside Anchorage: 1-888-835-1213

### **Perinatal Loss Support Groups**

---

#### **The Compassionate Friends at Providence Hospital**

3200 Providence Drive Anchorage, Alaska 99508  
Phone:(907)248-1063

#### **Parents Reaching Out**

2100 Boniface Parkway, Anchorage, AK 99504  
Phone:(907)338-3838  
[www.zionak.org/](http://www.zionak.org/)

#### **Forget Me Not Grief Program**

2612 E. Northern Lights Blvd Anchorage, AK 99508  
Phone:(907)561-5322  
[www.hospiceofanchorage.org/](http://www.hospiceofanchorage.org/)

### **Placenta Specialist**

---

#### **W · I · S · E Women Informed, Supported & Empowered**

Sarah Artel  
209-483-1114  
[sarahartel@yahoo.com](mailto:sarahartel@yahoo.com)  
[www.wisebeginnings.com](http://www.wisebeginnings.com)

#### **Wholistic Midwifery**

Stella Lyn, CPM CDM  
2904 Doris St. Unit B, Anchorage AK 99517  
Phone: (541)261-3537(cell) or (907)646-2992  
[www.wholisticmidwifery.com/](http://www.wholisticmidwifery.com/)

#### **AK Doula**

Rach Lords  
907-775-3318  
[Akdoulalords@gmail.com](mailto:Akdoulalords@gmail.com)

### **Postpartum Resources and Support**

---

#### **Counseling Alaska, LLC**

Becca Love, MS LPC  
110 W 15th Ave A, Anchorage, AK 99501  
Phone:(907)317-2387  
[www.counselingalaska.com/](http://www.counselingalaska.com/)

#### **Counseling Solutions of Alaska**

701 E Tudor, STE 136 Anchorage AK 99508

Phone: (907) 644-8044

#### **The Maternity Education Center Providence**

Margi Clifford, LPC RYT  
The Children's Hospital at Providence, Anchorage  
Phone(907)212-2065

#### **Providence Family Support Counseling**

Joclyn Reilly  
Phone: (907) 212-4940

#### **Postpartum Belly Wraps by Forget-Me-Knot Doula**

Brenna Reynolds  
Phone: (907) 223-5322  
[www.facebook.com/forgetmenotdoula](http://www.facebook.com/forgetmenotdoula)

#### **Kate Heaslet**

Phone: (907) 250-2162  
[www.facebook.com/belugabellydoula](http://www.facebook.com/belugabellydoula)  
[belugabellydoula@gmail.com](mailto:belugabellydoula@gmail.com)

### **VBAC Support Groups**

---

#### **ICAN of South Central Alaska**

Chapter Leaders Tammy Gafford, Lynalice Bandy,  
Michelle Hoag and Gloria VanDuddledorp  
Phone:(907)444-9377

### **\*Recommended Websites**

---

#### **Alaska Birth Network**

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

#### **Cesarean Rates**

[www.cesareanrates.com/](http://www.cesareanrates.com/)

#### **The Birth Survey**

[www.thebirthsurvey.com/](http://www.thebirthsurvey.com/)

#### **Turning Breech Babies**

[www.spinningbabies.com/](http://www.spinningbabies.com/)

### **\*Suggested Reading**

---

#### **Gentle Birth, Gentle Mothering**

By: Sarah Buckley

#### **Childbirth Without Fear**

By: Grantly Dick-Read

**Thinking Woman's Guide to a Better Birth**

By: Henci Goer

**Pregnancy, Childbirth and the Newborn**

By: Penny Simkin

**Ina May's Guide to Natural Childbirth**

By: Ina May Gaskin

**Journey Into Motherhood**

By: Menelli

**After the Baby's Birth: A Woman's Way to Wellness**

By: Lim

**The Birth Partner**

By: Penny Simkin

**The Labor Progress Handbook**

By: Penny Simkin

**Gentle Birth Choices**

By: Barbara Harper

**The Womanly Art of Breastfeeding**

By: La Leche League International