FAMILY RESOURCE BOOKLET DIRECTORY OF HOMER SERVICES FOR CHILDREN AND THEIR PARENTS



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Sprout Family Services

3691 Ben Walters Lane Suite #4 Homer, Alaska 99603 **907 235-6044** Website: www.sproutalaska.org Email: office@sproutalaska.org

Best Beginnings www.bestbeginningsalaska.org

A public-private partnership that mobilizes people and resources to ensure all Alaska children begin school ready to succeed. Website provides resources and information for parents, caregivers, individuals, professionals and childcare workers who support early childhood education. **The Family Resource Booklet** is a guide to resources available in the Homer area that support families. Compiled by the Homer Early Childhood Coalition's Community Support work group, we hope it is helpful to all.

Homer Early Childhood Coalition (HECC) is a group of local non profit agencies and individuals who support early learning in Homer and outlying areas.

Our coalition has several work groups focusing on strengthening families and promoting resiliency:

- Language & Literacy supporting new and existing literacy services for parents, professionals and child care providers including children storyhours, trainings, and resources such as the website www.growingreaders.org.
- **Parent and Provider Engagement & Education** supporting parenting workshops and early childhood education presentations and trainings.
- **Community Support** raising awareness through Week of the Young Child events, community cafes, Early Childhood Wellness Fair, local and state government outreach.
- **Playspaces** supporting positive, safe and age appropriate playspaces for young children in both indoor and outdoor locations around the Homer area, Focusing currently on the Bayview Park Restoration Project
- **Resiliency** Promoting supportive relationships: Focusing on outreach and resiliency education

To find out more about **HECC** and to volunteer join our Facebook group: Homer Early Childhood Coalition Partners on the Peninsula *pop411.org*: under "Infant, Children, and Youth" MAPP *mappofskp.net*: under "Projects"



To contact the Coalition, e-mail: HECCcoordinator@gmail.com

CRISIS CONTACTS AND QUICK RESOURCE REFERENCE

Emergency 911 The Center Community Mental Health Center 907-235-7701 Includes 24 hr day / 7 days a week crisis line. South Peninsula Hospital 907-235-8101 South Peninsula Haven House crisis line 1-800-478-7712 Poison Control 1-800-222-1222 Homer Police Department 907-235-3150 Alaska State Troopers (emergencies) 907-235-8239 (non emergencies) 907-465-4000 Office of Children Services to report 907-465-1650 Homer Office 907-235-7114 Suicide Prevention Hotline 1-877-266-4357 Adult Protective Services 1-800-478-9996 Alaska Legal Services 1-888-478-2572 Homer Court House 907-235-8171 Human Rights Commission 1-800-478-4692 Immigration and Naturalization Services 1-800-375-5283 Lawyer Referral Services 1-800-770-9999 Wage & Hour Dept of Labor 907-269-4900 Worker's Compensation 907-269-4980

More Local & Statewide Resources

Alaska 211 Statewide phone and website system that connects people with needed human services. Call 211 or website *www.alaska211.org*

www.POP411.org Homer area resource for human service agencies listing phone numbers, websites, service information, location, etc.

Alaska Parent Line 1-800-643-5437 (KIDS) free phone support to get answers to all your parenting questions from trained parent educators 12 hours a day, seven days a week.

Best Beginnings Website provides resources and information for parents, caregivers, individuals, professionals and childcare workers who support early childhood education. *www.bestbeginningsalaska.org*

The MAPP Coalition is a locally-driven coalition that aims to foster connections and build on our strengths to improve our individual, family, and community health. Contact Coordinator at *mappofskp@gmail.com* or 907-235-0570

New to Town?

Here are some suggestions for learning more about the area, activities, and events:

Homer Chamber of Commerce & Visitor Center

907-235-7740 or www.homeralaska.org Provides "Relocation Packet" with info on utilities, services, schools, activities, etc.

Homer News *www.homernews.com* Weekly Thursday paper, online community events calendar.

Homer Tribune *www.homertribune.com* Weekly Wednesday paper, online community events calendar.

KBBI *www.kbbi.org* AM890 local radio station, daily community calendar and events.

KWAVE 105FM, KBAY 93.3FM, KPEN 102FM, KGTL AM620 Local radio stations, daily community calendars and events.

Homer Public Library *500 Hazel Avenue, 907-235-3180* Computers for use, wifi, books, movies, music, wonderful children's library, bulletin board with upcoming events.

WIFI Most coffee shops have wifi available. Check with the Homer Chamber of Commerce & Visitor Center for more information on wifi spots.

U. S. Coast Guard Cutter Hickory Contact Information

Cutter Contact Information

Commanding Officer USCGC Hickory (WLB 212) 4688 Homer Spit Road Homer, AK 99603 Phone 907-235-5233 Cell 907-299-1121 Fax 907-235-5391

USCG Homer Housing

4105 White Alder Ct #214 Homer, AK 99603-7110 Phone 907-235-2637

Work Life

Work Life Staff 1-800-872-4957 x317 24 hr Family Advocacy Line 1-800-222-0364

PREGNANCY & PARENTING SUPPORT RESOURCES

<u>Medical</u>

Homer Medical Clinic Midwifery, The West Wing

907-435-3040 Full scope midwifery care for women throughout the lifespan. IBCLC Lactation Consulting and wellness exams.

Homer Birth Network

907-235-9157, Homer@birthnetwork.org.

Our mission is to promote the awareness and availability of mother-friendly maternity care. We host events, workshops and support meetings for new and expecting parents. We publish the Birth and Beyond: A Resource for Families free guide listing local providers who have endorsed the Mother-Friendly childbirth initiative. Contact for local doula information.

Rite of Passage Midwifery

Amy Huffman Reedy, CDM 1020 East End Rd. 907-299-0158

Support Alaska Center for Resource Families

1-800-478-7307, 907-279-1799 Anchorage, acrf.org Statewide training, referral services, individual support and information to those who are or are interested in becoming foster parents, adoptive parents, relative caretakers or guardians. Provides training necessary to become foster parents or to meet ongoing requirements for maintaining a foster care license. Provides books and videos, self-study courses and on-site or telephonic trainings, as well as one on one support and training.

Alaska Youth and Family Network

(907)770-4979, www.ayfn.org

Statewide network of support services for families throughout Alaska. Offers individual support groups, peer navigation, and parent coaching, The AYFN provides the support necessary to help families with the challenges of parenting and understanding education and behavioral health systems.

What is Perinatal Mood and Anxiety Disorder?

Ten facts about pregnancy and postpartum depression and anxiety

- 1. You will recover. You are not alone.
- 2. You need regular breaks from babycare.
- 3. There is no quick fix. There is no one thing that will suddenly make PPD go away.
- You will feel better if you reach out to understanding people and express your feelings.
- 5. You will feel worse if you evaluate your life when you are having a bad day.
- 6. Remedies are individual and need to work for you.
- 7. You will feel better if you get outside regularly.
- 8. Recovery from Postpartum Depression or Anxiety goes in cycles.
- 9. Your child came to live with you and needs you to be true to yourself.
- 10. PPD does not mean you are a bad mother.

Wendy N. Davis, PhD., Counseling and Consultation

Information below provided by Juneau Partnerships for Families and Children Contact your medical provider for more information

Big Brothers Big Sisters of Homer

3691 Ben Walters Lane, PO Box 1034, 907-235-8391, bbbs.org Mentoring service for children age 6-18 years old (K-12th grades). Children are matched with an adult or High School student in school or community program. Matches meet typically 2-4 times per month in community or once per week in the school. Program is free for children and their families.

Homer Community Food Pantry Homer United Methodist Church

770 East End Road, 907-235-8528, humcalaska@gmail.com Monday10am-3pm

Emergency food for those in need. Grants provide additional emergency fuel and housing assistance. Eligibility is determined by grant requirements. Application is requested.

Homer Public Library

500 Hazel Ave, 907-235-3180, cityofhomer-ak.gov/library Free and open access to a variety of services, materials, children's programs (including story times and the all-ages summer program) and events. Library cards are free to residents.

Hospice of Homer

266 Pioneer Ave, 907-235-6899, hospiceofhomer.org Services for residents of the Southern Kenai Peninsula providing comfort, dignity and choice through care, support and education to those facing end-stage illness, the transition process of dying as well as to the frail, injured and isolated. Equipment available on loan for free to all community members in need, including all ages of children. Contact for bereavement services.

Independent Living Center

800-770-7911 or 907-235-7911

Our mission is as follows: "Promote choice, independence and quality of life for individuals and families living with disability." Assists individuals and families with resources, provides advocacy, and has a reference library.

Project FACTS (Fetal Alcohol Consultation and Training Services)

Debra Evensen, PO Box 756460, 907-235-2544, Debevensen@alaska.net, fasd.com

Provides training, technical assistance and support to schools, individuals, families and communities working with children affected by FASD and the alcohol related disabilities to maximize learning in children prenatally exposed to alcohol.



Stone Soup Group

Main: (907) 561-3701, Toll Free: (877) 786-7327, Anchorage www.stonesoupgroup.org Stone Soup Group (SSG) is a statewide 501(c)3 non-profit that

provides information, support, training and resources to assist families caring for children with special needs.

South Peninsula Haven House



3776 Lake Street Business: 907-235-7712 Crisis line: 907-235-8943

24/7 emergency shelter for women and children

24/7 confidential crisis hotline (907-235-8943)

- Legal Advocacy Program
- Children's Advocacy Center
- Support Groups for Survivors of Violence
- Homeless Assistance Program
- Transitional Housing -Prevention Programming (Girls on the Run, Green Dot, School Health)
- Child Care Food Program
- Car Seat Safety Check
- Economic Empowerment Program (Homer Thrift)

Haven House is a resource and advocacy organization that seeks to end domestic violence, sexual assault, child abuse, and other forms of violence on the Southern Kenai Peninsula. Haven House operates a 24/7 emergency shelter and crisis hotline, as well as offering support, safety planning, and legal advocacy. Haven House provides financial assistance for homeless individuals and families and transitional housing for survivors of violence. Haven House also operates The Children's Advocacy Center and coordinates the Southern Kenai Peninsula Child Protection Team and Sexual Assault Response Team. Haven House has an employment and job training program through Homer Thrift and provides a variety of support groups. They also coordinate various prevention programs and initiatives, such as Green Dot, Girls on the Run, and outreach in the schools.



Sprout Family Services

3691 Ben Walters Lane Suite #4 Homer, Alaska 99603 907 235-6044 Website: www.sproutalaska.org Email: office@sproutalaska.org

Overview

Sprout Family Services is a local non-profit organization that provides support to families and children to nurture early development.

Our Mission

To promote the healthy development of children and families.

Our Vision

All babies, toddlers and children reach their full potential.

Our Work

ALL CHILDREN and their parents can benefit from the menu of comprehensive child development services Sprout offers your community. We work across the Southern Kenai Peninsula and offer a variety of home visiting services, community playgroups, therapeutic services, a library of books and resources to support parent education and child literacy, and developmental screenings to help parents understand and respond to their child's developmental needs.

Services

- Infant Learning Program: A home visiting program for families with children experiencing or at risk for developmental delays.
- Families Together Program: A home visiting program, focusing on first-time parents, for families with children birth to 5. Intensive family preservation services to families in which children are in imminent danger of being placed out of home care.
- Three-Plus: A pediatric clinic for children 3 and older who can benefit from physical, occupational or speech therapy.
- Community Playgroups: Structured time for families to join one another in play and social support.
- Imagination Library: A free book giving program for children ages birth to five.
- Resource Lending Library: A wealth of resources including books, toys, and equipment that parents can check out.



South Peninsula Behavioral Health Services (The Center)

3948 Ben Walters Lane Homer, AK 99603 907-235-7701 www.spbhs.org

Mental Health Clinic and Developmental Disabilities Services for all ages. Partners with individuals, families and communities to enhance their health, productivity, and social engagement by offering compassionate and evidence based services in the areas of developmental disabilities, mental health, substance abuse and cooccurring disorders.

- **PRIDE Program,** 907-235-9287 Services for people of all ages who experience developmental disabilities by providing home and community based services. Our basic service is respite care or temporary relief for the parent or caregiver. We also provide a variety of support services that help people learn new skills and become more independent.
- STEPS (Students and Teachers Engaged with Parents and Specialists). Services provided within a school setting and provide a bridge between children, families and schools to assist young people in meeting behavioral health goals that promote school services. In addition staff provide individual and group services in the summer and during school breaks.

South Peninsula Hospital Pediatric Therapy Clinic, Rehabilitation Department

4300 Bartlett St., 235-0370

Offers a multidisciplinary team approach to care, including the child, family, and providers for children birth to adolescence. Services include occupational therapy, physical therapy, and speech therapy to address such areas as sensory integration, motor skills, social skills, and communication. Play-based sessions take place in a kid-friendly space with an adaptive climbing wall, swings, sensory-based equipment and a one-way mirror for parents to observe children in therapy sessions.

CHILD CARE RESOURCES

Licensed in Homer

Almost Home Child Care	Jeanie Schollenberg	907-235-7005
Faith Lutheran Preschool	Martha Henrickson	907-235-7600
Girassol Child Care Center	Rosana Moyer	907-299-4733
Homer Head Start	Martha Wagele	907-235-4322
Kim's Kinderhaus	Kim Duggar	907-235-5695
Mrs. M's Cozy Bears Daycare	Masha Yakunin	907-235-7035
Nikki's Daycare Small Pond Childcare Stay, Play, & Learn Other	Nikki Melkomukov Susannah Webster Faina Melkomukov	907-299-0416 907-226-2477 907-299-1788
Hanna's Hideaway	Hanna Young	907-299-1950
Jeanne's Learning Yurt	Jeanne Parker	907-235-6547

For a list of current, licensed child care and pre-school programs in the Homer area or more info on childcare:

Homer Chamber of Commerce

http://www.homeralaska.org/living-homer/local-service-clubs-groups/ licensed-child-care-providers-homer-area

State of Alaska Public Assistance:

https://dpasysops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx

Services and information for childcare businesses and families can also be found at:

thread

601 Frontage Road, Suite 204, Kenai 99611 907-299-7404 or 1-800-278-3723, threadalaska.org Free service answering questions about childcare, personalized child care referrals, parenting information, classes and a lending library.

The LeeShore Center, Childcare Assistance Program,

325 S. Spruce Street, Kenai, AK 99611, 907-283-4707 Provides reimbursement for child care expenses to families who are working and/or attending school.

Finding the right childcare program for your child can be tough. Take your time, ask questions, visit the programs. Remember that the right child care is the one that fits the needs of YOUR family.

Kenai Peninsula Borough School District

Homer

nomer	
Little Fireweed/Fireweed Academy	907-235-9728
Public charter school, K-6	
McNeil Canyon Elementary	907-235-8181
Public school, K-6	
Paul Banks Elementary:	
Public school, PreK-2, Special Ed Pre-K	907-226-1801
West Homer Elementary,	
Public school, 3-6	907-235-3750
Outside Homer area	
Chapman School	907-235-8671
Public school, PreK-8	
Nikolaevsk School	907-235-8972
Public school, K-12	
Kachemak Selo	907-235-5552
Public school, K-12	
Razdolna	907-235-6870
Public school, K-12	
Voznesenka	907-235-8549
Public school, K-12	
Ninilchik	907-714-0321
Public school, K-12	
Seldovia: Susan B. English	907-234-7616
Public school, K-12	
Nanwalek	907-281-2210
Public school, K-12	
Port Graham	907-284-2210
Public school, K-12	

For more information on area schools and your child's school district please visit the Kenai Peninsula Borough School District website www.kpbsd.k12.ak.us

Other KPBSD resources

Connections Homeschool Program	907-714-8880
Students in Transition Program	907-226-1890
Assistance for students experiencing homelessness	
Child Find Coordinator	907-714-8930
Developmental Screening, age 3-Kindergarten	

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 allow your health care provider to offer advice and support to your family if needed.

YES	NO	UNSURE		
			1.	Is housing a concern for your family?
			2.	Does money cause stress in your home?
			3.	Have you or anyone close to your child expressed concerns about your child's development, learning or behavior?
			4.	Has there been recent serious illness or a death in the family?
			5.	Have you or your child ever been exposed to violence?
			6.	Is there a parent in prison?
			7.	Has there been misuse of alcohol or drugs in the family?
			8.	Have there been recent changes in the child's living situation? (absent parent, multiple caregivers, foster home placement, separation, moving)
			9.	Are you a single parent?
			10.	Has there been depression or other mental health concerns in the family?
			11.	Was the pregnancy or birth of your child difficult?
Checklist taken from "Family Pages," a resource guide published				

by Juneau's Partnerships for Families and Children.

If your family or child is feeling stressed contact your family medical provider and use other resources included in this booklet.

FAMILY STRESS AND STRATEGIES FOR BUILDING HAPPY, HEALTHY FAMILIES

Understanding Childhood Trauma

What is childhood trauma?

Any negative experience that causes major stress for an infant or child can be traumatic. By learning more about trauma and its effects on the brain, you can help children who have experienced adversity.

Here's what we know-

- When a child lives in a constant state of fear and feels unsafe, her brain spends more time focusing on survival. As the child operates more in these lower building blocks of the brain she may have difficulty focusing or paying attention. She may feel anxious and have a hard time settling down. She may display some aggressive behaviors like bullying. In this state, children do not thrive. They are just trying to survive.
- Trauma impacts a child's ability to learn. When a child is in a constant state of crisis, the foundations for learning such as memory, processing information, engagement in learning and trust aren't being laid. A child's brain develops from the bottom to the top. When he is dealing with trauma, he is only living in the bottom part of his brain.
- When a child experiences post traumatic stress disorder, her brain gets stuck in trauma and constantly relives that experience. These high levels of stress hormones can actually change how the brain develops.
- Trauma can directly impact a child's health. A child who experiences trauma is at higher risk of bed wetting, having chronic headaches and stomach problems. Depression, anxiety disorders and behavior problems are also very common among children who've experienced trauma.

What can I do?

You can make a difference! It is never too late to rewire our brains. Children thrive when they are in a healthy relationship with a caring adult.

- Provide children with the opportunity to talk about what happened. Ask him about his feelings and worries.
- Give him paper to draw or write on to help express these feelings.
- Create a daily routine, such as set meal times and bed/quiet times, that will help him know what to expect.
- Help other caregivers understand trauma and its impacts on a child.

For more detailed information on children and how trauma affects the brain, see www.instituteforsafefamilies.org, a reference website for the Health Federation of Philadelphia.

All forms of child abuse (physical, sexual and emotional) and neglect are very stressful for children. Living in homes where adults are hurting or threatening one another is also harmful for children. Information about helping families when there has been abuse, neglect or other trauma can be found at www.nctsn.org/resources/audiences/parents-caregivers. For information about how to recognize child maltreatment and prevention tips for parents go to www.preventchildabuse.org.

You can call these help lines 24 hours a day Child Help: 1-800-4A-CHILD (422-4453) Domestic Violence Hotline: 1-800-799-SAFE (7233) South Peninsula Haven House: 907-235-8943 Treatment Referral: 1-800-662-HELP (4357)

PARENTS AND STRESS

Being a parent takes a lot of energy. It is easy to feel overwhelmed, tired or to struggle with memories from your own childhood. If you are struggling it can be more difficult to understand and meet your child's needs. There are a few steps you can take to reduce stress in your life.

- Take time out to stop what you are doing and **Breathe**. Slow, deep breaths calm and restore your body's energy.
- Talk to a trusted friend about what's going on in your life.
- Connect with other parents. Playgroups, parenting groups and even the internet can be great ways to find support. (www. handinhandparenting.org, parenting press.com are great online resources).
- Take time for yourself. Go out with a friend, go for walk, without your kids. Recharge!

The questions below ask about positive things that help children when times are tough. Take a minute to think back to your childhood and answer these questions about yourself. Think about how your answers to the questions may impact your parenting.

As a child (before I was 18 years old):			
I had someone I could talk to when I was upset or scared.	🗖 Yes	🗖 No	Not Sure
I knew that my parent(s)/caregiver(s) loved me.	🗖 Yes	🗖 No	Not Sure
There was someone in my life who helped me feel important or special.	🗖 Yes	🗖 No	Not Sure
I was able to ask for help when I needed it.	🗖 Yes	🗖 No	Not Sure

HAPPY, HEALTHY FAMILIES

Connecting with your child

- Be firm. Be consistent. Give lots of praise to your child when she does what you want her to do. "You did a great job putting on your outside gear like I asked you to. Great listening!".
- Always let your child know how important he is to you.
- Play Play Play with your child. Take the time to do things with your child that they enjoy.

Understanding your child's feelings

- Children learn empathy by watching you. Show them you understand how they feel. Look for signs about how your child is feeling. Ask specific questions. For example : "How did you feel when George pushed you? What were you feeling when you screamed and threw your toy?"
- Show your child love and support by hugging, kissing and holding your child when he is crying.

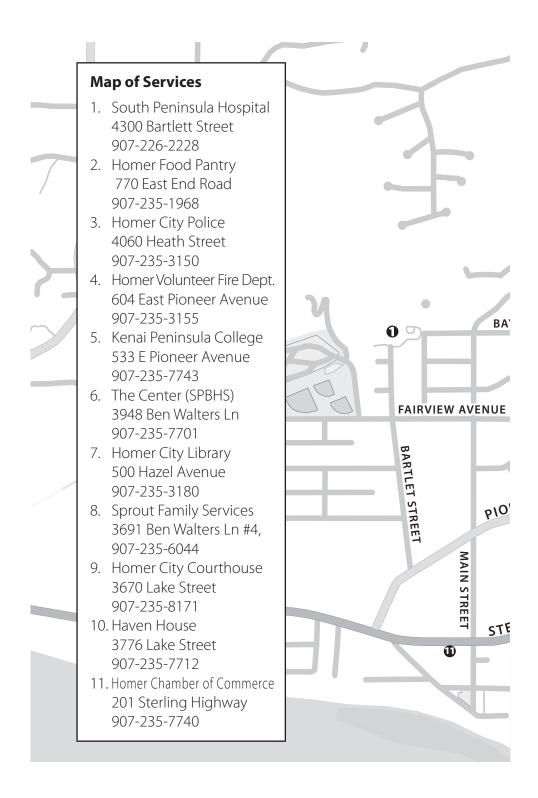
Helping your child deal with their emotions

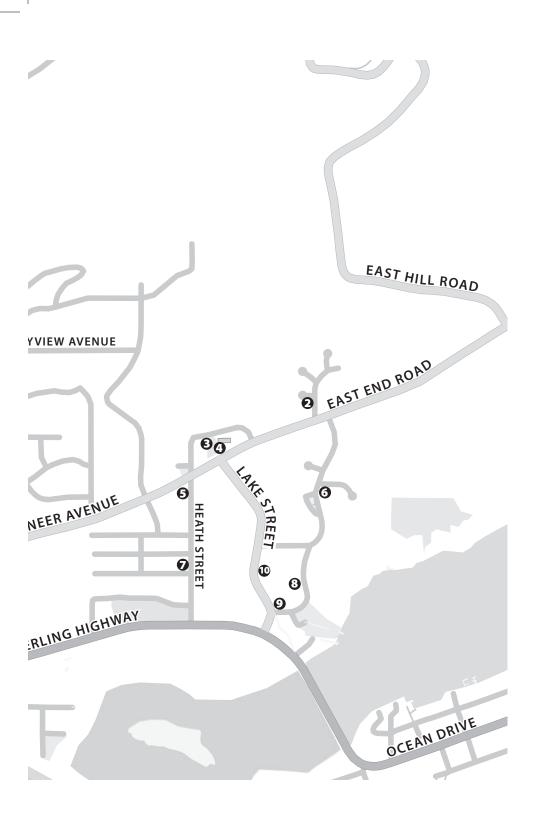
- Children need to learn how to manage their emotions and self regulate.
- Help your child identify what stresses her out and what it feels like to lose control.
- Practice ways to reduce stress with your child. Exercise and breathing deeply are great ways to self regulate!

Be A Confidence Builder

- Children need to learn from the start to believe in themselves. You are your child's biggest confidence builder. Let him know it by saying things like: "I'm really proud of the way you shared your toys with your sister."
- Praising and encouraging your child are great ways to change your child's behavior. "You worked really hard getting ready for school. I'm impressed!"
- The more confident you are, the more confident your child is. Be proud of the work you do as a parent!

For more detailed information on children and how trauma affects the brain, see www.instituteforsafefamilies.org, a reference website for the Health Federation of Philadelphia.





FAITH BASED SUPPORT

The Homer area has a variety of faith-based services. Below is a directory of phone numbers. Both local newspapers have current listings of services.

All Saints of America Orthodox	
Bahai Faith	
Christian Community Church	907-235-8291
Christian Science Society Reading Room	
Church of Christ East Homer	
Church of Jesus Christ of Latter Day Saints	
Church of the Nazarene	907-235-8747
Church on the Rock Homer	
Eckankar	646-307-1300
Faith Lutheran Church of Homer	
Glacierview Baptist Church	907-235-8779
Grace Bible Non-Denominational	
Homer Assembly of God	907-235-8874
Homer Christian Church	
Homer Independent Baptist Church	907)235-2431
Homer Spiritual Center	
Many Rivers Meditation	
Homer Seventh Day Adventist Church	
Homer United Methodist Church	
Refuge Chapel of Homer	
Religious Society of Friends (Quakers)	907-235-4226
Regent Life Church	
Salvation Army Church	907-235-2609
St. Augustine's Episcopal Church	
St. John the Baptist Catholic Church	907-235-8436

MEDICAL CARE

Alaska Center for Ear, Nose and Throat, satellite office,		
4201 Bartlett St. Suite 201	907-235-0310	
Homer Functional Medicine Clinic (SPH)	907-435-3070	
Homer Medical Center (SPH)	907-235-8586	
4136 Bartlett Street		
Homer Medical Center West Wing (SPH)	907-435-3040	
Frontier Natural Health	907-235-3665	
1020 East End Rd. (Dr. Patrick Huffman)		
Kachemak Bay Family Planning Clinic	907-235-3436	
3959 Ben Walters Lane		
Kachemak Bay Medical Clinic	907-235-7000	
4201 Bartlett St., Suite 202		
Homer Public Health Center	907-235-8857	
195 E. Bunnell St.		
Peninsula Surgical Clinic, P.C.	907-235-3225	
203 W. Pioneer Ave. #2		
South Peninsula General Surgery	907-235-1010	
104 E Fairview		
South Peninsula Hospital	907-235-8101	
www.sphosp.org		
4300 Bartlett Street		
SVT Health and Wellness	907-226-2228	
www.svthw.org		
880 East End Road		

Denali Care is designed to ensure that children and teens of both working and non-working families can have the health insurance they need. It is an expansion of the Medicaid Program in Alaska.

Pregnant women who meet income guidelines may qualify in Alaska.

For more information on how to apply for Denali Care go to *http://dhss.alaska.gov/dhcs/Pages/denalikidcare/* or contact Public Assistance in Homer at *1-877-235-2421*.

*Remember to research all services before choosing the one that is right for you and your family.

FOOD, CLOTHING, HOUSING, AND TRANSPORTATION

Food

Food Pantry

907-235-1968

Distribution of food usually on Monday afternoons at 1pm at the Homer Methodist Church.

WIC- Women & Infant Children Assistance 907-235-5495 A supplemental food and nutrition program designed to help pregnant, breastfeeding and postpartum women, babies and children up to age 5. WIC provides nutritious food, nutrition education, breastfeeding support (including breast pumps and support groups) and referrals to other agencies.

Housing

Conifer Woods Apartments (Income Based)	907-235-5920	
Harbor Ridge Apartments (Income Based)	907-235-5639	
Heating Assistance Program	800-470-3058	
Housing Assistance	907-235-2447	
AK Housing Finance Corp Weatherization Program	800-478-8080	
Haven House Women's Crisis Center & Shelter	907-235-7712	
Student Homeless Liaison	907-235-1890	
for school district students and their families who are homeless		

Transportation

Independent Living Center (taxi vouchers)	907-235-7911

Homer Taxi Services

Kostas Taxi	907-399-8008
Nick's Taxi	907-399-5553
Kachecab	907-235-1950
Ryder Taxi	907-399-8888

Clothing and Household items

Helping Hands Thrift Store (Anchor Point) SaturdaysPick N Pay thrift store (Catholic Church, 238 Jenny Lane)Saturdays 10am-2pmSalvation Army Center907-235-2609Salvation Army Thrift Store907-235-8923Homer Thrift907-235-7712

Adult Education and Employment

Kachemak Bay Campus

Student Advisor: 907-235-1655

vocational training (i.e. Certified Nurses Assistant, welding) two year AA degrees (i.e. accounting, early childhood,etc.) four year BA and BS degrees (education, biology and more).

KBC Adult Basic Education Program

Program Coordinator: 907-235-1606 FREE classes in math, reading and writing in preparation for taking the college Accuplacer test or the GED exams. Free

English as a second language classes (Homer and Voznesenka).

Alaska Commission on Post Secondary Education

http://acpse.alaska.gov, 907-465-2962

- 1. Individual instruction in Port Graham, Nanwalek, Seldovia by appointment.
- 2. Information for families and students regarding all postsecondary education in the state. Focus on how to pay for college: scholarships, loans, FASFA, etc.

Alaska Department of Labor (Homer Job Center)

907-226-3040

Assistance with employment search, career counseling, resume writing and cover letters.

Vocational training outside of Homer

Also see AK Commission on Post-secondary Education (above).

AVTEC (Alaska Vocational and Technical Education

Center) in Seward Admissions: 800-478-5389, www.avtec.edu Vocational training in many areas (culinary, welding, allied health, etc). Dorms and housing available.

Job Corps

in Palmer 907-861-8800 FREE Vocational and technical training for 16-24 year olds. Dormitories provided. Programs include business, technology, health, construction, etc.

Northern Industrial Training

888-367-6482, www.nitalaska.com Trucking, construction equipment, welding, construction, oil and gas industry safety, HAZ Mat, etc.

Unemployment Information

- 1. File a new Alaska claim or reopen an existing Alaska claim via the Internet, day or night. Click on "Unemployment Insurance Benefits" under Quick Links *https://my.alaska.gov/*
- 2. Call toll free *1-888-252-2557* Monday-Friday from 10am-3pm. A UI claim center representative can take your information over the phone. For more information on ALASKA Unemployment benefits go to *http://labor.alaska. gov/esd_unemployment_insurance/home.htm.*



PLAYSPACES Indoor & Outdoor Play and Early Learning Opportunities

Community Recreation 907-235-6090

www.communityrecreation.org, millg@ci.homer.ak.us Low cost programs for all ages: Go to website to download current recreation classes.

Some of the activities include: art, dance classes, fitness, fencing, music, weight rooms, playgroups, rock climbing, pickle ball, ping pong, open gym, tennis, street hockey, karate, gymnastics, soccer, basketball, football, volleyball, and much more!

Community Recreation Playgroup HERC Building,

360 Pioneer Ave, 907-235-6090, www.communityrecreation.org Open Gym for kids 0-5 yrs and their parents/ caregivers. Call for details.

Homer Council on the Arts 355 W. Pioneer Ave.

907-235-4288, www.homerart.org HCOA offers arts education programs and sponsors public events such as concerts, plays, gallery exhibits, talent shows, and craft fairs.

Harbor School of Music & Dance 3691 Ben Walters Ln # 2

907-235-6705, www.harborschoolofmusic.org Music, dance and fitness classes for all ages.

Homer Animal Shelter 4060 Heath Street, 907-235-3141

Tuesday-Saturday 12-5:00 pm. Stop by to play with the cats or take a dog for a walk.

Homer Public Library 500 Hazel Ave

907-235-3180, www.cityofhomer-ak.gov/library Various times/days based on ages. Infants up through 5 yrs. Free. Go to website or call for more info. The library also provides special events and workshops throughout the year. Check out their literacy website www.GrowingReaders.org **Homer High School Swimming Pool** 600 E Fairview Ave 907-235-7416, www.homerpool.org/poolschedule.htm Parent/Tot Swim & open swims. Call pool for hours/times. Fee.

HoWL 1554 Homer Spit Rd 907-399-4595, www.howlalaska.org Outdoor programs for youth (both winter and summer). Indoor rockclimbing. Scholarships available.

Ice Skating/Hockey *Kevin Bell Ice Arena (on the Spit)* 907-235-2647, http://www.homerhockey.org/schedule.htm Public skating, "learn to skate" classes, hockey for all ages, etc. Skate rentals/sharpening.

Imagination Library Storyhours 3691Ben Walters #4 907-235-6044, www.sproutalaska.org. Times, days and location vary. Call or go to website for more information. Free.

Independent Living Center & TRAILS Program

907-235-7911, www.peninsulailc.org. Support, resources and information for people with disabilities. Also includes the TRAILS program – outdoor all-inclusive activities for all ages.

Islands & Ocean Visitor Center 95 Sterling Hwy

907-235-6961, www.islandsandocean.org Free marine, and other educational programs throughout the year for all ages.

Jeanne's Learning Yurt 866 Linda Court (next to Homer High School field), 907-235-6547, jeanneslearningyurt@gmail.com Various playgroups for ages 6 months up to 5yrs. Fee. Gymnastics too!

Kachemak Swim Club 907-235-7146

www.kachemakswim.org, kachemakswimclub@gmail.com Swimming lessons, meets, etc.

Pier One Theatre pieronetheatre.org

907-235-7333, lance@xyz.net Community theatre, youth theatre programs for summer. Scholarships available.

Pratt Museum 3779 Bartlett St., 907-235-8635

www.prattmuseum.org Showcase for all ages. Help feed the fish! Tues/Fri 4pm. Free. For all ages. Toddler Playgroup: Call for more info.

Boys Scouts 800-478-9549 to find local troop http://scoutingalaska.org/ Girl Scouts 800-478-7448 to find local troop http://www.girlscoutsalaska.org/

Special Olympics http://www.specialolympicsalaska.org/ Community_HOMER.htm homer@specialolympicsalaska.org 907-299-1606

Sprout Weekly Playgroups 3691Ben Walters Ln. #4

907-235-6044, www.sproutalaska.org Different times for different ages from infant up to 5 yrs. Minimal fee. Call or go to website for more info. Playgroups also in Anchor Point.



PARKS & PLAYGROUNDS

For a map of all our parks in the Homer area to go *http://www.cityofhomer-ak.gov/recreation/map-parks-and-trails* Reserve Parks & Pavilions for parties and events *907-235-3170 or 907-235-6090*.

Bayview Park *Corner of Main St. & Bayview Ave.* Nice park for younger children. Swings, playground equipment, open grassy area, and hill-slide provide fun and interesting play opportunities for a range of ages.

Ben Walters Park *Near McDonalds on Ben Walters Ln.* Small park near Beluga Lake with bathrooms and swings.

Karen Hornaday Park Take Bartlett St up toward South Peninsula Hospital. Take a left onto Fairview Ave. Take the first right uphill into Karen Hornaday Park/Campground. Good for all ages. Newly remodeled park, ball fields and seasonal bathrooms. Fenced in area for young children. Campground is above the Playground, ball fields nearby.

Jack Gist Park Drive out East End Rd 3 miles, turn right on Adams Drive which turns into Jack Gist Rd. Ball fields and disc golf field.

Mariner Park Base of the Homer Spit on right side Beach walking area and campground. WARNING: be careful of tides – Check your tidebook. (Tide books available at the Homer Chamber of Commerce or found online.)



OUTDOOR

Outdoor Gear Loaner Program *at Islands & Ocean Visitor Center.* Free. Borrow fishing rods / ice fishing gear (hand auger, jigging rods, etc.), binoculars, and backpacks. Call 235-6546 or inquire at the Islands & Ocean lobby information desk for info.

Soccer Association of Homer *http://www.homersoccer.com/* Info on teams, classes, game times.

Homer Little League: www.homerlittleleague.org Baseball & softball sign up for youth.

Center for Alaskan Coastal Studies

www.akcoastalstudies.org, 708 Smoky Bay Way, 907-235-6667 Outdoor education programs in Homer and across the bay for all ages. Many weekly and monthly free events such as bonfires, hikes, workshops. Summer day camps and overnight camps for kids of all ages 2 yrs and up; fee. Programs at Wynn Nature Center, 1.5 mi. E. Skyline Dr. and the CACS Yurt on the Spit. Gear loan program too!

Cottonwood Horse Park

1.5 mi. East End Road, sponsored by the Kachemak Bay Equestrian Association. A non-motorized, multi-use park and riding arena providing a safe environment for interaction between the general public and equine enthusiasts. This park also provides access to new and existing non-motorized trails in the area.

Nick Dudiak Fishing Lagoon

Fishing area on Spit, free parking and fish cleaning stations. Located across from the Glacier Drive In and Sports Shed.

For a daily list of activities geared toward young children and their families, join our HECC facebook group page.

Both local newspapers print a weekly activity list and have an on-line event list. All local radio stations provide daily activity community calendars. See section: *"New to Town"* for accessing local media.

TRAILS AND BEACHES

Pick up a new, FREE Trail Map from the Homer Chamber / Visitor Center or Center for Alaskan Coastal Studies. These businesses can also provide you more information about trail conditions or call 907-235-6090. You can also download a Trail Map book from www.communityrecreation.org

Airport /Beluga Lake viewing platforms Short boardwalk trails to viewing platforms near Beluga lake. Great for bird watching, moose viewing, swans, etc. Location: drive towards spit, turn left on Airport Way and drive past airport. Viewing platform signs will be on left.

Beluga Slough Trail Short switchback trail between Islands & Ocean and Bishops Beach. Good for small children. Part of trail near Slough is on a boardwalk; informational signs intermittently along the trail. Visitor Center will provide some guided hikes during summer; free and open to all ages. Location: parking at either the Visitor Center or Bishops Beach.

Bishops Beach Pavilion and seasonal bathrooms by parking area. Can walk in either direction from parking area.

Calvin Coyle Trail Relatively short, flat trail looping through forest; can be muddy. Location: go out East End Rd. past Paul Banks Elementary School. Turn right on Mariner Drive and go to end.

Diamond Creek Trail Hiking. For info on current trail conditions call Community Recreation *907-235-6090*. The first part of the trail/gravel road is safe for hiking/walking, biking, snowshoe, cross country skiing and is a nice gradual walk through forest. Location: Sterling Hwy almost directly across from Diamond Ridge Rd.

East End Road Bike & Walk/Run Path relatively flat, paved path starting near the 3 way stop (East End and Lake St.) and going out East End Rd.

Eveline Trail Hiking, snowshoeing, cross country skiing. 1.5 miles of looping trails through meadows and forests, fairly gradual inclines. Picnic tables and seasonal bathrooms. Location: go out East End Rd 13 miles, past McNeil School. Turn left on Alpine Meadows Rd. and continue up road, trail head will be on left side.

Harbor walking paths New paved, flat walking paths around harbor. Information signs are posted intermittently along the path with information on mariner flags, marine and environmental information. Bathrooms located at various points along paths. Location: towards end of the Spit, free parking in larger lots near the ramps.

Homestead Trail Hiking, snowshoeing, cross country skiing. Trail between Diamond Ridge and Rogers Loop (off Sterling Hwy). For young children, start from either direction for a short hike. To hike through is a long day depending on ability and can vary in length and time due to smaller loops within the larger trail. Location: Diamond Ridge Trail Head location: go to the top of West Hill, turn left onto Diamond Ridge Rd and go 1.8 miles. Trail Head will be on left (turn off for Rucsack Rd is almost directly on the right); park at trail head and walk down road past private homes until reach woods. Rodgers Loop trail head location: drive out the Sterling Hwy toward Anchor Point. The first entry onto Rodgers Loop will be on the right, a little before the Baycrest Hill viewing/parking area on left. The second entry to Rodgers Loop will be just on the right just after the Baycrest Hill viewing/parking area (on left).

Poopdeck Trail Walking. Small city trail between Pioneer Ave (near the Grogg Shop) and the Library/Hazel Ave.

Reber Trail Hiking. Trail between Fairview Ave (near Hornaday Park) and Reber Rd (off of West Hill Road). If starting from Fairview Ave it is mostly uphill, switchbacks. Location: drive up Bartlett St., turn left on Fairview Ave and drive to the end (past park).

Spit Trail Goes along spit from base to end at Lands End. Flat, paved trail. No bathroom facilities on first part near base, new bathrooms are located towards end near harbor. Location: parking available at base of spit, turn left on Kachemak Way. Parking also available at end of Spit near Land's End Resort, or in parking lots prior to that near harbor.

Wynn Nature Center 907-235-6667

www.akcoastalstudies.org, info@akcoastalstudies.org. Hiking, snowshoeing. Many trails from the center; some are ADA accessible. The Wynn is operated by Center for Alaskan Coastal Studies. Location: drive up East Hill, turn onto East Skyline and go 1.6 miles, Center will be on the left.

Watermelon Trail Rustic trail going gradually downhill from Ohlson Mtn Road toward Anchor River. WARNING: Often used by hunters in the fall. Good for berry picking in late summer. Used by snowmachiners in winter and sometimes 4 wheelers in summer. Brush can be overgrown in parts. Location: drive up East Hill, take East Skyline about 3 miles, turn left on Ohlson Mountain Rd, go past skiing areas, parking area will be on left, look for Snomads sign.

Please remember that Homer is abundant with wildlife and its hazards! Be prepared by educating yourself on the local plants, such as pushki and nettles, and animals, like moose and bear!

ACROSS THE BAY...

Kachemak Bay & State Park

Hiking, boating, kayaking, fishing, camping There are many wonderful trails across the bay in Kachemak State Park. Trails vary on difficulty and length. Typically the local newspapers and radio station will provide Trail condition updates during the summer. For maps, trail conditions, camping areas, yurt rentals and other information, contact the state park-Homer Ranger Station: 907-235-7024 http://dnr.alaska.gov/parks/ units/kbay/kbayl.htm

To get across the bay - there are various water taxi boats and ferries you can access. There are also several kayaking businesses, places to rent kayaks and other outdoor gear. A variety of lodging is available if you don't want to camp. For more info on these services and lodging contact the Homer Chamber & Visitor Center 907-235-7740 or their website www.homeralaska.org

Seldovia & Halibut Cove

Two communities located across Kachemak Bay that are fun to explore. For more info contact the Homer Chamber & Visitor Center 907-235-7740 or their website *www.homeralaska.org*



Skiing, Sledding and Snowmachines

Cross Country ski trails

- Eveline (see Trails)
- Baycrest / Homestead (see Trails)
- Lookout Mountain Ohlson Mountain Rd. Location: drive up East Hill, take East Skyline about 3 miles, turn left on Ohlson Mountain Rd, go about 3 miles and parking area will be on left. Free/donations accepted for Kachemak Nordic Ski Club http://kachemaknordicskiclub.org/
- Ohlson Mt. Rope Tow 907-235- SNOW (7669) https://www.facebook.com/homerropetow. Great for snowboarders, kids learning to ski, telemarking, etc.

Sledding Ohlson Mountain. Location: drive up East Hill, take East Skyline about 3 miles, turn left on Ohlson Mountain Rd, go to end of the road (past skiing area).

Kachemak Nordic Ski Club http://kachemaknordicskiclub.org/ and kachemaknordicskiclub@gmail.com Kid and adult cross country ski classes start in January. Scholarships usually available.

Snowmads www.homersnomads.org

Group, youth and other snowmachining events; trail maps, etc.

Ski / Gear swaps generally happen in the fall and early winter. For more info call 907-235-6090.

Annual Kid-Friendly Events

- Wooden Boat Festival
 September
- Shorebird Festival May
- Homer Farmers Market
 May September
- Rotary Health Fair
 November
- Sprout Costume Party October
- Winter Carnival *February*
- 4th of July Festivities

- Nutcracker Ballet & Faire December
- Jubilee Youth Talent & Art show *April*
- Summer Youth Activities Fair *April/May*
- Street Fair July
- Week of the Young Child Events *April*
- Safe and Healthy Kids Fair *April*

THE ABC'S OF BUILDING ASSETS IN YOUNG CHILDREN Simple ways to give babies and young children what they need.

- Adjust to their routines.
- Allow mistakes.
- Be a good role model.
- Bring home all their rocks, sticks, etc.
- Color with them.
- Comment on ways they are special.
- Display their art work.
- Dress up and pretend with them.
- Encourage them.
- Establish routines.
- Feed them healthy foods.
- Fill up with love as you watch them sleep.
- Grant them choices.
- Give them undivided attention.
- Help them right away.
- Hold, hug, snuggle and cuddle them.
- Insist on helmets, life jackets and seatbelts.
- Involve them in your tasks.
- Joke around together.
- Just smile at them.
- Keep their play areas safe.
- Kiss them good-night.
- Learn a rhythm game and play it with them.
- Listen to them.
- Make animal noises with them.

- Make time to look at pictures with them.
- Nap with them.
- Notice their moods and respect their choices.
- Obey the rules around you.
- "Off" the TV.
- Play peek-a-boo and pat-a cake.
- Pray with them.
- Question them about their interests.
- Quiet them with gentleness.
- Read books together.
- Respond to their questions.
- Send a birthday card.
- Splash in a puddle.
- Talk about feelings.
- Tell them stories.
- Unzip and untie things.
- Use a calm voice for disciplining.
- Vaccinate them on time.
- Vote with children in mind.
- Wink at them.
- Write them love notes.
- eXercise together.
- Xylophone with them.
- You look into their eyes.
- You love them no matter what.
- Zealously sing with them.
- "Zerbert" their belly.

Excerpt from "Helping Little Kids Succeed Alaskan Style." A publication of the Alaska Initiative for Community Engagement. http://www.alaskaice.org 907-463-1660



Homer Early Childhood Coalition would like to thank the AEYC-SEA (Association for the Education of Youth Children - Southeast Alaska) for allowing us to use their Family Pages resource book as a template and source for our own booklet.

Many thanks to the Community Support Work Group members, partner organizations and individuals that helped make this resource booklet possible!

Funding for this booklet was provided through a grant from Best Beginnings Alaska in partnership with HECC.

Disclaimer: We provide this information as an overall guide of the variety of resources available in our local Homer area. Posting of resources in this booklet does not constitute an endorsement for or against the materials and viewpoints expressed by these agencies and resources. We encourage the user to do their own investigation of the resources to see if they meet their own personal needs and values.

Errors & Omission: We apologize for any errors or omissions in this booklet. Please contact the HECC coordinator with any corrections or additions *HECCcoordinator@gmail.com*

A copy of this booklet can be downloaded as a pdf on the mapp website *mappofskp.net*

