

# KETCHIKAN123

## Community Resource Guide

Summer 2021 Edition



*This resource guide is produced by  
Ketchikan Wellness Coalition  
with special thanks to the following:*



**Thank you to the contributors for the front page.**

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*Middle Left:* Women In Safe Homes (WISH)

*Middle Right:* Southeast Alaska Independent Living (SAIL)

*Bottom:* Felix Alexander Wong

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To request additional copies please contact: [info@ktnkwc.org](mailto:info@ktnkwc.org)



**KETCHIKAN  
WELLNESS  
COALITION**

Ketchikan Wellness Coalition is funded in part by individual and corporate sponsors, and grants from the City of Ketchikan, Ketchikan Gateway Borough, a 5-year Federal grant and a 4-year State grant from the Department of Health and Social Services.



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## Akeela/Gateway Center for Human Services

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[www.akeela.us/ketchikan](http://www.akeela.us/ketchikan)  
(907) 225-4135

3050 5th Avenue

Akeela provides preventions services, mental health services for co-occurring disorders, outpatient and residential substance use treatment. They provide transitional housing for adults in Ketchikan. Emergency mental health support for the hospital and public safety agencies.

### Programs/Services

- Mental Health Services and Psychiatric Emergency Services
- Outpatient Substance Use Treatment
- In-Patient Substance Use Treatment (KAR House)

**Hours:** M-Th, 8am-6pm; Fri, 8am-5pm

## Alaska 211

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[www.alaska211.org](http://www.alaska211.org)  
1-800-478-2221

[alaska211@ak.org](mailto:alaska211@ak.org)

Alaska 2-1-1 is your one-stop resource for finding help in your community. It's free, confidential and available in almost any language.

## Alaska Adult Protective Services

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[www.dhss.alaska.gov/dsds/Pages/aps](http://www.dhss.alaska.gov/dsds/Pages/aps)  
(907) 269-3666      Toll free: 1-800-478-9996

Help vulnerable adults live in a safe and healthy environment and receive the services they need. Offices in Juneau, Fairbanks, and Anchorage that serve the state of Alaska.

### Programs/Services

- Information, Referrals, and protective placement, resources
- Investigation of Reports
- Guardianship/Conservatorship Counseling or Mediation

**Hours:** M-F, 8am-5pm

## Alaska Association of Retired Persons (AARP)

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[www.local.aarp.org/ketchikan-ak/about-aarp](http://www.local.aarp.org/ketchikan-ak/about-aarp)  
(907) 254-1935

2nd Floor — The Plaza

Help people 50 and above share resources, support each other, and build a strong community.

## Alaska Careline

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

1-877-266-4357 (HELP) - 24/7

Text "4help" to 839863

Alaska's 24/7 suicide prevention and someone-to-talk-to phone line.

Confidential and free. Get support in a crisis situation.

**Hours:** 24/7 Phone coverage; Text line available Tues-Sat, 3-11pm.

## Alaska Housing Finance Corp

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[www.ahfc.us](http://www.ahfc.us)

130 Bryant Street, Suite 112

(907) 225-6030

Fax: (907) 225-1729

Provides assistance with family, elderly, and disabled public housing and rental housing assistance. Affordable loans available.

### Programs/Services

- Public housing programs (low-income housing, subsidized Housing, tenant-based Rental Assistance, rental assistance).
- Programs for Seniors, Youth coming out of Foster Care, Individuals on Parole/Probation and Victims of Domestic Violence (WISH).
- Heating Assistance and energy upgrade assistance offered through the Anchorage branch to Ketchikan residents.

**Hours:** M-F, 9am-5pm

## Alaska Legal Services

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

2417 Tongass Avenue, Unit 202 B

(907) 225-6420 Toll Free: 1-877-525-6420

[ketchikan@alsc-law.org](mailto:ketchikan@alsc-law.org)

Offering free civil legal services to low income and disadvantaged people to protect their safety, their health, and promote family stability.

### Programs/Services

- Family Safety Project (victims of domestic violence) and family law
- Senior law project (seniors over 60 assistance with social security, disability, public assistance, housing, wills, living wills, miller trusts)
- Landlord/Tenant issues
- Native Allotment Program

**Hours:** M-F, 9am-2

## Alaska Public Assistance

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[www.dhss.alaska.gov](http://www.dhss.alaska.gov)

2030 Sea Level Drive, #301

(907) 225-2135

Fax: (907) 247-2135

State social works that provide a variety of services for low-income, elderly, or disabled individuals and families.

### Programs/Services

- Alaska Temporary Assistance Program (Center for Community):  
Provides cash assistance and work services
- SNAP - Supplemental Nutrition Assistance Program
- Heating assistance
- Applying for Medicaid
- Senior benefits program  
Temporary Assistance for Needy Families (TANF)

**Hours:** M-F, 8am-5pm

## Be Well Counseling

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[www.bewellmentalwellness.net](http://www.bewellmentalwellness.net)

540 Water Street

(907) 204-0630

[brittany popecounseling@gmail.com](mailto:brittany popecounseling@gmail.com)

Licensed Professional Counselor, Brittany Pope, provides mental health services tailored to meet the needs of each client.

### Programs/Services

- Individual & group counseling
- Specializing in grief

## Boys and Girls Club of Ketchikan

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

1200 Tongass Ave (Lutheran Church — upstairs)

(907) 225-5437

[info@bgcalaska.org](mailto:info@bgcalaska.org)

Programs to empower and inspire the diverse youth of Alaska to reach their full potential by offering them hope, opportunity and a safe environment.

### Programs/Services

- After school programs
- Positive role models and drug and alcohol prevention
- Sports & recreation, leadership building

**Hours:** School year: M-F, 3-6pm

Summer: M-Fri, 9-5pm



## Catholic Community Services – (Juneau)

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

(907) 463-6157

Toll Free: 1-800-505-6124

SAFE Child Advocacy Center accessible by residents in Southeast Alaska.

### Programs/Services

- Assists in facilitating OCS investigations
- Information about child abuse/prevention/keeping youth safe
- Offers support and guidance in making reports to OCS

**Hours:** M-F, 8am-4:30pm

## Central Council Tlingit & Haida

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

(907) 463-7332

TANF: (907) 225-2033

25 Jefferson Way, Suite 201

Address immediate and long-term needs associated with family well-being and financial self-sufficiency. Case management provided.

### Programs/Services

- Resources and referrals, training, and vocational rehabilitation
- Temporary Assistance for Needy Families (TANF)
- Assists in facilitating OCS investigations
- Foster care and childcare, nutrition, and other supportive services
- Elder services and programs

## Community Connections

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

(907) 225-7825

Fax: (907) 224-1541

721 Stedman Street  
[info@comconnections.org](mailto:info@comconnections.org)

Providing individualized, customer-guided supports that encourage independence, community belonging, and quality of life.

### Programs/Services

- Early Learning Program: family centered support for infants/toddlers with developmental delays and/or disabilities (or at risk).
- Children's Behavioral Health: therapy & counseling, parenting classes, individual support.
- Senior & Disability Services: respite, caregiver services, personal care, transportation, information & referral.

**Hours:** M-F, 8am -5pm

## Consumer Direct

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

2417 Tongass Avenue, Suite 207

(907) 220-9461 TF:1-888-532-1907 [infocdak@consumerdirectcare.com](mailto:infocdak@consumerdirectcare.com)

Provides home-based care for those with additional needs who wish to be independent at home.

### Programs/Services

- Habilitative services and personal care services
- Chore & housekeeping service
- Assessments, information & referrals
- Caregiver relief and respite services
- Consumer-directed personal car services, transportation

**Hours:** 8am-5pm

## Cornerstone Home Care

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

1621 Tongass Avenue, Suite 304

(907) 220-0897 Toll Free: 1-877-956-CARE (2273) [info@chhcare.com](mailto:info@chhcare.com)

Consumer-directed personal care, respite and chore services.

### Programs/Services

- CDPCA
- Chore and respite services

*\* Accepts Medicaid, Veteran's Affairs, Seniors & Disabilities services grants/waivers.*

**Hours:** Office: M-F 8:00-10:00am; Service Hours: Flexible

## Creekside Family Health Clinic

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

320 Bawden Street, Suite 313

(907) 220-9982

[info@creeksidehealth.com](mailto:info@creeksidehealth.com)

Provides professional, personal health services for the whole family from ages 2 to 65. Same-day and walk-in services are available.

### Programs/Services

- General health care
- Routine & primary health care plus general wellness
- Physicals & annual examinations
- Prescriptions, immunizations, & walk-in lab tests

*\* Accepts Medicaid & Medicare for Urgent Care Only*

**Hours:** M-F, 8am-6pm

## Destiny Coaching Services

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(907) 617-2261

11380 Alderwood Street North

Counseling and coaching services by Pam Holston, LPC, for families, couples, and individuals (adults/teens/children), including addiction related.

## Family Care Counseling

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

(904) 810-9888

Individual, couple, and family therapy services by Dr Linda Ford, PhD.

## First City Homeless Services Day Shelter & Overnight Warming Center

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

400 Main Street (First United Methodist Church)

(907) 225-0888

ktnfchs@gmail.com

Offers a safe, non-judgmental shelter and referrals to local resources.

### Programs/Services

- Showers, computers, media, clothing exchange, & referrals
- Job searches, apartment hunting, and email set-up
- Classes in basic computer skills and resume writing
- Self-serve breakfast — Daily — 8:30- 10am
- Brown bag lunch — Saturday 11am-1pm

**Hours:** *Day Shelter* (year round): M-F, 8am-12pm & 1pm-4pm

Sat, 8am-4pm; Sun, 8am-2pm

*Overnight Warming Center:* Oct. 1—Mar. 31, Mon-Sun, 8pm-6am

## Food Pantry (Ketchikan Presbyterian Church)

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(907) 225-3619

2711 Second Avenue - downstairs

Weekly fresh food pantry offered every Friday at 12pm.

## Gateway Recreation Center

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[www.borough.ketchikan.ak.us/207/Recreation](http://www.borough.ketchikan.ak.us/207/Recreation)

601 Schoenbar Road

(907) 228-6650

parksandrec@kgbak.us

Offering indoor activities for people of all ages, with two full-size gymnasiums that are used for basketball, pickleball, soccer, rollerskating, tot gym, fitness classes and other activities. Exercise rooms, sauna, and a pool. Memberships and drop ins are available.

**Hours:** M-F 5am-9pm, Sat 7am-9pm, Sun 11am-5pm

## Glacier Park Apartments

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(907) 225-8672

660 S. Yorktown Drive, Apt 11

Affordable housing community with income based eligibility.

**Hours:** M-F, 10am – 6pm

*\*Call for an appointment.*

## Harmony Health Clinic

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(907) 225-6699

21 Jefferson Way, #203

harmonyhealth@kpunet.net

### Programs/Services

- Acupuncture
- Screenings & Exams
- General Healthcare
- Eastern Medicine

*\* Accepts Medicaid & Medicare*

**Hours:** M-Th, 8:30am - 12pm, 1pm- 5pm; F 8:30am – 12:30pm

## Home Health & Hospice — PeaceHealth

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[www.peacehealth.org/kmchomehealth](http://www.peacehealth.org/kmchomehealth)

212 Carlanna Lake Road, #100

(907) 228-7600

Service providers work with patients and families to manage acute, chronic and terminal conditions to enable you to live in your own home.

### Programs/Services

- Respite and companion services
- Home Health: Intermittent "skilled" care in home for those who are homebound, but do not need 24-hour professional care
- Services: Nursing, Physical Therapy, Occupational Therapy, speech therapy, Social Work, and Home Health
- Lifeline: Home safety device installation

**Hours:** M-F, 8am-4:30pm

## Ideal Option

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[www.idealoption.net](http://www.idealoption.net)

3159 Tongass Avenue

Toll Free: 1-877-522-1275 Fax (509) 491-3031

Offers Medication Assisted Treatment program for addictions and substance misuse.

### Programs/Services

- Medication assisted treatment for opioids & alcohol
- Support with accessing resources

**Hours:** M 7:30am-3:00pm; Tu 7:30-11:30am; Wed 1:30-6:00pm

## Janai Meyer, Nutrition & Lactation, LLC

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[www.janaimeyer.com](http://www.janaimeyer.com)  
(907) 220-9920

25 Jefferson Way, Suite 101B

Medically licensed and board-certified Registered Dietitian, Lactation Counselor and Diabetes Educator offering functional and integrative medical nutrition therapy for all ages.

### Programs/Services

- Medical Nutrition Therapy & Diabetes Education
- Breast pumps & supplies
- Home & Virtual (telehealth)

*\* Accepts Medicaid & Medicare and most insurance for covered services*

**Hours:** M-Sat; by appointment only

## KAR House Residential Center

(Akeela/Gateway Center for Human Services)

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[www.akeela.us/ketchikan](http://www.akeela.us/ketchikan)  
(907) 225-3510

126 Washington Street, Suite 100

Long-term inpatient substance use treatment program at a 15-bed facility. Referral Required.

### Programs/Services

- 3-6 month Substance Abuse program
- Clinical Groups as well as individualized counseling

## Karla Gelhar, LMFT

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(907) 821-1543  
karlagelhar@gmail.com

540 Water Street, Suite 202

Providing Individual, couple, and family therapy services.

**Hours:** W-Thu, 8am-5pm, Fri, 8am-1pm

## Ketchikan Cares Crisis Line

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(907) 225-2273

Local crisis hotline for Ketchikan and surrounding areas. Call if in crisis or experiencing depression, anxiety, bullying, abuse, thinking of suicide.

**Available 24 hours a day 7 days a week.**

## Ketchikan Gateway Borough Transit System

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[www.kgbak.us/145/Transit](http://www.kgbak.us/145/Transit)

(907) 225-8726

Fax: (907) 228-6678

1175 Copper Ride Lane

[transit@kgbak.us](mailto:transit@kgbak.us)

An efficient, environmentally sound transportation alternative that enables residents and visitors to reach their destinations at a reasonable cost. Go to: [ktn.doublemap.com](http://ktn.doublemap.com) – an App to "know where your bus is".

## Ketchikan Indian Community

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

Assist our Tribal members in becoming self-sufficient through the provision of socioeconomic services, to enrich and uphold our cultural heritage and traditional way of life.

*\* Accepts Medicaid & Medicare*

### **2960 Tongass Avenue Administration & Health Facility:**

(907) 228-4900 — Administration

(907) 228-9401 — Health Clinic

- Health Clinic
- Dental
- Pharmacy

### **201 Deermount Street Facility:** (907) 228-9446

- Social Services
- Elder Services
- Behavioral Health Services

### **615 Stedman Street Facility:** (907) 228-9365

- Youth Services
- Housing
- Education & Training
- Cultural Resources

**Hours:** M-F, 8am-12pm / 1-5pm

## Ketchikan Job Center/Division of Vocational Rehab. (DVR)

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[www.jobs.alaska.gov](http://www.jobs.alaska.gov)

2030 Sea Level Drive, Suite 220

(907) 228-3181

Fax: (907) 247-0557

[ketchikan.jobcenter@alaska.gov](mailto:ketchikan.jobcenter@alaska.gov)

Offering career support and training services for job seekers

### **Programs/Services**

- Resume building & job seeking resources
- General assistance concerning the Alaskan labor and workforce.
- ALEXsys registration & assistance
- Phone, fax, copier, computers, printers & assistive technology

**Hours:** M-F, 8am-5pm

## Ketchikan Lions Club

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[www.e-clubhouse.org/sites/ketchikan](http://www.e-clubhouse.org/sites/ketchikan)  
(907) 617-3680

PO Box 8333

Meets every 2<sup>nd</sup> Wednesday (6pm) at Jeremiah's (3434 Tongass Ave).

### **Programs/Services**

- Sponsors eye exams, eye care, & glasses for those with no insurance.
- Community service and disaster response.

## Ketchikan Pioneer Home

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[www.dhss.alaska.gov/daph](http://www.dhss.alaska.gov/daph)  
(907) 225-4111

141 Bryant Street

Compassionate care for elders. The Pioneer Home serves 45 residents.

### **Programs/Services**

- Private/semi-private rooms
- Recreational activities
- Meals & housekeeping services, pharmacy services
- Assistance with daily living activities
- Nursing assessment with intermittent health services
- Payment assistance
- Low Vision & Blindness Support Group

## Ketchikan Public Health Center

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[www.dhss.alaska.gov](http://www.dhss.alaska.gov)

605 Gateway Court

(907) 225-4350

Fax: (907) 247-0978

Public Health Nurses provide individual, confidential clinic services and work with community partners to improve the health of the entire community. Fees are assessed for all public health nursing services. We have a sliding scale based on family size and income; no one is turned away for inability to pay.

### Programs/Services

- Sexually Transmitted Infection (STI) screening (ages 29 and under)
- Family Planning (ages 29 and under)
- Pregnancy Testing & Options Counseling
- Immunizations (ages 29 and under)
- Tuberculosis (TB) screening and treatment
- Well Child Exams (age 0-6 years)
- Infectious Disease Investigation
- Health Education Presentations
- Community Assessment
- Emergency Preparedness

*\* Accepts Medicaid*

**Hours:** M-F, 8am-5pm

## Ketchikan Public Library

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

1110 Copper Ridge Lane

(907) 225-3331

### Programs/Services

- Outreach program delivering books, movies, and music to patrons unable to visit the library due to mobility, incarceration, or mental health issues. Call 228-2309 or email [outreach@firstcitylibraries.org](mailto:outreach@firstcitylibraries.org)
- E-books and audiobooks from Alaska Digital Library accessible with a library account.
- Free Wi-fi available as well as public access computers.
- Children's library has games, toys, and coloring supplies. Child centered programs and events weekly. Schedule available online.

**Hours:** M-W 10am-8pm, Th-Sat 10am-6pm, Sun 1-5pm



## Ketchikan School Food Pantries

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### **Ketchikan High School**

(907) 225-9815

2610 4<sup>th</sup> Avenue

Food pantry accessible to all students in Ketchikan High School Library weekdays from 8am-4pm. Food donations are always welcome from the public and can be brought directly to the library.

### **Schoenbar Middle School**

(907) 228-7200

217 Schoenbar Road

Provided by Rotary 2000. Food bags are distributed at the end of the week to students' lockers. Students from Schoenbar and their parents/guardians can contact the school counselor to have a food bag prepared.

### **Fawn Mountain Elementary School**

(907) 228-2200

400 Old Homestead Road

Food items available to all Fawn Mountain students. Parents/guardians should reach out to the school nurse to request a food bag.

## Ketchikan Youth Court

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

(907) 225-2293

2417 Tongass Ave, Suite 210

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

A Restorative Justice program. Clients referred to KYC get the benefit of "a second chance." Upon successful completion of their KYC sentence, they can gain a suspended imposition of sentence ("S.I.S.") and in many cases are eligible for a dismissal of the charge(s) against them.

**Hours:** Tu-F, 3-5pm

## Legacy Health Clinic

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

(907) 225-6355

3524 Tongass Avenue

[legacyhealth@kpunet.net](mailto:legacyhealth@kpunet.net)

Independently owned and operated nurse practitioner clinic offering primary medical care.

### **Programs/Services**

- General health care services, referrals, physical exams, & screenings
- Immunizations and prescriptions
- Chronic health care treatment and management
- Acute health issues

**Hours:** M-F, 8am-5pm

## Little Free Pantry

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433 Jackson Street (Back side of Holy Name Catholic Church)

Free food pantry to give/take non-perishable food, open to the public.

## Love in Action

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

121 Nadeau Street

(907) 247-5462

Fax: (907) 247-5463

We provide "gap" services to help fill needs that other agencies and organizations are not able to meet. Call for an application.

### Programs/Services

- Providing groceries, toiletries, furniture/linen
- Baby items and diapers
- Perform small home repairs, shopping, transportation, meals and many other personal needs

**Hours:** Mon, 11-2pm; Tues, 9-12pm; Wed, 1-4pm

## New Horizons Long Term Care

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[www.peacehealth.org/NewHorizons](http://www.peacehealth.org/NewHorizons)

3100 Tongass Avenue

(907) 228-8300 Ext. 7980

A Medicare/Medicaid licensed Skilled Nursing Facility within PeaceHealth Ketchikan Medical Center. Provides long-term care for individuals at the end-of-life, assists with hospice care, and provides transitional care.

### Programs/Services

- Fully staffed with RNs, LPNs, CNAs, and activity director.
- Skilled nursing care, rehabilitation therapies, nutrition services, respiratory therapy, spiritual care, social services, and activities.

**Hours:** M-F, 8am-4:30pm

## Northway Family Healthcare Clinic

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

130 Carlanna Lake Road, Ste 201

(907) 225-4325 Fax:(907) 225-4326 [info@northwayfamilyhealthcare.com](mailto:info@northwayfamilyhealthcare.com)

Primary care clinic offering appointments for urgent, same-day, or walk-ins.

### Programs/Services

- Urgent care and primary care
- Walk-in Clinic Services
- Routine scheduled visits for acute and chronic medical conditions

\* *Accepts Medicaid & Medicare*

**Hours:** M-F, 8am-5pm



## Office of Children's Services (OCS)

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[dhss.alaska.gov/ocs/Pages/default.aspx](http://dhss.alaska.gov/ocs/Pages/default.aspx)  
(907) 225-6611

415 Main St, STE 201

### **Programs/Services**

- Adoption, Guardianship, and Foster Care
- Resources and referrals to supportive services and resources for those with children and families
- ICWA (Indian Child Welfare Act)
- Reporting Child Abuse or Neglect

**Hours:** M-F 8am-5pm

## Oilean Wellbeing, LLC

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[www.oileanwellbeingtherapy.com](http://www.oileanwellbeingtherapy.com)  
(907) 821-2161

540 Water Street, Suite 101  
[alaskasw.cla@gmail.com](mailto:alaskasw.cla@gmail.com)

Specializing in Behavioral Health therapy for children, teens, couples, families, adults, and groups, as well as art therapy.

**Hours:** M-Th, 10am - 5pm

## Optimum Health and Wellness Physical Therapy

---

[www.ohwpt.com](http://www.ohwpt.com)  
(907) 225-7808

4079 Tongass Avenue, Suite 102  
[office@ohwpt.com](mailto:office@ohwpt.com)

Physical Therapy and fitness center.

### **Programs/Services**

- Exceptionally skilled physical therapy
- Craniosacral Therapy
- Advanced fitness center
- Personal training opportunities

**Hours:** M-F, 7am-6pm

## Park Avenue Temporary Home (PATH)

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<https://www.facebook.com/ketchikanPATH>

(907) 225-4194

628 Park Avenue

An emergency shelter for people experiencing homelessness. A 28 bed facility, serving both men and women who are in need of temporary housing. Allows a maximum stay of 30 days to help people get back on their feet. Accepts donations of food items that the clients are able to make meals from.

### Programs/Services

- Shelter for individuals & families, Maximum stay of 30 days.
- 28-bed facility with laundry, kitchen, & shower facilities

**Hours:** Open Doors: 7am - 9am ; 5pm -10pm  
Shelter Stay: 10pm - 7am

## Patricia Hauser, LCSW

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(907) 225-5858

4079 Tongass Ave

Private practice providing psychotherapy/counseling services.

**Hours:** By appointment

## PeaceHealth Ketchikan Medical Center

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[www.peacehealth.org/ketchikan](http://www.peacehealth.org/ketchikan)

(907) 228-7655

(907) 228-8334

3100 Tongass Avenue

[kmc@peacehealth.org](mailto:kmc@peacehealth.org)

PeaceHealth Ketchikan Medical Center is a 25-bed critical access hospital with a 29-bed long-term care unit, birthing center, and Trauma IV Emergency department.

### Programs/Services

- Primary Care Clinic
- Pediatrics Clinic
- Behavioral Health Clinic
- Women's Health Clinic
- General Surgery Clinic
- Orthopedics and Sports Medicine Clinic
- Urology Clinic
- Sleep Study Center
- Visiting/Telemedicine Specialty Clinics:
  - Cardiology
  - Oncology
  - ENT
  - Infectious Disease
  - Pulmonology
  - Gastroenterology
  - Pediatric Cardiology
- Physical, Occupational & Speech therapies
- Imaging & 3D Mammography
- Cancer Resource Center
- Smoking Cessation Classes
- Home Health & Hospice
- Diabetes Education
- Prenatal Classes
- Child Development Center

*\* Accepts Medicaid & Medicare*

**Hours:** M-F, 8am-4:30pm

## Power of Wellness

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

(907) 547-4447

3528 Tongass Avenue

[info@powerofwellnessak.com](mailto:info@powerofwellnessak.com)

Full service family health clinic serving all ages.

### Programs/Services

- Same-day walk ins and routine health screenings
- Child & adult physicals
- Chronic disease management
- CDL & merchant mariner exams
- Women's health & sexual health

**Hours:** M-F, 8am-6pm; Sat, 8am-2pm

## Rainforest Family Healthcare Clinic

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*fb: Rainforest Family Healthcare*  
(907) 617-0082

3137 Tongass Ave. (Visiting Physicians Clinic)

Provides healthcare for the entire family by a Board Certified Family Nurse Practitioner.

### Programs/Services

- Wellness examinations and schools/sports physicals
- CDL and Coast Guard medical certifications
- Variety of primary care services from pediatrics to geriatrics

**Hours:** Saturdays & Sundays, 9am-5pm or By Appointment

## Rendezvous Senior Day Services

---

*www.rendezvouservices.org*  
(907) 247-1961

2441 First Avenue  
rendezvous@kpunet.net

Provides older adults and people with disabilities an opportunity to get out of the house and receive mental and social stimulation. To give caregivers a break in which to attend to personal needs or relax.

### Programs/Services

- Adult Day Center with activities as well as senior housing
- Companionship, counseling, and referrals
- Nutritional noon meal and snacks
- Transportation services

**Hours:** M-F, 8am-4pm

## Residential Youth Care, Inc.

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*www.rycalaska.com*  
(907) 225-4664 Toll Free: 1-866-848-8615

2514 First Avenue  
info@rycalaska.com

We offer treatment programs to advocate for and foster the safety and well being of youth at risk and their families so they may lead productive lives. Recovery support available.

### Programs/Services

- Outpatient residential treatment services for youth
- Inpatient residential treatment services: long-term program for youth ages 10-19, 6-12 months
- Emergency shelter for ages 10-19: early prevention, 12 step, and relapse prevention
- Tobacco Cessation Services: Ages 14-19, 10-week clinic: 1 hr/week

## Round Table Counseling & Mediation Services

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(907) 225-7686

wshardylcsw@kpunet.net

344 Front Street, Suite B

Behavioral Health services for adolescents and adults provided by Bill Hardy, LCSW.

### Programs/Services

- Assessments, referrals
- Adult/adolescent psychotherapy
- Family counseling, relationship counseling, substance use disorders
- Child Custody Visitation Mediation Program

## Salvation Army, Gateway Corps

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[www.gatewayalaska.salvationarmy.org](http://www.gatewayalaska.salvationarmy.org)

342 Stedman Street

(907) 225-5277

leah.fowler@usw.salvationarmy.org

Provides services and basic needs for low income and homeless individuals and families.

### Programs/Services]

- Assessments, referrals
- Soup kitchen meal: Monday-Friday, 12:30-1pm
- Thrift store clothing & furniture vouchers – Monday & Friday, 10am-12pm
- Commodities food bank- 3<sup>rd</sup> Saturday, 10am-1pm (301 Wolf St, Saxman)
- Emergency food box: Monday and Friday, 10am – 12pm
- Social services office: Monday-Friday, 10am-12pm

## SEA Link, Inc.

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(907) 254-1896

sealink@kputnet.net

Provides assistance for youth/adults interested in maritime education, training, and placement as well as assisting displaced maritime industry workers. Help in accessing tuition assistance if eligible.

**Hours:** Flexible - Call for appt

## Serenity Health & Wellness

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

120 Carlanna Lake Road, #102

(907) 247-9355

Fax: (907) 225-9376

[info@serenityketchikan.com](mailto:info@serenityketchikan.com)

Family Practice Healthcare for ages 2 and older.

### Programs/Services

- Physicals for: youth sports, DOT, Merchant Marines, CG
- Regular wellness checkups, annual examinations, pharmaceutical prescriptions, immunizations & lab testing
- Wound care, blood pressure & chronic health management
- Skin care procedures

*\* Accepts Medicaid & Medicare*

**Hours:** M-F, 8am-5pm

## Southeast Alaska Prosthetics & Orthotics

---

<https://seapollc.com>

(907) 254-1276

21 Jefferson Way, Suite 202

Provide individuals with all prosthetic and orthotic needs.

### Programs/Services

- Support clients in selection of appropriate products
- Cast, fit, and adjust prosthetics and orthotics

*\* Referral required. Accepts Medicaid & Medicare*

## Southeast Alaska Independent Living (SAIL)

---

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

2417 Tongass Avenue, Suite 222

(907) 225-4735

(907) 247-4735

[ketchikan@sailinc.org](mailto:ketchikan@sailinc.org)

Empowering elders and people with disabilities by providing services and information for independent living.

### Programs/Services

- Advocacy & Awareness workshops: Americans with Disability Act
- DDRC program assists individuals with developmental disabilities and their families wishing to access services through State of Alaska Developmental Disabilities Programs.
- ORCA - Adaptive recreation opportunities for people of all ages
- Behavioral Health Support Group (Mondays at 5:30pm)
- Aging and Disability Resource Center - transitional services
- Low-vision peer support group
- Employment Services and Veteran-Directed care for long term services and supports

**Hours:** Tues-Fri, 9am-4pm





## Southeast Senior Services

*(a division of Catholic Community Services)*

<https://www.ccsak.org/saxman-ketchikan.html>  
(907) 225-6575 Fax: (907) 247-6575

2401 Eagle Avenue, #2

Promote the health, independence and quality of life of seniors through the delivery of quality services. Provide a space for socialization.

### Programs/Services

- Saxman-Ketchikan Senior Services Center
- Hot nutritious meals (M-F@ noon)
- Home delivered meals to eligible homebound seniors
- Senior & ADA transportation from Whipple Creek to Mountain Point.

### Ketchikan Case Management Program

- Senior advocacy
- Medicare counseling
- Gatekeeper program
- Family caregiver support specialist
- Financial support for respite

**Hours:** M-F, 8am - 3pm & Weekend transport services

## Stone Soup Group

[www.stonesoupgroup.org](http://www.stonesoupgroup.org)  
(907) 792-3418

[laurieh@stonesoupgroup.org](mailto:laurieh@stonesoupgroup.org)

Support and resources for children with special needs and their families.  
Navigation support to identify specific programs & services.

### Programs/Services

- Transition support in the areas of education, housing, finance, employment, health care, and social needs.
- Ketchikan Parent Navigator: Laurie Hodne  
Phone: (907) 792-3418 or Email: [laurieh@stonesoupgroup.org](mailto:laurieh@stonesoupgroup.org)
- M.A.P (Mentor, advocate, partner) a volunteer peer support program to connect with other families with children with special needs.

## Susan M. Porter, PhD

(907) 341-4904

Private practice providing therapy services to all ages. Psychological testing available. Specializes in grief, trauma and sexual abuse.

## The Manor LLC

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(907) 247-8748

250 Heckman Street

The mission of The Manor is to care for and honor those in need and to provide a safe and nurturing environment in which they can find peace and comfort. A retirement and assisted living facility providing residential living and supportive care and 24/7 supervision.

*\*Accepts Medicaid waiver, private pay, and third-party payments.*

**Hours:** M-F, 8am-5pm

## The Lords Table (St. John's Episocopal Church)

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(907) 225-3680

433 Mission Street

A hot evening meal provided at 3pm on Sundays.

## Veterans of Foreign Wars (VFW)

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<https://www.facebook.com/ketchikanvfw/>

3113 Tongass Avenue

(907) 225-5510

vfw4352@gmail.com

Ragnar Myking Post 4352 is the local branch veterans' organization dedicated to supporting veterans, legislative advocacy, and community service programs. Assistance in accessing Veterans' benefits.

## Women In Safe Homes (WISH)

---

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

2002 First Avenue

Admin: (907) 228-4099

Shelter: (907) 225-9474

Fax: (907) 225-2472

24 Hr. Crisis Line: 1-800-478-9474

info@wishak.org

Advocacy and violence prevention. Services are free, confidential and can be used anonymously.

### Programs/Services

- Crisis Shelter & crisis line 24/7
- Support & Prevention Services
- Parenting Workshops & Supported Family Outings
- Counselor & Legal Advocate
- Individual & Group Support/advocacy

**Hours:** Office: M-F, 8am-4pm

## Women, Infants, Children (WIC) – (Juneau)

---

[www.dhss.alaska.gov/dpa/pages/nutri/wic](http://www.dhss.alaska.gov/dpa/pages/nutri/wic)  
(907) 463-4099

wic@alaska.gov

A public health program for women, infants and children.

### Programs/Services

- Counseling, support, and referrals to needed services
- Nutrition and breastfeeding education
- Child Health Screening
- WIC coupons for healthy foods for infants

**Hours:** M-F, 8am-5pm

## Your Space Counseling

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[www.lynchtherapy.com](http://www.lynchtherapy.com)  
(907) 247-5000

(907) 247-5001

1621 Tongass Avenue, Suite 305  
info@lynchtherapy.com

Mental Health and Substance Abuse counseling for children, adolescents, adults, couples, and families with Roseann Lynch, LPC.

# SUPPORT GROUPS

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## Alaska Parenting & Breastfeeding Village

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*fb: Alaska Breastfeeding Village*  
(907) 220-9920

Peer group to ask questions seek help and support all families, caregivers and mothers at any stage in their breastfeeding and infant feeding journey, regardless of the age of the baby or child. Pregnant women and partners are welcome.

### Programs/Services

- Baby weight check & Latch checks
- Breast pump checks (with prior request)

**Hours:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, Ketchikan Public Library

## Al-Anon – Courage to Change

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<https://al-anon-ak.org/meetings/courage-to-change-ketchikan>

A fellowship of relatives and friends of alcoholics who share their experience, strength and hope with one another, to solve their common problems and help others do the same.

**Meetings:** Wed, 6pm – 7pm, 2711 Second Ave (Presbyterian Church, lower level)

## Alcoholics Anonymous

---

[www.aa.org](http://www.aa.org)  
(907) 225-5154

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical.

### Meetings:

- Just for Today AA: Every night 8pm, 1736 Tongass Ave  
M, W, F, 5:30pm & Sun, 10am
- Out to Lunch Bunch: M-Sat, 12pm, 503 Mission  
(St John's Episcopal Church undercroft )
- Sober Sisters: Tues 5:30pm 141 Bryant St.  
(Ketchikan Pioneer Home, First Floor Conference Room)

## Behavioral Health Support Group

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[www.sailinc.org](http://www.sailinc.org)  
(907) 225-4735

2417 Tongass Street, Suite 222 (SAIL office in The Plaza)  
Fax: (907) 247-4735      [info@sailinc.org](mailto:info@sailinc.org)

For individuals or family members of individuals experiencing a mental health challenge such as depression, anxiety, bi-polar disorder, schizophrenia or others.

**Hours:** Mondays, 5:30pm - 6:30pm

## Bereavement Support Group

(PeaceHealth Ketchikan Volunteer Hospice)

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[www.peacehealth.org/kmchospice](http://www.peacehealth.org/kmchospice)  
(907) 228-7600

212 Carlanna Lake Road, Suite 100

Volunteers offering community bereavement services.

### Programs/Services

- One-on-one peer support
- Eight-week closed groups offered twice each year

## Caregiver Support Group

---

(Saxman Senior Center)

*fb: SaxmanKetchikanSeniorCenter*  
(907) 225-8080

Informal peer to peer group for those who are providing care to elderly loved ones 60+.

### Programs/Services

- In-person group meeting monthly
- FB closed group

**Hours:** 2nd Friday, 2pm-3pm

## Compassionate Friends Support Group

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[www.compassionatefriends.org/chapter/tcf-of-ketchikan](http://www.compassionatefriends.org/chapter/tcf-of-ketchikan)  
(907) 247-8716      [bettunion@gmail.com](mailto:bettunion@gmail.com)

141 Bryant Street  
(Pioneer Home)

A support group for people who have lost a child no matter what age or how long ago.

**Hours:** Call for individual support.

## Kids Group

---

(907) 225-9474

2002 First Ave. (WISH Shelter - Children's room)

Guided activities to strengthen families, helping children with emotional and social wellbeing.

**People Served:** Children of all ages from the community. Parents welcome to participate.

**Hours:** Wed & Fri, 3:30-5:30pm

## Low Vision & Blindness Support Group

---

[www.sailinc.org/low-vision-support-group-ketchikan](http://www.sailinc.org/low-vision-support-group-ketchikan)

2417 Tongass St, #222 (SAIL)

(907) 225-4735

info@sailinc.org

This group is open to any person, of any age, experiencing any type of low vision or blindness.

**Hours:** 2nd Mondays, 1:30 - 3pm

## Narcotics Anonymous

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[www.akna.org/areas/ketchikan](http://www.akna.org/areas/ketchikan)

(907) 220-7065

503 Mission Street / 1200 Tongass Avenue

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

**Hours:** Tuesdays, 8pm

## Parent & Caregiver Support Group

---

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

2417 Tongass Ave., Ste 222

(907) 225-4735

info@sailinc.org

(SAIL office in The Plaza)

Support group for parents and caregivers of people with disabilities.

**Hours:** 1st & 3rd Wednesday of each month, 5:30pm-6:30pm

## Traumatic Brain Injury Support Group

---

[www.sailinc.org/tbi-support-group-ketchikan](http://www.sailinc.org/tbi-support-group-ketchikan)

2417 Tongass Ave., Ste 210

(907) 225-4735

info@sailinc.org

Supporting individuals and families of individuals who have experienced a brain injury.

**Hours:** 1st & 3rd Wednesdays, 5pm-7pm

## Women's Group

---

(907) 225-9474

2002 First Avenue (WISH Shelter)

A supportive space for womens healing and empowerment.

**People Served:** Women who have experienced Domestic Violence or Sexual Assault.

**Hours:** Mondays 11am

# FAITH ORGANIZATIONS

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## Baha'I Faith

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[www.usbahai.org](http://www.usbahai.org)  
(907) 225-5445

2441 1st Avenue, Suite A

Toll Free: 1-800-22UNITE

### Programs/Services

- Interfaith Spiritual Readings: Mondays, 7pm, Thursdays, 5pm
- Study Circle: Saturdays call (907) 617-5704

## Calvary Bible Church

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[www.calvarybibleketchikan.org](http://www.calvarybibleketchikan.org)  
(907) 225-4776

334 Carlanna Lake Road  
calvarybiblechurch@kpunet.net

A Bible-teaching, evangelical church.

### Programs/Services

- Morning Worship: 11a.m./Evening Service: 6pm
- Sunday School: 9:45 am
- AWANA: 6:15 - 8pm
- Adult Bible Studies throughout the week

## Church of Jesus Christ of Latterday Saints

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[www.churchofjesuschrist.org](http://www.churchofjesuschrist.org)  
(907) 225-3291

2900 Fifth Avenue

### Programs/Services

Sacrament Meeting Sundays: 9:30am

## Church of the Nazarene

---

[www.ktnnaz.org](http://www.ktnnaz.org)  
(907) 225-2641

2631 2nd Avenue

A Protestant church in the Wesleyan-holiness tradition. All are welcome!

### Programs/Services

- Sunday School, nursery: 9:00am
- Worship Service, Kids Church, nursery: 10:00am
- Small Groups



## Clover Pass Community Church

---

<https://www.cpccalliance.org/>  
(907) 247-2360

105 North Point Higgins Road  
office@cpccalliance.org

Part of the Christian & Missionary Alliance, a Christ-centered global missions and worldwide missionary movement.

### Programs/Services

- Sunday morning Worship: 10:30am
- Sunday evening Community Groups: 6pm
- Christian Preschool and Daycare: please call (907) 247-2350

## First Baptist Church

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[www.fbc-ketchikan.org](http://www.fbc-ketchikan.org)  
(907) 225-3588

1905 First Avenue  
fbcktn@live.com

### Programs/Services

- Practical Biblical Messages
- Contemporary and Traditional Music
- Sunday Worship, Nursery & Children's services: 10am
- Sunday Middle and High School Groups: 11:30am

## First Lutheran Church

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*fb: First Lutheran Church* 1200 Tongass Avenue  
(907) 225-3010

fladmin@gci.net

### Programs/Services

- Prayer Meeting: Sunday, 8am
- Bible Study: Sunday, 9am
- Worship with Communion: Sunday, 10am
- Men's Breakfast: Wednesday, 6:30am
- Men's Coffee: Wednesday, 10:30am
- Women's NA meeting: Saturday, 6pm
- Childcare Center

## First United Methodist Church

---

*fb: First United Methodist Church*  
(907) 225-3780

400 Main Street  
fumc1@kpunet.net

### Programs/Services

- Worship: Sunday (11am)
- Bible Study: Tuesday (6pm)
- Day Shelter (year round) & Overnight Warming Shelter (Oct-April) by First City Homeless Services

## Good News Fellowship

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(907) 225-7729

300 Mill Street

### Programs/Services

- Sunday, 10am

## Holy Name Catholic Church

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(907) 225-2570

433 Jackson Street  
Churchoffice@holynamektn.org

### Programs/Services

- Sunday: 9:30am and 5:30pm
- Weekday Mass: Mon, Thur, Fri,- 12:10pm; Wed, 9am; First Sat, 9am
- Adoration: 4pm
- Confessions: Sat 4-5pm or by appointment
- Holy Name School
- Religious Education Programs

## Holy Truth Lutheran Church

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(907) 225-2842

426 Buren Road

### Programs/Services

- Sunday Worship: 10am
- Sunday School & Adult Bible Study: 9am

## Iglesia Ni Cristo (Church of Christ)

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308 Grant Street

### Programs/Services

- Sat & Wed, 8:30pm
- Friday Bible Study: 8:15pm

## Ketchikan Church of Christ

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[www.ketchikanchurchofchrist.org](http://www.ketchikanchurchofchrist.org)  
(907) 225-4475

3149 Tongass Avenue  
ktnsly@gmail.com

Presenting non-denominational Christianity.

### Programs/Services

- Sunday: Adult Bible Study: 9:30am; Assembly (10:30am)
- Tuesday: Gospel Singing at Pioneer Home (1:30pm)
- Wednesday: Potluck Dinner & Bible Study (6pm)
- Home Bible Studies: call for days and times
- First Sunday of the month is a Fellowship Dinner
- First Wednesday of the month we prepare and serve at the local Soup Kitchen

## Ketchikan Community Church

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[www.ketchikancommunitychurch.com](http://www.ketchikancommunitychurch.com)  
(907) 254-9588

607 Mission Street

### Programs/Services

- Sunday School: 11am
- Wed: 6pm prayer- 6:30 service; Sun: 10:30am prayer- 11am service

## Ketchikan First Assembly of God

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<https://ketchikanag.com>  
(907) 225-6194

3225 Fairveiw Avenue

Church committed to community, families, and being real.

### Programs/Services

- Sunday Worship & Children's Church : 10:00am
- KRUX Youth Group: Thurs 6-8pm (during school year)

## Ketchikan Presbyterian Church

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<http://ketchikanpresbyterian.org>  
(907) 220-7224

2711 Second Avenue

Sharing God's love with every race and culture.

### Programs/Services

- Sunday Worship (9:15am)
- Spiritual Support
- Food Pantry on Fridays at noon

## Lighthouse Church of God

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[www.mylighthouse.tv](http://www.mylighthouse.tv)  
(907) 225-2893

3405 Baranof Avenue

Full gospel church.

### Programs/Services

- Sunday: Main Service (10am); Nights of Prayer (6pm)
- Monday (6pm): RISE for ages 14+
- Wednesday (6pm): Bible Study Fellowship USM for ages 12-18

## North Tongass Baptist Church, SBC

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*fb: North Tongass Baptist Church*  
(907) 247-0180

14627 North Tongass Hwy

### Programs/Services

- Sunday School: 9:30am
- Sunday Worship Service: 10:30am

## Open Door Fellowship

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(907) 225-0112

6089 Yankee Drive

A Foursquare home church.

### Programs/Services

- Service: Sun, 10am

## Seventh-Day Adventist Church

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[www.ketchikanseventhdayadventist.com](http://www.ketchikanseventhdayadventist.com)  
(907) 225-3052

2017 First Avenue  
adineacsu@icloud.com

Christian community for Bible study, worship, and prayer.

### Programs/Services

- Saturday Sabbath School: 9:30am
- Saturday Worship Service: 10:45am

## South Tongass Alliance Church

---

[www.stacalaska.net](http://www.stacalaska.net)  
(907) 225-1303

400 Old Homestead Road  
office@stacalaska.net

### Programs/Services

- Sunday: 10:30am
- Children's programs

## St. John's Episcopal Church

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[www.facebook.com/stjohnsketchikan](http://www.facebook.com/stjohnsketchikan)  
(907) 225-4963

503 Mission Street  
stjohnsktnak@gmail.com

St. John's is an Episcopal Church reaching out in love to all believers.

### Programs/Services

- Sunday: Holy Eucharist: 8:30am & 10:45am
- Children's Sunday School: 9:30am
- 1st Sunday of each month: 10am service with Potluck Lunch or Coffee Hour to follow
- The Lord's Table, full hot meal: 3pm on Sunday

## Salvation Army Gateway Church

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[www.gatewayalaska.salvationarmy.org](http://www.gatewayalaska.salvationarmy.org)  
(907) 225-5277

342 Stedman Street

Evangelical part of the universal Christian Church.

### Programs/Services

- Sunday School: 10am
- Sunday Worship Service: 11am
- Home League: Tues, 6pm
- Adult Bible Study: Wed, 7pm
- Visitation services (i.e. home visits)



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