

HELP

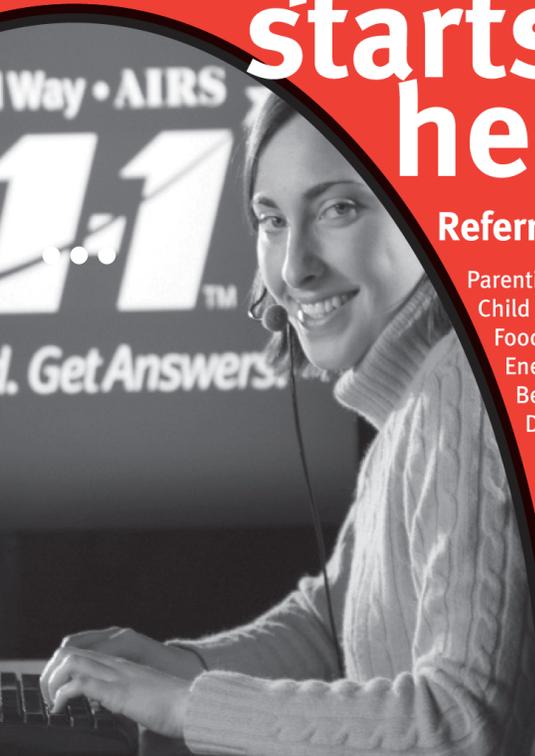
us let others know...

...Help starts here.

Way • AIRS



Get Answers.



Referrals for:

- Parenting help
- Child care
- Food, clothing, shelter
- Energy assistance
- Behavioral health
- Domestic violence
- Health care
- Senior care
- Substance abuse
- Job services
- Counseling
- Disability services
- Veteran services
- Public benefits
- Legal assistance
- Transportation

Dial 2-1-1

or 1-800-478-2221

No matter where you live in Alaska, help starts here.

With one easy phone call, our friendly, trained specialists will connect you with the community services that best fit your needs.

Find help online 24/7 at www.alaska211.org. It's free and confidential.



When: **MLK Day**
Monday, January 21, 2013

Time: **10:30 a.m. - 1:00 p.m.**

- 10:30 Volunteers Check-in
- 10:45 Welcome & Safety Chat
- 11:00 Start canvassing
- 1:00 VolunTERS Return for Pizza Party

Where: **Meet at Susitna Elementary School**
7500 Tyone Ct.

What: **Volunteers needed to canvas neighborhood by distributing ALASKA 2-1-1 door hangers. Let's spread the word about ALASKA 2-1-1 and help our neighbors connect to the services they need. Groups and individuals welcome!**

How: **Contact Jennifer Howell**
jhowell@ak.org or 263-3806 to sign-up or with questions.



United Way of Anchorage
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