

## *How We Can Help*

### Shelters

- **Brother Francis Shelter**

*Low-barrier shelter for adults experiencing homelessness.* Open to anyone over 18, able to care for themselves without assistance, and free of contagious disease. Admission to the shelter is dependent on availability. Call **907-277-1731** to ask if there are any beds available. New beds open up daily at noon.

**Location: 1021 E 3rd Ave, Anchorage, AK 99501**

**Hours: 24 hours/day, 365 days/year**

**Phone: 907-277-1731 (front desk)**

- **Clare House**

*Emergency shelter for moms with kids experiencing homelessness.* Open to adult women with children under the age of 18, or women who are pregnant. To enter, you must provide picture ID, proof of guardianship of children with you, and must not be a registered sex offender. Call **907-563-4545** to ask about availability.

**Location: 4110 Spenard Rd, Anchorage, AK 99517**

**Hours: 24 hours/day, 365 days/year**

**Phone: 907-563-4545 (front desk) ext. 100 or ext. 101**

- **Complex Care**

*Supportive facility for elderly and medically fragile adults experiencing homelessness. Guests admitted by referrals from operating partners, and must be experiencing medical or mobility challenges.*

**Location: 303 West Fireweed Lane, Anchorage, AK 99503**

**Hours: 24 hours/day, 365 days/year**

**Phone: 907-771-7300**

### Food

- **St. Francis House Food Pantry**

*Weekly emergency food support for adults and families.* No appointment needed, simply come during open hours with ID and at least 30 minutes of free time.

**Location: 3710 E 20th Ave, Anchorage, AK 99503**

**Hours: Monday – Thursday from 9 a.m. – 1 p.m.**

**Phone: 907-222-7323**

### Information

- **3<sup>rd</sup> Avenue Resource & Navigation Center**

*Resources and information for adults experiencing homelessness.* Stop by for short-term needs (shower, phone charge) or connect with navigation services for long-term support like housing and case management.

**Location: 1101 E. 3rd Avenue, Anchorage, AK 99501**

**Hours: on Monday – Friday from 8:30 a.m. – 3 p.m.**

**Phone: 907-222-7388 (front desk)**

For more information, visit **[www.cssalaska.org](http://www.cssalaska.org)**