

Wasilla

FAMILY WELLNESS WARRIORS INITIATIVE

Learning Circles in the Valley

Monday

**Knik Tribe Life Skills
After School
Program**

2:30 – 4:30 p.m.

*Registration required

Tuesday

Grief and Loss

1 – 2:30 p.m.

**Our Relationship
with Anger**

3 – 4:30 p.m.

**Wellness Matters
Night**

5:30 – 6 p.m.

*Meal provided

Men's Wellness

6 – 7:30 p.m.

Creating Wellness

Wednesday

**Chickaloon
Creating Wellness**

10 a.m. – noon

Job Corps Life Skills

1 – 3 p.m.

*Registration required

Thursday

**Parenting
Connection**

10:30 a.m. – noon

**Job Corps Grief and
Loss**

1:30 – 3:30 p.m.

*Registration required

Friday

**Our Spiritual
Journey**

8:30 – 9:30 a.m.

**Veterans Learning
Circle**

11:30 a.m. – 1 p.m.

**Life Skills Recovery
Support**

2 – 4 p.m.



Knik Tribe Life Skills After School Program

Mondays
2:30 – 4:30 p.m.

Closed group for middle school students. Please contact Knik Tribe at (907) 373-7991 to register.

Grief and Loss

Tuesdays
1 – 2:30 p.m.
FWWI meeting room, second floor

Grief is a natural response to loss. Connect and express your thoughts and feelings with those who understand loss in this peer-supported learning circle. Walk-in participants welcome; ages 18 and up.

Our Relationship with Anger

Tuesdays
3 – 4:30 p.m.
FWWI meeting room, second floor

Come share, listen, and learn about anger, how it impacts us, and our relationships with others. Walk-in participants welcome; ages 18 and up.

Wellness Matters Night

Tuesdays
Meal served 5:30 – 6 p.m.
Susitna Room, first floor

Join us each week at Wellness Matters Night for free food and learning circles!

Wellness Matters Night provides a variety of learning circles to strengthen and build relationships while working towards physical, mental, emotional, and spiritual wellness.

Men's Wellness

Tuesdays
6 – 7:30 p.m.
Susitna Room, first floor

A faith-based learning circle focusing on helping men build deeper connections by understanding how wounds impact us and how sharing and building relationships with men can help restore us. Walk-in participants welcome; ages 18 and up.

Creating Wellness

Tuesdays
6 – 7:30 p.m.
Susitna Room, second floor

A supportive learning circle where people can share stories while developing new coping skills through healthy activities. Walk-in participants welcome; ages 18 and up.

Chickaloon Creating Wellness

Wednesdays
10 a.m. – noon
Life House Clinic, second floor conference room
11495 N. Callison Street
Sutton

A supportive learning circle where women can share stories while developing new coping skills through healthy activities. Walk-in participants welcome; ages 18 and up.

Job Corps Life Skills

Wednesdays
1 – 3 p.m.

Closed group for Job Corps students. Please contact Sean White at (907) 631-7427 to register.

Parenting Connection

Thursdays
10:30 a.m. – noon
Fireweed Room, second floor

Join us to learn more about healthy parenting, whether you are a parent, parent-to-be, grandparent, friend, or relative in a parenting situation. Walk-in participants welcome; ages 18 and up.

Job Corps Grief and Loss

Thursdays
1:30 – 3:30 p.m.

Closed group for Job Corps students. Please contact Sean White at (907) 631-7427 to register.

Our Spiritual Journey

Fridays
8:30 – 9:30 a.m.
Room 1504, first floor

Share your joys and struggles while building relationships with others on your spiritual journey. Walk-in participants welcome; ages 18 and up.

Veterans Learning Circle

Fridays
11:30 a.m. – 1 p.m.
Fireweed Room, second floor

This learning circle provides support and utilizes a veteran-designed curriculum to address matters individuals may face after combat or during military service. Walk-in participants welcome; ages 18 and up.

Life Skills Recovery Support

Fridays
2 – 4 p.m.
FWWI meeting room, second floor

Join us to develop new life skills, continue your recovery, and build relationships with others. You don't have to walk your journey alone. Walk-in participants welcome; ages 18 and up.

Note: Please note all learning circles are subject to change.

