

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** 6 – 7:30 p.m.

### **Recovery Support** 6 – 7:30 p.m.

## Wednesday

### **Chickaloon Creating Wellness** 10 a.m. – noon

### **Job Corps Grief and Loss**

1:30 – 3:30 p.m.

\*Registration required

### **Job Corps Life Skills** 3:30 – 5 p.m.

\*Registration required

## Thursday

### **Parenting Connection** 10:30 a.m. – noon

## 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 toward 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.

## Recovery Support

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

Join us to meet with others recovering from substance use and behavioral issues. Receive support and encouragement on your road to an drug free lifestyle. You don't have to walk your journey alone. 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 Grief and Loss

**Wednesdays**  
**1:30 – 3:30 p.m.**

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

## Job Corps Life Skills

**Wednesdays**  
**3:30 – 5 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.

## 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.

