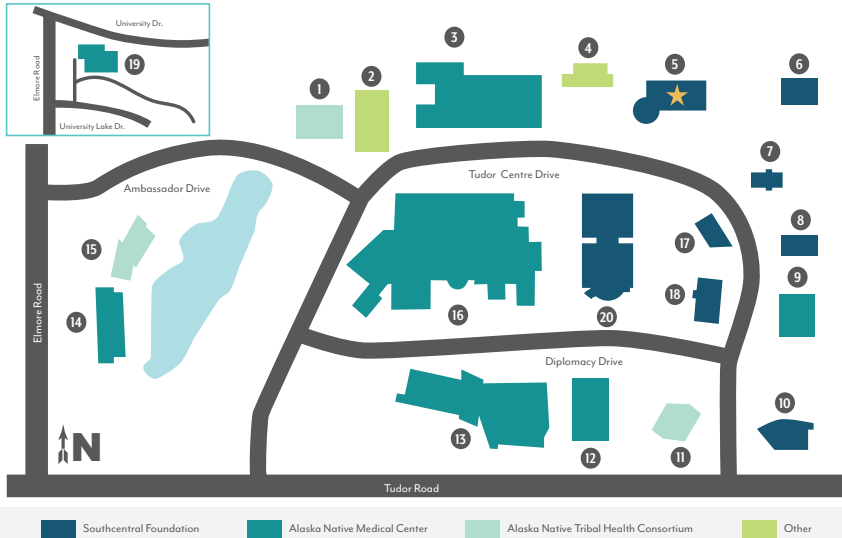




# Learning Circles Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>GRIEF AND LOSS</b> 4085 Tudor Centre Dr. 2:30 – 4 p.m.</p> <p><b>NA TIA SUKAN</b> 4155 Tudor Centre Dr. 101 Group Room B 3 – 4:30 p.m.</p>	<p><b>CIRCLE OF WARRIORS</b> 4341 Tudor Centre Dr., Third Floor 9 – 10:30 a.m.</p> <p><b>BUILDING WOMEN’S CONFIDENCE</b> 4085 Tudor Centre Dr. 10 – 11:30 a.m.</p> <p><b>RELAXATION AND STRESS REDUCTION</b> 4341 Tudor Centre Dr., Third Floor Noon – 1:30 p.m.</p> <p><b>LIVING WITH HEALTHY BOUNDARIES</b> 4085 Tudor Centre Drive 12:30 – 2 p.m.</p> <p><b>GENERATIONAL PARENTING</b> 4085 Tudor Centre Dr. 1:30 – 3 p.m.</p> <p><b>CREATING WELLNESS</b> 4085 Tudor Centre Dr. 2:30 – 4 p.m.</p> <p><b>NA TIA SUKAN</b> 4155 Tudor Centre Dr. 101 Group Room B 3 – 4:30 p.m.</p>	<p><b>CIRCLE OF WARRIORS</b> 4341 Tudor Centre Dr., Third Floor 9 – 10:30 a.m.</p> <p><b>BUILDING WOMEN’S CONFIDENCE</b> 4085 Tudor Centre Dr. 10 – 11:30 a.m.</p> <p><b>DOMESTIC VIOLENCE EDUCATION</b> 4085 Tudor Centre Dr. 10 – 11:30 a.m.</p> <p><b>ELDER’S CHANGING TIDES</b> 6901 E. Road 10 – 11:30 a.m.</p> <p><b>GRIEF AND LOSS</b> 4085 Tudor Centre Dr. 1:30 – 3 p.m.</p> <p><b>LIVING WITH HEALTHY BOUNDARIES</b> 4085 Tudor Centre Drive 12:30 – 2 p.m.</p> <p><b>OUR SPIRITUAL JOURNEY</b> 4085 Tudor Centre Dr. 2:30 – 4 p.m.</p> <p><b>NA TIA SUKAN: JOURNALING FOR PERSONAL GROWTH</b> 4155 Tudor Centre Dr. 101 Group Room B 3 – 4:30 p.m.</p> <p><b>VETERANS &amp; FIRST RESPONDERS</b> 3210 Lark Street 5 – 7:30 p.m.</p>	<p><b>Relaxation and Stress Reduction</b> 4341 Tudor Centre Dr., Third Floor Noon – 1 p.m.</p> <p><b>ANGER: A NEW OUTLOOK</b> 4085 Tudor Centre Dr. 3:30 – 5 p.m.</p> <p><b>WELLNESS MATTERS NIGHT</b> 4085 Tudor Centre Dr. 5 – 7:30 p.m.</p> <p><i>Anger: A New Outlook</i> <i>Breaking the Silence:</i> <i>Healing the Loss of Suicide</i> <i>Creating Wellness</i> <i>Dialectical Behavioral Therapy:</i> <i>Creating a Life Worth Living</i> <i>Family Support</i> <i>Grief and Loss</i> <i>Leaders Journey Together</i> <i>Life Skills</i> <i>Men’s Cultural</i> <i>Recovery Support</i></p>	<p><b>MEN’S SPIRITUAL GROWTH</b> 4085 Tudor Centre Dr. 8:30 – 10 a.m.</p> <p><b>WOMEN’S SPIRITUAL GROWTH</b> 4085 Tudor Centre Dr. 8:30 – 10 a.m.</p> <p><b>DOMESTIC VIOLENCE EDUCATION</b> 4085 Tudor Centre Dr. 10 – 11:30 a.m.</p> <p><b>GENERATIONAL PARENTING</b> 4085 Tudor Centre Dr. 1:30 – 3 p.m.</p> <p><b>CREATING WELLNESS</b> 4085 Tudor Centre Dr. 2:30 – 4 p.m.</p> <p><b>NA TIA SUKAN: CONFIDENCE IN RECOVERY</b> 4155 Tudor Centre Dr. 3 – 4 p.m.</p>

## ALASKA NATIVE HEALTH CAMPUS



### Ask about learning circles

Learning circles bring small groups of people with similar life experiences together to talk, share story, learn, and support each other. Open to anyone ages 18 and up.

### Learning Circles

- Anger: A New Outlook
- Breaking the Silence: Healing the Loss of Suicide
- Building Women's Confidence
- Circle of Warriors
- Creating Wellness
- Domestic Violence Education
- Generational Parenting
- Grief and Loss
- Living with Healthy Boundaries
- Men's Spiritual Growth
- Na Tia Sukan
- Na Tia Sukan: Confidence in Recovery
- Na Tia Sukan: Journaling for Personal Growth
- Our Spiritual Journey
- Recovery Support
- Relaxation and Stress Reduction
- Wellness Matters Night
- Women's Spiritual Growth

### Ask about Wellness Matters Night

Wellness Matters Night is a weekly gathering on Thursday evenings. Dinner starts at 5 p.m. and learning circles begin at 6 p.m.

### Learning circles offered:

- Anger: A New Outlook
- Creating Wellness
- Breaking the Silence: Healing the Loss of Suicide
- Dialectical Behavioral Therapy: Creating a Life Worth Living
- Family Support
- Grief and Loss
- Leaders Journey Together
- Life Skills
- Men's Cultural
- Recovery Support

If you have any questions, requests, or concerns regarding learning circles, please call the learning circle team at (907) 729-5443, or visit [www.southcentralfoundation.com/learning-circles](http://www.southcentralfoundation.com/learning-circles).

1. Inuit Building  
4141 Ambassador Drive
2. Providence Health and Services, Alaska Cares  
3925 Tudor Centre Drive
3. Patient Housing at ANMC and ANTHC Parking Garage  
4001 Tudor Centre Drive
4. Centers for Disease Control and Prevention  
4055 Tudor Centre Drive
5. Nuka Learning and Wellness Center  
4085 Tudor Centre Drive
6. Bird Ridge Building  
4145 Tudor Centre Drive
7. Heritage Plaza  
4155 Tudor Centre Drive
8. Mt. Yukla Building  
4175 Tudor Centre Drive
9. Mt. Marathon Building  
4201 Tudor Centre Drive
10. Fireweed Mountain Building  
4341 Tudor Centre Drive
11. Alaska Native Tribal Health Consortium Diplomacy Building  
4500 Diplomacy Drive
12. Flat Top Mountain Parking Garage  
4450 Diplomacy Drive
13. Anchorage Native Primary Care Center  
4320 Diplomacy Drive
14. Healthy Communities Building  
3900 Ambassador Drive
15. Alaska Native Tribal Health Consortium Corporate Office Building  
4000 Ambassador Drive
16. Alaska Native Medical Center Hospital  
4315 Diplomacy Drive
17. Mt. Natazhat Building  
4160 Tudor Centre Drive
18. Mt. Ahklun Building  
4501 Diplomacy Drive
19. ANMC ENT, Audiology Ophthalmology Clinic, Ambulatory Surgery Clinic, and Alaska Spine Institute  
3801 University of Lake Drive, 2nd Floor
20. Dr. Katherine and Dr. Kevin Gottlieb Building