

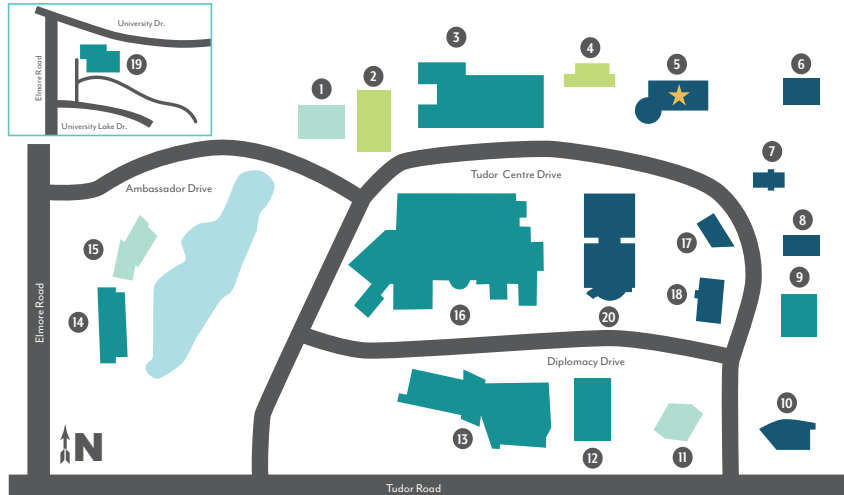


# Learning Circles Schedule

All learning circles will be held at 4085 Tudor Centre Drive unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>AFTERNOON WELLNESS</b> <b>SNACKS</b> 2:30 – 3 p.m. <b>Learning Circles</b> 3 – 4:30 p.m.</p> <p><b>Second Floor Lobby</b></p> <p><b>Anger: A New Outlook</b> Room: Iris</p> <p><b>Grief and Loss</b> Room: Fern</p> <p><b>DV Education: Fostering Safe and Healthy Relationships</b> Room: Juniper</p> <p><b>Living with Healthy Boundaries</b> Room: Cottonwood</p> <p><b>Na Tia Sukan: Confidence in Recovery</b> Room: Cedar</p>	<p><b>CIRCLE OF WARRIORS</b> 8:30 – 9:45 a.m.   Juniper</p> <p><b>FAMILY SUPPORT: AFFECTED BY ADDICTION</b> 11 a.m. – noon   Cottonwood</p> <p><b>GENESIS PROCESS</b> 11 a.m. – noon   Juniper</p> <p><b>*WELLNESS WARRIORS: THE WEEKLY VERSION OF BEAUTY FOR ASHES</b> <b>APR. 16 – JULY 16</b> 11 a.m. – 1:15 p.m.   Alder</p> <p><b>BREAKING THE SILENCE: HEALING THE LOSS OF SUICIDE</b> 12:15 – 1:15 p.m.   Cottonwood</p> <p><b>*LOVE DARE FOR WOMEN</b> <b>JAN. 15 – APR. 26</b> 12:15 – 1:15 p.m.   Juniper</p> <p><b>NA TIA SUKAN: RECOVERY SUPPORT</b> 3 – 4:15 p.m.   Fern</p> <p><b>GENERATIONAL PARENTING: EXPLORING FAMILY CONNECTIONS</b> 3 – 4:15 p.m.   Cottonwood</p>	<p><b>ELDER'S CHANGING TIDES</b> 10:30 – 11:30 a.m.   Cedar</p> <p><b>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</b> 11 a.m. – 12:15 p.m.   Alder</p> <p><b>RELAXATION AND STRESS REDUCTION/MINDFULNESS</b> 11 a.m. – 12:15 p.m.   Cottonwood</p> <p><b>FAMILY SUPPORT: AFFECTED BY ADDICTION</b> 11 a.m. – 12:15 p.m.   Juniper</p> <p><b>GRIEF AND LOSS</b> 12:30 – 1:30 p.m.   Juniper</p> <p><b>PARENTING TEENS</b> 12:30 – 1:30 p.m.   Cottonwood</p> <p><b>CREATING WELLNESS</b> 12:30 – 1:30 p.m.   Iris</p> <p><b>NA TIA SUKAN: JOURNALING FOR PERSONAL GROWTH</b> 3 – 4 p.m.   Iris</p> <p><b>GENERATIONAL HEALING</b> 3 – 4 p.m.   Alder</p> <p><b>GRIEF AND LOSS</b> 3 – 4 p.m.   Juniper</p>	<p><b>CIRCLE OF WARRIORS</b> 11 a.m. – 12:15 p.m.   Juniper</p> <p><b>*ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR WOMEN</b> <b>FEB. 21 – MAY 2</b> 11 a.m. – 12:15 p.m.   Alder</p> <p><b>OUR SPIRITUAL JOURNEY (CO-ED)</b> 11 a.m. – 12:15 p.m.   Cedar</p> <p><b>NA TIA SUKAN</b> 12:30 – 1:30 p.m.   Cottonwood</p> <p><b>*LOVE DARE FOR MEN</b> <b>JAN. 15 – APR. 26</b> 12:30 – 1:30 p.m.   Juniper</p> <p><b>WOMEN'S SPIRITUAL GROWTH</b> 12:30 – 1:30 p.m.   Cedar</p> <p><b>ANGER: A NEW OUTLOOK</b> 3:30 – 5 p.m.   Alder</p> <p><b>*ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR MEN</b> <b>FEB. 21 – MAY 2</b> 3 – 4 p.m.   Juniper</p> <p><b>WELLNESS MATTERS NIGHT</b> 5 – 7:30 p.m.</p>	<p><b>MEN'S SPIRITUAL GROWTH</b> 8:30 – 9:45 a.m.   Alder</p> <p><b>WOMEN'S SPIRITUAL GROWTH</b> 8:30 – 9:45 a.m.   Juniper</p> <p><b>LIVING WITH HEALTHY BOUNDARIES</b> 11 a.m. – 12:15 p.m.   Alder</p> <p><b>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</b> 11 a.m. – 12:15 p.m.   Cedar</p> <p><b>FUN FRIDAY</b> 11 a.m. – 1:15 p.m.   ANPCC Lobby</p> <p><b>GRIEF AND LOSS</b> 12:15 – 1:15 p.m.   Juniper</p> <p><b>FAMILY SUPPORT: AFFECTED BY ADDICTION</b> 12:15 – 1:15 p.m.   Cottonwood</p> <p><b>RELAXATION AND STRESS REDUCTION/MINDFULNESS</b> 3 – 4:30 p.m.   Cottonwood</p> <p><b>CREATING WELLNESS</b> 3 – 4:30 p.m.   Iris</p> <p><b>NA TIA SUKAN: CONFIDENCE IN RECOVERY</b> 3 – 4:30 p.m.   Cedar</p>

## ALASKA NATIVE HEALTH CAMPUS



### Ask about learning circles

Learning circles bring together small groups of people with similar life experiences 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
- Brown Bag: Games and Connection
- Building Women's Confidence
- Circle of Warriors
- Creating Wellness
- Domestic Violence Education
- Generational Parenting
- Genesis Process
- 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
- Wellness Warriors: The Weekly Version
- Parenting Teens

### 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
- Breaking the Silence: Healing the Loss of Suicide
- Building Women's Confidence
- DBT: Creating a Life Worth Living
- Generational Healing/Grief and Loss
- Leaders Journey Together
- Life Skills
- Recovery Support

If you have any questions, requests, or concerns regarding learning circles, please call the learning circle team at (907) 729-5440, or visit [www.southcentralfoundation.com/learning-circles](http://www.southcentralfoundation.com/learning-circles).

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>Inuit Building<br/>4141 Ambassador Drive</li> <li>Providence Health and Services, Alaska Cares<br/>3925 Tudor Centre Drive</li> <li>Patient Housing at ANMC and ANTHC Parking Garage<br/>4001 Tudor Centre Drive</li> <li>Centers for Disease Control and Prevention<br/>4055 Tudor Centre Drive</li> <li><b>Nuka Learning and Wellness Center<br/>4085 Tudor Centre Drive</b></li> <li>Bird Ridge Building<br/>4145 Tudor Centre Drive</li> <li>Heritage Plaza<br/>4155 Tudor Centre Drive</li> <li>Mt. Yukla Building<br/>4175 Tudor Centre Drive</li> <li>Mt. Marathon Building<br/>4201 Tudor Centre Drive</li> <li>Fireweed Mountain Building<br/>4341 Tudor Centre Drive</li> </ol> | <ol style="list-style-type: none"> <li>Alaska Native Tribal Health Consortium Diplomacy Building<br/>4500 Diplomacy Drive</li> <li>Flat Top Mountain Parking Garage<br/>4450 Diplomacy Drive</li> <li>Anchorage Native Primary Care Center<br/>4320 Diplomacy Drive</li> <li>Healthy Communities Building<br/>3900 Ambassador Drive</li> <li>Alaska Native Tribal Health Consortium Corporate Office Building<br/>4000 Ambassador Drive</li> <li>Alaska Native Medical Center Hospital<br/>4315 Diplomacy Drive</li> <li>Mt. Natazhat Building<br/>4160 Tudor Centre Drive</li> <li>Mt. Ahklun Building<br/>4501 Diplomacy Drive</li> <li>ANMC ENT, Audiology Ophthalmology Clinic, Ambulatory Surgery Clinic, and Alaska Spine Institute<br/>3801 University of Lake Drive, 2nd Floor</li> <li>Dr. Katherine and Dr. Kevin Gottlieb Building</li> </ol> |
|--|--|