Family Wellness Warriors Initiative

Learning Circles Schedule

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

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>Afternoon Wellness Snacks</strong>&lt;br&gt;2:30 – 3 p.m.&lt;br&gt;<strong>Learning Circles</strong>&lt;br&gt;3 – 4:30 p.m.</td>
<td><strong>Circle of Warriors for Men</strong>&lt;br&gt;8:30 – 9:45 a.m.</td>
<td><strong>Elder’s Changing Tides</strong>&lt;br&gt;10:30 – 11:30 a.m.</td>
<td><strong>Circle of Warriors for Men</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Men’s Spiritual Growth</strong>&lt;br&gt;8:30 – 9:45 a.m.</td>
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<td><strong>Second Floor Lobby</strong>&lt;br&gt;<strong>Anger: A New Outlook</strong>&lt;br&gt;Room: Iris</td>
<td><strong>Building Women’s Confidence</strong>&lt;br&gt;8:30 – 9:45 a.m.</td>
<td><strong>DV Education: Fostering Safe and Healthy Relationships</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>ACE Group: Exploring Experiences of Harm for Women</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Women’s Spiritual Growth</strong>&lt;br&gt;8:30 – 9:45 a.m.</td>
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<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;11 a.m. – noon</td>
<td><strong>Relaxation and Stress Reduction/Mindfulness</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Our Spiritual Journey (co-ed)</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Living with Healthy Boundaries</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
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<td><strong>Grief and Loss</strong>&lt;br&gt;Room: Fern</td>
<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Na Tia Sukan</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>DV Education: Fostering Safe and Healthy Relationships</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
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<td><strong>DV Education: Fostering Safe and Healthy Relationships</strong>&lt;br&gt;Room: Juniper</td>
<td><strong>Genesis Process</strong>&lt;br&gt;11 a.m. – noon</td>
<td><strong>Na Tia Sukan</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>Women’s Spiritual Growth</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>Fun Friday</strong>&lt;br&gt;11 a.m. – 1:15 p.m.</td>
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<td><strong>Living with Healthy Boundaries</strong>&lt;br&gt;Room: Cottonwood</td>
<td><strong>Na Tia Sukan: Confidence in Recovery</strong>&lt;br&gt;Room: Cedar</td>
<td><strong>Women’s Spiritual Growth</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>Na Tia Sukan</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>Grief and Loss</strong>&lt;br&gt;12:15 – 1:15 p.m.</td>
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<td><strong>Na Tia Sukan: Confidence in Recovery</strong>&lt;br&gt;Room: Cedar</td>
<td><strong>Elder’s Changing Tides</strong>&lt;br&gt;10:30 – 11:30 a.m.</td>
<td><strong>Creating Wellness</strong>&lt;br&gt;12:30 – 1:30 p.m.</td>
<td><strong>ACE Group: Exploring Experiences of Harm for Men</strong>&lt;br&gt;3 – 4 p.m.</td>
<td><strong>Grief and Loss</strong>&lt;br&gt;12:15 – 1:15 p.m.</td>
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<td><strong>DV Education: Fostering Safe and Healthy Relationships</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Elder’s Changing Tides</strong>&lt;br&gt;10:30 – 11:30 a.m.</td>
<td><strong>Wellness Matters Night</strong>&lt;br&gt;5 – 7:30 p.m.</td>
<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;12:15 – 1:15 p.m.</td>
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<td><strong>Relaxation and Stress Reduction/Mindfulness</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Na Tia Sukan: Journaling for Personal Growth</strong>&lt;br&gt;3 – 4 p.m.</td>
<td><strong>Relaxation and Stress Reduction/Mindfulness</strong>&lt;br&gt;3 – 4:30 p.m.</td>
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<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;11 a.m. – 12:15 p.m.</td>
<td><strong>Generational Healing</strong>&lt;br&gt;3 – 4 p.m.</td>
<td><strong>Creating Wellness</strong>&lt;br&gt;3 – 4:30 p.m.</td>
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<td><strong>Grief and Loss</strong>&lt;br&gt;3 – 4 p.m.</td>
<td><strong>Na Tia Sukan: Confidence in Recovery</strong>&lt;br&gt;3 – 4:30 p.m.</td>
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*Closed group: call to register for next cycle.*
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
- 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 Sukun
- Na Tia Sukun: Confidence in Recovery
- Na Tia Sukun: 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 of Beauty for Ashes

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
- Wellness Matters Night

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.