# Family Wellness Warriors Initiative

## Learning Circles Schedule

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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>Journaling for Personal Growth</strong>&lt;br&gt;11 a.m. – noon</td>
<td><strong>Na Tia Sukan Recovery Support</strong>&lt;br&gt;8:30 – 10 a.m.</td>
<td><strong>Creating Wellness – Chickaloon</strong>&lt;br&gt;10 a.m. – noon</td>
<td><strong>Living with Healthy Boundaries</strong>&lt;br&gt;8:30 – 9:30 a.m.</td>
<td><strong>Our Spiritual Journey</strong>&lt;br&gt;8:30 – 9:30 a.m.</td>
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<td><strong>Grief and Loss</strong>&lt;br&gt;Noon – 1 p.m.</td>
<td><strong>Grief and Loss – Job Corps</strong>&lt;br&gt;1:30 – 3 p.m.</td>
<td><strong>Grieving Circle of Warriors, Creating Wellness, and Life Skills</strong>&lt;br&gt;3:30 – 5 p.m.</td>
<td><strong>Creating Wellness</strong>&lt;br&gt;10:30 a.m. – 12:30 p.m.</td>
<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;Noon – 1 p.m.</td>
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<td><strong>Life Skills</strong>&lt;br&gt;1 – 2 p.m.</td>
<td><strong>Life Skills – Job Corps</strong>&lt;br&gt;3:30 – 5 p.m.</td>
<td><strong>Family Support: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
<td><strong>Family Support: Affected by Addiction</strong>&lt;br&gt;Noon – 1 p.m.</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td><strong>Anger: A New Outlook</strong>&lt;br&gt;3 – 4:30 p.m.</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
<td><strong>Grieving Circle of Warriors, Creating Wellness, and Life Skills</strong>&lt;br&gt;3:30 – 5 p.m.</td>
<td><strong>Gathering Circle of Warriors, Creating Wellness, and Life Skills</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td><strong>Wellness Matters Night</strong></td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td>• Dinner&lt;br&gt;5:30 – 6 p.m.</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
<td><strong>Grieving Circle of Warriors, Creating Wellness, and Life Skills</strong>&lt;br&gt;3:30 – 5 p.m.</td>
<td><strong>Gathering Circle of Warriors, Creating Wellness, and Life Skills</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td>• Learning Circles:&lt;br&gt;6 – 7:30 p.m.&lt;br&gt;Circle of Warriors, Creating Wellness, and Life Skills</td>
<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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<td><strong>Gathering Place: Connection and Storytelling</strong>&lt;br&gt;2:30 – 4:30 p.m.</td>
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Chickaloon Creating Wellness
Second floor conference room
Life House Clinic
11495 N. Callison Street, Sutton
A supportive learning circle where individuals can share stories while developing new coping skills through healthy activities. Walk-in participants welcome; ages 18 and up.

Creating Wellness
Susitna room, first 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.

Family Support: Affected by Addiction
FWWI meeting room, second floor
This learning circle is designed to provide support to individuals affected by substance use or other issues with family members or friends. Walk-in participants welcome; ages 18 and up.

Gathering Place: Connection and Storytelling
VNPCC Lobby
Come spend the afternoon with us connecting and building relationships by playing games, crafting, and sharing stories. Walk-in participants welcome; ages 18 and up.

Grief and Loss
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.

Grief and Loss – Job Corps
Closed group for Job Corps students; ages 18 and up.

Life Skills – Job Corps
Closed group for Job Corps students; ages 18 and up.

Journaling for Personal Growth
FWWI meeting room, second floor
Journaling provides an opportunity to identify life struggles and helps change individual outlook by exploring thoughts, feelings, and emotions. Walk-in participants welcome; ages 18 and up.

Living with Healthy Boundaries
FWWI meeting room, second floor
Having clear boundaries is essential to a healthy balanced lifestyle. This learning circle will explore how boundaries can help us develop and strengthen our relationships. Walk-in participants welcome; ages 18 and up.

Anger: A New Outlook
FWWI meeting room, second floor
Come share, listen, and learn about anger. Discuss how it impacts us and our relationships with others. Walk-in participants welcome; ages 18 and up.

Our Spiritual Journey
Fireweed room, second floor
Authentically share your joys and struggles while building relationships with others walking on their spiritual journey. Walk-in participants welcome; ages 18 and up.

Na Tia Sukan Recovery Support
FWWI meeting room, second floor
Meet with others recovering from substance abuse and behavioral issues. Receive support and encouragement on your road to a substance free lifestyle. You don’t have to walk your journey alone. Walk-in participants welcome; ages 18 and up.

Wellness Matters Night
Susitna room, first floor
Wellness Matters Night provides a variety of learning circles to strengthen and build relationships while working toward physical, mental, emotional, and spiritual wellness. Walk-in participants welcome; ages 18 and up.