

Family Wellness Warriors Initiative | January 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Creating Wellness

11:00—12:30 p.m.

Na Tia Sukan: Recovery Support

10:30—12:00 p.m.

Anger: A New Outlook

3:30—4:30 p.m.

Wellness Matters Night

5—7:30 p.m.

Our Spiritual Journey

8:30—9:30 a.m.

Elder's Changing Tides

10—11:15 a.m.

Veterans & First Responders

11:30—1 p.m.

**Relaxation & Stress Reduction/
Mindfulness**

12:30—1:30 p.m.

Creating Wellness

2—3:15 p.m.

Gathering Place:

Connection & Storytelling

3:30—4:30 p.m.

Benteh Nuutah Valley Native Primary Care Center | FWWI
1001 South Knik Goose Bay Road.
907-729-5440 | southcentralfoundation.com



Learning Circle Descriptions

Anger: A New Outlook

This open learning circle focuses on all aspects of the anger cycle and solutions. These include triggers, lessons learned from family about anger, different styles of anger, stress management, healthy communication, and how we make ourselves angry. Certificates of completion are available for those who are required to take a 12-week anger management program. Ages 18 and older; walk-in participation is welcomed.

Creating Wellness

Experience the power of story through creative art and craft projections.. All art levels welcome. Ages 18 and older; walk-in participation is welcomed.

Elder's Changing Tides

Changing Tides is a safe place for elders to share their experiences and feelings, build relationships and learn from their peers. Ages 55 and up; walk-in participation is welcomed.

Gathering Place: Connection & Storytelling

Join us in the lobby of the *Benteh-Nuutah* Valley Native Primary Care Center for a time of connection and community with others! Ages 18 and older; walk-in participation is welcomed.

Na Tia Sukan: Recovery Support

Na Tia Sukan, Athabascan for: "Our Strength Tomorrow", is a recovery focused learning circle which provides support, encourages healthy self-development and promotes healthy lifestyle skills. Ages 18 and older; walk-in participation is welcomed.

Our Spiritual Journey

Authentically share your joys and struggles while building relationships with others walking on their spiritual journey. Men and Women ages 18 and older; walk-in participation is welcomed. All faiths and spiritualities are welcomed.

Relaxation and Stress Reducation/Mindfulness

Learn to manage stress through relaxation techniques. Ages 18 and older; walk-in participation is welcomed.

Veterans and First Responders

Provides support and utilizes a veteran-designed curriculum to address matters individuals may face after service. A meal will be provided. Ages 18 and older; walk-in participation is welcomed.

Wellness Matters Night

Wellness Matters Night provides a variety of learning circles to strengthen and build relationships while working towards physical, mental, emotional, and spiritual wellness.

Choose a new circle each week or go to your favorite! Learning circles offered are: Na Tia Sukan: Recovery Support and Creating Wellness.

Dinner will be available from 5—5:50 p.m.

Learning Circles are from 6—7:30 p.m.

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