

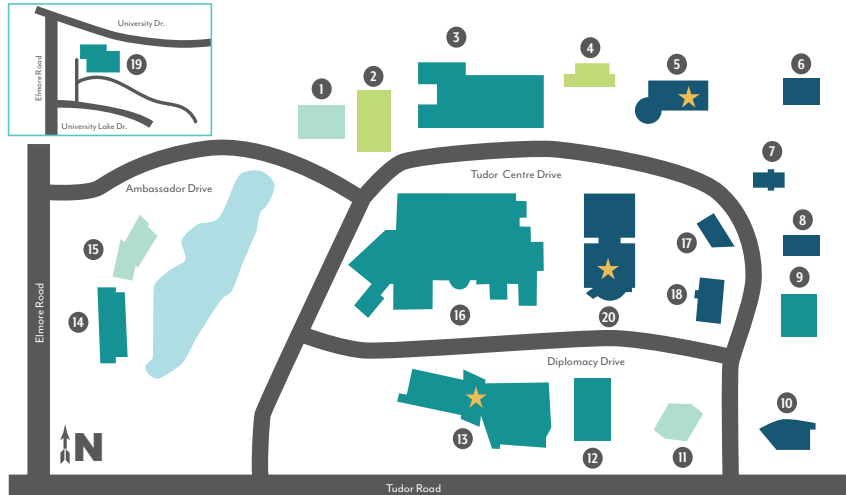


# Learning Circles Schedule

**ALL LEARNING CIRCLES WILL BE HELD AT 4085 TUDOR CENTRE DRIVE UNLESS OTHERWISE NOTED.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LEARNING CIRCLES</b> 3 – 4:30 p.m.</p> <p><b>*ANGER: A NEW OUTLOOK</b></p> <p><b>CREATING WELLNESS</b></p> <p><b>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</b></p> <p><b>NA TIA SUKAN: CONFIDENCE IN RECOVERY</b></p>	<p><b>CIRCLE OF WARRIORS FOR MEN</b> 8:30 – 9:45 a.m.</p> <p><b>OUR JOURNEY OF FAITH</b> 8:30 – 9:45 a.m.</p> <p><b>GENERATIONAL HEALING</b> 11 a.m. – noon</p> <p><b>*WELLNESS WARRIORS: THE WEEKLY VERSION OF BEAUTY FOR ASHES</b> 11 a.m. – 1:15 p.m.</p> <p><b>BREAKING THE SILENCE: HEALING THE LOSS OF SUICIDE</b> 12:15 – 1:15 p.m.</p> <p><b>NA TIA SUKAN: RECOVERY SUPPORT</b> 3 – 4:15 p.m.</p> <p><b>CREATING WELLNESS</b> 3 – 4:15 p.m.</p>	<p><b>ELDER'S CHANGING TIDES</b> 10:30 – 11:30 a.m.   Elders Program</p> <p><b>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</b> 11 a.m. – 12:15 p.m.</p> <p><b>RELAXATION AND STRESS REDUCTION/MINDFULNESS</b> 11 a.m. – 12:15 p.m.</p> <p><b>GRIEF AND LOSS</b> 12:30 p.m. – 1:30 p.m.</p> <p><b>GENERATIONAL HEALING</b> 12:30 – 1:30 p.m.</p> <p><b>CREATING WELLNESS</b> 12:30 – 1:30 p.m.</p> <p><b>NA TIA SUKAN: JOURNALING FOR PERSONAL GROWTH</b> 3 – 4 p.m.</p> <p><b>GRIEF AND LOSS</b> 3 – 4 p.m.</p> <p><b>WELLNESS MATTERS NIGHT FOR PARENTS</b> 5 – 7:30 p.m. (1st and 3rd Wednesday of the month)</p>	<p><b>ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR MEN</b> 11 a.m. – 12:15 p.m.</p> <p><b>ACE GROUP: EXPLORING EXPERIENCES OF HARM FOR WOMEN</b> 11 a.m. – 12:15 p.m.</p> <p><b>NA TIA SUKAN</b> 12:30 – 1:30 p.m.</p> <p><b>CREATING WELLNESS</b> 12:30 – 1:30 p.m.</p> <p><b>*ANGER: A NEW OUTLOOK</b> 3:30 – 5 p.m.</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.</p> <p><b>WOMEN'S SPIRITUAL GROWTH</b> 8:30 – 9:45 a.m.</p> <p><b>DV EDUCATION: FOSTERING SAFE AND HEALTHY RELATIONSHIPS</b> 11 a.m. – 12:15 p.m.</p> <p><b>CIRCLE UP: CONNECTION AND STORYTELLING</b> 11 a.m. – 1:15 p.m.</p> <p><b>CREATING WELLNESS</b> 12:15 – 1:15 p.m.</p> <p><b>RELAXATION AND STRESS REDUCTION/ MINDFULNESS</b> 3 – 4:30 p.m.</p> <p><b>CREATING WELLNESS</b> 3 – 4:30 p.m.</p> <p><b>NA TIA SUKAN: CONFIDENCE IN RECOVERY</b> 3 – 4:30 p.m.</p>

## ALASKA NATIVE HEALTH CAMPUS



■ Southcentral Foundation    
 ■ Alaska Native Medical Center    
 ■ Alaska Native Tribal Health Consortium    
 ■ Other

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| <ol style="list-style-type: none"> <li>1. Inuit Building<br/>4141 Ambassador Drive</li> <li>2. Providence Health and Services, Alaska Cares<br/>3925 Tudor Centre Drive</li> <li>3. Patient Housing at ANMC and ANTHC Parking Garage<br/>4001 Tudor Centre Drive</li> <li>4. Centers for Disease Control and Prevention<br/>4055 Tudor Centre Drive</li> <li style="border: 1px solid orange; padding: 2px;">5. Nuka Learning and Wellness Center<br/>4085 Tudor Centre Drive</li> <li>6. Bird Ridge Building<br/>4145 Tudor Centre Drive</li> <li>7. Heritage Plaza<br/>4155 Tudor Centre Drive</li> <li>8. Mt. Yukla Building<br/>4175 Tudor Centre Drive</li> <li>9. Mt. Marathon Building<br/>4201 Tudor Centre Drive</li> <li>10. Fireweed Mountain Building<br/>4341 Tudor Centre Drive</li> </ol> | <ol style="list-style-type: none"> <li>11. Alaska Native Tribal Health Consortium Diplomacy Building<br/>4500 Diplomacy Drive</li> <li>12. Flat Top Mountain Parking Garage<br/>4450 Diplomacy Drive</li> <li style="border: 1px solid orange; padding: 2px;">13. Anchorage Native Primary Care Center<br/>4320 Diplomacy Drive</li> <li>14. Healthy Communities Building<br/>3900 Ambassador Drive</li> <li>15. Alaska Native Tribal Health Consortium Corporate Office Building<br/>4000 Ambassador Drive</li> <li>16. Alaska Native Medical Center Hospital<br/>4315 Diplomacy Drive</li> <li>17. Mt. Natashat Building<br/>4160 Tudor Centre Drive</li> <li>18. Mt. Ahklun Building<br/>4501 Diplomacy Drive</li> <li>19. ANMC ENT, Audiology Ophthalmology Clinic, Ambulatory Surgery Clinic, and Alaska Spine Institute<br/>3801 University of Lake Drive, 2nd Floor</li> <li style="border: 1px solid orange; padding: 2px;">20. Dr. Katherine and Dr. Kevin Gottlieb Building</li> </ol> |
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### 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 For Men
- Creating Wellness
- Domestic Violence Education
- Grief and Loss
- Men's Spiritual Growth
- Na Tia Sukan: Recovery Support
- Na Tia Sukan: Confidence in Recovery
- Na Tia Sukan: Journaling for Personal Growth
- Our Journey of Faith
- Relaxation and Stress Reduction/ Mindfulness
- Wellness Matters Night
- Wellness Matters Night for Parents
- 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. There is also Wellness Matters for Parents Night, which is held on the 1st and 3rd Wednesday of each month.

### Learning circles offered:

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| <ul style="list-style-type: none"> <li>• Anger: A New Outlook</li> <li>• Breaking the Silence: Healing the Loss of Suicide</li> <li>• Building Women's Confidence</li> <li>• DBT: Creating a Life Worth Living</li> </ul> | <ul style="list-style-type: none"> <li>• Connect</li> <li>• Generational Healing</li> <li>• Grief and Loss</li> <li>• Leaders Journey Together</li> <li>• Na Tia Sukan</li> </ul> |
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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).