

# Behavioral Health Support Services

## March Schedule

### Monday

#### Knitting and Crocheting

9–10 a.m.

#### Scrap Booking and Stamping

11 a.m. – 1 p.m.

#### Sewing

2–4 p.m.

### Tuesday

#### Self Care

9–10 a.m.

#### Skin Sewing

11 a.m. – 1 p.m.

#### Beading

2–4 p.m.

### Wednesday

#### Journaling

9–10 a.m.

#### Learning Through Cinema

11 a.m. – 1 p.m.

#### Painting and Drawing

2–4 p.m.

### Thursday

#### Grief and Loss

9–10 a.m.

#### Game Day

11 a.m. – 1 p.m.

#### Wellness Exercise

2–4 p.m.

### Friday

#### \*Community Outing

Noon – 2 p.m.

\* Weather dependent

### Hours of Operation:

Monday - Friday, 8 a.m. - 5 p.m.

Closures:

Thursday, 3/19: Noon - 3:30 p.m.



southcentralfoundation.com

Alaska Women's Recovery Project | *Denaa Yeets'* | (907) 729-5260  
400 W Benson Blvd, Anchorage, AK 99503



# For BSD Support Services Learning Circles:

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If you would like more information about BSD Support Services, please call (907) 729-5260 or fax (907) 729-4232.

Intake will need to be scheduled prior to going to group.

If you would like a ride to the 11 a.m. group that day, call by 9 a.m. for pick-up.

Schedule is subject to change.

Reminder: *Dena'a Yeets'* is NOT a crisis-centered program.

If you have an emergency, call 911,  
The Alaska Careline at (877) 266-4357, or the  
National Suicide Prevention Lifeline at (800) 273-8255.

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