



Virtual Learning Circles Schedule

ALL LEARNING CIRCLES ARE HELD VIRTUALLY VIA ZOOM VIDEOCONFERENCING. IF YOU ARE PROMPTED FOR A PASSWORD, IT IS “FWWILC!20” FOR ALL LEARNING CIRCLES. IF YOU ARE CALLING IN BY PHONE, YOU WILL NEED TO ENTER THE PASSCODE BELOW MEETING ID.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2 :15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 929 1269 8799 Passcode: 416577977</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:45 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>LIFE SKILLS 11:30 a.m. - 12:30 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 868 3171 7891 Passcode: 575750158</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2 :15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 929 1269 8799 Passcode: 416577977</p> <p>ANGER: A NEW OUTLOOK 2 - 3:15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 973 3118 2229 Passcode: 470571656</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:45 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2 :15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 929 1269 8799 Passcode: 416577977</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:45 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>LIFE SKILLS 11:30 a.m. - 12:30 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 868 3171 7891 Passcode: 575750158</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2 :15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 929 1269 8799 Passcode: 416577977</p> <p>Wellness Matters Night</p> <p>CELEBRATING WOMEN 5:30 - 7 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 980 3562 5870 Passcode: 028030712</p> <p>CREATING WELLNESS 5:30 - 7 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 960 8036 9746 Passcode: 655954341</p>	<p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Meeting ID: 919 6815 1995 Passcode: 044231566</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2 :15 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 929 1269 8799 Passcode: 416577977</p> <p>PARENT STRONG 1 - 2:15 p.m. By Phone: 1-253-215-8782 Meeting ID: 872 3742 2551 Passcode: 384533831</p>



Family Wellness Warriors Initiative

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Monday	Tuesday	Wednesday	Thursday	Friday
			<p><i><u>Wellness Matters Night (cot'd)</u></i></p> <p>GENERATIONAL HEALING 5:30 - 7 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 970 7792 2782 Passcode: 079013321</p> <p>GRIEF AND LOSS 5:30 - 7 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 959 7381 1073 Passcode: 440543761</p> <p>STRESS REDUCTION AND RELAXATION 5:30 - 7 p.m. By Phone: 1 (253) 215-8782 Meeting ID: 290 027 9397 Passcode: 786710875</p>	

Ask about learning circles

Learning circles bring together small groups of people over Zoom videoconferencing 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
- Na Tia Sukan: Recovery Support
- Creating Wellness
- Life Skills
- Community and Connection
- Parent Strong

Ask about Wellness Matters Night

Wellness Matters Night is a weekly gathering on Thursday evenings.

Learning circles offered:

- Celebrating Women
- Creating Wellness
- Generational Healing
- Na Tia Sukan: Recovery Support
- Stress Reduction and Relaxation

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.