



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 PASSWORD BELOW MEETING ID.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 919 6815 1995 Phone Password: 044231566 https://bit.ly/34JQzN4</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 929 1269 8799 Phone Password: 416577977 https://bit.ly/3wXcBli</p> <p>GENERATIONAL HEALING 3 - 4:30 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 999 5333 0639 Phone Password: 754239687 https://bit.ly/3ijCZrE</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 928 7414 7782 Phone Password: 564128173 https://bit.ly/3fSq1Qc</p> <p>LIFE SKILLS 11:30 a.m. - 12:30 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 868 3171 7891 Phone Password: 57550158 https://bit.ly/3pjOiBL</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 929 1269 8799 Phone Password: 416577977 https://bit.ly/3wXcBli</p> <p>ANGER: A NEW OUTLOOK - OPEN 2 - 3:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 973 3118 2229 Phone Password: 470571656 https://bit.ly/3piz288</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 928 7414 7782 Phone Password: 564128173 https://bit.ly/3fSq1Qc</p> <p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 919 6815 1995 Phone Password: 044231566 https://bit.ly/34JQzN4</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 929 1269 8799 Phone Password: 416577977 https://bit.ly/3wXcBli</p> <p>GRIEF AND LOSS 2:30 - 4 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 913 4861 9654 Phone Password: 592071998 https://bit.ly/3pmuEF3</p>	<p>COMMUNITY AND CONNECTION 8:30 - 9:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 928 7414 7782 Phone Password: 564128173 https://bit.ly/3fSq1Qc</p> <p>LIFE SKILLS 11:30 a.m. - 12:30 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 868 3171 7891 Phone Password: 57550158 https://bit.ly/3pjOiBL</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 929 1269 8799 Phone Password: 416577977 https://bit.ly/3wXcBli</p>	<p>CREATING WELLNESS 10 - 11:15 a.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 919 6815 1995 Phone Password: 044231566 https://bit.ly/34JQzN4</p> <p>GRIEF AND LOSS 12:15 - 1:45 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 976 3174 2707 Phone Password: 740535819 https://bit.ly/3uODNr3</p> <p>NA TIA SUKAN: RECOVERY SUPPORT 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 929 1269 8799 Phone Password: 416577977 https://bit.ly/3wXcBli</p> <p>PARENT STRONG 1 - 2:15 p.m. By Phone: 1 (253) 215-8782 Zoom Meeting ID: 976 3174 2707 Phone Password: 384533831 https://bit.ly/3uMAIYt</p>
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ALL LEARNING CIRCLES ARE FOR AGES 18 AND OLDER. 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 PASSWORD BELOW MEETING ID.

Thursday

(continued from front page)

WELLNESS MATTERS NIGHT

5:30 - 7 p.m.

CELEBRATING WOMEN

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 980 3562 5870
Phone Password: 028030712
<https://bit.ly/34MFBGr>

CREATING WELLNESS

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 970 7792 2782
Phone Password: 655954341
<https://bit.ly/3ieKXCo>

GENERATIONAL HEALING

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 970 7792 2782
Phone Password: 089013321
<https://bit.ly/2TGrZdl>

GRIEF AND LOSS

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 959 7381 1073
Phone Password: 440543761
<https://bit.ly/2TDeknz>

STRESS REDUCTION AND RELAXATION

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 290 027 9397
Phone Password: 786710875
<https://bit.ly/3wXepB4>

NA TIA SUKAN: RECOVERY SUPPORT

MONDAY - FRIDAY

1 - 2:15 P.M.

Na Tia Sukan, Athabaskan for: "Our Strength Tomorrow", is a recovery focused learning circle which provides support, encourages self-development, and promotes healthy lifestyle skills

CREATING WELLNESS

MONDAY, WEDNESDAY, AND FRIDAY

10 - 11:15 A.M.

Experience the power of story through creative art and craft project. All art levels welcome.

LIFE SKILLS

TUESDAY AND THURSDAY

11:30 A.M - 12:30 P.M.

Join us in this learning circle to develop new life skills, continue your recovery, and build relationship with others. You don't have to walk your journey alone...

COMMUNITY AND CONNECTION

TUESDAY, WEDNESDAY, AND THURSDAY

8:30 - 9:15 A.M.

Enjoy a cup of coffee or tea while building community and staying connected.

ANGER: A NEW OUTLOOK

TUESDAY

2 - 3:15 P.M.

Looking for a different way of dealing with anger and daily frustration? This learning circle explores the anger cycle and the proper steps to take when we get angry.

PARENT STRONG

FRIDAY

1 - 2:15 P.M.

This learning circle provides parents with a space to support each other, wherever they are at in their journey of parenthood. For women and men.

GRIEF AND LOSS

WEDNESDAY 11:30 A.M - 12:30 P.M.

FRIDAY 12:15 - 1:45 P.M.

Our journey with grief and loss is often difficult and lonely. This learning circle offers insight, compassion, and support for those who find themselves on this path.

GENERATIONAL HEALING

MONDAY

3 - 4:30 P.M.

This learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known. It anchors us in the hope a generational perspective of recovery provides.

WELLNESS MATTERS NIGHT

THURSDAY

5:30 - 7 P.M

CELEBRATING WOMEN

Celebrating Women is a learning circle that helps women develop confidence by recognizing their worth and where it comes from. For women, ages 18 and older.

CREATING WELLNESS

Experience the power of story through creative art and craft project. All art levels welcome.

GENERATIONAL HEALING

This learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known. It anchors us in the hope a generational perspective of recovery provides.

GRIEF AND LOSS

Our journey with grief and loss is often difficult and lonely. This learning circle offers insight, compassion, and support for those who find themselves on this path.

STRESS REDUCTION AND RELAXATION

Learns to manage stress through relaxation techniques.