



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

### 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.