Southcentral Foundation

Family Wellness Warriors

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 phone password below the Zoom Meeting ID.

Monday

Na Tia Sukan: Recovery Support

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

1–2 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 929 1269 8799
Phone Password: 416577977
https://bit.ly/3wXcBli

Anger: A New Outlook (Open)

This learning circle explores the anger cycle and the proper steps to take when we get angry. Court approved.

2:30–3:45 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 973 3118 2229
Phone Password: 470571656
https://bit.ly/3piz5288

Tuesday

Community and Connection

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

8:30–9:30 a.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 928 7414 7782
Phone Password: 564128173
https://bit.ly/3fSq1Qc

Generational Healing

This learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known.

1–2 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 999 5333 0639
Phone Password: 754239687
https://bit.ly/3ijCZrE

Anger: A New Outlook (Closed)

This learning circle explores the anger cycle and the proper steps to take when we get angry. Court approved. *Registration required, call (907) 729-5440.*

2:30–4 p.m.

Wednesday

Na Tia Sukan: Recovery Support

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

1–2 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 929 1269 8799
Phone Password: 416577977
https://bit.ly/3wXcBli

Soldier's Heart

This learning circle assists combat veterans and first responders understand and address the effects of post-traumatic stress. To attend in person, call (907) 729-5440

6–7:30 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID:930 5006 5557
Phone Password: 616732753
https://bit.ly/2UKYnwF

Thursday

Community and Connection

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

8:30–9:30 a.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 928 7414 7782
Phone Password: 564128173
https://bit.ly/3fSq1Qc

Life Skills

Develop new life skills, continue your recovery, and build relationship with others.

11:30 a.m.–1 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID:868 3171 7891
Phone Password: 57550158
https://bit.ly/3pjOiBL

Family is Sacred

This learning circle provides tools for families raising children to promote positive changes in the home and community.

2:30–4:30 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 956 0660 4833
Phone Password: 832431756
https://bit.ly/3pYFaCK

Friday

Na Tia Sukan: Recovery Support

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

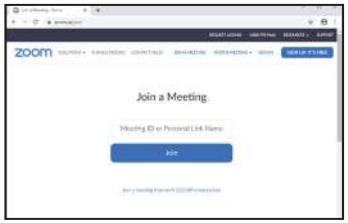
1–2 p.m.

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 929 1269 8799
Phone Password: 416577977
https://bit.ly/3wXcBli

Zoom Joining a Meeting

Zoom is a cloud-based video and audio conferencing platform. You can use Zoom on your computer, laptop, or mobile device.

1. Two ways to join



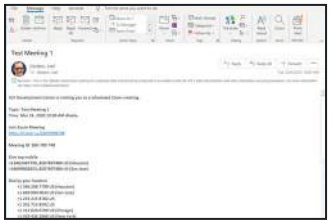
Web Browser (Chrome Preferred)

Go to: zoom.us.

Click "**Join a Meeting**"

Enter the 9, 10, or 11 digit Meeting ID that you were given by the Meeting Host and click "**Join**."

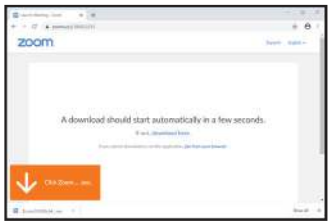
or



Email Link

Find the Zoom link in your e-mail and click on it.

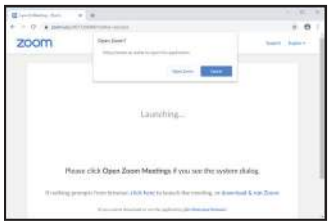
2. You will now be automatically prompted to either download or open the Zoom application



Downloading the Zoom Application

Click on the downloaded file and follow the instructions.

or



Opening the Zoom Application

Click "**Open Zoom.**"

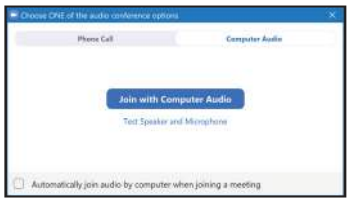
3. You will now be joining the meeting

Type your name and click "**Join Meeting.**"

and...

You **might** be asked to join with or without video.

4. You will now choose how to join to the audio portion of the call



Computer Audio

To join using your computer's microphone and speakers click "**Join with Computer Audio.**"

or

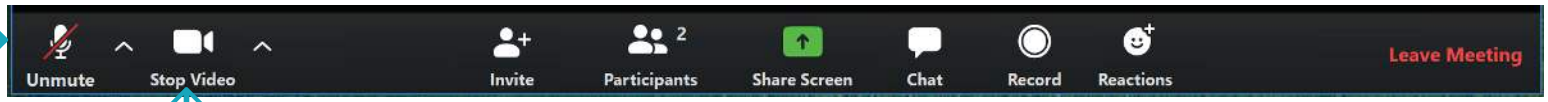
Phone Audio

To join using your phone audio, click the "**Phone Call**" tab at the top. Then call any of the phone numbers and follow the prompts to enter your Meeting ID and Participant ID. Then click "**Done.**"

5. You are now in the Zoom meeting!

Quick Meeting Controls Hover your mouse over the bottom of the Zoom window to see the meeting control bar.

Mute or unmute your microphone.



Start or stop your camera.

If you need assistance joining a virtual learning circle, please call (907) 729-5440.