



# 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, Athabasca 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/3fSqiQc>

### 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, Athabasca 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/3fSqiQc>

### 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, Athabasca for: “Our Strength Tomorrow” is a recovery focused learning circle that provides support, encourages self-development, and promotes healthy lifestyle skills.

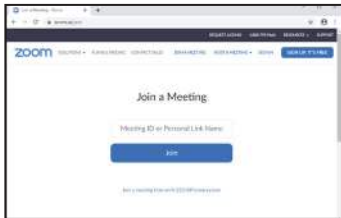
**1–2 p.m.**

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](https://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](#).”

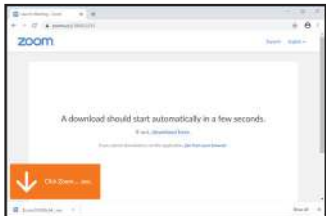
or



### Email Link

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

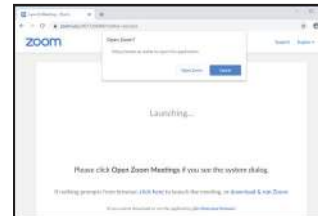
## 2. You will now be automatically prompted to either download or open the Zoom application



### Downloading the Zoom Application

Click on the downloaded file and follow the instructions.

or



### Opening the Zoom Application

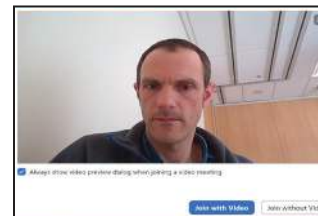
Click “[Open Zoom](#).”

## 3. You will now be joining the meeting



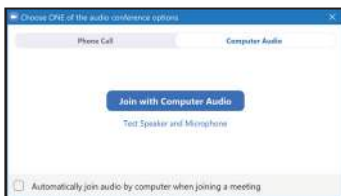
Type your name and click “[Join Meeting](#).”

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

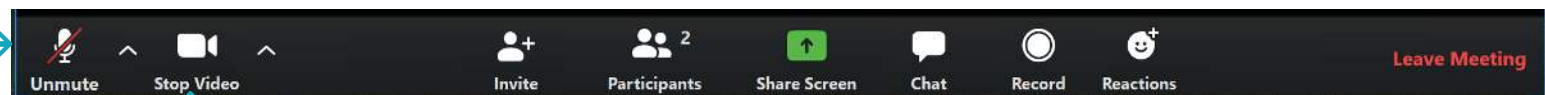
To join using your phone audio, click the “[Phone Call](#)” tab at the top. Then call any of the phone numbers and follow the prompts to enter your Meeting ID and Participant ID. Then click “[Done](#).”

## 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.