

Family Wellness Warriors | Nu'iju Learning Circles

We heal in circle. We heal in story. We heal for those to come.

DAY	TIME	TYPE	TITLE	LOCATION	CONTACT/ZOOM	NOTES
MONDAY	5:30-7 p.m.	Hybrid	Soldier's Heart	Benteh Nuutah Valley Native Primary Care Center Fireweed Room, Second Floor 1001 S. Knik-Goose Bay Road, Wasilla, AK 99654	Zoom Meeting ID: 953 9277 1226 Zoom Password: FWWILC120 https://bit.ly/4hpYWA6 By Phone: 1-253-215-8782 Phone Password: 217775166	
TUESDAY	2:30-3:45 p.m.	Virtual	Anger: A New Outlook			Register*
WEDNESDAY	9-10:30 a.m.	In Person	Anger: A New Outlook	Partners for Progress 417 Barrow St. Anchorage, AK 99501		
	10-11 a.m.	In Person	Changing Tides: Aging with Dignity	Elder Program 6901 E Tudor Road, Suite 8 Anchorage, AK 99507		
	11:30 a.m.-1 p.m.	In Person	Na Tia Sukan: Recovery Support	Partners for Progress 417 Barrow St. Anchorage, AK 99501		
	3-4:30 p.m.	In Person	Anger: A New Outlook	Partners for Progress 417 Barrow St. Anchorage, AK 99501		
	5:30-7 p.m.	Hybrid	Soldier's Heart	Nuka Learning and Wellness Center Forget Me Not Reflection (Room 201, Second Floor) 4085 Tudor Centre Drive, Anchorage, AK 99508	Zoom Meeting ID: 957 3835 1621 Zoom Password: FWWILC120 https://bit.ly/4iDublZ By Phone: 1-253-215-8782 Phone Password: 620263619	
THURSDAY	9-10:30 a.m.	In Person	Anger: A New Outlook	Partners for Progress 417 Barrow St., Anchorage, AK 99501		Register*
	Noon-1:30 p.m.	In Person	Na Tia Sukan: Recovery Support	Partners for Progress 417 Barrow St., Anchorage, AK 99501		
	1-2 p.m.	Hybrid	Grief and Loss	Anchorage Native Primary Care Center Rooms 3127, 3128, 3129 (Third Floor) 4320 Diplomacy Drive, Anchorage, AK 99508	Zoom Meeting ID: 985 3099 7700 Zoom Password: FWWILC120 https://bit.ly/4kEJqmJ By Phone: 1-253-215-8782 Phone Password: 44713837	
	2:30-4:30 p.m.	Virtual	Family is Sacred		Zoom Meeting ID: 997 9622 4545 Zoom Password: FWWILC120 https://bit.ly/4hs2YrD By Phone: 1-253-215-8782 Phone Password: 960375820	
	3:30-4:30 p.m.	In Person	Na Tia Sukan: Recovery Support	SCF Detox 4330 Elmore Road, Anchorage, AK 99508		Residents only
FRIDAY	Noon-1 p.m.	Hybrid	LGBTQ2+ Learning Circle	Anchorage Native Primary Care Center Kingfisher Room (2 North Clinic entrance) 4320 Diplomacy Drive, Anchorage, AK 99508	Zoom Meeting ID: 969 2349 2403 Zoom Password: FWWILC120 https://bit.ly/4f2EKnc By Phone: 1-253-215-8782 Phone Password: 023485941	LGBTQ2+ community only, 18+
	1-2 p.m.	Virtual	Na Tia Sukan: Recovery Support		Zoom Meeting ID: 917 6738 1807 Zoom Password: FWWILC120 https://bit.ly/3Dr5uRh By Phone: 1-253-215-8782 Phone Password: 841586811	

*For learning circles requiring registration, contact FWW at 907-729-5440.

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Anger: A New Outlook

This learning circle explores the anger cycle and the proper steps to take when we get angry. **This is a court-approved, 12-course class.**

Changing Tides: Aging with Dignity

What does it mean to be an Elder? This learning circle explores the honor of aging in Alaskan Native traditions, and peer support for the difficulties that come along the way.

Family is Sacred

This learning circle provides tools for families raising children to promote positive changes in the home and community. **This is a court-approved, 12-course class.**

Grief and Loss

Connect and express your thoughts and feelings with those who have an understanding of loss in this peer supported learning circle. Offered in person and virtual.

LGBTQ2+ Learning Circle

(LGBTQ2+ community only, 18+) An Indigenous and queer-affirming space for those with diverse gender identities and relationship expressions. Share story and connect with supportive community. Offered in person and virtual.

Na Tia Sukan: Recovery Support

(SCF Detox open to residents only) 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.

Soldier's Heart

This learning circle assists veterans and first responders understand and address the effects of traumatic or stressful situations. Offered in person and virtual.

