



Learning Circles Schedule

Most learning circles are still virtual on Zoom, unless marked as in-person. On Zoom, 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. If marked as **in-person** and you would like to attend, proceed to the Nuka Learning and Wellness Center front desk to find your meeting room, 4085 Tudor Centre Dr, Anchorage, AK 99508.

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/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, 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 (in-person)

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>

Grief and Loss (in-person)

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

1-2 p.m.

By Phone: 1 (253) 215-8782

Zoom Meeting ID: 975 6171 4680

<https://bit.ly/3PlsQQi>

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

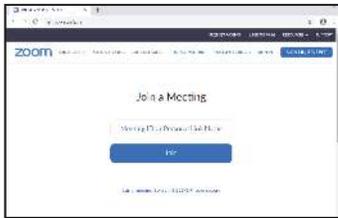
Phone Password: 416577977

<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

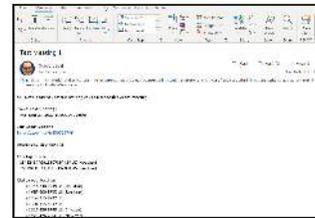


Web Browser (Chrome Preferred)

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

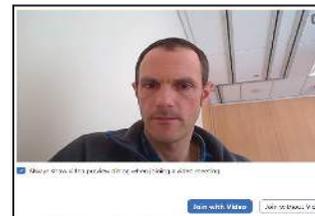
Click “**Open Zoom.**”

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.