

Family Wellness Warriors | Nu'iju

Learning Circles

Learning circles are held in person, virtually on Zoom, or in a hybrid format.

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.

MONDAY

10-11:30 a.m.

In Person:
Healthy Connections
at Job Corps Alaska
(Students only)

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

2:30-3:45 p.m.

Virtual:
Anger: A New Outlook
(no registration)

TUESDAY

11:30 a.m.-1 p.m.

In Person:
Anger: A New Outlook
at Partners for Progress
(Register*)

1-2 p.m.

Virtual:
Generational Healing

2:30-3:45 p.m.

Virtual:
Anger: A New Outlook
(Register*)

3:30-4:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at SCF Detox
(Residents Only)

WEDNESDAY

10-11 a.m.

In Person:
Healing Connections
at Golden Lion

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

6-7:30 p.m.

Hybrid:
Soldier's Heart

THURSDAY

11:30 a.m.-12:30 p.m.

Hybrid:
Wooch.een: Healthy
Relationships
at Anchorage Native
Primary Care Center

Noon-1:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at Partners for Progress

1-2 p.m.

Hybrid:
Grief and Loss
at ANPCC

2:30-4:30 p.m.

Virtual:
Family is Sacred

3:30-4:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at SCF Detox (Residents only)

5:30-6:30 p.m.

In Person:
Nu'iju Night
at Native Student
Services (Students only)

FRIDAY

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

3-4 p.m.

In Person:
Creating Wellness
at Covenant House Alaska
(Residents only)

Learning Circle Legend:

In Person

Virtual

Hybrid
(In Person and Virtual)

New
offerings
coming
soon!

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

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Learning Circles

We heal in circle.

We heal in story.

We heal for those to come.

Healthy Connections

(Students only)

Strengthen wellness skills for a life of success.

Job Corps Alaska
800 Lynn Martin Drive,
Palmer, AK 99654

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.

SCF Detox
4330 Elmore Road,
Anchorage, AK 99508

Partners for Progress
417 Barrow Street
Anchorage, AK 99501

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

Anger: A New Outlook

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

Partners for Progress
417 Barrow Street
Anchorage, AK 99501

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

Generational Healing

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

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

Healing Connections

Build lasting relationships with community and self.

Golden Lion Hotel
Kenya Room
1000 E 36th Ave
Anchorage, AK 99508

Soldier's Heart

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

Nuka Learning and
Wellness Center
4085 Tudor Centre Drive
Anchorage, AK 99508

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

Wooch.een: Healthy Relationships

Lingít for being together. Learn and practice healthy relationship skills. Offered in person and virtual.

Anchorage Native Primary
Care Center Chase
Boardroom (Third Floor,
East) 4320 Diplomacy Drive
Anchorage, AK 99508

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

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.

Anchorage Native Primary
Care Center Chase
Boardroom (Third Floor,
East) 4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1 (253) 215-8782
Zoom Meeting ID: 975 6171 4680
<https://bit.ly/3PIsQQi>

Family is Sacred

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

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

Nu'iju Night

(Students only, 18+)

Your weekly dose of good medicine.

Native Student Services,
First Floor, Rasmuson
Hall, University of Alaska
Anchorage, 3416 Seawolf
Drive, Anchorage, AK 99508

Creating Wellness

(Residents only)

A safe space to explore and connect with one's true self.

Chapel
Covenant House Alaska
755 A Street
Anchorage, AK 99501