

# 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 phone number.

## 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)

4:30-6 p.m.

**Hybrid:**  
Soldier's Heart at  
VNPCC in Wasilla

## TUESDAY

9-10 a.m.

**In Person:**  
Grief and Loss  
at Dena A Coy  
(Residents Only)

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 at  
NLWC in Anchorage

## THURSDAY

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

**Hybrid:**  
Wooch.een: Healthy  
Relationships  
at ANPCC

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)



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

# Family Wellness Warriors | Nu'iju

# 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, Athabasca 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  
Phone Password: 416577977  
Zoom Meeting ID: 929 1269 8799  
<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  
Phone Password: 470571656  
Zoom Meeting ID: 973 3118 2229  
<https://bit.ly/3piz288>

## 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  
Phone Password: 412651758  
Zoom Meeting ID: 961 4594 6125  
<https://bit.ly/48Spoy7>

## 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 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.

### Anchorage offering:

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

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

### Wasilla offering:

Benteh Nuutah Valley Native Primary  
Care Center  
Susitna Room, 1st floor  
1001 S Knik Goose Bay Rd,  
Wasilla, AK 99654

By Phone: 1 (253) 215-8782  
Phone Password: 491771093  
Zoom Meeting ID: 992 5973 6352  
<https://bit.ly/3vyxBdj>

## 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  
Phone Password: 57550158  
Zoom Meeting ID: 868 3171 7891  
<https://bit.ly/3pjOjBL>

## 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  
Phone Password: 178468560  
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.

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

## Nu'iju Night

(Students only, 18+)

Your weekly dose of good medicine.

Native Student Services  
Rasmuson Hall, First Floor  
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