

OCTOBER

Cultural Class Calendar



Traditional Healing Clinic

4320 Diplomacy Drive, Suite 1010
Anchorage, AK 99508
(907) 729-4958



Scan the QR code to register.



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mindful Morning 8:15-9 a.m. Drum Making 1-3 p.m.	2 Project Circle 9-10:30 a.m. 1:30-3 p.m. Breathing into Energy Centers noon-1 p.m. 3-4 p.m.	3 Mindful Morning 8:15-9 a.m. Jelly Making 1-2 p.m. 3-4 p.m.	4 Bath Bomb Making 9-10 a.m. 2-3 p.m.
	7 Spooky Brick Stitch Earrings: Part One 3-5 p.m.	8 Mindful Morning 8:15-9 a.m. Drum Design 1-3:30 p.m.	9 Breathing into Energy Centers noon-1 p.m. 3-4 p.m.	10 Mindful Morning 8:15-9 a.m. Earring Design 1-2 p.m. 3-4 p.m.
14 Indigenous Peoples' Day (Holiday) Southcentral Foundation Closed	15 Mindful Morning 8:15-9 a.m. Lanyard Making 1-2 p.m. 3-4 p.m.	16 Project Circle 9-10:30 a.m. 1:30-3 p.m. Breathing into Energy Centers noon-1 p.m. 3-4 p.m.	17 Mindful Morning 8:15-9 a.m. Ornament Making 1-2 p.m. 3-4 p.m.	18 Lotion Making 9-10 a.m. 2-3 p.m.
21 Devil's Club Wall Hanging Making 3-5 p.m.	22 Mindful Morning 8:15-9 a.m. Bracelet Making 1-2 p.m. 3-4 p.m.	23 Breathing into Energy Centers noon-1 p.m. 3-4 p.m.	24 Mindful Morning 8:15-9 a.m. Salve Making 1-2 p.m. 3-4 p.m.	25 Nine Negations noon-1 p.m. Spooky Brick Stitch Earrings: Part Two 3-5 p.m.
28 No Classes	29 Mindful Morning 8:15-9 a.m.	30 Mixed Talking Circle noon-1 p.m. 3-4 p.m.	31 Mindful Morning 8:15-9 a.m.	

Classes



Bath Bomb Making

Learn how to make a basic bath bomb, a dried emollient and softener to add to your bath water, that will moisturize and soothe the skin.

Bracelet Making

Learn the basics of designing and creating a beaded bracelet.

Breathing into Energy Centers

We all have energy centers within us. This one-hour class introduces a meditative exercise focused on breathing into each of the nine energy centers, or chakras, based on the teachings of SCF's first Tribal doctor, Rita Blumenstein. This practice can enhance self-awareness and help uncover individual gifts.

Devil's Club Wall Hanging Making

Learn how to create a wall hanging, a traditional Southeast Alaska art piece, made of devil's club's woody stalks. Learn about the significance and how it has historically been used for spiritual protection.

Drum Design

This two-hour class is for participants who have completed the Drum Making class and want to personalize their drums with a unique design. Bring your drum and creativity, and instructors will guide you through selecting a design, choosing the right materials, and applying your artwork.

Drum Making

Learn the basics of making a leather drum and drumstick.

Earring Design

Learn the basics of designing your own earrings. Markers and graph paper will be used to draft your earring design.

Jelly Making

Learn a basic food preservation recipe for homemade berry jelly.

Lanyard Making

Design your own lanyard. These beaded necklace-length badge holders have a magnetic breakaway clasp.

Leather Pouch Making

Learn to create your own leather pouch and the history of these crafts.

Lip Balm Making

Learn a basic lip balm recipe and take home a sample.

Lotion Making

Learn a basic lotion recipe and take home a sample. Instructors will discuss diverse ingredients to create lotions for different uses.

Mindful Morning

A mindful morning routine is a way to start your day with the gift of serenity, a sense of calm and clarity to set yourself up for success. Join this morning gathering to connect with others and begin your day with intention.

Mixed Talking Circle

Learn about the talking circle ceremony for healing in this introductory class. Returning participants are welcome to join.

Nine Negations

This talking circle focuses on exploring our both positive and negative qualities. Each week, participants will discuss a different negation topic, examining its physical, mental, emotional, and spiritual effects.

Ornament Making

Learn how to make ornaments for the holiday season. Decorate your space and learn a fun craft.

Project Circle

Bring any creative project with you to class. Set aside this time to make progress and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

Salve Making

Learn the basic salve recipe and take home a small sample. Learn about medicinal plants, shrubs, and trees that grow in Southcentral Alaska and can be used in salves.

Spooky Brick Stitch Earrings Making

Boo! Learn how to create a brick stitch pattern earrings just in time for trick-or-treating. This is a two-day course.

