

Family Wellness Warriors | Nu'iju Learning Circles

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

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

5:30-7 p.m.

Hybrid:
Soldier's Heart at
Benteh Nuutah Valley
Native Primary Care
Center in Wasilla

TUESDAY

10-11:30 a.m.

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

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:
Changing Tides: Aging with
Dignity at Elder Program

10 a.m.-noon

In Person:
Moral Recognition Therapy
(Register*)

11 a.m.-noon

In Person:
Passing the Feather
at Covenant House Alaska
(Residents only)

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

5:30-7 p.m.

Hybrid:
Soldier's Heart at Nuka
Learning and Wellness
Center in Anchorage

THURSDAY

9-10:30 a.m.

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

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

Noon-1 p.m.

Hybrid:
LGBTQ2+ Learning Circle
at ANPCC
(LGBTQ2+ community
only, 18+)

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

Learning
circles are
accommodated
for **In Person**,
Virtual, or **Hybrid**
(**In Person**
and **Virtual**)
participation.

Updated: March 18, 2025

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

Family Wellness Warriors | Nu'iju Learning Circles

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

The Zoom password is **FWWILC!20**.

If calling in, use the phone password provided with the number.

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 St.
Anchorage, AK 99501

By Phone: 1-253-215-8782

Phone Password: 470571656
Zoom Meeting ID: 983 2328 8241

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.

Elder Program

6901 E Tudor Road, Suite 8
Anchorage, AK 99507

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: 997 9622 4545
<https://bit.ly/4hs2YrD>

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

Rooms 3127, 3128, 3129 (Third Floor)
4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1-253-215-8782

Phone Password: 178468560
Zoom Meeting ID: 985 3099 7700
<https://bit.ly/4kEJqmJ>

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.

Anchorage Native Primary Care Center

Kingfisher Room
(2 North Clinic entrance)
4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1-253-215-8782

Phone Password: 023485941
Zoom Meeting ID: 969 2349 2403
<https://bit.ly/4f2EKnc>

Moral Reconation Therapy

This learning circle encourages moral growth in individuals who may thrive with a personalized treatment approach. Mental Health Court approved.

Partners for Progress

417 Barrow St.
Anchorage, AK 99501

Na Tia Sukan: Recovery Support

(SCF Detox open to residents only) Na Tia

Sukan, Athabaskan 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 St.
Anchorage, AK 99501

By Phone: 1-253-215-8782

Phone Password: 416577977
Zoom Meeting ID: 917 6738 1807
<https://bit.ly/3Dr5uRh>

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

Passing the Feather

(Residents only)

Walk together in the footsteps of our ancestors with renewed hope and energy. Find strength and courage with safe community.

Chapel

Covenant House Alaska
755 A St.
Anchorage, AK 99501

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

Forget Me Not Reflection
(Room 201, Second Floor)
4085 Tudor Centre Drive
Anchorage, AK 99508

By Phone: 1-253-215-8782

Phone Password: 616732753
Zoom Meeting ID: 957 3835 1621
<https://bit.ly/4iDublZ>

Wasilla offering:

Benteh Nuutah

Valley Native Primary Care Center

Fireweed Room, Second Floor
1001 S. Knik-Goose Bay Road,
Wasilla, AK 99654

By Phone: 1-253-215-8782

Phone Password: 491771093
Zoom Meeting ID: 953 9277 1226
<https://bit.ly/4hpYWA6>

Wooch.een: Healthy Relationships

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

Anchorage Native Primary Care Center

Rooms 3127, 3128, 3129 (Third Floor)
4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1-253-215-8782

Phone Password: 57550158
Zoom Meeting ID: 921 4256 8090
<https://bit.ly/3DvXleg>

Updated: March 18, 2025

Visit <https://bit.ly/40ePyKe> for how to join a Zoom meeting.

Family Wellness Warriors | Nu'iju | 907-729-5440 | bit.ly/FWWLCs | Zoom Password: FWWILC!20

