

JUNE

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
2 Kakiivik: Sewing Bags 1-3 p.m.	3 Mindful Morning 8:15-9 a.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m.	4 Beaded Wristlets 9-10 a.m.; 1:30-2:30 p.m. Breathing into Energy Centers 1-2 p.m.; 3-4p.m.	5 Mindful Morning 8:15-9 a.m. Talking Circle Noon-1 p.m.; 3-4 p.m.	6 Plant Walk 11:30 a.m.-1 p.m.
9	10 Mindful Morning 8:15-9 a.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m. Earring Design 1-2 p.m.; 3-4 p.m.	11 Project Circle 9-10:30 a.m.; 1:30-3 p.m. Breathing into Energy Centers 1-2 p.m.; 3-4 p.m.	12 Mindful Morning 8:15-9 a.m. Talking Circle Noon-1 p.m.; 3-4 p.m. Lanyard Making 1-2 p.m.; 3-4 p.m.	13 Plant Walk 11:30 a.m.-1 p.m.
16 Drawstring Bags 1-3 p.m.	17 Mindful Morning 8-9 a.m. Simple Syrups 1-2 p.m.; 3-4 p.m.	18 Badge Reels 9-10 a.m.; 1:30-2:30 p.m.	19 Juneteenth Holiday SCF Closed	20 Plant Walk 11:30 a.m.-1 p.m.
23 Drum Design 1-3 p.m. Cedar Headband 3-5 p.m.	24 Felt Beading 1-2 p.m.; 3-4 p.m.	25 Project Circle 9-10:30 a.m.	26 Lip Balm Making 3-4 p.m.	27
30				



Classes

Badge Reels

Learn to get started on beading a badge reel. You will take home supplies to finish your project if you do not finish in class. Limited seats.

Beaded Wristlets

Learn how to design and wrap beads around paracord to make your own beaded wristlet. This attaches to a keyring and is a project that you will finish on your own time.

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.

Cedar Headband

Learn how to make a cedar headband in this two day class.

Drawstring Bag

Learn to make a simple drawstring bag.

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.

Drumming as Medicine

Learn how to play hand drum in five easy steps.

Earring Design

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

Felt Beading

Learn the basics of felt beading, the foundation of regalia making.

Kakiviik: Sewing Bags

Learn to make a sewing bag to hold your basic sewing supplies.

Lanyard Making

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

Lip Balm Making

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

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.

Plant Walk

Go on a walk with SCF cultural specialists who will give a guided tour of local plants found in the area and some of their uses.

Project Circle

This is an opportunity to bring in and work on a project you have been stuck on, or have been meaning to set aside time for.

Simple Syrup Making

Learn a simple syrup recipe and take home a sample.

Talking Circle

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

